

Redstick U Fall 2025 Course Description & Costs

CULINARY				
Catering & Cafe (\$400)	Participants will work with a professional chef to learn how to prepare and package large quantities of food, serve at our monthly cafe, and learn roles used in professional kitchens.	Identify ingredients needed and plan the preparation of catering orders	Serve in various roles within the kitchen including: sous chef, expeditor, and server	Prepare and package catering orders using health conscious practices
Easy Meals (\$400)	Participants will learn to create simple meals for preparation and consumption at home.	Choose recipes that can be made at home with ingredients from the pantry	Identify ingredients needed to create chosen recipes	Prepare and consume simple meals that can be recreated in the home environment
Basic Kitchen Skills (\$250)	Participants learn all the non-food related skills needed to prepare meals at home.	Identify and use the proper knife to cut various food items	Measure to the nearest quarter cup, tablespoon, and teaspoon	Identify the parts of a recipe such as: ingredients, instructions, setting the oven and timer, and materials needed such as pot, spatula, whisk, etc
Desserts & Pastries (\$400)	Participants will learn the art of creating sweet treats, from classic confections to elegant pastries. This hands-on class emphasizes baking techniques, flavor combinations, and presentation skills.	Understand key baking principles, including ingredient functions and proper measuring techniques.	Create a variety of desserts, including cakes, cookies, tarts, and pastries.	Explore decorative techniques to enhance visual appeal.
LIFE SKILLS				
Grocery Store Explore 101 (\$355)	Participants will learn to independently (as possible) navigate the grocery store to successfully create meals at home.	Create a shopping list based on recipe choice	Use a shopping list in the grocery store to successfully procure all items	Check out and pay for all items at the grocery store

Grocery Store Explore 102 (\$355)	Participants will learn to independently navigate the grocery store to successfully create home meals & will remain within budget.	Create grocery lists within budget parameters	While shopping, estimate the cumulative cost of items on the list	Compare estimation with actual cost to make purchasing decisions
Financial Literacy (\$250)	Participants will increase knowledge of budgeting, basic understanding of bills, and cost-benefit analysis.	Participants will create a basic budget	Identify the difference between a one-time expense and an ongoing expense	Analyze the cost of various items, how long it would take to earn the money to purchase the items, and discuss the cost benefit of the item
Health & Movement (\$200)	Participants will learn to promote physical well-being, body awareness, and overall fitness through engaging activities that combine exercise, mindfulness, and healthy lifestyle practices.	Stretch your body using various techniques (basic stretches, yoga, exercise bands)	Develop strength, flexibility, balance, and coordination through targeted exercises.	Engage in various games to increase physical activity
Calendar Skills (\$200)	Participants will engage in hands-on practice by reviewing and scheduling tasks and events. Participants will practice using calendar language and calendar math techniques.	Understanding days, weeks, months, and recurring events.	Exploring apps like Google Calendar, Outlook, or physical planners.	Establishing morning, evening, and weekly check-in routines to review calendar entries.
Biology Through Movement (\$200)	This course combines physical activity with interactive learning to explore biological concepts in an engaging, hands-on way. This class uses movement-based activities to reinforce scientific ideas, making complex topics easier to understand and memorable.	Improve body awareness while learning about muscles, bones, and organ systems.	Engage in movement-based activities that illustrate biological principles.	Exploring brain-body connections through balance, coordination, and reaction exercises.
Lunch Out (\$300)	Participants learn essential dining skills, social etiquette, and communication techniques in a relaxed restaurant setting. This class combines practical experience with social interaction, promoting confidence in dining and social situations.	Learn proper table manners and dining etiquette for various settings.	Practice ordering food, interacting with servers, and managing payment.	Develop social skills such as active listening, conversation starters, and group dynamics.
CAREER READINESS				

