



DISTANCE

LEARNING

2025-2026

PULASKI ACADEMY & CENTRAL SCHOOLS



INTERACTIVE VIDEO COURSES ARE OFFERED IN COLLABORATION WITH CAYUGA AND ONONDAGA COMMUNITY COLLEGE, CITI BOCES, CAYUGA AND OSWEGO COUNTY SCHOOLS.

ONLINE COLLEGE COURSES ARE OFFERED THROUGH CAYUGA COMMUNITY COLLEGE.

STUDENTS INTERESTED IN DISTANCE LEARNING COURSES SHOULD CONTACT SCHOOL COUNSELORS • DISTANCE LEARNING COURSES ARE AT NO COST TO STUDENTS



★ Interactive Video and Online College Courses ★

| Pulaski | 7:40-8:55 LIVE Video Criminal Justice | 9:10-10:17 LIVE Video Education | 10:44-11:50 LIVE Video American Sign Language | | ONLINE Courses |
|---------------------|--|--|---|--|--|
| Fall MWF | CCC CJ 111 Introduction to Justice Systems | EDU 202 Foundations of American Education | OCC ASL 101 American Sign Language 1 | | CCC PSY 101 Introductory Psychology CCC COMM 130 Human Communications CCC ECON 102 Personal Finance CCC CAY 101 Foundations of College Success OCC HIT 120 Medical Terminology |
| Fall TTHF | CCC SOC 101 Introductory Sociology | SD 101 Career and Life Planning | OCC COM 220 Interpersonal Communication | | |
| Intersession | | | | | |
| Spring MWF | CCC CJ 160 Introduction to Security | PSY 101 Introductory Psychology | OCC ASL 102 American Sign Language 2 | | CCC SOC 101 Introductory Sociology CCC BUS 103 Principles of Business CCC PSY 212 Developmental PSY - Life Span CCC PSY 215 Child Psychology CCC CJ 115 Criminal Law CCC HLTH 104 Personal Health |
| Spring TTHF | CCC PSY 101 Introductory Psychology | PSY 217 Introduction to Children with Exceptionalities | OCC COM 210 Public Speaking | | |
| Summer | Summer Classes are ONLINE | | | | |
| | CCC HLTH 104 - Personal Health | CCC PSY 101 - Introductory Psychology | | | CCC SOC 101 - Introductory Sociology |

To maximize schedules, students should consider taking all courses in a pathway for the full year.

For example, all courses in the Criminal Justice pathway each day for the FALL and SPRING semester will result in 12 college credits. If a student does not wish to enroll in one of the pathway interactive video courses, the student may choose to enroll in an online course opposite the interactive video course. Intersession and Summer Courses are optional and could result in 18 college credits in one year. Additional online courses are available for students with study halls.

Students are limited to one additional online college course per semester.



ASL 101 American Sign Language 1

Onondaga CC - 3 college credits

This course is designed for students with little or no previous knowledge of American Sign Language. Students acquire basic grammar and lexical skills that will enable them to communicate in routine social or professional situations within an authentic cultural context. Topics may include, but are not limited to, the following: biographical information, relationships, preferences, leisure activities and making plans for the future.

Delivered via Interactive Video

ASL 102 American Sign Language 2

Onondaga CC - 3 college credits

Prerequisite: ASL 101

This course is a sequel to American Sign Language I. It builds upon the basic grammatical, linguistic, communicative and cultural concepts learned in ASL 101. Students learn to communicate in the context of an increasing number of daily life topics. Topics may include, but are not limited to the following: daily routines, hobbies, food, clothing and other belongings, health and emergencies, and the workplace.

Delivered via Interactive Video

Cayuga CC - 3 college credits

Overview includes foundations of American business, forms of enterprise, organizing for business, fundamentals of management, the production of goods and services, human relations, union-management relations, marketing, accounting, finance, money and banking, securities and investments, government relations and business law.

Delivered via Interactive Video or Online

CAY 101 Foundations for College Success

Cayuga CC - 3 college credits

Cayuga 101 is designed to increase students' success in college. The purpose of the course is for students to be able to understand, evaluate, and plan to navigate critical aspects of college life at Cayuga Community College. This course will help students achieve success in college and in life by following the eight On Course principles: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence and belief in themselves. Additionally, this course will create opportunities for students to master effective study skills. Through readings, journals, class activities, group projects and a comprehensive final project, students will learn about college expectations, using many proven strategies for creating academic, professional and personal success. Three contact hours weekly. Note: CAY 100 or 101 may be required based on academic preparation and placement test results.

ONLINE ONLY

CJ 111 Introduction to Justice Systems**Cayuga CC - 3 college credits**

Comprehensive survey of justice systems including historical, organizational, social, functional, and administrative aspects. Provides the background and principles to introduce students to succeeding in specialized courses.

Delivered via Interactive Video

CJ 115 Criminal Law**Cayuga CC - 3 college credits**

Provides the student with a working knowledge of the NYS Penal Law, its application and enforcement, and its introduction into the court system. Also instructs the student on selected NYS Criminal Procedural Law sections that are applicable in the instruction of the Penal Law.

