

The Prison Education Project



Semester Course Outlines

Introduction to College

Objective: To introduce in-custody students to the process of applying and succeeding in college.

Week 1	Choosing a College, Choosing a Major, Vocational Education Majors
Week 2	College Application Process, Financial Aid, Scholarships; Applying for the Pell Grant
Week 3	The Mechanics of Writing Essays, Making Outlines, Personal Statements for College Applications
Week 4	Time Management; Study Strategies; The Challenges of Reading, Writing Essays, and taking Science, and Math Courses
Week 5	Getting Involved in College: Exploring Various Organizations on Campus
Week 6	Developing Soft Skills, Emotional Intelligence, Networking, Follow Through
Week 7	Reflections: Overcoming Challenges

Career Development

Objective: To introduce in-custody students to the process of career development.

Week 1	Orientation, Personality, Interests, Values
Week 2	Acquiring the Essentials: Life Skills/Networking/Soft Skills
Week 3	Community College & Vocational Education Opportunities
Week 4	Financial Aid, Scholarships, Applying for College
Week 5	Developing a Resume
Week 6	Social Networking; Searching for Felon-Friendly Jobs/Careers
Week 7	Interview Skills/Mock Interviews; Overcoming Challenges

Introduction to Soft Skills

Objective: To introduce in-custody students to the importance of soft skills.

Week 1	Communication Skills: Face-to-Face Interaction, Humor, Small Talk, Body Language, Nonverbal Communication, Being Sensitive to Offensive Language
Week 2	Conflict Resolution, Conflict Styles; Escalation v. De-Escalation of Conflicts; Diplomacy
Week 3	Teamwork, Emotional Intelligence, Understanding Different Personalities
Week 4	Adaptability, Transitions, Mundane Tasks and Motivation, Goal-Setting

Week 5	Problem-Solving, Critical Observation
Week 6	Innovative thinking, Free Thinking, Grey Thinking
Week 7	Leadership Skills, Employee Skills, Taking Initiative, Punctuality
Introduction to Financial Literacy	
Objective: To introduce in-custody students to the fundamentals of Money Management & Financial Literacy.	
Week 1	Being Financially Accountable; Budgeting; Balancing a Check Book; Opening a Bank Account; Getting an Apartment; Buying a Car (used v. new); Grocery Shopping
Week 2	Money Management; The Concept of Credit; the FICO Score; The Dangers of Credit Cards; The Importance of Saving; Bad Spending Habits; Debt; Making Money v. Wasting Time
Week 3	County Welfare Benefits; SSI; County Child Care Support; Food Stamps/WIC; The Cost of Raising a Child; Understanding the Child Support Process; Accessing Resources
Week 4	Paying for College; Financial Aid, Scholarships; Signing up with Department of Rehabilitation for Financial Support for Education & Training
Week 5	Jobs v. Careers; Certificate & AA Degree Programs, Salaries
Week 6	Opportunity Costs, Investments, Understanding the Stock Market
Week 7	Investing in your Future; Buying a House; Retirement, Social Security Income
Introduction to College Math	
Objective: To introduce in-custody students to the intricate dynamics of college math.	
Week 1	Introduction; Addition, Subtraction, Multiplication, Division, Exponential Notation and Order of Operations, Rounding Whole Numbers
Week 2	Fractions: Multiplication of Fractions and Mixed Numbers, Division of Fractions and Mixed Numbers, Least Common Multiple and Greatest Common Factor, Writing Equivalent Fractions
Week 3	Fractions: Addition of Fractions and Mixed Numbers, Subtraction of Fractions and Mixed Numbers Order, Exponents and the Order of Operations Agreement
Week 4	Decimals: Addition, Subtraction, Multiplication, Division, Rounding Decimals Comparing and Converting Fractions and Decimals
Week 5	Ratio, Rate, Proportion, Percent Equations, Percent Applications
Week 6	English-Metric Measurement Conversions; Mean, Median, Mode
Week 7	Pictographs, Circle Graphs, Bar graphs, Line Graphs, Histograms and Frequency Distribution

