

# The Prison Education Project



## Semester Course Outlines

### The Importance of Hobbies

**Objective:** To introduce in-custody students to the importance of Hobbies.

<b>Week 1</b>	Explaining the importance of hobbies; Stress Management; Anger Management
<b>Week 2</b>	Reading, Writing, The Arts, Photography
<b>Week 3</b>	Cooking, Traveling, Yoga/Meditation, The Importance of Exercise
<b>Week 4</b>	The Pros & Cons of Video Games & Social Media
<b>Week 5</b>	Listening to Music, Making Music, Music Appreciation
<b>Week 6</b>	Sports: Basketball, Tennis, Jogging, Golf, Soccer, Bowling, Skateboarding
<b>Week 7</b>	Outdoor Activities: Hiking, Camping, Fishing, Biking

### Introduction to College

**Objective:** To introduce in-custody students to the process of applying and succeeding in college.

<b>Week 1</b>	Choosing a College, Choosing a Major, Vocational Education Majors
<b>Week 2</b>	College Application Process, Financial Aid, Scholarships; Applying for the Pell Grant, Enrolling with the Department of Rehabilitation for Financial Assistance for College or Vocational Training e.g. Truck Driving School
<b>Week 3</b>	The Mechanics of Writing Essays, Making Outlines, Personal Statements for College Applications
<b>Week 4</b>	Time Management; Study Strategies; The Challenges of Reading, Writing Essays, and taking Science, and Math Courses
<b>Week 5</b>	Getting Involved in College; Various Organizations on Campus; Organizations for formerly incarcerated students Project Rebound at CSUs, Rising Scholars at Community Colleges, Underground Scholars for the UC system
<b>Week 6</b>	Developing Soft Skills, Emotional Intelligence, Networking, Follow Through
<b>Week 7</b>	Reflections: Overcoming Challenges

### Introduction to College Success

(for students who are enrolled in college)

<b>Objective:</b> To introduce in-custody students to strategies for exceling and succeeding in college.	
<b>Week 1</b>	Accessing Campus Resources: Academic Advising, EOP, Disability Services, The Library, Tutoring, Student Life, and Leadership
<b>Week 2</b>	The Mechanics of Writing Essays and Making Study Outlines, The Challenges of Reading
<b>Week 3</b>	Time Management; Study Strategies; Stress Management; Exercise
<b>Week 4</b>	Set and Monitor Personal and Academic Goals; Inventory of Academic Strengths and Weaknesses
<b>Week 5</b>	Strategies for Being Effective in Science and Math Courses; Apply Learning Strategies and Study Skills to Enhance Learning
<b>Week 6</b>	Joining Student Organizations, Rising Scholars, Project Rebound, Intramural Sports, Study Abroad Opportunities, Internships
<b>Week 7</b>	Developing Soft Skills, Emotional Intelligence, Networking, Follow Through
<b>Career Development</b>	
<b>Objective:</b> To introduce in-custody students to the process of career development.	
<b>Week 1</b>	Orientation; Introductions; Ice-Breaker; Discussion of Personality, Interests, Values
<b>Week 2</b>	Acquiring the Essentials: Life Skills/Networking/Soft Skills
<b>Week 3</b>	Community College & Vocational Education Opportunities
<b>Week 4</b>	Financial Aid, Scholarships, Applying for College
<b>Week 5</b>	Developing a Resume
<b>Week 6</b>	Social Networking; Searching for Fair Chance Job Opportunity/Careers
<b>Week 7</b>	Interview Skills/Mock Interviews; Overcoming Challenges
<b>Introduction to Soft Skills</b>	
<b>Objective:</b> To introduce in-custody students to the importance of soft skills.	
<b>Week 1</b>	Communication Skills: Face-to-Face Interaction, Humor, Small Talk, Body Language, Nonverbal Communication, Being Sensitive to Offensive Language
<b>Week 2</b>	Conflict Resolution, Conflict Styles; Escalation v. De-Escalation of Conflicts; Diplomacy
<b>Week 3</b>	Teamwork, Emotional Intelligence, Understanding Different Personalities
<b>Week 4</b>	Adaptability, Transitions, Mundane Tasks and Motivation, Goal-Setting; The Importance of Follow-Through
<b>Week 5</b>	Problem-Solving, Understanding Underlying Causes of Problems, Critical Observation
<b>Week 6</b>	Innovative thinking, Free Thinking, Grey Thinking

