

Vista Adult School



ADULT EDUCATION / CAREER TRAINING

510 Sunset Drive, Vista CA 92081 (760) 758-7122 Check out our website: WWW.VISTAADULTSCHOOL.ORG

SCHEDULE OF CLASSES | WINTER 2025

GO TO WWW.VISTAADULTSCHOOL.ORG ON THE INTERNET FOR CLASS INFORMATION, REGISTRATION, FORMS AND MORE!

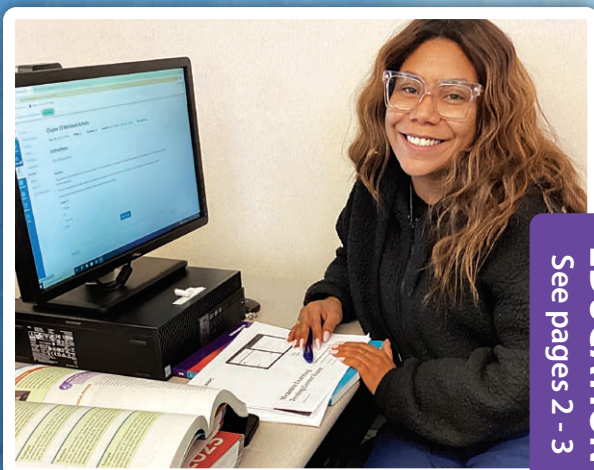
CONGRATULATIONS 2025 GRADUATES!

HIGH SCHOOL PROGRAM

See page 8



Great Classes Offered This Winter!



BUSINESS
EDUCATION
See pages 2 - 3

MEDICAL OCCUPATIONS
PROGRAM

See pages 4 - 5



ESL / INGLÉS
See page 7

*Enroll
Today!*

COMMUNITY EDUCATION

See page 6



RESIDENTIAL CUSTOMER
*****ECRWSSDDM*****



Vista Unified School District
1234 Arcadia Ave. Vista, CA 92084
Vista Adult School
510 Sunset Drive Vista, CA 92081

Non-Profit
Organization
U.S. POSTAGE
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Oceanside, CA

VISTA ADULT
SCHOOL IS AN
APPROVED SITE!

PEARSON

VUE-Authorized
Test Center

Western Association of Schools and
Colleges Accredited Programs.



VISTA ADULT SCHOOL IS A
PROUD MEMBER OF THE
EDUCATION TO CAREER NETWORK
OF NORTH SAN DIEGO COUNTY



To learn more about the restructured adult education
system visit EducationtoCareer.net

CAREER EDUCATION

BUSINESS OCCUPATIONS CERTIFICATED PROGRAMS

Professional Business Pathways - Certification Requirements:

Administrative Assistant	Bookkeeping / Accounting Technician	Human Resources Technician
▪ Keyboarding or VAS verification of 35 wpm ▪ Microsoft Office Basics/Beginning ▪ Microsoft Word Intermediate ▪ Microsoft Excel Intermediate ▪ Microsoft Word Advanced ▪ Microsoft Excel Advanced ▪ 3 Workshops for the Job Seeker	▪ Keyboarding or VAS verification of 35 wpm ▪ Microsoft Office Basics/Beginning ▪ Microsoft Word Intermediate ▪ Microsoft Excel Intermediate ▪ Microsoft Word Advanced ▪ Microsoft Excel Advanced ▪ 3 Workshops for the Job Seeker MUST ALSO COMPLETE: ▪ Fundamentals of Accounting 1 ▪ Fundamentals of Accounting 2 ▪ QuickBooks	▪ Microsoft Office Beginning ▪ Human Resources, Part A ▪ Human Resources, Part B ▪ Business Communications ▪ 3 Workshops for the Job Seeker

*Contact the Front Office if you have questions about your previous business classes taken at VAS for these pathways.

BUSINESS EDUCATION COURSES

We offer a streamlined curriculum to a well rounded training program whether you are changing careers, reentering the work force or wish to become employed in your first professional position. You will be trained in the Principals of Business, Computer Operations, Bookkeeping, Computerized Accounting and much more!

Keyboarding Registration Fee: \$50. (6 weeks class)

If you want to master the keyboard, but have not done so yet, this is the course for you. Keyboarding skills are a must have for personal use and career development; or just for fun. This course focuses on helping students gain data entry skills, accuracy, speed, and correct use of keyboarding techniques.

060937 M/W 6 - 9 pm 12/1-1/21 Schulthess Room 202



I am taking these classes so I can train myself and provide better service in my job. I am very thankful for VAS for all the opportunities the school provides us.

Analilia L., Keyboarding Student

Microsoft Office Beginning

Registration Fee: \$50 (Book included in class fee). (6 weeks class)
This course is a basic introduction to the applications of Word, Excel, and PowerPoint in a Microsoft environment. You will learn the basics of creating a Word document, an introduction to the power of Excel spreadsheets, and PowerPoint for creating presentations.

060939 M/W 6 - 9 pm 1/26-3/11 Schulthess Room 202

Microsoft Word Advanced Blended Online Class

Registration Fee: \$75 (Book included in class fee). (6 weeks class)
This is a comprehensive course providing real life, business, and office skills in Microsoft Word. Through the use of personal computers students will secure documents with passwords and digital signatures, create and use custom forms. You will be able to create PowerPoint presentations from outlines and much more. **Prerequisite:** This course assumes that students have completed Microsoft Word 2021/365 Level 2 or have equivalent knowledge in the core skills of using Microsoft Word.

Note: Students will need to use the purchased version of Microsoft Office 365 (MO 365) on a Windows computer. Alternatively, they may complete their work at our school computer lab.

