

Overview

TOTAL LEARNING  
HOURS

373

COMPLETED COURSE  
HOURS

167

SUPPLEMENTAL LEARNING  
HOURS

205

COMPLETED  
COURSES

85

RECEIVED

85 Courses completed

May 06 2024

Course name	Overview	S.C. SUPREME COURT	Time	Status
Introductory Sociology	Gain a comprehensive understanding of introductory sociology, exploring key topics such as sociological perspectives, social processes, culture, socialization, and group dynamics.		37 hr 45 min	Completed: Apr 6, 2024
Introductory Psychology	Gain a comprehensive understanding of psychology's fundamentals, theories, and applications to prepare for the CLEP exam, earn college credit, and gain insights into human behavior and cognition.		21 hr 23 min	Completed: Mar 11, 2024
American Government	Gain a comprehensive understanding of American Government and politics, preparing for the CLEP examination to obtain college credit and empowering future academic pursuits.		18 hr 12 min	Completed: Apr 24, 2024
Biology	Master the fundamentals of Biology, pass the CLEP examination, and earn college credit with a self-paced course led by Dr. Athena Anderson from Purdue University.		15 hr 43 min	Completed: Mar 25, 2024
Introductory Business Law	Develop a solid foundation in business law focusing on contracts, legal history, systems, procedures, agency, employment, and sales, with the ultimate goal of preparing for the CLEP examination.		13 hr 11 min	Completed: Dec 12, 2023
Principles of Management	Develop essential management skills for incarcerated individuals to effectively lead and maximize resources, enabling successful and profitable businesses.		11 hr 30 min	Completed: Oct 23, 2022
Peace Education Program - CL	Discover inner peace, embrace appreciation, develop self-awareness, and cultivate contentment while understanding the traits of a peaceful life, enabling the ability to help others find peace.		5 hr 11 min	Completed: Mar 22, 2022

Course name	Overview	Time	Status
Thinking for the Future - CBT	Become empowered with practical tools and insights to cultivate positive thinking patterns, enhance emotional well-being, and foster meaningful behavioral changes for a brighter future.	4 hr 35 min	<b>Completed:</b> Feb 21, 2022
Personal Finance	Equip Learners with essential personal finance skills, empowering them to make informed financial decisions, achieve financial goals, and attain long-term financial security.	4 hr 13 min	<b>Completed:</b> May 30, 2022
Neil deGrasse Tyson Teaches Scientific Thinking and...	Gain critical thinking skills and effective communication tools from astrophysicist Neil deGrasse Tyson to uncover objective truths and articulate your findings.	2 hr 27 min	<b>Completed:</b> Feb 21, 2023
Social Studies - Civics and Government	Develop a comprehensive understanding of government systems, political science, and civic responsibilities to excel in the GED Social Studies section and become an informed, engaged citizen.	1 hr 50 min	<b>Completed:</b> Mar 28, 2022
Introduction to Plumbing Tools and Drawings	Gain a comprehensive understanding of essential plumbing tools and drawings, equipping individuals with the knowledge and skills necessary for success in the plumbing profession.	1 hr 48 min	<b>Completed:</b> Nov 12, 2022
Prisoner Reentry Network: Part I	Become empowered with valuable insights, practical tips, and firsthand stories to facilitate a successful transition from prison to the community, promoting a positive path forward.	1 hr 42 min	<b>Completed:</b> Feb 11, 2022
SquareUp - Entrepreneurship	Unlock entrepreneurial potential. Master personal development, career planning, and business idea creation. Learn about Business Model Generation for building a successful business or career.	1 hr 20 min	<b>Completed:</b> Jul 9, 2022
Computer Skills and Literacy	Develop computer skills and literacy, enabling you to understand computer components, navigate the internet, ensure security and privacy, troubleshoot common issues, and maintain computer performance.	1 hr 18 min	<b>Completed:</b> Apr 30, 2022
ECS26 - Wine 101: Viticulture	Acquire knowledge of viticulture to develop expertise in the wine industry and enhance prospects for future culinary and leadership opportunities.	1 hr 17 min	<b>Completed:</b> Mar 27, 2022