<b>Week 7</b>	Leadership Skills, Employee Skills, Taking Initiative, Punctuality
<b>Introduction to Financial Literacy</b>	
<b>Objective:</b> To introduce in-custody students to the fundamentals of Money Management & Financial Literacy.	
<b>Week 1</b>	Being Financially Accountable; Budgeting; Balancing a Check Book; Opening a Bank Account; Buying a Car (used v. new); Grocery Shopping
<b>Week 2</b>	Money Management; The Concept of Credit; the FICO Score; The Dangers of Credit Cards; The Importance of Saving; Bad Spending Habits; Debt; Making Money v. Wasting Time
<b>Week 3</b>	Getting an Apartment, Renting, The Benefits of Transitional Housing, the Process of Buying a Home, County Welfare Benefits; Food Stamps
<b>Week 4</b>	Paying for College; Financial Aid, Scholarships; Signing up with Department of Rehabilitation for Financial Support for Education & Training
<b>Week 5</b>	Jobs v. Careers; Certificate & AA Degree Programs, Salaries
<b>Week 6</b>	Opportunity Costs, Investments, Understanding the Stock Market
<b>Week 7</b>	Investing in your Future; Buying a House; Retirement, Social Security Income
<b>Introduction to College Math</b>	
<b>Objective:</b> To introduce in-custody students to the intricate dynamics of college math.	
<b>Week 1</b>	Introduction; Addition, Subtraction, Multiplication, Division, Exponential Notation and Order of Operations, Rounding Whole Numbers
<b>Week 2</b>	Fractions: Multiplication of Fractions and Mixed Numbers, Division of Fractions and Mixed Numbers, Least Common Multiple and Greatest Common Factor, Writing Equivalent Fractions
<b>Week 3</b>	Fractions: Addition of Fractions and Mixed Numbers, Subtraction of Fractions and Mixed Numbers Order, Exponents and the Order of Operations Agreement
<b>Week 4</b>	Decimals: Addition, Subtraction, Multiplication, Division, Rounding Decimals Comparing and Converting Fractions and Decimals
<b>Week 5</b>	Ratio, Rate, Proportion, Percent Equations, Percent Applications
<b>Week 6</b>	English-Metric Measurement Conversions; Mean, Median, Mode
<b>Week 7</b>	Pictographs, Circle Graphs, Bar graphs, Line Graphs, Histograms and Frequency Distribution

## Yoga/Meditation

**Objective:** To introduce in-custody students to the fundamentals of meditation and yoga.

<b>Week 1</b>	The Philosophy of Yoga/Meditation; The Concept of Breathing
<b>Week 2</b>	Inhaling, Exhaling, Head & Neck Exercises
<b>Week 3</b>	Chanting; Diver's Stretch, Simple Side Bend, Straddle Forward Bend
<b>Week 4</b>	Writing, Imagination, Introspection, Reflection
<b>Week 5</b>	Meditation; Reclining Twist, Sitting, Squatting, Double Leg Raises
<b>Week 6</b>	Butterfly, Sitting Forward Bend, Backbending, Half Spinal Twist
<b>Week 7</b>	Overview of Breathing, Meditation, Stretching Exercises

## Introduction to Mindfulness

**Objective:** To introduce in-custody students to the fundamentals of Mindfulness.

<b>Week 1</b>	Introduction to Mindfulness; Benefits of Mindfulness; Neuroscience of Mindfulness
<b>Week 2</b>	Engaging in Compassionate Listening; Awareness Through the Senses
<b>Week 3</b>	Exploring Resistance to Pain; Mindful Eating, Exploring Stress
<b>Week 4</b>	Examining Negative Self-Talk vs. Positive Self-Talk; Reassurances
<b>Week 5</b>	The Conditioned Mind; Neuroplasticity; Reflective Listening
<b>Week 6</b>	Mindful Walking; Survival Strategies; Coping Mechanisms; Uncovering Unmet Needs
<b>Week 7</b>	The Practice of Kindness; Developing Intentions; Practicing Gratitude

