

GROSSMONT ADULT EDUCATION

A MEMBER OF EAST REGION ADULT EDUCATION

2021-22 CATALOG

CLASSES START JULY 2021.

بالعربية!

adultschool.guhsd.net

¡En español!



SEE WHAT'S NEW.
LEARN SOMETHING NEW.



GROSSMONT
ADULT EDUCATION

A member of East Region Adult Education

CAMPUS DIRECTORY

GROSSMONT ADULT EDUCATION

Foothills Adult Education Campus

1550 Melody Lane, El Cajon, CA 92019
(619) 588-3500

adultschool.guhsd.net

Located near Granite Hills High School
Bus Route 874 (last service 6:00 pm)

Director Academic Programs: **Barbara Boggio**

bboggio@guhsd.net

Director CTE & PE: **Jeff Wood**

jwood@guhsd.net

Health Occupations Center

9368 Oakbourne Rd., Santee, CA 92071
(619) 956-4300

hoc.guhsd.net

Located adjacent to West Hills High School

Director: **Heather Peterson**

hpeterson@guhsd.net

El Cajon Adult Campus

1075 E. Madison Ave., El Cajon, CA 92021

(619) 401-9750

elcajonadult.guhsd.net

Located adjacent to El Cajon Valley High School

Director ESL Programs: **Lance Yocom**

lyocom@guhsd.net

GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

Grossmont College

8800 Grossmont College Drive
El Cajon, California 92020

(619) 644-7000

Cuyamaca College

900 Rancho San Diego Parkway

El Cajon, California 92019

(619) 660-4000

MOUNTAIN EMPIRE

Alternative Education, Mountain Empire High School

31360 Highway 94, Campo, CA 91906

(619) 473-9022, ext. 2214

meusd.k12.ca.us

Director: **Heather Westgaard**

heather.westgaard@meusd.k12.ca.us

We are investing in the future. Visit us in the Fall and see what is new. Construction for a new Student Center at Foothills Adult Center and upgraded facilities and both Foothills Adult Campus and El Cajon Adult Campus are underway.

CLASSROOM/PROGRAM LOCATIONS

Alpine Education Complex

1850 Alpine Blvd,
Alpine, CA 91901

DMV Test Site

1901 Jamacha Rd.
El Cajon, CA 92019

El Cajon Valley High School

1035 E. Madison Avenue
El Cajon, CA 92021

El Capitan High School

10410 Ashwood Street
Lakeside, CA 92040

East County Regional Education Center

924 E Main St
El Cajon, CA 92021

Glenn E. Murdock Elementary School

4354 Conrad Drive
La Mesa, CA 91941

Helix High School

7323 University Avenue
La Mesa, CA 91942

Idea Center High School

1600 N. Cuyamaca Street
El Cajon, CA 92021

La Mesa Adult Enrichment Center (LMAEC)

8450 La Mesa Blvd.
La Mesa, CA 91941

Jamul Elementary School

14567 Lyons Valley Rd
Jamul, CA 91935

Lemon Grove Senior Center - Lemon Blossom Hall

8235 Mount Vernon St
Lemon Grove, CA 91945

Monte Vista Village Senior Center

2211 Massachusetts Avenue
Lemon Grove, CA 91945

Renette Center

935 S. Emerald Avenue
El Cajon, CA 92020

Santana High School

9915 N. Magnolia Avenue
Santee, CA 92071

Steele Canyon High School

12440 Campo Road
Spring Valley, CA 91978

The Piano Studio

7840 El Cajon Blvd. Suite #402
La Mesa, CA 91942

West Hills High School

8756 Mast Blvd.
Santee, CA 92071

HOLIDAYS - NO CLASSES

	2021
Labor Day	Sept 6
Veterans' Day	Nov 11
Thanksgiving Break	Nov 22-27
	2021/2022
Winter Recess	Dec 20 - 31
	2022
Martin Luther King Day	Jan 17
President's Days	Feb 18 & 21
Spring Recess	April 11 - 15
Memorial Day	May 30

Due to construction, Fall classes at Foothills and El Cajon Adult Centers will start in mid September instead of August this year.
See back cover for a sneak preview.

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ACCREDITATION

Grossmont Adult Education is accredited by the Western Association of Schools and Colleges. Accreditation is an assurance of quality and a guarantee that courses taken for credit will be accepted by other educational institutions. Teachers are certified in their teaching area by the State Commission for Teacher Preparation and Licensing.

PUBLISHER STATEMENT

The catalog is published by Grossmont Adult Education, a member of East Region Adult Education.

DISCLAIMER

Every effort has been made to ensure that all information in this catalog is accurate. However, the information in this publication is subject to change without notice. Students should consult the website adultschool.guhsd.net and the appropriate campus for updates, most recent information, and special requirements or regulations.

Do you need help with technology?
Please visit our website at adultschool.guhsd.net.
For registration, enrollment, and refund policies go to the program you are interested in.

COVID-19

For detailed information regarding COVID-19 safety measures, visit our website adultschool.guhsd.net

WELCOME

TO THE 2021-2022 SCHOOL YEAR



Kim Bellaart
Director
(619)588-3511

It's been a year of change and uncertainty, but also of resilience and creativity, as we all continue to learn new ways to stay connected and to keep moving forward. Grossmont Adult Education is continuing to innovate and provide flexible programs to ensure that no matter what, we are ready to support all students in achieving academic, workplace, and lifelong learning goals!

In order to help you on your journey, we are developing paths of opportunities for students who want to accelerate progress with college and/or career preparation while also meeting language acquisition and academic goals. For lifelong learners looking for personal enrichment classes like art, parent education, exercise, and much more, we have great options for you to connect, both online and in person!

Don't forget: Our printed catalog only comes out once a year. In order to ensure accurate information, our detailed class schedule can be found on our website: adultschool.guhsd.net.

Welcome to another year of opportunity to grow with us. I encourage you to contact me to share your successes as well as your suggestions so we can continue to provide the very best in adult education and lifelong learning!

MISSION STATEMENT

The mission of Grossmont Adult Education is to enrich the lives of our community members by providing high quality, affordable, lifelong educational opportunities; fulfilling personal, academic, and workplace goals for an increasingly diverse population.

SCHOOLWIDE OUTCOMES

- Provide further education, career training, and employment opportunities
- Prepare students to be resourceful in reaching their goals
- Produce a well-trained and knowledgeable workforce
- Promote community involvement and responsibility

BIENVENIDOS

AL AÑO ESCOLAR 2021-2022!

Ha sido un año de cambios e incertidumbre, pero también de resiliencia y creatividad, ya que todos seguimos aprendiendo nuevas formas de estar conectados y seguir avanzando. Grossmont Adult Education continúa innovando y brindando programas flexibles para garantizar que, pase lo que pase, iestemos listos para apoyar a todos los estudiantes en el logro de las metas académicas, laborales y de aprendizaje permanente!

Para ayudarte en tu viaje, estamos desarrollando caminos de oportunidades para los estudiantes que desean acelerar el progreso con la preparación universitaria y / o profesional al mismo tiempo que alcanzan la adquisición del idioma y los objetivos académicos. Para los estudiantes de por vida que buscan clases de enriquecimiento personal como arte, educación para padres, ejercicio y mucho más, itenemos excelentes opciones para que se conecten, tanto en línea como en persona, cuando sea posible!

La versión completa
en español
de este catálogo está
disponible en línea
adultschool.guhsd.net

No lo olvides: Nuestro catálogo impreso solo se publica una vez al año. Para garantizar información precisa, nuestro horario de clases detallado se puede encontrar en nuestro sitio web: adultschool.guhsd.net.

Bienvenidos a otro año de oportunidades para crecer con nosotros. Los animo a que se pongan en contacto conmigo para compartir sus éxitos y sus sugerencias para que podamos seguir brindando lo mejor en educación de adultos y aprendizaje para toda la vida.

مرحبًا بكم في العام الدراسي 2021-2022

لقد تمثل هذا العام الدراسي بالكثير من كونه عام التغييرات وعدم اليقين ، إلا أنه في الوقت ذاته كان عام يتسم بالمرونة والإبداع ، حيث نستمر جميعًا في تعلم طرق جديدة للبقاء على تواصل والأستمرار في المضي قدمًا. أن مركز كروسمنت لتعليم البالغين / Grossmont Adult Education يستمر في الابتكار وتقديم برامج قابلة للتكيف لضمان بأننا مهما كان الأمر ، مستعدين لدعم جميع الطلبة في تحقيق أهدافهم الأكاديمية ، وأهدافهم الوظيفية ، وأهدافهم التي ستعلمهم وتبقى معهم مدى الحياة!

من أجل مساعدتكم في رحلتكم التعليمية ، إننا بصدى تطوير مسارات من الفرص التي نقدمها للطلبة الراغبين في تسريع تقدمهم في الكليات و / أو الإعداد الوظيفي وفي الوقت نفسه يتمكنوا من تحقيق أهدافهم الأكاديمية واكتسابهم لمزيد من اللغة. بالنسبة الى المتعلمين على المدى البعيد أو مدى الحياة الذين يبحثون عن دروس في الإثراء والتنمية الشخصية مثل الفن وتعليم الوالدين والتمارين الرياضية والكثير من ذلك ، لدينا خيارات رائعة لكم للتواصل ، سواء عبر الإنترنت أو بالدوام شخصيًا عندما يكون ذلك ممكنًا!

ولا يغيب عن بالكم: أن الكتالوج المطبوع الخاص بنا يتم إصداره مرة واحدة في السنة فقط. ومن أجل ضمان الحصول على معلومات دقيقة ، يمكن العثور على جدولنا الدراسي المفصل بالدخول الى موقعنا الإلكتروني التالي على الإنترنت: adultschool.guhsd.net

مرة أخرى نرحب بكم في عام آخر مليء بالفرص التي ستساعدكم على النمو والإزدهار معنا. أشجعكم بشدة على الاتصال بي لمشاركة تجاربكم الناجحة وكذلك تقديم اقتراحاتكم حتى نتمكن من الاستمرار في تقديم أفضل ما يمكننا في تعليم البالغين واكتساب التعلم مدى الحياة!

النسخة العربية
الكاملة لهذا الكتالوج متاحة على
الإنترنت على موقع
adultschool.guhsd.net

STUDENT SUPPORT SERVICES

STUDENT SUPPORT AND ASSISTANCE

Transitions matter! You can work with Student Transition Services to...

- Build up your skills and competencies.
- Explore your individualized education and career options.
- Co-design the tools to overcome challenges and achieve success.
- Work together in transitioning to college & career training programs.
- Connect with businesses and industry partners to prepare you for satisfying careers.

Interested in Transition Services?

