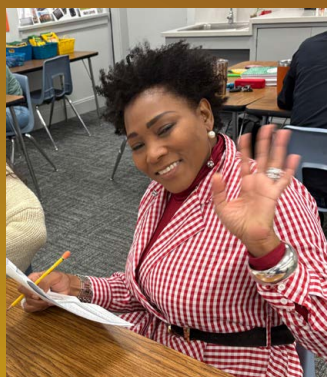


FREE ESL CLASSES AND LOW COST  
CAREER TRAINING FOR ADULTS

# NORWALK - LA MIRADA Adult School



*Jumpstart Your Future in Healthcare!*

*Dental Assistant at Night & Medical Assistant – Morning or Night This Fall!*

**Fall 2025 COURSE CATALOG**

August 14 to December 19, 2025

(562) 210-3990 | [www.nlmas.org](http://www.nlmas.org)



# WELCOME TO NORWALK-LA MIRADA ADULT SCHOOL

## DIRECTOR'S MESSAGE

At NLMAS we offer affordable, high-quality academic, career and technical education programs that include courses in a variety of subjects from technology, to business, healthcare, high school diploma/equivalency, ESL and more! Our classes and programs provide students with current and relevant training that they can utilize in the workforce. We look forward to seeing you on campus and serving your needs!

Very truly yours,  
Mindy Chung, Director, Adult Education

### Main Locations

See page 30 for map.

#### Norwalk Campus

15711 Pioneer Blvd., Norwalk, CA 90650  
(562) 210-3990

Monday - Thursday: 7:30 a.m. - 9:00 p.m.  
Friday: 7:30 a.m. - 4:00 p.m.

#### La Mirada Campus

15920 Barbata Road, La Mirada, CA 90638  
(562) 210-3170

Monday - Friday: 7:00 a.m. - 3:30 p.m.

#### Southeast Academy Site

12940 E. Foster Road, Norwalk, CA 90650

### Enrollment

**For ESL and ABE classes:** Register in person at either the Norwalk or La Mirada Campus.

**For High School Diploma, GED®, or HiSET® classes:** Enroll with an academic counselor at the Norwalk Campus during counseling hours. Call Counseling Office at (562) 210-3990 ext. 614112 to get started or email "Request Enrollment" to Jbelo@nlmusd.org

**For CTE classes:** Register and pay online or in person. Payment plans are available for classes with fees above \$500. Call (562) 210-3990 for more information.

Please see page 29 for the refund policy.

## CONGRATULATIONS TO OUR 2025 Graduates



# WELCOME

## GENERAL INFORMATION

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### Our Mission

Norwalk-La Mirada Adult School empowers learners with the progressive skills and training to be successful in life, career, and community in a dynamic world.

### Schoolwide Learner Outcomes

**Effective Communicators** who actively listen, exchange ideas respectfully, collaborate, and reach consensus in diverse settings.

**Creative Critical Thinkers** who resolve complex situations with innovative solutions individually and collaboratively.

**Proficient Users of Technology** who responsibly and creatively interact with, understand, and adapt to emerging technologies.

### School Calendar

#### Fall Semester

**Fall Session I . . . . August 14 - October 3, 2025**

Labor Day

(Sites Closed) . . . . . September 1, 2025

End of First Quarter . . . . . October 3, 2025

**Fall Session II . . . . October 7 - December 19, 2025**

Veteran's Day

(Sites Closed) . . . . . November 11, 2025

Thanksgiving Break

(Sites Closed) . . . . . November 24 - 28, 2025

Last Day of Classes . . . . . December 19, 2025

Winter Recess

(Sites Closed) . . . . . December 22 - January 2

#### ESL Calendar - Fall 2025

**Semester . . . . . August 14 - December 19, 2025**

**Session I . . . . . August 14 - October 3, 2025**

**Session II . . . . . October 7 - December 19, 2025**

### Norwalk-La Mirada School District

#### Board of Education

Mr. Narcis Brasov, Esq., President, Trustee Area 5

Dr. Robert Cancio, Vice President, Trustee Area 4

Ms. Espie Free, Member, Trustee Area 1

Ms. Norma Amezcua, Member, Trustee Area 2

Mr. Jose M. Rios, Member, Trustee Area 3

Dr. Lorena Vidaurre, Member, Trustee Area 6

Ms. Becky Langenwalter, MS, LMFT, Member, Trustee Area 7

#### District Administration

Dr. Natasha Baker, Superintendent

Mr. Estuardo Santillan, Assistant Superintendent, Business Services

Ms. Tania Magana, Assistant Superintendent, Educational Services

Dr. Michael Gotto, Assistant Superintendent, Human Resources

Mr. Robert Jacobsen, General Counsel

Mr. Christopher K. Hargraves, Public Information Officer

#### Adult School Administration

Ms. Mindy Chung, Director

Mr. Travis Crow, Assistant Director

Mr. Brian Randall, Assistant Director



# ENGLISH AS A SECOND LANGUAGE (ESL)

Classes are always open. You may enroll and begin attending at any time.  
*Clases siempre abiertas. Puede inscribirse y empezar la clase a cualquier momento.*

수업은 항상 열려있습니다. 언제든지 등록하고 시작하세요.

## In-Person Classes at La Mirada Campus

Monday - Friday 8:15 a.m. - 12:00 p.m.

## In-Person Classes at Norwalk Campus

Monday - Friday 8:15 a.m. - 12:00 p.m.

Monday - Thursday 5:15 p.m. - 9:00 p.m.

Scan the QR code  
to watch video  
for more  
information!



Our skilled and supportive teachers will prepare you to use everyday English for conversation, for work or school, and for other real-life needs. All levels practice listening, speaking, reading, and writing English. **No Fee**

*Introducción y práctica para escuchar, hablar, leer y escribir. Inglés como segundo idioma, principiantes, intermedios y avanzados. El enfoque se pondrá en usar el inglés en conversaciones diarias. Gratis*

ESL 초급, 중급, 고급반 학생들을 위한 말하기, 듣기, 읽기, 쓰기에 대한 설명과 연습.  
직장이나 학교 혹은 실생활에 필요한 일상 영어회화에 중점을 둡니다. **No Fee**

## Available ESL class levels:

- ESL Beginning Literacy (Orientation)
- ESL Beginning Low (Level 1)
- ESL Beginning High (Level 2)
- ESL Intermediate Low (Level 3)
- ESL Intermediate High (Level 4)
- ESL Advanced Low (Level 5)

ESL Multi Level

## Conversation and Pronunciation

This class provides a variety of English language speaking activities that improve pronunciation and ease of speaking for every day situations. Activities are designed for non-native English speakers. **No Fee**



## Conversation and Pronunciation for Beginning ESL Students

**Prerequisite:** ESL Beginning Literacy to Beginning High (0-2)

**Fall Semester:** August 14, 2025 - December 18, 2025

|    |                        |                  |        |       |
|----|------------------------|------------------|--------|-------|
| Th | 12:30 p.m. - 1:45 p.m. | La Mirada Campus | Rm. 62 | Trifa |
|----|------------------------|------------------|--------|-------|

## Conversation and Pronunciation for Intermediate to Advanced ESL Students

**Prerequisite:** ESL Intermediate Low or higher (3-5)

**Fall Semester:** August 14, 2025 - December 19, 2025

|   |                        |                  |        |           |
|---|------------------------|------------------|--------|-----------|
| M | 12:30 p.m. - 1:45 p.m. | La Mirada Campus | Rm. 64 | Gutierrez |
|---|------------------------|------------------|--------|-----------|

## Conversation and Pronunciation for Multi-Level ESL Students

**Fall Semester:** August 14, 2025 - December 19, 2025

|     |                        |                |         |          |
|-----|------------------------|----------------|---------|----------|
| M/W | 12:30 p.m. - 1:45 p.m. | Norwalk Campus | Rm. 303 | Erickson |
|-----|------------------------|----------------|---------|----------|



# ENGLISH AS A SECOND LANGUAGE (ESL)

Vocational ESL

## Computer Basics for English as a Second Language Learners

Improve your basic computer skills for job placement or advancement. This course is for students with little or no prior computer experience. Spanish assistance is available if needed. **No Fee**

- Learn basic computer skills necessary for success in employment and school.
- Practice English using the computer.

**Beginning Low: Fall Session I** (August 14, 2025 - October 3, 2025)

|     |                        |                |         |         |
|-----|------------------------|----------------|---------|---------|
| TTh | 12:30 p.m. - 1:45 p.m. | Norwalk Campus | Rm. 102 | Barajas |
|-----|------------------------|----------------|---------|---------|

**Beginning High: Fall Session II** (October 7, 2025 - December 18, 2025)

|     |                        |                |         |         |
|-----|------------------------|----------------|---------|---------|
| TTh | 12:30 p.m. - 1:45 p.m. | Norwalk Campus | Rm. 102 | Barajas |
|-----|------------------------|----------------|---------|---------|

ESL Multi Level

## ESL Wellness

This is an ESL multi-level class that is designed to help students learn English, increase positive behavior, improve relationships, and improve academic engagement and achievement. This class also prepares students for success by incorporating SEL and Growth Mindset strategies, communication and writing skills, and technology. Activities include light Yoga and Breathing techniques to help reduce stress and promote a healthy lifestyle. The course content is aligned with the District's Mission/Vision and our school SLOs to support student's instructional needs through researched based best practices. **No Fee**

**Fall Semester:** August 18, 2025 - December 17, 2025

|    |                        |                  |        |       |
|----|------------------------|------------------|--------|-------|
| MW | 12:30 p.m. - 1:45 p.m. | La Mirada Campus | Rm. 62 | Trifa |
|----|------------------------|------------------|--------|-------|

ESL Multi Level

## ESL Through the News

Students will discuss current events and learn about a variety of hot topics in the news while building vocabulary and grammar skills. New topics will be covered each class session.

