

Welcome Back Seniors!

- Course Overview:

- Syllabus
- Content Outline
- Grading

- RC WEEK Oct 24-30

- PFT Testing:
- Certification Process
- October
- Retirement luncheon (28th alondra)?

Test Dates

Week 5 Test 1

-Sept. 27th

Week 10 Test 2

-Nov. 1st

Week 16 Test 3

-Nov. 29th

Week 18 Final

-Dec. 13th

Holidays-No Class No Clinic

- Labor Day – September 6th
- Veterans Day - November 12th
- Thanksgiving – November 25-28
- Winter Holiday – December 17nd – Feb ??

Spring Semester Starts TBA....

Mental Health

- Depression is a serious disease.
- Mild, occasional depression is common, with rational cause.
- Depression can be Anger Repressed
- When someone hurts you, you get angry or depressed!
- The key to happiness and health is Balance

Welcome Back Seniors!

- Course Overview:
 - Syllabus (see in course folder on LAN)
 - Content Outline(Same as above)
 - Grading(same)

- Review Final from Summer!