

Check Out One Student's
Medical Assistant Journey
on Page 7



Your Best Life Starts Here

Build career skills and
community with over
600 FREE classes designed
for you to succeed.

Day, night, online, and
in-person options available.

SB SCHOOL OF
CC EXTENDED
LEARNING
FOR YOU

FALL 2024

MARK YOUR CALENDAR!
Registration Starts: June 5
Classes Begin: August 26



**PERSONAL &
PROFESSIONAL
GROWTH...**

FOR YOU

No matter where you are from or where you are going, SBCC's School of Extending Learning is here for you. What does that mean?

It means our caring faculty and staff are committed to creating an environment where **you** feel welcome.

It means our extensive student services are available **FREE** to support **you** on your journey.

And it means our programs are designed to give you the education and enrichment **you** need to live your best life.

At the School of Extended Learning, being “**here for you**” isn't just something we say—it's something we live. Whether you're looking to build a new career, advance your current skills, or discover a community of like-minded learners, you've come to the right place.

SEL.SBCC.edu

SB SCHOOL OF
CC EXTENDED
LEARNING

FOR YOU

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CONNECT WITH US!

-  @SBCCExtendedLearning
-  @SBCCExtendedLearning
-  @SBCCExtLearning



MORE CLASSES ARE BEING ADDED ALL THE TIME!

For real-time updates to the class schedule, visit sel.sbcc.edu

Classes begin August 26

Tuition-Free class registration begins June 5
Fee-Based class registration begins June 7

HOW TO BECOME A STUDENT: TUITION-FREE

TUITION-FREE COURSES: STEPS FOR ONLINE ENROLLMENT

To apply and register for TUITION-FREE classes, go to sbcc.edu/extendedlearning/apply-register.php

Adult High School/GED, Career Skills Institute, English Language Learning, Health and Safety, Home Economics, Active & Aging and Parenting programs and classes are offered Tuition-Free. Apply online or visit our main offices in person at Schott and Wake campuses.

1 Apply for Admission

A new admissions application for the current semester must be submitted if you were not enrolled the semester prior. If you are currently enrolled (within the last 4 months) in Tuition-Free course(s), proceed to step 3.

2 Select Courses

Write down the 5-digit course number (CRN) for each course that you would like to add. You will need these for step 3.

3 Register for Courses

After you submit an application, you will be prompted to look up your username and create a password to log into your campus Pipeline account. Registration opens 9 a.m. on June 5.

TUITION-FREE CLASS REGISTRATION BEGINS JUNE 5

Registered! What's Next? Email your instructor for access to your online classes. To locate your instructor's email, go to: sbcc.edu/extendedlearning/sel_online_classes.php

LATE ADDS: A student may enroll in an in-person class after it has begun if: (1) space is available; (2) the instructor permits the late enrollment; and (3) the student completes the application for admission and full registration procedure. Start by contacting the class instructor.

DROPPING A CLASS: Students who decide not to attend class must drop themselves from the class before the semester starts. To drop, log on to Pipeline. sbcc.edu, select "Registration" and then select "Register, Add or Drop Classes." Follow the instructions on the Add/Drop Classes page for dropping a class. After the semester starts, contact: SELAdmissions@sbcc.edu, or visit our main offices in-person at Schott and Wake campuses.

CANCELLATION: If the class does not meet the enrollment anticipated by the instructor, the instructor has discretion to cancel.

ENROLLMENT OF MINORS: SBCC allows high school students in grade 9 (age 14 or older) to enroll in Tuition-Free classes if they follow specific registration and enrollment procedures. Exceptions to the minimum age requirement can be made for a student who submits a "Minor Enrollment Request Form." Forms are available in person at our campuses or by contacting Student Support Services at NCsss@sbcc.edu or (805) 898-8160, sbcc.edu/extendedlearning/minor-enroll.php

CLASS SCHEDULE IS SUBJECT TO CHANGE: SBCC School of Extended Learning reserves the right to cancel classes, change times or locations, and change instructors when necessary. In the event of a discrepancy between the printed and online versions of our schedule, information shown online prevails.

HOW TO BECOME A STUDENT: FEE-BASED

FEE-BASED REGISTRATION

To register for **FEE-BASED** classes go to sbcc.augusoft.net

Life Enhancement classes include various topics like cooking, culture, do-it-yourself, fitness, languages, recreation, spirituality, travel and more. These classes require a small fee for enrollment and follow a slightly different enrollment process than our Tuition-Free classes. The Fee-Based student registration system is separate from the Tuition-Free Pipeline registration system.

1

Login/Create Profile

Visit sbcc.augusoft.net to log in, or if new, create a profile to get started.

2

Search

Locate the classes that interest you. Use the website “Search” feature to view all class offerings or, if you have a class ID number, input it directly into the search box.

3

Add to Cart

You will need to be logged in before you can add classes to the cart. You can “View Cart” or “Checkout” from any page.

FEE-BASED CLASS REGISTRATION BEGINS JUNE 7

ADDITIONAL INFORMATION FOR FEE-BASED COURSES ONLY

REFUND AND TRANSFER POLICY: You can find our policy and electronic refund form at sbcc.augusoft.net.

FINANCIAL ASSISTANCE: Tuition assistance is available for Fee-Based classes. Go to: sbcc.edu/extendedlearning/tuitionassist.php for more information.

CLASS FEES: Class fees include Tuition fees (averages \$8/hr), Materials fees (when applicable) for items used in class or taken home, and Lab fees (when applicable) to cover specialized instruction costs.



COURSE INFORMATION

HOW TO READ THE COURSE SCHEDULE

COURSE SCHEDULE KEY

Course name → **Preparation for U.S. Naturalization-ESL**

Course code in bold, followed by course description → **ESLN NC040** • This class prepares immigrants to take the written and oral portions of the USCIS citizenship test in English. Topics include United States government, history, and vocabulary for the questions included in the test. Students learn to read, write, and comprehend the questions to answer verbally and appropriately to the interviewing officer.

Course instructor last name with first initial, course date range, and course location - see page 5 for location codes with name and address → Mancic-Johnson, S • 8/26 - 12/14 • SCHOTT-6 • **HF**

HyFlex (HF) classes have students participating in-person or via Zoom → **HF**

CRN = Course Reference Number. Used to register in a specific, Tuition-Free noncredit class → **CRN 43313**

ID = ID number for Fee-Based courses → **EVE**

Course day(s) and time → **EVE Tue Wed Thu 6:00pm - 8:45pm (Lec)**

EVE = evening classes

WE'RE HERE FOR YOU

NEED APPLICATION AND REGISTRATION HELP?



ONLINE:

sbcc.edu/extendedlearning/get-help.php

Self-help, step-by-step guidance to complete any of the enrollment steps, including how to search online for classes, apply and register.



EMAIL:

SELAdmissions@sbcc.edu

Questions are responded to within 24-48 business hours.



PHONE: (805) 683-8205

Check our website for updated telephone hours. Go to: sbcc.edu/extendedlearning/get-help.php



IN PERSON:

SBCC SCHOTT CAMPUS

310 W. Padre St., Santa Barbara

SBCC WAKE CAMPUS

300 N. Turnpike Rd., Santa Barbara

Check our website for updated hours for each campus' Information & Registration office.

CAMPUS & LOCATION INFORMATION

SBCC SCHOTT CAMPUS

310 W. Padre St., Santa Barbara, CA 93105

SBCC WAKE CAMPUS

300 N. Turnpike Rd., Santa Barbara, CA 93111

COMMUNITY LOCATIONS AND CODES

CARPINTERIA

CARPLB	Carpinteria Library 5141 Carpinteria Avenue
CCP	Carpinteria Children's Project 5201 8th Street
CHS	Carpinteria High School 4810 Foothill Road
LGPCW	Lou Grant Parent Child Workshop 5400 6th Street
SEAGARDEN	Seaside Gardens 3700 Via Real

ISLA VISTA

UCFSH	UCSB Family Student Housing 799 Juniper Walk
UCSB	University of California, Santa Barbara

MONTECITO

BTRFLY	Butterfly Beach 1260 Channel Drive
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SANTA BARBARA

A	MacDougall Administration Center SBCC East Campus, 721 Cliff Drive
AIKIDOSB	Aikido of Santa Barbara 121 N. Milpas Street
BC	Business/Communication Center SBCC West Campus, 721 Cliff Drive
DM	Drama Music Complex SBCC West Campus, 721 Cliff Drive
FIELD	Out in the field-Variou locations in and around Santa Barbara
H	Humanities Building SBCC East Campus, 721 Cliff Drive

LCJH	La Cumbre Junior High School 2255 Modoc Road
LBEACH	Ledbetter Beach Parking Lot East End Shoreline Drive
LCP	SBCC LifeScape/Chumash Garden SBCC East Campus, 721 Cliff Drive
OAKPK	Oak Park 600 Block, W. Junipero Street
OE	Occupational Education Building SBCC East Campus, 721 Cliff Drive
OPCW	Oaks Parent Child Workshop 605 W. Junipero Street
PE	Physical Fitness Center SBCC East Campus, 721 Cliff Drive
PLNTRM	Museum of Natural History Planetarium 2559 Puesta Del Sol
SCHOTT	School of Extended Learning Schott Campus, 310 W. Padre Street
SKPCW	Starr King Parent Child Workshop 1525 1/2 Santa Barbara Street
SMPCW	San Marcos Parent Child Workshop 400 Puente Drive
TGROVE	Tucker's Grove Park 805 San Antonio Creek Road
WAKE	School of Extended Learning Wake Campus, 300 N. Turnpike Road
WCC	West Campus Classroom Building SBCC West Campus, 721 Cliff Drive
OTHER	
ONLINE	Online or Videoconference Online
TBA	To Be Announced


STUDENT SUPPORT SERVICES



Our team is available to help you identify and achieve their education and career goals.

Contact us:

 NCsss@sbcc.edu

 (805) 898-8160

SERVICES INCLUDE:

- Career Counseling
- Academic Advising
- Assessment Testing
- Introducing students to Extended Learning Programs
- Instructing students on how to read the Course Schedule, plan and create an ESL academic plan
- Advising students how to move through the ESL levels
- Transfer Assistance to SBCC Credit Programs
- Referral to Community Resources
- Scholarships
- Basic Need Services

SERVICIOS TAMBIÉN ESTÁN DISPONIBLES EN ESPAÑOL

- Aprenderá como planear su horario de clases y como inscribirse.
- Aprenderá como cambiarse de un nivel de inglés al siguiente.
- Se informará acerca de los servicios de apoyo para los estudiantes del colegio.

WAKE BASIC NEEDS CENTER AND FOOD PANTRY

The Food Pantry provides free food for noncredit students, staff, and faculty. Additionally, the Basic Needs Center provides free basic technical advising services, immigration referrals, and referrals to community resources. For opening hours, visit: sbcc.edu/ExtendedLearning

Location: Wake Campus, Room #22

DISABILITY SERVICES AND PROGRAMS FOR STUDENTS (DSPS)

Accommodations for Disability

For information about disability services and/or requesting disability based accommodations, including an alternate format of this Class Schedule, go to sbcc.edu/dsps.

Location: East Campus, Cliff Drive
Student Services Building, Room 160 (SS-160)
(805) 730-4164 or dsps@sbcc.edu

NO COMPUTER? NO PROBLEM!

Free access to computers is available to registered learners.

NO TIENE COMPUTADORA? NO HAY PROBLEMA!

Acceso gratuito de computadoras, para estudiantes registrados.

JONATHAN VO

DISCOVERING A PASSION FOR HEALTHCARE

In the busy corridors of Stanford Healthcare, Santa Barbara City College (SBCC) alumnus Jonathan Vo stands as a reliable source of compassion and efficiency. As a patient care coordinator specializing in immunology and rheumatology, Jonathan navigates countless medical demands — from assisting with injections to medical scribing — while still embodying the essence of dedication and empathy.

So how did he get here? In part, it was through a strong desire to make a difference in people's lives, but a guiding force in Jonathan's journey was also the intensive introduction to healthcare that he received from the School of Extended Learning at SBCC.

“Growing up, I always had a passion for helping others,” Jonathan shares. “But it was the patient-by-patient interaction in healthcare that truly resonated with me.”

His academic pursuits led Jonathan to UC Santa Barbara, where he studied biopsychology while simultaneously enrolling in the Medical Assistant Program at SBCC. Under the guidance of SBCC instructor Bette Lee, Jonathan thrived in the program's immersive environment.

“She looked out for our best interests,” he reflects appreciatively.

“**I DEPENDED ON HER TO GUIDE ME, CONSIDERING MY CAREER ASPIRATIONS AND THAT I WAS STUDYING AT UCSB.”**



The SBCC curriculum seamlessly blended theoretical knowledge with hands-on experience, preparing Jonathan for the rigors of clinical practice. Jonathan later delved into the externship SBCC helped arrange, gaining invaluable insights at a gastrointestinal clinic.

Jonathan says the diversity within the classroom mirrored the realities of healthcare itself. “It opened my eyes to seeing a medical assistant position could carry different weight — it could mean putting food on the table for their family, or gaining experience in search of a further career in healthcare. It gave me more preparation for being in the workforce, since you’re working with people of all different backgrounds.”

Armed with his newfound expertise and insight, Jonathan embarked on his career at Stanford guided by an unwavering commitment to patient well-being. As he continues to make a difference, his story serves as an inspiration for those who understand the transformative power of dedication, education and a caring heart.

COLLEGE & CAREER PREP

FOR YOU



Develop the practical skills you need to find work, earn a promotion, and/or go to college.

- ▶ Adult High School
- ▶ General Education Development (GED®) Program

- ▶ Career Skills Institute

ADULT HIGH SCHOOL

The Adult High School Diploma Program is designed for adults who want to earn their high school diploma. Students meet with an advisor to create an individualized learning plan, and work one-on-one with faculty and in small groups with other students. We offer student support services such as transcript analysis, assessment, orientation, registration support, academic advising/ counseling, and career counseling. Hours are flexible; start any time and work at your own pace.

GED® / Bilingual GED® exam preparation classes are designed for students 18 or older who wish to earn a high school equivalency certificate. One-on-one help from instructors is available in all subjects; all levels are welcome; work at your own pace; flexible hours; start any time.

We're Here for You. For more information about Adult High School, GED and Bilingual GED programs, contact Monica Campbell at mncampbell2@pipeline.sbcc.edu, (805) 683-8233.



Adult High School (AHS) Courses

SUBJECT CODE	COURSE NO	COURSE TITLE	GENERAL AHS SUBJECT AREA
HSEC	NC010	Economics	Economics
HSEN	NC001	Reading and Composition: 1	English
HSEN	NC01A	Reading and Composition: 1A	English
HSEN	NC01B	Reading and Composition: 1B	English
HSEN	NC002	Reading and Composition: 2	English
HSEN	NC02A	Reading and Composition: 2A	English
HSEN	NC02B	Reading and Composition: 2B	English
HSEN	NC003	Reading and Composition: 3	English
HSEN	NC03A	Reading and Composition: 3A	English
HSEN	NC03B	Reading and Composition: 3B	English
HSHE	NC010	Health	Health Education
HSSC	NC010	Marine Biology	Science
HSSC	NC020	Oceanography	Science
HSSC	NC030	Biology	Science
HSSC	NC040	Earth Science	Science

ADULT HIGH SCHOOL (AHS) COURSES

<i>SUBJECT CODE</i>	<i>COURSE NO</i>	<i>COURSE TITLE</i>	<i>GENERAL AHS SUBJECT AREA</i>
HSMA	NC010	Mathematics A: Whole Numbers	Mathematics
HSMA	NC020	Mathematics B: Fractions, Decimals, Percents	Mathematics
HSMA	NC030	Mathematics C: Pre-Algebra	Mathematics
HSMA	NC040	Introductory Algebra	Mathematics
HSMA	NC050	Introductory Geometry	Mathematics
HSCA	NC010	Learning Skills: PowerPoint	Electives
HSCA	NC020	Learning Skills: Access	Electives
HSCA	NC030	Learning Skills: Outlook	Electives
HSCA	NC040	Learning Skills: Excel	Electives
HSCA	NC050	Learning Skills: Word Basics	Electives
HSPD	NC010	Learning Skills: Note Taking Strategies	Electives
HSPD	NC020	Learning Skills: Time Management	Electives
HSPD	NC030	Learning Skills: Learning Styles	Electives
HSPD	NC040	Learning Skills: Test-Taking Skills	Electives
HSPD	NC050	Learning Skills: Writing Skills	Electives
HSHI	NC030	American History: Part 1	History
HSHI	NC040	American History: Part 2	History
HSPS	NC020	Survey of U.S. Government	Political Science
HSVA	NC001	Visual Arts and Media Techniques/Art Studio 1	Visual Arts
HSVA	NC01A	Visual Arts and Media Techniques/Art Studio 1A	Visual Arts
HSVA	NC01B	Visual Arts and Media Techniques/Art Studio 1B	Visual Arts
HSWH	NC010	World History 1: Early Civilization	World History
HSWH	NC020	World History 2: Modern Region	World History

Class Schedule is Subject to Change

Please check online for up-to-date information such as class meeting changes, location changes, class cancellations, newly-added class sections and campus status. Go to: sel.sbccc.edu

Questions? Contact Us! Email: Ahs-Ged@pipeline.sbccc.edu Phone: (805) 898-8160

GENERAL EDUCATION DEVELOPMENT (GED®) PROGRAM

SUBJECT CODE	COURSE NO	COURSE TITLE	GENERAL AHS SUBJECT AREA
GED	NC010	GED Test Subject: Reading	GED Courses
GED	NC020	GED Test Subject: Social Studies	GED Courses
GED	NC030	GED Test Subject: Science	GED Courses
GED	NC050	GED Test Subject: Math	GED Courses
GEDB	NC060	GED Test Subject: Bilingual Reading	Bilingual GED Courses
GEDB	NC070	GED Test Subject: Bilingual Social Studies	Bilingual GED Courses
GEDB	NC080	GED Test Subject: Bilingual Science	Bilingual GED Courses
GEDB	NC100	GED Test Subject: Bilingual Math	Bilingual GED Courses

Adult High School (AHS) Program

Class Meeting Times

Instructors: Patricia Mautone, Bridget Harrington, Mariah Messer, Claudia Johnson, Elizabeth Cooke, Stephen Gunstinson

Locations and Class Hours: Hours subject to change without notice.

Join our live video or face-to-face classes at Wake or Schott!

For support and other updates go to: sbcc.edu/extendedlearning/ahs-ged.php

General Education Development (GED) Program

Locations, instructors and class hours same as AHS Program

Time

9a.m. – 8p.m. M,T,W,TH

Bilingual General Education Development (GED) Program

Instructores: Araceli Ponce and Karla Uribe

Lugares y Horario: El programa está sujeto a cambios sin previo aviso.

¡Únase a nuestro video en vivo o clases presenciales en Wake o Schott!

Visite nuestro sitio web para obtener asistencia personal y otras actualizaciones:

sel.sbcc.edu

- Horarios flexibles
- Las clases son gratis
- Las clases del GED® también están disponibles en inglés
- Tenemos computadoras, libros y pruebas de práctica
- No importa su nivel académico; los instructores le proporcionarán un plan de estudios para que trabaje a su propio ritmo.
- Los instructores le dan orientación personalizada en todas las materias para presentar los exámenes del GED®

Time	Days
9a.m. – 1p.m.	T,W,TH,F
5p.m. – 9p.m.	M,T,W,TH

Questions? Contact Us! Email: Ahs-Ged@pipeline.sbcc.edu Phone: (805) 898-8160



Zoom / HyFlex

Over 250 Extended Learning classes are offered live online using Zoom!

HyFlex classes have faculty teaching in the classroom, with students participating in-person or via Zoom. Find these classes by looking for HF next to the class listing. You can join in-person or from home!



CAREER SKILLS INSTITUTE CSI

Offers training to adults re-entering the workforce and to any student interested in up-skilling in the areas of business, design, technology and vocational courses. Programs include bilingual computer courses. Short courses are offered each week. We partner with employers in the community to complement their own employee training programs. In addition, we are a proud partner with the Santa Barbara County Sheriff's Department, offering skills training to incarcerated students in the local jail.

We're Here for You. For more information, contact Jeanette Chian at jchianbrooks@pipeline.sbcc.edu, (805) 683-8289.

