


# Class Schedule Search Results for Fall 2018

**NOTE:** Further details about each course are available by clicking the CRN link.

 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
<b>OPEN</b>		40431	0.0	Lec	W	09:00am - 10:05am	WAKE 20	40	0	0	Rodger Sorrow	08/27-10/20	8
				Lab	W	10:10am - 11:45am	WAKE 20					08/27-10/20	
<b>OPEN</b>		40432	0.0	Lec	W	09:00am - 10:05am	WAKE 20	40	0	0	Rodger Sorrow	10/22-12/15	8
				Lab	W	10:10am - 11:45am	WAKE 20					10/22-12/15	

### 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
<b>OPEN</b>		40435	0.0	Lec	F	10:15am - 11:55am	SCHOTT 14	147	1	0	Spencer Sherman	09/07-11/09	

### PSY NC009 - Rock-Folk Music and the '60s Consciousness Movement: For Older Adults (0 Unit)

This class explores how '60s music is a reflection of the collective psyche, with timeless themes that reflect the world we live in today. Students exercise memory, practice effective communication skills, and develop self-awareness as they reminisce about life experiences. Topics include depth psychological and imaginal approaches, archetypal perspectives of musical lyrics, self-understanding through interactions with music, music as a reflection of cultural history, and the relevance of psychological trends of the '60s.

Hours: 10 (10 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>		39888	0.0	Lec	R	06:30pm - 07:45pm	WAKE 07	30	0	0	Madelyn Palley	10/22-12/15	8

### PSY NC014 - Healing Yourself Whole - Staying Sane in a Crazy World: For Older Adults (0 Unit)

Older adult students learn to identify common emotional and behavioral problems, acquire insight into thinking processes, and practice psychological and behavioral tools to make desired changes a reality. Topics include neurolinguistic programming (NLP), healing the inner child, energy field therapy, and self-healing techniques. Skills include improving communication skills, dealing with stress, fears and depression, setting realistic goals, and making the most out of mistakes.

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>		40708	0.0	Lec			W		06:00pm - 08:00pm	WAKE 20	30	1	0	0	Terri Cooper	09/12-10/17

## 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	
<b>OPEN</b>		39918	0.0	Lec			R		09:30am - 10:45am	ALTO MTG ROOM	40	0	0	0	Luis Sanchez	08/27-10/20	8
<b>OPEN</b>		39919	0.0	Lec			R		09:30am - 10:45am	ALTO MTG ROOM	40	0	0	0	Luis Sanchez	10/22-12/15	8
<b>OPEN</b>		39920	0.0	Lec			W		10:30am - 11:45am	BVISTA MTG ROOM	40	0	0	0	Victoria Cox	08/27-10/20	8
<b>OPEN</b>		39921	0.0	Lec			W		10:30am - 11:45am	BVISTA MTG ROOM	40	0	0	0	Victoria Cox	10/22-12/15	8
<b>OPEN</b>		39923	0.0	Lec			F		10:00am - 11:15am	FRAGOL MTG ROOM	40	0	0	0	Luis Sanchez	08/27-10/20	8
<b>OPEN</b>		39924	0.0	Lec			F		10:00am - 11:15am	FRAGOL MTG ROOM	40	0	0	0	Luis Sanchez	10/22-12/15	8
<b>OPEN</b>		39925	0.0	Lec			W		01:15pm - 02:30pm	FRAMON MTG ROOM	40	0	0	0	Patricia Volner	08/27-10/20	8
<b>OPEN</b>		39926	0.0	Lec			W		01:15pm - 02:30pm	FRAMON MTG ROOM	40	0	0	0	Patricia Volner	10/22-12/15	8
<b>OPEN</b>		39929	0.0	Lec	M				02:00pm - 03:15pm	GRDNCT MTG ROOM	40	0	0	0	Luis Sanchez	08/27-10/20	8
<b>OPEN</b>		39930	0.0	Lec	M				02:00pm - 03:15pm	GRDNCT MTG ROOM	40	0	0	0	Luis Sanchez	10/22-12/15	8
<b>OPEN</b>		40005	0.0	Lec			R		09:30am - 10:45am	MARIPO MTG ROOM	40	0	0	0	Arden Day	08/27-10/20	8
<b>OPEN</b>		40006	0.0	Lec			R		09:30am - 10:45am	MARIPO MTG ROOM	40	0	0	0	Arden Day	10/22-12/15	8
<b>OPEN</b>		40007	0.0	Lec			R		03:00pm - 04:15pm	VILLAA MTG ROOM	40	0	0	0	Arden Day	08/27-10/20	8
<b>OPEN</b>		40008	0.0	Lec			R		03:00pm - 04:15pm	VILLAA MTG ROOM	40	0	0	0	Arden Day	10/22-12/15	8
<b>OPEN</b>		40709	0.0	Lec			W		03:00pm - 04:15pm	MARVA MTG ROOM	40	0	0	0	Arden Day	08/27-10/20	8
<b>OPEN</b>		40710	0.0	Lec			W		03:00pm - 04:15pm	MARVA MTG ROOM	40	0	0	0	Arden Day	10/22-12/15	8
<b>OPEN</b>		40743	0.0	Lec			F		01:30pm - 02:45pm	OAKCOT MTG ROOM	40	0	0	0	Susan Gomez	08/27-10/20	8
<b>OPEN</b>		40745	0.0	Lec			F		01:30pm - 02:45pm	OAKCOT MTG ROOM	40	0	0	0	Susan Gomez	10/22-12/15	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>		40439	0.0	Lec			F		06:00pm - 07:05pm	SCHOTT 14	60	0	0	0	Kerry Methner	08/27-10/20	8
				Lab			F		07:10pm - 09:25pm	SCHOTT 14						08/27-10/20	
<b>OPEN</b>		40440	0.0	Lec			F		05:30pm - 06:45pm	SCHOTT 14	60	0	0	0	Kerry Methner	10/22-12/15	8
				Lab			F		06:50pm - 09:25pm	SCHOTT 14						10/22-12/15	

