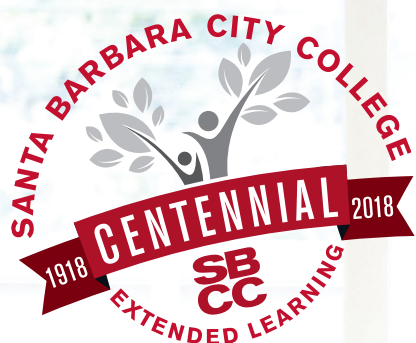


Fall 2018

CLASS SCHEDULE



SB SCHOOL OF
CC EXTENDED
LEARNING

CLASSES START: August 27



www.sbccc.edu/ExtendedLearning

STUDENT SPOTLIGHT

Tais Martins



The noncredit English as a Second Language (ESL) program helps adult immigrants from all over the world prepare for a new life in this country. Tais Martins is one such student who moved to the United States from Brazil in 2014. Tais started to explore her career and life goals in ESL level 2 class at the Wake campus. "Learning English opened doors for me," Tais explains. She has passed level 4 (the highest noncredit ESL level) and is now enrolled in the Personal Care Attendant program in the Career Skills Institute at the School of Extended Learning. "There are more steps to get where I want to be, but I know I am on the right path. The staff and instructors at the School of Extended Learning help me believe in myself," Tais says about her journey.

The noncredit ESL program offers over 200 sections per semester, and more than 20 different types of courses from Citizenship to Vocational English at 15 locations in Santa Barbara, Goleta and Carpinteria. We have served more than 2,000 students since Fall 2017. Many learners like Tais are studying with us to become productive members of this community.



100 YEARS

of Adult Education in Santa Barbara

English as a Second Language was the first program offered through Adult Education in Santa Barbara – 100 years ago.

Pearl Chase, a Santa Barbara civic leader, recommended to the Santa Barbara Board of Education that citizenship and English classes be offered to the community. On April 1, 1918, eighty-one students enrolled in a new "evening program." Over the next several decades, adult education in our community grew, with help from our historic adult education leaders including Eldon Ford, Grace Ruth Southwick and Selmer O. "Sam" Wake.

Now as the Santa Barbara City College School of Extended Learning, we are celebrating this significant centennial milestone. Join us September 9, 2018 from 4- 6 p.m. at the Wake Campus for a Garden Party celebration.

Inside this School of Extended Learning schedule, we have expanded our offerings in tuition-free programs and have integrated fee-based programs. Extended Learning now offers about 1,000 classes per semester. Community members can take classes to enhance their career or life skills, learn English or obtain a high school diploma. Students are encouraged to explore all we have to offer, including over 60 new classes.



SB SCHOOL OF CC EXTENDED LEARNING

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@SBCCExtLearning



@SBCCExtendedLearning



SBCCSchoolofExtendedLearning



@SBCCExtendedLearning

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Applying and Registering for TUITION-FREE CLASSES

IMPORTANT NOTE TO STUDENTS: As a tuition-free student, you must first apply to become a Santa Barbara City College “Noncredit” student, and then register for classes. If you have been registered as a “Noncredit” tuition-free student within the last 4 months, you can proceed straight to the registration process.

Tuition-free registration begins July 6

ONLINE Applying and Registering

Go to sbcc.edu/extendedlearning/apply-reg.php

Click on the gray box labeled
“REGISTER FOR TUITION-FREE CLASSES”

Carefully read the instructions

*If you are currently enrolled in a “tuition-free” course or completed a “tuition-free” course within the last four months you **do not** need to complete the application and may proceed directly to course registration beginning July 6, 2018 at 8 a.m.*

You can apply online now for Fall 2018 courses.
Course registration starts on July 6, 2018 at 8 a.m.

Once you apply you will be immediately prompted to look up your username and create a password to log into your campus Pipeline account. Once logged in, on or after 8 a.m. on July 6, you may proceed to registration.

A detailed guide along with self-help videos to assist with the online process are available at sbcc.edu/extendedlearning/apply-reg.php

IMPORTANT NOTE: The online system only permits one class section of the same course per semester. If you would like to register into multiple sections of the same course, you will need to request the second enrollment in person.

IN-PERSON Applying and Registering

Complete and submit the paper application and registration form available at the Main Office of both Wake and Schott Campuses and as shown on the next page. Application and registration forms are only accepted during open registration, starting July 6 at 8 a.m. Only original forms signed by the student are accepted. The office will not process paper forms received by mail, fax or email. Course registration is based on seat availability.

COURSES WITH RESTRICTIONS/EXCEPTIONS

In-person registration for the following courses must be submitted at:

Schott Campus Main Office ONLY

310 W. Padre St., Room 8
Santa Barbara, CA 93105

Glass Courses
ART NC: 704, 705, 723 and 799

Ceramic Courses
ART NC: 823, 851, 888 and 896

Figure Drawing
ART NC: 218


Online registration for these courses is also available

Applying and Registering for FEE-BASED CLASSES

Fee-based registration begins July 13

Go to sbcc.edu/extendedlearning/apply-reg.php

Click on the green box labeled “REGISTER FOR FEE-BASED CLASSES”
and then click on the “Register” tab at the top of the page and follow instructions.

|  <p>SANTA BARBARA CITY COLLEGE</p> | <p>School of Extended Learning</p> <p>NONCREDIT APPLICATION FOR ADMISSION</p> <p>(Tuition-free courses only)</p> | <p>Term Applying For:</p> <p><input type="checkbox"/> Summer <input type="checkbox"/> Fall <input type="checkbox"/> Spring</p> <p>Year _____</p> | | | | | | | | | | | | | | | | | | | | | | |
|--|--|---|--|--|----------------------|----------------------|--|--|---|---|---|---|--|--|---|---|--|--|---|---|--------------------------------------|--------------------------------------|--|--|
| <p>Full Legal Name:</p> <p>LAST: _____</p> <p>FIRST: _____</p> <p>MIDDLE: _____</p> <p>Previous Name on Academic Records:</p> <p>LAST: _____ FIRST: _____ MIDDLE: _____</p> <p>Email: _____</p> <hr/> <p>Date of Birth: ____/____/____ Age: _____</p> <p>(Minor Enrollment form required if under 18 years of age)</p> <p>Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Decline to state</p> <p>Current Mailing Address:</p> <p>Number & Street _____ Apt. _____</p> <p>City _____ State _____ Zip _____</p> <p>Country, if other than U.S. _____</p> <p>Telephone Number () _____</p> <hr/> <p>Educational Level:</p> <p><i>(As of the start of application term, you are or will be)</i></p> <p><input type="checkbox"/> (0) Not a graduate of, and no longer enrolled in high school</p> <p><input type="checkbox"/> (1) Currently enrolled in K-12 (high school)</p> <p><input type="checkbox"/> (2) Enrolled in Adult High School</p> <p><input type="checkbox"/> (3) Received high school diploma from U.S. school</p> <p><input type="checkbox"/> (4) Passed the GED/received a High School Certificate of Equivalency</p> <p><input type="checkbox"/> (5) Received a Certificate of California High School Proficiency</p> <p><input type="checkbox"/> (6) Received diploma of graduation from a foreign Secondary School</p> <p><input type="checkbox"/> (7) Associate Degree</p> <p><input type="checkbox"/> (8) Bachelor Degree or higher</p> <hr/> <p>Race/Ethnicity :</p> <p>Are you of Hispanic or Latino ethnicity? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>(check one or more)</i></p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><input type="checkbox"/> 01- Hispanic, Latino</p> <p><input type="checkbox"/> 02- Mexican, Mexican-American, Chicano</p> <p><input type="checkbox"/> 03- Central American</p> <p><input type="checkbox"/> 04- South American</p> <p><input type="checkbox"/> 05- Hispanic Other</p> <p><input type="checkbox"/> 06- Asian Indian</p> <p><input type="checkbox"/> 07- Asian Chinese</p> <p><input type="checkbox"/> 08- Asian Japanese</p> <p><input type="checkbox"/> 09- Asian Korean</p> <p><input type="checkbox"/> 10- Asian Laotian</p> <p><input type="checkbox"/> 11- Asian Cambodian</p> </td> <td style="vertical-align: top; width: 50%;"> <p><input type="checkbox"/> 12- Asian Vietnamese</p> <p><input type="checkbox"/> 13- Filipino</p> <p><input type="checkbox"/> 14- Asian Other</p> <p><input type="checkbox"/> 15- Black or African American</p> <p><input type="checkbox"/> 16- American Indian/Alaskan Native</p> <p><input type="checkbox"/> 17- Pacific Islander Guamanian</p> <p><input type="checkbox"/> 18- Pacific Islander Hawaiian</p> <p><input type="checkbox"/> 19- Pacific Islander Samoan</p> <p><input type="checkbox"/> 20- Pacific Islander Other</p> <p><input type="checkbox"/> 21- White</p> </td> </tr> </table> | | <p><input type="checkbox"/> 01- Hispanic, Latino</p> <p><input type="checkbox"/> 02- Mexican, Mexican-American, Chicano</p> <p><input type="checkbox"/> 03- Central American</p> <p><input type="checkbox"/> 04- South American</p> <p><input type="checkbox"/> 05- Hispanic Other</p> <p><input type="checkbox"/> 06- Asian Indian</p> <p><input type="checkbox"/> 07- Asian Chinese</p> <p><input type="checkbox"/> 08- Asian Japanese</p> <p><input type="checkbox"/> 09- Asian Korean</p> <p><input type="checkbox"/> 10- Asian Laotian</p> <p><input type="checkbox"/> 11- Asian Cambodian</p> | <p><input type="checkbox"/> 12- Asian Vietnamese</p> <p><input type="checkbox"/> 13- Filipino</p> <p><input type="checkbox"/> 14- Asian Other</p> <p><input type="checkbox"/> 15- Black or African American</p> <p><input type="checkbox"/> 16- American Indian/Alaskan Native</p> <p><input type="checkbox"/> 17- Pacific Islander Guamanian</p> <p><input type="checkbox"/> 18- Pacific Islander Hawaiian</p> <p><input type="checkbox"/> 19- Pacific Islander Samoan</p> <p><input type="checkbox"/> 20- Pacific Islander Other</p> <p><input type="checkbox"/> 21- White</p> | <p>Education Goal:</p> <p><input type="checkbox"/> (A) Obtain an Associate Degree and transfer to a 4-year institution</p> <p><input type="checkbox"/> (B) Transfer to a 4-year institution without an Associate Degree</p> <p><input type="checkbox"/> (C) Obtain a 2-year Associate Degree without transfer</p> <p><input type="checkbox"/> (E) Earn a vocational certificate without transfer</p> <p><input type="checkbox"/> (F) Discover / formulate career interests, plans, goals</p> <p><input type="checkbox"/> (G) Prepare for a new career (acquire job skills)</p> <p><input type="checkbox"/> (H) Advance in current job / career (update job skills)</p> <p><input type="checkbox"/> (I) Maintain certificate or license</p> <p><input type="checkbox"/> (J) Educational Development (intellectual, cultural, physical)</p> <p><input type="checkbox"/> (K) Improve basic skills (English, reading or math)</p> <p><input type="checkbox"/> (L) Complete credits for high school diploma or GED</p> <p><input type="checkbox"/> (M) Undecided on goal at this time</p> <p><input type="checkbox"/> (N) To move from noncredit coursework to credit coursework</p> <p><input type="checkbox"/> (O) 4-year college student taking courses to meet 4-year college requirements</p> <hr/> <p>Parents / Guardian Education Level:</p> <p><i>(Regardless of your age, please indicate the education levels of the parents and/or guardians who raised you)</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Parent / Guardian #1</th> <th style="width: 50%;">Parent / Guardian #2</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> (1) Grade 9 or less</td> <td><input type="checkbox"/> (1) Grade 9 or less</td> </tr> <tr> <td><input type="checkbox"/> (2) Some high school; did not graduate</td> <td><input type="checkbox"/> (2) Some high school; did not graduate</td> </tr> <tr> <td><input type="checkbox"/> (3) High School graduate</td> <td><input type="checkbox"/> (3) High School graduate</td> </tr> <tr> <td><input type="checkbox"/> (4) Some college; no degree</td> <td><input type="checkbox"/> (4) Some college; no degree</td> </tr> <tr> <td><input type="checkbox"/> (5) Associate's Degree</td> <td><input type="checkbox"/> (5) Associate's Degree</td> </tr> <tr> <td><input type="checkbox"/> (6) Bachelor's Degree</td> <td><input type="checkbox"/> (6) Bachelor's Degree</td> </tr> <tr> <td><input type="checkbox"/> (7) Graduate or professional degree beyond BA/BS</td> <td><input type="checkbox"/> (7) Graduate or professional degree beyond BA/BS</td> </tr> <tr> <td><input type="checkbox"/> (X) Unknown</td> <td><input type="checkbox"/> (X) Unknown</td> </tr> <tr> <td><input type="checkbox"/> (Y) No parent or guardian</td> <td><input type="checkbox"/> (Y) No parent or guardian</td> </tr> </tbody> </table> <hr/> <p>To be signed by all students</p> <p>I declare under penalty of perjury that the statements submitted by me are true and correct. All materials submitted by me for the purposes of admission become the property of Santa Barbara City College. I understand that falsification, withholding pertinent data, or failure to report change in residence may result in my dismissal.</p> <p>Student Signature: _____ Date: _____</p> <p>OR</p> <p>Power of Attorney/ Trustee</p> <p>Signature: _____</p> | Parent / Guardian #1 | Parent / Guardian #2 | <input type="checkbox"/> (1) Grade 9 or less | <input type="checkbox"/> (1) Grade 9 or less | <input type="checkbox"/> (2) Some high school; did not graduate | <input type="checkbox"/> (2) Some high school; did not graduate | <input type="checkbox"/> (3) High School graduate | <input type="checkbox"/> (3) High School graduate | <input type="checkbox"/> (4) Some college; no degree | <input type="checkbox"/> (4) Some college; no degree | <input type="checkbox"/> (5) Associate's Degree | <input type="checkbox"/> (5) Associate's Degree | <input type="checkbox"/> (6) Bachelor's Degree | <input type="checkbox"/> (6) Bachelor's Degree | <input type="checkbox"/> (7) Graduate or professional degree beyond BA/BS | <input type="checkbox"/> (7) Graduate or professional degree beyond BA/BS | <input type="checkbox"/> (X) Unknown | <input type="checkbox"/> (X) Unknown | <input type="checkbox"/> (Y) No parent or guardian | <input type="checkbox"/> (Y) No parent or guardian |
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| <input type="checkbox"/> (Y) No parent or guardian | <input type="checkbox"/> (Y) No parent or guardian | | | | | | | | | | | | | | | | | | | | | | | |

REGISTRATION WORKSHEET

Registration Worksheet

Formulario de matrícula



SBCC ID Number: K00 _ _ _ _ _

| <u>Add</u> Agregar | <u>Drop</u> Dar de baja | <u>Section CRN</u> # de sección de la clase | <u>Subject</u> Nombre de la clase | <u>Instructor Signature for Permission to Add a Closed Class</u> |
|---------------------------------|----------------------------------|--|--------------------------------------|--|
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |
| Add <input type="checkbox"/> | Drop <input type="checkbox"/> | | | |

Return to: Santa Barbara City College / Schott Campus
Information and Registration Office
 310 W. Padre St., Santa Barbara, CA 93105

OR: Santa Barbara City College / Wake Campus
Information and Registration Office
 300 N. Turnpike Rd., Santa Barbara, CA 93111

For Office Use Only: Banner ID _____

Entered by: _____ Date: _____

ADMISSION

All classes are open to persons age 18 or over, unless otherwise noted, or who are not enrolled in a secondary school.

Those under 18 who have a high school diploma are also eligible. Exceptions to the age 18 or older eligibility requirement can be made for a student who submits a "Minor Enrollment Request Form." (See "Procedures for Enrollment of Minors in Noncredit Classes" below.)

Applications for this semester must be submitted by any student who was not enrolled at SBCC for the prior semester.

Procedures for Enrollment of Minors

SBCC allows high school students in grade 9 (age 14) to enroll in tuition-free classes if they follow specific registration and enrollment procedures:

1. Any student age 17 or under who attempts enrollment in tuition-free classes will be prompted to contact the Student Support Services office at the Schott Campus for information on how to proceed in order to register. No student will be permitted to enroll in tuition-free classes if they are under the age of 14.
2. If space in the class is available, students 14 to 17 will be registered but must follow these procedures:
 - a. Obtain and complete a Minor Enrollment Request Form from the Information and Registration office at either the Schott Campus, Wake Campus or from the instructor.
 - b. The form must be completed and signed by a high school administrator, parents/guardians, tuition-free class instructor and an administrator of the Extended Learning Programs.
 - c. The completed form, along with the Registration form, must be returned to the Student Support Services office at the Schott Campus or the Information and Registration office at the Schott Campus or Wake Campus. Completed forms can also be given to an instructor.
 - d. Minor students may not attend class until they have completed and submitted all the required paperwork.
 - e. Paperwork is required of each student for every term in which the minor student enrolls.
 - f. Adult students, 18 and older, will be given registration priority.

STUDENT SUPPORT SERVICES

Provides assistance to students wanting to achieve their education and career goals.

Location and Hours

Schott Campus, Room 2 or call (805) 898-8160

MTR: 8:30 a.m. – 5 p.m.

W: 8:30 a.m. – 6:30 p.m. (Closed Noon – 1:30 p.m.)

F: 8:30 a.m. – 1 p.m.

(Hours subject to change without notice)

Hours Between Semesters

M-R: 8:30 a.m. – 5 p.m. (Closed Wed., Noon – 1:30 p.m.)

F: 8:30 a.m. – 1 p.m.

Services Include

- **Career Counseling**
- **Academic Advising**
- **Assessment Testing**
- **Orientation to Extended Learning Programs**
 - Learn how to read the Schedule of Classes, plan your class and create an ESL academic plan.
 - Learn how to move from one ESL level to the next.
 - Learn about Extended Learning Student Support 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.
- **Transfer Assistance to SBCC Credit Programs**
- **Referral to Community Resources**
- **Financial Assistance**
 - Small grants are available.

COMMUNITY EDUCATION CENTER

Assists hundreds of people every year with their United States Citizenship process. The center also provides basic immigration services and can make referrals.

Location and Hours

Wake Campus, Room 22

M-R: 11 a.m. – 7 p.m. • F: 11 a.m. – 6 p.m.

Student drop-ins welcome

DISABILITY SERVICES AND PROGRAMS FOR STUDENTS (DSPS)

Accommodations for Disability

SBCC students with disabilities who are requesting accommodations for classes, college activities or tests should use the following SBCC procedure: (1) Contact Disability Services and Programs for Students; (2) Submit documentation of your disability to the DSPS office; (3) Communicate with a DSPS counselor regarding options for services and accommodations; (4) Reach written accommodation agreement with the DSPS counselor and your instructor. (NOTE: This procedure also includes student requests to bring into classes personal service attendants who are not SBCC employees.) Contact: DSPS office (805) 965-0581 x 2364, Student Services Building, Room 160, dspshelp@sbcc.edu. SBCC requests you complete this process at least ten working days before your

GENERAL INFORMATION

accommodation is needed, in order to allow DSPS staff time to provide your accommodation.

For full details of the SBCC Policies and Procedures, visit www.sbcc.edu/ExtendedLearning.

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.

SBCC is proud to be a Tobacco Free and Smoke Free Campus.

APPLYING AND REGISTERING FOR TUITION-FREE CLASSES

Go to www.sbcc.edu/ExtendedLearning and click "Apply & Register."

Registration

After you have completed your application, log on to your SBCC Pipeline account to register for classes. If you are a continuing student, log on to pipeline.sbcc.edu to register.

Online registration is available approximately two weeks to one month before classes start. Class registration is on a first-come, first-served basis, and no visitors or auditors are allowed. If a class is full, students are encouraged to show up to the first class meeting in case of no-shows. A student who does not attend the first meeting of a class may be dropped. If any seats are unclaimed on the first day of a class, walk-in students may then register.

Applying to SBCC

Go to www.sbcc.edu/apply, or obtain a paper application in English or Spanish, available at the Wake and Schott campuses. A supplemental application is required for the Medical Assistant Training Certificate, the Restorative Nurse Assistant Certificate and the Personal Care Attendant Training Certificate. Students interested in those programs must meet with a Student Support Services Program adviser to complete the supplemental form. Call Student Support Services at (805) 898-8160 to make an appointment.

Late Adds

A student may enroll in a class after it has begun if: (1) space is available; (2) the instructor permits the late enrollment; and (3) the student completes the online application for admission and full registration procedure. See your instructor.

Schott and Wake Campuses
Fee-Based Registration
Begins July 13, 2018

Dropping a Class

Students who decide not to attend class must drop themselves from the class before it 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. To drop a class after it starts, go to the Information and Registration office at the Schott or Wake Campuses.

SPECIAL CONSIDERATIONS FOR FEE-BASED CLASSES

Student Fees

- **Tuition Fees:** Average tuition fee of \$6.50 per hour. The hourly rate for workshops and specialized classes may vary.
- **Materials Fees:** Items used in class or taken home.
- **Lab Fees:** Specialized supplies, utilities and personnel costs.
- **Building Fees:** Off-campus rental fees. Any class fees are noted in the class descriptions in this schedule and online are subject to change. For online registration, fees are payable by credit/debit card only (VISA and MasterCard). If paying by personal check*, money order or cash, payment must be made in person at the main office at either the Schott or Wake Campuses. (*There is a \$20 service charge for each returned check.)

Cancellation

The minimum enrollment for fee-based classes is five students, with the exception of classes with lab fees. If a class does not meet the anticipated enrollment it may be canceled. In the event that the class is canceled by the college, the student will receive a full refund or will be able to apply the class fee toward another class.

Financial Assistance

Tuition Assistance is available for fee-based classes. Call (805) 683-8200 for more information.

Refund Policy

- **Satisfaction Guaranteed:** You are eligible for a full refund or free transfer before the second class meets. This guarantee includes single-meeting workshops.

ABOUT THE SCHEDULE

- **CRN:** "Course Reference Number" is used to register in a specific, tuition-free noncredit class.
- **DAYS:** "R" stands for Thursday.
- **EVE:** **EVE** indicates evening classes.
- **LOCATION:** For complete location names and addresses, see "Directory of Locations."
- **ID:** "ID number" is used to register for a specific Life Enhancement fee-based class.
- **SAT:** **SAT** indicates Saturday classes.

Program Descriptions

ADULT HIGH SCHOOL (AHS) PROGRAM

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, and registration support; and academic advising/counseling and career counseling.

- Individualized and small group instruction
- Work at your own pace
- Start at any time; hours are flexible
- Classes are free

Instructors

Bridget Harrington, Claudia Johnson, Dave Mathers-Winn, Patricia Mauone and Mariah Messer

Locations and Class Hours

(Hours subject to change without notice.)

| | |
|-------------------------|----------------------------|
| Schott Campus | Wake Campus |
| 310 W. Padre St., Rm 16 | 300 N. Turnpike Rd., Rm 19 |
| Santa Barbara, CA 93105 | Santa Barbara, CA 93111 |
| MTW: 9 a.m. – 8 p.m. | M: 9 a.m. – Noon |
| RF: 9 a.m. – Noon | TWR: 9 a.m. – 1 p.m. |

GENERAL EDUCATION DEVELOPMENT (GED®) PROGRAM

Exam Preparation Program

GED exam preparation classes are designed for students who are 18 years of age or older and wish to earn a high school equivalency certificate. Students are given instruction in the basic skills needed, and have the opportunity to take practice tests that will help them successfully complete all GED or Bilingual GED exams.

One-on-one help from instructors in all subjects

- Tips for improving your GED test-taking skills
- Study materials and practice tests
- All levels are welcome; work at your own pace
- Flexible hours; start any time
- Classes are free

BILINGUAL – (GED)

Prepárese para los exámenes GED

- Horarios flexibles
- Las clases son gratis
- Contamos con cuidado de niños en La Cumbre Jr. High School
- Los instructores le dan orientación personalizada en todas las materias para presentar los exámenes del GED
- 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
- Las clases del GED también están disponibles en inglés

Instructors

Coromoto Galvis, Araceli Ponce and Karla Uribe.

Lugares y Horario

Schott Campus
310 W. Padre St., sala 29, Santa Barbara, CA 93105
9 a.m. – Noon • martes, y jueves, salón 29

Wake Campus
300 N. Turnpike Rd., sala 19, Santa Barbara, CA 93111
9 – Noon • miércoles, viernes y sábado, salón 21
5 – 8 p.m. • lunes, miércoles y jueves, salón 21

La Cumbre Jr. High School
2255 Modoc Rd., Santa Barbara, CA 93101
5 – 7 p.m. • martes, miércoles y jueves

La Casa de la Raza
601 E. Montecito St., Santa Barbara, CA 93103
TBD • martes, y jueves

(El programa está sujeto a cambios sin previo aviso.)

CAREER SKILLS INSTITUTE

We offer training to adults re-entering the workforce and to any student interested in up-skilling in the areas of business, technology and design. 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 inmates in the local jail. For more information, contact Jeanette Chian at jchianbrooks@pipeline.sbccc.edu, (805) 683-8289.

PROGRAM DESCRIPTIONS

ENGLISH AS A SECOND LANGUAGE (ESL)

The English as a Second Language Program (ESL) empowers students to pursue pathways to numerous opportunities. Our tuition-free classes are offered in Santa Barbara, Carpinteria and Isla Vista all year, both day and evening hours. ESL classes provide students a wide variety of educational options needed to learn the English language. Students develop the skills necessary to train for a new job or promotion, or transition to college. Our experienced instructors appreciate ethnic diversity, and cultivate multicultural exchanges in our classrooms. For more information, contact Vege Clerisse at vjclerisse@pipeline.sbccc.edu, (805) 683-8231.

ESL Fall Assessment Dates

Fall I (Weeks 1-8)

Assessments: August 20 through September 14
First day of class: Monday, August 27
Last day to register: Saturday, September 15
Open-enrollment classes also available (enroll anytime)

Fall II (Weeks 9-16)

Assessments: October 15 through November 9
First day of class: Monday, October 20
Last day to register: Saturday, November 10
Open-enrollment classes also available (enroll anytime)

For more information, call (805) 683-8233

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, and spirituality. For more information, contact Ken Harris at keharris1@sbccc.edu, (805) 898-8140.

Fee-based classes are denoted with a **\$**

HEALTH AND 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. For more information, contact Andy Harper at agharper@sbccc.edu, (805) 898-8138.

HOME ECONOMICS

These tuition-free courses are 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. For more information, contact Ken Harris at keharris1@sbccc.edu, (805) 898-8140.

OLDER ADULTS

Courses for Older Adults are offered tuition-free to community members and offer 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. For more information, contact Ken Harris at keharris1@pipeline.sbccc.edu, (805) 898-8140, or Andy Harper at agharper@pipeline.sbccc.edu, (805) 898-8138.

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 3-month old infants to five-year olds in age-specific morning 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 aged 2 ¾ to 5 years. For more information, contact Andy Harper at agharper@pipeline.sbccc.edu, (805) 898-8138.

VITALITY PROGRAM

The Vitality Program offers nearly 50 classes per week for adults who live in independent, assisted and memory care facilities. Classes engage the mind and enhance social connection. We are proud to partner with thirteen locations in our community. Adult children are also invited to participate in these classes with their parents. (*NOTE: These classes are not included in this schedule.*) For more information, contact Jeanette Chian at jjchianbrooks@pipeline.sbccc.edu, (805) 898-8289.

Over 60 NEW! Courses

Courses in Parenting, Older Adults, ESL and Career Skills, and over 20 new courses in the fee-based Life Enhancement topics. Denoted with a NEW!

Sample

NEW! Toddler Times

Parents learn how toddlers aged 12-18 months learn through songs, finger plays, toys, crafts, puppets and books in order to expand language, sensory learning and physical independence. Students explore and create age-appropriate play and communication in a joyful, stimulating environment.

ECE NC118

CRN 40628 > Rattray, J • 8/27 - 10/20 • WAKE-15
Lec: T • 9:00a.m. - 10:05a.m.

Adult High School, GED, Bilingual GED

Adult High School Biology

Marine Biology

This text-based course will teach students about marine organisms, marine habitats, and global marine issues. This course will teach students about the characteristics of marine organisms as well as their role in their unique environments. This course will utilize scientific resources structured to give students a hands-on experience without having to leave the classroom. This course will address state science standards, state environmental principles, and state writing standards. Evaluation takes the form of review questions, critical thinking essays and examinations.

HSBI 010

Credit Hours: 5

CRN 38137 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Oceanography

This course covers the basics of oceanography, beginning with oceans, marine geological formations, currents and waves. Animal and plant life in the ocean is also covered with a discussion of ecological concerns and pollution. Additionally, the student is expected to explore a current scientific issue related to the course. Evaluation takes the form of tests based on presented material.

HSBI 020

Credit Hours: 5

CRN 38138 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Biology

This competency-based survey course will introduce students to the basic concepts necessary to understand the diversity and complexity of life on earth. Topics covered include the scientific method, the chemistry of living things, cell structure and function, genetics and heredity, evolution and adaptation, unicellular and multicellular organisms, human biology, and ecology. Text books will be supplemented with interactive, multimedia and software assignments. Evaluation takes the form of regular student-instructor conferencing, quizzes and a final exam.

HSBI 030

Credit Hours: 10

CRN 38139 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Computer Applications and Office Management

Learning Skills: PowerPoint

Using Professor Teaches Software Tutorials, this competency-based course promotes an understanding of the skills necessary to take full

advantage of Microsoft Office PowerPoint. Topics covered include formatting and designing slides, creating and presenting slideshow presentations, and using templates, sound effects and images. Software based quizzes, instructor conferencing and individualized final projects will measure skill mastery. This course is offered under Individualized Instruction and is open only to those seeking to complete a high school diploma in the SBCC Adult High School (AHS) program.

HSCA 010

Credit Hours: 2

CRN 38140 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Learning Skills: Access

Using Professor Teaches Software Tutorials, this competency-based course promotes an understanding of the skills necessary to take full advantage of Microsoft Office Access. Topics covered include designing and managing databases, using macros and queries to manage data, designing forms and creating reports. Software based quizzes, instructor conferencing and individualized final projects will measure skill mastery. This course is offered under Individualized Instruction and is open only to those seeking to complete a high school diploma in the SBCC Adult High School (AHS) program.

HSCA 020

Credit Hours: 2

CRN 38141 > Staff • 8/27 - 12/15 • SCHOTT-16
Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19
Open Lab: MTWR

Learning Skills: Outlook

Using Professor Teaches Software Tutorials, this competency-based course promotes an understanding of the skills necessary to take full advantage of Microsoft Office Outlook. Topics covered include designing and managing personal calendars and schedules, using and maintaining inboxes and contacts, and scheduling tasks. Software based quizzes, instructor conferencing and individualized final projects will measure skill mastery. This course is offered under Individualized Instruction and is open only to those seeking to complete a high school diploma in the SBCC Adult High School (AHS) program.

HSCA 030

Credit Hours: 2

CRN 38142 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Learning Skills: Excel

Using Professor Teaches Software Tutorials, this competency-based course promotes an understanding of the skills necessary to take full advantage of Microsoft Office Excel. Topics covered include designing and managing spreadsheets, using spreadsheets to manage data, and creating charts, graphs, formulas and functions. Software based quizzes, instructor conferencing and individualized final projects will measure skill mastery. This course is offered under Individualized Instruction and is open only to those seeking to complete a high school diploma in the SBCC Adult High School (AHS) program.

HSCA 040

Credit Hours: 2

CRN 38143 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Learning Skills: Word Basics

Using Professor Teaches Software Tutorials, this competency-based course promotes an understanding of the skills necessary to take full advantage of Microsoft Office Word. Topics covered include document formatting and editing, creating tables and templates and collaborating on the production of documents. Software based quizzes, instructor conferencing and individualized final projects will measure skill mastery. This course is offered under Individualized Instruction and is open only to those seeking to complete a high school diploma in the SBCC Adult High School (AHS) program.

HSCA 050

Credit Hours: 2

CRN 38144 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR

Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Earth Science

Earth Science

This competency-based survey course in Earth science systematically covers the study of the solid Earth, its waters, atmosphere, and Earth's place in the solar system. In geology, students will study the origin, history and structure of Earth and the processes that shape its surface. In oceanography, students will learn about the characteristics and dynamics of the Earth's oceans and other waters. The section on meteorology will cover the atmosphere and its changing conditions, including weather and climate. The astronomy section studies the motions of our planet and objects outside of Earth. In relation to the other branches of Earth science, students will also study ecology.

HSEA 010

Credit Hours: 10

CRN 38145 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR

Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Economics

Economics

This competency-based course stresses conceptual knowledge of capitalism and the free enterprise system. Brief comparisons are made to other economic systems. Topics also include banking, government, industry and trade. Unit quizzes provide the teacher and student feedback about the student's progress. At the end of each unit, the student will also write a short essay on issues-oriented topics. Post-tests for the assessment of competency are required.

HSEC 010

Credit Hours: 5

CRN 38146 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR

Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School English

Reading and Composition 1

This literature-based course will teach students how to compose sentences and well-developed paragraphs by using the same writing tools as the renowned authors of the stories in the text. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course includes a review of language mechanics and grammar. It utilizes processes known to

enhance writing success, including self-editing and teacher conferencing. Evaluation takes the form of writing assessment by the instructor and tests based on material presented.

HSEN 001

Credit Hours: 10

CRN 38148 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR

Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Reading and Composition 1A

This literature-based course will teach students how to compose sentences and well-developed paragraphs by using the same writing tools as the renowned authors of the stories in the text. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course includes a review of language mechanics and grammar. It utilizes processes known to enhance writing success, stressing self-editing and regular teacher conferencing. Evaluation takes the form of writing portfolio assessment by the instructor and reviews based on material presented.

HSEN 001A

Credit Hours: 5

CRN 38149 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR

Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Reading and Composition 1B

This literature-based course will teach students how to compose sentences and well-developed paragraphs. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course includes a review of language mechanics and grammar. It utilizes processes known to enhance writing success, stressing self-editing and regular teacher conferencing. Evaluation takes the form of writing portfolio assessment by the instructor and reviews based on material presented.

HSEN 001B

Credit Hours: 5

CRN 38150 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR

Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Reading and Composition 2

This literature based course will teach students how to compose sentences and well-developed paragraphs by using the same writing tools as the renowned authors of the stories in the text. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course includes a review of language mechanics and grammar. It utilizes processes known to enhance writing success, including self-editing and teacher conferencing. Evaluation takes the form of writing assessment by the instructor and tests based on material presented.

