

# 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.

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

### Forgiveness & Healing

**Objective:** To introduce in-custody students to the process of forgiveness and healing.

<b>Week 1</b>	What is forgiveness? Why forgive? How do people forgive?
<b>Week 2</b>	Sharing Stories of Pain
<b>Week 3</b>	The Power of Humility; Accepting Blame; Second Chances
<b>Week 4</b>	The Power of Love; Forgiveness v. Condoning
<b>Week 5</b>	Strategies for Anger & Stress Management (writing essay for homework)
<b>Week 6</b>	Writing as Therapy (discuss homework essay in class)
<b>Week 7</b>	Overcoming Challenges

### Career Development

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

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

<b>Week 7</b>	Interview Skills/Mock Interviews; Overcoming Challenges
<b>Yoga/Meditation</b>	
<b>Objective:</b> To introduce in-custody students to the fundamentals of meditation and yoga.	
<b>Week 1</b>	The Philosophy of Yoga/Meditation; The Concept of Breathing
<b>Week 2</b>	Inhaling, Exhaling, Head & Neck Exercises
<b>Week 3</b>	Chanting; Diver's Stretch, Simple Side Bend, Straddle Forward Bend
<b>Week 4</b>	Writing, Imagination, Introspection, Reflection
<b>Week 5</b>	Meditation; Reclining Twist, Sitting, Squatting, Double Leg Raises
<b>Week 6</b>	Butterfly, Sitting Forward Bend, Backbending, Half Spinal Twist
<b>Week 7</b>	Overview of Breathing, Meditation, Stretching Exercises
<b>Introduction to Public Speaking</b>	
<b>Objective:</b> To introduce in-custody students to the craft of public speaking	
<b>Week 1</b>	Dealing with the fear of speaking in public through preparation; other strategies; critique of great public speakers; why are they effective?
<b>Week 2</b>	Preparing speeches of what you know; Your past, present, & future
<b>Week 3</b>	Preparing speeches that inform, persuade, and fulfill the need of the occasion
<b>Week 4</b>	Conducting research for your speech; integrating facts & statistics
<b>Week 5</b>	Adapting to your audience; body language, stage presence, tone, audible level
<b>Week 6</b>	The use of humor in public speeches; connecting with the audience; make it relatable
<b>Week 7</b>	Two-minute speeches on your past, present, and future
<b>Self-Empowerment</b>	
<b>Objective:</b> To introduce in-custody students to strategies to build self-esteem and self-confidence.	
<b>Week 1</b>	Self-Care: Journaling, Reading, Writing, Music, Art as Therapy; Routines
<b>Week 2</b>	Soft Skills: Leadership, Nonverbal Communication, Goal Setting (SMART Goals)
<b>Week 3</b>	Forgiveness: Forgiveness of Others; Forgiveness of Oneself; The Power of Love
<b>Week 4</b>	Emotional Intelligence: Recognizing & Managing Emotions; Conflict Resolution
<b>Week 5</b>	Anger Management Strategies: Hobbies, Meditation, Breathing, Yoga, Exercise
<b>Week 6</b>	Introspection: Reflection, Meditation, Gratitude, Positivity
<b>Week 7</b>	Overcoming Challenges
<b>Introduction to Soft Skills</b>	
<b>Objective:</b> To introduce in-custody students to the importance of soft skills.	

<b>Week 1</b>	Communication Skills: Face-to-Face Interaction, Humor, Small Talk, Body Language, Nonverbal Communication
<b>Week 2</b>	Conflict Resolution, Conflict Styles
<b>Week 3</b>	Teamwork, Emotional Intelligence, Personality
<b>Week 4</b>	Adaptability, Transitions, Mundane Tasks and Motivation, Goal-Setting
<b>Week 5</b>	Problem-Solving, Critical Observation
<b>Week 6</b>	Innovative thinking, Free Thinking, Grey Thinking
<b>Week 7</b>	Leadership Skills, Employee Skills, Taking Initiative, Punctuality

