Alberta Distance Learning Centre | ADLC is an innovative learning community, supporting students, teachers, families, and partners by providing high-quality teaching and learning at a distance.

At ADLC, we are committed to making learning a rewarding experience.
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On-demand learning lets you upgrade when you want, where you want, and how you want.

Alberta Distance Learning Centre | ADLC has been providing Albertans of all walks and stages of life with the training and education they need, when they need it, for over 90 years. In fact, with over 40,000 students every year, ADLC is Alberta’s largest public school. By supporting so many students every year, we are able to offer the widest selection of courses at a low cost.

We have specially-trained, professional teacher-instructors available to help you. Price, selection, and support - that’s why so many Albertans choose ADLC every year to help them upgrade to a better future.

You have options. Let us help you explore them.

There’s no way around it. Life happens. That means when it comes to finding time for upgrading, flexibility is key. With ADLC, you have the option to study online, with printed materials, or a combination of the two. You’re also free to pick any combination of courses you want or need.

Here’s how it works.

It all starts with you, of course.

1. Explore the Course Catalogue (full version available at adlc.ca).
2. Pick what you want! (Not sure what you need? Call us at 1-866-774-5333.)
3. Let us know if you want to submit your assignments for credit when you register.
4. Your teacher-instructor will be in touch!
Once you receive your registration package, you’re ready to get started on your education!
ADLC’s teacher-instructors are specialized in their subject areas and are ready to help you get started. Or, if you prefer to work more independently, that’s cool too. How much, or how little, support you receive is totally up to you. Our teacher-instructors will answer your questions by phone, e-mail, Skype, or even by mail.

Get the flexibility to learn anytime of the day or night.
The ADLC on-demand, independent learning approach gives you the flexibility to:
• Start anytime of year. We think November is as good a month to begin as September.
• Access support when you need it, Monday through Friday and even in the evenings Monday through Thursday.
• Take up to a year to finish your course. There’s no need to wait until after your vacation to register, you’ll have lots of time – even if you take a 30-level course and need to write a provincial diploma exam to graduate. Diplomas are offered five times a year – in January, April, June, August, and November.

Not worried about course credit?
No problem.
We realize you may want to learn something new just for the sake of learning. Well, we love that! You’ll still get all the grade-A learning materials and teacher-instructor support, but you can choose not to do the quizzes, tests, and assignments – and nothing will appear on your transcript.

You’ll get the right education at the right price.
All ADLC courses are developed and supported right here in Alberta. ADLC doesn’t outsource, meaning we can keep our costs low.

Decide whether you want to take one course, a group of them, or earn your diploma.

ADULT STUDENT SUCCESS
Lonnie

With our boom-and-bust economy, it’s common in Alberta to come across people who have successful careers but haven’t finished high school. Lonnie used to be one of those people.

Lonnie and his wife worked their family farm outside of Lethbridge for years before unexpected changes inspired him to hit the books and earn his diploma 43 years after dropping out. Like many people, Lonnie wanted to cross this goal off his to-do list, both for himself and to prove to others that he could do it.

So Lonnie reached out to ADLC, completed a placement exam, and registered in Math 10C. In spite of working full-time in irrigation by day and full-time as a student in the evenings, he completed high-school math (10, 20 and 30 levels) and six other courses in just three months. Of the many challenges he faced, he says, the biggest was learning to use a computer to submit assignments. His advice to others thinking about tackling high-school later in life is this: “You need to make the choice yourself and be all in.”

Lonnie and 13 guests celebrated his success at Lonnie’s graduation on June 15, 2015, where he received his high-school diploma.
The prerequisites and training you need to get ahead.
Whether you want to go to college or university, or enter a trade program, you’ll find all your prerequisite courses at ADLC.

Get your high school diploma.
We offer all the required and Core Courses. Plus, we have other Career Pathways and Personal Interest courses for other credit ideas.

Move your current career ahead.
There are a variety of Career Pathways and courses to help you grow into your job, or get a new one. Most of these include a final project to help you move right into the workforce.

What are you interested in?
Chances are we’ve got a course for that. Whether you want to learn Spanish, explore opening a day home, learn about family law, or improve your English - you’ll find the certified, quality education you deserve. All offered on-demand, allowing you to learn at your own pace.

Want to show your boss you’ve got a handle on computers and spreadsheets? Want to move from dishwasher to short order cook? No problem. We have the courses to get you there.

Voudriez-vous étudier en français? La plupart des cours sont également disponibles en français, et nous avons les professeurs de français pour vous appuyer.
ADULT STUDENT SUCCESS

Steven

In high school, Steven was an exceptional student who received high marks in all of his classes. He worked hard to complete his studies while also participating in Alberta’s Registered Apprenticeship Program (RAP), a program that allows students to begin their training in a registered trade while completing high-school credits.

Since successfully completing RAP, Steven has been working as an electrician. His home base is in Calgary, but he travels around the province for work. After doing this for several years, Steven was ready for a change. He decided to return to high school and complete his 30-level sciences so he can eventually apply for Electrical Engineering at the University of Calgary. While still working full-time, Steven uses his evenings to work on his Chemistry 30 assignments. He says that one of the challenges he has faced is finding cell-phone service to call his teacher for help when he’s on the road. Thankfully, he can also connect with her through email. He is currently on track to attend his first year of university at the same time as his girlfriend. He is looking forward, not only to the change in career, but also to the change of pace.

