

On Track ♦ Daily Class Schedule

School Year '2009-2010

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Upon enrollment in the program, participants determine which of the tracks listed below align most closely with their goals. Each participant is then encouraged to sign-up for classes within those tracks.

Wellness & Independent Living (WIL): May include cooking/menu planning, nutrition, shopping, health topics, brain injury education, exercise/sports, stress management, self-esteem, motivation, fine motor skills, community access & resources, money management, paying bills, balancing a checkbook, paperwork organization, transit use, navigating, and safety.

Work Readiness & Experience (WRE): May include volunteer work experience, job training, computer skills (typing, word processing, using Publisher), resumes & applications, interview skills, vocational exploration, time management, compensatory strategies, organizational skills, travel training, self-advocacy & community outreach.

Cognitive Skills & Academics (CSA): May include computer-assisted and other cognitive skill development, mind fitness, organizational skills, memory strategies, time management, academic skills, and problem solving.

DAY	TIME	CLASS	STAFF	ROOM
Tuesday <i>WIL: Wellness & Independent Living</i> <i>WRE: Work Readiness & Experience</i> <i>CSA: Cognitive Skills & Academics</i> <i>WIL: Wellness & Independent Living</i> <i>WRE: Work Readiness & Experience</i> <i>WIL: Wellness & Independent Living</i> <i>CSA: Cognitive Skills & Academics</i> <i>WRE: Work Readiness & Experience</i>	10:00 – 11:00	Resources, Daily Planners, Attendance, Announcements, Memory Work	Hal/ Marge	D-2
	11:10-12:00	WIL: Sports & Fitness/Stretching/ Staying Fit Through Nutrition /Stress/Relaxation CSA: Brain Games (chess, scrabble, Mind Fitness) WRE: Student Council Meeting (3 rd Week)	Hal/ Kat Marge Marge	D-2/D-3 Campus D-3 D-3
	12:00-12:55	LUNCH/Socialization/Walking Club/Computer Lab open	Staff	D-2/Campus
	1:00-1:45	WIL/CSA: Cognitive Skills for Application in Real Life (problem solving, logic, organization, compensatory strategies, time management) WIL: Exploring Digital Photography WRE: Volunteer Work Experience-Food Bank (week 2&4) cont'd WIL: Grocery Shopping (1 st & 3 rd week)	Hal Kat Marge Marge	D-2 D-3 Community Community
	1:55-2:40	WIL: Communication Skills/Support Group (Anger Management, Problem Solving) WIL: Exploring Digital Photography WRE: Volunteer Work Experience-Food Bank (week 2&4) WIL: Gardening made easy with Marge & Jeanne (1 st & 3 rd)	Hal Kat Marge Marge	D-2 D-3 Community Atrium
	2-4:30:00	Goal Checklist/Clean Up/Homework/Journal	Staff	D-2

DAY	TIME	CLASS	STAFF	ROOM
Thursday	10:00 – 3:00	2nd Thursday each month: All-Students/ All-day Outing: Travel training, community access, r skills, community resources, using public transit, using maps, etc.	Staff	Community
	10:00-10:30	1st & 3rd Thursday each month: Resources, Daily Planners, Homework Review, Attendance, Announcements	Hal	D-2
	10:30-11:00	WIL: Cooking & Nutrition/Meal Plans/Meal Costs (1st, 3rd week)	Marge/Kat	C-4
	10:30-12:00	WIL: Memory & Attention Strategies/Mind Fitness	Hal/Marge	D-2
	10:30-3:00	4th Thursday of each month small group mini trip, travel training, money skills, community access.	Kat	Community/ Van
	12:00-12:55	LUNCH/Socialization/Walking Club/Gardening/ Computer Lab open	Staff	D-2/Campus
	1:00-1:45	CSA: Computer Skills (MS Publisher, MS Word, Internet, e-mail, Individual Projects, Group A)	Hal/Marge	D-3
		CSA: Creative writing using Neo Boards- Group B (1st.& 3rd. week) WIL: Individual Projects (4 th week)	Kat Marge	D-2 D-2
	1:55-2:40	CSA: Computer Skills (MS Publisher, MS Word, Internet, e-mail, Individual Projects, Group A)	Hal/Marge	D-3
		CSA: Creative writing using Neo Boards- Group B (1st.& 3rd.week) WIL: Practical Math: Calculators, Daily Math Skills etc.(4 th week)	Kat Marge	D2 D-2
2-40:3:00	Goal Checklist/Clean Up/Homework/Journal	Staff	D-2	
Friday	9:00-12:00	WRE: Volunteer work Experience-JMMC	Kat	Community
	10:00-10:30	Resources, Daily Planners, Homework Review, Attendance, Announcements	Hal/Marge	D-2
	10:30-11:00	CSA: Newspapers/Current Events	Hal	D-2
	11:10-12:00	WRE/WIL: Student Support Services (Work Readiness, Job search, Housing, Transportation)	Hal	D-2
		CSA/WIL: Book Club/ Reading/Aphasia Group	Kat	D-3
		CSA: Individual Aphasia Work	Marge	D-2
	12:00-12:55	LUNCH/Socialization/Walking Club/Gardening/Computer Lab open	Staff	D2/Campus
	1:00-1:45	CSA: Computer Skills (MS Publisher, MS Word Internet, e-mail, Individual Projects, Group B)	Hal/Marge	D-3
		CSA: Creative writing using Neo Boards- Group A	Kat	D-2
	1:55-2:40	CSA: Computer Skills (MS Publisher, MS Word, Internet, e-mail, Individual Projects, Group B)	Hal/ Marge	D-3
CSA: Creative writing using Neo Boards- Group A		Kat	D-2	
2:40-3:00	Goal Checklists/Clean Up/ Journal	Staff	D-2	