## GED Tutoring

**Objective:** To prepare in-custody students to successfully pass the GED exam.

<b>Week 1</b>	Orientation; Overview of Course; Learning to Write Paragraphs and Essays clearly
<b>Week 2</b>	Language Arts Writing: Edit paragraphs for clarity; Grammar; Spelling; Punctuation, Sentence Structure
<b>Week 3</b>	Language Arts Reading: Improving Reading Skills; Academic Reading Assignments: Poetry & Short Stories
<b>Week 4</b>	Social Science: World History, Civics, Geography and Economics
<b>Week 5</b>	Life Science, Physical Science, Earth Science
<b>Week 6</b>	Basic Mathematics: Interpretation of Graphs, Charts, and Tables
<b>Week 7</b>	Strategies for Taking Multiple Choice Tests

## Introduction to Psychology

**Objective:** To introduce in-custody students to the dynamics of psychology.

<b>Week 1</b>	Orientation; What is Psychology? Sensation & Perception
<b>Week 2</b>	Variations in Consciousness; Learning & Memory
<b>Week 3</b>	Thinking, Language, and Intelligence
<b>Week 4</b>	Human Development; Personality; Nature, Nurture, and their Interaction
<b>Week 5</b>	The Brain & the Nervous System; Emotion, Stress, and Health
<b>Week 6</b>	Psychological Disorders, Treatment, Therapy
<b>Week 7</b>	Overcoming Challenges of the Past and Working Toward the Future

## Building Healthy Relationships

**Objective:** To introduce in-custody students to the dynamics of building healthy relationships.

<b>Week 1</b>	The Building Process; Communication; Working on One's Self; Patience
<b>Week 2</b>	The Power of Love, Empathy, and Forgiveness
<b>Week 3</b>	The Power of Humility; Accepting Blame; Second Chances

<b>Week 4</b>	Conflict Resolution & Accepting Differences and Different Perspectives
<b>Week 5</b>	The Importance of Safety, Honesty, Trust, and Respect
<b>Week 6</b>	The Importance of Sacrifice, Loyalty, Compromise, and Happiness
<b>Week 7</b>	Overcoming Challenges of the Past and Working Toward the Future
<b>Introduction to Social Problems</b>	
<b>Objective:</b> To introduce in-custody students to the causes and consequences of a myriad of social problems.	
<b>Week 1</b>	Orientation; What are Social Problems? Seeing Patterns; Sociological Imagination
<b>Week 2</b>	Economic Inequity: The Causes & Consequences of Poverty in the U.S.
<b>Week 3</b>	Analyzing Social Problems; Sociological Theory: Social Policy
<b>Week 4</b>	Patterns of Majority—Minority Interaction; The Politics of Crime
<b>Week 5</b>	Prejudice and Discrimination: The Social Standing of Racial Minorities in the U.S.
<b>Week 6</b>	Politics of Race, Gender, Class: Constructing Solutions
<b>Week 7</b>	Overcoming Challenges; Navigating the System
<b>Women's Empowerment</b>	
<b>Objective:</b> To focus on an array of women's issues to educate, inspire, and empower female in-custody students.	
<b>Week 1</b>	Orientation; Brief History of Women's Oppression & Societal Constraints
<b>Week 2</b>	Gender Roles, Stereotypes, Gender Biases, and Gender Differences
<b>Week 3</b>	The Plight of Women Globally
<b>Week 4</b>	The Psychological Principles of Building Healthy Relationships
<b>Week 5</b>	Female Leaders and Role Models
<b>Week 6</b>	Mind, Body, and Spiritual Development
<b>Week 7</b>	Overcoming Challenging; Navigating to Success
<b>Introduction to Philosophy</b>	
<b>Objective:</b> To introduce in-custody students to the philosophy of ethics, morality, right v. wrong, legitimacy, justice, and cultural relativism.	
<b>Week 1</b>	Orientation; Introduction to Basic Principles in Ethics
<b>Week 2</b>	What is Philosophy? What is an Argument? Fallacious Reasoning
<b>Week 3</b>	God and Religion; Knowledge and Certainty
<b>Week 4</b>	Being and Reality; The Allegory of the Cave; Locke, Plato, Aristotle, Hume
<b>Week 5</b>	Mind and Body; Freedom
<b>Week 6</b>	Science and Method
<b>Week 7</b>	Morality and the Good Life; Philosophical Reflections