060123 W - In class 5:30 - 8:30 pm 12/3-1/21 Lowe Room 201

Microsoft Excel Advanced Blended Online Class

Registration Fee: \$75 (Book included in class fee). (6 weeks class)

This is a comprehensive course providing real life, business, and office skills in Microsoft Excel. Advanced Conditional Formatting using functions, or formulas. Get more accurate data entry using Data Validation. View another part of your worksheet simultaneously with

Watch Window. Easily manage various levels of data in a hierarchical structure using Group and Outline. Summarize larges amounts of data using Excel's Consolidating Data feature. Set criteria to color, add text and, or symbols to your cells with Advanced Custom Number Formats. **Prerequisite:** This course assumes that students have completed Microsoft Excel 2021/365 Level 2 or have equivalent knowledge in the core skills of using Microsoft Excel. **Note:** Students will need to use the purchased version of Microsoft Office 365 (MO 365) on a Windows computer. Alternatively, they may complete their work at our school computer lab.

060126 W - In class 5:30 - 8:30 pm 1/28-3/11 Lowe Room 201



Keyboarding has been a great class. It has given me a chance to move into a new field in the business industry.

Leyla G., Keyboarding Student



PREPARE FOR THE JOB YOU WANT!

Looking for a new job or a promotion in your current field? These workshops are for you! They will assist you in setting your career goals, evaluate your talents and develop resources that will help get you to your next goal. Workshops will focus on a variety of topics like Public Speaking, Resume Writing, Interview Success, Career Planning, What is my next step?, Professional Etiquette, and many more! After completing our workshops, you will be prepared to successfully navigate your job search to gain that career that you want!

Adaptability & Lifelong Learning

The world of work is changing faster than ever. Jobs that exist today may look very different tomorrow — and entirely new careers are emerging. This workshop helps students develop the skills and mindset necessary to remain adaptable, competitive, and confident in a rapidly changing job market.

042056 Th 6 - 8 pm 1/15 Oxley Room 403

Adaptabilidad y Aprendizaje Permanente

El mundo del trabajo está cambiando más rápido que nunca. Los trabajos que existen hoy pueden verse muy diferentes mañana, y están surgiendo carreras completamente nuevas. Este taller ayuda a los estudiantes a desarrollar las habilidades y la mentalidad necesarias para mantenerse adaptables, competitivos y seguros en un mercado laboral que cambia rápidamente.

042057 M 6 - 8 pm 1/26 Oxley Room 403

Acing the Interview

Interviewing can feel overwhelming, but preparation is the key to confidence. This course will guide you through the different types of interviews—from traditional, behavioral, and panel formats to virtual interviews on platforms like Zoom. You'll learn how to anticipate and answer common questions, respond to challenging or inappropriate ones, and adapt to the unique expectations of online interviews. We'll also cover strategies for evaluating your own performance, crafting professional follow-ups, and leaving a lasting impression. The session concludes with a mock interview, giving you the chance to put your new skills into practice.

042005 W 6 - 8 pm 3/11 Dufresne Room 403

HUMAN RESOURCES

Are you ready to launch a rewarding career in the growing field of human resources? Our Human Resource program equips you with the skills and knowledge to thrive in today's dynamic workplace. Learn essential HR principles, including recruitment, benefits administration, employee relations, and workplace compliance. Whether you're new to the field or looking to advance your current career, our hands-on curriculum and supportive instructors will help you gain practical experience and confidence. Start building your future in human resources today!



Human Resource Essentials Part B

Registration Fee: \$75 (Same book used in Part A)
Expands on the Human Resource Management principles introduced in Part A, addressing strategic planning, employment law, diversity, compliance, performance management, compensation, and additional key topics. This course is ideal for individuals aiming to become effective HR practitioners or those looking to apply HRM skills as line managers or employees.

060525 M/W 6 - 9 pm 12/1-3/11 Martinez-Walker Room 203

CAREER EDUCATION

CULINARY PATHWAY

Certification Requirements:

- Introduction to Culinary Arts
 - Pastry and Baking
 - Advanced Culinary Arts

Unlock your culinary potential with our Adult School Culinary Program!

Are you passionate about food and dreaming of a career in the culinary arts? Our culinary program is the perfect opportunity to turn your passion into a profession. With high demand for skilled culinary workers in North County, this is your chance to get trained and start a rewarding career in a field that’s growing every day.

Why Choose Our Culinary Program?

- Comprehensive Training: Learn essential culinary skills from our industry professional.
- Hands-on Experience: Practice cooking techniques in state-of-the-art kitchen.
- Career-Ready: Our program prepares you to enter the workforce with confidence.
- Internship Opportunities: Once you complete the program, you'll have access to internships at top local restaurants and culinary establishments, giving you real-world experience and connections in the industry.

Who Is This Program For?

- Aspiring chefs
- Career changers

Next program start date Fall 2026!



My name is **Andres Rizo**, and I hold a Bachelor's degree in Biology from CSUSM, as well as an honors diploma from the Institute of Culinary Education in Pasadena. I bring five years of experience as a chef and two years of experience in owning and operating a catering business. I am enthusiastic about teaching this beautiful craft to students and helping them prepare for successful careers in the culinary industry.

BOOKKEEPING CERTIFICATE PROGRAM

Join our **PROFESSIONAL BUSINESS PROGRAM** and become job ready in our specialized fast pace classes where **“YOUR SUCCESS”** is our bottom line!

