



CAREER ACADEMY

PROGRAMS, SCHEDULE, AND DESCRIPTIONS

2024-2025

MCC's Career Academy program is designed to provide high school juniors and seniors with opportunities to explore various career fields and get a jumpstart on their postsecondary education. MCC Career Academies increase student awareness in various career fields prior to high school graduation so more informed career choices can be made. Students gain practical skills for specific career areas, knowledge of safety procedures, job-seeking skills, interpersonal skills for the workplace, and exposure to a college environment while earning both high school and college credit.

Academies and Locations

Fremont Contract Carriers, 865 Bud Blvd. Fremont, NE 68025

— **Diesel Technology** *Maximum 8 students*

Fremont Area Center (FRC), 9th & Broad St

— **Criminal Justice** - *Maximum 24 students*

— **Education** - *Maximum 24 students*

— **Human Services** - *Maximum 24 students*

— **Introduction to Health Care** - *Maximum 18 students*

Fremont High School

— **Welding Technology** - *Fremont High School Students only.*

Metropolitan Community College reserves the right to cancel or modify courses. **Tuition for the 2024-2025 academic year will be waived for Nebraska High School students.** Students are responsible for payment of all textbooks and fees unless other arrangements are made by the school district or an outside agency. Information about registration and payment procedures are included with the acceptance letter. Textbooks are required to be purchased prior to the first day of class. Any course fees are due prior to the start of each MCC quarter.

Nondiscrimination and Equal Opportunity Statement

Metropolitan Community College affirms a policy of equal education, employment opportunities and nondiscrimination in providing services to the public. To read our full discrimination policy statement visit mccneb.edu/nondiscrimination.



CALENDAR:

Students must abide by the MCC Calendar. This has special meaning for seniors since they may have to continue attending classes beyond their graduation date or beyond their last day of class at their high school.

Fall Quarter 2024 24/FA	Labor Day Recess/College closed Classes begin Classes end	September 2 September 3 November 18	Monday Tuesday Monday
Winter Quarter 2024 - 2025 24/WI	Thanksgiving Day Recess/College closed Classes begin Last class day before Holiday Recess Holiday Recess/College closed Classes resume Martin Luther King Recess/College closed Classes end	November 28 – 29 December 2 December 23 December 25 – January 1 January 2 January 20 February 26	 Monday Monday Thursday Monday Wednesday
Spring Quarter 2025 24/SP	Classes begin Spring Recess/College closed Classes End	March 7 April 19-20 May 22	Friday Saturday- Sunday Thursday

Contents

CRIMINAL JUSTICE - SENIORS ONLY	3
EDUCATION	5
DIESEL TECHNOLOGY	7
HUMAN SERVICES	
INTRODUCTION TO HEALTH CARE	9
WELDING TECHNOLOGY – Fremont High School	13



CRIMINAL JUSTICE

Fremont Center – 9th & Broad Streets

Year 1 Student 2024-2025

Dates	Course	Title	Credits	Times	Days
September – November, 2024					
	CRIM 1010	Introduction to Criminal Justice	4.5	1:25p-3:10p	M, W
December 2024 – February, 2025					
	CRIM 2030	Police and Society	4.5	1:25p-3:10p	M, W
March – May, 2025					
	CRIM 1020	Introduction to Corrections	4.5	1:25p-3:10p	M, W
TOTAL CREDIT HOURS			13.5		

CRIM 1010* – Introduction to Criminal Justice This course is an overview of the history, development, and philosophies of crime control within a democratic society. It examines the criminal justice system with emphasis on the police, the prosecution and the defense, the courts and the correctional agencies.

CRIM 1020 – Introduction to Corrections This course outlines corrections as a systematic process, showing the evolving changes within institutional and community-based corrections. Topics include the history of corrections, the influence of social thought and philosophy on the development of corrections, the rights of the incarcerated inmate, and the duties of the correctional officer.

CRIM 2030 – Police and Society *Prerequisite: CRIM 1010* This course examines the role of the police in relationship to the duties of law enforcement and their policing in a diverse society. Specific topics include key demographic trends related to the growth of multicultural communities. Also covered are key issues associated with immigration and how those issues affect law enforcement in their everyday job.

***Must pass with a C or better to continue.**

Books Needed: *Books are subject to change, dependent upon the course criteria and without prior notice.