HSEN 002

Credit Hours: 10

CRN 38151 > Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR

Reading and Composition 2A

This literature-based course will teach students how to incorporate sentences and well-developed paragraphs into 3-paragraph essays by using the same writing tools as the renowned authors of the stories in the text. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model to inspire student writing.

The course includes a review of language mechanics and grammar. It utilizes processes known to enhance writing success, stressing self-editing and regular teacher conferencing. Evaluation takes the form of writing portfolio assessment by the instructor and unit reviews based on material presented.

HSEN 002A

Credit Hours: 5

CRN 38153 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Reading and Composition 2B

This literature-based course will develop students' ability to incorporate sentences and well-developed paragraphs into 3-paragraph essays demonstrating critical thought and basic literary analysis. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course utilizes processes known to enhance writing success, stressing self-editing and regular teacher conferencing. Evaluation takes the form of writing portfolio assessment by the instructor and reviews based on material presented.

HSEN 002B

Credit Hours: 5

CRN 38154 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Reading and Composition 3

This literature-based course will teach students how to compose sentences and well-developed paragraphs by using the same writing tools as the renowned authors of the stories in the text. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course includes a review of language mechanics and grammar. It utilizes processes known to enhance writing success, including self-editing and teacher conferencing. Evaluation takes the form of writing assessment by the instructor and tests based on material presented.

HSEN 003

Credit Hours: 10

CRN 38155 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Reading and Composition 3A

This literature-based course will teach students how to compose sentences and well-developed paragraphs by using the same writing tools as the renowned authors of the stories in the text. The introduction of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course includes a review of language mechanics and grammar. It utilizes processes known to enhance writing success, including self-editing and teacher conferencing. Evaluation takes the form of writing assessment by the instructor and tests based on material presented.

HSEN 003A

Credit Hours: 5

CRN 38156 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Reading and Composition 3B

This literature-based course will teach students how to compose sentences and well-developed paragraphs by using the same writing tools as the renowned authors of the stories in the text. The introduction

of literature will assist students in developing reading and critical thinking skills and serve as a model of good writing. The course includes a review of language mechanics and grammar. It utilizes processes known to enhance writing success, including self-editing and teacher conferencing. Evaluation takes the form of writing assessment by the instructor and tests based on material presented.

HSEN 003B

Credit Hours: 5

CRN 38157 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Health Education

Health

This course covers the following topics: nutrition for health and weight control; the roles of sleep, rest, and exercise in health; first aid; abuse of licit and illicit drugs; diseases and their prevention; and pollution and health. Students are evaluated on the basis of their responses to unit quizzes and Internet search projects.

HSHE 010

Credit Hours: 5

CRN 38158 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School History

American History: Part 1

This competency-based course is the first half of a comprehensive survey of United States history. The course covers the political, social, cultural, and economic history of the US. It begins with an overview of the history of the American indigenous population before the arrival of European explorers, continuing through the colonization period. Focus is placed on the development of democratic ideals and institutions. The course continues with a history of Africans in America, their culture and contributions. Issues and events leading to the American Revolution, the effects of the war itself, and the creation and the content of the Constitution are covered. The course then moves on to industrialism and territorial expansion, exploring the problems and promise of these changes. Finally, the causes and consequences of the Civil War and Reconstruction era are discussed. This course develops skills in written expression, analysis, interpretation of maps and graphs, and critical thinking. Post-tests for measurement of mastery are utilized.

HSHI 030

Credit Hours: 5

CRN 38161 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

American History: Part 2

Adult High School United States history course covering 1865 to the present, beginning with the Reconstruction period and continuing with expansionism, industrialism, the causes and consequences of World War 1, the Great Depression, World War II, the Cold War period, the Civil Rights movement, globalization and America's role in the modern world.

HSHI 040

Credit Hours: 5

CRN 38162 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Mathematics

Mathematics A: Whole Number Arithmetic

This competency-based course reviews arithmetic, beginning with basic number concepts, like place value, ordinal value and estimation. The course also reviews the four basic operations with whole numbers and introduces problem-solving strategies and life skills and workplace math. Pretests for accurate placement and prescription, and post-tests for measurement of mastery are utilized. When taken in sequence with Mathematics B and Algebra/Geometry, this course prepares students for success in high school mathematics and in applying math to everyday life and work problems.

HSMA 010

Credit Hours: 5

CRN 38164 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
 Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Mathematics B: Fractions, Decimals, Percent

This competency-based course review computation and problem solving skills with decimals, fractions, and percents. Geometry (perimeter, area, volume), estimation, problem-solving strategies, like skills and workplace math are included. Pretest for accurate placement and prescription, and post-tests for measurement of mastery are utilized. When taken in sequence with Mathematics A and Algebra or Geometry, this course prepares students for passing the Adult High School competency tests, the GED math test, and success in high school mathematics and in applying math to everyday life and work problems.

HSMA 020

Credit Hours: 5

CRN 38165 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
 Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Mathematics C: Pre-Algebra

This competency-based course teaches problem solving strategies and their application in percent, ratio, proportion, measurement, and the use of formulas and equations. Students will learn basic geometry, graphing, probability, squares and roots. Students will learn to solve monomial equations and how to apply them. In the areas of ratios, proportions and percent, students will learn to calculate interest, commissions, discounts, and rates of increase, as well as apply ratio and proportion strategies to solve common travel and finance questions. Students will also be able to interpret graphs, charts, tables and meters. Pre-tests for accurate placement and post-tests for measurement of mastery are used for



assessment. Successful completion of this course prepares a student for a high school algebra course.

HSMA 030

Credit Hours: 5

CRN 38166 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
 Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Integrated Mathematics 2: Algebra

This competency-based course stresses the appropriate use of problem-solving strategies. It builds upon previous math courses and life experience with review and by addressing algebraic concepts and expressions. Life skills and workplace math are integrated into the course assignments. Pretests for accurate placement and prescription, and post-tests for measurement of mastery are utilized.

HSMA 040

Credit Hours: 10

CRN 38167 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
 Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Integrated Mathematics 3: Geometry

This competency-based course builds skills in basic geometry, the study of measurements and relationships of lines, angles, plane figures and solid figures. Topics include the study of angles and triangles and the study of distance, area and volume. Skills developed include estimation, mental math, and calculator use. The topics and skills that are emphasized in this course are useful in many occupations, real-life problem-solving, and educational and vocational tests.

HSMA 050

Credit Hours: 10

CRN 38168 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
 Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Personal Development

Learning Skills: Note-Taking Strategies

This course will expand student's knowledge of note-taking techniques and purposes. Topics covered include basic functions of note taking, pre-reading strategies, The Cornell Method, clustering, and outlining. Students may attend a note taking workshop and complete the assignments or complete the independent study module in lieu of attending a workshop.

HSPD 010

Credit Hour: 1

CRN 38170 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
 Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Learning Skills: Time Management

This course will help students manage time effectively and create healthier lifestyle patterns. Topics covered include scheduling and how to avoid cramming. Students may take the time management workshop and complete the assignments or complete the independent study module in lieu of attending a workshop.

HSPD 020

Credit Hour: 1

CRN 38173 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
 Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Learning Skills: Learning Styles

This course will teach students to identify their personal learning styles and how to adapt them to dominant teaching styles. Topics covered include the Learning Styles Questionnaire, the four learning styles, and matching your learning style and strategies. Students may take the Learning Styles workshop and complete the assignments or complete the independent study module in lieu of attending a workshop.

HSPD 030

Credit Hour: 1

CRN 38175 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Learning Skills: Test-Taking Skills

This course will build student test taking confidence by examining academic and emotional management techniques. Topics covered include test anxiety, test preparation, and strategies to use during the test and before turning in the test. Students may take the Test Taking Skills workshop and complete the assignments or complete the independent study module in lieu of attending a workshop.

HSPD 040

Credit Hour: 1

CRN 38176 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Learning Skills: Writing Skills

This interactive course will allow students to examine strategies for revising their writing at different stages of the writing process. Topics covered include assignment analysis, self-editing strategies, organizing your paper, and developing your thesis. Students may take the workshop and complete the assignments or complete the independent study module in lieu of attending a writing skills workshop.

HSPD 050

Credit Hour: 1

CRN 38177 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Political Science

Survey of U.S. Government

This survey course of United States Government covers the core areas of U.S. Democracy and Politics and contextualizes them in terms of current events. Students also receive instruction on college readiness skills, including pre-reading and note-taking strategies. Competency in the subject matter is evaluated throughout the course with chapter tests and a final exam.

HSPS 020

Credit Hours: 5

CRN 38178 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School Visual Design

Visual Arts and Media Techniques/Art Studio

This competency-based course promotes an understanding of visual arts and media techniques and the skills associated with composition and design to help students create art. In order to receive 10 units for the class, students will be expected to simultaneously enroll in an art

studio course and/or produce a portfolio of artwork demonstrating their understanding of visual literacy and compositional techniques. Pre-tests and instructor conferencing will be utilized for accurate placement and prescription, and portfolio analysis will help measure skill mastery.

HSVA 010

Credit Hours: 10

CRN 38179 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Visual Arts and Media Techniques/Art Studio 1

Adult High School Diploma Program course provides an introduction to the visual arts, media techniques, and design skills to help students create art. Students will simultaneously take art studio courses and produce a portfolio of artwork demonstrating their understanding of visual arts and media techniques.

HSVA 020

Credit Hours: 5

CRN 38180 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Visual Arts and Media Techniques/Art Studio 2

Adult High School Diploma Program course provides an introduction to visual literacy, media and skills associated with design to help students interpret the meaning of art. Students will simultaneously take art studio courses and produce a portfolio of artwork demonstrating their understanding of visual literacy and composition techniques.

HSVA 030

Credit Hours: 5

CRN 38181 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

Adult High School World History

World History: Early Civilization

This competency-based course surveys ancient world history, examining human achievements in the Middle East, Mediterranean, Asian, African and Mesoamerican regions. The course closes with a focus on the conquest and colonization of Latin America to illustrate the ancient civilizations' impact with modernity. Students are introduced to methods and theories in historiography before they are asked to critically read and write about primary sources pertinent to the histories of the civilizations in these regions.

HSWH 010

Credit Hours: 5

CRN 38159 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

World History: Modern Regions

This competency-based course begins with an introduction to the use of primary sources in history and to methods and theories in historiography. Students examine the roles of anthropology, epistemology and politics in the study of history. The developments of nationalism and state formation, liberalism and modern politics are contextualized by close readings of primary source documents on the cultures, economics and politics of the regions of Latin America, Asia, Israel and Palestine, and Africa.

HSWH 020

Credit Hours: 5

CRN 38160 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

General Education Development (GED)

GED Test Subject - Reading

This course prepares students for the GED Reasoning through Language Arts exam. Topics include applying critical thinking skills to reading fiction and informational texts; reviewing language mechanics, grammar, vocabulary, and editing skills; and writing extended response essays. Emphasis is also placed on developing test-taking strategies.

GED NC010

CRN 38122 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

GED Test Subject - Social Studies

This course prepares students for the GED Social Studies exam. Topics include a review of key concepts in US government, US history, world history, and economics. Emphasis is placed on developing test-taking skills and strategies and on applying critical thinking skills to analyze text, graphs, tables, charts, and diagrams.

GED NC020

CRN 38124 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

GED Test Subject - Science

This course prepares students for the GED Science exam. Topics include a review of key concepts and processes in biology, chemistry, physical, and earth and space science. Emphasis is placed on applying critical thinking skills to analyze text, graphs, tables, charts, and diagrams, and on developing test-taking strategies.

GED NC030

CRN 38123 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

GED Test Subject - Mathematics

This course prepares students for the GED Mathematics exam. Topics include review of whole-number operations, fractions, decimals, percent, geometry, and algebra. Emphasis is placed on developing test-taking skills as well as developing strategies for solving word problems, graph problems, and problems typically found on the GED and other mathematics exams.

GED NC050

CRN 38126 > Staff • 8/27 - 12/15 • SCHOTT-16 • Open Lab: MTWR
Staff • 8/27 - 12/15 • WAKE-19 • Open Lab: MTWR

MIND & SUPERMIND
November 5, 2018

7:30 - 9:30 p.m.

Garvin Theatre, SBCC West Campus

General Education Development (GED) - Bilingual

GED Test Subject - Bilingual Reading

This course prepares students for the Spanish version of the GED Reasoning through Language Arts exam. Topics include applying critical thinking skills to reading fiction and informational texts; reviewing language mechanics, grammar, vocabulary, and editing skills; and writing extended response essays. Emphasis is also placed on developing test-taking strategies.

GEDB NC060

CRN 38127 > **SAT** Staff • 8/27 - 12/15 • WAKE-21 • Open Lab: MWFS
Staff • 8/27 - 12/15 • SCHOTT-29 • Open Lab: TR
CRN 38128 > Staff • 8/27 - 12/15 • LCJH • Open Lab: TWR

GED Test Subject - Bilingual Social Studies

This course prepares students for the Spanish version of the GED Social Studies exam. Topics include a review of key concepts in US government, US history, world history, and economics. Emphasis is placed on developing test-taking skills and strategies and on applying critical thinking skills to analyze text, graphs, tables, charts, and diagrams.

GEDB NC070

CRN 38129 > **SAT** Staff • 8/27 - 12/15 • WAKE-21 • Open Lab: MWFS
Staff • 8/27 - 12/15 • SCHOTT-29 • Open Lab: TR
CRN 38130 > Staff • 8/27 - 12/15 • LCJH • Open Lab: TWR

GED Test Subject - Bilingual Science

This course prepares students for the Spanish version of the GED Science exam. Topics include a review of key concepts and processes in biology, chemistry, physical, and earth and space science. Emphasis is placed on applying critical thinking skills to analyze text, graphs, tables, charts, and diagrams, and on developing test-taking strategies.

GEDB NC080

CRN 38131 > **SAT** Staff • 8/27 - 12/15 • WAKE-21 • Open Lab: MWFS
Staff • 8/27 - 12/15 • SCHOTT-29 • Open Lab: TR
CRN 38132 > Staff • 8/27 - 12/15 • LCJH • Open Lab: TWR

GED Test Subject - Bilingual Mathematics

This course prepares students for the Spanish version of the GED Mathematics exam. Topics include review of whole-number operations, fractions, decimals, percent, geometry, and algebra. Emphasis is placed on developing test-taking skills as well as developing strategies for solving word problems, graph problems, and problems typically found on the GED and other mathematics exams.

GEDB NC100

CRN 38135 > **SAT** Staff • 8/27 - 12/15 • WAKE-21 • Open Lab: MWFS
Staff • 8/27 - 12/15 • SCHOTT-29 • Open Lab: TR
CRN 38136 > Staff • 8/27 - 12/15 • LCJH • Open Lab: TWR

Career Skills

Accounting

Setting up QuickBooks for Small Business

Accounting fundamentals - Learn the basics of small business bookkeeping using QuickBooks, financial reporting, and how to analyze and record financial transactions. Discuss accounts receivable, accounts payable, payroll procedures, sales taxes and common banking activities.

ACCT NC001

CRN 40229 > **SAT** Terry, C K • 9/15 - 10/6 • WAKE-05
Lec: S • 9:00a.m. - 1:00p.m.

Monthly Procedures Using QuickBooks

Develop and apply monthly procedures used in accounting for small business. Continue to build small business accounting knowledge, gain practical experience working with day-to-day transactions. Reconcile balance sheet accounts and examine/audit income statement accounts on a monthly basis. Prepare adjusting journal entries. Prepare financial statements.

ACCT NC002

CRN 40230 > **SAT** Terry, C K • 10/13 - 11/3 • WAKE-05
Lec: S • 9:00a.m. - 1:00p.m.

Year-End Procedures

Develop and apply year-end procedures used in accounting for small business. Prepare closing journal entries for year-end. Prepare reports for tax accountant. Purge files and prepare for the new year.

ACCT NC003

CRN 40231 > **SAT** Terry, C K • 11/10 - 11/17 • WAKE-05
Lec: S • 9:00a.m. - 1:00p.m.
SAT Terry, C K • 12/1 - 12/8 • WAKE-05
Lec: S • 9:00a.m. - 1:00p.m.

Allied Health

Medical Assistant IA: Administrative and Clinical Skills Part One

Course Advisories: ENG 070. First of a two-part course that prepares students for entry-level Medical Assisting. The Administrative (Front Office) component includes HIPAA including legal regulations, medical records, patient reception, and appointment scheduling. Clinical (Back Office) instruction includes: infection control, vital signs, diagnostic tests, assisting with primary/family and specialties (surgery, OB/GYN, and pediatrics). English 70 recommended for success.

AH NC005

CRN 39345 > **EVE** Lee, B Y • 8/28 - 11/20 • WAKE-14
Lec: TR • 5:45p.m. - 9:05p.m.

Personal Care Attendant I: Basic Care

Introduces students to entry-level Personal Care Attendant skills. Students will be taught how to assist patients and families with non-medically

directed personal care and home management activities. It will prepare students to seek entry-level Personal Care Attendant employment.

AH NC020

CRN 39346 > **EVE** Noggle, M • 9/10 - 10/17 • WAKE-14
Lec: MW • 5:30p.m. - 8:45p.m.

Personal Care Attendant II: Dementia and End-of-Life Care

Prerequisites: AH NC020. Focuses on dementia and end-of-life care. Topics include potential causes and successful strategies to deal with communication difficulties and problem behaviors, as well as activities that lead to successful care giving. End-of-life topics include advance planning, practical and emotional issues related to death and dying, and community resources for the support of families and caregivers.

AH NC021

CRN 39347 > **EVE** Noggle, M • 10/22 - 11/14 • WAKE-14
Lec: MW • 5:30p.m. - 7:55p.m.

Restorative Nurse Assistant Training - Introduction

Course Advisories: Must have current active CNA license, TB clearance and health care provider CPR. Prepares licensed CNAs (Certified Nurse Assistants) to assist patients/residents in maintaining or promoting independence in the areas of mobility, range of motion, and the performance of activities of daily living. This course is the first in a two-part series leading to a SBCC Noncredit Educational Programs Certificate of Completion for Restorative Nurse Assistants.

AH NC030

CRN 40537 > **EVE** Grant, C H • 9/11 - 10/16 • CORHOS
Lec: T • 5:30p.m. - 9:30p.m.
Grant, C H • 10/3 - 10/10 • CORHOS
Lec: W • 8:00a.m. - 4:00p.m.

Restorative Nurse Assistant Training - Advanced

Prerequisites: AH NC030. Advanced course for licensed CNAs reviewing the aging process on the five senses, restorative techniques for the therapeutic use of heat and cold, positioning and exercise, and management for cognitive deficit.

AH NC031

CRN 40538 > **EVE** Grant, C H • 10/23 - 11/13 • CORHOS
Lec: T • 5:30p.m. - 9:00p.m.



Computer Applications and Office Management

Computer Skills Lab (Bilingual)

The bilingual lab features individualized, hands-on instruction, and small group lectures. Students learn at own pace and design their own practice schedule in several computer software programs including keyboarding, data entry, 10-key, Windows operating systems, MS Office (Word, Excel, Publisher, PowerPoint), and internet/e-mail.

COMP NC010

CRN 39784 > Aparisio, A • 8/27 - 12/15 • WAKE-06
Lab: MTWRF • 12.5 hours/week

CRN 39785 > Graffius, N L • 8/27 - 12/15 • SCHOTT-17
Lab: MTWRF • 12.5 hours/week

Facebook for Business

Facebook is the most popular social network and a powerful tool for growing and promoting your business. Create effective profiles, pages, groups and ads. Establish goals and learn how and what to post to achieve them. Build relationships with current and new customers. Increase traffic to your website. Measure the success of your Facebook marketing.

COMP NC014

CRN 39855 > Starr, B J • 9/14 • WAKE-04
Lec: F • 8:30a.m. - 4:30p.m.

Twitter for Business

Students learn to set up a Twitter business presence to leverage the power of real-time marketing, optimize and manage an account, and find and follow influencers and leads. Curriculum includes engaging with prospects using tweets, RTs, DMs follows, mentions and hashtags. Students use tools to monitor feeds and schedule tweets, in addition to tracking the impact and measure the results of promoted tweets.

COMP NC015

CRN 40247 > SAT Staff • 12/1 - 12/8 • TBA
Lec: S • 9:00a.m. - 1:00p.m.



Pinterest and Instagram for Business

Students learn to market and expand a brand using Pinterest and Instagram. Provides the basics and beyond of these platforms, including how to produce high level content and effectively use the sites in a marketing strategy to develop a loyal, enthusiastic customer base for their brand.

COMP NC016

CRN 39857 > Starr, B J • 9/21 • WAKE-04
Lec: F • 8:30a.m. - 4:30p.m.

LinkedIn for Business

LinkedIn is the world's most popular business-oriented social media networking platform. Students learn to use LinkedIn to develop business through relationship marketing. Topics include optimizing a company profile, developing content that engages a target audience, building a professional brand, marketing a company, showcasing credentials, getting business advice, reconnecting with former colleagues and connecting with businesses around the globe.

COMP NC017

CRN 40248 > Starr, B J • 9/28 • WAKE-04
Lec: F • 8:30a.m. - 4:30p.m.

YouTube for Business

Students learn to use YouTube to broadcast user and business-generated videos. Topics include creating a custom channel and building a following by uploading and sharing videos that communicate a brand and engage an audience. Students learn to view, upload, and share videos; create playlists and optimize videos for search engines; and add annotations, notes and links. Uploading and editing film for YouTube is also covered.

COMP NC018

CRN 39859 > Starr, B J • 10/5 • WAKE-04
Lec: F • 8:30a.m. - 4:30p.m.

How to use a Computer Keyboard and Mouse for Beginners

This course gives students an orientation to the computer keyboard and mouse. Students learn the layout and function of special computer keys, learn how to properly hold the mouse, and practice using mouse. No previous typing or computer experience required.

COMP NC020

CRN 40238 > Staff • 8/31 - 9/7 • WAKE-04
Lec: F • 9:00a.m. - 2:00p.m.

Computers for Beginners

This beginning course is designed for students with limited experience with computers. Students will learn to perform basic computer tasks, including how to turn a computer on and off correctly, send and receive e-mail, navigate the internet, open and save a file, and use computer terminology. Course may be taught bilingually.

COMP NC022

CRN 40246 > Eggli, N A • 9/5 - 10/3 • WAKE-04
Lec/Lab: W • 12:30p.m. - 2:45p.m.

Windows Basics

This class is a slow-paced introduction to the Windows Operating System. Students will explore Help, windows navigation and management, file management, desktop customization, and other Windows Operating System tools and applications.

COMP NC023

CRN 40249 > Staff • 9/15 - 10/13 • TBA
Lec: F • 8:30a.m. - 11:00a.m.

Introduction to Windows

This class is an introduction to the Windows Operating System. Students will explore Help, windows navigation and management, file management, desktop customization, and other Windows Operating System tools and applications.

COMP NC024

CRN 39341 > **SAT** Eggli, N A • 9/22 - 9/29 • WAKE-04
Lec/Lab: S • 9:00a.m. - 2:00p.m.

Introduction to the Macintosh

This class is designed for those with limited or no experience with computers. Students will learn basic functions of the computer, how to set it up, and how to perform simple tasks like typing a letter, browsing the web, and getting e-mail. Features an overview of the software that comes pre-installed on the Macintosh computer.

COMP NC030

CRN 39669 > Burkhardt, B J • 9/11 - 10/1 • WAKE-03
Lec/Lab: TR • 9:00a.m. - 11:15a.m.

Introduction to MAC OS X Level 1

Level 1 class covers the basics of Mac OS and some of its most popular programs. Students will learn how to make, name, and rename files and folders. Students will then see how to find lost files using Find and Spotlight. Class will examine the Sidebar and Dock and will cover some of the most basic and useful programs that come with OS including Safari, Address Book, and iCal.

COMP NC031

CRN 39670 > Burkhardt, B J • 10/9 - 10/30 • WAKE-03
Lec/Lab: TR • 9:00a.m. - 11:35a.m.

Introduction to MAC OS X Level 2

The Level 2 course will review some of the programs examined in Level 1 in more detail, then proceed with a more in-depth examination of Mac OS, including ways to customize the Mac. Students also examine more of the Mac OS programs as they integrate with Mail, iPhoto, and iMovie. May be taught bilingually.

COMP NC032

CRN 39313 > Burkhardt, B J • 11/6 - 11/20 • WAKE-03
Lec: TR • 9:00a.m. - 11:35a.m.
Burkhardt, B J • 11/27 - 11/29 • WAKE-03
Lec: TR • 9:00a.m. - 11:35a.m.

Exploring Microsoft Office for the MAC

This class will focus on Microsoft Office for the MAC. Students learn the basics and how the Office programs are designed to work as a single application. Topics will include: MS Word (word processing), Excel (spreadsheet) PowerPoint (multi-media/graphics/slides), and Outlook (mail/calendar/contacts). Working professionals, small business owners, and individuals interested in honing their software skills will receive hands-on instruction as they make decisions about the software program that will meet their needs.

COMP NC035

CRN 40250 > Eggli, N A • 9/10 - 11/5 • WAKE-03
Lec/Lab: M • 12:30p.m. - 3:00p.m.

Intro to iTunes, iPods, and iPads

This course teaches students how to use MP3 players and hand-held computers, focusing on iPods, iPod Touch, and iPads. Students learn how to download music, videos, and podcasts to a computer and organize, play, and sync them to an iDevice. Topics include the applications available on iDevices, such as calendars, contacts, and games.

COMP NC036

CRN 39671 > Eggli, N A • 10/8 - 10/29 • WAKE-03
Lec/Lab: M • 4:00p.m. - 6:15p.m.

Searching the Web

This course defines the internet and teaches students how to search the Web and get the results they need. Students learn techniques and methods to narrow search results and troubleshoot difficult queries.

COMP NC040

CRN 39672 > Eggli, N A • 9/11 - 10/2 • WAKE-03
Lec: T • 1:00p.m. - 3:15p.m.

E-mail for Beginners

This course provides a basic introduction to e-mail. Topics include how e-mail works and its uses, setting up an e-mail account, reading and sending e-mail, and dealing with attachments.

COMP NC041

CRN 39673 > Eggli, N A • 10/9 - 10/30 • WAKE-03
Lec: T • 1:00p.m. - 3:15p.m.

Optimizing Photos for the Internet and E-mail

Students learn to manipulate photos for efficient e-mailing or uploading to the internet. Using Adobe Photoshop or other graphic editing software, students will crop, color-correct, apply text and effects, sharpen, resample, and save files in the appropriate formats for maximum quality and efficiency when emailing or posting to the internet. This class develops photo editing and basic internet skills for business or personal use.

COMP NC042

CRN 39318 > **SAT** Place, C C • 12/8 - 12/15 • WAKE-03
Lec/Lab: S • 9:00a.m. - 2:00p.m.

Word Processing Basics for Beginners

Students who find computers mystifying or frightening will learn how to navigate the computer screen and compose and edit a short document. Class pace will allow students to become comfortable with the computer and editing techniques.

COMP NC050

CRN 39319 > Eggli, N A • 10/10 - 11/7 • WAKE-04
Lec/Lab: W • 12:30p.m. - 2:45p.m.

Introduction to MS Word

This class is an introduction to Microsoft Word functions for document creation including entering text, revising, formatting, previewing, and printing. Students will practice on a variety of documents.

COMP NC051

CRN 39321 > **EVE** Wong, V K • 11/20 - 12/11 • WAKE-04
Lec/Lab: T • 6:30p.m. - 8:55p.m.

CRN 39674 > Eggli, N A • 10/4 - 10/25 • WAKE-04
Lec/Lab: R • Noon - 2:15p.m.

Basic PowerPoint

This course teaches students to turn facts, figures, and photos into a creative display of slides, outlines, graphs, and multimedia using Microsoft PowerPoint. Students will learn the basics of presentation design and how to use templates, insert graphics, add animation, rehearse timings, and run and share a presentation.

COMP NC055

CRN 39676 > Eggli, N A • 11/1 - 11/15 • WAKE-04
Lec: R • Noon - 2:15p.m.
Eggli, N A • 11/29 • TBA • Lec: R • Noon - 2:15p.m.

CRN 40690 > **EVE** Wong, V K • 10/16 - 11/6 • WAKE-04
Lec: T • 6:30p.m. - 8:55p.m.

Basic Outlook

This course provides a basic hands-on introduction to MS Outlook, Microsoft's Premier Email and Information Management Program. Students learn how to stay up to date at home or work by using Outlook to connect with colleagues, customers, family and friends. Topics include writing and searching email, organizing work tasks, and using the calendar to share information with others.

COMP NC058

CRN 39322 > **SAT** Eggli, N A • 11/3 - 11/10 • WAKE-04
Lec/Lab: S • 9:00a.m. - 2:00p.m.

Basic Spreadsheets for Beginners

This class provides a slow-paced introduction to basic concepts and functions of Microsoft Excel. Topics include the basics of creating a spreadsheet, using formulas and functions, and creating charts.

COMP NC062

CRN 40698 > Eggli, N A • 11/14 - 12/12 • WAKE-04
Lec: W • 12:30p.m. - 2:45p.m.

Introduction to MS Excel

This class is an introduction to basic concepts and characteristics of Microsoft Excel. Students explore various uses of spreadsheets. Topics covered include the basics of creating a spreadsheet, using formulas and functions, creating charts, and using the database feature in Microsoft Excel.

COMP NC063

CRN 39323 > Eggli, N A • 9/6 - 9/27 • WAKE-04
Lec/Lab: R • Noon - 2:15p.m.

CRN 39822 > **EVE** Wong, V K • 9/18 - 10/9 • WAKE-04
Lec/Lab: T • 6:30p.m. - 8:55p.m.

Introduction to Hand-Held Devices

This course teaches students the practical use of a variety of handheld computer devices including music players, e-Books, Smartphones, iPods, iTouch, and iPads. Students learn to use common PC and Mac applications to run devices and how to find tutorials or manuals, useful settings, and interesting add-ons for handheld devices. Information learned in this course will provide tips on how to use handheld devices effectively and observe protocol in decisions to use these devices in a work environment.

COMP NC070

CRN 39326 > Eggli, N A • 9/10 - 10/1 • WAKE-03
Lec: M • 4:00p.m. - 6:15p.m.

Tech Talk: What's New in Computers and Technology?

This class examines the rapidly evolving technical world and its future. Students explore the many practical questions that arise as computers, cell phones, eBooks, social networks, email, the internet and other technology become more central to our daily lives. This course may be taught bilingually.

COMP NC071

CRN 39813 > Eggli, N A • 10/4 - 11/15 • WAKE-05
Lec: R • 4:00p.m. - 6:15p.m.
Eggli, N A • 11/29 - 12/13 • WAKE-05
Lec: R • 4:00p.m. - 6:15p.m.

Setting Up a Blog

Blogging is of the most popular ways of communicating and spreading information and news. Learn to create, manage, and promote a blog. You will define the blog's goal, analyze the core audience, develop a sustainable plan for content creation, choose a platform and hosting option, design the blog and promote posts with social media.

COMP NC080

CRN 39327 > **SAT** Place, C C • 9/8 - 9/15 • WAKE-03
Lec: S • 9:00a.m. - 1:00p.m.

Create Compelling Content

Explore how to create content that is relevant, valuable and engaging to your audience by analyzing their needs, wants and likes, discovering questions they are asking, and problems you can solve for them. Find your authentic voice to create text, design, images that are of shared value to your core audience.

COMP NC081

CRN 39328 > **SAT** Cooper, M E • 9/22 • WAKE-03
Lec: S • 8:30a.m. - 4:30p.m.

Computer Information Systems

Installing and Configuring Windows Desktop

Course introduces students to the process of installing and configuring Windows desktop.

CIS NC001

CRN 40500 > Frankel, E S • 8/27 - 10/20 • ONLINE • 4.5 hours/week

Configuring Windows Devices

Course introduces students to the process of configuring Windows devices. This is the second course in a series and it is advisable to take the courses in sequence.

CIS NC002

CRN 40501 > Frankel, E S • 10/22 - 12/15 • ONLINE • 4.5 hours/week

VMware vSphere Install and Configure

Introduction to VMware vSphere, with an emphasis on the installation and configuration of the product.

CIS NC005

CRN 40234 > **EVE** Murray, M J • 8/28 - 10/16 • BC-314
Lec: T • 6:00p.m. - 9:05p.m.

VMware vSphere Advanced Management

Managing advanced features of VMware vSphere.

CIS NC006

CRN 40235 > **EVE** Murray, M J • 10/23 - 12/11 • BC-314
Lec: T • 6:00p.m. - 9:05p.m.

Computer Network Engineering

Optimize and Upgrade Your PC

Students learn hardware and software tools and strategies to improve the productivity and increase the efficiency of PC systems. Course teaches how to optimize the PC's operation and how to upgrade memory, disk drives and other components at a reasonable cost to extend the life of a PC system or design and build an entirely new system. Topics also include how to rid a system of viruses and spyware and how to back up a system and valuable data.

CNEE NC102

CRN 40700 > Eggli, N A • 10/2 - 12/4 • WAKE-04
Lec: T • 4:00p.m. - 6:15p.m.

Keeping a PC Hard Disk Clean and Organized

Students learn to organize, clean, and optimize a PC hard disk drive to maximize performance. Topics include techniques for file organization, program removal, garbage identification and the removal of malware, and basic maintenance.

CNEE NC103

CRN 39681 > **SAT** Eggli, N A • 10/6 - 10/13 • WAKE-04
Lec: S • 9:00a.m. - 2:05p.m.

Construction Technology

Construction Framing

This is a beginning course in residential construction framing (house building). Take as a stand alone course or as part of a 4-course series of construction classes. (It is a good transition course to the credit Construction Technology program at SBCC.) Topics include the framing of floors, walls, ceilings, and roofs, and jobsite safety. Hands-on practice will use the typical tools of the trade: framing hammer, tape measure, chalk-line, speed-square, skilsaw, sawzall, nail gun, etc. This class is intended to give an overview of the house building process, and practice in basic tool use.

CT NC001

CRN 38728 > **EVE** Cunningham, J L • 8/28 - 9/18 • WAKE-24
Lec: T • 5:00p.m. - 6:30p.m.
EVE Cunningham, J L • 8/28 - 9/18 • WAKE-24
Lec: T • 6:35p.m. - 7:45p.m.

Construction Finish Carpentry

This is a beginning course in residential construction finish carpentry (house building). Take as a stand alone course or as part of a 4-course series of construction classes. (It is a good transition course to the credit Construction Technology program at SBCC.) Topics include introduction to hand tool and power tool use, scope of residential finish work, demonstration and practice of finish work (base, case, crown, closets, doors, floors). Hands-on practice will use the typical tools of the trade. This class is intended to give an overview of residential finish work and practice in basic tool use.