**Beginning High - Advanced: Fall Semester** (August 20, 2025 - December 17, 2025)

|   |                        |                  |        |           |
|---|------------------------|------------------|--------|-----------|
| W | 12:30 p.m. - 1:45 p.m. | La Mirada Campus | Rm. 64 | Gutierrez |
|---|------------------------|------------------|--------|-----------|

Vocational ESL

## ESL for Healthcare

This 8-week course is designed to support students who are interested in transitioning into healthcare careers. The course will focus on developing language skills essential for effective communication in various healthcare settings. Through a combination of independent and group projects, students will enhance their English proficiency while also gaining knowledge about healthcare terminology, fundamentals of human anatomy and human diseases, effective responses to emergencies and food and medication safety. **No Fee**

**Fall Semester:** August 19, 2025 - December 16, 2025

|   |                       |                |         |       |
|---|-----------------------|----------------|---------|-------|
| T | 2:00 p.m. - 4:00 p.m. | Norwalk Campus | Rm. 101 | Trifa |
|---|-----------------------|----------------|---------|-------|

Vocational ESL

## ELL Healthcare Careers

This course helps English Language Learners build the language and communication skills needed for entry-level jobs in the healthcare field. Students will learn medical vocabulary, workplace communication, and explore various healthcare careers and training pathways. **No Fee**

**Fall Semester:** August 19, 2025 - December 18, 2025

|     |                       |                |         |     |
|-----|-----------------------|----------------|---------|-----|
| TTh | 1:00 p.m. - 4:00 p.m. | Norwalk Campus | Rm. 102 | TBD |
|-----|-----------------------|----------------|---------|-----|

Vocational ESL

## ESL for Office Assistant

**START YOUR CAREER AS AN OFFICE ASSISTANT!** This optional course provides extended academic support for students who are enrolled in our Office Assistant Career Pathway at NLMAS. This supplementary course is ideal for English as a Second Language (ESL) students co-enrolled in the Office Assistant Career Pathway.

**Fall Semester:** August 18, 2025 - December 17, 2025

|    |                        |                |         |       |
|----|------------------------|----------------|---------|-------|
| MW | 12:30 p.m. - 2:30 p.m. | Norwalk Campus | Rm. 306 | Raber |
|----|------------------------|----------------|---------|-------|

# ENGLISH AS A SECOND LANGUAGE (ESL)

## CITIZENSHIP

### Citizenship Preparation

Study US History, Government, and Civics to prepare for the US Citizenship exam and practice for the oral interview. Study vocabulary related to the N-400 naturalization application. **No Fee**

#### Prepare in English

##### Fall Session I:

August 14, 2025 - October 3, 2025  
TTh 5:15 p.m. - 9:00 p.m.  
Norwalk Campus Rm. 303  
Erickson



#### Prepare in Spanish

##### Fall Session II: October 7, 2025 - December 18, 2025

TTh 5:15 p.m. - 9:00 p.m. Norwalk Campus Rm. 303 Erickson

## DISTANCE LEARNING

Study English and/or Citizenship Preparation at your own pace and time. Through our distance learning program, you can practice and progress from the convenience of your home with expert teacher assistance. Feel free to choose from weekly in-person sessions to pick up and return study packets or choose to progress through the online modules with the assistance of a teacher through Google Classroom and email communications.

**Fall Semester: August 14, 2025 - December 19, 2025**

### English as a Second Language

6 levels of ESL instruction for beginning through advanced speakers. **No Fee**

### Prepare for Citizenship

Citizenship DVDs and study packets to prepare students for the INS interview and the Naturalization test. **No Fee** (\$30 refundable deposit for materials.)

### Distance Learning: In-Person Sessions

#### Norwalk Campus

|       |                        |                |         |              |
|-------|------------------------|----------------|---------|--------------|
| M/T/W | 8:15 a.m. - 5:15 p.m.  | Norwalk Campus | Rm. 116 | Fraser/Platt |
| Th    | 12:30 p.m. - 5:15 p.m. | Norwalk Campus | Rm. 116 | Platt        |
| Fri   | 8:15 a.m. - 12:30 p.m. | Norwalk Campus | Rm. 116 | Fraser       |

#### La Mirada Campus

|    |                        |                  |        |        |
|----|------------------------|------------------|--------|--------|
| Th | 8:15 a.m. - 12:30 p.m. | La Mirada Campus | Rm. 52 | Fraser |
|----|------------------------|------------------|--------|--------|

### ESL Online Class

This is a multi-level ESL online class for levels 1-3. Class requires access to a computer, tablet, or mobile device and internet.

|     |                       |        |         |
|-----|-----------------------|--------|---------|
| M/W | 5:15 p.m. - 9:00 p.m. | Online | Barajas |
|-----|-----------------------|--------|---------|

**NEW**



# CAREER TECHNICAL EDUCATION (CTE)

## CAREER TRAINING (PAGES 7 - 12)

**Prepare for high demand jobs with our accredited, hands-on training!**



### **Nurse Assistant**

Pre-Certification for Certified Nursing Assistant (CNA)



### **Dental Assistant/Radiology**

Dental Radiology License  
Infection Control



### **Emergency Medical Responder**

Cardiopulmonary Resuscitation (CPR)



### **Medical Assisting**

CCMA National Certified Medical Assistant Exam



### **Medical Billing & Coding**

CCMA National Coding Exam



### **Pharmacy Technician**

License & National Exam



### **Welding**

Certified Welder Licensing Exam

**Register and pay online OR in person for CTE classes.** Payment plans are available for classes with fees above \$500. For more information, see page 29 or call (562) 210-3990.

**Career Training Course Fees:** These include materials, equipment, and supplies used in labs.

**Textbook, uniform, and personal certification requirement testing fees are additional.**

Please see class description for particular fee.

**Refund Policy:** All students may drop a class before the second class meeting and receive a refund of class fees less than the service charge. Credit or debit card payment refunds are subject to the card processing fee or a service fee up to \$25, whichever is greater. No Career Training refunds will be issued after the third week of class. If the Adult School cancels a class, all fees will be refunded.

# CAREER TECHNICAL EDUCATION (CTE)

## COURSES WITH INDUSTRY CERTIFICATIONS OR CERTIFICATION EXAM

Nursing Service

### Nurse Assistant Pre-Certification (\*CNA)

Prepare for the State Nurse Assistant Certification Test. Train in basic nursing skills through classroom instruction and supervised clinical experience. Learn the fundamentals of patient care, nursing and communication skills, disease organisms and infection control, basic anatomy and physiology, nutrition/diet therapy, and specialty nursing. This course is designed to train students in nursing skills and employment in long term and acute care facilities as well as home health agencies through both classroom instruction and supervised clinical experience.

**\*Successful completion of the Nurse Assistant course enables the student to apply to take the test for state certification for their CNA certificate.**

**Class is 12 weeks long and includes a minimum of 100 clinical (internship) hours.** (Some sessions may include occasional Fridays to make up for missed instruction due to holidays.)

**A criminal screening is required for this course. Please speak with the Adult School staff prior to enrolling if you have any convictions other than minor traffic violations.**

Meets State of California Certification Test Requirements.

**Fees:** \$1,400

**Location:** La Mirada Adult School Campus, Room 84/85

MTWTh 8:00 a.m. - 1:00 p.m.

**Fall:** August 26, 2025 - November 20, 2025



#### Careers in this Field:

- Certified Nurse Assistant
- Nurse Assistant
- Home Care Aide

**Median Average Hourly Wage:**  
\$20.38 per hour

Source: EDD/LMID Occupational Employment Statistics Survey 2022.

Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

**Now offering Microsoft Office Specialist (MOS) Certifications!**  
**See pages 18-19!**

**Be sure to check our new class:**  
**Math for the Health Care Field on page 17!**





# CAREER TECHNICAL EDUCATION (CTE)

## COURSES WITH INDUSTRY CERTIFICATIONS OR CERTIFICATION EXAM

### Dental Services

#### Dental Assistant

This course prepares students for a job as a dental assistant in both front and back office practices. Students will learn chair-side assisting in general dentistry procedures. Classroom instruction includes dental terminology, dental x-ray, identification of dental instruments, sterilization procedures and preparation of dental materials.

**An X-ray certificate, Infection Control Certificate, and a Dental Practice Act Certificate will be issued upon completion of this course.**

An internship at a local dental office will begin upon completion of the coursework. Internship of 120 hours begins once classroom hours are completed. Internship will be arranged by the instructor.

**Class is 18 weeks long plus internship.**

**Fees:** \$2,000

**Location:** Southeast Academy Site, Room 70/71

MTWTh 5:00 p.m. - 9:00 p.m.

Fall: August 25, 2025 - December 18, 2025

**NOW OFFERED  
IN THE EVENINGS!**



#### Careers in this Field:

- Clinical Dental Assistant
- Front office Dental Assistant
- Registered Dental Assistant

**Median Average Hourly Wage:**  
\$23.61 per hour

Source: EDD/LMID Occupational Employment Statistics Survey 2022.

Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

## BLS/CPR/AED AND FIRST AID

#### BLS/Community CPR - Heart Saver CPR/AED

The five-hour training session will teach attendees how to perform CPR on adults, children and infants. You will also learn how to assist a choking victim and how to use an automated external defibrillator (AED).