Course name	Overview	Time	Status
Computer Basics	Acquire essential computer skills, including internet navigation, email creation, and proficiency in common software programs, to enhance employability and personal computer usage.	1 hr 05 min	<b>Completed:</b> Oct 31, 2022
Learning How to be a Better Parent	Become equipped with knowledge and resources to enhance parenting skills, support children affected by parental incarceration, and foster positive relationships.	0 hr 54 min	<b>Completed:</b> Apr 25, 2023
Reflections and Recovery	Achieve lasting recovery, develop mindfulness-based sobriety, and overcome obstacles with Reflections and Recovery.	0 hr 54 min	<b>Completed:</b> Mar 26, 2022
ECS29 - Spirits and Liquor	Equip individuals with knowledge of various spirits and liquors, including their origins, key ingredients, and common applications, providing valuable culinary and beverage skills.	0 hr 48 min	<b>Completed:</b> Mar 10, 2022
Math - Addition, Subtraction, Multiplication, and Division	Become equipped with essential math skills in addition, subtraction, multiplication, and division using rational numbers, enabling them to prepare effectively for the GED math exam.	0 hr 47 min	<b>Completed:</b> Mar 8, 2022
ECS28 - Proper Wine Service	Develop expertise in wine service, including fundamentals, serving techniques for still and sparkling wines, decanting, and sabering, enhancing culinary, restaurant, and leadership skills.	0 hr 43 min	<b>Completed:</b> Mar 28, 2022
Ask Ramit - Career and Personal Finance Advice	Gain valuable career and financial guidance from Ramit Sethi, learning how to find your dream job, improve your finances, and achieve success at every level.	0 hr 42 min	<b>Completed:</b> Jun 1, 2022
ECS25 - Egg Cookery	Master the fundamentals of egg cookery methods and gain the knowledge to prepare eggs using five techniques, enhancing culinary skills for potential opportunities post-release.	0 hr 38 min	<b>Completed:</b> Mar 27, 2022
ECS23 - Cooking Methods	Develop proficiency in cooking methods, including identification, fundamentals, recipes, and equipment, and learn poultry breakdown techniques for enhanced culinary skills.	0 hr 38 min	<b>Completed:</b> Mar 30, 2022

Course name	Overview	Time	Status
ECS12B - Mother Sauces	Master the art of mother sauces by identifying, understanding the ingredients, and mastering the techniques of the five essential sauces.	0 hr 37 min	<b>Completed:</b> Mar 27, 2022
ECS14 - Soups	Acquire a comprehensive knowledge of soups, including their history, types, and method to make New England Clam Chowder, enhancing culinary skills.	0 hr 35 min	<b>Completed:</b> Mar 29, 2022
Rewired Program	Transform habits, create lasting change, and rewire your brain for recovery and wellness with the Rewired Program.	0 hr 33 min	<b>Completed:</b> Oct 17, 2022
ECS31 - Coffee and Tea	Gain knowledge of coffee and tea types, brewing techniques, and develop culinary skills for future opportunities post-release.	0 hr 33 min	<b>Completed:</b> Mar 31, 2022
Ten Commandments - Introduction and the First...	Gain a comprehensive understanding of the rights, duties, and teachings of the first five commandments of the Decalogue , through Scripture, Church documents.	0 hr 33 min	<b>Completed:</b> Jul 25, 2022
Houses of Healing: The Basics	Experience transformative change through the Houses of Healing course, gaining stress-management skills, empowering perspectives, healing from violence and addiction patterns, and overcoming trauma.	0 hr 33 min	<b>Completed:</b> Feb 20, 2023
Ten Commandments - The Fourth Commandment...	Gain comprehensive understanding of the first five commandments, exploring rights, duties, virtues, and Scriptural foundations for enhanced moral awareness and spiritual growth.	0 hr 32 min	<b>Completed:</b> Apr 28, 2022
Career Exploration: Health Science	Explore diverse Health Science careers to discover potential interests and gain valuable insights from Department of Labor Job Profiles.	0 hr 30 min	<b>Completed:</b> Feb 21, 2022
ECS32 - Steps of Service	Develop proficiency in the steps of service, acquire valuable culinary, restaurant, and leadership skills, and identify the steps of a server.	0 hr 29 min	<b>Completed:</b> Mar 11, 2022

