


# Class Schedule Search Results for Spring 2019

**IMPORTANT:** Click on the CRN link for further details about each course such as specific corequisites, critical dates, and textbook information.

 Course where the cost of the textbook is zero dollars and no cost to the student (SB 1359).

## PSY - Psychology

### PSY NC003 - Nature and Self-Healing - Beginning: For Older Adults (0 Unit)

Older adults learn self-discovery, self-healing, and alternative healing techniques. Students learn how to incorporate nature as a harmonizing influence and partner in the self-healing process. Techniques taught include meditation, being open to change, diaphragmatic breathing, being "present", stretching techniques, and taking risks. Students develop self-esteem, confidence, and socialization skills. Students also learn health and wellness strategies for older adults through appropriate nutrition and stress management techniques. Participants should be able to walk one to two miles at a slow pace.

**Hours:** 25 (10 lecture, 15 lab)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks
<input type="checkbox"/>		64407	0.0	Lec	W	09:00am - 10:05am	WAKE 20	40	0	0	Rodger Sorrow	01/14-03/09	8
				Lab	W	10:10am - 11:45am	FIELD					01/14-03/09	
<input type="checkbox"/>		64408	0.0	Lec	W	09:00am - 10:05am	WAKE 20	40	0	0	Rodger Sorrow	03/11-05/11	8
				Lab	W	10:10am - 11:45am	FIELD					03/11-05/11	

### PSY NC007 - Consciousness, Science, and the Nature of Being: For Older Adults (0 Unit)

This class focuses on current thought in the physical and social sciences, and in spirituality. Our understanding of ourselves and the world is growing with remarkable rapidity. Older adult students will develop their critical thinking skills as they consider whether there is an evolution of consciousness that underlies the great discoveries being made. To aid in this inquiry, the class exploits Internet resources and invites guest speakers.

**Hours:** 20 (20 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks
<input type="checkbox"/>		65003	0.0	Lec	F	10:15am - 11:55am	SCHOTT 14	147	0	0	Spencer Sherman	01/18-02/08	
				Lec	F	10:15am - 11:55am	SCHOTT 14					02/22-04/05	

### PSY NC013 - Ten Vital Tools for Creating the Miraculous: For Older Adults (0 Unit)

Teaches older adults how to make the leap from powerless to powerhouse in this dynamic, experiential course. Using the wisdom of the 'law of attraction,' students apply a variety of tools to realize personal goals and desires. Older adults learn to believe in themselves and develop an increased sense of control through the aging process.

**Hours:** 12 (12 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks
<input type="checkbox"/>		65005	0.0	Lec	W	06:00pm - 08:00pm	WAKE 20	30	0	0	Terri Cooper	01/30-03/06	

### PSY NC016 - Body/Mind Awareness: For Older Adults (0 Unit)

Course explores the role of physical and cognitive creative stimulation in maintaining the health and well-being of older adults. Older adults achieve a greater sense of self-confidence, sense of control, and level of independence through stimulating activities. Students engage in activities that include reminiscing, moving to music, and other techniques to enhance acuity and health.

