

# **PBS Adult Continuing Education Distance Learning Online Course**



## **2020 Summer II:**

### **Navigating, Surviving & Thriving in the Modern World**

**Mondays & Wednesdays, 9:30 - 11 AM**

10 Virtual Classroom Meetings:

July 13, 15, 20, 22, 27, 29, August 3, 5, 10, 12

## **REGISTER TODAY!**

- \* Classes will be held online through Zoom. Training materials will be provided to assist students in navigating these systems.
- \* Tuition for the course is \$300.00 for the semester, payable via credit card on the PBS web site.

**See reverse side for course description.**

**Visit our website for complete schedule of classes  
and detailed registration instructions.**

**To Register: <http://www.positivebehavior.org/adult-education.html>**

**Questions: [AdultEd@PositiveBehavior.org](mailto:AdultEd@PositiveBehavior.org)**

# Navigating, Surviving & Thriving in the Modern World

What a complicated world we live in! Living in the 21st century, especially with modern technology all around us, can seem overwhelming and confusing at times. This course provides an overview of topic areas important for not just navigating through our day-to-day activities but also excelling at those activities. Topics include:

- communication skills (at home and in the community)
- dressing for success, assertive writing & the “hidden” curriculum of life
- Keeping yourself healthy and safe in your home and community
- using technology such as GPS & apps for transportation and safety
- recognizing and responding to emergencies
- using of social media platforms safely, etc.
- AND MORE

Assignments will involve practicing learned skills and going out into the community while practicing social distancing and taking all precautions necessary to stay safe from COVID-19. At some point in our lives, almost everyone experiences the complexities of the world we live in. It becomes very difficult when we’ve learned how to make our way through life one way and are then asked to change some aspect of it as we and the world around us changes. This class will cover vital aspects of living in the 21st century.

## Meet the Instructor



Suman Mohammad is joining PBS’ adult continuing education classes of remote learning! Suman is a NYS licensed education teacher and has worked with individuals of various age groups. Suman has previously taught strategies for post secondary success to adults with disabilities at Nassau Community College. She enjoys teaching individuals about life, social and work skills. She also loves to teach individuals about the hidden curriculum (lessons you’re never taught in school) and how to excel in our very complex world! Suman is great with technology and finding new and innovative ways to teach students to tap into their own creativity. She looks forward to teaching this summer and cannot wait to start this journey of navigating, surviving, and thriving in the modern world with each and every one of you!

*PBS Adult Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students benefit from being engaged with interesting material and collaborating with other students.*