CT NC002

CRN 38729 > **EVE** Cunningham, J L • 9/25 - 10/16 • WAKE-24
Lec: T • 5:00p.m. - 6:30p.m.
EVE Cunningham, J L • 9/25 - 10/16 • WAKE-24
Lec: T • 6:35p.m. - 7:45p.m.

Construction Electrical

This is a beginning course in residential construction electrical work. Take as a stand alone course or as part of a 4-course series of construction classes. (It is a good transition course to the credit Construction Technology program at SBCC.) Topics include introduction to home electrical systems, electrical and jobsite safety, tool use and materials identification. Hands-on practice will use the typical tools of the trade. This class is intended to give an overview of the house electrical systems, and practice in basic tool use.

CT NC003

CRN 38730 > **EVE** Cunningham, J L • 10/16 - 11/6 • WAKE-24
Lec: T • 5:00p.m. - 6:30p.m.
EVE Cunningham, J L • 10/16 - 11/6 • WAKE-24
Lec: T • 6:35p.m. - 7:45p.m.



**CENTENNIAL
CELEBRATION**
September 9, 2018
Wake Campus Lawn
4 to 6 p.m.

Construction Plumbing

This is a beginning course in residential construction plumbing. Take as a stand alone course or as part of a 4-course series of construction classes. (It is a good transition course to the credit Construction Technology program at SBCC.) Topics include introduction to home plumbing systems and materials, working with piping, installing fixtures, and trouble shooting. Hands-on practice will use the typical tools of the trade. This class is intended to give an overview of the house plumbing systems, and practice in basic tool use.

CT NC004

CRN 38731 > **EVE** Cunningham, J L • 11/13 - 12/4 • WAKE-24
Lec: T • 5:00p.m. - 6:30p.m.
EVE Cunningham, J L • 11/13 - 12/4 • WAKE-24
Lec: T • 6:35p.m. - 7:45p.m.

Blueprint Reading for Electricians

Overview of blueprints, plans and specifications; symbols used in electrical-related trades; and preparation and use of as-built drawings, wiring and line diagrams, schematics and ladder diagrams. (Approved School #136 for California Electrician Trainees).

CT NC121

CRN 39782 > **EVE** Bennett, T A • 8/27 - 12/15 • RODBON
Lec: M • 5:00p.m. - 8:20p.m.
CRN 39783 > **EVE** Bennett, T A • 8/27 - 12/15 • WAKE-16
Lec: W • 6:00p.m. - 9:10p.m.

Introduction to National Electrical Code

Layout and content of the National Electrical Code. Purpose, intent and scope of electrical codes, as well as utilization and application, include use of the Code for calculations and hazardous locations.

CT NC194

CRN 40493 > **EVE** Bennett, T A • 8/27 - 12/15 • RODBON
Lec: M • 6:00p.m. - 9:15p.m.
CRN 40494 > **EVE** Bennett, T A • 8/27 - 12/15 • TBA
Lec: T • 6:00p.m. - 9:10p.m.

Culinary Arts

ServSafe Food Safety Preparation Certificate: Module A

This course is Module A of a two-part course of study designed to provide students with information for all levels of employees on all aspects of handling food, from receiving and storing to preparing and serving. The emphasis of the course is to enhance safety and hygiene in the food industry.

CA NC013

CRN 39329 > Hobbins, J A • 8/29 - 10/3 • SAHH
Lec/Lab: W • 3:00p.m. - 5:00p.m.

ServSafe Food Safety Preparation Certificate: Module B

This course is Module B of a two-part course of study designed to provide students with information for all levels of employees on all aspects of handling food, from receiving and storing to preparing and serving. The emphasis of the course is to enhance safety and hygiene in the food industry. Upon completion of Module A and B, student will be prepared to take the ServeSafe Food handlers Examination.

CA NC014

CRN 39333 > Hobbins, J A • 8/30 - 10/4 • SAHH
Lec/Lab: R • 3:00p.m. - 5:00p.m.

Drafting/CAD

Introduction to 3D Printing

Fundamental concepts of 3D Printing. Topics include: History of 3D printing, present and potential development, best practices, materials for additive manufacturing, applications. Identifying sources for 3D printing. Software appropriate for rapid prototyping. Service and maintenance of 3D printers

DRFT NC001

CRN 39770 > **SAT** Arias del Cid, A M • 9/15 - 10/6 • OE-16
Lec: S • 9:00a.m. - 1:00p.m.

Product Design and Prototyping Workshop

Overview of the Prototyping and Fabrication methods for Product Design. Students turn design concepts into digital objects and examine multiple product fabrication processes, through hands-on experience in the use of digital tools and visits to industry workshops. Tailored to expose students to selected software used for Product Design and Prototyping, with emphasis on 3D modeling with support for 3D printers and fabrication tools.

DRFT NC002

CRN 39771 > **SAT** Arias del Cid, A M • 10/13 - 11/3 • OE-16
Lec: S • 9:00a.m. - 1:00p.m.

Environmental Horticulture

Green Gardener: Module 1

Attention landscapers, maintenance gardeners, property owners and managers. This course is designed for interested individuals who wish to develop knowledge and skills in order to pursue a career in sustainable landscaping. Participants will become certified after completing the course requirements and passing exams. Students who complete the course will benefit from discounts, free advertising, and promotion by the program sponsors. Expert guest lecturers will cover irrigation efficiency, green waste reduction, pest and fertilizer management and proper plant maintenance. Includes both classroom and fieldwork. Clients who hire Certified Green Gardeners will benefit from a resource-efficient landscape.

EH NC001

CRN 39188 > Carmona, O • 8/27 • WAKE-26
Lec: M • 4:30p.m. - 6:35p.m.
Carmona, O • 9/10 - 11/5 • WAKE-26
Lec: M • 4:30p.m. - 6:35p.m.
CRN 39189 > Carmona, O • 8/29 - 10/31 • WAKE-26
Lec/Lab: W • 4:30p.m. - 6:35p.m.

Green Gardener: Module 2

This class builds on the Green Gardener: Module 1 course, providing the landscape professional additional training in resource conservation, pollution prevention and sustainability.

EH NC002

CRN 39287 > Carmona, O • 11/19 - 12/10 • WAKE-26
Lec/Lab: M • 4:30p.m. - 8:15p.m.

CRN 39434 > Carmona, O • 11/21 - 12/12 • WAKE-26
Lec/Lab: W • 4:30p.m. - 8:15p.m.

Graphic Design and Photography

Digital Design Techniques

Students learn how to create flyers, brochures, logos, and more using Illustrator, Photoshop, and InDesign programs from the Adobe CS suite. Class will examine how the programs work together to seamlessly combine photos, graphics, and page layouts to produce high quality products. Students complete class assignments to practice and demonstrate the skills required to design and complete a professional project. This course may be taught bilingually.

GDP NC001

CRN 39289 > **EVE** Dempsay Skiles, W A • 9/11 - 10/9 • WAKE-03
Lec/Lab: TR • 6:00p.m. - 8:30p.m.

Photoshop Overview

This introductory course offers an overview of Photoshop tools and functionality to discover the creative potential of image editing. Students will become familiar with the Photoshop window, tools, and main menu bar. The class will cover opening and saving files, image com-positing and collage, selections, layers and image correction.

GDP NC005

CRN 39290 > **SAT** Burkhardt, B J • 10/27 - 11/3 • WAKE-03
Lec/Lab: S • 9:00a.m. - 2:00p.m.



Introduction to Adobe Illustrator

Introduction to the basics of Adobe Illustrator, a powerful graphic design and illustration program and an essential tool for any design project. Students learn how to create illustrations, logos, and more using Illustrator from the Adobe CS suite. Students complete class assignments to practice and demonstrate the skills required to design and complete a professional project.

GDP NC010

CRN 39291 > Dempsay Skiles, W A • 8/31 - 11/2 • WAKE-03
Lec: F • 1:00p.m. - 3:15p.m.

Library

Online Research Skills

Recommended Abilities: Basic Computer knowledge. Need help finding quality information on the Internet without wasting time? This course teaches advanced Internet search skills to yield relevant, credible sources. Guided by a college librarian, students will locate, evaluate, and organize information sources to create a research pathfinder that will inform others and demonstrate their research expertise.

LIBR NC001

CRN 39755 > Staff • 11/6 • TBA
Lec: T • 8:30a.m. - 4:30p.m.

Presenting Research with Infographics

Recommended Abilities: Basic Computer knowledge. Need to present information in a concise memorable, cutting-edge format? This course teaches data visualization to communicate information clearly and efficiently. Guided by a college librarian, students will locate, evaluate, and organize information to create infographics that will inform others and demonstrate their research experience.

LIBR NC002

CRN 39756 > Staff • 11/16 • WAKE-04
Lec: F • 8:30a.m. - 4:30p.m.

Multimedia Arts and Technologies

Photoshop

Students learn Photoshop for the PC and Mac, the premiere visual editing software package that enables combination of images, retouching photos, and the creation of digital artwork. Presents a solid foundation in basic tools and techniques for creating, enhancing, and collaging images. Students will practice new skills in a lab setting and master the fundamentals of digital imaging. This course may be taught bilingually.

MAT NC003

CRN 39299 > Musacchio, D E • 8/31 - 10/26 • WAKE-03
Lec/Lab: F • 9:00a.m. - 11:30a.m.

CRN 39387 > **EVE** Burkhardt, B J • 9/5 - 11/7 • WAKE-03
Lec/Lab: W • 6:45p.m. - 9:00p.m.

Adobe Lightroom Essentials

Students will learn the basics of the Lightroom software, learning to both manage libraries of files, and to increase the quality of their photos and videos using editing techniques. The first component of the course focuses on the library module of the program, with an emphasis on importing and organizing photos, surveying images, and using the interface. The second component of the course introduces the develop module, which allows students to edit files both individually and in groups.

MAT NC010

CRN 39303 > **SAT** Burkhardt, B J • 10/6 - 10/13 • WAKE-03
Lec: S • 9:00a.m. - 1:00p.m.

Personal Development

Personalized Career Planning

This course focuses on the assessment of individuals strengths, interests, values, personality and abilities in the context of career and education planning. Students will improve decision making skills by exploring their own decision making styles and applying specific decision making models to their career planning process.

PD NC001

CRN 39833 > **SAT** Eurman, V S • 10/20 - 10/27 • WAKE-28
Lec: S • 9:00a.m. - 1:00p.m.

Strategic Job Search

This class is designed to help students develop and implement a strategic career and job search plan. Students will learn about sources of occupational information and how to utilize this information in the career planning and job search process.

PD NC002

CRN 39834 > **SAT** Eurman, V S • 12/1 - 12/8 • WAKE-28
Lec: S • 9:00a.m. - 1:00p.m.

Photography

Digital Cameras, Digital Photos

Students learn the basics of photography, the features of digital cameras, how to take better digital photos, and how to correct common photo problems using photo editing software. Designed for beginners or students with some experience in digital photography. Students should bring cameras and sample pictures to class.

PHOT NC001

CRN 39307 > Place, C C • 9/12 - 10/3 • WAKE-03
Lec/Lab: W • 4:00p.m. - 6:15p.m.

Photoshop for Digital Photographers

This class focuses on the capabilities of Photoshop for the PC and Mac, including advanced layering, composition, and retouching techniques. Students learn shortcuts to increase productivity and engage in repeated practice in a lab setting to reinforce concepts presented through lecture and demonstration. Familiarity with Photoshop on the PC or Macintosh recommended. This course may be taught bilingually.

PHOT NC002

CRN 39308 > **EVE** Burkhardt, B J • 10/16 - 11/13 • WAKE-03
Lec/Lab: TR • 5:30p.m. - 8:00p.m.

Professional Development

Business Writing in a Technological World

In this course students will develop effective and professional business writing skills using business tone, organization and formatting, word choice and persuasion. Matching the delivery channel (email, letter, memo or text) to the message type and situation will be covered, as well as the best methods to deliver bad news.

PRO NC002

CRN 39728 > Taylor, S A • 9/19 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Time Management

Participants explore time management strategies and tools for effectively managing expanding workloads, shifting priorities, and increasing demands. Practice prioritizing "Important" versus "Urgent" activities. Emphasis on analyzing current use of time, identifying organizational goals, roles and priorities, discovering gaps to achieving goals and apply time management tools to the gaps for completing important priorities first.

PRO NC003

CRN 39311 > Kasmar, T N • 10/3 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Communication Strategies for the Workplace

Participants assess and optimize current workplace communication skills. Differentiate content, emotions, perceptions and intentions in a communication exchange. Build an advanced communication toolkit to forward your career. Illustrate clear and congruent verbal and nonverbal messages tailored to the personalities involved, the desired outcomes, and the context.

PRO NC004

CRN 39312 > Croyle, L M • 9/26 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Critical Thinking, Problem Solving and Decision Making

Develop analytical thinking, decision making and problem solving techniques. Apply judgment and insight to break problems into component parts and apply deductive reasoning.

PRO NC005

CRN 39731 > Kasmar, T N • 9/5 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Leadership Skills

Take your leadership from good to great by exploring and applying the top ten skills that every leader must have.

PRO NC006

CRN 39732 > Kasmar, T N • 10/17 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Project Management for Non Project Managers

This course is for anyone who wants to know how to manage tasks or small projects with a structured approach to ensure success. Apply the basic principles of project management to your work and create action plans for on-the-job application. Utilize strategies for communicating with team members and stakeholders with confidence.

PRO NC010

CRN 40679 > Welch, M P • 9/6 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.

NEW! Process Improvement

Process improvement assessment methods and techniques to increase efficiency, improve quality and increase employee satisfaction and motivation.

PRO NC011

CRN 40707 > Zackrison, E J • 9/27 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.

Supervisory Skills

Learn the key tools for effective management and supervision. Course covers delegation, feedback, communicating with employees, motivation and management styles.

PRO NC012

CRN 40258 > Zackrison, E J • 12/12 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

CRN 40579 > Zackrison, E J • 12/4 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

CRN 40580 > Zackrison, E J • 12/5 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Emotional Intelligence in the Workplace

Emotional Intelligence (EI) is vital to being an effective and high-performing employee, supervisor and leader. Explore the EI competencies: self awareness, social awareness, self management and relationship management. Learn and apply the tools and techniques for mastering each domain. Create strategies using the EI framework which can optimize your professional performance and working relationships.

PRO NC013

CRN 39799 > Backelin, P L • 11/29 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.

CRN 39802 > Backelin, P L • 11/14 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

CRN 40706 > Backelin, P L • 11/13 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Motivating Yourself and Others

Individuals and leaders who want to explore the key ingredients for strengthening workplace commitment, engagement, and career satisfaction. Apply alternative reward and recognition strategies to increase engagement in the workplace.

PRO NC014

CRN 40259 > Kasmar, T N • 11/8 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.



Building High Performance Teams

Participants explore and apply key team building skills for working within a team or leading one. Learn to influence a high performing team. Emphasis on stages of team development, team roles, supportive communication climate, meeting strategies and tools for first rate problem solving and decision making. Practical application within a team structure is emphasized.

PRO NC015

CRN 39269 > Welch, M P • 12/13 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.

Change is the New Constant

Develop and apply change management techniques based on contemporary change models and change lifecycle stages and utilizing change management communication skills.

PRO NC017

CRN 39271 > Croyle, L M • 10/11 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.

Personality Styles and Difficult Relationships

Exploration of participants' own behaviors and personality styles, while learning to adapt one's behavior to be effective with other personality styles in a variety of work situations. Emphasis is placed on dealing with difficult relationships and communicating in a way that matches the needs of all involved to achieve relationship satisfaction and organizational objectives.

PRO NC019

CRN 39272 > Welch, M P • 8/28 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.



Coaching Skills

Apply behavioral change models and coaching techniques to close the gap between actual and desired employee performance and motivation.

PRO NC021

CRN 39273 > Welch, M P • 9/25 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Resolving Differences in the Workplace

Learn collaboration skills to build high-trust relationships. Practice communication techniques at each stage of the conflict cycle to get to win-win. Discover your interpersonal communication strengths. Assess your conflict style and understand others. Practice problem solving with multiple parties and decision makers to create long-term peace. Skills include nonverbal communication, empathy, listening and paraphrasing.

PRO NC025

CRN 39864 > Croyle, L M • 11/15 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.

Championing Diversity in the Workplace

Explores diversity within organizations and increases one's awareness of different attitudes, beliefs, lifestyles, sexual preferences, and values that we all bring to work with us. Understand how these affect our behavior and perceptions. Focus on self awareness and the impact these have on our co-workers. Develop strategies for equity in the workplace.

PRO NC028

CRN 39734 > Johnson Madrigal, C L • 11/6 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Difficult Conversations

Develop techniques for difficult conversations based on intentions, optimal outcome and assumptions. Craft and deliver scripts customized to the scenario and personality styles involved.

PRO NC032

CRN 39865 > Zackrisson, E J • 10/24 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Successfully Managing and Developing People

Learn and apply the communication, delegation and motivational skills needed to be an effective manager or supervisory.

PRO NC033

CRN 39274 > Croyle, L M • 10/31 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.
Croyle, L M • 11/7 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Workplace Politics

Learn constructive political behavior to create more win-win situations, unblock barriers to change, create greater "buy-in" on key projects, develop cohesion and improve decision making.

PRO NC035

CRN 39866 > Croyle, L M • 9/20 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.
CRN 40575 > Croyle, L M • 9/11 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.
CRN 40576 > Croyle, L M • 9/12 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

The Art of Negotiating and Collaborating

Participants apply collaboration tools for building high-trust synergistic relationships. Analyze the conflict cycle and practice skills to diffuse conflict at each stage for mutual benefit. Assess one's strengths and utilize tools to facilitate and adapt to others styles. Skills include re-framing, neutralizing language, discovering of interests, and leveraging innovative solutions through a collaborative negotiation process.

PRO NC036

CRN 39294 > Zackrisson, E J • 9/18 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Innovation and Creativity

How to create and innovate workplace culture and learn techniques to promote workplace creativity.

PRO NC039

CRN 40681 > Croyle, L M • 9/13 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.

Assertive Communication

Discover techniques on how to be an assertive communicator, acquire ways to handle receiving and giving feedback and address business etiquette when professionalism and assertiveness are required. You'll assess your areas of strength and growth in this critical skill and understand how social styles affect assertive behaviors. Enhance your assertiveness skills for immediate on-the-job use!

PRO NC044

CRN 39735 > Zackrisson, E J • 10/18 • WAKE-28
Lec: R • 8:30a.m. - 4:30p.m.
CRN 40577 > Zackrisson, E J • 10/9 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.
CRN 40578 > Zackrisson, E J • 10/10 • WAKE-28
Lec: W • 8:30a.m. - 4:30p.m.

Best Practice in Customer Service

Apply practical strategies to retain a valuable customer base, diffuse difficult situations and earn repeat business. Topics include the anatomy of a complaint, regulating verbal and nonverbal responses, active listening skills, creative problem solving, customer perceptions and expectations, adapting to different conflict styles, and steps to defuse angry customers.

PRO NC050

CRN 39738 > Starr, B J • 10/16 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Secrets of a Great Employee

Discover the secrets that make you an irreplaceable employee. Build your advanced employee toolkit, challenge old habits and foster new strategies. Based on success stories from others and their insight on where they went wrong, let's fuel your spirit and recession proof yourself with a renewed appreciation for professional effectiveness, satisfaction and success.

PRO NC051

CRN 39867 > Croyle, L M • 11/20 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Accountability

Learn the skills needed to truly manage your own destination and performance in the workplace by becoming proactive and accountable.

PRO NC064

CRN 39868 > Kasmar, T N • 10/30 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

High Impact Presentations and Proposals for the Work Place

Explore and apply advanced presentation formatting, persuasion and delivery techniques needed in today's workforce. Practice tools to pitch your ideas, sell yourself in an interview, and structure presentations for clarity, brevity and impact. Influence others using verbal and nonverbal strategies. Emphasis on situational and audience analysis, persuasion, structure and delivery in workplace situations.

PRO NC067

CRN 39278 > Croyle, L M • 10/2 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Professional Etiquette

Learn the behavior, communication and appearance needed for the professionalism to thrive and survive in the workplace.

PRO NC068

CRN 40692 > Kasmar, T N • 11/27 • WAKE-28
Lec: T • 8:30a.m. - 4:30p.m.

Business

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English as a Second Language (ESL)

English as a Second Language

Introduction to ESL

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.

ESL NC000

- CRN 38147 > Garcia, M C • 8/27 - 10/20 • CCP-312
Lec: MTWR • 8:45a.m. - 11:05a.m.
- CRN 40046 > Corcoran, K G • 8/27 - 10/20 • SCHOTT-28
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 40048 > Giuffre, K J • 8/27 - 10/20 • WAKE-13
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 38183 > **EVE** Perez, R C • 8/27 - 10/20 • CMS-18
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 38201 > **EVE** Scherz, A F • 8/27 - 10/20 • SBHS-307
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 38194 > **EVE** Campbell, M N • 8/27 - 10/20 • SCHOTT-28
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 40044 > **EVE** Braden, S P • 8/27 - 10/20 • WAKE-19
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 38892 > Garcia, M C • 10/22 - 12/15 • CCP-312
Lec: MTWR • 8:45a.m. - 11:05a.m.
- CRN 40047 > Corcoran, K G • 10/22 - 12/15 • SCHOTT-28
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 40049 > Giuffre, K J • 10/22 - 12/15 • WAKE-13
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 38217 > **EVE** Perez, R C • 10/22 - 12/15 • CMS-18
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 38203 > **EVE** Scherz, A F • 10/22 - 12/15 • SBHS-307
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 38198 > **EVE** Campbell, M N • 10/22 - 12/15 • SCHOTT-28
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 40045 > **EVE** Braden, S P • 10/22 - 12/15 • WAKE-19
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL 1 - A: Beginning Low

Students learn to listen, speak, read and write in English at a beginning low level, while increasing social/cultural interactions and developing ability to integrate into the community and the classroom. Other topics include greetings, phrases, filling out forms with personal information, soft transferable skills for employment, learning strategies, and questions and commands for daily interactions in class, work and community. Grammar and vocabulary are incorporated in dialogues and question/answer interactions throughout class.

ESL NC01A

- CRN 39693 > Kroes, L R • 8/27 - 10/20 • CATCHR
Lec: MTWR • 8:30a.m. - 10:50a.m.
- CRN 39697 > Simon, R • 8/27 - 10/20 • IVYP
Lec: TWR • 8:30a.m. - 11:30a.m.

- CRN 39701 > Van Wingerden, N • 8/27 - 10/20 • CCP-312
Lec: MTWR • 8:45a.m. - 11:05a.m.
- CRN 39694 > Corcoran, K G • 8/27 - 10/20 • SCHOTT-28
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39695 > Bellido, L • 8/27 - 10/20 • CLVND-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39699 > Giuffre, K J • 8/27 - 10/20 • WAKE-13
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 40282 > **EVE** Corcoran, K G • 8/27 - 10/20 • FRNKLN
Lec: MTWR • 5:00p.m. - 7:20p.m.
- CRN 39700 > **EVE** Perez, R C • 8/27 - 10/20 • CMS-18
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 39692 > **EVE** Braden, S P • 8/27 - 10/20 • WAKE-19
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39696 > **EVE** Scherz, A F • 8/27 - 10/20 • SBHS-307
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39698 > **EVE** Campbell, M N • 8/27 - 10/20 • SCHOTT-28
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL 1 - B: Beginning Low

Students learn to listen, speak, read and write in English at a beginning low level. Students increase social/cultural interactions and develop ability to integrate into the community and the classroom. Topics included are natural disasters, emergency situations, U.S. culture and government and housing. Workplace skills, career and college readiness and technology are integrated as related to above topics. Grammar and vocabulary are incorporated in dialogues and question/answer interactions throughout class.

ESL NC01B

- CRN 39686 > Kroes, L R • 10/22 - 12/15 • CATCHR-01
Lec: MTWR • 8:30a.m. - 10:50a.m.
- CRN 39243 > Simon, R • 10/22 - 12/15 • IVYP
Lec: TWR • 8:30a.m. - 11:30a.m.
- CRN 39242 > Van Wingerden, N • 10/22 - 12/15 • CCP-312
Lec: MTWR • 8:45a.m. - 11:05a.m.
- CRN 39689 > Bellido, L • 10/22 - 12/15 • CLVND-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39684 > Corcoran, K G • 10/22 - 12/15 • SCHOTT-28
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39685 > Giuffre, K J • 10/22 - 12/15 • WAKE-13
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 40283 > **EVE** Corcoran, K G • 10/22 - 12/15 • FRNKLN
Lec: MTWR • 5:00p.m. - 7:20p.m.
- CRN 39682 > **EVE** Perez, R C • 10/22 - 12/15 • CMS-18
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 39687 > **EVE** Campbell, M N • 10/22 - 12/15 • SCHOTT-28
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39688 > **EVE** Scherz, A F • 10/22 - 12/15 • SBHS-307
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39690 > **EVE** Braden, S P • 10/22 - 12/15 • WAKE-19
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL 2 - A: Beginning High

Students learn to listen, speak, read and write in English at a beginning high level. Students gain skills for successful social/cultural interactions and increase their ability to integrate into the English-speaking community. Other topics include providing personal information, describing people, parts of body and reading basic maps. Also included are health and nutrition awareness. Workplace skills, career and college readiness and technology are integrated as related to above topics. Grammar

and vocabulary are incorporated in dialogues, stories, paragraphs and question/answer interactions throughout class.

ESL NC02A

- CRN 39733 > Kroes, L R • 8/27 - 10/20 • CATCHR-01
Lec: MTWR • 8:30a.m. - 10:50a.m.
- CRN 39724 > Simon, R • 8/27 - 10/20 • IVYP
Lec: TWR • 8:30a.m. - 11:30a.m.
- CRN 39729 > Van Wingerden, N • 8/27 - 10/20 • CCP-312
Lec: MTWR • 8:45a.m. - 11:05a.m.
- CRN 39722 > Bellido, L • 8/27 - 10/20 • CLVND-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39725 > Corcoran, K G • 8/27 - 10/20 • SCHOTT-28
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 40050 > Giuffre, K J • 8/27 - 10/20 • WAKE-13
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39723 > **EVE** Rempe, C P • 8/27 - 10/20 • SBHS-306
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 40286 > **EVE** Corcoran, K G • 8/27 - 10/20 • FRNKLN
Lec: MTWR • 5:00p.m. - 7:20p.m.
- CRN 39727 > **EVE** Matosian, M K • 8/27 - 10/20 • CMS-16
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 39720 > **EVE** Turjoman, A • 8/27 - 10/20 • WAKE-13
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39721 > **EVE** Staff • 8/27 - 10/20 • SCHOTT-30
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL 2 - B: Beginning High

Students learn to listen, speak, read and write in English at a beginning high level. Other topics include understanding basic government and law responsibilities, demonstrating ability to interpret housing ads, common household problems and request repairs. Workplace skills, career and college readiness, and technology are integrated as related to above topics. Grammar and vocabulary are incorporated in dialogues, stories, paragraphs and question/answer interactions throughout class. Safety procedures for fires and earthquakes are also demonstrated.

ESL NC02B

- CRN 39708 > Kroes, L R • 10/22 - 12/15 • CATCHR-01
Lec: MTWR • 8:30a.m. - 10:50a.m.
- CRN 39706 > Simon, R • 10/22 - 12/15 • IVYP
Lec: TWR • 8:30a.m. - 11:30a.m.
- CRN 38637 > Garcia, M C • 10/22 - 12/15 • CCP-312
Lec: MTWR • 8:45a.m. - 11:05a.m.
- CRN 39716 > Bellido, L • 10/22 - 12/15 • CLVND-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39707 > Corcoran, K G • 10/22 - 12/15 • SCHOTT-28
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39709 > Giuffre, K J • 10/22 - 12/15 • WAKE-13
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 40075 > **EVE** Corcoran, K G • 10/22 - 12/15 • FRNKLN
Lec: MTWR • 5:00p.m. - 7:20p.m.
- CRN 39710 > **EVE** Matosian, M K • 10/22 - 12/15 • CMS-16
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 39711 > **EVE** Rempe, C P • 10/22 - 12/15 • SBHS-306
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39714 > **EVE** Turjoman, A • 10/22 - 12/15 • WAKE-13
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39718 > **EVE** Staff • 10/22 - 12/15 • SCHOTT-30
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL 3 - A: Intermediate Low

Students learn to listen, speak, read and write in English at an intermediate low level, and expand social/cultural interactions including problem solving and ability to integrate into the English-speaking community and classroom. Topics include how to participate in the community's social and recreational activities, modes of transportation and navigation, providing personal information to fill out authentic forms, medical and dental problems and nutritional information. Workplace skills, career and college readiness and technology are integrated as related to above topics. Grammar and vocabulary are incorporated in dialogues, stories, paragraphs and question/answer interactions throughout class.

ESL NC03A

- CRN 39757 > Kroes, L R • 8/27 - 10/20 • CATCHR-01
Lec: MTWR • 8:30a.m. - 10:50a.m.
- CRN 39749 > Oates, S O • 8/27 - 10/20 • WAKE-17
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39750 > Bellamy, J J • 8/27 - 10/20 • SCHOTT-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39810 > Bellido, L • 8/27 - 10/20 • CLVND-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39751 > **EVE** Matosian, M K • 8/27 - 10/20 • CMS-16
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 39753 > **EVE** Valenzuela, A M • 8/27 - 10/20 • SCHOTT-29
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39758 > **EVE** Weeks, J S • 8/27 - 10/20 • WAKE-27
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL 3 - B: Intermediate Low

Students learn to listen, speak, read, and write in English at an intermediate low level. Students set employment goals, prepare for a job interview, and discuss medical and dental problems, procedures and remedies. Other topics include making career goals, writing a cover letter, communicating with co-workers, identifying needed immunizations and tests, and interpreting insurance policy documents. Grammar and vocabulary are incorporated in dialogues, stories, paragraphs and question/answer interactions throughout class.

ESL NC03B

- CRN 39739 > Kroes, L R • 10/22 - 12/15 • CATCHR-01
Lec: MTWR • 8:30a.m. - 10:50a.m.
- CRN 38377 > Oates, S O • 10/22 - 12/15 • WAKE-17
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39741 > Bellido, L • 10/22 - 12/15 • CLVND-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39736 > Bellamy, J J • 10/22 - 12/15 • SCHOTT-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39743 > **EVE** Matosian, M K • 10/22 - 12/15 • CMS-16
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 39746 > **EVE** Valenzuela, A M • 10/22 - 12/15 • SCHOTT-29
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 38382 > **EVE** Weeks, J S • 10/22 - 12/15 • WAKE-27
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL FALL ASSESSMENT DATES

Fall I (Weeks 1-8) August 20 through September 14

Fall II (Weeks 9-16) October 15 through November 9



ESL 4 - A: Intermediate High

Students learn to listen, speak, read and write in English at an intermediate high level. Students expand ability to complete medical and insurance forms and navigate the healthcare system with ease. Other topics include understanding local transportation, maps, and recreational opportunities. Workplace skills, career and college readiness and technology are integrated as related to above topics. Grammar and vocabulary are incorporated in dialogues, stories, paragraphs and question/answer interactions throughout class.

ESL NC04A

- CRN 39765 > Bolton, B S • 8/27 - 10/20 • WAKE-27
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39766 > Bellamy, J J • 8/27 - 10/20 • SCHOTT-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39768 > **EVE** Matosian, M K • 8/27 - 10/20 • CMS-16
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 39767 > **EVE** Weeks, J S • 8/27 - 10/20 • WAKE-27
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 40053 > **EVE** Valenzuela, A M • 8/27 - 10/20 • SCHOTT-29
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL 4 - B: Intermediate High

Students learn to listen, speak, read and write in English at an intermediate high level. Topics include safety and emergency procedures, government, law, basic citizenship, and housing. Workplace skills, career and college readiness and technology are integrated as related to above topics. Grammar and vocabulary are incorporated in dialogues, stories, paragraphs and question/answer interactions throughout class.

ESL NC04B

- CRN 39760 > Bolton, B S • 10/22 - 12/15 • WAKE-27
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39761 > Bellamy, J J • 10/22 - 12/15 • SCHOTT-30
Lec: MTWR • 9:00a.m. - 11:20a.m.
- CRN 39763 > **EVE** Matosian, M K • 10/22 - 12/15 • CMS-16
Lec: MTWR • 6:30p.m. - 8:50p.m.
- CRN 38774 > **EVE** Weeks, J S • 10/22 - 12/15 • WAKE-27
Lec: MTWR • 7:00p.m. - 9:20p.m.
- CRN 39762 > **EVE** Valenzuela, A M • 10/22 - 12/15 • SCHOTT-29
Lec: MTWR • 7:00p.m. - 9:20p.m.

ESL/Pre-GED English

ESL students interested in transferring to the AHS/GED program will practice academic and language skills necessary to succeed in the high school/GED programs. Topics will include reading, academic writing, vocabulary building and learning strategies.

ESL NC045

- CRN 40287 > Weeks, J S • 8/27 - 10/20 • WAKE-17
Lec: TR • Noon - 2:00p.m.

ESL/Pre-GED Mathematics

ESL students interested in transferring to the AHS/GED program will gain knowledge of Pre-GED mathematical concepts necessary to succeed in the Adult High School/GED programs.

ESL NC050

- CRN 40288 > Weeks, J S • 10/22 - 12/15 • WAKE-17
Lec: TR • Noon - 2:00p.m.

NEW! ESL Job Success: English to Get a Job

This course helps high beginning ESL students look for and get a job. Students will practice job searching, submitting online applications, and interviewing skills. Students learn the English needed to explain what they can do, state what they want to do in the future and navigate a job evaluation. This course teaches English listening, speaking, reading, and writing, in the context of real-life work-related situations.

ESL NC015

- CRN 40280 > Sherman, P L • 8/27 - 10/20 • WAKE-05
Lec: TR • Noon - 2:00p.m.

NEW! ESL Job Success: English to Succeed at a Job

This course helps beginning high and intermediate low ESL students excel in their current employment situation. Topics include speaking with a manager to clarify tasks, asking for time off, explaining goals, and asking how to achieve employment goals within a current employment situation. Students learn cultural aspects and expectations of the workplace in the United States, including punctuality, dress code, customer service, and computer skills.

ESL NC016

- CRN 40655 > Sherman, P L • 10/22 - 12/15 • WAKE-05
Lec: TR • Noon - 2:00p.m.

ESL Intermediate High Grammar

Intermediate high ESL students will use an integrated skills approach that includes reading, writing, listening, and speaking in a variety of contexts to increase confidence when communicating in English. Students learn English grammar and usage and grammatical concepts in spoken and written English. Topics include verb tenses, question formation, connectors, noun clauses, formal vs. informal, omission, reductions, and phrasal verbs. Students identify and use grammatical elements to compose and communicate using a variety of sentence styles, patterns, and tenses.

