

LIU Post Au Pair Program Course Descriptions

All weekend courses are worth 36 hours of study (which is equivalent to 3 credits)

Semester long courses are worth 36 or 72 hours of study (which is equivalent to 6 credits)

All of these courses are not offered every semester. Please refer to the registration site for availability

THE ART OF INTERPERSONAL COMMUNICATION: CONFIDENCE, CLARITY & CONNECTION (Anthony Rinando)

Effective communication is more than just words—it's about how you present yourself and connect with others. In this course, you'll learn how to communicate confidently and professionally, whether you're speaking in a business meeting, networking, or meeting new friends. Explore the power of body language, voice tone, and non-verbal cues in creating a positive impression. Through practical exercises, you'll gain skills to speak clearly, engage authentically, and project confidence in any setting. By the end of the course, you'll be equipped to navigate conversations with poise, persuasion, and impact.

BASIC SELF-DEFENSE (Michael Blitz)

In an ideal world, no one would need to learn self-defense. But few of us believe that the world is ideal, so for most of us, there's real value in knowing at least the basics in self-defense. In this course, you will learn real-world techniques that do not require any particular level of fitness, ability, or strength. Drawing from the most effective self-defense systems in the world, Instructor Michael Blitz will teach you how to avoid danger, finesse your way out of threatening situations, and of course how to defend yourself in the event you are actually attacked. Blitz has taught self-defense to civilians, law-enforcement, military and security groups for over 25 years throughout the region and overseas.

BEHAVIORAL PSYCHOLOGY (Peter Hayes)

Are you fascinated by the human mind? Eager to unravel the mysteries of behavior and emotions? Look no further! Our comprehensive Behavioral Psychology course is your ticket to understanding the complexities of human behavior like never before. Learn how Behavioral Psychology principles are applied in fields like therapy, marketing, education, and more, making your knowledge immediately applicable. Engage in interactive experiments and case studies, offering you a practical understanding of behavioral theories.

BRAIN GAMES: PSYCHOLOGY OF THE MIND (Peter Hayes)

Embark on a fascinating journey with our course that blends education and entertainment. Discover the secrets of the human brain through interactive experiments, exploring perception, memory, and decision-making. Brace yourself for a great time learning about optical illusions, real-world demonstrations, and lots of fun. This course is your ticket to understanding the complexities of the mind in an engaging and unforgettable way. Join us in unraveling the mysteries of the brain and enjoy learning like never before.

CELL PHONE PHOTOGRAPHY (Christine Wallace)

As the saying goes, "The best camera is the one that's with you". Mobile photography is beloved by pros and amateurs alike. This course teaches you how to get the most out of your smartphone camera with tips and best practices. The course will cover common digital photography terms and concepts, basic design and composition rules, and how to use your smartphone camera settings. Time will be given to put into practice what you learn with photo shooting assignments, discussions, and critiques. Students will need a smartphone for the course. A brief overview of how photos can be edited and made into short videos and collages will be part of the class.

CHILD DEVELOPMENT: AN IN-DEPTH LOOK AT DIVERSE LEARNERS (Nicole D'Antonio)

The course will examine the various ways children learn, from birth through adolescence. The students will come to understand the processes of a wide spectrum of learners from those with learning challenges to the gifted population. The course will acquaint you with the characteristics of diverse learners, including the Visual Learner, the Verbal Learner and the Auditory Learner. We will also explore special education areas such as Autism, Attention Deficit Hyperactivity Disorder, Dyslexia, and the Gifted and Talented. Lectures, discussions, group work and other activities that exemplify an asset approach to learning will be explored.

CHILD DEVELOPMENT: PHYSICAL, COGNITIVE AND PSYCHOSOCIAL (Nicole D'Antonio)

The course will follow the physical, cognitive, and social/emotional development of children from birth through adolescence. Theories of leading child psychologists, such as Jean Piaget, Lev Vygotsky and Howard Gardner, are part of the coursework. Fun and engaging activity ideas to support a child's mental and physical health will be shared. Informative lectures, intriguing research, videos, and hands-on activities provide a holistic approach to child development.

CLEAR & CONFIDENT ENGLISH (Susan Colon)

This course is designed to help English learners enhance their pronunciation. Through guided practice and feedback, students will work with vowel and consonant sounds, word stress, intonation, and rhythm. Learners will develop strategies to reduce common pronunciation challenges and boost their confidence in speaking.

