

# 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.

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| <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, Emotional Intelligence, Networking, Follow Through   |
| <b>Week 7</b> | Reflections: Overcoming Challenges   |

### Career Development

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

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| <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      |

### Introduction to Soft Skills

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

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

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| <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  |
| <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>Introduction to College Math</b>  |   |
| <b>Objective:</b> To introduce in-custody students to the intricate dynamics of college math.                    |   |
| <b>Week 1</b>  | Introduction; Addition, Subtraction, Multiplication, Division, Exponential Notation and Order of Operations, Rounding Whole Numbers   |
| <b>Week 2</b>  | Fractions: Multiplication of Fractions and Mixed Numbers, Division of Fractions and Mixed Numbers, Least Common Multiple and Greatest Common Factor, Writing Equivalent Fractions |
| <b>Week 3</b>  | Fractions: Addition of Fractions and Mixed Numbers, Subtraction of Fractions and Mixed Numbers Order, Exponents and the Order of Operations Agreement                             |
| <b>Week 4</b>  | Decimals: Addition, Subtraction, Multiplication, Division, Rounding Decimals Comparing and Converting Fractions and Decimals  |
| <b>Week 5</b>  | Ratio, Rate, Proportion, Percent Equations, Percent Applications  |
| <b>Week 6</b>  | English-Metric Measurement Conversions; Mean, Median, Mode  |
| <b>Week 7</b>  | Pictographs, Circle Graphs, Bar graphs, Line Graphs, Histograms and Frequency Distribution  |

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| <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>Creative Writing</b>   |   |
| <b>Objective:</b> 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  |
| <b>Forgiveness &amp; Healing</b>  |   |
| <b>Objective:</b> 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   |
| <b>Building Healthy Relationships</b>   |   |
| <b>Objective:</b> 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                           |

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| <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 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>GED Tutoring</b>  |   |
| <b>Objective:</b> 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  |

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| <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  |
| <b>Introduction to Psychology</b>   |  |
| <b>Objective:</b> 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                    |
| <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>   |  |

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| <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  |
| <b>Introduction to Screenwriting Writing</b>  |  |
| <b>Objective:</b> 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   |
| <b>Introduction to Writing</b>  |  |
| <b>Objective:</b> 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  |
| <b>English for Spanish-Speaking In-Custody Students</b>   |  |
| <b>Objective:</b> 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   |

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| <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 |

## Introduction to Spanish

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

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| <b>Week 1</b> | 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 |
| <b>Week 2</b> | Alphabet, Numbers, Time, Weather; Days of the Week  |
| <b>Week 3</b> | Gender and Number-Grammatical Categories; Adjectives; Subject-Verb Agreement  |
| <b>Week 4</b> | The Present, Future, and Some Past Tense  |
| <b>Week 5</b> | Home, Family, Friends: Identify and Describe; Common Expressions  |
| <b>Week 6</b> | Brief Review of Possessive, Demonstrative, Interrogative, and Comparative   |
| <b>Week 7</b> | Occupations, Expressions, Food, Clothing  |

## Introduction to Modern Dance

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

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| <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   |

## Introduction to Shakespeare

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

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| <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.

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| <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**

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

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| <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   |



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| <b>Week 6</b>   | Fluid Mechanics; Heat and Temperature  |
| <b>Week 7</b>   | The Kinetic Theory of Gases; Recap   |
| <b>Introduction to Chemistry</b>  |  |
| <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>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>How the Mind Works</b>   |  |

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| <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.   |
| <b>Introduction to Film Studies</b>  |  |
| <b>Objective:</b> 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   |
| <b>Introduction to Astronomy</b>   |  |
| <b>Objective:</b> To introduce in-custody students to the intricate dynamics of Astronomy.           |  |
| <b>Week 1</b>  | Introduction; Greek Astronomy  |
| <b>Week 2</b>  | Astronomy in the Era of Copernicus, Tycho, Kepler, Galileo, Kepler’s Laws of Planetary Motion  |
| <b>Week 3</b>  | Review of Classical Mechanics; Circular Orbits; Full Kepler Orbit Problem  |
| <b>Week 4</b>  | Introduction to Electromagnetic Waves; Doppler Effect  |
| <b>Week 5</b>  | Reflection, Refraction, Optics, Optical, Radio, and X-Ray Telescopes   |
| <b>Week 6</b>  | Distances and Magnitudes; Binary Systems; Hertzsprung-Russell Diagrams   |

