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
LIVE Online, Zoom
12:30-2 p.m.
Mapel
LLXL-1830-TCUA
$49

Jump Start Writing Your Life Story
Get a jump-start on writing your life story with guidance from the instructor along with multiple handouts. Instructor will lead you in a fun, supportive process. Bring pen and paper and start writing your story for your family and friends.

Keyword: Story
Sept. 10
Lincoln, CEC, 404
Th
Poppe
9 a.m.-Noon
LLXL-1783-CEFA
$29

Awakening to Your Dreams
Curious about your dreams and what they mean? In this class you’ll explore the language of your own dreams to understand their messages for you and how they can help guide you in your daily waking life.

Bring at least one dream that you would be willing to share, no matter how long or short, to the first class.

Keyword: Dream
Aug. 26-Sept. 9
Lincoln, CEC, 404
M
Monroe
6-7:30 p.m.
LLXL-2024-CEFA
$69

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
LIVE Online, Zoom
W
Van Winkle
6-7:30 p.m.
LLXL-1127-TCUA
$19

NEW! Treasure Hunting 101
Discovering lost and hidden treasures probably appeals to the adventurer in you, but you don’t have to fly off to distant countries, in fact you don’t have to leave the Midwest or even your home town. Treasure Hunter Nathan Schwenke will lead this interesting and fun class as you discover how to determine locations to hunt, types of treasures and how to care for them, types of equipment used to hunt treasure, and what to do with your found treasures. This class will fill quickly, so don’t wait to sign up!

Keyword: Treasure
Sept. 26
Lincoln, CEC, 404
S
Schwenke
9 a.m.-Noon
LLXL-0855-CEFA
$29

Location Key
Lincoln, CEC..........................Jack J. Huck Continuing Education Center, 301 S. 68th St. Place

For more information, contact us at 800-828-0072 or continuinged@southeast.edu

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.
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:  
Sept. 22 T 6-8 p.m. Lincoln, CEC, Aud
Webinar presentations are available on:  
July 7 T  
Aug. 5 W  
Sept. 10 Th

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.

Aug. 10-Sept. 21 Online $429 TRAN-3393-HBUA  
Oct. 5-Nov. 16 Online $429 TRAN-3393-HBFA  
In-person presentations are available on:  
Aug. 9 Lincoln, PPNP  
Aug. 16 Marshfield, PPNP  
Aug. 23 Lincoln, PPNP  
Aug. 30 Marshall County, PPNP  
Sept. 6 Walworth, PPNP  
Sept. 13 Atwood, PPNP  
Sept. 20 Aurora, PPNP  
Sept. 27 Lincoln, PPNP  
Oct. 4 Lincoln, PPNP  
Oct. 11 Lincoln, PPNP  
Oct. 18 Lincoln, PPNP  
Oct. 25 Lincoln, PPNP  
Nov. 1 Lincoln, PPNP  
Nov. 8 Lincoln, PPNP  
Nov. 15 Lincoln, PPNP  
Nov. 22 Lincoln, PPNP  
Nov. 29 Lincoln, PPNP

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.

Key to Power

July 8 LIVE Online, Zoom $25 AREA-5057-TCUA

Easy Rightsizing
Are you ready to simplify your life? Learn to rightsize your belongings so that you can keep the best, let go of the rest, and live your best life now. Students will learn how to de-clutter several areas of their home and get great ideas on how to deal with keepsake items.

Key to Rightsizing

Aug. 22 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Aug. 29 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Sept. 27 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Oct. 4 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Oct. 11 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Oct. 18 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Oct. 25 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Nov. 1 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Nov. 8 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Nov. 15 Lincoln, CEC, 304 $15 LLLX-1342-CEFA  
Nov. 22 Lincoln, CEC, 304 $15 LLLX-1342-CEFA

Forest Bathing
Forest Bathing, or shinrin-yoku, is the Japanese practice of going to the forest to receive mental and physical healing. It has been shown to reduce anger, anxiety, depression and sleeplessness. Forest plants emit essential wood oils and airborne chemicals to protect themselves from insects and decay. These aromas benefit humans as well. Join us at Prairie Pines Nature Preserve to participate in gently guided activities that engage your five senses and connect you to the energy of the natural world.

This is not a hike.

Key to Forest  
Sept. 20 Lincoln, PPNP U 1:30-3 p.m. Kohles $15 LLLX-1342-CEFA

Relaxation Techniques
Relaxation techniques are a great way to help with stress management. It is about unwinding and shaking off tensions and anxieties. No one can avoid all stress, but you can counteract its effects by learning how to produce the relaxation response, a state of deep rest that is the opposite of the stress response. Discover relaxation techniques and skills that are low cost, pose little risk and can be done nearly anywhere.

NOTE: No class Aug. 27 and Sept. 1.

Key to Relax  
Aug. 25-Sept. 7 Lincoln, CEC, 304 T, Th 6:30-8 p.m. Marsh LLLX-0582-CEFA $59

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.

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

For more information, contact us at 800-828-0072 or continuinged@southeast.edu

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

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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.

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.

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.

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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.

For additional information, visit www.southeast.edu/collegecatalog.

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit 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, or any other status protected 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.

Signature: ____________________________

Today’s Date: ___________
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.