

**COURSE DESCRIPTIONS, WINTER 2021
1/4/21-3/19/21**

MONDAY

10:30-11:30am

Joy of Ballet

Come learn about the fun of ballet in a relaxed, practical class with Miss Christine. The focus of the class will be on learning ballet skills and techniques. All students welcome, and adaptations are regularly discussed. These skills are a wonderful foundation for all dance styles.

All levels

Lead Professor, Christine Zillman

3:00pm-4:00pm

Pound Fitness 1

This class teaches a fun fitness method that fuses strength training, Pilates and cardio moves with drumming. It is a workout that gives people of all fitness levels permission to ROCK. Through physical exertion and various modifications, your movements are expressed through sound. Weighted Ripstix drumsticks provided for in-class use. Classwork can be performed standing or sitting and movements are adaptable to meet individual physical needs. All sections of this class include similar content.

All Levels

Lead Professor, Nicole Matarangas

3:00pm-4:00pm

Graduate Poetry 102

Students will take their exploration of their personal and group ideas, interests, and imaginations to the next level while creating various styles of poetic work. Cumulative graduate projects will include collaborative and individual poems using items such as art, music, and photography for inspiration.

Graduate, prerequisites required

Lead Professor, Danie Weaver

3:00pm-4:00pm

Graduate Film Editing

Students who have participated in the technical portion of On-Camera Production, have previously participated as a member of our CAA-TV crew, or have other video production/editing experience, are invited to join this class. Work will include hands-on editing



work in the media lab toward personal and group projects. Contact the instructor for more information or to register.

Graduate-prerequisites required

Lead professor, Clarissa Thompson

4:30pm-5:30pm

Concert Choir 101

Students learn warm-up techniques, singing as part of an ensemble, vocal range, and group performance with accompaniment as part of CAA's Concert Choir ensemble which occasionally performs for the community with dates and venues TBA.

All Levels

Lead Professor, Sharon Lea

4:30pm-5:30pm

Writing Lab: Character Development

Concepts of writing in multiple styles are covered in this course offering students the opportunity to explore their developing interest in creating original written works. This class will emphasize story and character development for fiction and non-fiction. Students should bring an empty flash drive stick to class for storage of personal class work.

All levels

Lead Professor, Danie Weaver

4:30pm-5:30pm

Belly Dancing

Students will learn the basic techniques and joys of belly dancing. Wheelchair users and dancers of all abilities are welcomed to come and learn this unique genre of dance.

All Levels

Lead Professor, Nicole Matarangas

6:00pm-7:00pm

Hands-On Photography

Students will enjoy learning concepts that will help them to improve their personal photography skills using digital cameras, phones, and other devices. Areas studied will include color, focus, subjects, framing, uses of color., and connections to video and film camera work. Whether a photography buff or brand new to the art of picture-taking, all students will enjoy this hands-on and interactive course!

All levels

Lead Professor, Clarissa Thompson



6:00-7:00pm

The Joy of Baking

Make the kitchen your classroom! This class teaches the foundational knowledge required to enjoy the steps required to bake delicious dishes, while learning about kitchen health and safety. All levels welcome.

All levels

Lead Professor, Nicole Kim

6:00pm-7:00pm

Fitness Fusion Dance Party 1

This class, taught by our certified Zumba instructor, will feature a mixture of hip-hop, Latin fusion, and many other cultural dance styles for heart-pumping dance fun. Music will include playlists created by the students, giving them the option of also learning and showing off new DJ skills. Join the party!

All Levels

Lead Professor, Nicole Matarangas

TUESDAY

10:30am-11:30am

Speaking with Confidence 101

This class will teach students that improving their body language and vocal variety leads to increased self-esteem. Students will also learn how to become active listeners. In turn, active listening allows students to give constructive criticism to their peers. This class welcomes all students and helps train our future public speakers.

All Levels

Lead Professor, Danie Weaver

10:30am-11:30am

Graduate Voice-Over 102

Advanced study of voice-over acting includes pumping up previous work in speech and articulation skills, animation character work and commercial work on the microphone to the next level! Students will work on personal voice-over projects and develop individual digital voiceover demo samples. Contact instructor for more information or to register.