ESL NC009

- CRN 40274 > Giuffre, K J • 8/27 - 10/20 • WAKE-16
Lec: MW • Noon - 2:30p.m.
- CRN 40275 > Turjoman, A • 8/27 - 10/20 • SCHOTT-28
Lec: TR • Noon - 2:30p.m.

CRN 40273 > Giuffre, K J • 10/22 - 12/15 • WAKE-16
Lec: MW • Noon - 2:30p.m.

CRN 40276 > Turjoman, A • 10/22 - 12/15 • SCHOTT-28
Lec: TR • Noon - 2:30p.m.

Pronunciation and Speaking Skills: Beginning ESL

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.

ESL NC005

CRN 38226 > Stein, G E • 8/27 - 10/20 • WAKE-13
Lec: F • 9:00a.m. - 11:20a.m.

CRN 38890 > Stein, G E • 10/22 - 12/15 • WAKE-13
Lec: F • 9:00a.m. - 11:20a.m.

CRN 40255 > Corcoran Mrs, K G • 8/27 - 10/20 • SCHOTT-28
Lec: F • 9:00a.m. - 11:20a.m.

CRN 40264 > Corcoran Mrs, K G • 10/22 - 12/15 • SCHOTT-28
Lec: F • 9:00a.m. - 11:20a.m.

Pronunciation and Conversation: Beyond ESL Basics

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. Students increase comprehensibility to help with daily verbal interaction in the community and classroom. Language topics include intonation, rhythm, stress, and letter sounds in English.

ESL NC006

CRN 38230 > Kroes, L R • 8/31 - 10/19 • CATCHR-01
Lec: F • 8:30a.m. - 11:30a.m.

CRN 40266 > Kroes, L R • 10/22 - 12/15 • CATCHR-01
Lec: F • 8:30a.m. - 11:30a.m.

Pronunciation and Conversation: Intermediate ESL

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.

ESL NC007

CRN 40272 > Stephen, J A • 8/27 - 10/20 • SCHOTT-28
Lec: MW • Noon - 2:30p.m.

CRN 38238 > Stephen, J A • 10/22 - 12/15 • SCHOTT-28
Lec: MW • Noon - 2:30p.m.

CRN 40653 > Valenzuela, A M • 8/27 - 10/20 • BFARM
Lec: TR • 9:00a.m. - 11:15a.m.

CRN 40654 > Valenzuela, A M • 10/22 - 12/15 • BFARM
Lec: TR • 9:00a.m. - 11:25a.m.

ESL Through Music

Students use English-language songs to learn new vocabulary and improve their speaking and listening skills in English. Course will explore idioms and customs expressed in the songs. Students will learn to identify different musical genres and express opinions related to the cultural subjects within the songs.

ESL NC014

CRN 39819 > Staff • 10/22 - 12/15 • WAKE-13
Lec: F • 11:40a.m. - 1:40p.m.

ESL Parent Involvement in K-12

This course will provide parents the knowledge and tools to navigate the public school system. Students will design a home environment that supports learning for their children. Students will 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.

ESL NC013

CRN 40277 > Bellido, L • 8/27 - 10/20 • CLVND-30
Lec: F • 8:30a.m. - 11:30a.m.

CRN 40278 > Bellido, L • 10/22 - 12/15 • CLVND-30
Lec: F • 8:30a.m. - 11:30a.m.

Political and Cultural History of the United States: ESL

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.

ESL NC011

CRN 39677 > Bellido, L • 8/27 - 10/20 • CLVND-30
Lec: MTWR • 8:00a.m. - 8:55a.m.



American Culture for ESL Students

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.

ESL NC017

CRN 40279 > Bellido, L • 10/22 - 12/15 • CLVND-30
Lec: MTWR • 8:00a.m. - 8:50a.m.

Preparation for U.S. Naturalization-ESL

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.

ESL NC040

CRN 40549 > EVE Mancic-Johnson, S • 8/27 - 10/20 • SBHS
Lec: MTWR • 6:30p.m. - 9:40p.m.
EVE Mancic-Johnson, S • 8/27 - 10/20 • SCHOTT-28
Lec: F • 5:30p.m. - 8:30p.m.
CRN 40054 > EVE Mancic-Johnson, S • 10/22 - 12/15 • SBHS-303
Lec: MTWR • 6:30p.m. - 9:40p.m.
EVE Mancic-Johnson, S • 10/22 - 12/15 • SCHOTT-28
Lec: F • 5:30p.m. - 8:30p.m.

English as a Second Language - Vocational

Vocational ESL Childcare: Module A

Module A of a two part module course for the Vocational ESL Child Care Certificate prepares low level ESL students for a career in childcare, with



special emphasis on vocabulary and entry level skill acquisition as well as familiarity with common phrases for interacting with English speaking customers. Topics include: basic childcare vocabulary, communicating about child care, preventing incidents, reporting incidents, and treating illnesses and injuries.

ESLV NC30A

CRN 40289 > EVE Stein, G E • 8/27 - 10/20 • LCJH
Lec: MTWR • 5:00p.m. - 7:10p.m.

Vocational ESL Childcare: Module B

Module B of a two part module course for the Vocational ESL Child Care Certificate prepares low level ESL students for a career in childcare, with special emphasis on vocabulary and entry level skill acquisition as well as familiarity with common phrases for interacting with English speaking customers. Module B topics include: infant development, toddler development; preschooler development; and school-age child development.

ESLV NC30B

CRN 40290 > EVE Stein, G E • 10/22 - 12/15 • LCJH-110
Lec: MTWR • 5:00p.m. - 7:00p.m.

Vocational ESL Healthcare: Module A

Module A of a two part module course for the Vocational ESL Healthcare Certificate helps prepare intermediate to advanced level ESL students for success in healthcare certificate courses such as Medical Assistant and Personal Care Attendant, with special emphasis on English skills needed to communicate in the healthcare field. Module A topics include: health careers, the patient, basic duties, facilities, nutrition, communication, office skills, measurements, and job readiness.

ESLV NC33A

CRN 40032 > Bolton, B S • 8/27 - 10/20 • WAKE-27
Lec: F • 8:00a.m. - 2:05p.m.

Vocational ESL Healthcare: Module B

Module B of a two part module course for the Vocational ESL Healthcare Certificate helps prepare intermediate to advanced level ESL students for success in healthcare certificate courses such as Medical Assistant and Personal Care Attendant. There is special emphasis placed on the English skills needed to communicate in the healthcare field. Module B topics include: communication, safety, medical emergencies, first aid, sanitation, anatomy, vision care, illness, medication, and vital signs.

ESLV NC33B

CRN 40033 > Bolton, B S • 10/22 - 12/15 • WAKE-27
Lec: F • 8:00a.m. - 3:00p.m.

Vocational ESL Landscaping and Gardening: Part I

The Vocational ESL Landscaping Certificate prepares low-level ESL students for careers in landscaping, with special emphasis on vocabulary, entry-level skill acquisition, and familiarity with common phrases to interact with English-speaking customers. Part I topics include plant identification, selection and care, irrigation, and safe use of hand and power tools.

ESLV NC35A

CRN 40656 > Staff • 8/27 - 12/15 • WAKE-27
Lec: TR • 4:00p.m. - 5:50p.m.

Fee-Based Life Enhancement

Cooking, Culture and Travel

NEW! A Breakfast of Champions: Kefir \$

Kefir! Join us to learn how to start making it at home, thus allowing you to preserve a wide range of vitamins, protein, probiotics and other lactic acid bacteria strains that help keep you healthy. And if you are interested in fermentation, kefir is the gentlest way to introduce live fermented foods into your diet. You will receive a complete kit, a starter culture, jars, recipes and written instructions. Demonstrations and recipes for kefir cheese, smoothies and dips are also included.

606498LE

ID 22095 > SAT Temkin, L • 9/1 • SCHOTT-27
S • 10:00 a.m. - 12:30 p.m. • \$25 + Lab \$3 + Materials \$15

ID 22096 > SAT Temkin, L • 12/1 • SCHOTT-27
S • 10:00 a.m. - 12:30 p.m. • \$25 + Lab \$3 + Materials \$15

A Gourmet Approach to Make Ahead Meals \$

Save time and effort by creating delicious meals, prepared in advance, to be presented to your family and friends as a taste delight. You will discover dishes that are simple and fresh, with a gourmet touch that makes them special. Working with your classmates, you will make the recipes, taste the results, and bring home dinner for two that evening. Food this good will have all your friends encouraging you to take more classes so they can share your results.

606349LE

ID 22146 > Coburn, D • 11/7 • SCHOTT-27
W • 10:00 a.m. - 2:00 p.m. • \$40 + Materials \$25

Beautiful Holiday Food Treats \$

Giving a homemade gift to friends and family says 'I care about you.' Delicious gifts from your kitchen are always appreciated! So much can be done ahead and with friends. Eliminate stress and create classic seasonal treats that you will be proud to give. In this class you will make and package homemade food treats that people will begin to look forward to every holiday. You'll discover what to prepare, how to prepare it and how to package the final product. Save time and money while making fabulous treats that will be long remembered and enjoyed.

606400LE

ID 22148 > Coburn, D • 12/5 • SCHOTT-27
W • 10:00 a.m. - 2:00 p.m. • \$36 + Materials \$12

Chicken Curry as it Was Meant to Be \$

Chicken curry is available at most delis in town. But here's your opportunity to experience real chicken curry the way it was meant to be, accompanied by beautiful, complimentary side dishes created with spices and techniques found only in Pakistan and India. Discover the secret to achieving authentic color, textures and flavors from a master chef who has

studied and perfected recipes over years of experimentation. Watch how chicken curry becomes you and your guests' favorite menu item - everyone will ask for your recipe. Come enjoy the best.

606469LE

ID 22057 > SAT Sahibzada, F • 10/20 • SCHOTT-27
S • 11:00 a.m. - 2:00 p.m. • \$39 + Lab \$4 + Materials \$16

Easy Fermented Vegetables \$

In pre-refrigeration days, fermentation was used to extend the life of perishables; today it is used to imbue foods with health benefits and flavor. Join us to learn how to add probiotics to a wide variety of vegetables, including carrots, onions, beets and green beans. You'll learn recipes and tricks to make simple meals more delicious using fermented vegetables, enjoy a group lunch made with our in-class products, and finally take home your own creations.

606497LE

ID 22097 > SAT Temkin, L • 10/6 • SCHOTT-27
S • 10:00 a.m. - 12:30 p.m. • \$25 + Lab \$3 + Materials \$55

Easy Thanksgiving Side Dishes \$

Looking for a way to avoid the stress of cooking Thanksgiving dinner? Take control and enjoy this holiday season with no fuss by preparing easy side dishes ahead of time. In this hands-on cooking class you will prepare comfort food side dishes that highlight the bountiful harvest of wonderful fall vegetables. Your menu and clever new approaches to presentation will make your guests think you were a slave to the kitchen as they savor each bite of your easy side dishes.

606443LE

ID 22147 > Coburn, D • 11/14 • SCHOTT-27
W • 10:00 a.m. - 2:00 p.m. • \$36 + Materials \$10

Enjoy Sourdough Bread and Make Your Own Starter \$

Take a time-proven approach to bread making. Discover the secrets of sourdough starter and how to create a perfect loaf time and time again. Try incorporating a wide variety of artisanal grains to produce amazing results with combinations and applications you never thought possible. Those with issues with gluten may find these variations and preparation methods a solution to their problem. Your bread-making skills will rise to new levels - and your friends and family will be ever so glad you took this class.

606486LE

ID 22107 > SAT Hove, K • 9/15 • SCHOTT-27
S • 10:00 a.m. - 3:00 p.m. • \$40 + Lab \$5 + Materials \$10

Flavor Fusion: Mixing Cultural Food Traditions \$

Bring your creative self to this class where we will practice combining the best flavors from a range of culinary traditions to make surprisingly tasty new dishes. Discover which ingredients work well together and see how far you can push your culinary boundaries. Get in on this current foodie trend, grow your confidence in the kitchen, and wow your guests with unique flavor sensations!

606476LE

ID 22144 > Coburn, D • 10/10 - 10/17 • SCHOTT-27
W • 10:00 a.m. - 2:00 p.m. • \$72 + Materials \$20

Fragrant Feast: Indian Vegetarian Menu

Master the delicious vegetarian dishes of India. From pakoras and chutney to paneer and palao, your everyday cooking will never be the same. Authentic recipes and hands-on practice will provide a unique cooking experience. Discover the proper uses and combinations of spice and herbs as you create flavorful delights that will please even the fussiest eater. Time to add India to your weekly menu.

606461LE

ID 22056 > **SAT** Sahibzada, F • 11/3 • SCHOTT-27
S • 11:00 a.m. - 2:00 p.m. • \$39 + Lab \$4 + Materials \$16

NEW! Handmade Pizza and Flatbreads - From Bottom to Top

Learn to make your own personally-styled pizza from scratch. Roll, stretch or toss your dough into a thick, thin, or pan styled bottom. Learn how to select sauces, cheeses, and toppings to make your perfect pizza. Each student will complete his/her own pizza in class to eat, or trade slices with other classmates. Students will make and take home dough to share their skills with friends and family later.

606499LE

ID 22108 > Hove, K • 9/21 • SCHOTT-27
F • 10:00 a.m. - 2:00 p.m. • \$32 + Lab \$4 + Materials \$10

Indian High Tea

Coffee mornings and high teas are essential to Indian/Pakistani social life. Whether designed as a mid-morning social or an early evening affair, everyone enjoys attending a tea party or throwing one. Not just a theme for a party, tea and (now) coffee breaks are a daily tradition and part of the daily routine of the Indian/Pakistani lifestyle. Experience this tradition introduced and left behind perhaps by the British, who called India 'home' – and enjoyed tea there - for over a hundred years.

606475LE

ID 22059 > **SAT** Sahibzada, F • 10/27 • SCHOTT-27
S • 11:00 a.m. - 2:00 p.m. • \$39 + Lab \$4 + Materials \$16

Kofta Curry: Meatballs for Both Vegetarians and Non-Vegetarians

Anxious to try koftas (meatballs) with a surprising twist? Discover the techniques, tricks and tips needed to make both vegetarian and non-vegetarian versions! Koftas are enjoyed by families all over India and Pakistan as a popular everyday meal option and for entertaining friends. All you need is some chappati or rice and some salad on the side! Some fun variations of kofta dishes will be included for your gastronomic delight. Come prepared for something special.

606488LE

ID 22055 > **SAT** Sahibzada, F • 12/8 • SCHOTT-27
S • 11:00 a.m. - 2:00 p.m. • \$39 + Lab \$4 + Materials \$16

Loaves in the Stove: Bread Making for Everyone

Join the upper crust of bread-baking with this simple and fun introduction to making healthy bread at home. Using only water, flour, yeast, salt, and a tiny bit of elbow grease, you will be baking delicious bread in no time. The popular 'No-Knead' method will be used to quickly get you acquainted and comfortable with baking bread. Have fun baking together, and take

home your own fresh baked loaf at the end of the session. Put this on your To-Do list, and join us as we loaf around in the bakery.

606480LE

ID 22106 > **SAT** Hove, K • 11/17 • SCHOTT-27
S • 10:00 a.m. - 3:00 p.m. • \$40 + Lab \$5 + Materials \$10

Make Aebleskivers Your New Favorite

This traditional Danish round puff pancake contributes to 'hygge' (or cosiness) that is part of the recipe for a happier life. This light and tasty puff of goodness can be used to convey both sweet and savory flavors. Master the art of making perfect Aebleskivers and discover the variety of fillings, toppings and presentations to make this tasty nugget a staple of your diet. Taught by a Danish bread maker, you will learn how all the steps from the dough to the plate. Put 'hygge' in your life today.

606489LE

ID 22105 > Hove, K • 11/16 • SCHOTT-27
F • 10:00 a.m. - 2:00 p.m. • \$32 + Lab \$4 + Materials \$10

Making Classic Cocktails at Home - Easily and Affordably

Make and taste classic cocktails as well as paired appetizers in this hands-on course designed to demystify cocktails and mixology. Whether you want to enjoy a solo cocktail at home, make cocktails for a home gathering, or just enjoy the delights of making and tasting a variety of cocktails, this course is for you. If a home bar is of interest, this course will give you the know-how and skills to bring an affordable home bar to life.

Note: Class is co-taught with Brad Iwanaga.

606490LE

ID 22020 > **EVE** Mickiewicz, M • 10/11 - 10/25 • SCHOTT-27
R • 6:15 p.m. - 8:45 p.m. • \$66 + Lab \$8 + Materials \$30

NEW! Poison Weeds, Pajamas, and Pirates: Vietnam After the Fall

Until the Fall of Saigon, the war was carefully chronicled in explicit detail from battlefield to body bags. But what happened to the Vietnamese population after the fall? Why did women no longer wear nail polish? How were math books rewritten? What role did the Viet Cong now play in the new regime? Why did neighbors stop holding birthday parties for children? When was suicide soup served? Learn the 'rest of the story' that was never covered: the stunning profile of daily life for the average citizen left behind in the Republic of Vietnam.

001445LE

ID 22163 > Graffy, E • 9/11 - 9/25 • SCHOTT-14
T • 3:30 p.m. - 5:00 p.m. • \$36

Santa Barbara History You Don't Know - but Would Love to Ask!

Time for you to experience the true story of the Santa Barbara community. Let local historian Erin Graffy take you to a world of fascinating personalities, intriguing neighborhoods and important historic local events which have richly shaped our community. Discover quirky characters, the forgotten stories behind local landmarks and the amazing, history-altering, locally developed inventions. Enjoy this romp through history in an illustrated lecture

series featuring many wonderful old photos of early Santa Barbara. Start to see your community in a whole new light.

001444LE

ID 22153 > Graffy, E • 10/9 - 10/30 • SCHOTT-14
T • 3:30 p.m. - 5:00 p.m. • \$48

NEW! Sauerkraut Master Class \$

Sauerkraut or 'sour cabbage' (and its variations such as kimchi) have been around in various parts of the world for centuries. Now you can learn to make your own tasty sauerkraut and learn how to incorporate it into your daily diet. After discussing best practices, watching demonstrations and making your own 4lbs of sauerkraut, you'll enjoy a lunch featuring spicy kraut, curry kraut and traditional caraway kraut. You will leave class armed with a sauerkraut-filled, top-notch, home fermentation vessel and recipes.

Note: Lunch featuring Spicy Kraut, Curry Kraut and traditional Caraway Kraut. You will leave class with a top notch sauerkraut filled anaerobic fermentation system. Recipes and salinity tables magnet included.

606496LE

ID 22098 > SAT Temkin, L • 10/13 • SCHOTT-27
S • 10:00 a.m. - 12:30 p.m. • \$25 + Lab \$3 + Materials \$55

NEW! Seeing the World Through the Eyes of a Photographer \$

Make your next trip more than just a memory; make it a truly moving experience. Travel with the perspective of a professional photographer. See objects, places and people in a whole new way. Learn how to orient yourself to a new area and culture without preconceived ideas on what to shoot. Instead of just shooting what's right in front of you, discover how to create images of your experience. Rather than just taking pictures, explore creating a storyline.

100051LE

ID 22131 > Reiner, T • 9/10 - 10/1 • SCHOTT-6
M • 12:30 p.m. - 3:00 p.m. • \$80

Sushi: Make it Yourself \$

Course teaches the basic techniques of making traditional Japanese sushi, including California roll, hand roll and creative rolls. Students also learn how to make miso soup and vegetable dishes. Course instructs in the use of materials and utensils for the preparation of sushi recipes.

606340LE

ID 22026 > SAT Wakita, T • 9/22 • SCHOTT-27
S • 10:00 a.m. - 2:00 p.m. • \$32 + Lab \$4 + Materials \$20

Tandoori Chicken Tikka with Tikka Masala \$

Make tandoori chicken in minutes without all that expensive equipment. Discover the secrets and simple steps needed to ensure that your chicken that bursts with a richer burst of flavor and finger-licking taste right at home, on your own grill. Learn authentic tips and tricks of the trade from our Indian/Pakistani Food Expert chef, trained and honored all the way from Lahore to Santa Barbara.

606491LE

ID 22058 > SAT Sahibzada, F • 9/8 • SCHOTT-27
S • 11:00 a.m. - 2:00 p.m. • \$39 + Lab \$4 + Materials \$16

The World of Small Bites:

Hors d'oeuvres, Tapas, Meze, Antipasti \$

Enjoying a mouth-watering small bite before dinner or at a cocktail party is a true pleasure that helps sets the tone for the rest of an evening with friends. Through both demonstration and hands-on preparation you will learn to create a variety of appealing small plates with big flavors from France, Spain, Greece, Italy and beyond. Impress your guests with a beautifully-presented spread of interesting dishes that can be made simply. Put your creativity to work, challenge yourself to learn something new, and make your next party a special event where you too can relax and enjoy!

606416LE

ID 22143 > Coburn, D • 9/12 - 9/19 • SCHOTT-27
W • 10:00 a.m. - 2:00 p.m. • \$72 + Materials \$20

ID 22145 > EVE Coburn, D • 9/14 - 9/21 • SCHOTT-27
F • 5:30 p.m. - 9:00 p.m. • \$70 + Materials \$20

What a California Native Knows that You Need to Know \$

Even if you are a California native, there is a lot you need to know to fully appreciate the "what" and "why" of our special state. Explore its rich history, famous authors such as Steinbeck and Kerouac, the unique geography of Yosemite, Big Sur, and the Valley of the Moon, and what sets California apart from other states. Join in the lively discussion and start to feel like an insider. Plan your next road trip to include newly discovered festivals and communities. From the food you eat to the beautiful climate, come away understanding the west coast influence of innovation and cultural diversity in our day-to-day life.

001447LE

ID 22157 > Palley, M • 11/6 - 11/20 • SCHOTT-14
T • 3:30 p.m. - 5:00 p.m. • \$36

Fitness, Recreation and Do-It-Yourself

A Woodworking Woodshop \$

Experience the joy and satisfaction of creating a wood project. Students learn to use hand and power tools efficiently and safely. The first project for beginning students enables the student to build a useful item of wood while learning how to select proper materials, use appropriate equipment, cut, fit, assemble, and finish the project. The first three classes are mandatory safety and instruction classes. Returning students welcome.

Note: No one under age of 18 will be admitted. No minor waivers will be granted. Students may contact teacher at sjscheftic@pipeline.sbccc.edu

909339LE

ID 22044 > Scheftic, S • 9/10 - 11/5 • WAKE-10
M • 9:00 a.m. - Noon • \$162 + Lab \$20 + Materials \$5

ID 22046 > EVE Scheftic, S • 9/11 - 11/6 • WAKE-10
T • 6:00 p.m. - 9:00 p.m. • \$162 + Lab \$20 + Materials \$5

Basic Keelboat Sailing

Student will learn to sail a 24' sail boat in light to moderate winds and sea conditions in familiar waters. General terminology and sailing techniques prepare the beginning sailor; no auxiliary power or navigation skills required. Successful candidates earn an American Sailing Association Basic Keelboat 101 Credential and National Safe Boating Certificate approved by NASBLA and the U.S. Coast Guard. The certification will enable graduates to rent sail boats up to 27' worldwide.

Note: Registration for this class ends one week before the first class meeting.

608367LE

ID 22135 > Staff • 9/12 - 11/7 • SBSAILING-SB Harbor
W • 3:00 p.m. - 5:30 p.m. • \$285 + Materials \$99

Beachside Healing

Join us at beautiful Hendry's Beach to discover how to take an active role in your own health care, and how to get on the path to optimal health. Explore important pillars of health: Nutrition, Exercise, Stress Management, Sleep Management, Spirituality, and Patterns of Behavior. Enhance each aspect through a fun three-part class - (a) lecture (b) a special exercise involving breathing, specific physical movements, visualization and concentration and (c) a guided walking meditation on the beach. Achieve optimal health for yourself and your loved ones.

608766LE

ID 22009 > EVE Wollman, G • 9/4 - 10/9 • HENDBCH-Grass
T • 5:30 p.m. - 7:00 p.m. • \$55

Become Pain Free with Foam Rolling and Stretching

Experience the benefits of having a professional trainer guide you through a regimen of foam rolling and stretching. This process helps you identify those areas of your body that are restricted and need deep tissue release. Many injuries can be avoided through proper stretching and foam rolling. This simple but effective technique will provide relief and increased mobility and flexibility that will change your life.

Note: Bring a 6x36 foam roller and exercise mat to class.

608707LE

ID 22063 > Reilly, M • 10/3 - 11/7 • FITTRANS-Studio
W • 2:00 p.m. - 3:00 p.m. • \$36 + Materials \$5

Belly Dance and Dances of the Middle East

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.

608747LE

ID 22027 > EVE King, A • 10/3 - 11/28 • SCHOTT-14
W • 5:30 p.m. - 6:30 p.m. • \$89

Bhangra: A Dance of Joy and Celebration

Bhangra is one of the fastest growing dances in the US, with its moves seen in Bollywood, Zumba, and hip-hop dances. Bhangra's drummed rhythm is slow allowing for big movements so the dance is easy to learn. Hand, head, chest and leg postures reflect the emotions and celebrations driving them. Discover how to perform with a smiling/laughing face which immediately adds to your enjoyment. Start with a simple choreographed routine and by the end of the course, you will be able to perform on the stage. Learn a new dance and laugh yourself fit!

608773LE

ID 22076 > EVE Singh, B • 9/10 - 11/26 • SCHOTT-14
M • 7:00 p.m. - 8:00 p.m. • \$60

Birds of the Santa Barbara Region: Beginning

Class teaches how to recognize a wide variety of birds unique to the Santa Barbara area. Students visit local habitats, including beaches, sloughs, creeks and woodlands, to observe the birds and discuss their behavior, migration patterns and geographical distribution. Class emphasizes basic appreciation and identification of birds in the field. Transportation to field trip sites is not provided.

019008LE

ID 22162 > Patten, L • 9/12 - 11/7 • SBMUSE-Mac Veagh House
W • 8:30 a.m. - 10:30 a.m. • \$96

Birds of the Santa Barbara Region: Intermediate

Using more advanced approaches, students learn how to recognize the wide variety of birds unique to the Santa Barbara area. Students visit local habitats, including beaches, sloughs, creeks and woodlands to observe the birds and discuss their behavior, migration patterns and geographical distribution. Class emphasizes appreciation and identification of birds in the field. Transportation to field trip sites is not provided.

019078LE

ID 22077 > Fagan Coulter, R • 9/17 - 11/5 • SBMUSE-Mac Veagh House
M • 8:30 a.m. - 10:30 a.m. • \$96

Body Mind Wakeup Call

Find it harder to get up in the morning? Is your mind a bit fuzzy? This fun class is geared to awaken you to become more fully engaged in thinking, being and doing. Muscles lose flexibility and strength with age, this includes your brain. This may be avoided with regular training and strengthening. Come experience easy chair assisted yoga stretches, use of light weights and resistance bands and also fun ways to help increase and build your memory skills. Have more energy for your activities; renew aliveness, alertness and joy.

Note: Bring a mat to class.

608669LE

ID 22080 > Hungett, H • 9/11 - 12/4 • SCHOTT-14
T • 7:45 a.m. - 8:45 a.m. • \$91

ID 22081 > Hungett, H • 9/13 - 12/6 • SCHOTT-14
R • 7:45 a.m. - 8:45 a.m. • \$84

NEW! Conquer Dog Boredom and Curb Unwanted Behavior

Yes, we are all busy, but we really do love our pets. The question is how can we get our dogs to understand that play time cannot be all the time? Help your dog by learning about fun activities, toys and training management strategies that really do work to prevent boredom-related issues such as barking, chewing and digging. Come with questions, leave with a training and management plan! Workshop for dog parents only. Taught by a certified professional dog trainer.

613056LE

ID 22103 > **EVE** Mayer, J • 12/3 • WAKE-18
M • 6:00 p.m. - 7:30 p.m. • \$14

Dance the Salsa: First Steps

Are you ready to Salsa? Stop watching everyone else have fun on the dance floor. Get out there and join in! In this encouraging and fun environment, you will learn basic timing, rhythm, partnering, and footwork. You will leave class knowing everything you need to know to have a great time salsa dancing. No dance experience needed and no partner required. What are you waiting for? Sign up and let's salsa!

608662LE

ID 22019 > **EVE** Hackney, P • 8/28 - 12/4 • SCHOTT-14
T • 5:30 p.m. - 6:30 p.m. • \$135

DIY Interior Design with Feng Shui

Become your own interior decorator and save tons of money! If you love design and decorating, this class is for you. Explore the principles of design and feng shui, and create your own designs using feng shui so that you can have fun decorating your home while improving your life. Come away with a floor plan, a simple yet customized design for your home, and an understanding of how feng shui works.

613047LE

ID 22028 > **SAT** King, A • 10/6 • SCHOTT-3
S • 9:00 a.m. - Noon • \$25

Dog Behavior: Modifying Dog Behavior

There is more to dog ownership than a walk around the block and belly rubs. Find out what motivates your canine companion and how to positively reinforce the behaviors you want while limiting and preventing inappropriate habits - you'll quickly and effectively create a harmonious household. Go beyond basic 'obedience' techniques and develop invaluable canine 'parenting' skills that will enable you to raise a healthy, happy dog. Taught by a Certified Professional Dog Trainer.

Note: This is a class for humans only and not dogs. Dog owners or potential dog owners are invited to attend.

613052LE

ID 22094 > **EVE** Mayer, J • 9/10 - 10/1 • SCHOTT-20
M • 6:00 p.m. - 7:30 p.m. • \$36 + Materials \$5

NEW! Doggy Behavior Makeover

Do you find your dog's barking, jumping and counter-surfing annoying? How about ignoring you when you call their name? If you are interested in learning how to turn those trying behaviors into ones you can embrace, then join us for our dog behavior workshop. This humans-only class covers techniques you can use immediately for teaching your dog new behaviors that will replace the ones you find irritating. Bring in your issues and questions, and go home with a plan!

613057LE

ID 22102 > **EVE** Mayer, J • 11/5 • WAKE-18
M • 6:00 p.m. - 7:30 p.m. • \$14

Dynamic Yoga for Seniors

Discover how practicing yoga regularly improves flexibility, strength and concentration. Explore traditional yoga postures that can be modified with the help of blocks, straps, and other props. Designed for individuals with some yoga experience, you will enjoy deep breathing methods, focusing techniques, meditation, and relaxation. Come away with renewed energy, mental clarity and increased flexibility.

Note: Bring a mat and a blanket or beach towel to class.

608608LE

ID 21987 > Hungett, H • 9/10 - 12/3 • WAKE-33
M • 2:00 p.m. - 3:00 p.m. • \$72

ID 22085 > Hungett, H • 9/12 - 12/5 • WAKE-33
W • 2:00 p.m. - 3:00 p.m. • \$72

Easy Does It Exercises

Students improve mobility, flexibility, strength, balance, posture, breathing and relaxation. Exercises are conducted from a seated position for students with Parkinson's disease, multiple sclerosis or older adults who are new to exercise. Includes some standing and walking exercises to improve posture, balance, leg strength, and gait.

608616LE

ID 22139 > Barysch-Crosbie, G • 8/29 - 12/5 • SCHOTT-14
W • 9:00 a.m. - 10:00 a.m. • \$90

Feldenkrais Mat Class

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.

608759LE

ID 22023 > **EVE** Sanchez, L • 8/30 - 10/18 • WAKE-15
R • 6:00 p.m. - 7:30 p.m. • \$84

ID 22024 > Sanchez, L • 8/31 - 10/19 • WAKE-15
F • 11:45 a.m. - 1:00 p.m. • \$70

ID 22022 > **EVE** Sanchez, L • 10/25 - 12/6 • WAKE-15
R • 6:00 p.m. - 7:30 p.m. • \$63

ID 22021 > Sanchez, L • 10/26 - 12/7 • WAKE-15
F • 11:45 a.m. - 1:00 p.m. • \$52

Fitness for Adults

Get fit and educated at the same time! In this class you will get moving but you will also gain an understanding of how your everyday choices contribute to your health. You will engage in activities and receive information to improve nutrition, fitness, cardiovascular health and stress management skills. This class will enhance your physical and emotional well-being.

Note: This class is partially sponsored.

608697LE

ID 22040 > O'Connor, K • 9/10 - 11/19 • SBCC-PE 113
M • Fri 10:00 a.m. - 11:00 a.m. • \$60

Free Health Care System 'C' - Qigong, The Medicine Within

Qigong, or Chinese Mind-Body Energetics Practice, may be the most eloquent self-healing system ever developed by human beings. Find out how health maximization, stress neutralization, philosophy and poetic imagery all converge in one easy-to-implement practice. Discover the marvels of the most profound medicine produced within the human body and incredibly it is absolutely free. Come away with the secrets of creating ancient medicine within and explore this eloquent interaction of body, breath and mind practice.

608755LE

ID 22127 > SAT Kolbe, J • 10/20 • WAKE-15
S • 11:00 a.m. - 1:00 p.m. • \$30

Gentle Yoga for Every Body

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: Bring a mat. Students should be able to get on and off the floor.

608610LE

ID 22084 > Barysch-Crosbie, G • 8/30 - 12/6 • WAKE-33
R • 9:30 a.m. - 10:30 a.m. • \$98
ID 22082 > Hungett, H • 9/10 - 12/3 • WAKE-33
M • 3:30 p.m. - 4:30 p.m. • \$72
ID 22083 > Hungett, H • 9/12 - 12/5 • WAKE-33
W • 3:30 p.m. - 4:30 p.m. • \$72

Happy Heart: Dance to Free Your Emotions

By combining joyous Nia movements with the healing Tai Chi energy work, dance your life story and free yourself emotionally. Utilizing guided suggestions, gain confidence to walk a new path and re-write your story. Explore uplifting, easy-to-follow Nia steps and intentional Tai Chi movements to remove obstacles that are keeping you from reaching your true potential. Come away knowing the Happy Heart Dance that will deliver delight to your heart and peace to your spirit.

Note: Co-Taught with Jessica Kolbe.

608684LE

ID 22092 > SAT Barysch-Crosbie, G • 10/27 • SCHOTT-14
S • 10:00 a.m. - 1:00 p.m. • \$29

NEW! How to Make Words that Matter

Our society is peppered with written quotes and statements tacked on to most of our communication. Posters and postcards showing affirmations, quotes and statements are becoming cliché and have little impact. This class will help you define your message and design a representation that will be read and appreciated by others. Create objects using paper that not only represent your opinion, but also stand alone as a pleasing, alarming or compelling identity statement or a call to action. Not just pretty and pleasing but art with a purpose.