## Introduction to Screenwriting Writing

**Objective:** To introduce in-custody students to the fundamentals of screenwriting.

<b>Week 1</b>	The Fundamentals of Screenwriting: Title, Introduction, Body, Conclusion
<b>Week 2</b>	The Art of Storytelling; Brainstorming; Thinking about your favorite movies
<b>Week 3</b>	Inventing the Story; Using your Imagination; Story Setting; Creating a Storyboard
<b>Week 4</b>	Telling the Story; Description, Character Development, Details
<b>Week 5</b>	The Technical Dimensions of Screenwriting
<b>Week 6</b>	Plot: Foreshadowing, Suspense, Conflict, Crisis, Resolution
<b>Week 7</b>	Introspection & Reflection

## Introduction to Writing

**Objective:** To introduce in-custody students to the fundamentals of writing.

<b>Week 1</b>	Orientation; Introduction to Basic Grammar (keep a Journal; regular homework)
<b>Week 2</b>	Basic Grammar Continued
<b>Week 3</b>	Creating Outlines; Thesis Statements
<b>Week 4</b>	Sentence Structure; Writing a Paragraph
<b>Week 5</b>	Writing an Essay; Storytelling
<b>Week 6</b>	Essay Writing; Writing Personal Statements for College Applications
<b>Week 7</b>	Reading Personal Statement Essays

## Creative Writing

**Objective:** To introduce in-custody students to the fundamentals of creative writing.

<b>Week 1</b>	The Fundamentals of Writing: Title, Introduction, Body, Conclusion
<b>Week 2</b>	The Art of Storytelling; Brainstorming Words & Ideas
<b>Week 3</b>	Inventing the Story; Using your Imagination
<b>Week 4</b>	Telling the Story; Description, Character Development, Details
<b>Week 5</b>	Metaphors, Simile, Hyperbole, Personification
<b>Week 6</b>	Plot: Foreshadowing, Suspense, Conflict, Crisis, Resolution
<b>Week 7</b>	Introspection & Reflection

## English for Spanish-Speaking In-Custody Students

**Objective:** To teach Spanish-speaking in-custody students to introductory English.

<b>Week 1</b>	Orientation; Overview of Course; Introduction to Basic English: English v. Spanish; Pronouns, Present v. Past Tense; Continuous Tense; Everyday Activities
<b>Week 2</b>	Basic Vocabulary; Grammatical Structures

