

Course Catalogue

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We believe that integrating our students into the community and helping them live their best, most independent lives requires us to teach the whole person. It is not just about academic or vocational skills, but also about building confidence, social awareness, emotional growth, and real-world life skills that empower each individual to thrive. For this reason, we offer courses in five distinct areas.



This Course Catalogue is inclusive of all courses offered through the Redstick U program.
Not all courses are available every semester.

Hobbies & Recreation

3D Sculptures -A hands-on art course designed to help adults with special needs explore creativity by building three-dimensional works of art. Participants will use a variety of materials such as clay, wire, paper, cardboard, and recycled objects to design and construct unique sculptures. Throughout the course, students will practice skills such as shaping, assembling, balancing structures, and experimenting with texture and form. The class encourages creativity, problem-solving, and fine motor skill development while allowing participants to express their ideas in a visual and tactile way.

American Sign Language -an introductory course designed to help individuals learn foundational skills in ASL for communication with Deaf and hard-of-hearing individuals. Participants will explore basic vocabulary, common phrases, finger spelling, and simple conversational skills.

Art Appreciation -The mission of the Art Appreciation class is to provide a supportive and inclusive environment where they can explore art, express themselves, and develop confidence, communication, and creativity through meaningful artistic experiences. Students will learn how to discuss, and relate art to their own lives in a positive and respectful setting.

Clay Lab -Throughout the course, participants will experiment with different tools and textures, practice following simple step-by-step instructions, and develop confidence in their artistic abilities. The Clay Lab also provides opportunities for social interaction, teamwork, and communication as students share ideas and celebrate each other's creations.

Dance Survey - An introductory course that explores a variety of dance styles and movement techniques. Participants will learn basic steps, rhythms, and patterns while discovering different cultural and contemporary dance forms. Students will practice coordination, balance, rhythm, and self-expression through movement. The class emphasizes creativity, physical activity, confidence, and enjoyment of dance in a supportive environment.

Games with Friends - A fun and interactive class designed to help build social skills through structured games and group activities. Participants will play a variety of board games, card games, and team-based activities that encourage communication, cooperation, and positive peer interactions.

Mixed Media Art - Throughout the course, students will learn how to combine different textures, colors, and materials to build layered artwork. The class encourages creativity, imagination, and personal expression while also helping participants develop fine motor skills, decision-making skills, and confidence in their artistic abilities.

Music Appreciation An engaging course in which individuals explore the world of music, its styles, and its cultural significance. Participants will listen to, analyze, and discuss various genres, instruments, and famous composers or artists.

My World and Cultures - An engaging course designed to explore diverse cultures, traditions, and global perspectives. Participants will learn about different countries, languages, foods, customs, and ways of life around the world. Students will practice skills such as cultural awareness, respect for diversity, curiosity, and communication while participating in discussions, hands-on activities, and interactive projects. The class emphasizes empathy, understanding, and appreciation of different cultures.

Paint Lab - During each class, participants begin by following step-by-step drawing instructions to build focus, listening skills, and the ability to follow directions. They then use their drawings as the foundation for creating a unique and creative painting. At the end of each lesson, participants complete a self-assessment to reflect on their behavior, attention, effort, and cooperation with others during the class.

Photography 101 - An introductory course which explores the fundamentals of photography and visual storytelling. Participants will learn how to use cameras or smartphones, understand basic composition, lighting, and framing, and capture images that express their creativity.

Science Experiments Lab - Explore basic scientific concepts through fun and engaging experiments. Participants will learn about topics such as chemical reactions, physics, biology, and earth science while observing and testing ideas in a safe environment.

Sewing - is an introductory hands-on course designed to help build basic sewing skills. Participants will explore simple techniques such as threading a needle, basic stitches, using sewing tools, and operating a sewing machine with guidance. Throughout the course, students will practice measuring, cutting fabric, following step-by-step instructions, and creating simple projects such as small bags, pillows, or fabric crafts. The class emphasizes patience, attention to detail, creativity, and fine motor skill development.