613059LE

ID 22140 > Tibbles, S • 10/8 - 11/5 • SCHOTT-20
M • 1:00 p.m. - 4:00 p.m. • \$135 + Materials \$15

How to Research Your Family History: Level 1

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.

001412LE

ID 22121 > EVE Eggli, N • 8/29 - 10/10 • WAKE-7
W • 6:00 p.m. - 7:30 p.m. • \$63 + Materials \$5

How to Research Your Family History: Level 2

Have you reached a dead end in your genealogy research? Need a new strategy plan for tackling your 'brick wall'? Explore alternative and less known sources including using newspapers, directories, many types of military, land, probate, and other court records. You will create an action plan, compile a toolbox of resources, and explore creative ways to think outside the box to aid in your research.

001413LE

ID 22122 > Eggli, N • 10/17 - 11/28 • WAKE-16
W • 9:30 a.m. - 11:00 a.m. • \$63 + Materials \$5

How to Understand the Secret Language of Animal Tracks

Wildlife tracking is both an ancient art and a modern science used in research and nature conservancy. Develop the skills to read seemingly imperceptible signs and tracks of animals. Identify the species, individual characteristics and what the animal was doing when it left its tracks. Come away with enhanced powers of observation, imagination and awareness. This is a five week class designed to give people effective skills in tracking that can be used to develop deeper kind of relationship with the wildlife in our area.

019123LE

ID 22136 > SAT Maserjian, G • 10/27 - 12/1 • SCHOTT-6
S • 9:00 a.m. - Noon • \$90

NEW! Hypertension – A Whole Person Program

Hypertension, or high blood pressure, affects one in three people and is a major cause of strokes and heart attacks. The medications your doctor prescribes may be effective but they often cause adverse side effects. Discover ways that medications for hypertension can be minimized with the wise use of supplements and enlightened lifestyle changes. Explore the benefits and risks of supplements, learn how to prevent heart disease, and find out how to slow down or even reverse risk factors. Come away with an array of additional options for treating hypertension, safe in the knowledge that you can live well with this treatable condition.

608756LE

ID 22039 > **SAT** Kwako, J • 9/8 • SCHOTT-31
S • 10:00 a.m. - Noon • \$19

Intermediate/Advanced Woodworking Woodshop

Deepen your joy and satisfaction in creating wood projects. Further hone your woodworking and expand your horizons by constructing that project that you have always wanted to create. Extend your knowledge and skills of intricate hand and power tools through completing individual woodworking projects and tutoring. Safety procedures and proper operation of tools and machines are emphasized. Session limited to returning students only. Students must have completed, 'A Woodworking Woodshop'.

Note: No one under age of 18 will be admitted. No minor waivers will be granted. Students may contact teacher at sjscheftic@pipeline.sbccc.edu

909354LE

ID 22049 > **EVE** Scheftic, S • 9/12 - 11/7 • WAKE-10
W • 6:00 p.m. - 9:00 p.m. • \$162 + Lab \$20 + Materials \$5

Introduction to Aikido

An introduction to the Japanese martial art of Aikido. Aikido, known as the 'art of peace' is a martial art based on neutralizing an opponent through leverage and balance instead of strength and force. The course will focus on centering, balance and focus. Basic techniques and ukemi (falling) will be taught.

Note: Class held at Aikido of Santa Barbara - 121 N. Milpas Street

608491LE

ID 22025 > **EVE** Wong, C • 9/12 - 10/31 • FITTRANS-Studio
W • 6:00 p.m. - 7:00 p.m. • \$48

Meditate and Recharge with Yin Yoga

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.

608771LE

ID 22060 > Barysch-Crosbie, G • 8/27 - 12/3 • WAKE-33
M • 9:30 a.m. - 10:30 a.m. • \$78
ID 22061 > **EVE** Barysch-Crosbie, G • 8/27 - 12/3 • SCHOTT-14
M • 5:30 p.m. - 6:30 p.m. • \$78

Modern Dance for Fitness and Fun

Always wanted to try Modern Dance yet didn't know where to start? Explore a fitness routine based on the movements of modern dance. Discover the fundamental skills of dance movement, alignment for posture, building strength for moving through space, and attention to breath. Experience dance as an art form while having fun and learning the basics of choreography. Master the movements and feel a new energy and enthusiasm as you dance your way to a new you. All levels welcome.

608764LE

ID 22054 > Loizeaux, C • 9/19 - 11/7 • SCHOTT-14
W • Noon - 1:15 p.m. • \$60

Natural Facelift at Your Fingertips

Give yourself a natural facelift by harnessing the healing practices of acupressure, massage and aromatherapy to promote healthy, vibrant skin. Incorporate unique techniques to naturally protect, nourish, hydrate, and tone your skin type through a 20 step routine that activates the body's natural healing process. Use this quick and easy massage that combines the benefits of acupressure with aromatherapy, and begin to prevent and slowdown the onset of aging. Come away with your personally created natural beauty product to assist in revitalizing your skin.

608774LE

ID 22010 > **SAT** Wolf, L • 11/3 • SCHOTT-5
S • 9:00 a.m. - 12:30 p.m. • \$29 + Materials \$10

Nia - Move, Feel and Heal!

Join us for a special Nia class that combines the healing properties of Tai Chi, the bone alignment of yoga, and the muscle conditioning punches of Martial Arts in order to move and heal your body. Discover exercises to target specific parts of your body to bring awareness to it and its relationship to the rest of your body. Beginning with footwork, movements extend upward to the pelvis, spine, and head, all while integrating arm movements rooted in Martial Arts. Dance away feeling lighter, stronger, and with a refreshed mental outlook on life!

608782LE

ID 22050 > Carlsen, H • 8/28 - 12/4 • SCHOTT-14
T • 12:30 p.m. - 1:30 p.m. • \$120
ID 22091 > Barysch-Crosbie, G • 8/30 - 12/6 • SCHOTT-14
R • 12:30 p.m. - 1:30 p.m. • \$112

Pilates for Life

This course teaches students the integration of the Pilates' principles of core-strength, concentration, precision, control, postural alignment, and centering. Dance, strength, and flexibility techniques are also incorporated in this total body conditioning program. Chair-based and standing exercises are adapted for all fitness levels.

Note: Please bring a mat to class.

608601LE

ID 22120 > Masin, E • 8/27 - 12/3 • SCHOTT-14
M • 10:45 a.m. - 11:45 a.m. • \$78
ID 22119 > Masin, E • 8/29 - 12/5 • SCHOTT-14
W • 10:45 a.m. - 11:45 a.m. • \$90

Qi Gong

This course teaches students Qi Gong, a combination of slow, gentle body movements and healthy breathing that generates strength, flexibility, inner calm and renewed vitality. Students learn exercises to elevate the flow of life force (qi) through the body, release anxiety, and relieve stress.

608568LE

- ID 22089 > Rockett, E • 8/31 - 10/5 • WAKE-33
F • 10:30 a.m. - Noon • \$54
- ID 22090 > Rockett, E • 10/19 - 12/7 • WAKE-33
F • 10:30 a.m. - Noon • \$63

Qigong Animal Frolics

Qigong Animal Frolics are some of the oldest and most popular of all Qigong exercises. When we embody the physical traits, movements and spiritual nature of real and mythical animals, we can gain insight for our own health and healing. Become grounded as you become the Bear, graceful as you become the Crane, and powerful as you become the Tiger. Enjoy Animal Frolics that include Turtle, Deer, Dragon, Butterfly, Bear, Crane, Snake, Dolphin, Whale, Phoenix, Elephant, Monkey, Tiger and more. Discover how Animal Frolics are fun, imaginative and inspirational.

608758LE

- ID 22035 > **SAT** Kolbe, J • 11/17 • SCHOTT-14
S • 10:00 a.m. - 1:00 p.m. • \$45

Qigong Inner Power with Jessica Kolbe

Discover how to harness your own energy or 'qi' to heal your body and your soul. Explore techniques to expel toxic qi, and then gather and purify your own qi to clear your spirit of self-judgment and criticism. Remove the blocks that are keeping you from reaching your true potential of health, happiness, and peace through this powerful yet accessible form of Qigong. Movements may be practiced seated or standing. Best of all, come away with concrete, self-healing strategies and an enhanced sense of calm.

608784LE

- ID 22032 > Kolbe, J • 10/10 - 12/5 • WAKE-33
W • 11:00 a.m. - Noon • \$117

NEW! Reiki Healing for Pets: The Trust Technique

Reiki is based on the idea that all living beings have life energy flowing through them. When life energy is high, your pets are healthy and less likely to get sick. When low, they'll be more easily affected by stress and less resistant to illness. In this class, students will be tapping into their own energy and learning the best way to offer and share Reiki with animals. Taught by an Animal Reiki teacher. This class is for pet parents only.

613058LE

- ID 22132 > **SAT** Barysch-Crosbie, G • 9/8 - 9/15 • SCHOTT-14
S • 10:00 a.m. - Noon • \$40

Resistance Pilates: Ring, Light Weights, and Bands

Explore the use of the pilates 'magic' ring, light weights, and resistance bands as we build on core strength to support the spine. Not only is the pilates ring fun to use, but it will add another dimension to your Pilates

experience. Discover increased comfort and ease in your body, all while taking a load off your back. Find the length, strength, and flexibility of the spine to help you stand strong, stand tall, and improve your posture in daily life. Come away feeling refreshed and balanced.

Note: Bring a mat and a ring to class,

608738LE

- ID 22051 > Carlsen, H • 8/27 - 12/3 • SCHOTT-14
M • 9:30 a.m. - 10:30 a.m. • \$104
- ID 22052 > Carlsen, H • 8/30 - 12/6 • SCHOTT-14
R • 9:30 a.m. - 10:30 a.m. • \$112

NEW! Seven Precious Gestures Qigong

Discover the powerful yet simple ancient Qigong exercises known as the 'Seven Precious Gestures.' Practicing these gestures will help to release the energies of unrealized dreams, disappointments and blocks that are keeping you from reaching your true potential. Enjoy the benefits of the related warm up exercises, breath work, self-applied massage and meditations. Incorporating these gestures into your daily life will open the gates to healing, new opportunities and the best version of yourself.

608789LE

- ID 22042 > **SAT** Kolbe, J • 12/1 • WAKE-33
S • 11:00 a.m. - 1:00 p.m. • \$30

Staging Your Home to Sell

Did you know that staged homes sell for up to 50 percent more and 3 times more quickly than un-staged homes? Discover how to capitalize on your one chance to make a good impression. Explore specific strategies to create an aesthetically pleasing environment so that potential buyers can picture themselves living there. By understanding the principles of decluttering, depersonalizing, and staging your home on a budget, you will maximize the value of your home using a minimum amount of your time. Walk away with an 'Open House' friendly floor plan of your home. You can't afford to miss this special opportunity.

506226LE

- ID 22029 > **SAT** King, A • 11/10 • SCHOTT-3
S • 9:00 a.m. - 11:00 a.m. • \$25

Strength and Stability for Active Seniors

Learn techniques and practice skills to improve balance, strength and flexibility in a safe environment. Basic exercises are performed to improve posture, gait and self-confidence. Intended for older adults but appropriate for anyone who wants to increase muscle tone and improve balance and mobility. Exercise equipment is provided.

608634LE

- ID 22149 > Saenger, S • 8/28 - 10/16 • WAKE-33
T • 2:30 p.m. - 3:30 p.m. • \$48
- ID 22152 > Saenger, S • 8/30 - 10/18 • WAKE-33
R • 2:30 p.m. - 3:30 p.m. • \$48
- ID 22150 > Saenger, S • 10/23 - 12/4 • WAKE-33
T • 2:30 p.m. - 3:30 p.m. • \$42
- ID 22151 > Saenger, S • 10/25 - 12/6 • WAKE-33
R • 2:30 p.m. - 3:30 p.m. • \$36

Tai Chi Easy

Tai Chi Easy™ is a fusion of Qigong health enhancing exercises, and an easy 5 movement form of Tai Chi. This carefully developed method that makes it easy, beneficial and fun. Discover the flow of energy in your body as your mind relaxes with the slow meditative movements of Tai Chi. Explore how the mind-body practice soothes and rewires the nervous system and also increases cognitive and brain plasticity. Reduce your stress and improve your health using Tai Chi Easy™.

608768LE

ID 22033 > Kolbe, J • 10/8 - 12/3 • WAKE-33
M • 11:30 a.m. - 12:30 p.m. • \$104

Tai Chi Easy - Level 2

Ready to take your Tai Chi Easy™ skill set to the next level. Discover 4 new movements of Tai Chi Easy™ and expand your knowledge of this graceful practice. Explore a related set of movements, Wudang Tai Chi, an easy-to-learn and beautiful set of 18 movements. These slow, meditative movements will calm your mind, and bring balance and harmony into every cell of your being. Come away feeling grounded and ready to take on the adventures of the day.

608787LE

ID 22126 > Kolbe, J • 10/10 - 12/5 • SCHOTT-14
W • 3:00 p.m. - 4:00 p.m. • \$117

Tai Ji

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 life style.

608596LE

ID 22074 > Pang, C • 8/28 - 10/16 • WAKE-33
T • 7:00 a.m. - 8:30 a.m. • \$72
ID 22075 > Pang, C • 8/29 - 10/17 • WAKE-33
W • 9:00 a.m. - 10:30 a.m. • \$72

Unravel the Secrets of the Night Sky

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: Class is co-taught by Krissie Cook.

019115LE

ID 22069 > **EVE** Stark, L • 9/5 - 9/19 • PLNTRM
W • 5:00 p.m. - 6:00 p.m. • \$20
ID 22070 > **EVE** Stark, L • 10/24 - 11/7 • PLNTRM
W • 5:00 p.m. - 6:00 p.m. • \$20

Wood Product Manufacturing Methods

Students produce detail parts and assemble wood products using production methods and techniques. Students use hand and powered woodworking tools and equipment to produce predetermined products such as toys and jewelry boxes. Quality control methods will be utilized to insure all products meet design specifications. All raw materials and supplies are furnished. All finished products are donated to the Unity Shoppe for distribution to needy children.

909337LE

ID 22043 > Scheftic, S • 9/11 - 11/6 • WAKE-10
T • 9:00 a.m. - 11:30 a.m. • \$135

World Dance Workout

Join us for a fun, invigorating, inspiring workout to beautiful music from around the world! Learn new ways of moving and connecting to the world in a beautiful setting with natural light and fresh air.

608617LE

ID 22088 > Reineck, J • 9/7 - 12/7 • SCHOTT-14
F • 8:30 a.m. - 9:40 a.m. • \$96

WOW Weaving Lab

This class is designed to allow students currently enrolled in the weaving course access to floor looms to continue working on their class projects.

451390LE

ID 22114 > Staff • 10/4 - 11/8 • WAKE-32
R • 11:00 a.m. - 3:00 p.m. • \$120

WOW: Wonders of Weaving

Create beautiful textiles while learning the timeless craft of weaving on a floor loom. The class is designed to teach all of the basic techniques of handweaving while teaching students to plan and execute their own projects. Students can choose from a variety of projects including scarves, blankets, table linens, yardage for clothing, tapestries and rugs, and more. All students are personally assigned a loom in a friendly and creative studio atmosphere.

Note: Tuition-fee partially covered through private donations.

451363LE

ID 22123 > Eardley, M • 9/11 - 11/13 • WAKE-32
T • 9:30 a.m. - 3:00 p.m. • \$200

Yoga

Course demonstrates how yoga practice promotes increased flexibility, strength, balance and mental awareness. Shows how mindful movement and conscious breathing help you to relax and stimulate the nervous, digestive and circulatory systems. Course is designed for all levels, from those new to yoga to continuing students. Students will practice demonstrated techniques.

Note: Bring a yoga mat to class.

608287LE

ID 22142 > **EVE** Hewson, R • 8/28 - 12/4 • WAKE-33
T • 5:30 p.m. - 6:30 p.m. • \$90
ID 22086 > **EVE** Hewson, R • 9/6 - 12/6 • WAKE-33
R • 5:30 p.m. - 6:30 p.m. • \$78



Yoga Plus

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.

608613LE

- ID 22087 > **EVE** Poddubnaya, E • 8/27 - 12/3 • WAKE-33
M • 5:30 p.m. - 7:00 p.m. • \$117
- ID 22053 > **EVE** Poddubnaya, E • 8/29 - 12/5 • WAKE-33
W • 5:30 p.m. - 7:00 p.m. • \$135

Your New Dog and You

Thinking about bringing home a cuddly little puppy or adult dog? Wondering what breed or age, or even where to find your new pet? Don't make this huge decision without some help. We will discuss everything you'll want to consider before making this life-changing addition. Class is taught by certified dog trainer so you will feel confident about what to expect and what to do for each new situation. This 'humans only' class will help adult owners feel confident when making this decision.

613055LE

- ID 22093 > **EVE** Mayer, J • 11/19 • SCHOTT-20
M • 6:00 p.m. - 7:30 p.m. • \$10 + Materials \$5

Zumba Gold

Join us for this low-impact, easy to follow class, where no one is an expert and everybody has a great time! Zumba is exercise in disguise. Regardless of your fitness level, age, gender or dance/fitness experience, anybody and everybody can do this. Modify movements to suit your individual needs. Zumba is all about putting one foot in front of the other at your own pace. Have fun learning basic rhythms and steps to salsa, merengue, cha cha, reggae-ton, cumbia and more. Move, shake, shimmy, and find your own groove!

608639LE

- ID 22078 > Hungett, H • 9/11 - 12/4 • WAKE-33
T • Noon - 1:00 p.m. • \$78
- ID 22079 > Hungett, H • 9/13 - 12/6 • WAKE-33
R • Noon - 1:00 p.m. • \$72

Languages

French 2

French 2 is for individuals who have completed French 1 and the first part of French 2, or have had some French instruction in the past. The class is also for those students who have taken French 2 previously and want to review and practice the concepts. In a supportive and fun environment, explore the development of the French language in everyday life. Students practice all language skills including learning the fundamentals of grammar, listening, reading, speaking, and writing. French is learned through dialogues, grammar, vocabulary, pronunciation, writing exercises and discovering the culture.

102025LE

- ID 21990 > **EVE** Brody, M • 9/10 - 11/5 • WAKE-26
M • 6:45 p.m. - 8:45 p.m. • \$180

French 3

French 3 is for students who have completed this class in the past or had a minimum of three years of French instruction in the past. This course covers and focuses on the development of the French language in everyday life in a supportive and fun environment. The course deepens the learning of French grammar and vocabulary using conversation, speaking, listening, dialogues, music, and culture. Text book required.

102026LE

- ID 22124 > **EVE** Comte, V • 9/12 - 11/14 • SCHOTT-31
W • 5:30 p.m. - 7:30 p.m. • \$130 + Materials \$5

French 5 Low Intermediate

French 5 is for students who have completed this class in the past or had a minimum of four years of French instruction in the past. This course covers and focuses on the development of the French language in everyday life in a supportive and fun environment. The course deepens the learning of French grammar and vocabulary using conversation, speaking, listening, dialogues, music, and culture. Text book required.

102028LE

- ID 22125 > **EVE** Comte, V • 9/10 - 11/19 • SCHOTT-6
M • 5:30 p.m. - 7:30 p.m. • \$130 + Materials \$5

Spanish 1

With an emphasis on conversation, students will learn basic vocabulary, grammar and expressions relating to greetings, sharing personal information about themselves and their families, professions, body parts, clothing, days of the week, months of the year, numbers and the alphabet.

105144LE

- ID 22115 > **EVE** Hensley, W • 9/6 - 12/6 • WAKE-18
R • 6:00 p.m. - 8:00 p.m. • \$156
- ID 22116 > **EVE** Hensley, W • 9/10 - 12/3 • SCHOTT-3
M • 6:15 p.m. - 8:15 p.m. • \$144
- ID 22117 > Hensley, W • 9/12 - 12/5 • WAKE-18
W • 12:30 p.m. - 2:30 p.m. • \$156

Spanish 3 - Beginning Conversational

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.

105162LE

- ID 22118 > **EVE** Hensley, W • 9/18 - 12/4 • WAKE-18
T • 6:00 p.m. - 8:00 p.m. • \$144

Spanish 4 - High Beginning Conversational

For students who are familiar with the present tense of the regular and irregular verbs. Conversational skills with an emphasis on practical everyday expressions will be the focus of this course. Students will learn the present progressive, introduction to indirect object pronouns, comparisons and verbs 'conocer' vs. 'poder'. A brief introduction of the Past Tense will be included. The students will participate in useful and fun activities that will help them expand their use of Spanish.

105163LE

- ID 22071 > **EVE** Blakley, B • 9/19 - 12/5 • SCHOTT-6
W • 5:15 p.m. - 7:15 p.m. • \$120

Spanish 9 - Advanced Conversational

This class is for students with considerable Spanish knowledge, learning activities focus on reporting past events, giving commands, indirect commands, and expressing wishes, desires and plans. Topics include relative pronouns, uses of 'se', past subjunctive, idiomatic expressions and vocabulary.

105167LE

- ID 22155 > Hensley, W • 8/28 - 12/4 • SCHOTT-3
T • 12:30 p.m. - 2:30 p.m. • \$180
- ID 22073 > Blakley, B • 9/18 - 12/4 • SCHOTT-3
T • 2:45 p.m. - 4:45 p.m. • \$120

Spanish 8 - Low Advanced Conversational

Are you ready to practice all verb tenses? As we use Spanish in increasingly varied situations the subjunctive becomes a necessity to express indirect commands, wishes, desires and plans. This class is designed for students with considerable Spanish ability. Learning activities and games constantly review what has been learned so far, to increase retention and availability

of information when needed. Topics include the perfect tenses, commands, present subjunctive, idiomatic expressions and vocabulary. All classes are geared toward improving conversational Spanish.

105169LE

- ID 22072 > **EVE** Blakley, B • 9/18 - 12/4 • SCHOTT-3
T • 5:15 p.m. - 7:15 p.m. • \$120

Special Topics

ADHD Through the Lifespan

This class teaches students how to address complex issues about effectively recognizing Attention Deficit Hyperactivity Disorder (ADHD) throughout the lifespan. Students explore cutting-edge strategies to help them manage distractibility, disorganization, interrupting in conversations, restlessness, moodiness, and impulsive decisions. Students learn to identify if members of their family have ADHD and gain insightful tools to cope with hopelessness, chronic underachievement, low frustration tolerance, and poor self-esteem.

202213LE

- ID 22013 > **SAT** Rotz, R • 11/10 • SCHOTT-20
S • 9:00 a.m. - 12:30 p.m. • \$29

Life Realignment After Illness

Living in the aftermath of a health crisis and unsure what to do next? Experiencing acute or chronic illness can shake your faith in yourself and your ability to fulfill your obligations to family, work, and community. Discover how to mine the emotional and social fallout of your health issues to find hidden gifts. Explore how the Life Realignment process can help you to let go of fear, rebuild your self-confidence, and find the internal and external support you need moving forward. Learn how to use health challenges to realign with your soul's purpose and find the joy of following your life's true path.

Note: Class is co-taught by Deb Artz.

202701LE

- ID 22037 > **SAT** Boggs, C • 10/20 • WAKE-18
S • 9:00 a.m. - 1:00 p.m. • \$35

Dying in Grace

What is a good death? How do you deal with a terminal diagnosis of someone you love? When is it time for hospice? We all keep these questions to ourselves as we worry that talking about death is depressing. Return to the cycle of nature where life and death are integrated. Discover ancient hospice practices as well as the benefits of modern day hospice. Explore rituals to honor yourself and your loved ones, take practical steps in understanding an advanced directive, and learn about the grace in the sacred transition. Come away knowing about local resources to heal your fears and grief.

202721LE

- ID 22012 > **SAT** Stepputat, A • 10/13 • SCHOTT-3
S • 9:00 a.m. - 12:30 p.m. • \$29

NEW! Looting Our National Parks \$

Federal lands are under assault, from the hobbyist who steals fossils from Death Valley National Park to sophisticated gangs who parachute into Bears Ears National Monument and rob Native American graves. Other countries from Italy to Guatemala strictly enforce their cultural property laws, but not the United States. In some wilderness spots, 90 percent of our historical sites been vandalized. Why? And what can we do about this? Get informed and inspired in this lively Open Salon event, where an award-winning journalist invites an expert archaeologist and audience members to debate this urgent national problem. .

208001LE

ID 22110 > **EVE** Sharp, K • 9/18 • SCHOTT-14
T • 7:00 p.m. - 9:00 p.m. • \$19

NEW! Curbing Big Pharma \$

Americans make up 5 percent of the world's population but consume 60 percent of its prescription drugs. Even our kids take (on average) 1.5 pills a day, which effects their central nervous systems. No other country in the world comes close to our legal drug problem, which is the result of our secretive multi-level health-care system. Meet the five culprits behind our expensive system and learn what you do about it. Join this lively Open Salon event, where an award-winning author and a health-care expert ask audience members to share their insights and solution.

208003LE

ID 22109 > **EVE** Sharp, K • 10/23 • SCHOTT-14
T • 7:00 p.m. - 9:00 p.m. • \$19

Connecting with Your Teenager \$

It is a myth that all teenagers need to rebel against their parents. With the tools of democratic discipline, parents can avoid power struggles and enjoy a close relationship with their teens. Discover the important distinction between conflicts of needs and conflicts of values. Explore communication skills that facilitate conflict resolution, and learn how to stay connected as your child grows older, set limits without punishment, and help teens cope with stress. Engage in interactive activities to practice the techniques learned and come away with tools to communicate better with your teen! Parents of pre-teens are also welcome.

251286LE

ID 21994 > **SAT** Solter, A • 11/17 • SCHOTT-3
S • 9:00 a.m. - 1:00 p.m. • \$32

Life Realignment for Career Transitioners \$

Are you undergoing a major career transition, not sure what you want to do next, and experiencing the disorienting emotions, both negative and positive, that accompany career changes? Whether you're just starting out in your career, retiring from one, rejoining the workforce after a break, or reassessing your objectives mid-career, you'll discover how to clarify your goals and how to re-tool your self-images and beliefs. Find out how to use this transition period to realign with your soul's purpose and create the life's work you truly desire. Start developing an action plan for the next phase of your life now.

Note: Class is co-taught by Deb Artz.

509071LE

ID 22036 > **SAT** Boggs, C • 10/13 • WAKE-18
S • 9:00 a.m. - 1:00 p.m. • \$35

NEW! Adult Children of Aging Parents \$

Students learn how to help parents meet the challenges of aging, communicate effectively, and find the resources and tools to help with health, financial, and emotional challenges. Students learn how to respect independence and dignity while helping aging parents meet their needs. Community professionals will address important issues and concerns.

608623LE

ID 22014 > **EVE** Stepputat, A • 9/20 - 10/25 • SCHOTT-3
R • 6:30 p.m. - 8:00 p.m. • \$79

Comprehensive Thyroid Treatment \$

In this class students learn how to test thyroid function, how to interpret results, and how to evaluate the treatment options available. The thyroid gland is a major source of physical energy, mental alertness, and optimal weight. Its function decreases with age, stress, and various nutrient deficiencies. Topics include necessary nutrients, the medication controversy, and lifestyle choices that optimize thyroid function.

608630LE

ID 22038 > **SAT** Kwako, J • 9/22 • SCHOTT-14
S • 10:00 a.m. - Noon • \$19

Spirituality**Mind and Supermind: iGen:****The Smartphone Generation and The Future** \$

Headline-making psychologist, researcher and author Dr. Jean Twenge discuss why today's super-connected kids are growing up less rebellious, more tolerant, less happy and completely unprepared for adulthood... and what that means for the rest of us. Today's teens and young adults (born after 1995) are part of iGen, the first generation to spend its entire adolescence with smartphones. iGen adolescents spend more time communicating electronically and consume information online at a rapid pace. They also spend less time with their friends in person and are more likely to experience unhappiness, anxiety, and depression. iGen is also taking longer to assume both the responsibilities and pleasures of adulthood, is physically safer than any previous generation and has more realistic expectations for the workplace. Why? Join internationally renowned researcher and author Dr. Jean Twenge to explore iGen psychology and to consider what can be done to help iGen reach their potential.

Note: Tuition/Fees partially covered through private donations. Spencer Sherman will be the moderator for the event.

202197LE

ID 21992 > **EVE** Sherman, S • 11/5 • SBCC-Garvin Theatre
M • 7:30 p.m. - 9:30 p.m. • \$25

Art of Mediumship: Talking to Spirit \$

Communicating with loved ones in spirit is not just a skill reserved for a few gifted people. You can make this kind of communication a healing and consistent part of your life. Learn about life after life, how to communicate with your loved ones and how to bring spirit through for others. In our third hour together, your teacher, a trained Medium, will bring through messages from your loved ones. Love never dies. Come discover this in the Art of Mediumship class.

Note: Not recommended for people with Dissociative Identity Disorder.

202651LE

ID 22018 > **SAT** Cooper, T • 9/15 • WAKE-20
S • 10:00 a.m. - 1:00 p.m. • \$25

SoulCollage: An Artful Path to Self-Discovery

SoulCollage is a process that inspirationally integrates creativity and insight into present states of consciousness. Drawing on imagination and intuition you will become an instant artist and explorer with the remarkable images you collage. Through invitation you will step deeply into story using symbolism, journaling, visualization and community, thus tapping into the internal allies, guides and challenges active in every soul. The process honors each individual's journey, promoting self-acceptance and growth. By recognizing and respecting the complexities unique to every person we discover that all the answers we need are within us.

202690LE

ID 22112 > **SAT** Nichols, P • 10/6 • WAKE-18
S • 9:00 a.m. - 4:30 p.m. • \$49 + Materials \$7

Whale Whisperer: Deep Connections

Embark on an exploration into the mystical beauty, grace and intelligence of whales while also discovering the science behind how whales are a fundamental building block of the Earth's ecosystem. Through a unique guided meditation to whale song, explore the possibilities of tapping into the collective consciousness of cetaceans as a resource for spiritual growth. Go deeper with a discussion of the whales' loving, inspirational messages and gain a broader understanding of our synergistic relationship to our planet and how whales are integral to sustaining life on earth.

Note: Class is co-taught by Carolyn Gorman.

202703LE

ID 22011 > **SAT** Hale, K • 10/20 • SCHOTT-14
S • 9:30 a.m. - 1:00 p.m. • \$29

Sacred Sites - History, Science, and Myths

From prehistoric megalithic structures to Gothic cathedrals, sacred sites were designed according to codes of an ancient sacred knowledge. Explore codes that included sacred geometry and manipulation of Earth energies as we follow mysterious ley lines in England that connect Glastonbury, Stonehenge, and Avebury. Learn about archaeo-acoustics and archaeo-astronomy as we explore the remnants of Great Goddess cultures on Crete and Malta in the Mediterranean, then follow the Goddess trail to mainland Greece. Harness these concepts to increase the awareness of energies around you

202731LE

ID 22004 > Meritt, S • 11/16 - 12/7 • SCHOTT-3
F • 12:15 a.m. - 1:45 a.m. • \$29

Tarot Cards Demystified

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.

202733LE

ID 21993 > **SAT** Jackson, A • 9/22 - 9/29 • WAKE-16
S • 9:30 a.m. - 12:30 p.m. • \$35

Tarot Cards Demystified:

More Advanced Practice

Discover the mysterious and intriguing features of the Tarot by exploring how they are related to Occult Science. You'll incorporate Tarot Readings with Astrology, Jungian Psychology, Psychotherapy, Past Life Therapy, Physics and Mathematics. By using knowledge from these Occult sciences you'll add depth to Tarot Card Readings and create journals to confirm your experience. Come away with a renewed appreciation of the Tarot how they can be used in many aspects of daily life.

202750LE

ID 22066 > **SAT** Jackson, A • 10/20 - 10/27 • WAKE-16
S • 9:30 a.m. - 12:30 p.m. • \$35

NEW! Tarot Cards Demystified:

Intermediate Practice

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.

202751LE

ID 22065 > **SAT** Jackson, A • 10/6 - 10/13 • WAKE-16
S • 9:30 a.m. - 12:30 p.m. • \$35

NEW! Reconciling the Material and Spiritual Worlds

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.

202755LE

ID 22001 > **SAT** Cumes, D • 11/3 • SCHOTT-14
S • 10:00 a.m. - 12:00 p.m. • \$19

NEW! Tarot Cards Demystified: Practical Applications

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.

202756LE

ID 22048 > **SAT** Jackson, A • 12/1 • WAKE-16
S • 9:00 a.m. - 1:00 p.m. • \$19

NEW! Grappling with the Cosmic Mystery \$

Science honors the rational over the intuitive mind and discounts the value of anything that cannot be proven. In the face of this overwhelming dogma how do we reconcile the hubris of science and what we know to be spiritually true for us? Explore the frontiers of consciousness not yet accepted by science, like faith/belief/hope/trust/surrender, the non-local field, and spirit guides. Discover how we relate spiritually to the elements, especially of wind (breath) and water, and how we assimilate the benefits of transcendent experiences, indigenous knowledge, imagery, sacred sound, and the miraculous.

202758LE

ID 22064 > **SAT** Cumes, D • 10/6 • SCHOTT-14
S • 10:00 a.m. - Noon • \$19

NEW! Self-Discovery Through Circle Singing \$

Join a community of singers while singing improvised parts created by your guide. Each part builds upon the next to create an uplifting and connecting experience that transforms regular group singing into something much deeper and more enlivening. Circle Singing, originally envisioned by vocalist Bobby McFerrin, is something everyone at any level can enjoy with their birthright of voice. Find peace and rejuvenation by the shared spiritual awakening of many voices rising up together in song. .

202759LE

ID 22041 > **EVE** Ford, K • 9/19 - 10/31 • WAKE-15
W • 6:30 p.m. - 8:00 p.m. • \$65

NEW! What Happens When We Die \$

We all die, sooner or later. What happens to us, physically, emotionally and spiritually? Medical science describes what happens physically. Near-death science describes what happens emotionally. Esoteric science describes what happens spiritually. Dr. Kwako will draw upon each of these disciplines in practical ways. He will provide guidelines for understanding and reassuring family, friends and ourselves what happens, how to prepare, and what we can do now to bring heaven to earth. .

202760LE

ID 22045 > **SAT** Kwako, J • 10/27 • SCHOTT-31
S • 10:00 a.m. - 12:00 p.m. • \$19

NEW! How to Explore Spirit in the Sleep State \$

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. .

202761LE

ID 22047 > **SAT** Kwako, J • 11/10 • SCHOTT-31
S • 10:00 a.m. - Noon • \$19

NEW! Therapeutic Properties of Gems and Minerals \$

Many cultures over time have used gemstones to facilitate healing; today they are used primarily for ornamental purposes. This class will explore the alternative properties, that is, the bond between the stones and spirituality. Explore this world by creating a personal power piece from a selection of natural stones. In addition to understanding the various stones, you will learn how to wire-wrap your chosen stones or crystals and combine with other meaningful charms or objects to create your own healing amulet. .