All classes are certified by the American Heart Association (AHA) and are taught by NLMAS personnel. Upon successful completion of the course, you will be given an AHA card that certifies your training for the next two years! Course includes student workbook and disposable face shield. Class is limited to 10 students. **Fee \$65.**

October 10, 2025 8:00 a.m. - 1:30 p.m. Rm. 82

December 5, 2025 8:00 a.m. - 1:30 p.m. Rm. 82



# CAREER TECHNICAL EDUCATION (CTE)

## COURSES WITH INDUSTRY CERTIFICATIONS OR CERTIFICATION EXAM

Medical Office

### Medical Assistant: Administrative & Clinical

This course is designed to prepare students for a career as a Certified Medical Assistant or to continue training toward a nursing profession. Students will learn vital signs, injections, venipuncture, assisting with surgeries, sterilization, performing EKG's, infection control, basic in-office laboratory testing, billing, terminology, records filing, and reception. Medical Assistants work in all areas in a physician's office or medical groups. Includes internship in a physician's office or medical group office, upon completion of the course. This class is articulated with Cerritos College for students earning a grade of A or B.

**Class is 18 weeks long plus internship.**

Internship of 240 hours begins once classroom hours are completed. Internship will be arranged by the instructor.

**Upon completion of this course, students are prepared to take the National Certified Medical Assistant exam through NHA on our campus.**

**Fees:** \$2475 (includes NHA Certification test)

**Morning Class Location:** La Mirada Adult School Campus, Room 82/83

MTWTh 8:00 a.m. - 12:00 p.m.

**Fall:** August 18, 2025 - December 18, 2025

**Evening Class Location:** Norwalk Campus, Room 404

MTWTh 5:30 p.m. - 9:00 p.m.

**Fall:** August 18, 2025 - December 18, 2025

#### Careers in this Field:

- Clinical Medical Assistant
- Certified Medical Assistant
- Medical Office Assistant
- Medical Receptionist

**Median Average Hourly Wage:**  
\$22.95 per hour

Source: EDD/LMID Occupational Employment Statistics Survey 2022.

Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

Medical Insurance Billing and Coding

### Medical Billing & Coding

Train for a high paying, high demand career as a Medical Biller. This course prepares students to work in a medical facility, billing service, or start your own business billing insurance companies and individuals. Learn medical terminology, procedural coding, insurance form preparation, collection policies, and computerized procedures used in medical offices. Included in the course is knowledge of CPT and ICD-9 and ICD-10 coding rationales using official coding and reporting.

**Class is 36 weeks long. (2 semesters/modules required).**

**Enrollment occurs in Fall only:** Students must enroll in the fall session to take the spring session class. This is a 2 semester single cohort class.

**Upon completion of this course the student will be prepared to take the National Coding Exam on our campus through NHA.**

**Fees:** \$612 per semester/module - two modules required. (\$1224 for entire year, includes NHA test).

**Location:** Norwalk Campus, Room 208

TTh 5:30 p.m. - 9:00 p.m.

**Fall:** August 14, 2025 - December 18, 2025

**\*1<sup>st</sup> Module Students Only**

**Location:** Norwalk Campus, Room 208

MW 5:30 p.m. - 9:00 p.m.

**Fall:** August 18, 2025 - December 17, 2025

**\*2<sup>nd</sup> Module Students Only**

#### Careers in this Field:

- Billing and Coding Specialist
- Billing and Posting Clerks

**Median Average Hourly Wage:**  
\$24.14 per hour

Source: EDD/LMID Occupational Employment Statistics Survey 2022.

Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

# CAREER TECHNICAL EDUCATION (CTE)

## COURSES WITH INDUSTRY CERTIFICATIONS OR CERTIFICATION EXAM

Introduction to Pharmacy

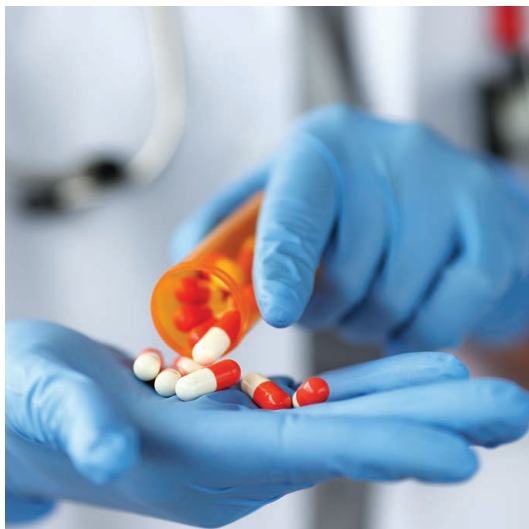
### Pharmacy Technician

Gain the knowledge and skills to become a Licensed Pharmacy Technician in retail pharmacies, one of the fastest growing jobs in the medical field! Students will learn pharmacy principles and practice, law and ethics, pharmacy calculations, drug dosages, record keeping, and drug labeling. Students will also be trained on our new pharmacy management software which reflects the practice management programs students will encounter in the workforce, enabling them to work through real-world practice scenarios. Students will be given hands-on experience in a pharmacy setting through the 240 hour internship requirements to successfully complete the course. Students will be qualified to receive their California State Board of Pharmacy License.

#### Class Includes:

- Pharmacy Technician Principles and Practice
- Pharmacy Calculations
- Pharmacy Management Software
- Patient Record Database
- Pharmacology and Medications
- Pharmacy Inventory Management
- 240 Hours Internship
- Set of Pharmacy Books, Workbooks, and Software for each student

**To take the National Exam for Pharmacy Technician Certification, students must pass a background check performed by the State Board of Pharmacy and hold a high school diploma or GED.**



#### Careers in this Field:

- Pharmacy Technician Retail
- Pharmacy Technician Hospital
- Lead Pharmacy Technician
- Compounding Technician

**Median Average Hourly Wage:**  
\$24.91 per hour

Source: EDD/LMID Occupational Employment Statistics Survey 2022.

Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

This class is articulated with Cerritos College for students earning a grade of A or B.

**Class is 36 weeks long plus internship.** Internship of 240 hours begins once the classroom hours and modules are completed. **Four modules are required for a Certificate of Completion to take the exam to receive your Pharmacy Technician License from the State of California.**

Each module is approximately 10 weeks long. 640 Classroom hours and 240 internship hours for program completion. Total hours for completion is 880.

**Fees:** Total cost of program is \$2,740 (\$685 per module)

**Location:** Norwalk Campus, Room 304

MTWTh 5:15 p.m. - 9:00 p.m.

MTWTh 5:15 p.m. - 9:00 p.m.

**Date:** August 14, 2025 - October 30, 2025

**Date:** November 3, 2025 - January 29, 2026

# CAREER TECHNICAL EDUCATION (CTE)

## COURSES WITH INDUSTRY CERTIFICATIONS OR CERTIFICATION EXAM

### Phlebotomy Technician

Contact **CALRegional** for more information.



CALRegional, in partnership with Norwalk-La Mirada Adult School, provides busy adults with fast and affordable healthcare training programs. Learn more about CALRegional's healthcare training programs when you register for an online info session or call CALRegional at (800) 927-5159 for more information.

The Phlebotomy Technician Program is designed to help students acquire the practical knowledge and specialized skill required to draw blood. Become certified as an entry-level phlebotomist in as little as 3 weeks for \$2,995.

Easy payment plans are available. Everyone qualifies. Convenient day and evening classes are available. Must be 18 years or older and have your GED, diploma, or equivalent. No previous medical experience is required.

#### Phlebotomy Training Includes:

- 72 hours of classroom instruction & hands-on training
- Guaranteed 40-hour externship
- CPR certification
- National exam

#### Connect with CALRegional

- Enroll online at [calregional.com/enroll-now](https://calregional.com/enroll-now)
- Attend an Info Session at [calregional.com/info-sessions](https://calregional.com/info-sessions)
- Book an appointment online
- Or, simply call 1 (800) 927-5159 for more info!

**Fees:** \$2,995

**Location:** Norwalk Campus, Room 204

#### Mornings

MTWTh 10:00 a.m. - 2:00 p.m.

**Fall:** August 15, 2025 - October 25, 2025  
November 17, 2025 - January 15, 2026

#### Afternoons

MTWTh 5:30 p.m. - 9:00 p.m.

**Fall:** August 25, 2025 - October 20, 2025  
November 3, 2025 - January 15, 2026



Welding Technologies and Fabrication

### Welding / Metal Fabrication

#### Careers in this Field:

- Welders
- Solderers
- Cutters
- Brazers

#### Median Average Hourly Wage:

\$26.24 per hour

Source: EDD/LMID Occupational Employment Statistics Survey 2022.

Wages and actual employment are not guaranteed. Wages do not reflect self-employment.

This class provides instruction in shielded metal arc welding, arc welding, gas metal arc welding (MIG), gas tungsten arc welding (TIG), oxy-fuel cutting of carbon, steel, aluminum and stainless steel.

**Note:** Currently enrolled students have priority for roll over registration in order to complete 2 sections to take exams. Space is limited - Enroll Now!

#### Class is 18 weeks long.

This course is articulated with Cerritos College, and Santa Ana College for students earning a grade of A or B.

**Two classes are typically needed in order to take exam for Certified Welder Licensing.**

**Fees:** \$1,450

**Location:** La Mirada High School Campus,  
Room 763 (13520 Adelfa Dr, La Mirada)

M/W 5:30 p.m. - 9:00 p.m.

**Fall:** August 18, 2025 - December 17, 2025



# CAREER TECHNICAL EDUCATION (CTE)

Business and Finance/ Business Management

## CAREER TECHNICAL EDUCATION CENTER (CTEC) (PAGES 13 - 17)

### Open enrollment. Enroll any time!

Enroll in one or more of our self-paced classes OR choose to begin an Office Career Pathway (see pages 14-17). Enjoy the flexibility and convenience of working through these self-paced classes in the Career Technical Education Center.

