NOTE: Further details about each course are available by clicking the CRN link.
Course where the cost of the textbook is zero dollars and no cost to the student (SB 1359).

PSY - Psychology

PSY NC003 - Nature and Self-Healing - Beginning: For Older Adults (0 Unit)
Older adults learn self-discovery, self-healing, and alternative healing techniques. Students learn how to incorporate nature as a harmonizing influence and partner in the self-healing process. Techniques taught include meditation, being open to change, diaphragmatic breathing, being "present", stretching techniques, and taking risks. Students develop self-esteem, confidence, and socialization skills. Students also learn health and wellness strategies for older adults through appropriate nutrition and stress management techniques. Participants should be able to walk one to two miles at a slow pace.
Hours: 25 (10 lecture, 15 lab)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

Status I CRN Units Type Meeting Time Location Cap Act WL Cap WL Act Instructor Date Weeks
OPEN 20993 0.0 Lec W 09:00am - 10:25am WAKE 20 40 0 0 0 Rodger Sorrow 05/21-06/29 6
Lab W 10:30am - 12:45pm WAKE 20

OPEN 20947 0.0 Lec R 09:30am - 10:45am ALTO MTG ROOM 40 0 0 0 Luis Sanchez 05/21-06/29 6

OPEN 20948 0.0 Lec W 10:30am - 11:45am BVISTA MTG ROOM 40 0 0 0 Victoria Cox 05/21-06/29 6

OPEN 20949 0.0 Lec F 10:00am - 11:15am FRAGOL MTG ROOM 40 0 0 0 Luis Sanchez 05/21-06/29 6

OPEN 20950 0.0 Lec W 01:30pm - 02:45pm FRAMON MTG ROOM 40 0 0 0 Patricia Volner 05/21-06/29 6

OPEN 20951 0.0 Lec M 02:00pm - 03:30pm GRDNCT MTG ROOM 40 0 0 0 Luis Sanchez 05/21-06/29 6

OPEN 20952 0.0 Lec M 01:30pm - 03:00pm MARVCR MTG ROOM 40 0 0 0 Victoria Cox 05/21-06/29 6

OPEN 20953 0.0 Lec R 09:30am - 10:45am MARIP0 MTG ROOM 40 0 0 0 Arden Day 05/21-06/29 6

OPEN 20954 0.0 Lec R 03:00pm - 04:15pm VILLAA MTG ROOM 40 0 0 0 Arden Day 05/21-06/29 6

PSY NC016 - Body/Mind Awareness: For Older Adults (0 Unit)
Course explores the role of physical and cognitive creative stimulation in maintaining the health and well-being of older adults. Older adults achieve a greater sense of self-confidence, sense of control, and level of independence through stimulating activities. Students engage in activities that include reminiscing, moving to music, and other techniques to enhance acuity and health.
Hours: 12 (12 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

Status I CRN Units Type Meeting Time Location Cap Act WL Cap WL Act Instructor Date Weeks
OPEN 20947 0.0 Lec R 09:30am - 10:45am ALTO MTG ROOM 40 0 0 0 Luis Sanchez 05/21-06/29 6

OPEN 20948 0.0 Lec W 10:30am - 11:45am BVISTA MTG ROOM 40 0 0 0 Victoria Cox 05/21-06/29 6

OPEN 20949 0.0 Lec F 10:00am - 11:15am FRAGOL MTG ROOM 40 0 0 0 Luis Sanchez 05/21-06/29 6

OPEN 20950 0.0 Lec W 01:30pm - 02:45pm FRAMON MTG ROOM 40 0 0 0 Patricia Volner 05/21-06/29 6

OPEN 20951 0.0 Lec M 02:00pm - 03:30pm GRDNCT MTG ROOM 40 0 0 0 Luis Sanchez 05/21-06/29 6

OPEN 20952 0.0 Lec M 01:30pm - 03:00pm MARVCR MTG ROOM 40 0 0 0 Victoria Cox 05/21-06/29 6

OPEN 20953 0.0 Lec R 09:30am - 10:45am MARIP0 MTG ROOM 40 0 0 0 Arden Day 05/21-06/29 6

OPEN 20954 0.0 Lec R 03:00pm - 04:15pm VILLAA MTG ROOM 40 0 0 0 Arden Day 05/21-06/29 6

PSY NC029 - Reading and Writing Poetry for Personal Growth: For Older Adults (0 Unit)
Older adults discover ways of looking at poetry that help them look back over the events of their lives to see what still needs to be resolved. The reading of poems becomes a vehicle to see the meaning and purpose of their life. Students write their own poems in class and listen to one another's poems when ready to share. This helps them notice the similarities in the human experience and deal with future life issues in creative ways.
Hours: 20 (20 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

Status I CRN Units Type Meeting Time Location Cap Act WL Cap WL Act Instructor Date Weeks
OPEN 20974 0.0 Lec M 09:00am - 12:40pm SCHOTT 03 35 0 0 0 David Richo 05/21-06/29 6

PSY NC047 - World of Interest: For Older Adults (0 Unit)
Older adults explore and discuss contemporary issues and events with other students, resulting in increased mental alertness and improved mood and attitude. The class explores mentally and emotionally stimulating topics related to international, national, state and local events.
Hours: 12 (12 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit
### PSY NC082 - Travels and Explorations: For Older Adults (0 Unit)

This course allows older adults to virtually explore the history, culture, language, and cuisine of distant places without needing to leave the classroom. Older adults recall and share key memories evoked by discussions and presentations and so improve mental recall, retention of information, and self-expression. Students also develop an appreciation of the value of their role and contribution in the global community.

Hours: 12 (12 lecture)
Transfer Information: None  
SBCC General Education: None  
Grading Options: Noncredit

### PSY NC097 - Nature and Self-Healing - Intermediate: For Older Adults (0 Unit)

Older adults learn advanced self-discovery, self-healing, and alternative healing techniques. Students learn how to incorporate nature as a harmonizing influence and partner in the self-healing process. Techniques taught include meditation, being open to change, diaphragmatic breathing, being "present", stretching techniques, and taking risks. Students develop self-esteem, confidence, and socialization skills. Students also learn health and wellness strategies for older adults through appropriate nutrition and stress management techniques. Participants should be able to walk two to three miles.

Hours: 25 (10 lecture, 15 lab)
Transfer Information: None  
SBCC General Education: None  
Grading Options: Noncredit