CLASS SCHEDULE

SBCC SCHOOL OF EXTENDED LEARNING

CLASSES START: January 16

www.sbcc.edu/ExtendedLearning
Welcome to the Spring 2018 semester. We are thrilled to launch our first schedule of classes as a fully integrated School of Extended Learning! Inside you will find hundreds of courses spanning a multitude of subject areas, some tuition-free and some fee-based. We offer classes designed to advance career and life skills. There truly is something for everyone at Extended Learning, from developing functional English skills in our English as a Second Language program, to understanding the importance of emotional intelligence in the workplace, to learning meditation techniques for optimal health and well-being, and even plumbing and electrical for aspiring builders. We hope you enjoy exploring the limitless possibilities!

Last semester we launched our Extended Learning Ambassador Program. Our Ambassadors are working alongside us to stay connected with our community, help to continually improve programs and ensure we are meeting the extended learning needs in our area. Let us know if you are interested in volunteering as an Ambassador. We have meetings once every other month. Contact my assistant, Grace Twedt at (805) 683-8284 or email gtwedt@sbcc.edu.

Did you know that 2018 is our 100th year offering adult programming in Santa Barbara? Our first citizenship class was offered on April 1, 1918 to more than 80 students. We are planning a Centennial Celebration in Fall 2018 and can’t wait to include you!

We thank you for your continued support of our Extended Learning programs. Our audacious team of program leaders and Ambassadors are here to serve you and answer your questions. We look forward to seeing you this semester at the Wake and Schott campuses!

DR. MELISSA V. MORENO
Interim Vice President,
School of Extended Learning

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FINANCIAL ASSISTANCE

Some financial assistance in the form of small
grants is available. For information and application
forms, contact Student Support Services,
Schott Campus: (805) 898-8160.

Tuition Assistance is also available for Fee-Based
Life Enhancement classes. Please call
(805) 683-8200.
Two Easy Ways to Register

1. SIGN UP ONLINE

The quickest and most convenient way to register for classes is online at:

www.sbcc.edu/ExtendedLearning

starting on December 12, 2017

- NEW STUDENTS:
  You will be prompted to create a user profile before you can register for a class.

- RETURNING STUDENTS:
  If you have already created a user profile, simply sign-in with your username and password.

- DETAILED INSTRUCTIONS
  and helpful tips are available at www.sbcc.edu/ExtendedLearning

2. SIGN UP IN PERSON

You may register in person at either the Schott Campus or the Wake Campus.

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

WAKE CAMPUS
300 N. Turnpike Rd., Santa Barbara, CA 93111
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 Spring 2018 must be submitted by any student who was not enrolled at SBCC for the Fall 2017 semester.

Procedures for Enrollment of Minors

SBCC allows high school students in grade 9 (age 14) to enroll in Noncredit Educational Programs classes if they follow specific registration and enrollment procedures as follows:

1. Any student age 17 or under who attempts enrollment in noncredit 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 noncredit 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 off-campus instructor.
   b. The form must be completed and signed by a high school administrator, parents/guardians, noncredit class instructor and an administrator of the Noncredit Educational 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 off-campus instructor.
   d. The minor student 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.

DISABLED SERVICES AND PROGRAMS FOR STUDENTS

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 Disabled Services and Programs for Students (DSPS); (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, SS Building, Room 160, dspshelp@sbcc.edu. SBCC requests you complete this process at least ten working days before your accommodation is needed, in order to allow DSPS staff time to provide your accommodation.

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

CLASSES ARE SUBJECT TO CHANGE

SBCC School of Extended Learning reserves the right to cancel classes, change times or locations, and change instructors when necessary. Fees are subject to change. In the event of a discrepancy between the printed and online versions of our catalog, information shown online prevails.

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

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” on page 80.

ID - “ID number” is used to register for a specific Life Enhancement fee-based class.

SAT - “SAT” indicates Saturday classes.
APPLYING AND REGISTERING FOR TUITION-FREE CLASSES

To apply and register online for tuition-free classes, go to www.sbcc.edu/ExtendedLearning and click “Apply.”

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 three 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.

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 Campus or Wake Campus.

Fee-Based Registration

Spring Term 2018

Staggered Registration Begins: December 12 - December 15

The first week of fee-based class registration will be staggered by subject areas across four days. Fee-based registration begins at 8:00 a.m. each day online (and at the Schott and Wake Campus Offices).

<table>
<thead>
<tr>
<th>HOME AND FAMILY</th>
<th>EVENTS, LANGUAGE, PHOTOGRAPHY</th>
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<th>BODY, MIND, SPIRIT</th>
<th>NATURE, SCIENCE, RECREATION</th>
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<th>ARTS, MUSIC, PERFORMANCE</th>
<th>CRAFTS</th>
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<td>You may register for classes in these programs:</td>
<td>You may register for classes in these programs:</td>
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<tr>
<td>• Arts</td>
<td>• Ceramics (8:00am)</td>
</tr>
<tr>
<td>• Music and Performing Arts</td>
<td>• Crafts: Quilting and Sewing (8:00am)</td>
</tr>
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<td>• Jewelry (10:00am)</td>
</tr>
<tr>
<td></td>
<td>• Crafts and Hobbies: General (10:00am)</td>
</tr>
<tr>
<td></td>
<td>• Woodworking (10:00am)</td>
</tr>
</tbody>
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STUDENT SUPPORT SERVICES

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

- Career Counseling
- Academic Advising
- Assessment Testing
- Orientation to Noncredit Educational Programs
  - At the orientation you will:
    - 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 Noncredit Student Support Services.
- Services are also available in Spanish.
  - En la orientación usted:
    - Aprenderá como planear su horario de clases y cómo 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 Program
- Referral to Community Resources

CLASS FEES - FEE-BASED CLASSES

Class fees include:

- TUITION FEES — Average: $6.50 per hour; the hourly rate for workshops and specialized classes may vary.
- MATERIALS FEES — Cover items used in class or taken home by students, e.g. handouts, food for cooking, clay for ceramics.
- LAB FEES — Cover specialized supplies, utilities, and personnel costs.
- BUILDING FEES — Cover off-campus rental fees.

Any class fees are noted in the class descriptions in this schedule and online. 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 Information and Registration office at either the Schott Campus or the Wake Campus. (*There is a $20 service charge for each returned check.)

Cancellation - Fee-Based Classes

The minimum enrollment for fee-based classes is five students, with the exception of classes with lab fees. However, if a class does not meet the enrollment anticipated by the instructor, he or she may cancel the class. In the event that the class is cancelled by the college, the student will receive a full refund or will be able to apply the class fee towards another class.

Satisfaction Guarantee

• New and Improved Refund Policy •

You can now receive a FULL refund or free transfer before the second class meets. This guarantee includes one-meeting workshops.
The School of Extended Learning is delighted to offer over **100 additional** tuition-free classes in various areas including:

- Career Skills
- Early Childhood Education
- Health and Safety
- Older Adults

We are also offering **15 new** Life Enhancement fee-based classes including:

- Elegant Brioche - Sinfully Easy to Make
- Socrates Revealed Through Plato's Dialogs
- Discover the Secret Language of Animal Tracks
- The Law of Karma and Free Will
- Small Space Gardening

Plus, **7 new** digital badges through the Career Skills Institute:

- Project Management
- Emerging Leaders
- Thrive and Survive in the Workplace
- Career Strategist
- Enterprise Communication 2
- Social Media for Business
- Harness the Cloud to Maximize Work Performance
Adult High School, GED, Bilingual GED

ADULT HIGH SCHOOL (AHS) DIPLOMA PROGRAM

The Adult High School (AHS) 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 free classes and student support services, such as transcript analysis; assessment, orientation, and registration support; academic advising/counseling and career counseling; and a flexible class schedule.

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

For more information, contact School of Extended Learning student services (805) 898-8160

GENERAL EDUCATION DEVELOPMENT PROGRAM (GED®)

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
• We have study materials and practice tests
• All levels are welcome; work at your own pace
• Flexible hours; start any time
• Classes are free

Class Hours and Locations:

Schott Campus, Room 16
(310 W. Padre Street, Santa Barbara)
• Monday, Tuesday, Wednesday from 9:00am to 8:00pm
• Thursday from 9:00am to 12:00pm
• Friday from 9:00am to 2:00pm

The Wake Campus, Room 19
(300 N. Turnpike Road, Goleta/Santa Barbara)
• Monday, Tuesday, Wednesday from 9:00am to 12:00pm

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

HORARIO

Schott Campus (310 W. Padre Street, Santa Barbara)
• 9:00am-12:00 pm • martes y jueves en el salón 29
• 5:00pm-8:00 pm • jueves en el salón 16

The Wake Campus (300 N. Turnpike Road, Goleta/Santa Barbara)
• 9:00am-12:00 pm • miércoles, viernes, y sábados en el salón 21
• 5:00pm-8:00pm • lunes y miércoles en el salón 21

La Cumbre Jr. High School (2255 Modoc Rd, Santa Barbara)
• 5:00pm-7:00pm • martes, miércoles y jueves en la biblioteca

Instructors: Coromoto Galvis, Araceli Ponce, Karla Uribe.
(Schedule is subject to change without notice.)

Adult Education Block Grant Consortium

You Are Invited...
to Help Shape the Future of Adult Education in our Community.

Join our Monthly Public Meetings.
Learn more at www.sbcc.edu/aebg

The Santa Barbara Adult Education Block Grant Consortium in partnership with Santa Barbara City College provides excellence in adult educational programming in order to accelerate transition to transfer or career success.
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 62702  Staff • 1/16 - 5/12  • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12  • WAKE-19
Open Lab: MTWR

Oceanography
This course will teach students about the physical characteristics of the marine environment. Students will learn the importance of the marine environment and issues facing this natural resource. Successful completion of course objectives meets the requirements for Adult High School credit.

HSBI 020  Credit Hours: 5
CRN 62704  Staff • 1/16 - 5/12  • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12  • WAKE-19
Open Lab: MTWR

Biology
This competency-based survey course in biology systematically covers the scientific method, limits of technology, the chemistry of living things, cell structure and function, genetics and heredity, classification, unicellular and multicellular organisms, human biology and ecology. Additional topics include behavior, biotechnology and the future of biology.

HSBI 030  Credit Hours: 10
CRN 62706  Staff • 1/16 - 5/12  • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12  • WAKE-19
Open Lab: MTWR

Adult High School Computer Applications and Office Management

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 62709  Staff • 1/16 - 5/12  • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12  • 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 in-boxes 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 62717  Staff • 1/16 - 5/12  • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12  • WAKE-19
Open Lab: MTWR

Learning Skills: PowerPoint
Using software tutorials, this Adult High School course promotes an understanding of the skills necessary to utilize the features of Microsoft Office PowerPoint.

HSCA 010  Credit Hours: 2
CRN 64435  Staff • 1/16 - 5/12  • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12  • WAKE-19
Open Lab: MTWR
Learning Skills: Excel
Using software tutorials, this Adult High School course promotes an understanding of the skills necessary to effectively utilize Microsoft Office Excel.

HSCA NC040 Credit Hours: 2
CRN 64442 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Learning Skills: Word Basics
Using software tutorials, this Adult High School course promotes an understanding of the skills necessary to effectively utilize Microsoft Office Word.

HSCA NC050 Credit Hours: 2
CRN 64443 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Adult High School Economics

Economics
Adult High School economics course covering macro and microeconomics terms and theories, including economic decision-making, financial markets, consumer behavior, and personal finance topics.

HSEC NC010 Credit Hours: 5
CRN 64264 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Adult High School English

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 a portfolio assessment by the instructor and reviews based on material presented.

HSEN 001B Credit Hours: 5
CRN 62725 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Reading and Composition 1
Adult High School English course covering reading and writing skills. Students analyze literature, improve grammar and vocabulary, and write well-developed sentences and paragraphs.

HSEN NC001 Credit Hours: 10
CRN 64265 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Reading and Composition 2
Adult High School English course to improve reading and writing skills. Students analyze literature, write well-developed three-paragraph essays, and improve grammar and vocabulary.

HSEN NC002 Credit Hours: 10
CRN 64268 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Reading and Composition 1A
Adult High School English course covering reading and writing skills. Students analyze literature, improve grammar and vocabulary, and write well-developed sentences and paragraphs.

HSEN NC003 Credit Hours: 10
CRN 64263 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Reading and Composition 1B
Adult High School English course covering reading and writing skills. Students analyze literature, improve grammar and vocabulary, and write well-developed sentences and paragraphs.

HSEN NC001B Credit Hours: 5
CRN 64266 > Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR
Reading and Composition 2A
Adult High School English course to improve reading and writing skills. Students analyze literature, write well-developed three-paragraph essays, and improve grammar and vocabulary.

HSEN NC02A  Credit Hours: 5
CRN 64269  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Reading and Composition 2B
Adult High School English course to improve reading and writing skills. Students analyze a novel, write well-developed three-paragraph essays, and improve grammar and vocabulary.

HSEN NC02B  Credit Hours: 5
CRN 64270  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Reading and Composition 3A
Adult High School English course developing analytical reading and writing skills. Students evaluate literature, write well-developed five-paragraph essays, and improve critical thinking skills.

HSEN NC03A  Credit Hours: 5
CRN 64271  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Reading and Composition 3B
Adult High School English course developing analytical reading and writing skills. Students evaluate literature, read novels, write well-developed essays and improve critical-thinking skills.

HSEN NC03B  Credit Hours: 5
CRN 64272  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • 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 62732  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Adult High School U.S. History

American History: Part 1
Adult High School course covering U.S. history up to 1877. Topics include Native American cultures, colonial America, the American Revolution, westward expansion and the Civil War.

HSHI NC030  Credit Hours: 5
CRN 64249  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

American History: Part 2
Adult High School course in United States history from 1865 to the present, including the Reconstruction period, the causes and consequences of World War I and II, the Great Depression, the Cold War, Civil Rights and modern globalization.

HSHI NC040  Credit Hours: 5
CRN 64251  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR
Adult High School
Mathematics

Mathematics A: Whole Number Arithmetic
Adult High School course to develop or refresh whole-number addition, subtraction, multiplication and division skills, including solving workplace and life skills word problems.

HSMA NC010  Credit Hours: 5
CRN 64252  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Mathematics B: Fractions, Decimals, Percents
Adult High School mathematics course covering fractions, decimals and percent problem solving skills, with applications to measurement, financial, and other life and workplace skills.

HSMA NC020  Credit Hours: 5
CRN 64253  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Mathematics C: Pre-Algebra
Adult High School pre-algebra course. Topics include percent, ratio, proportion, measurement, formulas, signed numbers, roots and exponents, graphing and basic algebraic equations.

HSMA NC030  Credit Hours: 5
CRN 64254  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Introductory Algebra
Adult High School introductory algebra course. Topics include signed numbers, proportion, using formulas, solving monomial and polynomial equations, inequalities, coordinate graphs and quadratic equations.

HSMA NC040  Credit Hours: 10
CRN 64446  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Introductory Geometry
Adult High School geometry course emphasizing measurement and relationships of angles, plane figures and solid figures, with applications to workplace and life skills.

HSMA NC050  Credit Hours: 10
CRN 64256  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Adult High School Personal Development

Learning Skills: Note Taking Strategies
This Adult High School course reviews note taking techniques and purposes. Topics include function of note taking, pre-reading strategies and practice with note-taking methods.

HSPD NC010  Credit Hours: 1
CRN 64257  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Learning Skills: Time Management
This Adult High School course on time management introduces students to techniques designed to help them manage time effectively and create healthier lifestyle patterns.

HSPD NC020  Credit Hours: 1
CRN 64258  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

Learning Skills: Learning Styles
This Adult High School course will teach students to identify their personal learning styles and how to adapt them to dominant teaching styles.

HSPD NC030  Credit Hours: 1
CRN 64259  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWR
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR
Learning Skills: Test-Taking Skills
This Adult High School course builds test-taking confidence. Topics include test anxiety and strategies to use during and before taking a test.

**HSPD NC040**  
Credit Hours: 1

CRN 64260  
Staff • 1/16 - 5/12 • SCHOTT-16  
Open Lab: MTWR

Learning Skills: Writing Skills
Adult High School course in developing writing skills, including strategies for planning, writing and revising essays.

**HSPD NC050**  
Credit Hours: 1

CRN 64261  
Staff • 1/16 - 5/12 • SCHOTT-16  
Open Lab: MTWR

Adult High School Political Science
Survey of U.S. Government
Adult High School course covering the United States government, including foundations of the U.S. Constitution, government structure and processes, and citizen's rights and responsibilities.

**HSPS NC020**  
Credit Hours: 5

CRN 64262  
Staff • 1/16 - 5/12 • SCHOTT-16  
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, as well as the skills associated with composition and design to help students understand and create art. In order to receive 10 high school credits 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 arts and compositional techniques. Successful completion of course objectives will meet requirements for Adult High School credit.

**HSVA 010**  
Credit Hours: 10

CRN 62749  
Staff • 1/16 - 5/12 • SCHOTT-16  
Open Lab: MTWR

Visual Arts and Media Techniques/Art Studio 1
Course introduces visual arts, media techniques and art composition. Students will learn basic techniques, enroll in a studio course, and produce an art portfolio. Successful completion fulfills high school requirements.

**HSVA 020**  
Credit Hours: 5

CRN 62750  
Staff • 1/16 - 5/12 • SCHOTT-16  
Open Lab: MTWR

Visual Arts and Media Techniques/Art Studio 2
Course introduces visual literacy, media interpretation and art composition. Students will learn basic techniques, enroll in a studio course, and produce an art portfolio. Successful completion fulfills high school requirements.

**HSVA 030**  
Credit Hours: 5

CRN 62751  
Staff • 1/16 - 5/12 • SCHOTT-16  
Open Lab: MTWR
General Education Development

GED Test Subject - Reading
This course prepares students for the GED Reasoning through Language Arts exam. Topics include improving reading and writing skills, vocabulary, grammar, and test-taking strategies.

GED NC010
CRN 62666  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

GED Test Subject - Social Studies
Course to prepare students for the GED Social Studies exam. Topics include a review of important social studies concepts, as well as developing critical thinking skills and test-taking strategies.

GED NC020
CRN 62670  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR

GED Test Subject - Science
Course to prepare students for the GED Science exam. Topics include a review of important science concepts, as well as developing critical thinking skills and test-taking strategies.

GED NC030
CRN 62675  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • 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 ancient civilizations’ impact on 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 62753  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • 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 62755  Staff • 1/16 - 5/12 • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12 • WAKE-19
Open Lab: MTWR
GED Test Subject - Mathematics
Course to prepare students for the GED Mathematics exam. Topics include whole number operations, fractions, decimals, percent, geometry, and algebra. Problem-solving strategies and test-taking skills are emphasized.

GED NC050
CRN 62681  Staff • 1/16 - 5/12  • SCHOTT-16
Open Lab: MTWRF
Staff • 1/16 - 5/12  • WAKE-19
Open Lab: MTWRF

GED Test Subject - Bilingual Science
This course prepares students for the Spanish version of the GED Science exam. Topics include a review of important science concepts, and development of critical-thinking and test-taking strategies.

GEDB NC080
CRN 62696  Staff • 1/16 - 5/12  • WAKE-21
Open Lab: M W
Staff • 1/16 - 5/12  • SCHOTT-29
Open Lab: T R
SAT Staff • 1/16 - 5/12  • WAKE-19
Open Lab: FS
CRN 62697  Staff • 1/16 - 5/12  • LCJH
Open Lab: TWR

General Education Development - Bilingual

GED Test Subject - Bilingual Reading
Course to prepare students for the Spanish version of the GED Reasoning through Language Arts exam. Topics include improving reading and writing skills, vocabulary, grammar, and test-taking strategies.

GEDB NC060
CRN 62687  Staff • 1/16 - 5/12  • WAKE-21
Open Lab: M W
Staff • 1/16 - 5/12  • SCHOTT-29
Open Lab: T R
Staff • 1/16 - 5/12  • WAKE-19
Open Lab: F
SAT Staff • 1/16 - 5/12  • WAKE-19
Open Lab: S
CRN 62688  Staff • 1/16 - 5/12  • LCJH
Open Lab: TWR

GED Test Subject - Bilingual Mathematics
Course to prepare students for the Spanish version of the GED Mathematics exam. Topics include whole number operations, fractions, decimals, percent, geometry, algebra, and problem-solving strategies.

GEDB NC100
CRN 62698  Staff • 1/16 - 5/12  • WAKE-21
Open Lab: M W
Staff • 1/16 - 5/12  • SCHOTT-29
Open Lab: T R
SAT Staff • 1/16 - 5/12  • WAKE-19
Open Lab: FS
CRN 62701  Staff • 1/16 - 5/12  • 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 important social studies concepts, and application of critical-thinking and test-taking strategies.

GEDB NC070
CRN 62690  Staff • 1/16 - 5/12  • WAKE-21
Open Lab: M W
Staff • 1/16 - 5/12  • SCHOTT-29
Open Lab: T R
SAT Staff • 1/16 - 5/12  • WAKE-19
Open Lab: FS
CRN 62694  Staff • 1/16 - 5/12  • LCJH
Open Lab: TWR
Accounting

Setting up QuickBooks for Small Business
Accounting fundamentals - Learn the basics of small business bookkeeping using QuickBooks.

**ACCT NC001**

CRN 63825 • SAT Terry, C K • 2/24 - 3/17 • WAKE-05
Lec: S • 9:00am - 1:00pm

Monthly Procedures using QuickBooks
Develop and apply monthly procedures used in accounting for small business.

**ACCT NC002**

CRN 64084 • SAT Terry, C K • 3/3 - 3/24 • WAKE-05
Lec: S • 9:00am - 1:00pm

Year End Procedures
Develop and apply year-end procedures used in accounting for small business.