CONVERSATIONAL ENGLISH (Lisa Pulitzer)

Do you want to extend your conversational English skills and comprehension? Then this is the class for you. Join American Author Lisa Pulitzer and British Educator Donna Varon as they team up to demonstrate the art of speaking English. We will dig deep into conversational English and explore some of the words and phrases that you can use in everyday conversations and situations. There will also be lots of conversation about life in America from sports to shopping to celebrating holidays.

CREATIVE WRITING (Lisa Pulitzer)

Do you love to write? Then this class is for you. Author Lisa Pulitzer will help you improve your creative writing skills through fun assignments and lessons. You will practice four different types of writing, fiction, non-fiction, poetry and essay. This is an opportunity to improve your grammar, word usage and storytelling skills using your imagination, personal experiences and creativity. You will also learn how to improve your work through editing. Assignments are not graded.

CRIMINAL MINDS (Christine Wallace)

In this engaging course, we'll explore why people break the law. Using real-life examples, we'll learn about the psychological reasons behind criminal behavior. From understanding criminal profiles to how genetics and environment play a role, we'll unravel the mysteries of crime together!

CRIMINAL INVESTIGATIONS (Criminal Minds Add-On Research Paper) (Christine Wallace)

Add 36 hours to the Criminal Minds class by completing this self-paced research paper

Dive deeper into the world of criminal investigations with our add on course designed to complement your understanding of why people break the law. This course will equip you with practical skills and knowledge to solve crimes efficiently. You'll learn about forensic techniques, investigative strategies, and the latest technological advancements in the field. Using real-life case studies, we'll explore how to gather and analyze evidence, conduct effective interviews, and build solid cases. Unravel the complexities of criminal behavior and bring justice with our hands-on, comprehensive approach to criminal investigations.

CULTURAL SCAVENGER HUNT IN NYC (Christine Wallace)

Learn about human societies, cultural practices, and the fascinating ways people interact with their environment. During this class you will explore the core principles of culture, including kinship, rituals, social structures, and beliefs. We'll take our learning off-campus to the Museum of Natural History for an exciting scavenger hunt- this will allow you to see the museum in a way that's not been done before!! This interactive experience will encourage you to connect knowledge with real-world artifacts, helping you develop a deeper appreciation for the diversity of cultures around the world. During the day in New York City, we will walk over to central park and see some iconic places that the park has to offer.

CULTURAL SCAVENGER HUNT IN NYC ADD-ON PAPER (Christine Wallace)

Add 36 hours to the Cultural Scavenger Hunt by completing this self-paced research paper

This research paper complements the hands-on exploration of cultural artifacts and practices by encouraging students to examine the evolution of human societies. You will choose a specific cultural practice, tradition, or social structure from the past and compare it to its modern-day equivalent. The paper will focus on how these practices have adapted to societal, environmental, and technological changes while retaining core cultural values.

DIGITAL MARKETING FOR BUSINESS: AN INTRODUCTION (Brian Shields)

Though the study and practice of real online scenarios, students learn how online businesses apply strategic online tactics to increase revenue, drive traffic and provide respective consumers with a service or information. This course provides an understanding of the internet and online business, as well as a wide variety of internet operations, such as search engine optimization, search engine marketing, email marketing, customer relationship management, promotions, viral marketing, networking and other innovative strategies.

EDUCATION AND TEACHING AS A CAREER (Marina Costanzo)

This course is designed for those who want to become teachers or have interest in the field of education. In this course you will receive an overview in the profession of teaching. Becoming a teacher means making a difference in the lives of children and shaping them into the adults they'll become with lessons that will last a lifetime. Find out if this is the profession for you! In this course will take a personality traits test and engage in mock teaching all weekend. This is a fun, interactive and dynamic course!

ENGLISH AS A SECOND LANGUAGE (ESL) (TBD)

This ESL Course is designed for all pairs of all language proficiency levels to improve their spoken and written English skills while learning about American culture and customs. The instructor will provide conversation practice, grammar instruction, and group interaction utilizing an engaging and easy-to-follow ESL text that highlights important topics in American Culture.

ENGLISH IN ACTION: CONVERSATIONAL SKILLS FOR ALL (Susan Colon)

This course is designed to improve conversational skills for real-life situations, helping students communicate confidently in English. Through engaging discussions, role-playing activities, and interactive exercises, students will feel prepared to navigate conversations in various settings, from social gatherings to the workplace.

ENGLISH LISTENING, SPEAKING AND PRONUNCIATION TRAINING (Marina Costanzo)

This course is designed for high-intermediate ESL students who need to develop better listening comprehension and oral skills, which will primarily be achieved by detailed instructions on pronunciation. Our focus will be on (1) producing accurate and intelligible English, (2) becoming more comfortable listening to rapidly spoken English, and (3) learning common expressions, gambits, and idioms used in both formal and informal context.

