

Inclusive Learning Programs

Learning Opportunities for Adults with Disabilities

Howard Community College provides opportunities for students with developmental and intellectual disabilities to build independence, practical skills, and confidence. For over two decades, the College Opportunities for Real-life Engagement (CORE) program has given adults the ability to continue learning in a supportive, inclusive, and welcoming environment. This fall we are expanding and offering new classes to support an even broader community of learners.

For questions and more information, visit our website at HowardCC.edu/ILP or email us at ILP@HowardCC.edu.

Fall 2026 Classes

Fall 1 Semester – Aug 25-Oct 16

Fall 2 Semester – Oct 20-Dec 18

(No classes Nov 25-27)

Registration for our Fall 2026 offerings opens June 16, 2026 and remains open until two weeks before the course start date, or until the course is full.



Lifelong Enrichment Classes

The Lifelong Enrichment courses provide opportunities for students of all ages and abilities to continue learning and enriching their lives on a college campus.

Current Events

Keep up with relevant topics and current events in this lifelong learning course. Students will watch short news segments, read and/or listen to articles, and participate in lighthearted and open-ended discussions. \$135 (total fees)

- Fri, 10:30 a.m.–12 p.m., Aug 28–Oct 16
XD-503-9310 (1417)
- Fri, 10:30 a.m.–12 p.m., Oct 23–Dec 18 (No class Nov 27)
XD-503-9311 (1418)

Animal Study

In this lifelong learning course, students learn practical and interesting facts about animals. Each week students will study a different animal related to a theme. Topics include physical characteristics, behaviors, habitat, conservation efforts, and more! \$135 (total fees)

- Tue, 1–2:30 p.m., Aug 25–Oct 13 (Apex Predators)
XD-502-9300 (1407)
- Tue, 1–2:30 p.m., Oct 20–Dec 15 (Marine Mammals)
(No class Nov 24)
XD-502-9301 (1408)

SPIRIT Fitness

Improve your health and well-being in a fun and supportive environment with SPIRIT Fitness. This course addresses a wide range of skills needed for everyday function and health, such as balance, strength, flexibility, endurance, coordination, agility, and more. SPIRIT Club trainers are specially trained to accommodate a wide range of abilities and learning styles. \$95 (total fees)

- Wed, 2–3 p.m., Aug 26–Oct 14
XD-505-9306 (1413)
- Wed, 2–3 p.m., Oct 21–Dec 16 (No class Nov 25)
XD-505-9307 (1414)

Paint Palooza

Explore the fun and therapeutic benefits of art in this all-levels painting class! Students follow along with step-by-step instructions to create their very own masterpiece each week. All materials and supplies are included in the course fees. \$165 (total fees)

- Fri, 1–2:30 p.m., Aug 28–Oct 16
XD-504-9312 (1419)
- Fri, 1–2:30 p.m., Oct 23–Dec 18 (No class Nov 27)
XD-504-9313 (1420)



Skills for Independent Living

The Skills for Independent Living courses help adults of all ages and abilities learn valuable skills that foster independence and empower them to make their own choices, set their own goals, and improve their quality of life.

Interpersonal Skills for Life and Work

In this fun lifelong learning course, students learn and practice necessary social skills for the workplace and community through roleplaying. Each week students explore a relatable scenario and develop essential skills for decision-making, communication, and managing emotions. To be the most successful in this course, students should have basic reading and communication skills.

\$155 (total fees)

- **Wed, 3:30–5 p.m., Aug 26–Oct 14**
XD-203-9304 (1411)
- **Wed, 3:30–5 p.m., Oct 21–Dec 16 (No class Nov 25)**
XD-203-9305 (1412)

Health for Life – Nutrition and Physical Activity

The Health for Life series aims to provide knowledge and skills needed to improve your health outcomes and quality of life. This is one part of a three part series. In this section, students explore the positive impacts of good nutrition and physical activity. It is recommended to take this course in conjunction with SPIRIT fitness. \$155 (total fees)

- **Wed, 12:30–1:45 p.m., Aug 26–Oct 14**
XD-200-9302 (1409)

Health for Life – Chronic Illnesses and Physical Well-Being

The Health for Life series aims to provide knowledge and skills needed to improve your health outcomes and quality of life. This is one part of a three part series. This section presents information about common chronic illnesses and prevention. It is recommended to take this course in conjunction with SPIRIT fitness. \$155 (total fees)

- **Wed, 12:30–1:45 p.m., Oct 21–Dec 16 (No class Nov 25)**
XD-201-9303 (1410)



Skills for Employment

The Skills for Employment courses aim to help adults with disabilities who are motivated to work gain skills needed to get a job or keep a job.

Getting a Job

This course teaches you the basic skills needed to be successful at a job interview, from dressing appropriately to how to highlight your strengths and accomplishments. In this small-group class, participants get support and ample interview practice opportunities. Participants also leave the course with a personalized resume. \$175 (total fees)

- **Thu, 1–2:30 p.m., Aug 27–Oct 15**
XD-100-9308 (1415)
- **Thu, 1–2:30 p.m., Oct 22–Dec 17 (No class Nov 26)**
XD-100-9309 (1416)



Math for Life

The Math for Life courses are for adults with disabilities looking for a review of the fundamental math skills that are necessary for understanding real-life scenarios. Concepts are broken down and explained using visuals and hands-on manipulatives.

Math for Life – Basic Number Sense II

This lifelong learning course is for adults looking for a review of the foundational math skills that are needed to understand real-life scenarios. Students must be able to compare whole numbers under 100 and perform very basic mental addition and subtraction to enroll (ie., 5 - 1). Skills covered include comparing whole numbers (ie., 2,000 is more than 800), comparing decimals (ie., \$20.00 is more than \$18.50), and using strategies to solve real-world problems using addition, subtraction, multiplication, and division. Concepts are broken down and explained using visuals and hands-on manipulatives. \$285 (total fees)

- **Tue, Thu 10:30 a.m.–12 p.m., Aug 25–Oct 15**
XD-301-9314 (1421)

Math for Life – Intermediate Number Sense I

This lifelong learning course is for adults looking for a review of the foundational math skills that are needed to understand real-life scenarios. To enroll, students must be able to perform basic mental addition and subtraction and compare whole numbers up to the thousands place and decimals to the hundredths place (ie., \$20.00 is more than \$18.50). In this course students learn strategies for solving basic real-world problems involving different units of measurement, money, and time. Concepts are broken down and explained using visuals and hands-on manipulatives. \$285 (total fees)

- **Tue, Thu 10:30 a.m.–12 p.m., Oct 20–Dec 17**
(No class Nov 26)
XD-302-9315 (1422)



CORE Afternoon Enrichment Program

The CORE Afternoon Enrichment Program is offered year-round and meets Monday through Friday. Students build social connections, strengthen reading and math skills, and gain greater independence through lessons that promote community engagement and daily living skills.

Please reach out to ILP@HowardCC.edu for more information or to schedule an intake interview.