Public Speaking (\$200)	Participants will effectively plan, create, and concisely deliver information clearly using visuals, engagement strategies, and confident delivery skills.	Create messages that are interesting, engaging, and include a clear beginning, middle, and end	Create fun and colorful visuals to support the message	Deliver messages confidently with eye contact, gestures, and clear speech
Ambassadors (\$250)	Participants will learn the ins and outs of Redstick C.A.R.E.S. to create and deliver personalized messages to increase public knowledge and garner support within the community.	Create messages about Redstick CARES to share with the public	Garner public support by delivering personalized messages to various community members	Secure three community partners within the community
Computer Skills (\$250)	Participants will use Google Suite (email, docs, sheets, slides) to complete a variety of introductory level project based learning activities.	Create a google email address; practice sending and receiving emails	Increase typing skills by writing basic correspondence	Open docs, sheets, or slides to create projects to practice basic computer skills
Automotive Care (\$350)	Participants will practice skills to provide basic maintenance care for automotives.	Detail vehicles including washing the car, windows, mirrors, and wheels	Check vehicle fluids including oil, washer fluid, and gas levels	Check for appropriate tire air pressure
Sublimation (\$400)	Participants will utilize technology including canva, sublimation printer, and heat press, to design potential t-shirts, then create t-shirts for sale. Participants will manage stock of sublimated materials including pricing, filling orders, and inventory.	Using canva, design a variety of t-shirts for potential creation; give and receive feedback on designs	Print designs for t-shirts and operate a heat press to transfer the image onto the t-shirt	Manage the stock of sublimated items for sale including managing inventory, pricing, and selling.
Tools, Projects, and Household Care (\$350)	Participants will use hand and power tools to repair household items and create new projects. Participants will plan and create a personal project which they will manage to completion.	Use hand tools such as hammer, screwdriver, and pliers to repair household items and create projects	Use power tools such as screwdriver, drill, and saw to repair household items and create projects	Plan and create personal projects and manage the project to completion.

Dog Walking 101 (\$200)	Participants will identify a variety of dog behaviors to identify possible red flag behaviors in order to successfully walk, brush, and bathe dogs to build skills to create a personal dog walking business.	Study dog behavior to identify red flag behaviors to be able to safely work with dogs known to the participant	Utilize a variety of techniques to walk, curb, brush, and bathe dogs within the dog walking program.	Create a business plan for a personal dog walking business
Dog Walking 102: Open for Business (\$200)	Participants will develop and complete the steps of starting and managing a successful dog walking business.	Understand best practices for scheduling, client communication, and time management.	Gain marketing strategies to promote services and attract loyal clients.	Learn techniques for building strong customer relationships and providing excellent pet care.
Graphic Design (\$200)	Using canva, participants will create a variety of graphics including invitations, posters, and social media posts & track analytics to determine which types of graphics are most successful on social media.	Search canva to choose templates appropriate to a variety of projects	Create graphics for a variety of projects types including invitations, posters, and social media posts	Post approved graphics to social media for a variety of purposes; track analytics to guide future creations to post
Redstick Media Creation (\$200)	Using Canva and Google Slides, participants will create media to be displayed in the lobby. Participants will research current events to display and interview peers and staff to create media.	Learn the fundamentals of media production, including video, photography, audio, and graphic design.	Explore storytelling techniques.	Explore interviewing techniques to develop person-centered content.
HOBBIES & RECREATION				
Paint Lab (\$400)	Participants will explore artistic elements and techniques to engage in discussions and creation of art with depth and interest.	Explore a variety of elements such as tint, shade, value, and warm vs cool colors to add depth and interest to art	Explore techniques for painting such as double loading, specialized brushes, and brush movements to add depth and interest to art	Explore geometric and organic shapes and patterns in different types of art such as optical art, tessellations, still life, and more.
Yoga (\$200)	Participants will gain confidence and skill to fully participate in a yoga class for one hour.	Can demonstrate 3 yoga poses with accurate body	Can hold 3 yoga poses for 30 seconds without	Can explain how to do a yoga pose, correctly, to a friend