Check the course sections of this book for a sample of the courses available at ADLC!
You’ll find a lot of five-credit choices, Core Courses, Career Pathways, Personal Interest, short lifestyle courses and everything in between.

Course Spotlight
Energy Education 35 uses service rig simulation training to help you get the industry safety tickets you need to get a job!

Our staff and subject matter specialists are ready to help you figure out what you need to satisfy your boss, university requirements, and most of all…yourself. Contact us at 1-866-774-5333.
Let us help you figure out where to start.

If you’re not sure what training you need, or course you need to take, no problem. We can help you figure it out. It can be as easy as talking with one of our advisors, or in some cases, doing a simple placement test exercise in a subject to determine what level you’re currently at and where you should begin. Placement testing is available for core high-school subjects including: English, Math, Science, Chemistry, Physics, French, and Spanish.

If English is not your first language, no problem, you can take placement testing exercises in English as a Second Language as well.

Adult students can earn the credits they deserve.

If you’re an adult student, you can choose your courses based on your skills rather than just the courses you’ve completed. We can help you figure out where you should start based on what you can do in any Alberta high school Core Courses.

From outside Alberta?

If you went to a school in another province, or country, or don’t have the proof of what you’ve completed, that’s no problem either. All we need to know is what you want, or need, to learn and we can help you get there.

Get your Alberta High School Equivalency Diploma here.

If you want to get your high school diploma, we can help you qualify for the Alberta High School Equivalency Diploma by assessing your past experience and giving you credit for life experience, travel, personal study, and other learning experiences.
Janet

Janet and her husband were born in Nigeria and came to Canada shortly after they were married. After the couple had settled in Lac La Biche, Janet decided to upgrade her high school courses. The original idea was to leave her career options open, but it didn’t take long for Janet to decide she wanted to be a chef. So she also completed various foods courses through ADLC in preparation for culinary school at NAIT.

Janet completed her training and became a journeyman chef. But once she and her husband decided to have children, Janet began to explore careers that would allow her to spend more time with them. After a bit of research, Janet discovered the Licensed Practical Nursing program at college. Janet met most of the prerequisites for the program but needed to complete Biology 20 and 30 to be accepted. Her college recommended ADLC, and Janet jumped at the opportunity.

With ADLC, Janet was able to stay home with her children and still complete both biology courses within a matter of months. Janet is an inspiration for adults who want to return to school, and she has proven that it’s never too late to make a change.

Let us help you test your skills.
ADLC is Alberta’s only public school Test of Workplace Essential Skills (TOWES) test centre. Our teachers will use your score to help you decide what steps to take to increase your score. Starting Fall 2015, the TOWES test is available at no charge if you complete an ADLC course.

Good news!
While there is a small fee of $50 for placement testing, we’ll deduct it from your tuition fee when you sign up for your first ADLC course!

We can help you figure out where you should start.
CONNECT
to flexible FNMI learning opportunities.

Connect to flexible FNMI learning opportunities
Alberta Distance Learning Centre | ADLC has over 250 courses available for First Nations, Metis, and Inuit students, regardless of your location. Our professional teacher-instructors offer supports for classroom learning and individual study. For many FNMI students, flexible learning helps you pursue more education.

Develop traditional skills from your First Nations, Metis or Inuit culture.
Here’s your opportunity to earn high school credit as you learn more and connect on a deeper level to your heritage and culture. If you have access to a skilled mentor from your community, we can provide the credits and teacher-instructor support to translate your learning into credits.

Explore your career options
Through Career Pathways, you can explore the career or job you think you might want, while you’re still in high school, or before going on to post-secondary school. Each course collection in the Career Pathways (page 18) and Personal Interest (page 22) courses will help point you in the right direction.

Alberta Distance Learning Centre has over 250 courses available for First Nations, Metis, and Inuit students, including funding options.
Your school can partner with ADLC
ADLC has been exploring partnership options with bands around Alberta & NWT, discovering the best ways to blend traditional learning with credit-based options. Through flexible options and ongoing support, we’re helping FNMI groups around the province provide students like you better options for a great education experience. Have your school contact us at 1-866-774-5333 to discover how we can help.

Contact us today to find out how connecting to your heritage can earn you credit.

Highlights

Career and Technology Studies – Foods & Fashion
- With a mentor in place, students have created pow wow dresses, jingle skirts, buffalo stew, and other projects.

Art & Sculpture
- Within art courses for credit, students have created a large number of pieces with traditional themes and explored traditional ways to create clay sculpture and stone carvings.

ADULT STUDENT SUCCESS

Iris

Iris was only 15-years-old when she first began taking distance learning through ADLC at Fort McKay School after traditional school wasn’t successful for her. Since then, she’s been taking courses on and off because she needed maternity leaves when she began having children.

Iris is now a single parent and a member of the Fort McKay band. She lives on the reserve with her two children, and she’s been passionate about achieving her goals of getting a high school diploma, and now applying to nursing at the University of Alberta.

Before she could apply for the nursing program, she needed to complete her high school diploma. So Iris completed 15 credits worth of Career and Technology Studies projects in which she studied traditional arts including courses like Biology, Chemistry, Forensic Sciences and Geography. With the help of her mentor and ADLC teacher-instructors, Iris used her CTS projects to create traditional cultural clothing for herself and her children. After graduating high school, Iris was hired by an oilfield company that has kept her on, even in a downturn. She’s regarded as a valuable and steady employee capable of getting the job done. She’s also currently saving to pay for her post-secondary education.