## Forgiveness & Healing

**Objective:** To introduce in-custody students to the process of forgiveness and healing.

<b>Week 1</b>	What is forgiveness? Why forgive? How do people forgive?
<b>Week 2</b>	Sharing Stories of Pain
<b>Week 3</b>	The Power of Humility; Accepting Blame; Second Chances
<b>Week 4</b>	The Power of Love; Forgiveness v. Condoning
<b>Week 5</b>	Strategies for Anger & Stress Management (writing essay for homework)
<b>Week 6</b>	Writing as Therapy (discuss homework essay in class)
<b>Week 7</b>	Overcoming Challenges

## Building Healthy Relationships

**Objective:** To introduce in-custody students to the dynamics of building healthy relationships.

<b>Week 1</b>	The Building Process; Communication; Working on One's Self; Patience
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<b>Week 2</b>	The Power of Love, Empathy, and Forgiveness
<b>Week 3</b>	The Power of Humility; Accepting Blame; Second Chances
<b>Week 4</b>	Conflict Resolution & Accepting Differences and Different Perspectives
<b>Week 5</b>	The Importance of Safety, Honesty, Trust, and Respect
<b>Week 6</b>	The Importance of Sacrifice, Loyalty, Compromise, and Happiness
<b>Week 7</b>	Overcoming Challenges of the Past and Working Toward the Future

### **Introduction to Conflict Resolution**

**Objective:** To introduce in-custody students to the dynamics of Conflict Resolution.

<b>WEEK 1</b>	Theory of Implicit Conflict and Change; What is your relationship with conflict? How do you engage in conflict? How conflict differs across settings/people.
<b>WEEK 2</b>	Conflict Intelligence; How has your conflict style been informed by culture? Has your conflict style evolved throughout your life? If so, how and in what way?
<b>WEEK 3</b>	Conflict Mediation Strategies; Identify 1 recent conflict that you had to navigate; describe the history and context of the conflict.
<b>WEEK 4</b>	Personality & Self-Regulation; Personality and Conflict; Why is it important to understand how emotions affect conflict and how conflict affects emotions?
<b>WEEK 5</b>	Communication & Conflict; De-Escalation; Creating Constructive Communication through Dialogue
<b>WEEK 6</b>	Resolution; Dialogue; The 6 Steps of Non-Violence
<b>WEEK 7</b>	Role Playing and Simulating Conflict, De-escalation, and Resolution

### **Introduction to Writing**

**Objective:** To introduce in-custody students to the fundamentals of writing.

<b>Week 1</b>	Orientation; Introduction to Basic Grammar (keep a Journal; regular homework)
<b>Week 2</b>	Basic Grammar Continued
<b>Week 3</b>	Creating Outlines; Thesis Statements
<b>Week 4</b>	Sentence Structure; Writing a Paragraph
<b>Week 5</b>	Writing an Essay; Storytelling
<b>Week 6</b>	Essay Writing; Writing Personal Statements for College Applications
<b>Week 7</b>	Reading Personal Statement Essays

## Creative Writing

**Objective:** To introduce in-custody students to the fundamentals of creative writing.

<b>Week 1</b>	The Fundamentals of Writing: Title, Introduction, Body, Conclusion
<b>Week 2</b>	The Art of Storytelling; Brainstorming Words & Ideas
<b>Week 3</b>	Inventing the Story; Using your Imagination
<b>Week 4</b>	Telling the Story; Description, Character Development, Details
<b>Week 5</b>	Metaphors, Simile, Hyperbole, Personification
<b>Week 6</b>	Plot: Foreshadowing, Suspense, Conflict, Crisis, Resolution
<b>Week 7</b>	Introspection & Reflection

## Creative Expression

**Objective:** To teach in-custody students the dynamics of Self-Expression, Creativity, and the Fundamentals of Artistic Practice.

