

Program Curriculum

The Way to Happiness Course

Purpose: To give the knowledge students need to achieve greater happiness for themselves and others.

Materials: Criminon *The Way to Happiness Course* manual.

Approximate Duration: Three to four weeks on 15 hour weekly schedule (45 - 60 hours). Self-paced.

Expected Outcome: A person who understands and can use the information in this course to achieve greater happiness for himself and others.

Description: *The Way to Happiness Course* is the means through which students work to regain their sense of self-respect and pride, and begin to live happier lives. Students internalize 21 fundamental values in civic, legal and social ethics, thereby restoring trust in self and improving behavior and responses to others.

Passing Standard: Students pass once they have studied the materials, completed all drills and have demonstrated the ability to use the information in life.

Learning Skills for Life Course

Purpose: To learn how to study well and enjoy studying.

Materials: Criminon *Learning How to Learn Course* manual.

Approximate Duration: One to one-and-a-half weeks on 15 hour weekly schedule (15 - 22 hours). Self-paced.

Expected Outcome: A person who understands how to use the study tools in this book and can use them to help him learn anything he wants to learn.

Description: Participants are taught to overcome the barriers to learning, enabling use of what they study in everyday life. Techniques and skills are imparted with practical application, thereby improving integration into society.

Passing Standard: Students pass once they have studied the materials, completed all drills and have demonstrated the ability to use the information in life.

The Communication Course

Purpose: To learn how to control communication and get along with others better.

Materials: Criminon *Communication Course* manual.

Approximate Duration: Two to four weeks on 15 hour weekly schedule (30 - 60 hours). Self-paced.

Expected Outcome: A person who can easily communicate with others.

Description: This course helps students gain the confidence and interpersonal skills to comfortably interact with others and communicate constructively so as to avoid conflict. The student learns how to remain calm in the face of hostility or adversity, maintaining self-control and handling the situation with communication alone—and without violence.

Passing Standard: Students pass once they have studied the materials, completed all drills and have demonstrated the ability to use the information in life.

The Recognizing and Overcoming Antisocial Behavior Course

Purpose: To help students recognize and deal with antisocial behavior—what it consists of, and how it affects them.

Materials: Criminon *Recognizing and Overcoming Antisocial Behavior Course* manual.

Approximate Duration: Two to two-and-a-half weeks on 15 hour weekly schedule (30 - 37 hours). Self-paced.

Expected Outcome: A person who can recognize and overcome antisocial behavior in life.

Description: Many persons have cognitive and behavioral deficits that present challenges to living crime-free lives. To address these needs, this course helps students identify obstacles and deal with criminal and negative influences. This proceeds to distinguishing between healthy and unhealthy relationships and gaining the skills to develop relationships with social individuals and avoid antisocial individuals.

Passing Standard: Students pass once they have studied the materials, completed all drills and have demonstrated the ability to use the information in life.