P: IN-PERSON
Z: ZOOM (H): HYFLEX WHERE OFFERED

Classes are subject to change

ACCOUNTING (BUSINESS)

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
42595	ACTV	NC215	Fundamentals of Income Tax (co-enrolled 39480 credit)	Main campus BC 314	8/26	12/14	T/Th 8am-10:05am	Barbara Aue
44353	ACTV	NC101	Introduction to Accounting Basics 1	ZOOM ONLY	9/4	9/25	W 10am-1pm	Eva Schmidt
43167	ACTV	NC001	Setting up QuickBooks for Small Business	ZOOM ONLY	9/7	9/28	Sa 9am-12:50pm	Carolyn Terry
44354	ACTV	NC102	Introduction to Accounting Basics 2	ZOOM ONLY	10/2	10/23	W 10am-1pm	Eva Schmidt
43168	ACTV	NC002	Monthly Procedures using QuickBooks	ZOOM ONLY	10/5	10/26	Sa 9am-12:50pm	Carolyn Terry
44351	ACTV	NC214	Exploring IRS Enrolled Agent Work	Wake 4	10/19		Sa 8:30am-4:30pm	Barbara Aue
43162	ACTV	NC003	Year End Procedures	ZOOM ONLY	11/2	11/23	Sa 9am-12:50pm	Carolyn Terry

CAREER PLANNING (BUSINESS)

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
44376	PDW	NC001	Personalized Career Planning	Wake 28	11/16	11/23	Sa 9am-1pm	Valerie Eurman
44377	PDW	NC002	Strategic Job Search	Wake 5	12/7	12/7	Sa 8:30-4:30pm	Janna Mori

WORKPLACE READINESS FOR ADULTS (DSPS)

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
44676	DSPS	NC001	Vocational Exploration and Planning	H219	8/26	12/14	M/W 10:15am-11:25am	Robyn Young

BUSINESS

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
TBD	PROW	NC013	Emotional Intelligence in the Workplace (UCSB)	ZOOM ONLY	8/28		W 8:30am-4:30pm	Pending Staff
43249 P 43239 Z	PROW	NC044	Assertive Communication	Wake 28 ONLINE (H)	9/4		W 8:30am-4:30pm	Pending Staff
43239 P 44317 Z	PROW	NC014	Motivating Yourself and Others	Wake 28 ONLINE (H)	9/5		Th 8:30am-4:30pm	Pending Staff
TBD	PROW	NC015	Building High Performance Teams	Wake 28 ONLINE (H)	9/10		T 8:30am-4:30pm	Pending Staff
44119	PROW	NC028	Championing Diversity	TBD	9/11		W 5:30pm-9:30pm	Pending Staff
44125	PROW	NC006	Leadership Skills	Wake 28	9/13		F 8:30am-4:30pm	Pending Staff
44381	PROW	NC087	Planning for Future Success	Wake 28 ONLINE (H)	9/17		Th 8:30am-4:30pm	Pending Staff



TRAINING for Today!
Business • Design • Technology • Career

FALL 2024

AUGUST 26 - DECEMBER 14

P: IN-PERSON

Z: ZOOM (H): HYFLEX WHERE OFFERED

Classes are subject to change

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
44001P 44310 Z	PROW	NC025	Resolving Differences in the Workplace	Wake 28 ONLINE (H)	9/18		W 8:30am-4:30pm	Pending Staff
42825	COMW	NC001	Building an Equity Mindset	Fully Online	9/18		Fully Online	Dr. Carrie Hutchinson
TBD P 44395 Z	PROW	NC038	Increasing Productivity	Wake 28 ONLINE (H)	9/19		Th 8:30am-4:30pm	Pending Staff
44392 P 44319 Z	PROW	NC035	Workplace Politics	Wake 28 ONLINE (H)	9/25		W 8:30am-4:30pm	Pending Staff
44382 P 44594 Z	PROW	NC086	Multigenerational Workforce	Wake 28 ONLINE (H)	9/26		Th 8:30am-4:30pm	Pending Staff
TBD P 43236 Z	PROW	NC010	Project Management for Non Project Managers	Wake 28 ONLINE (H)	10/1		T 8:30am-4:30pm	Mariaelena Welch
44386	PROW	NC051	Secrets of a Great Employee	TBD	10/2		W 5:30pm-9:30pm	Pending Staff
44381 P 44536 Z	PROW	NC087	Planning for Future Success	TBD ONLINE (H)	10/3		Th 8:30am-4:30pm	Pending Staff
44117	PROW	NC013	Emotional Intelligence in the Workplace	Wake 28	10/8		T 8:30am-4:30pm	Patricia Backlen
44121	PROW	NC017	Change is the New Constant (UCSB)	ZOOM ONLY	10/9		W 8:30am-4:30pm	Pending Staff
43256 P 44311 Z	PROW	NC088	The Art and Science of Giving and Receiving Feedback	Wake 28 ONLINE (H)	10/10		Th 8:30am-4:30pm	Pending Staff
44008	PROW	NC012	Supervisory Skills	Wake 28	10/11		F 8:30am-4:30pm	Pending Staff
44603	PROW	NC006	Leadership Skills (UCSB)	ZOOM ONLY	10/16		W 8:30am-4:30pm	Pending Staff
TBD	PROW	NC064	Accountability	TBD	10/16		W 5:30pm-9:30pm	Pending Staff
44457 P 44686 Z	PROW	NC003	Time Management	Wake 28 ONLINE (H)	10/23		W 8:30am-4:30pm	Pending Staff
44383 P 44535 Z	PROW	NC085	Resilience in the Workplace	Wake 28 ONLINE (H)	10/24		Th 8:30am-4:30pm	Pending Staff
42827	COMW	NC002	Applying an Equity Mindset	Fully Online	10/28		Fully Online	Pending Staff
44014 P 44320 Z	PROW	NC084	Trust and Conflict Resolution	Wake 28 ONLINE (H)	10/29		Th 8:30am-4:30pm	Pending Staff
44655	PROW	NC021	Coaching Skills (UCSB)	ZOOM ONLY	10/30		W 8:30am-4:30pm	Pending Staff
44009 P 44389 Z	PROW	NC032	Difficult Conversations	Wake 28 ONLINE (H)	11/5		T 8:30am-4:30pm	Pending Staff
TBD	PROW	NC015	Building High Performance Teams (UCSB)	ZOOM ONLY	11/6		W 8:30am-4:30pm	Pending Staff
44011 P 44323 Z	PROW	NC083	Managing Workplace Stress	Wake 28 ONLINE (H)	11/7		Th 8:30am-4:30pm	Pending Staff
43229 P 44313 Z	PROW	NC002	Business Writing in a Technological World	Wake 28 ONLINE (H)	11/13		W 8:30am-4:30pm	Pending Staff
TBD P 43253 Z	PROW	NC067	High Impact Presentations and Proposals for the Work Place	Wake 28 ONLINE (H)	11/14		Th 8:30am-4:30pm	Pending Staff



TRAINING for Today!

Business
Design
Technology
Career

FALL 2024
AUGUST 26 - DECEMBER 14

P: IN-PERSON
Z: ZOOM (H): HYFLEX WHERE OFFERED

Classes are subject to change

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
TBD P 44527 Z	PROW	NC036	The Art of Negotiating and Collaborating	Wake 28 ONLINE (H)	11/19		T 8:30am-4:30pm	Pending Staff
TBD	PROW	NC050	Best Practice in Customer Serv	Wake 28 ONLINE (H)	11/20		W 8:30am-4:30pm	Pending Staff
TBD	PROW	NC019	Personality Styles and Difficult Relationships	Wake 28 ONLINE (H)	11/21		Th 8:30am-4:30pm	Pending Staff
TBD P 44120 Z	PROW	NC021	Coaching Skills	Wake 28 ONLINE (H)	12/3		T 8:30am-4:30pm	Pending Staff
TBD	PROW	NC068	Professional Etiquette	TBD	12/4		W 5:30pm-9:30pm	Pending Staff
44828 P 44829 Z	PROW	NC012	Supervisory Skills	Wake 28 ONLINE (H)	12/5		Th 8:30am-4:30pm	Pending Staff
44390 P 44526 Z	PROW	NC033	Successfully Managing and Developing People	Wake 28 ONLINE (H)	12/10	12/12	T/Th 8:30am-4:30pm	Pending Staff
44394 P TBD Z	PROW	NC004	Workplace Communication Strategies	Wake 28 ONLINE (H)	12/11		W 8:30am-4:30pm	Pending Staff

TECHNOLOGY CLASSES

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
43215	CMPW	NC63A	MS Excel 1	Wake 5	8/27	9/5	T/Th 6pm-8:15pm	Vince Wong
44171 P 44175 Z	CTBD	NC071	Tech Talk: What's New in Computers and Technology?	Wake 4 ONLINE (H)	9/3	11/5	T 1pm-3:15pm	Norma Eggli
TBD	CMPW	NC55A	MS PowerPoint 1	Wake 4	9/4	9/18	W 5pm-8:10pm	Norma Eggli
43199 P 44261 Z	CMPW	NC030	Introduction to the Mac	Wake 3 ONLINE (H)	9/9	9/25	M/W 1pm-3:15pm	Diana Musacchio
43217	CMPW	NC63B	MS Excel 2	Wake 5	9/10	9/19	T/Th 6pm-8:15pm	Vince Wong
44360	CMPW	NC014	Facebook for Business	ZOOM ONLY	9/13	9/13	F 8:30am-4:30pm	BilliJo Starr
TBD	CMPW	NC58A	MS Outlook 1	Wake 4 ONLINE (H)	9/16	9/28	M 4pm-6:15pm	Norma Eggli
43216 P TBD Z	CMPW	NC63A	MS Excel 1	Wake 5 ONLINE (H)	9/24	10/1	T/Th 9am-12:05pm	Esther Frankel
TBD	CMPW	NC55B	MS PowerPoint 2	Wake 4	9/25	10/9	W 5pm-8:10pm	Eric Jackson
43200 P 44262 Z	CMPW	NC031	Intro to MAC OX X Level 1	Wake 3 ONLINE (H)	9/30	10/16	M/W 1pm-3:15pm	Diana Musacchio
43999	CMPW	NC012	Maximize Perform/Google Drive	Wake 4	10/5	10/26	Sa 9am-1pm	Eric Jackson
44355 P TBD Z	CMPW	NC63B	MS Excel 2	Wake 5 ONLINE (H)	10/8	10/15	T/Th 9am-12:10pm	Esther Frankel
43218	CMPW	NC63C	MS Excel 3	Wake 5	10/8	10/17	T/Th 6pm-8:15pm	Vince Wong



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TBD	CMPW	NC58B	MS Outlook 2	Wake 4 ONLINE (H)	10/14	11/4	M 4pm-6:15pm	Norma Eggli
TBD	CMPW	NC040	Searching the Web	Wake 4	10/16	11/13	W 9:30am-11:30am	Norma Eggli
TBD	CMPW	NC55C	MS PowerPoint 3	Wake 4	10/16	10/30	W 5pm-8:10pm	Eric Jackson
44356 P TBD Z	CMPW	NC63C	MS Excel 3	Wake 5 ONLINE (H)	10/17	10/24	T/Th 9am-12:10pm	Esther Frankel
43174	CMPW	NC016	Pinterest/Instagram Business	ZOOM ONLY	10/18	10/18	F 8:30am-4:30pm	BilliJo Starr
44263 P 43201 Z	CMPW	NC032	Intro to Mac OS X Level 2	TBD ONLINE (H)	10/18	11/22	M/W 1pm-3:15pm	Diana Musacchio
43185	CMPW	NC080	Setting Up A Blog	Wake 3	10/19	10/26	Sa 9am-1pm	Chuck Place
TBD	CMPW	NC51A	MS Word 1	Wake 5	10/29	11/6	T/W 6pm-8:15pm	Vince Wong
TBD	CMPW	NC51A	MS Word 1	Wake 5 ONLINE (H)	10/29	11/5	T/Th 9am-12:15pm	Esther Frankel
44359	CMPW	NC017	LinkedIn for Business	ZOOM ONLY	11/3	11/3	F 8:30am-4:30pm	BilliJo Starr
TBD	CMPW	NC51B	MS Word 2	Wake 5 ONLINE (H)	11/7	11/26	T/Th 9am-12:15pm	Esther Frankel
44362	CMPW	NC015	Twitter for Business	ZOOM ONLY	11/8	11/8	F 8:30am-4:30pm	BilliJo Starr
44374	LIBW	NC001	Online Research Skills	Wake 5	11/9	11/9	Sa 8:30am-4:30pm	Pending Staff
44595 P 44700 Z	CMPW	NC024	Introduction to Windows	Wake 4 ONLINE (H)	11/12	12/3	T 1pm-3:20pm	Norma Eggli
TBD	CMPW	NC51B	MS Word 2	Wake 5	11/12	11/21	T/Th 6pm-8:15pm	Vince Wong
44375	LIBW	NC002	Research with Infographics	Wake 5	11/16	11/16	Sa 8:30am-4:30pm	Pending Staff
TBD	CMPW	NC58C	MS Outlook 3	Wake 4 ONLINE (H)	11/18	12/9	M 4pm-6:15pm	Norma Eggli
TBD	CMPW	NC51C	MS Word 3	Wake 5 ONLINE (H)	11/19	11/26	T/Th 9am-12:15pm	Esther Frankel
TBD	CMPW	NC51C	MS Word 3	Wake 5	12/3	12/12	T/Th 6pm-8:15pm	Vince Wong
44372	CMPW	NC081	Create Compelling Content	Wake 3	12/6	12/13	F 9am-1:00pm	Diana Musacchio
44016	CMPW	NC018	YouTube for Business	ZOOM ONLY	12/13	12/13	F 8:30am-4:30pm	Erin Gorrell



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DESIGN CLASSES

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
42385	MATW	NC003	Photoshop	ZOOM ONLY	8/30	10/11	F 9am-12:45pm	Diana Musacchio
44378	PHOW	NC006	Editorial Photography	Wake 03	9/4	10/24	W 9am-11am	Chuck Place
44205	GDPW	NC001	Digital Design Techniques	Wake 03	9/9	12/13	M/W 4pm-6:55pm	Diana Musacchio
43267	PHOW	NC003	Lightroom Classic 1	ZOOM ONLY	9/10	9/26	T/Th 5:30pm-8:35pm	Bruce Burkhardt
43271	GDPW	NC005	Photoshop Overview	Wake 03	9/28	10/12	Sa 9am-12:15pm	Bruce Burkhardt
43268	PHOW	NC004	Lightroom Classic 2	ZOOM ONLY	10/1	10/17	T/Th 5:30pm-8:35pm	Bruce Burkhardt
44240 P TBD Z	MATW	NC003	Photoshop	Wake 03 ONLINE (H)	10/14	11/16	M/W 4pm-6:55pm	Diana Musacchio
44067	GDPW	NC010	Introduction to Adobe Illustrator	ZOOM ONLY	10/18	11/22	F 9am-12:45pm	Diana Musacchio
43270	PHOW	NC005	Lightroom Classic 3	ZOOM ONLY	10/22	11/7	T/Th 5:30pm-8:35pm	Bruce Burkhardt
43165	PHOW	NC001	Digital Cameras, Digital Photo	Wake 03	10/30	11/30	W 9am-11:15am	Chuck Place
43269	PHOW	NC002	Photoshop for Digital Photographers	ZOOM ONLY	11/5	12/5	T/Th 5:30pm-8:20pm	Bruce Burkhardt

CAREER CLASSES

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
43171	AHV	NC005	Medical Assistant IA	Wake 14	8/26	12/14	T/Th 5:45pm-9:05pm	Bette Lee
42381	EHV	NC001	Green Gardener: Module 1	Wake 28	8/26	10/19	M 5pm-7:45pm	Oscar Carmona
43221	CTV	NC001	Construction Framing	Wake 24	8/27	9/17	T 5pm-8pm	Rod Utt
44926	EHV	NC001	Green Gardener: Module 1	Wake 28	8/28	10/9	W 5pm-7:45pm	Oscar Carmona
43227 P 44237 Z	CTV	NC021	Deconstruction and ReUse	Wake 20 ONLINE (H)	9/4	10/9	W 6pm-8:15pm	Carol Ashley
43172	AHV	NC020	Personal Care I: Basic Care	Wake 14	9/9	10/23	M/W 5:30pm-8:30pm	MaryBeth Noggle
43226 P 44238 Z	CTV	NC022	Repurposing and Refurbishing	Wake 20 ONLINE (H)	10/30	12/11	W 6pm-8:15pm	Carol Ashley
43228	EMTV	NC111	EMT-Basic: Recertification	A211 Credit Campus	9/14	9/15	Sa/Su 8am-8pm	Mark Petersen
44297	EHV	NC207	Small Scale Food Production 1	Credit Campus-LCP	9/17	10/8	T 9am-12pm	Oscar Carmona



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CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
43374	EHV	NC207	Small Scale Food Production 1	ZOOM ONLY	9/19	10/10	Th 4pm-7pm	Oscar Carmona
43224	CTV	NC002	Construction Finish Carpentry	Wake 24	9/24	10/15	T 5pm-8pm	Rod Utt
44756	EHV	NC010	Ecological Landscape Design 1	Wake 20	10/15	10/24	T/Th 5:30pm-7:45pm	Pending
44298	EHV	NC208	Small Scale Food Production 2	Credit Campus-LCP	10/15	11/5	T 9am-12pm	Oscar Carmona
43375	EHV	NC208	Small Scale Food Production 2	ZOOM ONLY	10/17	11/7	Th 4pm-7pm	Oscar Carmona
44678	CAV	NC013	Safe Food Prep. & Serv. Mod. 1	Eastside Library	10/21	10/28	M 8:30am-2:20pm	Julie Hobbins
42383	EHV	NC002	Green Gardener: Module 2	Wake 28	10/21	12/9	M 5pm-7:45pm	Oscar Carmona
44927	EHV	NC002	Green Gardener: Module 2	Wake 28	10/23	12/4	W 5pm-7:45pm	Oscar Carmona
43173	AHV	NC021	Personal Care Attendant II	Wake 14	10/28	11/20	M/W 6:30pm-8:30pm	MaryBeth Noggle
44757	EHV	NC011	Ecological Landscape Design 2	Wake 20	10/29	11/7	T/Th 5:30pm-7:45pm	Pending Instructor
43222	CTV	NC003	Construction Electrical	Wake 24	11/19	12/10	T 5pm-8pm	James Cunningham
43223	CTV	NC004	Construction Plumbing	Wake 24	11/19	12/10	T 5pm-8pm	Rod Utt

WOODSHOP (CAREER)

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days and Times	Instructor
TBD	CTV	NC002	Construction Finish Carpentry	Wake 10	8/27	9/17	T 9am-12pm	Timothy Palmer
TBD	CTV	NC002	Construction Finish Carpentry	Wake 10	8/28	9/18	W 5:30-8:30pm	Rod Utt
TBD	CTV	NC002	Construction Finish Carpentry	Wake 10	9/25	10/16	W 5:30-8:30pm	Rod Utt
TBD	CTV	NC002	Construction Finish Carpentry	Wake 10	9/27	10/15	T 9am-12pm	Timothy Palmer
TBD	CTV	NC012	Intermediate Construction Finish Carpentry	Wake 10	10/22	11/12	T 9am-12pm	Timothy Palmer
TBD	CTV	NC012	Intermediate Construction Finish Carpentry	Wake 10	10/23	11/13	W 5:30-8:30pm	Rod Utt
TBD	CTV	NC012	Intermediate Construction Finish Carpentry	Wake 10	11/19	12/10	T 9am-12pm	Timothy Palmer
TBD	CTV	NC012	Intermediate Construction Finish Carpentry	Wake 10	11/20	12/11	W 5:30-8:30pm	Rod Utt