<b>Week 1</b>	Self-Expression, Creativity, and the Fundamentals of Artistic Practice
<b>Week 2</b>	Expressing Impulsive Thoughts and Overwhelming Feelings Through Art
<b>Week 3</b>	Brainstorming, Ideas, Imagination; Giving Shape to Ideas
<b>Week 4</b>	Introspection, Reflection, Metaphors; Telling Your Own Story
<b>Week 5</b>	Performance Art, Graphic Art, Graffiti, Tattoos; Create the Cover of Your Music Album
<b>Week 6</b>	Poetry, Musical Lyrics, Songwriting, Rap, Spoken Word
<b>Week 7</b>	Creative Expression Student Presentations

## Introduction to STEM Fields

**Objective:** To introduce in-custody students to an array of disciplines in the STEM fields.

<b>Week 1</b>	Students' Background, Academic Interests, Major (classes taken; careers)
<b>Week 2</b>	Introduction to Chemistry and Biology
<b>Week 3</b>	Introduction to Physics and Engineering
<b>Week 4</b>	Introduction to Mathematics
<b>Week 5</b>	Careers in the STEM Fields
<b>Week 6</b>	Current Topics/Events in the STEM Fields
<b>Week 7</b>	Doing Research and Engaging the STEM Field that You Field Interesting

## Introduction to Law School: Understanding the Law & Legal Theory

**Objective:** To introduce in-custody students to the process of going to law school, understanding legal theory, and the process of becoming a lawyer.

<b>Week 1</b>	What is Law School? How do you get into law school? How do you become a lawyer? What are the different types of lawyers?
<b>Week 2</b>	Understanding Key Terms and Concepts in Law
<b>Week 3</b>	Examining the Ways in which Law Shapes Society and Society Shapes Law
<b>Week 4</b>	How the Law is Influence by People, Interest Groups, Politics, and Social Institutions
<b>Week 5</b>	Understanding Criminal Law v. Civil Law?
<b>Week 6</b>	The Different Ways People Perceive the Law and the Legal System
<b>Week 7</b>	The Ways that Injuries and Disputes are mediated; the goals and purposes of trials; the concept and importance of rights in the U.S.

### Introduction to Social Problems

**Objective:** To introduce in-custody students to the causes and consequences of a myriad of social problems.

<b>Week 1</b>	Orientation; What are Social Problems? Seeing Patterns; Sociological Imagination
<b>Week 2</b>	Economic Inequity: The Causes & Consequences of Poverty in the U.S.
<b>Week 3</b>	Analyzing Social Problems; Sociological Theory: Social Policy
<b>Week 4</b>	Patterns of Majority—Minority Interaction; The Politics of Crime
<b>Week 5</b>	Prejudice and Discrimination: The Social Standing of Racial Minorities in the U.S.
<b>Week 6</b>	Politics of Race, Gender, Class: Constructing Solutions
<b>Week 7</b>	Overcoming Challenges; Navigating the System

### Introduction to Psychology

**Objective:** To introduce in-custody students to the dynamics of psychology.

<b>Week 1</b>	Orientation; What is Psychology? Sensation & Perception
<b>Week 2</b>	Variations in Consciousness; Learning & Memory
<b>Week 3</b>	Thinking, Language, and Intelligence
<b>Week 4</b>	Human Development; Personality; Nature, Nurture, and their Interaction
<b>Week 5</b>	The Brain & the Nervous System; Emotion, Stress, and Health
<b>Week 6</b>	Psychological Disorders, Treatment, Therapy
<b>Week 7</b>	Overcoming Challenges of the Past and Working Toward the Future