Throughout her education at Fort McKay School and ADLC, Iris demonstrated incredible dedication to her studies. She even made history by completing 40 credits (the most ever at the school) in a single semester. Iris received a well-deserved award for this accomplishment. She credits the flexibility and support of ADLC for making her success possible.
ADULT STUDENT SUCCESS

Joyce

ADLC offers students the flexibility to learn on their own terms with on demand start times. These important features allow students like Joyce to customize and enjoy their learning experiences.

Joyce is a student in her late 50s who requires special arrangements to accommodate her physical disability, so our teachers work with her to guarantee her access. For instance, teachers print exams for her rather than having her complete them online.

As an adult student with a lot of previous educational experience, Joyce has learned the importance of accountability and hard work. As a keen and eager student, she often calls her teacher a few times a week for help with assignments. It’s also common for her and her children, who are currently pursuing post-secondary degrees, to sit together in the evenings to study and complete assignments.

Joyce is currently in the process of changing careers and is determined to complete a degree in nursing at the University of Alberta. But, as many students find, post-secondary programs often have prerequisites. So Joyce, with the help of ADLC, will complete Chemistry 30 with the hope of being accepted into her program of choice in 2016.

Your tuition won’t break the bank.

We’ve done the math and an ADLC education is less expensive than other options.

Here are a few things you should know about costs.

• If you are an Alberta student 19 years old, or younger, on September 1st of the school year when you register for your course – you pay zero tuition fees.

• Adults 20 years old, or older, will pay tuition of $100 per credit. That means high school courses such as Biology, Math, English and Career Pathways, which are five credits, will cost $500 each. Personal Interest and individual Career courses are one credit and cost just $100.

Some other costs you should be aware of.

Some courses have textbook rentals, which are mostly refunded when you complete the course and return your books in good condition. For some courses you will also need to purchase some materials from ADLC. All course costs are listed in the Course Catalogue on adlc.ca.

You may qualify for bursaries!

If you are an adult student and an Alberta resident you may qualify for the Skills Investment Bursary (SIB) that can cover the entire cost of your tuition and materials. And the best part is – it doesn’t have to be repaid. For more information on the bursary visit www.humanservices.alberta.ca, or contact our Adult Advisors at 1-866-774-5333.

Other bursaries are available for First Nations, Metis, and other students. See your community Education Director or your Friendship Centre for more details.

NOTE: The SIB and some other bursaries have time limits shorter than the year available from ADLC for you to take your course.

We’ve done the math and an ADLC education is less expensive than other options.

We’ve done the math and an ADLC education is less expensive than other options.
All your core high school courses are right here.
You’ll find all your core subjects offered through ADLC, including 30-level courses that require you to write provincial diploma exams. All of the courses offered at ADLC give you the flexibility to learn at your own pace. Even diploma courses, because you’ll have an opportunity to write your diploma exams five times a year!

If you’re not sure what to take, talk to one of our counsellors, or take placement testing – available for all core subjects (except Social Studies.)

All of the courses offered at ADLC give you the flexibility to learn at your own pace.

Check out the Personal Interest section (page 24) for languages courses and English as a Second Language. For full course listings visit adlc.ca.

La plupart des cours sont également disponibles en français.

- English Language Arts 10-1, 20-1, 30-1, and 30-1 for Adults
- English Language Arts 10-2, 20-2, 30-2
- Mathematics 10C, 20-1, 30-1 - preparation is also available through Math 9
- Mathematics 10C, 20-2, 30-2 - preparation is also available through Math 9
- Mathematics 31
- Science 10, 20, 30
- Chemistry 20, 30
- Physics 20, 30
- Biology 20, 30
- Social Studies 10, 20, 30

See Core Courses (page 14) or visit adlc.ca for the full Core Courses listing.

ADULT STUDENT SUCCESS

Irene

Irene originally found ADLC when she wanted to enroll in the Computer Systems Technology (CST) program at NAIT. Having graduated high school many years earlier, Irene realized she would have to upgrade her final English 30 mark before she would be accepted. So she completed English 30 through ADLC, passed with flying colours, and enrolled in the CST program soon after.

After working as a Computer Systems Analyst for 16 years, Irene came back to ADLC to upgrade in Chemistry 20 and 30 and Biology 30 before applying to the Bachelor of Science degree program at the University of Alberta.

Like many adult students, Irene worked full-time during the day and powered through her studies in the evenings, finishing all three courses in six months. She credits her success to the organized structure of her courses and the interesting content she covered. Irene says she is thankful for the opportunity to change careers later in life, and she believes that learning to study on her own has prepared her for success in university.
Core Courses

**English Language Arts 10-1, 20-1, 30-1, 30-1**

**For Adults:** Students will study short stories, poetry, non-fiction, scripts, Shakespeare plays, graphic novels, novels, and create original work. These courses are designed for students interested in pursuing a post-secondary program. (5 Credits each)

- **10-1:** Estimated materials costs: $195, $128 refunded (print); $143, $128 refunded (online). Tuition: $500.
- **20-1:** Estimated materials costs: $227, $80 refunded (print); $177, $80 refunded (online). Tuition: $500.
- **30-1:** Estimated materials costs: $135, $115 refunded (print); $81 (online). Tuition: $500.
- **30-1 For Adults:** Estimate materials costs: $38 (print). Tuition: $500.