Graduate, prerequisites required

Lead Professor, Katie Zeisl

10:30am-11:30am

Graduate Book Club 1



The Graduate Book Club class is a graduate reading class in the School of Communications. In this class, students hone their critical reading skills by reading and discussing the class selection (books or anthologies) as a group. Students are asked leading questions that build upon comprehension skills while developing analytical and interpretation skills. Students are given the time and space to draw conclusions based on what they have read and to share their personal insights. Prerequisites include basic reading and comprehension skills, four quarters of the Reading Partners class, or a recommendation from the Director of the School of Communications. Students are expected to participate in reading and discussions, take notes as they wish, and ask questions.

Graduate, prerequisites required
Lead Professor, Suzanne Williams

12:00pm-1:00pm

Graduate Scene Study 102

Students will take their acting study to the next level in this graduate class designed to teach intermediate skills of script analysis and acting techniques for rehearsal and performance.

Instructor permission required.

Graduate, prerequisites required
Lead Professor, Katie Zeisl

12:00pm-1:00pm

Reading Partners

Reading Partners will connect students who read and students who need additional help in reading. This class will encourage reading and be a safe place for all reading levels. All sections of this class offer the same content at different days/times.

All Levels

Lead Professor, Danie Weaver

12:00pm-1:00pm

Computer Coding

Fun activities include games offering experience with and exposure to beginning level software that teaches students to identify, create, and run their own coding programs. Students will also learn general computer operation and etiquette for independent work in our CAA media lab.

All Levels

Lead Professor, Michael Reisman

1:30pm-2:30pm

Digital Arts (*resources required, see course description*)



This course will cover creating fine art illustrations using the computer. Students will learn to use the creative process to create their own images, They will learn: brainstorming, finding references, tracing, scanning, photo digitizing, and basic art software skills. A final project will be contributed to and voted on by the students to showcase their learning and amazing personal artwork. All Levels.

NOTE: Digital Painting application required. Please email Professor Michael Reisman at michael.reisman@collegeofadaptivearts.org with any questions.

All Levels

Lead Professor, Michael Reisman

1:30pm-2:30pm

Podcasting 1

The students will create their own Podcasts while exploring various types and skills for producing and launching them. The class cumulative project will be a broadcast that will include each student's contributions. All sections of this course include similar content.

All Levels

Lead Professor, Anthony Nguyen

1:30pm-2:30pm

Earth Science: Lift Off for Space Exploration!

What do astronauts, spaceships, and satellites have in common? They are all part of our learning journey this quarter as we lift off for space exploration together. Look forward to studying the tools for travel and adventure in space. All Vulcans and Storm-Troopers welcome!

All levels

Lead Professor, Angel Coronado

1:30pm-2:30pm

Music Appreciation: Legendary Musical Theatre Composers

In this course, students will study Broadway composers and their musical journeys. They will also enjoy participation in sing-alongs and explore the musical biographies of how these composers made it to the big stage and became American musical theatre legends.

Examples include Cole Porter, Irving Berlin, Stephen Sondheim, Rice and Weber, Rogers and Hammerstein, and others. Join us!

All Levels

Lead Professor, Sharon Lea



3pm-4pm

Contemporary and Cultural Dance

Students who love to dance, or who are fascinated by varying styles of dance from varied global cultures, will love this approach to contemporary dance training. Through work in many differing cultural and contemporary styles, dancers build new muscle groups and grow their creative choreography skills. Join this exciting and vibrant course and expand your dancing horizons!

All Levels

Lead Professor, Nicole Matarangas

3:00pm-4:00pm

Film Studies

This class will give students a glimpse into film use of characters with differing abilities and challenges to overcome, and how these character qualities are used to tell their story. We will view clips of classic and modern films while learning new things about character development and how the study of many different film styles makes going to the cinema even more fun!

All Levels

Lead Professor, Mike Dubinsky

3:00-4:00

Innercise 1: The Practice of Mindfulness and Compassion

You have heard of exercise to build your body from the outside-in. Now learn to build a healthy body from the inside-out through "Innercise." Some of the concepts covered in this class include mindfulness and gratefulness, health and nutrition, meditation, using all of our senses to find quiet and peace in a busy world and learning to give the time and attention to your inner health that you deserve, with a special focus on a compassionate outlook and approach to life experiences.

All Levels

Lead Professor, Lineth Jezek

3:00-4:00

Post-Graduate Independent Study

Independent study is for students who want to focus on a particular topic or project related to research of topic within a specific school of study. Student and professor will create a lesson plan, timeline, project milestones, or other documents to capture the objectives for the quarter and track progress. The day and time is variable based on student and professor schedule. Interested students should contact the instructor to register.



