

# The Prison Education Project



## Semester Course Outlines

### Introduction to College

**Objective:** To introduce in-custody students to the process of applying and succeeding in college.

<b>Week 1</b>	Choosing a College, Choosing a Major, Vocational Education Majors
<b>Week 2</b>	College Application Process, Financial Aid, Scholarships; Applying for the Pell Grant, Enrolling with the Department of Rehabilitation for Financial Assistance for College or Vocational Training e.g. Truck Driving School
<b>Week 3</b>	The Mechanics of Writing Essays, Making Outlines, Personal Statements for College Applications
<b>Week 4</b>	Time Management; Study Strategies; The Challenges of Reading, Writing Essays, and taking Science, and Math Courses
<b>Week 5</b>	Getting Involved in College; Various Organizations on Campus; Organizations for formerly incarcerated students Project Rebound at CSUs, Rising Scholars at Community Colleges, Underground Scholars for the UC system
<b>Week 6</b>	Developing Soft Skills, Emotional Intelligence, Networking, Follow Through
<b>Week 7</b>	Reflections: Overcoming Challenges

### Career Development

**Objective:** To introduce in-custody students to the process of career development.

<b>Week 1</b>	Orientation; Introductions; Ice-Breaker; Discussion of Personality, Interests, Values
<b>Week 2</b>	Acquiring the Essentials: Life Skills/Networking/Soft Skills
<b>Week 3</b>	Community College & Vocational Education Opportunities
<b>Week 4</b>	Financial Aid, Scholarships, Applying for College
<b>Week 5</b>	Developing a Resume
<b>Week 6</b>	Social Networking; Searching for Fair Chance Job Opportunity/Careers
<b>Week 7</b>	Interview Skills/Mock Interviews; Overcoming Challenges

### Introduction to Soft Skills

**Objective:** To introduce in-custody students to the importance of soft skills.

<b>Week 1</b>	Communication Skills: Face-to-Face Interaction, Humor, Small Talk, Body Language, Nonverbal Communication, Being Sensitive to Offensive Language
<b>Week 2</b>	Conflict Resolution, Conflict Styles; Escalation v. De-Escalation of Conflicts; Diplomacy
<b>Week 3</b>	Teamwork, Emotional Intelligence, Understanding Different Personalities
<b>Week 4</b>	Adaptability, Transitions, Mundane Tasks and Motivation, Goal-Setting; The Importance of Follow-Through
<b>Week 5</b>	Problem-Solving, Understanding Underlying Causes of Problems, Critical Observation (Reading the Room)
<b>Week 6</b>	Active Listening, Innovative Thinking, Free Thinking, Grey Thinking
<b>Week 7</b>	Leadership Skills, Employee Skills, Taking Initiative, Punctuality
<b>Introduction to Financial Literacy</b>	
<b>Objective:</b> To introduce in-custody students to the fundamentals of Money Management & Financial Literacy.	
<b>Week 1</b>	Being Financially Accountable; Budgeting; Balancing a Check Book; Opening a Bank Account; Buying a Car (used v. new); Grocery Shopping
<b>Week 2</b>	Money Management; The Concept of Credit; the FICO Score; The Dangers of Credit Cards; The Importance of Saving; Bad Spending Habits; Debt; Making Money v. Wasting Time
<b>Week 3</b>	Getting an Apartment, Renting, The Benefits of Transitional Housing, the Process of Buying a Home, County Welfare Benefits; Food Stamps
<b>Week 4</b>	Paying for College; Financial Aid, Scholarships; Signing up with Department of Rehabilitation for Financial Support for Education & Training
<b>Week 5</b>	Jobs v. Careers; Certificate & AA Degree Programs, Salaries
<b>Week 6</b>	Opportunity Costs, Investments, Understanding the Stock Market
<b>Week 7</b>	Investing in your Future; Buying a House; Retirement, Social Security Income
<b>Introduction to Mindfulness</b>	
<b>Objective:</b> To introduce in-custody students to the fundamentals of Mindfulness.	
<b>Week 1</b>	Introduction to Mindfulness; Benefits of Mindfulness; Neuroscience of Mindfulness
<b>Week 2</b>	Engaging in Compassionate Listening; Awareness Through the Senses
<b>Week 3</b>	Exploring Resistance to Pain; Mindful Eating, Exploring Stress
<b>Week 4</b>	Examining Negative Self-Talk vs. Positive Self-Talk; Reassurances
<b>Week 5</b>	The Conditioned Mind; Neuroplasticity; Reflective Listening