## PSY NC025 - Compassionate Communication: For Older Adults (0 Unit)

Older adults learn to ask for what they want without fear, guilt or shame, and how to transform potential conflicts into compassionate dialogues. Students will improve communication skills to deepen connections with others. Following a simple process developed by Marshall Rosenberg, Ph.D., older adults will enhance rich long term relationships and heal painful ones. Older adults will improve communication and self-expression skills by speaking from the heart to address feelings and needs, rather than triggering analysis, diagnosis and criticism.

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>		40400	0.0	Lec				R		06:15pm - 08:45pm	WAKE 20	30	0	0	0	Rodger Sorrow	10/22-12/15	8

## 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		
<b>OPEN</b>		40443	0.0	Lec				W		11:15am - 01:00pm	SCHOTT 31	30	0	0	0	Dana Drobny	08/27-10/20	8
<b>OPEN</b>		40597	0.0	Lec				W		11:15am - 01:00pm	SCHOTT 31	30	0	0	0	Dana Drobny	10/22-12/15	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		
<b>OPEN</b>		39967	0.0	Lec	M					02:30pm - 03:45pm	BVISTA MTG ROOM	40	0	0	0	Raymond Tischer II	08/27-10/20	8
<b>OPEN</b>		39968	0.0	Lec	M					02:30pm - 03:45pm	BVISTA MTG ROOM	40	0	0	0	Raymond Tischer II	10/22-12/15	8
<b>OPEN</b>		39969	0.0	Lec	M					02:00pm - 03:15pm	FRMNR MTG ROOM	40	0	0	0	Fred Hofmann	08/27-10/20	8
<b>OPEN</b>		39970	0.0	Lec	M					02:00pm - 03:15pm	FRMNR MTG ROOM	40	0	0	0	Fred Hofmann	10/22-12/15	8
<b>OPEN</b>		39971	0.0	Lec				W		10:00am - 11:15am	GRDNCT MTG ROOM	40	0	0	0	Patricia Volner	08/27-10/20	8
<b>OPEN</b>		39972	0.0	Lec				W		10:00am - 11:15am	GRDNCT MTG ROOM	40	0	0	0	Patricia Volner	10/22-12/15	8
<b>OPEN</b>		39973	0.0	Lec					F	02:00pm - 03:15pm	HHALIV MTG ROOM	40	0	0	0	Arden Day	08/27-10/20	8
<b>OPEN</b>		39974	0.0	Lec					F	02:00pm - 03:15pm	HHALIV MTG ROOM	40	0	0	0	Arden Day	10/22-12/15	8
<b>OPEN</b>		39975	0.0	Lec	T					02:30pm - 03:45pm	MARVA MTG ROOM	40	0	0	0	Susan Gomez	08/27-10/20	8
<b>OPEN</b>		39976	0.0	Lec	T					02:30pm - 03:45pm	MARVA MTG ROOM	40	0	0	0	Susan Gomez	10/22-12/15	8
<b>OPEN</b>		39977	0.0	Lec				W		10:00am - 11:15am	MARVI MTG ROOM	40	0	0	0	Fred Hofmann	08/27-10/20	8
<b>OPEN</b>		39978	0.0	Lec				W		10:00am - 11:15am	MARVI MTG ROOM	40	0	0	0	Fred Hofmann	10/22-12/15	8
<b>OPEN</b>		39979	0.0	Lec	T					03:00pm - 04:15pm	MARVCR MTG ROOM	40	0	0	0	Patricia Volner	08/27-10/20	8
<b>OPEN</b>		39980	0.0	Lec	T					03:00pm - 04:15pm	MARVCR MTG ROOM	40	0	0	0	Patricia Volner	10/22-12/15	8
<b>OPEN</b>		39981	0.0	Lec	M					10:15am - 11:30am	SAMCOV MTG ROOM	40	0	0	0	Fred Hofmann	08/27-10/20	8
<b>OPEN</b>		39982	0.0	Lec	M					10:15am - 11:30am	SAMCOV MTG ROOM	40	0	0	0	Fred Hofmann	10/22-12/15	8
<b>OPEN</b>		39983	0.0	Lec	M					10:00am - 11:15am	THECAL MTG ROOM	40	0	0	0	Victoria Cox	08/27-10/20	8
<b>OPEN</b>		39984	0.0	Lec	M					10:00am - 11:15am	THECAL MTG ROOM	40	0	0	0	Victoria Cox	10/22-12/15	8
<b>OPEN</b>		40427	0.0	Lec	T					10:30am - 11:45am	VDELMO MTG ROOM	40	0	0	0	Fred Hofmann	08/27-10/20	8

