

# Co-Curricular Courses- “Developing a Balanced You”

## Timetable 2024/2025 Semester 1

Course	Course #	Credits	Day	Time	Room No.
Discover Microsoft 365 Collaborative Tools	COCR 1059	3	Monday	1:00pm – 4:00pm	LRC East Lab
Ethics and Integrity	COCR 1036	3	Monday	12:00pm- 3:00pm	FSS MLT
Financial Literacy	COCR 1013	3	Thursday	4:00pm- 7:00pm	TLC LT B <b>Week 1 and Weeks 4 -12</b>
					TLC LT A1 <b>Relocated</b> <b>Week 2-3</b>
First Aid CPR AED	COCR 1039	2	Tuesday	12:30pm- 3:30pm	TLC TR4
Innovation and Entrepreneurship Steps	COCR 1051	2	Friday	2:00pm- 4:00pm	TCB 23
Introduction to Sign Language	COCR 1052	3	Friday <b>(Lecture)</b>	4:30pm- 5:30pm	FHE SOE 219 FHE SOE 228 FHE SOE 325 (SR2) FHE SOE 326 (SR3)
			Friday <b>(Tutorial)</b>	5:30pm- 7:30pm	FHE SOE 219 FHE SOE 228 FHE SOE 325 (SR2) FHE SOE 326 (SR3)
Meditation for Holistic Health	COCR 1046	2	Wednesday	4:30pm- 6:30pm	TLC TR 5
Microsoft Excel Expert 2019	COCR 1048	2	Tuesday <b>(Group 1)</b>	9:00am- 11:00am	LRC West Lab
			Thursday <b>(Group 2)</b>	9:00am- 11:00am	LRC West Lab
Microsoft PowerPoint 2019	COCR 1056	2	Tuesday <b>(Group 1)</b>	10:00am -12:00pm	LRC East Lab
			Wednesday <b>(Group 2)</b>	1:00pm – 3:00pm	LRC West Lab
			Thursday <b>(Group 3)</b>	10:00am – 12:00pm	LRC East Lab
Microsoft Excel 2019	COCR 1058	2	Monday	9:00am- 11:00am	LRC West Lab
			Wednesday	9:00am- 11:00am	LRC West Lab
Microsoft Word 2019	COCR 1057	2	Monday <b>(Group 1)</b>	10:00am- 12:00pm	LRC East Lab
Mind the Gap	COCR 1033	1	Thursday	2:00pm- 4:00pm	TLC TR6
Public Speaking and Voice Training*** (Location to be announced)	COCR 1034	3	Thursdays <b>(Lecture)</b>	1:00pm- 2:00pm	
			Thursday <b>(Tutorials)</b>	2:00pm- 4:00pm	
Study Skills	COCR 1000	1	Tuesday	1:00pm- 2:00pm	TLC TR 7
			Wednesday	1:00pm- 2:00pm	TLC TR 7
Technology Literacy	COCR 1030	3	Monday <b>(Group 1)</b>	1:00pm- 4:00pm	LRC East Lab
			Wednesday <b>(Group 2)</b>	1:00pm- 4:00pm	LRC East Lab
			Thursday <b>(Group 3)</b>	1:00pm- 4:00pm	LRC East Lab
			Wednesday <b>(Group 2)</b>	10:00am- 12:00pm	LRC East Lab
The Basics of Steelpan	COCR 1050	2	Thursday <b>(Lecture)</b>	4:00 pm- 5:00 pm <b>Weeks 1,3,5,7,9,11</b>	FHE SOE 202
			Thursday <b>(Practical)</b>	4:00pm- 6:00pm <b>Weeks 2,4,6,8,10,12</b>	Old DFM
			Thursday <b>(Practical)</b>	5pm- 6pm <b>Weeks 3,5,7,9,11</b>	Old DFM
Workplace Protocol for Students	COCR 1012	3	Tuesday	4:00pm- 7:00pm	FSS 103