Call or text at (619) 627-1175
Or visit our website and contact us there: adulthoodworks.org/request-info-2

Academic Advising

- Review of assessment results and transcripts
- One-on-one discussion of educational plans, goals, and courses with an academic program advisor
- Ongoing support through academic coursework

Career Readiness

- Work readiness and resume writing workshops
- Interview preparation and job coaching
- Job fairs and employer/employee support

College Explorations

Join us for our virtual & in-person events!

- Virtual Grossmont & Cuyamaca College Open House
- Career Readiness Workshops
- Finding Money for College (Financial Aid)

SERVICE HIGHLIGHTS

- Career development
- Tuition-free college options
- Business partnerships



STUDENT VOICES

“You helped me a lot since I came down here to the United States. Every time I had questions Transition Services is there to answer me.”

– Lhoradel B.



“They went above and beyond to help me with my class and what is good for me, they used to send me programs and work hard to find something that fits me. It’s an amazing experience with the services and the program.”

– Matilda M.

“I received an email from Rady’s this afternoon inviting me to take an online assessment! I did not complete an application so this must be initiated from your referral. Thank you!”

– Teri C..

STATEMENT OF NONDISCRIMINATION

The Governing Board is committed to equal opportunity for all individuals in education. District programs and activities shall be free from discrimination based on sex, race, color, religion, national origin, ethnic group, marital or parental status, physical or mental disability, sexual orientation, or any other unlawful consideration, whether actual or perceived.

For any concerns or questions, please contact the District’s Compliance officers:

TITLE IX

Nondiscrimination on the Basis of Sex
Randy Montesanto, Director I
Human Resources Programs
P.O. Box 1043, La Mesa, CA 91944
(619) 644-8009

SECTION 504

Nondiscrimination on the Basis of Disability
Kathy Burton, Administrator
Academic Interventions & Alternative Programs
P.O. Box 1043, La Mesa, CA 91944
(619) 593-2760

POLICY AGAINST SEXUAL HARASSMENT

It is the policy of the Governing Board to provide an educational environment free of sexual harassment. The Governing Board condemns sexual harassment of any district student by any person. The district administration will investigate and resolve all alleged complaints of sexual harassment and take disciplinary action as required and authorized to remedy the situation.

Each complaint shall be promptly investigated in a way that respects the privacy of all parties concerned. There will be no retaliation against any student for filing a complaint of sexual harassment or participating in the complaint process.

Complaints of sexual harassment shall be filed and processed in accordance with the complaint procedures set forth in Administrative Regulation AR5145.7.

Any student who believes that he or she has been the victim of sexual harassment should report it to the principal or designee or to another district administrator and obtain a copy of AR145.7.

*We are the right choice for
career training opportunities!*

CAREER TRAINING PROGRAMS

We are proud to offer career training classes for in-demand occupations in our region. Grossmont Adult Education is the right choice for your career training opportunities because:

- Classes are accelerated 8- to 16-weeks to fit into your schedule.
- We provide rigorous industry sector training.
- Our classes are affordable. Fees are much lower than at for-profit training centers.
- Many classes earn industry-recognized certifications and licenses.
- Eligible students may receive full-funding opportunities for designated classes.
- Earn college credits for designated classes.

Our Career Education classes:

- Lead to jobs or advanced training through community colleges, apprenticeships or training schools;
- Deliver impactful training in high-demand, regional industry sectors;
- Offer an affordable training experience;
- Offer access to cutting-edge technology and machinery;
- Provide quick transition into entry-level jobs or advanced educational opportunities.

DIRECTOR'S MESSAGE

Hello! If you are looking to add skills to advance from your current job or for a career change, I invite you to see what GAE has to offer.

I have three primary objectives:

1. Provide classes that teach the skills needed for in-demand, high wage job opportunities in our region.
2. Make these classes affordable.
3. Design the classes in accelerated 8-, 12- or 16-week formats so students can fit the classes into their busy schedules.

GAE is also proud to offer classes that meet the high standards that allow our students to test for industry-recognized certifications. These include our American Welding Society (AWS) and CompTIA A+ certification classes. Our classes for Commercial Truck Class-B, and real estate meet requirements for state licensing. And we are always looking to expand our certification and licensing trainings.

GAE makes every effort to align classes with college courses and employer needs. Credits earned in our classes will serve as a stepping stone for you to continue with advanced training and higher wage earning opportunities.



And finally, when you register at adultschool.guhsd.net, you will have immediate access to our team of Transition Specialists. These specialists, provided by our partner East Region Adult Education, provide you with one-on-one support services and will answer all your important questions to help you navigate the best path for your career goals.

Let us help you design and meet your career goals!

Jeff Wood

Director, Career Training
Foothills Adult Education Campus
1550 Melody Lane, El Cajon
619.588.3500

CLASS SCHEDULES

This catalog provides you with general program and class information. Detailed class descriptions, as well as up-to-date class scheduling information is available on our website at adultschool.guhsd.net.



MENSAJE DEL DIRECTOR

Hola, Si estás buscando agregar habilidades para avanzar en tu trabajo actual o estás buscando un cambio de carrera, te invito a ver lo que GAE tiene para ofrecer.

Tengo tres objetivos principales:

1. Brindar clases que enseñen las habilidades necesarias para oportunidades laborales de alto salario en nuestra región.
2. Hacer que estas clases sean asequibles
3. Diseñe las clases en formatos acelerados de 8, 12 o 16 semanas para que los estudiantes puedan adaptar las clases a sus ocupados horarios.

GAE también se enorgullece de ofrecerte clases que cumplen con los altos estándares que permiten a nuestros estudiantes realizar pruebas para obtener certificaciones reconocidas por la industria. Estos incluyen nuestras clases de certificación American Welding Society (AWS) y CompTIA A+. Nuestras clases para camiones comerciales Clase B y bienes raíces cumplen con los requisitos para la licencia estatal. Y siempre buscamos expandir nuestra capacitación en certificación y licencias.

¡No nos detendremos ahí! GAE alinea las clases con los cursos universitarios y las necesidades del empleador. Los créditos obtenidos en nuestras clases servirán como un trampolín para que continúes con la capacitación avanzada y las oportunidades de obtener mejores salarios.

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disponible en línea
adultschool.guhsd.net

Y finalmente, cuando te registres en adultschool.guhsd.net, tendrás acceso inmediato a nuestro equipo de especialistas en transición. Estos especialistas, proporcionados por nuestro socio East Region Adult Education, te brindan servicios de apoyo uno a uno y responderán todas tus preguntas importantes para ayudarte a navegar por el mejor camino hacia tus objetivos profesionales.

¡Permítenos ayudarte a diseñar y alcanzar tus objetivos profesionales!

كلمة مدير البرامج

مرحباً! إذا كنتم تبحثون عن طريقة لإضافة مهارات و خبرات جديدة للتقدم من وظائفكم الحالية أو تبحثون عن وظائف أخرى لتغيير وظائفكم، أدعوكم للتطلع إلى ما يقدمه مركز كروسمنت التعليمي للبالغين (GAE).
لدي ثلاثة أهداف رئيسية وهي:

1. توفير دورات دراسية تقوم بتعليم المهارات اللازمة لإيجاد فرص عمل عالية الأجور و المرغوبة في منطقتنا.
2. جعل هذه الدروس ميسورة التكلفة وفي متناول الجميع
3. تصميم الدروس ذات التنسيق المتسرع في 8، أو 12، أو 16 أسبوعاً حتى يتمكن الطلبة التوافق ما بين هذه الدورات مع جداولهم المكثفة.

يفتخر مركز كروسمنت التعليمي للبالغين (GAE) أيضاً بتقديم دروس تليي المعايير العالية التي تسمح لطلبتنا بأخذ اختبار الشهادات المعترف بها في المجال الصناعي. تشمل هذه الدروس الحصول على شهادات جمعية اللحام الأمريكية (AWS) وشهادات رابطة استخدام الحاسوب في مجال التكنولوجيا الصناعية/CompTIA A+. بينما تليي الدورات الدراسية التي نقدمها في مجال تعليم سيطرة الشاحنات التجارية من نوع B/ودورات تجارة العقارات، كافة متطلبات الترخيص الحكومية. كما أننا نتطلع دوماً إلى توسيع نطاق الشهادات وتدريبات الترخيص التي نقدمها.
إلا أننا لن نتوقف عند هذا الحد! حيث يقوم مركز كروسمنت التعليمي للبالغين (GAE) بجعل الدروس متوافقة مع دورات الكليات المحلية واحتياجات صاحب العمل. ستكون النقاط الائتمانية-الكردت المكتسبة في صفوفنا بمثابة نقطة انطلاق للطلاب لمواصلة التدريب المتقدم وفرص الحصول على وظائف بأجور ورواتب أعلى.

وأخيراً، عندما يقوم الطالب بالتسجيل في موقعنا الإلكتروني التالي على الإنترنت: adultschool.guhsd.net، سيكون لديه إمكانية الوصول مباشرة إلى الفريق المختص بالمرحلة الانتقالية. يوفر هؤلاء المختصين، الذين تم اختيارهم من قبل شركتنا في مركز إيست ريجيون (المقاطعة الشرقية) التعليمي للبالغين/East Region Adult Education، خدمات دعم انفرادية/one-on-one support services، والتي من خلالها يقومون بالإجابة على جميع الأسئلة المهمة لمساعدة الطالب على تحديد أفضل مسار له نحو تحقيق أهدافه المهنية. دعونا نساعدكم في تصميم وتحقيق أهدافكم المهنية!

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الإنترنت على موقع
adultschool.guhsd.net

Classes Include:

- Advanced Manufacturing
- Automotive and Transportation
- Business Technologies
- Construction Trades
- Culinary
- Finance
- Food Safety
- Information Technologies
- Real Estate
- Welding

■ ADVANCED MANUFACTURING

Introduction to CADD

This 10-week course provides an introduction to computer-aided design and drafting. Autodesk Suite programs are used as the learning system. Students will also be receive hands-on experience using a 3-D printer, laser cutter and CNC machine.

Course fee is \$95

■ AUTOMOTIVE / TRANSPORTATION

Collision Repair

Automotive body technicians repair damage from vehicle collisions and make vehicles look and drive like new. Students will learn how to remove dents, straighten metal panels, and replace parts that cannot be fixed. Automotive plastics and metal welding training is taught and students are encouraged to test for the MIG welding certification. Shop safety and proper use of equipment are integral components of the class. The IET designation means that there is English language support offered for ESL students. This class is not designed for hobbyists.