Strategy Games - Throughout the course, students will learn how to plan moves, understand basic game strategies, and think about how their choices affect the outcome of the game. The class also encourages social interaction as participants practice taking turns, communicating with peers, and playing respectfully with others.

United States History is an engaging course designed to help adults with special needs learn about key events, people, and movements that have shaped the nation. Participants will explore important moments in U.S. history while practicing how to discuss and reflect on what they have learned.

World History - An engaging course about significant events, cultures, and people from around the globe. Participants will learn about ancient civilizations, major historical movements, influential leaders, and cultural developments across time and continents. Students will practice skills such as speaking about historical information, sharing thoughts and feelings, analyzing cause-and-effect relationships, and connecting past

events to the present. The class emphasizes curiosity, critical thinking, and respectful discussion of diverse perspectives.

Yard Games - Yard Games is an active and social class designed to enjoy outdoor recreation while building teamwork and physical coordination. Participants will learn and play a variety of classic yard games such as cornhole, ring toss, ladder toss, and other group activities. Throughout the course, students will practice important skills such as following directions, taking turns, cooperating with teammates, and demonstrating good sportsmanship. The class also encourages physical movement, hand-eye coordination, and problem-solving in a fun and supportive environment.

Yoga - A wellness-focused class to improve flexibility, balance, and relaxation through gentle movement and breathing exercises. Participants will learn basic yoga poses, stretching techniques, and mindfulness practices in a calm and supportive environment.



Culinary Skills

Basic Kitchen Skills - A hands-on course teaching essential skills for working safely and confidently in the kitchen. Participants will learn how to use common kitchen tools, prepare simple ingredients, and follow basic recipes. Throughout the course, students will practice important skills such as measuring ingredients, chopping and mixing foods, following step-by-step instructions, maintaining kitchen safety, and cleaning their workspace. The class emphasizes independence, organization, and teamwork while building confidence in cooking tasks. By the end of the course, participants will gain the foundational skills needed to prepare simple foods and participate more independently in meal preparation at home or in a workplace setting.

Crock Pot Meals - Practical cooking class to learn how to prepare simple and healthy meals using a slow cooker. Participants will learn how to follow recipes, measure ingredients, prepare foods, and safely use kitchen equipment while creating a variety of easy crock pot dishes. Throughout the course, students will practice important life skills such as kitchen safety, reading and following step-by-step directions, organizing ingredients, and cleaning their workspace. The class also encourages teamwork, communication, and independence in the kitchen.

Desserts & Pastries - A hands-on baking course teaching individuals how to prepare a variety of sweet treats. Participants will explore recipes for desserts such as cookies, cakes, brownies, muffins, and simple pastries while developing basic baking skills. Throughout the course, students will practice important kitchen skills

such as measuring ingredients, following step-by-step recipes, using kitchen tools safely, and cleaning their workspace. The class also encourages teamwork, creativity, and confidence in the kitchen.

Easy Meals - Beginner-friendly cooking class designed to learn how to prepare simple, quick, and delicious meals. Participants will focus on using basic ingredients and easy-to-follow recipes that build confidence in the kitchen. Throughout the course, students will practice life skills such as reading and following directions, measuring ingredients, kitchen safety, and cleaning up. The class encourages independence, creativity, and self-reliance while preparing everyday meals.

Food Service - Practical, hands-on course designed to teach the skills needed to work in a food service environment. Participants will learn essential workplace skills such as safe food handling, meal preparation, serving, cleaning, and following health and safety guidelines. Throughout the course, students will practice teamwork, communication, time management, and customer service skills in a supportive and structured environment. The class also emphasizes responsibility, attention to detail, and following step-by-step instructions. By the end of the course, participants will gain the knowledge, confidence, and practical experience needed to succeed in food service roles or apply these skills at home, promoting independence and employability. Students will participate in 4 Cafes during the semester in which they will have the chance to put their food service skills into real life.

