NONCREDIT PROGRAM

This program is open to all students and currently offers various classes of interest to the community. All classes are free of charge.* There are no tests, no quizzes and no letter grades. Registration will take place in the Admissions & Records Office or on the first day of class. Students should contact Michelle Lopez in the Noncredit Office directly with any questions or for further information at (408) 848-4859.

* Some classes may require a materials fee.

Adults 55+
This program offers special interest classes to adults 55 and older. Our classes take place at various older adult facilities as well as Gavilan campuses to ensure positive enrollment and convenience for the students. Classes include:
- Arts and Crafts
- Body Dynamics and the Aging Process
- Coping with Loss
- Creative Writing Workshop
- Discover Your Family History
- Exploring the Web
- Film Classics
- Finding Book Treasures
- Internet Literacy
- Journal Writing
- Legal Resources for Older Adults
- Music Encounters
- Music, Movement & Wellness
- Tai Chi for Arthritis and Other Illnesses
- The Art of Storytelling
- The Joy of Listening to Music
- The Theater Experience
- Windows Fundamentals
- Writing Your Autobiography

More Older Adult classes coming soon!...
- Armchair Travels
- As Others See Americans
- Topics for Seniors, Staying Well Informed

Staff Wellness Program
This program is geared toward meeting the needs of our Gavilan College family. All classes are free of charge and are open to all staff members as well as the community.
- Tai Chi for Health
- Mindful Stress Reduction

Staff Wellness Coming soon!...
- Weight Control
- Workplace Fitness

Parenting Program
- Parent Advocacy

Basic Skills Program
- ESL Citizenship
- GED Preparation
- Introduction to Online Gavilan
- Personal and Career Development
- Vocational ESL (Workplace Communications)
Noncredit Classes

SPRING NONCREDIT CLASSES

ALLIED HEALTH

AH 740 Tai Chi for Arthritis and Other Related Illnesses
Transferable: No
This course is designed for the maintenance of the physical and mental well-being of an older adult with arthritis and other related illnesses. Instruction will focus on the postures and movements of Tai Chi, a Chinese exercise regimen that has a slow paced movement that improves balance, coordination, breathing and builds strength and stamina. Activities are included that promote self-care and health awareness.

ENGLISH

ART 760 Arts and Crafts I for Older Adults
Transferable: No
A general survey of arts and crafts with an emphasis on exercises and experiments with methods and materials, including: painting, drawing, color theory, composition and rendering, batik or tie-dye, quilting or needlepoint, crocheting or knitting and block printing.

ART 765 Writing Your Autobiography
Transferable: No
This class in creative writing for older adults will explore autobiography as a form of personal expression. Participants will put their experiences on paper. Learn the skills of autobiography including narrative structure, style, vocabulary, event recording and interpretation.

ART 766 Discover Your Family History for Older Adults
Transferable: No
This class will assist older adults in the research and writing of their family histories. They will collect names of relatives and establish relationships through primary, secondary and/or circumstantial evidence and/or documentation. Various sources for researching including Internet use will be encouraged.

COMPUTER SCIENCE & INFORMATION SYSTEMS

CSIS 728 Windows for the Older Adult
Transferable: No
This course is designed as an introductory course for the older adults to learn Windows operations, file management and other Windows Fundamentals.

CSIS 729 Word Processing-MS Word for the Older Adult
Transferable: No
A course designed for older adults (55+) to develop word processing skills to write and edit simple documents, format text, use bullets, create tables, insert clipart and use other features of the toolbar.

ENGLISH

ENGL 750 Creative Writing Workshop for Older Adults
Transferable: No
A class designed for older adults to develop their writing skills in a peer support group. They are guided in creative expression through prose and poetry. Older adults are encouraged to read their works in class and learn how to respond to writing, guided creative exercises and assignments, sentence and story structure.

ENGL 753 Writing Your Autobiography
Transferable: No
This course is designed to prepare the student to pass the five General Education Development (GED) tests in Writing, Social Studies, Science, Literature and Mathematics. English grammar and usage, reading comprehension, writing, vocabulary and computational skills are emphasized. The course is designed for students who are 18 years of age or older and elect to take the High School Equivalency Examination.