### Our CTEC is open during the following times:

#### Norwalk Campus, Room 309

|      |                        |                   |
|------|------------------------|-------------------|
| M-F  | 8:15 a.m. - 12:30 p.m. | \$40 per semester |
| M-Th | 5:45 p.m. - 8:45 p.m.  | \$40 per semester |

#### La Mirada Campus, Room 53

|       |                        |                   |
|-------|------------------------|-------------------|
| MTWTh | 8:15 a.m. - 12:00 p.m. | \$40 per semester |
|-------|------------------------|-------------------|

### Check out CTEC video!



**Fall Semester:** August 19, 2025 - December 14, 2025

Our self-paced courses are tailored for both career-changers as well as established professionals who wish to upgrade their skills. We provide students with:

- Individualized support and equipment needed for hands-on training
- A variety of computer software and business courses
- Microsoft Certification training as well as official certification testing
- Self-paced, open entry/exit curriculum
- Flexible daytime and evening programs
- Most career paths that can be completed in six months

### Computer Applications Courses

- MS Word
- MS Excel
- MS Access
- MS Outlook
- Computer Basics
- Medisoft
- QuickBooks

### Business Courses

- ABCs of Accounting
- Keyboarding
- Business Math
- Ten-Key
- Business English
- Medical Terminology
- Résumé Preparation
- Filing

### Career Paths (See pages 14-17)

- Accounting Associate
- Administrative Assistant
- Medical Records and Health Information Technician
- Office Assistant



Career paths must be completed within one year (or certain subjects may have to be retaken). The order of classes listed in career pathways is the suggested sequence; classes may be taken concurrently.

# CAREER TECHNICAL EDUCATION (CTE)

## CTEC - OFFICE CAREER PATHWAYS

Enhance Your Employment Opportunities!

### Career Path Essentials (Prerequisite)

**Career Path Essentials** is a six-week program that provides the needed introduction components required for the following Career Paths: Administrative Assistant, Accounting Associate and Medical Records and Health Information Technician.

| Classes Include:                                  | Expected Hours |
|---------------------------------------------------|----------------|
| ■ Keyboarding – Rate of 35/5 wpm . . . . .        | 35             |
| ■ Computer Basics/Windows/Social Media . . . . .  | 30             |
| ■ Word Level 1 . . . . .                          | 20             |
| ■ Excel Level 1 . . . . .                         | 20             |
| ■ Microsoft Outlook . . . . .                     | 15             |
| <b>Total Expected Hours to Complete . . . . .</b> | <b>120</b>     |

**Note:** Students may waive any or all, of the courses above by passing a proficiency exam for each course.



### Accounting Associate Career Pathway

The Accounting Associate Career Pathway will prepare you for jobs in the financial industry. You will have instruction in maintaining financial records and assisting with the general operations of the finance department. Other functions include acquiring, processing and registering customer invoices using various accounting software and systems.

| Classes Include:                                             | Expected Hours |
|--------------------------------------------------------------|----------------|
| ■ Career Path Essentials . . . . .                           | 120            |
| ■ MS Excel Level 2 . . . . .                                 | 25             |
| ■ Accounting Theory/Computer Tutorial . . . . .              | 10             |
| ■ ABCs of Accounting . . . . .                               | 60             |
| ■ QuickBooks. . . . .                                        | 70             |
| <b>Job Search Preparation:</b>                               |                |
| ■ Interview Skills . . . . .                                 | 1              |
| ■ Business Etiquette . . . . .                               | 1              |
| ■ Resume'. . . . .                                           | 2              |
| <b>Total Expected Hours to Receive Certificate . . . . .</b> | <b>289</b>     |

### Software Skills Assessments

Enroll in our CTEC and work on computer skills testing before you apply for a job! Today’s employers use testing software to identify candidates with good computer and career skills. As a student in our center, you will practice on similar tests using industry recognized software. Our instructors show you how to increase your performance on these skills tests to be competitive in the job market.

# CAREER TECHNICAL EDUCATION (CTE)

## CTEC - OFFICE CAREER PATHWAYS

Enhance Your Employment Opportunities!



### Administrative Assistant Career Pathway

The Administration Assistant Career Pathway will prepare you for an entry-level office administration position, ranging from education and health to legal and business services. In addition to in-demand computer skills, you'll gain an understanding of everyday office tasks and a wide array of clerical and duties.

| Classes Include:                                                | Expected Hours |
|-----------------------------------------------------------------|----------------|
| ■ Career Path Essentials . . . . .                              | 120            |
| ■ Accuracy and Speed Building-Keyboarding – Rate 50/5 . . . . . | 35             |
| ■ MS Word Level 2 . . . . .                                     | 25             |
| ■ MS Excel Level 2 . . . . .                                    | 25             |
| ■ MS PowerPoint . . . . .                                       | 56             |
| <b>Job Search Preparation:</b>                                  |                |
| ■ Interview Skills . . . . .                                    | 1              |
| ■ Business Etiquette . . . . .                                  | 1              |
| ■ Resume' . . . . .                                             | 2              |
| <b>Total Expected Hours to Receive Certificate . . . . .</b>    | <b>256</b>     |

### Put a valuable, industry recognized certification on your résumé!

As a Certiport Authorized Testing Center, we offer certification exams that will validate your talents for the most important and frequently requested computer skills. Highlight your job readiness by becoming certified in any of the Microsoft Office Suite Applications, IC3, Intuit QuickBooks, and Adobe Applications.

Call (562) 210-3990 for details and to make a testing appointment.



| Recommended Certifications:                             | Expected Hours |
|---------------------------------------------------------|----------------|
| ■ Microsoft Certified: "Word Associate" . . . . .       | 22             |
| ■ Microsoft Certified: "Excel Associate" . . . . .      | 22             |
| ■ Microsoft Certified: "PowerPoint Associate" . . . . . | 23             |

# CAREER TECHNICAL EDUCATION (CTE)

## CTEC - OFFICE CAREER PATHWAYS

Enhance Your Employment Opportunities!



### Office Assistant Career Pathway

Office Assistants handle organizational and clerical support tasks. Skills include organizing files, scheduling appointments, data entry, proofreading, customer service and more. Skills developed support work in an entry to intermediate level office positions.

Office Assistant leading to entry-level office clerk positions. Students interested in advancement are encouraged to enroll in the Administrative Assistant Career Pathway course of study to complete additional certificates.

| Classes Include:                                 | Expected Hours |
|--------------------------------------------------|----------------|
| ■ Keyboarding – Rate 35/5. . . . .               | 35             |
| ■ Computer Basics/Windows/Social Media . . . . . | 40             |
| ■ MS Word Level 1 . . . . .                      | 20             |
| ■ MS Excel Level 1 . . . . .                     | 20             |
| ■ MS Outlook. . . . .                            | 15             |
| ■ Business English . . . . .                     | 60             |
| ■ Filing . . . . .                               | 35             |

| Job Search Preparation:        |    |
|--------------------------------|----|
| ■ Interview Skills . . . . .   | .1 |
| ■ Business Etiquette . . . . . | .1 |
| ■ Resume’. . . . .             | .2 |

**Total Expected Hours to Receive Certificate . . . . . 229**

| Recommended Certifications:                        |    |
|----------------------------------------------------|----|
| ■ Microsoft Certified: “Word Associate” . . . . .  | 22 |
| ■ Microsoft Certified: “Excel Associate” . . . . . | 22 |

## ESL FOR OFFICE ASSISTANT

Vocational ESL

### ESL for Office Assistant

**START YOUR CAREER AS AN OFFICE ASSISTANT!**

This optional course provides extended academic support for students who are enrolled in our Office Assistant Career Pathway at NLMAS. This supplementary course is ideal for English as a Second Language (ESL) students co-enrolled in the Office Assistant Career Pathway.

**This class is free!**

**Fall Semester:** August 18, 2025 - December 17, 2025

Monday/Wednesday    12:30 p.m. - 2:30 p.m.    Norwalk Campus    Rm. 306    Raber





# CAREER TECHNICAL EDUCATION (CTE)

## CTEC - OFFICE CAREER PATHWAYS

Enhance Your Employment Opportunities!

### Medical Records and Health Information Technicians Career Pathway

Medical Records and Health Information Technicians organize and manage health information data. They ensure that the information maintains its quality, accuracy, accessibility, and security in both paper files and electronic systems. They use various classification systems to code and categorize patient information for insurance reimbursement purposes.

#### Classes Include:

|                                                        | Expected Hours |
|--------------------------------------------------------|----------------|
| ■ Career Path Essentials . . . . .                     | 120            |
| ■ Computer Applications in the Medical Office. . . . . | 20             |
| ■ Medisoft . . . . .                                   | 40             |
| ■ Medical Terminology. . . . .                         | 70             |

#### Job Search Preparation:

|                                |    |
|--------------------------------|----|
| ■ Interview Skills . . . . .   | .1 |
| ■ Business Etiquette . . . . . | .1 |
| ■ Resume'. . . . .             | .2 |

**Total Expected Hours to Receive Certificate . . . . . 254**

#### Recommended Certifications:

|                                                    |    |
|----------------------------------------------------|----|
| ■ Microsoft Certified: "Word Associate" . . . . .  | 22 |
| ■ Microsoft Certified: "Excel Associate" . . . . . | 22 |



### Math For The Health Care Field Fee \$15

This 4-week course covering 28 hours of instruction will assist students in mastering the basic math skills needed in today's health professions. This class is for all learners preparing for allied health careers or seeking to upgrade their skills and move on to new responsibilities.

Perfect for:

- Medical Assistants
- Certified Nurse Assistants
- Pharmacy Technicians
- Dental Assistants
- Medical Billing and Coding students

Topics include:

- Reading drug labels, medicine cups, syringes, intravenous administration bags
- Whole number review, fraction decimals, ratio and proportion
- Health-centered pre-algebra
- Metric measurement system
- Parenteral dosages
- Basic dosage by weight unit
- Measurement conversions
- And much, much more!!!

December 1, 2025 - December 18, 2025

M-Th

8:00 a.m. - 12:00 p.m.