**English Language Arts 10-2, 20-2, 30-2:**

Students will study course literature including short stories, poems, non-fiction, a graphic novel, a novel, a modern play and a film. These courses are designed for students pursuing a post-secondary program that requires English (but is not a primary focus.) (5 Credits each)

- **10-2:** Estimated materials costs: $212, $128 refunded (print); $143, $128 refunded (online). Tuition: $500.
- **20-2:** Estimated materials costs: $301, $167 refunded (print); $194, $167 refunded (online). Tuition: $500.
- **30-2:** Estimated materials costs: $384, $167 refunded (print); $192, $167 refunded (online). Tuition: $500.

**Science 10, 20, 30:**

Students have the chance to explore, analyze, and appreciate the interrelationships among science, technology, society, and the environment. These courses are designed for students interested in pursuing a program that is not science focused. (5 Credits each)

- **10:** Estimated materials costs: $266, $115 refunded (print); $145, $115 refunded (online). Tuition: $500.
- **20:** Estimated materials costs: $73, $58 refunded (print); $73, $58 refunded (online). Tuition: $500.
- **30:** Estimated materials costs: $257, $59 refunded (print); $74, $59 refunded (online). Tuition: $500.

**Social Studies 10-1, 20-1, 30-1:**

Students will examine the relationships among globalization, citizenship, and identity to enhance skills for citizenship in a world in which all people are increasingly interconnected and interdependent. These courses are designed for students interested in pursuing a post-secondary program that has a social studies focus. (5 Credits each)

- **10-1:** Estimated materials costs: $173 (print); $0 (online). Tuition: $500.
- **20-1:** Estimated materials costs: $168.00 (print); $0 (online). Tuition: $500.
- **30-1:** Estimated materials costs: $248, $97 refunded (print); $127, $97 refunded (online). Tuition: $500.

**Social Studies 10-2, 20-2, 30-2:**

Students explore multiple perspectives on the origins of globalization and the impact of globalization on identity, lands, cultures, economics, human rights, and quality of life. These courses are designed for the student to fulfill the social studies requirement and entrance to non-social studies focus post-secondary programs. (5 Credits each)

- **10-2:** Estimated materials costs: $155 (print); $0 (online). Tuition: $500.
- **20-2:** Estimated materials costs: $237, $110 refunded (print); $140, $110 refunded (online). Tuition: $500.
- **30-2:** Estimated materials costs: $265, $125 refunded (print); $160, $125 refunded (online). Tuition: $500.
Mathematics 10C, 20-1, 30-1:
For students planning on pursuing academic post-secondary programs or trades that typically place importance on mathematics. (5 Credits each)
- **10C:** Estimated materials costs: $226, $71 refunded (print); $91, $71 refunded (online). Tuition: $500.
- **20-1:** Estimated materials costs: $188, $77 refunded (print); $97, $77 refunded (online). Tuition: $500.
- **30-1:** Estimated materials costs: $197, $77 refunded (print); $97, $77 refunded (online). Tuition: $500.

Mathematics 20-2 & 30-2:
For students planning on pursuing post-secondary programs or trades where math is important but not a primary focus. (5 Credits each)
- **20-2:** Estimated materials costs: $239, $87 refunded (offline digital content); $125, $87 refunded (online). Tuition: $500.
- **30-2:** Estimated materials costs: $261, $78 refunded (online). Tuition: $500.

Mathematics 31:
Students learn pre-calculus and calculus concepts. This course is for students interested in a post-secondary program that has a primary focus in math. (5 Credits each)
- Estimated materials costs: $182, (print); $0 (online). Tuition: $500.

Chemistry 20 & 30:
Students will learn introductory and advanced chemistry concepts. This course is designed for post-secondary programs that are focused on science. (5 Credits)
- **20:** Estimated materials costs: $132, $100 refunded (offline digital content); $125, $100 refunded (online). Tuition: $500.
- **30:** Estimated materials costs: $125, $100 refunded (online). Tuition: $500.

Physics 20 & 30:
Students will learn introductory and advance physics concepts. This course is designed for post-secondary programs that are focused on science. (5 Credits)
- **20:** Estimated materials costs: $360, $162 refunded (print); $232, $162 refunded (online). Tuition: $500.
- **30:** Estimated materials costs: $334, $162 refunded (print); $226, $162 refunded (online). Tuition: $500.

Biology 20 & 30:
Students will learn introductory and advanced biology concepts. This course is designed for post-secondary programs that are focused on science. (5 Credits)
- **20:** Estimated materials costs: $255, $123 refunded (print); $158, $123 refunded (online). Tuition: $500.
- **30:** Estimated materials costs: $334, $162 refunded (print); $226, $162 refunded (online). Tuition: $500.
Start a new journey right now with Career Pathways course collections.

If you want to prepare for a job in the trades, or get yourself prepared to enter college or university, ADLC’s Career Pathways course collections may be the place to start. Each of the courses in Career Pathways can be taken separately and most end with a project course guiding you towards employment readiness or transition to further education. And because most of these career courses are project-based, there are no final exams.

If your goal is self-improvement, and you’re not concerned about earning credits, you can pay your tuition and still work with your teacher-instructor without submitting the assignments. There will be no official documentation of your completion of the course and it will not appear on your transcript.

ADLC now administers the Test Of Workplace Essential Skills (TOWES) and we include a free assessment of which courses you can take from ADLC to improve your score – call us for more information at 1-866-774-5333.

Some applicable courses, such as English as a Second Language, can also be found in the Personal Interest section of this book.