### Women's Empowerment

<b>Objective:</b> To focus on an array of women's issues to educate, inspire, and empower female in-custody students.	
<b>Week 1</b>	Orientation; Brief History of Women's Oppression & Societal Constraints
<b>Week 2</b>	Gender Roles, Stereotypes, Gender Biases, and Gender Differences
<b>Week 3</b>	The Plight of Women Globally
<b>Week 4</b>	The Psychological Principles of Building Healthy Relationships
<b>Week 5</b>	Female Leaders and Role Models
<b>Week 6</b>	Mind, Body, and Spiritual Development
<b>Week 7</b>	Overcoming Challenging; Navigating to Success
<b>Introduction to Philosophy</b>	
<b>Objective:</b> To introduce in-custody students to the philosophy of ethics, morality, right v. wrong, legitimacy, justice, and cultural relativism.	
<b>Week 1</b>	Orientation; Introduction to Basic Principles in Ethics
<b>Week 2</b>	What is Philosophy? What is an Argument? Fallacious Reasoning
<b>Week 3</b>	God and Religion; Knowledge and Certainty
<b>Week 4</b>	Being and Reality; The Allegory of the Cave; Locke, Plato, Aristotle, Hume
<b>Week 5</b>	Mind and Body; Freedom
<b>Week 6</b>	Science and Method
<b>Week 7</b>	Morality and the Good Life; Philosophical Reflections
<b>Introduction to Screenwriting</b>	
<b>Objective:</b> To introduce in-custody students to the fundamentals of screenwriting.	
<b>Week 1</b>	The Fundamentals of Screenwriting: Title, Introduction, Body, Conclusion
<b>Week 2</b>	The Art of Storytelling; Brainstorming; Thinking about your favorite movies
<b>Week 3</b>	Inventing the Story; Using your Imagination; Story Setting; Creating a Storyboard
<b>Week 4</b>	Telling the Story; Description, Character Development, Details
<b>Week 5</b>	The Technical Dimensions of Screenwriting
<b>Week 6</b>	Plot: Foreshadowing, Suspense, Conflict, Crisis, Resolution
<b>Week 7</b>	Introspection & Reflection
<b>Introduction to Shakespeare</b>	
<b>Objective:</b> To introduce in-custody students to the writings of Shakespeare	



<b>Week 1</b>	Orientation; Who is Shakespeare? Why is he important? Overview of Writings; Language & Environment
<b>Week 2</b>	Read & Discuss Hamlet: Focus on Language & Character; Act I
<b>Week 3</b>	Hamlet; Focus on Soliloquy; Writing Soliloquy; Homework: Identify a key conflict that is similar to a conflict in your own story "To Be or Not to Be."
<b>Week 4</b>	Discuss Environment in Act III; Homework: Read Act III How does the environment that the characters are in affect their state of mind?
<b>Week 5</b>	Focus on Relationships; Homework: Write a paragraph of how each character affects Hamlet's inner conflict in Act III, Scene 3.
<b>Week 6</b>	Act IV: Focus on Action; Homework: Describe how Hamlet's madness affects two other characters' actions.
<b>Week 7</b>	Hamlet & Tragedy: Act V; Homework: Define tragedy in your own words using personal experiences. How does your own story compare with the tragedy of Hamlet's story?

### How the Mind Works

**Objective:** To introduce in-custody students to the anatomy of the brain and how it functions.

<b>Week 1</b>	Introduction to Basic Concepts; Functions of the Brain; The Problems of Dualism
<b>Week 2</b>	Behaviorism: Philosophical and Psychological; The Identity Theory; "Is Consciousness a Brain Process?"
<b>Week 3</b>	Functionalism: The Casual Theory of the Mind; "The Nature of Mental States
<b>Week 4</b>	Variations on Functionalism: The Continuity Levels of Nature; Putting the Function back in Functionalism
<b>Week 5</b>	Privileged Access and the Problem of Other Minds; Mental Representation and Intentionality
<b>Week 6</b>	The Semantics of Mental States; The Intentional Stance; Real Patterns & Intentional Systems
<b>Week 7</b>	Neurophilosophy; Understanding the Phenomenal Mind; What experience teaches.

### Introduction to Film Studies

**Objective:** To introduce in-custody students to the intricate dynamics of films.

<b>Week 1</b>	The Fundamentals of Film Studies; Film History & Theory; Approaches to Film Analysis (each student will have film journal for film critique notes)
<b>Week 2</b>	Visual and Narrative Structure, Perspective, and Meaning

<b>Week 3</b>	Film Terminology; Style, Genre, Authorship, Auteurism
<b>Week 4</b>	Cult Cinema; Cinematography; Sequence Analysis
<b>Week 5</b>	Acting and Blocking; Metafilm; Critical Interpretation and Informed Argumentation
<b>Week 6</b>	Examining the Universality of the Human Experience; What makes a film a Blockbuster?
<b>Week 7</b>	Reflections from Film Journals