Course fee is \$TBD;

Welding Certification test fee is \$50

Class-B Truck & Bus Driving License Class

In this class, students will learn how to operate a 40-foot Class B vehicle with air brakes, and have the opportunity to take the California DMV road test. Upon completion of the program students will be issued a Certificate of Achievement and a list of competencies. Interested? Go to our website and register for the **FREE Commercial Truck Class-B Orientation** for complete program information.

Current course fee is \$800.

■ BUSINESS & INFORMATION TECHNOLOGIES

Prerequisite: Computer skills are *required* for the following business technologies courses. Google Drive will be utilized as storage for student documents and projects.

NOTE: Classes *do not* teach basic computer skills and are not meant for beginning computer users.

CompTIA A+ Certification

The 12-week, online evening A+ certification class is for students who want to build a solid IT foundation for entry-level IT employment or to advance their IT training. CompTIA is a globally-recognized IT trainer. Certified staff members bring immediate benefits to any employers, whether IT or a non-IT employers. This class serves as a gateway to higher level IT certifications such as networking, cyber security and more. Additionally, students who pass the CompTIA A+ Certification Test earn college credit with Cuyamaca College and are eligible for fee reimbursement through our Certification Incentive Program.

Course fee is \$225;

A+ Part I & Part II Testing Vouchers are approximately \$215 each

Office Professional Training

This 8-week class prepares students for the ever-changing, cloud-based office environment. The skills acquired are adaptable to a variety of industry sectors, such as manufacturing, hospitality, transportation and others. This class will teach transferable skills utilizing Microsoft Office programs (Word, Excel, PowerPoint & Outlook), Office 365, as well as Google Drive functions. Students gain the skills necessary to perform office tasks encountered on a daily basis. This class also provides the technical background needed to take most college classes. An additional 1-hour lab component provides tailored opportunities for students to increase typing speed, practice business writing, develop portfolios or access English Language support modules. Testing is available for a typing certificate at no additional charge. MOS certification testing is also an option.

Course fee is \$95

Keyboarding

This course is designed for all levels of competency. Students learn to type or improve their typing speed and accuracy.

Course fee is \$65

Typing Certificate

Typing certification classes are offered weekly. Please check the website for test dates.

Testing fee is \$10

■ CONSTRUCTION TRADES

Introduction to Construction Trades

This 8-week class will provide students with an in-depth exploration of building trades, occupational skills and workplace standards and conduct. Students will focus on problem solving and communication skills needed on the worksite by utilizing project-based learning. The class includes OSHA 10 training and testing. Additionally, students will be introduced to paid apprenticeship and advanced training programs. Women are strongly encouraged to participate. Explore framing and drywall, electrical, plumbing, blueprint reading and estimation, hand and power tools, surveying, tile and painting, HVAC, and finish carpentry.

Course fee is \$95

General Laborer Training

This 8-week class teaches the necessary skills to obtain entry-level construction jobs. Students will learn proper use of hand and power tools, measuring devices and materials handling. This class will use wood and steel stud materials used in both commercial and residential building. Math calculating, blueprint and plan reading will be introduced. Apprenticeship programs for advanced training will be presented.

Course fee is \$150.00

■ CULINARY ARTS

Culinary Arts & Hospitality

The 16-week Culinary Arts and Hospitality class is taught in a state-of-the-art facility and is for students who want to learn the fundamental culinary and customer service skills needed to work in San Diego's hospitality and tourism industry. Hospitality sectors include restaurants, hotels, casinos and resorts, as well as in catering and event planning businesses. Topics include fundamental food preparation techniques, health, safety and sanitation guidelines and customer service training. The class includes the County of SD Foodhandler Training and Test.

Course fee is \$195

NOTE: This is a culinary careers class and is not designed for cooking hobbyists.

CAREER TRAINING PROGRAMS

■ FOOD SAFETY

Foodhandler Training

All persons employed in any job where food is served are required to take Food Handlers Training and pass the test for the Foodhandler Certificate.

Course fee is \$35 (certificate included).

■ FINANCE

Accounting

This 16-week training provides fundamental knowledge of bookkeeping and accounting practices (GAAP) that are the cornerstone of most businesses. Students with an accounting background are in demand for all sectors of business, including sales, finance, and marketing. Students will learn the "language of finance," develop the organizational skills and attention to detail that are required to create balance sheets, income statements, cash flows, and more. Basic MS Office Excel will also be taught in the class.

Course fee is \$125 (excl. textbooks)

Finance Clerk Training (Accounting, QuickBooks & Excel)

This 16-week course combines the fundamental finance training needed for entry level finance clerks for small businesses, temp agencies or service industries. Basic accounting, Excel and QuickBooks will be taught.

Course fee is \$150 (excl. textbooks)

QuickBooks Online

This 16-week course is for beginning and intermediate QuickBooks students. The course first offers an introduction to QuickBooks Online that includes setting up a new company, customers, vendors, and banking, and correcting common QuickBooks errors. During the second half of the course, students deepen their understanding of QuickBooks. Students are encouraged to take the Intuit QuickBooks Online Certification test to enhance their career portfolio.

Course fee is \$125 (excl. textbooks)

Prerequisites: Bookkeeping or accounting experience and basic computer skills.

Excel

This 8-week Excel class introduces students to basic skills, such as selecting cells, using AutoCorrect, creating relative and absolute formulas and functions, formatting cell contents, changing the structure of worksheets, using proofing tools, and applying spreadsheet themes.

Course fee is \$75

Income Tax Preparation (Fall Only)

Learn how to prepare taxes like a pro.

The course includes the required hours of Federal and California instruction. Successful completion of this course will allow you to register with the California Tax Education Council (CTEC), which is required to be a paid tax preparer in the State of California.

Course fee is \$150

■ REAL ESTATE

Successful completion of three real estate courses is required to take the CA Real Estate Exam. All classes are 16 weeks. (Textbooks not included)

Real Estate Practice

This course prepares students for aspects of buying and selling a home, product knowledge, filling out contracts and disclosure, marketing listings, financing the purchase, and completing and closing the transaction. This class meets the California Bureau of Real Estate B. R. E. file # 2209-05 class requirement.

Course fee is \$125

Real Estate Principles

This course prepares students to pass the California Real Estate Exam. Topics covered include the nature of real estate, ethics, law contracts, finance, taxation, appraisal, and property management. This class meets the California Bureau of Real Estate B.R.E. file # 1598-96 class requirement.

Course fee is \$125

Legal Aspects of Real Estate

Topics include legal descriptions, how ownership is acquired and conveyed, California license law, fair housing law, consumer protection law, contract law, and real estate contracts and disclosures. The class meets the California Bureau of Real Estate class requirement.

Course fee is \$125

■ WELDING

Student equipment not included.

GTAW: Gas Tungsten Arc Welding (TIG)

Instruction in this course covers safety, personal protection equipment, welding and electrical theory, basic equipment set up and repair, methods and techniques in GTAW in preparation for testing to AWS D1.3 structural or AWS D9.1 sheet metal welding criteria. Optional processes may include AC aluminum welding and tube notching/welding.

Course fee is \$600

GMAW: Gas Metal Arc Welding (MIG)

Instruction covers safety, personal protection equipment, welding and electrical theory, basic equipment set up and repair, methods and techniques in GMAW in preparation for testing to AWS D1.1 structural welding criteria.

Course fee is \$600

SMAW: Shield Metal Arc Welding (STICK/ARC)

Instruction cover safety, personal protection equipment welding and electrical theory, basic equipment setup and repair, methods and techniques in SMAW in preparation for testing AWS D.1 structural weld criteria.

Course fee is \$600

AWS Welding Certification

AWS certification testing is offered to all registered welding students.

Testing fees are \$50 per test.

*Get in the field working and
moving towards your goals!*

CAREER TRAINING



HEALTH OCCUPATIONS CENTER

The Health Occupations Center (HOC) specializes in certifications and in continuing education courses in the medical field. HOC graduates are ready to enter the workforce, because they have the skills needed to be a vital component to any healthcare team. HOC strives to be an educational facility with high standards to meet student goals.

- HOC medical programs receive county, state, or industry certificates.
- Credentialed instructors are knowledgeable about the field and passionate about sharing their expertise.
- HOC instructors are or have been employed in the healthcare field, which further ensures student success and employability.
- Industry standard equipment supports a relevant and rigorous curriculum.
- Hands-on program-specific labs simulate real-world medical environments to engage all students.
- Internships are used extensively to ensure "on-the-job" experience.
- Business partners from healthcare organizations advise on keeping up with current industry standards and emerging trends.

DIRECTOR'S MESSAGE

Hello Everyone!

Welcome to Grossmont Adult Education's Health Occupations Center (HOC). We have been training students for healthcare careers since 1946. Our courses are offered on our Santee campus located conveniently close to the Mast Blvd exit off of I-52.

The mission of the HOC is to provide affordable, quality education for those interested in employment preparation, skill-advancement, and personal fulfillment in health-related fields. We offer 12 major training programs and a variety of additional courses for skill enhancement and continuing education. Our courses are short-term, and as a result we are able to train students quickly to provide the opportunity to get them in the field working and/or moving towards their goals. Medical careers are in high demand and preparation for healthcare professionals has never mattered more.



As Director, my purpose is to support every student in achieving their goals. We are fortunate to have state of the art medical training labs, which include simulation equipment for safety and infection control. Visit the HOC website hoc.guhsd.net and learn more about our programs today!

Heather Peterson

Director of Health Occupations Programs
9356 Oakbourne Road
Santee, CA 92071
(619) 956-4300

CLASS SCHEDULES

This catalog provides you with general program and class information. Detailed class descriptions, as well as up-to-date class scheduling information is available on our website at adultschool.guhsd.net.



MENSAJE DEL DIRECTOR

¡Hola a todos!

Bienvenido al Centro de Ocupaciones de Salud (HOC, por sus siglas en inglés) de Grossmont Adult Education. Hemos estado capacitando a estudiantes para carreras de atención médica desde 1946. Nuestros cursos se ofrecen en nuestro campus de Santee, ubicado convenientemente cerca de la salida de Mast Blvd del I-52.

La misión del Health Occupations Center es proporcionar educación asequible y de calidad para aquellos interesados en la preparación laboral, el avance de habilidades y la realización personal en campos relacionados con la salud. Ofrecemos 12 programas de capacitación importantes y una variedad de cursos adicionales para mejorar las habilidades y la educación continua. Nuestros cursos son a corto plazo y, como resultado, podemos capacitar a los estudiantes rápidamente para brindarles la oportunidad de que trabajen en el campo y/o avancen hacia sus objetivos. Las carreras en medicina tienen una gran demanda y la preparación de los profesionales de la salud nunca ha importado más que ahora.

