



SCAN ME

## PUSD Twilight Adult Fall 2020 Courses



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Course Title	Adult Ed Program Area	Instructor	Course Description	Location, dates, times
Phlebotomy Technician 1	Career and Technology/ Apprenticeships	Curtin	Phlebotomists are primarily responsible for the collection of blood specimens using standard techniques. This California approved course includes lectures and practical externship at a nearby site. Course covers lab protocols, Patients' Bill of Rights, HIPPA compliance, patient based service care, and communication skills and includes certification examination. Priority will be given to students who have completed prerequisites or who are currently working in the medical field.  Space is limited! Informational meeting	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
Home Care Aide	Career and Technology/ Apprenticeships	Curtin	(English with support in Spanish) A Home Care Aide cares for people who have disabilities, chronic illnesses, cognitive impairments, or age-related problems, who have the need or desire to still live in their own home. Duties they can perform include but are not limited to: Help clients get dressed and undressed and maintain proper clothing Assist with Activities of Daily Living, bathing and grooming Accompany clients to their doctor visits Assist clients who are unable to handle the day-to-day homemaking duties in their homes Follow a specified care plan for the client and report on completed tasks after each visit	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
CPR	Career and Technology/ Apprenticeships	Curtin	Get CPR certified – and be prepared to help. We train people how to respond to and prepare for emergencies, we offer CPR certification classes that can help you provide assistance when someone is faced with a cardiac or breathing emergency.  Designed, and taught by experts, Red Cross CPR certification courses are OSHA compliant, affordable and available in a range of settings. With in-person, online, and our best-in-class blended Simulation	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
Customer Service	Career and Technology/ Apprenticeships	Slominski	This program teaches guidelines and best practices so that students deliver excellent customer service while working for companies as a front line customer service associate or in a support role. Students learn to build, maintain and increase a loyal customer base for employers. Students learn professional oral and written communication, strategies to retain customer, methods to foster teamwork, approaches to resolving the complaints of upset customers, and ways to conclude successful sales. Students learn some basic computer skills as well. Participants complete an iCEV professional communications certification.	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>



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Unarmed Security Guard	Return to the Workforce		To Be Announced	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
High School Diploma Class	High School and GED		Work at your own pace under the direction of credentialed teachers. Curriculum is offered through online and blended learning. Tutoring is available at all times. A high school diploma is earned after the successful completion of the requirements, 150 credits in specific subject areas. Students may earn a regular diploma or choose the High School Diploma Plus. This option requires 50 credits of additional course work plus passing the HiSET or GED (High School Equivalency Exam).	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
Medical Terminology	Career and Technology	Curtin	Combines visual and audio cues to help simplify common elements in medical terminology. This online course makes it easy for learners to review, remember, and apply the meanings of 250+ Greek and Latin prefixes, roots, or suffixes that combine to form thousands of complex medical terms. Newly updated, this course now arranges lessons by body system, helping learners hone in on knowledge specific to medical specialties	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
Food Handler Certification	Return to the Workforce		(Bilingual Spanish/English) ServSafe is administered by the National Restaurant Association. We understand the importance of our program in teaching and certifying responsible food service measures. ServSafe training and certification is recognized by more federal, state and local jurisdictions than any other food safety certification. Certification is valid for 3 years. <b>An estimated \$15 fee for exam and materials may apply.</b>	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
Manager Certification	Return to the Workforce		(English only) Manager ServSafe training will help you understand the food safety risks faced by your operation. Once you are aware of the risks, you can find ways to reduce them and keep your operation, your staff, and your customers safe. <b>We RECOMMEND to obtain the Food Handler Certification prior to the Manager Certification. An estimated \$45.00 reservation fee may apply.</b>	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>



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Beginning Literacy (Intro ESL)	Adult ESL & Civics		Students develop vocabulary, reading, and writing skills. Students learn to write and say the letters of the alphabet, numbers, and basic words through individual pair and group work. Conversations help students with everyday answers and questions about many aspects of functional everyday life. The instructor also provides help with basic accent reduction and pronunciation.	<b>Intro Level</b> Contact Us for More Information <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a> .
ESL (Beginning)	Adult ESL & Civics		Beginning students develop better English communication skills by improving reading, writing, speaking and listening skills in their roles as family and community members, workers, and citizens. Students improve vocabulary and learn to read, interpret and discuss simple sentences, instructions, directions, signs, maps and menus. This class includes individual, pair and group work. The instructor also provides help with basic accent reduction and pronunciation.	<b>Level 1</b> Contact Us for More Information <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
ESL (Intermediate)	Adult ESL & Civics		Students continue to build grammar, vocabulary, reading, and writing skills and practice high levels of practical conversation in pairs and small groups. Students learn to follow oral directions, learn new phrases with familiar vocabulary, know basic computer application terms, fill out basic medical information forms and job applications, and begin to write paragraphs. The instructor also provides help with intermediate accent reduction and pronunciation. Career Technical Education (CTE) courses are also available for ESL students.	<b>Level 2</b> Contact Us for More Information <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
ESL (Advanced)	Adult ESL & Civics		Students learn to follow complex oral directions, learn new phrases and idioms, practice computer application terms, and continue to write using different writing styles and formats. Students also prepare for job interviews, fill out online forms and job applications, The instructor provides help with advanced role-playing situations for advanced oral practice. Career Technical Education (CTE) courses are also available for ESL students.	<b>Level 3</b> Contact Us for More Information <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
Employment Preparation (Construction industry)	Return to the Workforce		Construction Program	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>