<b>OPEN</b>		40428	0.0	Lec		T									10:30am - 11:45am	VDELMO MTG ROOM	40	0	0	0	Fred Hofmann	10/22-12/15	8
<b>OPEN</b>		40429	0.0	Lec					F						01:30pm - 02:45pm	SCHOTT 06	30	0	0	0	Fred Hofmann	08/27-10/20	8
<b>OPEN</b>		40430	0.0	Lec					F						10:30am - 11:45am	SCHOTT 06	30	0	0	0	Fred Hofmann	10/22-12/15	8
<b>OPEN</b>		40718	0.0	Lec		T									09:45am - 11:00am	GVIDA MTG ROOM	40	0	0	0	Susan Gomez	08/27-10/20	8
<b>OPEN</b>		40719	0.0	Lec		T									09:45am - 11:00am	GVIDA MTG ROOM	40	0	0	0	Susan Gomez	10/22-12/15	8
<b>OPEN</b>		40800	0.0	Lec					R						09:15am - 10:30am	GRDNCT MTG ROOM	40	0	0	0	Catherine Foy	08/27-10/20	8
<b>OPEN</b>		40801	0.0	Lec					R						09:15am - 10:30am	GRDNCT MTG ROOM	40	0	0	0	Catherine Foy	10/22-12/15	8
<b>OPEN</b>		40806	0.0	Lec					R						06:15pm - 07:30pm	HILLSH MTG ROOM	40	0	0	0	Catherine Foy	08/27-10/20	8
<b>OPEN</b>		40807	0.0	Lec					R						06:15pm - 07:30pm	HILLSH MTG ROOM	40	0	0	0	Catherine Foy	10/22-12/15	8

## PSY NC067 - When Love Meets Fear: For Older Adults (0 Unit)

Human energy is inhibited by fear. In this class, older adults learn techniques to free themselves from the grip of fear so that it no longer stops or drives them. Students explore the origins and meanings of fears, guilt, phobia, and panic attacks. Class discusses how fears lower self-esteem and interfere with healthy relationships or authentic love. Topics include the origins and meanings of human fears of intimacy, abandonment, and closeness.

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>		40598	0.0	Lec					R						09:00am - 11:00am	SCHOTT 06	30	0	0	0	Charlotte Zeamer	09/13-10/18	

## PSY NC073 - Unlocking your Inner Potential: For Older Adults (0 Unit)

In this class, older adult students will learn effective ways to unlock inner resources and potential. Participants learn ten quick and powerful tools for enhancing quality of life by learning to accept themselves despite past mistakes and failures. Students learn to let go of the past, and through moving on with excitement and joy live fully present in the moment.

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>		40680	0.0	Lec					S						10:00am - 01:00pm	WAKE 20	30	0	0	0	Anne-Marie Charest	10/27-11/17	

## 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						
<b>OPEN</b>		39955	0.0	Lec					R						02:30pm - 03:45pm	BVISTA MTG ROOM	35	0	0	0	Patricia Volner	08/27-10/20	8
<b>OPEN</b>		39956	0.0	Lec					R						02:30pm - 03:45pm	BVISTA MTG ROOM	35	0	0	0	Patricia Volner	10/22-12/15	8
<b>OPEN</b>		39957	0.0	Lec					R						10:00am - 11:15am	FRAMON MTG ROOM	35	0	0	0	Patricia Volner	08/27-10/20	8
<b>OPEN</b>		39958	0.0	Lec					R						10:00am - 11:15am	FRAMON MTG ROOM	35	0	0	0	Patricia Volner	10/22-12/15	8
<b>OPEN</b>		39959	0.0	Lec	M										06:30pm - 07:45pm	FRMNR MTG ROOM	35	0	0	0	Nancy Keller	08/27-10/20	8
<b>OPEN</b>		39960	0.0	Lec	M										06:30pm - 07:45pm	FRMNR MTG ROOM	35	0	0	0	Nancy Keller	10/22-12/15	8
<b>OPEN</b>		39961	0.0	Lec		T									01:30pm - 02:45pm	MARVI MTG ROOM	35	0	0	0	Patricia Volner	08/27-10/20	8
<b>OPEN</b>		39962	0.0	Lec		T									01:30pm - 02:45pm	MARVI MTG ROOM	35	0	0	0	Patricia Volner	10/22-12/15	8
<b>OPEN</b>		39963	0.0	Lec					W						06:30pm - 07:45pm	SAMCOV MTG ROOM	35	0	0	0	Nancy Keller	08/27-10/20	8

