Worcester's Young Men for College will gain valuable skills and experiences to prepare themselves for safety, civic participation, leadership, and much more. Students will gardens, parks, education, healthcare, jobs, immigration, public art, and city life, with a focus on Worcester. Topics will include urban success in a rapidly urbanizing world.

**UR 101: Introduction to Urban Studies**—3 Credits
Course Dates: Tuesdays, Jan. 22, 2019 - May 7, 2019
Course Time: 2:30 p.m. - 4:30 p.m.
Location: Worcester State University
Professor Amy M. Berry
This highly interactive, interdisciplinary course will examine cities and city life, with a focus on Worcester. Topics will include urban gardens, parks, education, healthcare, jobs, immigration, public art, safety, civic participation, leadership, and much more. Students will gain valuable skills and experiences to prepare themselves for success in a rapidly urbanizing world.

**Questions? Contact:** Jared Delane
508-929-8380 | jdelane@worcester.edu
To register for a course, students MUST attend either WSU orientation date: Jan. 8th, 3-5 p.m. or Jan. 12th, 10 a.m.-12 p.m. Check-in @ the Learning Resource Center, Room L136.

For more information, visit: worcester.edu/Courses-for-High-School-Students

**CM 110: Public Speaking**—3 Credits
Course Dates: Saturdays, Jan. 26, 2019 - May 7, 2019
Course Time: 2:30 p.m. - 4 p.m.
Location: Quinsigamond Community College
Professor Julian Berrian
Essentials of speech production and speech writing for large and small groups. Classroom practice in delivering various types of speeches.

**HE 100: Personal Health**—3 Credits
Course Dates: Thursdays, Jan. 24, 2019 - May 7, 2019
Course Time: 2:30 p.m. - 4:30 p.m.
Location: Worcester State University
Professor Jaime F. Vallejos
Every day each of us makes personal decisions that affect our health. This course is designed to help students make informed choices that will improve the quality of life and control over their health.

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**CM 110: Public Speaking**—3 Credits
Course Dates: Mondays, Jan. 21, 2019 - May 6, 2019
Course Time: 2:30 p.m. - 4 p.m.
Location: Quinsigamond Community College
Professor Kerry Berry
This course provides an overview of common business office technology usage, including operating systems functions, internet technologies, and productivity suites. The course focuses on basic working knowledge and hands-on experiences in word processing, spreadsheet processing, relational database processing, and presentation software. This course is the first of two in a series to assist students in preparation of the Microsoft Office Specialist (MOS) certification exam.

**HE 100: Personal Health**—3 Credits
Course Dates: Tuesdays, Jan. 22, 2019 - May 7, 2019
Course Time: 2:30 p.m. - 4:30 p.m.
Location: Worcester State University
Professor Jaime F. Vallejos
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100 Males to College: Preparing Worcester’s Young Men for College

**Classes, Field Trips, Mentoring, Support**
100 Males to College will be offering dual enrollment courses at Worcester State University and QCC. Classes will be offered during the spring semester 2019. There is no cost to students who are members of 100 Males to College.

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