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BILINGUAL COMPUTER CLASSES

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days/Times	Instructor
43507	CMPW	NC003	Intro to WindowsOS (Bilingual)	Schott 17	8/26	10/19	M/W 11:35am-2:35pm	Norma Graffius
43504	CMPW	NC010	Comp/Skills (Bilingual)	Schott 17	8/26	10/19	T/Th 11:35am-2:35pm	Norma Graffius
43502	CMPW	NC008	Microsoft Pub Fund (Bilingual)	Wake 06	8/26	10/19	M/W 11:35am-2:25pm	Cesar Lara Perez
44693	CMPW	NC005	Microsoft Word Fund/Bilingual	Wake 06	8/26	10/19	T/Th 11:30am-2:35pm	Cesar Lara Perez
TBD	CMPW	NC004	Internet and Email/Bilingual	ZOOM ONLY	8/26	10/19	M/W 1:00pm-3:30pm	Araceli Aparisio
44683 P 44684 Z	CMPW	NC007	Microsoft Excel (Bilingual)	Wake 06 ONLINE (H)	8/26	10/19	M/W 2:40pm-5:30pm	Raul Uribe
43503 P TBD	CMPW	NC002	Intro to Computers (Bilingual)	Wake 06 ONLINE (H)	8/26	10/19	T/Th 2:40pm-5:30pm	Raul Uribe
44685	CMPW	NC010	Comp/Skills (Bilingual)	Schott 17	8/26	10/19	M/W 4:30pm-6:40pm	Antonieta Solis
43510	CMPW	NC005	Microsoft Word Fund/Bilingual	Schott 17	8/26	10/19	T/Th 4:30pm-6:40pm	Antonieta Solis
44129	CMPW	NC006	MS PowerPoint (Bilingual)	ZOOM ONLY	8/26	10/19	T/W/Th 5:30pm-7:30pm	Norma Bahena
44694	CMPW	NC002	Intro to Computers (Bilingual)	Wake 06	10/21	12/14	M/W 11:35am-2:35pm	Cesar Lara Perez
43505	CMPW	NC005	Microsoft Word Fund/Bilingual	Schott 17	10/21	12/14	M/W 11:35am-2:35pm	Norma Graffius
TBD	CMPW	NC003	Intro to WindowsOS (Bilingual)	Wake 06	10/21	12/14	T/Th 11:35am-2:35pm	Cesar Lara Perez
TBD	CMPW	NC007	Microsoft Excel (Bilingual)	Schott 17	10/21	12/14	T/Th 11:35am-2:35pm	Norma Graffius
TBD	CMPW	NC005	Microsoft Word Fund/Bilingual	ZOOM ONLY	12/14	10/19	M/W 1:00pm-3:30pm	Araceli Aparisio
44195 P 44722 Z	CMPW	NC010	Comp/Skills (Bilingual)	Wake 06 ONLINE (H)	10/21	12/14	M/W 2:30pm-5:30pm	Raul Uribe
44681 P 44682 Z	CMPW	NC004	Internet and Email/Bilingual	Wake 06 ONLINE (H)	10/21	12/14	T/Th 2:40pm-5:30pm	Raul Uribe
44692	CMPW	NC004	Internet and Email/Bilingual	Schott 17	10/21	12/14	T/Th 4:30pm-6:40pm	Antonieta Solis
44679	CMPW	NC006	MS PowerPoint (Bilingual)	Schott 17	10/21	12/14	M/W 4:30pm-6:40pm	Antonieta Solis
44130	CMPW	NC002	Intro to Computers (Bilingual)	ZOOM ONLY	10/21	12/14	TWTh 5:30pm-7:30pm	Norma Bahena

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TUTOR TRAINING

CRN	Dept	Course	Course Title	Location	Start Date	End Date	Days/Times	Instructor
43460	TUTW	NC199	Tutor Training Across the Disciplines	ZOOM ONLY	9/27	9/28	F 1pm-5pm Sa 10am-2pm	Pending Staff
43462	TUTW	NC199	Tutor Training Across the Disciplines	ZOOM ONLY	10/2	10/23	W 5pm-7pm	Pending Staff
43463	TUTW	NC199	Tutor Training Across the Disciplines	ZOOM ONLY	10/11	10/23	F 1pm-5pm Sa 10am-2pm	Pending Staff
43770	TUTW	NC199	Tutor Training Across the Disciplines	ZOOM ONLY	10/17	11/7	Th 5pm-7pm	Pending Staff
44273	TUTW	NC199	Tutor Training Across the Disciplines	ZOOM ONLY	11/1	11/3	F 1pm-5pm Sa 10am-2pm	Pending Staff



ENGLISH AS A SECOND LANGUAGE

FOR YOU

Build confidence and skill in English, vocational English, and citizenship classes for all ability levels.

▾ **English as a Second Language**

ENGLISH AS A SECOND LANGUAGE

The English as a Second Language (ESL) Program empowers students to pursue pathways to careers or credit transfer. Tuition-Free courses are offered during the day and in the evening. ESL classes provide a wide variety of educational options needed to learn English. Students can develop skills necessary to be able to train for new job skills, or transition to college-level courses. Our experienced instructors value and appreciate ethnic diversity and cultivate multicultural exchanges in the classrooms. The Tuition-Free Program invites all students.

We're Here for You. For more information, contact Monica Campbell at mncampbell2@pipeline.sbcc.edu, (805) 683-8233. Visit our website for support and updates: sbcc.edu/extendedlearning/esl.php.

ENGLISH AS A SECOND LANGUAGE

Introduction to ESL

ESLN NC000 • Students learn to identify symbols in their lives including, but not limited to letters, numbers, time, direction, money, calendar, schedules and appointments. Students listen, speak, read and write in English at a pace determined by their own abilities and progress. Students increase confidence in classroom skills such as responding to teacher's questions, asking for help and working in pairs and groups.

- CRN 42403** Braden, S P • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 8:30am - 10:50am (Lec)
- CRN 42405** Mclaughlin-Montero, E • 8/26 - 10/19 • SCHOTT-29
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42407** Scherz, A F • 8/26 - 10/19 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42411** Grabowski, A L • 8/26 - 10/19 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42413** Corcoran, K G • 8/26 - 10/19 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42415** Valenzuela, A M • 8/26 - 10/19 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 44817** Braden, S P • 8/26 - 12/14 • SCHOTT-3
EVE Tue Thu 6:30pm - 9:00pm (Lec)
- CRN 42406** Mclaughlin-Montero, E • 10/21 - 12/14 • SCHOTT-29
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42408** Scherz, A F • 10/21 - 12/14 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42410** Braden, S P • 10/21 - 12/14 • ONLINE
Mon Tue Wed Thu 8:30am - 10:50am (Lec)
- CRN 42412** Grabowski, A L • 10/21 - 12/14 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42414** Corcoran, K G • 10/21 - 12/14 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42416** Valenzuela, A M • 10/21 - 12/14 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:15am (Lec)

Pronunciation and Speaking Skills: Beginning ESL

ESLN NC005 • Students practice beginning level speaking skills related to daily life situations and tasks. Students learn pronunciation basics for English language proficiency and gain confidence in appropriate and clear verbal interaction for community and classroom. Topics include personal information, family, jobs, school, and daily life.

- CRN 42417** Stein, G E • 8/26 - 10/19 • ONLINE
Fri 9:00am - 11:20am (Lec)
- CRN 42419** Esparza, D • 8/26 - 10/19 • ONLINE
Fri 9:00am - 11:20am (Lec)
- CRN 44931** Grabowski, A L • 8/26 - 10/19 • SCHOTT-28
EVE Fri 6:00pm - 9:00pm (Lec)
- CRN 44815** Turjoman, A • 9/25 - 12/11 • UCSB
Wed 1:00pm - 3:00pm (Lec)
- CRN 42418** Stein, G E • 10/21 - 12/14 • ONLINE
Fri 9:00am - 11:50am (Lec)
- CRN 42420** Esparza, D • 10/21 - 12/14 • ONLINE
Fri 9:00am - 11:50am (Lec)
- CRN 44932** Grabowski, A L • 10/21 - 12/14 • SCHOTT-28
EVE Fri 6:00pm - 9:00pm (Lec)

Pronunciation and Conversation: Beyond ESL Basics

ESLN NC006 • Students practice clear pronunciation of American English at a beginning high or intermediate low level. Students gain confidence in communication skills to increase work opportunities and community involvement, and increase comprehensibility to help with daily verbal interaction in the community and classroom. Language topics include intonation, rhythm, stress and letter sounds in English.

- CRN 44933** Mclaughlin-Montero, E • 8/26 - 12/14 • UCSB
Wed 9:00am - 10:30am (Lec)

Pronunciation and Conversation: Intermediate

ESLN NC007 • Students learn to recognize and produce clear pronunciation of standard American English for intermediate students. Instruction focuses on sound mechanics, correct verb tense endings, intonation, rhythm, and stress. Students increase vocabulary and fluency to gain confidence in clear verbal interaction.

CRN 42435 Stephen, J A • 8/26 - 10/19 • ONLINE
Mon Wed Noon - 2:30pm (Lec)

CRN 44349 Cooper, A B • 8/26 - 10/19 • ONLINE
EVE Mon Wed 5:00pm - 7:25pm (Lec)

CRN 44934 Stein, G E • 8/26 - 12/14 • LCJH
EVE Wed 5:30pm - 8:00pm (Lec)

CRN 44935 Lyhitchenko, N • 8/26 - 12/14 • CCP
EVE Tue Thu 5:30pm - 7:00pm (Lec)

CRN 42565 Stephen, J A • 10/21 - 12/14 • ONLINE
Mon Wed Noon - 2:30pm (Lec)

CRN 44954 Cooper, A B • 10/21 - 12/14 • ONLINE
EVE Mon Wed 5:00pm - 7:25pm (Lec)

ESL Intermediate Low Grammar

ESLN NC008 • Intermediate low ESL students will use an integrated skills approach that includes reading, writing, listening, and speaking in a variety of contexts to increase confidence when commuting in English. Students learn English grammar and usage and focus on grammatical concepts in spoken/written English. Topics include modals, irregular past tense verbs, tag questions, commands, count and non-count nouns, and parts of speech. Students identify and use grammatical elements to compose and communicate using a variety of sentence styles, patterns, and tenses.

CRN 44936 Scherz, A F • 8/26 - 10/19 • SCHOTT-6
Mon Wed Noon - 3:00pm (Lec)

CRN 44955 Scherz, A F • 8/26 - 10/19 • ONLINE • **HF**
Mon Wed Noon - 3:00pm (Lec)

CRN 44937 Scherz, A F • 10/21 - 12/14 • SCHOTT-6
Mon Wed Noon - 3:00pm (Lec)

CRN 44956 Scherz, A F • 10/21 - 12/14 • ONLINE • **HF**
Mon Wed Noon - 3:00pm (Lec)

Political and Cultural History of the United States: ESL

ESLN NC011 • Intermediate ESL students learn the political and cultural history of the United States and its government. Topics include the history of the native people and the settlers, the political history of the founders of the United States and how the government was formed, and a review of the current political process as it functions in the United States.

CRN 42445 Bellido, L • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 8:00am - 8:50am (Lec)

ESL Parent Involvement in K-12

ESLN NC013 • Provides parents with knowledge and tools to navigate the public school system. Students design a home environment that supports learning for their children. Students learn to demonstrate the ability to express high expectations for their children's achievements and develop skills to become involved in their children's education at school and in the community.

CRN 42447 Bellido, L • 8/26 - 12/14 • ONLINE
Fri 8:30am - 9:45am (Lec)

American Culture for ESL Students

ESLN NC017 • Students learn about American culture and values through teacher-directed discussion and activities, conversations using idioms, readings and writings, and participation in an analysis of American culture. Students explore how famous American people, places and events influenced American values, beliefs, and attitudes and how they contributed to forming the American Dream. English used will be geared to beginning high and intermediate level ESL students.

CRN 42449 Bellido, L • 10/21 - 12/14 • ONLINE
Mon Tue Wed Thu 8:00am - 8:50am (Lec)

Intermediate ESL Vocabulary

ESLN NC018 • Students learn new vocabulary and usage for intermediate low and high English. Students will be able to express themselves more effectively with landlords, receptionists, doctors, teachers, and other community members. Some vocabulary topics include: family, school, professions, food, home, and clothing. Word decoding skills include: synonyms, antonyms, homophones, prefixes, and suffixes

CRN 43487 Turjoman, A • 8/26 - 9/20 • ONLINE
Tue Thu Noon - 2:30pm (Lec)

CRN 43488 Turjoman, A • 10/21 - 11/15 • ONLINE
Tue Thu Noon - 2:35pm (Lec)

ESL 1 - A: Beginning Low

ESLN NC01A • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 1, beginning low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics related to shopping and money.

- CRN 42451** Grabowski, A L • 10/21 - 12/14 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42453** Corcoran, K G • 10/21 - 12/14 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42455** Scherz, A F • 10/21 - 12/14 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42457** Chin, T Y • 10/21 - 12/14 • SCHOTT-28
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42458** Valenzuela, A M • 10/21 - 12/14 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 42460** Braden, S P • 10/21 - 12/14 • ONLINE
Mon Tue Wed Thu 8:30am - 10:50am (Lec)

ESL 1 - C Beginning Low

ESLN NC01C • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 1, beginning low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, and Government and Law.

- CRN 44938** Grabowski, A L • 8/26 - 10/19 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44939** Chin, T Y • 8/26 - 10/19 • SCHOTT-28
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 44940** Corcoran, K G • 8/26 - 10/19 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 44941** Valenzuela, A M • 8/26 - 10/19 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 44957** Scherz, A F • 8/26 - 10/19 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44958** Braden, S P • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 8:30am - 10:50am (Lec)

ESL Idioms: Intermediate

ESLN NC023 • Speaking skills using American English idioms related to daily life. Students gain confidence in verbal interaction and cultural assimilation by understanding and utilizing idioms effectively. Topics include idioms related to food, sports, colors, animals, the human body and verbs.

- CRN 43489** Turjoman, A • 9/23 - 10/18 • ONLINE
Tue Thu Noon - 2:30pm (Lec)
- CRN 43490** Turjoman, A • 11/18 - 12/13 • ONLINE
Tue Thu Noon - 2:30pm (Lec)

ESL 2 - A Beginning High

ESLN NC02A • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 2, beginning high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics related to shopping and money.

- CRN 42473** Lopez, N L • 10/21 - 12/14 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 42474** Bellido, L • 10/21 - 12/14 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42476** Simon, R • 10/21 - 12/14 • ONLINE
Tue Wed Thu 8:30am - 11:30am (Lec)
- CRN 42477** Corcoran, K G • 10/21 - 12/14 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42478** Baranoff, G S • 10/21 - 12/14 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42481** Zell, L K • 10/21 - 12/14 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 44168** Arnold, T D • 10/21 - 12/14 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)

ESL 2 - C Beginning High

ESLN NC02C • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 2, beginning high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, and Government and Law.

- CRN 44942** Lopez, N L • 8/26 - 10/19 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 44943** Corcoran, K G • 8/26 - 10/19 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:00am (Lec)
- CRN 44944** Zell, L K • 8/26 - 10/19 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 44945** Arnold, T D • 8/26 - 10/19 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44959** Bellido, L • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 9:00am - 11:00am (Lec)
- CRN 44960** Simon, R • 8/26 - 10/19 • ONLINE
Tue Wed Thu 8:30am - 11:30am (Lec)
- CRN 44961** Baranoff, G S • 8/26 - 10/19 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)

ESL 3 - A Intermediate Low

ESLN NC03A • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 3, intermediate low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics

- CRN 42492** Zell, L K • 10/21 - 12/14 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42493** Bellamy, J J • 10/21 - 12/14 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42494** Turjoman, A • 10/21 - 12/14 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42495** Lopez, N L • 10/21 - 12/14 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 44163** Arnold, T D • 10/21 - 12/14 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44274** Bellido, L • 10/21 - 12/14 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)

ESL 3 - C Intermediate Low

ESLN NC03C • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 3, intermediate low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, and Government and Law.

- CRN 44946** Zell, L K • 8/26 - 10/19 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 44947** Bellamy, J J • 8/26 - 10/19 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 44948** Lopez, N L • 8/26 - 10/19 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 44949** Arnold, T D • 8/26 - 10/19 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44962** Turjoman, A • 8/26 - 10/19 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:00pm (Lec)
- CRN 44963** Lopez, N L • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 8:30am - 10:50am (Lec)
- CRN 44964** Bellido, L • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)

Preparation for U.S. Naturalization-ESL

ESLN NC040 • This class prepares immigrants to take the written and oral portions of the USCIS citizenship test in English. Topics include United States government, history, and vocabulary for the questions included in the test. Students learn to read, write, and comprehend the questions to answer verbally and appropriately to the interviewing officer.

- CRN 43313** Mancic-Johnson, S • 8/26 - 12/14 • SCHOTT-6 • **HF**
EVE Tue Wed Thu 6:00pm - 8:45pm (Lec)
- CRN 44965** Mancic-Johnson, S • 8/26 - 12/14 • ONLINE • **HF**
EVE Tue Wed Thu 6:00pm - 8:45pm (Lec)

ESL 4 - A Intermediate High

ESLN NC04A • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 4, intermediate high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics.

- CRN 42509** Domondon, K V • 10/21 - 12/14 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 42515** Zell, L K • 10/21 - 12/14 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 42516** Bellamy, J J • 10/21 - 12/14 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 43535** Esparza, D • 10/21 - 12/14 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 44164** Arnold, T D • 10/21 - 12/14 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44245** Lopez, N L • 10/21 - 12/14 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44357** Bellido, L • 10/21 - 12/14 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)

ESL 4 - C: Intermediate High

ESLN NC04C • One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 4, intermediate high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, Government and Law.

- CRN 44950** Zell, L K • 8/26 - 10/19 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 44951** Bellamy, J J • 8/26 - 10/19 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 44952** Arnold, T D • 8/26 - 10/19 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44953** Lopez, N L • 8/26 - 10/19 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 44966** Domondon, K V • 8/26 - 10/19 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 44967** Esparza, D • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 44968** Bellido, L • 8/26 - 10/19 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)

ESL CLASSES

Check our website for updates sbcc.edu/ExtendedLearning/esl.php.



Join our live video OR face-to-face classes at Wake or Schott!

Visit our website for updated class schedules, support information and more!

sbcc.edu/ExtendedLearning/esl.php
OR call and leave a message (805) 683-8233.

Hablamos español.

No computer? No problem!
Free access to computers available to registered learners.

¡Únase a nuestro video en vivo o clases presenciales en Wake o Schott!

Visita nuestra página de internet para horarios de clases, información de apoyo, y más!

sbcc.edu/ExtendedLearning/esl.php
ó llame y deja su mensaje a (805) 683-8233.

Hablamos español.

Conéctese donde sea con su computadora, telefono, o tableta. No tiene computadora? No hay problema!

Acceso gratuito de computadoras, para estudiantes registrados.



PERSONAL & FAMILY ENRICHMENT FOR YOU

Enhance your ability to support your family and community with classes focused on health, wellness, parenting, and more.

- ▼ Health & Safety
- ▼ Home Economics
- ▼ Parenting
- ▼ Life Enhancement

HEALTH & SAFETY

Courses focus on lifelong education to promote health, safety and the well-being of individuals, families and communities. Health and Safety topics include nutrition, alternative medicine, naturopathy and pain management.

We're Here for You. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbcc.edu, (805) 898-8140.

HEALTH AND SAFETY

Nutrition for Longevity

HEAL NC009 • Students learn how wholesome food can increase our quality of life and extend it. Focuses on what to eat, how to select and prepare nutritious food, and when and how to enjoy it. Topics also include the food choices and lifestyle of the centenarians who live in the "Blue Zones." Students discover which foods contain antioxidants that reduce inflammation and why eating them is recommended.

CRN 42971 Cardillo, G • 10/21 - 12/14 • CARPLB
Wed 4:00pm - 5:30pm (Lec)

Health and Wellness for Older Adults: Active Body, Active Mind

HEAL NC011 • Course includes assessment of the processes of aging and the importance of exercise and nutrition in maintaining independence, safety and well being. Emphasis will be placed on cognitive and physical exercise, diet, stress reduction, disease and injury prevention and consumer health information.

CRN 44134 Saenger, S • 8/26 - 11/25 • SCHOTT-14
Mon 3:00pm - 4:10pm (Lec)

Saenger, S • 12/2 • SCHOTT-14
Mon 3:00pm - 4:10pm (Lab)

CRN 44135 Saenger, S • 8/28 - 11/27 • ONLINE
Wed 3:00pm - 4:05pm (Lec)

Saenger, S • 12/4 • ONLINE
Wed 3:00pm - 4:05pm (Lab)

CRN 44560 Saenger, S • 8/29 - 11/21 • WAKE-33
Thu 3:00pm - 4:10pm (Lec)

Saenger, S • 12/5 • WAKE-33
Thu 3:00pm - 4:10pm (Lab)

CRN 43482 O'Connor, K A • 9/9 - 11/3 • PE-114
Mon Fri 10:00am - 11:00am (Lec)

O'Connor, K A • 11/6 - 11/20 • PE-114
Mon Fri 10:00am - 11:00am (Lab)

CRN 45106 Checketts, M A • 8/27 - 11/05 • WAKE 33
Tue 10:30am - 11:40am (Lec)

Checketts, M A 12/4 • WAKE 33
Tue 10:30am - 11:40am (Lab)

Body-Mind Medicine: Brain Longevity

HEAL NC092 • Class teaches how the body-mind complex can maintain healthy balance or be responsible for disease. Students learn that living with physical or emotional stressors increases our risk of depression, anxiety and common physical ailments. Topics include the psychosomatics of everyday life, including the relationship between stressors, regulatory peptides (hormones, prostaglandins, and neurotransmitters). Medical evidence has found various means of restoring emotional balance, including psychotherapy, herbs, nutrition, yoga, homeopathy, and prayer.