**ACCT NC003**

CRN 64085 • SAT Terry, C K • 4/7 - 4/28 • WAKE-05
Lec: S • 9:00am - 1:00pm

Allied Health

Medical Assistant 1B: Administrative and Clinical Skills Part Two
Second of a two-part course preparing students to work as entry-level Medical Assistants in medical offices and clinics.

*PREREQ: AH NC005 with a minimum grade of “P”.

**AH NC006**

CRN 63198 • EVE Lee, B Y • 1/16 - 2/22 • WAKE-14
Lec: T R • 5:45pm - 8:50pm

Medical Assistant II: Job Readiness and Field Work
This 160-hour course provides hands-on experience as Medical Assistants in local medical clinics and offices. Eligibility requires successful completion of Medical Assistant IA and IB.

*PREREQ: AH NC006 with a minimum grade of P.

**AH NC007**

CRN 64128 • EVE Lee, B Y • 3/1 - 5/10 • WAKE-14
Lec/Lab: R • 6:00pm - 8:00pm

Personal Care Attendant I: Basic Care
First of two PCA Program courses preparing students to seek entry-level PCA employment, assisting patients and families with non-medically directed personal care.

**AH NC020**

CRN 63114 • EVE Noggle, M • 1/17 - 3/12 • WAKE-14
Lec: M W • 5:30pm - 9:00pm

Personal Care Attendant II: Dementia and End-of-Life Care
Second of the two PCA Program courses and focuses on care giving needs of patients with dementia and needs associated with end-of-life care.

*PREREQ: AH NC020 with a minimum grade of “P”.

**AH NC021**

CRN 63115 • EVE Noggle, M • 3/19 - 4/16 • WAKE-14
Lec: M W • 5:30pm - 8:30pm
## Restorative Nurse Assistant Training - Introduction

A First of two RNA Certificate Program courses preparing CNAs to provide restorative care for patients and/or residents.

*COURSE ADVISORY: Must have current active CNA license, TB clearance and health care provider CPR.

**AH NC030**

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<tr>
<th>CRN 63116</th>
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## Restorative Nurse Assistant Training - Advanced

Second of the two RNA Certificate Program courses focusing on restorative assistant techniques for therapeutic modalities, exercise, and rehabilitation management.

*PREREQ: AH NC030 with a minimum grade of “P”

**AH NC031**

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## 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.

**COMP NC010**

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<th>CRN 63190</th>
<th>Aparisio, A</th>
<th>1/16 - 5/12</th>
<th>WAKE-06</th>
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<tr>
<td></td>
<td>Lab: MTWRF</td>
<td>12.5 hours/week</td>
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<tr>
<td></td>
<td>Lab: MTWRF</td>
<td>12.5 hours/week</td>
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### Best Business Apps

Learn how to choose, install and sync apps to become more successful and productive in today’s technologically-based workplace.

**COMP NC011**

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<tr>
<th>CRN 64106</th>
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### How to Use Google Drive to Maximize Performance

Learn how to access the Google Drive. Learn to upload, download, share, link, collaborate and convert files, and use the additional features including Docs, Sheets and Slides.

**COMP NC012**

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<tr>
<th>CRN 64107</th>
<th>Eggli, N A</th>
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### The Best Cloud Backup Options to Protect Data

Assess data needs for back up, choose the appropriate cloud backup and create a backup plan.

**COMP NC013**

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<th>CRN 64108</th>
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### Facebook for Business

Facebook is a powerful tool to grow and promote your business. Create effective profiles, groups and ads. Learn how and what to post to achieve your goals.

**COMP NC014**

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<tr>
<th>CRN 64109</th>
<th>EVE</th>
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<td>6:45pm - 8:45pm</td>
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### Pinterest and Instagram for Business

Students learn to market and expand a brand using Pinterest and Instagram and use them in their marketing strategies to develop a loyal, enthusiastic customer base for their brand.

**COMP NC016**

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<th>CRN 64110</th>
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<th>2/20 - 3/1</th>
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<td>9:00am - 11:00am</td>
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### LinkedIn for Business

Students learn to use LinkedIn to develop business through relationship marketing. Topics include building a professional brand, marketing a company, showcasing credentials, getting business advice and reconnecting with former colleagues.

**COMP NC017**

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<tr>
<th>CRN 64111</th>
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### YouTube for Business

Students learn to use YouTube to broadcast user/business-generated videos. Topics include creating a custom channel and building a following by uploading, editing and sharing videos that communicate a brand and engage an audience.

**COMP NC018**

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<tr>
<th>CRN 64112</th>
<th>SAT</th>
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<th>4/21 - 4/28</th>
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<tr>
<td>Course</td>
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<td>Instructor</td>
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<tr>
<td><strong>Learn to Type</strong></td>
<td>Course teaches correct finger and wrist placement and keyboard reaches. Students can brush up on</td>
<td>COMP NC021</td>
<td>Croyle, L</td>
<td>1/23</td>
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<tr>
<td></td>
<td>keyboard skills, increase speed, and learn techniques and strategies to prevent carpal tunnel syndrome.</td>
<td></td>
<td>M</td>
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<tr>
<td><strong>Introduction to Mac OS X Level 1</strong></td>
<td>Students make, name, rename, and find files and folders in Mac OS. Students also learn how to</td>
<td>COMP NC031</td>
<td>Staff</td>
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<tr>
<td></td>
<td>operate popular Mac OS programs Safari, Address Book and iCal.</td>
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<tr>
<td><strong>Computers for Beginners</strong></td>
<td>Students with limited or no computer experience learn to perform basic tasks, including how to</td>
<td>COMP NC022</td>
<td>Eggli, N</td>
<td>2/15</td>
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<tr>
<td></td>
<td>turn a computer on and off correctly, send and receive e-mail, and navigate the Internet. Course</td>
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<td></td>
<td>may be taught bilingually.</td>
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<tr>
<td><strong>Windows Basics</strong></td>
<td>This class is an introduction to the Windows Operating System. Students will explore Help, Windows</td>
<td>COMP NC023</td>
<td>Eggli, N</td>
<td>4/2</td>
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<td>navigation and management, file management, desktop customization, and other Windows Operating</td>
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<td>System tools and applications.</td>
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<tr>
<td><strong>Introduction to Windows</strong></td>
<td>This class is an introduction to the Windows Operating System. Students will explore Help, Windows</td>
<td>COMP NC024</td>
<td>Eggli, N</td>
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<td>navigation and management, file management, desktop customization, and other Windows Operating</td>
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<td>System tools and applications.</td>
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<tr>
<td><strong>Introduction to the Macintosh</strong></td>
<td>Basic Macintosh computer class designed for those with limited or no experience with computers.</td>
<td>COMP NC030</td>
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<td>Students learn basic functions and how to perform simple computer tasks using Macintosh software.</td>
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<tr>
<td><strong>Exploring Microsoft Office for the MAC</strong></td>
<td>Brief introduction to Microsoft programs for the MAC: Word, Excel, PowerPoint and Outlook. Topics</td>
<td>COMP NC035</td>
<td>Staff</td>
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<td>include basics of the programs and how Office programs work together.</td>
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<tr>
<td><strong>Living the iLife</strong></td>
<td>Students learn how to use Apple’s iLife suite of programs: iPhoto, iMovie HD, iDVD, Garage Band and</td>
<td>COMP NC037</td>
<td>Staff</td>
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<td>iWeb to produce and distribute creative ideas through words, pictures, music or video.</td>
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<tr>
<td><strong>Searching the Web</strong></td>
<td>This course defines the Internet and teaches students how to search the Web and get the results they</td>
<td>COMP NC040</td>
<td>Egli, N</td>
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<tr>
<td></td>
<td>need. Students learn techniques and methods to narrow search results and trouble-shoot difficult</td>
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<td>queries.</td>
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</table>
E-mail for Beginners
Basic introduction to e-mail, including 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 64120  EVE Cornejo, G R  •  1/31 - 3/21  •  CHS-P3
Lec: W  •  6:30pm - 7:30pm
CRN 64121  EVE Maida, H A  •  3/1 - 3/22  •  WAKE-05
Lec/Lab: R  •  6:30pm - 8:50pm

Optimizing Photos for the Internet and E-mail
Students learn to manipulate photos for efficient e-mailing or uploading to the Internet. This class develops photo editing and basic Internet skills for business or personal use.

COMP NC042
CRN 63683  SAT Place, C C  •  4/7 - 4/14  •  WAKE-03
Lec/Lab: S  •  9:00am - 2:00pm

Word Processing Basics for Beginners
Students 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 64122  EVE Cooper, M E  •  2/27 - 3/8  •  WAKE-04
Lec/Lab: T  •  9:00am - 11:15am

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 63685  Staff  •  2/27 - 3/20  •  WAKE-04
Lec/Lab: T  •  9:00am - 11:15am

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.

COMP NC055
CRN 63689  Burkhardt, B J  •  2/2 - 3/2  •  WAKE-03
Lec/Lab: F  •  3:30pm - 5:45pm

Basic Outlook
Students learn how to use Outlook for e-mail and work task and calendar management to connect with colleagues, customers, family and friends.

COMP NC058
CRN 63692  Dempsey Skiles, W A  •  4/6 - 4/27  •  WAKE-04
Lec/Lab: F  •  1:00pm - 3:15pm

Basic Spreadsheets for Beginners
Class provides a slow-paced introduction to basic concepts and functions of Microsoft Excel. Topics include creating a spreadsheet, using formulas and functions, and creating charts.

COMP NC062
CRN 63693  Dempsey Skiles, W A  •  2/23 - 3/23  •  WAKE-04
Lec/Lab: F  •  1:00pm - 3:15pm

Introduction to MS Excel
This class is an introduction to basic concepts and characteristics of Microsoft Excel, including basics of creating a spreadsheet, using formulas and functions, creating charts, and using the database feature.

COMP NC063
CRN 63694  Staff  •  4/4 - 4/25  •  WAKE-04
Lec/Lab: W  •  1:00pm - 3:15pm
CRN 63928  EVE Wong, V K  •  4/5 - 4/26  •  WAKE-04
Lec: R  •  6:30pm - 8:55pm

Tech Talk: What’s New in Computers and Technology?
This course explores the many practical questions that arise as computers, cell phones, eBooks, social networks, e-mail, the Internet and other technology become more central to our daily lives. This course may be taught bilingually.

COMP NC071
CRN 64123  EVE Cornejo, G R  •  2/26 - 5/7  •  CHS-P2
Lec/Lab: M  •  5:30pm - 7:35pm

Setting Up A Blog
Create a blog by defining it’s goal, analyzing the core audience, developing a content creation plan, choosing platform and hosting options, designing, writing and promoting your posts.

COMP NC080
CRN 63699  SAT Place, C C  •  3/3 - 3/10  •  WAKE-04
Lec: S  •  8:30am - 12:30pm

Create Compelling Content
Analyze your brand and your core audience to find your authentic voice and create content such as text and images that are relevant, valuable and engaging.

COMP NC081
CRN 63700  SAT Cooper, M E  •  3/17  •  WAKE-04
Lec: S  •  8:30am - 4:30pm
Computer Information Systems

Installing and Configuring Windows Server
Course introduces students to the process of installing and configuring a Windows server.
CIS NC003
CRN 64086  EVE Murray, M J  1/16 - 3/10  BC-314
Lec: T  6:00pm - 9:40pm

Administering Windows Server
Course provides students with the skills required to administer Windows servers.
CIS NC004
CRN 64087  EVE Murray, M J  3/12 - 5/12  BC-314
Lec: T  6:00pm - 9:50pm

Construction Technology

Construction Framing
A course in beginning residential construction framing.
CT NC001
CRN 63100  EVE Cunningham, J L  WAKE-24
Lec: R  5:00pm - 6:30pm
EVE Cunningham, J L  WAKE-24
Lec: R  6:35pm - 7:45pm

Construction Finish Carpentry
A course in beginning residential finish carpentry.
CT NC002
CRN 63103  EVE Cunningham, J L  WAKE-24
Lec: R  5:00pm - 6:30pm
EVE Cunningham, J L  WAKE-24
Lec: R  6:35pm - 7:45pm

Construction Electrical
A course in beginning residential electrical work.
CT NC003
CRN 63106  EVE Cunningham, J L  WAKE-24
Lec: R  5:00pm - 6:30pm
EVE Cunningham, J L  WAKE-24
Lec: R  6:35pm - 7:45pm

Construction Plumbing
A course in beginning residential plumbing
CT NC004
CRN 63110  EVE Cunningham, J L  WAKE-24
Lec: R  5:00pm - 6:30pm
EVE Cunningham, J L  WAKE-24
Lec: R  6:35pm - 7:45pm

Grounding Systems
Basic function, operation, and characteristics of grounding systems.
CT NC135
CRN 64410  EVE Bennett, T A  1/16 - 5/12  WAKE-20
Lec: W  6:00pm - 9:10pm

Computer Network Engineering

Introduction to Hand-held Devices
This course teaches students the practical use of a variety of handheld computer devices and provides tips on how to use these devices effectively in a work environment.
CNEE NC070
CRN 63709  SAT Cooper, M E  2/24 - 3/3  WAKE-03
Lec/Lab: S  9:00am - 2:00pm
CRN 64101  EVE Cornejo, G R  1/31 - 3/21  CHS-P3
Lec: W  5:30pm - 6:30pm

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
Lec: R  4:00pm - 6:15pm
Eve Eggl, N A  4/5 - 4/11  WAKE-04
Lec: R  4:00pm - 6:15pm
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 63701 › Hobbins, J A  •  1/17 - 2/21  •  SAHH
Lec: W  •  3:00pm - 5:00pm

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 Modules A and B, students will be prepared to take the ServeSafe Foodhandlers Examination.

CA NC014
CRN 63704 › Hobbins, J A  •  1/18 - 2/22  •  SAHH
Lec: R  •  3:00pm - 5:00pm

Environmental Horticulture

Green Gardener: Module 1
Be on the cutting edge of Green Landscaping. Attention, gardeners, landscapers, homeowners, property owners and managers. Be a part of the Green Gardener Program. Receive the training necessary to offer environmentally responsible, resource efficient and pollution prevention landscape maintenance services. Expert guest lecturers will cover irrigation efficiency, green waste reduction, pest and fertilizer management, proper plant maintenance and other sustainable landscaping topics. After completing the course and assignments, participants will be promoted as a Green Gardener and will benefit from advertising and discounts by the program sponsors. For more information on the Green Gardener Program, go to www.greengardener.org. The 15-week program of two modules includes classroom, demonstration and take-home field-work.

EH NC001
CRN 64104 › Carmona, O  •  1/22 - 4/2  •  WAKE-26
Lec/Lab: M  •  4:30pm - 6:45pm
CRN 64105 › Carmona, O  •  1/17 - 3/14  •  WAKE-26
Lec/Lab: W  •  4:30pm - 6:45pm

Drafting/CAD

Introduction to 3D Printing

DRFT NC001
CRN 63716 › SAT Staff  •  3/3 - 3/24  •  OE-16
Lec: S  •  9:00am - 1:00pm

Product Design and Prototyping Workshop
Using workflows for product design, visualization, 3D printing and fabrication tools, students will review the process that takes a design from concept to physical object, experiencing complete cycles of manufacturing.

DRFT NC002
CRN 64103 › SAT Arias del Cid, A M  •  4/7 - 4/28  •  OE-16
Lec: S  •  9:00am - 1:00pm
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. This course may be taught bilingually.
GDP NC001
CRN 64124  EVE  Dempsay Skiles, W A  •  4/2 - 5/2  •  WAKE-03
Lec/Lab: M W  •  6:45pm - 9:00pm

Photoshop Overview
Offers an overview of Photoshop tools and functionality to discover the creative potential of image editing. Topics include opening and saving files, compositing and collage, selections, layers and image correction.
GDP NC005
CRN 63721  Burkhart, B J  •  2/2 - 2/9  •  WAKE-03
Lec/Lab: F  •  9:00am - 2:00pm

Introduction to Adobe Illustrator
Students learn to create illustrations, logos, etc., using Illustrator from the Adobe CS suite. Completion of class assignments allows students to practice and demonstrate skills needed to design quality products.
GDP NC010
CRN 64126  EVE  Dempsay Skiles, W A  •  2/20 - 5/1  •  WAKE-05
Lec: T  •  6:45pm - 8:50pm

Producing a Digital Newsletter
Producing a Digital Newsletter concentrates on applying basic skills in Adobe InDesign to format and produce newsletters for fixed and digital formats. Students will be given guidance in creating a newsletter prototype while working in a computer lab facility.
*SKILL ADVISORY: Some skills using a computer and some experience working on a page layout program (Word, InDesign, Pages, Pagemaker or Quark) would be helpful to accomplish the most out of the class.
*COURSE ADVISORY: Homework will be assigned.
GDP NC041
CRN 64125  SAT  Dempsay Skiles, W A  •  2/3 - 2/10  •  WAKE-03
Lab: S  •  8:00am - 1:00pm

Library

Online Research Skills
Learn Internet search skills and resources that your colleagues want to know. This course teaches advanced Internet research to yield relevant, credible sources.
*Recommended Abilities: Basic computer knowledge.
LIBR NC001
CRN 63746  Ackerman, A A  •  3/13 - 3/22  •  WAKE-05
Lec: T R  •  4:00pm - 6:00pm

Presenting Research with Infographics
Present information in a concise, memorable, cutting edge format. This course teaches data visualization to communicate information clearly and efficiently.
*Recommended Abilities: Basic computer knowledge.
LIBR NC002
CRN 63747  Ackerman, A A  •  4/3 - 4/12  •  WAKE-05
Lec: T R  •  4:00pm - 6:00pm

Marketing

Promotional Marketing Tools
Engagement in successful marketing through the creation and maintenance of product (tangible and intangible) brand awareness for organizational profitability.
MKT NC001
CRN 64132  Zackrison, E J  •  3/1 - 3/8  •  WAKE-26
Lec: R  •  8:00am - 1:00pm

Business Branding
A strong brand in business relationships requires streamlining marketing focus through creating recognizable global social media marketing. Understanding the tools of research to produce a universal brand via social media ignites a climate of safety for an effective business and customer relationship.
MKT NC002
CRN 63711  Zackrison, E J  •  3/15 - 3/22  •  WAKE-26
Lec: R  •  8:00am - 1:00pm
Marketing Maps
Harnessing the position of products or companies in the mental mind map of a customer create immediate recognition or purchases by target market customers.

MKT NC003
CRN 64133  >  Zaczkison, E J  •  4/5 - 4/12  •  WAKE-26
Lec: R  •  8:00am - 1:00pm

Mobile Marketing
International business with mobile marketing creates innovative, efficient, exciting experiences between producers and consumers in real time cost effectiveness. Engagement via mobile leads customers into entering global markets they once never knew existed or could be accessed to gain satisfaction.

MKT NC004
CRN 64134  >  Zaczkison, E J  •  4/19 - 4/26  •  WAKE-26
Lec: R  •  8:00am - 1:00pm

Multimedia Arts and Technologies
Photoshop
Class teaches the basic tools and techniques for creating, enhancing and collaging images using Photoshop for the PC and Mac. Students will practice new skills in a lab setting.

MAT NC003
CRN 64129  >  Staff  •  2/23 - 5/4  •  WAKE-03
Lec: F  •  9:00am - 11:15am

Photoshop for Web Design
This course provides students with basic tools and techniques in Photoshop to create images, type and graphics in web design. Learn to create UI elements, web graphics, wireframes, and functional mockups.

MAT NC005
CRN 63730  >  EVE Staff  •  2/1 - 2/27  •  WAKE-03
Lec: T R  •  6:30pm - 8:30pm

Web Coding Fundamentals
Learn how to write HTML, understand HTML5, turn a design created in Photoshop into a website in Dreamweaver, use jQuery to add interactivity to your webpages.

MAT NC006
CRN 63731  >  EVE Staff  •  3/1 - 4/3  •  WAKE-03
Lec: T R  •  6:30pm - 8:30pm

Responsive Web Design
Discover how to design and structure your website content to be more readable and efficient on multiple devices using responsive website techniques and Dreamweaver’s Fluid Grid Layout framework and media queries.

MAT NC007
CRN 63732  >  Staff  •  4/5 - 5/1  •  WAKE-03
Lec: T R  •  6:30pm - 8:30pm

Adobe Lightroom Essentials
Students will learn the basics of the Lightroom software. The course is broken into two components, first focusing on managing libraries of files, then on editing files to improve quality.

MAT NC010
CRN 63053  >  Staff  •  5/5 - 5/12  •  WAKE-03
Lec: S  •  9:00am - 1:00pm
CRN 63743  >  Staff  •  3/10 - 3/17  •  WAKE-03
Lec: S  •  9:00am - 1:00pm

Personal Development
Personalized Career Planning
Exploration of self-characteristics that influence career planning and decisions.

PD NC001
CRN 64130  >  Eurman, V S  •  4/6 - 4/13  •  WAKE-28
Lec: F  •  9:00am - 1:00pm

Strategic Job Search
This class is designed to help students develop and implement a strategic career and job search plan.

PD NC002
CRN 64149  >  Eurman, V S  •  4/20 - 4/27  •  WAKE-28
Lec: F  •  9:00am - 1:00pm

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.

PHOT NC001
CRN 63080  >  Place, C C  •  2/6 - 2/15  •  WAKE-03
Lec/Lab: T R  •  4:00pm - 6:15pm
Photoshop for Digital Photographers
Focuses on the capabilities of Photoshop for the PC and Mac, including advanced layering, composition and retouching techniques. Familiarity with Photoshop on the PC or Macintosh recommended.

PHOT NC002
CRN 64127  ›  Burkhardt, B J  •  2/26 - 3/21  •  WAKE-03
Lec: M W  •  9:00am - 11:15am
Burkhardt, B J  •  4/2 - 4/4  •  WAKE-03
Lec: M W  •  9:00am - 11:15am

Professional Development

Business Writing in a Technological World
In this course students will develop effective and professional business writing skills for electronic and hard-copy communication using business tone, organization and formatting, word choice and persuasion.

