

Mountain View Los Altos Adult School

mvla.net/AS
(650) 940-1333

Spring 2021 Distance Learning Registration begins February 22nd



MVLA
ADULT SCHOOL
Learning for a Lifetime

Director's Message – Spring 2021



For the past 11 months, our adult school has had to face many unique challenges that have significantly impacted the way we provide instruction and services to our local community. Although the California Regional Stay Home Order has recently been lifted, the start of spring continues to carry with it many unknowns. I want to assure you that student/staff safety and equitable access to a high-quality education continue to serve as our guiding principles as we plan for the next phase of re-opening. Though MVLA Adult School will remain physically closed at the start of the Spring 2021 session, our MVLA team continues to work tirelessly to improve and refine our distance learning model. Virtual orientations and ESL conversation groups through Zoom, parking lot testing, and drive-by student textbook/device pick-ups are just a few of the ways that our school has adapted to provide students with access to the essential learning materials, resources, and support they need to be successful.

We have recently launched a new student Technical Support page on our website, under the Services tab, that offers a variety of helpful video links and instructional guides/resources to help get you started. Our leadership team is also in the process of exploring mini cohorts for students that will be prioritized according to student and program needs. We have created a free Introduction to Online Learning workshop designed for those who are new to distance learning and would like to learn how to participate in an exciting array of new distance learning classes in our Community Interest and Older Adults program.

Distance learning can be a rewarding and fun way to learn a new topic or skill while connecting with a supportive community of other lifelong learners. Remember that learning is for a lifetime at MVLA Adult School. 2021 is the start of a new year, a new beginning, and a “new norm” that will continue to challenge and propel us forward to become a better provider of high-quality distance education for ALL students.

Join us in this “new norm” for 2021. Continue to celebrate our longstanding tradition of lifelong learning. Let us help you continue to educate and elevate yourselves. Expand your horizons and have the courage to try something new through distance learning.

Please continue to be well and stay safe!

Brenda Harris, PhD
Director, MVLA Adult School
brenda.harris@mvla.net

Mountain View Los Altos Adult School

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Spring 2021 Calendar

Spring 2021 registration begins

Monday, February 22

Note: Registration for Career Technical Education classes is ongoing – go to mvla.net/AS and click the Registration link

Spring 2021 session

March 22 - June 3

Holidays/no classes

February 15-19, April 12-16, May 31

Check mvla.net/AS in April for Summer 2021 updates.

How to Register

Due to the extended physical school closure, the MVLA Adult School is **only offering online, distance learning (DL) classes for the start of Spring 2021, and can only offer online registration** for classes. Classes are open to residents of California only.

Online Registration begins February 22nd!

Go to mvla.net/AS and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, or if you have registered for classes at the Adult School in the past, but have never registered online, **please email us at adulthood@mvla.net** and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message.

Additional registration information and our refund policy can be found on page 32.

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instagram.com/mvlaas

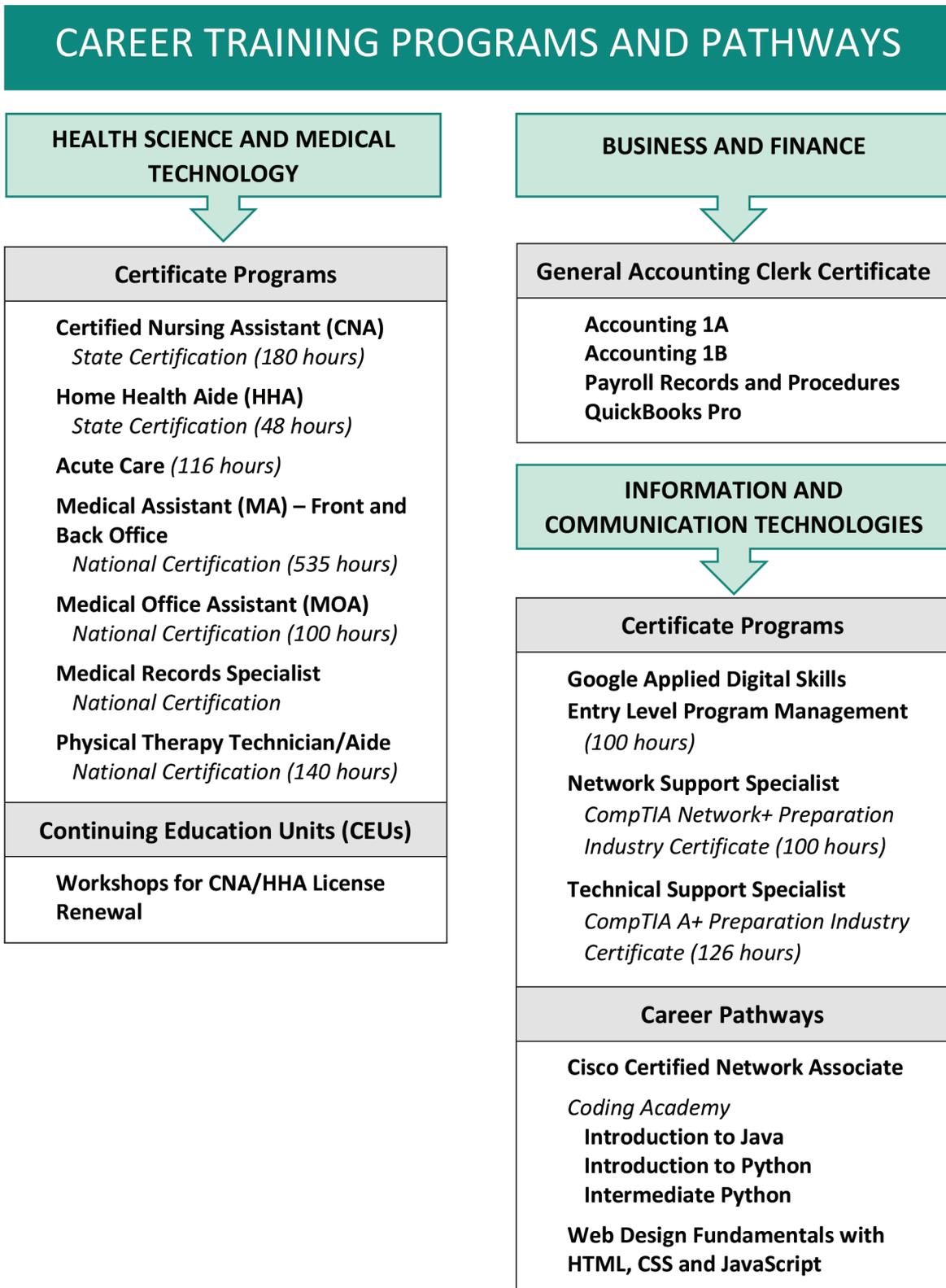
MVLA

ADULT SCHOOL

Learning for a Lifetime

Career Technical Education

This chart provides an overview of the career training programs and pathways offered by the MVLA Adult School. Not every course or program is offered each session. Please refer to the listing of Spring 2021 courses on the following pages.



Career Technical Education



MVLA Adult School offers comprehensive training programs and career pathways in the following industry sectors: health science and medical technology, business and finance, and information and communication technologies. For Spring 2021, MVLA Adult School continues to offer CTE courses via online distance learning platforms, including Zoom and Google Classroom.

Registered students will receive information about the online platform via email prior to the start of their course or program. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

Registration and enrollment for Career Technical Education classes is ongoing, year-round. For Spring 2021, course registration is **online only**. Please visit mvla.net/AS and click the Registration link to access our online registration site.

Please note that for all Career Technical Education classes, a 10% cancellation fee will be assessed for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. Please refer to the refund policy on page 32 of this catalog.

For more information about our Career Technical Education programs contact our Program Coordinator at catherine.rosillo@mvla.net.

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

	Spring 2021
Foundational Courses	
Medical Terminology Fundamentals	✓
Certificate Programs	
Certified Nursing Assistant (CNA) Program	
Medical Assistant (MA) Training Program	
Home Health Aide (HHA) Certification Course	✓
Medical Office Assistant National Certification (NCMOA)	
Medical Records Specialist Certificate:	
Electronic Health Record Keeping (EHR)	
Medical Billing and Coding	
Continuing Education Units (CEUs)	
Workshops for CNA/HHA Certificate Renewal (CEUs)	✓

Certified Nursing Assistant (CNA) / Medical Assistant (MA) Orientation (Prerequisite for Enrollment)

Students may register in the Certified Nursing Assistant program after they have attended an orientation and passed a reading/writing assessment (given at end of orientation). Students may register in Medical Assistant programs (space permitting) any time after they have attended an orientation and provided proof of HS diploma or GED certificate. All orientations will be held online and are free of charge. Register online. Additional dates may be added. Please check mvla.net/AS/CTE for updates.

DL066007	2/26	Fri	9:00-11:30AM	Online
DL066008	3/19	Fri	9:00-11:30AM	Online
DL066009	4/30	Fri	9:00-11:30AM	Online
DL066010	5/21	Fri	9:00-11:30AM	Online

Online orientations will be held via Zoom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Students will receive meeting information via email prior to the scheduled day of orientation.

Career Technical Education

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Home Health Aide (HHA) Certification Course (48 hrs) (Articulation with Mission College Courses AHL 020F and AHL 020G for 2.0 credits)



Home Health Aide is one of the fastest growing careers in the United States and is projected to grow by 38% through 2024. This is a 48-hour course that focuses on developing skills related to the care of clients in their own homes. Students must successfully complete 24 hours of classroom instruction and 24 hours of supervised clinical training. Attend both of our CNA/HHA courses and become dually certified by the State of California.