La Mirada Campus

Rm. 84

**Earn a High School Diploma or an Equivalency (GED® or HiSET®) Certificate! See pages 26-28!**

# CAREER TECHNICAL CERTIFICATIONS (CTC)

## CTC - MICROSOFT OFFICE SPECIALIST (MOS) CERTIFICATIONS



Norwalk-La Mirada Adult School offers preparation for the industry recognized Microsoft Office Specialist (MOS) certification exam(s).

These courses include:

- In-depth instruction and review
- Practice exams and quizzes
- Culminating in taking the Microsoft Office Certification exam



Students can be certified in specific applications or obtain the (MOS) certification by passing a specified group of Microsoft exams.

### Norwalk Campus, Room 309

M-F 8:15 a.m. - 12:30 p.m.

M-Th 5:45 p.m. - 8:45 p.m.

### La Mirada Campus, Room 53

M-Th 8:15 a.m. - 12:00 p.m.

**Fall Semester:** August 14, 2025 - December 19, 2025

See page 19 for certification prices.

## GET CERTIFIED!

### The Value of Certification:

Skills have become the Global Currency of the 21<sup>st</sup> Century Economics.

### Certification Provides Significant Advantages to Professionals and Job Candidates

- In the U.S. and Canada, professionals with certifications have an average **salary of \$111,334**, which is 7% more than non-certified professionals.
- IT professionals who gained new skills and/or certifications last year received an average **raise of \$12,000 - \$13,000**.
- 91% of hiring managers report certification is a criteria for hiring.
- Certification makes job candidates stand out in a crowded job market.
- Certification makes a better case for that big raise or promotion.
- Third-party validation of skills is far more powerful than self-promotion of knowledge.

### Key Benefits of Certification Include:

- Validation of knowledge
- Increased earning power
- Enhanced academic performance
- Increased confidence
- Increased marketability
- Improved reputation
- Enhanced credibility
- Respect from peers

*Definitely get certified because it's not just showing that you are a creative person, but you are tech-savvy, which in this day and age we need with every designer that we have in our office.*

*Matt Dickamore, VP of Design, Denton House Design Studio*

*It's awesome. We give students a real-life certification in their hands that they can go and get a job with after they leave high school.*

*Laura Deshazo, Utah State Office of Education*

# CAREER TECHNICAL CERTIFICATIONS (CTC)

## CTC - MICROSOFT OFFICE SPECIALIST (MOS) CERTIFICATIONS

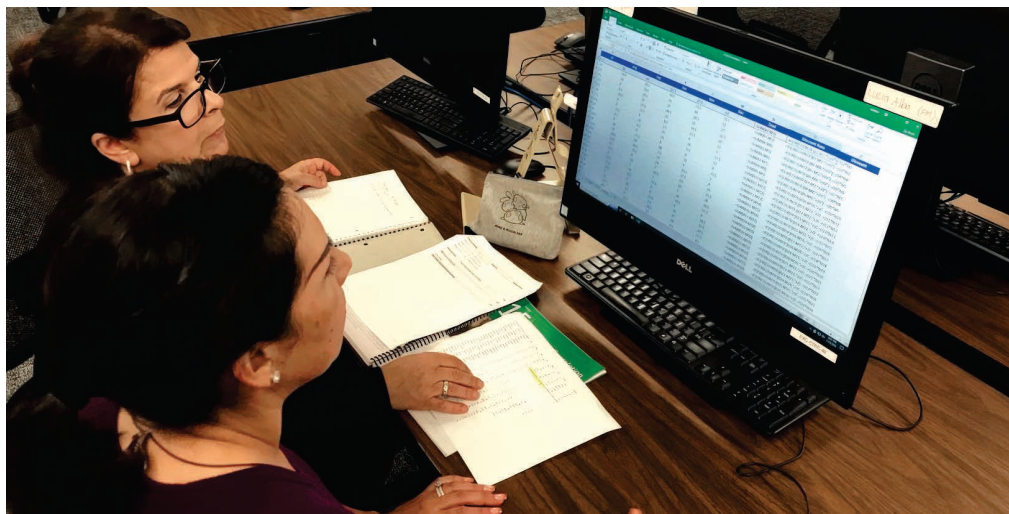


| Certified MOS - Associate                | Hours     | Price        | Suite Price |
|------------------------------------------|-----------|--------------|-------------|
| Word Associate Certification             | 22        | \$193        |             |
| Excel Associate Certification            | 22        | \$193        |             |
| PowerPoint Associate Certification       | 23        | \$193        |             |
| <b>Total MOS-Associate Certification</b> | <b>67</b> | <b>\$579</b> | <b>N/A</b>  |

| Certified MOS-Expert (Associate Certification + Below Two Certifications) | Hours             | Price                     | Suite Price  |
|---------------------------------------------------------------------------|-------------------|---------------------------|--------------|
| Excel Expert Certification                                                | 20                | \$193                     |              |
| Word Expert Certification                                                 | 16                | \$193                     |              |
| Subtotal                                                                  | 36                | \$386                     |              |
| <b>Total MOS-Expert Certification</b>                                     | <b>67+36: 103</b> | <b>\$579+ \$386 \$965</b> | <b>\$770</b> |



# CAREER TECHNICAL EDUCATION (CTE)



## COMPUTER BASICS

Information and Communication Technologies

### Computer Basics 1

This course is designed for beginners to learn how to use computers. Students are introduced to basic computer tasks, including working with Windows, Word, Calculator, WordPad and Paint and navigating the web. Bonus: Introduction to Keyboarding using Internet sites. **Prerequisite:** None.

**Fee \$15 per session**

**Fall Session I:** August 18, 2025 - September 29, 2025

|   |                       |                |         |         |
|---|-----------------------|----------------|---------|---------|
| M | 5:45 p.m. - 8:45 p.m. | Norwalk Campus | Rm. 306 | Zakaria |
|---|-----------------------|----------------|---------|---------|

**Fall Session I:** August 19, 2025 - September 30, 2025

|   |                        |                  |        |         |
|---|------------------------|------------------|--------|---------|
| T | 12:30 p.m. - 2:30 p.m. | La Mirada Campus | Rm. 52 | Zakaria |
|---|------------------------|------------------|--------|---------|

Information and Communication Technologies

### Computer Basics 2

This course will expand your understanding of computer basics through hands-on exercises for Excel, PowerPoint, Word, and Publisher. Explore the web and conduct searches using Google. Learn how to manage all of your files by creating folders and use system tools to keep your PC running efficiently. **Prerequisite:** Session I or basic computer knowledge. **Fee \$15 per session**

**Fall Session II:** October 13, 2025 - December 15, 2025

|   |                       |                |         |         |
|---|-----------------------|----------------|---------|---------|
| M | 5:45 p.m. - 8:45 p.m. | Norwalk Campus | Rm. 306 | Zakaria |
|---|-----------------------|----------------|---------|---------|

**Fall Session II:** October 7, 2025 - December 16, 2025

|   |                        |                  |        |         |
|---|------------------------|------------------|--------|---------|
| T | 12:30 p.m. - 2:30 p.m. | La Mirada Campus | Rm. 52 | Zakaria |
|---|------------------------|------------------|--------|---------|

Vocational ESL

### Computer Basics for English as a Second Language Learners

Improve your basic computer skills for job placement or advancement. This course is for students with little or no prior computer experience. Spanish assistance is available if needed. **No Fee**

- Learn basic computer skills necessary for success in employment and school.
- Practice English using the computer.

**Beginning Low: Fall Session:** August 14, 2025 - December 18, 2025

|     |                        |                |         |         |
|-----|------------------------|----------------|---------|---------|
| TTh | 12:30 p.m. - 1:45 p.m. | Norwalk Campus | Rm. 102 | Barajas |
|-----|------------------------|----------------|---------|---------|



# CAREER TECHNICAL EDUCATION (CTE)

## MICROSOFT EXCEL

**LEARN THE #1 OFFICE PRODUCTIVITY SKILL REQUESTED BY EMPLOYERS.**

Information and Communication Technologies

### Microsoft Excel - Beginning

Learn to use the world's premiere spreadsheet! Become adept at understanding the ribbon interface, basic formulas and functions, formatting worksheets, entering labels and values, selecting data, and creating charts. **Instructor is Microsoft Certified. Fee \$15 per session**

**Fall Session I:** August 19, 2025 - September 30, 2025

|   |                       |                |         |           |
|---|-----------------------|----------------|---------|-----------|
| T | 5:45 p.m. - 8:45 p.m. | Norwalk Campus | Rm. 401 | Nishikawa |
|---|-----------------------|----------------|---------|-----------|

Information and Communication Technologies

### Microsoft Excel - Advanced

Explore conditional formatting, apply conditional functions, use relative and absolute references, copy and group worksheets, create named ranges, and create & modify tables.