CRN 43480 Checketts, M A • 10/21 - 12/14 • WAKE-16
Thu 10:30am - 12:00pm (Lec)



HOME ECONOMICS

Designed to offer lifelong education to enhance the quality of home, family and community life for students of all levels. Coursework focuses on family and consumer science and the value of homemaking. This area of instruction provides educational opportunities in family studies and gerontology, fashion, textiles, interior design and merchandising. Students develop applicable skills in home-based subjects through hands-on projects and exercises.

We're Here for You. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbcc.edu, (805) 898-8140.

HOME ECONOMICS

Individualized Sewing

HMEC NC906 • This class is designed for the student who has a desire to learn to sew and/or improve their sewing skills. Students will be guided through the techniques necessary to construct a project of their choice. Projects will provide the opportunity for creativity, achievement and success through a combination of theory and practical experience.

CRN 43273 Fuentes, L • 8/26 - 10/19 • WAKE-9
Mon 9:30am - 1:35pm (Lec/Lab)

CRN 43280 Fuentes, L • 8/26 - 10/19 • WAKE-9
Tue 9:30am - 12:55pm (Lec/Lab)

CRN 43281 Vestal, P L • 8/26 - 10/19 • WAKE-9
Thu 12:30pm - 4:00pm (Lec/Lab)

CRN 43282 Vestal, P L • 8/26 - 10/19 • WAKE-9
Thu 8:30am - Noon (Lec/Lab)

CRN 43286 Vestal, P L • 8/26 - 10/19 • WAKE-9
EVE Thu 5:30pm - 9:00pm (Lec/Lab)

CRN 43288 Hansen, R A • 8/26 - 10/19 • WAKE-9
Wed 12:30pm - 3:55pm (Lec/Lab)

CRN 43290 Brooks, J A • 8/26 - 10/19 • WAKE-9
Wed 8:30am - 11:55am (Lec/Lab)

CRN 44647 Fuentes, L • 8/26 - 10/19 • WAKE-9
Tue 1:30pm - 4:55pm (Lec/Lab)

CRN 45003 Brooks, J A • 8/26 - 10/19 • WAKE-9
EVE Mon 5:00pm - 9:00pm (Lec/Lab)

CRN 45005 Staff • 8/26 - 10/19 • WAKE-9
EVE Wed 5:30pm - 9:00pm (Lec/Lab)

CRN 43272 Fuentes, L • 10/21 - 12/14 • WAKE-9
Mon 9:30am - 12:50pm (Lec/Lab)

CRN 43278 Vestal, P L • 10/21 - 12/14 • WAKE-9
Thu 8:30am - 12:25pm (Lec/Lab)

CRN 43279 Fuentes, L • 10/21 - 12/14 • WAKE-9
Tue 9:30am - 12:55pm (Lec/Lab)

CRN 43285 Vestal, P L • 10/21 - 12/14 • WAKE-9
EVE Thu 5:00pm - 9:00pm (Lec/Lab)

CRN 43287 Hansen, R A • 10/21 - 12/14 • WAKE-9
Wed 12:30pm - 3:55pm (Lec/Lab)

CRN 43289 Brooks, J A • 10/21 - 12/14 • WAKE-9
Wed 8:30am - 11:55am (Lec/Lab)

CRN 43792 Vestal, P L • 10/21 - 12/14 • WAKE-9
Thu 12:30pm - 4:20pm (Lec/Lab)

CRN 44648 Fuentes, L • 10/21 - 12/14 • WAKE-9
Tue 1:30pm - 4:55pm (Lec/Lab)

CRN 45004 Brooks, J A • 10/21 - 12/14 • WAKE-9
EVE Mon 5:00pm - 9:00pm (Lec/Lab)

CRN 45006 Staff • 10/21 - 12/14 • WAKE-9
EVE Wed 5:30pm - 9:00pm (Lec/Lab)

Patchwork and Quilting

HMEC NC943 • Course develops skills introduced in Beginning Quiltmaking. Intermediate techniques are introduced and beginning-level techniques are reviewed. Older adults will learn various quiltmaking techniques and each term focuses on a specialized quilting style, subject or theme.

CRN 44601 Hansen, R A • 8/26 - 10/19 • WAKE-9
Fri 1:00pm - 4:30pm (Lec/Lab)

CRN 44602 Hansen, R A • 10/21 - 12/14 • WAKE-9
Fri 12:45pm - 4:40pm (Lec/Lab)

WAKE CAMPUS FOOD PANTRY

Basic Needs services provided at the Wake Campus include bi-weekly food shares, CalFresh sign-up assistance, legal resource and referral services to the SBCC Dream Center, as well as referrals to other community agencies.

For hours and more information, please contact Juan Quesada, jcquesada@pipeline.sbcc.edu



photo credit: Callahan Morgan

Take Classes from Home with Zoom!

- You don't need an account to participate in a Zoom session.
- Just click on the Zoom link that was sent to you by your instructor. You will be prompted to download the Zoom application (only needed once per device).
- You need a speaker or headphones to hear the conversation.
- You may need a microphone if you want to talk.
- You may need a webcam if you wish to be seen.

"Taking Zoom classes has been a good experience. I am most appreciative of the Adult Ed Program and how it has adapted. There is always a little time at the beginning of each class to let us catch up on everybody's news which has created a special feeling of a family, at least a painting family. Thank you for making this program so special!"

Dennis Allen
Extended Learning Student

Zoom links are provided by the instructor.

If you do not receive the Zoom link, you may email the instructor. For instructions, go to: sbcc.edu/extendedlearning/sel_online_classes.php

Need help with Zoom? Go to: sbcc.edu/it/zoom



PARENTING

The Parenting Program offers parents of pre-kindergarten age children classes in two different supportive environments: “Parenting Skills” classes teach skills to parents of three-month old infants to five-year-olds in age-specific groups, and parents attend class with their children. In the “Parent Child Workshops,” parents must register for both a weekly morning lab section with their child and also a weekly evening lecture. Children in classes at the Parent Child Workshops are 2.5 to 5 years old.

We're Here for You. For more information, contact **Monica Campbell** at mncampbell2@pipeline.sbcc.edu, (805) 683-8233.

PARENT-CHILD WORKSHOPS

Child Development at the Parent-Child Workshop

ECEP NC010 • Within context of cooperative preschool, students learn about social, emotional, physical, cognitive development of young children, healthy separation patterns, importance of play, and strategies that support strong foundation for future learning. Students help create healthy, safe, inclusive environment, observe and interact with children in preschool lab. Class includes lecture, lab, discussion, and activities.

CRN 41907 Embry, T L • 8/26 - 1/24 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Mon 8:00am - 1:00pm (Lab)

CRN 41910 Uzupis, A D • 8/26 - 1/24 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 41911 Uzupis, A D • 8/26 - 1/24 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 41912 Uzupis, A D • 8/26 - 1/24 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 41914 Embry, T L • 8/26 - 1/24 • TBA
EVE Wed 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

CRN 41915 Storey, C A • 8/26 - 1/24 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Mon 8:00am - 1:00pm (Lab)

CRN 41916 Storey, C A • 8/26 - 1/24 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 41917 Storey, C A • 8/26 - 1/24 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 41920 Storey, C A • 8/26 - 1/24 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 41921 Storey, C A • 8/26 - 1/24 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

CRN 41923 Granziera, S A • 8/26 - 1/24 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Mon 8:00am - 1:00pm (Lab)

CRN 41924 Gilbert, A L • 8/26 - 1/24 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 41925 Gilbert, A L • 8/26 - 1/24 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 41926 Gilbert, A L • 8/26 - 1/24 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 41927 Granziera, S A • 8/26 - 1/24 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

CRN 41931 Johnston, J A • 8/26 - 1/24 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Mon 8:00am - 1:00pm (Lab)

CRN 41933 Ornelas, M C • 8/26 - 1/24 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 41934 Ornelas, M C • 8/26 - 1/24 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 41935 Ornelas, M C • 8/26 - 1/24 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 41936 Johnston, J A • 8/26 - 1/24 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

PARENT-CHILD WORKSHOPS FALL 2024!

As part of the community's most exciting and respected local Parenting Programs, SBCC Extended Learning also offers the unique Parent-Child Workshop Program in coordination with affordable co-op-like childcare:

- Children age 2½ to pre-K are eligible
- Parents learn positive communication and discover community resources
- Locations convenient to Goleta, Santa Barbara and Carpinteria

PARENTING SKILLS

How to Respond to Tears, Fears, and Tantrums

ECEP NC015 • This course helps parents discover the reasons for challenging emotions and teaches compassionate and effective ways to respond to a crying, angry, or frightened child. Parents will learn strategies to resolve children's sleep problems, reduce aggressive behavior and hyperactivity, and increase children's self-confidence. Course is designed for parents and others involved with children from birth to age eight.

CRN 44432 Osterhage, J A • 10/19 - 10/26 • WAKE-28
SAT 10:00am - 3:30pm (Lec)

CRN 44930 Osterhage, J A • 10/19 - 10/26 • ONLINE • **HF**
SAT 10:00am - 3:30pm (Lec)

Parents and Children in Parks

ECEP NC056 • Class meets in various local parks and teaches students how to participate with 2 1/2 to 5-year-old children in sensory activities, nature walks, story-time, and age-appropriate crafts to enhance children's physical, emotional, intellectual and social development, and strengthen parent/child relationships. Includes discussion of relevant parenting issues. Students should bring a snack. The list of park locations for the term will be distributed at the first class.

CRN 43032 Baker, J M • 8/26 - 10/19 • TGROVE
Tue 11:30am - 1:45pm (Lec/Lab)

CRN 44053 Baker, J M • 8/26 - 10/19 • TGROVE
Tue 9:00am - 11:15am (Lec/Lab)

CRN 44423 Baker, J M • 8/26 - 10/19 • TGROVE
Wed 11:30am - 1:45pm (Lec/Lab)

CRN 44425 Baker, J M • 8/26 - 10/19 • TGROVE
Wed 9:00am - 11:15am (Lec/Lab)

CRN 43033 Baker, J M • 10/21 - 12/14 • TGROVE
Tue 11:30am - 1:45pm (Lec/Lab)

CRN 44054 Baker, J M • 10/21 - 12/14 • TGROVE
Tue 9:00am - 11:15am (Lec/Lab)

CRN 44424 Baker, J M • 10/21 - 12/14 • TGROVE
Wed 11:30am - 1:45pm (Lec/Lab)

CRN 44426 Baker, J M • 10/21 - 12/14 • TGROVE
Wed 9:00am - 11:15am (Lec/Lab)

Music Times II: For Parents of Children 16-30 Months

ECEP NC158 • In this course, parents and children ages 16-30 months explore the power of rhythm, melody, tonality and beat. Parents learn how music nurtures children's physical, social, emotional, and intellectual development and strengthens the bond between parent and child. Participants will be exposed to various genres of music, play a wide variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, and finger plays in an interactive environment.

CRN 43030 Rattray, J A • 8/26 - 10/19 • WAKE-15
Mon 10:45am - 12:15pm (Lec)

CRN 44427 Hays, V L • 8/26 - 10/19 • WAKE-15
Fri 9:00am - 10:30am (Lec)

CRN 43031 Rattray, J A • 10/21 - 12/14 • WAKE-15
Mon 10:45am - 12:15pm (Lec)

CRN 44305 Hays, V L • 10/21 - 12/14 • WAKE-15
Fri 9:00am - 10:30am (Lec)

Infant Times I: Newborn to Crawling

ECEP NC159 • Provides current information about infant development, stimulation and "self-calming" techniques. Also provides opportunities for sharing and discussion of timely questions from new parents. Parents learn infant massage techniques, music and movements, songs, and how to make hand-made toys/equipment and play games.

CRN 44666 Staff • 8/26 - 10/19 • WAKE-15
Tue 11:30am - 12:45pm (Lec)

CRN 44667 Staff • 10/21 - 12/14 • WAKE-15
Tue 11:30am - 12:45pm (Lec)

Growing Times I: Parenting Toddlers (18-24 months)

ECEP NC160 • Parents and caregivers with children 18 - 24 months of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for toddlers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships.

CRN 44605 Rattray, J A • 8/26 - 10/19 • WAKE-15
Tue 9:00am - 11:05am (Lec/Lab)

CRN 44606 Rattray, J A • 10/21 - 12/14 • WAKE-15
Tue 9:00am - 11:05am (Lec/Lab)

Music Times III: For Parents of Children 2.5 - 5 Years

ECEP NC162 • Music Times III is for parents and their children ages 2.5 - 5 years. Parents and children explore the power of rhythm, melody, tonality and beat. Parents learn how music nurtures children's physical, social, emotional, and intellectual development and strengthens the bond between parent and child. Participants will be exposed to various genres of music, play a wide variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, finger plays in an interactive environment.

CRN 43028 Hays, V L • 8/26 - 10/19 • WAKE-15
Fri 10:45am - 12:15pm (Lec)

CRN 43029 Hays, V L • 8/26 - 10/19 • WAKE-15
SAT 9:30am - 10:45am (Lec)

CRN 44664 Rattray, J A • 8/26 - 10/19 • WAKE-15
Mon 9:00am - 10:30am (Lec)

CRN 44306 Hays, V L • 10/21 - 12/14 • WAKE-15
Fri 10:45am - 12:15pm (Lec)

CRN 44431 Hays, V L • 10/21 - 12/14 • WAKE-15
SAT 9:30am - 10:45am (Lec)

CRN 44665 Rattray, J A • 10/21 - 12/14 • WAKE-15
Mon 9:00am - 10:30am (Lec)

Growing Times II: Parenting the Two- to Three-Year-Old Child

ECEP NC164 • Parents and caregivers with children two to three years of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for toddlers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships.

CRN 44057 Staff • 8/26 - 10/19 • UCFSH
Thu 9:00am - 11:05am (Lec/Lab)

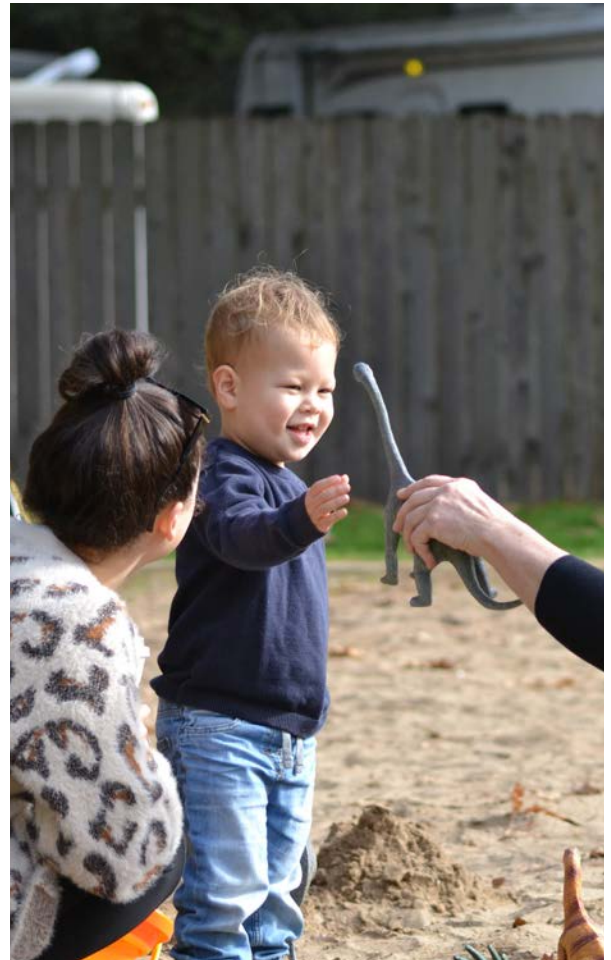
CRN 44058 Staff • 10/21 - 12/14 • UCFSH
Thu 9:00am - 11:05am (Lec/Lab)

Growing Times III: Parenting the Preschool Child

ECEP NC165 • Parents and caregivers with children two and a half to five years of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for preschoolers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships.

CRN 44055 Staff • 8/26 - 10/19 • UCFSH
Wed 9:00am - 11:05am (Lec/Lab)

CRN 44056 Staff • 10/21 - 12/14 • UCFSH
Wed 9:00am - 11:05am (Lec/Lab)



**CLASS SCHEDULE IS
SUBJECT TO CHANGE.**

For updates and support visit
sel.sbcc.edu.

LIFE ENHANCEMENT

Fee-Based Life Enhancement classes provide flexible, community-centered alternatives to the Tuition-Free noncredit classes. Classes cover topics that offer enriching experiences in cooking, culture, languages, fitness, recreation, spirituality and travel. See page 3 for registration instructions.

We're Here for You. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbcc.edu, (805) 898-8140.

COOKING

PLEASE CHECK ONLINE FOR COMPLETE CLASS DETAILS: SBCC.AUGUSOFT.NET

Class ID	Course Title	Location	Date	Days and Times	Cost	Instructor
25674	Chicken Curry as it Was Meant to Be	Schott 27	09/07	SAT 11:30 am - 2:30 pm	\$79	Sahibzada
25622	Danish Pastry- Make Your Own Buttery Delights	Schott 27	10/12	SAT 10:00 am - 3:00 pm	\$82	Hove
25619	Elegant Brioche - Sinfully Easy to Make	Schott 27	10/26	SAT 10:00 am - 3:00 pm	\$82	Hove
25623	Enjoy Sourdough Bread and Make Your Own Starter	Schott 27	09/28	SAT 10:00 am - 3:00 pm	\$82	Hove
25667	Enjoy Sourdough Bread and Make Your Own Starter	Schott 27	10/28	MON 10:00 am - 3:00 pm	\$82	Hove
25671	Let's Make Paneer at Home	Schott 27	12/07	SAT 11:30 am - 2:30 pm	\$79	Sahibzada
25672	Street Foods and Appetizers of India and Pakistan	Schott 27	11/02	SAT 11:30 am - 2:30 pm	\$79	Sahibzada
25657	Sushi: Make it Yourself	Schott 27	10/05	SAT 10:00 am - 2:00 pm	\$77	Wakita
25673	Tandoori Chicken Tikka with Tikka Masala	Schott 27	10/19	SAT 11:30 am - 2:30 pm	\$79	Sahibzada

DO-IT-YOURSELF

Gone With the Wind:

How to Design Without a Lawn 💰

601073LE • Many garden encyclopedias boast 'thousands of plant listings!' But who has room in their garden for all of them? Like everyone, gardeners want to get the most from the money they spend. Be inspired by this power-packed half-day workshop which is taught by an award-winning landscape architect.

Learn the fundamentals of smart garden design so that you can purchase with purpose and bring home the best plants for your garden. Explore your own ideal style, and discover how to create year-round beauty, protect the environment and save money by selecting winning plants.

ID 25655 Goodnick, B • 9/21 • WAKE-18
SAT 9:00am - Noon • \$24

Introduction to Custom Fishing Rod Building ONLINE 💰

019135LE • Learn about the materials, equipment and techniques needed to build entry level custom fishing rods.

ID 25681 Bacon, D • 8/28 - 10/16 • Online Videoconference
EVE Wed 6:30pm - 8:00pm • \$132

How to Research Your Family History:

Level 1 💰

001412LE • Who are you and where did you come from? You will find the answers to these questions on the exciting adventure of climbing your family tree. Explore the history of your family! Unleash your inner detective and develop the skills and knowledge to do genealogical research. Explore various sources for records, including the census, vital records, and military records. You will compile and organize information about your family, sharpen your internet research skills, and practice using new genealogical tools.

ID 25677 Eggli, N • 10/24 - 12/5 • WAKE-04
Thu 4:00pm - 6:00pm • \$95 + Materials \$5

ID TBA Eggli, N • 8/28 - 10/9 • WAKE-04
Wed 9:00am - 11:00am • \$95 + Materials \$5

How to Research Your Family History:

Level 1-Online 💰

001412LE • Who are you and where did you come from? You will find the answers to these questions on the exciting adventure of climbing your family tree. Explore the history of your family! Unleash your inner detective and develop the skills and knowledge to do genealogical research. Explore various sources for records, including the census, vital records, and military records. You will compile and organize information about your family, sharpen your internet research skills, and practice using new genealogical tools.