Due to COVID-19 limitations, clinical training hours may be simulated and demonstrated online via distance learning platforms, Zoom, and Google Classroom. In-person skills practice will resume when clinical sites are open to students. In the event that the clinical site is not available for clinical skills practice, small cohorts of students can complete the skills practice requirement in the adult school skills lab, according to safety guidelines provided by CDPH.

ALL required paperwork is due before start of program. Free mandatory resume workshop. Job placement assistance provided. Instructor: TBD.

This online distance learning course will be held via Zoom and Google Classroom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students Zoom meeting information and online course link prior to the first day of class.

Students need to wear **navy blue scrubs and white solid shoes** while at school and in clinical and must provide proof of valid TB test and immunizations **before start of program.** Flu shot required between October and April.

DL069635 Mon-Thu 4:30-8:30PM
5/10-5/27 (3 weeks)

Live Zoom Lecture: 4:30-7:30PM

Google Classroom/Additional Coursework/Office Hours:
7:30-8:30PM
\$130



Medical Terminology Fundamentals

This online distance learning fundamental course is designed for students seeking a career in the healthcare field. The course will focus on introducing students to the vocabulary used by medical professionals in medical offices, hospitals, skilled nursing facilities, and other health settings. Students will learn the basic rules of medical terminology and explore the word roots, suffixes and prefixes, and combining forms commonly used. Students learn to spell, define, and pronounce common medical terms as well as abbreviations. In this course, students will have a general overview of all body systems and their functions. It also covers disease transmission, and body directions, planes, and cavities. Instructor: Tamara Rood-Spenker, RN.

This online distance learning course will be held via Zoom and Google Classroom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students Zoom meeting information and online course link prior to the first day of class.

DL063418 Wed 4:30-8:30PM
4/7-5/19 (6 weeks), no class 4/14

Live Zoom Lecture: 4:30-7:30PM

Google Classroom/Additional Coursework/Office Hours:
7:30-8:30PM
\$70

Career Technical Education

HEALTH SCIENCE AND MEDICAL TECHNOLOGY

Workshops for CNA/HHA Certificate Renewal – Continuing Education Units (CEUs)

As a California Certified Nursing Assistant you need to have 48 hours of continuing education to renew your certificate. In addition, you must show proof that you have worked at least 1 (one) paid day within two years in a facility where you provided nursing related services. A California Home Health Aide must complete 24 hours of CEUs within 2 years. Don't allow your certificate to expire! We offer classes and workshops to keep your certificate current. Choose from one of the options to meet your CEU requirements. All classes have been approved by the California Department of Public Health and qualify for CEUs. Instructor: Tamara Rood-Spenker, RN.

This classroom-based course is temporarily being offered on a distance learning platform. Meetings will be held via Zoom, with additional coursework provided via Google Classroom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students meeting information and student login for Google Classroom prior to the first day of class.

Students must have a current CNA/HHA certificate in order to participate in the workshops. When registering, type in your name as it appears on your CNA/HHA certificate. Students are required to register at least two days before the workshop date.

See workshop dates, times, and topics in table below.

Date	Day	Time	Class #	Instructor	Topic	CEUs	Fee
4/6	Tue	8:00AM-2:30PM	DL063298	Spencer	Interpersonal Relationships and Communication	6	\$39
4/8	Thu	8:00AM-2:30PM	DL063299	Spencer	Patient Care and Comfort Measures	6	\$39
4/20	Tue	8:00AM-2:30PM	DL063300	Spencer	Basic Human Needs and CNA Observation	6	\$39
4/22	Thu	8:00AM-2:30PM	DL063301	Spencer	Ethical and Legal Issues Affecting the Nursing Assistant	6	\$39
4/27	Tue	8:00AM-2:30PM	DL063302	Spencer	Resident Safety and Mobility	6	\$39
4/30	Fri	8:00AM-2:30PM	DL063296	Spencer	Environmental Safety and CNA Safety	6	\$39
5/4	Tue	8:00AM-2:30PM	DL063303	Spencer	Caring for Residents with Special Needs	6	\$39
5/6	Thu	8:00AM-2:30PM	DL063304	Spencer	Infection and Infection Control	6	\$39
5/11	Tue	8:00AM-2:30PM	DL063305	Spencer	Environmental Safety and CNA Safety	6	\$39
5/13	Thu	8:00AM-2:30PM	DL063306	Spencer	Patient Care and Comfort Measures	6	\$39
5/18	Tue	8:00AM-2:30PM	DL063307	Spencer	Basic Human Needs and CNA Observation	6	\$39
5/21	Fri	8:00AM-2:30PM	DL063297	Spencer	Interpersonal Relationships and Communication	6	\$39
5/25	Tue	8:00AM-2:30PM	DL063308	Spencer	Ethical and Legal Issues Affecting the Nursing Assistant	6	\$39
6/1	Tue	8:00AM-2:30PM	DL063309	Spencer	Resident Safety and Mobility	6	\$39
6/3	Thu	8:00AM-2:30PM	DL063310	Spencer	Caring for Residents with Special Needs	6	\$39
6/8	Tue	8:00AM-2:30PM	DL063311	Spencer	Infection and Infection Control	6	\$39
6/10	Thu	8:00AM-2:30PM	DL063312	Spencer	Environmental Safety and CNA Safety	6	\$39

Career Technical Education

BUSINESS AND FINANCE

	Spring 2021
Foundational Courses	
Small Business Administration	✓
Certificate Programs	
General Accounting Clerk Certificate:	
Accounting IA	✓
Accounting IB	✓
Payroll Records and Procedures	✓
QuickBooks Pro	✓



GENERAL ACCOUNTING CLERK CERTIFICATE

Students who complete all four of the following classes: *Accounting IA*, *Accounting IB*, *Payroll Records and Procedures*, and *QuickBooks Pro* are eligible to receive a General Accounting Clerk certificate. The program includes a resume workshop.

Accounting 1A and *Accounting 1B* are articulated with Mission College Course ACC 022. Students can earn 3.0 credits upon completion of both classes.



Accounting 1A: Principles of Small Business Accounting

This online distance learning course introduction to basic accounting procedures is for new or potential business owners and those who want to increase their knowledge of working with ledgers, debits and credits, and financial statements. After completing this course, students will be able to analyze business transactions, record journal entries, post to general ledger accounts, and prepare financial statements. **Students must complete both *Accounting 1A* and *Accounting 1B* to receive a certificate of completion.** Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both *Accounting 1A* and *Accounting 1B* courses.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students Zoom meeting information and online course link prior to the first day of class.

DL061828 Tue/Thu 5:00-9:00PM
 5/4-6/17 (7 weeks)
 Live Zoom Lecture: 5:00-7:00PM
 McGraw Hill Connect/Additional Coursework/Office Hours:
 7:00-9:00PM
 \$70

Career Technical Education

BUSINESS AND FINANCE

Accounting 1B: Principles of Small Business Accounting

Prerequisite: *Accounting 1A*. This online distance learning course introduces the procedures involved in accounts receivable, accounts payable, cash receipts, cash payments, and accounting for purchases. It also includes preparing state sales tax returns, payroll computations, payroll taxes, deposits, and reports. **Students must complete both *Accounting 1A* and *Accounting 1B* to receive a certificate of completion.** Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *College Accounting, Fifteenth Edition*, Price, Haddock, Farina, ISBN: 9781259995163. This textbook covers both *Accounting 1A* and *Accounting 1B* courses.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students Zoom meeting information and online course link prior to the first day of class.

DL061827 Mon/Wed 8:00-11:30AM
3/8-4/28 (7 weeks), no class 4/12, 4/14
Live Zoom Lecture: 8:00-10:00AM
McGraw Hill Connect/Additional Coursework/Office Hours:
10:00-11:30AM
\$70



Payroll Records and Procedures

This online distance learning course provides well-rounded and practical instruction in how to perform payroll work. It focuses on the payroll activities associated with calculating, recording, transferring data, and the management aspects of payroll such as state and federal tax reports. After completing this course, students will be able to understand federal payroll laws and regulations, calculate gross earnings and deductions, handle payroll records, and prepare and report federal and state payroll tax returns. Students completing this course receive a general payroll certificate. Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *Payroll Accounting, Fifth Edition*, Landin, ISBN-13: 9781260260144, ISBN-10: 1260260143.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students Zoom meeting information and online course link prior to the first day of class.

DL060708 Mon/Wed 8:00-11:30AM
5/3-6/16 (7 weeks), no class 5/31
Live Zoom Lecture: 8:00-10:00AM
McGraw Hill Connect/Additional Coursework/Office Hours:
10:00-11:30AM
\$70

Career Technical Education

BUSINESS AND FINANCE

QuickBooks Pro

QuickBooks is a popular accounting software commonly used by small and mid-sized businesses. It is a powerful tool to manage your business or private finances more effectively. This online distance learning course is designed to empower you to use this software to its full potential by teaching you basics, such as how to pay bills, print checks, and track expenses. You will also learn how to exchange data with Microsoft Excel and other software applications. You will be able to track employee time and job costs, create reports comparing estimated costs to actuals, organize your finances all in one place, easily create invoices and track sales and expenses, get reliable records for tax time, manage customer, vendor, and employee data, and how to go paperless with online banking. Students completing this course will receive a general computer accounting certificate. Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *Computer Accounting with QuickBooks 2018*, Donna Kay, ISBN: 9781260496291.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students Zoom meeting information and online course link prior to the first day of class.