**Prerequisite:** Completed beginning class or equivalent experience. **Instructor is Microsoft Certified. Fee \$15 per session**

**Fall Session II:** October 7, 2025 - December 16, 2025

|   |                       |                |         |           |
|---|-----------------------|----------------|---------|-----------|
| T | 5:45 p.m. - 8:45 p.m. | Norwalk Campus | Rm. 401 | Nishikawa |
|---|-----------------------|----------------|---------|-----------|

## GOOGLE APPS

Information and Communication Technologies

### Google Apps for Beginners

Learn beginning level skills to start using Google Apps for school and work. Students will learn and gain greater confidence in using the basic Google Apps to interact in online classes and in the work environment. **Fee \$15 per session**

**Fall Session I:** August 18, 2025 - September 30, 2025

|   |                        |                  |         |         |
|---|------------------------|------------------|---------|---------|
| M | 12:30 p.m. - 2:30 p.m. | Norwalk Campus   | Rm. 401 | Zakaria |
| W | 12:30 p.m. - 2:30 p.m. | La Mirada Campus | Rm. 54  | Zakaria |



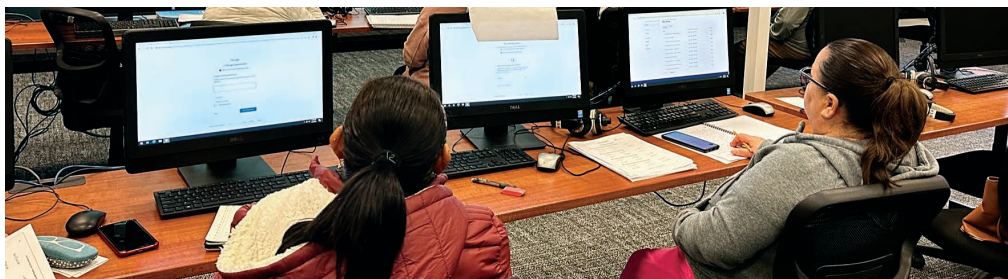
Information and Communication Technologies

### Google Apps for Intermediates

This intermediate level class will provide a greater working knowledge of Google Apps for school and work. **Fee \$15 per session**

**Fall Session II:** October 8, 2025 - December 17, 2025

|   |                        |                  |         |         |
|---|------------------------|------------------|---------|---------|
| M | 12:30 p.m. - 2:30 p.m. | Norwalk Campus   | Rm. 401 | Zakaria |
| W | 12:30 p.m. - 2:30 p.m. | La Mirada Campus | Rm. 54  | Zakaria |





# CAREER TECHNICAL EDUCATION (CTE)

## ADOBE PHOTOSHOP CC - CREATIVE CLOUD

Information and Communication Technologies

### Adobe Photoshop CC - Beginning

Adobe Photoshop CC is a photo editing program that allows you to create, design, and manipulate photographic images. This beginning course will teach layers, selections, text effects, paint brush tool, filters, blending techniques, and retouching old photos.

**Fee \$15 per session**

**Fall Session I:** August 20, 2025 - October 1, 2025  
W 5:45 p.m. - 8:45 p.m. Norwalk Campus  
Rm. 306 Nishikawa

Information and Communication Technologies

### Adobe Photoshop CC - Advanced

This class builds upon the skills learned in the beginning class and offers instruction in the advanced features of the Photoshop program. Topics include straightening images, art history brush, advanced layers, clipping masks, image compositing, and special photographic effects.

**Fee \$15 per session**

**Fall Session II:** October 8, 2025 - December 17, 2025  
W 5:45 p.m. - 8:45 p.m. Norwalk Campus  
Rm. 306 Nishikawa

#### Careers in this Field:

- Graphic Designer
- Print and Electronic Media
- Advertising Agency
- Professional Photographer

**Median Average Hourly Wage:**  
\$34.91 per hour

Source: EDD/LMID Occupational Employment Statistics Survey 2022.

Wages and actual employment are not guaranteed. Wages do not reflect self-employment.



## KEYBOARDING CLASS

Information and Communication Technologies

### Beginning Keyboarding

**Fee \$15 per session**

**Fall Session I:** August 19, 2025 - September 30, 2025  
T 5:45 p.m. - 8:45 p.m. Norwalk Campus

Rm. 306

Zakaria

Information and Communication Technologies

### Advanced Keyboarding

**Fee \$15 per session**

**Fall Session II:** October 7, 2025 - December 16, 2025  
T 5:45 p.m. - 8:45 p.m. Norwalk Campus

Rm. 306

Zakaria

#### Typing Test Policies

Our typing test fee is \$20. We will be scheduling typing tests by appointment only.

**Schedules vary. Please call to inquire and make an appointment.**



# CAREER TECHNICAL EDUCATION (CTE)

## Career Exploration and Preparation

This course is designed to support adults in identifying career pathways that align with their interests, strengths, and life goals. This course provides the tools needed to navigate the modern job market with purpose and clarity. Through guided self-assessments, career research, skill-building activities, and personalized planning, participants will explore a range of occupations, industries, and educational pathways. The course also emphasizes practical preparation, including resume writing, interview skills, and professional communication, to help adults successfully achieve meaningful and sustainable careers. **Fee \$10**

**NEW**



**Fall Session:** August 19, 2025 - December 16, 2025

T 12:30 p.m. - 2:30 p.m. Norwalk Campus Rm. 302 Cota

## Mindfulness Matters

This mindfulness class is designed for every adult seeking to prioritize daily self-care and overall wellbeing to become more present and engaged in daily life. Gain empowering techniques to cultivate an individualized blueprint to enhance your self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Learn strategies to achieve your goals, calmness, clarity, emotional resilience, stress reduction, gratitude, and compassion through self-reflective activities, guided meditation, and practical exercises. By the end of this course, each participant will have an essential toolkit of daily mindfulness practices to use in their personal and professional lives. **Fee \$10**

**NEW**



**Fall Session:** August 14, 2025 - December 18, 2025

Th 4:00 p.m. - 6:00 p.m. Norwalk Campus Rm. 302 Cota

## REAL ESTATE CLASSES

Below 3 courses meet the educational requirements to qualify for the State licensing exam. Please ask for the *Real Estate General Information Page* prior to enrolling.

Marketing, Sales and Service

### Real Estate Principles

**This is a mandatory course the Department of Real Estate (DRE) requires of all potential licensees.** Among subjects discussed in this course are the major topics of California law, agency issues, land use regulations, and ownership and finance. **Fee \$45**

**Fall Semester:** August 18, 2025 - December 15, 2025

M 5:30 p.m. - 9:00 p.m. Norwalk Campus Rm. 205 Staff

Marketing, Sales and Service

### Real Estate Practice

**This is a mandatory course the Department of Real Estate (DRE) requires of all potential licensees.** Among subjects discussed in this course are: California law, agency issues, contracts and closings, financing, taxation, and leasing. **Fee \$45**

**Fall Semester:** August 19, 2025 - December 16, 2025

T 5:30 p.m. - 9:00 p.m. Norwalk Campus Rm. 205 Staff

Marketing, Sales and Service

### Real Estate Finance

**This class meets the elective requirement for the Department of Real Estate (DRE) license.** Among subjects discussed in this course are the latest in financing options in the State of California, rules, regulations and laws, types of loans, qualifications, and consumer protections. **Fee \$45**

**Fall Semester:** August 20, 2025 - December 17, 2025

W 5:30 p.m. - 9:00 p.m. Norwalk Campus Rm. 205 Staff

# CAREER TECHNICAL EDUCATION (CTE)

## PRESCHOOL/CHILDCARE PROFESSIONS CERTIFICATE PROGRAM

These courses meet the Department of Education and the Department of Social Services Community Care Licensing Division (Title 22) education requirements to be employed in licensed preschools and child care programs as a teacher or teacher assistant.

**Upon successful completion with a passing grade of C or higher, the student will receive 3 ECE units and a Certificate of Completion after each course.**

### There are four core classes in this Childcare Professions Pathway.

Each class is worth 3 ECE units.

- Child Development
- Principles and Practices
- Curriculum for Young Children
- Child, Family, and Community

### Students are also encouraged to take additional classes that are offered.

Each class is worth 3 ECE units.

- Infant/Toddler Care and Development
- Language Arts and Creative Arts for Young Children
- Administration I for Child Care Programs
- Practicum - Work Experience with Young Children
- Music and Movement for the Young Child
- SPED: Working with Children with Special Needs

**Fee \$30 per session**



## Child Development

This foundational course introduces students to the physical, language, cognitive, emotional, and social development of children from birth through adolescence. The course emphasizes practical understanding and application of developmental principles in real-world settings. Students will explore key developmental theories, stages of growth, and the influence of environmental factors, family culture, and everyday relationships on a child's development. Emphasis is placed on recognizing developmental milestones, supporting healthy growth, and understanding how early developmentally appropriate experiences shape lifelong learning and behavior. **Fee \$30**

**Fall Semester:** August 19, 2025 - December 16, 2025

|   |                        |                |         |      |
|---|------------------------|----------------|---------|------|
| T | 9:00 a.m. - 12:00 p.m. | Norwalk Campus | Rm. 302 | Cota |
|---|------------------------|----------------|---------|------|

**Fall Session (9 week course):** August 19, 2025 - October 8, 2025

|    |                       |                |         |      |
|----|-----------------------|----------------|---------|------|
| TW | 6:00 p.m. - 9:00 p.m. | Norwalk Campus | Rm. 302 | Cota |
|----|-----------------------|----------------|---------|------|

## Principles and Practices in Early Childhood Programs

This foundational course provides a comprehensive overview of developmentally appropriate practices and principles, regulations (title 22), professional ethics and industry standards, and the role of early educator in supporting young children's growth and learning. Emphasis is placed on building respectful, responsive relationships with children and families, creating inclusive learning environments including positive behavior and classroom management techniques. **Fee \$30**

**Fall Session:** October 14, 2025 - December 17, 2025

|     |                       |                |         |      |
|-----|-----------------------|----------------|---------|------|
| T/W | 6:00 p.m. - 9:00 p.m. | Norwalk Campus | Rm. 302 | Cota |
|-----|-----------------------|----------------|---------|------|

# CAREER TECHNICAL EDUCATION (CTE)



## SPED: Behavior Management

This course focuses on the functions of behavior in children and will equip parents and educators with the essential tools needed to better understand and support the diverse learning and behavioral needs of children. Emphasis is placed on practical techniques used for positive guidance that promote meaningful connections, emotional regulation, safe spaces, and social and communication skills. Students will explore the main causes of behavior, how to develop effective intervention plans, and how to create inclusive structured environments that encourage child engagement and positive outcomes for all children. **Fee \$30**