202762LE

ID 22156 > Gregoire-Jones, P • 9/6 - 9/20 • WAKE-7
R • 9:00 a.m. - Noon • \$63 + Materials \$5

NEW! Shine the Light of Metaphors on Your Life \$

Metaphors can be a helpful flashlight, shining a light into our lives and illuminating the way in front of us. Depending on our feelings, past/present experiences, and our purpose in using a particular metaphor, each metaphor can yield different insights. Through writing exercises, discussions, and narrative methods harness the power of everyday objects to discover guidance in enriching ways. Explore methods for interpreting the insights available in our personal symbols - and experience the strength of sharing our metaphors with others.

202763LE

ID 22154 > **SAT** Renkoski, A • 9/8 - 9/29 • SCHOTT-3
S • 9:30 a.m. - 12:30 p.m. • \$75

NEW! Discover the Meditative Art of Constructing a Prayer Mala \$

Buddhist prayer beads or 'malas' are a knotted tool used for keeping count while reciting, chanting, or mentally repeating a mantra. The 108 beads are used often in combination with a charm and mother bead. The beads serve to remind practitioners that it is possible to break the cycle of birth and death. In this class, you will create your own personalized prayer mala to enhance your meditation practice by selecting the stone beads according to the purpose of the mantra.

202764LE

ID 22158 > **SAT** Gregoire-Jones, P • 9/29 - 10/6 • WAKE-7
S • 10:00 a.m. - 2:00 p.m. • \$56 + Materials \$5

NEW! Spiritual Power of the North American Drum \$

Native American communities use the spiritual power of the drum to help them connect and return to their hearts. Experience how the drumbeat echoes the primordial sound of your heart as a vehicle to communicate beyond words into a deeper connection to self and the collective. Discover the magic of drumming outside as a unique opportunity to explore the spiritual realms, foster self-exploration, and deepen your relationship and connection to community. No prior drumming experience is required, but please bring a drum.

202765LE

ID 22159 > **EVE** Charest, A • 9/19 - 10/24 • WBEACH-Grass
W • 6:00 p.m. - 7:15 p.m. • \$45

Health and Safety

Health Education

Acupressure - Simple Patterns for Pain Relief and Relaxation

Class teaches simple acupressure patterns for pain relief and relaxation. Topics include theory and practice of acupressure as a healing art, types of acupressure (Jin Shin Do and Shiatsu), reflexology, and Oriental exercises. Students discover how physical and emotional harmony improve as the internal flow of energy is balanced. This class empowers students to manage stress and tension for wellbeing. Students bring a pad or blanket and wear comfortable clothing.

HE NC024

CRN 40592 > **EVE** Wolf, L A • 10/22 - 12/15 • SCHOTT-31
Lec: R • 6:00p.m. - 8:00p.m.

Chinese Medicine First Aid Kit

This course teaches effective ancient herbal remedies for common health problems such as colds/flu, headaches, constipation, diarrhea, burns, muscular skeletal spasms, and strains. Students learn how to effectively self-administer acupressure and "moxa" treatments. This class also teaches how to maintain good health and strengthen the immune system by applying the principles of Chinese medicine.

HE NC036

CRN 40594 > **EVE** Unterman, B S • 10/22 - 12/15 • SCHOTT-31
Lec: M • 7:00p.m. - 8:15p.m.

The Five Elements of Chinese Medicine

This class teaches students how to use the five elements of Chinese medicine (wood, water, fire, earth, and metal) to improve health. Students learn how

specific emotions, colors, flavors and seasons, affect certain organs. Topics include how to make better food choices based on the five elements.

HE NC039

CRN 40593 > **EVE** Unterman, B S • 8/27 - 10/20 • SCHOTT-31
Lec: M • 7:00p.m. - 8:15p.m.

Body-Mind Medicine: Brain Longevity

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.

HE NC092

CRN 40600 > Freeman, J A • 10/25 - 11/15 • SCHOTT-31
Lec: R • 9:00a.m. - 11:15a.m.

Wellness

Overcoming Barriers to Managing Your Weight

Students learn what it means to establish or maintain a 'healthy' weight, and also explore healthy food choices, recipes and lifestyle choices that can help support a healthier, more vibrant lifestyle. Learning to take care of ourselves should be an enjoyable endeavor, something that brings us inspiration, spurs curiosity and adventure, and gives us a sense of our place in the world. This motivating, interactive class is appropriate for all body types, diet histories, and eating issues.

WELL NC016

CRN 40401 > **EVE** Freeman, J A • 9/13 - 10/18 • SCHOTT-05
Lec: R • 6:00p.m. - 8:10p.m.



Home Economics

Art

Individualized Sewing

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.

ART NC906

- CRN 40342 > Brooks, J A • 8/27 - 10/20 • WAKE-09
Lec: W • 8:30a.m. - 9:35a.m.
Brooks, J A • 8/27 - 10/20 • WAKE-09
Lab: W • 9:40a.m. - 11:55a.m.
- CRN 40343 > Brooks, J A • 10/22 - 12/15 • WAKE-09
Lec: W • 8:30a.m. - 9:35a.m.
Brooks, J A • 10/22 - 12/15 • WAKE-09
Lab: W • 9:40a.m. - 11:55a.m.
- CRN 40344 > Brooks, J A • 8/27 - 10/20 • WAKE-09
Lec: W • 12:30p.m. - 1:35p.m.
Brooks, J A • 8/27 - 10/20 • WAKE-09
Lab: W • 1:40p.m. - 3:55p.m.
- CRN 40346 > Brooks, J A • 10/22 - 12/15 • WAKE-09
Lec: W • 12:30p.m. - 1:35p.m.
Brooks, J A • 10/22 - 12/15 • WAKE-09
Lab: W • 1:40p.m. - 3:55p.m.
- CRN 40350 > **EVE** Vestal, P L • 8/27 - 10/20 • WAKE-09
Lec: R • 5:30p.m. - 6:45p.m.
EVE Vestal, P L • 8/27 - 10/20 • WAKE-09
Lab: R • 6:50p.m. - 8:55p.m.
- CRN 40351 > **EVE** Vestal, P L • 10/22 - 12/15 • WAKE-09
Lec: R • 5:40p.m. - 6:55p.m.

EVE Vestal, P L • 10/22 - 12/15 • WAKE-09
Lab: R • 7:00p.m. - 9:35p.m.

CRN 40352 > **EVE** Brooks, J A • 8/27 - 10/20 • WAKE-09
Lec: M • 5:40p.m. - 6:55p.m.

EVE Brooks, J A • 8/27 - 10/20 • WAKE-09
Lab: M • 7:00p.m. - 9:35p.m.

CRN 40353 > **EVE** Brooks, J A • 10/22 - 12/15 • WAKE-09
Lec: M • 5:40p.m. - 6:55p.m.

EVE Brooks, J A • 10/22 - 12/15 • WAKE-09
Lab: M • 7:00p.m. - 9:35p.m.

CRN 40542 > Vestal, P L • 8/27 - 10/20 • WAKE-09
Lec: R • 8:30a.m. - 9:50a.m.

Vestal, P L • 8/27 - 10/20 • WAKE-09
Lab: R • 9:55a.m. - Noon

CRN 40543 > Vestal, P L • 8/27 - 10/20 • WAKE-09
Lec: R • 12:30p.m. - 1:45p.m.

Vestal, P L • 8/27 - 10/20 • WAKE-09
Lab: R • 1:50p.m. - 4:20p.m.

CRN 40568 > Staff • 8/27 - 10/20 • WAKE-09
Lec: T • 9:30a.m. - 10:20a.m.

Staff • 8/27 - 10/20 • WAKE-09
Lec: T • 10:25a.m. - 12:50p.m.

CRN 40569 > Staff • 10/22 - 12/15 • WAKE-09
Lec: T • 9:30a.m. - 10:20a.m.

Staff • 10/22 - 12/15 • WAKE-09
Lec: T • 10:25a.m. - 12:50p.m.

CRN 40633 > Vestal, P L • 10/22 - 12/15 • WAKE-09
Lec: R • 8:30a.m. - 9:50a.m.

Vestal, P L • 10/22 - 12/15 • WAKE-09
Lab: R • 9:55a.m. - 12:20p.m.

CRN 40634 > Vestal, P L • 10/22 - 12/15 • WAKE-09
Lec: R • 1:00p.m. - 2:20p.m.

Vestal, P L • 10/22 - 12/15 • WAKE-09
Lab: R • 2:25p.m. - 5:10p.m.



Older Adults

Art

Beginning Oil Painting: For Older Adults

Older adult students explore painting materials, set-up and palette-mixing, color combinations that work, and the use of light. Learn artistic techniques of applying paint to canvas, including brushes and palette knife. Students gain exposure to still-life, landscape, representational, abstract, and impressionistic.

ART NC101

- CRN 40521 > Runkle, C A • 8/27 - 10/20 • WAKE-07
Lec: W • 8:30a.m. - 9:45a.m.
Runkle, C A • 8/27 - 10/20 • WAKE-07
Lab: W • 9:50a.m. - 11:55a.m.
- CRN 40522 > Runkle, C A • 10/22 - 12/15 • WAKE-07
Lec: W • 8:30a.m. - 9:45a.m.
Runkle, C A • 10/22 - 12/15 • WAKE-07
Lab: W • 9:50a.m. - 11:55a.m.
- CRN 40540 > Iwerks, J D • 8/27 - 10/20 • SCHOTT-20
Lec: T • 8:30a.m. - 9:45a.m.
Iwerks, J D • 8/27 - 10/20 • SCHOTT-20
Lab: T • 9:50a.m. - 11:55a.m.
- CRN 40541 > Iwerks, J D • 10/22 - 12/15 • SCHOTT-20
Lec: T • 8:30a.m. - 9:45a.m.
Iwerks, J D • 10/22 - 12/15 • SCHOTT-20
Lab: T • 9:50a.m. - 11:55a.m.

Exploring Watercolor: For Older Adults

This course is designed to enhance, improve and increase the older adult's knowledge and skills in watercolor painting. Students receive lessons in color theory, value, composition and a multitude of watercolor techniques. Older adults can improve hand-eye coordination and retention of information and theory by taking this course.

ART NC106

- CRN 40311 > Runkle, C A • 8/27 - 10/20 • SCHOTT-05
Lec: R • 8:30a.m. - 9:35a.m.
Runkle, C A • 8/27 - 10/20 • SCHOTT-05
Lab: R • 9:40a.m. - 11:55a.m.
- CRN 40312 > Runkle, C A • 10/22 - 12/15 • SCHOTT-05
Lec: R • 8:30a.m. - 9:55a.m.
Runkle, C A • 10/22 - 12/15 • SCHOTT-05
Lab: R • 10:00a.m. - 12:25p.m.

Oil and Acrylic Painting: For Older Adults

Gaining an understanding of color, design, and texture the older adult students will exercise memory, critical thinking skills, and manual dexterity as they learn novel painting applications. Students learn to see oil and acrylic painting in a new, inspired way through the exploration of unique approaches that incorporate various parts of the brain.

ART NC107

- CRN 40362 > Van Stein, T A • 8/27 - 10/20 • SCHOTT-20
Lec: M • 8:50a.m. - 10:05a.m.
Van Stein, T A • 8/27 - 10/20 • SCHOTT-20
Lab: M • 10:10a.m. - 12:45p.m.
- CRN 40363 > Van Stein, T A • 10/22 - 12/15 • SCHOTT-20
Lec: M • 8:50a.m. - 10:05a.m.
Van Stein, T A • 10/22 - 12/15 • SCHOTT-20
Lab: M • 10:10a.m. - 12:45p.m.

Keeping an Art Journal: For Older Adults

This course teaches older adults how to develop an art journal. Older adults will record their daily lives through the use of mixed media techniques in collage, painting and writing.

ART NC112

- CRN 40491 > Luminess, C J • 8/27 - 10/20 • SCHOTT-05
Lec: M • 12:55p.m. - 2:10p.m.
Luminess, C J • 8/27 - 10/20 • SCHOTT-05
Lab: M • 2:15p.m. - 5:00p.m.
- CRN 40495 > Luminess, C J • 10/22 - 12/15 • SCHOTT-05
Lec: M • 12:55p.m. - 2:10p.m.
Luminess, C J • 10/22 - 12/15 • SCHOTT-05
Lab: M • 2:15p.m. - 5:00p.m.
- CRN 40496 > **SAT** Luminess, C J • 8/27 - 10/20 • SCHOTT-05
Lec: S • 10:30a.m. - 11:45a.m.
SAT Luminess, C J • 8/27 - 10/20 • SCHOTT-05
Lab: S • 11:50a.m. - 1:55p.m.
- CRN 40497 > **SAT** Luminess, C J • 10/22 - 12/15 • SCHOTT-05
Lec: S • 10:30a.m. - 11:50a.m.
SAT Luminess, C J • 10/22 - 12/15 • SCHOTT-05
Lab: S • 11:55a.m. - 2:25p.m.

NEW! Color Exploration: For Older Adults

An indoor painting course designed for older adults who have beginning to advanced skills. Color theory, including split-primary color mixing, creating shadows, and using color to enhance the perspective aspect of painting. Art history is discussed to compare different techniques. Composition is strongly dialogued and different still-life and other motivational projects are used to learn about what makes a good painting. Enhances mental acuity, hand-eye coordination, self-confidence and socialization skills.

ART NC115

- CRN 40455 > **SAT** Van Stein, T A • 8/27 - 10/20 • SCHOTT-23
Lec: S • 8:30a.m. - 9:35a.m.
SAT Van Stein, T A • 8/27 - 10/20 • SCHOTT-23
Lab: S • 9:40a.m. - 11:55a.m.
- CRN 40572 > **SAT** Van Stein, T A • 10/22 - 12/15 • SCHOTT-23
Lec: S • 8:30a.m. - 9:35a.m.
SAT Van Stein, T A • 10/22 - 12/15 • SCHOTT-23
Lec: S • 9:40a.m. - 12:30p.m.

Splashing Watercolor: For Older Adults

Through lecture, demonstrations and handouts, the older adult student will learn a variety of beginning and continuing student level approaches and techniques to watercolor. Older adult students will exercise cognitive and social skills to support the developmental tasks of aging. Students will learn a variety of styles, color theory and composition. The class includes a strong emphasis on color and light. Students will receive individual and group attention and critiques.

ART NC126

- CRN 40308 > Luminess, C J • 8/27 - 10/20 • SCHOTT-05
Lec: W • 8:30a.m. - 9:35a.m.
Luminess, C J • 8/27 - 10/20 • SCHOTT-05
Lab: W • 9:40a.m. - 11:55a.m.
- CRN 40309 > Luminess, C J • 10/22 - 12/15 • SCHOTT-05
Lec: W • 8:30a.m. - 9:35a.m.
Luminess, C J • 10/22 - 12/15 • SCHOTT-05
Lab: W • 9:40a.m. - 11:55a.m.

NEW! Art and the Environment: For Older Adults

Older adult students enhance their landscape painting skills and learn about the importance of Santa Barbara's endangered landscapes. Students will develop creativity, improve concentration, problem solving, decision making skills, and mental focus, and enhance fine motor skills through composition of paintings and the manipulation of drawing and painting tools. Instruction in oils, pastels and watercolor, however, any medium and all skill levels are welcomed. Most classes will meet directly on location.

ART NC135

CRN 40570 > Iwerks, J D • 8/27 - 10/20 • SCHOTT-27
Lec: T • 1:00p.m. - 2:15p.m.

Iwerks, J D • 8/27 - 10/20 • SCHOTT-27
Lab: T • 2:20p.m. - 4:50p.m.

CRN 40571 > Iwerks, J D • 10/22 - 12/15 • SCHOTT-27
Lec: T • 1:00p.m. - 2:15p.m.

Iwerks, J D • 10/22 - 12/15 • SCHOTT-27
Lab: T • 2:20p.m. - 4:50p.m.

Painting in Acrylic: For Older Adults

The older adult student use acrylics to experiment and create rich vibrant paintings. Color theory explored, composition and design principles discussed, as the student creates a series of individual paintings, increasing ability to retain and apply knowledge, increase facility with using tools, and enhance visual focus and attention to detail and structure.

ART NC138

CRN 40315 > Eberhart, B L • 8/27 - 10/20 • SCHOTT-20
Lec: F • 8:30a.m. - 9:35a.m.

Eberhart, B L • 8/27 - 10/20 • SCHOTT-20
Lab: F • 9:40a.m. - 11:55a.m.

CRN 40316 > Eberhart, B L • 10/22 - 12/15 • SCHOTT-20
Lec: F • 8:50a.m. - 10:05a.m.

Eberhart, B L • 10/22 - 12/15 • SCHOTT-20
Lab: F • 10:10a.m. - 12:45p.m.

CRN 40523 > Eberhart, B L • 8/27 - 10/20 • SCHOTT-20
Lec: R • 8:30a.m. - 9:45a.m.

Eberhart, B L • 8/27 - 10/20 • SCHOTT-20
Lab: R • 9:50a.m. - 11:55a.m.

CRN 40524 > Eberhart, B L • 10/22 - 12/15 • SCHOTT-20
Lec: R • 8:30a.m. - 9:45a.m.

Eberhart, B L • 10/22 - 12/15 • SCHOTT-20
Lab: R • 9:50a.m. - 12:20p.m.

Watercolor and the Great Outdoors: For Older Adults

Through lecture, demonstrations and handouts, the older adult student will learn a variety of beginning and continuing student level approaches and techniques to watercolor. Older adult students will experience the benefits of painting outdoors and will exercise cognitive and social skills to support the developmental tasks of aging. Class includes a strong emphasis on color and light. Students will receive individual and group attention and critiques.

ART NC142

CRN 40298 > Henderson III, L T • 8/27 - 10/20 • SCHOTT-22
Lec: R • 8:50a.m. - 10:05a.m.

Henderson III, L T • 8/27 - 10/20 • SCHOTT-22
Lab: R • 10:10a.m. - 12:15p.m.

CRN 40300 > Henderson III, L T • 10/22 - 12/15 • SCHOTT-22
Lec: R • 9:00a.m. - 10:05a.m.

Henderson III, L T • 10/22 - 12/15 • SCHOTT-22
Lab: R • 10:10a.m. - 12:50p.m.

Intermediate and Advanced Painting: For Older Adults

Older adult students concentrate on composition, simplification of subject and presentation. Students are encouraged to bring to class new ideas, works in progress or rework older paintings. Class is structured as a semi-tutorial open studio atmosphere.

ART NC146

CRN 39883 > Askew, R A • 8/27 - 10/20 • SCHOTT-23
Lec: M • 8:00a.m. - 9:15a.m.

Askew, R A • 8/27 - 10/20 • SCHOTT-23
Lab: M • 9:20a.m. - 12:05p.m.

CRN 39884 > Askew, R A • 10/22 - 12/15 • SCHOTT-23
Lec: M • 8:00a.m. - 9:15a.m.

Askew, R A • 10/22 - 12/15 • SCHOTT-23
Lab: M • 9:20a.m. - 12:05p.m.

CRN 39885 > Askew, R A • 8/27 - 10/20 • SCHOTT-23
Lec: R • 8:30a.m. - 9:35a.m.

Askew, R A • 8/27 - 10/20 • SCHOTT-23
Lab: R • 9:40a.m. - 11:55a.m.

CRN 39886 > Askew, R A • 10/22 - 12/15 • SCHOTT-23
Lec: R • 8:30a.m. - 9:45a.m.

Askew, R A • 10/22 - 12/15 • SCHOTT-23
Lab: R • 9:50a.m. - 12:25p.m.

CRN 40081 > Askew, R A • 8/27 - 10/20 • SCHOTT-23
Lec: W • 8:30a.m. - 9:35a.m.

Askew, R A • 8/27 - 10/20 • SCHOTT-23
Lab: W • 9:40a.m. - 11:55a.m.

CRN 40082 > Askew, R A • 10/22 - 12/15 • SCHOTT-23
Lec: W • 8:30a.m. - 9:35a.m.

Askew, R A • 10/22 - 12/15 • SCHOTT-23
Lec: W • 9:40a.m. - 11:55a.m.

CRN 40519 > Runkle, C A • 8/27 - 10/20 • WAKE-07
Lec: M • 8:50a.m. - 10:05a.m.

Runkle, C A • 8/27 - 10/20 • WAKE-07
Lab: M • 10:10a.m. - 12:45p.m.

CRN 40520 > Runkle, C A • 10/22 - 12/15 • WAKE-07
Lec: M • 8:50a.m. - 10:05a.m.

Runkle, C A • 10/22 - 12/15 • WAKE-07
Lab: M • 10:10a.m. - 12:45p.m.

Light and Shadow in Art: For Older Adults

This course teaches older adults the fundamentals of light and shadow in painting. Technical skills in the use of oils, acrylics, and watercolors, are utilized to capture the quality of light and color relationships on a two-dimensional surface. Older adults improve fine motor skills and hand eye coordination through weekly application of skills learned.

ART NC153

CRN 40453 > Van Stein, T A • 8/27 - 10/20 • BTRFLY
Lec: W • 1:00p.m. - 2:05p.m.

Van Stein, T A • 8/27 - 10/20 • BTRFLY
Lab: W • 2:10p.m. - 4:30p.m.

CRN 40454 > Van Stein, T A • 10/22 - 12/15 • BTRFLY
Lec: W • 1:00p.m. - 2:05p.m.
Van Stein, T A • 10/22 - 12/15 • BTRFLY
Lab: W • 2:10p.m. - 4:30p.m.

Beginning Watercolor, Painting with the Flow: For Older Adults

The course will cover 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.

ART NC154

CRN 40313 > **EVE** Henderson III, L T • 8/27 - 10/20 • SCHOTT-05
Lec: T • 6:00p.m. - 7:05p.m.
EVE Henderson III, L T • 8/27 - 10/20 • SCHOTT-05
Lab: T • 7:10p.m. - 9:25p.m.
CRN 40314 > **EVE** Henderson III, L T • 10/22 - 12/15 • SCHOTT-05
Lec: T • 6:00p.m. - 7:05p.m.
EVE Henderson III, L T • 10/22 - 12/15 • SCHOTT-05
Lab: T • 7:10p.m. - 9:25p.m.

Botanical Illustration: For Older Adults

This course introduces older adults to the art of botanical illustration. Working in line and half-tone, with pencil, pen and watercolor, the older adult student of nature learns to depict plant species and understand botanical form and function. Students may focus on native plants or backyard garden varieties. Includes attention to plant anatomy, form, function, and composition and practice with color and abstraction.

ART NC156

CRN 40355 > Runkle, C A • 8/27 - 10/20 • SCHOTT-20
Lec: T • 1:00p.m. - 2:05p.m.
Runkle, C A • 8/27 - 10/20 • SCHOTT-20
Lab: T • 2:15p.m. - 4:30p.m.
CRN 40357 > Runkle, C A • 10/22 - 12/15 • SCHOTT-20
Lec: T • 1:00p.m. - 2:05p.m.
Runkle, C A • 10/22 - 12/15 • SCHOTT-20
Lab: T • 2:15p.m. - 4:30p.m.

NEW! Pastels-A Class in Color and Technique: For Older Adults

An outdoor landscape painting course designed for older adults who have beginning to advanced skills using pastels. Enhance attention to detail and retention of information by learning color theory, including split- primaries, warm and cool color relationships, referencing shadows, highlights, and using color to enhance perspective. Each outdoor location will have a special emphasis on subject matter, perspective and interest, increasing visual awareness of detail and color in community environment. Occasional indoor workshop sessions will facilitate technique and reviewing completed work.

ART NC168

CRN 40694 > Eberhart, B L • 8/27 • WAKE-07
Lec: M • 1:00p.m. - 2:30p.m.

Eberhart, B L • 8/27 • WAKE-07
Lab: M • 2:35p.m. - 4:00p.m.

Eberhart, B L • 9/10 - 10/20 • WAKE-07
Lec: M • 1:00p.m. - 2:30p.m.

Eberhart, B L • 9/10 - 10/20 • WAKE-07
Lab: M • 2:35p.m. - 4:00p.m.

CRN 40695 > Eberhart, B L • 10/22 - 11/5 • WAKE-07
Lec: M • 1:00p.m. - 2:30p.m.

Eberhart, B L • 10/22 - 11/5 • WAKE-07
Lab: M • 2:35p.m. - 4:00p.m.

Eberhart, B L • 11/19 - 12/15 • WAKE-07
Lec: M • 1:00p.m. - 2:30p.m.

Eberhart, B L • 11/19 - 12/15 • WAKE-07
Lab: M • 2:35p.m. - 4:00p.m.

Portrait Drawing and Painting: For Older Adults

The older adult student experiences the challenges and creativity of portrait drawing and painting, increasing hand-eye coordination and dexterity while learning. The class will begin by drawing and gradually move into painting. Topics to be explored will include the study of structure and form rather than features, an exploration of the study of light on the head and the integration of the head into the figure, acquiring and retaining knowledge and enhancing ability to retain information.

ART NC182

CRN 40407 > Staff • 8/27 - 10/20 • SCHOTT-23
Lec: T • 1:00p.m. - 2:05p.m.

Staff • 8/27 - 10/20 • SCHOTT-23
Lab: T • 2:15p.m. - 4:30p.m.

CRN 40408 > Staff • 10/22 - 12/15 • SCHOTT-23
Lec: T • 1:00p.m. - 2:05p.m.

Staff • 10/22 - 12/15 • SCHOTT-23
Lab: T • 2:15p.m. - 4:30p.m.

NEW! Collage and Mixed Media: For Older Adults

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.

ART NC184

CRN 40405 > Luminess, C J • 8/27 - 10/20 • SCHOTT-20
Lec: W • 1:00p.m. - 2:05p.m.

Luminess, C J • 8/27 - 10/20 • SCHOTT-20
Lab: W • 2:15p.m. - 4:30p.m.

CRN 40406 > Luminess, C J • 10/22 - 12/15 • SCHOTT-20
Lec: W • 1:00p.m. - 2:05p.m.

Luminess, C J • 10/22 - 12/15 • SCHOTT-20
Lab: W • 2:15p.m. - 4:30p.m.

Arts & Crafts Fair

Saturday, December 1st

10 a.m. – 4 p.m. • Wake Campus

Abstract Painting: For Older Adults

This course provides older adults a comprehensive, historical overview of abstract art and practical instruction in the painting of abstract pictures. Students will explore methods, materials, composition, color, and intuitive uses of their imagination through new techniques.

ART NC190

- CRN 40303 > Sattler, J M • 8/27 - 10/20 • SCHOTT-05
Lec: T • 12:30p.m. - 1:35p.m.
Sattler, J M • 8/27 - 10/20 • SCHOTT-05
Lab: T • 1:40p.m. - 3:55p.m.
- CRN 40304 > Sattler, J M • 10/22 - 12/15 • SCHOTT-05
Lec: T • 12:30p.m. - 1:35p.m.
Sattler, J M • 10/22 - 12/15 • SCHOTT-05
Lab: T • 1:40p.m. - 4:00p.m.
- CRN 40305 > Sattler, J M • 8/27 - 10/20 • SCHOTT-05
Lec: R • 12:30p.m. - 1:35p.m.
Sattler, J M • 8/27 - 10/20 • SCHOTT-05
Lab: R • 1:40p.m. - 3:55p.m.
- CRN 40306 > Sattler, J M • 10/22 - 12/15 • SCHOTT-05
Lec: R • 12:30p.m. - 1:45p.m.
Sattler, J M • 10/22 - 12/15 • SCHOTT-05
Lab: R • 1:50p.m. - 4:20p.m.

Artist's Open Studio: For Older Adults

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.

ART NC193

- CRN 40337 > Wilson, P P • 8/27 - 10/20 • WAKE-07
Lec: T • 12:30p.m. - 1:35p.m.
Wilson, P P • 8/27 - 10/20 • WAKE-07
Lab: T • 1:40p.m. - 3:55p.m.
- CRN 40338 > Wilson, P P • 10/22 - 12/15 • WAKE-07
Lec: T • 12:30p.m. - 1:35p.m.
Wilson, P P • 10/22 - 12/15 • WAKE-07
Lab: T • 1:40p.m. - 3:55p.m.

Beginning Drawing: For Older Adults

This course is designed for the older adult who wants to draw and deepen their understanding of drawing and composition. Students will expand their observational skills and learn to develop skills to create interesting compositions. Students will learn about gesture, shadows and shading with the use of a variety of materials, enhancing ability to focus on visual detail. Two outside campus field trips to Santa Barbara Mission and Natural History Museum.

ART NC211

- CRN 40301 > Gray, C F • 8/27 - 10/20 • SCHOTT-20
Lec: W • 10:10a.m. - 12:20p.m.
Gray, C F • 8/27 - 10/20 • SCHOTT-20
Lab: W • 9:00a.m. - 10:05a.m.
- CRN 40302 > Gray, C F • 10/22 - 12/15 • SCHOTT-20
Lec: W • 10:10a.m. - 12:20p.m.
Gray, C F • 10/22 - 12/15 • SCHOTT-20
Lab: W • 9:00a.m. - 10:05a.m.

- CRN 40498 > **EVE** Gray, C F • 8/27 - 10/20 • SCHOTT-20
Lec: W • 5:30p.m. - 6:45p.m.
EVE Gray, C F • 8/27 - 10/20 • SCHOTT-20
Lab: W • 6:50p.m. - 8:55p.m.
- CRN 40499 > **EVE** Gray, C F • 10/22 - 12/15 • SCHOTT-20
Lec: W • 5:30p.m. - 6:45p.m.
EVE Gray, C F • 10/22 - 12/15 • SCHOTT-20
Lab: W • 6:50p.m. - 8:55p.m.
- CRN 40573 > Wilson, P P • 8/27 - 10/20 • WAKE-07
Lec: R • 12:30p.m. - 1:45p.m.
Wilson, P P • 8/27 - 10/20 • WAKE-07
Lab: R • 1:50p.m. - 4:20p.m.
- CRN 40574 > Wilson, P P • 10/22 - 12/15 • WAKE-07
Lec: R • 12:30p.m. - 1:50p.m.
Wilson, P P • 10/22 - 12/15 • WAKE-07
Lab: R • 1:55p.m. - 4:55p.m.
- CRN 40581 > Wilson, P P • 8/27 - 10/20 • WAKE-07
Lec: R • 12:30p.m. - 1:45p.m.
Wilson, P P • 8/27 - 10/20 • WAKE-07
Lab: R • 1:50p.m. - 4:20p.m.
- CRN 40582 > Wilson, P P • 10/22 - 12/15 • WAKE-07
Lec: R • 12:30p.m. - 1:50p.m.
Wilson, P P • 10/22 - 12/15 • WAKE-07
Lab: R • 1:55p.m. - 4:55p.m.

Figure Drawing: For Older Adults

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.

ART NC218

- CRN 40409 > **EVE** Manzo, L C • 8/27 - 10/20 • SCHOTT-23
Lec: W • 5:35p.m. - 6:40p.m.
EVE Manzo, L C • 8/27 - 10/20 • SCHOTT-23
Lab: W • 6:45p.m. - 9:00p.m.
- CRN 40410 > **EVE** Manzo, L C • 10/22 - 12/15 • SCHOTT-23
Lec: W • 5:35p.m. - 6:40p.m.
EVE Manzo, L C • 10/22 - 12/15 • SCHOTT-23
Lab: W • 6:45p.m. - 9:00p.m.
- CRN 40411 > Unkefer, D • 8/27 - 10/20 • SCHOTT-23
Lec: R • 1:00p.m. - 2:05p.m.
Unkefer, D • 8/27 - 10/20 • SCHOTT-23
Lab: R • 2:15p.m. - 4:30p.m.
- CRN 40412 > Unkefer, D • 10/22 - 12/15 • SCHOTT-23
Lec: R • 12:30p.m. - 1:45p.m.
Unkefer, D • 10/22 - 12/15 • SCHOTT-23
Lab: R • 1:50p.m. - 4:20p.m.
- CRN 40415 > **EVE** Van Stein, T A • 8/27 - 10/20 • SCHOTT-23
Lec: R • 6:00p.m. - 7:05p.m.
EVE Van Stein, T A • 8/27 - 10/20 • SCHOTT-23
Lab: R • 7:10p.m. - 9:25p.m.
- CRN 40416 > **EVE** Van Stein, T A • 10/22 - 12/15 • SCHOTT-23
Lec: R • 5:40p.m. - 6:55p.m.
EVE Van Stein, T A • 10/22 - 12/15 • SCHOTT-23
Lab: R • 7:00p.m. - 9:35p.m.
- CRN 40417 > **EVE** Stich, R G • 8/27 - 10/20 • SCHOTT-23
Lec: T • 6:00p.m. - 7:05p.m.
EVE Stich, R G • 8/27 - 10/20 • SCHOTT-23
Lab: T • 7:10p.m. - 9:25p.m.

- CRN 40418 > **EVE** Stich, R G • 10/22 - 12/15 • SCHOTT-23
Lec: T • 6:00p.m. - 7:05p.m.
EVE Stich, R G • 10/22 - 12/15 • SCHOTT-23
Lab: T • 7:10p.m. - 9:25p.m.
- CRN 40419 > Henderson III, L T • 8/27 - 10/20 • SCHOTT-23
Lec: T • 8:30a.m. - 9:35a.m.
Henderson III, L T • 8/27 - 10/20 • SCHOTT-23
Lab: T • 9:40a.m. - 11:55a.m.
- CRN 40420 > Henderson III, L T • 10/22 - 12/15 • SCHOTT-23
Lec: T • 8:30a.m. - 9:35a.m.
Henderson III, L T • 10/22 - 12/15 • SCHOTT-23
Lab: T • 9:40a.m. - 11:55a.m.

Beginning Stone Carving: For Older Adults

Older adult students will learn the fundamentals of stone carving, focusing on the basic techniques of carving and the development of ideas and forms. Hand tools will be used to carve alabaster.

ART NC356

- CRN 40326 > **SAT** Davis, R S • 8/27 - 10/20 • H-104
Lec: S • 9:30a.m. - 10:35a.m.
SAT Davis, R S • 8/27 - 10/20 • H-104
Lab: S • 10:40a.m. - 12:55p.m.
- CRN 40327 > **SAT** Davis, R S • 10/22 - 12/15 • H-104
Lec: S • 9:00a.m. - 10:15a.m.
SAT Davis, R S • 10/22 - 12/15 • H-104
Lec: S • 10:20a.m. - 12:55p.m.

Southwest Style Jewelry: For Older Adults

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.