DL064017 Tue/Thu 8:00-11:30AM
5/4-6/17 (7 weeks)
Live Zoom Lecture: 8:00-10:00AM
McGraw Hill Connect/Additional Coursework/Office Hours:
10:00-11:30AM
\$70

Small Business Administration – How to Start and Manage a Small Business

Small business is BIG! There are 28 million small businesses in the U.S. that provide 55% of all jobs and their number is rapidly growing. This course targets anyone who is planning to start a new business or who is working in a small business with room for growth. It is a step-by-step guide to how to start a business, write a business plan, choose a business structure, understand and manage the business financials, file and pay taxes, hire and retain employees, run the business, manage supply, market the business, and grow the business. This distance learning course also touches on integrating technology and cybersecurity. It will bring you one step closer to your entrepreneurial ventures. Instructor: Dr. Abebe Gelagay.

Required texts and materials: Students must purchase a textbook or eBook with a Connect Access Card for the online interactive features: *Small Business Management, Eighth Edition*, Byrd, ISBN-13: 9781259538988, ISBN-10: 1259538982.

This online distance learning course will be held via Zoom and McGraw Hill Connect online platforms. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email registered students Zoom meeting information and online course link prior to the first day of class.

DL065105 Mon/Wed 5:00-9:00PM
5/3-6/16 (7 weeks), no class 5/31
Live Zoom Lecture: 5:00-7:00PM
McGraw Hill Connect/Additional Coursework/Office Hours:
7:00-9:00PM
\$70



Career Technical Education

INFORMATION AND COMMUNICATION TECHNOLOGIES

	Spring 2021
Foundational Courses	
Coding Academy:	
Introduction to the Python Programming Language	✓
Intermediate Python Programming	
NEW: Adobe Photoshop	✓
Google Applied Digital Skills	

CODING ACADEMY

Silicon Valley has an insatiable need for people with programming skills. The programming languages highest in demand are SQL, Java, JavaScript, Python, and C++ and job openings are plentiful. On any given day job boards like Indeed or Glassdoor have over 5,000 openings for jobs who require at least one of these coding skills. In our mission to provide students with market-relevant skills and our obligation towards the local business community to train a workforce which meets labor market demands we are now offering Python courses to help you add to your skill set and be more marketable.



Introduction to the Python Programming Language

Python is a popular, general-purpose, multi-paradigm, open-source scripting language used extensively in a variety of industries. This hands-on, online distance learning course is intended for newcomers to programming. The curriculum includes all the fundamental concepts and structures of Python, and is designed to teach the most important software development techniques, such as reading and writing to standard IO, using operators, controlling the flow of execution, using functions, built-in sequence types, and basic object-oriented programming concepts.

This is an introductory online distance learning course and previous programming knowledge is helpful but not required. It is ideal for any technically curious individual looking to learn a high-in-demand, dynamic programming language. Instructor: Tamzida Momen.

Textbook or E-book: Students must purchase *Python Crash Course, 2nd Edition: A Hands-On, Project-Based Introduction to Programming*, Eric Matthes (ISBN: 9781593279288).

This online distance learning course will be held via Zoom, Google Classroom, and course website. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email meeting and course-related information to students prior to the first day of class.

DL062728 Tue/Thu 9:00AM-12:00PM
 3/16-5/13 (8 weeks), no class 4/13 and 4/15
 Live Zoom Lecture: 9:00-11:00AM
 Google Classroom/Additional Coursework/Office Hours:
 11:00AM-12:00PM
 \$70

Career Technical Education

INFORMATION AND COMMUNICATION TECHNOLOGIES

NEW: Adobe Photoshop

Photoshop is an essential industry-leading application used by both professionals and amateurs for editing and retouching photos, designing graphics and interfaces, and creating digital art work. It is a must-to-have skill required in the fields of web design, graphic design, UI/UX design, digital photography, and digital marketing.

This introductory course will teach you all the fundamental tools and techniques of Adobe Photoshop through a systematic, step-by-step, and practical approach. It covers the topics of Photoshop basics, workspaces, text, shapes, colors, layers, masks, brush and pen tools, filters, adjustment layer, and more. You will use the tools to edit and retouch photos, make collages, design cards and flyers, and create web graphics and digital painting artwork. Prerequisite: basic computer literacy. Instructor: Bethany Wang.

Software requirement: students need to subscribe to Adobe Photoshop. Students will receive email from instructor for details on software use.

This online distance learning course will be held via Zoom and course website. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Instructor will email meeting and course-related information to students prior to the first day of class.

DL064800 Tue/Thu 6:00PM-9:00PM

3/23-5/6 (6 weeks), no class 4/13 and 4/15

Live Zoom Lecture/Additional Coursework: 6:00-9:00PM

\$70



ESL – English as a Second Language



We offer ESL classes from Literacy to Advanced level. Classes meet online in the morning (Mon-Fri, 9:00-11:00AM), afternoon (Mon-Thu, 12:30-2:30PM), or evening (Mon-Thu, 6:30-8:30PM). There will be additional homework for students to complete on their own outside of class every week. These classes are free.

These are online-only classes and meetings will be held via Zoom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. There are no in-person ESL classes being held at the MVLA Adult School this spring.

Some classes are full and students may have to wait for a place in class. Regular online attendance and participation in class is required to remain in the ESL program.

We require students who enroll in our classes live within driving distance of our school. Priority is given to residents of Mountain View, Los Altos, and Los Altos Hills.

ESL Program Orientation and Online Placement Tests By Appointment Only: March 3, March 31, April 28

Students eligible for ESL classes must take a placement test via Zoom. Interested students can sign up for a testing slot by contacting mvlaeslprogram@gmail.com or (650) 940-1333, ext. 4015. Appointments will be made for online testing on the next orientation/testing date and you will receive a Zoom invitation link to your session. Please sign up at least 2 days in advance of the placement test date. We suggest contacting us by or before March 1, March 29, or April 26.

Orientation and testing will be offered:

Wednesday, March 3 – 9:00-10:30AM, 1:00-2:30PM, 6:30-8:00PM

Wednesday, March 31 – 9:00-10:30AM, 1:00-2:30PM, 6:30-8:00PM

Wednesday, April 28 – 9:00-10:30AM, 1:00-2:30PM, 6:30-8:00PM

Your testing appointment will include some general information about our school and program. You should be available to stay online for up to 90 minutes for the testing process. It may not take that long, however if you are signed up for a testing slot (for example, 9:00AM), you should be prepared to wait online until we are able to interview you for an English class (up until 10:30AM).

Note: The school cannot guarantee that you will be tested. We do not guarantee anyone an English class even if you contact us or take the online placement test. The pre-screening process and online placement test are given to determine if we have an English class available at a level that is right for you.

ESL – English as a Second Language

ONLINE ESL CLASSES

Classes are ongoing for continuing students. Placement test is required for new students. Regular attendance via Zoom is mandatory in all ESL classes. ESL Beginning Literacy, ESL Beginning (Low–High), ESL Intermediate (Low–High), ESL Advanced, and ESL Multilevel. These classes are free.

No ESL classes will be held 3/15, 4/12-4/16, 5/31.

Days	Frequency	Times	Levels
M–F	Daily	9:00-11:00AM	All levels
M–Th	4 Days	12:30-2:30PM	Beg. High to Adv.
M–Th	4 Nights	6:30-8:30PM	All levels
M/W/F	3 Days	9:00-10:15AM	Beginning ONLY Senior-focused (Age 55+only)
M/W/F	3 Days	10:30AM-12:00PM	Intermediate ONLY Senior-focused (Age 55+only)



ENGLISH ENRICHMENT CLASS (Advanced Students Only)

This class is designed for advanced ESL students or students who score above advanced on our ESL placement test. Students may not register after the first week of class. This is an online class and meetings will be conducted via Zoom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Register online at mvla.net/AS.

Perfect Your Grammar Through Conversation

Do you want to improve your English conversations by reviewing and practicing your grammar tenses (i.e., progressives, perfects, and past) plus other challenging grammar points? This class is for advanced-level students who would like to increase their confidence when communicating in English by learning what grammar mistakes they are making. We will use everyday news, current events, and life situations (such as going to the doctor, speaking to teachers, going to the store—depending on student interest) to perfect your conversation and grammar. There will be opportunities to break out into pairs/smaller groups on Zoom. Instructor: Sharon Gloster, elcbyseg@gmail.com. No class 4/13 and 4/15.

500373 Tue/Thu 10:30AM-12:00PM
3/23-6/3 (10 weeks) \$168

CITIZENSHIP PREPARATION (Intermediate-level ESL or above)

If you are interested in online U.S. Citizenship Preparation class, please contact mvlaeslprogram@gmail.com. This is an online class and meetings are held via Zoom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. These classes are free.

Citizenship

Study important information about American history, government, culture, and geography. Practice answering questions for the citizenship interview. Students should enroll at least 3 months before sending in their application for U.S. citizenship. Instructor: Sandy Cutshall. No class 4/12, 4/15, 5/31.

Thu 12:30-2:30PM ongoing
Mon 6:30-8:30PM ongoing

High School & GED Programs



For information about any of our programs, contact our Coordinator at danielle.dinh@mvla.net.

Due to the extended physical school closure, the MVLA Adult School is offering online, distance learning (DL) classes for Spring 2021. All programs are open entry; you may begin any time after the semester begins.