Independent Meals - Hands-on cooking class designed to help develop the skills to plan, prepare, and enjoy meals on their own. Participants will learn how to select ingredients, follow simple recipes, safely use kitchen tools, and manage their time while cooking. Throughout the course, students will practice important life skills such as meal planning, portioning, kitchen safety, cleaning up, and problem-solving. The class also encourages confidence, independence, and self-reliance in daily living.

Insta Pot/Air Fryer Meals - Hands-on cooking class designed to help individuals learn how to prepare quick and healthy meals using modern kitchen appliances. Participants will learn how to safely operate an Instant Pot and air fryer while preparing a variety of simple recipes such as vegetables, proteins, and complete meals. Throughout the course, students will practice important life skills including following recipes, measuring ingredients, preparing food, and maintaining kitchen safety. The class also focuses on building independence, teamwork, and confidence while working in the kitchen.

Meal Prep and Planning - Participants will learn how to choose nutritious ingredients, create simple meal plans, portion food, and safely store meals for later use. Throughout the course, students will practice important life skills such as time management, organization, following step-by-step instructions, and maintaining kitchen safety. The class encourages independence, healthy eating habits, and confidence in the kitchen. By the end of the course, participants will be able to plan and prepare meals ahead of time, supporting greater self-reliance, efficient daily living, and practical cooking skills.

Sandwich World - Learn how to prepare a variety of simple and delicious sandwiches! Participants will explore different breads, spreads, proteins, vegetables, and toppings to create tasty combinations. Throughout the course, students will practice important life skills such as following step-by-step instructions, measuring ingredients, kitchen safety, and cleaning up. The class also encourages creativity, independence, and confidence in preparing meals. By the end of the course, participants will be able to make a variety of sandwiches on their own, supporting practical everyday cooking skills, healthy eating habits, and self-reliance.

Life Skills

Attention & Focus 101 - Skills-building course designed to help improve the ability to concentrate, stay on task, and manage distractions in daily activities. Participants will engage in structured exercises, games, and activities that promote sustained attention, mental organization, and task completion. Throughout the course, students will practice strategies for maintaining focus, breaking tasks into manageable steps, prioritizing activities, and self-monitoring their attention. The class emphasizes patience, persistence, and practical application of focus skills in real-life situations.

Biology Through Movement - A hands-on course designed to explore the connection between the human body and physical activity. Participants will learn basic concepts of biology, including how muscles, bones, and the nervous system work together to support movement.

Budgeting Basics - a practical life skills course designed to help individuals learn how to manage their money effectively. Participants will explore how to plan expenses, track income, prioritize spending, and save for short- and long-term goals.

Calendar Skills - Develop the ability to organize, track, and plan daily, weekly, and monthly activities. Participants will learn how to read calendars, record important dates, set reminders, and manage time effectively. Throughout the course, students will practice skills such as sequencing events, prioritizing tasks, planning ahead, and following schedules. The class emphasizes independence, responsibility, and consistency in managing personal and community activities. By the end of the course, participants will be able to use a calendar to plan their days, stay organized, and develop time management skills that support independent living and daily routines.

Cleaning - Whether living independently, at home with family, or in a community, cleaning is an important way to contribute to their environment. Cleaning and organizational skills is important to every vocation, making learning and implementing the skills important to future employment.

Communicating Online - Learning how to communicate online expands their options for support groups and friends. However, communicating online doesn't come without its safety concerns. Teaching individuals with special needs about online safety isn't just about protecting them from immediate dangers - it is about

encouraging individuals to take responsibility for their digital experience, ensuring a safe space to experience success in connecting with others.

Critical Thinking - Skills-building course designed to help individuals develop the ability to analyze information, evaluate situations, and make thoughtful decisions. Participants will engage in activities that encourage questioning, reasoning, and problem-solving in practical, real-life scenarios.