Whether you are changing careers, reentering the work force, or wish to become employed in your first professional position, this is the program for you. You will be trained to utilize the computer as the tool it is meant to be, and be given an important perspective of Accounting for Business. You will study terminology, which is the language of business, principals and processes that occur in the Accounting Cycle for a Proprietorship (Level 1) and for a Corporation (Level 2) as well as an overview of QuickBooks that will allow you to work on basically all computer based accounting programs.

This Certificated Program will provide the necessary training to prepare you for a variety of entry level financial positions such as; Administrative Assistant, Office Assistant, Accounts Payable, Accounts Receivables/Billing, and Payroll as well as learning everything for working in QuickBooks that will allow you to compete in today's job market.

Fundamentals of Accounting 2 *Blended Online Class*

Registration Fee: \$100 (*Same book used in Accounting 1*)

This course will emphasize the manual double-entry bookkeeping cycles for A/P, A/R and Payroll as well as creating an End of Year Worksheet to determine adjustments and closing entries. We will utilize Excel to complete and create spreadsheets to do analysis of the business’s progress through the accounting cycle. This is a NEW concept and will incorporate Excel as the tool as it is used in an actual business environment. (Continues in the same book as Level 1).

Prerequisite: Intermediate Level Excel, Fundamentals of Accounting 1.

040914 Th - In class 6 - 9 pm 12/4-3/12 deRochemont Room 203

Industry Standard tests that students will be prepared to take:

- Intuit QuickBooks Certified User Online Certification
- Intuit Certified Bookkeeping Professional Certification



INFORMATION TECHNOLOGY

ADVANCE YOUR CAREER AS AN IT PROFESSIONAL WITH COMPTIA CERTIFICATION!

Vista Adult School is a CompTIA Approved Training Site.

Technology Pathways - Certification Requirements:

CompTIA Information Technology Technician

- A+ Information Technology Preparation Course (Part 1 & Part 2)
- N+ Certification Preparation Course
- S+ Certification Preparation Course

CompTIA Cyber Security (CSA+)

- Server +
- CSA+ Level I
- CSA+ Level II

Interested in being trained in one of San Diego's sought after technology skills for employment?
Contact our office regarding future class information!

Looking for a job or looking to get some training in Networking?

Leverage your network skills with CompTIA Network+!

This certification helps you have a career in the IT which covers troubleshooting, configuring networks etc. This is vendor-neutral, CompTIA is globally recognized, and you can take your certificate in any part of the world!



This class will help prepare you for CompTIA's Network+ N10-007.



Server+ (S+) Preparation Course

Blended Online Class

Registration Fee: \$225 (**Online Book included in Registration Fee. Does not include Certification Testing Fee.**)

The CompTIA® Server+® (Exam SK0-004) course builds on your existing professional experience with personal computer hardware support to present the next tier of skills and concepts that you will use on the job when administering any type of network server. If your job duties include server troubleshooting, installation, or maintenance, or if you are preparing for any type of network server-related career, it provides the primary knowledge and skills you will require to be successful. The CompTIA® Server+® (Exam SK0-004) course can also benefit you if you are preparing to take the CompTIA Server+ examination (Exam SK0-004).

Upon successful completion of this course, you will be able to perform the duties of a server administrator.

In this course, you will:

- Manage server hardware.
- Install server hardware and operating systems.
- Configure networking hardware and protocols.
- Perform basic server configuration tasks.
- Create a virtual server environment.
- Administer servers.
- Implement server storage solutions.
- Secure the server.
- Plan and test disaster recovery.
- Troubleshoot server issues.

062205 M - In class 5:30 - 8:30 pm 12/1-3/13 Lowe Room 404

MEDICAL OCCUPATIONS

MEDICAL PROGRAMS AND PATHWAYS

INTERNSHIPS
AVAILABLE

Vista Adult School is accredited by the Western Association of Schools and Colleges.
Our programs will provide you with the training and certificates that will prepare you for state exams, licensing and employment!

Phlebotomy Technician	Medical Assistant	Medical Administrative	Medical Billing and Coding	Pharmacy Technician
- Healthcare Essentials - Anatomy & Physiology or Medical Terminology *Phlebotomy Didactic - Phlebotomy Internship Verification Required on the 1st Day of Phlebotomy Class: * Immunizations * HSD/GED	- Healthcare Essentials - Anatomy & Physiology or Medical Terminology - Patient Service Representative/ Front Office - MA Clinical - A - Paperless Medical Records (25 wpm) - MA Clinical - B - Phlebotomy (Optional) HSD/GED required by employers <i>Internships Available</i>	- Healthcare Essentials - Anatomy & Physiology or Medical Terminology - Patient Service Representative/ Front Office - Paperless Medical Records (25 wpm) HSD/GED required by employers <i>Internships Available</i>	- Healthcare Essentials - Anatomy & Physiology or Medical Terminology - Patient Service Representative/ Front Office - Paperless Medical Records (25 wpm) - Medical Billing - Medical Coding HSD/GED required by employers <i>Internships Available</i>	Pharmacy Technician * HSD/GED Verification Required on the 1st Day of Pharmacy Class <i>Internships Available</i>

Attend a Medical Orientation and start your path to a new Medical Career!

WINTER 2025 MEDICAL ORIENTATIONS!

Ready to start your new Medical Career? Get started by attending an orientation to get all the information you need on prerequisites, book costs and schedules. **To be eligible to participate in any of Vista Adult School's Medical Programs and courses, you must first attend an orientation! Orientation registration opens on November 13, 2025 at 12 pm** via a special email address: www.vistaadultschool@vistausd.org. This site will not open until November 13th at 12 noon.