High School Diploma Distance Learning Program for Adults (open entry since 1/5/21) *(All diploma programs meet district and state requirements)*

Mountain View Los Altos High School District offers a high school diploma program for persons 18 years of age and older who want to complete their high school credits through a combination of online coursework and regular teacher meetings through Zoom. This program is recommended for adult students who need 50 credits or fewer to complete an MVLA high school diploma. A credit evaluation based on an official e-transcript is required before beginning the program. To be considered for the program, please email all official transcripts to marina.sandoval@mvla.net.

Students can obtain academic support from teachers during their virtual office hours:
Mon-Thu 9:00AM-8:30PM, Fri 12:00-4:00PM
No class 4/12-4/16, 5/31

Concurrent Enrollment/Online Credit Recovery (open entry since 1/5/21)

MVLA Adult School offers part-time high school online coursework to currently attending district high school students who are 16 years old or older. Students must consult their high school counselor in order to be officially referred to this online program during the regular school year.

Students can obtain academic support from teachers during their virtual office hours:
Mon-Thu 9:00AM-8:30PM, Fri 12:00-4:00PM
No class 4/12-4/16, 5/31

Young Parents Program – YPP (open entry since 1/5/21)

Due to the extended physical school closure, the MVLA Adult School will not provide childcare during Spring 2021. Pregnant and parenting teens in the MVLA district can still earn credits towards their high school diploma through a combination of online coursework and regular teacher meetings through Zoom. Students must consult their high school counselor in order to be officially referred to this program during the regular school year.

Students can obtain academic support from teachers during their virtual office hours:
Mon-Thu 9:00AM-8:30PM, Fri 12:00-4:00PM
No class 4/12-4/16, 5/31

GED Test Preparation Classes (open entry since 1/5/21)

Pre-GED and GED classes are now available in the comfort of your own home through distance learning! Morning and evening distance learning classes are open for enrollment. In order to qualify for the GED program, students are required to attend an online orientation and take a placement test. Students must register for an orientation in advance and a Zoom link will be emailed to students the day before an orientation. Visit mvla.net/AS to access our online registration site.

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. Instructors will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

GED Day Program (Online) – Open Entry/Exit

020109 Mon-Fri 8:45-11:45 AM
1/5-6/3, no class 4/12-4/16, 5/31
Live Zoom Lecture: Mon-Fri 8:45-10:45AM
Google Classroom/Additional Coursework/Office Hours: 10:45-11:45AM

GED Evening Program (Online) – Open Entry/Exit

020601 Mon-Thu 6:00-8:30PM
1/5-6/3, no class 4/12-4/16, 5/31
Live Zoom Lecture: Mon-Thu 6:00-7:30PM
Google Classroom/Additional Coursework/Office Hours: 7:30-8:30PM

High School & GED Programs

GED Testing

MVLA Adult School is an official Pearson VUE computer-based GED test center. Due to the extended physical school closure, the MVLA Adult School will not offer onsite GED Testing during Spring 2021.

Testing candidates: check Pearson VUE's COVID-19 update page to look for testing availability and review the health and safety measures required for testing. Appointment availability is limited due to social distancing precautions and varies by location. Students can also take the test online from their home if they are 18 years or older and have passed the GED Ready practice tests.

Please visit home.pearsonvue.com/Test-takers.aspx and ged.com/take-the-ged-test-online/ for more information on GED Testing.



Parent & Family Education

Mountain View Parent Nursery School (MVPNS)

Call (408) 883-KIDS or visit mvpns.org to learn more about our programs and enrollment for the 2020-2021 and 2021-2022 school years. Mountain View Parent Nursery School (MVPNS) is located at 1535 Oak Avenue, Los Altos, adjacent to Foothill Covenant Church. Instructors: Cindy Flynn, Diane Hart, Claire Koukoutsakis, Rachel Martensson.

In the event that COVID-19 prevents offering classes in person, we will go to virtual learning.

Parent and Child Classes: The Toddler

Child must be 15 months old by September 1st. The child and parent spend one 2-hour session a week together at school with the parent observing, participating, and meeting other parents of similar age children. There will be a lecture/discussion for the parents to learn how to best support their child's growth and development at the end of each session. (Thu. 3:00-5:00PM or Fri. 8:45-10:45AM)

Parent and Child Classes: The Two Year Old

Child must be 2 years old by September 1st. The child and parent spend one 2.5-hour session a week together in a school setting. The schedule includes explorative and imaginative play, art, fine and gross motor activities, and music and movement. There will be a parenting lecture and class discussion at the end of each session. (Mon. or Wed. morning)

Parent Participation Preschool:

The Two, Three, Four and Five Year Old

Children must be 2 or 3, or 4 years old for prospective classes by September 1. Classes are held 2 or 3 or 4 days per week for 2.5 or 3 hours per session depending on age. Parents are required to work in classroom approximately one day per week. We provide high quality early childhood education in an accredited parent participation program. The program fosters healthy growth and development of preschool age children through developmentally appropriate practices and parent education. We provide opportunities to explore and learn through blocks, manipulatives, dramatic play, cooking, art, literacy, science, math, and the outdoors. We value play, nature, and the development of the whole child (social, emotional, cognitive, and physical). Two day classes for 2/Y3's, and 3/Y4's. Three day classes for 3/Y4's and 4/Y5's. Four day classes for 4/Y5's.

Community Interest & Older Adults Distance Learning



Due to the extended physical school closure, the MVLA Adult School is **only offering online, distance learning (DL) classes for Spring 2021, and can only offer online registration** for classes. Visit mvla.net/AS to access our online registration site.

If you encounter any issues during the registration process, or if you have registered for classes at the Adult School in the past, but have never registered online, **please email us at adulthood@mvla.net** and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message.

Looking to develop a new interest or stay connected with our classroom community? Our instructors are offering an exciting array of distance learning classes! Enrich yourself by learning a new language or skill through a teacher-led Zoom class. Please read the individual class descriptions for online platform information and technical requirements. Instructors will send enrolled students a Zoom link via email prior to the first day of class. Feel free to contact instructors if you have any questions about their distance learning classes.

Zoom software is available for Windows and Macintosh desktop computers, Apple iOS devices, and Android devices. For help getting started, visit the Zoom Help Center, support.zoom.us.

All Spring 2021 Community Interest & Older Adults distance learning classes offer a discounted rate for students 55 and older.

55+ COMPUTER SKILLS ON PC

Essential Computing Skills, Beginning

This course provides students with a foundation in computer concepts: Introduction to Windows Basics, Computer Hardware, Software, Using a Computer, Internet, Safety and Maintenance, and Using a Flash Drive. This class will also cover the basics of Zoom for new students that don't have Zoom experience. Instructor: Sharon Walker, sharon.walker@mvla.net.

Prerequisites: familiarity with using a computer and logging onto the Internet is helpful but not required. Equipment: a computer, tablet, or other device with an Internet connection and microphone/webcam.

This is an online class and meetings will be held via Zoom. Instructor will provide meeting information to students via email prior to the first class. Students will learn how to download and install the Zoom application onto their computer, tablet, or other device.

DL089201 Mon/Wed 9:00-11:00AM
3/29 - 4/21, no class 4/12 and 4/14 (6 meetings)
Age 55+ \$56/others \$76

Essential Computing Skills, Intermediate

This course is intended for students with basic computer skills, and will cover more advanced topics related to: Internet and email, how to create an email account, send and receive emails, create an address book, and perform other basic email tasks. Instructor: Sharon Walker, sharon.walker@mvla.net.

Prerequisite: *Beginning Essential Computing Skills* or equivalent class or experience. Equipment: a computer, tablet, or other device with an Internet connection and microphone/webcam.

This is an online class and meetings will be held via Zoom. Instructor will provide meeting information to students via email prior to the first class. Students will learn how to download and install the Zoom application onto their computer, tablet, or other device.

DL089301 Mon/Wed 9:00-11:00AM
4/26 - 5/12 (6 meetings)
Age 55+ \$56/others \$76

Community Interest & Older Adults Distance Learning

Introduction to Google Drive and Docs

Bring your documents to life using Google Drive and Google Docs. Learn how to use smart editing and fairly easy-to-learn styling tools to help you create professional-looking documents that incorporate your unique style and creativity. Instructor: Sharon Walker, sharon.walker@mvla.net.

Prerequisites: basic computer skills. Students also must have a Gmail account set up before class and know their username and password. Equipment: a computer, tablet, or other device with an Internet connection and microphone/webcam.

This is an online class and meetings will be held via Zoom. Instructor will provide meeting information to students via email prior to the first class. Students will learn how to download and install the Zoom application onto their computer, tablet, or other device.

DL082806 Mon/Wed 9:00-11:00AM
5/17 - 5/26 (4 meetings)
Age 55+ \$38/others \$58

ARTS & CRAFTS

Exploring Broad Edged Pen Calligraphy

Using a pen based on the historical tools of calligraphy, this class will introduce a historical lettering overview. Returning students will be challenged by more complex styles of each of the alphabets which will be covered in class. Art stores, some craft stores, and online art supply stores carry the materials students will need. Come learn to letter exciting styles that are useful in card making, journaling and sketchbooks. Instructor: Sara Loesch-Frank, sarandippityart@gmail.com.

Supply list:

- Parallel Pen or comparable type of pen such as Sheaffer or Speedball dip pen with C pen points
- Ink in cartridges that fit your pen or Private Reserve liquid inks
- Advanced students are encouraged to work in Gouache with dip pens
- Layout bond paper or Marker paper
- A pencil, eraser and ruler
- Graph paper (1/4 inch or 1/8 inch sized squares)
- A few paper towels and small quantity of water for rinsing

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior

to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084001 Fri 10:00AM-12:00PM
4/2 - 5/28, no class 4/16 (8 weeks)
Age 55+ \$90/others \$110

Sublime Watercolor: Painting with Joy!

