

ADAPTIVE LEARNING: COMMUNITY BASED (ALCB)

ALCB 400A • LIP-READING: SIMPLE CONSONANT SOUNDS

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Advisory: Students are advised to set aside a short period of time each day to allow practice either in a mirror or with another individual.

Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed for adults with acquired, congenital, or progressive hearing impairment and those who have difficulty processing receptively speech in adverse listening situations. Includes the most visible basic consonant sounds of the English language and how production of these basic speech sounds appears on the lips and face of various speakers. Descriptions of mechanics of the ear, sound, and hearing testing are presented. Large area assistive listening devices are described (e.g., T-coil, FM, infrared, personal captioning devices). Practical experience in lip-reading both in and out of class.

ALCB 400B • LIP-READING: VOWELS

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed for adults with acquired, congenital or progressive hearing impairment and/or difficulty processing speech in adverse listening conditions. Includes the most visible vowel sounds of English language and contrasting the appearance of production of different vowel sounds by the oral and facial structures of the speaker. Aspects of hearing and the auditory range of vowels will be discussed. Small area assistive listening devices will be introduced along with special features of hearing aids (e.g., restaurant programs, t-coils, music programs). Practical experience in lip-reading both in and out of class.

ALCB 400C • LIP-READING: BACK CONSONANTS & BLENDS

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed for adults with acquired, congenital, or progressive hearing impairment or who have difficulty hearing in adverse listening conditions. Includes the least visible consonant sounds and blends of consonant sounds in the English language and contrasting the appearance of production of different consonant sounds by the oral structures, including cues from behind the lips, teeth, and face of the speaker. Aspects of hearing and the auditory range of vowel, consonants, and music are discussed. Assistive listening devices for television, adaptive telephones, assistive devices for hard of hearing, such as special alarms and emergency procedures, and technology for going to the movies are discussed, along with special features of hearing aids (e.g., variable digital settings, restaurant programs, t-coils, music programs). Practical experience in lip-reading and using adaptive equipment both in and out of class. Speechreading difficult-to-see vowels, consonants, and blends.

ALCB 400D • SPEECHREADING CHALLENGE

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

For adults who have been practicing lip-reading/speechreading techniques and want to maintain performance levels through highly challenging practice sessions that use the variety of skills needed for ease of communication barriers caused by hearing loss. Improve ability to lip-read in real time and complex conversational situations.

ALCB 400E • LITERARY LIP-READING

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Advisory:	Students are advised to set aside short dedicated periods of time each day for lip-reading practice with others or in-mirror practice.
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Advanced instruction in lip-reading techniques for the hard of hearing adult. Practice in lip-reading/speechreading using group discussion of readings presented in class by a variety of speech models. Emphasis on speechreading language samples that vary in length from one word to one paragraph with or without context, sometimes presented partially aloud, sometimes in complete silence. Additional focus on utilization of extensive contextual cues and use of short- and long-term memory to help with speech understanding, as well as focus on homophone review and visibility of articulation of speech sounds, visible discrimination of speech sounds. Lip-reading materials consist of the reading of books, short stories, or articles written in contemporary American English read together in class, suggested by students and selected by the instructor or by a vote of the students.

ALCB 407Y • SOCIAL CHANGE

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

This course offers a fun and judgment-free environment as a way to alleviate feelings of isolation and provides a safe space to express thoughts and feelings about personal and social changes through time. Intended for the disabled adult to improve memory and understanding of changes in society as they impact oneself, one's family and community.

ALCB 408Y • ART APPRECIATION

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Students will be introduced to various artists and their artwork, including dimensional artwork and new media (digital art and animation) through video and discussion. The course provides opportunity for social interaction and intellectual stimulation made possible through shared knowledge of various artists, their works and artistic media.

ALCB 409Y • MUSIC APPRECIATION

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Intended for the disabled student to acquire appreciation of music. This course taps into the multiple recognized benefits of music appreciation which enable students to increase their perspective beyond their current awareness. The course is designed to encourage students to realize their own powers of appreciation and remind and/or awaken them to their own musical desires and expression.

ALCB 413Y • RELAXATION TECHNIQUES

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Advisory:	Students are advised to participate at their own pace and notify the instructor of any personal or physical limitations.
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Intended for the disabled student to acquire information about and develop techniques to release tension and achieve relaxation through the practice of targeted exercises and proven techniques.

