



CAPITAL REGION  
**BOCES**

## **Adult Education**

Get in the driver's seat of careers that are in demand in the region, state and beyond. From earning your high school diploma to landing a career in the healthcare industry, let us spark your desire for lifelong learning while heating up your job prospects.

For more information:

<https://www.capitalregionboces.org/adult-education/>

Contact:

Michael Markou, Adult Education Program Manager

Phone: 518-862-4707

[michael.markou@neric.org](mailto:michael.markou@neric.org)

Health Careers Center

925 Watervliet-Shaker Road, Albany, NY 12205

# Albany Literacy Zone

At the South End and West Hill/Arbor Hill Literacy Zone settings, adult learners can gain the knowledge, skills and support needed for economic self-sufficiency.

## Life and Workforce Skills

Coordinators at each Literacy Zone site work closely with community partners to create workshops designed to help individuals move beyond poverty and into the work world. These include lessons on creating a family budget, enrolling in health insurance, understanding legal rights, resume building, and much more.

## Earn a High School Diploma

We can provide the education you need to prepare for the state's high school equivalency exam and earn a diploma.

Classes are open to students 17 years or older who lack a high school diploma and have left school.

Instruction is done by certified teachers who works with students to overcome their challenges so they can successfully pass the exam.

The curriculum focuses on preparing students in five subjects—reading, writing, social studies, science, and math.

*The Test Assessing Secondary Completion (TASC) replaced the GED years ago as the only free, state-subsidized exam leading to a New York State High School Equivalency (HSE) Diploma.*

## Learn English

Classes are provided to help students improve English speaking, listening, reading and writing skills. Classes are free to students age 21 year or older.

For more information:

<https://www.capitalregionboces.org/adult-education/classes-programs/earn-your-high-school-diploma/albany-literacy-zone/>

# Career Services at the Psychological Services Center, University of Albany, SUNY

The Career Services Unit of the Psychological Services Center provides a variety of services related to all aspects of career and life planning. These services are tailored to meet the needs of each individual client and may include individual counseling, group counseling, vocational assessment, workshops, consultation, organizational development, or skills training.

The Career Services Unit of the Psychological Services Center is a community-based resource open to individuals throughout the Capital District. Clients served by our Career Services Unit might include:

- Individuals seeking to explore a mid-life career change
- Unemployed individuals seeking assistance finding suitable jobs
- High school or college students seeking assistance with educational and career planning
- Individuals planning for retirement
- Community group leaders seeking facilitators or presenters for career-oriented workshops
- Business leaders seeking assistance with analysis of their workplace or occupational structure
- Individuals returning to work after taking extended leave
- Individuals who would like résumé critiques
- Individuals who would like to improve their interviewing skills

For more information: [https://www.albany.edu/psc/career\\_services.php](https://www.albany.edu/psc/career_services.php)

Or contact: (518) 442-4900



## Adult Education and Workforce Development

Questar III's Adult Education and Workforce Development is designed to provide learning opportunities that tap into the potential of the students we serve and then link them with meaningful employment that recognizes the skills, talents, and abilities they have developed.

**Available programs include:** Adult Literacy, HSE preparation and testing, English as a New Language (ENL): Formally ESL, Community Education and other training programs.

Adult Education and Workforce Development also provides local businesses with workforce development trainings to improve the performance of current employees or to train new employees with the skills necessary to be productive in today's global workplace.

We create opportunities for students to expand their horizons with new skills, and new employment opportunities that both exist and are evolving in Tech Valley.

### Contact:

**Ron Valentine**

518-479-6838

[ronald.valentine@questar.org](mailto:ronald.valentine@questar.org)

For more information:

<https://www.questar.org/education/adult-education-and-workforce-development/>



New York State  
EDUCATION DEPARTMENT  

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ADULT CAREER & CONTINUING ED SERVICES

## **ADULT CAREER & CONTINUING EDUCATION SERVICES**

### **ACCES-VR (Vocational Rehabilitation)**

*Assisting individuals with disabilities to achieve and maintain employment and to support independent living*

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) starts with the presumption that all individuals with disabilities can benefit from vocational rehabilitation services and should have opportunities to work in jobs integrated within their communities. Vocational Rehabilitation Counselors guide individuals through service programs they need to reach their employment goal.

#### **Our Mission:**

ACCES-VR assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development.

#### **Our Vision:**

All individuals with disabilities who want to work will have the opportunity to achieve employment and independence.

For more information: <http://www.acces.nysed.gov/vr>  
ACCES-VR: 1-800-222-JOBS (5627)

# The Tutorial Center

We serve folks like you!

From two learning centers in southern Vermont, we serve countless individuals of all ages and skill levels.

Through a variety of proven programs and local partnerships, our dedicated staff helps area residents achieve their goals.

Whether acquiring a high school diploma or GED, strengthening reading or math skills, workforce development, post-secondary/career planning, or preparing for the SAT exam, all of our students get focused, dedicated and professional attention so they can reach their own level of success.

## **We can help you too.**

Bennington:

208 Pleasant Street

Bennington, VT 05201

802-447-0111

For more information check out their website!

<http://tutoringvermont.org/>