Is there anyone alive who isn't fascinated by water? Join me in this eight-week class as we learn to harness this force of nature for creating beauty in art! All skill levels, from "never" to "experienced" are welcome. For new painters, we'll start with enough color and design theory and hands-on technique to prepare you quickly to make delightful paintings. Experienced artists may want to review these basics or start right away on individual projects. There's homework – it's optional, but the more you do, the quicker you'll improve! A supplies list will be provided. Instructor: Karen Olsen, karen@karenolsenfineart.com.

This class is online only. It consists of two Zoom meetings per week: a demonstration and instruction session, followed two days later by a session where students share their work for class discussion. Students have the opportunity to work on their projects on their own between meetings.

Instructor will email Zoom meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

Day class:

DL080913 Wed/Fri 1:00-2:30PM
3/31 - 5/28, no class 4/14 and 4/16 (16 meetings)
Age 55+ \$135/others \$155

Evening class:

DL080912 Tue/Thu 4:30-6:00PM
3/30 - 5/27, no class 4/13 and 4/15 (16 meetings)
Age 55+ \$135/others \$155



Community Interest & Older Adults Distance Learning



Genealogy, Beginning/Intermediate

Learn to use a wide variety of genealogical records to discover your roots. Sharing your journey with other passionate genealogists is a part of the class. Optional text is available for purchase online: *The Researcher's Guide to American Genealogy, 4th Edition*, Greenwood (ISBN: 9780806320663). Instructor: Christine Green, christine.green@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL088812 Tue 1:00-3:00PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$90/others \$110

Genealogy, Intermediate/Advanced

Break through your brick walls and solve complex genealogical problems using a broad cross-section of genealogical records. Become skilled at inferential genealogy. Optional text is available for purchase online: *The Researcher's Guide to American Genealogy, 4th Edition*, Greenwood (ISBN: 9780806320663). Instructor: Christine Green, christine.green@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL088912 Mon 1:00-3:00PM
3/29 - 5/24, no class 4/12 (8 weeks)
Age 55+ \$90/others \$110

CURRENT EVENTS, HISTORY & GENEALOGY

Current Affairs

A discussion-based class that deals with federal, state, and local issues. Is the American glass half-empty or half-full? Questions about the economy, individual rights, and many other issues will be presented and discussed. Instructor: Jack Cormode, john.cormode@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

DL087214 Mon 1:00-2:30PM
3/29 - 5/24, no class 4/12 (8 weeks)
Age 55+ \$56/others \$76

Community Interest & Older Adults Distance Learning

LANGUAGE ARTS & LANGUAGES

Chinese Writing and Speaking Skills

Prerequisite: ability to use Chinese phonetics or characters to write a paragraph of 50 words in correct Chinese grammar. This class welcomes students of different levels who are dedicated and have a long term goal of using Chinese in their lives. Reading and writing assignments and conversation projects will be used to guide students to make progress in writing properly and conversing fluently. Students will gain sufficient confidence to use Chinese in all aspects. Required textbook: *Chinese Express: Joy Chinese in 3 months*, Liu Hongmin (ISBN: 9787561915875). Instructor: Wing Hung Wu (Lucia), winghung.wu@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL087036 Mon/Thu 7:00-9:00PM
3/29 - 5/27, no class 4/12 and 4/15 (16 meetings)
Age 55+ \$180/others \$200

Creative Writing Workshop

Maximize your creative energy and growth within an online supportive and encouraging forum of fellow writers. Be inspired to pursue new projects or bring your in-progress work to read in a safe and helpful environment. All levels of experience welcome! Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

Day class:

DL089412 Wed 1:00-3:00PM
3/31 - 5/26, no class 4/14 (8 weeks)
Age 55+ \$90/others \$110

Evening class:

DL089414 Wed 7:00-9:00PM
3/31 - 5/26, no class 4/14 (8 weeks)
Age 55+ \$90/others \$110



Finnish Language

From Start to Finnish, join us in a finntastic way to learn Finnish language and explore the culture of Finland. One of the few Finnish language classes in the Bay Area! All levels are welcome and will be given group and individual attention. Instructor: Tuula Beals, tuula.beals@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL500512 Tue 7:00-9:00PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$90/others \$110

French, Beginning I

Bonjour! Students with no French instruction will learn the fundamentals of French pronunciation and will develop basic everyday conversational skills with focus on phonetics, grammar, listening comprehension, reading and writing exercises. The students will also become familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276). Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084111 Tue 1:00-3:00PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$90/others \$110

Community Interest & Older Adults Distance Learning

French, Beginning III

Prerequisite: minimum four quarters of French or equivalent. Students will learn the conjugation system in French verbs. They will increase vocabulary knowledge and improve conversational skills in guided activities, will continue to enhance grammar and listening comprehension, and will develop pronunciation through reading exercises. The students will also become more familiar with French culture and customs. Purchase *Dis-moi!* textbook online (ISBN: 0673216276). Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084119 Fri 1:00-3:00PM
4/2 - 5/28, no class 4/16 (8 weeks)
Age 55+ \$90/others \$110

French, Conversation

Prerequisite: Completion of Intermediate French. Students will initiate and participate in a variety of conversational topics in real-life settings including current events, literature, art, history, civilization, cuisine, travel, hobbies, and more. Students will increase vocabulary and enhance their communication skills, as well as grammar and syntax. They will expand their ability to express thoughts and opinions in discussions of social and cultural matters. Course material will be provided by the instructor. Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084105 Wed 9:15-11:15AM
3/31 - 5/26, no class 4/14 (8 weeks)
Age 55+ \$90/others \$110

French, Short Stories Discussion and Analysis

Prerequisite: Completion of higher Intermediate French. In this course, students will explore French literature through short stories written by outstanding authors. Students will acquire the tools and vocabulary to discuss literary works, improving comprehension, pronunciation, and grammar. Purchase *Vingt et un contes, Third Edition*, course book online (ISBN: 9780060432201). Instructor: Pary Sarraf, pary.sarraf@gmail.com.

Enjoy learning French in the comfort of your home! This is an online class and meetings will be held via Zoom. Students will receive a Zoom invitation via email prior to the first class meeting. Students will need to download and install the Zoom app on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084121 Mon 2:00-4:00PM
3/29 - 5/24, no class 4/12 (8 weeks)
Age 55+ \$90/others \$110

French, Advanced Conversation

In this free form conversation class, students' input is paramount. The teacher will make sure everybody has the opportunity to participate equally and will provide attention and personalized corrections to everyone. The focus is on practicing French without being afraid of making mistakes. Scanned material will be emailed regularly to provide conversation starters. Instructor: Veronique Strange, veronique.strange@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084101 Tue 1:00-2:45PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$79/others \$99



Community Interest & Older Adults Distance Learning

German, Beginning I

Willkommen! Students with no prior German instruction will learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch 1, A1* (ISBN: 9783126764100). Instructor Dorith Endler, dorith.endler@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL502716 Thu 6:00-7:30PM
4/1 - 5/27, no class 4/15 (8 weeks)
Age 55+ \$68/others \$88

German, Beginning II

Prerequisite: Beginning German I or equivalent. Students will continue to learn the principles of grammar and usage, practice dialogues, and discover the culture of German-speaking countries. We will use the textbook *Passwort Deutsch 2* (ISBN: 9783126764131). Instructor: Dorith Endler, dorith.endler@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL502721 Mon 6:00-7:30PM
3/29 - 5/24, no class 4/12 (8 weeks)
Age 55+ \$68/others \$88

German Conversation

Willkommen! Do you want to speak German? Contribute about whatever you are interested in and talk about texts, songs, and poems from German speaking countries. Instructor: Dorith Endler, dorith.endler@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL084702 Wed 1:30-3:00PM
3/31 - 5/26, no class 4/14 (8 weeks)
Age 55+ \$68/others \$88

Italian, Intermediate 2

Sequential to *Italian, Intermediate 1*, this class is designed for students who want to master their ability acquired in previous classes. In a positive learning environment, you will be expanding your vocabulary and learning more grammatical structures and expressions in varied contexts, for oral and written communication. The course will include many conversational activities to prepare students to communicate effectively in many real-life situations. Required textbook: *Arrivederci! 2 Libro dello studente e quaderno degli esercizi + CD*, Colombo, Faraci, de Luca, Edilingua Edition (ISBN: 9789606930829). Instructor: Stefania Filigheddu, stefania.filigheddu@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL088013 Mon 9:00-11:00AM
3/29 - 5/24, no class 4/12 (8 weeks)
Age 55+ \$90/others \$110



Community Interest & Older Adults Distance Learning

Italian, Advanced Reading and Conversation

Prerequisites: advanced Italian skills, knowledge of advanced grammar and vocabulary. Have fun and increase your Italian vocabulary, idiomatic expressions, and culture while reading and conversing only in Italian. The selected material will focus on Italian humoristic narratives supplemented with a variety of exercises designed to expand and refine grammatical and cultural understanding. Required textbook: *Lecture divertenti Umoreismo*, Magistro, Tinozzi-Mehrmand, Edizioni Farinelli (ISBN: 9780982484548). Order your copy at edizionifarinelli.com. Instructor: Stefania Filigheddu, stefania.filigheddu@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL088031 Fri 9:00-11:00AM
4/2 - 5/28, no class 4/16 (8 weeks)
Age 55+ \$90/others \$110

Memoirs Writing

Stimulate your thinking as you rediscover your past by listening to the memoirs of others online. Follow weekly memory prompts, gather ideas to proceed with what you have already begun, or bring in what you have already written for a final class "edit" for clarity, logic, and style. Instructor: Sylvia Halloran, sylvia.halloran@mvla.net.