ENGLISH SKILLS FOR CAREER SUCCESS (Lisa Pulitzer)

This is a career development course that provides detailed strategies for communicating your knowledge, skills, education, and abilities to future employers. In this course, students will practice English writing and conversation skills by writing cover letters and resumes as well as practicing interviewing techniques. Students will practice nonverbal communication such as eye contact and posture. They will discover how to approach answering questions and staying on topic, as well as professional vocabulary relevant to the appropriate working environment.

ENTREPRENEURSHIP & BUSINESS MANAGEMENT (Peter Hayes)

In this course, discover the advantages and challenges of being an entrepreneur while emphasizing the importance of ethical business practices. Dive into strategic planning, honing your skills in organization and management. The highlight? Crafting your own step-by-step business plan, tailored to your unique vision, and perfecting your pitch to secure investments. Designed for aspiring entrepreneurs, this course transforms your innovative ideas into actionable plan.

EXPRESSIVE COMMUNICATION (Susan Colon)

Join a collaborative learning experience focused on developing your English fluency and building the foundation needed to confidently express yourself. This course aims to expand your English skills through a variety of speaking contexts, including conversational practice with other participants and real-world scenarios.

FIND YOUR INNER ARTIST (Valerie Franco)

Everyone has the ability to create art and this session we will join Val Franco for a fun dive into drawing, painting and collage work. We will learn how to draw and paint flowers, and landscapes, create wonderful and fun collage pieces for your own art album and if time permits, we will explore manga characters for your inner cartoonist! No experience is required, and everyone is welcome.

FLAVORS OF THE US: COOKING (Christine Wallace)

Ready to spice up your virtual learning experience? This is an exciting, hands-on course that takes you on a delicious journey through the world of food and cooking—no passport required! Whether you're a beginner cook or a culinary enthusiast, this course will teach you how to create a traditional American dish by cooking alongside the instructor from the comfort of your own kitchen. Learn about meal planning, food budgeting and cultural versions of dishes throughout this course.

FORENSICS: CRIME SCENE INVESTIGATION (Christine Wallace)

Step into the world of forensic science and learn the fascinating methods used to solve crimes. Using the science behind criminal investigations, blending biology, chemistry, psychology, and technology to explore how evidence is collected, analyzed, and presented. Throughout the course, you'll dive into topics like crime scene analysis, DNA and fingerprint analysis, forensic pathology, toxicology, and digital forensics. You'll examine real-world case studies and explore the ethical and legal aspects that shape modern forensic science. Whether you're interested in a career in criminal justice, forensic science, or just love a good mystery, this course offers an exciting and interactive way to build essential skills and gain insights into the criminal investigation process.

GLAMCRAFT- THE ART OF MAKE-UP (Christine Wallace)

The class will equip you to express yourself using various makeup products and techniques. Learn more about how to be creative using various colors, the latest trends, and products. Whether you are dreaming of becoming a makeup artist, or just love experimenting with makeup, this class is for you!

GRAMMAR & CONVERSATION (Lisa Pulitzer)

Professional author Lisa Pulitzer will lead this exciting and interactive English course. Get ready to improve your grammar and writing skills through fun practice exercises. This will not be a boring English class like you remember from school; there will be plenty of talking, laughing and learning to get your creativity flowing. Together, we will edit and revise your work to correct grammar and perfect your writing skills. There will also be plenty of time to practice your conversational English through lively discussions and fun role-play exercises.

HEAR MY VOICE: PUBLIC SPEAKING (Christine Wallace)

This is a class where becoming a confident and persuasive public speaker begins. This course is designed to empower you with the skills and techniques needed to communicate effectively, captivate your audience, and leave a lasting impression. Whether you're preparing for presentations, speeches, debates, or everyday conversations, "Hear My Voice" will equip you with the tools to articulate your ideas with clarity and confidence.

MASTER YOUR MONEY: A PRACTICAL GUIDE TO PERSONAL FINANCE (Anthony Rinando)

Take control of your financial future in this dynamic, hands-on course that covers everything from budgeting and saving to investing and debt management. Learn how to make smart financial decisions, plan for big life goals, and build a strong foundation for long-term financial success. Whether you're just starting out or looking to refine your money skills, this course will help you navigate the complexities of personal finance with confidence and clarity. By the end of this course, you'll have the tools and strategies to take control of your finances and start building a more secure, financially savvy future—one step at a time!

MINDFULNESS & SOCIAL-EMOTIONAL HEALTH (Nicole D'Antonio)

During this course, you will engage in activities and guided instruction in mindfulness meditation techniques to reduce anxiety, manage stress, sleep more soundly, and create self-care routines. These meditation and mindfulness tools will help you create life-changing habits to support your well-being and find a healthier, happier you.