La plupart des cours sont également disponibles en français.

What follows is just a snapshot of some of the courses you can take. To register for a Career Pathways, you will need to register for all 5 courses in each collection. Please visit adlc.ca for detailed course descriptions.
Career Pathways Course Collections

A pathway is a selection of courses to give students the opportunity to explore and acquire the attitudes, skills and knowledge for a career that is relevant to their interests. Pathways support goals that may include university, college, apprentice training, or moving directly into the workforce. – CTS Pathways, Alberta Education, 2013

Business

**BUSINESS MANAGEMENT**
Learn about the basics of managing a business with these introductory business management courses. (5 Credits total)
- Estimated material costs: $62 (print); $0 (online). Tuition: $500.

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<td>Management Project (Coming Soon)</td>
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**LEGAL STUDIES**
Explore various components of the Canadian legal system. Provides a foundation of introductory legal knowledge with practical application to everyday life. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

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**BOOKKEEPING**
Familiarize yourself with financial accounting principles while acquiring knowledge and skills that are applicable to business bookkeeping. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

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**OFFICE ADMINISTRATIVE ASSISTANT**
Discover technical computer skills that are well suited to an office environment, such as word processing, data management, personal record keeping, and spreadsheet development. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

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**CISCO CERTIFIED PC HARDWARE AND SOFTWARE - IT ESSENTIALS**
Using a hands-on approach, learn about fundamental and advanced concepts of computer hardware and software. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

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</table>

**CISCO CERTIFIED NETWORK ADMINISTRATOR FOR HOME AND SMALL BUSINESS**
Learn about fundamental networking concepts and technologies. Provides a hands-on introduction to networking and the Internet using relevant tools and hardware. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>NET2030</td>
<td>Network Structures</td>
</tr>
<tr>
<td>NET2040</td>
<td>Network Media and Devices</td>
</tr>
<tr>
<td>NET2050</td>
<td>Open System Interconnection</td>
</tr>
<tr>
<td>NET2060</td>
<td>Network Protocols</td>
</tr>
<tr>
<td>NET2070</td>
<td>Local Area Networks</td>
</tr>
</tbody>
</table>
DISCOVER TOURISM
Learn about a variety of key elements within the tourism industry, such as event management, accommodation operations, and the delivery of superior customer service. (5 Credits total)

- Estimated material costs: $0 (online). Tuition: $500.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOU1010</td>
<td>The Tourism Sector</td>
</tr>
<tr>
<td>TOU1030</td>
<td>Quality Guest Service</td>
</tr>
<tr>
<td>TOU1050</td>
<td>The Accommodation Industry</td>
</tr>
<tr>
<td>TOU2010</td>
<td>Event Management</td>
</tr>
<tr>
<td>TOU3040</td>
<td>Accommodations Operations</td>
</tr>
</tbody>
</table>

Starting a Business (Entrepreneurship)

START YOUR OWN BUSINESS
Learn the basics of starting your own business with this series of business related courses. (5 Credits total)

- Estimated material costs: $19 (print); $0 (online). Tuition: $500.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIN1015</td>
<td>Accounting Prep</td>
</tr>
<tr>
<td>FIN1020</td>
<td>Accounting Cycle 1</td>
</tr>
<tr>
<td>MAM3040</td>
<td>Promotions: Sales Techniques</td>
</tr>
<tr>
<td>LGS3050</td>
<td>Small Business Law</td>
</tr>
<tr>
<td>LGS3910</td>
<td>Start Your Own Business Project</td>
</tr>
</tbody>
</table>

STARTING YOUR OWN JEWELRY BUSINESS
Starting Your Own Jewelry Business: Learn the basics of the jewelry business with these fundamentals courses. (5 Credits total)

- Estimated material costs: $67 (print); $0 (online). Tuition: $500.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAS1030</td>
<td>Sewing Fundamentals</td>
</tr>
<tr>
<td>FAS1060</td>
<td>Creating Accessories 1</td>
</tr>
<tr>
<td>MAM3040</td>
<td>Promotions: Sales Techniques</td>
</tr>
<tr>
<td>FIN1015</td>
<td>Accounting Prep</td>
</tr>
<tr>
<td>FAS1910</td>
<td>Jewelry Business Project</td>
</tr>
</tbody>
</table>

STARTING A DAY HOME
Starting a Day Home: Learn the basics of starting a day home with these business and health related courses.

- Estimated material costs: $0 (online). Tuition: $500.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSS1010</td>
<td>Health Services Foundations</td>
</tr>
<tr>
<td>HSS2020</td>
<td>Nurturing Children</td>
</tr>
<tr>
<td>FIN1015</td>
<td>Accounting Prep</td>
</tr>
<tr>
<td>FIN1020</td>
<td>Accounting Cycle 1</td>
</tr>
<tr>
<td>HSS2910</td>
<td>Day Home Project</td>
</tr>
</tbody>
</table>

If you want to prepare for a job in the trades, or get yourself prepared to enter college or university, ADLC’s Career Pathways course collections may be the place to start.
Agriculture
GREENHOUSES AND GARDENING
Learn the basics of agriculture and gardening with these introductory courses. (5 Credits total)
• Estimated material costs: $0 (online). Tuition: $500.
AGR1010 Introduction to Agriculture
AGR1050 Plant Propagation
AGR1055 Gardening
AGR2095 Indoor Plants
AGR1910 Greenhouse/Gardening Project (Coming Soon)

