



Parent University

Summary of Classes Offered by Fresno State Parent University

4 Week Courses

Digital Literacy 1:

The Digital Literacy I class is intended to teach program participants the solid foundation in Basic Computer Skills, Video Conferencing Software, Classroom Management Software, Gmail, Google Apps, Internet, Search Engines, E-Safety, Telehealth, Online Job search and online College pathways. Participants learn the fundamentals of basic computer skills and best practices in navigation the Internet, school district parent portal and utilizing parental control software. The digital literacy program helps participants learn, acquire and familiarize themselves with the skills necessary to help their children with school work by utilizing online tools.

Digital Literacy 2:

This Digital Literacy 2 course is intended for parents to be able to distinguish the characteristics and capabilities of the different computing devices to choose the most convenient for their family, according to their needs and financial situation. By taking this class parents will learn to use the most common Google applications used by their children: Google Docs, Google Sheets and Google Slides. Parents will learn to use and develop various activities including resume and letter writing, creating budgets, planning sheets, and designing presentations.

To complement this level, parents will be able to do basic maintenance tasks on a computing device, identify and install and run free antivirus software on their computer.

Digital Literacy 3:

This Digital Literacy 3 course is designed for parents who already have an understanding of basic computing tools or have taken Digital Literacy I and/or II. Our goal is to teach parents to design and create a website in a simple way to apply them to any topic of their choice.

Parents will get more computer-savvy by learning how to create forms to administer surveys, use Google Calendar to quickly schedule events and share it with people of interest.

With the previously acquired knowledge they will be able to learn to use the advanced functions of Google applications (Docs, Slides, Sheets).

They will learn advanced options of their browser and thus configure their privacy, security and screen design, as well as the management of different Apps to help in the good school development of their children.

Digital Literacy 4:

This Digital Literacy 4 course is designed for parents to learn the digital skills necessary to be able to manage applications that help optimize tasks and activities through the preparation of documents, databases, spreadsheets, and the creation of animated sequences. The primary purpose of the class is to help adults prepare a business plan and /or apply to jobs that require such digital skills. Participants will learn how to use platforms that help them create, design, and develop a startup business website and social media presence.

Financial Literacy 1:

The Financial Literacy Class is intended to provide parents with essential money management skills that include: budgeting, smart spending, borrowing, credit and FICO scores, buying power, banking and saving, tax-advantaged college savings programs including the 529 plan. Additionally, the course guides parents on how to set financial goals and understand various savings and jump start lending programs.

Financial Literacy 2:

Financial Literacy 2 is designed for those students who have completed Financial Literacy I. The course teaches an intermediate approach to money management: budgeting, saving, debt, investing, giving and more. This course is designed to introduce participants to intermediate financial literacy skills to help them make responsible financial decisions. Advance concepts covered include an in depth financial planning. Best practices in opening and using online banking, advance credit repair, home/auto/personal loans, wages and taxes, investments and insurances.

Social and Emotional Wellness:

In this Course, parents learn that they have a dual role to play in raising a self-aware, respectful child who knows how to manage decisions and resolve conflicts non-violently.

Strategies include:

1. Creating a home environment of trust, respect and support.
2. Creating a climate that supports social and emotional learning - in and out of the classroom.

This course includes guest speakers (identified experts in the field) who speak to parents about strategies for nurturing emotionally intelligent children. Additionally, parents learn best practices in managing stress strategies

Health and Wellness:

The purpose of this course is to promote a Healthy Lifestyle to maintain the body and mind in an adequate manner in relation to mental health, nutrition, physical activity and health prevention.

Parents will learn how to use their clinic/hospital's Health Portal to review their records, make appointments, and obtain prescriptions .

We will address issues related to systemic diseases such as Diabetes, Hypertension, Obesity and Stress, Oral Health. They will learn what their causes and prevention are and we will promote activities to avoid them and improve our quality of life.