ID 25659 Eggli, N • 8/28 - 10/9 • Online Videoconference
Wed 9:00am - 11:00am • \$95 + Materials \$5

ID 25678 Eggli, N • 10/24 - 12/5 • Online Videoconference
Thu 4:00pm - 6:00pm • \$95 + Materials \$5

Tour a Nursery with a Landscape Designer **\$**

601083LE • Experience first-hand how individual plants could look in your own garden and how to select the best plants by seeing them grow in a beautifully landscaped nursery. Guided by one of Santa Barbara's premier landscape designers, you'll discover what plants grow best for your spaces by seeing them in settings similar to residential gardens. Get your questions answered about maintenance, irrigation, color, size and shape as you see full grown examples of possibilities. Take the guesswork and mystery out of designing your garden.

ID 25654 Goodnick, B • 10/19 • SEAGARDEN-Entrance to Garden
SAT 9:00am - Noon • \$24

Unravel the Secrets of the Night Sky **\$**

019115LE • Using the Planetarium, students will learn to recognize the constellations of the night sky and track the motions of planets. Additional topics from astronomy and mythology will be used to help us to understand our place in the universe.

Note: This class is being held in person at the SB Museum of Natural History's Planetarium.

ID 25627 Cook, K • 11/6 - 11/20 • PLNTRM
EVE Wed 5:00pm - 6:00pm • \$24

FITNESS

Ancient Art of Belly Dance **\$**

608747LE • Have fun and get fit as you practice the beautiful art of belly dance. Learn how belly dance has historic roots going back to India and Persia, and explore the cultural, historical and geographical elements of these areas. Discover how modern belly dance includes cultural and geographical influences from Turkey, Egypt, North Africa and the United States where it has developed into a modern, sophisticated dance art. Come away with the incredible benefits of an enjoyable and complete cultural/movement experience.

ID 25653 King, A • 9/11 - 11/20 • SCHOTT-14
EVE Wed 5:30pm - 6:30pm • \$88

Beginners Capoeira - Brazilian Art Form **\$**

608824LE • Capoeira is a Brazilian martial art, which incorporates movement and music. Students will learn the basic movements, how to incorporate traditional instruments and the history of Capoeira. Capoeira was created by African slaves while in Brazil, combining martial arts, dance, music and rituals. This is a high energy class where you will gain strength, balance, and build community.

ID 25620 Yoshimi, D • 8/27 - 10/8 • WAKE-33
EVE Tue 7:00pm - 8:00pm • \$56

ID 25621 Yoshimi, D • 10/22 - 12/3 • WAKE-33
EVE Tue 7:00pm - 8:00pm • \$56

Feldenkrais Mat Class **\$**

608759LE • Discover the benefits of the Feldenkrais Method in a fun and relaxing environment geared towards all ages and abilities. Explore the science and practice of moving with more skill and less pain. The Feldenkrais Method engages your brain and nervous system to improve flexibility, coordination, balance, and agility while also reducing tension. Come away with enhanced comfort and performance in everyday activities and also sleep better at nighttime.

ID 25639 Sanchez, L • 8/29 - 10/10 • WAKE-15
EVE Thu 6:30pm - 7:30pm • \$63

ID 25637 Sanchez, L • 8/30 - 10/11 • WAKE-33
Fri Noon - 1:00pm • \$63

ID 25640 Sanchez, L • 10/24 - 12/5 • WAKE-15
EVE Thu 6:30pm - 7:30pm • \$54

ID 25638 Sanchez, L • 10/25 - 12/6 • WAKE-33
Fri Noon - 1:00pm • \$54

Gentle Yoga for Every Body ONLINE **\$**

608610LE • New to yoga or looking for a gentle yet restorative yoga class? Explore easy, chair-assisted yoga, as well as standing and floor poses in a supportive environment. Designed especially for an individual with limited mobility, these poses can help with insomnia, arthritis, healing, and focus. Discover safe modifications for hypertension and osteoporosis while improving your balance and posture. Come away with a calm mind and more limber body.

Note: Students should be able to get on and off the floor.

ID 25646 Barysch-Crosbie, G • 8/29 - 10/17 • Online Videoconference
Thu 9:30am - 10:30am • \$88

ID 25647 Barysch-Crosbie, G • 10/24 - 12/5 • Online Videoconference
Thu 9:30am - 10:30am • \$88

Meditate and Recharge with Yin Yoga ONLINE **\$**

608771LE • Yin yoga cultivates inner peace while focusing externally on increasing circulation and decreasing injury and sickness. Begin with Qigong to start moving energy and stimulating your immune system. Explore poses that focus on connective tissues of the body to heighten circulation in the joints and improve flexibility. Surrender yourself to a variety of yin yoga poses in a tranquil environment that induces a meditative state. Come away feeling centered and limber and ready to take on the world with grace and calm.

ID 25644 Barysch-Crosbie, G • 8/26 - 10/14 • Online Videoconference
Mon 9:30am - 10:30am • \$77

ID 25645 Barysch-Crosbie, G • 10/21 - 12/2 • Online Videoconference
Mon 9:30am - 10:30am • \$66

Tai Ji

608596LE • This ancient form of exercise leads the student on a journey of self-discovery and awareness of body and mind to gain energy, promote inner peace and improve circulation and flexibility of the body. Results of medical studies have shown the benefits of Tai Ji are excellent for stress reduction, balance, pain management and its ability to boost your immune system. Come and learn a new way of thinking and moving that adds freedom and enjoyment to your lifestyle.

ID 25660 Folguera, A • 8/29 - 10/10 • WAKE-33
EVE Thu 5:30pm - 7:00pm • \$75

ID 25626 Pang, C • 9/4 - 11/20 • WAKE-33
Wed 9:00am - 10:30am • \$126

ID 25661 Folguera, A • 10/24 - 11/21 • WAKE-33
EVE Thu 5:30pm - 7:00pm • \$53

World Dance Workout

608617LE • Join us for a fun, invigorating, inspiring workout to beautiful music from around the world!

Note: Tuition helps support World Dance for Humanity, a local non-profit helping people in need - here at home and in Rwanda.

ID 25624 Reineck, J • 8/26 - 12/2 • SCHOTT-14
EVE Mon 6:00pm - 7:15pm • \$115

ID 25625 Reineck, J • 8/29 - 12/5 • SCHOTT-14
Thu 9:15am - 10:30am • \$125

Yoga Physical and Mental Health

608685LE • The goal of this yoga course is to teach techniques for physical, emotional and mental well-being. This course will focus on how to attain strength and flexibility in the physical body, emotional balance and mental focus. Step by step, the course will demonstrate how to liberate unnecessary muscle tension and attain a state of deep relaxation. The physical exercises and the breathing exercises will provide great benefits to the nervous, digestive and circulatory systems. This course is appropriate for beginners and intermediate students.

ID 25675 Hewson, R • 8/27 - 11/26 • WAKE-33
EVE Tue 5:30pm - 6:30pm • \$140

Yoga Wellness 101

608613LE • Take the time to nurture yourself and to reconnect with your natural healing abilities. Classic breathing techniques, meditation, and stimulating yoga poses (asanas) will foster personal growth and deepen your yoga practice. Explore helpful tools with pose modifications and the use of basic props. Come away feeling relaxed and energized.

ID 25631 Poddubnaya, E • 8/26 - 10/7 • WAKE-33
EVE Mon 5:30pm - 7:00pm • \$99

ID 25628 Poddubnaya, E • 8/28 - 10/9 • WAKE-33
EVE Wed 5:30pm - 7:00pm • \$115

ID 25630 Poddubnaya, E • 10/21 - 12/2 • WAKE-33
EVE Mon 5:30pm - 7:00pm • \$99

ID 25629 Poddubnaya, E • 10/23 - 12/4 • WAKE-33
EVE Wed 5:30pm - 7:00pm • \$115

LANGUAGES

Spanish 3 - Beginning Conversational ONLINE

105162LE • This class is for students with limited knowledge of Spanish, or exposure to more Spanish but some time ago. Students will review sound system, expressing preferences, asking for basic information, numbers, and regular verbs in the present tense, and will learn to talk about plans, the weather, to locate things, and will enrich their vocabulary for festivities and physical and mental states descriptions. They will also learn some new irregular verbs.

ID 25636 Small, A • 8/28 - 12/4 • Online Videoconference
Wed 9:00am - 11:00am • \$360

Spanish 5 - Low Intermediate Conversational Online

105164LE • Are you ready to start talking about what you did on your last vacation or project? Do you interact with native Spanish speakers and would you like to understand their stories? You will benefit the most if you are already comfortable speaking in the Present Tense. Learning activities and games will focus on reporting past events, expressing likes and dislikes. Topics include regular and irregular preterit verb forms, direct and indirect object pronouns, and the impersonal 'se.' All classes are geared toward improving your conversational Spanish.

ID 25635 Small, A • 8/28 - 12/4 • Online Videoconference
Wed 11:00am - 1:00pm • \$360

SPECIAL TOPICS

Emotional Freedom Technique - Quick and Easy Hints for Successful 'Tapping'

202633LE • EFT, the 'Tapping' method, is sweeping the world. Learn the 5 Simple Steps in minutes and experience hands-on practice applying EFT for stress, anger, fear, anxiety, cravings, trauma and more. Do you already 'tap' but feel that you are not getting the results you want? This class will help you hone your EFT skills and receive additional coaching. EFT will desensitize negative emotions allowing rapid transformation of damaging beliefs and behaviors. Watch videos of EFT Masters in action.

ID 25656 Kuhn, V • 10/15 • SCHOTT-6
Tue 3:00pm - 5:00pm • \$24

We're Here for You. For support and updates visit: sel.sbccc.edu

Emotional Freedom Technique - Quick and Easy Hints for Successful 'Tapping' - Online **\$**

202633LE • EFT, the 'Tapping' method, is sweeping the world. Learn the 5 Simple Steps in minutes and experience hands-on practice applying EFT for stress, anger, fear, anxiety, cravings, trauma and more. Do you already 'tap' but feel that you are not getting the results you want? This class will help you hone your EFT skills and receive additional coaching. EFT will desensitize negative emotions allowing rapid transformation of damaging beliefs and behaviors. Watch videos of EFT Masters in action.

ID 25665 Kuhn, V • 10/15 • Online Videoconference
Tue 3:00pm - 5:00pm • \$24

Helping Children Heal From Stress and Trauma ONLINE **\$**

251313LE • Stress and trauma early in life can alter children's neurobiological systems and lead to anxiety, aggressive behavior, hyperactivity, attachment disorders, sleep problems, learning difficulties, depression, and physical illnesses. Luckily, children know how to heal from trauma if we give them the opportunity. You will learn how to create an atmosphere of emotional safety in which babies and children can restore emotional health. The focus will be on facilitating children's spontaneous stress-release mechanisms of play, laughter, crying, and raging.

ID 25643 Solter, A • 9/14 • Online Videoconference
SAT 9:00am - 4:00pm • \$66

SPIRITUALITY

An Introduction to Energy Healing **\$**

202836LE • This workshop is for people new to energy healing as well as established practitioners wishing to increase their knowledge and skills. There is significant scientific evidence to show not only does this modality work, but some consider it the medicine of the future. This practical approach will give you the skills to heal yourself, your family, and pets.

ID 25641 Ford, R • 8/31 • SCHOTT-31
SAT 10:00am - Noon • \$22

ID 25642 Ford, R • 11/23 • SCHOTT-31
SAT 10:00am - Noon • \$22

Ego's Triad - The Three Deadly Sins of Karma **\$**

202822LE • Ego on the Tree of Life of Kabbalah is balanced by the polarities of Attachment and Non Attachment. For spiritual transformation, ego needs to subordinate to the Higher Self. Appreciate how Buddhism simplifies Ego's dark side into; (s) self-Cherishing (grooming the persona), Desirous Attachment (or attachment to the object of our desire) and Judgment. All three overlap and aggravate each other. Affirm how we sabotage the soul with our attachments to persona, pride, prestige, power, wanting more 'stuff' than we need, and slander.

ID 25648 Cumes, D • 8/31 • SCHOTT-14
SAT 10:00am - Noon • \$22

Ego's Triad - The Three Deadly Sins of Karma - ONLINE **\$**

202822LE • Ego on the Tree of Life of Kabbalah is balanced by the polarities of Attachment and Non Attachment. For spiritual transformation, ego needs to subordinate to the Higher Self. Appreciate how Buddhism simplifies Ego's dark side into; (s) self-Cherishing (grooming the persona), Desirous Attachment (or attachment to the object of our desire) and Judgment. All three overlap and aggravate each other. Affirm how we sabotage the soul with our attachments to persona, pride, prestige, power, wanting more 'stuff' than we need, and slander.

ID 25651 Cumes, D • 8/31 • Online Videoconference
SAT 10:00am - Noon • \$22

From Spiritual Child to Spiritual Adult **\$**

202803LE • We evolve from basic human instincts to enlightened living over time and many lessons of truth. Just as there are many grades of learning in elementary, secondary and college education so, too, spiritual unfoldment has many levels of learning. We will discuss how we evolve through heart-felt feelings, to creative uses of the mind, compelling activation of the will and alignment with the missions of the soul.

ID 25633 Kwako, J • 10/19 • SCHOTT-31
SAT 10:00am - Noon • \$22

How to Explore Spirit in the Sleep State **\$**

202761LE • The sleep state is a deep reservoir of self-renewal and spiritual awakening. Every night we process the thoughts, feelings and actions of the day. At night, we also make a connection to the higher nature of our spirit self, the source of our love, wisdom, strength and joy. Dr. Kwako will discuss the purposes of the sleep state, how we process the day, and how to commune with spirit while asleep. .

ID 25634 Kwako, J • 11/16 • SCHOTT-31
SAT 10:00am - Noon • \$22

Reconciling the Material and Spiritual Worlds **\$**

202755LE • Einstein said, 'The intuitive mind is a sacred gift and the rational mind a faithful servant.' How do we reconcile the balance between intellect/intuition, control/compassion, ego/ the Higher Self, sun/moon, yang/ying, and curing/healing? With advances in science and technology we are losing essential primal truths. For spiritual transformation we have to live in two worlds but our conditioning focuses on the outward not the inward journey. Find out how to address these conflicts and how to balance them.

ID 25662 Cumes, D • 9/28 • SCHOTT-14
SAT 10:00am - Noon • \$22

Reconciling the Material and Spiritual Worlds - Online **\$**

202755LE • Einstein said, 'The intuitive mind is a sacred gift and the rational mind a faithful servant.' How do we reconcile the balance between intellect/intuition, control/compassion, ego/ the Higher Self, sun/moon, yang/ying, and curing/healing? With advances in science and technology we are losing essential primal truths. For spiritual transformation we have to live in two worlds but our conditioning focuses on the outward not the inward journey. Find out how to address these conflicts and how to balance them.

ID 25669 Cumes, D • 9/28 • Online Videoconference
SAT 10:00am - Noon • \$22

NEW! Spirit of Healing, Wholeness and Holiness **\$**

202819LE • We are all born with a connection to the source of our life. This source has a divine design for health, wholeness and holiness. As we pay attention to its promptings, we are led to better choices of how to care for the precious body, the exuberant heart and the creative mind. Dr. Kwako will discuss how to find the plan of the soul and mobilize its gracefulness, strengths and service to others.

ID 25632 Kwako, J • 9/14 • SCHOTT-31
SAT 10:00am - Noon • \$22

Tarot Cards Demystified **\$**

202733LE • Mysterious, intriguing, and powerful - tarot cards have fascinated people across cultures since the 1400's. Have you ever wondered about these seemingly magical cards, what they are, and how are they used? Explore the true meaning of tarot cards. Discover how they can be used not only for fun but also to connect with your own body/mind consciousness for relaxation and mental healing. Come away with valuable skills to help you use tarot cards for personal growth and insight.

ID 25650 Jackson, A • 9/14 • WAKE-16
SAT 10:00am - 12:30pm • \$28 + Materials \$5

Tarot Cards Demystified: Intermediate Practice **\$**

202751LE • An interesting fact about the Tarot Cards are the diverse meanings and symbolism of different Tarot decks. What do the meanings have in common? Explore the relationship between several popular Tarot Decks and discover how to use them for in-depth readings. Choose your favorite Tarot Deck to do readings. Come away with competences in using Tarot Cards spreads based on the inquiries and the nature of the meaning of Tarot cards from different decks. You will feel comfortable with a variety of Tarot Card decks and know how to optimize the potential for any selection.

ID 25649 Jackson, A • 9/21 • WAKE-16
SAT 10:00am - 12:30pm • \$28

Tarot Cards Demystified: Practical Applications **\$**

202756LE • Have you wondered how Tarot cards can be used to provide an understanding of life issues? This class is for students interested in using the Tarot in professional practices, for self-therapy or just for fun. Discover how to set up a professional Tarot Card business, explore different types of Tarot certifications and laws governing Tarot card practices, and learn about codes of ethics and areas appropriate for Tarot use. Equally importantly, enjoy participating in exercises designed to explore various Advanced Tarot spreads that address specific inquiries either for self-therapy or just for fun.

ID 25652 Jackson, A • 9/28 • WAKE-16
SAT 9:30am - 1:30pm • \$44

The Tree of Life and Energy Transformation **\$**

202767LE • The archetypal Tree of Life has represented for many cultures the link between heaven and earth. Discover the energy anatomy of the Tree of Life and explore other energy systems that enhance our life force and open our intuitive potential. These energy transformation forces have existed for millennia. Discuss how the critical 'Triads' of the Tree of Life measure up to other models of energy transformation and compare methods of entering the cosmic field to find one that suits your personal archetype.

ID 25668 Cumes, D • 10/26 • SCHOTT-14
SAT 10:00am - Noon • \$22

The Tree of Life and Energy Transformation - Online **\$**

202767LE • The archetypal Tree of Life has represented for many cultures the link between heaven and earth. Discover the energy anatomy of the Tree of Life and explore other energy systems that enhance our life force and open our intuitive potential. These energy transformation forces have existed for millennia. Discuss how the critical 'Triads' of the Tree of Life measure up to other models of energy transformation and compare methods of entering the cosmic field to find one that suits your personal archetype.

ID 25670 Cumes, D • 10/26 • Online Videoconference
SAT 10:00am - Noon • \$22



ACTIVE & AGING CLASSES

FOR YOU

Develop new skills while building community in classes designed to support the lifelong learning goals of older adults.

- ▼ Creative Art
- ▼ Creative Music
- ▼ Creative English
- ▼ Creative Theatre
- ▼ Self-Management

ACTIVE & AGING

Offers a wide variety of topics taught by skilled professionals in each subject. Our classes are specifically designed for adults age 55 and over and offer a welcoming and engaging environment for students of all levels. Students develop mental acuity and physical dexterity while learning and honing new skills in a variety of topics including Creative Art, Creative English, Creative Music, Creative Theatre and Self-Management.

We're Here for You. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbcc.edu, (805) 898-8140.