<b>Week 3</b>	Listening to the Media and to the Teacher
<b>Week 4</b>	Reading Basic English; Repeating Words; Identifying Concepts
<b>Week 5</b>	Describing People and Things
<b>Week 6</b>	Writing Words, Sentences, and Short Paragraphs
<b>Week 7</b>	Classroom Presentation: Write and Read a 5-Sentence Biography
<b>Creative Expression</b>	
<b>Objective:</b> To teach in-custody students the dynamics of Self-Expression, Creativity, and the Fundamentals of Artistic Practice.	
<b>Week 1</b>	Self-Expression, Creativity, and the Fundamentals of Artistic Practice
<b>Week 2</b>	Expressing Impulsive Thoughts and Overwhelming Feelings Through Art
<b>Week 3</b>	Brainstorming, Ideas, Imagination; Giving Shape to Ideas
<b>Week 4</b>	Introspection, Reflection, Metaphors; Telling Your Own Story
<b>Week 5</b>	Performance Art, Graphic Art, Graffiti, Tattoos
<b>Week 6</b>	Poetry, Musical Lyrics, Songwriting, Rap, Spoken Word
<b>Week 7</b>	Creative Expression Student Presentations
<b>Introduction to Modern Dance</b>	
<b>Objective:</b> To introduce in-custody students to various dance styles as a form of self-expression.	
<b>Week 1</b>	Fundamentals: Styles, Counting Music, Exploring Rhythms, Emotions
<b>Week 2</b>	Ballet, Origins, Stretch/Warm-Up, Ballet Positions, Basic Combo.
<b>Week 3</b>	Introduction to Broadway/Musical Theatre: Broadway Plays & Ties to Culture, Stretch/ Warm-Up, Broadway Excerpt Combo.
<b>Week 4</b>	Introduction to Jazz/ Lyrical/ Contemporary Dance: Origins and Evolution of Jazz & Contemporary, Stretch/Warm-Up, Across-the-Floor Techniques, Basic Combo.
<b>Week 5</b>	Introduction to Ballroom: Styles of Ballroom & Ties to Culture, Stretch/Warm-Up, Ballroom Combos.
<b>Week 6</b>	Introduction to Hip-Hop: Elements of Hip-Hop, Subcultures of Hip-Hop Dance, Stretch/Warm-Up, Basic Combo.
<b>Week 7</b>	Freedom of Expression
<b>Introduction to Shakespeare</b>	
<b>Objective:</b> To introduce in-custody students to the writings of Shakespeare	
<b>Week 1</b>	Orientation; Who is Shakespeare? Why is he important? Overview of Writings; Language & Environment

<b>Week 2</b>	Read & Discuss Hamlet: Focus on Language & Character; Act I
<b>Week 3</b>	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.”
<b>Week 4</b>	Discuss Environment in Act III; Homework: Read Act III How does the environment that the characters are in affect their state of mind?
<b>Week 5</b>	Focus on Relationships; Homework: Write a paragraph of how each character affects Hamlet’s inner conflict in Act III, Scene 3.
<b>Week 6</b>	Act IV: Focus on Action; Homework: Describe how Hamlet’s madness affects two other characters’ actions.
<b>Week 7</b>	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.

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

## Introduction to Physics & Astronomy

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

<b>Week 1</b>	Orientation; Overview of physical laws and their application for the motion of objects under the influence of forces; one-dimensional and two-dimensional motion.
<b>Week 2</b>	Newton’s Three Laws of Motion & Newton’s Law of Gravitation
<b>Week 3</b>	Position, Velocity, and Acceleration; Equilibrium: Mass, Weight, Gravity
<b>Week 4</b>	The Work-Energy Theorem and Conservation of Energy
<b>Week 5</b>	The Impulse-Momentum Theorem; Rotational, Harmonic, & Freefall Motion
<b>Week 6</b>	Fluid Mechanics; Heat and Temperature
<b>Week 7</b>	The Kinetic Theory of Gases; Recap

## Introduction to Chemistry

<b>Objective:</b> To introduce in-custody students to the dynamics of chemistry.	
<b>Week 1</b>	Orientation; Overview of the General Principles, Laws, and Theories of Chemistry
<b>Week 2</b>	Define the Properties of Matter
<b>Week 3</b>	Classify Matter, Compounds, and Chemical Reactions
<b>Week 4</b>	Determine Basic Nuclear and Electronic Structure of Atoms
<b>Week 5</b>	Identify Trends in Chemical and Physical Properties of the elements using the Periodic Table
<b>Week 6</b>	Describe the Bonding in and the Shape of Simple Molecules and Ions.
<b>Week 7</b>	Solve Stoichiometric Problems; Write Chemical Formulas; Recap
<b>Introduction to STEM Fields</b>	
<b>Objective:</b> To introduce in-custody students to an array of disciplines in the STEM fields.	
<b>Week 1</b>	Students' Background, Academic Interests, Major (classes taken; careers)
<b>Week 2</b>	Introduction to Chemistry and Biology
<b>Week 3</b>	Introduction to Physics and Engineering
<b>Week 4</b>	Introduction to Mathematics
<b>Week 5</b>	Careers in the STEM Fields
<b>Week 6</b>	Current Topics/Events in the STEM Fields
<b>Week 7</b>	Reflections: Overcoming Challenges
<b>Introduction to College Math</b>	
<b>Objective:</b> To introduce in-custody students to an array of topics in that are covered in college math.	
<b>Week 1</b>	Orientation, Subjects in College Math, Problem-Solving Techniques
<b>Week 2</b>	Writing and Graphing Linear Equations
<b>Week 3</b>	Solving and Graphing Inequalities with one and two Variables
<b>Week 4</b>	Simplifying Expressions with Exponents and Rational Exponents
<b>Week 5</b>	Calculating Probabilities, Percent Increases
<b>Week 6</b>	Evaluating Logarithms and Solving Logarithm Equations
<b>Week 7</b>	Understanding the uses of Logic in Mathematics
<b>Business 101</b>	
<b>Objective:</b> To introduce in-custody students to an array of topics in business and finances; to help guide them in creating their own business.	
<b>Week 1</b>	Orientation, Ideas for Starting a Business; Developing a Business Plan
<b>Week 2</b>	Exploring the Concept of Entrepreneurship
<b>Week 3</b>	Accounting and Information Systems