PRO NC002
CRN 63030  ›  Taylor, S A  •  2/7  •  WAKE-28
Lec: W  •  8:30am - 4:30pm
CRN 64088  ›  Croyle, L M  •  3/2  •  WAKE-28
Lec: F  •  8:30am - 4:30pm

Time Management
Participants will explore time management strategies and tools for effectively managing expanding workloads, shifting priorities, and increasing demands. Practice prioritizing by differentiating “Important” from “Urgent” activities.

PRO NC003
CRN 63008  ›  Taylor, S A  •  3/22  •  WAKE-28
Lec: R  •  8:30am - 4:30pm
CRN 64089  ›  Croyle, L M  •  3/9  •  WAKE-28
Lec: F  •  8:30am - 4:30pm

Communication Strategies for the Workplace
Participants optimize current communication skills. Differentiate content, emotions, intentions in a conversation. Illustrate congruent verbal and nonverbal messages tailored to the context, the personalities and desired outcomes.

PRO NC004
CRN 63023  ›  Welch, M P  •  3/8  •  WAKE-28
Lec: R  •  8:30am - 4:30pm

Critical Thinking, Problem Solving and Decision Making
Develop analytical thinking, decision making and problem solving techniques. Apply judgement and insight to break problems into component parts and apply deductive reasoning.

PRO NC005
CRN 63021  ›  Taylor, S A  •  4/10  •  WAKE-28
Lec: T  •  8:30am - 4:30pm
CRN 64090  ›  Croyle, L M  •  3/16  •  WAKE-28
Lec: F  •  8:30am - 4:30pm

Project Management for Non Project Managers
Project management skills are important for all employees. Create an action plan applying the basic principles of project management to your workplace. Communicate with confidence.

PRO NC10
CRN 64091  ›  Welch, M P  •  2/28  •  WAKE-28
Lec: W  •  8:30am - 4:30pm

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

PRO NC11
CRN 64092  ›  Zackrison, E J  •  3/6  •  WAKE-28
Lec: T  •  8:30am - 4:30pm

Emotional Intelligence in the Workplace
Explore EI competencies: self awareness, social awareness, self management and relationship management. Apply tools and techniques using the EI framework to optimize your professional performance and working relationships.

PRO NC13
CRN 64093  ›  Backelin, P L  •  4/3  •  WAKE-28
Lec: T  •  8:30am - 4:30pm

Building High Performance Teams
Apply key team building skills needed in the workplace. Topics include, stages of team development, team roles, supportive communication climate, meeting strategies, collaboration and critical problem solving.

PRO NC15
CRN 63029  ›  Staff  •  3/13  •  WAKE-28
Lec: T  •  8:30am - 4:30pm

This schedule is subject to change. For the most up to date schedule, please view our online schedule at http://www.sbcc.edu/ExtendedLearning
### 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**

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### 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.

**PRO NC019**

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

**PRO NC021**

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### 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**

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### Successfully Managing and Developing People
Learn and apply the communication, delegation and motivational skills needed to be an effective manager or supervisor.

**PRO NC033**

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### The Art of Negotiating and Collaborating
Participants learn enhance collaboration skills by building high-trust relationships to create mutually beneficial outcomes. Use reframing, neutralize language, uncover interests, summarize agreement areas and leverage innovative solutions.

**PRO NC036**

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### Best Practice in Customer Service
Apply strategies that retain your valuable customer base and earn repeat business. Topics include resolving complaints, managing verbal and nonverbal communication and steps for defusing angry customers.

**PRO NC050**

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### Hi Impact Presentations and Proposals for the Workplace
Apply advanced formatting, persuasion and delivery techniques to workplace situations. Get your ideas adopted, sell yourself in an interview and structure presentations with clarity, brevity and impact.

**PRO NC067**

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### 2018 Medical Assistant Certificate Training Program Information Session

**WHAT:** Entrance Requirements and 9-month Program Content (Fall 2018 to Spring 2019)

**WHEN:** Friday Evening, April 13, 2018, 5:30pm - 7:00pm

**WHERE:** Wake Campus Auditorium, 300 N. Turnpike Road, Santa Barbara

**RSVP:** Mary Brown: brownm@sbcc.edu

*All students interested in the Fall 2018 Medical Assistant (MA) Certificate Training Program are required to attend the Program’s Information Session prior to applying for entry.*
Early Childhood Education

Child, Family, Community at the Parent-Child Workshop

Within context of cooperative preschool, students develop framework for positive communication, child guidance and discipline, and 21st century navigating parenting challenges. Includes lecture, lab, discussion, activities.

ECE NC011

CRN 63045 > EVE Crandell, S G • 1/29 - 5/30 • OPCW
Lec: W • 7:00pm - 9:15pm
Crandell, S G • 1/29 - 5/28 • OPCW
Lab: M • 8:00am - 1:00pm
Crandell, S G • 6/5 • OPCW
Lab: T • 8:00am - 1:00pm
Crandell, S G • 6/6 • OPCW
Lab: W • 8:00am - 1:00pm

CRN 63047 > EVE Johnston, J A • 1/29 - 5/30 • LGPCW
Lec: W • 7:00pm - 9:15pm
Johnston, J A • 1/29 - 5/30 • LGPCW
Lab: W • 8:00am - 1:00pm

The Early Childhood Education program offers parents of pre-kindergarten age children classes in two different supportive environments: "Parenting" classes cover skills for parents of 3-month old infants to five-year olds in age-specific morning groups, and parents attend class with their children. In our "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, please contact Andy Harper at agharper@sbcc.edu
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 64398 › Barker, K M  •  1/16 - 3/10  •  UCFSH
Lec: T  •  9:15am - 10:30am
Barker, K M  •  1/16 - 3/10  •  UCFSH
Lab: T  •  10:35am - 11:30am

CRN 64399 › Barker, K M  •  3/12 - 5/12  •  UCFSH
Lec: T  •  9:15am - 10:30am
Barker, K M  •  3/12 - 5/12  •  UCFSH
Lab: T  •  10:35am - 11:30am

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 64400  › Kerwin, B  •  1/16 - 3/10  •  UCFSH
Lec: W  •  9:00am - 10:15am
Kerwin, B  •  1/16 - 3/10  •  UCFSH
Lab: W  •  10:20am - 11:15am

CRN 64401  › Kerwin, B  •  3/12 - 5/12  •  UCFSH
Lec: W  •  9:00am - 10:15am
Kerwin, B  •  3/12 - 5/12  •  UCFSH
Lab: W  •  10:20am - 11:15am
The School of Extended Learning’s 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 can 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 about our classes, and assessment, please contact Vege Clerisse at vjclerisse@pipeline.sbcc.edu, (805) 683-8231.

Pronunciation and Speaking Skills: Beginning ESL
Students practice beginning level speaking skills related to daily life situations and tasks. Students learn pronunciation basics for clear verbal interaction in the community and classroom.

ENGLISH AS A SECOND LANGUAGE PROGRAM (ESL)

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.

ENGLISH AS A SECOND LANGUAGE

CRN 62774  ➤  EVE  Kroes, L R  •  1/16 - 3/10  •  FRNKLN-01
Lec: MTW  •  5:00pm - 7:00pm

CRN 62776  ➤  Van Wingerden, N  •  3/12 - 5/12  •  CCP-312
Lec: T R  •  8:45am - 11:15am

CRN 62787  ➤  EVE  Campbell, M N  •  3/12 - 5/12  •  SCHOTT-28
Lec: MTWR  •  7:00pm - 9:15pm

CRN 62790  ➤  Van Wingerden, N  •  1/16 - 3/10  •  CCP-312
Lec: T R  •  8:45am - 11:15am

CRN 62795  ➤  EVE  Perez, R C  •  3/12 - 5/12  •  CMS-18
Lec: MTWR  •  6:30pm - 8:45pm

CRN 64068  ➤  EVE  Braden, S P  •  1/16 - 3/10  •  WAKE-19
Lec: MTWR  •  7:00pm - 9:20pm

CRN 64071  ➤  Giuffre, K J  •  1/16 - 3/10  •  WAKE-13
Lec: MTWR  •  9:00am - 11:20am

CRN 64072  ➤  Bellamy, J J  •  1/16 - 3/10  •  CASADR
Lec: M W  •  11:30am - 2:30pm

CRN 64075  ➤  EVE  Braden, S P  •  3/12 - 5/12  •  WAKE-19
Lec: MTWR  •  7:00pm - 9:05pm

CRN 64076  ➤  Scherz, A F  •  3/12 - 5/12  •  SCHOTT-29
Lec: MTWR  •  9:00am - 11:15am

CRN 64077  ➤  Giuffre, K J  •  3/12 - 5/12  •  WAKE-13
Lec: MTWR  •  9:00am - 11:15am

CRN 64078  ➤  Bellamy, J J  •  3/12 - 5/12  •  CASADR
Lec: M W  •  11:30am - 3:35pm

CRN 64079  ➤  EVE  Kroes, L R  •  3/12 - 5/12  •  FRNKLN
Lec: MTW  •  5:00pm - 7:35pm

CRN 64080  ➤  Van Wingerden, N  •  3/12 - 5/12  •  BFARM
Lec: T R  •  Noon - 1:05pm

CRN 64438  ➤  Van Wingerden, N  •  1/16 - 3/10  •  BFARM
Lec: T R  •  Noon - 1:05pm

CRN 64439  ➤  Van Wingerden, N  •  1/16 - 3/10  •  MAXNUR
Lec: M W  •  1:00pm - 2:15pm

CRN 64440  ➤  Van Wingerden, N  •  3/12 - 5/12  •  MAXNUR
Lec: M W  •  1:00pm - 2:15pm

CRN 64441  ➤  Van Wingerden, N  •  3/12 - 5/12  •  BFARM
Lec: T R  •  1:10pm - 2:15pm
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.

ESL NC006

CRN 62805  Kroes, L R  1/16 - 3/10  •  CATCHR-01
Lec: F  •  8:30am - 11:00am
CRN 62808  Kroes, L R  3/12 - 5/12  •  CATCHR-01
Lec: F  •  8:30am - 11:00am
CRN 62810  Blakley, B L  3/12 - 5/12  •  WAKE-13
Lec: R  •  4:30pm - 6:50pm
CRN 62871  Blakley, B L  1/16 - 3/10  •  WAKE-13
Lec: R  •  4:30pm - 6:50pm
CRN 63583  Giuffre, K J  3/12 - 5/12  •  WAKE-13
Lec: F  •  9:00am - 11:30am
CRN 63584  Giuffre, K J  1/16 - 3/10  •  WAKE-13
Lec: F  •  9:00am - 11:30am
CRN 63586  Corcoran, K G  1/16 - 3/10  •  SCHOTT-28
Lec: F  •  9:00am - 11:30am
CRN 63587  Corcoran, K G  3/12 - 5/12  •  SCHOTT-28
Lec: F  •  9:00am - 11:30am
CRN 64073  EVE Bolton, B S  1/16 - 3/10  •  FRNKLN
Lec: R  •  5:00pm - 7:05pm
CRN 64081  EVE Bolton, B S  3/12 - 5/12  •  FRNKLN
Lec: R  •  5:00pm - 7:05pm

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.

ESL NC009

CRN 62872  Turjoman, A  1/16 - 3/10  •  WAKE-17
Lec: M W  •  Noon - 2:35pm
CRN 63592  Turjoman, A  3/12 - 5/12  •  WAKE-17
Lec: M W  •  Noon - 2:30pm
CRN 64472  Turjoman, A  1/16 - 5/12  •  SCHOTT-28
Lec: T R  •  Noon - 2:30pm

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.

ESL NC011

CRN 63850  Bellido, L  1/16 - 3/10  •  CLVND-30
Lec: M T W R  •  8:00am - 8:55am
CRN 64450  EVE Matosian, M K  3/12 - 5/12  •  CMS-19
Lec: F  •  5:30pm - 8:30pm

ESL Parent Involvement in K-12

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

ESL NC013

CRN 62815  Bellido, L  3/12 - 5/12  •  CLVND-30
Lec: F  •  9:00am - 11:30am
CRN 62905  Bellido, L  1/16 - 3/10  •  CLVND-30
Lec: F  •  8:30am - 11:30am

Increasing proficiency in pronunciation and conversation
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.

ESL NC014
CRN 64082 › Turjoman, A  •  3/12 - 5/12  •  WAKE-13
Lec: T  •  11:40am - 1:40pm

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.

ESL NC017
CRN 64449 › EVE Matosian, M K  •  1/16 - 3/10  •  CMS-19
Lec: F  •  5:30pm - 8:30pm

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 vocabulary in the areas of personal information, transportation and health.

ESL NC01A
CRN 62909 › Simon, R  •  3/12 - 5/12  •  IVYP
Lec: TWR  •  8:30am - 11:30am
CRN 62921 › Corcoran, K G  •  3/12 - 5/12  •  SCHOTT-28
Lec: MTWR  •  9:00am - 11:15am
CRN 62924 › EVE Scherz, A F  •  3/12 - 5/12  •  SBHS-307
Lec: MTWR  •  7:00pm - 9:15pm
CRN 62926 › EVE Braden, S P  •  3/12 - 5/12  •  WAKE-19
Lec: MTWR  •  7:00pm - 9:15pm
CRN 62930 › Van Wingerden, N  •  3/12 - 5/12  •  CCP-312
Lec: T R  •  8:45am - 11:15am
CRN 62932 › Giuffre, K J  •  3/12 - 5/12  •  WAKE-13
Lec: MTWR  •  9:00am - 11:15am
CRN 62933 › EVE Perez, R C  •  3/12 - 5/12  •  CMS-18
Lec: MTWR  •  6:30pm - 8:45pm
CRN 62935 › Krues, L R  •  3/12 - 5/12  •  CATCHR
Lec: MTWR  •  8:30am - 10:45am
CRN 62936 › Bellido, L  •  3/12 - 5/12  •  CLVND-30
Lec: MTWR  •  9:05am - 11:20am
CRN 63615 › EVE Campbell, M N  •  3/12 - 5/12  •  SCHOTT-28
Lec: MTWR  •  7:00pm - 9:15pm
CRN 63952 › EVE Krues, L R  •  3/12 - 5/12  •  FRNKLN
Lec: MTW  •  5:00pm - 7:00pm

ESL 1 - C: Beginning Low
Students learn to listen, speak, read and write in English at a beginning low level. Students increase social/cultural interactions and develop vocabulary in the areas of employment, money and shopping.

ESL NC01C
CRN 62819 › EVE Perez, R C  •  1/16 - 3/10  •  CMS-18
Lec: MTWR  •  6:30pm - 8:50pm
CRN 62822 › EVE Braden, S P  •  1/16 - 3/10  •  WAKE-19
Lec: MTWR  •  7:00pm - 9:20pm
CRN 62824 › Giuffre, K J  •  1/16 - 3/10  •  WAKE-13
Lec: MTWR  •  9:00am - 11:20am
CRN 62825 › EVE Scherz, A F  •  1/16 - 3/10  •  SBHS-307
Lec: MTWR  •  7:00pm - 9:20pm
CRN 62827 › Corcoran, K G  •  1/16 - 3/10  •  SCHOTT-28
Lec: MTWR  •  9:00am - 11:20am
CRN 62828 › Bellido, L  •  1/16 - 3/10  •  CLVND-30
Lec: MTWR  •  9:05am - 11:25am
CRN 62829 › Kroes, L R  •  1/16 - 3/10  •  CATCHR-01
Lec: MTWR  •  8:30am - 10:50am
CRN 62830 › EVE Campbell, M N  •  1/16 - 3/10  •  SCHOTT-28
Lec: M W  •  7:00pm - 9:30pm
CRN 62831 › Van Wingerden, N  •  1/16 - 3/10  •  CCP-312
Lec: T R  •  8:45am - 11:15am
CRN 62832 › Simon, R  •  1/16 - 3/10  •  IVYP
Lec: TWR  •  8:30am - 11:30am
CRN 63764 › EVE Krues, L R  •  1/16 - 3/10  •  FRNKLN-01
Lec: MTW  •  5:00pm - 7:00pm

ESL Using Computer Programs
Students learn English in the computer lab by logging into pre-loaded English learner software of their choice. Students will progress step-by-step through level appropriate software programs.

ESL NC024
CRN 63818 › Matosian, M K  •  1/16 - 3/10  •  CMS-19
Lec: MTWR  •  4:45pm - 6:05pm
CRN 63819 › Matosian, M K  •  3/12 - 5/12  •  CMS-19
Lec: MTWR  •  4:45pm - 6:15pm

COMMUNITY EDUCATION CENTER
The Community Education Center has assisted thousands of people with their United States Citizenship process. The program also provides basic immigration services in many different areas. For more information, please call (805) 683-8270.
ESL 2 - A Beginning High

Students learn to listen, speak, read and write in English at a beginning high level to increase their ability to integrate into the English-speaking community. Students identify parts of the body, health, nutrition and basic medical vocabulary.

**ESL NC02A**

| CRN 63010 | **EVE** Matosian, M K | 3/12 - 5/12 | CMS-32 |
| CRN 63011 | | 3/12 - 5/12 | CATCHR-01 |
| CRN 63012 | | 3/12 - 5/12 | CCP-312 |
| CRN 63013 | | 3/12 - 5/12 | CATCHR-28 |
| CRN 63014 | **EVE** Turjoman, A | 3/12 - 5/12 | WAKE-13 |
| CRN 63016 | Bellido, L | 3/12 - 5/12 | CLVND-30 |
| CRN 63018 | **EVE** Chin, T Y | 3/12 - 5/12 | SBHS-306 |
| CRN 63019 | Giuffre, K J | 3/12 - 5/12 | WAKE-13 |
| CRN 63022 | **EVE** Turjoman, A | 3/12 - 5/12 | SCHOTT-30 |
| CRN 63040 | Kroes, L R | 3/12 - 5/12 | FRNKLN-01 |
| CRN 63042 | Garcia, M C | 3/12 - 5/12 | CCP-312 |
| CRN 63044 | Mason, L M | 3/12 - 5/12 | ADAMS-17 |
| CRN 63771 | Simon, R | 3/12 - 5/12 | IVYP |
| CRN 63821 | **EVE** Rempe, C P | 3/12 - 5/12 | SBHS-306 |

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, practicing problem-solving skills to integrate into the community and classroom. Topics include health and nutrition, social activities/opportunities, transportation and map reading.

**ESL NC03A**

| CRN 62934 | Kroes, L R | 3/12 - 5/12 | CATCHR-01 |
| CRN 62938 | Bellamy, J J | 3/12 - 5/12 | SCHOTT-30 |
| CRN 62939 | Bellido, L | 3/12 - 5/12 | CLVND-30 |
| CRN 62940 | **EVE** Matosian, M K | 3/12 - 5/12 | CMS-32 |
| CRN 62941 | Oates, S O | 3/12 - 5/12 | WAKE-17 |
| CRN 63656 | **EVE** Weeks, J S | 3/12 - 5/12 | SBHS-302 |
| CRN 63657 | **EVE** Mason, L M | 3/12 - 5/12 | WAKE-27 |
| CRN 63958 | **EVE** Weeks, J S | 3/12 - 5/12 | SCHOTT-29 |

ESL 3 - C Intermediate Low

Students learn to listen, speak, read and write in English at an intermediate low level, and expand social/cultural interactions to include problem solving, monetary issues, employment seeking and workplace interactions.

**ESL NC03C**

| CRN 62889 | Kroes, L R | 1/16 - 3/10 | CATCHR-01 |
| CRN 62891 | Bellido, L | 1/16 - 3/10 | CLVND-30 |
| CRN 62892 | Oates, S O | 1/16 - 3/10 | WAKE-17 |
| CRN 62893 | Bellamy, J J | 1/16 - 3/10 | SCHOTT-30 |
| CRN 62894 | **EVE** Matosian, M K | 1/16 - 3/10 | CMS-32 |
| CRN 63164 | **EVE** Mason, L M | 1/16 - 3/10 | WAKE-17 |
| CRN 63935 | **EVE** Weeks, J S | 1/16 - 3/10 | SCHOTT-29 |
Preparation for U.S. Naturalization-ESL
This class prepares immigrants to take the written and oral portions of the USCIS citizenship test in English.

ESL NC040

CRN 62902  EVE Mancic-Johnson, S  3/12 - 5/12  SBHS-303
  Lec: MTWR  6:30pm - 9:40pm
  EVE Mancic-Johnson, S  3/12 - 5/12  SCHOTT-30
  Lec:  F  5:30pm  - 8:00pm

CRN 62954  EVE Mancic-Johnson, S  1/16 - 3/10  SBHS-303
  Lec: MTWR  6:30pm - 9:40pm
  EVE Mancic-Johnson, S  1/16 - 3/10  SCHOTT-30
  Lec:  F  5:30pm  - 8:00pm

ESL Writing for Academic Success
Students practice effective writing of English with appropriate structure and mechanics to convey their ideas.

ESL NC046

CRN 63863  Weeks, J S  1/16 - 3/10  WAKE-17
  Lec: T R  Noon - 2:30pm

CRN 63840  Weeks, J S  3/12 - 5/12  WAKE-17
  Lec: T R  Noon - 2:30pm

ESL 4 - A Intermediate High
Students expand their ability to navigate the health care system, complete medical forms, as well as understand local transportation, maps and recreational opportunities.

ESL NC04A

CRN 62970  EVE Matosian, M K  3/12 - 5/12  CMS-32
  Lec: MTWR  6:30pm - 8:45pm

CRN 62971  Bellamy, J J  3/12 - 5/12  SCHOTT-30
  Lec: MTWR  9:00am - 11:15am

CRN 62974  Bolton, B S  3/12 - 5/12  WAKE-27
  Lec: MTWR  9:00am - 11:15am

CRN 63661  EVE Mason, L M  3/12 - 5/12  WAKE-27
  Lec: M W  7:00pm - 9:30pm

CRN 63959  EVE Weeks, J S  3/12 - 5/12  SCHOTT-29
  Lec: M W  7:00pm - 9:30pm

ESL 4 - C Intermediate High
Students expand ability to interact with native English speakers in social situations and for recreational purposes. Topics include engaging in personal and family financial planning and expressing consumer complaints.