La versión completa
en español
de este catálogo está
disponible en línea
adulthoodschool.guhsd.net

Como director, mi propósito es apoyar a cada estudiante en el logro de sus metas. Tenemos la suerte de contar con nuevos laboratorios de capacitación médica de vanguardia, que incluyen equipos de simulación para la capacitación en seguridad y control de infecciones. Visita el sitio web de HOC para obtener más información sobre nuestros programas hoy mismo.

كلمة مدير البرامج

مرحباً بالجميع!

نرحب بكم في مركز المهن الصحية (HOC) التابع لمركز كروسمنت التعليمي للبالغين (GAE). لقد قمنا بتدريب الطلبة في مجال وظائف الرعاية الصحية منذ عام 1946. يتم تقديم دوراتنا التدريبية في موقع سانتي / Santee campus ، الذي يقع بالقرب من مخرج شارع ماست / Mast Blvd من الخط السريع 52 / 52-I.

تتمثل مهمة مركز المهن الصحية في توفير تعليم ذو جودة عالية وبأسعار معقولة للراغبين بالاستعداد الوظيفي ، وتطوير المهارات ، وتحقيق الذات في المجالات المتعلقة بالجانب الصحي. نقوم بتقديم 12 برنامجاً تدريبياً رئيسياً ومجموعة متنوعة من الدورات الإضافية لتعزيز المهارات والتعليم المستمر. أن مدة دوراتنا قصيرة ، ونتيجة لذلك ، نحن قادرون على تدريب الطلبة بسرعة لتزويدهم بفرصة العمل في المجال المرغوب و / أو التقدم نحو أهدافهم. هناك طلب كبير على المهن الطبية وحالياً يعد إعداد المتخصصين في الرعاية الصحية أكثر أهمية من أي وقت مضى.

كمدير لهذا المركز ، فأنا هدي في هو دعم كل طالب من أجل تحقيق أهدافه. نحن محظوظون في الحصول على أحدث مختبرات التدريب الطبي ، بما في ذلك معدات لخلق الأجواء الزائفة للتدريب على السلامة ومكافحة العدوى. يرجى زيارة مركز المهن الصحية / HOC لمعرفة المزيد عن برامجنا التي نقدمها حالياً.

النسخة العربية
الكاملة لهذا الكتالوج متاحة على
الإنترنت على موقع
adulthoodschool.guhsd.net

Please check our website hoc.guhsd.net and visit the "How to Get Started" page for details on the orientation, application, and registration process. Orientations take place twice a year (May/June and Sept/Oct). Semesters/classes begin each year in January and August.

STEP 1: Visit the "How to Get Started" page at hoc.guhsd.net and view the orientation video.

STEP 2: Complete the application. The application is only available following orientation.

STEP 3: Qualifying applicants will be invited to register.

The following courses require orientation and application. All schedules and program fees are subject to change.

**** Signifies that this course requires high school graduation or equivalent**

■ Emergency Medical Technician (EMT)

\$400 T-Th 9 am–1:30 pm

18 week session. Learn how to access a patient's condition at the scene of an accident, transport patients to the hospital, and use emergency equipment.

■ Medical Assistant

\$650 M–Th 9 am–1:45 pm or 4:15 pm–9 pm

18 week session. Administrative and clinical procedures are taught for direct patient care in a doctor's office. Learn skills like taking vitals, assisting the doctor, and using electronic medical records.

■ Dental Assistant**

\$1350 M–F 7:45 am–2:45 pm

18 week session. Learn all aspects of working in a dental office and assisting the dentist. Learn how to take x-rays, make crowns, and care for patients.

■ RN Refresher

\$250 Theory & \$350 Clinical. Schedules vary.

10 week theory/15 week clinical sessions. This course is for RNs with a fully active license who are motivated to return to the field of nursing. Theory and clinical hours together provide an environment for RNs to refresh their nursing skills.

■ Medical Office Professional

\$250 M&W 6 pm–9 pm

18 week session. This course will prepare students to apply for positions as a Medical Office Receptionist, Medical Front Office Assistant, Patient Intake Specialist and much more. ***Requires Medical Terminology as a prerequisite or co-requisite course.**

■ Patient Care Aide (PCA)

\$150 M–Th 9:30 am – 1 pm

16 week session. This course integrates English literacy and academic support into class work. Learn the essential skills to work as a patient care aide and obtain National Caregiver certification.

■ Nurse Assistant Pathway

Nurse Assistant (CNA)

\$550 Schedules vary.

A Certified Nurse Assistant (CNA) works directly under a nurse in direct patient care. Learn the skills necessary to work in hospitals, long-term care facilities, and other medical institutions.

Home Health Aide (CHHA)

\$200 Schedules vary.

A Certified Home Health Aide (CHHA) certificate is available to CNAs. Home Health Aides are needed to provide basic nursing care in homes all across our region.

■ Vocational Nursing **

\$5500 M–F full time

18 month session. Licensed Vocational Nurses administer medications, provide bedside care and treatments, and perform other technical nursing skills. Separate orientation and application process required.

■ Pharmacy Technician **

\$650 M–F 9 am–3:30 pm

18 week session. Learn to prepare medications for employment in a pharmacy or hospital setting. Students learn how to measure, to mix and to count medications.

■ Phlebotomy Technician & Medical Lab Assistant **

\$700 T&Th AM & PM hours

18 week & year long options. Students learn how to draw blood and to process the samples. The Medical Lab Assistant component teaches students how to safely handle any type of lab samples, to run lab equipment, and to document results.

■ Healthcare Interpreting

\$125 T and some Th 6:30 pm – 9 pm

18 week session. Become knowledgeable about interpreting in the healthcare environment. Learn about the role of the healthcare interpreter and ethical decision making.

■ Veterinary Assistant

\$400 – T, Th 4 pm–8:30 pm & some Sat.

18 week session. Animal lovers will learn how to provide care in a veterinary clinic and other animal care facilities. Learn how to care for sick animals & much more.



You can register for the following classes without attending an orientation:

Check the Health Occupations Center's website, hoc.guhsd.net for schedules for the following classes:

■ Medical Terminology

\$100. Master the language used in a medical office by learning how to navigate the vocabulary. Learn root words, prefixes, and abbreviations to understand the meaning of medical terms.

■ Advanced Cardiac Life Support

\$250. Enhance your life support skills as you learn to manage a cardiac emergency in a medical setting.

■ Basic Life Support for the Healthcare Provider

\$55. Students learn to recognize several life threatening emergencies, provide CPR, and use an AED within a medical setting. This class meets the American Heart Association requirements.

■ CEUs for CNAs

\$15/class. CNAs earn continuing education units as they learn about a variety of issues affecting patients in their care.

■ IV Therapy & Blood Withdrawal

\$200. Nurses can earn CEUs and receive a certificate as they enhance their venipuncture skills.

■ EMT Refresher/Advanced Airways

\$100/\$75. These courses are designed to help students refresh EMT skills and earn CEUs.

■ Understanding Cardiac Arrhythmias

\$100. Medical professionals can learn to read cardiac output and to respond to cardiac events.

■ TEAS (Test of Essential Academic Skills) Review

\$85 math/English, \$25 science. Review for the TEAS examination used in an application process in nursing programs.

■ Electronic Medical Records

\$20. In this course, students learn the technology associated with electronic patient records to better serve patients.

*Meet your college, career,
and personal goals!*

ACADEMIC PROGRAMS

Academic programs are FREE and designed to assist students in meeting college, career, and personal goals. Students can:

- complete courses that lead to a high school diploma
- prepare for high school equivalency certificate (GED or HiSET), ASVAB, or other entrance exams;
- improve reading, writing, and math skills for success in the workplace or college.

Many classes are designed to encourage **co-enrollment** in career training programs, college classes, or other workforce preparation programs for students who want to accelerate progress toward their goals. Ask us how you can finish your diploma or complete high school equivalency testing while you are working toward an associates degree and/or career training certification!

ENRICHMENT

Students wishing to brush up on basic skills like math fundamentals, reading fluency and comprehension, academic writing, and more will find lots of options! Whether you are preparing for college, improving your career skills, or coming back to school to meet your own personal learning goals, our academic advisers will help you select adult basic education classes that meet your needs!

DIRECTOR'S MESSAGE

Hola, Hello, مرحبا

Welcome to Grossmont Adult Education's Academic Program. Our Academic Program is designed for students seeking a high school diploma, high school equivalency, or academic skills improvement. Our scheduling is flexible to meet the needs of every learner. In response to COVID-19, some course offerings are held online. In person classes will return at the soonest available time. Please check our website for the most current information: adultschool.guhsd.net. There is definitely a program for you to improve your skills, including completing high school, preparing for work, and preparing for college.



As your Director, it is my job to ensure that you have the best experience while on your path to reaching your goals. We have quality instructors who care about your learning. We incorporate technology in the classroom. Everyone on our campus encourages students to reach their goals and be successful. Our transition specialists will introduce you to the resources at Grossmont Adult Education and beyond. Whether it's completing high school, exploring a career or starting college, Grossmont Adult Education is here. Remember our academic classes are free!

Barbara Boggio

Director, Academic Programs
Foothills Adult Center
1550 Melody Lane
El Cajon, CA 92019
(619) 588-3500

CLASS SCHEDULES

This catalog provides you with general program and class information. Detailed class descriptions, as well as up-to-date class scheduling information is available on our website at adultschool.guhsd.net.



MENSAJE DEL DIRECTOR

Hola,

Bienvenido al Programa Académico de Educación para Adultos de Grossmont. Nuestro programa académico está diseñado para estudiantes que buscan un diploma de la preparatoria, la equivalencia de la preparatoria o mejoramiento de habilidades académicas. Nuestra programación es flexible para satisfacer las necesidades de cada alumno. En respuesta a COVID-19, las ofertas de cursos se llevan a cabo en línea. Las clases presenciales regresarán lo antes posible. Visite nuestro sitio web para obtener la información más actualizada: adulthoodschool.guhsd.net. Definitivamente hay un programa para que mejores tus habilidades, incluyendo completar la preparatoria, prepararte para el trabajo y prepararte para la universidad.

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en español
de este catálogo está
disponible en línea
adulthoodschool.guhsd.net

Como tu Director, es mi trabajo asegurarme de que tengas la mejor experiencia mientras te encuentras en tu camino para alcanzar tus metas. Contamos con instructores de calidad que se preocupan por tu aprendizaje. Incorporamos tecnología en el aula. Todos en nuestro campus alientan a los estudiantes a alcanzar sus metas y tener éxito. Nuestros especialistas en transición te presentarán los recursos de Grossmont Adult Education y más allá. Ya sea que estés completando la preparatoria, explorando una carrera o comenzando la universidad, Grossmont Adult Education está aquí. ¡Recuerda que nuestras clases académicas son gratuitas!