**Fall Semester:** August 14, 2025 - December 18, 2025

|    |                        |                |         |      |
|----|------------------------|----------------|---------|------|
| Th | 9:00 a.m. - 12:00 p.m. | Norwalk Campus | Rm. 302 | Cota |
|----|------------------------|----------------|---------|------|

**Fall Semester:** August 14, 2025 - December 18, 2025

|    |                       |                |         |      |
|----|-----------------------|----------------|---------|------|
| Th | 6:00 p.m. - 9:00 p.m. | Norwalk Campus | Rm. 302 | Cota |
|----|-----------------------|----------------|---------|------|

## Practicum: Work Experience in Early Childhood Programs

This course will prepare the student to demonstrate appropriate and quality work-study skills at assigned preschool program work sites. There will be an emphasis on hands on interactions between the student and young children under the direct supervision of a teacher. Student enrolling in this course must have pre-approval from the Instructor. Site placements and weekly schedules are pre-arranged with the Instructor. **Fee \$30**

**Fall Semester:** August 20, 2025 - December 17, 2025

|   |                        |                |         |      |
|---|------------------------|----------------|---------|------|
| W | 9:00 a.m. - 12:00 p.m. | Norwalk Campus | Rm. 302 | Cota |
|---|------------------------|----------------|---------|------|

## ESL FOR CHILD CARE PROFESSIONS

Vocational ESL

### ESL for Child Care Professions

This optional course provides extended academic support for students who are enrolled in *Child, Family, and Community, Curriculum for Young Children, Child Development, Principles and Practices*. The primary focus of each session will be to preview and review important terminology and concepts directly related to the child development curriculum. Because of the emphasis on vocabulary, this supplementary course is ideal for English as a Second Language (ESL) students co-enrolled in the child development program. **This class is free!**

**Fall Semester:** August 19, 2025 - December 17, 2025

|    |                       |                |         |      |
|----|-----------------------|----------------|---------|------|
| TW | 5:00 p.m. - 6:00 p.m. | Norwalk Campus | Rm. 302 | Cota |
|----|-----------------------|----------------|---------|------|

# HIGH SCHOOL DIPLOMA PROGRAM

## EARN A HIGH SCHOOL DIPLOMA OR AN EQUIVALENCY (GED® OR HISET®) CERTIFICATE!

Scan the QR code to watch video for more information!



Enroll today in our adult-centered high school diploma or GED®/HiSET® preparation program. Our teacher-directed and self-paced courses will prepare you to succeed in college or the workplace.

All students first meet with an academic counselor to develop a program plan. Academic counselors are available on a non-appointment basis, Monday through Friday. Call (562) 210-4000 for counseling hours.

### Counseling Office Services:

- High School Diploma and GED® or HiSET® preparation course enrollment
- TABE (Test of Adult Basic Education) placement testing
- Transcript evaluation
- Academic advisement and much more!

### High School Graduation Requirements:

|                                                         |                    |
|---------------------------------------------------------|--------------------|
| Language Arts . . . . .                                 | 40 credits         |
| Mathematics (10 credits Algebra) . . . . .              | 20 credits         |
| Science . . . . .                                       | 20 credits         |
| Social Science:                                         |                    |
| United States History and Geography . . . . .           | 10 credits         |
| American Government, Civics, and Economics . . . . .    | 10 credits         |
| World History, Culture, and Geography . . . . .         | 10 credits         |
| Fine Arts / Foreign Language / Practical Arts . . . . . | 20 credits         |
| <b>Total Basic Requirements . . . . .</b>               | <b>130 Credits</b> |
| <b>Total Elective . . . . .</b>                         | <b>50 Credits</b>  |
| <b>TOTAL CREDITS . . . . .</b>                          | <b>180 CREDITS</b> |

Candidates for the high school diploma must complete at least ten credits in residency as an adult diploma student at the Norwalk-La Mirada Adult School.

### WE ARE WASC ACCREDITED!



### We are a HiSET® Authorized Test Center!

Register and pay in person for one or all of the 5 HiSET® subtests at the Norwalk Campus. Please visit our Counseling Center or call (562) 210-4000 for more information.

HiSET® self-paced exam preparation is also available in the Individualized Learning Center. Call (562) 210-4000 for details and counseling hours.





# HIGH SCHOOL DIPLOMA PROGRAM

## Individualized Learning Center

Our ILC offers self-paced online High School Diploma courses and GED® or HiSET® test preparation. Enroll at any time and progress at your own rate under the direction of an experienced teacher. Some high school coursework can be completed online from your home. GED® and HiSET® preparation materials are directly aligned with the official tests. All students must meet with an academic counselor in order to enroll. **Open enrollment. No fee for adults.**

**Fall Semester:** August 14, 2025 - December 19, 2025

|      |                        |                |         |       |
|------|------------------------|----------------|---------|-------|
| M-Th | 8:15 a.m. - 12:30 p.m. | Norwalk Campus | Rm. 402 | Staff |
| M-Th | 5:15 p.m. - 9:00 p.m.  | Norwalk Campus | Rm. 402 | Staff |

## GED & HiSET Preparation Structured Classes

This class provides a variety of test taking strategies with practice in Reading Comprehension, Social Studies, Science, and Mathematics to help prepare students for every official GED & HiSET Test (all subjects). This class also provides guidance and support for students to register for official testing. Direct instruction is offered in both English and Spanish! **No fee.**



### GED & HiSET Preparation (in English and Spanish)

|      |                        |         |           |
|------|------------------------|---------|-----------|
| M-Th | 8:15 a.m. - 12:00 p.m. | Rm. 401 | Contreras |
| M/W  | 5:15 p.m. - 9:00 p.m.  | Rm. 401 | Contreras |

| HiSET® Exams                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | GED® Exam                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>■ Computer-Based</li><li>■ HiSET® registration, scheduling, and payment is completed in person at the Counseling Office at the Norwalk Campus.</li><li>■ 5 Subtests:<ul style="list-style-type: none"><li>• Reading</li><li>• Mathematics</li><li>• Social Studies</li><li>• Writing</li><li>• Science</li></ul></li><li>■ Single Subject Test Fee: \$25</li><li>■ Test fee is non-refundable and testing must be completed within 12 months of registration.</li></ul> <p>Visit <a href="http://www.hiset.ets.org">www.hiset.ets.org</a> for additional information and eligibility. For more information about registration, payment, and testing dates, call (562) 210-3990.</p> | <ul style="list-style-type: none"><li>■ Computer-Based</li><li>■ GED® registration, scheduling, and payment is completed online by the student at <a href="http://www.GED.com">www.GED.com</a>.</li><li>■ 4 Tests:<ul style="list-style-type: none"><li>• Language Arts</li><li>• Mathematics</li><li>• Science</li><li>• Social Studies</li></ul></li><li>■ Complete Set Test Fee: \$140</li><li>■ Single Subject Test Fee: \$35</li></ul> <p>Visit <a href="http://www.GED.com">www.GED.com</a> for additional information on eligibility and testing dates.</p> |

## We are a Pearson VUE Authorized GED® Test Center.

To schedule one of the 4 subjects of the GED® test, visit [www.ged.com](http://www.ged.com). Create a free account and schedule a subject test in the Norwalk-La Mirada Adult School's new test center equipped with the latest technology. If you need assistance, please visit our counseling center or call (562) 210-4000.

**Need to prepare for the GED® test?** Enroll in our GED® Prep Program and study in our self-paced Individualized Learning Center using resources and practice tests designed to help you successfully pass all subjects of the GED® test. Stop by to meet with one of our academic counselors for details.



# HIGH SCHOOL DIPLOMA PROGRAM

## TEACHER-DIRECTED HIGH SCHOOL SUBJECT CLASSES

Our teacher-directed classes give you practice in skills needed to confidently meet the challenges of college or career. Study in a comfortable, adult-centered learning environment with caring and experienced teachers who are interested in your success. **Teacher-directed classes meet both mornings 8:15 a.m. - 12:00 p.m. and evenings 5:15 p.m. - 9:00 p.m.** All students must meet with an academic counselor in order to enroll. Call (562) 210-4000 for academic counseling information and hours. **No Fee**

**Fall Session I:** August 14, 2025 - October 3, 2025

**Fall Session II:** October 7, 2025 - December 19, 2025

## ADULT BASIC EDUCATION



### Basic Reading and Writing

Improve your basic reading and writing skills for personal enrichment or to prepare for employment. No high school diploma or equivalency required. (Not for high school credit.) **No Fee**

**Fall Semester:** August 14, 2025 - December 19, 2025

M-Th 8:15 a.m. - 5:15 p.m.

Norwalk Campus

Rm. 116

Fraser/Platt

### Life Skills and Functional Academics

This class is for the student who needs to learn skills that promote independence through training for proper health, hygiene, socialization and use of technology. Students will work on individual academic and social goals and gain greater independence in their lives. **No Fee**

**Fall Semester:** August 14, 2025 - December 19, 2025

T-F 9:00 a.m. - 12:00 p.m.

La Mirada Campus

Rm. 73

Zakaria

# WELCOME - GENERAL INFORMATION

**Accreditation:** The Norwalk-La Mirada Adult School has earned six-year Accreditation Status (the highest level of accreditation) from the Western Association of Schools and Colleges through June 30, 2031.

**Admission:** Any adult 18 or over who is not enrolled in a high school may attend the Norwalk-La Mirada Adult School. Any high school junior or senior may be admitted with approval from the High School Principal and the Director of Adult Education.

**Enrollment Procedure:** Students may enroll both online or in person. For most classes, students can enroll online on [nlmas.org](http://nlmas.org) or in person at either the Norwalk or La Mirada Campus office. For enrollment into high school diploma classes, students need to first meet with an academic counselor to develop a program plan.

**Attendance:** Regular attendance must be maintained or student will be dropped. Students missing the 1<sup>st</sup> day of class will be dropped if there is a waiting list.

