NEW! How to Spot Fake News

Learn ways to fact check the news. Drawing a distinction between fake news and real news shouldn’t be so hard for the consumer. This class will provide tips for sorting out the truthful from the troublesome.

NOTE: Class is live-streamed from Plattsmouth.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1</td>
<td>T 9:30-11 a.m.</td>
<td>Tilson</td>
<td>AREA-6678-WHFA</td>
<td>$10</td>
</tr>
<tr>
<td>Sept. 2</td>
<td>W 6:30-8 p.m.</td>
<td>Tilson</td>
<td>AREA-6678-WHFB</td>
<td>$10</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 22 &amp; 29</td>
<td>10:30-11:30 a.m.</td>
<td>Blackwell</td>
<td>AREA-6685-TCUA</td>
<td>$19</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 23</td>
<td>10:30-11:30 a.m.</td>
<td>Rauert</td>
<td>AREA-5057-TCUA</td>
<td>$25</td>
</tr>
</tbody>
</table>

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered 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.

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education Office at 402-471-2700 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 canceled 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.
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.

**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!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 29</td>
<td>6:30 p.m.-8 p.m.</td>
<td>AREA-6361-TCUA</td>
<td>$19</td>
</tr>
</tbody>
</table>

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

**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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 22</td>
<td>Noon-1 p.m.</td>
<td>AREA-6665-TCUA</td>
<td>$10</td>
</tr>
</tbody>
</table>

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.

**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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 19</td>
<td>Noon-1 p.m.</td>
<td>AREA-6665-TCUB</td>
<td>$10</td>
</tr>
</tbody>
</table>

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

---

**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.

### Header:

- **PLEASE PRINT**
- **Today’s Date**

### Fields:

- 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
- I identify as:
  - Male
  - Female
  - Nebraska Resident
  - Non-Resident
- Ethnicity (select one):
  - Hispanic or Latino
  - Not Hispanic or Latino
- Race (Select one or more):
  - White
  - Asian
  - Native Hawaiian/Other Pacific Islander
  - Black/African-American
- AREA -6361-TCUB
- AREA -6665-TCUB

### Table:

<table>
<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>$19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$10</td>
</tr>
</tbody>
</table>

### Signature:

Check: Check
Cash: Cash
Mastercard: Mastercard
AMEX: AMEX
Discover: Discover
VISA: VISA

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**

<table>
<thead>
<tr>
<th>Would you like a receipt mailed to you?</th>
<th>SCC Staff Tuition Waiver</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>()</td>
</tr>
<tr>
<td>No</td>
<td>()</td>
</tr>
</tbody>
</table>

**TOTAL DUE**

<table>
<thead>
<tr>
<th>ID #</th>
<th>DE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu
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.