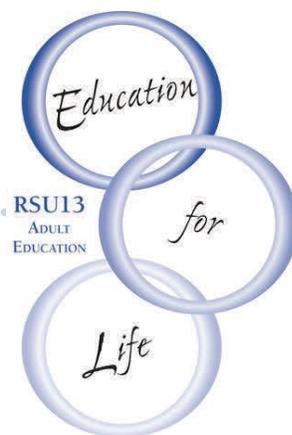


# Adult Education Update

*Regional School Unit 13 Adult & Community Education*



## High School Diploma Completion Programs

RSU 13 Adult Education primarily serves members of the community who are working toward a high school credential. We work one-to-one with students in our Learning Center who are completing credits to finish their high school diploma, or those who are preparing to take the HiSET exam. The Maine Department of Education replaced GED brand tests with the HiSET exam to provide students with a High School Equivalency Diploma. Students take five separate exams that comprise the HiSET: Math, Reading, Writing, Social Studies, and Science. Last year, RSU13 Adult Education awarded sixteen diplomas through High School Diploma Completion and High School Equivalency options. Several of those graduates have continued on to the Maine College Transitions program.



**Math instructor Peg Junge works with a HiSET student in the McLain School Adult Ed Learning Center**

### Did you know...?

In addition to academic assistance, all Adult Education students receive college and career advising to assist them with their next steps.

## CollegeNext (COL 100) College Transitions Program

Instructors Peg Junge and Cathy VanDyke teach the CollegeNext program at UMA-Rockland Center. Students work on their math skills, learn how to navigate the financial aid

and enrollment processes, and learn how to use academic technology such as Blackboard. Students only have to pay for the textbook and receive 3 UMA credits

upon successful completion of the course. This is a great way to try out a college course without any debt. Contact Peg Junge, [pjunge@rsu13.org](mailto:pjunge@rsu13.org), or (207) 691-5751, for more info.

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**Did you know...? Adult Ed students are young! The Maine Adult Ed population:**

- 16-18 years old: 17%
- 19-24: 21%
- 25-44: 42%
- 45-59: 16%
- 60+: 4%

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## Dear Community Member,

You may have noticed changes in our RSU13 Adult Education program over the past couple of years—thanks for being so observant! As we continue on our journey to offer our community new skills and opportunities in academics, college and career access, and workplace and personal enrichment we need your feedback! Please follow this link <https://bit.ly/2Hd2wlt> to take a quick survey and help us gain perspective of community needs, interests, and knowledge of our current programming. By partnering with other Knox County programs we are able to offer a broad array of courses. We look forward to hearing your ideas! Contact me directly at (207) 594-9764 or [cmonroe@rsu13.org](mailto:cmonroe@rsu13.org).

**Warmest Regards,  
Christy Monroe, Director**

## English Language Learning for Adults

Each Tuesday and Thursday afternoon, the 3rd floor of McLain School is filled with the chatter of adults and children as they settle in for ELL class. Students from Mexico, Haiti, the Dominican Republic, Albania, China, and Puerto Rico attend regularly to work on their English skills. Some have goals of pursuing further education in the US, while others are working on their

skills for workplace and community environments. Childcare is provided on-site so that parents can attend class. Elizabeth DiLalla coordinates the ELL program. You may have seen her tutoring for the K-12 program. New ELL students are always welcome! The class meets on Tuesdays and Thursdays from 4-6PM.

**Call 594-9764 for more information.**



**ELL Program Coordinator,  
Elizabeth DiLalla**

## After-School Programming

Our Adult & Community Education program supports the Rockland After School Alliance (RASA) to offer free after-school art classes to RSU13 students. Arts in Action is offered to 6th-8th graders, and focuses on mural projects across the community. Art Club, for 4th and 5th graders at

Thomaston Grammar School, offers a wide variety of activities for younger students. Arts@Work offers high school students art mentorships and art assistant programs. Cynthia McGuirl and Alexis Iammarino lead programs in Rockland and Thomaston that collaborate with artists and

organizations such as the YMCA/ Flanagan Center, CMCA, Rockland Transfer Station, and more. Many thanks to all our current and past partners who are committed to youth arts access! To register or for more information visit our website!

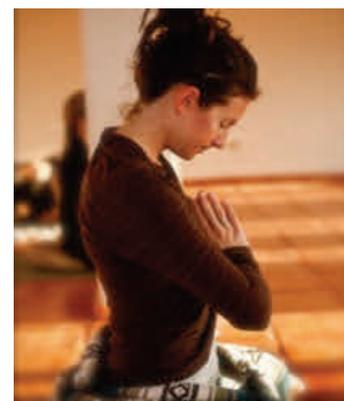
## Yoga for the People!

Yoga for the People is designed for those who wouldn't normally attend a yoga class. This class brings yoga to all shapes, sizes, and abilities with a goal of providing support, alternative strategies, and encouragement in a fun, informal, and eclectic class setting. Our focus is on improving health, focus, and positivity through

yoga. Mats are available for use, or you're welcome to bring your own.

**Sessions are low-cost at 3-weeks for \$15.** Register here to reserve your spot!

<https://rsu13.coursestorm.com/course/yoga-for-the-people>



**Instructor, Jessica Shepard**

## RSU 13 Adult Education

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Adult Education <sup>MAINE</sup>  
*Learning for Work and Life*

<http://rsu13.maineadulted.org/>

*"When I thought about getting my HiSET, it seemed really scary, but then once I started it, I realized I would be able to do it. The Learning Center is a relaxed atmosphere where I feel like it's my choice to be there."*

~2018-19 HiSET Student

### Services Offered:

- High School Credential Programs
- College and Career Counseling (including assistance with the application process and financial aid)
- 3 Credit CollegeNEXT course at UROCK
- ACCUPLACER Testing & Preparation
- Workforce Training & Vocational Readiness
- Business & Computer Classes
- Computer Consultation Customized for Individuals & Businesses
- English Language Learning for Adults
- Personal Enrichment Programs
- After School Arts Programming

## Maine Driving Dynamics

Maine Driving Dynamics, a State of Maine sponsored five-hour defensive driving course, will be offered on Saturday, March 23 from 8:30am-2:00pm at the McLain Building in Rockland.

For more information visit:  
[www.rsu13.maineadulted.org](http://www.rsu13.maineadulted.org).



## TechHire Opportunities



**Did you know that young adults (ages 17-29) can get free IT training and career guidance through a TechHire grant?**

If you know any young adults with a high school credential who are looking to obtain a job in IT, please send them to Adult Ed! They will do assessments with Adult Ed and then will be

referred to TechHire Navigators, who help them find an appropriate track for training. A cohort of students is currently taking computer science and IT classes through UMA at no cost, and employers are offering summer internships around the state. More information can be found here:

<http://www.projectlogin.com/techhire-maine/about>