This is an online class and meetings will be held via Zoom, which allows participants to be heard and seen on-screen. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Students can also connect to meetings via a landline (audio only). Contact instructor for more details.

Thursday class:

DL089514 Thu 1:00-3:00PM
4/1 - 5/27, no class 4/15 (8 weeks)
Age 55+ \$90/others \$110

Friday class:

DL089512 Fri 10:00AM-12:00PM
4/2 - 5/28, no class 4/16 (8 weeks)
Age 55+ \$90/others \$110



Spanish, Beginning I (day)

Immerse yourself in the world of Spanish Language by learning basic sentences! Students will acquire and develop listening, speaking, reading, and writing skills as they also gain knowledge about cultural similarities and differences between the United States and the Spanish-speaking world. This is a fun, relaxed class and conversation is encouraged. Instructor: Kate Adams, kate.adams@mvla.net.

Textbooks: *Spanish Is Fun Book 1, Fifth Edition*, Heywood Wald (ISBN: 9781634199285), and workbook (ISBN: 9781634199292), are available for purchase online.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

Tuesday class:

DL086906 Tue 10:30AM-12:00PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$68/others \$88

Thursday class:

DL086907 Thu 10:30AM-12:00PM
4/1 - 5/27, no class 4/15 (8 weeks)
Age 55+ \$68/others \$88

Community Interest & Older Adults Distance Learning



Spanish, Beginning IA/IB (evening)

This is a beginning combo Spanish class that immerses students virtually in a creative and engaging learning environment. Students will acquire and develop listening, speaking, reading, and writing skills in Spanish, and will develop their interpersonal communicative skills and confidence through virtual interaction with other classmates and the teacher. Students will also gain knowledge about cultural similarities and differences between the United States and the Spanish-speaking world. The curriculum includes basic vocabulary words related to the calendar, parts of the body, weather, food, family, health, shopping, holidays, and likes and dislikes. In grammar, the course covers verb tenses, such as the present, preterit, and the imperfect, along with the use of Spanish commands. This is a fun, relaxed class where students are active participants in classroom activities in Spanish. Let's chat in Spanish! Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 1* (ISBN: 9780030676789) and *¡Exprésate! Spanish 1 Cuaderno de actividades* (ISBN: 9780030744662). Used books can be purchased online at a low price.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL501216 Tue 5:00-7:00PM
3/30 - 5/25, no class 4/6 and 4/13 (7 weeks)
Age 55+ \$79/others \$99

Spanish, Conversation A (day)

This class is intended for beginning Spanish speakers who have taken the equivalent of a Spanish I class, have some experience speaking Spanish, and can read beginning Spanish literature. We will work on our conversational Spanish with minimal review of grammar and focus on basic conversation in tenses that have been learned (past, present, future). Instructor: Kate Adams, kate.adams@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Headphones or earbuds might be helpful for clear audio.

DL085511 Tue 12:30-2:00PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$68/others \$88

Spanish, Beginning II (day)

Prerequisite: *Beginning Spanish I* or other beginning Spanish class. Students will continue to acquire and develop listening, speaking, reading, and writing skills. Major grammatical structure of the present indicative, preterit and imperfect tense review, and introduction of future tense. If time allows, we will continue down the road. This is a fun, relaxed class and conversation is encouraged. Instructor: Kate Adams, kate.adams@mvla.net.

Textbooks: *Spanish Is Fun Book 1, Fifth Edition*, Heywood Wald (ISBN: 9781634199285), and workbook (ISBN: 9781634199292), are available for purchase online.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL086905 Thu 12:30-2:00PM
4/1-5/27, no class 4/15 (8 weeks)
Age 55+ \$68/others \$88

Community Interest & Older Adults Distance Learning

Spanish, Beginning IIA (evening)

Prerequisite: *Beginning Spanish IB* or other beginning Spanish class. Students will continue to acquire and develop listening, speaking, reading, and writing skills. Major grammatical structure of the present indicative, preterit and imperfect tense review, and introduction of future tense. In this class, students will gain confidence with their speaking skills and engage in real life conversation. So, bring your interesting conversation topics and your good sense of humor and let's chat in Spanish! Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de vocabulario y gramática* (ISBN: 9780030744976). Used books can be purchased online at a low price.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL501204 Tue 7:15-9:15PM
3/30 - 5/25, no class 4/6 and 4/13 (7 weeks)
Age 55+ \$79/others \$99

Spanish, Beginning IIB (evening)

Prerequisite: *Beginning Spanish IIA* or equivalent. This class is a continuation of *Beginning Spanish IIA*. In this course students will feel more comfortable when speaking with others and the teacher. Students will continue their language acquisition as they work on more complex verb tenses. At the same time, students will continue to acquire new vocabulary through their participation in classroom activities, including singing, playing games, and total physical response activities. This is a fun and relaxed class that allows students to practice their skill in real life situations. Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 2* (ISBN: 9780030453229) and *¡Exprésate! Spanish 2 Cuaderno de vocabulario y gramática* (ISBN: 9780030744976). Used books can be purchased online at a low price.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL501208 Thu 5:00-7:00PM
4/1 - 5/27, no class 4/8 and 4/15 (7 weeks)
Age 55+ \$79/others \$99

Spanish, Beginning IIIA (evening)

Prerequisite: *Beginning Spanish IIB* or equivalent. In this course students will be speaking Spanish with their peers and teacher most of the time. This course focuses on students' language development. In grammar, students will be learning the different uses of the subjunctive mood, as well as the present perfect, conditional, and future tenses. Students will be learning new vocabulary words in every session and will be encouraged to speak Spanish with classmates outside of the virtual classroom. This is a fun and relaxed class that allows students to practice their language skills using real life situations. Instructor: Sarah Hsu, sarah.hsu@mvla.net.

Textbooks: *¡Exprésate! Spanish 3* (ISBN: 9780030453724) and *¡Exprésate! Spanish 3 Cuaderno de vocabulario y gramática* (ISBN: 9780030744983). Used books can be purchased online at a low price.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL501210 Thu 7:15-9:15PM
4/1 - 5/27, no class 4/8 and 4/15 (7 weeks)
Age 55+ \$79/others \$99



Community Interest & Older Adults Distance Learning



MUSIC & DANCE

Ballroom and Latin Dance: Back to Basics

Learn and review fox trot, quick step, waltz, and tango in an evenly paced class. We will spend two weeks on each dance in a pleasant atmosphere suitable for both beginners and returning students. Singles and couples are welcome. We play the best recorded music from the Big Band era to the Beatles and beyond, as well as ballads from crooners on up to the present day. We also invite our students to contribute their own music if they are anticipating a special occasion (wedding, bar mitzvah, quinceñera, etc.). Instructors: Ellen Murray, ellenamber@comcast.net, and Gene Esswein. No class 4/12.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructors assume no responsibility for any injuries arising from participating in this online class.

DL801300 Mon 7:30-9:00PM
3/29 - 5/24, no class 4/12 (8 meetings)
Age 55+ \$68/others \$88

Beginners for Broadway!

Wish you could tap dance? All you need is two feet and a little floor space. Join us on Zoom as we learn the basics: shuffle, flap, ball change, cramp rolls, grapevines, and pivot turns (no spins). Dancers need about 6 square feet of clear floor space, free of collision and trip hazards and sharp corners. Equipment: a piece of cardboard over a yoga mat will provide enough padding and protection for both carpeted and hard flooring (wood or linoleum). Instructor: Marnie Ridgway, am_consulting@usa.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a stationary device with an Internet connection and microphone/webcam that can be seen from a 6-foot distance (no phones or other hand-held devices).

The MVLA Adult School and the class instructors assume no responsibility for any injuries arising from participating in this online class.

DL082911 Tue 11:45AM-12:45PM
3/30 - 5/25, no class 4/13 (8 meetings)
Age 55+ \$45/others \$65

Hula, All Levels

Learn to Sway Da Island Way... with Kumu Makalea! Beginner to advanced students learn traditional Hula incorporated with language, history, and culture of the islands. Beginner students will learn basic techniques (feet and hands) and intermediate/advanced students will be challenged to the next level of their Hula journey. Students need to keep a binder with tabs and binder paper, and pen and pencil. Suggested clothing: non-logo black t-shirt, pa'u or pareau (wrap). A handout of specific expectations will be sent to new students. Please email the instructor directly if you have any questions. Instructor: Makalea Kim, pahulaohana@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Please find an area to dance where the instructor can see your full body (feet and especially when arms are up).

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL801814 Tue 7:00-8:00PM
3/30-5/25, no class 4/13 (8 weeks)
Age 55+ \$45/others \$65

Community Interest & Older Adults Distance Learning

NEEDLE ARTS & SEWING

Knitting Workshop, All Levels

Have you ever faced a "brick wall" with a knitting project? Come join others who are looking for solutions. Learn to read directions successfully. Projects incorporating a variety of knitting techniques will be offered. Beginners will need a skein (ball) of cotton yarn and either #7 or #8 knitting needles, preferably a 16" circular needle. Instructor: Caroline Hui, caroline.hui@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL087312 Tue 1:00-3:00PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$90/others \$110

Needle Arts: Basic Techniques of Needlepoint and Counted Cross Stitch

A class that encompasses all ages, levels and interests, needle arts emphasizes needlepoint and counted cross stitch techniques. Alternative stitches, finishing, and solving individual problems are included in the instruction. Instructor: Caroline Hui, caroline.hui@mvla.net.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL087412 Wed 1:15-3:15PM
3/31 - 5/26, no class 4/14 (8 weeks)
Age 55+ \$90/others \$110



PHYSICAL FITNESS & LIFESTYLE WELLNESS

Ballet Barre with Floor Barre, via Zoom with Jean

Promote balance, strength and mobility, with classical ballet technique at the barre, combined with mat work and light conditioning for adults of all ages. No experience necessary. Condition to upbeat, fun, classical music. Develop grace, expressiveness, and confidence. The instructor makes movement easier for each individual. Instructor: Jean Elvin, jean.elvin@mvla.net, sweetagility.com.

