

Co-Curricular Courses- “Developing a Balanced You”

Timetable 2023/2024

Course	Course #	Credits	Day	Time	Room No.
Meditation for Holistic Health	COCR 1046	2	Thursday	4:30pm- 6:30pm	TLC TR 8
Workplace Protocol for Students	COCR 1012	3	Tuesday	4:30pm- 7:30pm	FSS 103
First Aid CPR AED	COCR 1039	2	Tuesday	12:30pm- 3:30pm	TLC TR4
Introduction to Sign Language	COCR 1052	3	Thursday	4:30pm- 7:30pm	FHE SOE 325 (SR2)
			Friday		FHE SOE 326 (SR3)
Ethics and Integrity	COCR 1036	3	Monday	1pm- 4pm	FSS MLT
Mind the Gap	COCR 1033	1	Thursday	2pm- 4:30pm	TLC TR6
Public Speaking and Voice Training	COCR 1034	3	Thursday (Lecture)	1pm- 2pm	TLC LT A1
			Thursday (Tutorials)	2pm- 4pm	TLC TR 2 TLC TR 3 TLC TR 5 TLC LT A1
Technology Literacy	COCR 1030	3	Wednesday	1pm- 4pm	LRC West Lab (Group 1)
			Thursday	1pm- 4pm	LRC East Lab (Group 2)
Microsoft Excel Expert	COCR 1048	2	Tuesday Thursday	10am- 12pm	LRC East Lab
Microsoft PowerPoint	COCR 1056	2	Tuesday	10am -12pm	LRC West Lab
			Wednesday	1pm – 3pm	LRC West Lab
			Thursday	10am – 12pm	LRC East Lab

Course	Course #	Credits	Day	Time	Room No.
Microsoft Excel	COCR 1058	2	Monday	9am- 11am	LRC West Lab (Group1)
			Wednesday	9am- 11am	LRC West Lab (Group2)
Microsoft Word	COCR 1057	2	Monday Wednesday	10am- 12pm 10am- 12pm	LRC East Lab
Discover Microsoft 365 Collaborative Tools	COCR 1059	3	Monday	9am- 12pm	LRC East Lab
Learn to Microsoft 365 Collaborative Tools	COCR 1060	2	Tuesday	1 pm - 3pm	LRC West Lab
Innovation and Entrepreneurship Steps	COCR 1051	2	Friday	2pm- 4pm	TCB 23
Introduction to the Microsoft 365 Productivity Cloud	COCR 1049	2	Tuesday	1pm – 3pm	LRC East Lab
Study Skills	COCR 1000	1	Tuesday	1pm- 2pm	TLC TR 7
			Wednesday	1pm- 2pm	TLC TR 7
Financial Literacy	COCR 1013	3	Tuesday	4pm- 7pm	TLC LT B Weeks 1-7 and Weeks 9 -12
					LRC A Relocated Week 8
The Basics of Steelpan	COCR 1050	2	Thursday (Lecture)	4pm- 6pm Weeks 1,3,5,7,9,11	Old DFM
			Thursday (Practical)	4pm- 5pm Weeks 2,4,6,8,10,12	FHE SOE 131
			Thursday (Practical)	5pm- 6pm Weeks 3,5,7,9,11	Old DFM