EXCITING LATE ADD CLASSES! PLEASE CHECK ONLINE FOR COMPLETE CLASS DETAILS: SEL.SBCC.EDU

CRN	Course	Course Title	Location	Date	Days and Times	Instructor
41567	CRAO NC101	Beginning Oil Painting: For Older Adults	Wake 7	08/26-10/19	T 6:00pm - 8:50pm	Runkle
41568	CRAO NC101	Beginning Oil Painting: For Older Adults	Wake 7	10/21-12/14	T 6:00pm - 8:50pm	Runkle
44100	CRAO NC101	Beginning Oil Painting: For Older Adults	Wake 7	08/26-10/19	W 9:00am - 11:50am	Runkle
44104	CRAO NC101	Beginning Oil Painting: For Older Adults	Wake 7	10/21-12/14	W 9:00am - 11:50am	Runkle
45007	CRAO NC101	Beginning Oil Painting: For Older Adults	ONILNE	08/26-10/19	R 2:30pm - 05:30pm	Runkle
45008	CRAO NC101	Beginning Oil Painting: For Older Adults	ONILNE	10/21-12/14	R 2:30pm - 05:30pm	Runkle
41573	CRAO NC106	Exploring Watercolor For Older Adults	Schott 5	08/26-10/19	R 9:00am-11:50am	Runkle
41853	CRAO NC106	Exploring Watercolor For Older Adults	Schott 5	08/26-10/19	R 9:00am-11:50am	Runkle
41896	CRAO NC106	Exploring Watercolor For Older Adults	Schott 23	08/26-10/19	T 1:00pm - 3:50pm	Luminess
41897	CRAO NC106	Exploring Watercolor For Older Adults	Schott 23	10/21-12/14	T 1:00pm - 3:50pm	Luminess
41577	CRAO NC112	Keeping an Art Journal: For Older Adults	Schott 5	08/26-10/19	M 1:00pm - 05:00pm	Luminess
41578	CRAO NC112	Keeping an Art Journal: For Older Adults	Schott 5	10/21-12/14	M 1:00pm - 05:00pm	Luminess
44578	CRAO NC115	Color Exploration: For Older Adults	ONLINE	08/26-10/19	M 9:00am - 12:00pm	Shapiro
44579	CRAO NC115	Color Exploration: For Older Adults	ONLINE	10/21-12/14	M 9:00am - 12:00pm	Shapiro
43541	CRAO NC124	Beginning Outdoor Sketching in Pen, Ink and Watercolor: For Older Adults	ONLINE	08/26-10/19	W 9:00am - 9:50am	Shapiro
43542	CRAO NC124	Beginning Outdoor Sketching in Pen, Ink and Watercolor: For Older Adults	ONLINE	10/21-12/14	W 9:00am - 9:50am	Shapiro
44032	CRAO NC124	Beginning Outdoor Sketching in Pen, Ink and Watercolor: For Older Adults	FIELD	08/26-10/19	T 9:00am - 9:50am	Shapiro
44033	CRAO NC124	Beginning Outdoor Sketching in Pen, Ink and Watercolor: For Older Adults	FIELD	10/21-12/14	T 9:00am - 9:50am	Shapiro
41581	CRAO NC126	Splashing Watercolor: For Older Adults	Schott 5	08/26-10/19	W 9:00am - 11:50am	Luminess
41885	CRAO NC126	Splashing Watercolor: For Older Adults	Schott 5	10/21-12/14	W 9:00am - 11:50am	Luminess
45009	CRAO NC135	Art and the Environment: For Older Adults	FIELD	08/26-10/19	M 2:00pm - 5:05pm	Runkle
45010	CRAO NC135	Art and the Environment: For Older Adults	FIELD	10/21-12/14	M 2:00pm - 5:05pm	Runkle
45109	CRAO NC135	Art and the Environment: For Older Adults	FIELD	08/26-10/19	T 1:00pm - 4:00pm	Shapiro
45110	CRAO NC135	Art and the Environment: For Older Adults	FIELD	10/21-12/14	T 1:00pm - 4:00pm	Shapiro
42690	CRAO NC220	Printmaking Like a Pro: For Older Adults	Schott 23	08/26-10/19	M 6:00pm - 8:50pm	Pryor
43481	CRAO NC220	Printmaking Like a Pro: For Older Adults	Schott 23	10/21-12/14	M 6:00pm - 8:50pm	Pryor

CREATIVE ART

Watercolor and the Great Outdoors: For Older Adults

CRAO NC142 • Basic watercolor painting skills are explored while appreciating nature. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful nature paintings en plein air. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRN 41589 Henderson III, L T • 8/26 - 10/19 • LBEACH
Thu 9:00am - 12:15pm (Lec/Lab)

CRN 41590 Henderson III, L T • 10/21 - 12/14 • LBEACH
Thu 8:55am - 12:45pm (Lec/Lab)

Intermediate and Advanced Painting: For Older Adults

CRAO NC146 • Focuses on creating a complex understanding of concepts and techniques in painting across a range of media. Advanced painting techniques are explored through practice and demonstration. Seeks to coordinate the creative process with a complex technical skill set necessary to make successful paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRN 41597 Runkle, C A • 8/26 - 10/19 • WAKE-7
Mon 8:55am - 12:45pm (Lec/Lab)

CRN 41598 Runkle, C A • 10/21 - 12/14 • WAKE-7
Mon 8:55am - 12:45pm (Lec/Lab)

Beginning Watercolor, Painting with the Flow: For Older Adults

CRAO NC154 • Covers color mixing and color theory, composition, the elements of design and how to make your paintings come to life by utilizing the effects of light and shadow. Older adults/students are encouraged to paint freely and discover individual style. Includes painting demonstrations and creative warm-up exercises. Improves retention and application of knowledge and theory, ability to notice details in light and shadow, and enhances self-confidence and socialization skills.

CRN 41601 Henderson III, L T • 8/26 - 10/19 • ONLINE
EVE Tue 6:00pm - 8:50pm (Lec/Lab)

CRN 41602 Henderson III, L T • 10/21 - 12/14 • ONLINE
EVE Tue 6:00pm - 8:50pm (Lec/Lab)

Botanical Illustration: For Older Adults

CRAO NC156 • Focuses on the specific history and techniques associated with depicting flora. Basic botanical illustration skills are acquired and understood through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific genre. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult.

CRN 41603 Runkle, C A • 8/26 - 10/19 • SCHOTT-5
Tue 1:00pm - 4:30pm (Lec/Lab)

CRN 42021 Shapiro, S O • 8/26 - 10/19 • ONLINE
Thu 9:00am - 12:30pm (Lec/Lab)

CRN 41604 Runkle, C A • 10/21 - 12/14 • SCHOTT-5
Tue 1:00pm - 4:30pm (Lec/Lab)

CRN 42022 Shapiro, S O • 10/21 - 12/14 • ONLINE
Thu 9:00am - 12:05pm (Lec/Lab)

New Techniques in Painting and Mixed Media: For Older Adults

CRAO NC169 • Older adult students combine a variety of new painting techniques with mixed media to create fascinating art forms, exercising ability to think in new and creative ways. Students develop a body of significant work and enhance fine skills in a novel way through the freedom of mastering painting expression with embellished applications of three-dimensional textures. Students improve ability to retain and analyze information and apply it to painting, increasing emotional well-being through newfound perceptions in art. Works of Rauschenberg, Jasper Johns, de Kooning and others will be analyzed.

CRN 41898 Denny, L E • 8/26 - 10/19 • TBA
Wed 1:00pm - 4:05pm (Lec/Lab)

CRN 43553 Denny, L E • 8/26 - 10/19 • ONLINE
Mon 1:00pm - 4:05pm (Lec/Lab)

CRN 41899 Denny, L E • 10/21 - 12/14 • TBA
Wed 1:00pm - 4:05pm (Lec/Lab)

CRN 43554 Denny, L E • 10/21 - 12/14 • ONLINE
Mon 1:00pm - 4:05pm (Lec/Lab)

Collage and Mixed Media: For Older Adults

CRAO NC184 • This course teaches older adults the art history, composition, and hands-on techniques for collage, assemblage, and mixed media. Older adults will maintain or improve dexterity and mental acuity through the weekly completion of collage and mixed media projects, emphasizing the principles and elements of composition.

CRN 41607 Luminess, C J • 8/26 - 10/19 • SCHOTT-23
Wed 1:00pm - 3:50pm (Lec/Lab)

CRN 41608 Luminess, C J • 10/21 - 12/14 • SCHOTT-23
Wed 1:00pm - 3:50pm (Lec/Lab)

Abstract Painting: For Older Adults

CRAO NC190 • An abstract approach to painting is explored. Seeks to coordinate the creative process with a complex technical skill set necessary to make successful abstract paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRN 41609 Denny, L E • 8/26 - 10/19 • ONLINE
Tue 1:00pm - 4:00pm (Lec/Lab)

CRN 41611 Denny, L E • 8/26 - 10/19 • SCHOTT
Thu 1:00pm - 4:05pm (Lec/Lab)

CRN 42700 Luminess, C J • 8/26 - 10/19 • SCHOTT-5
Fri 9:00am - 12:15pm (Lec/Lab)

CRN 41610 Denny, L E • 10/21 - 12/14 • ONLINE
Tue 1:00pm - 4:00pm (Lec/Lab)

CRN 41612 Denny, L E • 10/21 - 12/14 • TBA
Thu 1:00pm - 4:05pm (Lec/Lab)

CRN 42701 Luminess, C J • 10/21 - 12/14 • SCHOTT-5
Fri 9:00am - 12:35pm (Lec/Lab)

Artist's Open Studio: For Older Adults

CRAO NC193 • Older adult students identify and examine personal interests and aptitudes in the arts. Students of all levels sketch and paint in an open lab setting assimilating the principles and ideas derived from studying master artists and viewing great works of art.

CRN 45011 Wilson, P P • 8/26 - 10/19 • ONLINE
Tue 1:00pm - 3:50pm (Lec/Lab)

CRN 41614 Wilson, P P • 10/21 - 12/14 • ONLINE
Tue 1:00pm - 3:50pm (Lec/Lab)

Beginning Drawing, Introduction to the Human Figure: For Older Adults

CRAO NC277 • Beginning level older adult students have the opportunity to draw directly from a live model for three hours. Older adults develop manual dexterity and coordination and benefit from brain enhancing, creative self-expression.

CRN 43670 Kelly, C M • 8/26 - 10/19 • SCHOTT-20
Mon 1:00pm - 3:50pm (Lec/Lab)

CRN 44546 Kelly, C M • 8/26 - 10/19 • SCHOTT-20
EVE Mon 6:00pm - 8:50pm (Lec/Lab)

CRN 43671 Kelly, C M • 10/21 - 12/14 • SCHOTT-20
Mon 1:00pm - 3:50pm (Lec/Lab)

CRN 44547 Kelly, C M • 10/21 - 12/14 • SCHOTT-20
EVE Mon 6:00pm - 8:50pm (Lec/Lab)

Figure Drawing: For Older Adults

CRAO NC218 • Beginning and intermediate level older adult students have the opportunity to draw directly from a live model for three hours. Older adults develop manual dexterity and coordination and benefit from brain enhancing, creative self-expression. Individualized instruction is provided to address student's diverse learning styles and abilities.

CRN 41629 Henderson III, L T • 8/26 - 10/19 • ONLINE
Tue 9:00am - 11:50am (Lec/Lab)

CRN 41630 Henderson III, L T • 10/21 - 12/14 • ONLINE
Tue 9:00am - 11:50am (Lec/Lab)

Figure Drawing and Painting: For Older Adults

CRAO NC226 • Basic figure drawing and painting skills are explored. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful two dimensional work based on observation of the human figure. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRN 45014 Downie, B H • 8/26 - 10/19 • SCHOTT-23
Tue 9:00am - 12:15pm (Lec/Lab)

CRN 45015 Downie, B H • 10/21 - 12/14 • SCHOTT-23
Tue 9:00am - 12:15pm (Lec/Lab)

Beginning Drawing: For Older Adults

CRAO NC211 • Focuses on developing foundational techniques of drawing as an artistic expression. Basic drawing skills are explored through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful drawings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for older adults. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRN 41621 Luminess, C J • 8/26 - 10/19 • SCHOTT-6
Thu 12:30pm - 3:30pm (Lec/Lab)

CRN 44034 Luminess, C J • 8/26 - 10/19 • ONLINE
Thu 12:30pm - 3:30pm (Lec/Lab)

CRN 45012 Denny, L E • 8/26 - 10/19 • TBA
Fri 1:00pm - 3:40pm (Lec/Lab)

CRN 41622 Luminess, C J • 10/21 - 12/14 • SCHOTT-6
Thu 12:30pm - 3:40pm (Lec/Lab)

CRN 44035 Luminess, C J • 10/21 - 12/14 • ONLINE
Thu 12:30pm - 3:40pm (Lec/Lab)

CRN 45013 Denny, L E • 10/21 - 12/14 • TBA
Fri 1:00pm - 4:05pm (Lec/Lab)

Beginning Stone Carving: For Older Adults

CRAO NC356 • Older adult students will learn the fundamentals of stone carving through practice and demonstration, focusing on the basic techniques of carving. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful work using hand tools to carve alabaster. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem-solving.

CRN 43494 Methner, K E • 8/26 - 10/19 • H-104
TBA

CRN 43495 Methner, K E • 10/21 - 12/14 • H-104
TBA

Southwest Style Jewelry: For Older Adults

CRAO NC433 • Older adult students will receive instruction on how to use various jewelry making tools and equipment to create Southwest style jewelry. Students will improve mental focus and physical dexterity, exercise creative self-expression, and benefit from social engagement in a group activity.

CRN 43361 Stanley, C • 8/26 - 10/19 • WAKE-8
Wed 1:00pm - 4:00pm (Lec/Lab)

CRN 43362 Stanley, C • 10/21 - 12/14 • WAKE-8
Wed 1:00pm - 4:00pm (Lec/Lab)

Specialized Jewelry Techniques: For Older Adults

CRAO NC434 • Older adult students learn the technical and challenging processes used in art jewelry. Techniques may include but are not limited to one of the following: roller printing and stamping, hydraulic press, repoussage and chasing, chain making, filigree, fabric techniques in metal, engraving, metal inlay, etching, reticulation, fusing, granulation, mokume gane and metal lamination, cold connections, boxes and lockets, bone carving and hanging, keum boo, stone setting or coloring metals.

CRN 43363 Stanley, C • 8/26 - 10/19 • WAKE-8
EVE Wed 5:30pm - 8:20pm (Lec/Lab)

CRN 43528 Elkins, G D • 8/26 - 10/19 • WAKE-8
Tue 12:30pm - 3:30pm (Lec/Lab)

CRN 44704 Leleu, B • 8/26 - 10/19 • WAKE-8
Fri 8:30am - 11:30am (Lec/Lab)

CRN 43364 Stanley, C • 10/21 - 12/14 • WAKE-8
EVE Wed 5:30pm - 8:20pm (Lec/Lab)

CRN 44548 Elkins, G D • 10/21 - 12/14 • WAKE-8
Tue 12:30pm - 3:30pm (Lec/Lab)

CRN 44668 Leleu, B • 10/21 - 12/14 • WAKE-8
Fri 8:30am - 11:30am (Lec/Lab)

Enameling-Glass on Metal: For Older Adults

CRAO NC436 • Introduction to the ancient art of enameling on metal as a jewelry making technique. Older adult students will exercise physical dexterity and cognitive skills and develop creativity to assist with the aging process. Students learn the basic principles of enameling by applying and melting powdered glass on to the surface of copper or silver sheet metal in artistic patterns. Older adults will learn a variety of advanced techniques including the use of silver or gold foils and cloisonne.

CRN 43365 Stanley, C • 8/26 - 10/19 • WAKE-8
Thu 1:00pm - 4:00pm (Lec/Lab)

CRN 43366 Stanley, C • 10/21 - 12/14 • WAKE-8
Thu 1:00pm - 4:00pm (Lec/Lab)

The Art of Jewelry Making-Level 1: For Older Adults

CRAO NC439 • Basic jewelry making skills are explored through practice and demonstration. Students learn how to make silver rings, earrings, pins and pendants. Students use tools, work with materials, set gemstones and other fabrication techniques. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific medium. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRN 44060 Leleu, B • 8/26 - 10/19 • WAKE-8
Mon 8:30am - 11:35am (Lec/Lab)

CRN 44062 Stanley, C • 8/26 - 10/19 • WAKE-8
Thu 9:00am - 12:10pm (Lec/Lab)

CRN 44061 Leleu, B • 10/21 - 12/14 • WAKE-8
Mon 8:30am - 11:35am (Lec/Lab)

CRN 44063 Stanley, C • 10/21 - 12/14 • WAKE-8
Thu 9:00am - 12:10pm (Lec/Lab)

Jewelry Soldering-Information, Focus, Practice: For Older Adults

CRAO NC441 • Older adult students develop mental focus and hand-eye coordination through practice of jewelry making soldering skills. Students develop confidence and self-esteem through mastery of torch use and complex design issues that require many solder connections. Topics include health and safety considerations, torches, fluxes, solders, and special set-ups.

CRN 43514 Elkins, G D • 8/26 - 10/19 • WAKE-8
Tue 9:00am - 11:50am (Lec/Lab)

CRN 44703 Leleu, B • 8/26 - 10/19 • WAKE-8
EVE Thu 5:30pm - 8:30pm (Lec/Lab)

CRN 43515 Elkins, G D • 10/21 - 12/14 • WAKE-8
Tue 9:00am - 11:50am (Lec/Lab)

CRN 44670 Leleu, B • 10/21 - 12/14 • WAKE-8
EVE Thu 5:30pm - 8:35pm (Lec/Lab)

Lost Wax Casting: For Older Adults

CRAO NC443 • Teaches older adults jewelry making skills through the Lost Wax Casting method. Includes instruction in wax carving, preparation, burnout, and the casting process. Students improve dexterity and mental acuity in the completion of a cast silver jewelry item.

CRN 43475 Stanley, C • 8/26 - 10/19 • WAKE-8
EVE Tue 5:30pm - 8:30pm (Lec/Lab)

CRN 43476 Stanley, C • 10/21 - 12/14 • WAKE-8
EVE Tue 5:30pm - 8:30pm (Lec/Lab)

Jewelry Workshop: For Older Adults

CRAO NC444 • Students are guided in the processes necessary to create a jewelry project from concept to completion. Students learn how to design forms, develop step-by-step procedures utilizing the characteristics of the materials involved and present their completed pieces. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific medium. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem-solving.

CRN 43467 Stanley, C • 8/26 - 10/19 • WAKE-8
Wed 8:30am - 11:55am (Lec/Lab)

CRN 44702 Leleu, B • 8/26 - 10/19 • WAKE-8
Fri Noon - 3:20pm (Lec/Lab)

CRN 45016 Leleu, B • 8/26 - 10/19 • WAKE-8
Mon 12:05pm - 3:30pm (Lec/Lab)

CRN 43468 Stanley, C • 10/21 - 12/14 • WAKE-8
Wed 8:30am - 11:55am (Lec/Lab)

CRN 44669 Leleu, B • 10/21 - 12/14 • WAKE-8
Fri Noon - 3:30pm (Lec/Lab)

CRN 45017 Leleu, B • 10/21 - 12/14 • WAKE-8
Mon 12:05pm - 3:30pm (Lec/Lab)

Art Experiences and Conversations: For Older Adults

CRAO NC585 • Older adult students practice self-expression while viewing images of a wide range of artworks. Discussion topics include art principles such as color, line, shape and form. Art history explored throughout the course. Students are encouraged to share their recollections and associations about art, history and life.

CRN 41453 Miles, J E • 8/26 - 10/19 • ONLINE
EVE Tue 5:00pm - 6:15pm (Lec)

CRN 43478 Miles, J E • 10/21 - 12/14 • ONLINE
EVE Tue 5:00pm - 6:15pm (Lec)

Beginning Calligraphy: For Older Adults

CRAO NC701 • The older adult student learns how to write an alphabet based on correct use of pen nibs and pen angles. Topics include correct letter formation and basic techniques and equipment used by contemporary calligraphers.

CRN 41657 Harris, C L • 8/26 - 10/19 • ONLINE
Tue 9:00am - 11:50am (Lec/Lab)

Stained Glass: Leaded, Copper Foil and Mosaic: For Older Adults

CRAO NC704 • Designed for older adults with previous experience working with glass. The art of leaded stained glass, copper foil stained glass, and mosaic are acquired and understood through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to successfully complete stained glass projects. The instruction takes the student through every stage needed to fabricate a glass project. Weekly handouts cover the history of stained glass from its beginnings to present day. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRN 43299 Marshall, L • 8/26 - 10/19 • WAKE-11
Thu 12:30pm - 3:30pm (Lec/Lab)

CRN 43341 Marshall, L • 8/26 - 10/19 • WAKE-11
Thu 9:00am - Noon (Lec/Lab)

CRN 43343 Marshall, L • 8/26 - 10/19 • WAKE-11
Mon 12:30pm - 3:35pm (Lec/Lab)

CRN 43300 Marshall, L • 10/21 - 12/14 • WAKE-11
Thu 12:30pm - 3:35pm (Lec/Lab)

CRN 43342 Marshall, L • 10/21 - 12/14 • WAKE-11
Thu 9:00am - 12:05pm (Lec/Lab)

CRN 43344 Marshall, L • 10/21 - 12/14 • WAKE-11
Mon 12:30pm - 3:35pm (Lec/Lab)

Beginning Stained Glass: Leaded, Copper Foil and Mosaic: For Older Adults

CRAO NC705 • Designed for older adults who have no previous experience working with glass. A hands-on class for those wanting to learn the art of leaded stained glass, copper foil stained glass and mosaic. The instruction takes the student through every stage needed to fabricate a glass project. It also includes weekly handouts covering the history of stained glass from its humble beginnings to present day.

CRN 43345 Marshall, L • 8/26 - 10/19 • WAKE-11
Mon 9:00am - Noon (Lec/Lab)

CRN 43347 Marshall, L • 8/26 - 10/19 • WAKE-11
Tue 12:30pm - 3:30pm (Lec/Lab)

CRN 43346 Marshall, L • 10/21 - 12/14 • WAKE-11
Mon 9:00am - Noon (Lec/Lab)

CRN 43348 Marshall, L • 10/21 - 12/14 • WAKE-11
Tue 12:30pm - 3:30pm (Lec/Lab)

Flower Arranging: For Older Adults

CRAO NC709 • Students learn techniques and methods of flower arranging for applications in the home or office. Topics include the principles of using a wide variety of plants, materials, and accessories.