ALCB 414Y • STRESS MANAGEMENT

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Advisory: Students are advised to participate at their own pace and notify the instructor of any personal or physical limitations.

Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Intended for the disabled adult to address common manifestations of stress that impact quality of life, including, for example, sleep deprivation, mood imbalances, and a range of physical aches and pains. Central to the course is implementing a personal wellness plan that incorporates proven practices for managing stress.

ALCB 421Y • AROUND THE WORLD IN TRAVEL STUDY

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Intended for the disabled student to improve memory retention, increase knowledge, and enhance social interaction by recalling personal travel and exploring new travel destinations. Focuses on the discussion of geography, history, religions, food, art, music, technology, and customs of other cultures.

ALCB 431Y • ANALYSIS OF CURRENT EVENTS

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Intended for civic-minded disabled adults to sharpen memory, critical thinking, and discussion and debate skills, through the study of news stories that impact their everyday lives. Through the lens of life experience and longevity, students analyze current events while reflecting on related past events. The course draws heavily on newspapers, magazines, news clips, cartoons, and the blogosphere to support class discussion.

ALCB 451Y • DRAWING & PAINTING

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Intended for the disabled student to improve expressive capability, manipulatory skills and eye-hand coordination. The course can increase self-esteem and offers opportunities for social interaction with other students through their mutual use of painting, drawing and sketching materials and techniques to create two-dimensional art in a group setting.

ALCB 456Y • CRAFTS

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Intended for the disabled student to improve expressive capability, manipulatory skills and eye-hand coordination. The course can increase self-esteem and offers opportunities for social interaction with other students through their mutual use of assorted craft materials and techniques to create projects in a group setting.

ALCB 463Y • CREATIVE WRITING

Units: 0
Hours: 2 lecture per week (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

The student will present written autobiographical, fictional and non-fictional experiences, which are shared orally for both appreciation and constructive input to enhance self-esteem, memory retention and writing ability.

ALCB 465Y • CREATIVE SELF-EXPRESSION

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Intended for the disabled student to provide directed experiences in self-expression. Emphasis on various activities designed to enhance physical and cognitive creative expression and enable the student to develop independent creative activities through adapted drama, music, art and writing.

ALCB 466 • ACCESSING THE DIGITAL WORLD

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Hands-on practice for individuals with disabilities and/or older adults in understanding and demonstrating the basics of utilizing smart phones, tablets, and/or computers, to be better connected to the digital world and able to access people and resources they may need. Training and instruction in performing a variety of basic tasks involved in operating a variety of devices will be provided.

ALCB 467 • HEALTHY LIVING

Units:	0
Hours:	24 lecture per quarter (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Focuses on assisting individuals with learning differences in leading healthy lifestyles, in regards to both physical and mental health. Aspects of physical health that will be explored include: physical activity and exercise, nutrition, hygiene, sleep, disease prevention, obesity, substance abuse, reproductive health, and safety. Aspects of mental health that will be covered include: stress management, relaxation techniques, negative thinking traps, optimism, and resilience. The course will address strategies for helping students with learning differences make healthy life choices on their path to becoming more independent adults.

ALCB 468 • SOCIAL SKILLS

Units:	0
Hours:	24 lecture per quarter (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Focuses on the etiquette of appropriate interaction in the general public, educational settings, community involvement and employment arenas. Enhancement of self-esteem and socialization skills in order to increase confidence in personal and social interactions. Additionally, the course will assist students with developing and maintaining friendships, as well as identifying potential sources of friendships in the community.

ALCB 470Y • POETRY APPRECIATION

Units:	0
Hours:	2 lecture per week (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Through the weekly reading aloud and discussion of English language poetry, students will improve their skills in listening, comprehension, interpretation, and verbal response to spoken and written poetry. As class composition allows, instructor will present for discussion examples of the elements of poetry (form, rhyme, metaphor, etc.) and will encourage sharing of students' own poetry. Poetry selections will reflect cultural diversity; students will expand historical and contemporary analysis skills to describe poetic works and will learn to interpret and contextualize poetic forms. Students will gain a better understanding of why people make poetry for self expression, as political statements, and to reflect diverse perspectives.