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
AREA-6685-TCUA

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.

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

Registration Form - Non-Credit Course

PLEASE PRINT

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
Home □ Business Phone

I identify as: □ Male □ Female
□ Nebraskan 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

A Tool Box for Meditation
$19

Old Fashioned Soap Making
$35

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.

Check out classes offered at www.southeast.edu/YorkLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratYork

SCC Staff Tailor Wafer ( )

TOTAL DUE

Signature
_____________________________________________________

Today’s Date

CANCELLATION/REFUND POLICY:
You must call the Continuing Education office at 402-437-2700 or 800-828-0072 one 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.

For more information, contact Heather Hultgrien at 800-828-0072, ext. 3634, or hhultgrien@southeast.edu

For your protection, 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

NAME AS IT APPEARS ON CARD:

Card Type □ Check □ Cash □ Mastercard □ American Express □ Discover □ Visa

Exp. Date

Billing Agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

Today’s Date

FOR OFFICE USE ONLY

TOTAL DUE

SCC Staff Tailor Wafer

ID# __________________

Date __________________

For additional information, visit www.southeast.edu/collegecatalog or email class info at jsoto@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.