Post-Graduate, Prerequisites required
Lead Professor, Suzanne Williams

4:30 pm-5:30pm

Children's Music 1: Heroes Song and Dance Ensemble

Students will take part in learning sing-along and dance numbers to children's songs for touring out on tour to schools and other community venues. Class members will help children learn messages of phonemic awareness, mindfulness, anti-bullying, bi-lingual ability, and joy in the style of Raffi and other contemporary musicians. All sections of this class include similar content.

All Levels

Lead Professor, DeAnna Pursai

4:30pm-5:30pm

Traditional Art 1

This class in fine arts techniques will cover such methods as watercolor, print-making, sketching, and other artistic media. Students will contribute pieces toward our ongoing department portfolio of CAA student artist work. All sections of this class include the same curriculum offered at different times.

All Levels

Lead Professor, Nicole Ferguson

4:30-5:30 PM

Graduate Musical Theatre 1: Song & Dance Ensemble

This class is the song and dance rehearsal for CAA's annual musical theatre workshop production, a variety show to be performed in June, during the week following completion of the Spring 2021 quarter. Students who wish to be added to the formal cast list must commit to registering for a rehearsal class each quarter and participate in the production through completion of performances in June. Participating students can attend either of the two scheduled rehearsal classes or may attend both if they have room on their schedule. Permission of the instructor is required for participation.

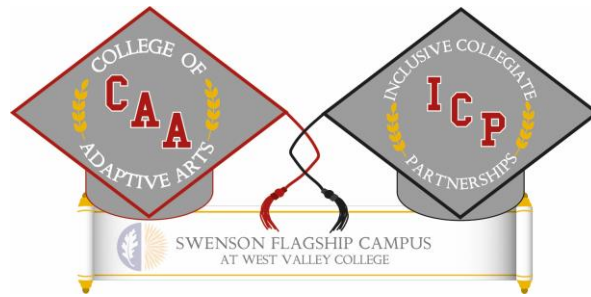
Graduate, prerequisites required

Lead Professor, Nicole Matarangas

6:00pm-7:00pm

ESL Workshop

Students who primarily speak Spanish and want to improve their English language skills will enjoy this course focused on inferential English language use in daily interactions. Students are



encouraged to attend with a partner who can practice with them during the week, such as a family member or caregiver. Class activities include creative and artistic lessons for approaching the English language with a whole lot of excitement and fun. All levels of learners are welcome. All levels welcome

Lead professor, Angel Coronado

6:00pm-7:00pm

Fun with Famous Artists

"Fun with Famous Artists" is a NEW class and a wonderful chance for students to explore artists who shaped the art world. Engaging stories about artists and their work, virtual visits to famous museums, and student artwork created in the style of these masterful artists will teach them about the history of art while having fun in the process. Don't miss out on this exciting class!

All levels

Lead Professor, Nicole Ferguson

6:00pm-7:00pm

Fierce Fashion: Graduate Modeling and Personal Branding

Students will learn skills of communication, personal image enhancement, personal branding and self-marketing. They will also have fun learning runway and on-camera modeling, product spokes modeling techniques, and other skills increasing overall personal polish.

Graduate, prerequisites required

Lead Professor, Nicole Matarangas

WEDNESDAY

10:30am-11:30am

On-Camera Performance 1

On-camera acting skills for film-making and television work develop student knowledge of these areas and varied production styles. Focus will include practice with monologues and scene work for film auditioning. All sections of On-Camera Performance include the same curriculum.

All Levels

Lead Professor, Katie Zeisl



10:30-11:30

Joy of Broadway Dance

Come explore the wonders of Broadway Dance with Miss Christine. All students welcome, and adaptations are regularly discussed. The class will focus on favorite Broadway dance tunes and learning the dances and moves that are used in Broadway shows.

All Levels

Lead Professor, Christine Zillman

12:00pm-1:00pm

Graduate On-Camera Performance 2

On-camera acting skills for filmmaking and television work are directed to the next level in this course, expanding student knowledge of performance and technical areas and varied production styles. Topics include individual and group projects, technical direction, camera operation, and pre/post-production skills. Instructor permission required for registration.