ESL NC04C

CRN 62908  Bellamy, J J  1/16 - 3/10  SCHOTT-30
  Lec: MTWR  9:00am - 11:20am

CRN 62910  Bolton, B S  1/16 - 3/10  WAKE-27
  Lec: MTWR  9:00am - 11:20am

CRN 63167  EVE Mason, L M  1/16 - 3/10  WAKE-27
  Lec: M W  7:00pm - 9:40pm

CRN 63793  EVE Matosian, M K  1/16 - 3/10  CMS-32
  Lec: T R  6:30pm - 9:10pm

CRN 63937  EVE Weeks, J S  1/16 - 3/10  SCHOTT-29
  Lec: M W  7:00pm - 9:30pm

English as a Second Language - Vocational

Vocational ESL Childcare: Module A
Module A prepares low to intermediate level ESL students for a career in childcare, emphasizing vocabulary required to communicate with children and parents regarding child care, health and safety.

ESLV NC30A

CRN 64433  EVE Stein, G E  1/16 - 3/10  LCJH
  Lec: MTWR  5:00pm - 6:50pm

Vocational ESL Childcare, Module B
Module B prepares low to intermediate level ESL students for a career in childcare, emphasizing the vocabulary of daily life and growth patterns in: infants, toddlers, preschoolers and school-age children.

ESLV NC30B

CRN 64434  EVE Stein, G E  3/12 - 5/12  LCJH
  Lec: MTWR  5:00pm - 6:50pm

Vocational ESL Healthcare: Module A
Module A of the Vocational ESL Healthcare Certificate provides ESL students with English skills needed to learn about health careers, patients, basic duties, nutrition and job readiness.

ESLV NC33A

CRN 62918  Bolton, B S  3/12 - 5/12  WAKE-27
  Lec: F  9:00am - 3:00pm

Vocational ESL Healthcare, Module B
Module B of the Vocational ESL Healthcare Certificate provides ESL students with English skills needed to learn about communication, safety, medical emergencies, anatomy, medication and vital signs.

ESLV NC33B

CRN 62986  Bolton, B S  1/16 - 3/10  WAKE-27
  Lec: F  9:00am - 2:30pm
Health and Safety

Health Education

Tongue Diagnosis According to Chinese Medicine
This class teaches students to interpret features on the tongue surface and identify dietary and lifestyle factors that affect it. Students learn how to adjust their diet in order to correct these imbalances. Using knowledge based on six thousand years of clinical experience, students learn what to look for on the tongue, what changes to look for, what imbalances each change represents, and how to improve their health with proper nutrition as reflected in the tongue.

HE NC027
CRN 64393  EVE Unterman, B S  •  1/16 - 3/10  •  SCHOTT-31
Lec: M  •  7:00pm - 8:30pm

Ancient Chinese Medicine in Modern Times
This course explores the ancient Chinese understanding of health conditions and applies this perspective to modern, frequently experienced health issues. Students gain a new, though ancient, perspective on problematic and difficult to treat health issues. Topics include successfully treating menopause, weight gain and fertility issues, the science of acupuncture, and enhancing the immune system.

HE NC028
CRN 64394  EVE Unterman, B S  •  3/12 - 5/12  •  SCHOTT-31
Lec: M  •  7:00pm - 8:05pm

Wellness

Health and Wellness for Older Adults: Active Body, Active Mind
The course includes assessment of the processes of aging and the importance of exercise and nutrition in maintaining independence, safety and well-being.

WELL NC011
CRN 64248  Saenger, S  •  1/16 - 4/19  •  WAKE-33
Lec: T  •  1:30pm - 2:35pm
Saenger, S  •  4/26 - 5/10  •  WAKE-33
Lab: T  •  1:30pm - 2:35pm

Your Nutrition and the Environment
Class will discuss the selection and preparation of meals and provide community and national resources that support healthy and environmentally sustainable diets. Topics include evaluating grass fed and pasture raised meat and dairy, sustainable fish, local and/or organic products, and the effect of diet on global warming. Students learn how ‘earth friendly foods’ can improve physical and emotional health and protect the safety of food producers. Class includes a tour of a farm.

WELL NC025
CRN 64386  EVE Cardillo, G  •  1/16 - 3/10  •  WAKE-16
Lec: M  •  6:00pm - 7:50pm
Fee-Based Life Enhancement

Fee-Based Life Enhancement classes provide flexible, community-centered alternatives to the noncredit classes. Fee-based classes cover topics that offer enriching experiences in cooking, culture, languages, fitness, recreation, and spirituality. For more information, please contact Ken Harris at keharris1@sbcc.edu

Arts, Crafts, Performance

ARTS

Art and Craft of Printmaking
Create a unique monotype by applying ink to one surface (a plate) and printing the image to paper by means of pressure (an etching press). We will focus on the monotype processes, including stencils, chine collé, subtractive and layered techniques, and viscosity printing. This course is for both beginning and advanced students and every class includes demonstrations and hands-on practice in using these techniques.

Collage and Mixed Media Construction
This class teaches students composition and hands-on technique for collage and mixed media. Students will complete collage and mixed media projects, emphasizing the principles and elements of composition.

Color Workshop with Thomas Van Stein
Discover how to harness the world of color. Demystify the perceived complexity surrounding color usage by exploring techniques/tools to help you make breakthroughs in your artwork. Uncover guaranteed strategies to improve your own knowledge and sophistication regarding color sensibilities and aesthetics. Come away with a new sense of control in your color choices. Oils and Acrylics are preferred and Watercolors are acceptable.

Draw Your Way through Art History
Here is art history with a whole new slant. Develop your drawing skills as you render major artistic expressions throughout the ages. From the murals of Pompeii, spiritual Chinese paintings, French Impressionists, Andy Warhol, Art Deco, Art Nouveau, Diego Rivera to Georgia O’Keefe, you will get a first-hand experience recording your impressions on paper. Take a tour through the ages with the world’s leading art styles, and get a sense of why we’re where we are today. You will love applying the old techniques in your own way, making art history come alive like it’s never done before. Open to all levels.

Birds and Blooms: India Ink Watercolor Painting
Explore the exciting use of intensely colorful, vibrant India inks as a watercolor medium for painting joyful images of flowers and birds. Working with live flowers from your own bouquet, along with a photo of a bird of your choosing, you’ll create beautiful designs that celebrate nature. Make bold contour drawings and apply the permanent, archival India inks using a variety of watercolor techniques. You will receive lots of one-on-one guidance and plenty of demonstrations. All levels welcome.

Fee-Based Life Enhancement

FEE-BASED

34 FEE-BASED LIFE ENHANCEMENT • www.sbcc.edu/ExtendedLearning
Drawing from Life: Figure and Portrait with Duane Unkefer

Basic drawing instruction for beginners and experienced artists, who seek to improve their skills in portraiture, face to full figure, and working from the model. Long poses will allow time to create a finished picture. Lessons include gesture drawing, form, color, and composition. Painters welcome. Includes demonstrations and individual critique by the instructor.

Note: Minors (under age 18) are not allowed in this class.

402415

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<tr>
<td>21647</td>
<td>EVE Unkefer, D</td>
<td>M: 6:30pm - 9:30pm</td>
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Estate Sales: Sailing Through Selling and Hints for Buying at Estate Sales

Students who are downsizing or have inherited property will learn when an estate sale is right for them, how to plan, and many of the keys to accomplishing an effective sale.

401242

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<tr>
<td>21584</td>
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Express Yourself with Beautiful Calligraphy

Now you can master the skill of creating written communication using dazzling calligraphy. Take a pen and transform watercolor into beautiful words that will not only enrich your own life but also endear you to others. Perform magic by producing a hand-written poem for someone special. Inspire another with a hand-written quote or even just write your name on an envelope. Who knows, this might become a new source of income. Let's have fun using color and focusing on the meditative aspects of creating a beautiful picture as well as the foundational skills needed to create lovely letterforms. This class is open to total beginners as well as seasoned calligraphers.

Note: We will be using pointed pens, learning a charming, contemporary script style of writing.

402509

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<td>21478</td>
<td>Harris, C</td>
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Figure Drawing

Beginning and intermediate level students have the opportunity to draw directly from a live model. Individualized instruction is provided to address student's diverse learning styles and abilities.

Note: Minors (under age 18) are not allowed in this class.

402407

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<td>W: 5:30pm - 8:30pm</td>
<td>SCHOTT-23</td>
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Figure Drawing and Painting with Rick Stich

Develop your figure drawing and painting skills under the guidance of a professional artist. Beginning and intermediate level students alike will benefit from the opportunity of drawing directly from a live model. No matter what you're learning style or experience may be, you’ll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

402488

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Figure Drawing with Bob Mask

Develop your figure drawing skills under the guidance of a professional artist. Beginning and intermediate level students alike will benefit from the opportunity of drawing directly from a live model. No matter what you’re learning style or experience may be, you’ll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

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Figure Drawing with Tom Henderson

Develop your figure drawing skills under the guidance of a professional artist. Beginning and intermediate level students alike will benefit from the opportunity of drawing directly from a live model. No matter what you're learning style or experience may be, you’ll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

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SBCC School of Extended Learning • SPRING 2018 35
Finishing Techniques for Successful Paintings $

Finishing is an art in itself. Sometimes all one needs to do to ‘Finish’ a painting is receive a bit of critique and guidance as to how to apply specific techniques. Working on newer and older paintings, you will explore various options/possibilities and tools utilized by past and contemporary masters in order to bring about certain desired affects. Glazing, scraping, sanding, and toning are examples we will utilize to bring about more realized expressions on canvas. This intimate studio setting: shared with fellow artists dialoguing about process, historical content, while experimenting to finish their own paintings is an invaluable and conducive step toward turning your own paintings into greater works of art.

402480
ID 21497  ➤ SAT Van Stein, T  •  1/20 - 3/24  •  SCHOTT-23
  S  •  1:00pm - 4:00pm  •  $180

Joyful Experimentation for Curious New Artists $

New to art and don’t know where to begin? Produce instant results as you master basic techniques in art. Discover color, texture, layering, and three-dimensional surfaceing. Explore innovative and fun ways to fill a canvas while using acrylic paint in an intuitive, free-form approach. Enjoy a relaxed atmosphere as you experience close to a dozen unique techniques. Success will be yours as you discover your new favorite hobby.

402496
ID 21496  ➤ EVE Poet, A  •  1/22 - 4/30  •  SCHOTT-5
  M  •  6:00pm - 9:00pm  •  $234 + Materials $20

Modeling the Figure in Clay $

Students explore techniques of modeling three-dimensional human figures in water-based clay. Observation of live models provides the basis for instruction in skills of construction, proportion, anatomy, gesture, texture and patina, with the ultimate goal of creating a lively, expressive figure. Creating a self-supporting clay figure addresses the following topics: analyzing the challenges presented by the pose, planning sequential construction, using scale measurements, applying materials, tools and armatures, texturing and finishing techniques, firing preparation, applying patinas and presenting final project.

Note: Minors (under age 18) are not allowed in this class.

451360
ID 21474  ➤ Kornbluth, S  •  1/16 - 2/13  •  SCHOTT-22
  T  •  9:00am - Noon  •  $120
ID 21591  ➤ EVE Meza, A  •  1/22 - 3/12  •  SCHOTT-22
  M  •  5:00pm - 8:00pm  •  $144
ID 21475  ➤ Kornbluth, S  •  3/6 - 5/1  •  SCHOTT-22
  T  •  9:00am - Noon  •  $168
ID 21592  ➤ EVE Meza, A  •  4/2 - 5/7  •  SCHOTT-22
  M  •  5:00pm - 8:00pm  •  $108

Painting or Drawing the Costumed Model $

Expand your art skills through drawing or painting a costumed model. Even an experienced artist will flourish through working in an intimate setting and in a small group to enhance your skills. Receive one-on-one guidance from an experienced teacher using a variety of modalities including graphite, colored pencils, water soluble crayons, conte crayon, ink, oil pastels, watercolor, acrylic or water based oils. No solvent based oils, charcoal or soft pastels will be used. Recommend for intermediate or advanced artists.

402482
ID 21471  ➤ LeRoy, G  •  1/18 - 3/1  •  SCHOTT-23
  R  •  1:30pm - 4:30pm  •  $147 + Lab $42 + Materials $5
ID 21472  ➤ LeRoy, G  •  3/15 - 4/26  •  SCHOTT-23
  R  •  1:30pm - 4:30pm  •  $126 + Lab $26 + Materials $5

Portrait Drawing $

Students experience the challenge, excitement and creative self-expression of portrait drawing. This class emphasizes the underlying anatomy to help students build a believable likeness. An exploration of the effects of light on the planes of the head and neck help the student connect the head to the figure. Each class has ample individual instruction, a valuable demonstration and group critique. The instructor is a nationally respected portrait artist who has painted many important American families.

402436
ID 21489  ➤ Pouget, V  •  1/16 - 3/6  •  SCHOTT-23
  T  •  1:30pm - 4:30pm  •  $144 + Lab $50 + Materials $5
ID 21490  ➤ Pouget, V  •  3/20 - 5/1  •  SCHOTT-23
  T  •  1:30pm - 4:30pm  •  $108 + Lab $38 + Materials $5

Stories in Art - American Art and Artists $

Stories in American art is an overview of important and uniquely American art movements. We learn about the artist’s role that both reflected and shaped our history, culture and unique art history. Look at art forms including and beyond painting for past 300 plus years. Art and design theory are examined as we look at centuries and developments and growth in American art forms. You will see hundreds of images in power point presentations. No art background is needed. Join us for a lively and informative class.

402449
ID 21385  ➤ EVE Miles, J  •  1/17 - 2/14  •  WAKE-16
  W  •  5:00pm - 6:00pm  •  $35

This schedule is subject to change. For the most up to date schedule, please view our online schedule at www.sbcc.edu/ExtendedLearning
The Perfect Spot: Plein Air Painting for the Hearty and Adventurous $

Pack your paints and put on your hiking boots. Getting to the views that we will paint in this class is going to take a little work. The very special locations we will visit are only accessible by hiking/horseback riding trails. It is worth the effort, and you will see new vistas that will inspire you to paint your best work. Each class is a one of a kind experience that will challenge you physically as well as creatively. Guided on the trail and on the canvas by a teaching master artist, you will see and capture the Santa Barbara landscape in a way you have never done before.

Note: Students must have own easel for painting on location. Oils/acrylics/watercolors/pastels. Must have previous plein air painting experience.

NEW Arm Knitting: Busy Hands Are Happy Hands $

Your knitting needles are right where you left them, attached to your body. What a great way to get some exercise while you quickly create scarves, blankets and a variety of other exciting projects. Discover the basics of this popular new technique - it will have you laughing while you use your arms and produce unique and exciting knitted items.

NEW Through Your Eyes: Urban Sketching in Public Spaces $

Take your sketching beyond still life and capture the spirit of our city. Santa Barbara’s urban landscape offers the artist a challenging but inspirational variety of shapes, textures, light and shadow and interesting subject matter. Though fascinating, these views can be difficult to render without guidance in linear and atmospheric perspective, qualities of light and shadow, color theory, gestural drawing of the figure, and personal artistic expression. Join a community of fellow artists working to simplify complicated structures from real life into basic forms, while exploring and discovering the beauty of Santa Barbara.

Note: Class meets on 2/10/2018 at Schott Campus, room 3. All other dates will be off site.

FEE-BASED

NEW Glass Creations: Leaded, Copper Foil, Sandblasting and Mosaic $

In this hands-on class, we discover the beauty of glass and all that it has to offer. You will create a beautiful piece that you will be proud to say you made yourself. Learn to understand glass and enjoy working in this special medium. Don’t shy away if you don’t have any experience - this class is designed for students of all levels.

Beginning Print-Making Using Soft Rubber Blocks $

Get started with print-making using these easy-to-carve blocks and create wonderful designs that can easily be printed over and over again. No need for special equipment or hours of practice. Achieve instant success and spark your creative ideas using these flexible blocks and water-based inks. Take your designs to a more complex level and enjoy this exciting artistic expression. Walk away with a new skill and increased confidence.

Glass Fusing $

Students will learn basic skills to create several fused glass pieces. Emphasis will be placed on creating functional, yet artistic pieces, including a small plate or bowl. The class will be taught at a relaxed pace with emphasis on artistry and fun. Students will experience the wonderfully equipped glass studio.
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.

451390

ID 21427  
Staff  •  1/31 - 3/7  •  WAKE-32  
W  •  11:00am - 3:00pm  •  $120

ID 21635  
Staff  •  2/1 - 3/8  •  WAKE-32  
R  •  11:00am - 3:00pm  •  $120

ID 21428  
Staff  •  4/4 - 5/2  •  WAKE-32  
W  •  11:00am - 3:00pm  •  $100

ID 21636  
Staff  •  4/5 - 5/3  •  WAKE-32  
R  •  11:00am - 3:00pm  •  $100

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.

451363

ID 21661  
Eardley, M  •  1/16 - 3/20  •  WAKE-32  
T  •  9:30am - 3:00pm  •  $230

ID 21662  
Eardley, M  •  4/3 - 5/1  •  WAKE-32  
T  •  9:30am - 3:00pm  •  $165

CRAFTS: CERAMICS

Ceramics in the Garden

This class is designed around making containers for potted plants as well as cut flowers. We will develop and refine hand building and throwing skills so all levels from beginning to advanced will enjoy this class. We will also discuss more traditional throwing and hand building techniques. As well as containers there will be projects that are more sculptural; for example, totem poles, bird feeders and wind chimes. Please join us for an exciting class offering.

Note: Kiln space will be limited to 2.5 cu. ft. per student per class. First bag of clay included with materials fee.

451385

ID 21442  
EVE  •  Sayers, B  •  1/19 - 3/9  •  SCHOTT-24  
F  •  6:00pm - 9:00pm  •  $126 + Lab $40 + Materials $15

ID 21589  
Sayers, B  •  1/19 - 3/9  •  SCHOTT-24  
F  •  1:00pm - 4:00pm  •  $126 + Lab $40 + Materials $15

ID 21545  
Sayers, B  •  3/16 - 5/4  •  SCHOTT-24  
F  •  1:00pm - 4:00pm  •  $126 + Lab $40 + Materials $15

ID 21649  
EVE  •  Sayers, B  •  3/16 - 5/4  •  SCHOTT-24  
F  •  6:00pm - 9:00pm  •  $126 + Lab $40 + Materials $15

Ceramics: Building with Clay

Make clay objects using a combination of slab, coil and pinch techniques. Topics will include principles of design in clay construction, decoration and glazing. Each week the demos will teach skills that allow students to master more difficult clay techniques.

451370

ID 21399  
Dean, D  •  1/16 - 5/1  •  SCHOTT-24  
T  •  12:30pm - 3:30pm  •  $270 + Lab $86 + Materials $15
Ceramics: Porcelain $ 
Create pure classics from porcelain clay. Students will experiment with glazes and learn various oriental decorating techniques using green, blue, gray and transparent Celadon glazes. This class is recommended for all students with at least one year of throwing experience.
Note: Kiln space will be limited to 2.5 cu. ft. per student per class.
451334
ID 21401  ›  Loebman, B  •  1/18 - 3/22  •  SCHOTT-24
R  •  9:00am - Noon  •  $180 + Lab $57 + Materials $15
ID 21481  ›  Loebman, B  •  4/5 - 5/3  •  SCHOTT-24
R  •  9:00am - Noon  •  $90 + Lab $29 + Materials $15

Fundamentals for Wheel Thrown Pottery $ 
Acquire proven basic wheel-thrown techniques, essential for both beginners and experienced potters. Learn the fundamentals as a beginner from a master potter. Alternatively, just come and refine and improve your existing wheel techniques. Wheel-thrown fundamentals include posture, wedging, centering, and mastery of the basic forms. Discover and practice ‘throwing off the hump’, assembling multiple part vessels, creating a line of dinnerware, and multi-stage expanded vessel techniques. Get started right and watch your ceramic talents develop with every new piece you create.
451409
ID 21614  ›  Adcock, M  •  1/22 - 4/30  •  SCHOTT-24
M  •  1:00pm - 4:00pm  •  $234 + Lab $74 + Materials $15

CRAFTS: JEWELRY

Chain Making Techniques and Application $ 
Unique, exquisite chains can be easily and artistically created by forming, shaping, twisting, and forging different types of wire. What could be more wonderful than handcrafting your very own jewelry using authentic and new designs and techniques? Create your own necklace, bracelet or earrings utilizing simple techniques and using different types and shapes of wire and beads. Come away with beautiful original chains, and start incorporating chains in your other jewelry work. Note: All material and tools will be provided to get you started on this exciting new addition to your jewelry creations.
452129
ID 21417  ›  EVE Rodriguez, D  •  1/30 - 4/3  •  WAKE-08
T  •  6:00pm - 9:00pm  •  $162 + Lab $27 + Materials $55

Creative Faceted Stone Setting Techniques $ 
Add a variety of new and creative ways to add faceted gems to your jewelry projects. Setting faceted (cut like a diamond) stones is an advanced skill that will add value, color and sparkle to your jewelry projects. Explore variations on traditional techniques, with a creative edge to make them more interesting, artistic and unique. Practice these techniques using different colors and shapes of faceted stones and a wide range of tools. You will discover ways to set stones that are new, creative and appealing.
452153
ID 21461  ›  EVE Stanley, C  •  1/17 - 3/21  •  WAKE-08
W  •  6:00pm - 9:00pm  •  $245 + Lab $35 + Materials $100

Chasing and Repousse Practice $ 
‘Chasing and Repousse’ is an ancient technique used to decorate sheet metal with intricate designs. Utilizing the plasticity of metal, shapes are formed by working both the front and back surfaces of a sheet of metal. You’ll raise thin sheets metal to extraordinary heights. ‘Chasing’ is the technique of adding detail to the surface of metal chasing and is used to refine and define the design on the front of the work. ‘Repousse’ is the technique in which a sheet of metal is ornamented or shaped by hammering from the reverse side (puff out) to create a design in relief. There are few techniques that offer such diversity of expression. Add these remarkable creations to your jewelry inventory. Previous jewelry experience required.
452134
ID 21547  ›  Elkins, G  •  1/16 - 3/20  •  WAKE-08
T  •  1:00pm - 4:00pm  •  $180 + Lab $30 + Materials $60

Colored Stone Inlay Jewelry $ 
Inlay jewelry consists of gem stones that are placed side-by-side, with or without silver divisions, either flush with each other or individual stones with various heights. Increase your own jewelry skills by adding several techniques for making jewelry with inlaid colored stones. Follow the class project or choose your own design. Experience the use of inlaid colored stones such as: Turquoise, Malachite, Sugilite, Lapis Lazuli and other colored gem stones. Learn cutting, shaping, inlay and polishing of stones as well as the construction techniques needed to create the inlay areas for the jewelry project, and dazzle yourself and your classmates.
452119
ID 21468  ›  Stanley, C  •  1/17 - 3/21  •  WAKE-08
W  •  1:30pm - 5:00pm  •  $245 + Lab $35 + Materials $100

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Creative Wire Worked Jewelry

Make amazing jewelry pieces using your favorite beads, pearls and gemstones. Using round and square wire you will create unique earrings, pendants, rings or bracelets. Make your own jewelry findings, including head pins, bales and clasps. Discover how this is an easy and creative application of basic wire wrapping - there’s no soldering required in completing these jewelry pieces. Experience this wonderful medium and create exciting jewelry pieces for yourself, family and friends.