		placement	excessive movement	
Mixed Media (\$300)	Participants will create a variety of art using multi-step techniques with both planned and found materials culminating in an art show.	Use decoupage techniques to create and finish a variety of art projects	Measure, pour, and mold resin to create a variety of art projects	Use a variety of found materials, such as oyster shells and old book pages, to create a variety of art
Sports Survey (\$200)	Participants will play popular yard games with proper knowledge of the rules and procedures with characteristics of good sportsmanship during both winning and losing games.	Can tell the rules and procedures for corn hole	Can tell the rules and procedures for horseshoes	Can tell the rules and procedures for bocce ball
Clay Lab (\$400)	Participants will utilize a variety of methods to create art using clay, including scoring, painting, and finishing techniques.	Identify several different methods for creating art with clay	Identify the different types of paint used with clay	Identify the steps of creating and finishing clay art
Sewing (\$250)	Participants will sew using both basic hand stitches and a sewing machine to follow multi-step directions to complete a variety of projects.	Thread a needle, both for hand and machine sewing	Sew on a button or repair a hem by hand	Sew a hem or seam with a sewing machine
Strategy Games (\$200)	Strategy Games is a social group where participants engage in games that challenge critical thinking, planning, and decision-making skills.	Develop problem-solving, logic, and tactical thinking skills.	Improve teamwork, communication, and sportsmanship.	Explore a variety of strategy-based games, including board games, card games, and digital strategy games.
Games with Friends (\$200)	Games with Friends is a social and recreational group designed for participants to connect, unwind, and have fun through a variety of casual and interactive games. This club focuses on building friendships, encouraging teamwork, and creating a relaxed environment where everyone feels welcome.	Enjoy a variety of games, including board games, card games, party games, and video games.	Foster social connections by encouraging collaboration, friendly competition, and shared experiences.	Develop communication, teamwork, and problem-solving skills through interactive gameplay.
3D Sculpture (\$400)	Participants learn techniques and skills needed to create three-dimensional art pieces using various materials and methods. This class encourages artistic expression while building technical expertise.	Explore a variety of sculpting materials such as clay, wire, plaster, wood, and found objects.	Gain experience in using sculpting tools safely and effectively.	Complete individual and group projects that encourage creativity and problem-solving.

Book Club (\$100)	Participants will gather to read, discuss, and explore written language together. The club encourages thoughtful conversations, promotes a love of reading, and builds connections through shared stories and ideas.	Read and engage with a variety of genres, including fiction, non-fiction, poetry, and more.	Share personal insights, interpretations, and reflections on the reading material.	Build social connections by participating in interactive discussions and themed activities.
Bible Study (\$100)	Participants will grow spiritually and connect with others.	Develop a deeper knowledge of the Bible's teachings, themes, and historical context.	Learn how to apply God's Word to everyday life.	Build meaningful connections with others through group discussions, shared insights, and mutual support.
Karaoke & Just Dance (\$200)	This class is the perfect space for anyone who loves to sing or wants to learn how to confidently perform in front of an audience.	Develop self-assurance in singing and performing in front of an audience, regardless of skill level.	Encourage personal expression through song choice and performance style, helping participants embrace their unique voice.	Build camaraderie among participants through shared performances, fostering a fun, non-judgmental environment.
American Sign Language (\$200)	ASL 101 focuses on developing foundational communication skills through visual-gestural language techniques. Students will learn essential vocabulary, grammar, and conversational skills.	Recognize, understand, and use common ASL signs for everyday communication.	Utilize non-manual markers (e.g., facial expressions and body language) to convey meaning clearly.	Participate in interactive activities to improve fluency, accuracy, and comfort when using ASL.
SOCIAL & EMOTIONAL LEARNING				
Drama (\$250)	Participants will engage in drama and improv games and activities. Participants will choose scenes and playwrights for study and performance.	Express emotions through dramatic expression such as improv, scene performance, and visual arts	Create a monologue or visual art expression of what it is like to live the female experience	Participate/perform in a mixed media art program expressing the female experience