THE MODEL U.N EXPERIENCE (Christine Wallace)

This is a course designed to introduce you to the world of international diplomacy, and global affairs and current topics our world is facing. Through a blend of instruction and hands-on simulations, students will explore the structures and functions of the United Nations as well as complex issues that shape global politics and policy. Participants will take on the roles of delegates representing various countries, drafting resolutions, and negotiating solutions to international challenges. Potential topics include human rights, global health, drug trafficking, and environmental issues. This course will develop critical thinking, public speaking, research skills, and negotiation skills. Participants will gain an understanding of diverse perspectives and the importance of collaboration in addressing global problems.

THE MODEL U.N EXPERIENCE ADD-ON RESEARCH PAPER (Christine Wallace)

Add 36 hours to the Model U.N. Experience by completing this self-paced research paper

The research paper serves as an extension of the course by providing you with an opportunity to learn more about specific global issue currently impacting the international community. Students will select a topic that has not been thoroughly covered during class sessions, focusing on its causes, implications, and potential solutions. Topics may include but are not limited to: • Artificial intelligence and its governance • The global migration crisis • Climate-induced displacement • Digital security and cyber warfare • Global inequality in vaccine access • Food insecurity and agricultural sustainability.

NYC EXPERIENCE (Peter Hayes)

Experience New York City like never before with our immersive walking tour led by a native New Yorker. This unique journey takes you through the city's iconic sights, bustling streets, and hidden gems, offering a rich blend of history and pop culture. Explore the historic neighborhoods of Greenwich Village and Chinatown, along the way, indulge in the flavors that define NYC's food scene: enjoy a classic NY bagel, enjoy a slice of authentic New York-style pizza, and have dim sum in Chinatown. You'll also discover famous TV and movie locations, adding a touch of Hollywood magic to your adventure. Led by a local expert, this tour offers an authentic taste of New York's diverse culture, vibrant history, and unbeatable cuisine, making it an unforgettable experience you don't want to miss.

NYC EXPERIENCE ADD-ON RESEARCH PAPER (Peter Hayes)

Add 36 hours to the NYC Experience by completing this self-paced research paper

You were a part of the tour, now it's time to create your own NYC tour. In this extension assignment, you will design an engaging and informative walking tour of New York City. Choose a theme such as Historical Landmarks, Pop Culture, Museums, or whatever else interests you, and plan a route with 5-7 relevant stops. Conduct thorough research to create detailed content for each stop, covering historical background, cultural impact, and interesting facts. Design a map of your tour using digital tools, ensuring it includes clearly marked stops and directions. Join us and leave your mark on the city that never sleeps!

PERSONAL FINANCE (Jennie Yi)

Managing personal finances are key to one's future financial success. This course presents essential knowledge and skills to make informed decisions about real-world financial issues. Students will learn how to develop budgets, set goals, build credit, be informed consumers, and how to save and invest to meet their goals. The course content is designed to help the learner make wise spending, saving, and credit decisions and effectively use income to achieve personal financial success.

SOCIAL MEDIA FOR BUSINESS (Brian Shields)

Social networks such as Instagram, Twitter, TikTok, Snapchat, YouTube, and LinkedIn have become popular platforms for brands and people to connect and communicate directly with one another. In business, these platforms are essential to selling products and services and reaching customers. Students will learn about various networks, apps, and marketing and branding techniques, to create a dynamic communications plan for digital platforms in the United States.

SOCIAL PSYCHOLOGY (Christine Wallace)

Social psychology is the scientific study of how people's thoughts, feelings, and behaviors are influenced by the presence, actions, or implied presence of others. It explores the ways in which social environments and interactions shape individual behavior and psychological processes, examining everything from group dynamics to the impact of culture, relationships, and social identity. Learn more about how people act in groups, how society shapes our thinking and how we form impressions of others.

TOEFL: REVIEW AND PREPARATION (TBD)

This course is designed for anyone who wishes to improve their TOEFL test taking skills. The purpose of this course is focused on the four language skills tested on the exam: reading, writing, listening, and speaking. During the course, students will develop specific strategies to address each skill on the test and will be exposed to the format of the exam.

UNDERSTANDING MENTAL DISORDERS (Peter Hayes)

We will explore different mental challenges, such as depression, anxiety, schizophrenia, and bi-polar disorders. Our aim is to understand why they happen. Together, we will learn about ways to help, like talking to someone or using therapy. Our goal is to break down the idea that mental health is something to hide and create a supportive community. Join us in learning about mental well-being in a simple and informative way. This course is your key to understanding and supporting mental health for yourself and others.