Graduate, prerequisites required

Lead Professor, Katie Zeisl

12:00pm-1:00pm

Poetry 101

Students will explore their personal and group ideas, interests, and imaginations to create various styles of poetic work. Cumulative projects will include collaborative and individual poems using items such as art, music, and photography for inspiration.

All levels

Lead Professor, Danie Weaver

1:30 pm-2:30 pm

Computer Gaming

This class will explore video game technology, the companies that make them, and the processes to develop them. Students will also gain the opportunity to not only learn about video games but also act as a "play tester" and study games as they participate in game-based class activities. All sections of this class include similar content.

All Levels

Lead Professor, Matt Lindsay

1:30pm-2:30pm

Graduate Sign Language 102



Students who have experienced Sign Language 101 and are ready for next steps of learning will enjoy continuing their practice and knowledge with a focus on inferential use. Instructor permission required for enrollment.

Graduate, prerequisites required

Lead Professor, Danie Weaver

1:30pm-2:30pm

Graduate Research for Journalism: CAA Student Newsletter

Newsletters date back to ancient Rome and were used by merchant families to communicate information about products, politics, and anything else that would affect trading. They also paved the way for the first newspaper that was distributed to a wider audience and contained topics on a number of issues. The advent of newspapers did not mean the end of newsletters. They are still a vital format for communicating news and other issues and can be found in many organizations, including CAA. CAA's newsletter is written by its staff and faculty and sent to its community of families, donors, and organizations. And while it does a great job of talking about the students, there isn't anything by the students.

The Research for Journalism class will change that. In this class students will learn journalistic principles such as defining and finding news, how to gather and access information, and how to report it. Each quarter students will publish a newsletter that will be for the students and more importantly, by the students.

Research for Journalism is a grad-level class. Prerequisites include four quarters of grad reading and writing or four quarter of podcasting or by recommendation and approval of the Director of the School of Library Arts.

3:00pm-4:00pm

Pound Fitness 2

This fun fitness method fuses strength training, Pilates and cardio moves with drumming and gives people of all fitness levels permission to ROCK. Through physical exertion and various modifications, movements are expressed through sound. Weighted Ripstix drumsticks provided for in-class use. Classwork can be performed standing or sitting and movements are adaptable to meet individual physical needs. All sections of Pound Fitness include similar content.

All Levels

Lead Professor, Nicole Matarangas

4:30pm-5:30pm

Clay Animation



A combination of skills such as working with clay, voiceover acting, scriptwriting, and film making will combine to provide an engaging and creative class for students of all interests and abilities. The final product will be a stop-motion film animated with clay figures and acted through the voice-over work of class members.

All Levels

Lead Professor, Nicole Ferguson

4:30pm-5:30pm

Business 101: Networking and Collaboration

Your best professional self includes knowledge of many areas of personal development. In addition to skills of personal image and branding, communication skills, resume basics, productive self-advocacy, carrying yourself with confidence, and goal setting, students will also practice personal interaction skills and receive exposure to concepts of networking and collaborative community involvement.

All levels

Lead Professor, Nicole Matarangas

4:30pm-5:30pm

Music Production, Songwriting, and Vocal Recording

Whether you have enjoyed songwriting in the past or have never written a song, you will enjoy this class that encourages students to discuss and support their own creative ideas and the creative directions of others. Learning of melody, harmony, rhyme and verse, rhythm, tempo, lyrics, melodic structure, and an overview of digital recording technology will come together as class members work together as a group developing and producing original music we will add to our CAA repertoire.

All levels

Lead Professor, Michael Reisman

6:00pm-7:00pm

The Art of Healthful Cooking

This course is founded upon two core tenets: lifelong nutrition and the basics of cooking. Simply stated, this class will provide knowledge in kitchen safety, techniques, recipe-building and reading, and how to prepare delicious meals without sacrificing flavor. Please join us on this whimsical journey into kitchen competency, while also learning the beauty of nutritious cooking and eating.

All levels

Lead Professor, Roland Schmidt



6:00pm-7:00pm

Poetry in Motion

Calling all creative CAA students who love poetry and love to move! Students will express the language, imagery, and ideas of the poetry-including their own-through creative movement. If this is your first dance class, you have previous dance experience, or you just love poetry, you will enjoy this class!

All levels

Lead Professor, Nicole Matarangas

6:00pm-7:00pm

Spanish 101

Start learning to speak Spanish in this beginner course teaching basic conversational vocabulary, culture, geography, and other areas that provide a well-rounded introduction to this beautiful language. No previous Spanish classes necessary, all students are welcome.

