

## Personal Development

Summer 2020

### Vision Board Venturing: Living Your Best Life, Health & Wellness Vision Board

A great way to achieve your goals is to document them and envision yourself completing them. Create a vision board that can help motivate you this year!

Bring to class an 11- by 14-inch board, with information on where to purchase available one week prior to class. There is a \$10 supply fee payable to the instructor in class, which covers the cost of the "Self-Discovery Workbook" and supplies for the board. Cash or check only for supplies.

**Keyword: Vision**

Sept. 10	Th	5:30-7:30 p.m.	\$19
Falls City, FCLC, 102		AREA-6689-FCFA	

### LET'S DO LUNCH SERIES

Bring your lunch and learn something new! Check out this new series featuring something for everyone!

#### NEW! Let's Do Lunch: How to Use Zoom

You got a Zoom invite? Enjoy your lunch and learn about how to use Zoom to chat with friends and family, near and far.

Falls City Chamber Members: Contact Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.



**Keyword: Lunch**

July 22	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCUA	

#### NEW! Let's Do Lunch: Host a Meeting on Zoom

Collaborate with your team virtually and learn how to Host a meeting on Zoom.

Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.



**Keyword: Lunch**

Aug. 19	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCUB	

#### NEW! Let's Do Lunch Series: Vacation Planning

Learn tips on planning your dream vacation.

Bring your lunch or enjoy a PB&J sandwich on us! Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

**Keyword: Lunch**

Sept. 22	T	Noon-1 p.m.	\$10
Falls City, FCLC, Main		AREA-6665-FCFA	

### 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](http://www.doi.ne.gov/shiip).** For questions, please call 402-471-2841.

**In-person presentations are available on:**

Sept. 23	W	5:30-7:30 p.m.	Falls City, FCLC, 102
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**Webinar presentations are available on:**

July 7	T		
Aug. 5	W		
Sept. 10	Th		



### DNA Tells a Story

Whether you've taken a DNA test or are considering one, DNA can help you with your genealogy



when the paper trail ends. Learn more about how genetic genealogy can enhance traditional research methods, solve family mysteries and take you on the next steps in your genealogical journey. When a lack of records or uncertainty about ancestral lineage has you stumped, DNA always tells the truth. DNA testing is the tool that belongs in every genealogist's toolkit.

**Keyword: DNA**

July 16	Th	6:30 p.m.-8 p.m.	\$19
LIVE Online, Zoom	Callahan	AREA-6361-TCUA	
Aug. 22	S	10:30 a.m.-Noon	\$19
LIVE Online, Zoom	Callahan	AREA-6361-TCUB	

### Location Key

Falls City, FCLC..... Learning Center at Falls City, 3200 Bill Schock Blvd.



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

Check out all classes offered at  
[www.southeast.edu/FallsCityLC](http://www.southeast.edu/FallsCityLC)

Find us on Facebook at  
[www.facebook.com/SCCLearningCenteratFallsCity](https://www.facebook.com/SCCLearningCenteratFallsCity)

## The Power You Have, The Power You Give

If you have power of attorney for someone, or if you have given someone your power of attorney, do you fully understand what that means? Join us as we discuss the advantages/disadvantages of a financial power of attorney, health care power of attorney, living wills, advanced medical directives, guardianship, and conservatorship. This is important information to understand regardless of your age or life situation.



**Keyword: Power**

July 8	W	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Rauert	AREA-5057-TCUA	

## A Tool Box for Meditation

Would you like to be able to access more inner peace and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.



**Keyword: Meditation**

Aug. 22 & 29	S	10:30-11:30 a.m.	\$19
LIVE Online, Zoom	Blackwell	AREA-6685-TCUA	

Participants can sit on chairs or mats on the floor.

## Beginner Self-Publishing

Do you love to write but don't know where to start when it comes to getting your work published? 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.



This class is offered LIVE Online and connection information will be emailed five days prior to class.

**Keyword: Publishing**

Aug. 13	Th	12:30-2 p.m.	\$49
LIVE Online, Zoom	Mapel	LLLX-1830-TCUA	

## NEW! Gratitude, Gimmicks & Going the Extra Mile

The real joy is in the giving. In this session, you will gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, we will explore many options. Attendees will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others!



**Keyword: Gratitude**

July 29	W	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCUA	

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Check out all classes offered at [www.southeast.edu/FallsCityLC](http://www.southeast.edu/FallsCityLC)

Find us on Facebook at [www.facebook.com/SCCLearningCenteratFallsCity](http://www.facebook.com/SCCLearningCenteratFallsCity)

For more information, contact **Holly Carr** at 800-828-0072, ext. 3396, or [hcarr@southeast.edu](mailto:hcarr@southeast.edu)

**Cancellation/Refund Policy:** You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



## Registration Form - Non-Credit Course

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

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegedatalog](http://www.southeast.edu/collegedatalog) for additional information.

PLEASE PRINT

Today's Date

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](mailto:jsoto@southeast.edu).

# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. 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**.
7. 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.



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

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