

UT Informal Classes Aimed at Adults with IDD's – Spring 2015

Course title	Instructor	Max Enrollment	# classes	Class fee	Day	Dates	Time	Session
Jumpstart Reading	MaryAnn Finegan	10	12	\$195	Monday & Wednesdays	2/2-3/11	6-8pm	first
Happy Habits: Psychology of Happiness	Judy Horton	13	6	\$120	Wednesdays	3/25-4/29	6-8pm	second
Fun with Cultures: Archeology of Ancient Americas	Kylie Huckleberry	13	6	\$120	Thursdays	2/5-3/12	6-8pm	first
Fun with Cultures: Music in World Cultures	Stephanie Scheffel	13	6	\$120	Thursdays	3/26-4/30	6-8pm	second
Etiquette Excellence	Jessica Dunn	13	6	\$120	Tuesday	2/3-3/10	6-8pm	first
Worth A Thousand Words: Short Story Writing	Lucy Barber	10	6	\$120	Tuesday	3/24-4/28	6-8pm	second

[Happy Habits: Psychology of Happiness aimed at Adults with IDD's](#)

The science of happiness has become the subject of much study over the past few decades, and the field of Positive Psychology has emerged to become a major player in the therapeutic and life coaching fields. Researchers have discovered that there are many simple, effective tools available to everybody that consistently help adults from all walks of life create a happier life for themselves. This class will focus on those tools and how to adapt them to our individual circumstances. Students will have assignments designed to help them become more joyful, grateful, thoughtful, and helpful individuals. Group discussions and class exercises will help students understand how they themselves hold the keys to their own happiness.

[Jumpstart Reading aimed at Adults with IDD's](#)

This program will jumpstart reading ability of adults with little or even no recent reading experience. By using a proven education method, Phonics Pathways, students will efficiently master the rudiments of phonics and spelling that underlie all reading. Students will be introduced to short-vowel sounds before moving on to two-letter blends. Phonic Pathways educational material will be sent home for students to practice at least 10 minutes each day. We will then move on to three-letter words. Students will read across the page to blend letters into three letter words. This approach is the fastest way to accelerate reading speed and accuracy. It makes reading successful for students by giving them confidence, mastery of the sentence, and the desire to read more. If time permits we will continue learning more skills like twin-consonant endings, consonant digraph endings, suffix sounds, long-vowels, plurals, consonant digraph beginnings, r-modified vowels, and other phonetic lessons for students to read until they can decode the words. Reading will be made fun by playing games (like Bingo) to incorporate the skills they are learning. Note that classes are offered twice per week (Mondays and Wednesdays) to maximize retention of material.

[Fun with Cultures: Music in World Cultures aimed at Adults with IDD](#)

Music is sometimes described as a “universal language”, but what does that truly mean? Students will answer this question by learning about music from different parts of the world. For each unit, we will study both the music itself and the function of music in that particular culture, learning about its historical context as well as its evolution in modern society. Through discussion, demonstration, and other hands-on experiences, this ethnomusicology course will allow students to expand their worldview and learn about differences and similarities between music from other countries. Most classes will feature visits by professional musicians who will perform a variety of instruments and vocal styles. Families are invited to attend a final performance where students will demonstrate what they learned about music from around the world and enjoy a live performance with snacks.

[Etiquette Excellence aimed at Adults with IDD](#)

Sharing a meal with others is one of the most meaningful parts of the human experience. Whether mealtime takes place in your own home, someone else's home, or out in public, etiquette is absolutely essential in helping all those involved feel welcome and comfortable. The purpose of this class is to assist adults with IDD in acquiring dining etiquette so as to feel more comfortable while eating with others, raising awareness of dining habits that might make others feel uncomfortable, and gain knowledge and skills in planning their own get together. The course will culminate in a banquet for family and friends during which students will exhibit their new skills. Banquet will accommodate two guests per student (about \$20 per person) not included in fee.

[Fun with Cultures: Archeology of Ancient Americas aimed at Adults with IDD](#)

Students will get to meet with real archeologists and see artifacts excavated from tombs and societies from ancient times of Central and South America. Each class will include hands-on activities and foods to learn about four cultures: Maya, Nazca, Inca and Aztecs. For these societies, our goal is to study what we know about them from oral and written history, from their ruins, and from their artifacts.

[Worth A Thousand Words: Short Story Writing aimed at Adults with IDD](#)

This course will master the art of storytelling. Students will examine what makes a successful narrative (voice, plot, character development, creative language), how to capture their imagination on the page, explore different genres (fiction, non-fiction, memoir), and exercise the process of peer revision and critique. Not only will students write their own stories but the class will have visits from local writers. Students will also read and examine published short stories for inspiration. No matter what their reading or writing level- every student will walk away an author!

For each class, students may be dropped off at 6pm by the UT Littlefield Café to socialize for 30 minutes with each other and volunteer students from UT. Students will then participate in an interactive discussion about the topic for the day in the Biomedical Engineering (BME) building across from the Littlefield Café. Here they can follow along with handouts of class slides and bring in their homework to discuss with their peers. Lastly, students will complete simple but fun projects. Families can pick up their student by the café at 8 pm.

*Exception for Etiquette class: Students will then walk over to the UT Student Union (two blocks) where they will participate in an interactive discussion about the topic for the day in the beautiful Sinclair room. Students may be dropped off at 6pm by the UT Littlefield Café to socialize for 30 minutes with each other and volunteer students from UT. Families can pick up their student by the UT Student Union off of Guadalupe at 8 pm.

Please sign up via the UT Informal Classes website starting in mid-December 2014.

<http://cie.austin.utexas.edu/informalclasses/>

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