ANIMAL CARE
Learn the basics of animal care and agriculture safety with these introductory courses. (5 Credits total)
• Estimated material costs: $0 (online). Tuition: $500.
AGR1010 Introduction to Agriculture
AGR1040 Introduction to Animal Basics
AGR2045 Companion Animals
AGR3000 Agriculture Safety
AGR2910 Animal Care Project (Coming Soon)

Fashion & Foods
FASHION ILLUSTRATION
Learn the basics of fashion illustration with this collection of introductory illustration courses. (5 Credits total)
• Estimated material costs: $225, $146 refunded (print); $119, $79 refunded (online). Tuition: $500.
DES1010 Sketch, Draw, and Model
FAS1000 Fashion Illustration 1
FAS2000 Fashion Illustration 2
FAS3000 Fashion Illustration 3
FAS2910 Fashion Illustration Project (Coming Soon)

CULTURAL FASHION PRODUCTION
Learn the basics of creating cultural fashion through these introductory production courses. (5 Credits total)
• Estimated material costs: $80 (print); $0 (online). Tuition: $500.
FAS1030 Sewing Fundamentals
FAS1060 Creating Accessories 1
FAS1190 Textile Arts 1
FAS3080 Cultural Fashions
FAS1910 Cultural Fashion Project

RETAIL CLOTHING CAREER
Learn the basics for a career in the world of retail with these exploratory courses. (5 Credits total)
• Estimated material costs: $64 (print); $0 (online). Tuition: $500.
MAM3040 Promotions: Sales Techniques
MAM3050 Distributing Goods and Services
FAS1030 Sewing Fundamentals
FIN1015 Accounting Prep
MAM3920 Management and Marketing Project A

FOOD INDUSTRY CAREERS
Learn the basics of the food industry with these introductory cooking and safety courses. (5 Credits total)
• Estimated material costs: $0 (online). Tuition: $500.
FOD1010 Food Basics
FOD1020 Contemporary Baking
FOD3070 Short Order Cooking
HCS3000 Workplace Safety
FOD1910 Food Project
Natural Resources

**SERVICE RIG SIMULATOR**
Experience what working on an oil well service rig would be like through a virtual simulator. Designed for students interested in a career in the energy industry. (5 Credits total)

- Estimated material costs: $0 (online). Tuition: $500.

**LDC3239**  
Energy Education 35  
- includes access to 6 Alberta industry safety tickets

Note: This course is not a CTS course and therefore does not meet CTS graduation requirements.

**OIL AND GAS INDUSTRY**
Discover modern technologies and business practices within the oil and gas industry.
- Coming Soon. See adlc.ca for more details.

**PRS2020**  
Conventional Oil and Gas Exploration

**PRS2030**  
Non-conventional Hydrocarbons Exploration

**PRS2060**  
Refining Hydrocarbons

**PRS3020**  
Conventional Oil and Gas Recovery and Production

**PRS3910**  
Oil and Gas Industry Project

**FORESTRY**
Learn about the impact of forestry in Canadian society while gaining insight into forest ecosystems, forest management, and environmental stewardship. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

**FOR1010**  
Forests and Society

**FOR1020**  
Forest Ecology in Regions of Canada

**FOR1100**  
Forest Use and Protection

**FOR2010**  
Forest Protection and Stewardship

**FOR3080**  
Forest Research and Development

**HUNTER EDUCATION**
Familiarize yourself with the basics of hunting. These courses cover components of hunting practices through practical hands-on exercises. Satisfies educational requirements for an Alberta hunting license. (3 Credits total)
- Coming Soon. See adlc.ca for more details.

**WLD1010**  
Introduction to Wildlife

**WLD1070**  
Hunting and Game Management Theory

**WLD2070**  
Hunting and Game Management Practice

Successful completion of the hunter education course is required for first time hunters to purchase a hunting license in the province of Alberta.

**Youth and Independent Living**

**PARENTING AND CHILDCARE**
Learn about the basics of parenting with these introductory courses for the new or soon-to-be parent. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

**HSS2020**  
Nurturing Children

**FOD1010**  
Food Basics

**FOD1040**  
Meal Planning

**HSS1010**  
Health Services Foundation

**HSS2910**  
Parenting Project

**SURVIVAL SKILLS FOR MOVING OUT OF HOME**
Learn about the basics of living on your own with these independent living courses. (5 Credits total)
- Estimated material costs: $0 (online). Tuition: $500.

**FIN1010**  
Personal Financial Information

**FOD1010**  
Food Basics

**FOD1050**  
Fast & Convenience Foods

**LGS1030**  
Relationship Law

**FOD1910**  
Independent Living Project
Personal Interest courses can take you anywhere you want to grow.

Whether you’re looking for some serious self-improvement or a new skill, our Personal Interest courses offer a great place to start your path to personal growth. Most courses are project-based and do not have final exams. As well, many of these courses are hands-on and require you to access supplies, tools, or ingredients.

If your goal is self-improvement, and you’re not concerned about earning credits, you can still work with your teacher-instructor without submitting the assignments. There will be no official documentation of your completion of the course. It will not appear on your transcript.

La plupart des cours sont également disponibles en français.

The Personal Interest listings following are just a snapshot of some of the courses you can take. Please visit adlc.ca for a full listing and detailed descriptions.
ADULT STUDENT SUCCESS

Barb

After many years working from home as a registered massage therapist, Barb has decided to change careers. Barb has always had an eye for design, and her natural talent was brought to life when friends and family began asking her to design family photo albums, presentations, and videos. Working on their projects motivated her to pursue a new career in digital design and video production.