### Introduction to Astronomy

**Objective:** To introduce in-custody students to the intricate dynamics of Astronomy.

<b>Week 1</b>	Introduction; Greek Astronomy
<b>Week 2</b>	Astronomy in the Era of Copernicus, Tycho, Kepler, Galileo, Kepler's Laws of Planetary Motion
<b>Week 3</b>	Review of Classical Mechanics; Circular Orbits; Full Kepler Orbit Problem
<b>Week 4</b>	Introduction to Electromagnetic Waves; Doppler Effect
<b>Week 5</b>	Reflection, Refraction, Optics, Optical, Radio, and X-Ray Telescopes
<b>Week 6</b>	Distances and Magnitudes; Binary Systems; Hertzsprung-Russell Diagrams
<b>Week 7</b>	Initial Mass Function; Olbert's Paradox; Galaxy Rotation Curves; Size and Rotation Curve of the Milky Way

### Introduction to Autobiography Writing

**Objective:** To introduce in-custody students and instructors to the fundamentals of writing an autobiography. The instructors will write their own autobiographies along with their students in this class.

<b>Week 1</b>	Writing Your Autobiography; Structure & Clarity; The Importance of an Outline; Examples from popular autobiographies
<b>Week 2</b>	What is Compelling about Your Life's Story? Why is your Story Unique? What are the Lessons Learned from Your Story?
<b>Week 3</b>	Identify 8 pivotal periods or experiences in your life. Write 2-3 sentences on why these periods/experiences were significant.
<b>Week 4</b>	Develop Chapter-by-Chapter Outline of your Autobiography (5 Chapters)
<b>Week 5</b>	An Introduction to Your Autobiography; Include the Highlights of your 5 Chapters
<b>Week 6</b>	Brainstorming about the Book Title and Book Cover Design; What is the significance of your book title and cover design?
<b>Week 7</b>	Write Chapter 1 of your Autobiography (5 pages singled-spaced)

## Introduction to Debate

**Objective:** To introduce in-custody students to the craft of public speaking and debate

<b>Week 1</b>	Dealing with the fear of speaking in public through preparation; other strategies; critique of great public speakers; why are they effective? Understanding the fundamental principles of debate
<b>Week 2</b>	Preparing speeches of what you know; Your past, present, & future
<b>Week 3</b>	Preparing for Debate that inform, persuade, and fulfill the need of the occasion
<b>Week 4</b>	Conducting research for your Debates; integrating facts & statistics; how to debate policy propositions; ethics in argumentation
<b>Week 5</b>	Adapting to your audience; body language, stage presence, tone, audible level; debate value proposition and affirmative case construction
<b>Week 6</b>	The use of humor in Debate; connecting with the audience; make it relatable; the cross-examination debate format
<b>Week 7</b>	Two-minute Debate speeches on a Current Affairs Topic

## Introduction to American Government & Civics

**Objective:** To introduce in-custody students to the rights and duties of citizenship.

<b>Week 1</b>	Introduction: <i>The Declaration of Independence</i> , American Civic Culture, Media Literacy
<b>Week 2</b>	Institutions: <i>The Constitution</i> , Separation of Powers, Federalism
<b>Week 3</b>	Legislative Process: How a Bill Becomes a Law, Congress, State Legislatures, Local Politics
<b>Week 4</b>	Civil Rights and Liberties: <i>The Bill of Rights</i> , 1st Amendment and its Limits, Procedural Freedoms
<b>Week 5</b>	Voting and Elections: 13th-15th Amendments, the Electoral Process, Political Parties
<b>Week 6</b>	Political Advocacy: How to Turn Ideas into Reality, Issue Campaigns
<b>Week 7</b>	Building Coalitions: Civic Discourse, Social Movements, Public Service Careers

## Introduction to Environmental Science

**Objective:** To introduce in-custody students to the dynamic field of Environmental Science.

<b>Week 1</b>	What is Environmental Science? Understanding key terms and concepts in the field; understanding the concept of sustainability and human's relationship within the environment.
<b>Week 2</b>	The Causes & Consequences of Human Activity on land, water, air, and the atmosphere

