

## Basic Education & Upgrading

### Academic Upgrading:

In partnership with the Nova Scotia School of Adult Learning, we provide academic upgrading courses through the Adult Learning Program (ALP). We offer Communications and Math upgrading at Levels 1 and 2 for adults who want to pursue their high school diploma.

Graduates of ALP Levels 1 & 2 are eligible to continue studies in Levels 3 & 4 at NSCC to obtain a high school diploma..

In our ALP 1 & 2 classes, learners will gain strategies to support their learning style as they develop academic skills in:

- Reading
- Writing
- Finding & Using Communication
- Math

We can offer a tailored program to address your learning needs.

ALP Courses include:  
 Communications - Levels 1 & 2  
 Math - Levels 1 & 2



Offered via: in-person classes (daytime) or one-to-one tutoring .

Courses offered: Sept - Jan/ Feb - June

### Reading & Math Strategies:

As part of the ALP Academic Upgrading programs, learners can focus on reading strategies and/or math skills.

These programs will give you the foundational reading and math skills needed for GED and other formal tests, academic study, and employment.

Ongoing enrollment (Sep - May)

### GED Prep:

Preparing for General Educational Development (GED) tests on your own can be intimidating.

We can help. Let us set you up for success. We break down the GED study materials into easy-to-manage sections, assess your skills and progress to ensure test readiness, and support your individual learning needs.

Offered via: in-person classes (daytime/evening) or one-to-one tutoring (daytime/evening as available)

Ongoing enrollment (Sep - Feb)



## Essential Skills & Empowerment Program

Essential Skills & Empowerment encompasses a series of stand-alone or combined classes that support adult learners to build the skills needed for life and work. Through this program you will:

- gain digital skills
- build skills to communicate, express themselves, and foster relationships
- learn strategies and techniques to handle life's stressors and build resilience
- be introduced to new and different perspectives to support their interactions with others
- gain insights into managing their learning and life goals

### Employability Skills

Build your knowledge of employability skills and the skills essential for success at work and in life. Identify your strengths and document them in your portfolio and resume. Learn strategies to address areas that are not strengths.

Offered via: in-person classes (daytime)  
Courses offered: Sep- Jan / Feb-Jun

### Aptitude Test Prep:

If you are preparing to write an aptitude test for career entry, post-secondary education, or apprenticeship, this program may be right for you. A program will be devised to fit your unique needs and can cover numeracy, spatial ability, vocabulary, reading comprehension and problem-solving.

What can this program do for you?

- Feel more confident when writing aptitude testing for the military, policing, or border security
- Build stronger skills for entry into manufacturing or writing a college entry assessment
- Improve your abilities in core knowledge required for apprenticeship exams

Offered year-round via in-person classes (daytime & evening)

### Computer Basics

Need to learn how to use computers? We can help. Get the digital skills needed to communicate with friends and family, communicate for work, get organized, problem-solve challenges, and navigate the online world safely and confidently.

Offered via: in-person classes (daytime)  
Courses offered: Sep-Jan / Feb - June



### Computer Applications

So, you know how to use email and look stuff up on the internet but that's where your confidence with computers ends. We can help. Our Computer Applications class walks you through the basic word processing, spreadsheet, scheduling and presentation skills you will need to work (paid/volunteer) or return to school.

Offered via: in-person classes (daytime)  
Courses offered: Sep-Jan / Feb - June

### You 2.0

Grow your resilience as you practice positive framing, coping skills and communication through creative expression. This program focuses on positive mental health and creativity, and is a wonderful opportunity to meet new people while engaging in arts based activities.

Offered via: in-person classes (daytime)  
Courses offered: Sept - Jan / Feb - June



# 2023 - 2024 Course Calendar

## Application Form

### Do You Meet Our Eligibility Criteria:

- Nova Scotia resident;
- Canadian Citizen, permanent resident, or refugee/protected person;
- 18 years of age or older;
- currently not in school;
- For Academic Upgrading or GED, must not already have a High School Diploma
- sufficiently proficient in speaking and listening in English (e.g., CLB 5/6)

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Main Phone: \_\_\_\_\_

Other Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Last Grade Completed: \_\_\_\_\_ Year: \_\_\_\_\_

School: \_\_\_\_\_

### Programs of Interest:

#### Basic Education & Upgrading Program

- Academic Upgrading
- GED Prep
- You 2.0

#### Essential Skills & Empowerment Program

- Employability Skills
- Aptitude Test Prep
- Computer Basics
- Computer Applications

Additional Comments: \_\_\_\_\_

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