**NEW Intermediate Cabochon Wrapping Techniques**

Make amazing wire-wrapped pendants using semi-precious gemstone cabochons and/or hearts. Using square wire and half round wire you will learn how to make a wrapped frame for your stone. No soldering required in completing jewelry pieces. Experience this wonderful medium, and create exciting, wrapped pendants for yourself, family and friends.

Jewelry Making with Silver Precious Metal Clay

Take a lump of silver clay, shape it, stamp it, fire it and then wear it with pride. Silver Precious Metal Clay (PMC) to create remarkable jewelry items. PMC is made of fine silver particles suspended in an organic binder. It can be sculpted and formed like clay. It is then fired in a kiln where the silver particles solidify into the object created. A fast and creative way to make silver jewelry quickly and with minimal equipment.

Jewelry Soldering - Information, Focus, Practice

Designed for experienced beginners to advanced jewelry students who want to develop soldering and torch operation skills. A variety of soldering techniques, theories and set-ups covered. Students learn torch use and complex design issues that require many solder connections.

NEW Links and Chains

Have fun making and connecting a variety of wire-worked links to create your own innovative bracelets or chains while exploring a basic wire-wrapping technique using round wire and beads. We will cover making wrapped loop variations, jump rings, hammering, figure 8 links, spiral links and other link styles. Also, discover how to make a simple hook and eye clasp to complete your unique, beautiful chain and come away with a special gift for that special someone.

Lost Wax Casting

This class teaches the skills needed for jewelry making using the lost wax casting method. Students will be guided through the wax carving process, preparation of the wax model for the burnout procedure and the actual casting. Students will have the opportunity to cast their own project.
Lost Wax Casting - Studio

In this exciting course students will learn and practice several techniques for making jewelry using the Lost Wax Casting method. Learn from the class demonstrations and hand-outs, and practice wax carving, use of organic materials for casting, casting set-up, burnout of wax and casting, cast-in-place stones and clean-up and finishing techniques. Work on one of the class projects, or just stick to your own project if you prefer.

NEW Stone Wrapping Techniques for the Beginner

Make amazing wire-wrapped pendants using your favorite beach stones, sea glass or crystals. Using round and square wire, explore two methods of wrapping stones. No soldering is required to complete your jewelry piece, so this method is not only creative but also an easy way to explore wire wrapping methods. Come experience this wonderful medium and create exciting wrapped stones for yourself, family and friends.

Viking Knit Timeless Creations

Vikings would create a knitted chain by wrapping round wire over a dowel. These were then fashioned into exquisite bracelets, necklaces and beautiful adornments. Now you can use wire in a choice of colors as you discover the variety of knit patterns and variations. Discover how to design and create a bracelet and learn how to attach cones, optional beads and a clasp. Make the ancient art of Viking Knit a part of your contemporary jewelry portfolio.

MUSIC AND PERFORMING ARTS

Beginning Ukulele

The Ukulele is an easy to learn, extremely portable, musical, fun-making machine. This class is designed to teach you chords, strumming and picking styles to play many favorite hit songs perfect for your own enjoyment or for a sing-a-long at a party. This lively class is geared to making learning the Ukulele as enjoyable as possible. It may not change everything about you but this instrument is guaranteed to add a lot of fun to your life. Play ukulele today.

Harmonica Blues, Getting Started

Pick it up, put it in your mouth, blow and ... oh that wailing, mournful sound of the blues harmonica. And you don’t need an expensive instrument. Using a standard 10 hole diatonic harmonica in the key of A major you can be playing the blues in no time, without getting bogged down with too much music theory. Discover how to use the natural human breathing process and start having fun with this instantly intuitive instrument. What budding musician wouldn’t want the instant gratification provided by a harmonica?

Break into Voice Over

Have you ever been told that your voice is perfect for radio, television or movies yet had no idea what to do next? Explore your potential in this fun, lively class taught by an award-winning voice over professional. This course is both introductory and instructional; it is not selling pipe dreams. If you’ve wanted to explore your inner actor, or simply develop greater confidence in your public speaking abilities, here is your opportunity.

Guitar Playing - Intermediate Level

Time to take your guitar performance to the next level. Master intermediate level guitar chording, rhythm skills, practice barre chords and techniques for developing appropriate speed. Enjoy this fun and informative class that offers both group practice and one-on-one instruction. Come away with new skills and more confidence in playing with other people.

Harmonica Blues, Movin’ On

You finally figured it out and you like what you hear. Now take your harmonica playing to the next level. Styling techniques, unique chords, vocalizations and advanced breathing techniques will help you make your harmonica come alive. Crowds will gather and you will become the center of attention. This class may change your life.

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Improvisation Basics: One Night to Entice §
Always wanted to try improv? Take advantage of this opportunity to get started. Enjoy improvisation-focused games that are fun, and jumpstart quick thinking skills in this collegial, supportive environment. Explore principles of improvisation that will give you a glimpse into what taking an extended class offers. Come away with a new appreciation of improv - a great activity that stimulates creativity, self-expression and most of all - humor.

ID 21609  EVE Geffen, V  •  1/17  •  WAKE-15
W  •  6:00pm - 8:00pm  •  $24

Improvisation: A Playground for Imagination and Intuition §
You may have heard the following phrases, ‘Let’s play it by ear,’ ‘Take it as it comes,’ and ‘Make it up as we go along.’ These sayings come from improvisational experiences and are used in day-to-day life. There are principles and suggested exercises which an actor can establish ‘CWOW’ with which to rehearse. Workshop participants are ready to respond because of their experiences. Develop imagination, intuition, and confidence needed in public presentations. Learn to trust yourself to think freely, without judging, and make courageous choices. Develop quick-thinking responses and take part in improvisation experiences. No improvisation experience is needed.

ID 21610  EVE Geffen, V  •  1/24 - 2/21  •  WAKE-15
W  •  6:00pm - 8:00pm  •  $90

Intermediate Ukulele §
If you can easily change through several chords with a fairly solid strum, then you are ready to go. In this class we will learn traditional and popular Uke strumming, picking techniques and more advanced chords to play songs that people love to sing. These include songs by: The Beatles, IZ, Jason Mraz, The Turtles, The Monkees, and more. This class is highly supportive, fast moving and fun. Take your Ukulele playing to the next level now.

ID 21502  EVE Alciati, M  •  1/16 - 3/20  •  SCHOTT-6
T  •  6:30pm - 7:30pm  •  $110

Performing the Classic Songs of the 60's §
Expand your repertoire. Branch out from singing solos to yourself in the car; move on from just plucking out tunes on your stringed instrument always wishing you had a chance to perform these songs to others. Come to class, bring your instrument of choice or just yourself and join a group of wanna-be performers who love this music. You'll learn the components of each song, receive a copy of the music and lyrics, and perform with and for others in the class. Realize this aspiration and experience the exhilaration of performing tunes you love. All ranges of musical or singing talent are welcome in this entertaining and participatory class. What a way to spend an evening.

ID 21479  EVE Crotzer, C  •  1/18 - 2/8  •  SCHOTT-22
R  •  6:30pm - 8:30pm  •  $48

Piano - Intermediate 1 §
Continue down the road towards musical competence. Enhance your musicianship and confidence on the piano. Enjoy a practical introduction to intermediate theory, and augment your reading skills. Increase your repertoire, and enjoy the performance opportunities available for those who want to share what they have learned. A year of prior piano experience is recommended.
Note: Textbook: Alfred’s Basic Adult Piano Course; Adult All-In-One Course, Level 2. (Palmer, Manus and Lethco).

ID 21658  EVE Campos, D  •  1/17 - 5/2  •  SCHOTT-3
W  •  5:30pm - 7:00pm  •  $158

Piano - Intermediate and Advanced §
Ready to take your piano playing to the next level? Deepen your confidence by discovering intermediate theory, different bass patterns, new major and minor keys, the diminished 7th chord, and advanced rhythm. Expand your repertoire and capitalize on local performance opportunities for those who want to share what they have learned. Come away with enhanced musicianship and the satisfaction of watching your fingers glide across the keyboard. Piano - Intermediate 1 is recommended.

ID 21446  EVE Campos, D  •  1/17 - 5/2  •  SCHOTT-3
W  •  7:15pm - 8:45pm  •  $158

Piano for Beginners: Level 1 §
Always wanted to play piano? Finally - an opportunity to explore musical theory in a piano course designed for adult beginners. Begin from scratch or revisit basic skills. Learn the relationship between the notes on the staff and on the keyboard. Discover how to comfortably move your hands and fingers and create familiar melodies and songs. Just bring a desire to learn, and realize that lifelong ambition to play tunes on the piano.
Note: Required textbook: Alfred’s Basic Adult Piano Course, Adult All-In-One Course, Level 1 (Palmer, Manus and Lethco).

ID 21446  EVE Campos, D  •  1/17 - 5/2  •  SCHOTT-3
W  •  3:00pm - 4:00pm  •  $105

Piano for Beginners: Level 2 §
Do you have a little experience with the piano? Ready to learn more? Or perhaps you just a little rusty? Move on from the basics and discover how to move your hands more confidently as your fingers create familiar melodies and songs. ‘Beginning Level 2’ develops the musical theory and basic skills of ‘Beginning Level 1’. Enjoy the supportive nature and personalized teaching in this class as you move your reading, technique, and musicianship up a notch.
Note: Required textbook: Alfred’s Basic Adult Piano Course, Adult All-in-One Course, Level 1 (Palmer, Manus and Lethco).

ID 21447  EVE Campos, D  •  1/17 - 5/2  •  SCHOTT-3
W  •  4:15pm - 5:15pm  •  $105
Playing the Guitar for Beginners and Beyond

Is playing the guitar something you always wanted to do? Here is a safe, supportive environment to develop your skills and lay a foundation for years to come. Learn how to play popular songs - the basic chords, elementary rhythm techniques and left-hand/right-hand coordination. Before long you'll be able to play any simple song you want with confidence and joy.

30190

ID 21498  ➤ SAT  LeRoy, G  •  1/20 - 4/28  •  SCHOTT-20
S • 9:00am - 10:00am • $154 + Materials $5

ID 21473  ➤ EVE  LeRoy, G  •  1/22 - 4/23  •  SCHOTT-20
M • 5:00pm - 6:00pm • $132 + Materials $5

Singing Jazz Standards

Take your singing skill to a new level with popular jazz standards. Explore the variety of jazz forms and styles, refine your performance skills and learn the basics of working with an accompanist. Enjoy being up and singing in groups - and solo too, if you like. Learn the theory and techniques needed to add the beauty of jazz to your repertoire from an internationally renowned jazz artist.

Note: Singers will learn about performing Jazz Standards through classroom instructions and also two opportunities to perform with Jeff Elliot's live jazz combo at SoHo a musical field trip (performance is optional). Students will also learn about finding their most comfortable key (pitch), styles of jazz, and the fun and exciting art and skill of 'sitting in' with and directing a live jazz combo. Singers also learn improvisation and composition through several techniques including 'Circle Singing', a technique developed by Bobby McFerrin. Class meetings include Mon. Jan. 22, Mon. Feb. 5, 6:15 - 8:15 pm at Schott Campus, Room 20. SoHo open mic field trip dates: Mon. Feb 5, 7:30-9:30 pm SoHo Restaurant and Music Club and Mon. March 5, 7:30-9:30 pm SoHo Restaurant and Music Club.

301233

ID 21645  ➤ EVE  Ford, K  •  1/22 - 3/5  •  SCHOTT-20
M • 6:30pm - 8:30pm • $96

Slide Guitar and Open Tunings

Guitars are tuned differently for slide guitar. Musicians use ‘open tuning’ for playing 'slide' - they tune their guitar to a chord. Explore slide guitar playing beginning with early blues styles, then moving on to more recent blues and folk styles. Discover the idiosyncratic styles of Muddy Waters, Elmore James, Leo Kottke, and Jesse Ed Davis to name just a few. Come away with an enhanced understanding of their slide guitar styles, and have fun practicing them at home.

301238

ID 21551  ➤ SAT  LeRoy, G  •  1/20 - 4/28  •  SCHOTT-20
S • 11:30am - 12:30pm • $154 + Materials $5

Talkin’ About My Generation

In their teens and twenties, Baby Boomers ruled the world – or at least that’s what they thought. Explore the influence of the significant events of the 60’s and 70’s using iconic music clips, engaging short readings. In lively discussions with classmates, recreate and dissect the ramifications of this pivotal period. Why was this generation unique? What were the major influences? Are we still trying to change the world? What exciting challenges do we face as we live longer? Leave feeling ‘Glad All Over’.

301229

ID 21487  ➤ EVE  Palley, M  •  1/30 - 2/20  •  SCHOTT-31
T • 6:00pm - 8:30pm • $75

The Beatles and the British Invasion

The 60’s in America were abruptly changed by The Beatles and the British Invasion. Besides the amazing music, they introduced us to Transcendental Meditation, Ravi Shankar and Rocky Raccoon. We will discuss the sociological implications and have guest speakers that worked directly with the Fab Four. This will be an interactive class and will include viewing historic performances.

301225

ID 21488  ➤ EVE  Palley, M  •  4/3 - 4/17  •  SCHOTT-31
T • 6:00pm - 8:30pm • $56

WOODWORKING

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 sscheftic@pipeline.sbcc.edu

909339

ID 21454  ➤ EVE  Scheftic, S  •  1/16 - 3/13  •  WAKE-10
T • 6:00pm - 9:00pm • $162 + Lab $20 + Materials $5

ID 21453  ➤ Scheftic, S  •  1/22 - 3/12  •  WAKE-10
M • 9:00am - Noon • $126 + Lab $20 + Materials $5

ID 21455  ➤ Scheftic, S  •  4/2 - 4/30  •  WAKE-10
M • 9:00am - Noon • $90 + Lab $20 + Materials $5

ID 21456  ➤ EVE  Scheftic, S  •  4/3 - 5/1  •  WAKE-10
T • 6:00pm - 9:00pm • $90 + Lab $20 + Materials $5

SBCC School of Extended Learning • SPRING 2018  43
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 sscheftic@pipeline.sbcc.edu

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.

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: Please bring a 6x36 foam roller and exercise mat to class.

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.

Bhagnga: 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.

Body, Mind, Spirit

DANCE, FITNESS, AND PERSONAL

5 Element Tai Chi: Moving Meditations for Emotional Healing $

Discover a short and easy, 5 element form of Tai Chi that promotes emotional healing through moving meditations. Tai Chi is all about creating balance and harmony in every aspect of our lives. When our emotions get out of balance, we suffer emotionally, physically, and spiritually. Explore graceful, slow movements that can transform grief into acceptance, anger into forgiveness, fear into trust, confusion into clarity and feeling overwhelmed by modern day life into joy. Transform your life with this gentle yet powerful form of healing.

Bhagnga: A Dance of Joy and Celebration $
Body Mind Wakeup Call $5

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.

ID 21603
HUngett, H • 1/16 - 5/1 • SCHOTT-14
T • 7:45am - 8:45am • $99

ID 21604
HUngett, H • 1/18 - 5/3 • SCHOTT-14
R • 7:45am - 8:45am • $99

Dance the Salsa: First Steps $5

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.

ID 21440
HUckney, P • 1/16 - 4/24 • SCHOTT-14
T • 5:30pm - 6:30pm • $129

Dynamic Yoga for Seniors $5

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.

ID 21599
HUngett, H • 1/17 - 5/2 • WAKE-33
W • 2:00pm - 3:00pm • $85

ID 21600
HUngett, H • 1/22 - 4/30 • WAKE-33
M • 2:00pm - 3:00pm • $79

Easy Does It Exercises $5

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.

ID 21606
SUff, • 1/31 - 5/2 • SCHOTT-14
W • 9:00am - 10:00am • $79

Feldenkrais Mat Class $5

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

ID 21409
SANchez, L • 1/17 - 3/7 • WAKE-15
W • 11:00am - 12:30pm • $72

ID 21410
EVE Sanchez, L • 1/18 - 3/8 • WAKE-15
R • 6:00pm - 7:30pm • $72

ID 21411
SANchez, L • 3/14 - 5/9 • WAKE-15
W • 11:00am - 12:30pm • $72

ID 21412
EVE Sanchez, L • 3/15 - 5/10 • WAKE-15
R • 6:00pm - 7:30pm • $72

Fitness Flow with a Yogic Twist $5

Engage in a continual flow of movement designed to increase flexibility and endurance. Through the use of unique fluid floor and barre stretches you will work to lengthen muscles, enhance circulation and minimize the stresses of daily life. Come and enjoy the fitness flow.

ID 21571
Sarkin, F • 1/24 - 5/2 • SCHOTT-14
W • 1:30pm - 2:30pm • $159
**Fitness for Adults** $608491

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.

608649

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<tr>
<th>Course ID</th>
<th>Instructor</th>
<th>Start Date</th>
<th>End Date</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
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<tr>
<td>ID 21525</td>
<td>Eve Wong</td>
<td>1/27 - 3/21</td>
<td>WAKE-33</td>
<td>M</td>
<td>9:30am - 10:30am</td>
<td>$49</td>
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**Meditate and Recharge with Yin Yoga** $608771

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.

Note: No Class 4/02/18

608771

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<tr>
<td>ID 21369</td>
<td>Barysch-Crosbie</td>
<td>1/22 - 4/30</td>
<td>WAKE-33</td>
<td>M</td>
<td>9:30am - 10:30am</td>
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<tr>
<td>ID 21580</td>
<td>Barysch-Crosbie</td>
<td>1/17 - 4/30</td>
<td>SCHOTT-14</td>
<td>M</td>
<td>5:30am - 6:30am</td>
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**Modern Dance for Fitness and Fun** $608764

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.

608764

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<td>ID 21530</td>
<td>Loizeaux</td>
<td>1/17 - 2/21</td>
<td>SCHOTT-14</td>
<td>W</td>
<td>Noon - 1:00pm</td>
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**Happy Heart: Dance to Free your Emotions** $608649

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.

608649

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<tr>
<td>ID 21413</td>
<td>Barysch-Crosbie</td>
<td>2/3</td>
<td>SCHOTT-14</td>
<td>S</td>
<td>10:00am - 1:00pm</td>
<td>$29</td>
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</table>
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.

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.

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.

Pilates: Core and More with a Foam Roller

Explore traditional pilates movements on a mat, and also discover new movements on a foam roller, a pilates prop that gives your spine a focused massage. The foam roller activates deep core muscles, improves balance and posture, and adds to a general sense of well-being. Find out how to use the foam roller to strengthen and stabilize your core and spine, and leave with a renewed sense of well-being.

Note: Please bring a mat and foam roller to class. Recommended size for foam roller is 36 by 6 inches.

NEW 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: Please bring a mat to class.

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.
Tai Chi Easy • $48
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 renews the nervous system and also increases cognitive and brain plasticity. Reduce your stress and improve your health using Tai Chi Easy™.

ID 21406  ▶  Kolbe, J  •  1/22 - 4/30  •  WAKE-33
M  •  11:30am - 12:30pm  •  $119

Tai Chi Easy - Level 2 • $608768
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.

ID 21617  ▶  Kolbe, J  •  1/24 - 5/2  •  SCHOTT-14
W  •  3:00pm - 4:00pm  •  $139

Tai Ji • $608596
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.

ID 21558  ▶  EVE Pang, C  •  1/16 - 5/1  •  WAKE-33
T  •  7:00pm - 8:30pm  •  $135
ID 21559  ▶  Pang, C  •  1/17 - 5/2  •  WAKE-33
W  •  9:00am - 10:30am  •  $135

World Dance Workout • $608617
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.

ID 21653  ▶  Reineck, J  •  1/26 - 3/9  •  SCHOTT-14
F  •  8:30am - 9:40am  •  $65
ID 21656  ▶  Reineck, J  •  3/23 - 5/4  •  SCHOTT-14
F  •  8:30am - 9:40am  •  $55

Yoga • $6087287
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: Please bring a yoga mat to class.