All levels

Lead Professor, Angel Coronado

6:00pm-7:00pm

Technical Theatre & Design: How to Put On a Show

If you've ever wondered what it takes to put on a show, this is this course for you! In this class, we discover what it takes to create a show from a design perspective. We explore the various departments that work hard to make a show as wonderful and immersive as it can be: Sound, Lights, Videos, Costumes, Make-up, Props, and Sets. The students will work together throughout the course to design every technical aspect of a famous theatrical scene. Come join us as we learn how to put on a show!

All levels

Lead Professor, Hannah Thrasher

THURSDAY

10:30am-11:30am

Voiceover 101

Any student interested in acting, speech development, or TV/film study will love this class! Areas of learning include styles of voiceover work, how voiceovers are used in multi-media applications, speech and articulation skills for the microphone, and development of individual digital voiceover demo samples. All levels of experience welcome.

All Levels

Lead Professor, Katie Zeisl



10:30am-11:30am

Reading and Writing Workshop

The class will help each student unlock their potential to realize that individuals of all abilities can share their inner voice through expressive reading and creative writing. Students will also be encouraged to use the library to develop expanded literacy skills through individual and group study.

All Levels

Lead Professor, Danie Weaver

12:00pm-1:00pm

Theatre 102: Performance and Tech

Styles of performance studied will include units on improvisation and rehearsal skills with an emphasis on monologues, storytelling, and scene work. Students will perform rehearsed work during class at the end of the quarter. Those interested in technical theatre will also enjoy learning about stage management, props, lighting, and set design. Participating students must have completed Theatre 101 or have previously participated in this course.

Prerequisites, contact instructor to register

Lead Professor, Katie Zeisl

12:00pm-1:00pm

Pop Culture: Star Wars-“Rise of the Blockbuster!”

The study of pop culture includes daily experiences that shape how we view the world. This quarter we will focus on the Star Wars franchise and the resounding influences and impact it has left on culture, even today. There is something for everyone in this very fun, engaging, and interactive class.

All levels

Lead Professor, Matt Lindsay

12:00pm-1:00pm

Adaptive Guitar

No previous guitar skills required! Students will be playing guitar together by the end of the first class with the help of adaptive tools such as the “Chord Buddy.” Songs learned in class will be performed on the road at community venues TBA.

All Levels

Lead Professor, Sharon Lea

1:30 pm-2:30pm

Children’s Music 2: “Heroes” Song and Dance Ensemble



Students will take part in learning sing-along and dance numbers to children's songs for performance for schools and other community venues. Class members will help children learn messages of phonemic awareness, mindfulness, anti-bullying, bi-lingual ability, and joy in the style of Raffi and other contemporary musicians. All sections of this class include similar content.

All Levels

Lead Professor, DeAnna Pursai

1:30pm-2:30pm

Graduate Digital Arts (*resources required, see course description*)

This course will include intermediate steps of navigating the computer as an artistic tool for self-expression. Students will expand their learned abilities of sketching, researching and developing visual references, digitizing images, and generating final versions of personal projects spotlighting their next-level digital arts skills.

NOTE: Digital Painting application required.

Please email Professor Michael Reisman at michael.reisman@collegeofadaptivearts.org with any questions.

Graduate, prerequisites required

Lead Professor, Michael Reisman

1:30p-2:30pm

Theatre 101: Theatre Appreciation/Introduction to Theatre

Students new to theatre will enjoy basic foundational concept learning through participation in games and improvisational exercises, character-building activities, and work as part of an ensemble. Technical theatre areas such as props and costuming will also be covered.

All levels

Lead Professor, Katie Zeisl

3:00pm-4:00pm

US History

This course brings students an engaging study of aspects of our US history through a focus on charting an historical timeline. Class members will enjoy approaching the study of this subject through art, media, and other fun avenues of learning together.

All levels

Lead Professor, Jon Heathcote



3:00pm-4:00pm

Graduate Dance 1: Carnival

This quarter, we will focus on "Carnival," celebrating the coming of spring and the joys of the colors and culture of Latin dance. Dancers will prep for future local "Carnival" events and class will culminate in a virtual performance. Students should expect to be recorded in a safe, socially distanced way for the performance.