Course name	Overview	Time	Status
ECS11 - Thickening Agents	Gain culinary knowledge, including thickening agents, to enhance skills for post-release opportunities in the culinary field at Edwins Leadership & Restaurant Institute.	0 hr 28 min	<b>Completed:</b> Mar 27, 2022
ECS15 - Tempering Techniques	Acquire essential knowledge and skills in tempering techniques, enabling individuals to master the art of creating perfectly tempered ice cream and crème brûlée.	0 hr 28 min	<b>Completed:</b> Mar 31, 2022
ECS18 - Rubbed-Dough Method	Master the rubbed-dough method, gain culinary skills, and open doors to further training and work experience in the Edwins Leadership & Restaurant Institute post-release.	0 hr 28 min	<b>Completed:</b> Mar 31, 2022
ECS27 - Wine 101: Viniculture	Acquire knowledge of viniculture, including the production of different types of wine, and develop skills in wine tasting for enhanced culinary expertise and potential post-release opportunities.	0 hr 28 min	<b>Completed:</b> Mar 27, 2022
ECS09 - Culinary Knife Skills	Master essential culinary knife skills, including various cuts, dicing onions, and herb preparation, and develop valuable expertise for culinary, restaurant, and leadership roles.	0 hr 27 min	<b>Completed:</b> Mar 27, 2022
RLA - Reading Comprehension VI	Master punctuation rules, enhance reading comprehension skills, and effectively prepare for the RLA portion of the GED exam to prepare for the GED® test.	0 hr 26 min	<b>Completed:</b> Nov 27, 2023
ECS21 - Potato Cookery	Acquire comprehensive knowledge and skills in potato cookery, exploring various preparation methods, and enhancing culinary expertise for a well-rounded culinary education.	0 hr 25 min	<b>Completed:</b> Mar 31, 2022
ECS08 - Culinary Knife 101	Acquire comprehensive knowledge of knives, including anatomy, use, care, safety, types, and selection, fostering valuable culinary, restaurant, and leadership skills.	0 hr 24 min	<b>Completed:</b> Feb 5, 2022
ECS19 - Rice Cookery	Develop the knowledge and skills necessary to master rice cookery techniques, enhancing culinary expertise and opening doors to future training and work experience opportunities.	0 hr 24 min	<b>Completed:</b> Mar 31, 2022

Course name	Overview	Time	Status
<b>Fentanyl: Fake &amp; Fatal</b>	Today, dealers are lacing cocaine and heroin with fentanyl. It is showing up in vape products or fake pills ordered online. Young adults are dying in significant numbers. Education is the key.	0 hr 22 min	<b>Completed:</b> Dec 21, 2023
<b>Anger Management</b>	Acquire essential skills in anger management, fostering self-control, violence prevention, and seeking support, leading to healthier emotional regulation and positive interpersonal interactions.	0 hr 21 min	<b>Completed:</b> Apr 28, 2022
<b>ECS22 - Vegetable Cookery</b>	Develop valuable culinary skills and knowledge in vegetable cookery, and various cooking methods, and create delicious dishes like Haricot Verts and glazed carrots.	0 hr 20 min	<b>Completed:</b> Mar 30, 2022
<b>Career Exploration: Hospitality and Tourism</b>	Discover and explore various career opportunities in the Hospitality and Tourism industry, considering personal interests and using information from the Department of Labor Job Profiles.	0 hr 19 min	<b>Completed:</b> May 31, 2022
<b>ECS17 - The Foaming Method</b>	Learn how to master the foaming method in baking, gain expertise in genois cake preparation, and acquire valuable culinary skills for potential post-release opportunities.	0 hr 19 min	<b>Completed:</b> Mar 31, 2022
<b>Introduction to Carpentry</b>	Gain essential knowledge in carpentry, including tools, materials, safety measures, and career prospects, to make informed decisions and ensure safety in carpentry tasks.	0 hr 19 min	<b>Completed:</b> Nov 11, 2022
<b>Career Exploration: Marketing, Sales, and Service</b>	Gain a comprehensive understanding of marketing, sales, and service positions, including their duties, required education, and skills, to help individuals assess their suitability for a future career.	0 hr 19 min	<b>Completed:</b> May 30, 2022
<b>ECS13 - Emulsions</b>	Gain a comprehensive understanding of emulsions, including their definition, examples, and methods of preparation. Acquire valuable culinary knowledge.	0 hr 19 min	<b>Completed:</b> Mar 28, 2022
<b>ECS10 - Stocks</b>	Acquire knowledge of stock fundamentals and develop skills in stock making for enhanced culinary expertise and potential post-release opportunities in the culinary and restaurant industry.	0 hr 18 min	<b>Completed:</b> Mar 27, 2022