Financial Lit - A practical life skills course designed to help individuals understand and manage money responsibly. Participants will learn basic financial concepts such as earning money, budgeting, saving, spending wisely, and understanding the value of money. Throughout the course, students will practice skills such as creating simple budgets, identifying needs versus wants, using cash and debit cards, understanding receipts, and recognizing safe financial habits. The class emphasizes independence, decision-making, and responsibility when managing personal finances.

Grit - Grit is dedicated to empowering students to build resilience, perseverance, and confidence in everyday life. Through structured activities, real-world practice, and supportive guidance, students develop the skills needed to overcome challenges, manage frustration, and stay motivated while working toward personal and functional goals.

Grocery Store 101 - In Grocery Store explore 101, participants will become familiar with the layout of the grocery store in the first phase, complete scavenger hunts and shopping lists in the second phase, and be able to shop according to a recipe independently in the final phase.

Grocery Store 102 - In Grocery Store explore 102, participants will become familiar with trending prices in the first phase, compare and contrast meal ingredient costs in the second phase, and be able to shop according to a budget independently in the final phase.

Health and Movement - Develop an understanding of healthy lifestyle habits while engaging in physical activity. Participants will learn about nutrition, exercise, personal wellness, and the ways movement supports overall health. Throughout the course, students will practice skills such as body awareness, coordination, balance, flexibility, and safe exercise techniques. The class emphasizes making healthy choices, staying active, and understanding how daily habits impact physical and mental well-being.

Hygiene for Males - practical life skills class designed to help adult men with special needs develop and maintain personal hygiene routines for health, confidence, and independence. Participants will learn essential grooming and self-care skills such as bathing, oral care, hair care, shaving, and nail care. Throughout the course, students will practice creating daily hygiene routines, understanding the importance of cleanliness, and developing habits that support personal health and social confidence. The class also emphasizes independence, responsibility, and self-awareness.

Hygiene for Females - practical life skills class designed to help adult women with special needs develop and maintain personal hygiene routines for health, confidence, and independence. Participants will learn essential self-care skills such as bathing, oral care, hair care, menstrual care, skincare, and nail care. Throughout the course, students will practice creating daily hygiene routines, understanding the importance of cleanliness, and developing habits that support personal health, self-esteem, and social confidence. The class emphasizes independence, responsibility, and self-awareness.

Independent Errands - Practical life skills course designed to increase confidence and independence while completing everyday tasks outside the home. Participants will learn how to plan, prepare for, and safely complete errands such as grocery shopping, banking, mailing packages, and navigating local stores. Throughout the course, students will practice important skills such as budgeting, making lists, reading signs, following directions, time management, and interacting appropriately with others in public settings. The class emphasizes safety, problem-solving, and self-reliance. By the end of the course, participants will be able to complete a variety of errands independently or with minimal support, fostering confidence, practical life skills, and independence in daily living.

Lunch Out - This 2 hour course focuses on building confidence and independence while dining in community settings. Participants will learn how to choose meals, read menus, place orders, interact politely with restaurant staff, and manage payment. Throughout the course, students will practice important skills such as budgeting, decision-making, social communication, table manners, and following routines in a public setting. The class emphasizes independence, confidence, and appropriate social interactions.

Meteorology and Weather Safety - A hands-on science course about weather patterns and how to stay safe during various weather conditions. Participants will explore concepts such as temperature, wind, clouds, storms, and seasonal changes, while learning practical safety strategies. Students will practice skills such as observing and interpreting weather, recognizing hazardous conditions, following safety protocols, and preparing for emergencies. The class emphasizes awareness, critical thinking, and applying knowledge to real-life situations.

Nutrition - Learn the fundamentals of healthy eating and balanced nutrition. Participants will explore food groups, portion sizes, reading nutrition labels, and making informed food choices. Throughout the course, students will practice skills such as meal planning, identifying healthy versus less healthy options, understanding how food affects the body, and developing habits that support overall wellness. The class emphasizes practical knowledge, independence, and lifelong healthy habits.