**Hours:** 12 (12 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time				Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks
OPEN		64200	0.0	Lec			R		10:00am - 11:15am	ALTO MTG ROOM	40	0	0	Luis Sanchez	01/14-03/09	8
OPEN		64201	0.0	Lec			R		10:00am - 11:15am	ALTO MTG ROOM	40	0	0	Luis Sanchez	03/11-05/11	8
OPEN		64202	0.0	Lec			W		10:30am - 11:45am	BVISTA MTG ROOM	40	0	0	Victoria Cox	01/14-03/09	8
OPEN		64203	0.0	Lec			W		10:30am - 11:45am	BVISTA MTG ROOM	40	0	0	Victoria Cox	03/11-05/11	8
OPEN		64204	0.0	Lec			F		10:00am - 11:15am	FRAGOL MTG ROOM	40	0	0	Luis Sanchez	01/14-03/09	8
OPEN		64205	0.0	Lec			F		10:00am - 11:15am	FRAGOL MTG ROOM	40	0	0	Luis Sanchez	03/11-05/11	8
OPEN		64206	0.0	Lec			W		01:15pm - 02:30pm	FRAMON MTG ROOM	40	0	0	Patricia Volner	01/14-03/09	8
OPEN		64207	0.0	Lec			W		01:15pm - 02:30pm	FRAMON MTG ROOM	40	0	0	Patricia Volner	03/11-05/11	8
OPEN		64208	0.0	Lec	M				02:00pm - 03:15pm	GRDNCT MTG ROOM	40	0	0	Luis Sanchez	01/14-03/09	8
OPEN		64209	0.0	Lec	M				02:00pm - 03:15pm	GRDNCT MTG ROOM	40	0	0	Luis Sanchez	03/11-05/11	8
OPEN		64212	0.0	Lec			R		09:30am - 10:45am	MARIPO MTG ROOM	40	0	0	Arden Day	01/14-03/09	8
OPEN		64213	0.0	Lec			R		09:30am - 10:45am	MARIPO MTG ROOM	40	0	0	Arden Day	03/11-05/11	8
OPEN		64214	0.0	Lec			R		03:00pm - 04:15pm	VILLAA MTG ROOM	40	0	0	Arden Day	01/14-03/09	8
OPEN		64215	0.0	Lec			R		03:00pm - 04:15pm	VILLAA MTG ROOM	40	0	0	Arden Day	03/11-05/11	8
OPEN		64877	0.0	Lec			W		03:00pm - 04:15pm	MARVA MTG ROOM	40	0	0	Arden Day	01/14-03/09	8
OPEN		64878	0.0	Lec			W		03:00pm - 04:15pm	MARVA MTG ROOM	40	0	0	Arden Day	03/11-05/11	8
OPEN		64909	0.0	Lec			F		01:30pm - 02:45pm	OAKCOT MTG ROOM	40	0	0	Susan Gomez	01/14-03/09	8
OPEN		64912	0.0	Lec			F		01:30pm - 02:45pm	OAKCOT MTG ROOM	40	0	0	Susan Gomez	03/11-05/11	8
OPEN		65126	0.0	Lec	M				11:00am - 12:15pm	MARVA MTG ROOM	40	0	0	Dana Drobny	01/14-03/09	8
OPEN		65127	0.0	Lec	M				11:00am - 12:15pm	MARVA MTG ROOM	40	0	0	Dana Drobny	03/11-05/11	8
OPEN		65283	0.0	Lec			T		11:15am - 12:30pm	MARVI MTG ROOM	40	0	0	Luis Sanchez	01/14-03/09	8
OPEN		65284	0.0	Lec			T		11:15am - 12:30pm	MARVI MTG ROOM	40	0	0	Luis Sanchez	03/11-05/11	8
OPEN		65285	0.0	Lec			R		11:15am - 12:30pm	MARVI MTG ROOM	40	0	0	Luis Sanchez	01/14-03/09	8
OPEN		65286	0.0	Lec			R		11:15am - 12:30pm	MARVI MTG ROOM	40	0	0	Luis Sanchez	03/11-05/11	8
OPEN		65317	0.0	Lec	M				01:00pm - 02:15pm	FRAMON MTG ROOM	40	0	0	Victoria Cox	01/14-03/09	8
OPEN		65318	0.0	Lec	M				01:00pm - 02:15pm	FRAMON MTG ROOM	40	0	0	Victoria Cox	03/11-05/11	8

### PSY NC017 - Healing Our World: For Older Adults (0 Unit)

Older adults learn to be a healing instrument of power and compassion using principles of nonduality, nonviolent peace-making, ecopsychology and cross-cultural wisdom. Class introduces many illustrious peacemakers: Gandhi, MLK, Peace Pilgrim, Dorothy Day, the Dalai Lama, Fellowship of Reconciliation. Examines the psychological dynamics underlying chronic social problems like the "war on terrorism," "war on drugs," world poverty, and environmental destruction and explore ways to contribute to solutions. Students develop confidence in the value of their own wisdom and experience.

**Hours:** 20 (20 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time				Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks
OPEN		65009	0.0	Lec			R		09:00am - 11:15am	SCHOTT 06	30	0	0	Charlotte Zeamer	03/11-05/11	8

### PSY NC020 - The Psychology and Physiology of Positive Aging: For Older Adults (0 Unit)

In this class, older adult students learn how to define health and wellness as a body, mind, and spirit continuum. Topics include recognizing stress factors and symptoms, chronic inflammation, nutritional awareness, problem solving, and benefits of hypnosis and meditation in aging.

