

San Diego Continuing
Education

Parent Education Program Review

Prepared and Submitted Spring,
2009

Part 1: Annual Review of Data Form A

Continuing Education - Program Review

Comments and Narrative Description

FOR FACULTY USE

Program: Child Development/Parent Education (PE)

Discipline: Child Development/Parent Education (PE)

Academic Year: 2007-08

A. Please review your program data (Form A)

1. Comment on Annual summary Data Table –

What are the factors that have resulted in growth or decline in the following areas:

- FTES/CE Total: The Parent Education Program (PEP) program produced 2.5 % of CE's FTES in 2007-08.
- Program Cost/CE total: The PEP utilized 2.6 % of CE's total budget during the 2007-08 academic year.
- Enrollment/CE Total: The PEP generated 4 % of all CE's enrollment for the 2007-08 year.
- Retention/CE Total: 16% of PEP learners persisted for the full duration of their courses, and 48% persisted for more than 50% of the course.

- Certificates Awarded/CE Total: N/A*
- High School Diplomas Awarded/CE Total: N/A

Comments: Due to the establishment of 2007-08 FTES numbers as baseline data, we are unable to comment on growth or decline from previous years in this area. The data does show that for 2007-08 the PEP generated 2.5% of the total FTES, which correlates closely with a 2.6% program cost of the total CE expenses. Additionally, the cost per FTES in the PEP is 3% higher than the overall CE cost per FTES. This higher cost can be attributed to the vast amounts of equipment and supplies that are purchased for use with the children who attend with their parents. While a typical attendance rate in a Parent education classroom is 40-50 bodies, only the parents are counted for apportionment.

*While the Parent Education program has not issued any vocational certificates to date, 671 certificates of completion were awarded during the 2007-08 in the Effective Parenting and Anger Management classes.

B. Continuing Education Total Data Comparisons

1. Comment on percentage change from prior year(s) -

What are the factors that have resulted in greater changes in the following areas:

- FTES/CE Total: No data has been reported for previous academic years.
- Cost/CE total :
 - 2004-05: EP utilized 2.2 % of CE's expenses
 - 2005-06: 2.4 %
 - 2006-07: 2.3 %
 - 2007-08: 2.6 %
- Retention/CE Total: Retention rates for 2007-08, while positive, have dropped
- EP Enrollment/CE Total:
 - 2003-04: 4% of the CE total
 - 2004-05: 4%
 - 2005-06: 4%
 - 2006-07: 4%
 - 2007-08: 4%
- Certificates Awarded/CE Total: *
- High School Diplomas Awarded/CE Total: N/A

Comments: In general, there have been few significant changes in the PEP data for the past several years. The percentage of program cost compared to overall CE cost has fluctuated by a maximum of .4%. Course enrollment has stayed steady and remained as 4% of CE's total from 2003-2008. Retention rates have varied by a maximum of 2% over the 5-year span.

* The number of certificates of completion awarded grew from 555 to 671 between the 2006-07 and 2007-08, which reflects an increase of 17%.

Part 2: Course Reassessment Program Review – Form B

All Parent Education curricula is currently being reviewed and revised to ensure the following are included:

1. Student Learning Objectives.
2. Multi-cultural themes, namely the interaction of diverse students.
3. Computer technology.
4. Reflect business and industry standards, if appropriate.

Part 3: Goals and Achievements (Measures of Success)

Purpose/Vision: Vision Statement: Our vision is that parents will have the tools they need to ensure that every child will enter school ready to learn, providing cognitive development, social and emotional health, and access to quality education that promotes early childhood learning and family knowledge.

Mission Statement: The mission the Parent Education Department of San Diego Community College Continuing Education is to provide Parent Education to San Diego Parents and to be effective advocates for children, families and the communities that support them.

For the last year our primary goal has been to develop Student Learning Outcomes for the Parent Education Program and courses, and in addition, assessment tools to evaluate each class. These are the Student Learning Outcomes the Parent Education Program has adopted.

Parent Education Program Student Learning Outcomes:

- To give parents and caregivers the tools, resources, knowledge, community, and guided practice to calmly navigate the emotional, physical and financial stressors of raising a child in the 21st century.
- To examine curriculum that models ethical practices with children, families, colleagues and communities.
- Students will learn how to communicate with individuals that may be from different socio, cultural, racial, ethnic, or other background from themselves.
- To provide parents with the processes necessary to understand child growth and development and examine practices that respect and support inclusion.
- Develop/enhance interpersonal skills of communication; listening, cooperative co-creation in an age, gender, disability, and racially diverse environment.

The Parent Education Program is a quality educational program which provides support for families and parents. The goals and achievements of the program are consistent with the mission statement of San Diego Community College District and the goals of Continuing Education. The program has provided classes for parents and caregivers raising children from birth to teens for 94 years. Foster parents, adoptive parents, and childbirth classes are also offered. Classes are also available for parents going through a divorce, or referred by the courts for parenting classes. Classes in family communication, anger management and family relations are provided to help parents raising children in the 21st century.