Family health and well-being includes multiple factors that must be considered in order to enjoy an emotionally and physically healthy family. They will learn various tips that will promote sports and correct nutrition for the good development of each member of the family and with this the prevention of systemic diseases.

English Conversation 1:

In English Conversation 1 class we have as a goal that parents learn to develop the four basic parts of language: listening, speaking, reading and translating.

For learning the English language it is essential to practice and develop comprehension and discussion skills through written and oral tasks.

It is of utmost importance that parents begin to use basic grammatical structures in oral and written form, as well as learn to translate while reading and writing. Our strategy is to analyze each class a series of written texts and words of daily use in order to be able to apply the acquired knowledge of the language in a complete daily conversation in English, as well as to acquire the ability to adapt the language to different contexts, demonstrating understanding of English.

English Conversation 2:

During this English Conversation 2 course we will continue to reinforce previously acquired knowledge at a more advanced level.

Parents will improve and acquire more basic English grammar skills, for this we will implement more conversational skills such as writing, reading and speaking to communicate at work, school and other daily tasks.

The parents will learn more about the structural elements of sentences, contextual grammar lessons, face-to-face communication activities, group interactions, and class discussions. All this to acquire the oral and written skills that will help them to function fluently in the scenarios they face every day in order to communicate correctly and effectively.

Spanish Conversation 1:

In this course, Parents will learn in a didactic and practical way the basic aspects of the Spanish Language. We will begin by giving a basic introduction to the Spanish-speaking world by reviewing the vocabulary and basic aspects of grammar, in order to later fully enter the activities that will allow us to delve into the scenarios that are presented to us daily in the necessary communication of everyday life. We will practice in the different activities and situations that we face in order to know how to communicate and understand what is transmitted to us.

The objective of this course is to help the parents to familiarize themselves, learn and above all to apply the knowledge acquired in everyday life situations in a natural and fluid way.

Knowledge to be acquired in this course:

- Basic knowledge and pronunciation of the Alphabet and Numbers in Spanish.
- Basic Grammatical Aspects
- Days of the Week and Months in Spanish
- Basic greetings, introductions and farewells in Spanish.
- Basic Spanish Questions
- Listening exercises.

Spanish Conversation 2:

Parents will follow up on what was learned previously in the Spanish Conversation course 1, we will follow the line of learning with an emphasis on didactic practice and activities that throw us into scenarios of daily life. We are going to perfect pronunciation, enrich vocabulary and expand our grammatical knowledge of Spanish speech.

The objective is to solidify and expand the knowledge until it is possible to apply this new language efficiently, fluently and safely.

Knowledge to acquire in the course:

- Daily activities, routines and hobbies in Spanish.
- Talking about food and chores in Spanish.
- Conversations in jobs and professions.
- Conversational and Listening exercises.
- Conversations of life experiences.
- Grammar in Spanish.
- Vocabulary and pronunciation.
- Give directions and describe Cities.

2 Week Courses

Small Business Development:

In this course, Parents will learn to define a new business idea or expand an existing one. Anticipate first steps on establishing a small business, the basics on how to register a business in California. Parents will determine which legal business entity is best suited for individual participants, establish product and service prices correctly and understand key components of site selection. They will be able to differentiate and therefore choose between brick and mortar vs home business, learn marketing strategies and understand financial statements and projections.

Pathway to College:

During this Pathway to College course parents will learn the guidance, and support tools, to best help high school students and/or themselves (any college applicant), prepare for lifelong success.

Education is key to lifelong success. Attending college not only opens doors for more job opportunities, but will increase financial stability for that individual.

Our goal is to assist families and students, become knowledgeable in the college applicant process, and increase successful graduate rates. We encourage strengthening students' ability to not only gain admission to, but also succeed in college.

Parenting and Social Media:

In this course parents will be able to learn and earn the tools to help their family create boundaries and social media understanding, for their children not only survive, but thrive in their use of technology.

The goal of the course is for parents to be able to be safe, yet savvy, while using social media platforms and guide their children in the same way.