Yoga/Meditation	
Objective: To introduce in-custody students to the fundamentals of meditation and yoga.	
Week 1	The Philosophy of Yoga/Meditation; The Concept of Breathing
Week 2	Inhaling, Exhaling, Head & Neck Exercises
Week 3	Chanting; Diver's Stretch, Simple Side Bend, Straddle Forward Bend
Week 4	Writing, Imagination, Introspection, Reflection
Week 5	Meditation; Reclining Twist, Sitting, Squatting, Double Leg Raises
Week 6	Butterfly, Sitting Forward Bend, Backbending, Half Spinal Twist
Week 7	Overview of Breathing, Meditation, Stretching Exercises
Creative Writing	
Objective: To introduce in-custody students to the fundamentals of creative writing.	
Week 1	The Fundamentals of Writing: Title, Introduction, Body, Conclusion
Week 2	The Art of Storytelling; Brainstorming Words & Ideas
Week 3	Inventing the Story; Using your Imagination
Week 4	Telling the Story; Description, Character Development, Details
Week 5	Metaphors, Simile, Hyperbole, Personification
Week 6	Plot: Foreshadowing, Suspense, Conflict, Crisis, Resolution
Week 7	Introspection & Reflection
Forgiveness & Healing	
Objective: To introduce in-custody students to the process of forgiveness and healing.	
Week 1	What is forgiveness? Why forgive? How do people forgive?
Week 2	Sharing Stories of Pain
Week 3	The Power of Humility; Accepting Blame; Second Chances
Week 4	The Power of Love; Forgiveness v. Condoning
Week 5	Strategies for Anger & Stress Management (writing essay for homework)
Week 6	Writing as Therapy (discuss homework essay in class)
Week 7	Overcoming Challenges
Building Healthy Relationships	
Objective: To introduce in-custody students to the dynamics of building healthy relationships.	
Week 1	The Building Process; Communication; Working on One's Self; Patience
Week 2	The Power of Love, Empathy, and Forgiveness

Week 3	The Power of Humility; Accepting Blame; Second Chances
Week 4	Conflict Resolution & Accepting Differences and Different Perspectives
Week 5	The Importance of Safety, Honesty, Trust, and Respect
Week 6	The Importance of Sacrifice, Loyalty, Compromise, and Happiness
Week 7	Overcoming Challenges of the Past and Working Toward the Future
Introduction to Public Speaking	
Objective: To introduce in-custody students to the craft of public speaking	
Week 1	Dealing with the fear of speaking in public through preparation; other strategies; critique of great public speakers; why are they effective?
Week 2	Preparing speeches of what you know; Your past, present, & future
Week 3	Preparing speeches that inform, persuade, and fulfill the need of the occasion
Week 4	Conducting research for your speech; integrating facts & statistics
Week 5	Adapting to your audience; body language, stage presence, tone, audible level
Week 6	The use of humor in public speeches; connecting with the audience; make it relatable
Week 7	Two-minute speeches on your past, present, and future
Self-Empowerment	
Objective: To introduce in-custody students to strategies to build self-esteem and self-confidence.	
Week 1	Self-Care: Journaling, Reading, Writing, Music, Art as Therapy; Routines
Week 2	Soft Skills: Leadership, Nonverbal Communication, Goal Setting (SMART Goals)
Week 3	Forgiveness: Forgiveness of Others; Forgiveness of Oneself; The Power of Love
Week 4	Emotional Intelligence: Recognizing & Managing Emotions; Conflict Resolution
Week 5	Anger Management Strategies: Hobbies, Meditation, Breathing, Yoga, Exercise
Week 6	Introspection: Reflection, Meditation, Gratitude, Positivity
Week 7	Overcoming Challenges
GED Tutoring	
Objective: To prepare in-custody students to successfully pass the GED exam.	
Week 1	Orientation; Overview of Course; Learning to Write Paragraphs and Essays clearly
Week 2	Language Arts Writing: Edit paragraphs for clarity; Grammar; Spelling; Punctuation, Sentence Structure
Week 3	Language Arts Reading: Improving Reading Skills; Academic Reading Assignments: Poetry & Short Stories
Week 4	Social Science: World History, Civics, Geography and Economics