Organizational Skills - A practical course designed to help develop strategies to stay organized in daily life, school, and work settings. Participants will learn how to manage tasks, sort and store materials, and create systems for keeping their environment and responsibilities in order. Throughout the course, students will

practice skills such as prioritizing tasks, using planners or checklists, maintaining personal spaces, and developing routines that support efficiency and independence. The class emphasizes time management, responsibility, and problem-solving.

Problem Solving - Problem Solving is a skills-building course designed for adults with special needs to develop strategies for identifying, analyzing, and resolving everyday challenges. Participants will engage in activities and scenarios that encourage critical thinking, decision-making, and creative solutions.

Social Skills - Social Skills is a practical and interactive course designed to help adults with special needs develop effective communication, relationship-building, and interpersonal skills. Participants will engage in group activities, discussions, and role-playing exercises to practice positive social interactions in a safe and supportive environment.

Table Manners - A life skills course designed to help students learn appropriate dining etiquette in both home and public settings. Participants will learn how to use utensils properly, practice polite conversation at the table, and understand respectful behaviors during meals.

Social & Emotional

Art & Soul -a creative and expressive course designed to help individuals explore emotions, self-expression, and personal growth through art. Participants will use various mediums such as drawing, painting, clay, and mixed media to communicate feelings, reflect on experiences, and develop coping strategies. Throughout the course, students will practice skills such as identifying and expressing emotions, problem-solving, decision-making, and self-reflection. Activities encourage creativity while fostering emotional awareness, social interaction, and self-confidence.

Body Positivity - An empowering course designed to develop a healthy relationship with their bodies and build self-confidence. Participants will explore concepts of self-acceptance, self-respect, and appreciation for individual differences through discussions, activities, and reflective exercises. Throughout the course, students will practice recognizing and challenging negative self-talk, celebrating personal strengths, and developing strategies to promote a positive mindset about themselves and others. The class emphasizes emotional well-being, self-esteem, and respectful interactions. By the end of the course, participants will gain tools to embrace their uniqueness, foster self-confidence, and maintain a positive and supportive attitude toward themselves and others.

COUNSELING | ADVOCACY | RESOURCES | EDUCATION | SUPPORT SERVICES

Compassion Project - If individuals with special needs participate in the Redstick Compassion Project, they would discover examples of compassion in their world and community and spread compassion themselves. In the Redstick Compassion Project, participants will learn the emotional intelligence components of compassion

including empathy, honesty, collaboration, and gratitude during the first phase, develop a compassion project for their community during the second phase, and implement their project during the final phase.

Dating App - A practical and educational course designed to help navigate online dating safely and responsibly. Participants will learn how to identify safe practices, recognize potential risks, and protect their personal information while using dating apps and social media platforms. Throughout the course, students will practice skills such as setting boundaries, recognizing red flags, communicating safely online, and making informed decisions about meeting people in person. The class emphasizes safety, self-advocacy, and respectful interactions. By the end of the course, participants will gain confidence in using dating apps responsibly, maintain personal safety, and develop strategies to form healthy and positive relationships online and offline.

Drama Therapy - A creative and expressive course where participants explore emotions, communication, and social skills through drama-based activities. Participants will engage in role-playing, storytelling, improvisation, and guided acting exercises to express themselves and connect with others. Throughout the course, students will practice skills such as emotional expression, empathy, cooperation, and confidence in speaking and performing. Activities encourage creativity while helping participants explore real-life situations in a safe and supportive environment.

Emotional Regulation - Individuals with special needs can experience intense emotions and are often made to feel ashamed for those emotions. Regulating emotions is a tool that can help individuals with special needs feel empowered and confident to speak up for themselves. In times of conflict, individuals with special needs will be able to use these tools to handle and respond to the conflict instead of reacting to it.