ID 21566  ▶  EVE Hewson, R  •  1/16 - 5/1  •  WAKE-33
T  •  5:30pm - 6:30pm  •  $99
ID 21567  ▶  EVE Hewson, R  •  1/18 - 5/3  •  WAKE-33
R  •  5:30pm - 6:30pm  •  $99

Yoga Flow • $608698
Engage your body and mind in this yoga class that encourages the pairing of breath with movement. You will learn and experience how a yoga practice promotes increased flexibility, strength, balance and mental awareness. Develop mindful movement and conscious breathing to help you relax and stimulate the nervous, digestive and circulatory systems. This course is designed for all levels, from those new to yoga to experienced students.

ID 21568  ▶  SPIrka, F  •  1/22 - 4/30  •  SCHOTT-14
M  •  2:00pm - 3:00pm  •  $149
ID 21569  ▶  SPIrka, F  •  1/25 - 5/3  •  SCHOTT-14
R  •  2:00pm - 3:00pm  •  $159

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

ID 21619  ▶  EVE Poddubnaya, E  •  1/17 - 5/2  •  WAKE-33
W  •  5:30pm - 7:00pm  •  $135
ID 21620  ▶  EVE Poddubnaya, E  •  1/22 - 4/30  •  WAKE-33
M  •  5:30pm - 7:00pm  •  $119

Classes fill fast. Register now.
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.

608639

ID 21597  ›  Hungett, H  •  1/16 - 5/1  •  WAKE-33
T  •  Noon - 1:00pm  •  $85

ID 21598  ›  Hungett, H  •  1/18 - 5/3  •  WAKE-33
R  •  Noon - 1:00pm  •  $85

HEALTH

Advances in Biology: Aging and the Brain $

Scientific understanding of our aging brain is changing rapidly. Explore recent research on aging humans and other organisms with a wide range of lifespans, and examine the powers of regeneration after injury. New understanding of biological mechanisms suggests that we can control many factors of brain aging with lifestyle choices and cutting-edge technologies. Each semester, new material is covered on recent developments in mental decline, immune health, cancer, and stroke damage to the brain.

608733

ID 21593  ›  EVE  Blasius, K  •  3/15 - 3/22  •  WAKE-16
R  •  6:00pm - 8:00pm  •  $25 + Materials $4

Advances in Biology: Prospects for a Longer, Healthy Life $

An accelerating revolution in cell biology is transforming our understanding of aging, age-related diseases, and our potential for a long healthy life. The inevitability of age-related diseases is now in question. Join us and prepare to challenge yourself and your health practitioners to aim for a longer 'healthspan' than in previous generations. Each semester, new material is covered on recent developments in immunology, cancer biology, nutrition, cardiovascular disease, physical fitness, and other fields.

608726

ID 21594  ›  EVE  Blasius, K  •  2/6 - 2/13  •  WAKE-20
T  •  6:00pm - 8:00pm  •  $25 + Materials $4

Comprehensive Adrenal Treatment $

This class teaches students how to evaluate low adrenal function, how to test adrenal hormones, and how to identify lifestyle choices that increase adrenal performance. The adrenal glands secrete over 150 hormones that increase vitality and decrease inflammation. Adrenal hormones raise physical and mental energy levels, decrease the pain of inflamed joints (including the neck and back), and affect the intestines and the immune system. Students will learn causes of and treatments for under-functioning adrenal glands.

608629

ID 21371  ›  SAT  Kwako, J  •  2/17  •  SCHOTT-14
S  •  10:00am - Noon  •  $19

NEW 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.

608755

ID 21583  ›  SAT  Kolbe, J  •  2/17  •  WAKE-15
S  •  11:00am - 1:00pm  •  $29

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.

608774

ID 21368  ›  SAT  Wolf, L  •  2/17  •  SCHOTT-6
S  •  9:00am - 12:30pm  •  $29 + Materials $10

Navigating the Medicare Maze $

This class helps students tackle the Medicare maze and arms them with tools to make important health care decisions. Students will be able to track the differences between the Medigap policies and Medicare Advantage policies. The complexity of the prescription drug program will be unraveled. In this class students will learn how to deal with physicians under the Medicare programs and track their ongoing medical costs.

608632

ID 21437  ›  EVE  Doiron, D  •  2/28  •  SCHOTT-22
W  •  7:30pm - 9:30pm  •  $19

SBCC School of Extended Learning • SPRING 2018 49
NEW Satisfy Your Sugar Surge in a Healthy Way $ 
Diabetes and hyperglycemia are rapidly rising. The consequences affect every organ of the body and result in weight gain, pain, fatigue, heart disease and cancer. Fortunately, the sweet tooth can be pulled. Discover great ways to re-direct the sweet surge with healthy foods and drinks. Find out how much exercise is enough, and which supplements support the efforts. Come away with an understanding of the emotional and mental skills needed to create new habits of eating, drinking and living.

608653
ID 21638  \ SAT Kwako, J • 1/20 • SCHOTT-14
S • 10:00am - Noon • $19

PSYCHOLOGY AND SPIRITUALITY

ADHD - A Motivational Deficit Disorder $ 
Attention Deficit Hyperactivity Disorder (ADHD) is essentially a deficit in the ability to motivate oneself to achieve a future goal. This condition significantly impacts children, students and adults in all aspects of daily living. Often feeling bored, ADHD sufferers have trouble starting and finishing tasks. Find out why morning and bedtime routines are so difficult, and how fear of not fulfilling future goals and promises can become a daily reality. Explore beyond the basics of 'what is ADHD'. Explore the current research that connects neurological functions with successful real life strategies for children, teens and adults such as fidget, mindfulness, and timing strategies.

202720
ID 21560  \ SAT Rotz, R • 3/10 • SCHOTT-3
S • 9:00am - 12:30pm • $29

Attitude Reconstruction: Communication $ 
Attitude Reconstruction blends the best of western and eastern approaches to harness the innate tools which you were born with to build a life of joy, love, and peace. Through this spiritual approach, explore principles of the 'I' 5-Step process and the Lucky 13 Communication Tips to create the most approachable version of yourself. From this place of calmness, discover how to communicate more effectively and how to discuss difficult topics with a sense of ease. Come away with a renewed sense of inner purpose along with concrete strategies to enhance your external relationships.

506216
ID 21607  \ SAT Bijou, J • 3/17 • SCHOTT-31
S • 9:30am - 4:30pm • $49

NEW How The Shadow and The Trickster Impede Spiritual Progress $ 
Two seminal factors, combined with other forces, can sabotage our spiritual progress. Discover the effect from within of the 'Shadow' or 'Evil Inclination,' and from without from the power of the 'Trickster.' Spiritual transformation and growth need constant juggling between 'Ego,' 'Monkey Mind,' our 'Subconscious' and 'Store Consciousness' all of which which can aggravate our shadow. Moreover, tricksters know, and can take advantage of these weaknesses. Come away from this class with an understanding of how to remedy these impediments to spiritual progress.

201999
ID 21643  \ SAT Cumess, D • 4/14 • SCHOTT-14
S • 10:00am - Noon • $19

Learn the New Rules of Marriage - Marriage in the 21st Century $ 
Students study cutting-edge theories and skills to find out what makes adult intimate relationships fail or succeed. Anyone in a relationship or marriage will be helped by this unique perspective about relationship problems, realities, and fixes. All relationships’ especially marriage, shape and impact the best and worst of ourselves and insist that we grow; therefore, instead of saying ‘I’ should we really be saying ‘self in relationship’. After this educational and experiential class, participants will leave thinking about themselves in relationships in an entirely new way, in addition to being newly-equipped with skills that they can use for a lifetime.

202594
ID 21555  \ SAT Allen, W • 4/21 • SCHOTT-6
S • 9:00am - Noon • $25

ESP for Enlightened Living $ 
Extra Sensory Perception (ESP) is the ability to sense subtle energies of feelings and thoughts within ourselves and others. ESP is a common first alert system that can help us prevent accidents, disease and death. ESP increases alertness for healing the body, relationships and our future. Explore recent research and delve into personal experiences to discover how these experiences can help you in life. Develop your own sensitivity to subtle energies thereby coming away knowing how to live more safely and more wisely.

202724
ID 21372  \ SAT Kwako, J • 3/10 • SCHOTT-31
S • 10:00am - Noon • $19
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.

ID 21532  » SAT Boggs, C • 2/24 • WAKE-18
S • 9:00am - 1:00pm • $35

Mind and Supermind: The Freedom to Choose Project

Drs. David and Bonnie Paul, founders of The Freedom to Choose Project, share what they have learned about selfless, loving service through their work with thousands of men and women in medium-to-maximum security prisons over the past 13 years. This experiential evening begins with a video showing the power of this transformation in the prisons. Through practical exercises, you will learn how foundational selfless service skills have the potential to transform both your life and the world around you. Learn to incorporate these skills in your personal and work life, and discover your inner passion for selfless service.

ID 21672  » EVE Sherman, S • 4/2 • SCHOTT-14
M • 7:30pm - 9:30pm • $20

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.

ID 21531  » SAT Boggs, C • 2/17 • WAKE-18
S • 9:00am - 1:00pm • $35

NEW Missions of the Soul

Many people allow life’s random events to determine their direction. However, purpose-driven people strive to learn the divine design of the higher self and extract meaning from suffering when it occurs. Explore the nature and missions of the Soul as defined by major world religions, psychology and metaphysics, and discover the four major aspects of the human personality. Review ways to awaken and commune with the Soul whenever needed, and discover techniques to discern the ideal, resist the distractions of the day and cultivate gracefulness and resilience.

ID 21637  » SAT Kwako, J • 3/24 • SCHOTT-31
S • 10:00am - Noon • $19

Past Life Regression Workshop

More than half the world embraces the belief that we have lived before and that our lives through time affect the life we lead today. Learn about the theory of Reincarnation, experience a past life regression during the session and then have your facilitator, who is a gifted Past Life Reader, bring through vital information for you – information that will enhance your understanding of the life you are living and how to maximize its potential. Don’t miss this fascinating journey.

ID 21367  » SAT Cooper, T • 5/5 • WAKE-18
S • 10:00am - 3:00pm • $32 + Materials $2

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 lay 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.

ID 21652  » Meritt, S • 2/2 - 2/23 • WAKE-16
F • 10:15am - 11:45am • $29
NEW The Law of Karma and Free Will

Karma is relentless and will even all scores. Meanwhile Free Will - the cosmic law - is an onerous responsibility. Karma - the law of cause and effect - works in conjunction with Free Will to help us attain spiritual perfection. We are here to enjoy life responsibly but we will be accountable for how we manage sentient challenges. Explore the idea that when we pass over the ‘reckoning’ of Karma and Free Will which determines our next incarnation. Discover the ramifications of these spiritual laws so that you can better your karmic imprint and manage free will more skillfully.

201998
ID 21642   SAT  Cumes, D • 2/10 • SCHOTT-14
S • 10:00am - Noon • $19

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.

202733
ID 21377   SAT  Jackson, A • 2/3 - 2/10 • WAKE-16
S • 9:30am - 12:30pm • $35

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 competencies in using Tarot Card decks and know how to optimize the potential for any selection.

202751
ID 21378   SAT  Jackson, A • 2/24 - 3/3 • WAKE-16
S • 9:30am - 12:30pm • $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.

202750
ID 21379   SAT  Jackson, A • 4/21 - 4/28 • WAKE-16
S • 10:00am - 1:00pm • $35

When Diets Fail – Incorporating Mindful Eating Strategies

70% of Americans are overweight and obese. Millions of dollars are spent on fad diets which produce short-lived results. By not addressing the emotional eating component, weight loss is temporary and leaves the dieter feeling more hopeless and frustrated than ever. Explore the triggers that lead to emotional eating and discover the tools and strategies for establishing a healthy relationship with food. Walk away understanding how to free yourself from this cycle and how to transform your mind (and body) along the way.

202712
ID 21361   SAT  Beumer, P • 1/27 • SCHOTT-6
S • 9:00am - 1:00pm • $39

Tarot

Discover the mysterious and intriguing features of the Tarot by exploring how they can be used in many aspects of daily life. You'll confirm the scientific facts about how you interact with external energy and how you calibrate your energy field. 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.

202199
ID 21595   SAT  Arenson Brockway, G • 2/24 • SCHOTT-3
S • 9:00am - 1:00pm • $29

Your Energy Field: How to Use it for Protection, Projection and Manifestation

You are a field of energy living in a larger field of energy. That's scientific fact. How you interact with external energy and how you calibrate your own energy field determines the success or challenges of your life. You have the inherent ability to shape this energy to support you in creating serenity, success, safety, and abundance both within yourself and within the greater field of energy we all live in. Learn more than a dozen ways to use your energy to make the world you live in - inside and out - the life you desire.

202653
ID 21366   SAT  Cooper, T • 3/17 • WAKE-18
S • 10:00am - 1:00pm • $25 + Materials $2

When Too Much Is Not Enough: How to Understand and Control Cravings

Compulsive behaviors are ways we use pleasure to treat stress. Whether you use drinking, overeating, drugs, sex, exercising, compulsive spending, overworking, computer addiction, or something else, you can learn to change this pattern. In a safe environment, you will learn to stop replacing one compulsion with another by recognizing the underlying life stresses that trigger your cravings. Find out how negative emotions affect brain chemistry in a harmful way. Discover how the application of Energy Psychology techniques and the Four Level Plan can help you eliminate binges, resolve painful problems and manage stress immediately.

201960
ID 21525   SAT  Jackson, A • 1/20 • WAKE-17
S • 9:00am - 1:00pm • $35

Psychology techniques and the Four Level Plan can help you eliminate binges, resolve painful problems and manage stress immediately.

201960
ID 21525   SAT  Jackson, A • 1/20 • WAKE-17
S • 9:00am - 1:00pm • $35

Mindful Eating

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202712
ID 21361   SAT  Beumer, P • 1/27 • SCHOTT-6
S • 9:00am - 1:00pm • $39
CURRENT EVENTS, WORLD AFFAIRS AND LOCAL CULTURE

After the Fall: A Cultural History of Postwar Vietnam

We know the story of the Vietnam War but know very little about what happened after the Communists gained power. What role did the Viet Cong now play in the new regime? Where did able-bodied men go? Why did women stop wearing nail polish, when was ‘suicide soup’ served, and who were the only people to attend movies? Erin Graffy, researcher and author of award-winning history books, will bring you an eye-opening look at TET offensive, civilian life and the dramatic aftermath of the Vietnam conflict.

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.

LANGUAGES

French 1

This class is intended for people who have little knowledge of French and focuses on the development of the French language in everyday life. In a supportive and fun environment, practice conversation through listening, speaking, and songs. Study the second and third group of regular verbs, certain irregular verbs, reflexive verbs, time expressions, dates, months, days, and seasons. Come away with a basic understanding of this lovely language.

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. 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.

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.

Spanish 2- Low Beginning Conversational

This class is for students with very little knowledge of Spanish or who have had exposure to more Spanish but some time ago. Students will review the sound system, how to describe people, and how to form sentences in the present tense, and will learn to talk of plans, preferences, numbers, and to ask for basic information.
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.

105162
ID 21574  ➢ EVE  Lotito, B  •  1/18 - 3/22  •  WAKE-18
   R  •  5:15pm - 7:15pm  •  $119

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.

105163
ID 21524  ➢ EVE  Lotito, B  •  1/16 - 3/20  •  WAKE-18
   T  •  5:15pm - 7:15pm  •  $119
ID 21660  ➢ EVE  Blakley, B  •  1/17 - 5/2  •  SCHOTT-6
   W  •  5:15pm - 7:15pm  •  $155

Spanish 6 - Intermediate Conversational $  
For students with some fluency in Spanish and mastery of the present tenses, as well as the present past tense. Learning activities focus on family relationships, talking about one’s childhood, and youth. Students learn to talk about news articles relating to the environment, climate change and modes of transportation. Topics include the imperfect past tense, the present perfect, prepositions with pronouns, distinction between ‘por’ and ‘para’, more adjectives and adverbs, idiomatic expressions and vocabulary.

105165
ID 21576  ➢ Lotito, B  •  1/16 - 3/20  •  WAKE-18
   T  •  12:30pm - 2:30pm  •  $119

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.

105169
ID 21522  ➢ EVE  Blakley, B  •  1/16 - 5/1  •  SCHOTT-3
   T  •  5:15pm - 7:15pm  •  $155

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.

105167
ID 21521  ➢ Blakley, B  •  1/16 - 5/1  •  SCHOTT-3
   T  •  2:45pm - 4:45pm  •  $155
ID 21523  ➢ Blakley, B  •  1/16 - 5/1  •  SCHOTT-3
   T  •  12:30pm - 2:30pm  •  $155

Spanish Films with English Subtitles $  
Love Spanish films? Then, this class is for you, whether you are a native speaker of Spanish, student of the language, or just enjoy films featuring a wide-range of perspectives from different regions of the Spanish-speaking world. Each week features a contemporary Spanish (or bilingual) film with subtitles on a relevant topic, followed by lively small group discussions in English and/or Spanish, depending on the group.

105168
ID 21579  ➢ EVE  Lotito, B  •  4/5 - 5/3  •  WAKE-18
   R  •  5:15pm - 7:45pm  •  $75

Spanish in Action 2: To Be or Not To Be? $  
There are five Spanish verbs for ‘to be’ - ser, estar, tener, hacer, and haber. Join this fun accelerated learning course that rewires your brain to automatically choose the right verb in Spanish. Enjoy class activities that create a supportive learning community and engage in real-life communication enhanced by games, songs, art, movement, and visual grammar aids. Everyday topics include identifying, describing, and locating people, events, and places, referring to specific times and ages, and describing and reacting to the weather. Note: All levels will enjoy this useful class and it’s especially beneficial for students enrolled in or having completed the equivalent of ‘Spanish 2: Low Beginning Conversational.’

105177
ID 21577  ➢ Lotito, B  •  4/5 - 5/3  •  WAKE-18
   R  •  12:30pm - 2:30pm  •  $59

Spanish in Action 3: Who Does What to Whom? $  
Ever get lost in Spanish figuring out ‘who does what to whom’? It happens to everyone as English uses word order to express ‘who does what to and for whom?’ while Spanish uses a different set of cues. Reprogram your brain to recognize these cues, and figure out the concept of ‘reflexive, direct and indirect object pronouns.’ In this fun and accelerated course, you’ll practice communicating confidently in Spanish about everyday topics such as buying, selling, giving, sending, receiving, reporting, making requests, and giving instructions. Find out ‘who does what to whom?’ through group activities, props, songs, movement, and visual aids. Note: Open to anyone at or beyond the equivalent of Spanish 5: Low Intermediate Conversation.

105178
ID 21578  ➢ Lotito, B  •  4/3 - 5/1  •  WAKE-18
   T  •  12:30pm - 2:30pm  •  $59
PHOTOGRAPHY AND FILM

Create Photographs With Impact $
Discover new techniques and skills to help elevate your photography from average to exciting. Join an award winning professional photographer as you learn how to strengthen your compositions and create compelling photographs in any light source using a wide variety of techniques, including selective focus, motion blur, manipulation of light sources, backlighting, contrast, color saturation, rule of thirds, forced perspective and many more. By the end of this class, you will have the tools to pre-visualize new, dynamic photographs, making the great leap from taking photos to creating photographs with impact.

411071
ID 21431  Place, C. • 2/26 - 4/2 • SCHOTT-6
M • 9:00am - Noon • $150

Photography For Travelers $
Discover the techniques professional travel photographers use to create dynamic, powerful images in any kind of situation. Learn to produce spectacular architectural and landscape photographs captured at the perfect time of day. Gain insights into approaching strangers and learn how to produce intimate portraits with minimal equipment and available light. Leverage bad weather, producing some of your most popular images, and learn how to make use of hard mid-day sunlight. Make the images from your next trip captivating to both friends and family while transporting you back to the sights, sounds and smells of your favorite destinations.

411070
ID 21548  Place, C. • 2/26 - 4/2 • SCHOTT-6
M • 1:00pm - 4:00pm • $150

Santa Barbara, Through Your Lens $
Santa Barbara is famous for its majestic mountain and seascapes along with its dizzying array of unique flora and fauna. Advance your photography skills through fun and interactive photo walks throughout Santa Barbara. Guided by a local and professional photographer, discover how to capture iconic places from a fresh angle. Walk away with new photography skills and perspectives to push your work to a new level. Ideal for all photography enthusiasts.

Note: Class meets every other Wednesday, 4/4, 4/18, 5/2 from 6:00pm - 8:30pm at Schott Campus, Rm. 22. Also every Saturday 4/28, 5/5 skipping 4/21 from 3:00pm - 5:30pm off site, TBA.

411073
ID 21445  EVE Reiner, T • 4/4 - 5/5 • Off Site-22, TBA
W • 6:00pm - 8:30pm and Sat 3:00pm - 5:30pm • $150

WRITING AND LITERATURE

A Love Letter to the Future $
How do you write a consoling letter to a loved one that will be delivered to them after your time on earth has passed? You may already have a current Will or Trust, the next step is to leave a letter that will comfort someone who loves you and will grieve deeply for your passing. Explore a set of suggestions about the content and give your loved one something that will be helpful during their healing process. Come away with potentially the most significant, meaningful, and heartfelt letter that you have ever written.

157206
ID 21387  Zdenek, M • 3/2 - 3/9 • SCHOTT-6
F • 12:15pm - 2:15pm • $48

NEW Become a Powerful Writer with Right-Brain Techniques $
Benefit from these proven methods for stimulating creative thinking. It's not magic: this is just brain science applied to the art of writing. This is a safe place to stretch yourself and learn how to use your subconscious as a generator of ideas to create your story. Your characters will be more vivid, your story more intense. Come and join us to learn specific right-brain techniques that will help you create a raw draft of your story. Alternatively, if your novel, short story, or memoir is already in process, come discover how you can make your good story even better.

Note: Class meets Wednesday and Thursdays.

