Co-Curricular Courses - *"Developing a Balanced You"*

Timetable 2025/2026 Semester 2

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	Tuesday	4:00pm- 7:00pm	TLC LT C
First Aid CPR AED	COCR 1039	2	Tuesday	12:30pm- 3:30pm	TLC TR4
Introduction to Sign Language	COCR 1052	3	Monday	4:30pm- 7:30pm	CLL
Meditation for Holistic Health	COCR 1046	2	Thursday	4:30pm-6:30pm	TLC TR 8
Microsoft Excel Expert 2019	COCR 1048	2	Tuesday	10:00am- 12:00pm	LRC East Lab
Microsoft PowerPoint 2019	COCR 1056	2	Tuesday **(Group 1)**	10:00am - 12:00pm	LRC West Lab
			Thursday **(Group 2)**	10:00am – 12:00pm	LRC East Lab
Microsoft Excel 2019	COCR 1058	2	Monday **(Group 1)**	9:00am- 11:00am	LRC West Lab
			Wednesday **(Group 2)**	9:00am- 11:00am	LRC West Lab
				1:00pm-3:00pm	
Microsoft Word 2019	COCR 1057	2	Monday **(Group 3)**	10:00am- 12:00pm	LRC East Lab
			Monday **(Group 1)**	1:00pm-3:00pm	LRC West Lab
			Wednesday **(Group 2)**	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	COCR 1034	3	Monday **(Lecture)**	1:00pm- 2:00pm	FHE SB3
			Thursday **(Tutorials)**	1:00pm- 4:00pm	TLC LT A1 **(Group 1)**

Course	Course #	Credits	Day	Time	Room No.
					TLC TR2 **(Group 2)**
					TLC TR3 **(Group 3)**
					TLC TR5 **(Group 4)**
Technology Literacy	COCR 1030	3	Wednesday **(Group 1)**	1:00pm- 4:00pm	LRC East Lab
			Thursday **(Group 2)**	1:00pm- 4:00pm	LRC East Lab
The Basics of Steelpan	COCR 1050	2	Thursday **(Lecture)**	4:00pm- 5:00pm Weeks 2,4,6,8,10,12	FHE SOE 131
			Thursday **(Practical)**	4:00pm- 6:00pm Weeks 1,3,5,7,9,11	Old DFM
			Thursday **(Practical)**	5:00pm- 6:00pm Weeks 2,4,6,8,10,12	Old DFM
Workplace Protocol for Students	COCR 1012	3	Tuesday	4:00pm- 7:00pm	FSS 103