Expanded Conversation - A social communication course designed to build stronger conversation skills and confidence when interacting with others. Participants will learn how to move beyond short answers by adding details, asking follow-up questions, and keeping conversations going in a natural and respectful way. Throughout the course, students will practice skills such as active listening, taking conversational turns, asking open-ended questions, staying on topic, and recognizing social cues. Activities may include role-playing, group discussions, and guided conversation practice in a supportive environment. By the end of the course, participants will be able to engage in longer, more meaningful conversations, helping them build friendships, improve workplace communication, and participate more comfortably in social situations.

Get Ready With Me - Females - A hands-on course designed to learn essential self-care routines for healthy skin and personal confidence. Participants will explore basic skincare practices, makeup application techniques, and how to select products that suit their individual needs. Throughout the course, students will practice skills such as cleansing, moisturizing, applying makeup, color matching, and maintaining hygiene with beauty tools. The class emphasizes self-expression, personal grooming, independence, and building confidence in appearance.

Healthy Dating - A practical and supportive course designed to build safe, respectful, and positive romantic relationships. Participants will learn about setting boundaries, recognizing mutual respect, communicating effectively, and understanding consent.

Healthy Friendships - A skills-building course designed to develop positive, supportive, and lasting friendships. Participants will learn how to communicate effectively, show empathy, set boundaries, and maintain trust in relationships. Throughout the course, students will practice skills such as active listening, conflict resolution, cooperation, and recognizing qualities of healthy versus unhealthy friendships. The class emphasizes social confidence, respect, and emotional awareness.

Understanding Others - A social skills course designed to develop empathy, perspective-taking, and effective communication. Participants will learn how to recognize and respect different feelings, thoughts, and experiences in themselves and others. Throughout the course, students will practice skills such as active listening, observing social cues, interpreting emotions, and responding appropriately in various social situations. The class emphasizes respect, compassion, and collaboration.

We Got Grit - A motivational and skills-building course designed to help develop resilience, perseverance, and a growth mindset. Participants will engage in activities, discussions, and challenges that encourage them to overcome obstacles, stay determined, and build confidence in their abilities. Throughout the course, students will practice setting goals, problem-solving, managing frustration, and celebrating progress. The class emphasizes self-awareness, persistence, and the ability to adapt to new situations.

Career Skills

Ambassadors - A leadership and social skills course designed to help adults with special needs develop confidence, communication, and community engagement skills. Participants will learn how to represent themselves and their programs positively, interact respectfully with peers and the public, and serve as role models in various settings.

Community Connections - This course has four major components all supporting the objective of the students connecting with community organizations for meaningful use. Students will review job opportunities, volunteer opportunities, community recreation, and community based establishments.

Computer 101 - An introductory technology course designed to build foundational computer skills. Participants will learn basic computer operations, including using a mouse and keyboard, navigating the desktop, opening and closing programs, and understanding common software applications.

Computer 102 - A continuation of foundational computer learning, building on basic computer skills and gaining greater confidence with technology. Participants will explore intermediate computer skills, including file

management, word processing, spreadsheets, presentation tools, and safe internet use. Throughout the course, students will practice organizing files, creating simple documents, using productivity software, navigating websites, and applying online safety practices. The class emphasizes problem-solving, independence, and practical technology skills for daily life.

Computer Basics -Participants will learn fundamental skills such as turning on a computer, using a mouse and keyboard, navigating the desktop, opening and closing programs, and understanding basic software functions.

Customer Service - A practical course designed to help individuals develop the skills needed to interact positively and effectively with customers in a workplace setting. Participants will learn how to communicate clearly, respond to questions, solve problems, and provide friendly, professional service. Students will practice skills such as active listening, polite conversation, handling challenges or complaints, teamwork, and following workplace procedures. The class emphasizes professionalism, confidence, and respectful interactions with others.