Meet from your home, using Zoom! All you need is a chair, countertop, or portable barre, a mat for floor work, and the Zoom application installed on your computer, mobile phone, or other device. The device needs an Internet connection and a microphone and webcam. Students can also connect by landline (audio only, no webcam needed). Instructor will email meeting information to students prior to the first class.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL083321 Mon 4:00-5:15PM
3/29 - 5/24, no class 4/12 (8 weeks)
Age 55+ \$56/others \$76

Feldenkrais® Awareness Through Movement®, via Zoom with Jean

Improve coordination and quality of movement naturally. Surprise yourself with a new sense of well-being in all areas: back, neck, shoulders, balance and transitions from the floor. Gentle movements reduce pain and stiffness and restore grace. Improve not only physically, but also in self-concept and creativity. Instructor: Jean Elvin, jean.elvin@mvla.net, sweetagility.com.

Meet from your home, using Zoom! All you need at home is your mat for floor work and the Zoom application installed on your computer, mobile phone, or other device. The device needs an Internet connection and a microphone and webcam. Students can also connect by landline (audio only, no webcam needed). Instructor will email meeting information to students prior to the first class.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL083312 Fri 10:00-11:15AM
4/2 - 5/28, no class 4/16 (8 weeks)
Age 55+ \$56/others \$76

Community Interest & Older Adults Distance Learning

Exercise for the Older Adult

Are your daily routines inhibited because you are plagued with stiffness and limited movement? Are you afraid your balance is rapidly declining and you may need to depend on special aids? This class includes specific strengthening exercises from a sitting or standing position. All kinds of music, including Latin music, will be played with simple routines where you will choose high or low intensity exercises. Routines are easy to follow, concentrating on balance, movement, strength, and coordination. No advanced experience is required. A TheraBand should be purchased before the first day of class if students don't already own one. Please contact the instructor, Alejandra Picollo, alejandrapicollo822@gmail.com, if you have any questions.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL082603 Tue 11:30AM-12:30PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$45/others \$65

High Performance Coaching

Are you struggling with everyday life? Are you ready to transform to your best self? Change your life NOW with High Performance Coaching. This group coaching is led by a bilingual Certified High Performance Coach. The course will provide students with the tools and skills they need to help them achieve their goals faster, improve their life, and reach high performance in every area, no matter what their background, through powerful discussions and effective habit-building across six core 60-minute sessions. "No matter how small you start, start something that matters." Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

DL082501 Tue 1:30-2:30PM
3/30 - 5/11, no class 4/13 (6 weeks)
Age 55+ \$56/others \$76

Tai Chi and Qigong, Chen Style – Beginning

This class will introduce the Chen-style Taijiquan form, Silk-reeling Exercises, and Wuji Qigong. Silk-reeling Exercises are a series of spiral movements which promote muscle relaxation and flexibility by reducing physical tension and strain. Wuji Qigong (standing meditation) will help students to cultivate internal energy (qi) with proper body alignment for better internal energy flow which will enhance their immune systems, and to reduce physical and mental stress. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL601122 Tue 6:00-7:30PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$75/others \$95



Community Interest & Older Adults Distance Learning

Tai Chi and Applications, Chen Style – Intermediate

This class will continue the Chen-style Taijiquan form, and applications for various movements will be presented in this class. The Chen-style Taijiquan form is soft and graceful with strong rooted stands that will help students to develop strength, balance, coordination and an understanding of basic Taiji principles. Instructor: Master Anthony Wong, wongwaiyi@hotmail.com. For more information, visit chenfamilytaiji.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL601124 Tue 7:45-9:15PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$75/others \$95

Chair Yoga

Chair Yoga is a gentle form of yoga where students perform postures and breathing exercises with the aid of a chair, either sitting or standing using a chair for support. Students can experience many benefits of yoga without having to get up or down from the floor, including increased balance, strength, flexibility, range of motion, and stress reduction. What you need: all you need for the Chair Yoga experience is a chair, towel, and yoga block. It is important to wear loose, comfortable clothing when doing yoga. Please take off any jewelry and metal items, and tie hair back loosely. You also need to stay warm after your session. Instructor: Shadi Haghi, shadihaghi1@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL600402 Fri 6:30-7:30PM
4/2-5/28, no class 4/16 (8 weeks)
Age 55+ \$45/others \$65

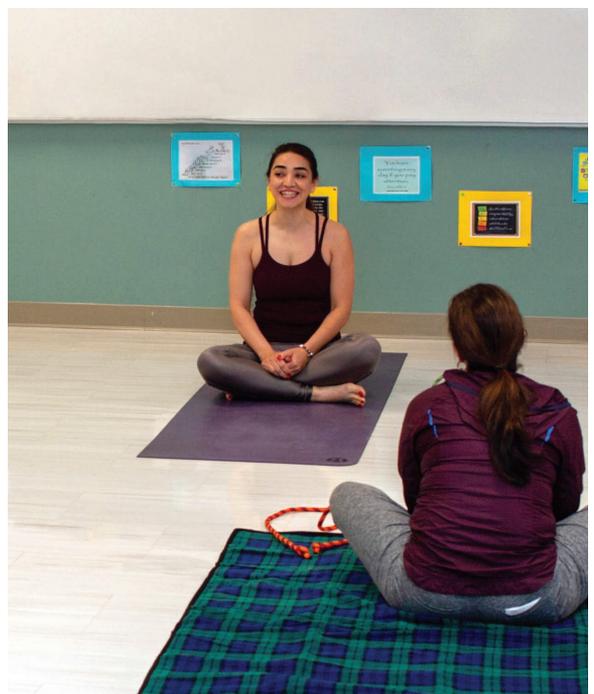
Hatha Yoga

This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of Hatha Yoga, the class blends balance, strength, flexibility, and power in a fitness format. All you need for the Hatha Yoga experience is a towel, mat, and yoga block. It is important to wear loose, comfortable clothing when doing yoga. Please take off any jewelry and metal items, and tie hair back loosely. You also need to stay warm after your session. Instructor: Shadi Haghi, shadihaghi1@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL600331 Thu 6:00-7:00PM
4/1-5/27, no class 4/15 (8 weeks)
Age 55+ \$45/others \$65



Community Interest & Older Adults Distance Learning

Zumba Gold

Come join us for exciting Latin and international dance rhythms created in the original Zumba and designed for the Older Adult. Includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock and Roll. This program provides the participant with a safe and effective total body workout! It's fun, different, easy, and effective, and it's great for the mind, body, and soul. No previous dance experience required. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL082401 Tue 6:15-7:15PM
3/30 - 5/25, no class 4/13 (8 weeks)
Age 55+ \$45/others \$65



Zumba Latin

Zumba combines high energy and motivating Latin music with easy-to-follow dance steps. This feel-happy workout (twice weekly) is great for the body and the mind! Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone/sculpt the body and maximize caloric output, fat burning, and total body toning. Instructor: Alejandra Picollo, alejandrapicollo822@gmail.com.

This is an online class and meetings will be held via Zoom. Instructor will email meeting information to students prior to the first class. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam.

The MVLA Adult School and the class instructor assume no responsibility for any injuries arising from participating in this online class.

DL801610 Mon/Thu 6:00-7:00PM
3/29 - 5/27, no class 4/12 and 4/15 (16 meetings)
Age 55+ \$75/others \$95

Student Support Services

TECHNOLOGY SUPPORT FOR STUDENTS

MVLA Adult School acknowledges that some students may face challenges with technology that could affect their ability to engage with distance learning. In response to this need for more student technical support, we have created Technology Advocate Services. These services are designed to address specific technical needs of our students and to help them to be successful in their distance learning courses.

MVLA Adult School offers 3 tiers of technology support for students:

- 1. General Technology Resources** - This web page offers a video library consisting of "How to" subjects of interest to students across all programs. The video library is available 24/7 and can be accessed online at: mvla.net/as/techsupport
- 2. Technology Support Workshops** - We offer Zoom workshops with a live instructor designed for small groups to strengthen basic technology skills needed to participate in distance learning.
- 3. One-on-One Student Support** - Students who need more individualized support may make a request with their teacher to set up an appointment with a Technology Advocate.

MVLA Adult School Technology Advocate Services are available to all students. However, registration is required for the Technology Support Workshops. Students are encouraged to register for one or more of these workshops either before or at the start of a new program/course at MVLA Adult School.



TECHNOLOGY SUPPORT WORKSHOPS

All workshops are free of charge but registration is required. Register online.

Workshops will be held online via Zoom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Registered participants will receive the Zoom link 24 hours prior to the workshops, as well as step-by-step instructions for how to download and install the Zoom application. Please email instructor Jim Wong at jim.wong@mvla.net if you are having difficulty or need help with downloading the software.