كلمة مدير البرامج

مرحباً

نرحب بكم في البرنامج الأكاديمي الذي يقدمه مركز كروسمنت التعليمي للبالغين (GAE). تم تصميم برنامجنا الأكاديمي خصيصاً للطلبة الذين يسعون للحصول على شهادة دبلوم المرحلة الإعدادية أو الشهادة المعادلة للمرحلة الإعدادية أو تحسين المهارات الأكاديمية. أن جدولنا قابل للتكيف ويعمل على تلبية احتياجات كل متعلم. استجابةً لـ (COVID-19)، يتم تقديم الدورات الدراسية عبر الإنترنت. سيعود الدوام شخصياً في الصفوف الدراسية في أقرب وقت يمكن بعد السماح بذلك. يرجى مراجعة موقعنا الإلكتروني على الإنترنت للحصول على أحدث المعلومات: adulthoodschool.guhsd.net. من المؤكد ستجدون هناك البرنامج المناسب لكم لتحسين مهاراتكم الشخصية، بما في ذلك إكمال المرحلة الإعدادية والاستعداد للعمل والاستعداد للإلتحاق بالكليات المحلية.

بصفتي مديرة المركز، فإن وظيفتي هي ضمان حصولكم على أفضل تجربة أثناء مسيرتكم نحو تحقيق أهدافكم. لدينا أساتذة جيّدون يهتمون بتقديم تعليم عالي الجودة لكم، حيث نقوم بدمج استخدام التكنولوجيا في الصفوف الدراسية. يشجع جميع الموظفين والعاملين في الحرم المدرسي الطلبة على تحقيق أهدافهم وتحقيق النجاح. سيقدم لكم موظفينا المتخصصين بخدمات البرنامج الأنتقالي كافة الموارد الموجودة في مركز كروسمنت التعليمي للبالغين (GAE) وما بعده. سواء أكان الأمر يتعلق بإكمال المرحلة الإعدادية أو استكشاف مهنة أو بدء الدراسة الجامعية، فإن مركز كروسمنت التعليمي للبالغين (GAE) متواجد هنا لمساعدتكم في هذا الأمر. تذكروا دوماً بأن صفوفنا الأكاديمية مجانية!

النسخة العربية
الكاملة لهذا الكتالوج متاحة على
الإنترنت على موقع
adulthoodschool.guhsd.net



■ HIGH SCHOOL EQUIVALENCY (HSE) PREPARATION

The High School Equivalency (HSE) preparation program includes a variety of courses to prepare students to take all subject areas of the HiSET or GED exams (ASVAB preparation is also available by request). Assessment and academic advising will help determine which course is the best starting point.

Assessment, Orientation, and a Student Success Class will help students find the right course to get started. Students in the HSE program who earn a High School Equivalency certificate will have the opportunity to participate in the graduation ceremony in June.

Cost: Free

Prerequisite: *Academic Orientation and Student Success Class*

■ HIGH SCHOOL EQUIVALENCY EXAMS

Foothills Adult Education Campus is an approved testing site for both the GED and HiSET exams.

California has approved the use of high school equivalency tests for students 18 years old and older (and 17 years old in some instances) for the purpose of receiving a California High School Equivalency Certificate. Passing these exams demonstrates academic knowledge and proficiency equivalent to those of a high school graduate.

Costs and procedures vary by test. For more information, visit ged.com or hiset.ets.org.

■ HIGH SCHOOL DIPLOMA

In the High School Diploma (HSD) program, students improve college and career readiness skills and earn credits toward completing a high school diploma. Students interested in earning a high school diploma should bring a high school transcript. School District schools can request a transcript at Foothills Adult Education. Questions or concerns about obtaining transcripts will be addressed in orientation as well.) Assessment, transcript evaluation, and the student success class will help students find the right course to get started. Graduates of the HSD program will have the opportunity to participate in the graduation ceremony in June.

Grossmont Adult Education is about EDUCATION THAT WORKS!

Here are some samples of what we offer. Times, and class options may vary each term, so be sure to check our website (adultschool.guhsd.net) or call our office (619.588-3500) for the most up to date information about what is available!

INDEPENDENT LEARNING LABS

- Curriculum primarily online
- Attend class daily, a few times a week, or complete work from home and attend once a week

Foothills Adult Education Campus

Monday – Friday 8:00 - 1:00 pm
Monday – Friday 12:30 - 3:30 pm
Monday – Thursday 6:00 - 9:00 pm

Helix Adult Education

(materials also available in Spanish)

Monday – Friday 8:00 - 12:30 pm
Monday – Thursday 2:00 - 5:00 pm

CLASSROOM INSTRUCTION

Foothills Adult Education Campus

Basic Skills: English, Math, Social Studies, Science

English, Math, Social Studies, Science
Social Studies, Science

El Cajon Adult Education Campus

Basic Skills: English, Math, Social Studies, Science

Santana Adult Education Campus

Basic Skills: English, Math, Social Studies, Science

*****Additional classes, including Digital Literacy, Academic Writing, and American Government are offered throughout the school year. See website or call for dates and times.**

Go back to get ahead

Short-term and flexible courses are enrolling now to prepare you for in demand careers.

- Cybersecurity
- Computer Infrastructure and Support
- Networking, Security, and Systems Administration
- Web Development
- Business Office Technology
- Water and Wastewater Management

Small and personalized, Cuyamaca College is ready to support you and your goals. Visit our website for information about career education programs:



C U Y A M A C A
• C O L L E G E •

cuyamaca.edu/career-education

Start learning English today!

ESL PROGRAMS

Our ESL program is for students 18 years and older whose first language is not English. We offer morning, afternoon and evening classes at multiple East County locations. Registration for our classes is easy. Go to our website adultschool.guhsd.net and select START HERE. OR Visit our El Cajon campus to register in person and speak directly with an administrative clerk.

All of our ESL and Citizenship classes are free. If you have any questions please do not hesitate to contact us at 619-401-9750.

We also offer classes during the summer. The summer school schedule will be posted on our website in June 2021.

Information for the 2021 Fall Registration will be available on August 16, 2021. Please check our website adultschool.guhsd.net regularly for the most current information about registration and classes.

DIRECTOR'S MESSAGE

Hola, Hello, مرحبا

Welcome to Grossmont Adult Education's English as a Second Language Program. Our ESL program is designed for students whose first language is not English. We offer classes for every level of student from Pre-Literacy to Advanced. Our scheduling is flexible to meet the needs of every learner. We offer courses on our El Cajon campus and at additional locations around East County. There definitely is a program and place for you to improve your language skills whether it's for work, enrichment, or citizenship.

As Director, it is my job to ensure that you have the best experience while learning English. We have quality instructors who care about your learning. We incorporate technology in the classroom, and everyone on our campus wants to help you reach your goals and be successful. You can also expect a conference with a member of our transition services team. You will learn about all the benefits of our English language program and where you can apply the skills you learn in your future. College, career, or citizenship? Really the choice is yours and we are here to help.



Most importantly, ALL our English language classes are free!
So enroll and start learning English today!

Lance Yocom

Director of English as a Second Language Programs
El Cajon Adult Education Campus
1075 E. Madison Ave
El Cajon, CA 92021
619.401.9750
adultschool.guhsd.net

CLASS SCHEDULES

This catalog provides you with general program and class information. Detailed class descriptions, as well as up-to-date class scheduling information is available on our website at adultschool.guhsd.net.



MENSAJE DEL DIRECTOR

¡ Hola !

Bienvenido a nuestro Programa de Inglés como Segundo Idioma de la Grossmont Adult Education. Nuestro programa ESL es para estudiantes cuya lengua materna no es el inglés. Ofrecemos clases para estudiantes de cada nivel desde pre-alfabetización hasta nivel avanzado. Nuestros horarios son flexibles para cumplir con las necesidades de cada estudiante. Ofrecemos cursos en nuestro plantel de El Cajon y en otras ubicaciones en el Condado del Este. Definitivamente hay un lugar y un programa para que mejores tus habilidades del idioma ya sea para el trabajo, como enriquecimiento personal o para la ciudadanía.

Como director, es mi trabajo garantizar que tengas la mejor experiencia mientras aprendes inglés. Tenemos instructores calificados que se preocupan por tu aprendizaje. Incorporamos tecnología en el salón de clases, y todos en nuestro plantel quieren ayudarte a alcanzar tus metas y obtener éxito.

La versión completa
en español
de este catálogo está
disponible en línea
adultschool.guhsd.net

También puedes esperar una reunión con uno de nuestros miembros del equipo de servicios de transición. Aprenderás sobre todos los beneficios de nuestro programa del idioma inglés y en dónde puedes aplicar las habilidades que aprendas para tu futuro. ¿Universidad, profesión o ciudadanía? En realidad, la decisión es tuya y nosotros estamos aquí para ayudar. ¡Y nuestras clases para aprendices de inglés son gratuitas!

¡Así que inscríbete y comienza a aprender inglés hoy mismo!

كلمة مدير البرامج

مرحباً

نرحب بكم في برنامج اللغة الإنجليزية كلغة ثانية التابع الى مركز كروسمنت التعليمي للبالغين (GAE). تم تصميم برنامج اللغة الإنجليزية كلغة ثانية (ESL) للطلبة الذين لغتهم الأولى ليست الإنجليزية. وتكون الدروس التي نقدمها لكل مستوى من مستويات الطلبة بدءاً من مرحلة ما قبل التعليم وحتى المستوى المتقدم. أن جدولنا قابل للتكيف وتم تصميمه لتلبية احتياجات كل متعلم. أننا نقدم دورات دراسية في مركز إل كاهون وفي مواقع إضافية حول المقاطعة الشرقية/ East County. من المؤكد أن تجدون هناك البرنامج المناسب لكم لتحسين مهاراتكم اللغوية سواء كان ذلك لإيجاد وظيفة أو عمل أو الإثراء الشخصي أو المواطنة.

بصفتي مديرة المركز ، فإن وظيفتي هي ضمان حصولكم على أفضل تجربة أثناء مسيرتكم نحو تحقيق أهدافكم. لدينا أساتذة جيدون يهتمون بتقديم تعليم عالي الجودة لكم ، حيث نقوم بدمج استخدام التكنولوجيا في الصفوف الدراسية. يشجع جميع الموظفين و العاملين في الحرم المدرسي الطلبة على تحقيق أهدافهم وتحقيق النجاح.