<b>OPEN</b>	39964	0.0	Lec		W				06:30pm - 07:45pm	SAMCOV MTG ROOM	35	0	0	0	Nancy Keller	10/22-12/15	8
<b>OPEN</b>	39965	0.0	Lec	M					10:00am - 11:15am	VDELMO MTG ROOM	35	0	0	0	Patricia Volner	08/27-10/20	8
<b>OPEN</b>	39966	0.0	Lec	M					10:00am - 11:15am	VDELMO MTG ROOM	35	0	0	0	Patricia Volner	10/22-12/15	8
<b>OPEN</b>	39987	0.0	Lec				F		06:00pm - 07:15pm	VILLAS MTG ROOM	35	0	0	0	Nancy Keller	08/27-10/20	8
<b>OPEN</b>	39988	0.0	Lec				F		06:00pm - 07:15pm	VILLAS MTG ROOM	35	0	0	0	Nancy Keller	10/22-12/15	8
<b>OPEN</b>	40716	0.0	Lec		W				03:15pm - 04:30pm	MARIPO MTG ROOM	35	0	0	0	Susan Gomez	08/27-10/20	8
<b>OPEN</b>	40717	0.0	Lec		W				03:15pm - 04:30pm	MARIPO MTG ROOM	35	0	0	0	Susan Gomez	10/22-12/15	8

### PSY NC084 - Creating Passion, Intimacy, and Lasting Romance: For Older Adults (0 Unit)

Intimacy and passion don't just happen--they are created. Especially in long-term relationships, it takes conscious attention and skill to keep the excitement and romance alive. In this course for couples and singles, older adults learn specific ideas and skills that they can use to increase their sense of pleasure and intimacy with their partner, and strategies to keep their relationship vibrant and growing.

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>		40595	0.0	Lec		R		06:00pm - 07:30pm	SCHOTT 06	30	0	0	0	Mark Dunlap	09/06-10/18	

### PSY NC088 - Reclaiming Joy: Meeting Your Inner Child - For Older Adults (0 Unit)

The child of one's youth still lives within, affecting moods, decisions and behavior. If this Inner Child is nurtured, a world of positive possibilities, creativity and joy opens. In this class, older adults rediscover and get to know their own Inner Child. Students learn how to heal the wounds of childhood and forge a loving bond with this core aspect of personality. What awaits the older adults at the end of this journey can be the most powerful healing relationship 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>		40630	0.0	Lec		W		06:00pm - 08:15pm	WAKE 20	30	0	0	0	Terri Cooper	10/22-12/15	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			
<b>OPEN</b>		40596	0.0	Lec		S		09:30am - 12:30pm	SCHOTT 03	30	0	0	0	Jude Bijou	10/27-10/27	
				Lec		S		01:00pm - 04:00pm	SCHOTT 03						10/27-10/27	

### 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			
<b>OPEN</b>		40433	0.0	Lec		T		09:00am - 10:05am	WAKE 20	40	0	0	0	Rodger Sorrow	08/27-10/20	8

			Lab	T						10:10am - 11:45am	WAKE 20						08/27-10/20	
<input type="button" value="OPEN"/>	40434	0.0	Lec	T						09:00am - 10:05am	WAKE 20	40	0	0	0	Rodger Sorrow	10/22-12/15	8
			Lab	T						10:10am - 11:45am	WAKE 20						10/22-12/15	

## PSY NC182 - Ten Ways to Be Happier Now: For Older Adults (0 Unit)

Older adults learn skills for becoming happier. Students realize that they have the power to change their own attitude. Students explore things they can do now to create more happiness in their mature life. Topics include: developing a sense of humor about oneself, dealing with life's transitions, forming new friendships, attitude of gratitude, improving self-esteem, adapting to change, using nature as a guide to happiness, using music for happiness, forgiveness, getting your past out of your present.

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="button" value="OPEN"/>		40631	0.0	Lec	T					09:00am - 11:00am	SCHOTT 03	30	0	0	0	Gloria Brockway	10/23-11/20	
End of report				-	-	-	-	-	-									

You have 80 class(es) displayed....