<b>Week 6</b>	Mindful Walking; Survival Strategies; Coping Mechanisms; Uncovering Unmet Needs
<b>Week 7</b>	The Practice of Kindness; Developing Intentions; Practicing Gratitude
<b>Forgiveness &amp; Healing</b>	
<b>Objective:</b> To introduce in-custody students to the process of forgiveness and healing.	
<b>Week 1</b>	What is forgiveness? Why forgive? How do people forgive?
<b>Week 2</b>	Sharing Stories of Pain
<b>Week 3</b>	The Power of Humility; Accepting Blame; Second Chances
<b>Week 4</b>	The Power of Love; Forgiveness v. Condoning
<b>Week 5</b>	Strategies for Anger & Stress Management (writing essay for homework)
<b>Week 6</b>	Writing as Therapy (discuss homework essay in class)
<b>Week 7</b>	Overcoming Challenges
<b>Building Healthy Relationships</b>	
<b>Objective:</b> To introduce in-custody students to the dynamics of building healthy relationships.	
<b>Week 1</b>	The Building Process; Communication; Working on One's Self; Patience
<b>Week 2</b>	The Power of Love, Empathy, and Forgiveness
<b>Week 3</b>	The Power of Humility; Accepting Blame; Second Chances
<b>Week 4</b>	Conflict Resolution & Accepting Differences and Different Perspectives
<b>Week 5</b>	The Importance of Safety, Honesty, Trust, and Respect
<b>Week 6</b>	The Importance of Sacrifice, Loyalty, Compromise, and Happiness
<b>Week 7</b>	Overcoming Challenges of the Past and Working Toward the Future
<b>Introduction to Conflict Resolution</b>	
<b>Objective:</b> To introduce in-custody students to the dynamics of Conflict Resolution.	
<b>WEEK 1</b>	Theory of Implicit Conflict and Change; What is your relationship with conflict? How do you engage in conflict? How conflict differs across settings/people.
<b>WEEK 2</b>	Conflict Intelligence; How has your conflict style been informed by culture? Has your conflict style evolved throughout your life? If so, how and in what way?
<b>WEEK 3</b>	Conflict Mediation Strategies; Identify 1 recent conflict that you had to navigate; describe the history and context of the conflict.
<b>WEEK 4</b>	Personality & Self-Regulation; Personality and Conflict; Why is it important to understand

	how emotions affect conflict and how conflict affects emotions?
<b>WEEK 5</b>	Communication & Conflict; De-Escalation; Creating Constructive Communication through Dialogue
<b>WEEK 6</b>	Resolution; Dialogue; The 6 Steps of Non-Violence
<b>WEEK 7</b>	Role Playing and Simulating Conflict, De-escalation, and Resolution
<b>Creative Expression</b>	
<b>Objective:</b> To teach in-custody students the dynamics of Self-Expression, Creativity, and the Fundamentals of Artistic Practice.	
<b>Week 1</b>	Self-Expression, Creativity, and the Fundamentals of Artistic Practice
<b>Week 2</b>	Expressing Impulsive Thoughts and Overwhelming Feelings Through Art
<b>Week 3</b>	Brainstorming, Ideas, Imagination; Giving Shape to Ideas
<b>Week 4</b>	Introspection, Reflection, Metaphors; Telling Your Own Story
<b>Week 5</b>	Performance Art, Graphic Art, Graffiti, Tattoos; Create the Cover of Your Music Album
<b>Week 6</b>	Poetry, Musical Lyrics, Songwriting, Rap, Spoken Word
<b>Week 7</b>	Creative Expression Student Presentations