

Higher Visions For Education



HVE@CC Curriculum and Calendar 2017-2018

Special Dates:

Holiday Family Potluck: December 13, 2017

End of Year Celebration: May 9, 2018

Quarter 1: August 30, 2017 to October 18, 2017

Theme- Relationships: Communication, Boundaries, and Safety

Tuition Deposit (\$100) due August 30; remainder due by September 13 before class

Topics covered- Getting to know you activities (CC students and HVE students), campus expectations and orientation, videos on relationships, safety, self-advocacy, self-defense, social activity.

Quarter 2: October 25, 2017 to December 13, 2017

Theme- Health and Wellness: Nutrition and Fitness

Tuition Deposit (\$100) due October 25; remainder due by November 8 before class

Topics covered- Healthy eating at home and in the community, cooking activity, dining out activity, nutrition speaker, exercise and fitness speaker/activities, exercise tracking/goal setting, attend sporting event (TBD).

Quarter 3: January 24, 2018 to March 14, 2018

Theme- Self-Care: Home, Health and Hygiene

Tuition Deposit (\$100) due by January 24; remainder due by February 7 before class

Topics covered- Physical and mental health maintenance, dental hygiene, personal hygiene, household responsibilities/chores, organization and self-care checklists and apps, guest speakers.

Quarter 4: March 21, 2018 to May 9, 2018

Theme- Creativity and Leisure

Tuition Deposit (\$100) due March 21; remainder due by April 4 before class

Topics covered- Hobbies/crafts/interests, artistic expression, collecting, outings to local museums/exhibits, guest speaker, end of year celebration.