Please go to Follett Bookstore's web site at www.efollett.com start typing in Metropolitan Community College. For classes held at the South Campus select South Omaha; for classes held at the Sarpy Center select Sarpy; for classes held at the Applied Technology Center or Fort Campus select Omaha; for classes at the Elkhorn Campus or Fremont Center select Elkhorn.



METROPOLITAN
Community College

Intentionally left blank



EDUCATION

Fremont Center – 9th & Broad Streets

Year 1 Student 2024-2025

Dates	Course	Title	Credits	Times	Days
September – November, 2024					
	EDUC 1110	Introduction to Professional Education	4.5	1:25p-3:10p	M, W
December 2024 – February, 2025					
	EDUC 2030	Human Relations in Education	4.5	1:25p-3:10p	M, W
March – May, 2025					
	HMRL 1010	Human Relations Skills	4.5	1:25p-3:10p	M, W
TOTAL CREDIT HOURS			13.5		

EDUC 1110 – Introduction to Professional Education An overview of education in the United States viewed in terms of history, philosophy, finance and governance, this course encourages critical thought regarding the role of education in our multicultural society, the role of the teacher, and educational practices in schools. The course is designed to help students explore education as a prospective career.

EDUC 2030 – Human Relations in Education This course is designed to increase multicultural knowledge and positively impact the diversity disposition of pre-service teachers. It is designed to help pre-service teachers become more aware of ways to motivate and positively impact the youth they encounter in their future classrooms. High value is placed on the discussion of human understanding, tolerance, and the acceptance of multiple worldviews. Teacher candidates examine existing attitudes toward various minority groups, such as race, ethnicity, age, sex, and mental and physical disabilities, and explore the ways in which these attitudes influence the assessment of learner needs and prescribed learning activities. Teacher candidates also examine the role of attitudes in implementing and assessing learning experiences. The course places special emphasis on skill development and the training of pre-service teachers to be effective orchestrators of the learning environment, which helps to ensure the performance assessment of teacher candidates.

HMRL 1010 – Human Relations Skills - This is an introductory course in interpersonal skills, stressing the importance of utilizing those skills in the workplace. Students are presented with opportunities to become more effective, discerning, ethical, flexible, perceptive, and understanding in both professional and personal endeavors. Special attention is given to appropriate communication skills, multinational and diversity awareness, teamwork, and job-seeking skills as applied to an increasingly customer-oriented workplace.

***Must pass with a C or better to continue.**

Books Needed: *Books are subject to change, dependent upon the course criteria and without prior notice.

Please go to Follett Bookstore's web site at www.efollett.com start typing in Metropolitan Community College. For classes held at the South Campus select South Omaha; for classes held at the Sarpy Center select Sarpy; for classes held at the Applied Technology Center or Fort Campus select Omaha; for classes at the Elkhorn Campus or Fremont Center select Elkhorn.



METROPOLITAN
Community College

Intentionally left blank



DIESEL TECHNOLOGY

Fremont Contract Carriers
865 Bud Blvd.
Fremont, NE 68025

Year 1 Student 2024-2025

Dates	Course	Title	Credits	Times	Days
July 22 – 25, 2024 *dates subject to change					
	DESL 0900	Basics of Diesel Mechanics	1.5	9:00a-4:00p	M- TH
July 25	Parent Night			6:00p-8:00p	
September – November, 2024					
	DESL 1000	Introduction to Diesel Technology	4	11:30a-3:00p	T, TH
December, 2024 – February, 2025					
	DESL 1230	Diesel Engine Fundamentals	4	11:30a-3:00p	T, TH
March – May, 2025					
	DESL 1200	Fundamentals of Hydraulics	4	11:30a-3:00p	T, TH
TOTAL CREDIT HOURS			13.5		

- 1. Students are required to attend the two week summer session for screening into the fall program.**
- 2. Good attendance is required.**
- 3. Shirt(s) will be required; purchase ONLINE. (For 2020/2021 year, cost was \$12.00/shirt)**
- 4. Steel toed boots, gloves, and safety glasses are required.**

COURSE DESCRIPTIONS

DESL 0900 – Basics of Diesel Mechanics This class provides the student with an overview of the profession of diesel mechanics. In addition, it gives the beginning student hands-on experience with tasks designed to enhance mechanical ability, as well as the opportunity to explore the broad areas of a career in diesel technology.