**Hours:** 12 (12 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<b>OPEN</b>		65042	0.0	Lec		R	09:00am - 11:00am	SCHOTT 06	30	0	0	0	Charlotte Zeamer	02/07-03/07

### PSY NC021 - Adventures in Self Esteem: For Older Adults (0 Unit)

In this class, older adult students learn how to increase self-esteem and build more effective communication skills while regaining control and increasing their quality of life. They learn fifteen quick, practical tools for tapping into their creativity and potential and reducing stress. Students also learn constructive communication patterns that empower them to create the positive changes they want and need to be in charge of their lives.

**Hours:** 20 (20 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks		
<b>OPEN</b>		65001	0.0	Lec	M		06:30pm - 08:45pm	SCHOTT 05	30	0	0	0	Wendy Brewer	03/11-05/11	8

### PSY NC023 - Turning Points in Thought From Film: For Older Adults (0 Unit)

This class focuses on turning points in thought as they are revealed in movies. Older adults exercise mental acuity, critical thinking, and analytical skills to interpret storyline events using psychological lenses. Various psychological theories that apply to daily life are discussed through the deconstruction of cinematic narratives. Students practice interpreting and integrating their emotional and rational reactions through psychological lenses to gain understanding. Class develops self-expression and socialization skills while students apply findings to the triumphs and challenges of aging.

**Hours:** 30 (10 lecture, 20 lab)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks		
<b>OPEN</b>		64391	0.0	Lec		F	05:30pm - 06:45pm	SCHOTT 14	60	0	0	0	Kerry Methner	01/14-03/09	8
				Lab		F	06:50pm - 09:25pm	SCHOTT 14						01/14-03/09	
<b>OPEN</b>		64392	0.0	Lec		F	06:00pm - 07:05pm	SCHOTT 14	60	0	0	0	Kerry Methner	03/11-05/11	8
				Lab		F	07:10pm - 09:25pm	SCHOTT 14						03/11-05/11	

### PSY NC028 - Love Isn't Enough - Handling Conflict, Creating Romance: For Older Adults (0 Unit)

Using ideas from Harville Hendrix, John Gottman, and Andrew Christensen, older adults explore the nature of romantic attraction, why conflict seems inevitable, and what happens to passion in long term relationships. The class teaches specific skills for better communication, managing conflict safely, rekindling romance, understanding gender differences, and keeping a relationship together for the long run.

**Hours:** 12 (12 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks		
<b>OPEN</b>		64388	0.0	Lec		R	07:30pm - 08:45pm	WAKE 16	35	0	0	0	Mark Dunlap	01/14-03/09	8

### PSY NC029 - Reading and Writing Poetry for Personal Growth: For Older Adults (0 Unit)

Older adults discover ways of looking at poetry that help them look back over the events of their lives to see what still needs to be resolved. The reading of poems becomes a vehicle to see the meaning and purpose of their life. Students write their own poems in class and listen to one another's poems when ready to share. This helps them notice the similarities in the human experience and deal with future life issues in creative ways.

**Hours:** 20 (20 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<b>OPEN</b>		64395	0.0	Lec	M		10:00am - 01:10pm	SCHOTT 06	45	0	0	0	David Richo	04/01-05/06

### PSY NC039 - How Meditation Helps - Mindfulness in Everyday Life: For Older Adults (0 Unit)

Meditation is a practice that can help older adult students greet the challenges and joys of aging with greater courage, acceptance, and clarity. In this experiential course, students practice a range of meditation techniques that encourage health and well-being. Students learn how to focus their attention in the present moment, bring awareness to habitual patterns that no longer serve them, and allow their breath to strengthen their body and calm their mind. Beginners and experienced meditators welcome.

**Hours:** 15 (15 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time							Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
OPEN		65007	0.0	Lec								11:15am - 01:00pm	SCHOTT 31	30	0	0	0	Dana Drobyny	03/11-05/11	8

### PSY NC047 - World of Interest: For Older Adults (0 Unit)

Older adults explore and discuss contemporary issues and events with other students, resulting in increased mental alertness and improved mood and attitude. The class explores mentally and emotionally stimulating topics related to international, national, state and local events.