Healthcare Essentials Online Class

Registration Fee: \$60 (Book included in class fee)

This introductory course is a prerequisite for most of the medical programs at Vista Adult School, including Medical Assistant, Phlebotomy Technician, Medical Insurance Billing Certificated Programs, and Medical Front Office. The course consists of modules in medical terminology, computer literacy, health and safety, body structures and function, medical math, ethical and legal responsibilities, and success strategies.

040199 Online 12/1-3/13 Muncy Online

Patient Service Representative Blended Online Class

Registration Fee: \$180 (Book included in class fee)

Students will learn how to become part of the care team and be challenged with real-world projects, simulations, specific knowledge and skills needed to work as a Patient Service Representative. This hybrid (or blended) course will incorporate face to face instruction in addition to an online independent format by meeting on campus one day a week. Students will acquire skills and knowledge in HIPAA, NDC Medisoft 17, Microsoft Office 2007/2010, keyboarding, internet, email, file management, and medical terminology; learn how to electronically schedule patient appointments, prepare medical records, enter diagnostic and procedure codes, patient charges, payments, print statements and receipts, complete the patient referral process and medical forms. Students must have keyboarding and computer skills to enter this course.

Pre-requisite: Healthcare Essentials.

040604 M - In class 6 - 8 pm 12/1-3/13 Muncy Room 106

Anatomy & Physiology Online Class

Registration Fee: \$85 (Book included in class fee)

Students who enroll in this entry-level anatomy and physiology course can expect a general overview of the human body systems and structures, including the cells, tissues, skeletal, muscular, integumentary, and nervous systems. After finishing this class, students should be comfortable with several human anatomical structures which will be preparation for the Intermediate Anatomy and Physiology coursework.

040398 Online 12/1-3/13 Parr-Garcia Online

Paperless Medical Records Online Class

Registration Fee: \$180 (Book included in class fee)

Learn the fundamentals of entering/managing Electronic Health Records (EHR) on the computer. As of 2014, all medical records went through a mandated conversion to EHR. This course will introduce both Patient Service Representatives and Clinical Medical Assistant students to the field of Electronic Health Records by learning the required steps to Implementation and EHR frame work, content, visit management, problem list/ medication list/allergy management, examination entry, vital sign graphs, chart notes, treatment plans, order entry, patient communication documentation, reports, registry, and continuing care of the patient. Students must have intermediate computer skills, be able to type a minimum of 25 wpm and have an email account. Students must attend orientation to register. Pre-requisite: Patient Service Rep.

040701 Online 12/1-3/13 Muncy Online

Phlebotomy Technician

Registration Fee: \$800 (Book included in class fee)

Students will learn how to perform a variety of blood collection methods using proper techniques and precautions. Students will also learn additional responsibilities such as identifying tubes which are transported to a lab to be analyzed, training in infection prevention, proper patient identification, confidentiality requirements, and quality assurance. Upon successfully completing this training, students can test with NCCT/CPT1 exam. This is a California State Certified Training Program.

*Specific shots are required before entering the class. Pre-requisite: Healthcare Essentials.

040401 M/T 5 - 9 pm 12/1-3/11 Medina Room 104
W 5 - 8 pm Martinez



This phlebotomy class has been amazing. The teachers have been great and have taught me so many new things with a great explanation. I hope to soon have my license to be able to get a job and launch my future career. Vista Adult School has been a great place to learn.

Abigail R., Phlebotomy Student

This program has been so much fun, but also hands-on and thorough with explaining how phlebotomy works. I can see how bloodwork is an important first step in diagnosis. I hope to become as good as Mrs. Medina and Mr. Manny.

Leslie H., Phlebotomy Student

MEDICAL OCCUPATIONS

Medical Insurance Billing for the Physician Office *Blended Online Class*

Registration Fee: \$300 (Book included in class fee)
Medical Insurance Billing for the Physician Office introduces the student to current health insurance and reimbursement practices. In this course the students will become familiar with common medical billing practices, legal and regulatory issues and differences in reimbursement methodologies. The student will learn principles of medical billing related to proper claim form preparation, submission, and payment processing, and the follow up process. This course is recommended for anyone who is preparing for a medical career in the billing department at a physician's office, clinic, or similar positions.
Pre-requisite: Patient Service Representative.
041202 T - In class 6 - 8 pm 12/2-3/13 Muncy Room 106

Medical Assistant, Clinical-Part A *Online Class*

Registration Fee: \$200 (Book included in class fee)
In this class students are introduced to the field of medical assisting and the history of medicine. Students learn medical terminology, pharmacology, medical law and ethics. This course discusses how to assist the physician with minor treatment or diagnostic testing, patient preparation, and use of various supplies and equipment such as electrocardiograph and audiometer. The proper handling of specimens, vital signs, and administering injections, and laboratory procedures will be discussed. The onsite lab will start the 3rd week of class. **Pre-requisite:** Patient Service Representative and Paperless Medical Records.
040901 Online 12/1-3/13 Parr-Garcia Online



Medical Assistant, Clinical-Part B

Registration Fee: \$200 (Same book used in Part A)
Training continues in the field of medical assisting and the history of medicine. Students learn medical terminology, pharmacology, medical law and ethics. This course discusses how to assist the physician with minor treatment or diagnostic testing, patient preparation, and use of various supplies and equipment such as electrocardiograph and audiometer. The proper handling of specimens, vital signs, and administering injections, and laboratory procedures will be discussed. **Pre-requisite:** Medical Assistant Part A, Patient Service Representative.
040902 M/W 8 - 12 pm 12/8-3/11 Parr-Garcia Room 105

Medical Terminology-Part A *Online Class*

Registration Fee: \$85 (Book included in class fee)
This class focuses on learning the basic design of medical terminology and the meanings of 350 prefixes, roots and suffixes that combine to form knowledge of over 11,000 complex medical terms.
041298 Online 12/1-3/13 Parr-Garcia Online



Pharmacy Technicians are in high demand in San Diego County!