**Payment Plan Policy:** Payment plans are available for classes with fees above \$500. Once a contract is agreed upon with established due dates, payments must be made on or prior to those dates. Failure to do so will result in dismissal from the class with no credits or time toward certification.

**Refund Policy:** All students may drop a class before the second class meeting and receive a refund of class fees less than the service charge. Credit or debit card payment refunds are subject to the card processing fee or a service fee up to \$25, whichever is greater. No Career Training refunds will be issued after the third week of class. If the Adult School cancels a class, all fees will be refunded.

**Parking:** Parking is free! Student parking is available in identified lots around the Norwalk and La Mirada Campuses. Cars must be parked in designated parking spaces only. Failure to comply with parking rules may result in tickets, towing, or dismissal. The school and district does not assume liability for loss of or damage to property.

**Standards of Conduct:** In order to provide a safe and secure environment, students are expected to follow the Norwalk-La Mirada Adult School standards of conduct. Serious misbehaviors that will cause immediate dismissal from the Adult School include:

- 1) Possession or being under the influence of drugs and/or alcohol;
- 2) Fighting on campus;
- 3) Theft of personal or school property;
- 4) Malicious mischief or graffiti;
- 5) Threats or verbal abuse against other students, teachers, or Adult School staff;

- 6) Reckless driving in school parking lot;
- 7) Any form of overt defiance toward teachers or school personnel; and
- 8) Possession of weapons.

**Uniform Complaint Procedure (Education Code 4622):** NLMAS is committed to principles of equal opportunity and nondiscrimination. Students are advised that they may file a formal complaint to alleged violation of federal or state laws or regulations of educational programs. A copy of the uniform complaint policy (Policy 1340) is available at each site where adult education courses are offered.

**Non-Discrimination Statement:** The Board of Education of the NLMUSD is committed to equal opportunity for all individuals in education. District programs, activities, and practices shall be free from discrimination based on race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

**Sexual Harassment (Board Policy 5510):** The Governing Board prohibits unlawful sexual harassment of or by any student by anyone in or from the District. Any student who feels that he/she is being harassed should immediately contact the principal or designee or the District Sexual Harassment Officer. Complaints of harassment can be filed in accordance with Board Policy No. 1340 - Adult/Student Complaint Procedures.

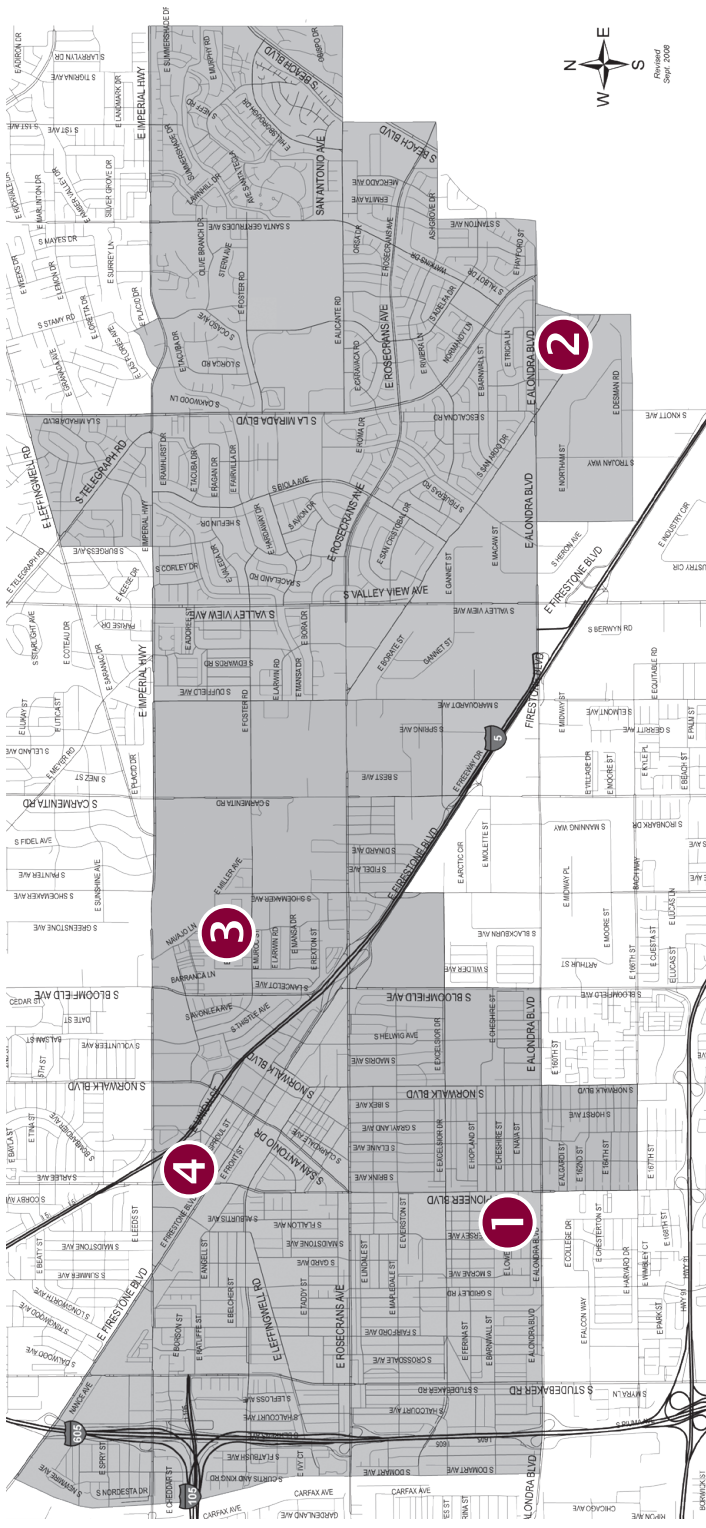
**Tobacco:** NLMAS is a tobacco-free environment. Please refrain from using tobacco products on NLMAS property. (Board Policies 4023 and 5490).

**State Funding:** The district reserves the right to cancel any or all classes at any time during the semester due to low enrollment, low attendance, loss of funding, or loss of facilities.

**Publicity and Photo Release:** Norwalk-La Mirada Adult School reserves the right to photograph classes and program participants for promotional purposes. Enrollment in a class indicates your agreement to this policy. If you feel otherwise, please submit a letter to the Adult School Administration.

**No Fees Policy (WIOA Programs):** No fees of any kind are collected from students for participation in the Workforce Innovation and Opportunity Act (WIOA) Title II (Public Law 113-128) AEFLA programs. At Norwalk-La Mirada Adult School, no fees are collected for High School Diploma/GED, ABE, ESL, and U.S. Citizenship Preparation. (The United States Immigration Service (USCIS) requires the payment of a processing fee for its Citizenship application (USCIS Form N-400).

# ADULT SCHOOL MAIN OFFICES



**1**

## Norwalk Campus

15711 Pioneer Blvd., Norwalk, CA 90650  
(562) 210-3990

### Office Hours

Monday - Thursday: 7:30 a.m. - 9:00 p.m.  
Friday: 7:30 a.m. - 4:00 p.m.

**2**

## La Mirada Campus

15920 Barbata Road, La Mirada, CA 90638  
(562) 210-3170

### Office Hours

Monday - Friday: 7:00 a.m. - 4:00 p.m.

**3**

## Southeast Academy Site

12940 E. Foster Road, Norwalk, CA 90650

**4**

## District Office

12820 Pioneer Boulevard, Norwalk, CA 90650



# WELCOME - NORWALK-LA MIRADA USD



NORWALK- LA MIRADA UNIFIED SCHOOL DISTRICT  
Every Student. Future Ready. Our Promise!

## Mission Statement

Norwalk-La Mirada Unified School District, in collaboration with our parents and our community, shall develop in our students the knowledge, understanding, skills, and attitudes to empower them to become life-long learners and successful, productive citizens in an ever-changing world. We will accomplish this by promoting a climate of high expectations, providing world-class opportunities, striving to meet individual needs, and valuing diversity.

## Vision Statement

Norwalk-La Mirada Unified School District is leading our community into the future by developing students who are open-minded and curious, skilled in critical thinking, working collaboratively, and using current and emerging technologies.

We personalize learning to meet the needs, motivations, and strengths of each student, ensuring every student graduates prepared to succeed in college, careers, and participate positively in our community's civic life.

## Board of Education Goals

1. Engaging and Responsive Climate and Culture
2. College and Career Ready Graduates
3. Exemplary Staff
4. Parent and Community Engagement
5. Access to Rigorous Instruction and Support
6. Operational Excellence



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**Monday - Friday, 8am - 5pm**





NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT

NORWALK-LA MIRADA ADULT SCHOOL



**Norwalk Adult School** (Corner of Alondra & Pioneer)  
15711 Pioneer Blvd., Norwalk, CA 90650  
(562) 210-3990

**La Mirada Adult School** (On Alondra at Barbata Road)  
15920 Barbata Road, La Mirada, CA 90638  
(562) 210-3170

Non-Profit Org.  
U.S. POSTAGE  
**PAID**  
Whittier, CA  
Permit No. 2429

\*\*\*\*\*ECRWSSDDM\*\*\*\*\*  
Residential Customer

 @nlmadultschool

# Check out our Career Programs

Scan the QR codes to watch videos for more information!



**Pharmacy Technician**

**Welding**  




**Medical Assistant**

**Early Childhood Ed**



**Dental Assistant**

**Real Estate**



Career Technical Scholarships available for eligible Norwalk residents.  
See page 17 for more information.

**PAACE** SOUTHEAST LOS ANGELES  
Partnership for Adult Academic and Career Education  
www.paace.net

Fully Accredited by  
**WASC**  
ACCREDITING COMMISSION FOR SCHOOLS

**California Adult Schools**  
LEARNING FOR LIFE