Zoom Essentials for Distance Learning (Basic)

New to distance learning and need some help getting started? This workshop focuses on the basic Zoom features the student will need to access and participate in an online class. Features covered include: login, microphone on/off, video on/off, signaling, and chat. At the end of the workshop, students will be able to access and participate in a Zoom class. Instructor: Jim Wong, jim.wong@mvla.net.

DL604100 3/8 Mon 1:00-2:00PM

DL604101 4/5 Mon 1:00-2:00PM

DL604102 5/3 Mon 1:00-2:00PM

Zoom Essentials for Distance Learning (Advanced)

Would you like to learn how to communicate better with Zoom tools and participate more in your online class? This workshop focuses on advanced Zoom features so that students can maximize their experience in class. Features include: screen share, white board, annotation, breakout rooms, remote control, and chat. At the end of the workshop, the student will be able to seamlessly move in and out of breakout rooms and communicate more fully with the class via screen sharing and annotation. Instructor: Jim Wong, jim.wong@mvla.net.

DL604200 3/15 Mon 1:00-2:00PM

DL604201 4/19 Mon 1:00-2:00PM

DL604202 5/10 Mon 1:00-2:00PM

Student Support Services

ACADEMIC TUTORING

Tutoring services are available for students enrolled in our ESL, GED, and CTE programs. Please contact the coordinator in your specific program area for more information.



CALWORKS PROGRAM

If you meet certain eligibility requirements, you may be qualified for CalWORKs assistance. CalWORKs provides qualified families with benefits including cash aid, childcare, transportation and educational cost reimbursement. For more information or to apply, visit cdss.ca.gov/calworks or the Mountain View Santa Clara County Social Services Agency: sccgov.org/sites/ssa/financial-assistance/Pages/calworks-program.aspx.

Already a CalWORKs participant? MVLA's CalWORKs representative will help and partner with you while you attend classes at MVLA Adult School. Due to the current Adult School physical closure, our CalWORKs representative is available by phone, email, or text during the office hours listed below and by online appointment via Zoom. You may contact our representative at:

Jim Wong, CalWORKs Site Representative, MVLA
(650) 940-1333 x4105 / jim.wong@mvla.net

Office hours:
Mon-Thu 9:00AM-1:00PM
Fri 11:00AM-3:00PM

TRANSITION ADVISING AND CAREER SERVICES

MVLA Adult School, along with our partners in the North Santa Clara County Consortium (NSCCC), acknowledges that adult students deserve to attain education and career success. With the assistance of Adult Education Program funding, we have put in place a Transition Adviser to work one-on-one with students to facilitate their seamless transition to further education and the workforce.



Transition advising and career services are available to adult school students registered in any of our core classes or programs, up to one year after course completion; they include:

- Job Seeking Assistance
- Resume Writing
- Job Search Information
- Career Exploration
- Networking
- Interview Practice
- Online Job Postings at our Job Blog: mvlaae.wordpress.com
- College Selection, Application, Registration
- Connection to Support Services

Due to the current physical Adult School closure, transition services will be available Mon-Fri 8:30AM-3:00PM and Tue 6:00-9:00PM, via Zoom meetings or Google Meet. Please email Transition Advisor-Coordinator, Tina Dave, at tina.dave@mvla.net to set up a meeting. 24-hour notice to set up a meeting is highly appreciated.

Student Support Services

CAREER TRANSITION WORKSHOPS

These workshops are available for adult school students registered in any of our core classes or programs, up to one year after course completion. All workshops are free of charge but registration is required. Register online.

DL603105	Career Exploration	4/27	Tue 1:00-2:00PM
DL603205	Resume Workshop	5/4	Tue 1:00-2:00PM
DL603405	Interview Preparation	5/11	Tue 1:00-2:00PM
DL603505	FAFSA Overview	5/18	Tue 1:00-2:00PM
DL603305	LinkedIn Account	5/25	Tue 1:00-2:00PM

Workshops will be held online via Zoom. Students will need to download and install the Zoom application on a computer, tablet, mobile phone, or other device with an Internet connection and microphone/webcam. Registered participants will receive the Zoom link 24 hours prior to the workshops.

Career Exploration

Unsure what career would be the best option for you? Attend the career exploration workshop to discover which career best meets your interests and skills.

Resume Workshop

What makes an effective resume? Learn the essentials of how to write a resume that will get you noticed. Create a new resume that highlights your skills or receive guidance on how to update an existing resume to land you that next position! (Please bring relevant background information such as job history and educational experience to add to your resume.)

Interview Preparation

Now that you have an interview, how should you prepare? What should you wear? What types of questions will be asked? Learn about different types of interviews and practice responding to questions in a way that demonstrates your knowledge and qualifications for the position you want.

Community College Application

FAFSA Overview

Interested in continuing your education in the college setting? Did you know that the government provides financial assistance for those who qualify? Attend this workshop to learn how to access and apply for the Free Application for Federal Student Aid (FAFSA).

LinkedIn Account

Professional networking is an essential component of your job search. Learn simple tips and strategies that will help you develop a strong LinkedIn profile and stand out! Learn how to create or update your LinkedIn account using your current resume.



Registration Information

REGISTRATION BEGINS FEBRUARY 22ND

Due to the extended physical school closure, the MVLA Adult School is **only offering online, distance learning (DL) classes for the start of Spring 2021, and can only offer online registration** for classes. Classes are open to residents of California only.

ONLINE REGISTRATION

Go to mvla.net/AS and click the Registration link. We accept VISA or MasterCard.

If you encounter any issues during the registration process, or if you have registered for classes at the Adult School in the past, but have never registered online, **please email us at adulthood@mvla.net** and your message will be forwarded to a staff member who can assist you. Please include your contact phone number as well as your email address in your message.

Who Is Eligible to Register Classes are open to residents and non-residents 18 years and older. High school enrolled students, 16 years and older, may register for an adult education class for credit after getting approval from their home school and the Adult School office prior to registering or attending.

Refund Policy Please choose classes carefully. Because the fees collected pay teachers' salaries, we must limit our refund policy. Refunds will only be given if requested **at least one week before the first class meeting**. No refunds will be given within one week of the first class meeting. **For all Career Technical Education classes, a 10% cancellation fee will be assessed** for refunds requested at least one week before the first class meeting, and no refunds will be given within one week of the first class meeting. **We cannot accept medical, business, travel, or other reasons for not participating in a class.** Thank you for your cooperation. If there is not sufficient enrollment by the preregistration deadline and your class is cancelled, we will issue a refund to your credit card.



PUBLIC NOTICE

MVLA Adult School Non-discrimination Policy

Mountain View Los Altos Union High School District Adult School does not discriminate in its educational programs, activities, or employment practices with respect to ethnic group, religion, gender, color, race, national origin or physical or mental disability.

Equal Opportunity Statement

As a WIOA Title-I financially assisted program, Mountain View Los Altos Adult School is an equal opportunity employer/program. Auxiliary aids and services are available upon request for individuals with disabilities.

Complaint Process

The Mountain View Los Altos Union High School District has a uniform complaint process as required in Code of Regulations, Title 5, Section 4622. MVLA UHSD Policy AR 1312.3(a). Leyla Benson, Associate Superintendent of Human Resources, is the designated compliance officer. A copy of that policy is available at the MVLA Adult School front office. The policy provides for mediation or investigation, presentation of information relevant to the complaint, follow-up and remedies or appeals as appropriate. For more information, call (650) 940-4675.

Mountain View Los Altos Adult School Mission Statement

The Adult School is committed to serving adult learners who will gain the knowledge, skills, and proficiency necessary to achieve personal goals in employment, secondary education, and English language skills in order to become self-reliant and productive members of the community.

Student Learning Outcomes

Students will:

- Set goals and progress towards them.
- Achieve a measurable increase in knowledge, skills and proficiency in their goal area.
- Be able to apply knowledge, skills and proficiency to employment and continuing education.

Mountain View Los Altos High School District Superintendent & Board of Trustees

Dr. Phil Faillace
Mr. Sanjay Dave

Ms. Debbi Torok
Ms. Fiona Walter

Ms. Catherine Vonnegut
Dr. Nellie Meyer, Supt.

North Santa Clara County Consortium (NSCCC)

The MVLA Adult School is a member of the North Santa Clara County Consortium (NSCCC), a collaboration that serves the communities of Cupertino, Los Altos, Los Altos Hills, Mountain View, Palo Alto, and Sunnyvale, as well as portions of San Jose. Its mission is to coordinate and align programs, create linkages, and develop regional plans to better serve the educational needs of adults in the region. Meet the members of the consortium:

Mountain View Los Altos Adult School mvla.net/AS

Palo Alto Adult School paadultschool.org

FUHSD Adult School fuhsdadultschool.com

De Anza College deanza.edu

Foothill College foothill.edu

MVLA
ADULT SCHOOL
Learning for a Lifetime



FUHSD Adult School
One School Educating All

Find out more about NSCCC at nscadulterd.com.



The Mountain View Los Altos Adult School has been accredited by the Western Association of Schools & Colleges since 1965.

The Mountain View Los Altos Adult School is a Pearson VUE Test Center; an NCCT (National Center for Competency Testing) test site for Medical Assistants, Medical Office Assistants, and Medical Insurance and Coding Specialists; an AMCA (American Medical Certification Association) test center for Physical Therapy Aide (PTA); and a CompTIA-approved academic partner.

MVLA
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Fully Accredited by
WASC
ACCREDITING COMMISSION FOR SCHOOLS

PEARSON
VUE-Authorized
Test Center


National Center for
Competency Testing


American Medical Certification Association

CompTIA
AUTHORIZED
PARTNER


BAY AREA
GREEN BUSINESS