Week 5	Life Science, Physical Science, Earth Science
Week 6	Basic Mathematics: Interpretation of Graphs, Charts, and Tables
Week 7	Strategies for Taking Multiple Choice Tests
Introduction to Psychology	
Objective: To introduce in-custody students to the dynamics of psychology.	
Week 1	Orientation; What is Psychology? Sensation & Perception
Week 2	Variations in Consciousness; Learning & Memory
Week 3	Thinking, Language, and Intelligence
Week 4	Human Development; Personality; Nature, Nurture, and their Interaction
Week 5	The Brain & the Nervous System; Emotion, Stress, and Health
Week 6	Psychological Disorders, Treatment, Therapy
Week 7	Overcoming Challenges of the Past and Working Toward the Future
Introduction to Social Problems	
Objective: To introduce in-custody students to the causes and consequences of a myriad of social problems.	
Week 1	Orientation; What are Social Problems? Seeing Patterns; Sociological Imagination
Week 2	Economic Inequity: The Causes & Consequences of Poverty in the U.S.
Week 3	Analyzing Social Problems; Sociological Theory: Social Policy
Week 4	Patterns of Majority—Minority Interaction; The Politics of Crime
Week 5	Prejudice and Discrimination: The Social Standing of Racial Minorities in the U.S.
Week 6	Politics of Race, Gender, Class: Constructing Solutions
Week 7	Overcoming Challenges; Navigating the System
Women's Empowerment	
Objective: To focus on an array of women's issues to educate, inspire, and empower female in-custody students.	
Week 1	Orientation; Brief History of Women's Oppression & Societal Constraints
Week 2	Gender Roles, Stereotypes, Gender Biases, and Gender Differences
Week 3	The Plight of Women Globally
Week 4	The Psychological Principles of Building Healthy Relationships
Week 5	Female Leaders and Role Models
Week 6	Mind, Body, and Spiritual Development
Week 7	Overcoming Challenging; Navigating to Success
Introduction to Philosophy	

Objective: To introduce in-custody students to the philosophy of ethics, morality, right v. wrong, legitimacy, justice, and cultural relativism.	
Week 1	Orientation; Introduction to Basic Principles in Ethics
Week 2	What is Philosophy? What is an Argument? Fallacious Reasoning
Week 3	God and Religion; Knowledge and Certainty
Week 4	Being and Reality; The Allegory of the Cave; Locke, Plato, Aristotle, Hume
Week 5	Mind and Body; Freedom
Week 6	Science and Method
Week 7	Morality and the Good Life; Philosophical Reflections
Introduction to Screenwriting Writing	
Objective: To introduce in-custody students to the fundamentals of screenwriting.	
Week 1	The Fundamentals of Screenwriting: Title, Introduction, Body, Conclusion
Week 2	The Art of Storytelling; Brainstorming; Thinking about your favorite movies
Week 3	Inventing the Story; Using your Imagination; Story Setting; Creating a Storyboard
Week 4	Telling the Story; Description, Character Development, Details
Week 5	The Technical Dimensions of Screenwriting
Week 6	Plot: Foreshadowing, Suspense, Conflict, Crisis, Resolution
Week 7	Introspection & Reflection
Introduction to Writing	
Objective: To introduce in-custody students to the fundamentals of writing.	
Week 1	Orientation; Introduction to Basic Grammar (keep a Journal; regular homework)
Week 2	Basic Grammar Continued
Week 3	Creating Outlines; Thesis Statements
Week 4	Sentence Structure; Writing a Paragraph
Week 5	Writing an Essay; Storytelling
Week 6	Essay Writing; Writing Personal Statements for College Applications
Week 7	Reading Personal Statement Essays
English for Spanish-Speaking In-Custody Students	
Objective: To teach Spanish-speaking in-custody students to introductory English.	
Week 1	Orientation; Overview of Course; Introduction to Basic English: English v. Spanish; Pronouns, Present v. Past Tense; Continuous Tense; Everyday Activities
Week 2	Basic Vocabulary; Grammatical Structures