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| <b>Week 7</b>   | Initial Mass Function; Olbert's Paradox; Galaxy Rotation Curves; Size and Rotation Curve of the Milky Way                      |
| <b>Mindfulness</b>  |  |
| <b>Objective:</b> To introduce in-custody students to the fundamentals of Mindfulness.  |  |
| <b>Week 1</b>   | Introduction to Mindfulness; Benefits of Mindfulness; Neuroscience of Mindfulness  |
| <b>Week 2</b>   | Engaging in Compassionate Listening; Awareness Through the Senses  |
| <b>Week 3</b>   | Exploring Resistance to Pain; Mindful Eating, Exploring Stress   |
| <b>Week 4</b>   | Examining Negative Self-Talk vs. Positive Self-Talk; Reassurances  |
| <b>Week 5</b>   | The Conditioned Mind; Neuroplasticity; Reflective Listening  |
| <b>Week 6</b>   | Mindful Walking; Survival Strategies; Coping Mechanisms; Uncovering Unmet Needs  |
| <b>Week 7</b>   | The Practice of Kindness; Developing Intentions; Practicing Gratitude  |
| <b>Introduction to Autobiography Writing</b>  |  |
| <b>Objective:</b> 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. |  |
| <b>Week 1</b>   | Writing Your Autobiography; Structure & Clarity; The Importance of an Outline; Examples from popular autobiographies           |
| <b>Week 2</b>   | What is Compelling about Your Life's Story? Why is your Story Unique? What are the Lessons Learned from Your Story?            |
| <b>Week 3</b>   | Identify 8 pivotal periods or experiences in your life. Write 2-3 sentences on why these periods/experiences were significant. |
| <b>Week 4</b>   | Develop Chapter-by-Chapter Outline of your Autobiography (5 Chapters)  |
| <b>Week 5</b>   | An Introduction to Your Autobiography; Include the Highlights of your 5 Chapters   |
| <b>Week 6</b>   | Brainstorming about the Book Title and Book Cover Design; What is the significance of your book title and cover design?        |
| <b>Week 7</b>   | Write Chapter 1 of your Autobiography (5 pages singled-spaced)   |
| <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   |

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| <b>Week 5</b>   | Performance Art, Graphic Art, Graffiti, Tattoos; Create the Cover of Your Music Album               |
| <b>Week 6</b>   | Poetry, Musical Lyrics, Songwriting, Rap, Spoken Word   |
| <b>Week 7</b>   | Creative Expression Student Presentations   |
| <b>Understanding the Law &amp; the Legal Profession</b>   |   |
| <b>Objective:</b> To introduce in-custody understanding the law and the dynamics of the legal profession. |   |
| <b>Week 1</b>   | The Constitution; Key Legal Concepts; Locke's Social Contract                                       |
| <b>Week 2</b>   | The U.S. Court System; Role of the Supreme Court  |
| <b>Week 3</b>   | Understanding Criminal Law  |
| <b>Week 4</b>   | Understanding Civil Law: Torts, Contract Law, Family Law, Consumer & Housing                        |
| <b>Week 5</b>   | The Attorney-Client Relationship; Example of Cases that Deal with Youth                             |
| <b>Week 6</b>   | Race/Class and the Criminal Justice System; White Collar v. Street Level Crime                      |
| <b>Week 7</b>   | Mock Trial with Students  |
| <b>Debate &amp; Rhetoric</b>  |   |
| <b>Objective:</b> To introduce in-custody to formal principles of argument and debate.                    |   |
| <b>Week 1</b>   | Defining Basic Debate Terms; What is an Argument? Introduction to Argument: persuasion and rhetoric |
| <b>Week 2</b>   | Types of Argument: Aristotle, Fact, Definition, Inductive, Deductive, Fallacies                     |
| <b>Week 3</b>   | Constructing an Argument: Principles of Organization  |
| <b>Week 4</b>   | Delivering a Persuasive Argument: Refutation of Arguments   |
| <b>Week 5</b>   | Prepare, Deliver, and Respond to Cross-Examinations   |
| <b>Week 6</b>   | Participate in Spontaneous Debates (SPAR) using Debate Terminology                                  |
| <b>Week 7</b>   | Write and Present a Constructive Speech; Present Three Responses in Rebuttal Speech                 |