157209
ID 21400  Zdenek, M • 4/25 - 5/3 • SCHOTT-31
W • 1:00pm - 4:00pm • $120

NEW Electrify Your Presentations with Cinematic Storytelling $
Persuade donors, board members, investors and your own boss to support your next phase of development, your client or pet project. Tell a compelling story. Make your presentations come alive so they will generate results. Use archetypes, structure, and narrative techniques to hook an audience. Discover how to optimize the secrets of genre for your presentations. Incorporate the seven basic storytelling tropes to make your message resonate. Take the upper-hand and captivate others by renewing your sense of power and controlling your message.

157196
ID 21550  Sharp, K • 2/7 - 2/21 • SCHOTT-31
W • 1:00pm - 3:00pm • $60
Post-apocalyptic literature has not just joined mainstream literature - it's now considered a part of the high literary canon. Some of the success of post-apocalyptic fiction is rooted in how closely it can seem to resemble real life. In this class, we will not only read and discuss a selection of classic and contemporary post-apocalyptic novels, but we will also use these novels as a prism to examine history and the world around us.

NEW Socrates Revealed through Plato’s Dialogues

The figure of Socrates has had a permanent hold on our collective imagination, yet the enigma of who Socrates was, what Socrates taught and why Socrates had to die by the order of the Athenian court remains. Explore these questions through the key Dialogues of Plato addressing the life and times and the last days of Socrates. Readings include Book I of the Republic; the Symposium, the Apology, the Crito and the Phaedo.

Home and Family

ANIMALS

Dog Behavior: Before You Adopt a Dog

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.

NEW 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.
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.

NEW An Innkeeper’s Breakfast

Join a Wine Country Innkeeper and learn the secrets of fabulous breakfasts that keep guests raving. Come and try Carbonara Porridge, Black Bean and Quinoa Nachos, Creamy Chorizo Polenta, and Sunrise Stuffed Peppers - dishes that encourage guests to return again and again. Cultivate the vineyard lifestyle while collecting a harvest of recipes that are easy to prepare and will earn you rave reviews from your friends and family.

NEW Chicken Curry As It Was Meant to Be

Chicken curry is available at most deli’s 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.

Cooking for Two (or One): Tricks, Tips, and Techniques

Too busy? Bored of cooking for two (or one)? Tired of store bought prepared food? Going out too expensive? You CAN cook quick, fresh, and delicious meals with little fuss and few left-overs. Discover techniques and shortcuts for quickly defrosting food and how to prepare a full meal in minutes. Have fun with lots of easy and tasty recipes that will turn your cooking from a chore into something to look forward to doing...and sharing.

NEW Elegant Brioche - Sinfully Easy to Make

From sweet to savory, brioche is an elegant type of bread the origins of which date back centuries. Today it is the “bread du jour” from pastries to hamburger buns and its popularity is undisputed. Discover the simple steps required to make sweet or savory brioche and how to fit brioche-making into your schedule. From hamburger buns to baba au rhum, perfect brioche is only a lesson away. This elegant bread will leave your taste buds tingling, and you’ll quickly become the “toast” of your friends and family.

NEW Enjoy an Indian Brunch

These Indian street favorites are great crowd pleasers. Come and experience this traditional sweet and savory fare which is perfect for a laid-back Sunday morning with family, a casual lunch alone or with friends, or a great pick-me-up any time. Discover how to make and then enjoy many street favorites including Aloo Tikki with cilantro chutney, Channa Massala, Sooji Halwa and - uniquely spiked with spices - Truck Stop Chai.

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.

Fermentation: Preserving a Healthy You

For good reason 30% of the American diet is fermented, and fermented means tasty. These healthy, flavorful, sustainable superfoods can easily be made in your home and included in an exciting variety of recipes. Reduce food waste, increase shelf life (how’s 3 to 9 months?) while you use ancient methods to create modern, simple cuisine to bring delicious fermented foods to your dinner table. Discover the fundamentals of anaerobic fermentation which will allow you to ferment just about anything. This class will focus on vegetables and fruits. Start feeling good about preserving your favorite foods in a way that supports good health and great flavor.
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.

606476

ID 21513  ➔ Coburn, D  •  2/21 - 2/28  •  SCHOTT-27
W  •  10:00am - 2:00pm  •  $56 + Lab $8 + 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.

606461

ID 21480  ➔ Sahibzada, F  •  2/24  •  SCHOTT-27
S  •  11:00am - 2:00pm  •  $40 + Lab $3 + Materials $12

ID 21519  ➔ Sahibzada, F  •  4/26  •  SCHOTT-27
S  •  11:00am - 2:00pm  •  $40 + Lab $3 + Materials $12

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-Dough list, and join us as we loaf around in the bakery.

606480

ID 21504  ➔ Hove, K  •  1/27  •  SCHOTT-27
S  •  10:00am - 2:00pm  •  $40 + Lab $4 + Materials $10

Make a Meal Out of ... Anything

Hate wasting food but don’t know what to do with excess or expired food? At a loss for making something out of the hodge-podge of ingredients in your refrigerator and pantry? Discover the techniques and methods of making wonderful meals out of a variety of food, spices and products that you never knew could be put together into such a tasty and appealing dish. Master the basics of menu creation and follow the most common tricks of the trade to use anything you have and everything you have.

606470

ID 21507  ➔ Cannon, C  •  2/22  •  SCHOTT-27
R  •  11:00am - 2:00pm  •  $30 + Lab $3 + Materials $10

Make Aeblleskivers 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.

606489

ID 21517  ➔ Hove, K  •  3/3  •  SCHOTT-27
S  •  10:00am - 2:00pm  •  $36 + Lab $4 + Materials $10

Make the Best Soups You’ve Never Tasted

Soup is a quick, tasty nutritious meal. Learn to be creative with your soups - they don’t need to be boring and predictable. Stir things up with these inventive creations to produce new flavors, textures and combinations that you never thought possible in a soup. Let our soup expert provide the recipes, techniques and understanding of soups to help make them an exciting part of your weekly menu. There’s a delicious steaming bowl just waiting for you to dig into.

606471

ID 21511  ➔ Cannon, C  •  4/19 - 5/3  •  SCHOTT-27
R  •  2:00pm - 5:00pm  •  $60 + Lab $9 + Materials $30

NEW Make Your Own Meal Kit

Subscriptions to meal kit delivery services like Blue Apron, Hello Fresh and Green Chef have skyrocketed in the past couple of years. Why? Because they take away the hard work - and guesswork - of planning, shopping and prepping meals, while leaving the enjoyment of cooking and eating to you. However, delivery can become expensive, and you also have to deal with the leftover packaging. Change that right now - discover how to make up your own meal kits and learn how to organize your meals like the experts.

606495

ID 21629  ➔ Coburn, D  •  1/17  •  SCHOTT-27
W  •  10:00am - 2:00pm  •  $28 + Lab $4 + Materials $20

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.
*For students aged 21 and older.

606490

ID 21500  ➔ Mickiewicz, M  •  4/12 - 4/26  •  SCHOTT-27
R  •  6:15pm - 8:45pm  •  $61 + Materials $30

58  FEE-BASED LIFE ENHANCEMENT  •  www.sbcc.edu/ExtendedLearning
Meal in One: Soups and Stews $
This course teaches students to create hearty and delicious meal-in-one soups and stews featuring organic chicken and beef. Recipes include traditional dishes, California style dishes, unique ingredients, and accompanying breads and biscuits.

606352
ID 21512  » Coburn, D • 1/31 - 2/7 • SCHOTT-27
W • 10:00am - 2:00pm • $56 + Lab $8 + Materials $20

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.

606340
ID 21432  » SAT Wakita, T • 1/20 • SCHOTT-27
S • 10:00am - 2:00pm • $32 + Lab $4 + Materials $20

The Art of the Mediterranean Table $
Experience the diverse and delectable cuisines that comprise the Mediterranean. From Spanish tapas to French Bistro style menus, discover foods from Southern, Central and Northern Italy, the Greek Isles, Spain and Portugal, Regional France and Morocco. You will learn the art of the table, which includes the key elements for creating your own happy table memories. From positive conversations to colorful Mediterranean table decor, the class explores some of the elements that contribute to an uplifting atmosphere and a memorable experience. Make the dishes, receive the recipes and create these wonderful meals at home for family and friends.

606372
ID 21515  » Coburn, D • 4/4 - 4/18 • SCHOTT-27
W • 10:00am - 2:00pm • $84 + Lab $12 + Materials $30

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.

606416
ID 21514  » Coburn, D • 3/14 - 3/21 • SCHOTT-27
W • 10:00am - 2:00pm • $56 + Lab $8 + Materials $20

GENEALOGY

Family History Research: Intermediate/Advanced $
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.

1413
ID 21659  » Eggli, N • 1/24 - 3/14 • WAKE-16
W • 9:30am - 11:00am • $65 + Materials $5

HOME AND GARDEN

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.

613047
ID 21363  » SAT King, A • 1/20 • SCHOTT-6
S • 9:00am - Noon • $25

NEW Small Space Gardening $
Create a garden in small and unusual spaces - on a driveway, up a wall, and in tiny spaces you never imagined. Don’t let limited outdoor space prevent you from enjoying some fresh herbs or veggies and fruits. This is more than simply container gardening. Join us to learn new techniques and have fun meeting other like-minded gardeners.

601086
ID 21628  » Calder, J • 1/31 - 2/7 • WAKE-18
W • 10:00am - Noon • $32

Smart Garden Design for Dry Times $
Garden owners in our area are adjusting to the reality of drier gardens, so maybe it’s time to rethink the space around your home. Join local landscape architect, Billy Goodnick, and learn how water-wise gardens can be just as beautiful and useful as thirstier gardens. Students will learn about sustainable design, selecting the right plant for the right space, and have fun meeting other like-minded gardeners.

601081
ID 21444  » SAT Goodnick, B • 3/10 - 3/17 • SCHOTT-6
S • 9:00am - Noon • $36
NEW 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 not to miss this special opportunity.

506226
ID 21364  SAT King, A  •  2/3  •  SCHOTT-6
S  •  9:00am - Noon  •  $25

Tour a Nursery with a Landscape Designer $€
Experience first-hand how individual plants could look in your own garden by seeing them grow in a beautifully landscaped nursery. Guided by one of Santa Barbara’s premier landscape designers, you’ll discover what plants grow best for your spaces by seeing them in settings similar to residential gardens. Get your questions answered about maintenance, irrigation, color, size and shape as you see full grown examples of possibilities. Take the guesswork and mystery out of designing your garden. Featured nursery: Seaside Gardens, Carpinteria.

601083
ID 21443  SAT Goodnick, B  •  4/28  •  SEAGARDEN-Entrance to Garden
S  •  9:00am - Noon  •  $25

MATURE DRIVER CERTIFICATIONS
Mature Driver Initial Course $€
This classroom-only course benefits Mature Drivers (age 55 +). The purpose of the course is to improve safe driving skills for older adults. Upon course completion, participants are given a DMV Certificate, qualifying them for reduced automobile insurance premiums. The certificate is valid for three years.

608635
ID 21582  SAT Brown, M  •  2/10  •  WAKE-20
S  •  9:00am - 5:00pm  •  $45

Mature Driver Renewal: A Review Course $€
The course renews an existing Mature Driver Certificate which has not been expired longer than one calendar year. The DMV certificate awarded upon completion of the course is valid for three years.

608609
ID 21581  SAT Brown, M  •  2/3  •  WAKE-20
S  •  9:00am - 1:30pm  •  $29

PARENTING
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.

251286
ID 21405  SAT Solter, A  •  3/17  •  SCHOTT-3
S  •  9:00am - 1:00pm  •  $32

Happier Children, Happier Parents With Attachment Play $€
Do you have frequent power struggles with your children? Bring more joy and laughter into your home by playing your way to your child's heart with activities that can solve your child's behavior problems. Explore the nine types of attachment play including child-centered play, cooperative games, and even power-reversal play. Discover how these unique activities can dissolve conflicts and transform your relationship with your child. Come prepared for active participation, role-playing, and lots of fun. Note: This class is only for adults.

251319
ID 21404  SAT Solter, A  •  2/10  •  SCHOTT-5
S  •  9:00am - 1:00pm  •  $32
PERSONAL FINANCE AND HOME BUSINESS

Achieving a Happy Retirement: Balancing the Financial and Emotional Facets

Wondering how retirement can be successfully navigated from both a financial and emotional standpoint? Frequently we hear of the financial challenges, but we often overlook the emotional challenges that may also detract from happiness during these precious years. Come away with your own personalized investment plan to achieve your retirement goals and also enhance your emotional awareness to enjoy a ‘Life Well Lived.’

Are You Prepared For Retirement?

Learn basic information about financial issues that relate to planning for and being in retirement. You will learn the importance of using a regularly updated comprehensive financial plan as context for many of these issues. Topics discussed include budgeting, pensions, life insurance, Social Security, personal real estate, long-term care, taxes, and inflation. Online resources will be provided to help you create financial plans. The goal of the class is for you to be able to apply this learned knowledge to your own retirement planning.

Note: This class is sponsored.

Manage Your Own Portfolio

It is important to understand basic background information about publicly traded financial markets. In this class you will learn this information as well as basic investment implementation strategies. Join this class and learn from financial experts how to interpret financial information and avoid common mistakes. The goal of the class is for you to be able to apply this learned knowledge to your own portfolios within the context of your unique financial situations and goals.

Note: This class is sponsored.

De-clutter and Sell Your Treasures on the Internet

Your clutter may be another person’s treasure. Sell your unwanted items on the Internet using, eBay, Craigslist, Amazon, Etsy and other sites. In this class you will learn to navigate the Internet so you can buy and sell items securely while protecting your information and avoiding fraud. Learn to set competitive prices, use photographs to showcase your items, and create listings that grab attention. You will also learn about secure payment methods and shipping procedures that keep customers happy. It’s time to ditch the clutter - and collect the cash.

Modern Retirement Planning

Will you retire on time? How does your current debt impact your retirement plan? Do you understand the different vehicles you may use to grow your retirement fund? In this class you will discover important retirement concepts and identify tools that will help you develop a successful retirement plan. Leave this class with current and valuable information to guide your retirement planning as well as the ability to speak more confidently with finance professionals.
Let's Play American Mah Jongg $

Mah Jongg is one of the most popular puzzle games in the world played by people who love its mental challenge. It is a game of strategy and requires the ability to shift between two or more possible solutions to a problem. A bit of luck also helps. It can be somewhat addictive - you’ve been warned. Discover in this class how to play the American version of this popular game. Have fun and enjoy. All levels welcome.

ID 21586  
Woiff, I • 1/30 - 2/20 • WAKE-16  
T • 1:00pm - 3:30pm • $79 + Materials $10

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.

ID 21374  
Lindsay, R • 1/18 - 3/8 • SBMUSE-Mac Veagh House  
R • 8:00am - 11:00am • $145

ID 21508  
Fagan Coulter, R • 1/22 - 3/19 • SBMUSE-Mac Veagh House  
M • 8:30am - 10:30am • $96

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.

ID 21554  
Patten, L • 1/24 - 3/14 • SBMUSE-Mac Veagh House  
W • 8:30am - 10:30am • $96

NEW Discover the Secret Language of Animal Tracks $

Did you know that the tracking of wildlife by our ancestors helped shape the evolution of our humanoid brains? Discover how tracking wildlife is both an ancient art and a modern science used in research and nature conservancy. Explore the seemingly imperceptible signs of animals in order to identify the species, individual characteristics, and even what the animal was doing when it made the tracks. Come away with enhanced powers of observation, imagination, and awareness to develop a deeper kind of relationship with the wildlife in our area.

ID 21627  
Maserjian, J • 1/20 - 2/17 • SCHOTT-31  
S • 9:00am - 11:30am • $75
Field Natural History

From sea level to the Santa Ynez Mountains, Santa Barbara has a grand array of plant communities and animals that call them home. Salt marsh, creeks, chaparral, oak woodland, and a small lake provide food and shelter for an amazing diversity of animal life. Enjoy a leisurely walk, with some walks flat, and some ascending a few hundred feet. Come away with a deeper appreciation of our ‘front country’ by getting acquainted with its geology, flora and fauna.

1427
ID 21441 ➔ Timbrook, S  •  3/6 - 5/1  •  SBMUSE-Farrand Hall
T  •  9:00am - Noon  •  $145

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.

19115
ID 21527 ➔ EVE Stark, L  •  2/7 - 2/21  •  PLNTRM
W  •  5:00pm - 6:00pm  •  $19
ID 21528 ➔ EVE Stark, L  •  4/4 - 4/18  •  PLNTRM
W  •  5:00pm - 6:00pm  •  $19

School of Extended Learning

MIND & SUPERMIND

How Selfless Service Can Transform You and the World

David Paul, M.D., Ph.D. & Bonnie Paul, Ph.D., founders of The Freedom to Choose Project, share what they have learned about selfless, loving service through their work with thousands of men and women in medium-to-maximum security prisons over the past 13 years. This experiential evening begins with a video showing the power of this transformation in the prisons. Through practical exercises, you will learn how foundational selfless service skills have the potential to transform both your life and the world around you. Learn to incorporate these skills in your personal and work life, and discover your inner passion for selfless service.

Monday, April 2, 2018, 7:30 - 9:30pm
Schott Auditorium
Register at www.sbcc.edu/ExtendedLearning
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, please contact Ken Harris at keharris1@pipeline.sbcc.edu or Andy Harper at agharper@sbcc.edu

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 64350  Runkle, C A  1/16 - 3/10  WAKE-07
Lec: M  8:30am - 9:50am
Runkle, C A  1/16 - 3/10  WAKE-07
Lab: M  9:55am - 1:05pm

CRN 64351  Runkle, C A  3/12 - 5/12  WAKE-07
Lec: M  9:00am - 10:05am
Runkle, C A  3/12 - 5/12  WAKE-07
Lab: M  10:10am - 12:25pm

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 64325  Runkle, C A  1/16 - 3/10  SCHOTT-05
Lec: T  8:30am - 9:35am
Runkle, C A  1/16 - 3/10  SCHOTT-05
Lab: T  9:40am - 11:55am

CRN 64326  Runkle, C A  3/12 - 5/12  SCHOTT-05
Lec: T  8:30am - 9:35am
Runkle, C A  3/12 - 5/12  SCHOTT-05
Lab: T  9:40am - 11:55am

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 64378  Van Stein, T A  1/16 - 3/10  SCHOTT-23
Lec: M  9:00am - 10:20am
Van Stein, T A  1/16 - 3/10  SCHOTT-23
Lab: M  10:25am - 1:35pm

CRN 64379  Van Stein, T A  3/12 - 5/12  SCHOTT-23
Lec: M  9:00am - 10:05am
Van Stein, T A  3/12 - 5/12  SCHOTT-23
Lab: M  10:10am - 12:30pm

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 64421  Luminess, C J  1/16 - 3/10  SCHOTT-22
Lec: W  1:00pm - 2:05pm
Luminess, C J  1/16 - 3/10  SCHOTT-22
Lab: W  2:10pm - 4:25pm

CRN 64422  Luminess, C J  3/12 - 5/12  SCHOTT-22
Lec: W  1:00pm - 2:05pm
Luminess, C J  3/12 - 5/12  SCHOTT-22
Lab: W  2:10pm - 4:25pm
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 64323 › Luminess, C J • 1/16 - 3/10 • SCHOTT-05
  Lec: W • 8:30am - 9:35am
  Lab: W • 9:40am - 11:55am

CRN 64324 › Luminess, C J • 3/12 - 5/12 • SCHOTT-05
  Lec: W • 8:30am - 9:35am
  Lab: W • 9:40am - 11:55am

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 64329 › Eberhart, B L • 1/16 - 3/10 • SCHOTT-05
  Lec: F • 8:00am - 9:25am
  Lab: F • 9:30am - 12:40pm

CRN 64330 › Eberhart, B L • 3/12 - 5/12 • SCHOTT-05
  Lec: F • 8:45am - 9:50am
  Lab: F • 9:55am - 12:10pm

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 64416 › Henderson III, L T • 1/16 - 3/10 • SCHOTT-22
  Lec: R • 8:45am - 9:50am
  Lab: R • 9:55am - 12:15pm

CRN 64417 › Henderson III, L T • 3/12 - 5/12 • SCHOTT-22
  Lec: R • 8:45am - 9:50am
  Lab: R • 9:55am - 12:15pm

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.

ART NC146

CRN 64297 › Askew, R A • 1/16 - 3/10 • SCHOTT-20
  Lec: M • 8:00am - 9:25am
  Lab: M • 9:30am - 12:40pm

CRN 64298 › Askew, R A • 3/12 - 5/12 • SCHOTT-20
  Lec: R • 9:00am - 10:05am
  Lab: R • 10:10am - 12:25pm

CRN 64299 › Askew, R A • 1/16 - 3/10 • SCHOTT-20
  Lec: R • 9:00am - 10:05am
  Lab: R • 10:10am - 12:25pm

CRN 64300 › Askew, R A • 3/12 - 5/12 • SCHOTT-20
  Lec: R • 9:00am - 10:05am
  Lab: R • 10:10am - 12:25pm

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 64327 › EVE Henderson III, L T • 1/16 - 3/10 • SCHOTT-05
  Lec: T • 6:00pm - 7:05pm
  Lab: T • 7:10pm - 9:25pm

CRN 64328 › EVE Henderson III, L T • 3/12 - 5/12 • SCHOTT-05
  Lec: T • 6:00pm - 7:05pm
  Lab: T • 7:10pm - 9:25pm
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 64374 › Runkle, C A • 1/16 - 3/10 • SCHOTT-20
  Lec: T • 1:00pm - 2:05pm
  Runkle, C A • 1/16 - 3/10 • SCHOTT-20
  Lab: T • 2:15pm - 4:30pm

CRN 64375 › Runkle, C A • 3/12 - 5/12 • SCHOTT-20
  Lec: T • 1:00pm - 2:05pm
  Runkle, C A • 3/12 - 5/12 • SCHOTT-20
  Lab: T • 2:15pm - 4:30pm

Layering Color, Capturing Light: Beginning in Watercolor: For Older Adults
The older adult student discovers how to make bright, loose, free-flowing paintings filled with light and color using layers of transparent watercolor and white paper. Students use paper, paints, water and brushes and experiment with color to create interpretive florals, landscapes and abstracts. Older adult students of all levels are welcome in this slow, relaxed approach to the medium. Features demonstrations plus time for personalized instruction in the basics of dynamic composition, value control, color temperature and color mixing. Enhances visual focus on detail, color and composition and retention of information.