يمكنكم أيضاً توقع عقد اجتماع مع أحد موظفينا المتخصصين بخدمات البرنامج الانتقالي. سوف تتعرف على جميع مزايا برنامج اللغة الإنجليزية الخاص بنا وأين يمكنك تطبيق المهارات التي تتعلمها في مستقبلك. كلية أم مهنة أم جنسية؟ حقاً الخيار لك ونحن هنا للمساعدة. وفصول اللغة الإنجليزية لدينا مجانية!

لذا سجل وابدأ في تعلم اللغة الإنجليزية اليوم!

النسخة العربية
الكاملة لهذا الكتالوج متاحة على
الإنترنت على موقع
adultschool.guhsd.net

■ COURSES TO GET YOU STARTED

Pre-Literacy

This level is designed for students with little or no experience in English. Students become familiar with the English alphabet and acquire basic reading, writing and speaking skills. The level is appropriate for anyone who cannot read in his/her first language or never had the chance to go to school.

Beginning Literacy

This level is developed for students who understand and speak some English, know the English alphabet, and are able to provide basic written information, such as their name and address. Students gain basic English language skills to communicate and interact in their daily lives and activities.

Beginning Low

Students at this level will learn to read and write complete sentences and increase their understanding of English. Students gain abilities needed for filling out forms and applications that require personal information. Students will learn how to make appointments, participate in simple life conversations, and be introduced to parts of speech (nouns/verbs/adjectives).

Beginning High

Many students at the beginning high level are working towards reaching their personal, educational, and/or career goals. Students further develop their reading and writing skills working towards a formal paragraph. At this level students also improve their communicative skills necessary for daily living within their community.

Intermediate/Advanced

Students at the intermediate/advanced level prepare for employment, higher education, and/or career technical training. Students utilize their reading, writing, and speaking skills to prepare them for college or the workplace. They begin to master their language skills and writing abilities for proficiency and preparation for advancement beyond the adult school setting.



Multi-Level Classes

Multi-level courses include students of all English language levels. The goal of the multi-level course is to encourage students to improve their level of English proficiency. A diverse group of students at all levels work together to improve their reading, writing, speaking, and listening skills. The focus of the class is centered around life skills that will assist students with living in their community.

Distance Learning

This is a self-paced online course for students who need to learn English from home. The course includes listening, speaking, reading, writing, and grammar skills, available at all levels from Beginning Literacy to Advanced. Individual meeting times are scheduled with a highly qualified Distance Learning English teacher.

Career Essentials Digital Literacy

This course is designed to equip students with many of the computer skills needed to excel in the digital world. Students will be exposed to a broad range of computer technology from basic hardware/software to applications and the Internet. The course will act as a foundation for improving digital literacy to assist with workforce, education, and personal needs. Students will be able to use technology to access, manipulate, evaluate, and present information.

COURSES FOR COLLEGE/CAREER

Beginning High

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English as a Second Language for Citizenship

This course is for students who want to prepare for the oral and written citizenship tests. Students learn about American History and prepare for their citizenship exam. This course also includes preparing for an oral interview.

Career Essentials Health

Career Essentials Health class focuses on the basic knowledge people should have to understand their healthcare and medical needs. Students will also develop foundational skills required to succeed in a health career training program. Emphasis is placed on types of healthcare programs; medical and health related vocabulary; 911 and emergencies; blood donations; medical directives; reading, writing, and oral communication skills; and math skills. This Distance Learning course is designed to build these skills through online programs, zoom instructional meetings, and homework assignments.

Career Essentials Finance

This course introduces students to the world of business and helps prepare for the economic roles of consumer, worker, and citizen in an ever changing world through effective communication, agility and adaptability, collaboration and leading by influence. The course will promote curiosity, assist students with consumer decision making, prepare them for future employment in the fields of business and finance, and help them effectively perform their responsibilities as a citizen.

Patient Care

This course is an Integrated Education and Training (IET) course which integrates English literacy and career training. This 270-hour course is a non-medical preparation for employment in the health field. We have open access and anyone can register online for FREE. A CASAS reading score of 215 is preferred. Course topics include patient care aide role, infection control, effective communication, patient care equipment, and more to help students become successful in the field. As a Patient Care Aide students will learn skills necessary to earn a certificate of completion for Patient Care Aide and the National Caregiver Training Program.

Daycare is available for some of our classes. Please contact the office for daycare options at **619-401-9750**



We have a life-enriching class for you!

PERSONAL ENRICHMENT PROGRAMS

We offer numerous classes that promote lifelong learning and strengthen the whole community. Personal Enrichment classes are meant to improve the physical and mental wellness of the adults we serve. With the variety of affordable classes we offer, there is a lifelong class here for you!

REGISTRATION

Foothills Adult Education Campus
Courses require registration and a fee.

Foothills Adult Education Campus is a **cashless** facility. We welcome debit/credit cards, personal and cashier checks, and money orders.

Visit adultschool.guhsd.net often as new classes are added frequently

Some of our classes might be offered remotely.

DIRECTOR'S MESSAGE

Hello! My name is Jeff Wood and I am the Director for the Personal Enrichment (PE) Programs for Grossmont Adult Education. I am inviting you to join other like-minded adults in the health and wellness classes we are proud to offer you.

We take the mental and physical well-being of our East County community seriously. And we work hard to continue to provide you with accessible and affordable health-centered classes from quality instructors. When you join one of our PE classes, be prepared to meet new and interesting friends in a fun and enjoyable setting.



So, whether you are interested in learning needle arts, crafts or visual arts, or want to challenge yourself in our exercise, dance and fitness classes...we have a life-enriching class for you. As we like to say, "Our A-to-Z classes encompass everything from Aerobic Fitness to Zumba!" I invite you to register for these life-enrichment classes at adultschool.guhsd.net. And please visit the website for new and exciting classes that we add regularly.

Jeff Wood

Director, Personal Enrichment Programs
Foothills Adult Education Campus
1550 Melody Lane
El Cajon, CA 92019
619.588.3500
adultschool.guhsd.net.

CLASS SCHEDULES

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MENSAJE DEL DIRECTOR

¡Hola! Mi nombre es Jeff Wood y soy el director de los Programas de Educación para Toda la Vida (LLE, por sus siglas en inglés) de Grossmont Adult Education. Te invito a unirte a otros adultos con ideas afines en las clases de salud y bienestar que estamos orgullosos de ofrecerte.

Tomamos seriamente el bienestar mental y físico de nuestra comunidad en el Condado del Este. Y trabajamos arduamente para continuar proporcionándote clases accesibles y asequibles enfocadas en la salud impartidas por instructores calificados. Cuando te unas a una de nuestras clases LLE, prepárate para conocer amigos nuevos e interesantes en un ambiente divertido y agradable.

La versión completa
en español
de este catálogo está
disponible en línea
adultschool.guhsd.net

Entonces, si estás interesado (a) en aprender artes con aguja, manualidades o artes visuales, o te gustaría desafiarte a ti mismo en nuestras clases de ejercicio, danza o acondicionamiento físico... Tenemos una clase enriquecedora para ti. Como nos gusta decir, ¡"nuestras clases van de la A-Z, y abarcan todo, desde la aptitud aeróbica hasta Zumba!" Te invito a registrarte a estas clases enriquecedoras en adultschool.guhsd.net. Y por favor visita el sitio web para ver nuestras clases nuevas y emocionantes que agregamos regularmente

كلمة مدير البرامج

مرحباً! أقدم لكم نفسي ، أنا السيد جيف وود ، مدير برامج الدراسة والتعلم مدى الحياة (إل إل إي/ Lifelong Education) (LLE) لتعليم البالغين في مركز كروسمنت. أدعوكم للانضمام إلى البالغين الذين لديهم أفكار متشابهة في الدروس المتعلقة بالصحة والرفاهية التي لنا الفخر في تقديمها لكم.

أنا تأخذ مسألة الرفاهية العقلية/النفسية والجسدية لأعضاء مجتمعنا في القاطع الشرقي على محمل الجد. كما أننا نعمل بجد لمواصلة تزويدكم بصفوف دراسية تركز على الصحة ومن السهولة الوصول إليها وبأسعار معقولة يقدمها لكن أساتذة جيدين. عندما تنضم إلى أحد دروس (إل إل إي/ LLE) التي نقدمها ، كن مستعداً للقاء أصدقاء جدد ومثيرين للاهتمام في مكان مليء بالمتعة والحيوية.

لذلك ، إذا كنتم مهتمين بتعلم فنون استعمال الأبرة أو الحرف اليدوية أو الفنون النظرية ، أو كنتم راغبين في صفوف التمارين والرقص واللياقة البدنية التي نقدمها في مدارسنا ، لدينا أحد الصفوف الدراسية التي ستثري حياتكم الشخصية على المدى الطويل. كما نود أن نقول لكم ، "أن صفوف من الألف إلى الياء التي نقدمها تشمل على كل شيء يهمكم بدءاً من اللياقة البدنية الـ (آيروبيكس) وحتى رياضة الزومبا!" لذا أدعوكم للتسجيل في صفوف إثراء الحياة الشخصية هذه بالدخول إلى الموقع الإلكتروني: adultschool.guhsd.net. كما نرجوكم أن تزور الموقع الإلكتروني للتعرف على دروس جديدة ومثيرة نضيفها إلى دروسنا بانتظام.

النسخة العربية
الكاملة لهذا الكتالوج متاحة على
الإنترنت على موقع
adultschool.guhsd.net

Classes Include:

- Arts and Crafts
- Creative Writing and Language
- Dance
- Exercise and Fitness
- Gardening
- Music
- Needle Arts
- Parent Education
- Performing Arts
- Visual arts
- Upholstery

ARTS AND CRAFTS

Ceramics

C. Lockwood

Hand built construction techniques using low fire clay and decorative finishes.

Supplies and instruction included.

Cricut

D. Heuft

This 8-week course is designed for students who own the Cricut Explore, Cricut Explore Air or the Cricut Maker machines. At the beginning of each class, the instructor will demonstrate a project using various features of the Design Space software. After the instruction portion of the class, students will have the opportunity to create the featured project or request help on individual projects.

Jewelry

P. Ryerson

In this fully equipped jewelry lab, you will be able to learn, on a rotating basis, lost wax casting, basics of soldering, multiple stone-setting techniques, silver clay while working in mostly silver, copper, and brass. See your jewelry ideas come alive and make new friends with like interests.

Stained Glass and Glass Fusing

R. Santolucito

In this class, students will learn to lead or foil to create stained glass pieces. Glass fusing will cut and fuse glass together in a kiln creating fused plate and accent pieces.

CREATIVE WRITING AND FOREIGN LANGUAGES

Creative Writing

L. Smith

Creative Writing is for students who love to write while also learning writing tips in an informal setting. Editing is a big part of supporting one another in a positive way. Through formal lessons, discussion, and encouragement, you can tell the story you want to tell, whether it be fiction, non-fiction or poetry.

