

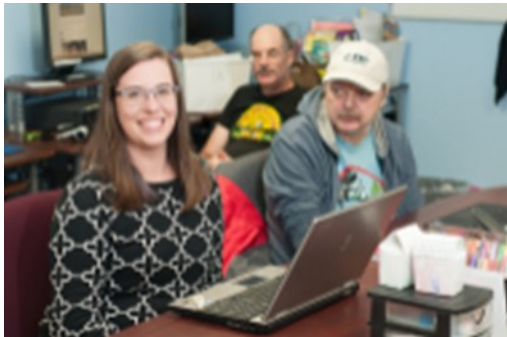
## Academic Upgrading

In partnership with the Nova Scotia School of Adult Learning, we provide academic upgrading courses in Communications and Math from Level 1 to Level 2 for adults who want to pursue their high school diploma.

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

Learners will gain strategies to support their learning style as they develop academic skills in:

- Reading
- Writing
- Finding & Using Communication
- Math



## Reading Strategies

Reading Strategies provides structured literacy instruction for learners who may struggle with reading.

Friday mornings 9am - 12 noon.

## CAEC Prep:

In 2024, the new Canadian Adult Education Credential (CAEC) replaced the well known GED tests. The CAEC is nationally recognized as a high school equivalency for adult learners and it can help you pursue employment and educational opportunities.



We can help. Let us set you up for success. We break down the CAEC 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)

## Learning & Work

Build your knowledge of employability and other essential skills for success at work and in life. Identify your strengths and document them in your portfolio and resume.

- Goal setting
- Manage your learning
- Portfolio development
- Time management
- Career exploration
- Workplace communication
- Job search strategies

A 12 week program, 4 afternoons/week.

## 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)

## Digital 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.



## Digital 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 Digital 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.