Week 3	Listening to the Media and to the Teacher
Week 4	Reading Basic English; Repeating Words; Identifying Concepts
Week 5	Describing People and Things
Week 6	Writing Words, Sentences, and Short Paragraphs
Week 7	Classroom Presentation: Write and Read a 5-Sentence Biography

Introduction to Spanish

Objective: To introduce in-custody students to the Spanish.

Week 1	The Geography of the 20 Countries where Spanish is Spoken as the Official Language; discuss the different dialects and nuances of Spanish. Introduce yourselves in Spanish; teach greetings and salutations
Week 2	Alphabet, Numbers, Time, Weather; Days of the Week
Week 3	Gender and Number-Grammatical Categories; Adjectives; Subject-Verb Agreement
Week 4	The Present, Future, and Some Past Tense
Week 5	Home, Family, Friends: Identify and Describe; Common Expressions
Week 6	Brief Review of Possessive, Demonstrative, Interrogative, and Comparative
Week 7	Occupations, Expressions, Food, Clothing

Introduction to Modern Dance

Objective: To introduce in-custody students to various dance styles as a form of self-expression.

Week 1	Fundamentals: Styles, Counting Music, Exploring Rhythms, Emotions
Week 2	Ballet, Origins, Stretch/Warm-Up, Ballet Positions, Basic Combo.
Week 3	Introduction to Broadway/Musical Theatre: Broadway Plays & Ties to Culture, Stretch/ Warm-Up, Broadway Excerpt Combo.
Week 4	Introduction to Jazz/ Lyrical/ Contemporary Dance: Origins and Evolution of Jazz & Contemporary, Stretch/Warm-Up, Across-the-Floor Techniques, Basic Combo.
Week 5	Introduction to Ballroom: Styles of Ballroom & Ties to Culture, Stretch/Warm-Up, Ballroom Combos.
Week 6	Introduction to Hip-Hop: Elements of Hip-Hop, Subcultures of Hip-Hop Dance, Stretch/Warm-Up, Basic Combo.
Week 7	Freedom of Expression

Introduction to Shakespeare

Objective: To introduce in-custody students to the writings of Shakespeare

Week 1	Orientation; Who is Shakespeare? Why is he important? Overview of Writings; Language & Environment
Week 2	Read & Discuss Hamlet: Focus on Language & Character; Act I
Week 3	Hamlet; Focus on Soliloquy; Writing Soliloquy; Homework: Identify a key conflict that is similar to a conflict in your own story "To Be or Not to Be."
Week 4	Discuss Environment in Act III; Homework: Read Act III How does the environment that the characters are in affect their state of mind?
Week 5	Focus on Relationships; Homework: Write a paragraph of how each character affects Hamlet's inner conflict in Act III, Scene 3.
Week 6	Act IV: Focus on Action; Homework: Describe how Hamlet's madness affects two other characters' actions.
Week 7	Hamlet & Tragedy: Act V; Homework: Define tragedy in your own words using personal experiences. How does your own story compare with the tragedy of Hamlet's story?

Introduction to Computer Science

Objective: To teach in-custody students basic concepts regarding the functionality of the modern computer.

Week 1	The Evolution of the Computer; The Basic Concept of the Computer
Week 2	Introduction to Programming Languages; Python Basics
Week 3	Math, Strings, and Variables; Basic Input and Output, Control Structures
Week 4	Expression Statements, Debugging, Flow of Control, Selection & Repetition
Week 5	Functions, Parameter Passing, Call by Value and Call by Reference, Object-Oriented Programming
Week 6	One and Two-Dimensional Arrays, Strings, and Other Structured Data Types
Week 7	Programming Graphics, File Input and Output, Exception Handling; Overview

Introduction to Physics

Objective: To introduce in-custody students to the dynamics of physics and astronomy.