ART NC433

- CRN 40562 > Stanley, C • 8/27 - 10/20 • WAKE-08
Lec: W • 1:55p.m. - 4:20p.m.
Stanley, C • 8/27 - 10/20 • WAKE-08
Lab: W • 1:00p.m. - 1:50p.m.
- CRN 40563 > Stanley, C • 10/22 - 12/15 • WAKE-08
Lec: W • 1:55p.m. - 4:20p.m.
Stanley, C • 10/22 - 12/15 • WAKE-08
Lab: W • 1:00p.m. - 1:50p.m.

NEW! Specialized Jewelry Techniques: For Older Adults

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.

ART NC434

- CRN 40470 > **EVE** Stanley, C • 8/27 - 10/20 • WAKE-08
Lec: W • 5:30p.m. - 6:35p.m.
EVE Stanley, C • 8/27 - 10/20 • WAKE-08
Lab: W • 6:40p.m. - 8:55p.m.



- CRN 40472 > **EVE** Stanley, C • 10/22 - 12/15 • WAKE-08
Lec: W • 5:30p.m. - 6:35p.m.
EVE Stanley, C • 10/22 - 12/15 • WAKE-08
Lab: W • 6:40p.m. - 8:55p.m.
- CRN 40558 > Elkins, G D • 8/27 - 10/20 • WAKE-08
Lec: T • 12:30p.m. - 1:20p.m.
Elkins, G D • 8/27 - 10/20 • WAKE-08
Lab: T • 1:25p.m. - 3:50p.m.
- CRN 40559 > Elkins, G D • 10/22 - 12/15 • WAKE-08
Lec: T • 12:30p.m. - 1:20p.m.
Elkins, G D • 10/22 - 12/15 • WAKE-08
Lab: T • 1:25p.m. - 3:40p.m.

NEW! Enameling-Glass on Metal: For Older Adults

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.

ART NC436

- CRN 40583 > Morin, J R • 8/27 - 10/20 • WAKE-08
Lec: R • 1:00p.m. - 2:15p.m.
Morin, J R • 8/27 - 10/20 • WAKE-08
Lec: R • 2:20p.m. - 4:50p.m.
- CRN 40584 > Morin, J R • 10/22 - 12/15 • WAKE-08
Lec: R • 1:00p.m. - 2:30p.m.
Morin, J R • 10/22 - 12/15 • WAKE-08
Lab: R • 2:35p.m. - 5:20p.m.

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

Older adult students learn how to make silver rings, earrings, pins, and pendants. Techniques and applications for the older adult student in use the tools, work with materials, set gemstones and other fabrication techniques. Developed for the beginning older adult student.

ART NC439

- CRN 40468 > **EVE** Hale, K G • 8/27 - 10/20 • WAKE-08
Lec: M • 5:40p.m. - 6:55p.m.
EVE Hale, K G • 8/27 - 10/20 • WAKE-08
Lab: M • 7:00p.m. - 9:35p.m.
- CRN 40469 > **EVE** Hale, K G • 10/22 - 12/15 • WAKE-08
Lec: M • 5:40p.m. - 6:55p.m.
EVE Hale, K G • 10/22 - 12/15 • WAKE-08
Lab: M • 7:00p.m. - 9:35p.m.
- CRN 40554 > Hale, K G • 8/27 - 10/20 • WAKE-08
Lec: M • 8:40a.m. - 10:00a.m.
Hale, K G • 8/27 - 10/20 • WAKE-08
Lab: M • 10:05a.m. - 12:50p.m.
- CRN 40555 > Hale, K G • 10/22 - 12/15 • WAKE-08
Lec: M • 8:40a.m. - 10:00a.m.
Hale, K G • 10/22 - 12/15 • WAKE-08
Lec: M • 10:05a.m. - 12:50p.m.
- CRN 40566 > **EVE** Hale, K G • 8/27 - 10/20 • WAKE-08
Lec: R • 5:45p.m. - 7:00p.m.
EVE Hale, K G • 8/27 - 10/20 • WAKE-08
Lab: R • 7:02p.m. - 9:35p.m.
- CRN 40567 > **EVE** Hale, K G • 10/22 - 12/15 • WAKE-08
Lec: R • 5:30p.m. - 7:00p.m.
EVE Hale, K G • 10/22 - 12/15 • WAKE-08
Lab: R • 7:05p.m. - 9:20p.m.



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

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.

ART NC441

- CRN 40462 > Elkins, G D • 8/27 - 10/20 • WAKE-08
Lec: T • 8:30a.m. - 9:35a.m.
Elkins, G D • 8/27 - 10/20 • WAKE-08
Lab: T • 9:40a.m. - 11:55a.m.
- CRN 40463 > Elkins, G D • 10/22 - 12/15 • WAKE-08
Lec: T • 8:30a.m. - 9:35a.m.
Elkins, G D • 10/22 - 12/15 • WAKE-08
Lab: T • 9:40a.m. - 11:55a.m.

NEW! Lost Wax Casting: For Older Adults

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

ART NC443

- CRN 40560 > **EVE** Stanley, C • 8/27 - 10/20 • WAKE-08
Lec: T • 5:30p.m. - 6:45p.m.
EVE Stanley, C • 8/27 - 10/20 • WAKE-08
Lab: T • 6:50p.m. - 9:20p.m.
- CRN 40561 > **EVE** Stanley, C • 10/22 - 12/15 • WAKE-08
Lec: T • 5:30p.m. - 6:45p.m.
EVE Stanley, C • 10/22 - 12/15 • WAKE-08
Lab: T • 6:50p.m. - 9:20p.m.

NEW! Jewelry Workshop: For Older Adults

A class for older adults to create and/or finish a jewelry related project with guidance based on using proper procedure in developing, executing, and finishing a design. Students learn how to research and integrate design forms, develop step by step procedure utilizing the characteristics of the materials involved, finish and present their completed pieces.

ART NC444

- CRN 40464 > Stanley, C • 8/27 - 10/20 • WAKE-08
Lec: W • 8:30a.m. - 9:35a.m.
Stanley, C • 8/27 - 10/20 • WAKE-08
Lab: W • 9:40a.m. - 11:55a.m.
- CRN 40465 > Stanley, C • 10/22 - 12/15 • WAKE-08
Lec: W • 8:30a.m. - 9:35a.m.
Stanley, C • 10/22 - 12/15 • WAKE-08
Lab: W • 9:40a.m. - 11:55a.m.
- CRN 40564 > Stanley, C • 8/27 - 10/20 • WAKE-08
Lec: R • 8:30a.m. - 9:45a.m.
Stanley, C • 8/27 - 10/20 • WAKE-08
Lab: R • 9:50a.m. - 12:20p.m.
- CRN 40565 > Stanley, C • 10/22 - 12/15 • WAKE-08
Lec: R • 8:30a.m. - 10:00a.m.
Stanley, C • 10/22 - 12/15 • WAKE-08
Lab: R • 10:05a.m. - 12:50p.m.

Art Experiences and Conversations: For Older Adults

Older adult students practice self-expression by viewing works of art and discussing basic art principles. Students familiarize themselves with the work of a number of artists by viewing prints of the artwork, then express their feelings discussing the prints and the artist's background. Discussion topics include art principles such as color, line and shape, and recollections and associations about art, history and life.

ART NC585

CRN 40590 > Miles, J E • 8/27 - 10/20 • WAKE-16
Lec: M • 4:00p.m. - 5:25p.m.

CRN 40591 > Miles, J E • 10/22 - 12/15 • WAKE-16
Lec: M • 4:00p.m. - 5:25p.m.

Beginning Calligraphy: For Older Adults

The older adult student will learn 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.

ART NC701

CRN 40339 > Harris, C L • 8/27 - 10/20 • WAKE-07
Lec: T • 8:30a.m. - 9:45a.m.

Harris, C L • 8/27 - 10/20 • WAKE-07
Lab: T • 9:50a.m. - 11:55a.m.

CRN 40340 > Harris, C L • 10/22 - 12/15 • WAKE-07
Lec: T • 8:30a.m. - 9:45a.m.

Harris, C L • 10/22 - 12/15 • WAKE-07
Lab: T • 9:50a.m. - 11:55a.m.

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

This class is designed for older adults with previous experience working with glass. This will be a hands-on class for those wanting to advance their skills in the art of leaded stained glass, copper foil stained glass and mosaic. The instruction in this class will take the student through every stage needed to fabricate a glass project. It will also include weekly handouts covering the history of stained glass from its humble beginnings to present day. Course enhances mental acuity, manual dexterity, and attention to visual detail.

ART NC704

CRN 40460 > Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lec: R • 8:30a.m. - 9:45a.m.

Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lab: R • 9:50a.m. - 11:55a.m.

CRN 40461 > Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lec: R • 8:30a.m. - 9:50a.m.

Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lab: R • 9:55a.m. - 12:20p.m.

CRN 40622 > Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lec: R • 1:00p.m. - 2:05p.m.

Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lab: R • 2:10p.m. - 4:25p.m.

CRN 40623 > Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lec: R • 1:00p.m. - 1:50p.m.

Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lab: R • 1:55p.m. - 4:45p.m.

CRN 40626 > Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lec: T • 8:30a.m. - 9:45a.m.

Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lab: T • 9:50a.m. - 11:55a.m.

CRN 40627 > Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lec: T • 8:30a.m. - 9:45a.m.

Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lab: T • 9:50a.m. - 11:55a.m.

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

This class is designed for older adults who have no previous experience working with glass. This will be a hands-on class for those wanting to learn the art of leaded stained glass, copper foil stained glass and mosaic. The instruction in this class will take the student through every stage needed to fabricate a glass project. It will also include weekly handouts covering the history of stained glass from its humble beginnings to present day.

ART NC705

CRN 40638 > Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lec: T • 8:30a.m. - 9:45a.m.

Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lab: T • 9:50a.m. - 11:55a.m.

CRN 40639 > Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lec: T • 8:30a.m. - 9:45a.m.

Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lab: T • 9:50a.m. - 11:55a.m.

Chinese Calligraphy and Brush Painting: For Older Adults

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.)

ART NC722

CRN 40333 > Willhite, S L • 8/27 - 10/20 • WAKE-07
Lec: W • 1:00p.m. - 2:05p.m.

Willhite, S L • 8/27 - 10/20 • WAKE-07
Lab: W • 2:10p.m. - 4:25p.m.

CRN 40334 > Willhite, S L • 10/22 - 12/15 • WAKE-07
Lec: W • 1:00p.m. - 2:05p.m.

Willhite, S L • 10/22 - 12/15 • WAKE-07
Lab: W • 2:10p.m. - 4:25p.m.

CRN 40508 > Willhite, S L • 8/27 - 10/20 • WAKE-07
Lec: T • 9:00a.m. - 10:05a.m.

Willhite, S L • 8/27 - 10/20 • WAKE-07
Lab: T • 10:10a.m. - 12:25p.m.

CRN 40509 > Willhite, S L • 10/22 - 12/15 • WAKE-07
Lec: T • 9:00a.m. - 10:05a.m.

Willhite, S L • 10/22 - 12/15 • WAKE-07
Lab: T • 10:10a.m. - 12:25p.m.

NEW! Glass Arts Workshop: For Older Adults

Older adult students of all levels receive individualized instruction in the glass arts, including leaded stained glass, copper foil stained glass, fusing, mosaic and sandblasting.

ART NC723

- CRN 40624 > Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lec: F • 8:30a.m. - 9:45a.m.
Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lab: F • 9:50a.m. - 12:20p.m.
- CRN 40625 > Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lec: F • 8:30a.m. - 9:45a.m.
Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lab: F • 9:50a.m. - 12:50p.m.
- CRN 40676 > **EVE** Vanhecke, L • 8/27 • WAKE-11
Lec: M • 5:30p.m. - 6:30p.m.
EVE Vanhecke, L • 8/27 • WAKE-11
Lab: M • 6:35p.m. - 8:30p.m.
EVE Vanhecke, L • 9/10 - 10/20 • WAKE-11
Lec: M • 5:30p.m. - 6:30p.m.
EVE Vanhecke, L • 9/10 - 10/20 • WAKE-11
Lab: M • 6:55p.m. - 8:30p.m.
- CRN 40677 > **EVE** Vanhecke, L • 10/22 - 11/5 • WAKE-11
Lec: M • 5:30p.m. - 6:30p.m.
EVE Vanhecke, L • 10/22 - 11/5 • WAKE-11
Lab: M • 6:55p.m. - 8:30p.m.
EVE Vanhecke, L • 11/19 - 12/15 • WAKE-11
Lec: M • 5:30p.m. - 6:30p.m.
EVE Vanhecke, L • 11/19 - 12/15 • WAKE-11
Lab: M • 6:55p.m. - 8:30p.m.

NEW! Monotypes and Monoprints: For Older Adults

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.

ART NC748

- CRN 40696 > Zimmerman, S H • 8/27 - 10/20 • SCHOTT-23
Lec: F • 8:30a.m. - 9:35a.m.
Zimmerman, S H • 8/27 - 10/20 • SCHOTT-23
Lab: F • 9:40a.m. - 11:05a.m.
- CRN 40697 > Zimmerman, S H • 10/22 - 11/16 • SCHOTT-23
Lec: F • 8:30a.m. - 9:50a.m.
Zimmerman, S H • 10/22 - 11/16 • SCHOTT-23
Lab: F • 9:55a.m. - 11:40a.m.
Zimmerman, S H • 11/30 - 12/15 • SCHOTT-23
Lec: F • 8:30a.m. - 9:50a.m.
Zimmerman, S H • 11/30 - 12/15 • SCHOTT-23
Lab: F • 9:55a.m. - 11:40a.m.

NEW! Beginning Glass Fusing: For Older Adults

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

ART NC799

- CRN 40457 > Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lec: W • 11:30a.m. - 12:35p.m.
Vanhecke, L • 8/27 - 10/20 • WAKE-11
Lab: W • 12:40p.m. - 2:55p.m.

- CRN 40459 > Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lec: W • 11:30a.m. - 12:35p.m.
Vanhecke, L • 10/22 - 12/15 • WAKE-11
Lab: W • 12:40p.m. - 2:55p.m.

Ceramics, an Option for Creative Learning: For Older Adults

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.

ART NC823

- CRN 40366 > **EVE** Loebman, B A • 8/27 - 10/20 • SCHOTT-24
Lec: T • 6:00p.m. - 7:05p.m.
EVE Loebman, B A • 8/27 - 10/20 • SCHOTT-24
Lab: T • 7:10p.m. - 9:25p.m.
- CRN 40367 > **EVE** Loebman, B A • 10/22 - 12/15 • SCHOTT-24
Lec: T • 6:00p.m. - 7:05p.m.
EVE Loebman, B A • 10/22 - 12/15 • SCHOTT-24
Lab: T • 7:10p.m. - 9:25p.m.
- CRN 40368 > McGuire, R S • 8/27 - 10/20 • SCHOTT-24
Lec: W • 8:30a.m. - 9:35a.m.
McGuire, R S • 8/27 - 10/20 • SCHOTT-24
Lab: W • 9:40a.m. - 11:55a.m.
- CRN 40369 > McGuire, R S • 10/22 - 12/15 • SCHOTT-24
Lec: W • 8:30a.m. - 9:35a.m.
McGuire, R S • 10/22 - 12/15 • SCHOTT-24
Lab: W • 9:40a.m. - 11:55a.m.
- CRN 40370 > **EVE** Stout, L R • 8/27 - 10/20 • CHS
Lec: W • 5:30p.m. - 6:35p.m.
EVE Stout, L R • 8/27 - 10/20 • CHS
Lab: W • 6:40p.m. - 8:55p.m.
- CRN 40371 > **EVE** Stout, L R • 10/22 - 12/15 • CHS
Lec: W • 5:30p.m. - 6:35p.m.
EVE Stout, L R • 10/22 - 12/15 • CHS
Lab: W • 6:40p.m. - 8:55p.m.
- CRN 40372 > McGuire, R S • 8/27 - 10/20 • SCHOTT-24
Lec: W • 1:00p.m. - 2:05p.m.
McGuire, R S • 8/27 - 10/20 • SCHOTT-24
Lab: W • 2:15p.m. - 4:30p.m.
- CRN 40373 > McGuire, R S • 10/22 - 12/15 • SCHOTT-24
Lec: W • 1:00p.m. - 2:05p.m.
McGuire, R S • 10/22 - 12/15 • SCHOTT-24
Lab: W • 2:15p.m. - 4:30p.m.
- CRN 40374 > **EVE** Primrose, Z M • 8/27 - 10/20 • SCHOTT-24
Lec: W • 6:00p.m. - 7:05p.m.
EVE Primrose, Z M • 8/27 - 10/20 • SCHOTT-24
Lab: W • 7:10p.m. - 9:25p.m.
- CRN 40375 > **EVE** Primrose, Z M • 10/22 - 12/15 • SCHOTT-24
Lec: W • 6:00p.m. - 7:05p.m.
EVE Primrose, Z M • 10/22 - 12/15 • SCHOTT-24
Lab: W • 7:10p.m. - 9:25p.m.
- CRN 40376 > **EVE** Thomsen, G I • 8/27 - 10/20 • SCHOTT-24
Lec: R • 6:00p.m. - 7:05p.m.
EVE Thomsen, G I • 8/27 - 10/20 • SCHOTT-24
Lab: R • 7:10p.m. - 9:25p.m.

- CRN 40378 > **EVE** Thomsen, G I • 10/22 - 12/15 • SCHOTT-24
Lec: R • 5:40p.m. - 6:55p.m.
EVE Thomsen, G I • 10/22 - 12/15 • SCHOTT-24
Lab: R • 7:00p.m. - 9:35p.m.
- CRN 40379 > **SAT** Pini, D A • 8/27 - 10/20 • SCHOTT-24
Lec: S • 9:00a.m. - 10:05a.m.
SAT Pini, D A • 8/27 - 10/20 • SCHOTT-24
Lab: S • 10:10a.m. - 12:25p.m.
- CRN 40380 > **SAT** Pini, D A • 10/22 - 12/15 • SCHOTT-24
Lec: S • 8:50a.m. - 10:05a.m.
SAT Pini, D A • 10/22 - 12/15 • SCHOTT-24
Lab: S • 10:10a.m. - 12:45p.m.
- CRN 40382 > **EVE** Basch, M A • 8/27 - 10/20 • SCHOTT-24
Lec: M • 5:40p.m. - 6:55p.m.
EVE Basch, M A • 8/27 - 10/20 • SCHOTT-24
Lab: M • 7:00p.m. - 9:35p.m.
- CRN 40383 > **EVE** Basch, M A • 10/22 - 12/15 • SCHOTT-24
Lec: M • 5:40p.m. - 6:55p.m.
EVE Basch, M A • 10/22 - 12/15 • SCHOTT-24
Lab: M • 7:00p.m. - 9:35p.m.
- CRN 40384 > **EVE** Sayers, B H • 8/27 - 10/20 • SCHOTT-24
Lec: F • 6:00p.m. - 7:05p.m.
EVE Sayers, B H • 8/27 - 10/20 • SCHOTT-24
Lab: F • 7:10p.m. - 9:25p.m.
- CRN 40386 > **EVE** Sayers, B H • 10/22 - 12/15 • SCHOTT-24
Lec: F • 5:40p.m. - 6:55p.m.
EVE Sayers, B H • 10/22 - 12/15 • SCHOTT-24
Lab: F • 7:00p.m. - 9:35p.m.
- CRN 40389 > Sayers, B H • 8/27 - 10/20 • SCHOTT-24
Lec: F • 1:00p.m. - 2:05p.m.
Sayers, B H • 8/27 - 10/20 • SCHOTT-24
Lab: F • 2:15p.m. - 4:30p.m.
- CRN 40391 > Sayers, B H • 10/22 - 12/15 • SCHOTT-24
Lec: F • 1:00p.m. - 2:15p.m.
Sayers, B H • 10/22 - 12/15 • SCHOTT-24
Lab: F • 2:20p.m. - 4:50p.m.
- CRN 40482 > Loebman, B A • 8/27 - 10/20 • SCHOTT-24
Lec: F • 9:00a.m. - 10:05a.m.
Loebman, B A • 8/27 - 10/20 • SCHOTT-24
Lab: F • 10:15a.m. - 12:30p.m.
- CRN 40483 > Loebman, B A • 10/22 - 12/15 • SCHOTT-24
Lec: F • 9:00a.m. - 10:10a.m.
Loebman, B A • 10/22 - 12/15 • SCHOTT-24
Lab: F • 10:15a.m. - 12:50p.m.
- CRN 40550 > Thomsen, G I • 8/27 - 10/20 • SCHOTT-24
Lec: R • 1:00p.m. - 2:05p.m.
Thomsen, G I • 8/27 - 10/20 • SCHOTT-24
Lab: R • 2:15p.m. - 4:30p.m.
- CRN 40552 > Thomsen, G I • 10/22 - 12/15 • SCHOTT-24
Lec: R • 1:00p.m. - 2:20p.m.
Thomsen, G I • 10/22 - 12/15 • SCHOTT-24
Lec: R • 2:25p.m. - 5:20p.m.
- CRN 40553 > Adcock, M E • 10/22 - 12/15 • SCHOTT-24
Lec: M • 12:40p.m. - 2:00p.m.
Adcock, M E • 10/22 - 12/15 • SCHOTT-24
Lab: M • 2:05p.m. - 5:00p.m.

NEW! Beginning Porcelain: For Older Adults

The beginning-level older adult student will learn to work with the most refined of the high fire clays. Challenges of forming and decorating porcelain, as well as the techniques necessary to develop personal style will be addressed.

ART NC851

- CRN 40403 > Loebman, B A • 8/27 - 10/20 • SCHOTT-24
Lec: R • 8:30a.m. - 9:35a.m.
Loebman, B A • 8/27 - 10/20 • SCHOTT-24
Lab: R • 9:40a.m. - 11:55a.m.
- CRN 40404 > Loebman, B A • 10/22 - 12/15 • SCHOTT-24
Lec: R • 8:50a.m. - 10:05a.m.
Loebman, B A • 10/22 - 12/15 • SCHOTT-24
Lab: R • 10:10a.m. - 12:45p.m.

NEW! Modeling the Figure in Clay: For Older Adults

The older adult student will learn to sculpt the human figure in water-based clay. This class will focus on techniques and skills needed to construct a three-dimensional, proportional, anatomical figure in a variety of poses from live models. Instruction will include use of tools, materials and armature construction.

ART NC888

- CRN 40421 > Kornbluth, S • 8/27 - 10/20 • SCHOTT-22
Lec: T • 8:30a.m. - 9:35a.m.
Kornbluth, S • 8/27 - 10/20 • SCHOTT-22
Lab: T • 9:40a.m. - 11:55a.m.
- CRN 40422 > Kornbluth, S • 10/22 - 12/15 • SCHOTT-22
Lec: T • 8:30a.m. - 9:35a.m.
Kornbluth, S • 10/22 - 12/15 • SCHOTT-22
Lab: T • 9:40a.m. - 11:55a.m.

Clay Handbuilding: For Older Adults

Beginning level older adult students make clay objects using a combination of pinch, coil, and slab techniques. Students will improve hand strength and coordination, develop cognitive flexibility to learn and execute a new skill, and exercise socialization skills to effectively advocate for themselves in daily life activities. Topics include the principles of clay construction, glazing, the kiln firing process, and increasingly difficult clay techniques.

ART NC896

- CRN 40394 > Dean, D M • 8/27 - 10/20 • SCHOTT-24
Lec: T • 1:00p.m. - 2:05p.m.
Dean, D M • 8/27 - 10/20 • SCHOTT-24
Lab: T • 2:15p.m. - 4:30p.m.
- CRN 40402 > Dean, D M • 10/22 - 12/15 • SCHOTT-24
Lec: T • 1:00p.m. - 2:05p.m.
Dean, D M • 10/22 - 12/15 • SCHOTT-24
Lab: T • 2:15p.m. - 4:30p.m.

English, Composition and Literature

Modern and Classic Short Stories For Older Adults

Older adults pursue a close reading of texts paying sustained attention to the characters, plot, style, images, metaphors, patterns, and themes that carry the story forward and engage in an interpretive immersion that transforms attention into deeper thought and comprehension. Titles, anthologized for each term, include contemporary and classic short stories from the US, Britain, the European continent, Africa, Latin America, Japan, India, Israel, China and other nations.

ENG NC120

CRN 39875 > Ferrer, M Y • 8/27 - 10/20 • SCHOTT-03
Lec: F • 10:00a.m. - 12:20p.m.

CRN 39876 > Ferrer, M Y • 10/22 - 12/15 • SCHOTT-03
Lec: F • 10:00a.m. - 12:45p.m.

Explorations in Literature: For Older Adults

Older adults become more avid, savvy readers of fiction by learning how to close-read. Through classroom readings, lecture, and discussion, students will understand the dynamics of fiction and how it applies to their lives. Fiction reveals relationships between people and people's relationships to the world. Fiction often gives a clearer view of its times than contemporary news reports of history. Students learn what to look for in reading. Students gain pleasure and confidence in literary judgment with every page read.

ENG NC303

CRN 39879 > Lowenkopf, S A • 8/27 - 10/20 • SCHOTT-06
Lec: T • 1:00p.m. - 3:20p.m.

CRN 39880 > Lowenkopf, S A • 10/22 - 12/15 • SCHOTT-06
Lec: T • 1:00p.m. - 3:20p.m.

Poetry, Prose and Plays: For Older Adults

Teaches older adult students 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 of the various works. Explicates effect of culture, values, irony and paradox on the reader. Titles will be determined in class and will include selections from poetry, prose and plays.

ENG NC335

CRN 39871 > Ferrer, M Y • 8/27 - 10/20 • SCHOTT-03
Lec: R • 10:00a.m. - 12:20p.m.

CRN 39872 > Ferrer, M Y • 10/22 - 12/15 • SCHOTT-03
Lec: R • 10:00a.m. - 12:35p.m.

NEW! The Austen Mystique: For Older Adults

Older adults examine passages from the major novels of Jane Austen, view clips from film and television versions of her work, listen to and discuss comments of actors and directors who have worked on Jane Austen adaptations, and review her letters and biography.

ENG NC434

CRN 40321 > Robins, R P • 8/27 - 10/20 • SCHOTT-03
Lec: M • 9:45a.m. - 12:30p.m.

CRN 40322 > Robins, R P • 10/22 - 12/15 • SCHOTT-03
Lec: M • 9:45a.m. - 12:30p.m.

Survey of Literary Classics: For Older Adults

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.

ENG NC497

CRN 39873 > Ferrer, M Y • 8/27 - 10/20 • SCHOTT-03
Lec: M • 3:30p.m. - 6:05p.m.

CRN 39874 > Ferrer, M Y • 10/22 - 12/15 • SCHOTT-03
Lec: M • 3:30p.m. - 6:05p.m.

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

Older adult students will 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. This class 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.

ENG NC642

CRN 39881 > EVE Lowenkopf, S A • 8/27 - 10/20 • SCHOTT-20
Lec: R • 5:00p.m. - 6:05p.m.

EVE Lowenkopf, S A • 8/27 - 10/20 • SCHOTT-20
Lab: R • 6:10p.m. - 7:15p.m.

CRN 39882 > EVE Lowenkopf, S A • 10/22 - 12/15 • SCHOTT-20
Lec: R • 4:45p.m. - 6:00p.m.

EVE Lowenkopf, S A • 10/22 - 12/15 • SCHOTT-20
Lab: R • 6:05p.m. - 7:15p.m.

Writing Your Life into Being: For Older Adults

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.

ENG NC646

CRN 40444 > Drobny, D T • 10/22 - 12/15 • SCHOTT-31
Lec: F • 9:15a.m. - 11:15a.m.

Writing Personal Histories: For Older Adults

Course 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.

ENG NC673

CRN 39877 > Lowenkopf, S A • 8/27 - 10/20 • SCHOTT-06
Lec: W • 9:30a.m. - 11:50a.m.

CRN 39878 > Lowenkopf, S A • 10/22 - 12/15 • SCHOTT-06
Lec: W • 9:30a.m. - 11:50a.m.

Music

Choral Singing: For Older Adults

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. This class develops self-confidence, socialization skills, and provides an outlet for creative expression.

MUS NC005

- CRN 39897 > Kennedy, D M • 8/27 - 10/20 • SCHOTT-14
Lec: T • 9:00a.m. - 11:15a.m.
- CRN 39898 > Kennedy, D M • 10/22 - 12/15 • SCHOTT-14
Lec: T • 9:00a.m. - 11:15a.m.

Basics of Singing I: For Older Adults

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.

MUS NC011

- CRN 39893 > EVE Fryer, L A • 8/27 - 10/20 • SCHOTT-20
Lec: F • 6:00p.m. - 8:15p.m.
- CRN 39894 > EVE Fryer, L A • 10/22 - 12/15 • SCHOTT-20
Lec: F • 6:00p.m. - 8:45p.m.

NEW! Beginning Piano Level 1: For Older Adults

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

MUS NC014

- CRN 40436 > Campos, D M • 8/27 - 10/20 • SCHOTT-03
Lec: W • 4:30p.m. - 5:35p.m.
EVE Campos, D M • 8/27 - 10/20 • SCHOTT-03
Lab: W • 5:40p.m. - 6:45p.m.
- CRN 40437 > Campos, D M • 10/22 - 12/15 • SCHOTT-03
Lec: W • 4:30p.m. - 5:35p.m.
EVE Campos, D M • 10/22 - 12/15 • SCHOTT-03
Lab: W • 5:40p.m. - 6:45p.m.

NEW! Playing the Ukulele: For Older Adults

This course teaches older adult students strumming, finger picking, chords, and improvisations needed to successfully play the ukulele. Students will experience the physical and emotional health benefits of music performance, including improved manual strength and dexterity and an improvement in mental focus. This class is for beginners as well as seasoned musicians.

MUS NC017

- CRN 40473 > EVE Staff • 8/27 - 10/20 • SCHOTT-06
Lec: T • 5:30p.m. - 6:35p.m.
EVE Staff • 8/27 - 10/20 • SCHOTT-06
Lab: T • 6:40p.m. - 7:45p.m.

- CRN 40474 > EVE Staff • 10/22 - 12/15 • SCHOTT-06
Lec: T • 5:30p.m. - 6:35p.m.
EVE Staff • 10/22 - 12/15 • SCHOTT-06
Lab: T • 6:40p.m. - 7:45p.m.

Developing a Musical Ensemble: For Older Adults

Course for proficient older adult musicians that want to perform as part of an orchestra. Develop individual musicianship skills and techniques while learning how to be part of a larger group. Topics will include achieving a unified sound, following a conductor, taking rehearsal notes and performance conduct. Older adults will share the dynamic experience of playing in a large group creating exciting classical and popular music.

MUS NC019

- CRN 40294 > EVE Fryer, L A • 8/27 - 10/20 • GVJH-BAND
Lec: M • 5:00p.m. - 6:55p.m.
EVE Fryer, L A • 8/27 - 10/20 • GVJH-BAND
Lab: M • 7:00p.m. - 9:10p.m.
- CRN 40295 > EVE Fryer, L A • 10/22 - 12/15 • GVJH-BAND
Lec: M • 5:00p.m. - 6:55p.m.
EVE Fryer, L A • 10/22 - 12/15 • GVJH-BAND
Lab: M • 7:00p.m. - 9:05p.m.

Jazz Appreciation and History: For Older Adults

Older adults practice critical thinking and self-expression through the demonstration and discussion of Jazz. Students will view archival films and gain insights into American musical and cultural history while expanding their breadth of knowledge of jazz music and musicians. Older adults will experience the mental, physical, and emotional benefits resulting from social engagement and group interaction that build camaraderie through this common interest and shared love of our nation's music.

MUS NC045

- CRN 39895 > EVE Wood III, C H • 8/27 - 10/20 • SCHOTT-20
Lec: T • 6:00p.m. - 7:35p.m.
- CRN 39896 > EVE Wood III, C H • 10/22 - 12/15 • SCHOTT-20
Lec: T • 6:00p.m. - 7:35p.m.

Intermediate Piano: For Older Adults

Older adults expand musicianship skills and improve health and wellbeing 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.

MUS NC053

- CRN 40451 > EVE Campos, D M • 8/27 - 10/20 • SCHOTT-03
Lec: W • 7:00p.m. - 8:05p.m.
EVE Campos, D M • 8/27 - 10/20 • SCHOTT-03
Lab: W • 8:10p.m. - 9:15p.m.
- CRN 40452 > EVE Campos, D M • 10/22 - 12/15 • SCHOTT-03
Lec: W • 7:00p.m. - 8:05p.m.
EVE Campos, D M • 10/22 - 12/15 • SCHOTT-03
Lab: W • 8:10p.m. - 9:15p.m.

Recorder Playing: For Older Adults

Older adult student learn to play the recorder (or "Old English flute"). Students will receive group and individual instruction and an opportunity to make music with others. Enhanced self esteem and sense of accomplishment as students learn a new skill and have an opportunity to share the experience with peers with similar interests. The first hour will be devoted to beginners. Appropriate for the older adult beginning and continuing student. Please bring a recorder to the first class.

MUS NC057

CRN 39889 > Roman, N L • 8/27 - 10/20 • WAKE-15

Lec: T • 4:30p.m. - 5:25p.m.

EVE Roman, N L • 8/27 - 10/20 • WAKE-15

Lab: T • 5:30p.m. - 7:00p.m.

CRN 39890 > Roman, N L • 10/22 - 12/15 • WAKE-15

Lec: T • 4:30p.m. - 5:25p.m.

EVE Roman, N L • 10/22 - 12/15 • WAKE-15

Lab: T • 5:30p.m. - 7:00p.m.

Performance Singing: For Older Adults

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. This class develops self confidence, socialization skills and provides an expressive outlet for creative expression.

MUS NC090

CRN 39891 > **EVE** Fryer, L A • 8/27 - 10/20 • SCHOTT-22

Lec: R • 6:00p.m. - 7:00p.m.

EVE Fryer, L A • 8/27 - 10/20 • SCHOTT-22

Lab: R • 7:05p.m. - 8:20p.m.

CRN 39892 > **EVE** Fryer, L A • 10/22 - 12/15 • SCHOTT-20

Lec: R • 6:00p.m. - 7:05p.m.

EVE Fryer, L A • 10/22 - 12/15 • SCHOTT-20

Lab: R • 7:10p.m. - 8:35p.m.

Psychology

Nature and Self-Healing - Beginning: For Older Adults

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

PSY NC003

CRN 40431 > Sorrow, R H • 8/27 - 10/20 • WAKE-20

Lec: W • 9:00a.m. - 10:05a.m.

Sorrow, R H • 8/27 - 10/20 • WAKE-20

Lab: W • 10:10a.m. - 11:45a.m.