DESL 1000 – Introduction to Diesel Technology Students develop a basic understanding of the diesel technology including preventive maintenance, shop processes, tool usage, safety, and career opportunities. Students also identify and explain basic functions of components including the engine, driveline, HVAC system, and accessories

DESL 1230 – Diesel Engine Fundamentals *DESL 1000 is a prerequisite and the student must earn a "C" or better.* This course is the study of diesel engine principles and component identification. Students will gain knowledge through lecture and entry-level hands-on engine assembly and disassembly.

DESL 1200 – Fundamentals of Hydraulics This course is the study of basic principles relating to hydraulic systems and component identification. Activities involving schematic usage and symbol identification enhance students' diagnostic skills.

Required Books: *Books are subject to change, dependent upon the course criteria and without prior notice.

All classes listed above need: CDX Medium/Heavy Duty Diesel System Textbook & Engine Textbook Bundle + 2yr. Online Access code. Bundle is used for ALL MCC Diesel courses.

ISBN Kit # 9781284152975 (Complete Kit available at our MCC bookstore only). **2018 cost \$582.95 + tax.**



METROPOLITAN
Community College

Intentionally left blank



HUMAN SERVICES

Fremont Center – 9th & Broad Streets

Year 1 Student 2024-2025

Dates	Course	Title	Credits	Times	Days
September – November, 2024					
	HMSV 1010	Introduction to Human Services	4.5	1:25p-3:10p	M, W
December 2024 – February, 2025					
	HMS 1120	Helping Skills and Techniques	4.5	1:25p-3:10p	M, W
March – May, 2025					
	HMRL 1010	Human Relations Skills	4.5	1:25p-3:10p	M, W
TOTAL CREDIT HOURS			13.5		

HMSV 1010 – Introduction to Human Services This introductory course explores the human services field. Students are exposed to historical perspectives, ethics, and the role of the community support human service practitioner in various agencies and specific areas of human services employment.

HMSV 1120 – Helping Skills and Techniques This course introduces students to basic interpersonal skills such as appropriate self-disclosure, active listening, and constructive challenging. The course also prepares students to use professional helping skills on a one-to-one basis. Helping skills that are discussed and practiced include at least four of the following: active listening, reflective feedback, summarizing, self-disclosing, displaying empathy, confronting, establishing rapport, and communicating at the client's comprehension level. Students acquire and demonstrate skills through videotaped role-plays, in-class role-plays, counseling critiques, case studies, and other experiential exercises.

HMRL 1010 – Human Relations Skills - This is an introductory course in interpersonal skills, stressing the importance of utilizing those skills in the workplace. Students are presented with opportunities to become more effective, discerning, ethical, flexible, perceptive, and understanding in both professional and personal endeavors. Special attention is given to appropriate communication skills, multicultural and diversity awareness, teamwork, and job-seeking skills as applied to an increasingly customer-oriented workplace.

*Must pass with a C or better to continue.

Books Needed: *Books are subject to change, dependent upon the course criteria and without prior notice.

Please go to Follett Bookstore's web site at www.foollett.com start typing in Metropolitan Community College. For classes held at the South Campus select South Omaha; for classes held at the Sarpy Center select Sarpy; for classes held at the Applied Technology Center or Fort Campus select Omaha; for classes at the Elkhorn Campus or Fremont Center select Elkhorn.



METROPOLITAN
Community College

Intentionally left blank



INTRODUCTION TO HEALTH CARE

Fremont Center – 9th & Broad Streets

Year 1 Student 2024

Dates	Course	Title	Credits	Times	Days
September – November, 2024					
	HIMS 1111	Healthcare Careers	4.5	1:25 – 3:10p	T
December 2024 – February, 2025					
	HIMS 1150	Introduction to Medical Law and Ethics	4.5	1:25 – 3:10p	T
March – May, 2025					
	HIMS 1120	Medical Terminology I	4.5	1:25 – 3:10p	T
TOTAL CREDIT HOURS			13.5		

*** These courses are scheduled in a Hybrid format; these courses combine classroom learning with a significant online component.**

COURSE DESCRIPTION:

HIMS 1111 - Healthcare Careers This course provides an overview of the healthcare field. Topics include healthcare delivery systems, history of healthcare, careers in healthcare, personal qualities of healthcare workers, principles of teamwork, time management, human growth and development, cultural diversity, safety issues, and computer technology in healthcare settings. Current issues in healthcare are addressed in order to enrich students' understanding and breadth of knowledge of the U.S. healthcare system and the roles and functions of various healthcare professionals.

