

Co-Curricular Courses- “Developing a Balanced You”

Timetable 2023/2024

Course	Course #	Credits	Day	Time	Room No.
Meditation for Holistic Health	COCR 1046	2	Wednesday	4:30pm- 6:30pm	TLC TR 5
Workplace Protocol for Students	COCR 1012	3	Tuesday	4pm- 7pm	FSS 103
First Aid CPR AED	COCR 1039	2	Tuesday	12:30pm- 3:30pm	TLC TR4
Introduction to Sign Language	COCR 1052	3	Friday	4:30pm- 7:30pm	FHE SOE 325 (SR2) FHE SOE 326 (SR3)
Ethics and Integrity	COCR 1036	3	Monday	12pm- 3pm	FSS MLT
Mind the Gap	COCR 1033	1	Thursday	2pm- 4pm	TLC TR6
Public Speaking and Voice Training	COCR 1034	3	Thursday (Lecture)	1pm- 2pm	TLC LT C
			Thursday (Tutorials)	2pm- 4pm	TLC TR 3 TLC TR 4 TLC TR 5
			Tuesday Voice training only twice per semester	6pm- 7pm	FHE CLL Room 1
			Thursday Voice training only twice per semester	6pm- 7pm	FHE CLL Room 1
Technology Literacy	COCR 1030	3	Wednesday	1pm- 4pm	LRC East Lab
			Thursday	1pm- 4pm	LRC East Lab
Microsoft Excel Expert	COCR 1048	2	Tuesday	9am- 11am	LRC East Lab
			Thursday	9am- 11am	LRC East Lab

Course	Course #	Credits	Day	Time	Room No.
Microsoft PowerPoint	COCR 1056	2	Tuesday	10am- 12pm	LRC East Lab (Group1)
			Wednesday	1-3 pm	LRC West Lab (Group2)
			Thursday	10am- 12pm	LRC East Lab (Group3)
Microsoft Word	COCR 1057	2	Wednesdays	10am- 12pm	LRC East Lab
Microsoft Excel	COCR 1058	2	Monday	9am- 11am	LRC West Lab (Group1)
			Wednesday	9am- 11am	LRC West Lab (Group2)
Discover Microsoft 365 Collaborative Tools	COCR 1059	3	Monday	9am- 12pm	LRC East Lab
Learn to Microsoft 365 Collaborative Tools	COCR 1060	2	Tuesdays	1 pm - 3pm	LRC East Lab
Innovation and Entrepreneurship Steps	COCR 1051	2	Friday	2pm- 4pm	TCB 23
Study Skills	COCR 1000	1	Tuesday	1pm- 2pm	TLC TR 7
			Wednesday	1pm- 2pm	TLC TR 7
Financial Literacy	COCR 1013	3	Thursday	4pm- 7pm	TLC LT B Weeks 1 and Weeks 4 -10
					TLC LT A1 Relocated Weeks 2-3 and Weeks 11-12
The Basics of Steelpan	COCR 1050	2	Thursday (Lecture)	4pm- 5pm Weeks 2,4,6,8,10,12	FHE School of Education (SOE) 202

Course	Course #	Credits	Day	Time	Room No.
			Thursday (Practical)	5am- 6pm Weeks 2,4,6,8,10,12	Old DFM
			Thursday (Practical)	4am- 6pm Weeks 3,5,7,9,11	Old DFM