

Personal Development

Oct.-Dec. 2019

The Core of the Story

Give your readers a perfect escape by taking them on a journey. This class will teach you how to create the roadmap your story needs, limit your loose ends and include all the expected beats and tropes in both romance and fantasy genres. Learn how to plot your character's journey.

The instructor has published works under various pen names in both romance and fantasy genres. This class is offered via distance technology from Plattsmouth.

Keyword: Story

The Core of the Story: Plotting Fantasy

Nov. 12	T	6:30-8:30 p.m.	\$19
NE City, NCLC, 102	Callahan		AREA-6700-NCFA

The Core of the Story: Plotting Romance

Dec. 3	T	9:30-11:30 a.m.	\$19
NE City, NCLC, 102	Callahan		AREA-6700-NCFB

Publish Your Writing

If you want to make a living as a writer, you need to treat it as a business. This includes your public persona, use of a pen name, etiquette, social media, managing time, discipline of writing, covers and editing, and genre/niche analysis. Discussion of querying agents and publishers will be included.

This class is offered via distance technology from Plattsmouth.

Keyword: Writing

Nov. 9	S	9-11 a.m.	\$19
NE City, NCLC, 102	Callahan		AREA-0146-NCFA

Medicare Annual Enrollment

From year to year, Medicare Part D plans and Medicare Advantage plans can change drastically. Plans can change their premiums, copays, and the drugs covered. This means that the plan you have this year may not be the best for you next year.

Trained Medicare counselors available at each enrollment event to help you review your Part D and Medicare Advantage plan coverage for 2020. Bring your red, white and blue Medicare card and your list of prescription medications. Nebraska SHIIP will cover cost.

To schedule an appointment, call SHIIP at 402-471-2841.

Nov. 1	F	9 a.m.-3 p.m.	NE City, NCLC, 101
Nov. 15	F	9 a.m.-3 p.m.	NE City, NCLC, 101
Dec. 3	T	9 a.m.-3 p.m.	NE City, NCLC, 101



Location Key

Johnson, JCOM.....Johnson Community Center & Library, 203 Main St.
NE City, FFS.....Fareway Food Store, 1738 S. 11th St.

Pick the Right Medicare Drug Plan

Each year, Medicare drug plans make changes to the cost and coverage you can receive. Knowing what those changes are and where to get information on alternatives is important in ensuring you get the best price and drug coverage available to you.

The Nebraska Senior Health Insurance Information Program (SHIIP), a division of the Nebraska Department of Insurance, is pleased to host "Pick the Right Medicare Drug Plan." This class will cover many topics including plan changes, available resources and what to consider when comparing different options. Nebraska SHIIP will cover cost.

To register, please visit www.doi.ne.gov/shiip. For questions, please call 402-471-2841.

In-person presentations are available on:

Sept. 11	W	1-3 p.m.	NE City, NCLC, 105
Sept. 26	Th	1-3 p.m.	Johnson, JCOM, Main

Webinar presentation is available on:

Sept. 18	W	1 p.m.	
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Essential Oils for Stress

In this class, we will learn what essential oils are, how they're used for natural remedies, recipes for blending oils, cleaning supplies, cooking/baking, why quality matters and the list goes on.

Participants will have the opportunity to experience essential oils and make a customized oil to take home. Cost includes all supplies. Selling and sales will not be a part of this class.

Keyword: Oils

Oct. 24	Th	6:30-8:30 p.m.	\$29
NE City, NCLC, 101	Cozad		AREA-6716-NCFA

Beginning Women's Primal Self Defense

This basic level course, taught by 88 Tactical, offers a good starting point for women, 12 years old or older. Students will learn situational awareness and practice conflict de-escalation. This course primarily addresses how to deal with verbal confrontations, but students also learn some basic moves to defend themselves against a physical attack.

Students get the chance to use full-force techniques against a staff instructor donning specially designed protective gear.

This class is geared towards women, but anyone is encouraged to attend.

Keyword: Defense

Oct. 16	W	5:30-9:30 p.m.	\$89
NE City, NCLC, 104	88 Tactical		AREA-8501-NCFA

FREE TRAINING

For information on financial assistance options, visit www.southeast.edu/cefnassist

Check out all classes offered at www.southeast.edu/NebraskaCityLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratNebraskaCity

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

