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|  **The Prison Education Project**Macintosh HD:Users:renfordreese:Desktop:CofiS3eqh1TRhnR56z6j-r-_kSGb_r5q4rSmncVKSJc.jpeg **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 |
| **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 |
|  **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 |
| **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 |
| **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 |
| **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 |
| **GED Tutoring** |

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

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| **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 |
| **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 |
| **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** |

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| **Objective**: To introduce in-custody students to the philosophy of ethics, morality, right v. wrong, legitimacy, justice, and cultural relativism. |

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| **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**  |

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

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| **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 |
|  **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 |
| **English for Spanish-Speaking In-Custody Students** |

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

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| **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 |
| **Creative Expression**  |

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| **Objective**: To teach in-custody students the dynamics of Self-Expression, Creativity, and the Fundamentals of Artistic Practice.  |

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| **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 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** |

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

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| **Week 1** | Orientation; Who is Shakespeare? Why is he important? Overview of Writings; How to Read a Shakespeare Play? |
| **Week 2** | Discuss Hamlet; Reading & Homework |
| **Week 3** | Discuss Henry IV, Part I: Reading & Homework |
| **Week 4** | Discuss King Lear: Reading & Homework |
| **Week 5** | A Midsummer Night’s Dream: Reading, Homework, Performance |
| **Week 6** | Romeo and Juliet: Reading & Homework |
| **Week 7** | Play Performance: Performing Scenes from “The Winter’s Tale” |
| **Introduction to Sci-Fi/Fantasy Writing** |

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| **Objective**: To introduce in-custody students to the dynamics of science fiction and fantasy writing.  |

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| **Week 1** | Introduction to the course;Metamorphoses of Science Fiction |
| **Week 2** | **Pulp adventure: Speculative Fiction, Travel Writing, and Colonialism** |
| **Week 3** | **Utopia, The Imaginary Journey, Satire** |
| **Week 4** | **The New Wave, A New Feminism, and Alternate History** |
| **Week 5** | **Alien Contact Redux** |
| **Week 6** | Cyberpunk, Digitization, Technoculture |
| **Week 7** | **Ethnicity, Race, Science Fiction, and Fantasy** |
| **Introduction to Computer Science** |

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

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| **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** |

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

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| **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 Astronomy** |

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

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| **Week 1** | What is Astronomy? Greek Astronomy |
| **Week 2** | How does Astrology work? The terminology of Astrology; Astronomy in the Era of Copernicus, Tycho, Kepler, and Galileo |
| **Week 3** | Kepler’s Laws of Planetary Motion; Review of Classical Mechanics; Circular Orbits |
| **Week 4** | Optical, Radio, and X-Ray Telescopes; HII Regions & Galaxy Types |
| **Week 5** | Distances and Magnitudes; Binary Systems; Nuclear Reactions in Stars; Star Formation |
| **Week 6** | Hertzsprung-Russell Diagrams; Hydrostatic Equilibrium |
| **Week 7** | Initial Mass Function; Olbert’s Paradox; Galaxy Rotation Curves |
| **Introduction to Chemistry** |

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

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| **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 Engineering**  |

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

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| **Week 1** | Introduction to Engineering; What is Engineering? Careers in Engineering  |
| **Week 2** | Material Properties |
| **Week 3** | Free Body Diagrams & Forces |
| **Week 4** | Estimation & Order of Magnitude |
| **Week 5** | Vectors, Optimization, Force Equilibrium |
| **Week 6** | Reaction Forces, Trusses, Stability of Structures |
| **Week 7** | Friction, Center of Mass, Designing & Analyzing Structures |
| **Introduction to STEM Fields**  |

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| **Objective**: To introduce in-custody students to an array of disciplines in the STEM fields. |

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| **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 College Math**  |

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| **Objective**: To introduce in-custody students to an array of topics in that are covered in college math. |

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| **Week 1** | Orientation, Subjects in College Math, Problem-Solving Techniques |
| **Week 2** | Writing and Graphing Linear Equations |
| **Week 3** | Solving and Graphing Inequalities with one and two Variables |
| **Week 4** | Simplifying Expressions with Exponents and Rational Exponents  |
| **Week 5** | Calculating Probabilities, Percent Increases |
| **Week 6** | Evaluating Logarithms and Solving Logarithm Equations |
| **Week 7** | Understanding the uses of Logic in Mathematics |
| **Business 101** |

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| **Objective**: To introduce in-custody students to an array of topics in business and finances; to help guide them in creating their own business. |

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| **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 |
| **Introduction to Financial Literacy** |

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| **Objective**: To introduce in-custody students to the fundamentals of Money Management & Financial Literacy. |

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| **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 |