

Personal Development

Winter 2020



Beginner Self-Publishing

Do you love to write but don't know where to start when it comes to self-publishing? Learn some simple steps to getting your written works out for the world to see. This can be done for free by publishing online. If you want to see and hold your book, some basic information will be provided on how to accomplish this at a reasonable cost. Gain the confidence you need to start or finish your book and get it self-published.

Keyword: Publish

Feb. 6	Th	Noon-1:30 p.m.	\$49
Lincoln, LNK, TBA		Mapel	LLLX-1830-LNSA

NEW! AARP Lunch & Learn: Advocating for Nebraska's 50+ Population

What are Nebraska's state lawmakers proposing in 2020 that will impact our 50+ population and their families? Prescription drugs, property taxes, transportation, paid family leave, retirement/long term care savings, fraud, and high speed Internet are just a few topics we will cover.

Light lunch is provided. Cost and lunch provided by AARP. **Call AARP for reservations at 402-323-5427 or nearp@aar.org.** Reservation deadline Feb. 4.

Feb. 11	T	Noon-1 p.m.	
Lincoln, CEC, 302			

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, LNK.. Southeast Community College, Lincoln Campus, 8800 O St.

Beginning Feng Shui I

Ready to begin simplifying your life? Allow Feng Shui principles to navigate your choices and create the space you've dreamed about.

Keyword: Feng

Feb. 6	Th	6:30-8:30 p.m.	\$19
Lincoln, CEC, 403		Flodman	LLLX-1434-CESA

Feng Shui II

Continue to unravel the chaos and learn to enhance with color and other cures.

Keyword: Feng

Feb. 13	Th	7-9 p.m.	\$19
Lincoln, CEC, 403		Flodman	LLLX-1780-CESA

Women's Self Defense

This class will discuss situational awareness, how to be a tough target, assessing the level of threat, and knowing you are worth fighting for. Participants will learn four kicks and four hand techniques which they will practice on a padded target. We also will cover pressure points and breakaways.

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

Keyword: Defense

Jan. 16	Th	6-8 p.m.	\$29
Lincoln, CEC, 302		Karas	LLLX-0302-CESA

Driver Education Instructor Training

Prerequisite: Must be at least 21 years of age, have a high school diploma or equivalent, valid operator's license held in state of residence for two consecutive years, clean driving record (for the prior five years, the instructor candidate must have no violation on record for which five or more points might be assessed. This includes probation or other situations in which no points were actually assessed for the violation. You must have no suspensions or revocations on record within the last five years, including no convictions for DWI or any related alcohol or drug offense in connection with motor vehicle use. DMV Title 247.)

This is a Department of Motor Vehicles-approved course for the certification of instructor to teach driver education in a non-credit format. Focus is on fundamental driver education, curriculum development and presentation skills. The intent of this class is for those individuals who want to teach outside the K-12 system.

For more information and upcoming dates, visit <http://bit.ly/sccdriredinstructor>.



Welcome to Medicare

The Nebraska Senior Health Insurance Information Program, a division of the Nebraska Department of Insurance, is pleased to host "Welcome to Medicare" classes. As you or a family member approach Medicare eligibility, the tasks of understanding the program can be daunting. "Welcome to Medicare" will explain the basics of the Medicare system and is being offered in person or by webinar (watch from your computer). Anyone new to Medicare or is a family member/caregiver of an individual approaching Medicare eligibility is invited to attend.

Nebraska SHIIP will cover the cost.

To register for in-person or webinar presentations, please visit www.doi.ne.gov/shiip. For questions, please call 402-471-2841.

In-person presentations are available on:

Jan. 16	Th	6-8 p.m.	Lincoln, CEC, Aud
Feb. 18	T	6-8 p.m.	Lincoln, CEC, Aud
March 25	W	6-8 p.m.	Lincoln, CEC, Aud

Webinar presentations are available on:

Jan. 22	W	6 p.m.	
Feb. 13	Th	6 p.m.	
March 12	Th	6 p.m.	

Online Buying & Selling

Have you thought about selling your stuff on line? Learn more about the primary places people sell items, (Craigslist, Facebook® marketplace and eBay®) and how selling on these sites really works. We will talk about "gotchas" and types of payment processing.

This class is for personal sales ONLY. Business interest is welcome but it won't be the focus of the class.

Keyword: Selling

Jan. 23	Th	6-8 p.m.	\$29
Lincoln, CEC, 406		T. Jensen	LLLX-0531-CESA

Check out all classes offered at www.southeast.edu/continuing

Find us on Facebook® at www.facebook.com/SCCNebCE

For more information, contact us at 800-828-0072 or continuing@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