Dog Walking 101 - A hands-on course designed to help individuals learn how to safely care for and exercise dogs while building responsibility, confidence, and routine-based skills. Participants will learn proper leash handling, walking techniques, dog safety, and basic canine behavior. Throughout the course, students will practice planning routes, following safety guidelines, monitoring the dog's behavior, and interacting respectfully with animals and the community. The class emphasizes responsibility, focus, and social skills while fostering a positive relationship with animals.

Dog Walking 102 - A practical and entrepreneurial course designed to help individuals learn how to operate a small dog-walking business. Participants will gain skills in planning, scheduling, marketing, customer service, and managing responsibilities while caring for dogs. Throughout the course, students will practice professional skills such as communicating with clients, handling payments, maintaining safety for themselves and the dogs, and keeping accurate records. The class emphasizes responsibility, organization, teamwork, and problem-solving. By the end of the course, participants will have the knowledge and confidence to provide dog-walking services safely and responsibly, while developing practical business and life skills that support independence and community engagement.

Email Basics - An introductory technology course designed to help individuals learn how to use email for communication in a safe and effective way. Participants will learn how to create an email account, compose and send messages, attach files, reply to and forward emails, and organize their inbox.

Engineering 101 - An introductory STEM course to explore the basics of engineering and problem-solving. Participants will learn foundational concepts such as design thinking, building simple structures, understanding forces, and using tools and materials to create projects. Throughout the course, students will practice skills such as planning, measuring, constructing, testing, and modifying their designs. The class

emphasizes creativity, critical thinking, teamwork, and hands-on learning. By the end of the course, participants will gain confidence in applying basic engineering principles, solving practical problems, and completing projects that combine creativity and logic.

Farm Based Vocational Training - A hands-on program designed to help individuals develop practical work skills in an agricultural setting. Participants will gain experience with planting, harvesting, animal care, equipment use, and other farm-related tasks while building responsibility, teamwork, and problem-solving skills.

Graphic Design - A creative, hands-on course that explores the fundamentals of digital and visual design. Participants will learn how to use design software, combine text and images, choose colors and layouts, and create original digital artwork for projects such as posters, social media graphics, and presentations.

Newsletter/Journalism - A creative and practical course designed to help individuals learn the basics of creating newsletters for personal, school, or community projects. Participants will explore layout design, writing articles, adding images, and organizing content to communicate information clearly and effectively.

Public Speaking 101: Confident Strategies - An introductory course designed to develop confidence and effective communication skills for speaking in front of others. Participants will learn how to organize ideas, use clear and expressive language, manage nerves, and engage an audience. Throughout the course, students will practice skills such as voice projection, body language, eye contact, and delivering short presentations in a supportive environment. The class emphasizes self-expression, confidence, and respectful communication.

Public Speaking 102 - A continuation of introductory public speaking, designed to build on foundational communication skills and become more confident presenters. Participants will learn advanced techniques for organizing longer speeches, engaging audiences, using visual aids, and refining their delivery. Throughout the course, students will practice skills such as storytelling, persuasive speaking, handling questions, and managing anxiety in front of larger groups. The class emphasizes self-expression, confidence, and effective communication strategies.

Teamwork in the Workplace - A skills-building class focused on learning how to work effectively with others in group settings. Participants will explore collaboration, communication, problem-solving, and cooperation through interactive activities and projects. Throughout the course, students will practice skills such as sharing responsibilities, listening actively, supporting teammates, resolving conflicts, and contributing to group goals. The class emphasizes respect, collaboration, and developing positive social interactions in personal, educational, and workplace settings.

Work Readiness - A practical, hands-on course designed to develop the skills and habits needed to succeed in the workplace. Participants will learn essential skills for various workplace positions including office work, retail, food service, grocery clerk, janitorial, and more.

Workforce Survey - A hands-on course where students visit various work environments to observe and practice the skills needed to succeed in each setting. Participants will learn workplace expectations, task-specific skills, and professional behaviors through guided experiences and real-world observation.

Workforce Internships - Participants will be prepared to engage independently in internships and workforce opportunities, equipped with a clear understanding of their abilities and strategies for success.