Like many students wanting to return to school, Barb realized she would need to upgrade her high-school math before applying for the Digital Media and IT program at NAIT. But she needed a flexible option that would allow her to complete her courses between clients and access help in the evenings. She found exactly what she needed with ADLC.

Barb began by completing a placement exam to determine what level of math she should begin with. Soon after, she registered in Math 10C. Barb is currently completing Math 20-2 while still working full-time. Her advice to other students returning to school is to take one course at a time to avoid becoming overwhelmed.

Barb is thankful for ADLC and is looking forward to applying to the Digital Media program in 2016.

FOODS & FASHION

• Sewing, Accessories, Textile Art, Activewear, Home Décor, Illustration, Tailoring
• Baking, Appetizers, Meal Planning, Convenient Foods, Nutrition, Cakes and Pastries, Soups and Sauces, International/Regional Cuisine, Yeast Products, Presentation, Entertaining

RECREATION

• Training, Sport Nutrition, Injury Management
• Gardening, Indoor Plants
• Hunter Education

ART

• Photography, Visual Composition, e-Learning
• Sketching and Sculpting
• Art

LANGUAGES

• Our language courses include grammar, reading, writing, and speaking practice
  - English as a Second Language (includes placement testing)
  - French (placement testing available)
  - Spanish (placement testing available)
  - German (placement testing available)

LIFE MANAGEMENT

• Personal Financial Management
• Relationship, Family, Employment, and Property Law
• Sociology, and Personal, General, and Abnormal Psychology

FORENSICS

• Crime Scene Investigation

See the Career Pathways section for more options like Nurturing Children, Digital Presentation, Word Processing, Computing, and Accounting.
Personal Interest Courses
For a full listing of all available Personal Interest courses, please visit adlc.ca. Adult students do not require prerequisites.

FASHION

FAS1030 Sewing Fundamentals – Students learn how to use and care safely for sewing and pressing equipment, and to apply these skills in project assembly. Students must have access to sewing-related equipment and supplies. (1 Credit)
• Estimated materials costs: $25 (print); $0 (online). Tuition: $100.

FAS2080 Activewear – Students learn about activewear fabrics and how to make unique, attractive, and serviceable activewear. Students must have access to sewing-related equipment and supplies. (1 Credit)
• Estimated materials costs: $23 (print). Tuition: $100.

FOODS

FOD1010 Food Basics – Students learn safe and sanitary food handling procedures, equipment care, comprehension of recipes, and the importance of efficient work habits. Students need access to a food preparation facility. (1 Credit)
• Estimated materials costs: $0 (online). Tuition: $100.

FOD1040 Meal Planning – Students develop an understanding of planning, preparation, and evaluation of balanced healthy meals. Students need access to a food preparation facility. (1 Credit)
• Estimated materials costs: $0 (online). Tuition: $100.

AGRICULTURE

AGR1055 Gardening – Students learn about basic gardening and the need to consider regional climates, water availability, and exposure to sunlight. Students plan and design an Alberta garden. (1 Credit)
• Estimated materials costs: $0 (online). Tuition: $100.

AGR2045 Companion Animals – Students explore the history, physiology, behaviour, health and welfare, care, and husbandry of a variety of companion animal species. (1 Credit)
• Estimated materials costs: $0 (online). Tuition: $100.

COMMUNICATIONS TECHNOLOGY

COM1205 Photography Introduction – Students develop essential skills in camera use with a focus on basic composition, set-up, and examination of exposure. Students must have access to a camera. (1 Credit)
• Estimated materials costs: $0 (online). Tuition: $100.

DESIGN

DES1010 Sketch, Draw, and Model – Students are introduced to observational sketching, drawing and modeling (sculpting) using various applications of basic materials and tools. (1 Credit)
• Estimated materials costs: $0 (online). Tuition: $100.
FINE ARTS
FNA1400 Art 10 – Students journey deep into the world of visual communication, the creation of 2-D and 3-D images using various media and processes, and the examination of the role of art in past and present societies including various art movements in various art forms. (3, 4, or 5 Credits)
• Estimated materials costs: $53 (print).
  Tuition: 3 credit $300, 4 credit $400, 5 credit $500.

FNA2400 Art 20 – Includes major disciplines of drawing, design, painting, printmaking, architecture, sculpture, and art history. Students are encouraged to use non-traditional approaches such as metamorphosis or accidental occurrences as the basis for compositions. (5 Credits)
• Estimated materials costs: $49 (print). Tuition: $500.

FNA3400 Art 30 – Provides encounters with art and further development of art skills and styles. Culminates in an art exhibition assignment. (5 Credits)
• Estimated materials costs: $51 (print). Tuition: $500.

LANGUAGES
ESL1125 English as a Second Language (ESL) – Learn and practice English anywhere you’re online. Our teacher-supported courses provide exciting, motivating learning opportunities that aren’t confined to books. You’ll access explanation, practice, activities, pictures, games, and audio through 4 levels of ESL. (5 Credits)
• Estimated materials costs: $40 (online). Tuition: $500

French 10, 20, 30 (3Y) – Explore French language and culture through captivating audio, video and a wide variety of reading, writing, and listening activities. (5 Credits)
• 10: Estimated materials costs: $136 (print); $25 (online). Tuition: $500.
• 20: Estimated materials costs: $163 (print); $25 (online). Tuition: $500.
• 30: Estimated materials costs: $163 (print); $25.00 (online). Tuition: $500.