**Hours:** 12 (12 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time							Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
OPEN		64216	0.0	Lec	M							02:30pm - 03:45pm	BVISTA MTG ROOM	40	0	0	0	Catherine Foy	01/14-03/09	8
OPEN		64217	0.0	Lec	M							02:30pm - 03:45pm	BVISTA MTG ROOM	40	0	0	0	Catherine Foy	03/11-05/11	8
OPEN		64218	0.0	Lec					R			10:30am - 11:45am	FRMNR MTG ROOM	40	0	0	0	Fred Hofmann	01/14-03/09	8
OPEN		64219	0.0	Lec					R			10:30am - 11:45am	FRMNR MTG ROOM	40	0	0	0	Fred Hofmann	03/11-05/11	8
OPEN		64222	0.0	Lec						F		02:00pm - 03:15pm	HHALIV MTG ROOM	40	0	0	0	Arden Day	01/14-03/09	8
OPEN		64223	0.0	Lec						F		02:00pm - 03:15pm	HHALIV MTG ROOM	40	0	0	0	Arden Day	03/11-05/11	8
OPEN		64224	0.0	Lec						T		02:30pm - 03:45pm	MARVA MTG ROOM	40	0	0	0	Susan Gomez	01/14-03/09	8
OPEN		64225	0.0	Lec						T		02:30pm - 03:45pm	MARVA MTG ROOM	40	0	0	0	Susan Gomez	03/11-05/11	8
OPEN		64226	0.0	Lec						W		10:15am - 11:30am	MARVI MTG ROOM	40	0	0	0	Fred Hofmann	01/14-03/09	8
OPEN		64227	0.0	Lec						W		10:15am - 11:30am	MARVI MTG ROOM	40	0	0	0	Fred Hofmann	03/11-05/11	8
OPEN		64228	0.0	Lec						T		03:00pm - 04:15pm	MARVCR MTG ROOM	40	0	0	0	Patricia Volner	01/14-03/09	8
OPEN		64229	0.0	Lec						T		03:00pm - 04:15pm	MARVCR MTG ROOM	40	0	0	0	Patricia Volner	03/11-05/11	8
OPEN		64230	0.0	Lec						M		10:15am - 11:30am	SAMCOV MTG ROOM	40	0	0	0	Fred Hofmann	01/14-03/09	8
OPEN		64231	0.0	Lec						M		10:15am - 11:30am	SAMCOV MTG ROOM	40	0	0	0	Fred Hofmann	03/11-05/11	8
OPEN		64232	0.0	Lec						M		10:00am - 11:15am	THECAL MTG ROOM	40	0	0	0	Victoria Cox	01/14-03/09	8
OPEN		64233	0.0	Lec						M		10:00am - 11:15am	THECAL MTG ROOM	40	0	0	0	Victoria Cox	03/11-05/11	8
OPEN		64380	0.0	Lec						T		10:30am - 11:45am	VDELMO MTG ROOM	40	0	0	0	Fred Hofmann	01/14-03/09	8
OPEN		64381	0.0	Lec						T		10:30am - 11:45am	VDELMO MTG ROOM	40	0	0	0	Fred Hofmann	03/11-05/11	8
OPEN		64382	0.0	Lec							F	10:30am - 11:45am	WAKE 20	35	0	0	0	Fred Hofmann	01/14-03/09	8
OPEN		64383	0.0	Lec							F	10:30am - 11:45am	WAKE 20	35	0	0	0	Fred Hofmann	03/11-05/11	8
OPEN		64885	0.0	Lec						T		09:45am - 11:00am	GVIDA MTG ROOM	40	0	0	0	Susan Gomez	01/14-03/09	8
OPEN		64886	0.0	Lec						T		09:45am - 11:00am	GVIDA MTG ROOM	40	0	0	0	Susan Gomez	03/11-05/11	8
OPEN		64992	0.0	Lec							R	09:15am - 10:30am	GRDNCT MTG ROOM	40	0	0	0	Catherine Foy	01/14-03/09	8
OPEN		64993	0.0	Lec							R	09:15am - 10:30am	GRDNCT MTG ROOM	40	0	0	0	Catherine Foy	03/11-05/11	8
OPEN		65022	0.0	Lec							R	06:15pm - 07:30pm	HILLSH MTG ROOM	40	0	0	0	Catherine Foy	01/14-03/09	8
OPEN		65023	0.0	Lec							R	06:15pm - 07:30pm	HILLSH MTG ROOM	40	0	0	0	Catherine Foy	03/11-05/11	8