Vista Adult School's Pharmacy Technician program provides students with the education and training to work as a skilled licensed Pharmacy Technician in just 18 weeks.

After completing our California State Board of Pharmacy-approved program, which exceeds the state's 240-hour training requirement to offer additional valuable training, students can apply of their California state license and begin working in this exciting and in-demand field.



I chose Vista Adult School for its affordability. Mrs. Malak is a very understanding teacher of each student life style. She spends time with individuals before and after classes. Mrs. Malak is really sure each student has a full understanding of the material.

I love the extreme flexibility of only 4 in person lab hours. That gives me the freedom to study at 1 pm or 1 am.

Layla M., Pharmacy Technician Student

Pharmacy Technician *Blended Online Class*

Registration Fee: \$375 (Book included in class fee)
041303 M - In class 5 - 9 pm 1/26-6/18 Alqazzaz Room 102

Our Comprehensive Pharmacy Technician Program is designed to prepare students for a rewarding career in both retail and hospital pharmacies. This 18-week course provides a robust foundation in pharmacy principles and practices, preparing students to apply for their license, employment in a variety of pharmacy settings.

Course Overview:

Retail and Hospital Pharmacy Readiness: Acquire essential skills for working in both retail and hospital pharmacy settings, from the history of pharmacy to advanced distribution systems. In addition, learn advanced topics such as hospital distribution, inpatient dispensing systems, and medication distribution, essential for hospital settings.

Practical Compounding: Learn extemporaneous and sterile I.V. compounding through practical, firsthand training.

Pharmaceutical Management: Overview of inventory control, fiscal management, and insurance billing.

Comprehensive Healthcare Knowledge: Explore microbiology, anatomy, physiology, and pharmaceutical math.

Certification Preparation: The course meets the requirements for obtaining a California Pharmacy Technician license and includes preparation for the PTCB national exam, enhancing your qualifications and employability. This program is ideal for individuals aiming to start their career as a Pharmacy Technician. Join us and take the first step towards a dynamic and fulfilling career in pharmacy.



Malak Alqazzaz is happy to join Vista Adult School's teaching team. With a Masters in Laser Engineering, 3 years teaching Pharmacy Technician courses at a local private college and 6 years' experience as a retail Pharmacy Technician, she is excited to share her passion, knowledge and expertise with our students.

COMMUNITY EDUCATION

Yoga Registration Fee: Session 1 \$55; Session 2 \$55

Join us on a wellness journey with our yoga course. Explore the benefits of Hatha yoga, through essential stretches and poses that make up the foundation of yoga. Each 60-minute class ends in a restorative meditation. Whether you're a seasoned yogi or a beginner this class is for adults over 18. Come and embrace the power of yoga. Bring your mat and water to class.

With over two decades of personal yoga practice, **Jeri LaMar** embraced her passion by becoming a certified yoga instructor in 2017. Her journey led her to Kauai, Hawaii, where she completed a 500-hour yoga teaching program in 2019. Dedicated to fostering well-being, Jeri continues to share the transformative benefits of yoga with others.

Session 1 (5 weeks): 770638 M/Th 10 - 11 am 12/1-1/15 LaMar Yoga Studio, 506

Session 2 (5 weeks): 770639 M/Th 10 - 11 am 1/20-2/12 LaMar Yoga Studio, 506

Coming in the Spring! Yin & Restorative Yoga with Sound Healing

Come and unwind in this soothing 1½-hour class designed to melt away stress and quiet the mind. Experience the deep stretch of **Yin Yoga**, which targets connective tissues to increase flexibility, and the gentle support of **Restorative Yoga**, which uses props to release tension and promote healing. Paired with calming **sound healing**, this class offers the perfect balance of movement, stillness, and serenity.

American Red Cross First Aid/CPR Certification

Registration Fee: \$40

Be the one who knows what to do when every second counts! This course provides participants with the knowledge and hands-on skills needed to respond to emergencies and potentially save lives. Students will learn how to recognize and care for a variety of first aid situations, including sudden illnesses and injuries, as well as how to perform CPR and use an automated external defibrillator (AED). Upon successful completion, participants will earn an official American Red Cross certification card, valid for two years. Taught by an American Red Cross certified instructor.

770653	Th	5:30 - 7:45 pm	12/11	Staff	MPR
(Students will need to complete online portions prior to class)					
770654	Sat	8:00 am - 12:15 pm	2/7	Staff	MPR

Designing Your Life: Education For International Travel Registration Fee: \$60

Curious about international travel? Eager to expand your perspective? Ready to take charge in building your unique story? Whether studying abroad, volunteering, returning in a work program, backpacking, or exploring travel tourism, this discovery-based educational course is designed to empower the traveler within you. This course will guide students on how to research, budget, and execute a personalized travel plan, opening-up new opportunities into their lives. We will discuss safety tips, visas, cultural awareness, booking accommodations, and more. No prior travel experience required, just a thirst for adventure.

About the Instructor: Kimberly is a world traveler and accomplished Interior Designer. She holds a bachelor's in Fine Arts from San Diego State University and is a graduate of Landmarks' Curriculum for Living. Her experience includes earning a TEFL Certification and teaching English in Asia, backpacking extensively throughout South and Central America, working in the hospitality and tourism industry in the Caribbean US Virgin Islands, and designing an award-winning boutique hotel in Saint Edwards State Park, WA. She became hooked on international travel in 2009 after studying at Mimar Sinan Fine Arts University in Istanbul, Turkey.