Course name	Overview	Time	Status
Career Exploration: Construction Industry	This course is intended to give you an overview and insight into careers in the field of construction. With a blend of industry information and exploratory videos, this course will help you understand the industry better...	0 hr 18 min	<b>Completed:</b> Apr 3, 2022
ECS20 - Pasta	Master the fundamentals of pasta techniques, including making fresh pasta, cooking, and serving, acquiring valuable culinary skills.	0 hr 18 min	<b>Completed:</b> Mar 31, 2022
Career Exploration: Business, Management,...	Gain knowledge of business, management, and administration careers, including job duties, required education, and skills, enabling informed career decision-making.	0 hr 18 min	<b>Completed:</b> Feb 7, 2022
L-2 Introduction to the Devout Life	Gain an understanding of the Interior Castle and the Introduction to the Devout Life, delve into the seven mansions of St. Teresa, and embrace the devout life as prescribed by St. Francis de Sales.	0 hr 18 min	<b>Completed:</b> Nov 11, 2022
ECS16 - The Creaming Method	Master the creaming method, an important baking technique. Learn pound cake fundamentals, recipes, and techniques. Open doors to post-release culinary opportunities.	0 hr 17 min	<b>Completed:</b> Mar 31, 2022
ECS30 - Beer	Develop a comprehensive understanding of beer, including its ingredients, brewing process, and various types, equipping you with valuable knowledge and skills for the culinary industry.	0 hr 17 min	<b>Completed:</b> Mar 31, 2022
PTSD For Veterans	Develop a comprehensive understanding of veteran PTSD, including symptoms, triggers, and treatment options, enabling individuals to recognize signs, and avoid triggers.	0 hr 14 min	<b>Completed:</b> Apr 16, 2023
Career Exploration: The Transportation Industry	Explore transportation careers, gain insights and videos on industry options, empowering incarcerated individuals to make informed decisions aligning with their needs and interests.	0 hr 14 min	<b>Completed:</b> Nov 11, 2022
ECS05 - Equipment Identification - Fryers, Grills &...	Acquire comprehensive knowledge of fryers, grills, and griddles section, fostering culinary proficiency for potential post-release opportunities in the course.	0 hr 13 min	<b>Completed:</b> Mar 27, 2022

Course name	Overview	Time	Status
<b>Grow with Google: Gmail for Beginners</b>	Master the basics of Gmail and gain essential skills in managing your inbox, composing and replying to emails, and leveraging Gmail for personal and professional use.	0 hr 13 min	<b>Completed:</b> Feb 20, 2023
<b>Career Exploration: Information Technology</b>	The technology field is constantly evolving, and new jobs that you might not be aware of are continually emerging. Throughout this course, you will learn about some job fields in information technology. By the end ...	0 hr 13 min	<b>Completed:</b> Feb 7, 2022
<b>Career Exploration: Human Services</b>	Uncover rewarding opportunities in Human Services. Explore job options and ignite potential career paths. Leverage Department of Labor Job Profiles to make informed choices for a brighter future.	0 hr 12 min	<b>Completed:</b> Feb 7, 2022
<b>How to Reverse an Opioid Overdose</b>	Understanding naloxone and its availability is crucial in preventing fatal outcomes during opioid overdose emergencies.	0 hr 12 min	<b>Completed:</b> Nov 11, 2023
<b>ECS12A - Sauces Overview</b>	Acquire expertise in sauces, including identification of mother sauces and understanding of counterpoint and complementary flavors, empowering you with culinary skills.	0 hr 11 min	<b>Completed:</b> Mar 27, 2022
<b>ECS24 - Plating</b>	Develop expertise in plating techniques and valuable culinary, restaurant, and leadership skills.	0 hr 11 min	<b>Completed:</b> Mar 29, 2022
<b>ECS07 - Equipment Identification - Refrigeration</b>	Gain essential knowledge of refrigeration systems to identify, understand, and maintain different equipment types, empowering culinary and restaurant skills for future opportunities.	0 hr 10 min	<b>Completed:</b> Feb 11, 2022
<b>Career Exploration: Manufacturing</b>	Explore diverse manufacturing careers, discover personal interests, and identify actionable steps for pursuing a rewarding career in the field.	0 hr 10 min	<b>Completed:</b> Nov 11, 2022
<b>Stressful Life Events</b>	Gain insight into PTSD, understand its psychological impact, identify signs/symptoms and triggers, explore treatment options, and better recognize how to support individuals struggling with PTSD.	0 hr 10 min	<b>Completed:</b> Apr 25, 2022

