

Spring 2018

**Campus:** Aptos

**Cohort:** SJ1



**Foundation Course DMCP 110: From 2/5-2/15**(First 2 weeks only)  
 Monday-Thursday, 9am-5pm. Room 512, 3 units

**Regular schedule begins Monday, February. 19th:**

Changes to schedule may occur before semester begins

**SAMPLE SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Body Mind Techniques</b> 9:00am-10:20am Room 512 Units 1	<b>English 255/100/115</b> 9:00am-12:20pm Room 512 Units 4	<b>Body Mind Techniques</b> 9:00am-10:20am Room 512 Units 1	<b>English 255/100/115</b> 9:00am-12:20pm Room 512 Units 4	<b>Field Study Research</b>  The field study research class will consist of a <u>1 week</u> class including Friday.  Meets 4/9-4/13 10:00am-3:40pm Room 512/516 Units 1.5
<b>Social Justice Research</b> 10:30am-12:40pm Room 512 Units 3		<b>Social Justice Research</b> 10:30am-12:40pm Room 512 Units 3		
<b>Lunch</b> 12:45pm-1:25pm	<b>Lunch</b> 12:25pm-1:25pm	<b>Lunch</b> 12:45pm-1:25pm		
<b>Foundations of Leadership</b> 1:30pm-2:50pm Room 512 Units: 2	<b>Computer Skills</b> 1:30am-2:45pm Room 516 Units 2	<b>Foundations of Leadership</b> 1:30pm-2:50pm Room 512 Units: 2		
<b>Study Group</b> 2:45pm-3:30pm Room 512		<b>Study Group</b> 2:45pm-3:30pm Room 512		

**Total units:** 16.5

To enroll you must be: Eligible for English 255 or 100 & Eligible for Reading 205.

**Questions? Contact the Learning Communities Center (831) 477-3340**

Interested? Sign up online! [cabrillo.edu/academics/ace](http://cabrillo.edu/academics/ace)

Visit our Facebook page: [facebook.com/acecabrillo](https://facebook.com/acecabrillo)

**DMCP 110**

PROFESSOR J. Navarro  
SECTION #102598

**Foundation Course - First two weeks** of the semester. Designed to help students increase self-awareness, bond with classmates, and discover their personal learning and working style. By collaborating in teams students practice effective communication, how to work well with others, and develop professional skills.

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*The following courses start the 3<sup>rd</sup> week of the ACE program:*

**DMCP 110**

PROFESSOR J. Navarro  
SECTION # 104148

**Foundations of Leadership–**

Develops insights and behaviors for success in professional and academic contexts, including advanced competencies in teamwork, leadership, interpersonal communication, cooperation, collaboration, self-efficacy, self-discipline, and critical thinking.

**DMCP 112**

PROFESSOR J. Navarro  
SECTION #102602

**Social Justice Research Methods and Team Management** - Students work in teams and conduct first-hand research on a social justice topic of their choice. Students enhance their project management skills while exploring and applying social justice research methods. Team project culminates in a professional presentation that is delivered to the community.

**DMCP 113**

PROFESSOR J. Navarro  
SECTION #102604

**Field Study Research Methods and Team Work - One Week** course where students conduct a public survey on the topic of their social justice projects. Students use the survey information to help draw conclusions for their social justice project.

**CABT 107**

PROFESSOR R. Norden  
SECTION #102185

**Applied Computer Skills** - Provides instruction for various computer skills necessary for completion of the social justice research project. This can include the basics of Word, Excel, PowerPoint, file management, Google Docs, email, internet research, and use of online course material.

**Dance 82**

PROFESSOR Y. Porter  
SECTION #102565

**Applied Somatics, Body Mind Techniques** - Provides students with techniques for managing stress, including how to increase body awareness and promote relaxation. Includes ways to balance the body and mind through meditation and breathing.

*Students enroll in ENG 255 or ENG 100/115 based on assessment level:*

**ENGL 255**

PROFESSOR K. Woolsey  
SECTION # 102841

**Basic English/Accelerated-** Develops writing and grammar skills with emphasis placed on essay writing, grammar, word processing, and other skills for success in college.

**ENG 115**

PROFESSOR K. Woolsey  
SECTION # 102738

**Lessons in Punctuation** - Students will write, revise, and edit a minimum of 6,000 words, including personal narratives, analytical essays, reports, and arguments.

**ENGL 100**

PROFESSOR K. Woolsey  
SECTION # 102701

**Elements of Writing** - Provides practice and study of grammar, sentence structure, punctuation and style in a lecture and discussion format with the ENGL 100 class.