Expanded Conversation (\$250)	Participants will increase use of conversation skills such as turn taking, not interrupting, and not distracting the speaker to expand communication and complete group projects	Practice skills for positive communication such as turn taking, not interrupting others, and not distracting the speaker	Turn take in conversation for a minimum of three turns while remaining on topic	Communicate verbally to complete a group project
Communicating Online (\$250)	Participants will utilize a private online platform to create and share appropriate personal information, engage in conversations, respond to both appropriate and inappropriate content from others, and set healthy boundaries.	On a private online platform, create an account and share appropriate personal information	Create and share appropriate content to engage in online friendships	Respond appropriately to online messages that are both appropriate and inappropriate and set healthy boundaries
Healthy Dating (\$250)	Participants will identify appropriate people to ask on a date, safe places to go on dates, and etiquette for dating including topics for discussion, dress, and signs of affection.	Identify appropriate people to ask on a date and places to go that are safe	Practice nonverbal communication that would signal to another person that you may like them (flirting)	Practice appropriate etiquette for a date including conversational topics, disagreements, dress, and signs of affection
Art & Soul (\$300)	Participants will explore emotions in themselves and others by evaluating facial expressions, body language, non-verbal cues, and biofeedback and will create art to portray these emotions.	Identify a variety of emotions by facial expression, body language, and other non-verbal cues	Identify a variety of emotions and describe how your body feels during the emotion (biofeedback)	Create art to portray a variety of emotions
Get Ready with Me: Females (\$350)	Participants will practice good hygiene and engage in positive mental health strategies for women to build self esteem	Properly take care of your body by washing and moisturizing, removing make-up, washing hair, and brushing teeth.	Make the connection between healthy self image and self care	Use positive affirmations to boost self esteem and the self esteem of others

Get Ready with Me: Males (\$300)	Participants will learn and practice good hygiene habits and engage in positive mental health strategies to build self esteem.			
Advocacy & Problem Solving (\$250)	Participants will use five standard thinking prompts to push through solving a variety of problems and not asking for help at the first sign of a challenge, explore functions of the brain and activities for increasing those functions, and utilize visual cues to self-regulate problem solving skill usage and asking for assistance.	Use five guiding questions to support problem solving	Learn the various functions of the brain and how to strengthen thinking skills	Utilize visual cues to self-regulate solving problems and asking for assistance
Understanding Others (\$250)	Participants will build their understanding of others by perspective taking and showing appreciation, identifying and acknowledging the difference between feelings versus facts and the impact they have on our life experience, and build empathy by choosing curiosity over anger when experiencing misunderstandings.	Practice taking the perspective of others and show appreciation of others by using positive affirmations	Identify facts versus feelings and acknowledge the impact our feelings can have on our perceptions of reality	Build empathy about challenging situations by building curiosity regarding misunderstandings
Emotional Regulation (\$250)	Participants will engage in activities to help them develop skills to understand, manage, and express their emotions in healthy and constructive ways.	Recognize emotional triggers and early warning signs.	Develop coping strategies to manage intense emotions.	Build healthier communication skills to express feelings effectively.
Compassion Project (\$250)	Participants will partner with local nonprofit organizations to complete projects that benefit the Baton Rouge community at large.	Develop an understanding of the emotions and challenges faced by others.	Cultivate empathy by actively listening and engaging with diverse perspectives.	Engage in meaningful acts of kindness that positively impact individuals or communities.
Dating App 101 (\$250)	Dating App 101 is designed to help individuals navigate the world of online dating confidently and successfully. This class provides practical tips, safety guidance, and strategies for creating meaningful connections through dating apps.	Understand the importance of setting boundaries and recognizing red flags.	Explore strategies for starting and maintaining conversations.	Develop confidence in presenting themselves honestly and effectively.
Understanding My Behaviors (\$250)	Combined with pet therapy, participants will explore the thoughts, emotions, and triggers that influence their actions. This class encourages self-awareness, emotional growth, and the development of healthier coping strategies.	Identify patterns in their behaviors and understand the underlying causes.	Learn how thoughts, emotions, and experiences shape their actions.	Build self-confidence and improve relationships through mindful behavior awareness.

Building Us Up (\$250)	Combined with pet therapy, this course is designed to inspire confidence, self-awareness, and leadership among women by fostering personal growth, resilience, and community support. This class encourages participants to embrace their strengths, develop essential life skills, and build positive relationships.	Develop self-confidence through goal-setting, self-reflection, and positive affirmations.	Explore strategies for overcoming challenges, managing stress, and building resilience.	Foster supportive connections with peers through collaboration and shared experiences.
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