



## Chapel Haven West Online Curriculum Spring 2020

### Creative Meal Prep

Tuesday: 11:30 - 12:30 PT

Location: Virtual / Zoom

Instructor: Emily DeWalt

**Description:** In this course, you will learn the importance and methods of practical meal planning and preparation. Join us and learn how to shop for food efficiently, understand key terms in nutrition and cooking, and a number of how-to lessons for cooking specific meals and side dishes! We will all discuss our cooking ideas and how to prepare meals for the week.

### Interview Skills

Wednesday, 11:30-12:30 PT

Location: Virtual/Zoom

Instructor: Dylan Bovill

#### **Description:**

In this course, you will learn how to handle some of the trickiest aspects of the job interview process. The skills you will learn include: How to dress for an interview; how to prepare for the actual interview; and how to answer the always tricky question, "Tell me about yourself."

### Dimensions of Wellness

Wednesday: 12:30 - 1:30 PT

Location Virtual / Zoom

Instructor: Emily DeWalt

**Description:** Based on the 8 Levels of Wellness paradigm, Dimensions of Wellness will explore each level in depth and help you create personalized plans for achieving optimal wellness. This course is specifically intended to empower you to act in ways that will enhance their wellness while following current quarantine protocols for safety.



### **Career Development**

Thursday, 9:00-10:00 PT

Location: Virtual/Zoom

Instructor: Dylan Bovill

**Description:** Thinking about a career? Already have one? In this course, you will learn about the many aspects of developing your career. From networking, to finding your passion, to receiving feedback at work, this course will prepare you for entering the workforce and advancing your career!



### **Writing For Career Success**

Thursday, 11:00 – 12:00 PT

Location: Virtual/Zoom

Instructor: Dylan Bovill

**Description:** Writing is going to be an essential part of any career you have. This course will teach you about the aspects of good professional writing. Topics will include: Writing business emails; writing cover letters; and the mistakes you may be making in your professional writing.