Week 1	Orientation; Overview of physical laws and their application for the motion of objects under the influence of forces; one-dimensional and two-dimensional motion.
Week 2	Newton's Three Laws of Motion & Newton's Law of Gravitation
Week 3	Position, Velocity, and Acceleration; Equilibrium: Mass, Weight, Gravity
Week 4	The Work-Energy Theorem and Conservation of Energy
Week 5	The Impulse-Momentum Theorem; Rotational, Harmonic, & Freefall Motion

Week 6	Fluid Mechanics; Heat and Temperature
Week 7	The Kinetic Theory of Gases; Recap
Introduction to Chemistry	
Objective: To introduce in-custody students to the dynamics of chemistry.	
Week 1	Orientation; Overview of the General Principles, Laws, and Theories of Chemistry
Week 2	Define the Properties of Matter
Week 3	Classify Matter, Compounds, and Chemical Reactions
Week 4	Determine Basic Nuclear and Electronic Structure of Atoms
Week 5	Identify Trends in Chemical and Physical Properties of the elements using the Periodic Table
Week 6	Describe the Bonding in and the Shape of Simple Molecules and Ions.
Week 7	Solve Stoichiometric Problems; Write Chemical Formulas; Recap
Introduction to STEM Fields	
Objective: To introduce in-custody students to an array of disciplines in the STEM fields.	
Week 1	Students' Background, Academic Interests, Major (classes taken; careers)
Week 2	Introduction to Chemistry and Biology
Week 3	Introduction to Physics and Engineering
Week 4	Introduction to Mathematics
Week 5	Careers in the STEM Fields
Week 6	Current Topics/Events in the STEM Fields
Week 7	Reflections: Overcoming Challenges
Business 101	
Objective: To introduce in-custody students to an array of topics in business and finances; to help guide them in creating their own business.	
Week 1	Orientation, Ideas for Starting a Business; Developing a Business Plan
Week 2	Exploring the Concept of Entrepreneurship
Week 3	Accounting and Information Systems
Week 4	Finance and Management
Week 5	Marketing, Social Media, Social Networking
Week 6	Developing Soft Skills
Week 7	Launching Your Business & Overcoming Challenges
How the Mind Works	

Objective: To introduce in-custody students to the anatomy of the brain and how it functions.	
Week 1	Introduction to Basic Concepts; Functions of the Brain; The Problems of Dualism
Week 2	Behaviorism: Philosophical and Psychological; The Identity Theory; “Is Consciousness a Brain Process?”
Week 3	Functionalism: The Casual Theory of the Mind; “The Nature of Mental States
Week 4	Variations on Functionalism: The Continuity Levels of Nature; Putting the Function back in Functionalism
Week 5	Privileged Access and the Problem of Other Minds; Mental Representation and Intentionality
Week 6	The Semantics of Mental States; The Intentional Stance; Real Patterns & Intentional Systems
Week 7	Neurophilosophy; Understanding the Phenomenal Mind; What experience teaches.
Introduction to Film Studies	
Objective: To introduce in-custody students to the intricate dynamics of films.	
Week 1	The Fundamentals of Film Studies; Film History & Theory; Approaches to Film Analysis (each student will have film journal for film critique notes)
Week 2	Visual and Narrative Structure, Perspective, and Meaning
Week 3	Film Terminology; Style, Genre, Authorship, Auteurism
Week 4	Cult Cinema; Cinematography; Sequence Analysis
Week 5	Acting and Blocking; Metafilm; Critical Interpretation and Informed Argumentation
Week 6	Examining the Universality of the Human Experience; What makes a film a Blockbuster?
Week 7	Reflections from Film Journals
Introduction to Astronomy	
Objective: To introduce in-custody students to the intricate dynamics of Astronomy.	
Week 1	Introduction; Greek Astronomy
Week 2	Astronomy in the Era of Copernicus, Tycho, Kepler, Galileo, Kepler’s Laws of Planetary Motion
Week 3	Review of Classical Mechanics; Circular Orbits; Full Kepler Orbit Problem
Week 4	Introduction to Electromagnetic Waves; Doppler Effect
Week 5	Reflection, Refraction, Optics, Optical, Radio, and X-Ray Telescopes
Week 6	Distances and Magnitudes; Binary Systems; Hertzsprung-Russell Diagrams

