



## Summer Learning Opportunities



**Looking for something to do this summer?**

**Why not earn some FREE college credits?**

Early College Lowell is offering two summer sessions. Each session will run for 3 weeks and courses meet 2 days per week. Courses will run online and include Zoom meetings as well as some self-guided work. Students can earn up to 2-credits.

**Session I: July 6th - July 23rd**

**Monday/Tuesday and Wednesday/Thursday from 9:30am-12:30pm**

**Session II: July 27th - August 13th**

**Monday/Tuesday and Wednesday/Thursday from 9:30am-12:30pm**

**Join a virtual info session on Friday, June 26th at 11am.**

Sign up by emailing Aaron Ribaudo-Smith at [aribaudo-smith@lowell.k12.ma.us](mailto:aribaudo-smith@lowell.k12.ma.us)

**Choose from the following 1-credit Interdisciplinary Studies (IDS) courses:**

**IDS101 - First-Year Experience**

**IDS103 - Leadership**

**IDS106 - Career Exploration**

**IDS108 - Wellness**

**IDS110 - The Choices We Make**

**IDS134 - Social Science Career Exploration**



For additional information, contact Aaron Ribaudo-Smith at [aribaudo-smith@lowell.k12.ma.us](mailto:aribaudo-smith@lowell.k12.ma.us)





# Summer Session Course Descriptions

**Student Name:** \_\_\_\_\_

**Check boxes for two courses of interest:**

## **IDS101 - First-Year Experience**

Students learn essential student success skills, behaviors, and habits of mind in the FYE course that they are then able to apply to increase their success in the linked course and other courses throughout their college careers. With an emphasis on self-assessment and reflection, students will work to generate a personalized academic plan. Students will also be introduced to MCC's Institutional Student Learning Outcomes (ISLOs), and engage with the college's academic, student support and co-curricular services, along with other college resources, to develop and strengthen those skills and abilities. Components of Digital Literacy will also be included in this course. Students will learn about computer skills, Blackboard, e-mail, DegreeWorks, Internet exploration and protecting personal privacy. In conjunction with the Librarians, students will also be exposed to MCC online research tools and information.

## **IDS103 - Leadership**

With a focus on social change, this course is designed to teach students how to be leaders in an evolving world with complex issues. Leadership styles and skills will be explored and students will have opportunities to learn about their own values and identity and how these intersect with group and community values. By increasing their own self-knowledge and reviewing common leadership theories and practices, students will be prepared for practical application outside of the classroom environment. Hands on leadership experiences will be integrated into the course requirements.

## **IDS106 - Career Exploration**

This course will introduce students to the main components of identifying a major aligned with a career path through self-assessment. Students will explore their work interests, personality, skills, values and life goals in order to find purpose in their academic curriculum. This course will include career mapping and organization research to formulate a real-world perspective on current jobs and the requirements needed to achieve them.

## **IDS108 - Wellness**

This participatory course provides a holistic approach to exploring and understanding the various components of personal wellness as defined by the eight components Wellness Wheel. The Topics include exercise, diet, attitude, balance, stress management, relationships, communication, spirituality, and environment. This course highlights the connection between healthy decisions and lifestyle choices as it relates to overall personal wellness.

## **IDS110 - The Choices We Make**

With a focus on Personal and Professional Development, this class is designed to assist students in identifying and understanding the choices they make and how their choices positively and negatively impact their ability to reach their academic and personal goals. Through dynamic storytelling, students will explore a variety of real-world choices and outcomes.

## **IDS134 - Social Science Career Exploration**

This course will introduce students to the main components of identifying a major aligned with a Social Science Career path through self-assessment. Students will explore their work interests, personality, skills, values and life goals in order to find purpose in their academic curriculum. This course will include career mapping and organization research to formulate a real-world perspective on current jobs and the requirements needed to achieve them.