WINNING ARGUMENTS (Michael Blitz)

It's not easy to win an argument! One of the biggest challenges is that many people don't understand how, why or when—to argue. Another challenge is that most people are unsure about what it actually means to win an argument. We typically think of an argument as a dispute between two points of view, and unless both parties agree to disagree, one party expects to “win” and the other...well...somebody's got to lose! But there is another way to understand what an argument is—and does. If you say, “members of the jury, my client is not guilty of killing the plaintiff's brother,” you are making an argument, intending to persuade the jury that your claim about your client is the true one. The trial will then require you to defend that argument through the use of evidence, witnesses, and perhaps most importantly, your skill with words in presenting your case. This is not so different from everyday arguments with our peers, children, parents, even employers and other authority figures. In all cases, arguments are won or lost based on the strategies and tactics that you use. Every argument is unique, but one thing they all have in common: someone will ‘win,’ and someone will ‘lose.’ In this course, our goal is to learn the strategies that lead to winning!

FULL SEMESTER LONG CLASSES

CONVERSATIONAL ENGLISH (Lisa Pulitzer) (36 hours)

Do you want to extend your conversational English skills and comprehension? Then this is the class for you. Join American Author Lisa Pulitzer and British Educator Donna Varon as they team up to demonstrate the art of speaking English. We will dig deep into conversational English and explore some of the words and phrases that you can use in everyday conversations and situations. There will also be lots of conversation about life in America from sports to shopping to celebrating holidays.

English as a Second Language/TOEFL Preparation (Lina Lenis) (72 hours) Beginner Level

Are you ready to unlock the power of English and open doors to new opportunities? Join us for this exciting introductory course designed **specifically for beginner English speakers!** You'll build a strong foundation in practical communication skills, engaging in everyday conversations and expanding your vocabulary with essential words and phrases. Enhance your listening abilities through real-life activities and learn to read and understand simple texts like signs and menus. All of this takes place in a supportive environment where you can practice speaking confidently and share your thoughts. Don't miss out on this opportunity to embark on your English learning journey!

English as a Second Language/TOEFL Preparation (Hanaa Wahba) (72 hours) Intermediate Level

English as a Second Language is available to speakers of other languages. Essential communication skills will be taught by experienced instructors. The purpose of this course is focused on the four language skills tested on the TOEFL exam: reading, writing, listening, and speaking. Students will improve their listening and speaking skills as well as their grammar and vocabulary as they move through the semester. They will also improve their reading and writing skills. During the course, students will develop specific strategies to address each skill on the TOEFL test and will be exposed to the format of the exam.

ENGLISH LISTENING, SPEAKING AND PRONUNCIATION TRAINING (Marina Costanzo) (72 hours)

This course is designed for high-intermediate ESL students who need to develop better listening comprehension and oral skills, which will primarily be achieved by detailed instructions on pronunciation. Our focus will be on (1) producing accurate and intelligible English, (2) becoming more comfortable listening to rapidly spoken English, and (3) learning common expressions, gambits, and idioms used in both formal and informal contexts.

The LIU Post Cultural Education and Au Pair Program awards certificates of completion in several areas of study. A certificate confirms successful completion of two courses (72 hours) within our program.

The following certificates are currently offered:

English Study

Take any two of the following courses and receive a certificate in English Study

- TOEFL Preparation/Review
- Clear & Confident English
- Winning Arguments
- The Art of Interpersonal Communication
- English Skills for Career Success
- English as a Second Language (ESL)
- Creative Writing
- Grammar & Conversation
- Mastering the Art of Public Speaking
- English in Action
- English Listening, Speaking & Pronunciation

Business Study

Take any two of the following courses and receive a certificate in Business Study

- Social Media for Business
- Digital Marketing for Business - An Introduction
- Entrepreneurship & Business Management
- Personal Finance
- Master Your Money
- English Skills for Career Success
- The Art of Interpersonal Communication
- Winning Arguments

Child Development

Take any two of the following courses and receive a certificate in Child Development

- In-Depth Look at Diverse Learners
- Physical, Cognitive and Psychosocial
- Behavioral Psychology
- Mindfulness & Social-Emotional Health
- Creative Writing
- Brain Games
- Social Psychology

Psychology

Take any two of the following courses and receive a certificate in Child Development

- Behavioral Psychology
- Understanding Mental Disorders
- Criminal Minds
- Brain Games: Psychology of the Mind
- Social Psychology

Certificates are given in addition to your course completion certificate