770062	Th	6 - 7:30 pm	1/8 - 2/19	Shumaker	Room 106
No class on 2/12					

Ready to start your construction career?



Learn the skills and knowledge necessary to prepare for an apprenticeship program so you can land a job in the construction industry.

The Apprenticeship Readiness Program is a multi-week program providing classroom instruction, worksite training and industry-recognized certifications. Participants may be eligible to earn a stipend and may access financial assistance with childcare costs while enrolled in the program.

Participants must be 18+, eligible to work in the US and live in San Diego or Imperial County.



Visit workforce.org/ARPVUSD or scan the QR code to learn more or apply.

FUN COOKING CLASSES

In these classes our experienced Chef-Instructor will guide you through step-by-step techniques and skills to create these fun and wonderful class! You will leave with new skills, delicious recipes and the confidence to recreate these dishes at home.



Winter Cookies – Holiday Baking Favorites

Registration Fee: \$50

Get into the festive spirit with this cozy and delicious winter baking class! In this 2.5–3 hour hands-on session, you'll learn to make three irresistible types of cookies that are perfect for holiday gatherings, gift boxes, or simply treating yourself. Our chef-instructor will guide you through techniques like browning butter, bar cookie preparation, and mixing the perfect spiced dough—all while offering tips for baking success and beautiful presentation. Join us for a warm and joyful baking experience and leave with the skills (and cookies) to make this winter a little sweeter.

What you'll bake:

- **Brown Butter Sugar Cookies:** Rich, nutty flavor meets classic chewy sugar cookie perfection.
- **Peppermint Sugar Cookie Bars:** A festive, colorful treat with cool peppermint flavor and soft, buttery texture.
- **Snickerdoodles:** Soft and chewy cinnamon-sugar classics with that signature tang.

Skill Level: All skill levels welcome - perfect for beginners and seasoned bakers alike.

Duration: 2.5–3 hours.

What to Bring: All ingredients and tools will be provided. Please bring containers to take home your delicious holiday creations!

777023	Th	5:30 - 8:30 pm	12/18	Rizo	Culinary Lab
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Soufflé Masterclass: Chocolate & Cheese Soufflés Registration Fee: \$75

Elevate your culinary skills in this elegant and informative soufflé masterclass! In this hands-on 2.5–3 hour session, you'll learn the techniques behind two timeless French soufflés—one sweet, one savory—each crafted with care and precision. Join us for this indulgent and educational experience and walk away with the confidence to create soufflés that rise beautifully every time.

What you'll make:

- **Chocolate Soufflé:** Rich, airy, and deeply chocolatey, this classic dessert soufflé is baked to perfection and sure to impress.
- **Cheese Soufflé:** A savory version featuring a creamy, cheesy base with a golden crust and light, fluffy interior—ideal as a show-stopping appetizer or main dish.

You'll learn how to:

- Properly prepare a béchamel or pastry cream base.
- Whip and fold egg whites to achieve the perfect rise.
- Bake soufflés to achieve maximum height without collapsing.
- Time your soufflé so it reaches the table at its most impressive moment.

Skill Level: Intermediate—great for those comfortable with basic cooking and ready to level up.

Duration: 2.5–3 hours.

What to Bring: All tools and ingredients are provided. Please bring a container if you'd like to take home any leftovers (though soufflés are best enjoyed fresh from the oven!)

777024	Th	5:30 - 8:30 pm	1/15	Rizo	Culinary Lab
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Tamales – Red Beef & Rajas con Queso

Registration Fee: \$75

Discover the joy and tradition of tamale-making in this hands-on class focused on two classic and flavorful varieties: **Red Beef Tamales** and **Rajas con Queso (Chili & Cheese)**. In this 3–3.5 hour session, you'll learn time-honored techniques and bring home the skills to recreate these festive favorites any time of year. Join us for this fun and flavorful class and walk away with homemade tamales and the confidence to make them again and again.

What You'll Make:

- **Red Beef Tamales:** Learn to prepare a rich, flavorful red chili beef filling, made with tender shredded beef simmered in a traditional guajillo-based sauce.
- **Rajas con Queso Tamales:** A vegetarian favorite featuring strips of roasted poblano peppers (rajas) and melty cheese wrapped in fluffy masa—savory, creamy, and satisfying.

What You'll Learn:

- How to prepare and season masa for optimal texture.
- Techniques for assembling, filling, and wrapping tamales in corn husks.
- Tips for steaming tamales to perfection.
- Cultural background and traditions behind tamale-making.

Skill Level: All levels welcome—no experience required.

Duration: 3–3.5 hours.

What to Bring: All ingredients and tools are provided. Please bring a container to take home your freshly steamed tamales!

777025	T	5:30 - 9:00 pm	3/3	Rizo	Culinary Lab
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ENGLISH AS A SECOND LANGUAGE



I chose to attend Vista Adult School to learn English so that I can help my children with their schoolwork and to be more confident in obtaining a better job and future goals.

Celia J., ESL Student



ENGLISH AS A SECOND LANGUAGE

The ESL program provides English learners with listening, speaking, reading, writing, and critical thinking skills. The program offers ESL levels, ranging from basic literacy to advanced English language development. **All levels are available during the day and evening hours. (Monday-Thursday 9 am - 12 pm; 6 - 9 pm).**

REGISTRATION PROCESS:

- Attend an orientation.
- Arrive early as seating is limited.