HIMS 1150 - Introduction to Medical Law and Ethics This course gives a foundation in the federal and state laws of the medical profession and ethical issues associated with working in a healthcare setting. It explores HIPAA regulations in detail. Topics include professional, social, and interpersonal healthcare issues. Coverage also includes identification of measures to promote confidentiality as major changes in electronic health record technology occur. Students learn investigation of techniques to maintain office safety as well as the safety and confidentiality of patients and medical records.

HIMS 1120 – Medical Terminology I This course assists students in establishing a solid foundation of medical terminology and abbreviations and introduces prefixes, suffixes, and word roots used in the language of medicine. The course emphasizes medical vocabulary as it applies to the anatomy, physiology, and pathology of the human body. Students study the functioning of the body systems, clinical/surgical procedures, and therapies and examine normal, pathological, clinical, and laboratory considerations in order to best prepare for entrance into the healthcare professions. The course also emphasizes correct spelling and pronunciation.

Books Needed: *Books are subject to change, dependent upon the course criteria and without prior notice.

Please go to Follett Bookstore's web site at www.efollett.com start typing in Metropolitan Community College. For classes held at the South Campus select the South Omaha; for classes held at the Sarpy Center select Sarpy; for classes held at the Applied Technology Center or Fort Campus select Omaha; for classes at the Elkhorn Campus or Fremont Center select Elkhorn.



METROPOLITAN
Community College

Intentionally left blank



WELDING TECHNOLOGY – Fremont High School

FREMONT HIGH SCHOOL STUDENTS ONLY

Year 1 Student 2024-2025

Dates	Course	Course Title	Credits	Times	Days
August – October 2024					
	WELD 1100	Industrial Cutting Processes	3	BLK 1/BLK2	M-F
October – November 2024					
	WELD 1200	Gas Metal Arc Welding (MIG) - Steel I	3	BLK 1/BLK2	M-F
November 2024 – February 2025					
	WELD 1500	SMAW (Stick) - Flat	3	BLK 1/BLK2	M-F
February – March 2025					
	WELD 2200	Gas Metal Arc Welding (MIG) - Steel II	3	BLK 1/BLK2	M-F
April – May 2025					
	WELD 2240	Flux—Cored Arc Welding I	3	BLK 1/BLK2	M-F
TOTAL CREDIT HOURS			15		

Block 1: 7:50 am - 9:18 am / Block 2: 9:25 am - 10:58 am

Tools and Materials: Students provide work boots and safety glasses. MCC will provide, on loan, most of the appropriate equipment and tools for each course. Students will be held responsible for lost and/or broken equipment and tools.

COURSE DESCRIPTIONS

WELD 1000 - Print Reading and Layout for Welders I This course focuses on print reading and basic drafting with major emphasis on print reading related to welding and fabrication.

WELD 1100 - Industrial Cutting Processes Students gain a working knowledge of oxy-fuel cutting (manual and machine), plasma cutting (manual and machine), and air carbon arc and plasma gouging.

WELD 1200 - Gas Metal Arc Welding (MIG) - Steel I This course uses the theory and techniques in basic gas metal arc welding to produce sound fillet welds and sound groove welds in both the flat and vertical positions. Students weld using short-circuit and spray modes of metal transfer.

WELD 2200 Gas Metal Arc Welding (MIG) - Steel II *Prerequisite: WELD 1200* This course is a continuation of GMAW - Steel I, including fillet and groove welds in the horizontal and overhead positions and the study of pulsed-spray transfer.

WELD 2240 - Flux-Cored Arc Welding I *Prerequisite: WELD 2200* This course covers gas-shielded and self-shielded flux-cored arc welding in the flat and vertical positions using semiautomatic equipment.

Books Needed: *Books are subject to change, dependent upon the course criteria and without prior notice.

Please go to Follett Bookstore's web site at www.foollett.com start typing in Metropolitan Community College. For classes held at the South Campus select the South Omaha; for classes held at the Sarpy Center select Sarpy; for classes held at the Applied Technology Center or Fort Campus select Omaha; for classes at the Elkhorn Campus or Fremont Center select Elkhorn.