SPN3345 Spanish Language and Culture 30-3Y – ¿Ya habla español? If you’d like to solidify your reading and writing in Spanish, learn about a variety of Spanish speaking cultures, as well as earn some high school credits, Spanish 30 may be of interest to you. Placement testing and fast track are available. (5 Credits)
• Estimated materials costs: $0 (online). Tuition: $500.

Whether you’re looking for some serious self-improvement or a new skill, our Personal Interest courses offer a great place to start your path to personal growth.
German Language and Culture 10, 20, 30 (3Y) – Explore the most widely spoken language in Europe with a teacher-supported, 3 year program that emphasizes reading, writing, listening and speaking. Can be used as prep for Sprachdiplom, see adlc.ca for details. (5 Credits each)


BUSINESS & MANAGEMENT

MAM3040 Promotion: Sales Techniques – Assists students in learning techniques for successful selling. (1 Credit)
- Estimated materials costs: $19 (print); $0 (online). Tuition: $100.

FIN1015 Accounting Prep – Students become familiar with financial statements, generally accepted accounting principles, and how to prepare for the process of starting a business. (1 Credit)
- Estimated materials costs: $0 (online). Tuition: $100.

FIN1020 Accounting Cycle 1 – Introduces students to the accounting cycle for a service business. Students will analyze and record business transactions. (1 Credit)
- Estimated materials costs: $0 (online). Tuition: $100.

LEGAL STUDIES

LGS3050 Small Business Law – Students learn about laws relating to starting a business, running a business, and ending a business in Canada. Students also explore challenging issues that affect small business. (1 Credit)
- Estimated materials costs: $0 (online). Tuition: $100.

LGS3080 Criminal Law – Students will examine the criminal justice system, including processes and roles and responsibilities of participants. Students explore challenging and controversial criminal issues, as well as law-related careers. (1 Credit)
- Estimated materials costs: $0 (online). Tuition: $100.

SOCIAL SCIENCES

SSN2176 General Sociology 20 – Introduces students to group behaviour, the meaning of cultural norms, and deviations from these norms. Groups such as the family and social classes and social problems such as crime rates and illegal drug use are examined. (3 Credits)

LDC3164 Abnormal Psychology 35 – Students gain basic understanding of the major concepts in abnormal psychology and the complicated nature of psychological illness. (3 Credits)
- Estimated materials costs: $56 (print). Tuition: $300.

If your goal is self-improvement, and you’re not concerned about earning credits, you can still work with your teacher-instructor without submitting the assignments.
RECREATION LEADERSHIP

**REC1020 Injury Management 1** – Students learn prevention, assessment, and management techniques related to injuries that may occur during recreation and sporting activities. (1 Credit)
- Estimated materials costs: $9 (online). Tuition: $100.

**REC2010 Nutrition for Recreation Activities and Sport** – Students explore the role of food and hydration in helping individuals achieve optimal physical performance for physical activities. (1 Credit)
- Estimated materials costs: $0 (online). Tuition: $100.

**REC3140 Sport and Society** – Students explore the structure and function of community, amateur, and professional sport organizations and their impact on society. (1 Credit)
- Estimated materials costs: $0 (online). Tuition: $100.

FORENSICS

**LDC3754 Forensic Science 35** – Students explore forensic anthropology, forensic entomology; forensic toxicology; ballistics; police protective equipment; police dogs; arson investigation; criminal profiling; investigation process; and footwear, tire, and tool mark impressions. Students also analyze historical crime scenes. (3 or 5 Credits)
- **3 Credit**: Estimated materials costs: $76 (print). $0 (online). Tuition: $300.
- **5 Credit**: Estimated materials costs: $93 (print). $0 (online). Tuition: $500.
to your future.

What are you waiting for? Get started on your new tomorrow, today!
Whether you’re starting something new, restarting a career, finding a new path, or just looking to add a new art form to your everyday enjoyment, there’s absolutely no need to wait. You can get started on your new future right now, right here. And if you need help figuring it all out, we’re here for you…just an e-mail, or a phone call away.

Want to know more about upgrading?
Our upgrading academic counsellors are available by e-mail at counselling@adlc.ca anytime or by phone at 1-866-774-5333, 8:30-4:30 Monday through Friday,

Come in person to our offices from 8:30-4:30 Monday - Friday:

Northern Alberta
• Edmonton: #300 HSBC Building
  10055 - 106 Street
• Barrhead: 4601 - 63 Avenue

Southern Alberta
• Calgary: 341 - 58 Avenue SE
• Lethbridge: 712 - 4 Avenue South

To register, go to www.adlc.ca
Remember you can choose to take your courses online, or using printed materials. Both are available to you on-demand…giving you the power to learn when you want, where you want. Once you’ve registered, your registration package will arrive, your teacher-instructor will be in touch, and you’ll be ready to begin!

Want to take placement testing?
Get a hold of us using the information below, or visit adlc.ca/store to access placement testing.

Need help with tuition?
Financial support is available.
Few things are worse than knowing where you want to go and not being able to get there. If you need help meeting tuition requirements, there are many financial support options available to you. Drop us an e-mail, or give us a call, we’ll be happy to help you through the process.

info@adlc.ca
1-866-774-5333