Week 7	Initial Mass Function; Olbert's Paradox; Galaxy Rotation Curves; Size and Rotation Curve of the Milky Way
Mindfulness	
Objective: To introduce in-custody students to the fundamentals of Mindfulness.	
Week 1	Introduction to Mindfulness; Benefits of Mindfulness; Neuroscience of Mindfulness
Week 2	Engaging in Compassionate Listening; Awareness Through the Senses
Week 3	Exploring Resistance to Pain; Mindful Eating, Exploring Stress
Week 4	Examining Negative Self-Talk vs. Positive Self-Talk; Reassurances
Week 5	The Conditioned Mind; Neuroplasticity; Reflective Listening
Week 6	Mindful Walking; Survival Strategies; Coping Mechanisms; Uncovering Unmet Needs
Week 7	The Practice of Kindness; Developing Intentions; Practicing Gratitude
Introduction to Autobiography Writing	
Objective: To introduce in-custody students and instructors to the fundamentals of writing an autobiography. The instructors will write their own autobiographies along with their students in this class.	
Week 1	Writing Your Autobiography; Structure & Clarity; The Importance of an Outline; Examples from popular autobiographies
Week 2	What is Compelling about Your Life's Story? Why is your Story Unique? What are the Lessons Learned from Your Story?
Week 3	Identify 8 pivotal periods or experiences in your life. Write 2-3 sentences on why these periods/experiences were significant.
Week 4	Develop Chapter-by-Chapter Outline of your Autobiography (5 Chapters)
Week 5	An Introduction to Your Autobiography; Include the Highlights of your 5 Chapters
Week 6	Brainstorming about the Book Title and Book Cover Design; What is the significance of your book title and cover design?
Week 7	Write Chapter 1 of your Autobiography (5 pages singled-spaced)
Introduction to Soft Skills & Public Speaking	
Objective: To introduce in-custody students to the craft of public speaking.	
Week 1	Communication Skills: Face-to-Face Interaction, Humor, Small Talk, Body Language, Nonverbal Communication, Being Sensitive to Offensive Language
Week 2	Conflict Resolution, Conflict Styles, Teamwork, Emotional Intelligence, Goal Setting; Punctuality; Proper Attire/Situational Attire

Week 3	Dealing with the fear of speaking in public through preparation; other strategies; critique of great public speakers; why are they effective?
Week 4	Preparing speeches of what you know; Your past, present, & future; Conducting research for your speech; integrating facts & statistics; The Importance of Practice and Repetition
Week 5	Adapting to your audience; body language, stage presence, tone, audible level, eye-contact
Week 6	The use of humor in public speeches; connecting with the audience; make it relatable
Week 7	Two-minute speeches on your past, present, and future
Creative Expression	
Objective: To teach in-custody students the dynamics of Self-Expression, Creativity, and the Fundamentals of Artistic Practice.	
Week 1	Self-Expression, Creativity, and the Fundamentals of Artistic Practice
Week 2	Expressing Impulsive Thoughts and Overwhelming Feelings Through Art
Week 3	Brainstorming, Ideas, Imagination; Giving Shape to Ideas
Week 4	Introspection, Reflection, Metaphors; Telling Your Own Story
Week 5	Performance Art, Graphic Art, Graffiti, Tattoos; Create the Cover of Your Music Album
Week 6	Poetry, Musical Lyrics, Songwriting, Rap, Spoken Word
Week 7	Creative Expression Student Presentations