

Mokan Educational Institute Pre-Apprenticeship Accelerated Program Weekly Schedule
CLASS 1 SOUTH ST. LOUIS SITE LOCATION -5 WEEK CLASS

Apr. 3, 2023 –
May 5, 2023

Proprietary Information – Not to be released to any individual, organization or agency without the prior written permission of the Executive Director of the MoKan Educational Institute

Please fill out online application

Questions: (314) 454-9675
(314) 409-2318

Email: adm@mokanccac.org

Program Location:

4401 Ridgewood

Saint Louis, Missouri 63116

Class Dates:

1. April 3, 2023 to May 5, 2023
2. April 10, 2023 to May 19, 2023
3. April 22, 2023 to June 23, 2023
4. May 29, 2023 to June 30, 2023

Students with perfect Attendance will receive \$50.00
Each of the first 4 weeks and \$500.00 at Graduation

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Week	Hours	Monday, Apr 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
1	0700 - 0900	Orientation Yaphett	Understanding Yourself What is Your Motivation for Doing?	Unit 1 Session 1 Me and My Assets	Unit 1 Session 3 Building Self-Confidence	Unit 1 Session 5 Understanding Mental Models
	0900 – 1100	St. Louis Construction Climate History of Minorities and Women in Construction	Understanding Yourself- What is your Motivation for Doing?	Unit 1 Session 1 Me and My Assets Introduction to Essential Skills and Leadership	Unit 1 Session 3 Building Self-Confidence	Unit 1 Session 5 Understanding Mental Models
	1100 – 1130	Lunch	Lunch	Lunch	Lunch	Lunch
	1130 - 1300	WRAP Rasheed Salaam	WRAP Rasheed Salaam	Unit 1 Session 2 Stages of Life	Unit 1 Session 4 Choosing Positive Values Fitness Boot Camp	Unit 1 Session 6 Stress and Emotion
	1300 – 1500		Fitness Boot Camp			

Tutoring will be scheduled after 2:00 p.m. Monday thru Friday*.

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Week	Hours	Monday, April 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
2	0700 – 0900	Unit 1 Session 7 Surviving Tough Times	Unit 2 Session 2 Positive Communication	Unit 2 Session 5 Negative to Positive	Resumes Peggy Hull	Resumes Peggy Hull
	0900 – 1100	Unit 1 Session 7 Surviving Tough Times	Unit 2 Session 3 Making Decisions	Unit 2 Session 6 Solving Problems	Resumes Peggy Hull	Resumes Peggy Hull
	1100 – 1130	Lunch	Lunch			
	1130 - 1300	Unit 2 Session 1 Active Listening	Unit 2 Session 4 Creative Ideas	Unit 3 Session 1 SMART Goals	Job Interview Skills Peggy Hull	Job Interview Skills Peggy Hull
	1300 – 1500		Fitness Boot Camp		Job Interview Skills Peggy Hull	Job Interview Skills Peggy Hull

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Week	Hours	Monday, April 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
3	0700 - 0900	Confined Space Von Griggs	Fork Lifting Von Griggs	Flagger Training Von Griggs	Work Zone Traffic Tech Von Griggs	Work Zone Traffic Tech Von Griggs
	0900 – 1100	Confined Space Von Griggs	Fork Lifting Von Griggs	Workplace Violence Von Griggs	Work Zone Traffic Tech Von Griggs	Work Zone Traffic Tech Von Griggs
	1100 – 1130	Lunch	Lunch	Lunch	Lunch	Lunch
	1130 - 1300	Confined Space Von Griggs	Fork Lifting Von Griggs Flagger Training Von Griggs	Workplace Violence Von Griggs	Workplace Violence Von Griggs	Work Zone Traffic Tech Von Griggs
	1300 - 1500					

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Week	Hours	Monday, April 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
4	0700 – 0900	OSHA – 10 LeVette McKnight	OSHA – 10 LeVette McKnight	Hands On On-Site Training	Hands On On-Site Training	Hands On On-Site Training
	0900 – 1100					
	1100 – 1130					
	1130 - 1300	OSHA – 10 LeVette McKnight	OSHA – 10 LeVette McKnight	Hands On On-Site Training	Hands On On-Site Training	Hands On On-Site Training
	1300 – 1500					
			No Fitness Boot Camp		Fitness Boot Camp	

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Week	Hours	Monday, May 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
5	0700 – 0900	Laborers 9:00 a.m. – 11:00 a. m. 	Plumbers & Pipefitters 9:00 a.m.- 11:00 a.m. 	Painters 9:00 a.m. – 11:00 a.m. 	Career Fair	Blueprint & Spec Brian Kowert
	1100 – 1130	Lunch	Lunch	Lunch	Lunch	Lunch
	1130 – 1500	Laborers 	Sheet Metal Local 36 12:00 – 3:00 p.m. 	Carpenters 12:00 p.m. to 3:00 p.m. 	IBEW 12:00 p.m. to 3:00 p.m. 	Graduation
		No Fitness Boot Camp	No Fitness Boot Camp		No Fitness Boot Camp	

Tutoring will be scheduled after 2:00 p.m. Monday thru Friday*.