ART NC180

CRN 64376 › Runkle, C A • 1/16 - 3/10 • SCHOTT-23
  Lec: W • 8:30am - 9:35am
  Runkle, C A • 1/16 - 3/10 • SCHOTT-23
  Lab: W • 9:40am - 11:55am

CRN 64377 › Runkle, C A • 3/12 - 5/12 • SCHOTT-23
  Lec: W • 8:30am - 9:35am
  Runkle, C A • 3/12 - 5/12 • SCHOTT-23
  Lab: W • 9:40am - 11:55am

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 64319 › Sattler, J M • 1/16 - 3/10 • SCHOTT-05
  Lec: T • 12:30pm - 1:35pm
  Sattler, J M • 1/16 - 3/10 • SCHOTT-05
  Lab: T • 1:40pm - 4:00pm

CRN 64320 › Sattler, J M • 3/12 - 5/12 • SCHOTT-05
  Lec: T • 12:30pm - 1:35pm
  Sattler, J M • 3/12 - 5/12 • SCHOTT-05
  Lab: T • 1:40pm - 4:00pm

CRN 64321 › Sattler, J M • 1/16 - 3/10 • SCHOTT-05
  Lec: R • 12:30pm - 1:35pm
  Sattler, J M • 1/16 - 3/10 • SCHOTT-05
  Lab: R • 1:40pm - 4:00pm

CRN 64322 › Sattler, J M • 3/12 - 5/12 • SCHOTT-05
  Lec: R • 12:30pm - 1:35pm
  Sattler, J M • 3/12 - 5/12 • SCHOTT-05
  Lab: R • 1:40pm - 4:00pm

Art a la Carte: For Older Adults
A study in painting in oils on canvas with brush and palette-knife. The older adult student learns a variety of styles in painting including representational, impressionism, post-impressionism, cubism and abstract expressionism (non-objective and geometric). They will receive both group and individual guidance, and the assignments will include a variety of subject matter. Some of the assignments are in coordination with local the museum. Students are also encouraged to do some original painting of their own choosing. Can improve focus on visual detail, retention and understanding of information, and manual dexterity in using painting tools.

ART NC192

CRN 64343 › Eberhart, B L • 1/16 - 3/10 • WAKE-07
  Lec: R • 12:30pm - 1:35pm
  Eberhart, B L • 1/16 - 3/10 • WAKE-07
  Lab: R • 1:40pm - 3:55pm

CRN 64344 › Eberhart, B L • 3/12 - 5/12 • WAKE-07
  Lec: R • 12:30pm - 1:35pm
  Eberhart, B L • 3/12 - 5/12 • WAKE-07
  Lab: R • 1:40pm - 3:55pm
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 64331 › Gray, C F • 1/16 - 3/10 • SCHOTT-20
Lec: W • 12:30pm - 1:35pm
Gray, C F • 1/16 - 3/10 • SCHOTT-20
Lab: W • 1:40pm - 3:50pm

CRN 64332 › Gray, C F • 3/12 - 5/12 • SCHOTT-20
Lec: W • 12:30pm - 1:35pm
Gray, C F • 3/12 - 5/12 • SCHOTT-20
Lab: W • 1:40pm - 3:50pm

CRN 64356 › Eberhart, B L • 1/16 - 3/10 • WAKE-07
Lec: T • 12:30pm - 1:35pm
Eberhart, B L • 1/16 - 3/10 • WAKE-07
Lab: T • 1:40pm - 3:55pm

CRN 64357 › Eberhart, B L • 3/12 - 5/12 • WAKE-07
Lec: T • 12:30pm - 1:35pm
Eberhart, B L • 3/12 - 5/12 • WAKE-07
Lab: T • 1:40pm - 3:55pm

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 64317 › Gray, C F • 1/16 - 3/10 • SCHOTT-20
Lec: W • 8:30am - 9:35am
Gray, C F • 1/16 - 3/10 • SCHOTT-20
Lab: W • 9:40am - 11:50am

CRN 64318 › Gray, C F • 3/12 - 5/12 • SCHOTT-20
Lec: W • 8:30am - 9:35am
Gray, C F • 3/12 - 5/12 • SCHOTT-20
Lab: W • 9:40am - 11:50am

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 64345 › SAT Davis, R S • 1/16 - 3/10 • H-104
Lec: S • 9:30am - 10:35am
SAT Davis, R S • 1/16 - 3/10 • H-104
Lab: S • 10:40am - 12:55pm

CRN 64346 › SAT Davis, R S • 3/12 - 5/12 • H-104
Lec: S • 9:30am - 10:35am
SAT Davis, R S • 3/12 - 5/12 • H-104
Lab: S • 10:40am - 12:55pm

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 64352 › Willhite, S L • 1/16 - 3/10 • WAKE-07
Lec: W • 1:00pm - 2:05pm
Willhite, S L • 1/16 - 3/10 • WAKE-07
Lab: W • 2:10pm - 4:25pm

CRN 64353 › Willhite, S L • 3/12 - 5/12 • WAKE-07
Lec: W • 1:00pm - 2:05pm
Willhite, S L • 3/12 - 5/12 • WAKE-07
Lab: W • 2:10pm - 4:25pm

Discover Ancient Art of Chinese Calligraphy
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 64358 ➔ EVE Harris, C • 1/16 - 3/10 • WAKE-07
   Lec: M • 5:00pm - 6:20pm
   EVE Harris, C • 1/16 - 3/10 • WAKE-07
   Lab: M • 6:25pm - 9:35pm
CRN 64359 ➔ EVE Harris, C • 3/12 - 5/12 • WAKE-07
   Lec: M • 5:45pm - 6:50pm
   EVE Harris, C • 3/12 - 5/12 • WAKE-07
   Lab: M • 6:55pm - 9:10pm

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 64360 ➔ Brooks, J A • 1/16 - 3/10 • WAKE-09
   Lec: W • 8:30am - 9:35am
   Brooks, J A • 1/16 - 3/10 • WAKE-09
   Lab: W • 9:40am - 11:55am
CRN 64361 ➔ Brooks, J A • 3/12 - 5/12 • WAKE-09
   Lec: W • 8:30am - 9:35am
   Brooks, J A • 3/12 - 5/12 • WAKE-09
   Lab: W • 9:40am - 11:55am
CRN 64362 ➔ Brooks, J A • 1/16 - 3/10 • WAKE-09
   Lec: W • 12:30pm - 1:35pm
   Brooks, J A • 1/16 - 3/10 • WAKE-09
   Lab: W • 1:40pm - 4:00pm
CRN 64363 ➔ Brooks, J A • 3/12 - 5/12 • WAKE-09
   Lec: W • 12:30pm - 1:35pm
   Brooks, J A • 3/12 - 5/12 • WAKE-09
   Lab: W • 1:40pm - 4:00pm
CRN 64364 ➔ Vestal, P L • 1/16 - 3/10 • WAKE-09
   Lec: R • 8:30am - 9:35am
   Vestal, P L • 1/16 - 3/10 • WAKE-09
   Lab: R • 9:40am - 11:55am
CRN 64365 ➔ Vestal, P L • 3/12 - 5/12 • WAKE-09
   Lec: R • 1:00pm - 2:05pm
   Vestal, P L • 3/12 - 5/12 • WAKE-09
   Lab: R • 2:10pm - 4:25pm
CRN 64366 ➔ EVE Vestal, P L • 1/16 - 3/10 • WAKE-09
   Lec: R • 5:30pm - 6:35pm
   EVE Vestal, P L • 1/16 - 3/10 • WAKE-09
   Lab: R • 6:40pm - 8:55pm
CRN 64367 ➔ EVE Vestal, P L • 3/12 - 5/12 • WAKE-09
   Lec: R • 5:30pm - 6:35pm
   EVE Vestal, P L • 3/12 - 5/12 • WAKE-09
   Lab: R • 6:40pm - 8:55pm
CRN 64368 ➔ EVE Brooks, J A • 3/12 - 5/12 • WAKE-09
   Lec: M • 5:30pm - 6:35pm
   EVE Brooks, J A • 3/12 - 5/12 • WAKE-09
   Lab: M • 6:40pm - 8:55pm

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.

ENG NC120
CRN 64289 ➔ Ferrer, M Y • 1/16 - 3/10 • SCHOTT-03
   Lec: F • 10:00am - 12:15pm
CRN 64290 ➔ Ferrer, M Y • 3/12 - 5/12 • SCHOTT-03
   Lec: F • 10:00am - 12:15pm

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.

ENG NC303
CRN 64293 ➔ Lowenkopf, S A • 1/16 - 3/10 • SCHOTT-06
   Lec: T • 1:00pm - 3:15pm
CRN 64294 ➔ Lowenkopf, S A • 3/12 - 5/12 • SCHOTT-06
   Lec: T • 1:00pm - 3:15pm

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.

ENG NC335
CRN 64286 ➔ Ferrer, M Y • 1/16 - 3/10 • SCHOTT-03
   Lec: R • 10:00am - 12:15pm
CRN 64286 ➔ Ferrer, M Y • 3/12 - 5/12 • SCHOTT-03
   Lec: R • 10:00am - 12:15pm

Survey of Literary Classics: For Older Adults
Presents older adults with the opportunity and guidance to read, analyze, evaluate and discuss literary classics.

ENG NC497
CRN 64287 ➔ Ferrer, M Y • 1/16 - 3/10 • SCHOTT-03
   Lec: M • 3:30pm - 5:50pm
CRN 64288 ➔ Ferrer, M Y • 3/12 - 5/12 • SCHOTT-03
   Lec: M • 3:30pm - 5:50pm
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.

ENG NC642

CRN 64295  EVE Lowenkopf, S A  1/16 - 3/10  •  SCHOTT-03
Lec: R  5:00pm - 6:05pm
EVE Lowenkopf, S A  1/16 - 3/10  •  SCHOTT-03
Lab: R  6:10pm - 7:15pm
CRN 64296  EVE Lowenkopf, S A  3/12 - 5/12  •  SCHOTT-03
Lec: R  5:00pm - 6:05pm
EVE Lowenkopf, S A  3/12 - 5/12  •  SCHOTT-03
Lab: R  6:10pm - 7:15pm

Writing Your Life into Being: For Older Adults

Older adults contemplate what authors say about values like integrity, acceptance, and success. Through visualization techniques and writing exercises, students reflect on their lives.

ENG NC646

CRN 64397  Drobny, D T  3/12 - 5/12  •  SCHOTT-31
Lec: F  9:15am - 11:15am

Writing Personal Histories: For Older Adults

Course teaches older adults to succeed in the memoir writing process. 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 64291  Lowenkopf, S A  1/16 - 3/10  •  SCHOTT-06
Lec: W  9:30am - 11:45am
CRN 64292  Lowenkopf, S A  3/12 - 5/12  •  SCHOTT-06
Lec: W  9:30am - 11:45am

Write From the Start: for Older Adults

Older adult students learn how to develop magazine articles and book ideas including the use of fiction techniques to write memoirs and non-fiction articles. Course includes information about the magazine marketplace and e-Book publishing. Students will also learn how to write effective query letters and book proposals.

ENG NC674

CRN 64341  Unkefer, D D  1/16 - 3/10  •  SCHOTT-03
Lec: T  12:30pm - 1:35pm
Unkefer, D D  1/16 - 3/10  •  SCHOTT-03
Lab: T  1:40pm - 2:45pm
CRN 64342  Unkefer, D D  3/12 - 5/12  •  SCHOTT-03
Lec: T  12:30pm - 1:35pm
Unkefer, D D  3/12 - 5/12  •  SCHOTT-03
Lab: T  1:40pm - 2:45pm

Music

Choral Singing: For Older Adults

Older adult students exercise mental acuity and develop vocal flexibility and creativity through the practice of vocal techniques, song interpretation, tone, pitch, dynamics, and performance technique.

MUS NC005

CRN 64311  Kennedy, D M  1/16 - 3/10  •  SCHOTT-20
Lec: T  9:00am - 11:15am
CRN 64312  Kennedy, D M  3/12 - 5/12  •  SCHOTT-20
Lec: T  9:00am - 11:15am

Basics of Singing I: For Older Adults

Older adults learn singing and breathing techniques, vocal support, range, song interpretation, and stage presence. Students will enhance self-esteem and communication skills while participating with and performing for fellow students.

MUS NC011

CRN 64306  Fryer, L A  1/16 - 3/10  •  SCHOTT-20
Lec: F  6:00pm - 8:15pm
CRN 64308  Fryer, L A  3/12 - 5/12  •  SCHOTT-20
Lec: F  6:00pm - 8:15pm

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 64315  Fryer, L A  1/16 - 3/10  •  GVJH-BAND
Lec: M  5:00pm - 6:25pm
EVE Fryer, L A  1/16 - 3/10  •  GVJH-BAND
Lab: M  6:30pm - 9:35pm
CRN 64316  Fryer, L A  3/12 - 5/12  •  GVJH-BAND
Lec: M  5:30pm - 6:35pm
EVE Fryer, L A  3/12 - 5/12  •  GVJH-BAND
Lab: M  6:40pm - 8:55pm

Jazz Appreciation and History: For Older Adults

Older adults will practice critical thinking and self-expression through the demonstration and discussion of Jazz. Students will experience the health benefits resulting from social engagement and group interaction.

MUS NC045

CRN 64309  Wood III, C H  1/16 - 3/10  •  SCHOTT-20
Lec: T  6:00pm - 7:30pm
CRN 64310  Wood III, C H  3/12 - 5/12  •  SCHOTT-20
Lec: T  6:00pm - 7:30pm
Recorder Playing: For Older Adults
Older adult students learn to play the recorder. Appropriate for beginning and continuing students. Students receive group and individual instruction and an opportunity to perform in a group.

**MUS NC057**

CRN 64303  
Roman, N L  •  1/16 - 3/10  •  WAKE-15  
Lec: T  •  4:30pm - 5:25pm  
**EVE** Roman, N L  •  1/16 - 3/10  •  WAKE-15  
Lab: T  •  5:30pm - 7:00pm

CRN 64304  
Roman, N L  •  3/12 - 5/12  •  WAKE-15  
Lec: T  •  4:30pm - 5:25pm  
**EVE** Roman, N L  •  3/12 - 5/12  •  WAKE-15  
Lab: T  •  5:30pm - 7:00pm

Essence of Opera: For Older Adults
This course teaches older adults the history of opera. Students will study different opera composers, musical scores, historical backgrounds, and social contexts. Students watch and listen to examples of operatic performances, enhancing memory retention and socialization skills.

**MUS NC085**

CRN 64402  
**EVE** Williams, S J  •  1/16 - 3/10  •  SCHOTT-31  
Lec: R  •  6:00pm - 8:15pm

CRN 64403  
**EVE** Williams, S J  •  3/12 - 5/12  •  SCHOTT-31  
Lec: R  •  6:00pm - 8:15pm

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.

**MUS NC090**

CRN 64305  
**EVE** Fryer, L A  •  1/16 - 3/10  •  SCHOTT-20  
Lec: R  •  6:00pm - 7:00pm  
**EVE** Fryer, L A  •  1/16 - 3/10  •  SCHOTT-20  
Lab: R  •  7:05pm - 8:20pm

CRN 64307  
**EVE** Fryer, L A  •  3/12 - 5/12  •  SCHOTT-20  
Lec: R  •  6:00pm - 7:00pm  
**EVE** Fryer, L A  •  3/12 - 5/12  •  SCHOTT-20  
Lab: R  •  7:05pm - 8:20pm

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 64407  
Sorrow, R H  •  1/16 - 3/10  •  WAKE-20  
Lec: W  •  9:00am - 10:05am  
Sorrow, R H  •  1/16 - 3/10  •  FIELD  
Lec: W  •  10:10am - 11:45am

CRN 64408  
Sorrow, R H  •  3/12 - 5/12  •  WAKE-20  
Lec: W  •  9:00am - 10:05am  
Sorrow, R H  •  3/12 - 5/12  •  FIELD  
Lab: W  •  10:10am - 11:45am

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 64387  
Sherman, S E  •  3/2 - 3/23  •  SCHOTT-14  
Lec: F  •  10:15am - 11:55am  
Sherman, S E  •  4/6 - 5/11  •  SCHOTT-14  
Lec: F  •  10:15am - 11:55am

Rock-Folk Music and the ‘60s Consciousness Movement: For Older Adults
Older adults explore how ‘60s music is a reflection of the collective psyche. Students exercise memory, practice effective communication skills, and develop self-awareness as they reminisce about life experiences.

**PSY NC009**

CRN 64301  
**EVE** Palley, M S  •  1/16 - 3/10  •  WAKE-07  
Lec: R  •  6:30pm - 7:35pm

CRN 64302  
**EVE** Palley, M S  •  3/12 - 5/12  •  WAKE-07  
Lec: R  •  6:30pm - 7:35pm
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 by exploring deconstruction and psychological lenses to gain understanding. Class develops self-expression and integrating their emotional and rational reactions through psychological perspectives to gain understanding. Students practice interpreting and applying findings to the triumphs and challenges of aging.

PSY NC023

CRN 64391  EVE Methner, K E  1/16 - 3/10  SCHOTT-14
Lec: F  5:30pm - 6:45pm

EVE Methner, K E  1/16 - 3/10  SCHOTT-14
Lab: F  6:50pm - 9:25pm

CRN 64392  EVE Methner, K E  3/12 - 5/12  SCHOTT-14
Lec: F  6:00pm - 7:05pm

EVE Methner, K E  3/12 - 5/12  SCHOTT-14
Lab: F  7:10pm - 9:30pm

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 64448  EVE Sorrow, R H  1/16 - 3/10  WAKE-20
Lec: R  6:15pm - 8:30pm

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

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

PSY NC028

CRN 64388  EVE Dunlap, M H  1/16 - 3/10  WAKE-16
Lec: R  7:30pm - 8:45pm

Reading and Writing Poetry for Personal Growth: For Older Adults

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

PSY NC029

CRN 64395  Richo, D D  4/2 - 5/7  SCHOTT-03
Lec: M  9:00am - 12:10pm

Forgiveness - The Healing Journey: For Older Adults

Older adults learn to heal hurt, anger, and resentment to improve mental, physical, and emotional health. Students learn how forgiveness can release old negative emotions and make room for new positive, constructive, energizing thoughts, feelings and actions. Topics include healing estranged relationships in family and business, forgiveness as the gift we give ourselves, the process of forgiveness, and gaining the freedom to be healthy and happy. Students also learn to distinguish between forgiving and reconciling.

PSY NC038

CRN 64390  EVE Arenson, G A  1/16 - 3/10  WAKE-18
Lec: M  7:00pm - 8:30pm

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 64396  Drobny, D T  1/16 - 3/10  SCHOTT-31
Lec: F  9:15am - 11:20am

Honing the Intuitive Edge: For Older Adults

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

PSY NC072

CRN 64389  EVE Cooper, T  1/16 - 3/10  WAKE-18
Lab: W  7:40pm - 8:40pm
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 64384  Sorrow, R H  1/16 - 3/10  WAKE-20
  Lec: T  9:00am - 10:05am
  Sorrow, R H  1/16 - 3/10  FIELD
  Lab: T  10:10am - 11:45am

CRN 64385  Sorrow, R H  3/12 - 5/12  WAKE-20
  Lec: T  9:00am - 10:05am
  Sorrow, R H  3/12 - 5/12  FIELD
  Lab: T  10:10am - 11:45am

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 64333  EVE Levien, P  1/16 - 3/10  SCHOTT-14
  Lec: R  6:00pm - 7:05pm
  EVE Levien, P  1/16 - 3/10  SCHOTT-14
  Lab: R  7:10pm - 9:25pm

CRN 64338  EVE Levien, P  3/12 - 5/12  SCHOTT-14
  Lec: R  6:00pm - 7:05pm
  EVE Levien, P  3/12 - 5/12  SCHOTT-14
  Lab: R  7:10pm - 9:25pm

VITALITY PROGRAM

The School of Extended Learning 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 that these classes are not included in the print schedule. For more information, please contact Jeanette Chian at jchianbrooks@pipeline.sbcc.edu
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**SBCC Schott Campus**
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**SBCC Wake Campus**
300 Turnpike Road  
Santa Barbara, CA 93111-1931  
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School of Extended Learning
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Monday, April 2, 2018, 7:30 - 9:30 p.m.
Schott Auditorium
Register at www.sbcc.edu/ExtendedLearning

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- Health and Safety
- Older Adults

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- Elegant Brioche - Sinfully Easy to Make
- Socrates Revealed Through Plato's Dialogs
- Discover the Secret Language of Animal Tracks
- The Law of Karma and Free Will
- Small Space Gardening

Plus, 7 new digital badges through the Career Skills Institute:

- Project Management
- Emerging Leaders
- Thrive and Survive in the Workplace
- Career Strategist
- Enterprise Communication 2
- Social Media for Business
- Harness the Cloud to Maximize Work Performance
CLASSES START EVERY WEEK!

MARK YOUR CALENDAR

January 16: Spring Semester Begins
February 16: Lincoln’s Birthday
February 19: Washington’s Birthday
March 13: Community Information Meeting
March 26-31: Spring Break
April 2: Mind & Supermind
May 12: Spring Semester Ends