

Prison Education Project



Spring Semester 2020 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
Week 7	Reflections: Overcoming Challenges

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

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
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 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
Week 3	Teamwork, Emotional Intelligence, Personality
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 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
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 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
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
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
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
Week 6	Poetry, Musical Lyrics, Songwriting, Rap, Spoken Word
Week 7	Creative Expression Student Presentations
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 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
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
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