

Winter 2022 Seminar Descriptions

Academic Support is a place where students can get extra help and in-class time to complete classroom assignments in LCC's Adult Education Classes

Blogging, Writing and Designing

Communicating through the internet is an important skill. We will maintain the Connections Transition Times Blog and you can create your own blog, website etc.

Clean My Crib

Thinking about getting your own place? Learn all the skills YOU need to keep your space neat & clean.

Cooking

Learn how to safely cook simple, nutritious meals in our Connections kitchen.

Fitness Counts

Tracking your fitness progress has been shown to be an effective motivator and shows progress. We will track and record your workouts.

Finding and Keeping Your Crib

Do you want to live on your own one day? We will learn how to find, decide where to live and how to keep an apartment.

Healthy Body

Learn everything you need to know about keeping and maintaining a healthy body!

Healthy Relationships

Good relationships are important for your long term health and safety. Discover how to build relationships and how to identify unhealthy ones.

Job Club

Seminars will focus on job readiness skills and behaviors. Students will explore interest areas, how to find jobs, apply for jobs, work on resumes, practice job interviews etc.

Map It

There are 2 parts to this class: The first part is planning and reviewing trips, and second is to actually go out on trips in our community. This term there will be more focus on vocational opportunities. We'll set up meetings to get short tours of the business we're visiting. On the planning day we'll prepare questions to ask the person representing the business, as well as making the bus-plan. We will be using the LTD bus.

Mystery Guest/Active Games

In this class we'll invite presenters from our community to share their experiences and knowledge in various topics (former students, social&rec. agencies, financial, vocational, healthy relationships/ mental health, academic). One key point to this class is that we are an active audience. We will be preparing questions ahead of time. On days where we have no presenter available we'll get active with games.

School Store Class

Be an entrepreneur. Run your own business. Learn about margin, finance, inventory, and making money!

Slow Down Mario

We will use multiple strategies to learn the DMV permit test book and practice the skills so you can start driving!

Smart Shopping

We will go into the community to various grocery stores using the activity van to purchase groceries for the cooking class. We will learn about unit price and cost comparison.

Spiffy Up My Crib

So, you got your first apartment: now what? This class will discuss wants vs needs when it comes to your new home. There will be some DIY activities that will make your apartment look great even on a tight budget.

Swimming (Echo Hollow Pool)

Students will either be able to swim in the pool or use the workout room to improve their physical fitness.

TGIF

Do you have plans for the weekend or school breaks? We will explore different options in Eugene that are free or low cost.

Tools of the Trade

Explore countless cooking methods, utensils, appliances, and safety tools. Become an expert today!

VOCATIONAL:

Cognitopia:

Students test Cognitopia Software products such as Goal Guide, Scando and My Life. Students will communicate their experience using these products to the Cognitopia Designers and Developers to improve use.

HFH Restore ReStore is a fun, active place to get some work experience. Students perform a variety of duties, including cleaning, stocking, pricing, merchandising, and unloading the trucks!