CRN 41722 Harvey, L M • 8/26 - 10/19 • ONLINE
Mon 9:00am - 11:50am (Lec/Lab)

CRN 45018 Harvey, L M • 10/21 - 12/14 • ONLINE
Mon 9:00am - 11:50am (Lec/Lab)

Chinese Calligraphy and Brush Painting: For Older Adults

CRAO NC722 • Older adult students will learn Chinese calligraphy and brush painting. Students will practice basic calligraphy strokes and color loading techniques. Students will write Chinese words, learn the spiritual meaning behind each character, and paint traditional Asian subjects (bamboo, blossom, orchid, iris, and lotus.)

CRN 41664 Willhite, S L • 8/26 - 10/19 • ONLINE
Wed 1:00pm - 3:50pm (Lec/Lab)

CRN 41666 Willhite, S L • 8/26 - 10/19 • ONLINE
Mon 1:00pm - 4:05pm (Lec/Lab)

CRN 41665 Willhite, S L • 10/21 - 12/14 • ONLINE
Wed 1:00pm - 3:50pm (Lec/Lab)

CRN 41667 Willhite, S L • 10/21 - 12/14 • ONLINE
Mon 1:00pm - 4:05pm (Lec/Lab)

Weaving using a Floor Loom: For Older Adults

CRAO NC725 • Older adult students focus on developing increased manual dexterity and strength as they create useful and decorative projects by learning the age-old craft of hand weaving on a loom. Topics include project planning, warping the loom and finishing projects as well as weaving theory and techniques. Designed for beginning, intermediate and advanced students.

CRN 43304 Ford, J E • 8/26 - 10/19 • WAKE-32
Tue 9:00am - 2:50pm (Lec/Lab)

CRN 43543 Ford, J E • 8/26 - 10/19 • WAKE-32
Thu 9:00am - 2:50pm (Lec/Lab)

CRN 43305 Ford, J E • 10/21 - 12/14 • WAKE-32
Tue 9:00am - 2:50pm (Lec/Lab)

CRN 43544 Ford, J E • 10/21 - 12/14 • WAKE-32
Thu 9:00am - 2:50pm (Lec/Lab)

Monotypes and Monoprints: For Older Adults

CRAO NC748 • This class teaches older adults to paint unique monotypes on an acrylic plate and print them on an etching press. Students develop creativity and practice dexterity and mental focus in the production of singular print images, emphasizing technique, design, and process.

CRN 41672 Zimmerman, S H • 8/26 - 10/19 • SCHOTT-23
Fri 10:00am - 2:45pm (Lec/Lab)

CRN 43479 Zimmerman, S H • 10/21 - 12/14 • SCHOTT-23
Fri 9:35am - 3:05pm (Lec/Lab)

Beginning Glass Fusing: For Older Adults

CRAO NC799 • Older adults learn basic skills to create several glass fused pieces. Emphasis is placed on creating functional, yet artistic pieces, including a small plate or bowl.

CRN 43357 Staff • 8/26 - 10/19 • WAKE-11
Tue 4:00pm - 6:50pm (Lec/Lab)

CRN 43359 Marshall, L • 8/26 - 10/19 • WAKE-11
Wed 9:00am - Noon (Lec/Lab)

CRN 43358 TBA • 10/21 - 12/14 • WAKE-11
Tue 4:00pm - 6:50pm (Lec/Lab)

CRN 43360 Marshall, L • 10/21 - 12/14 • WAKE-11
Wed 9:00am - Noon (Lec/Lab)



**CLASS SCHEDULE IS
SUBJECT TO CHANGE.**

**For updates and support visit
sel.sbcc.edu.**

Ceramics, an Option for Creative Learning: For Older Adults

CRAO NC823 • Older adult students make clay objects using hand techniques or the potter's wheel. Students will improve hand strength and coordination, develop cognitive flexibility to learn and execute a new skill, experience the sensory and creative stimulation fostered by working with clay and exercise socialization skills. Topics include the principles of clay construction, glazing, the kiln firing process, and increasingly difficult clay techniques.

- CRN 42991** Adcock, M E • 8/26 - 10/19 • SCHOTT-24
Mon 1:00pm - 4:05pm (Lec/Lab)
- CRN 42993** McGuire, R S • 8/26 - 10/19 • SCHOTT-24
Wed 9:00am - 11:50am (Lec/Lab)
- CRN 43001** Sayers, B H • 8/26 - 10/19 • SCHOTT-24
Fri 1:00pm - 3:50pm (Lec/Lab)
- CRN 43315** Staff • 8/26 - 10/19 • SCHOTT-24
Fri 9:00am - Noon (Lec/Lab)
- CRN 43320** Sayers, B H • 8/26 - 10/19 • SCHOTT-24
EVE Fri 6:00pm - 9:00pm (Lec/Lab)
- CRN 43324** Basch, M A • 8/26 - 10/19 • SCHOTT-24
EVE Mon 6:00pm - 9:05pm (Lec/Lab)
- CRN 43326** Pini, D A • 8/26 - 10/19 • SCHOTT-24
SAT 10:00am - 1:00pm (Lec/Lab)
- CRN 43330** Primrose, Z M • 8/26 - 10/19 • SCHOTT-24
EVE Wed 6:00pm - 9:00pm (Lec/Lab)
- CRN 43332** Basch, M A • 8/26 - 10/19 • SCHOTT-24
Wed 1:00pm - 4:00pm (Lec/Lab)
- CRN 43985** Stout, L R • 8/26 - 10/19 • TBA
EVE Mon 5:00pm - 8:15pm (Lec/Lab)
- CRN 44597** Staff • 8/26 - 10/19 • SCHOTT-24
Thu 9:00am - Noon (Lec/Lab)
- CRN 45019** Staff • 8/26 - 10/19 • SCHOTT-24
Tue 9:00am - 11:50am (Lec/Lab)
- CRN 42992** Adcock, M E • 10/21 - 12/14 • SCHOTT-24
Mon 1:00pm - 4:05pm (Lec/Lab)
- CRN 42994** McGuire, R S • 10/21 - 12/14 • SCHOTT-24
Wed 9:00am - 11:50am (Lec/Lab)
- CRN 43002** Sayers, B H • 10/21 - 12/14 • SCHOTT-24
Fri 1:00pm - 3:50pm (Lec/Lab)
- CRN 43314** Staff • 10/21 - 12/14 • SCHOTT-24
Fri 9:00am - Noon (Lec/Lab)
- CRN 43319** Sayers, B H • 10/21 - 12/14 • SCHOTT-24
EVE Fri 6:00pm - 9:00pm (Lec/Lab)
- CRN 43323** Basch, M A • 10/21 - 12/14 • SCHOTT-24
EVE Mon 6:00pm - 9:05pm (Lec/Lab)
- CRN 43325** Pini, D A • 10/21 - 12/14 • SCHOTT-24
SAT 10:00am - 1:00pm (Lec/Lab)
- CRN 43329** Primrose, Z M • 10/21 - 12/14 • SCHOTT-24
EVE Wed 6:00pm - 9:00pm (Lec/Lab)
- CRN 43331** Basch, M A • 10/21 - 12/14 • SCHOTT-24
Wed 1:00pm - 4:00pm (Lec/Lab)
- CRN 44598** Staff • 10/21 - 12/14 • SCHOTT-24
Thu 9:00am - Noon (Lec/Lab)
- CRN 45020** Staff • 10/21 - 12/14 • SCHOTT-24
Tue 9:00am - 11:50am (Lec/Lab)

Modeling the Figure in Clay: For Older Adults

CRAO NC888 • The older adult student learns to sculpt the human figure in water-based clay. Focuses on techniques and skills needed to construct a three-dimensional, proportional, anatomical figure in a variety of poses from live models. Instruction includes use of tools, materials and armature construction.

- CRN 44048** Kornbluth, S • 8/26 - 10/19 • SCHOTT-23
Thu 8:30am - 11:35am (Lec/Lab)

Clay Handbuilding: For Older Adults

CRAO NC896 • Beginning level older adult art students make clay objects using a combination of pinch, coil and slab techniques. The older adult student will improve hand strength and coordination, develop cognitive flexibility to learn and execute new skills. Topics include the principles of clay construction, glazing and the kiln firing process.

- CRN 43012** Thomsen, G I • 8/26 - 10/19 • SCHOTT-24
Thu 1:00pm - 3:50pm (Lec/Lab)
- CRN 43306** Dean, D M • 8/26 - 10/19 • SCHOTT-24
Tue 1:00pm - 4:00pm (Lec/Lab)
- CRN 44638** Thomsen, G I • 8/26 - 10/19 • SCHOTT-24
EVE Thu 6:00pm - 9:00pm (Lec/Lab)
- CRN 45021** Downie, B H • 8/26 - 10/19 • SCHOTT-24
EVE Tue 6:00pm - 9:00pm (Lec/Lab)
- CRN 43013** Thomsen, G I • 10/21 - 12/14 • SCHOTT-24
Thu 1:00pm - 4:30pm (Lec/Lab)
- CRN 43302** Dean, D M • 10/21 - 12/14 • SCHOTT-24
Tue 1:00pm - 4:00pm (Lec/Lab)
- CRN 44639** Thomsen, G I • 10/21 - 12/14 • SCHOTT-24
EVE Thu 6:00pm - 9:00pm (Lec/Lab)
- CRN 45022** Downie, B H • 10/21 - 12/14 • SCHOTT-24
EVE Tue 6:00pm - 9:00pm (Lec/Lab)

Attention Ceramics, Jewelry and Glass Students:

Students are limited to two seats (one during weeks 1-8 and one during weeks 9-16) per course title in Ceramics, Jewelry and Glass subjects that offer more than one class per term. (CRAO NC 823 Ceramics, an Option for Creative Learning is an example of one course title.) Starting August 12 at 9 a.m., students may add more seats, if available, by visiting the Main Office at Schott or Wake campus in person.

CREATIVE ENGLISH

Exploring Films of Our Lives: For Older Adults

CREO NC014 • This course explores the writing, directing, actors, and awards of films set in locales around the globe. Older adult students exercise critical thinking and develop self-expression by comparing their reaction to films originally shown and their response to seeing the same movie today. Films reinforce self-esteem through the validation of memories of the original viewing of older films. Socialization and critical thinking are enhanced through group discussion. Students participate in the selection of films.

CRN 45025 Glaser, A M • 8/26 - 10/19 • SCHOTT-14
EVE Tue 5:00pm - 8:00pm (Lec/Lab)

CRN 45026 Glaser, A M • 10/21 - 12/14 • SCHOTT-14
EVE Tue 5:00pm - 8:00pm (Lec/Lab)

Modern and Classic Short Stories: For Older Adults

CREO NC120 • Provides older adults the opportunity to enter into a sustained close reading of texts, allowing for a fuller exploration of the art of each work. To that end participants discuss characterization, plot, style, imagery, metaphor, narrative structure, point of view and theme. Texts are read aloud in class and students are invited to communicate their reflections and insights in response to each reading. Materials for the course - modern and classic short stories from the US, Britain, and other nations are selected each term.

CRN 41534 Ferrer, M Y • 8/26 - 10/19 • ONLINE
Fri 10:00am - Noon (Lec)

CRN 41535 Ferrer, M Y • 10/21 - 12/14 • ONLINE
Fri 10:00am - 12:20pm (Lec)

Explorations in Literature for Older Adults

CREO NC303 • Older adults become more avid, savvy readers of literature by learning how to close read. Through classroom readings, lecture, and discussion, students understand the dynamics of literature and how the study of literature applies to their lives. They also explore how literature reveals relationships between people and people's relationships to the world, as well as how it can often give a clearer view of its times than contemporary news reports or historical analysis.

CRN 41536 Lowenkopf, S A • 8/26 - 10/19 • ONLINE
Tue 1:00pm - 3:00pm (Lec)

CRN 41537 Lowenkopf, S A • 10/21 - 12/14 • ONLINE
Tue 1:00pm - 3:00pm (Lec)

Poetry, Prose and Plays: For Older Adults

CREO NC335 • Older adult students learn techniques for close reading of literary texts. Examines the elements of storytelling: plot, character, theme, point of view and setting. Analyzes the effect of words, images, metaphors, patterns and cadences in the various works. Explores the effects of cultural context, values, irony and paradox on the reader. Titles will be determined in class and will include selections from poetry, prose and plays.

CRN 41538 Ferrer, M Y • 8/26 - 10/19 • ONLINE
Thu 10:00am - Noon (Lec)

CRN 42679 Richo, D D • 8/26 - 10/19 • ONLINE
Wed 10:00am - Noon (Lec)

CRN 41539 Ferrer, M Y • 10/21 - 12/14 • ONLINE
Thu 10:00am - 12:05pm (Lec)

CRN 42680 Richo, D D • 10/21 - 12/14 • ONLINE
Wed 10:00am - Noon (Lec)

Survey of Literary Classics: For Older Adults

CREO NC497 • Presents older adults with the opportunity and guidance to read, analyze, evaluate and discuss literary classics. Assists students to place modern experience in a historical context and to view historical events with a modern perspective.

CRN 41542 Ferrer, M Y • 8/26 - 10/19 • ONLINE
Mon 3:30pm - 5:30pm (Lec)

CRN 41543 Ferrer, M Y • 10/21 - 12/14 • ONLINE
Mon 3:30pm - 5:30pm (Lec)

CRN 41873 Robins, R P • 10/21 - 12/14 • SCHOTT-6 • **HF**
Tue 10:00am - Noon (Lec)

Writers' Boot-Camp: For Older Adults

CREO NC635 • Teaches older adults to improve their writing skills in fiction, creative non-fiction, film, or drama and helps students who have a story without an ending or an idea for an article they can't start. Students learn about structure and how to eradicate writing blocks, turn rants into monologues, express themselves and challenge their intellects. True tales may be published for peers and grandchildren.

CRN 44565 Starkey, D M • 10/21 - 12/14 • WAKE-16
Tue 10:00am - Noon (Lec)

Getting Started, Getting Good and Getting Your Fiction Published: For Older Adults

CREO NC642 • Older adult students learn that effective, publishable fiction requires intriguing characters, a good story line, a compelling narrative voice, convincing dialogue, energetic pace, palpable mood and a strong relationship to contemporary life. Provides instruction in vital techniques, an arena for practicing them until those skills are mastered and demonstrable ways for the student to develop an individual narrative voice.

CRN 41544 Lowenkopf, S A • 8/26 - 10/19 • ONLINE
EVE Thu 5:00pm - 7:00pm (Lec/Lab)

CRN 45023 Lowenkopf, S A • 8/26 - 10/19 • CARPLB
Mon 3:35pm - 5:45pm (Lec/Lab)

CRN 41545 Lowenkopf, S A • 10/21 - 12/14 • ONLINE
EVE Thu 5:00pm - 7:00pm (Lec/Lab)

CRN 45024 Lowenkopf, S A • 10/21 - 12/14 • CARPLB
Mon 3:35pm - 5:45pm (Lec/Lab)

Writing Your Life into Being: For Older Adults

CREO NC646 • In this interactive writing workshop, older adult students contemplate what other authors say about values such as integrity, acceptance, and success. Through visualization techniques and writing exercises, students reflect back on their lives and give voice to what matters most. Beneficial for students who want to write a memoir for family members, experiment with poetry or fiction, or explore life stories at deeper levels.

CRN 41546 Drobny, D T • 10/21 - 12/14 • ONLINE
Fri 9:15am - 11:15am (Lec)

Writing Personal Histories: For Older Adults

CREO NC673 • Teaches older adults to succeed in the memoir writing process. Students learn to collect and prepare their ideas, how to write and structure their memoirs and autobiographies and how to edit them. Students learn to develop a conversational, individual narrative voice for their memoirs and to create a framework for fictional works based on their autobiographies.

CRN 41918 Lowenkopf, S A • 8/26 - 10/19 • ONLINE
Wed 9:30am - 11:30am (Lec)

CRN 41919 Lowenkopf, S A • 10/21 - 12/14 • ONLINE
Wed 9:30am - 11:30am (Lec)

CREATIVE MUSIC

Choral Singing: For Older Adults

CRMO NC005 • Older adult students learn vocal techniques, song interpretation, tone, pitch, dynamics and performance technique to effectively perform choral music in front of an audience. Students benefit from breathing and stretching exercises to develop vocal flexibility and lung capacity. Students also increase mental acuity through memorization of musical numbers and sight music reading skills, develop self-confidence, socialization skills, and an outlet for creative expression.

CRN 41547 Kennedy, D M • 8/26 - 10/19 • SCHOTT-14
Wed 9:30am - 11:45am (Lec)

CRN 41548 Kennedy, D M • 10/21 - 12/14 • SCHOTT-14
Wed 9:30am - 11:45am (Lec)

Basics of Singing I: For Older Adults

CRMO NC011 • Novice or experienced older adult singers learn singing and breathing techniques, vocal support, range, song interpretation, and stage presence. Older adult students will develop enhanced self-esteem and communication skills while participating with and performing for fellow students.

CRN 41549 Fryer, L A • 8/26 - 10/19 • SCHOTT-6
EVE Fri 6:00pm - 8:00pm (Lec)

CRN 44186 Lynn-Jacobs, M E • 8/26 - 10/19 • ONLINE
Wed 9:30am - 11:20am (Lec)

CRN 44188 Lynn-Jacobs, M E • 8/26 - 10/19 • SCHOTT-6
Wed 9:30am - 11:20am (Lec)

CRN 44217 Fryer, L A • 8/26 - 10/19 • ONLINE
EVE Fri 6:00pm - 8:00pm (Lec)

CRN 45027 Lynn-Jacobs, M E • 8/26 - 10/19 • TBA • **HF**
EVE Thu 6:00pm - 8:00pm (Lec)

CRN 45028 Lynn-Jacobs, M E • 8/26 - 10/19 • ONLINE • **HF**
EVE Thu 6:00pm - 8:00pm (Lec)

CRN 41550 Fryer, L A • 10/21 - 12/14 • SCHOTT-6
EVE Fri 6:00pm - 8:05pm (Lec)

CRN 44187 Lynn-Jacobs, M E • 10/21 - 12/14 • ONLINE
Wed 9:30am - 11:20am (Lec)

CRN 44189 Lynn-Jacobs, M E • 10/21 - 12/14 • SCHOTT-6
Wed 9:30am - 11:20am (Lec)

CRN 44218 Fryer, L A • 10/21 - 12/14 • ONLINE
EVE Fri 6:00pm - 8:05pm (Lec)

CRN 45029 Lynn-Jacobs, M E • 10/21 - 12/14 • TBA • **HF**
EVE Thu 6:00pm - 8:05pm (Lec)

CRN 45030 Lynn-Jacobs, M E • 10/21 - 12/14 • ONLINE • **HF**
EVE Thu 6:00pm - 8:05pm (Lec)

Beginning Piano Level 1: For Older Adults

CRMO NC014 • Incorporates lecture and hands-on instruction to teach the beginning older-adult piano student basic orientation of the instrument, notes and rhythm. Older adults experience the therapeutic value of playing an instrument and expanding their knowledge of musical elements, resulting in improved physical and emotional well-being. Students have the opportunity to play in class. An electronic keyboard or piano at home is recommended.

CRN 45033 Staff • 8/26 - 10/19 • SCHOTT-3
Wed 3:00pm - 4:00pm (Lec)
Staff • 10/21 - 12/14 • SCHOTT-3
Wed 3:00pm - 4:00pm (Lab)

Playing the Ukulele: For Older Adults

CRMO NC017 • Teaches older adult students strumming, finger picking, chords, and improvisations needed to successfully play the ukulele. Students experience the physical and emotional health benefits of music performance, including improved manual strength and dexterity and an improvement in mental focus. For beginners as well as seasoned musicians.