FOREIGN LANGUAGE

Spanish I

C. Margarito

Spanish I, is designed to help students attain a desired first-semester level of proficiency in speaking, listening, reading, and writing. Each lesson begins with topically related sets of illustrations that convey the meaning of new words in Spanish without recourse to English.

No book needed.

Spanish II

C. Margarito

Spanish II, is designed to help students attain a desired second-semester level of proficiency in speaking, listening, reading, and writing. Each lesson begins with topically related sets of illustrations that convey the meaning of new words in Spanish without recourse to English.

No book needed.

DANCE

LINE DANCING

Line Dancing (beginner)

K. Spacone

This class is for students without prior line dancing experience (novice). You'll learn: names of the steps and how to perform them. The focus is on learning steps to do a specific dance. This class is for those that want to learn easy dances that have: limited number of steps, less complicated, and have few turns.

Line Dancing (beginner/improver)

K. Spacone

This class (advanced beginners) is for students that have completed several terms of the Beginner Class, have prior line dance experience, and know most basic steps. We'll learn more difficult steps, harder, and longer dances. This class is fast paced than the Beginner Class.

EXERCISE AND FITNESS

AEROBIC FITNESS

Aerobics

J. Good

Aerobics is a fun class for all ages, but geared towards seniors. I cue every step so following my instructions is easy. We improve cardiovascular endurance, strength and flexibility

CARDIO & STRENGTH ON THE BALL

Aerobic Stability

Ball S. Bruce

The Stability Ball class is designed to improve cardiovascular endurance, stability through core training and balance challenges. Flexibility and strength exercises improve one's ability to maintain an active lifestyle. Routines are fun, easy to follow and the ball adds spinal support.

GENERAL EXERCISE

Sit & Be Fit

K. Horton

The Aerobic Fitness class is designed to improve cardiovascular endurance, muscular strength and endurance, as well as balance and flexibility. This overall workout improves one's ability to maintain an active lifestyle. Exercises are easy to follow at your own pace.

HIKING

Hiking (beginner/easy)

A. Mann

This group is slow paced and appropriate for new hikers. Hikes vary from 1 to 4 miles and are mostly flat. We will hike a different trail each week. Gear will be discussed in the first few hikes. You will receive an email with information about our first hike after you enroll.

CLASS SCHEDULES

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Hiking (easy/moderate)

A. Mann

This group is moderately paced and very diverse. We hike a different trail each week. Hikes vary from 2 to 6 miles and have approximately 500 feet in elevation gain. You will receive an email with information about our first hike after you enroll.

Hiking (moderate/difficult)

A. Mann

This group has a fast-paced lead group and a slow but steady group of hikers that follow. Hikes vary from 4 to 8 miles and have between 500 to 3000 feet of elevation gain. There are often multiple options of hike length and difficulty. You will receive an email with information about our first hike after you enroll.

HULA FITNESS

K. Kopecky

Hula Fitness is inspired by the dances of the Pacific Islands providing a total body workout in 60 minutes. This core focused, easy to follow format requires no equipment and incorporates easy to perform dance movements. This is a low impact fitness format set to the sounds of traditional Polynesian drumbeats fused with funky Reggae music, resulting in a modern, hip fitness workout.

TAI CHI

The Tai Chi (start up)

S. Gramatikova

The Tai Chi Start Up is designed for the first-time Tai Chi student and for students who may be recovering from injury or have a limited mobility. This class will teach 12 fundamental movements of Wu Style Tai Chi, and educate students on how to improve their mental and physical wellness. The flow is slow and easy to follow.

The Tai Chi (beginning)

The Tai Chi Beginning is designed for students who practice routinely the basic movements of Tai Chi, Wu Style. This class will teach the short form of Tai Chi, consisting of 33 movements. Basic level of Tai Chi flow and Qi Gong practice, as well as an introduction to meditation will be included.

The Tai Chi (intermediate)

S. Gramatikova

The Tai Chi Intermediate is designed for students who practice routinely the first 33 movements of Tai Chi, Wu Style. This class will teach an intermediate form of Wu Style Tai Chi, consisting of 74 movements. An intermediate-level Tai Chi flow and Qi Gong exercises will be included.

The Tai Chi (advanced)

S. Gramatikova

The Tai Chi Advanced is designed for students who practice routinely Tai Chi, Wu Style. This class will teach the long form of Wu Style Tai Chi, consisting of 108 movements. Advanced Tai Chi flow and Qi Gong exercises will be included.

The Tai Chi (all levels)

S. Gramatikova

It is designed for students who practice routinely Wu Style Tai Chi, as well as for new students who are enthusiastic and have a strong purpose. The teaching style will be adapted to the level of the students and the individual learning styles. Advanced Tai Chi flow and Qi Gong exercises may be included.

WATER AEROBICS

Swimming

S. McDonald

This class is a circuit class in the water. All muscle groups are used and all levels are welcome. A variety of exercise equipment is used to make each class unique and exciting.

YOGA

Yoga (Beginner to Advanced)

A. Mann

This class will stretch and strengthen your whole body while improving your balance. Class format is usually 30 minutes of standing poses followed by 30 minutes of seated poses including breathing exercises and meditation with a 15 minute cool down. Improve your body, mind and spirit!

Yoga and Pilates (all level)

A. Mann

This class combines yoga and Pilates. We do 30 minutes of standing poses, then 30 minutes of seated poses including breathing exercises and meditation, followed by 20 minutes of core work. You will stretch and strengthen your body and improve your balance! Great for body, mind and spirit!

Yoga

Terri Davis-Storm

Move at your own pace in this Vinyasa flow class. Using mindfulness and breathing, we practice strength, flexibility and balance. Leave feeling challenged yet refreshed!

ZUMBA

S. Bruce

Teacher prepared videos of Latin rhythms and dances are used to teach basic dance steps and routines. Benefits include a fun connection with others through music and dance, a dynamic core workout and improved balance & coordination.

Zumba

J. Good

Zumba is a fun class for all ages, but geared towards seniors. I cue every step so following my instructions is easy. We improve cardiovascular endurance, strength and flexibility.

■ GARDENING

Gardening

TBD

Our Gardening Class shares Regenerative Gardening Methods for new & experienced gardeners. Starting with Basics of Healthy Soil, Composting, Seed Starting, Planting/ Harvesting. Seasonal Topics include: Cold & Warm Season Vegetable Gardening, Fruit Trees & Berries, Succulents, Rose Care, Companion Planting, Gardening for Health and more.

■ MUSIC

Guitar I

T. Williamson

Students are introduced to the basics of guitar playing, music, and fundamentals by learning beginner guitar principles. Standard folk and contemporary song playing will be incorporated to foster group interaction and communication skills, and the emphasis is having FUN, in a low-pressure environment, whether in our classroom or online.

An acoustic six-string guitar in good working order is required.

Guitar II

T. Williamson

Students are introduced to an intermediate level of guitar playing, music, and fundamentals by learning fun, contemporary songs. Topics include standard and special tunings, chord shapes, reading tablature and standard chord lead sheets, blues scales, and a fundamental approach to note and rhythm reading. The emphasis is having FUN, in a low-pressure environment, using ensemble playing and performance, whether in our classroom or online.

NEEDLE ARTS

CROCHET

Crochet 1

A. Vanderstaay

We start the learning to crochet" adventure at the very beginning. Learning new basic skills each week with support to grow your skills while completing small projects to enhance learning.

Crochet 2

A. Vanderstaay

We will learn new stitch patterns each week while working squares to create an afghan allowing us to learn more advanced skills of pattern reading, sizing, edging, blocking, and assembly of crochet.

Crochet Workshop

A. Vanderstaay

This class is for students who want to learn more about crochet and expand on their current skills. This class offers the help needed to take your crochet to the next level. We stay current on what's happening in Crochet!

KNITTING

Knit 1

A. Vanderstaay

We start the "learning to Knit" adventure at the very beginning. Learning new basic skills each week with support to grow your skills while completing small projects to enhance learning.

Knit 2

A. Vanderstaay

We will make several small projects, each one utilizing new/different skills including pattern reading, stitch patterns, lace, and a basic garment construction. We experience different yarn weights and fibers as part of our learning.

Knitting Workshop

A. Vanderstaay

This class is for knitters who want to learn more about knitting and expand on their current skills. This class offers the help needed to take your knitting to the next level. We stay current on what's happening in knitting!

QUILTING

Quilting Pot Potpourri (Thursday)

Quilting with Aunt Lizzie (Saturday)

E. DeMars

Come learn sewing and quilting! We explore both modern and traditional piecing and applique methods for making patchwork quilts and quilted decor items. Our quilted projects range from bed quilts to mug rugs and tote bags. Our students range from beginner to advanced!

Quilting

I. Prado

In this fun class, we explore various methods for making quilts and small projects, from traditional patchwork, foundation paper piecing, appliqué, etc. New projects introduced each session. All quilting skill levels welcome. Basic machine sewing skills required.

Spinning

M. Tyler

Yarn spinning classes are friendly and fun! Make the yarn of your dreams for knitting, crochet, weaving - whatever! Instruction includes spinning techniques, fiber choices, equipment, discussion and resources in a collaborative environment. Spinning fibers are provided; drop spindles are available for use during the classes

PARENT PARTICIPATION

Newborn to walking

A. Jones

Experience newborns with other parents and caregivers in a group setting. Enjoy stroller walks, circle time, creating adorable keepsakes, taking part in discussions of current parenting topics, and making new friends.

Toddler, walking to 2 year old

A. Jones

Enjoy meeting other parents and caregivers in a fun and informative setting. Includes circle and music time, indoor and outdoor play, snacks, crafts and stories, along with parenting discussions.

Parenting siblings

A. Jones

For parents and caregivers of one or more children in the 3 year old and younger age group. There will be indoor and outdoor play, circle and snack times, as well as crafts and stories, and informative parenting discussions.

You and your 2-3 year old

J. Panzarella / T. Verduzco

This course is designed to support adults in gaining effective parenting techniques for children 2 to 3 years old. This class is an introduction to preschool, an environment for you and your child to enjoy hands-on age appropriate learning activities and social play. Meet new friends and share experiences and milestones together!

Learning Spanish with your 2-5 year old

T. Verduzco

This beginner class will focus on tuning your child's ear to the Spanish language. We will cover basic greetings, colors, numbers, finger plays, music, crafts with plenty of songs, worksheets and hands-on activities. Teacher will communicate with parents in English to support them in gaining effective parenting techniques for their children.

