

COLLEGE RE-ENTRY CORE PROGRAM SAMPLE SCHEDULE

TUE		WED		THU	
11 AM	MORNING MEETING	11 AM	MORNING MEETING	11 AM	MORNING MEETING
11:30 AM	STRESS & RESILIENCE	11:30 AM	STUDENT SKILLS	11:15 AM	LIFE SKILLS
1 PM	LUNCH BREAK	1 PM	LUNCH BREAK	1 PM	LUNCH BREAK
2 PM	CRITICAL READING & WRITING	2 PM	GET STUFF DONE (GSD)	2 PM	GET STUFF DONE (GSD)
3:45 PM	YOGA & MEDITATION	3:45 PM	FITNESS	3:45 PM	CREATIVE EXPRESSION

Updated March 2018

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CLASS DESCRIPTIONS

STUDENT SKILLS

Explore effective strategies for note-taking, time management, and dealing with procrastination. We emphasize habits and interpersonal skills that will help students succeed in the classroom and beyond.

GET STUFF DONE (GSD)

Work on assignments and Get Stuff Done in a focused setting resembling a supported college study hall.

CRITICAL READING & WRITING

Develop and practice critical reading comprehension and expository writing skills, which are key components of most college courses.

FITNESS

Develop an individualized fitness plan that strengthens both body and mind. Students work with a personal trainer to identify and work toward physical health goals.

YOGA & MEDITATION

Practice yoga and learn mindfulness-based techniques to increase self-compassion and improve memory, concentration, and problem-solving.

LIFE SKILLS

Learn to cook healthy, practical meals and hone budgeting, resume writing, and interviewing skills.

STRESS & RESILIENCE

Try out newly developed student skills and learn about managing stress and increasing resilience by participating in a Massive Open Online Course (not for credit).

CREATIVE EXPRESSION

Release tension and have fun while expressing creativity through various media including photography, writing, and movement.