

ADAPTIVE LEARNING: COMMUNITY BASED (ALCB)

ALCB 400A • LIP-READING: SIMPLE CONSONANT SOUNDS

Units:	0
Hours:	24 lecture per quarter (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 will be presented. Large area assistive listening devices will be 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:	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

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:	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

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 will be discussed. Assistive listening devices for television, adaptive telephones and assistive devices for hard of hearing, such as special alarms and emergency procedures, technology for going to the movies will be 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. Speech reading difficult-to-see vowels, consonants and blends.

ALCB 400D • SPEECHREADING CHALLENGE

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

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: 24 lecture per quarter (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 homophene review and visibility of articulation of speech sounds, visible discrimination of speech sounds. Lip-reading materials will 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 406Y • WORLD NEWS DISCUSSION

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

Intended for the disabled to study world news by examining turning points in history, comparing and contrasting them with current world events to enhance memory retention and self-esteem.

ALCB 407Y • SOCIAL CHANGE

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

Intended for the disabled to improve memory and understanding of changes in society to increase awareness of the impact of these changes and increase social interaction.

ALCB 408Y • ART APPRECIATION

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

Intended for the disabled student to acquire an appreciation of artists and their work. Provides opportunity for social interaction and intellectual stimulation made possible through shared knowledge of artists and their work.

ALCB 409Y • MUSIC APPRECIATION

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

Intended for the disabled student to acquire appreciation of composers and their work. Emphasis on identification and recall of auditory input.

ALCB 413Y • RELAXATION TECHNIQUES

Units: 0
Hours: 24 laboratory per quarter (24 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: Unlimited Repeatability

Intended for the disabled student to acquire information about and develop techniques for achieving relaxation by releasing mental and physical tension.

ALCB 414Y • STRESS MANAGEMENT

Units: 0
Hours: 24 laboratory 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

Intended for the disabled student to recognize stress symptoms and become aware of signals which cause triggers in stress. Learn stress management skills from passive to active take-charge role.

ALCB 421Y • **AROUND THE WORLD IN TRAVEL STUDY**

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

Intended for the disabled student to recall personal travel. Focuses on the discussion of geography, history, religions and arts of other cultures to increase knowledge and social interaction, and improve memory retention.

ALCB 431Y • **ANALYSIS OF CURRENT EVENTS**

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

Intended for the disabled student to acquire information about current events with an emphasis on comparing and contrasting current with past events to enhance memory retention and self-esteem.

ALCB 451Y • **DRAWING & PAINTING**

Units:	0
Hours:	24 laboratory 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

Intended for the disabled student to improve expressive capability, manipulatory skills and eye-hand coordination, increase self-esteem and increase social interaction through the use of painting, drawing and sketching materials, tools, and techniques to create two-dimensional art in a group setting.

ALCB 456Y • **CRAFTS**

Units:	0
Hours:	24 laboratory per quarter (24 total per quarter)
Degree and Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Unlimited Repeatability

Intended for the disabled student to improve expressive capability, manipulatory skills and eye-hand coordination, increase self-esteem and increase social interaction through the use of seasonal, leather, wood, fabric, yarn and paper materials to create crafts projects in a group setting.

ALCB 462Y • **VERBAL EXPRESSION**

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

Intended for the disabled student to teach techniques in verbal communication specifically to improve family, social and work-related situations.

ALCB 463Y • **CREATIVE WRITING**

Units:	0
Hours:	24 laboratory 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

Intended for the disabled student to 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: 24 laboratory 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

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.