<b>Week 3</b>	Understanding the Causes & Consequences of Global Warming & Climate Change
<b>Week 4</b>	Understanding the Finiteness of Resources for Humans
<b>Week 5</b>	Examining Case Studies of Societies that have dramatically effective by Climate Change
<b>Week 6</b>	Examining the 'Flooding' Phenomenon and its Impact on Societies
<b>Week 7</b>	Understanding one's Individual Responsibility in regulating the impact of human activity on the Earth

### Introduction to Music Appreciation

**Objective:** To introduce in-custody students to the dynamics of Music.

<b>Week 1</b>	The Development of Music from a Historical and Cultural Perspective
<b>Week 2</b>	Understanding Basic Music Terminology; Instrument Families, Tempo, Rhythm, Form, and Meter
<b>Week 3</b>	Understanding Aesthetics, Appreciation, Culture & Style, Connections, Language
<b>Week 4</b>	Understanding How to Listen to Music; The 5 Levels of Listening
<b>Week 5</b>	Understanding Style Characteristics and Genres; Songwriting and Music Production
<b>Week 6</b>	Understanding History, Culture, Politics, and the Musical Eras within this Context
<b>Week 7</b>	Understanding the Therapeutic Nature of Music; Understanding why Music is a Universal Phenomenon

### Introduction to Theatre

**Objective:** To introduce in-custody students to the dynamics of theatre.

<b>Week 1</b>	Distinguish the Characteristics of Theatre from other Art Forms; Describe the Major Components of the Theatrical Event
<b>Week 2</b>	Describe the Functions of the various Theatre Personnel; Define Specific Terms relating to the Study of Theatre
<b>Week 3</b>	List & Describe the Parts of a Play; Describe the Different Forms of Drama; Distinguish Theatre and Drama; Describe the Different Parts of a Plot
<b>Week 4</b>	Read & Write Brief Critiques of Passages from Plays
<b>Week 5</b>	Activities Involving Set Design and Construction, Directing, Acting, and Playwriting
<b>Week 6</b>	Participate in Forum Discussion Activities with Classmates
<b>Week 7</b>	Theatrical Performance in Class

### Journaling & Self-Discovery

**Objective:** To introduce in-custody students to the journey of uncovering their inner selves to facilitate self-awareness and personal growth.

<b>WEEK 1</b>	Orientation and Skill Review: Familiarize yourself with course layout and objectives, engage in introductory exploration of tools and skills essential for the journey ahead
<b>WEEK 2</b>	Uncovering Your Emotional Landscape: Explore emotional history and patterns; reflect on the impact of past emotions on present self
<b>WEEK 3</b>	Unveiling Your Fears: Develop strategies to unveil and understand your fears and anxieties and develop strategies, empowering you to navigate challenges in your personal journey
<b>WEEK 4</b>	Learning to Let Go: Delve into the significance of releasing what no longer serves you
<b>WEEK 5</b>	Fostering Self-Compassion and Acceptance: Explore techniques to cultivate a kind and accepting attitude towards oneself, even in the face of challenges
<b>WEEK 6</b>	Exploring Patterns in Interpersonal Relationships: Examine interpersonal dynamics to foster more meaningful and fulfilling connections with others
<b>WEEK 7</b>	Nurturing Your Inner Child for a Positive Path Forward: Reflect on memories and desires of younger self; explore ways to nurture your inner child and set personal goals for future

### **Introduction to Self-Advocacy & Leadership**

**Objective:** To introduce in-custody students to the dynamics of Self-Advocacy.

<b>WEEK 1</b>	What is Self-Advocacy? What does it mean to advocate for yourself? Myer-Briggs Personality Inventory
<b>WEEK 2</b>	Understanding your Strengths and Talents/Cultivating your Strengths and Talents
<b>WEEK 3</b>	Understanding the Dynamics of Soft Skills, Understanding Who You Are and What your Values Are/Speaking up About Who You are.
<b>WEEK 4</b>	Understanding the Big-Picture Challenges that you have had to overcome in life/Speaking up About these Challenges
<b>WEEK 5</b>	Self-Reflection, Introspection; Understanding How to Write your Past, Present, and Future
<b>WEEK 6</b>	The Art of Public Speaking; Understanding How to Speak about your Past, Present, and Future

**WEEK 7**

The Power of Having Confidence in Yourself; Short 1-minute Speech about Yourself