ENGL 756 GED Preparation
Transferable: No
This course is designed to prepare the student to pass the five General Education Development (GED) tests in Writing, Social Studies, Science, Literature and Mathematics. English grammar and usage, reading comprehension, writing, vocabulary and computational skills are emphasized. The course is designed for students who are 18 years of age or older and elect to take the High School Equivalency Examination.

Off Campus Room locations: See page 100.
ENGL 758A CAHSEE Preparation A English-Language Arts
Transferable: No
This course is designed to prepare non-high school graduates for the successful completion of the CAHSEE (California High School Exit Examination) English-Language Arts by providing them study skill and test taking strategies for answering multiple choice questions and tips on essay writing. This course will focus on word analysis, reading comprehension, literary response, writing strategies, writing conventions and writing applications.

6110 LAB HOL4 GUEVARA T 3.00 .0 S 0900A-1200P
02/02/08 - 05/24/08 Above class meets at the Hollister Briggs site

ESL 702A ESL Citizenship
Transferable: No
This course is designed for second language learners that want to prepare for the United States Citizenship test given by the Department of Immigration and U. S. Naturalization Services. The focus will be on communicative English skills and knowledge of American History and Government required for passing the test to become a citizen of the United States. Readings are at the high-beginning/low-intermediate ESL level and will focus on the historical period beginning in the 1600’s on through to 1880.

6121 LEC STF1 STUKER D 3.00 .0 MTh 0600P-0730P
Above class meets off campus. See list of off-campus locations on page 100.

6122 LEC HOL1 SEGOVIA M 3.00 .0 W 0600P-0900P
Above class meets at the Hollister Briggs site

ESL 704A ESL for the Workplace
Transferable: No
This is part A of a content-based integrated skills course for ESL students who want to prepare for immediate entry into the job force. Students expand their language skills within the realm of the work world and specific vocational career of interest while also developing the soft skills needed in the workplace. This course is a combination of lecture, lab, and self-paced instruction.

4427 LAB SV001 RIVADONLA R 10.00 .0 MTuWThF 0900A-1100A
Above class meets off campus. See list of off-campus locations on page 100.

4612 LAB AROMAS SEGOVIA M 10.00 .0 S 0500P-0800P
02/02/08 - 05/24/08 See list of off-campus locations on page 100.

4614 LAB JS STAFF 10.00 .0 MTuW 0600P-0800P
Above class meets off campus. See list of off-campus locations on page 100.

6505 LAB SV001 PADILLA M 10.00 .0 TuWTh 0700P-0900P
Above class meets off campus. See list of off-campus locations on page 100.

HUMANITIES

HUM 767 Film Classics
Transferable: No
This class is designed to study the facts, fantasy, history and trivia of classic and modern films. The background and history of each film and its performance will be compared and contrasted.

4483 LAB DPE SENDEJAS L 3.00 .0 F 0100P-0400P
Above class meets off campus. See list of off-campus locations on page 100.

4484 LAB PLY RICHARDS G 3.00 .0 W 0200P-0500P
Above class meets off campus. See list of off-campus locations on page 100.

6131 LAB WM1 SENDEJAS L 3.00 .0 S 0430P-0730P
02/02/08 - 05/24/08 See list of off-campus locations on page 100.
### Noncredit Classes