CLASS SCHEDULES

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You and your 3-4 year old

S. Duhala / B. Cutforth

This class is designed to foster an early love of education. Children gain social skills and learn through discovery and fun hands on activities that encourage imagination and thinking skills. The parent discussion component of this program offers information on positive parenting techniques.

You and your 3-5 year old

T. Verduzco

This course is designed to support adults in gaining effective parenting techniques for children 3 to 5 years old. This class offers your child an opportunity to learn and play in a preschool environment. Teacher will prepare your child for TK or Kindergarten socially, emotionally, and academically.

You and your 4-5 year old

S. Duhala / B. Cutforth

This is a Kindergarten prep class designed to promote an excitement for learning. The curriculum focuses on early reading, math and social skills. Children learn through exploration and fun hands on activities. The Parent discussion component of this program offers information on positive parenting techniques.

■ PERFORMING ARTS

Take "center stage" in one or more of our NEW Performing Arts classes. Let us help you improve and showcase your talents! Join like-minded performers who want to get together in a safe environment, have fun performing and receive positive and friendly feedback. Our teachers will bring out the best of your hidden talents and you may become the next SUPERSTAR!

Improv Comedy

Yes and...If you laugh at TV shows like Who's Line is It Anyway? Then you would have fun with our Improv Comedy Zoom class! Tonya will teach you all the skills necessary to perform funny scenes with no previous experience necessary, just a willingness to try. This is clean comedy-rated G or PG only!

Theater Games - Comedy and Tragedy

You become the actor in short sketches during theater games designed to build characters, explore emotions, and spark imagination. No experience necessary, just a willingness to try. This is "family friendly" acting - rated G or PG only. Get ready for your close-up!

DANCE

Swing Dancing - Jitterbug, Lindy Hop and More

Have fun learning to swing dance to great music from the 1930's-1950's! Swing dancing is popular with all ages in San Diego; we will have opportunities for field trips to local dances. No partner needed; we will change partners during the class.

■ VISUAL ARTS

Drawing

D. Bandish

With imagination, observation & 3 part symbol-making formula, YOU can draw landscapes, objects, animals & figures. For realism, indicate accurate proportions using Triangulation skill. Apply 3D shading logic & suggest The 3 Textures. Explore non-objective, decorative projects, as well!

PAINTING

Painting All Media

D. Bandish

We will focus on representing the elemental parts of landscapes and other subjects: sky, land, water, mood, atmosphere, light - with purposeful composition. Learn effective procedures to make descriptive, interesting shapes, expressive color, strong values & specific textures in all media.

A. Arnot

Learning the basics of acrylic techniques and understanding the versatility of this medium will enable all levels to create paintings and mixed media pieces that are unique and expressive.

Painting Acrylic

D. Bandish

Let's use acrylics to paint representational subjects (trees, rocks, water, sky, people, animals, buildings, flowers, shadows, colors, etc.). Learn an elemental approach to design, focusing on shape, color, value & texture decisions. Acrylic media is versatile and fascinating.

Painting Portraits

D. Bandish

First, learn practical methods to draw a portrait likeness from your resource photos of people or animals, then, transfer and paint (or draw) to a finish. Gain tips for handling features and details, too.

Painting Nature Subjects

D. Bandish

Focus on representing the elemental parts of our natural world - with purposeful composition. Design with descriptive, interesting shapes, expressive color, strong values & specific textures to represent the things we can see or want to see

Photo Composition

Holly Segni

Do you want "wow" photos instead of "ho hum" ones? You can do this by learning and using the elements of Photo Composition. Join us for a fun class, for all levels of skill and using any kind of camera. Computer availability necessary.

Watercolor

D. Bandish

Creative picture making in watercolor takes awareness of moisture content and timing. Water, colors, paper, brush - and YOU! Learn to mix & match colors, suggest The 3 Textures, explore 4 WC Methods & create effective shapes needed in landscape subjects, faces, flowers, even abstracts.

E. Arnot

Creating in Small format provides a relaxing way for all levels to learn and practice techniques and fundamentals. Color, composition, confidence.

■ UPHOLSTERY

Upholstery

Yolanda Salcido

ALL-LEVELS WELCOME! Whether you want to learn basic upholstery techniques or upgrade your upholstery skills - no matter what level, this upholstery class is for you! With our hands-on-training and class interaction, you will learn how to plan, create and complete your own home upholstery project!

East Region Adult Education (ERAE) and its members – Grossmont Adult Education, Grossmont-Cuyamaca Community College District, and Mountain Empire Adult Education – offer programs and support services designed to meet your specific education and career goals. Programs include high school diploma and high school equivalency completion, advancement of skills and attainment of technical certificates at no or low cost, college preparation, and opportunities for tuition-free dual enrollment (adult school and college concurrently).

ERAE's Strategic Plan provides the framework for *Education that Works* and *Transitions that Matter*, which will help determine how adult learners – our students and ourselves – will thrive and succeed. **Students Who Succeed** are those who are able to more effectively contribute to their families and communities through education, training, and by earning a living wage. They will have benefited from a system that puts their needs and interests ahead of the institutions.

As a system, East Region Adult Education, incorporates **technology, culture, student support and services, program design, and employer engagement**, to ensure high-quality equitable lifelong learning opportunities.

GROSSMONT ADULT EDUCATION

1550 Melody Lane, El Cajon, CA 92019
(619) 588-3500

Grossmont Adult Education is a leading force in the consortium. The mission of Grossmont Adult Education is to enrich the lives of our community members by providing high quality, affordable, lifelong learning opportunities; fulfilling personal, academic, and workplace goals for an increasingly diverse population. Grossmont Adult Education offers programs that support adults in successfully transitioning to higher education and employment, and courses that promote Personal Enrichment and strengthen the whole community.

GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

8800 Grossmont College Drive | El Cajon, CA 92020 | (619) 644-7010

The colleges will continue to provide high-quality degree and certification opportunities. Courses will be offered in three modalities: online, in-person, and in hybrid format. For most recent information, check gcccd.edu

MOUNTAIN EMPIRE ADULT EDUCATION

3305 Buckman Springs, Pine Valley, CA 91962
Phone (619) 478 2735 ext. 3300
Fax (619) 473-8038

The Adult Education Program at the Mountain Empire Unified School District is a part of the Alternative Education Program, specifically Hillside Independent Study. The program serves students who are at least eighteen years of age and have not been enrolled in any school for at least one full semester. Students meet once per week with their assigned teacher to turn in and review assigned work and receive new lessons preceded by direct instruction, guided practice, checks for understanding, and Q&A sessions. Assigned work may require textbook access, internet access, using online learning software and, always, interaction with the teacher. Formative and summative assessments include essays, unit and chapter tests and quizzes, research projects, verbal responses to teacher prompts, and more.

Earning an accelerated HSD requires 120 successfully completed course credits and a college/career readiness prerequisite requirement.

Upon completion of the requirements stated above, students have the option to participate in the graduation ceremony in June at Mountain Empire High School, along with all other district graduates.

More information can be obtained by going to ae.meusd.org

HIGH SCHOOL GRADUATION REQUIREMENTS

English I, II, III, IV	40 Credits
ELD classes may replace English I and II requirements	
Math	20 Credits
Algebra/ IM I	
Geometry/ IM II	
Fine Art/ Foreign Language	10 credits
Social Sciences:	30 Credits
World History	
US History	
Government and Economics	
Science	20 credits
Physical Science	
Life Science	
College and Career Readiness Prerequisite	

TOTAL REQUIRED: 120 credits



EDUCATION THAT WORKS

TRANSITIONS THAT MATTER

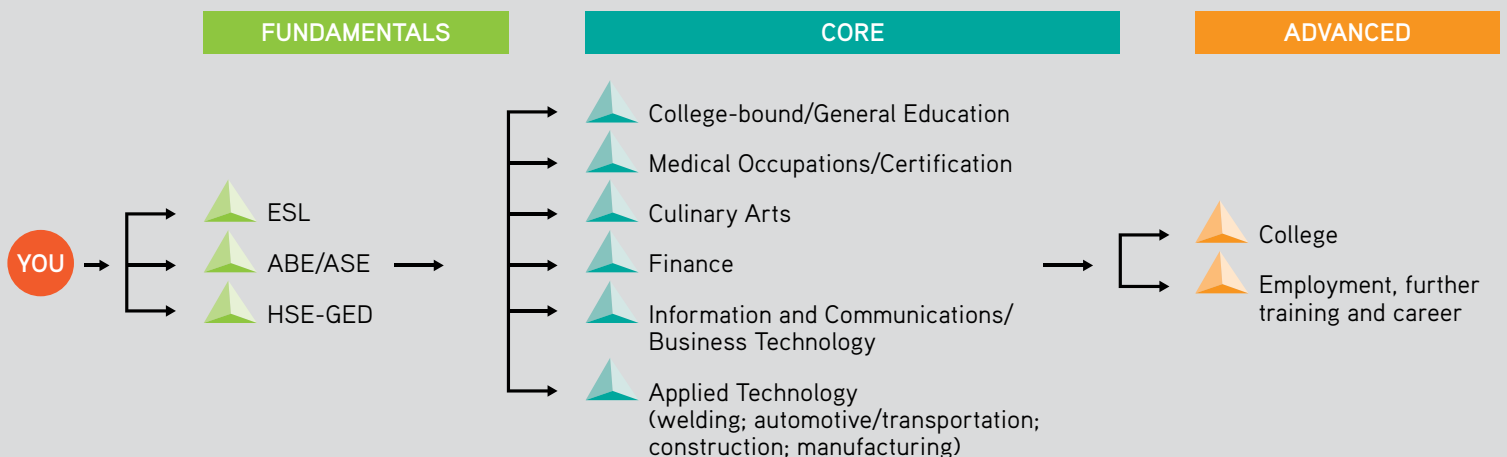
Let us become part of your success story. East Region Adult Education offers programs that fit your needs, and services that support your goals:

- Student Support Services
- Career Services
- Academic Advising
- Transition to College
- Transition to Employment and Career

For more information, contact us at info@adulthoodworks.org or call (619)627-1175



MAPPING YOUR SUCCESS



Grossmont Union High School District
PO Box 1043, La Mesa, CA 91944-1043

EDDM-ECRWSS

RESIDENTIAL CUSTOMER

DATED MATERIAL

Non-Profit Organization
U.S. POSTAGE PAID
San Diego, California
Permit No. 2925

WE ARE INVESTING IN THE FUTURE.

VISIT US IN THE FALL AND SEE WHAT IS NEW.

Our Foothills Adult Education Center is getting a new Student Center and facility and technology updates. Due to construction, Fall classes at Foothills and El Cajon Adult Centers will start in mid Sept instead of August.



For summer programs beginning in July,
go to our website and register.