CRN 40432 > Sorrow, R H • 10/22 - 12/15 • WAKE-20

Lec: W • 9:00a.m. - 10:05a.m.

Sorrow, R H • 10/22 - 12/15 • WAKE-20

Lec: W • 10:10a.m. - 11:45a.m.

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

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.

PSY NC007

CRN 40435 > Sherman, S E • 9/7 - 11/9 • SCHOTT-14

Lec: F • 10:15a.m. - 11:55a.m.

Rock-Folk Music and the '60s Consciousness Movement: For Older Adults

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

PSY NC009

CRN 39888 > **EVE** Palley, M S • 10/22 - 12/15 • WAKE-07

Lec: R • 6:30p.m. - 7:45p.m.

NEW! Healing Yourself Whole - Staying Sane in a Crazy World: For Older Adults

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

PSY NC014

CRN 40708 > **EVE** Cooper, T • 9/12 - 10/17 • WAKE-20

Lec: W • 6:00p.m. - 8:00p.m.

Turning Points in Thought From Film: For Older Adults

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

socialization skills while students apply findings to the triumphs and challenges of aging.

PSY NC023

CRN 40439 > **EVE** Methner, K E • 8/27 - 10/20 • SCHOTT-14
Lec: F • 6:00p.m. - 7:05p.m.

EVE Methner, K E • 8/27 - 10/20 • SCHOTT-14
Lab: F • 7:10p.m. - 9:25p.m.

CRN 40440 > **EVE** Methner, K E • 10/22 - 12/15 • SCHOTT-14
Lec: F • 5:30p.m. - 6:45p.m.

EVE Methner, K E • 10/22 - 12/15 • SCHOTT-14
Lab: F • 6:50p.m. - 9:25p.m.

Compassionate Communication: For Older Adults

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

PSY NC025

CRN 40400 > **EVE** Sorrow, R H • 10/22 - 12/15 • WAKE-20
Lec: R • 6:15p.m. - 8:45p.m.

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

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.

PSY NC039

CRN 40443 > Drobny, D T • 8/27 - 10/20 • SCHOTT-31
Lec: W • 11:15a.m. - 1:00p.m.

CRN 40597 > Drobny, D T • 10/22 - 12/15 • SCHOTT-31
Lec: W • 11:15a.m. - 1:00p.m.

World of Interest: For Older Adults

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

PSY NC047

CRN 40429 > Hofmann, F H • 8/27 - 10/20 • SCHOTT-06
Lec: F • 1:30p.m. - 2:45p.m.

CRN 40430 > Hofmann, F H • 10/22 - 12/15 • SCHOTT-06
Lec: F • 10:30a.m. - 11:45a.m.

NEW! When Love Meets Fear: For Older Adults

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

PSY NC067

CRN 40598 > Zeamer, C • 9/13 - 10/18 • SCHOTT-06
Lec: R • 9:00a.m. - 11:00a.m.

NEW! Unlocking Your Inner Potential: For Older Adults

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

PSY NC073

CRN 40680 > **SAT** Charest, A • 10/27 - 11/17 • WAKE-20
Lec: S • 10:00a.m. - 1:00p.m.

NEW! Creating Passion, Intimacy, and Lasting Romance: For Older Adults

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

PSY NC084

CRN 40595 > **EVE** Dunlap, M H • 9/6 - 10/18 • SCHOTT-06
Lec: R • 6:00p.m. - 7:30p.m.

Reclaiming Joy: Meeting Your Inner Child: For Older Adults

The child of one's youth still lives within, affecting moods, decisions and behavior. If this Inner Child is nurtured, a world of positive possibilities, creativity and joy opens. In this class, older adults rediscover and get to know their own Inner Child. Students learn how to heal the wounds of childhood and forge a loving bond with this core aspect of personality. What awaits the older adults at the end of this journey can be the most powerful healing relationship of their lives.

PSY NC088

CRN 40630 > **EVE** Cooper, T • 10/22 - 12/15 • WAKE-20
Lec: W • 6:00p.m. - 8:15p.m.

NEW! How to Communicate Simply, Lovingly, and Effectively: For Older Adults

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

PSY NC094

CRN 40596 > **SAT** Bijou, J • 10/27 • SCHOTT-03

Lec: S • 9:30a.m. - 12:30p.m.

SAT Bijou, J • 10/27 • SCHOTT-03

Lec: S • 1:00p.m. - 4:00p.m.

Nature and Self-Healing - Intermediate: For Older Adults

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

PSY NC097

CRN 40433 > Sorrow, R H • 8/27 - 10/20 • WAKE-20

Lec: T • 9:00a.m. - 10:05a.m.

Sorrow, R H • 8/27 - 10/20 • WAKE-20

Lab: T • 10:10a.m. - 11:45a.m.

CRN 40434 > Sorrow, R H • 10/22 - 12/15 • WAKE-20

Lec: T • 9:00a.m. - 10:05a.m.

Sorrow, R H • 10/22 - 12/15 • WAKE-20

Lab: T • 10:10a.m. - 11:45a.m.



NEW! Ten Ways to Be Happier Now: For Older Adults

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

PSY NC182

CRN 40631 > Brockway, G A • 10/23 - 11/20 • SCHOTT-03

Lec: T • 9:00a.m. - 11:00a.m.

Theatre Arts

The Urge to Act: For Older Adults

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

TA NC009

CRN 40319 > **EVE** Levien, P A • 8/27 - 10/20 • SCHOTT-14

Lec: R • 6:00p.m. - 7:05p.m.

EVE Levien, P A • 8/27 - 10/20 • SCHOTT-14

Lab: R • 7:10p.m. - 9:25p.m.

CRN 40320 > **EVE** Levien, P A • 10/22 - 12/15 • SCHOTT-14

Lec: R • 6:00p.m. - 7:15p.m.

EVE Levien, P A • 10/22 - 12/15 • SCHOTT-14

Lab: R • 7:20p.m. - 9:50p.m.

CRN 40619 > **EVE** Levien, P A • 8/27 - 10/20 • WAKE-16

Lec: T • 6:00p.m. - 7:05p.m.

EVE Levien, P A • 8/27 - 10/20 • WAKE-16

Lab: T • 7:10p.m. - 9:25p.m.

CRN 40620 > **EVE** Levien, P A • 10/22 - 12/15 • WAKE-16

Lec: T • 6:00p.m. - 7:05p.m.

EVE Levien, P A • 10/22 - 12/15 • WAKE-16

Lab: T • 7:10p.m. - 9:25p.m.



Parenting

Early Childhood Education

Child Development at the Parent-Child Workshop

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.

ECE NC010

- CRN 38414 > Crandell, S G • 8/27 - 1/25 • OPCW
Lab: M • 8:00a.m. - 1:00p.m.
Crandell, S G • 8/27 - 1/25 • OPCW
Lab: T • 8:00a.m. - 1:00p.m.
Crandell, S G • 8/27 - 1/25 • OPCW
Lab: W • 8:00a.m. - 1:00p.m.
Crandell, S G • 8/27 - 1/25 • OPCW
Lec: W • 7:00p.m. - 9:15p.m.
- CRN 38417 > Crandell, S G • 8/27 - 1/25 • OPCW
Lab: T • 8:00a.m. - 1:00p.m.
EVE Crandell, S G • 8/27 - 1/25 • OPCW
Lec: W • 7:00p.m. - 9:15p.m.
- CRN 38419 > Crandell, S G • 8/27 - 1/25 • OPCW
Lab: W • 8:00a.m. - 1:00p.m.
EVE Crandell, S G • 8/27 - 1/25 • OPCW
Lec: W • 7:00p.m. - 9:15p.m.
- CRN 38420 > **EVE** Crandell, S G • 8/27 - 1/25 • OPCW
Lab: W • 7:00p.m. - 9:15p.m.
Crandell, S G • 8/27 - 1/25 • OPCW
Lec: R • 8:00a.m. - 1:00p.m.
- CRN 38422 > **EVE** Crandell, S G • 8/27 - 1/25 • OPCW
Lec: W • 7:00p.m. - 9:15p.m.
Crandell, S G • 8/27 - 1/25 • OPCW
Lab: F • 8:00a.m. - 1:00p.m.
- CRN 38432 > **EVE** Garcia, Y E • 8/27 - 1/25 • SKPCW
Lec: M • 7:00p.m. - 9:15p.m.
Garcia, Y E • 8/27 - 1/25 • SKPCW
Lab: W • 8:00a.m. - 1:00p.m.
- CRN 38436 > Garcia, Y E • 8/27 - 1/25 • SKPCW
Lab: T • 8:00a.m. - 1:00p.m.
EVE Garcia, Y E • 8/27 - 1/25 • SKPCW
Lec: M • 7:00p.m. - 9:15p.m.
- CRN 38438 > **EVE** Garcia, Y E • 8/27 - 1/25 • SKPCW
Lec: M • 7:00p.m. - 9:15p.m.
Garcia, Y E • 8/27 - 1/25 • SKPCW
Lab: M • 8:00a.m. - 1:00p.m.
Garcia, Y E • 8/27 - 1/25 • SKPCW
Lab: T • 8:00a.m. - 1:00p.m.
Garcia, Y E • 8/27 - 1/25 • SKPCW
Lec: W • 8:00a.m. - 1:00p.m.
- CRN 38440 > Garcia, Y E • 8/27 - 1/25 • SKPCW
Lab: R • 8:00a.m. - 1:00p.m.
EVE Garcia, Y E • 8/27 - 1/25 • SKPCW
Lec: M • 7:00p.m. - 9:15p.m.

- CRN 38442 > **EVE** Garcia, Y E • 8/27 - 1/25 • SKPCW
Lec: M • 7:00p.m. - 9:15p.m.
Garcia, Y E • 8/27 - 1/25 • SKPCW
Lab: R • 8:00a.m. - 1:00p.m.
Garcia, Y E • 8/27 - 1/25 • SKPCW
Lab: F • 8:00a.m. - 1:00p.m.
- CRN 38451 > Granziera, S A • 8/27 - 1/25 • SMPCW
Lab: M • 8:00a.m. - 1:00p.m.
Granziera, S A • 8/27 - 1/25 • SMPCW
Lab: T • 8:00a.m. - 1:00p.m.
Granziera, S A • 8/27 - 1/25 • SMPCW
Lab: W • 8:00a.m. - 1:00p.m.
EVE Granziera, S A • 8/27 - 1/25 • SMPCW
Lec: M • 7:00p.m. - 9:15p.m.
- CRN 38453 > Granziera, S A • 8/27 - 1/25 • SMPCW
Lab: T • 8:00a.m. - 1:00p.m.
EVE Granziera, S A • 8/27 - 1/25 • SMPCW
Lec: M • 7:00p.m. - 9:15p.m.
- CRN 38455 > Gilbert, A L • 8/27 - 1/25 • SMPCW
Lab: W • 8:00a.m. - 1:00p.m.
EVE Gilbert, A L • 8/27 - 1/25 • SMPCW
Lec: M • 7:00p.m. - 9:15p.m.
- CRN 38457 > **EVE** Gilbert, A L • 8/27 - 1/25 • SMPCW
Lec: M • 7:00p.m. - 9:15p.m.
Gilbert, A L • 8/27 - 1/25 • SMPCW
Lab: R • 8:00a.m. - 1:00p.m.
- CRN 38459 > **EVE** Gilbert, A L • 8/27 - 1/25 • SMPCW
Lec: M • 7:00p.m. - 9:15p.m.
Gilbert, A L • 8/27 - 1/25 • SMPCW
Lec: R • 8:00a.m. - 1:00p.m.
Gilbert, A L • 8/27 - 1/25 • SMPCW
Lab: F • 8:00a.m. - 1:00p.m.
- CRN 38469 > Johnston, J A • 8/27 - 1/25 • LGPCW
Lab: M • 8:00a.m. - 1:00p.m.
Johnston, J A • 8/27 - 1/25 • LGPCW
Lab: T • 8:00a.m. - 1:00p.m.
Johnston, J A • 8/27 - 1/25 • LGPCW
Lec: W • 8:00a.m. - 1:00p.m.
EVE Johnston, J A • 8/27 - 1/25 • LGPCW
Lec: W • 7:00p.m. - 9:15p.m.
- CRN 38471 > Johnston, J A • 8/27 - 1/25 • LGPCW
Lab: T • 8:00a.m. - 1:00p.m.
EVE Johnston, J A • 8/27 - 1/25 • LGPCW
Lec: W • 7:00p.m. - 9:15p.m.
- CRN 38473 > Johnston, J A • 8/27 - 1/25 • LGPCW
Lab: W • 8:00a.m. - 1:00p.m.
Johnston, J A • 8/27 - 1/25 • LGPCW
Lec: W • 7:00p.m. - 9:15p.m.
- CRN 38476 > Johnston, J A • 8/27 - 1/25 • LGPCW
Lec: W • 7:00p.m. - 9:15p.m.
Johnston, J A • 8/27 - 1/25 • LGPCW
Lab: R • 8:00a.m. - 1:00p.m.
- CRN 38478 > **EVE** Johnston, J A • 8/27 - 1/25 • LGPCW
Lec: W • 7:00p.m. - 9:15p.m.
Johnston, J A • 8/27 - 1/25 • LGPCW
Lab: F • 8:00a.m. - 1:00p.m.

Parenting Skills

Nature Walk: For Parents and Kids

Course teaches parents how to be actively involved in their preschoolers' education by introducing them to the world of slough and tide-pooling, beach plants, creatures of the sea, local trails, and creek-beds.

Students learn to teach their children about the relationship between Native American cultures and nature. Class also includes exploration of environmental factors, birds, animal tracks, insect breeding, and the relationship between these elements and plants.

ECE NC032

CRN 40607 > Charest, A • 9/13 - 10/18 • TGROVE
Lec: R • 3:00p.m. - 4:25p.m.

CRN 40608 > Charest, A • 10/25 - 11/15 • TGROVE
Lec: R • 3:00p.m. - 4:25p.m.

Charest, A • 11/29 - 12/6 • TGROVE
Lec: R • 3:00p.m. - 4:25p.m.

Parents and Kids in Parks

Class meets in various local parks and teaches students how to participate with 2 1/2 to 5 year old children in sensory activities, story-time, and age-appropriate crafts to enhance children's physical, emotional, intellectual and social development and strengthen parent/child relationships. Class 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.

ECE NC056

CRN 40358 > Lang, S L • 10/22 - 12/15 • TGROVE
Lec: T • 9:00a.m. - 10:30a.m.

Lang, S L • 10/22 - 12/15 • TGROVE
Lab: T • 10:35a.m. - 11:35a.m.

CRN 40621 > Baker, J M • 8/27 - 10/20 • TGROVE
Lec: F • 9:00a.m. - 10:30a.m.

Baker, J M • 8/27 - 10/20 • TGROVE
Lab: F • 10:35a.m. - 11:35a.m.

Encouraging Learning Using Local Parenting and Community Resources

Class teaches parents how to use local community resources as enhanced learning opportunities for 3 - 5 year old children. Students explore locations such as museums, parks and trails, children's activity centers, and tide pools, and expand the experiences with stories, crafts and other activities designed to enhance, enrich and engage both parent and child. Students bring a snack, a drink, and comfortable shoes.

ECE NC083

CRN 40601 > Baker, J M • 10/22 - 12/15 • TGROVE
Lec: F • 2:00p.m. - 4:35p.m.

NEW! Discipline Without Punishments or Rewards

Parents and teachers of newborns to pre-adolescents learn how to raise cooperative, responsible, and self-disciplined children. Topics include the pitfalls of punishments and rewards, the basic techniques of democratic discipline, and three reasons for inappropriate behavior. Students will learn how to change unwanted behavior by recognizing and meeting children's needs.

ECE NC094

CRN 40609 > SAT Stevenson, H • 10/27 - 11/10 • TBA
Lec: S • 9:00a.m. - 1:00p.m.

NEW! Toddler Times

Parents learn how toddlers aged 12-18 months learn through songs, finger plays, toys, crafts, puppets and books in order to expand language, sensory learning and physical independence. Students explore and create age-appropriate play and communication in a joyful, stimulating environment.

ECE NC118

CRN 40628 > Rattray, J • 8/27 - 10/20 • WAKE-15
Lec: T • 9:00a.m. - 10:05a.m.

Rattray, J • 8/27 - 10/20 • WAKE-15
Lab: T • 10:10a.m. - 11:45a.m.

CRN 40629 > Rattray, J • 10/22 - 12/15 • WAKE-15
Lec: T • 9:00a.m. - 10:05a.m.

Rattray, J • 10/22 - 12/15 • WAKE-15
Lab: T • 10:10a.m. - 11:45a.m.

NEW! Music Times For Parents with Babies Aged 3-16 months

Class explores the power of rhythm, melody, tonality and beat. Students learn how music nurtures children's physical, social, emotional, and intellectual development while strengthening the bond between parent and child. Participants are exposed to various genres of music, play a variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, sign language and finger plays in an interactive environment. Students also learn how music can be used as a tool to guide daily routines and transitions.

ECE NC140

CRN 40684 > Rattray, J • 9/12 - 10/17 • WAKE-15
Lec: W • 9:30a.m. - 10:55a.m.

CRN 40685 > Rattray, J • 10/24 - 11/28 • WAKE-15
Lec: W • 9:30a.m. - 10:55a.m.

NEW! Creativity and Preschoolers: Focus on Art

Parents and caregivers with children three to five years of age participate in a stimulating environment that teaches age-appropriate art experiences to enhance development. Parents facilitate children's artistic exploration using a variety of art materials, media, recipes and sensory experiences. Parents learn how creative expression leads to children's growth and development.

ECE NC142

CRN 40356 > Kerwin, B • 10/22 - 12/15 • UCSB
Lec: W • 9:00a.m. - 10:20a.m.

Kerwin, B • 10/22 - 12/15 • UCSB
Lab: W • 10:25a.m. - 11:35a.m.

NEW! Music Times I: For Parents/Children Aged 16-30 months

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.

ECE NC158

- CRN 40603 > Charest, A • 9/13 - 10/18 • WAKE-15
Lec: R • 9:00a.m. - 10:25a.m.
- CRN 40604 > Charest, A • 10/25 - 12/6 • WAKE-15
Lec: R • 9:00a.m. - 10:15a.m.

NEW! Infant Times I: Newborn to Crawling

Infant Times I provides current information about infant development, stimulation, and "self-calming" techniques. Class also provides opportunities for sharing and discussion of timely questions from new parents. Parents learn infant massage techniques, stimulating songs, and how to make hand-made toys/equipment and play games.

ECE NC159

- CRN 40396 > Staff • 9/10 - 10/15 • WAKE-15
Lec: M • 10:00a.m. - 11:25a.m.
- CRN 40397 > Staff • 10/22 - 11/5 • WAKE-15
Lec: M • 11:50a.m. - 1:40p.m.
- Staff • 11/19 - 12/3 • WAKE-15
Lec: M • 11:50a.m. - 1:40p.m.

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

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.

ECE NC160

- CRN 40445 > Barker, K M • 8/27 - 10/20 • UCSB
Lec: T • 9:00a.m. - 10:15a.m.
- Barker, K M • 8/27 - 10/20 • UCSB
Lab: T • 10:20a.m. - 11:15a.m.
- CRN 40446 > Barker, K M • 10/22 - 12/15 • UCSB
Lec: T • 9:00a.m. - 10:15a.m.
- Barker, K M • 10/22 - 12/15 • UCSB
Lab: T • 10:20a.m. - 11:15a.m.

NEW! Infant Times II: Crawling to Walking

Course provides information about infant development, stimulation and "self-calming" techniques for crawling and walking infants. Class also provides opportunities for sharing and discussion of timely questions from new parents. Parents learn infant massage techniques, stimulating songs, and how to make hand-made toys/equipment and play games.

ECE NC161

- CRN 40398 > Staff • 9/10 - 10/15 • WAKE-15
Lec: M • 11:50a.m. - 1:40p.m.
- CRN 40399 > Staff • 10/22 - 11/5 • WAKE-15
Lec: M • 11:50a.m. - 1:40p.m.
- Staff • 11/19 - 12/3 • WAKE-15
Lec: M • 11:50a.m. - 1:40p.m.

NEW! Music Times II: For Parents of Children aged 2.5 - 5 years

Music Times II is for parents and their children ages 2.5 - 5 years. In this course, 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.

ECE NC162

- CRN 40605 > Charest, A • 9/13 - 10/18 • WAKE-15
Lec: R • 10:45a.m. - 12:10p.m.
- CRN 40606 > Charest, A • 10/25 - 12/6 • WAKE-15
Lec: R • 10:50a.m. - 12:05p.m.
- CRN 40617 > Rattray, J • 9/12 - 10/17 • WAKE-15
Lec: W • 11:15a.m. - 12:45p.m.
- CRN 40618 > Rattray, J • 10/24 - 11/28 • WAKE-15
Lec: W • 11:15a.m. - 12:45p.m.

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

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.

ECE NC164

- CRN 40447 > Barker, K M • 8/27 - 10/20 • UCSB
Lec: M • 9:00a.m. - 10:15a.m.
- Barker, K M • 8/27 - 10/20 • UCSB
Lab: M • 10:20a.m. - 11:15a.m.
- CRN 40448 > Barker, K M • 10/22 - 12/15 • UCSB
Lec: M • 9:00a.m. - 10:15a.m.
- Barker, K M • 10/22 - 12/15 • UCSB
Lab: M • 10:20a.m. - 11:15a.m.

NEW! Growing Times III: Parenting the Preschool Child

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.

ECE NC165

- CRN 40359 > Barker, K M • 8/27 - 10/20 • UCSB
Lec: R • 9:00a.m. - 10:15a.m.
- Barker, K M • 8/27 - 10/20 • UCSB
Lab: R • 10:20a.m. - 11:15a.m.
- CRN 40377 > Barker, K M • 10/22 - 12/15 • UCSB
Lec: R • 9:00a.m. - 10:15a.m.
- Barker, K M • 10/22 - 12/15 • UCSB
Lab: R • 10:30a.m. - 11:20a.m.

DIRECTORY OF LOCATIONS

| | | |
|------------------|---|--|
| BC | Business/Communication Center-SBCC Campus | 721 Cliff Drive, Santa Barbara |
| BEACH | Butterfly Beach | 1260 Channel Drive, Montecito |
| BFARM | Brand Farms | 5390 Foothill Road, Carpinteria |
| CATCHR | Catholic Charities | 604 E. Haley Street, Santa Barbara |
| CCP | Carpinteria Children's Project | 5202 8th Street, Carpinteria |
| CHS | Carpinteria High School | 4810 Foothill Road, Carpinteria |
| CLVND | Cleveland School | 123 Alameda Padre Serra, Santa Barbara |
| CMS | Carpinteria Middle School | 5351 Carpinteria Avenue, Carpinteria |
| CORHOS | Cottage Rehabilitation Hospital | 2415 De la Vina Street, Santa Barbara |
| EDDOFF | Employment Development Department | 130 East Ortega Street, Santa Barbara |
| FIELD | Out in the field | Various hiking locations in and around Santa Barbara |
| FITTRANS | Fitness Transform Studios | 1213 State Street, Santa Barbara |
| FRNKLN | Franklin Elementary School | 1111 E. Mason Street, Santa Barbara |
| GVJH | Goleta Valley Junior High School | 6100 Stow Canyon Road, Goleta |
| H | Humanities Building - SBCC Campus | 721 Cliff Drive, Santa Barbara |
| HENDBCH | Hendry's Beach | 2981 Cliff Drive, Santa Barbara |
| IVYP | Isla Vista Youth Projects | 701-H W. Campus Point Lane, Goleta |
| LCJH | La Cumbre Junior High | 2255 Modoc Road, Santa Barbara |
| LGPCW | Lou Grant Parent Child Workshop | 5400 6th Street, Carpinteria |
| OE | Occupational Education Bldg - SBCC Campus | 721 Cliff Drive, Santa Barbara |
| PE | Physical Fitness Center SBCC Campus | 721 Cliff Drive, Santa Barbara |
| OPCW | Oaks Parent Child Workshop | 605 W. Junipero Street, Santa Barbara |
| PLNTRM | Museum of Nat Hist-Planetarium | 2559 Puesta Del Sol, Santa Barbara |
| PROCOR | Procore's Learning Center | 6395 Cindy Lane, Carpinteria |
| RODBON | Rod Bond Training Center | 100 Thomas Road, Buellton |
| SAHH | Salvation Army Hospitality House | 423 Chapala Street, Santa Barbara |
| SBHS | Santa Barbara High School | 700 E. Anapamu Street, Santa Barbara |
| SBMUSE | Santa Barbara Museum of Art | 1130 State Street, Santa Barbara |
| SBSAILING | Santa Barbara Sailing Center | 302 W. Cabrillo Boulevard, Santa Barbara |
| SCHOTT | School of Extended Learning Schott Campus | 310 W. Padre Street, Santa Barbara |
| SKPCW | Starr King Parent-Child Workshop | 1525 1/2 Santa Barbara Street, Santa Barbara |
| SMPCW | San Marcos Parent Child Workshop | 400 Puente Drive, Santa Barbara |
| TBA | To Be Announced | |
| TGROVE | Tucker's Grove Park | 805 San Antonio Creek Road, Santa Barbara |
| UCFSH | UCSB Family Student Housing | 799 Juniper Walk, Isla Vista |
| UCHRB | UCSB Human Resources Building | Isla Vista |
| WAKE | School of Extended Learning Wake Campus | 300 N. Turnpike Road, Santa Barbara |
| WBEACH | West Beach Grass Area Left of Skate Park | 138 E. Cabrillo Boulevard, Santa Barbara |

SBCC Schott Campus

310 W. Padre St., Santa Barbara, CA 93105
P: (805) 687-0812

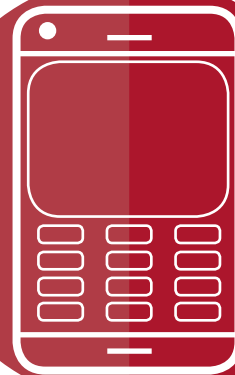
SBCC Wake Campus

300 N. Turnpike Rd., Santa Barbara, CA 93111
P: (805) 964-6853

SB EMERGENCY ALERTS

CC ALERT U - BE INFORMED

TEXT "JOIN SBCC" to 58339



Sign up to receive emergency notifications from SBCC. You can receive text, email or phone alerts For news updates, follow @SantaBarbaraCC on Twitter

Text "Stop SBCC" to 58339 to stop receiving messages.

School of Extended Learning

Arts & Crafts Fair

Saturday, December 1st

10 a.m. – 4 p.m. • Wake Campus

**Ceramics • Glass Arts • Jewelry • Weaving
Sewing & Fabric Arts • Flower Arrangement
Cards • Original Paintings • Drawings**

and much more!



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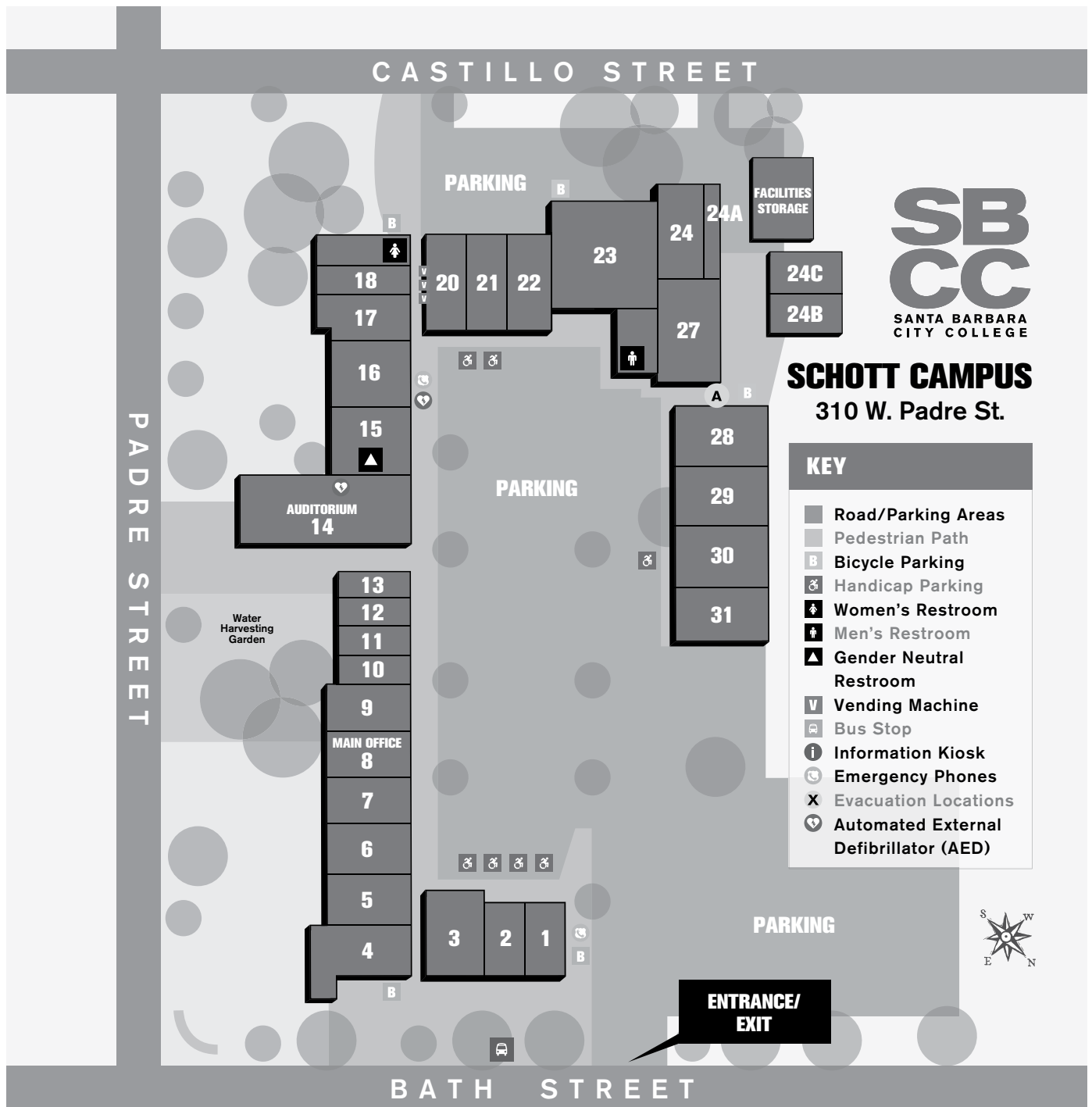
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WAKE CAMPUS MAP



WAKE CAMPUS 300 N. Turnpike Rd.

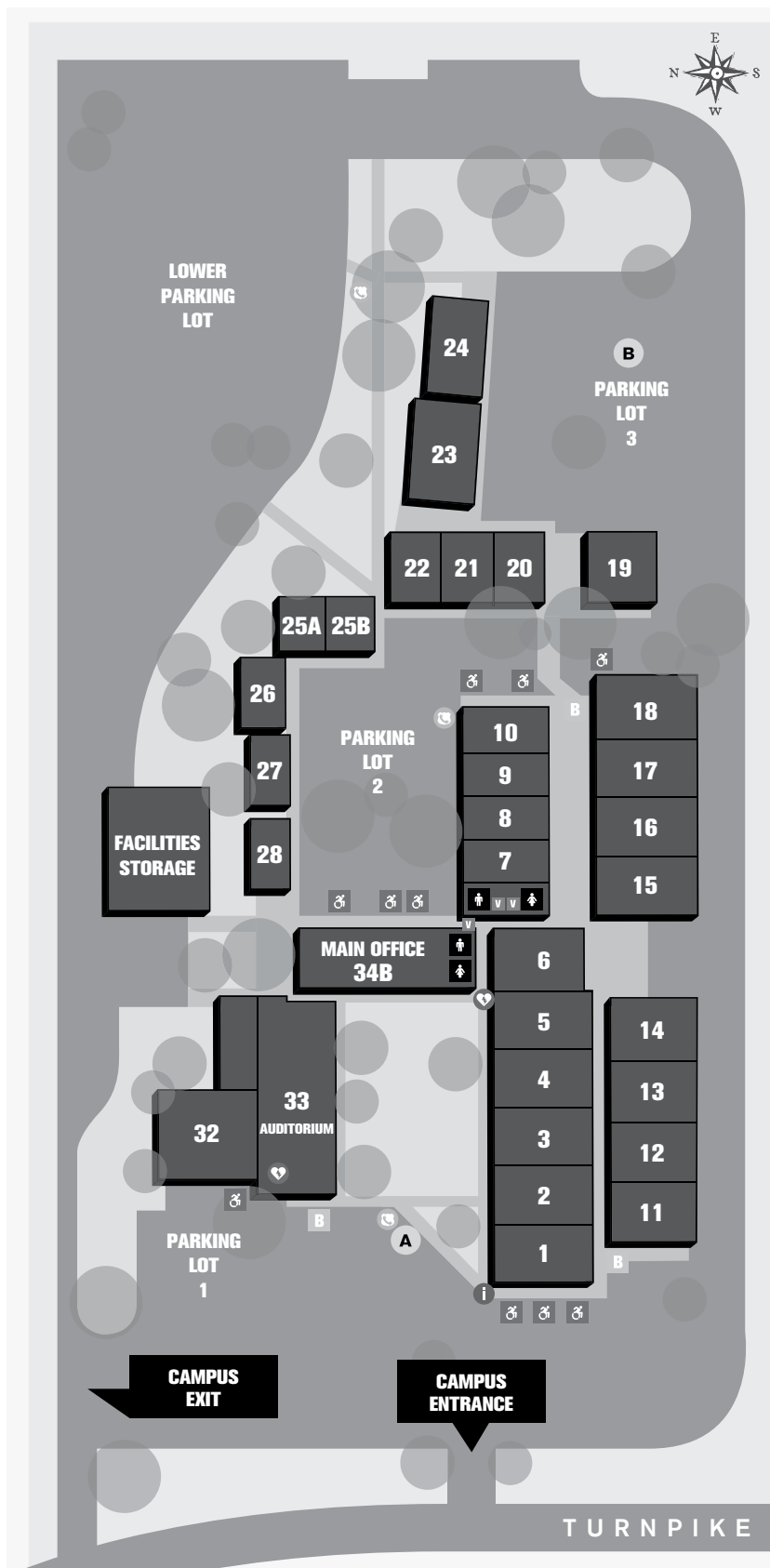
KEY

- Road/Parking Areas
- Pedestrian Path
- Bicycle Parking
- Handicap Parking
- Women's Restroom
- Men's Restroom
- Vending Machine
- Information Kiosk
- Emergency Phones
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November 12: Veterans' Day, Holiday

December 1: Arts & Crafts Fair

December 15: Fall Semester Ends