

Co-curricular Courses

Developing a Balanced You

VIRTUAL CLASSES

COURSE	COURSE #	# OF CREDITS	DAY	TIME
Minding SPEC	COCR 1001	3	Thursdays	5-8 pm
Workplace Protocol for Students	COCR 1012	3	Tuesdays	4-7 pm
			Wednesdays	9am – 12 pm
Financial Literacy & Training	COCR 1013	3	Tuesdays	4-7 pm
Technology Literacy	COCR 1030	3	Tuesdays	1-4 pm
			Thursdays	1-4 pm
Mind the Gap: Towards Psychological Health & Wellness	COCR 1033	1	Thursdays	2-4 pm
Public Speaking & Voice Training	COCR 1034	3	Thursdays	Lecture 1-2 pm
				3 Tutorials 2-4 pm
Ethics & Integrity Building Moral Competencies	COCR 1036	3	Mondays	1 – 4 pm
CPR & First Aid	COCR 1039	2	Tuesdays	1-3 pm
Microsoft Office Access 2016	COCR 1040	2	Tuesdays	10 am – 12 pm
Microsoft Office Excel 2016	COCR 1041	2	Mondays	9-11 am
				2-4 pm
			Tuesdays	10am – 12 pm
				Wednesdays
Microsoft Office PowerPoint 2016	COCR 1042	2	Wednesdays	11 am-1 pm
				1-3 pm
Microsoft Office PowerPoint 2016	COCR 1042	2	Wednesdays	10 am -12 pm
			Thursdays	9-11 am
Microsoft Office Word 2016	COCR 1043	2	Mondays	10am – 12 pm
				1-3 pm
			Tuesdays	2-4 pm
			Wednesdays	1 – 3 pm
Microsoft Office Word 2016	COCR 1043	2	Thursdays	10am – 12 pm
			Thursdays	10am – 12 pm
Defensive Driving Simulation	COCR 1047	1	Tuesdays	2-3 pm