### PSY NC060 - Treasures from Sacred Traditions: For Older Adults (0 Unit)

This class teaches the secrets of various sacred traditions to help older adult participants incorporate any traditions that help them feel more alive, happy, peaceful, and loving. Students learn about the truths and methods developed by leaders of the Christian, Hindu, Buddhist, Taoist, Jewish, Sufi and Native American traditions. Class includes lectures, films, slides, readings, and sacred music.

**Hours:** 20 (20 lecture)  
**Transfer Information:** None  
**SBCC General Education:** None  
**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
OPEN		65008	0.0	Lec	W	06:30pm - 08:45pm	SCHOTT 05	30	0	0	0	Anne-Marie Charest	03/11-05/11	8

### PSY NC061 - Ten Ways to Find and Sustain a Lasting Loving Relationship: For Older Adults (0 Unit)

Older adults learn techniques to find, define, shape, and sustain a lasting relationship. Topics include overcoming the Cinderella myth, understanding the effects of cultural myths and the media, and finding lasting love online. Students will learn the questions to ask that indicate whether a potential partner is really ready for a lasting relationship.

**Hours:** 20 (20 lecture)  
**Transfer Information:** None  
**SBCC General Education:** None  
**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
OPEN		65010	0.0	Lec	R	06:00pm - 08:15pm	SCHOTT 06	40	0	0	0	Barbara Boyd	01/14-03/09	8

### PSY NC072 - Honing the Intuitive Edge: For Older Adults (0 Unit)

Older adults learn that intuition, like a muscle, can be developed, expanded and strengthened to build rapport and make relationships more meaningful. Students experience the benefit of entering situations with the confidence and competence that comes from the senses being fully attuned. Older adults learn to see, hear, feel and know far more than was thought possible, thus building self esteem and self confidence.

**Hours:** 20 (15 lecture, 5 lab)  
**Transfer Information:** None  
**SBCC General Education:** None  
**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
OPEN		65004	0.0	Lec	W	06:00pm - 07:35pm	WAKE 20	30	0	0	0	Terri Cooper	03/11-05/11	8
				Lab	W	07:40pm - 08:40pm	WAKE 20					03/13-03/13		
				Lab	W	07:40pm - 08:40pm	WAKE 20					04/03-04/03		
				Lab	W	07:40pm - 08:40pm	WAKE 20					04/17-04/17		
				Lab	W	07:40pm - 08:40pm	WAKE 20					05/01-05/01		
				Lab	W	07:40pm - 08:40pm	WAKE 20					05/08-05/08		

### PSY NC082 - Travels and Explorations: For Older Adults (0 Unit)

This course allows older adults to virtually explore the history, culture, language, and cuisine of distant places without needing to leave the classroom. Older adults recall and share key memories evoked by discussions and presentations and so improve mental recall, retention of information, and self-expression. Students also develop an appreciation of the value of their role and contribution in the global community.

**Hours:** 12 (12 lecture)  
**Transfer Information:** None  
**SBCC General Education:** None  
**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
OPEN		64234	0.0	Lec	R	02:30pm - 03:45pm	BVISTA MTG ROOM	35	0	0	0	Patricia Volner	01/14-03/09	8
OPEN		64235	0.0	Lec	R	02:30pm - 03:45pm	BVISTA MTG ROOM	35	0	0	0	Patricia Volner	03/11-05/11	8
OPEN		64236	0.0	Lec	R	10:00am - 11:15am	FRAMON MTG ROOM	35	0	0	0	Patricia Volner	01/14-03/09	8
OPEN		64237	0.0	Lec	R	10:00am - 11:15am	FRAMON MTG ROOM	35	0	0	0	Patricia Volner	03/11-05/11	8
OPEN		64238	0.0	Lec	M	06:30pm - 07:45pm	FRMNR MTG ROOM	35	0	0	0	Nancy Keller	01/14-03/09	8
OPEN		64239	0.0	Lec	M	06:30pm - 07:45pm	FRMNR MTG ROOM	35	0	0	0	Nancy Keller	03/11-05/11	8

