Mind & Body
Summer 2020

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.

Participants can sit on chairs or mats on the floor.

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

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

Old Fashioned Soap Making
Discover how to make healthy handmade soap from scratch. You will learn basic soap-making and the chemistry behind it and how to make soap safely. We will cover everything you need to know about the soap-making supplies and ingredients.

Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

Keyword: Soap

July 11
Live Online, Zoom
S
Wolcott
1-4 p.m.
AREA-5725-TCUA
$55

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

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/collegecatalog for additional information.

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.

To know about the soap-making supplies and ingredients.
Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

Keyword: Soap

July 11
Live Online, Zoom
S
Wolcott
1-4 p.m.
AREA-5725-TCUA
$55

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

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/collegecatalog for additional information.

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.

To know about the soap-making supplies and ingredients.
Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

Keyword: Soap

July 11
Live Online, Zoom
S
Wolcott
1-4 p.m.
AREA-5725-TCUA
$55

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

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/collegecatalog for additional information.

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.

To know about the soap-making supplies and ingredients.
Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

Keyword: Soap

July 11
Live Online, Zoom
S
Wolcott
1-4 p.m.
AREA-5725-TCUA
$55

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

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/collegecatalog for additional information.

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.

To know about the soap-making supplies and ingredients.
Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

Keyword: Soap

July 11
Live Online, Zoom
S
Wolcott
1-4 p.m.
AREA-5725-TCUA
$55

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

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/collegecatalog for additional information.

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.

To know about the soap-making supplies and ingredients.
Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

Keyword: Soap

July 11
Live Online, Zoom
S
Wolcott
1-4 p.m.
AREA-5725-TCUA
$55

Check out all classes offered at
www.southeast.edu/HebronLC
Find us on Facebook at
www.facebook.com/SCCLearningCenteratHebron
You must have an email account to register online.


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.

*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.*