ONLINE ONLY

CJ 160 – Introduction to Security (3)**Cayuga CC - 3 college credits**

An introduction course to the legal, philosophical and historical concepts of the security field. An examination of the origins and development of security, educational institutional security, hospital security, business security, premise security and retail and loss prevention security will be examined. Investigative, risk analysis, security concerns and homeland security will also be discussed. Emphasis will be on organizational relations and security awareness.

Delivered via Interactive Video

COMM 130 Human Communications**Cayuga CC - 3 college credits**

This course introduces students to communication studies. It surveys topics in human perception, language, relationships, face-to-face, and mediated communications. Models for effective communication are explored in various contexts and cultures.

ONLINE ONLY

COM 210 Public Speaking**Onondaga CC - 3 college credits**

Public Speaking is a course designed to acquaint the student with the basic theories and skills of public discourse. Course content includes the importance of audience analysis and adaptation, how to choose an appropriate topic, organization, speech purpose and delivery, and critical analysis of discourse. Word study, effective language use, effective non-verbal skills and critical listening skills are also stressed.

Delivered via Interactive Video

COM 220 Interpersonal Communication**Onondaga CC - 3 college credits**

This introductory course is designed to acquaint students with the communication skills needed to succeed both academically and socially. Course content includes communication theory, perception, verbal and non-verbal communication, effective listening, assertiveness, awareness of the self as communicator, interpersonal problem-solving, and relational communication. Emphasis is placed on class discussion as a tool for learning and practicing the skills presented in class.

Delivered via Interactive Video

ECON 102 Personal Finance

Cayuga CC - 3 college credits

For students who desire knowledge in managing their personal finances. Topics include budgeting; saving; borrowing; home purchasing; automobile purchasing; life, auto, and home insurance; health, disability and retirement programs; estate planning; and investing.

ONLINE ONLY

EDU 202 Foundations of American Education

Cayuga CC - 3 college credits

Examines issues of education and the social, historical, philosophical, political, and cultural foundations which influenced their development; also examines the social purposes of education through social and behavioral sciences; explores the impact of social differences on education; helps the student develop a personal philosophy of education; and examines the relationship of schooling to democratic principles. Students must complete 20 hours of observation in classrooms based on their chosen area of interest: Childhood-1st through 6th grade or Adolescence-7th through 12th grade. Students observe 2 hours per week for the entire semester.

Delivered via Interactive Video

HLTH 104 Personal Health

Cayuga CC - 3 college credits

An in-depth course in maintaining lifelong good health examines emotional health, drug education, family health, personal fitness, disease, consumer, and environmental health.

ONLINE ONLY

HIT 120 Medical Terminology

Onondaga CC - 3 college credits

This course will provide a detailed study of the meaning of medical terms that relate to medical science and human anatomy. Medical specialties including pathology, radiology, and pharmacology, as well as abbreviations used in the healthcare field, will be covered. In addition to definitions, pronunciation and spelling will be emphasized.

ONLINE ONLY

PSY 101 Introductory Psychology

Cayuga CC - 3 college credits

Basic orientation to the psychology of human behavior. Studies the aims and methods of psychological investigation and measurement, and biological and social influences on behavior. It also focuses on learning, motivation, emotion, perception, and personality development.

Delivered via Interactive Video or Online

PSY 212 Developmental Psychology - Life Span**Cayuga CC - 3 college credits**

Prerequisite: PSY 101. Introduction to the foundations of human development across the life span. Developmental processes and issues characterizing various stages of aging are studied, with attention to the interrelationships of the various stages and intergenerational issues.

ONLINE ONLY**PSY 215 Child Psychology****Cayuga CC - 3 college credits**

Prerequisite: PSY 101. Examines human growth and development from conception to puberty. Students are exposed to a scientific perspective regarding theory and research in the areas of physical, cognitive and psychosocial development. Topics include childbirth, language development, child abuse and parenting styles.

ONLINE ONLY**PSY 217 Introduction to Children with Exceptionalities****Cayuga CC - 3 college credits**

Prerequisite: PSY 101. Focusing on working with children in an educational setting, this course introduces students to the various exceptionalities, characteristics of children with exceptionalities, federal and state laws, educational implications, and strategies for working effectively with families and other professionals. Off-campus observations may be required with students providing their own transportation.

Delivered via Interactive Video**SD 101 Career and Life Planning with an Education Focus****Cayuga CC - 3 college credits**

Provides a systematic method for making career and life style decisions. Presents a structured method for practicing effective decision-making skills, clarifying one's values and learning job-hunting techniques. Examines other topics that influence life and career choices such as goal setting, stress management and communication styles. Individuals develop personal strategies for short- and long-term educational and career planning.

Delivered via Interactive Video**SOC 101 Introductory Sociology****Cayuga CC - 3 college credits**

Introduces sociology as a science concerned with relationships, institutions, organizations, and the physical environment. Outlines the major theories as a basis for sociological perspectives on social issues. Covers the origins of sociology as a science, diverse patterns of social organization from a global perspective, the nature and substance of cultural systems and social institutions, and sociological perspectives in analyzing trends in human society.

Delivered via Interactive Video or Online