CRN 44558 Lynn-Jacobs, M E • 8/26 - 10/19 • TBA
EVE Tue 6:00pm - 8:00pm (Lec/Lab)
CRN 44559 Lynn-Jacobs, M E • 8/26 - 10/19 • ONLINE
EVE Tue 6:00pm - 8:00pm (Lec/Lab)
CRN 45031 Lynn-Jacobs, M E • 8/26 - 10/19 • TBA
Thu 2:30pm - 4:30pm (Lec/Lab)
CRN 41554 Lynn-Jacobs, M E • 10/21 - 12/14 • TBA
EVE Tue 6:00pm - 8:00pm (Lec/Lab)
CRN 44342 Lynn-Jacobs, M E • 10/21 - 12/14 • ONLINE
EVE Tue 6:00pm - 8:00pm (Lec/Lab)
CRN 45032 Lynn-Jacobs, M E • 10/21 - 12/14 • TBA
Thu 2:30pm - 4:30pm (Lec/Lab)

Basic Ear Training And Pitch Training: For Older Adults

CRMO NC030 • Older adult musicians are introduced to basic pitch and interval relationships for melodies, harmonies, recognizing chords and song keys. Older adult students experience the physical and emotional benefits of music performance including, increased confidence and accuracy while performing with others, improved mental focus, and building new physical and mental pathways and connections. Pitch and ear training is also particularly essential for singers reading sheet music.

CRN 44620 Lynn-Jacobs, M E • 8/26 - 10/19 • ONLINE
Tue 9:30am - 11:20am (Lec)
CRN 44621 Lynn-Jacobs, M E • 8/26 - 10/19 • TBA
Tue 9:30am - 11:20am (Lec)
CRN 44622 Lynn-Jacobs, M E • 10/21 - 12/14 • TBA
Tue 9:30am - 11:20am (Lec)
CRN 44623 Lynn-Jacobs, M E • 10/21 - 12/14 • ONLINE
Tue 9:30am - 11:20am (Lec)

Basic Rhythm Training for Older Adults

CRMO NC031 • Novice and experienced older adult music students learn the basic subtle differences between rhythmic subdivisions of twos, threes, and syncopations. Learning to identify and replicate these differences opens new neural pathways, improves physical coordination, strengthens and enhances mind/body awareness for older adults. Rhythm Training is also essential for reading the Western sheet music system.

CRN 44628 Lynn-Jacobs, M E • 8/26 - 10/19 • TBA
Thu 9:30am - 11:35am (Lec)
CRN 44629 Lynn-Jacobs, M E • 8/26 - 10/19 • ONLINE
Thu 9:30am - 11:35am (Lec)
CRN 44630 Lynn-Jacobs, M E • 10/21 - 12/14 • TBA
Thu 9:30am - 11:35am (Lec)
CRN 44631 Lynn-Jacobs, M E • 10/21 - 12/14 • ONLINE
Thu 9:30am - 11:35am (Lec)

Intermediate Piano for Older Adults

CRMO NC053 • Older adults expand musicianship skills and improve health and well-being through class activities. Students play on digital pianos, perform new music and study music theory. A year of beginning piano lessons and a piano or keyboard at home is recommended.

CRN 45034 Staff • 8/26 - 10/19 • SCHOTT-3
EVE Mon 5:30pm - 6:30pm (Lec)
Staff • 10/21 - 12/14 • SCHOTT-3
EVE Mon 5:30pm - 6:30pm (Lab)

Performance Singing: For Older Adults

CRMO NC090 • Older adult students learn vocal techniques, song interpretation and performance technique to effectively perform songs in front of an audience. Students benefit from breathing and stretching exercises to develop flexibility and lung capacity. Mental acuity is enhanced through memorization of musical numbers and sight music reading skills. Students learn to give and receive constructive criticism. Develops self confidence, socialization skills and provides an expressive outlet for creative expression.

CRN 41563 Fryer, L A • 8/26 - 10/19 • TBA
EVE Thu 6:00pm - 8:00pm (Lec/Lab)
CRN 41716 Lynn-Jacobs, M E • 8/26 - 10/19 • TBA
EVE Wed 6:00pm - 8:10pm (Lec/Lab)
CRN 44044 Lynn-Jacobs, M E • 8/26 - 10/19 • ONLINE
EVE Wed 6:00pm - 8:10pm (Lec/Lab)
CRN 44219 Fryer, L A • 8/26 - 10/19 • ONLINE
EVE Thu 6:00pm - 8:00pm (Lec/Lab)
CRN 41564 Fryer, L A • 10/21 - 12/14 • TBA
EVE Thu 6:00pm - 8:00pm (Lec/Lab)
CRN 41913 Lynn-Jacobs, M E • 10/21 - 12/14 • TBA
EVE Wed 6:00pm - 8:10pm (Lec/Lab)
CRN 44185 Lynn-Jacobs, M E • 10/21 - 12/14 • ONLINE
EVE Wed 6:00pm - 8:10pm (Lec/Lab)
CRN 44220 Fryer, L A • 10/21 - 12/14 • ONLINE
EVE Thu 6:00pm - 8:00pm (Lec/Lab)

Beginning String Techniques for Older Adults

CRMO NC150 • Instruction in the fundamentals of playing an orchestral string instrument (violin, viola, cello and string bass). Any student may enroll, but Music majors are given first priority on use of college instruments. Instruments are furnished by the college.

CRN 42635 Malvinni, V L • 8/26 - 12/14 • DM-105
Mon Wed 9:35am - 10:55am (Lab)

College Choir: For Older Adults

CRMO NC160 • Performance class for older adults with previous singing experience. Class includes public performances.

CRN 41965 Kreitzer, N J • 8/26 - 12/14 • DM-101
EVE Tue 7:00pm - 10:00pm (Lab)

Quire of Voyces for Older Adults

CRMO NC163 • Study, performance, and recording of sacred a cappella choral music of Renaissance era. Frequent public appearances. Audition Required.

CRN 43725 Kreitzer, N J • 8/26 - 12/14 • DM-101
EVE Mon 6:55pm - 10:00pm (Lab)

Jazz Improvisation for Older Adults

CRMO NC165 • Individual and small group improvisational techniques. Combo performance. Course placement level determined by interview/audition.

CRN 42632 Martinez, A J • 8/26 - 12/14 • DM-105
Fri 9:00am - 12:15pm (Lab)

Symphony Orchestra: For Older Adults

CRMO NC170 • Performance class for older adults with previous orchestral experience. Class includes public performances.

CRN 41966 Malvinni, V L • 8/26 - 12/14 • DM-105
EVE Tue 7:00pm - 10:05pm (Lab)

Chamber Music for Older Adults

CRMO NC174 • Ensemble class that provides an opportunity for students to perform standard chamber music literature from the 17th, 18th, 19th and 20th centuries. Individuals expected to improve their performance level and thus perfect the performance of the group.

CRN 42636 Malvinni, V L • 8/26 - 12/14 • DM-105
EVE Thu 6:00pm - 9:05pm (Lab)

Concert Band: For Older Adults

CRMO NC176 • Performance class for older adults with previous concert band experience. Class includes public performances.

CRN 41967 Heidner, E C • 8/26 - 12/14 • DM-105
EVE Wed 7:00pm - 10:05pm (Lab)

Trombone Choir

CRMO NC180 • Study and performance of original literature and arrangements of symphonic and choral works for trombone ensemble. Public concert appearances.

CRN 42631 Heidner, E C • 8/26 - 12/14 • DM-105
SAT 10:00am - 1:05pm (Lab)

Big Band Jazz Ensemble I: For Older Adults

CRMO NC188 • Performance class for older adults with previous big jazz band experience. Class includes public performance.

CRN 41968 Martinez, A J • 8/26 - 12/14 • DM-105
EVE Mon 7:35pm - 10:35pm (Lab)

CREATIVE THEATRE

The Urge to Act: For Older Adults

CRTO NC009 • An acting class open to all levels of older adult students. Introduction to monologue and scene work. Stage presence, audition techniques and improvisation are covered. Students discover their acting abilities through the guidance of the instructor and the shared experience with classmates in a safe environment.

CRN 42568 Levien, P A • 8/26 - 10/19 • WAKE-16
EVE Tue 6:00pm - 9:05pm (Lec/Lab)

CRN 42569 Levien, P A • 8/26 - 10/19 • SCHOTT-14
EVE Thu 6:00pm - 9:05pm (Lec/Lab)

CRN 41566 Levien, P A • 10/21 - 12/14 • WAKE-16
EVE Tue 6:00pm - 9:00pm (Lec/Lab)

CRN 41871 Levien, P A • 10/21 - 12/14 • SCHOTT-14
EVE Thu 6:00pm - 9:05pm (Lec/Lab)

SELF-MANAGEMENT

Nature and Self-Healing-Intermediate: For Older Adults

SLFO NC003 • Older adults explore self-discovery and self-healing techniques. Students also explore nutrition and stress management techniques. Outdoor activities may be part of the course.

CRN 43794 Sorrow, R H • 8/26 - 10/19 • FIELD
Thu 9:00am - 11:40am (Lec/Lab)

CRN 43795 Sorrow, R H • 10/21 - 12/14 • FIELD
Thu 9:00am - 11:40am (Lec/Lab)

Consciousness, Science, and the Nature of Being: For Older Adults

SLFO NC007 • 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.

CRN 45035 Sherman, S E • 8/26 - 10/19 • SCHOTT-14
Fri 10:15am - 12:05pm (Lec)

CRN 45036 Sherman, S E • 10/21 - 12/14 • SCHOTT-14
Fri 10:15am - 12:20pm (Lec)

Compassionate Communication: For Older Adults

SLFO NC025 • Older adults learn to ask for what they want without fear or guilt, deepen connections with others, enhance long term relationships and heal painful ones. Students learn to speak from the heart to address feelings and needs.

CRN 41750 Sorrow, R H • 8/26 - 10/19 • ONLINE
EVE Tue 6:15pm - 8:55pm (Lec/Lab)

CRN 43797 Sorrow, R H • 10/21 - 12/14 • ONLINE
EVE Tue 6:15pm - 8:55pm (Lec/Lab)

Love Isn't Enough - Handling Conflict, Creating Romance: For Older Adults

SLFO NC028 • 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.

CRN 45037 Kelly, L L • 10/21 - 12/14 • TBA
SAT 1:00pm - 2:30pm (Lec)

How Meditation Helps - Mindfulness in Everyday Life: For Older Adults

SLFO NC039 • 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.

CRN 41752 Drobny, D T • 8/26 - 10/19 • ONLINE
Mon 9:15am - 11:20am (Lec)

World of Interest: For Older Adults

SLFO NC047 • 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.

CRN 44566 Friedlander, J H • 8/26 - 10/19 • SCHOTT-31
Thu 1:00pm - 2:15pm (Lec)

CRN 44567 Friedlander, J H • 10/21 - 12/14 • SCHOTT-31
Thu 1:00pm - 2:15pm (Lec)

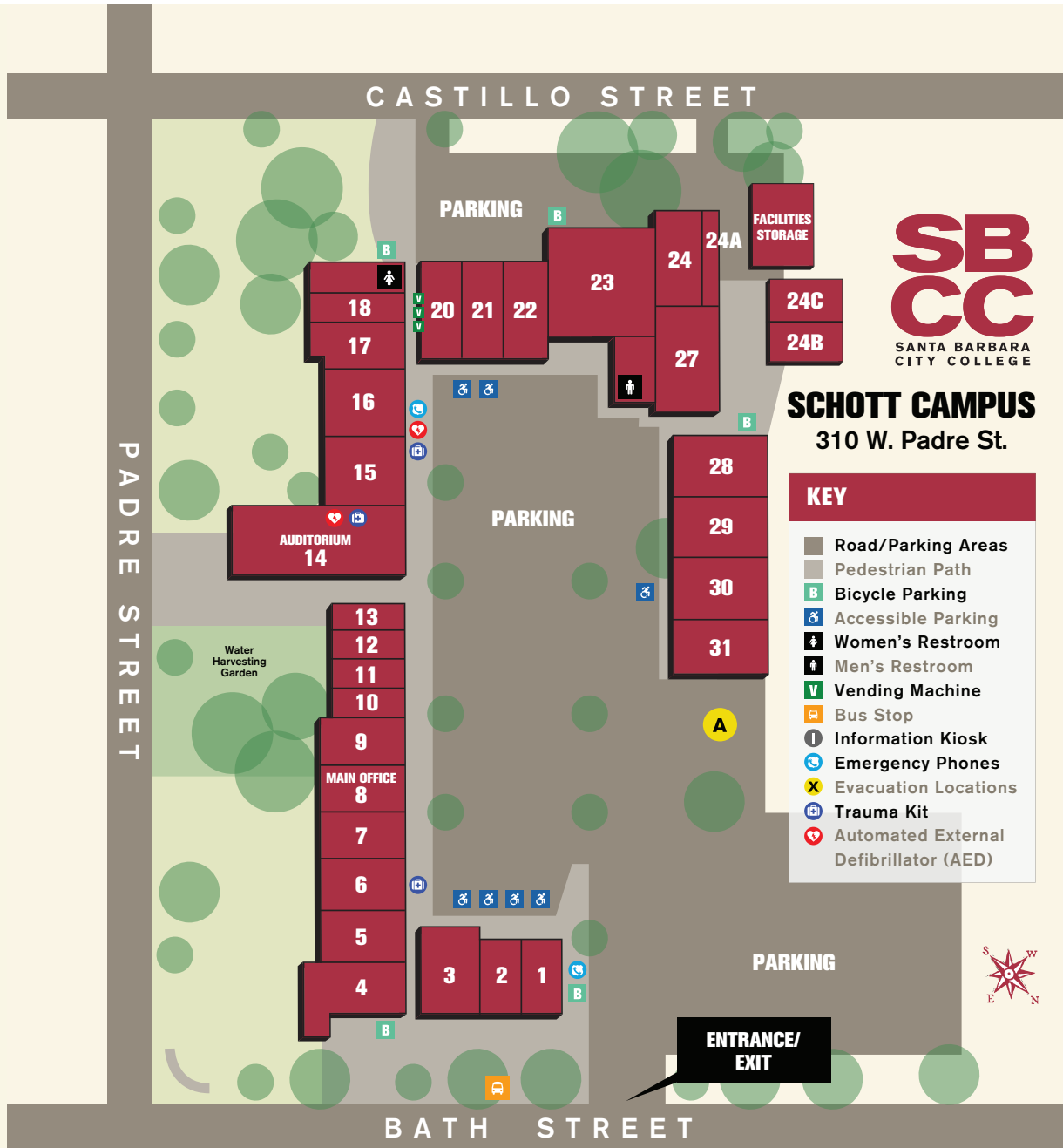
Nature and Self-Healing-Intermediate: For Older Adults

SLFO NC097 • Class teaches older adults advanced self-discovery, self-healing, and advanced alternative healing techniques in an outdoor setting. Advanced techniques taught include meditation, stretching techniques, journaling, forgiveness, examining limiting beliefs, and the purpose of anger and gratitude. Participants should be able to walk two to three miles uphill at a moderate pace.

CRN 43404 Sorrow, R H • 8/26 - 10/19 • FIELD
Tue 9:00am - 11:40am (Lec/Lab)

CRN 43405 Sorrow, R H • 10/21 - 12/14 • FIELD
Tue 9:00am - 11:40am (Lec/Lab)

SCHOTT CAMPUS MAP



SCHOTT CAMPUS
310 W. Padre St.

KEY	
	Road/Parking Areas
	Pedestrian Path
	Bicycle Parking
	Accessible Parking
	Women's Restroom
	Men's Restroom
	Vending Machine
	Bus Stop
	Information Kiosk
	Emergency Phones
	Evacuation Locations
	Trauma Kit
	Automated External Defibrillator (AED)

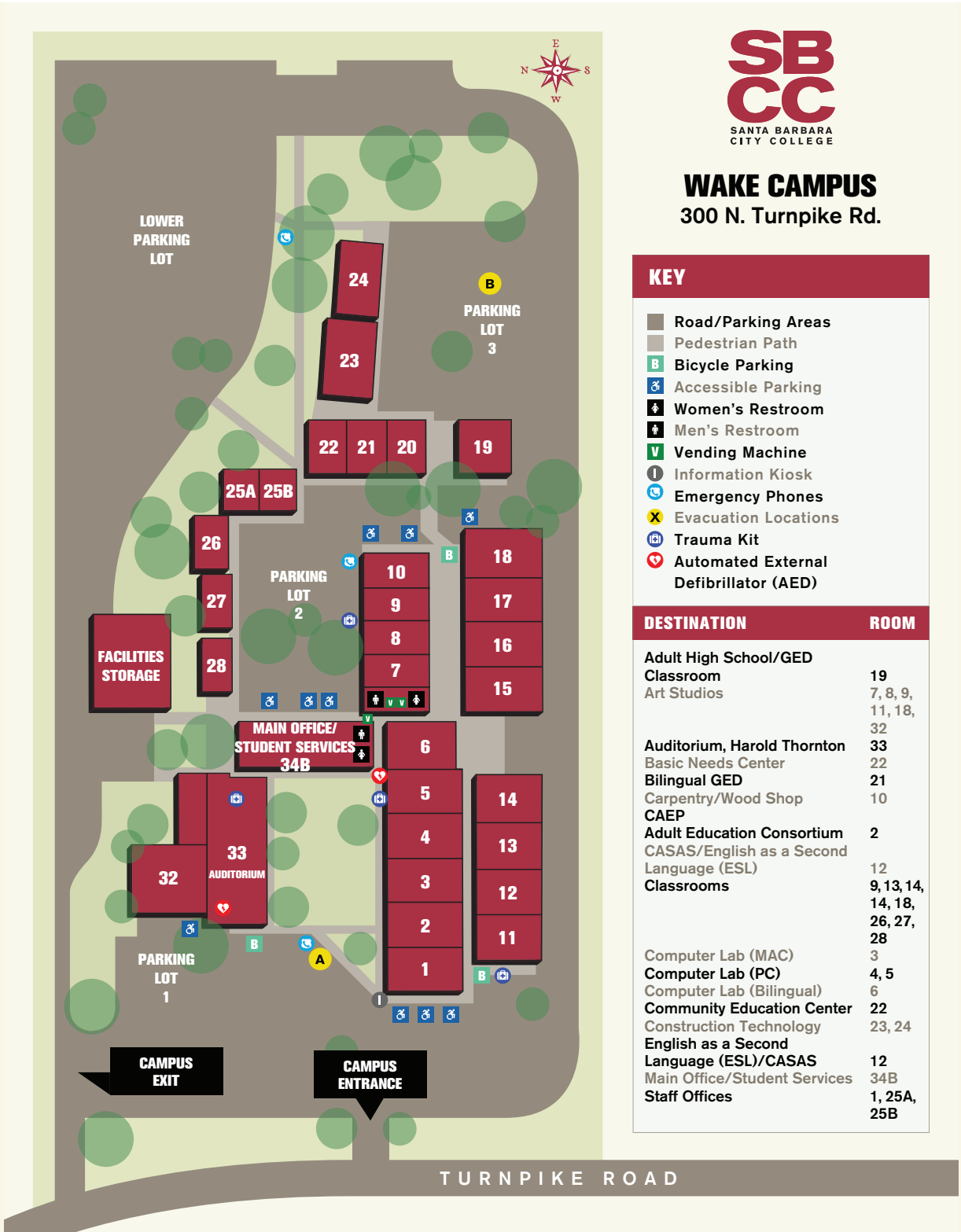
DESTINATION	ROOM
Adult High School/GED	16
Auditorium, James Tannahill	14
Ceramics Lab	24, 24A-C
Classroom 3, 5, 6, 20, 22, 23, 28, 29, 30, 31	
Computer Lab (PC)	17

DESTINATION	ROOM
Culinary Arts Lab	27
Main Office	8
Staff Offices	4, 7, 9, 10, 11, 12, 13, 15, 18, 21
Student Support Services	1, 2

WAKE CAMPUS MAP



WAKE CAMPUS 300 N. Turnpike Rd.



KEY

- Road/Parking Areas
- Pedestrian Path
- Bicycle Parking
- Accessible Parking
- Women's Restroom
- Men's Restroom
- Vending Machine
- Information Kiosk
- Emergency Phones
- Evacuation Locations
- Trauma Kit
- Automated External Defibrillator (AED)

DESTINATION ROOM

Adult High School/GED Classroom	19
Art Studios	7, 8, 9, 11, 18, 32
Auditorium, Harold Thornton	33
Basic Needs Center	22
Bilingual GED	21
Carpentry/Wood Shop	10
CAEP	
Adult Education Consortium	2
CASAS/English as a Second Language (ESL)	12
Classrooms	9, 13, 14, 14, 18, 26, 27, 28
Computer Lab (MAC)	3
Computer Lab (PC)	4, 5
Computer Lab (Bilingual)	6
Community Education Center	22
Construction Technology	23, 24
English as a Second Language (ESL)/CASAS	12
Main Office/Student Services	34B
Staff Offices	1, 25A, 25B

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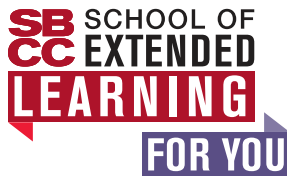
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