Course name	Overview	Time	Status
ECS04 - Equipment Identification - Grinding, Slicin...	Acquire essential knowledge about grinding, slicing, mixing, and pureeing equipment, including their characteristics and common uses, to develop valuable culinary skills.	0 hr 09 min	<b>Completed:</b> Mar 27, 2022
Self-Doubt and Build Confidence in Your Career	If you've ever doubted yourself on a job and questioned whether you're "good enough" for the role, know that you're not alone. Many people face barriers and self-doubt in their careers. Join Grow with Google Digital...	0 hr 09 min	<b>Completed:</b> Sep 17, 2022
ECS03 - Equipment Identification Tools and...	Gain essential knowledge and skills in equipment identification, enhancing culinary expertise and paving the way for further training and hands-on experience post-release.	0 hr 08 min	<b>Completed:</b> Feb 11, 2022
Lesson Three: The Chosen People and the Covenant	This online independent study course examines three main themes that are developed in the Book of Genesis. Furthermore, it will examine Catholic methods for reading the text of Genesis and the Old Testament...	0 hr 07 min	<b>Completed:</b> Nov 11, 2022
In the Courtroom	Acquire knowledge on courtroom etiquette, the role of a Public Defender, and self-representation skills in the criminal process through this course empowering individuals with valuable insights	0 hr 07 min	<b>Completed:</b> Feb 3, 2022
Conscience Formation, Lesson 1	Gain a comprehensive understanding of conscience formation, enabling personal growth in discipleship, adherence to moral principles, and embracing God's mercy through the sacrament of Penance.	0 hr 06 min	<b>Completed:</b> Nov 13, 2022
Introduction to Electrical Studies	Equip incarcerated individuals with foundational electrical trade knowledge. Learn safety, circuits, theory, and skills for installing and maintaining functional electrical systems.	0 hr 06 min	<b>Completed:</b> Feb 22, 2022
Acts of the Apostles: Chapters 6-12, Lesson 2	Unveil the profound teachings of Acts of the Apostles. Explore authorship, challenges, and the mission of the early Church. Understand Luke's portrayal of Jesus guiding the Church.	0 hr 06 min	<b>Completed:</b> May 22, 2022
Lesson One: God and the Creation of Man	Students who complete this course should be able to use Catholic methods for reading and understanding the Book of Genesis.	0 hr 06 min	<b>Completed:</b> May 21, 2022

Course name	Overview	Time	Status
<b>Criminal Process: The Basics</b>	Gain a comprehensive understanding of the criminal process, providing knowledge to navigate the legal system. Enhance your understanding of the legal process without providing legal advice.	0 hr 06 min	<b>Completed:</b> Feb 8, 2022
<b>Introduction to Legal Studies</b>	Gain insight into law's impact on life, understand legal classifications, and explore law change principles for personal growth and career exploration.	0 hr 05 min	<b>Completed:</b> Mar 27, 2022
<b>Gospel of Luke, Chapters 1-9, Lesson 2</b>	Comprehend Luke 1-9: Lesson 2, exploring authorship, theology, and Jesus' compassion for outcasts. Analyze passages for a deeper grasp of Luke's message.	0 hr 04 min	<b>Completed:</b> May 19, 2022
<b>Understanding Drainage and Water Distribution...</b>	Become enhanced with knowledge and comprehension of drainage and water distribution systems, providing valuable insights for professionals and newcomers interested in plumbing and related fields.	0 hr 03 min	<b>Completed:</b> Oct 5, 2022
<b>ECS06 - Equipment Identification - Ranges and...</b>	Develop knowledge and proficiency in identifying and understanding ranges and ovens, gaining valuable culinary skills for potential post-release opportunities.	0 hr 03 min	<b>Completed:</b> Feb 22, 2022
<b>Introduction to Mark, Lesson 1</b>	Discover the profound insights of the Gospel of Mark, unlocking its hidden treasures to deepen understanding of Jesus Christ and embrace the transformative journey of Christian discipleship.	0 hr 01 min	<b>Completed:</b> May 19, 2022

## Supplemental Learning - 205 hr 17 min

### Summary

Listed below are the top 12 supplemental interactive learning items JAMES has spent time on. In addition, JAMES has engaged with **137 readings**, **584 learning videos**, and **108 audio recordings**.

Title	Time
Political Science 232: American Government	23 hr 13 min
Max CEO	21 hr 25 min
Psychology 101	19 hr 32 min
Introduction to Western Political Thought	17 hr 16 min
Financial Accounting	10 hr 05 min
Principles of Macroeconomics	9 hr 01 min
Principles of Marketing	6 hr 57 min
Introduction to Cisco Networking	4 hr 51 min
College Composition	4 hr 36 min
Business Law and Ethics	3 hr 60 min
Bible Study I - Introduction and Understanding the Bible	3 hr 43 min
Business Communications	3 hr 41 min