

## Mission Statements:

### STATE OF IOWA DEPARTMENT OF CORRECTIONS

Creating opportunities for safer communities.

#### IOWA CORRECTIONAL INSTITUTION FOR WOMEN

As role models, we empower women to change their lives and return to the community as healthier, productive citizens.

#### DES MOINES AREA COMMUNITY COLLEGE

DMACC provides quality, affordable, student-centered education and training designed to empower all students in their pursuit to life's opportunities and career goals.

#### EDUCATION DEPARTMENT

The mission of education at ICIW is to assist students to develop academic, re-entry, and personal growth skills.



Iowa Correctional Institution for Women  
Mitchellville, Iowa



Marsha Kidd with Cycle 14 Life Skills class at Graduation, 2017

## Life Skills

# DES MOINES AREA COMMUNITY COLLEGE

*in conjunction with*

## IOWA

# CORRECTIONAL INSTITUTION FOR WOMEN

*Empowering  
Women to  
Succeed*

# LIFE SKILLS

The goal of the Life Skills Program at the Iowa Correctional Institution for Women is to assist students in preparing for re-entry. Students are provided with explicit class instruction to improve employability skills, emotional coping skills, and self-confidence. The goal is to enhance soft skills and practice motivational reading which can stimulate self-awareness and self-discovery. The class also teaches finance and money management strategies. The curriculum for the computer class includes Microsoft Office 2013 Word, Power Point, Excel, Publisher, and Access. In addition, keyboarding skills, resumes, cover letters, interviewing, skills and presentation skills are emphasized. Also, community leaders, businesses, government officials, Department of Corrections personnel and speakers volunteer their time, expertise, and resources to help motivate and prepare the women in Life Skills for re-entry.

The twelve week curriculum is as follows:

- Week 1: Welcome—Orientation & Assessment
- Week 2: Thinking for a Change
- Week 3: Employability Skills
- Week 4: Wellness—Physical & Mental Health
- Week 5: Community Transition & Re-Entry
- Week 6: Basic Financial Education
- Week 8: Technology Week
- Week 9: Personal Appearance — Dressing for Success
- Week 10: Embracing the Real You
- Week 11: Computer Lab Week
- Week 12: Graduation Week

# SPEAKERS

Mrs. Kidd incorporates a broad list of excellent speakers in her curriculum.

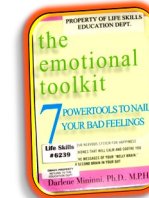
- BOB BROWN..... *United Way of Central Iowa, Apprenticeship Programs*
- KATHY CULBERTSON *ICIW, Re-Entry Coordinator*
- DWIGHT JACKSON... *Evelyn Davis Center for Working Families*
- JOHN CARROLL..... *Director, High School Correspondence, DMACC*
- TIM DIESBURG ..... *Apprenticeship Coordinator Iowa Department of Corrections,*
- CIEL FRIESS ..... *DMACC*
- JOLIE FUHRMAN ..... *Director/ Iowa Donor Network - QA Coordinator*
- KIM GUNNES ..... *Heartland AEA, Planned Parenthood*
- JOHN HODGES ..... *Chairman, Iowa Board of Parole*
- ROBIN JENKINS ..... *Department of Administrative Services, State of Iowa*
- JILL KATES..... *Crime Victim Specialist*
- RACHELLE LONG ..... *Evelyn Davis Center for Working Families*
- RIANNA LANE ..... *Department of Transportation*
- TABITHA KUEHL..... *Intake Referral Manager, Visiting Nurses Services of Iowa, Also Facilitates Parenting Class and Storybook @ ICIW*
- MARY ROCHE..... *Program Director, Victim/ Restorative Justice*
- MIKE SAVALA..... *DOC Attorney*
- HEATHER THOMAS .. *Director, Prelude Behavioral Services*
- KAREN WEBB..... *DMACC*

# BOOKS

Included in Mrs. Kidd's curriculum are three great books; *The Secret* by Rhonda Byrne, *The Emotional Toolkit* by Darlene Mininni, and *Peace from Broken Pieces* by Iyanla Vanzant.



*The Secret* reveals to us how you can have just about anything you want; you simply must ask, believe then receive.



*The Emotional Toolkit* coaches us how to hand our moods and feelings by learning simple techniques that you can integrate into your every day life.



*Peace from Broken Pieces* — “New York Times best-selling author Iyanla Vanzant recounts the last decade of her life and the spiritual lessons learned. Like a phoenix rising from the ashes, Iyanla shares why everything we need to learn is reflected in our relationships and the strength and wisdom she has gained by supporting others in their journeys to make sense out of the puzzle pieces of their lives.”

The students also have training on and have access to NOOK books. The books include; *Forgiveness, Living through the Meantime, and Peace from Broken Pieces* by Iyanla Vanzant ; *The Alchemist*, by Paulo Coelho; and *Orange is the New Black* by Piper Kerman.