#### Spring 2008 Schedule

<table>
<thead>
<tr>
<th>Sect.</th>
<th>Type</th>
<th>Room</th>
<th>Instructor</th>
<th>Hrs.</th>
<th>Units</th>
<th>Days</th>
<th>Begin-End</th>
<th>Footnotes</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIB 732</td>
<td>Introduction to Online Gavilan</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Transferable: No</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Introduction to the online classes and student services at Gavilan College. This course will show students how to log into their online courses, find lectures, assignments and exams, take part in online class discussions, submit attachments, and view their grades. The course will also cover all the online student services available to the distant student, including counseling, library resources, records and grades, financial aid, tutoring and technical support.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4572 ONLINE PARKER-J 1.00 0 DHR 0000-0000</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>This online class will be delivered entirely over the Internet. After enrolling, start the class by going to <a href="http://www.gavilan.edu/disted/">http://www.gavilan.edu/disted/</a>, click on your class link, and email the instructor at <a href="mailto:kbedell@gavilan.edu">kbedell@gavilan.edu</a>. Students who have not begun the class or contacted the instructor by 5 pm on Feb. 4 will be dropped from the class</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIB 733</td>
<td>Exploring the Web for Older Adults</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advisory: LIB 730, Internet Literacy for Older Adults. Transferable: No</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Designed to address the interests of older adults, students will learn about the web’s rich offering in graphics, sharing digital pictures, and downloading audio files and audiobooks after paying your bills online. Students will learn online techniques to take advantage of all the latest tools, such as wikis, blogs, search techniques and great travel destinations.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4573 LEC MHG5 CURTIS G 3.00 0 Th 0930A-1130A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above class meets at Morgan Hill Community site</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4574 LEC HOL3 MENDEZ F 3.00 0 MW 0330P-0530P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above class meets at the Hollister Briggs site</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIB 734</td>
<td>Legal Resources for Older Adults</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advisory: LIB 730, Internet Literacy for Older Adults. Transferable: No</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Older Americans face a gamut of legal issues in planning their future and must be aware of their rights in order to stay in charge of their lives. Finding the way through the maze of legal resources is a learned process. This course touches on basic legal issues including elder law, consumer and small claims, wills and estate planning, power of attorney and health care directives.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4575 LEC MHG12 HAYES C 3.00 0 Tu 0230P-0430P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>03/04/08 - 04/15/08 Above class meets at Morgan Hill Community site</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### PHYSICAL EDUCATION:ADAPTED

<table>
<thead>
<tr>
<th>Sect.</th>
<th>Type</th>
<th>Room</th>
<th>Instructor</th>
<th>Hrs.</th>
<th>Units</th>
<th>Days</th>
<th>Begin-End</th>
<th>Footnotes</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 716</td>
<td>Music/Movement and Health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Transferable: No</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>This course is designed to assist older adults in improving overall health through movement, music and relaxation techniques. Rhythmic movement will be adjusted to suit individual students mobility needs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4721 LAB YMCA MENDONCA B 1.00 0 TuF 1000A-1100A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above class meets off campus. See list of off-campus locations on page 100.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4722 LAB HOLCC HOST M 2.00 0 Tu 1000A-1200P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above class meets off campus. See list of off-campus locations on page 100.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4723 LAB YMCA MENDONCA B 1.00 0 TuF 1100A-1200P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above class meets off campus. See list of off-campus locations on page 100.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4724 LAB VPRH STAFF 1.00 0 W 0100P-0200P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>02/06/08 - 05/14/08 See list of off-campus locations on page 100.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4725 LAB COGMR MENDONCA B 1.00 0 W 1000A-1100A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MENDONCA B 0130P-0230P</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Above class meets off campus. See list of off-campus locations on page 100.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Noncredit Class Locations

<table>
<thead>
<tr>
<th>Code</th>
<th>Location</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIB 730</td>
<td>Internet Literacy for Older Adults</td>
<td>750 W 10th St., Gilroy</td>
</tr>
<tr>
<td>MUS 763</td>
<td>Music Encounters</td>
<td>7121 Grenache Way, Gilroy, room B-7</td>
</tr>
<tr>
<td>VPRH</td>
<td>Valley Pines Retirement Home</td>
<td>545 E. Main Ave., Morgan Hill</td>
</tr>
<tr>
<td>WM</td>
<td>Wheeler Manor</td>
<td>651 W. 10th St., Gilroy</td>
</tr>
<tr>
<td>YMCA</td>
<td>Morgan Hill YMCA</td>
<td>17666 Crest Ave., Morgan Hill</td>
</tr>
</tbody>
</table>

---

**MUSIC**

- **LIB 730**, Internet Literacy for Older Adults.
- **MUS 763**, Music Encounters.
- **VPRH**, Valley Pines Retirement Home, 545 E. Main Ave., Morgan Hill.
- **WM**, Wheeler Manor, 651 W. 10th St., Gilroy.
- **YMCA**, Morgan Hill YMCA, 17666 Crest Ave., Morgan Hill.

---

**Noncredit Classes**

- **LIB 732**, Introduction to Online Gavilan.
- **LIB 733**, Exploring the Web for Older Adults.
- **LIB 734**, Legal Resources for Older Adults.
- **MUS 763**, Music Encounters.

---

All courses are noncredit and do not count toward degree requirements unless otherwise noted.