ESL ORIENTATIONS	
Day Orientations: 9 am November 19 & 20 January 14 & 15	Night Orientations: 6 pm November 17 & 18 January 12 & 13

CITIZENSHIP

Vista Adult School offers a **Citizenship** class. The course prepares students to pass all USCIS approved examinations and USCIS oral interview, while helping improve reading and speaking skills. Class attendance begins the week following orientation.

Pre-Requisite: Must be at a High Beginning ESL level or higher.

*Attend one of the Day or Night Orientations.

REGISTRATION PROCESS: Attend an ESL orientation



I came to Vista Adult School because I believe Vista Adult School will provide me with the opportunity to have a great future!

Felipe C., ESL Student



INGLÉS COMO SEGUNDO IDIOMA:

El programa de ESL provee la oportunidad de aprender las destrezas de escuchar, hablar, leer, escribir y habilidades de pensamiento crítico en inglés. El programa ofrece niveles de ESL, cubre amplitud del nivel alfabetización básica al avanzado en el desarrollo de la lengua. **Todos los niveles están disponibles por la mañana y tarde. (Lunes a jueves de 9 am - 12 pm y de 6 - 9 pm).**

PROCESO DE MATRICULACIÓN:

- Asistir a una orientación.
- Llegue temprano el espacio es limitado.

ORIENTACIONES DE ESL	
Orientaciones por la mañana: 9 am 19 y 20 de noviembre 14 y 15 de enero	Orientaciones por la noche: 6 pm 17 y 18 de noviembre 12 y 13 de enero

CLASES DE CIUDADANIA

La escuela de Adultos de Vista también ofrece clases de Ciudadanía. Enfoque de preparación en los exámenes aprobados por USCIS, preparación para la entrevista oral de USCIS, y al mismo tiempo refuerza las habilidades orales de lectura en Inglés. **Pre-Requisito: Debe estar mínimo a nivel Comienzo Alto de ESL y asistir a una orientación de ESL.**

CURSO DE PREPARACIÓN EN ESPAÑOL EDUCACIÓN GENERAL A NIVEL PREPARATORIA/GED/HISET:

El programa de Educación General a nivel preparatoria provee las destrezas necesarias en preparación de las diferentes materias generales equivalentes a nivel bachillerato/preparatoria y pasar la prueba de equivalencia. Además de su tiempo en clase, usted necesitara estudiar fuera de clase con el fin de maximizar su tiempo de preparación. **REQUISITOS:** Ser mayores de edad (18 años o más), haber terminado la secundaria, asistir a una orientación de evaluación en lectura y comprensión para asesorar su candidatura de entrada al programa.

HORARIO DE CLASES:

lunes y miércoles	6 - 9 pm	Moreno	Salón 302
jueves	6 - 9 pm	Moreno	Salón 302

ORIENTACIONES:

miércoles, 19 de noviembre	6 pm	Moreno	Salón 302
miércoles, 18 de marzo	6 pm	Moreno	Salón 302

GRATUITOS, APOYO AL ÉXITO ESTUDIANTIL:

Quiere usted ayudar a su hijo a tener éxito en la escuela? Asista a uno de los talleres GRATUITOS, Apoyo al Éxito Estudiantil ofrecido en la Escuela de Adultos de Vista. Estos talleres se presentarán en español y estan diseñados para ayudarlo a usted como padre aprender más sobre cómo ayudar a su hijo a tener éxito en la escuela. Los temas cubiertos incluirán la comprensión de las boletas de calificaciones y los informes de progreso, cómo comunicarse con la escuela y los maestros, cómo ayudar a su hijo con la tarea y mucho más. Esta es una gran oportunidad para aprender habilidades de crianza que los ayudarán a apoyar a su hijo para tener éxito en la escuela. Estos talleres estan abiertos para los estudiantes de la Escuela de Adultos de Vista y al público en general. **Fecha y horario por determinar.**



Adaptabilidad y Aprendizaje Permanente

El mundo del trabajo está cambiando más rápido que nunca. Los trabajos que existen hoy pueden verse muy diferentes mañana, y están surgiendo carreras completamente nuevas. Este taller ayuda a los estudiantes a desarrollar las habilidades y la mentalidad necesarias para mantenerse adaptables, competitivos y seguros en un mercado laboral que cambia rápidamente.

042057	M	6 - 8 pm	1/26	Oxley	Room 403
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CLASE DE INFORMÁTICA BÁSICA EN ESPAÑOL

Aprenda conceptos básicos del ordenador en el entorno de Windows utilizando aplicaciones de Windows y Microsoft para principiantes. En este curso jueves, presentado en español, aprenderá vocabulario y cómo navegar por el ordenador, y practicará las habilidades. Algunos temas tratados incluyen Word, Excel, PowerPoint, Paint, Nota, fecha, hora, calculadora, correo electrónico, sitios web en el internet, y más. A través de ejercicios guiados por la maestra, creará proyectos y los guardará en archivos, y los organizará en carpetas. Hablaremos sobre las funciones de la impresora que ahorran dinero y productos informáticos recomendados. La clase es divertida y le enseñará habilidades similares a las que puede usar para el trabajo y el uso personal.

060344	jueves	6 - 9 pm	12/4-3/12	Schulthess	Room 202
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Mission Statement

Vista Adult School prepares all students with the knowledge and skills necessary to achieve their career, academic and personal goals in a high quality and accessible learning environment.