The Parent Education Program provides a foundation of vocational knowledge for parents, expectant parents and caregivers. Classes that allow students to bring their children provide opportunities for personal and professional development, interaction

with other parents and child development professionals and hands-on training and experience.

The Parent Education Program provides innovative educational opportunities which are topical and relevant to their students. Classes are offered in a variety of settings including outdoor classes, and classes in schools and churches in the community. These programs provide an opportunity for students who wish to learn and experience community resources first hand outside of the traditional classroom setting. Classes offered at the elementary school help parents develop skills as an elementary school parent volunteer through practical experience and classroom instruction. New trends (such as baby sign language) have been added in response to community needs. Additionally, the diversity of our classes and the locations at which they are delivered result in highly diverse student populations.

The Parent Education Program collaborates with community agencies such as SAY San Diego and the Division of Family Court to deliver courses designed to help the student become a positive and nurturing parent. The classes teach students stress reduction and problem-solving skills along with positive discipline techniques that build healthy family relationships. A certificate of completion is issued that is accepted by the courts and social service agencies. During 2007-08, 671 certificates were awarded to students who completed either Effective Parenting or Anger Management courses. We also work with County of San Diego in our Foster and Adoptive Parenting program to provide these services. Classes are offered at non-traditional times to service working parents.

The Parent Education Program has two vocational certificate programs. Child Development 1 provides a quality education experience that will prepare students for childbirth and parenting. It also provides a knowledge base of basic infant/young child development and leads the students into further certification and/or an Associate's degree in child development or direct entry into the workforce as a care provider for the infant/young child. The Child Development 2 certificate covers the pre-school years with a course for students with limited English skills and an emphasis on helping children succeed in school. The certificates will assist students in their vocations as parents or childcare workers, as well as prepare them for further education at the college level.

Our Families Learning Together Classes were developed for Limited English-speaking parents and their children to learn together in a preschool environment. These classes have also been part of our collaboration with Parent University (San Diego Unified School District) and were developed with curriculum input from the ESL department. Child development, preparation for elementary school, and basic English language development are just a few of the many topics addressed in these classes.

Part 4: Environmental Scan

The Parent Education Program offers classes specifically to meet the learning needs of students; anyone 18 and older is welcome. The program currently serves students of diverse backgrounds (gender, age, socio-economic, race, religion); Students also vary widely in education, technological skills, and other factors.

SANDAG estimates that 6% to 9 % of the current population in San Diego is under 5. Parents and guardians of these children require parenting information and Early Childhood Education information. 8% are under 15 which adds another demographic of parents who need support. With a population in 2008 of 1,336,865 in San Diego, up 9% from 2000, the need that families have for Parenting Support is evident. With the Hispanic population up from 28% to 33%, one can also see the need for increased parenting skills in this community. The Parent Education department succeeds in providing ongoing support opportunities by evaluating and updating curriculum and delivering instruction throughout the city.

SANDAG and the San Diego Workforce Partnership have identified that Child Care Workers and After School Care in San Diego is a strong area for vocational employment Parent Education offers a certificate program that assists students in pursuing jobs in this field. The program and classes provide the background which serves as a stepping stone to either establishing their own businesses or matriculating to child development programs in credit institutions.

Strengths

- Classes are free
- Wide variety of course offerings both on and off-campus increases visibility in the community.
- Collaborations with ESL and Older Adult Programs
- Collaborations with County and Court Agencies in San Diego
- Parent Education courses offered in the new Parent Education facility/classroom at the recently completed West City Center
- Parent Education courses offered at the Aero Drive Child Development Center
- Well-equipped Instructional Resource Library at the North City Campus
- Faculty In Service Opportunities
- Classes are provided in the evening and Saturdays for working parents.

Weaknesses

- Need for better marketing/advertisement in the community
- Need for better data collection regarding student outcomes and documentation of employment in the Child Care field
- Need for more technical training and professional development for faculty
- Need for more frequent dialog with college faculty for articulation purposes
- Need for more opportunities to develop career paths for child care workers

Opportunities

- Increase articulation with the College Child Development Programs
- Increase collaborations with additional County and Community Agencies
- Develop and implement relevant Student Learning Outcomes that are measurable and provide data to influence program planning and development.
- Expand class offerings at new and existing locations
- Provide In-service opportunities for faculty to refresh their technical skills and knowledge relevant to the Parent Education Program classes and SLOs.
- Funding for faculty for professional development
- Continue development and delivery of programs that develop job skills to strengthen the vocational focus of the department and prepare parent learners for the world of work.
- Use research findings to develop an early childhood plan

Threats

Budget cuts and a depressed economy which result in:

- Insufficient marketing and advertisement resulting in lower enrollment and potential class cancellation
- Lack of materials and resources for faculty and students
- Lack of funds to repair existing equipment
- Inability to hire new instructors to fill the demand for new/more course offerings
- Inability to hire support staff
- Inability to offer additional assignments to existing faculty
- Lack of funding to provide in-service/professional development for faculty

Part 5: Discipline Trends/Issues

According to a study from the National Association for the Education of Young Children (NAEYC), the impact of environmental factors on the young child's brain development is dramatic and specific, not merely influencing the general direction of development, but actually affecting how the intricate circuitry of the human brain is "wired". How humans develop and learn depends critically and continually on the interplay between an individual's genetic endowment and the nutrition, surroundings, care, stimulation, and teaching that are provided or withheld. Parenting skills have decisive and long-lasting effects on how people develop and learn, how they cope with stress, and how they regulate their own emotions. Warm and responsive early care helps babies thrive and plays a vital role in healthy development. A child's capacity to control her own emotional state appears to hinge on biological systems shaped by her early experiences and attachments. A strong, secure attachment to a nurturing adult can have a protective biological function, helping a growing child withstand the ordinary stress of daily life. The brain itself can be altered—or helped to compensate for problems—with appropriately timed, intensive intervention. In the first decade of life, the brain's ability to change and compensate is especially remarkable.

Programs that provide adult education and parenting classes for the parents of young children and demonstrate investments in high-quality ECD programs consistently generate benefit-cost ratios exceeding 3-to-1; well above the 1-to-1 ratio needed to justify such investments. Even economists who are particularly skeptical about government programs make an exception for high-quality ECD programs. Follow-up studies of poor children who have participated in these programs have found solid evidence of markedly better academic performance, decreased rates of criminal conduct, and higher adult earnings than among their non-participating peers. These same children demonstrate less need for remedial and special education, criminal justice, and welfare benefits.

Parents and teachers may look at young children's learning from different perspectives, but they share a common goal: making sure that children receive the best possible education. Mutual respect and communication between programs and families takes advantage of both perspectives to provide children with the kind of care and education that will help them thrive. Today's family members and caregivers have many responsibilities and time constraints. It takes extra effort on both sides to build strong partnerships.

Given these trends and issues in the parent education arena, needs to be addressed in the Early Childhood Community Parent Education include:

- The need for collaboration between Parent Education and Vocational Education Programs to assist students with job training and information for possible careers.
- The need to explore alternative methods of delivery for parent education classes.
- More courses offered at non-traditional times in order to accommodate working parents.
- New curriculum developed for courses that reflect the needs of today's parents.
- Expanded research about risk and protective factors and the impact of ethnicity and culture on children's social and emotional development
- Longitudinal studies that include an assessment of child and family and measure impact of program.
- Multi-disciplinary research to determine the optimal organization and financing required to create a seamless, comprehensive system of early childhood education.

Part 6: Textbooks and Materials

Kid- Fit Program –Licensed for the past two years.

KID-FIT is a preschool physical education program designed to instill healthy lifestyle habits in children ages 2-5. Topics such as the heart, lungs, muscles, bones, brain, mouth and nutrition are a regular part of the P.E. classes. The KID-FIT physical education curriculum can be integrated into schools, gyms and childcare centers. Children work out and learn while having fun. The licensed KID-FIT physical education curriculum offers adults exposure to a sound preschool business opportunity and gives kids a fun way to lose weight and learn about healthy habits. This complete P.E. class curriculum is popular with schools, teachers, and parents. Children's fitness and healthy lifestyles are a strong point of focus in our nation today. Starting children out on the right foot with a kid's fitness program proven to work can prevent childhood obesity, diabetes, heart disease risk factors and other diseases.

Eating Well /Living Well Program- ESL Collaboration Curriculum

Available on line to Parent Education Faculty

The focus of this instructional program is on functional skills, such as reading a food label and making an informed choice, rather than inapplicable academic knowledge for knowledge's sake, such as understanding the chemical differences between saturated fats and unsaturated fats. Exposing this functional curriculum to parents who in turn implement the knowledge and practices at home with their children will expose multiple generations to healthy food practices.

First Five Commission Grant – Literacy Backpacks

Each parent/child education classroom received 50 Take-home Backpacks with current Children's Literature books and activities that parents can check-out to promote early literacy skills in their homes.

VTEA Funded Resources for Parent Education Instructors

-Resource Library with over 300 books and DVD's Topics Included:

-Anti –bias Curriculum, Literacy, Behavior Management, Inclusion in the Classroom, Children with Special needs, Children and Violence, Developmentally Appropriate Practices.

Part 7: Response to Previous PRC Recommendations

N/A

Part 8: Alternate Methods of Instruction

The Parent Education Infant and Toddler Sign Language Classes are provided as one alternate method of instruction. This has been one of our most successful new programs with 3 new sections per term being opened to provide student access. The responses to these classes have been excellent.

The Parent Education program has just begun to research online classes. Also being considered are other forms of delivery, such as independent learning and distance learning