<input type="button" value="OPEN"/>	64240	0.0	Lec	T						01:30pm - 02:45pm	MARVI MTG ROOM	35	0	0	0	Patricia Volner	01/14-03/09	8
<input type="button" value="OPEN"/>	64241	0.0	Lec	T						01:30pm - 02:45pm	MARVI MTG ROOM	35	0	0	0	Patricia Volner	03/11-05/11	8
<input type="button" value="OPEN"/>	64244	0.0	Lec	M						10:00am - 11:15am	VDELMO MTG ROOM	35	0	0	0	Patricia Volner	01/14-03/09	8
<input type="button" value="OPEN"/>	64245	0.0	Lec	M						10:00am - 11:15am	VDELMO MTG ROOM	35	0	0	0	Patricia Volner	03/11-05/11	8
<input type="button" value="OPEN"/>	64246	0.0	Lec						F	06:00pm - 07:15pm	VILLAS MTG ROOM	35	0	0	0	Nancy Keller	01/14-03/09	8
<input type="button" value="OPEN"/>	64247	0.0	Lec						F	06:00pm - 07:15pm	VILLAS MTG ROOM	35	0	0	0	Nancy Keller	03/11-05/11	8
<input type="button" value="OPEN"/>	64883	0.0	Lec						W	03:15pm - 04:30pm	MARIPO MTG ROOM	35	0	0	0	Susan Gomez	01/14-03/09	8
<input type="button" value="OPEN"/>	64884	0.0	Lec						W	03:15pm - 04:30pm	MARIPO MTG ROOM	35	0	0	0	Susan Gomez	03/11-05/11	8
<input type="button" value="OPEN"/>	65325	0.0	Lec						W	10:00am - 11:15am	GRDNCT MTG ROOM	40	0	0	0	Patricia Volner	01/14-03/09	8
<input type="button" value="OPEN"/>	65326	0.0	Lec						W	10:00am - 11:15am	GRDNCT MTG ROOM	40	0	0	0	Patricia Volner	03/11-05/11	8

**PSY NC094 - How to Communicate Simply, Lovingly, and Effectively: For Older Adults (0 Unit)**

Based on the therapeutic principles of Attitude Reconstruction, older adult students will learn how to communicate constructively and effectively. Topics covered include the Four Communication Rules, the Lucky 13 Communication Tips for talking with others, the "I" 5-Step to speak up about any difficult topic, and a model to resolve differences easily.

**Hours:** 6 (6 lecture)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time					Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<input type="button" value="OPEN"/>		65039	0.0	Lec					S	09:30am - 12:30pm	SCHOTT 03	30	0	0	0	Jude Bijou	04/27-04/27	
				Lec					S	01:00pm - 04:00pm	SCHOTT 03						04/27-04/27	

**PSY NC097 - Nature and Self-Healing - Intermediate: For Older Adults (0 Unit)**

Older adults learn advanced self-discovery, self-healing, and alternative healing techniques. Students learn how to incorporate nature as a harmonizing influence and partner in the self-healing process. Techniques taught include meditation, being open to change, diaphragmatic breathing, being "present", stretching techniques, and taking risks. Students develop self-esteem, confidence, and socialization skills. Students also learn health and wellness strategies for older adults through appropriate nutrition and stress management techniques. Participants should be able to walk two to three miles.

**Hours:** 25 (10 lecture, 15 lab)

**Transfer Information:** None

**SBCC General Education:** None

**Grading Options:** Noncredit

Status	I	CRN	Units	Type	Meeting Time					Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<input type="button" value="OPEN"/>		64384	0.0	Lec					T	09:00am - 10:05am	WAKE 20	40	0	0	0	Rodger Sorrow	01/14-03/09	8
				Lab					T	10:10am - 11:45am	FIELD						01/14-03/09	
<input type="button" value="OPEN"/>		64385	0.0	Lec					T	09:00am - 10:05am	WAKE 20	40	0	0	0	Rodger Sorrow	03/11-05/11	8
				Lab					T	10:10am - 11:45am	FIELD						03/11-05/11	
End of report					-	-	-	-	-	-	-							

You have 86 class(es) displayed....