Student Learning Outcomes (SLO's):



Our students will:

- V** Develop a **VISION** for their future
 - Identify and achieve short & long term goals
 - Demonstrate perseverance in their pursuit of education
 - Pursue lifelong learning experiences
- A** **ACHIEVE** academic and personal growth
 - Show a measurable increase in knowledge and skills
 - Increase 21st century skills (critical thinking, communication, collaboration, innovation & technology)
 - Gain self-confidence and awareness of their abilities
- S** Experience **SUCCESS** in all post-secondary transitions
 - Career obtainment and growth
 - College admission and completion
 - Enhancement of their personal life and involvement in the community

HIGH SCHOOL PROGRAM

HIGH SCHOOL PROGRAM:

Are you interested in obtaining your high school diploma, or passing a High School Equivalency Exam (ex. GED or HiSET)? Are you looking to improve your basic academic skills in order to advance in your career, find new employment or achieve personal growth? If so, Vista Adult School's High School Program will help you accomplish your goals. Classes are offered in the morning and evening; as well as through an online independent study option.

To enroll in the High School Program, students must be at least 18 years of age and attend a mandatory orientation. It is important to bring a copy of your most recent transcripts with you to orientation.

Day Orientations: 10 am **Night Orientations: 7 pm**
November 19 & 20 November 17 & 18
January 14 & 15 January 12 & 13

HIGH SCHOOL EQUIVALENCY EXAM:

Vista Adult School is a testing center for the California approved High School Equivalency (HSE) Exam - the GED. A HSE exam is for adults who do not have a high school diploma. Those who pass the exam will receive a California High School Equivalency Certificate. Anyone 18 years of age or older, or 17 under certain circumstances, is eligible to take a HSE exam. CA residency and acceptable ID is required to take the exam. Be sure the name you register for the exam with matches the name on your ID. In addition to being a testing center, Vista Adult School can help to prepare you to pass the GED and HiSET exams. To enroll, attend a High School Program orientation.

GED

We are a Pearson Vue authorized testing center and offer the GED exam via computer. To sign up for the GED you must first register through www.GED.com; all registration, scheduling and payments is done through the GED website. The GED exam consists of four parts: Reasoning Through Language Arts, Mathematical Reasoning, Science and Social Studies. More information can be found at the www.ged.com website.



The high school adult program is giving me a second chance to finish school. With flexible classes and supportive teachers, I'm gaining confidence every day and moving closer to new opportunities.

Sergio P., High School Program Student



Looking for a few good Community Ed Teachers

Do you have a special talent, skill, or advanced knowledge in a particular subject and would like to share it with others? Do you have the knack for teaching? We are growing our community education program and need people like you!

We are currently looking for interesting, entertaining, and enriching classes to share with our community! Almost any topic can be developed into a class proposal/course.

Here are some examples: ■ Handcrafted Jewelry ■ Conversational Spanish ■ Drawing ■ Exercise

If you are interested in learning more, please email info@vistaadultschool.org



VISTA ADULT SCHOOL Sunset Campus

510 Sunset Drive, Vista CA 92081
(760) 758-7122 • FAX (760) 631-6380

If you have limitations with hearing or speaking, a specially-trained Communications Assistant (CA) can relay telephone conversations for all of your calls. Dial 711 to reach the California Relay Service (CRS).

Hours: Monday - Thursday, 8 am - 7 pm
Friday, 8 am - 4:30 pm

Adult School Staff

Elizabeth O'Shea-West, Principal
Tara Biancamano, Assistant Principal

Student Support Team

Jennifer Dufresne Lawrence Hunt
Julia Magallon Sylvia Oxley

Support Staff

Marina Acosta Luz Gutierrez
Don Adams Sulema Sanchez
Diane Addington David Trejo
Ceci Colindres Erika Trujillo
Michelle Fracasse Sandy Vasilakis
Hortencia Goddard

Vista Unified School District - Board of Education

Martha Alvarado Sue Martin
Mike Markov Cipriano Vargas
Rena Marrocco

Dr. Matt Doyle, Superintendent

REGISTRATION INFORMATION

3 EASY WAYS TO REGISTER FOR CLASSES!

On Wednesday, November 12, 2025, 8 am most classes will be available for online registration at www.vistaadultschool.org

PHONE-IN	WALK-IN	ONLINE
Call: (760) 758-7122 Monday - Thursday, 8 am - 7 pm and Friday, 8 am - 4:30 pm to register using VISA or MasterCard. Please have your course number and credit card information ready.	Vista Adult School 510 Sunset Drive Vista CA 92081	www.vistaadultschool.org Click "Register Online" on the homepage. Follow the process to enroll in your classes. Use VISA or MasterCard card on our secure encrypted site.

- Check out our website at www.vistaadultschool.org for detailed information!
- Community Education Classes are independently supported only by student fees.
- **All classes provided by Vista Adult School include a \$20 non-refundable registration fee. Minimum enrollment is required for all classes.** Please sign up early to avoid cancellation of the class you want! Register now for the best seats ever!
- **Vista Adult School Program is accredited by the Western Association of Schools and Colleges.**
All teachers are certified in their teaching area by the California Commission for Teacher Credentialing.
The Vista Unified School District does not discriminate on the basis of sex, race, color, religious creed, national origin, ancestry, disability, medical condition or age.
If you have suggestions or concerns regarding VAS, please call (760) 758-7122.

DATES

Remember to mark your calendar with class dates, times, and locations. We do not send confirmations!

November 10 & 11, 2025 School Closed
November 12, 2025 General Registration Opens
November 24 - 28, 2025 Thanksgiving Break, No Classes
December 22 - January 2, 2026 Winter Break, No Classes
January 19, 2026 Martin Luther King Jr. Holiday, School Closed
March 13, 2026 Last day of classes
March 23, 2026 Spring Session Begins

GO TO WWW.VISTAADULTSCHOOL.ORG FOR CLASS INFORMATION, REGISTRATION, FORMS AND MORE!