<b>Week 4</b>	Finance and Management
<b>Week 5</b>	Marketing, Social Media, Social Networking
<b>Week 6</b>	Developing Soft Skills
<b>Week 7</b>	Launching Your Business & Overcoming Challenges
<b>Introduction to Financial Literacy</b>	
<b>Objective:</b> To introduce in-custody students to the fundamentals of Money Management & Financial Literacy.	
<b>Week 1</b>	Being Financially Accountable; Budgeting; Balancing a Check Book; Opening a Bank Account; Getting an Apartment; Buying a Car (used v. new); Grocery Shopping
<b>Week 2</b>	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
<b>Week 3</b>	County Welfare Benefits; SSI; County Child Care Support; Food Stamps/WIC; The Cost of Raising a Child; Understanding the Child Support Process; Accessing Resources
<b>Week 4</b>	Paying for College; Financial Aid, Scholarships; Signing up with Department of Rehabilitation for Financial Support for Education & Training
<b>Week 5</b>	Jobs v. Careers; Certificate & AA Degree Programs, Salaries
<b>Week 6</b>	Opportunity Costs, Investments, Understanding the Stock Market
<b>Week 7</b>	Investing in your Future; Buying a House; Retirement, Social Security Income
<b>How the Mind Works</b>	
<b>Objective:</b> To introduce in-custody students to the anatomy of the brain and how it functions.	
<b>Week 1</b>	Introduction to Basic Concepts; Functions of the Brain; The Problems of Dualism
<b>Week 2</b>	Behaviorism: Philosophical and Psychological; The Identity Theory; "Is Consciousness a Brain Process?"
<b>Week 3</b>	Functionalism: The Casual Theory of the Mind; "The Nature of Mental States
<b>Week 4</b>	Variations on Functionalism: The Continuity Levels of Nature; Putting the Function back in Functionalism
<b>Week 5</b>	Privileged Access and the Problem of Other Minds; Mental Representation and Intentionality
<b>Week 6</b>	The Semantics of Mental States; The Intentional Stance; Real Patterns & Intentional Systems
<b>Week 7</b>	Neurophilosophy; Understanding the Phenomenal Mind; What experience teaches.

## Introduction to Film Studies

**Objective:** To introduce in-custody students to the intricate dynamics of films.

<b>Week 1</b>	The Fundamentals of Film Studies; Film History & Theory; Approaches to Film Analysis (each student will have film journal for film critique notes)
<b>Week 2</b>	Visual and Narrative Structure, Perspective, and Meaning
<b>Week 3</b>	Film Terminology; Style, Genre, Authorship, Auteurism
<b>Week 4</b>	Cult Cinema; Cinematography; Sequence Analysis
<b>Week 5</b>	Acting and Blocking; Metafilm; Critical Interpretation and Informed Argumentation
<b>Week 6</b>	Examining the Universality of the Human Experience; What makes a film a Blockbuster?
<b>Week 7</b>	Reflections from Film Journals