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<b>Diverse Outdoor Leadership Institute (DOLI)</b>	<b>Apprenticeships</b>		The Diverse Outdoor Leadership Institute is a unique training program within Outward Bound Adventures (OBA) in collaboration with federal agencies designed to develop and train a cadre of elite wilderness leaders of color that will expose urban youth to our national parks, forests and other wilderness areas. This is a five-month training program covers a multitude of areas including leadership (including understanding of self), WAFA training, gear management, trip roll out, environmental and ecosystem education, diversity and cultural sensitivity, stewardship and group management.	<b>Contact Us for More Information</b> <a href="https://forms.gle/dP2UopDT7ZVaSJD16">https://forms.gle/dP2UopDT7ZVaSJD16</a>
<b>ACADEMICS</b>	<b>Parent and Community Engagement</b>	PUSD Staff	PUSD expert staff will provide information and resources to help families with the knowledge and skills to support their children at home. Topics include: Engaging Students in the Online Curriculum, How to support Academics at Home, Homework help, College and Career Readiness, PUSD Academics, Senior Defense, and much more.	All topics are not presented at the same time. Please visit <a href="http://bit.ly/pusdparentu">bit.ly/pusdparentu</a> for most current workshp topics, schedules and information.
<b>HEALTH AND WELLNESS</b>	<b>Parent and Community Engagement</b>	Various	Workshops will provide information and resources to help families stay healthy and safe, make better food choices, learn about the food cycle, gardening and cooking experience, increase physical activity and learn about the consequences of substance abuse and vaping. Topics include: Power Kids; Nutrition; Farm to Table; Kids, Yoga and Mindfulness; Substance abuse and Vaping; Pasadena, Safe Routes and Active Transportation; Families Talking Together, and much more.	All topics are not presented at the same time. Please visit <a href="http://bit.ly/pusdparentu">bit.ly/pusdparentu</a> for most current workshp topics, schedules and information.
<b>MENTAL HEALTH</b>	<b>Parent and Community Engagement</b>	Various	Workshops will provide information and resources to help families build resilience to trauma and anxiety during COVID-19 pandemic and other difficult situations: Topics include: Building resilience to trauma and anxiety; Identifying trauma signs and symptoms; How to support yourself and your children during COVID-19; What does anxiety looks like and how can parents support their children; How to talk to children about traumatic situations; Managing stress and anxiety while keeping calm and peace. Self-care tips and resources for support families; How to balance work and home and your mental health; and much more.	All topics are not presented at the same time. Please visit <a href="http://bit.ly/pusdparentu">bit.ly/pusdparentu</a> for most current workshp topics, schedules and information.



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<b>SOCIAL EMOTIONAL SUPPORT</b>	<b>Parent and Community Engagement</b>	Various	Social Emotional Support workshops for families will provide sessions that will focus on topics such as: Managing Big Feelings during confusing and difficult times, Growth Mindset while sheltering at home, Social Emotional Development and Homeschooling, Physical Activity and Brain Development, Kids and Screen Time - Guidelines for Setting Limits, How to Talk to your Children about Racism, Using Brain Science to Understand Behavior - Enhance Child Development and Parent-Child Relationships, Calm Brains Make Better Choices, Changing Negative Self Talk into Positive Self Talk, Self-Care and Building Resilience, How to Develop a Self-Care Plan and Thrive in Uncertain Times; and much more!	All topics are not presented at the same time. Please visit <a href="http://bit.ly/pusdparentu">bit.ly/pusdparentu</a> for most current workshp topics, schedules and information.
<b>FAMILIES AND TECHNOLOGY</b>	<b>Parent and Community Engagement</b>	Various	Introduction to Basic Computer Use, Google Login Process, How to Create a Gmail Account, Create a PUSD Parent Portal Account - Access and Monitor your Student's Progress, How to Access and Navigate Canvas, Cyber Safety - Teach your Child About Safe Online Behavior; and much more!	All topics are not presented at the same time. Please visit <a href="http://bit.ly/pusdparentu">bit.ly/pusdparentu</a> for most current workshp topics, schedules and information.