Graduate, prerequisites required

Lead Professor, Nicole Matarangas

4:30pm-5:30pm

Graduate Dance 2: Dance Performances

This quarter, we will focus on creating characters within dance and developing our personal signature styles. These skills will be used in rehearsal and performance, which is the fruit of the dancer's many hours of practice. We will prepare for future local shows and class will culminate in a virtual performance. Students should expect to be recorded in a safe, social distanced way for the performance.

Graduate, prerequisites required

Lead Professor, Nicole Matarangas

4:30pm-5:30pm

Graduate Master Study in Visual Arts

This is an advanced art class for students interested in bringing their artwork to the next level and already showing an understanding of color mixing. Subjects and materials will be students' choice as they are guided through their pieces. Class goals include creating a portfolio, exploring avenues to publish artwork, and exhibition of art in CAA art showcases. Contact instructor for more information or to register.

Graduate, prerequisites required

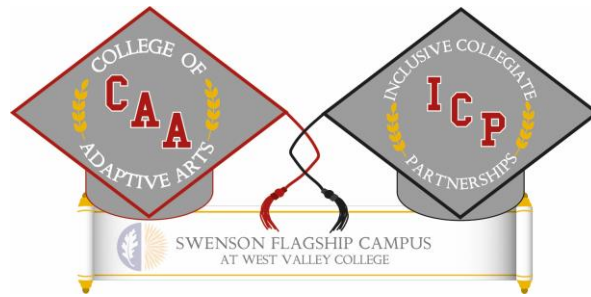
Lead Professor, Nicole Ferguson

6:00pm-7:00pm

Graduate Writing Lab

Advanced concepts of writing in multiple styles are covered in this course offering students the opportunity to explore their developing interest in creating original written works. Examples include story and character development for fiction and non-fiction, basics of journalism, and styles of poetry. Prerequisites required, contact instructor for more information or to register. Student should bring an empty flash drive stick to class for storage of personal classwork.

Graduate, prerequisites required



Lead Professor, Danie Weaver

6:00pm-7:00pm

Beginning Still Life: Drawing and Painting What You See

Art students will enjoy this new addition to the class line-up for the School of Visual Arts! In still life, we create artwork from observing everyday objects as we explore drawing and painting and how light, shadow, texture and color play an important role in each composition. Students will learn the process of choosing and arranging objects to be studied, drawing the arrangements, and how to paint light/shadows to portray a level of realism in their art piece. All levels are welcome to participate in this course exploring techniques for creating fun still life.

All levels

Lead Professor, Nicole Ferguson

FRIDAY

10:30am-11:30am

Graduate Musical Theatre Workshop 2: Actor's Cast

This class is the actor's rehearsal for CAA's annual musical theatre workshop production, a variety show to be performed in June, during the week following completion of the Spring 2021 quarter. Students who wish to be added to the formal cast list must commit to registering for a rehearsal class each quarter and participate in the production through completion of performances in June. Participating students can attend either of the scheduled rehearsal classes or may attend both if they have room on their schedule. Permission of the instructor is required for participation.

All levels

Lead Professor, Katie Zeisl

10:30am-11:30am

Graduate Pop Culture: The Effect of Theme Parks on Culture, Economics and Society

In this pop culture class, we will be exploring the impact on society of theme parks and what they will look like in the future. We will talk about their history, the way theme parks have changed throughout the years, and how places like Anaheim and Orlando became the places where theme parks are built. We also will require our students to each week to contribute some research about the theme park and help with discussion.

Gradate, prerequisites required

Lead Professor, Danie Weaver

12:00pm-1:00pm

Theatre 103: Graduate Theatre Troupe/Theatre Tech



Advanced study of stage performance includes pumping up previous work in monologues, storytelling, and scene work to the next level! Students will also explore period theatre and use of the body, voice, and costumes when approaching classical works such as Shakespeare. Students will also have a chance to contribute through learned technical theatre skills. Prerequisites required, contact instructor for more information or to register.

Graduate, prerequisites required
Lead Professor, Katie Zeisl

12:00pm-1:00pm

World-Building for Gaming, Film, and Fiction

This class, offered by popular demand, will guide students through processes of creating plans for development of environments that characters inhabit within games and stories. This process will include storyboarding (outlining with pictures drawn in sequence) where the characters travel and what those places look like, as well as the creation of maps that help the audience better follow the story and main character's journey.

