

RISE LIBERAL ARTS (RIL)

RIL011 Relational Dynamics (2 course hours)

This course is designed to teach students about healthy relationships. Students will learn how to advocate for themselves and will learn concepts such as personal space and trust. Participants will walk through common disagreements and explore problem solving with regards to having a roommate, managing friendships and learning to trust someone. Students in this course will also learn about safe dating and sexual harassment.

Course offered: FA

RIL012 Current Events I (1 course hour)

In this course, students will develop an awareness of current events. Students will learn about different news sources that are available and participate in classroom discussions about current events. Participants in this class will use critical thinking to discover how news stories play a role in their lives.

Course offered: FA

RIL021 Interpersonal Communications (2 course hours)

During this course, students will develop an understanding of interpersonal communication. Students will explore social skills and a variety of self-regulation strategies. Students will participate in a variety of role play activities designed to help students understand their own emotions as well as the emotions of others. Participants will also discover decision making and coping strategies for a variety of situations. REGISTRATION: Students must successfully pass RIL011 to take this course.

Pre-requisites: RIL011

Course offered: SP

RIL022 Current Events II (1 course hour)

In this course, students will develop an awareness of current events. Students will learn about different news sources that are available and participate in classroom discussions about current events. Participants in this class will use critical thinking and decision-making skills to complete individual and group assignments to solve community and global issues. REGISTRATION: Students must successfully pass RIL012 to take this course.

Pre-requisites: RIL012

Course offered: SP

RIL031 Culinary Skills (2 course hours)

The purpose of this course is to equip students with cooking strategies to encourage healthy eating. Students will learn basic food safety and storage techniques as well as gain hands on experience preparing meals. Participants will also learn about kitchen safety while using appliances such as a microwaves, stovetops, and ovens. Students will also be introduced to public transportation and build grocery shopping strategies in this course. REGISTRATION: Students must successfully pass RIL021 to take this course.

Pre-requisites: RIL021

Course offered: FA

RIL032 Budgeting and Personal Finance (2 course hours)

This course is designed to help students understand and manage their personal finances. Students in this course will learn about income sources, expenses, and how to create and maintain a budget. Students will learn how to deposit a check, use a debit/credit card and balance a checkbook. Participants will also learn about the sources of debt and how to avoid it. REGISTRATION: Students must successfully pass RIL021 to take this course.

Pre-requisites: RIL021

Course offered: FA

RIL041 Household Life Skills (2 course hours)

This course will equip students to care for their own space. Participants will develop an understanding of home safety (cleaning supplies, fire and electricity), cleanliness and hygiene, and proper care for clothing. Students will be introduced to a variety of common home maintenance tasks such as minor home repairs and decorating. REGISTRATION: Students must successfully pass RIL032 to take this course.

Pre-requisites: RIL032

Course offered: SP