



# Surviving & Thriving in the Modern World

A PBS Adult Continuing Education Online Course

Open to All Interested Students

No Prerequisite Courses Required - Appropriate for All Students

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## Dates & Times

Tuesdays and Thursdays, 10 - 11:30am EST

- Feb. 9, 11, 16, 18, 23, 5, Mar. 2, 4, 9, 11, 2021

## Course Information and Registration

- Class is held on the Zoom platform
- Tuition for full course is \$325
- All students receive a Certificate of Completion
- Register with credit card online:

<https://www.positivebehavior.org/adult-education.html>

See Reverse Side For Full Course Description

Questions?

[AdultEd@positivebehavior.org](mailto:AdultEd@positivebehavior.org)

## Course Description: Surviving & Thriving in the Modern World

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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:

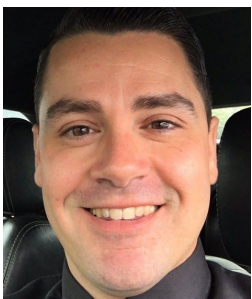
- keeping yourself healthy and safe in all environments
- using technology such as GPS & apps for transportation and safety
- recognizing and responding to emergencies & other unexpected things that life throws at you
- using social media platforms and the internet effectively & safely
- effective communication (spoken, unspoken & written)
- making great first impressions (and 2nd, 3rd, 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.

### Your Instructor

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Dan Elfawal has a Masters in Special Education/Elementary Education, is a Board Certified Behavior Analyst, and a certified yoga instructor. He has been educating children and adults for over 15 years. At PBS Consulting & Psychological Resources, P.C., Dan has provided education consultation and crisis counseling, parent training, job development and coaching, and SEIT services. He has worked in various settings, including K-12 classrooms, colleges, and the greater Long Island community.

*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.*