All levels

Lead Professor, Matt Lindsay

12:00pm-1:00pm

Vlogging: The World from Your Eyes

A Vlog is "Video Blogging", a way to express yourself and document your life through video. Students will create their own vlogs while exploring various types, and the skills important for producing and launching them. Students will make their own vlogs on various topics that they choose as well as get and receive feedback on these vlogs.

All levels

Lead Professor, Clarissa Thompson

1:30 pm-2:30pm

Pound Fitness 3

This class teaches a fun fitness method that fuses strength training, Pilates and cardio moves with drumming. It is a workout that gives people of all fitness levels permission to ROCK. Through physical exertion and various modifications, your movements are expressed through sound. Weighted Ripstix drumsticks provided for in-class use. Classwork can be performed standing or sitting and movements are adaptable to meet individual physical needs. All sections of this class include similar content.

All Levels

Lead Professor, Nicole Matarangas



1:30pm-2:30pm

Sign Language 101

All students are welcome in this class that teaches the basics of sign language. Students with no background of sign language use or those with a history of signing will enjoy continuing their practice and knowledge together. No prerequisites are required for this course.

All Levels

Lead Professor, Danie Weaver

1:30pm-2:30pm

Post-Graduate Research Projects: Topic Exploration and Presentation

This course is designed for students who are ready for the application of specific skill sets learned in CAA's various schools of study through projects developed to match their current learning levels and needs. Students will work together in an online classroom once a week with professional mentors within their selected area of emphasis toward completion of personal projects. Established off-site student support is required for assistance with technical needs and out-of-class work requirements. Pre-requisites are also required, contact the instructor for more information.

Graduate, prerequisites required

Lead Professor, Suzanne Williams

3:00pm-4:00pm

CAA Cardinal Cheer Squad

Students who participate as members of our CAA cheer team will meet during this class time in their cool uniforms and metallic gold pom-poms. Those who do not want to be part of the cheer team will attend as members of the CAA Pep Club in their cool mesh jerseys and help excite fans with fun spirit-raising. The Squad may participate in occasional community performances; students are responsible for their own transportation to and from events when required.

All Levels

Lead Professor, Nicole Matarangas

3:00pm-4:00pm

Graduate Book Club 2

The Graduate Book Club class is a graduate reading class in the School of Communications. In this class, students hone their critical reading skills by reading and discussing the class selection (books or anthologies) as a group. Students are asked leading questions that build upon comprehension skills while developing analytical and interpretation skills. Students are given the time and space to draw conclusions based on what they have read and to share their



personal insights. Prerequisites include basic reading and comprehension skills, four quarters of the Reading Partners class, or a recommendation from the Director of the School of Communications. Students are expected to participate in reading and discussions, take notes as they wish, and ask questions.

Graduate, prerequisites required
Lead Professor, Suzanne Williams

4:30pm-5:30pm
Traditional Art 2

This class in fine arts techniques will cover such methods as watercolor, print-making, sketching, and other artistic media. Students will contribute pieces toward our ongoing department portfolio of CAA student artist work. All sections of this class include the same curriculum offered at different times.

All Levels
Lead Professor, Nicole Ferguson

4:30pm-5:30pm
Graduate Speaking with Confidence 102

In this next level Speaking with Confidence course, students will demonstrate how improving their body language and vocal variety leads to increased self-esteem. Students will also increase previously learned abilities of active listening and contributions of constructive criticism to their peers. This class welcomes all students and helps train our future public speakers. Contact the instructor for more information or to register.

All Levels
Lead Professor, Nicole Kim

6:00pm-7:00pm
Fitness Fusion Dance Party 2

This class, taught by our certified Zumba instructor, will feature a mixture of hip-hop, Latin fusion, and many other cultural dance styles for heart-pumping dance fun. Music will include playlists created by the students, giving them the option of also learning and showing off new DJ skills. Join the party!

All Levels
Lead Professor, Nicole Matarangas

6:00pm-7:00pm
Innercise 2: The Practice of Mindfulness and More



You have heard of exercise to build your body from the outside-in. Now learn to build a healthy body from the inside-out through "Innercise." Some of the concepts covered in this class include mindfulness and gratefulness, health and nutrition, meditation, using all of our senses to find quiet and peace in a busy world, and learning to give the time and attention to your inner health that you deserve. Guests will also provide experience with concepts such as Tai Chi and the calming power of music.

All levels

Lead Professor, DeAnna Pursai