Southeast Community College
CONTINUING EDUCATION
Fall 2020 Schedule

Online Courses Available

It's All Inside

Business Development (p. 4)
Careers & Professional Development (p. 7)
Trades & Industrial Technology (p. 11)
Health Care (p. 16)
Computers & Technology (p. 20)
Personal Interest (p. 29)
Traffic Safety & Licensing (p. 61)

southeast.edu/Continuing
COVID-19 UPDATE

We’re glad to be back and we’re prepared for change!

Due to the COVID-19 pandemic, class offerings and schedules are subject to change. We are frequently monitoring health recommendations and we are prepared to move many face-to-face class offerings to LIVE Online. If you have questions about a class, please call us at 402-437-2700 or email your inquiry to continuinged@southeast.edu.

For college updates, visit www.southeast.edu/covid-19

At SCC, you can take classes for non-credit or credit.

WHAT ARE NON-CREDIT COURSES?
These are designed to enhance your current workforce skills, upgrade your job skills, or for personal pleasure. Each quarter, new specialty classes appear, and new academic and technical courses are added. Classes are small, and instructors understand the needs of adult learners.

WHAT ARE CREDIT COURSES?
Program credit courses may be taken without being admitted to an SCC degree program. If you would like to pursue a particular Program of Study and earn a college degree, contact the Admissions Office. You can request program information by calling 402-437-2600 or visiting www.southeast.edu.

How to Read the Schedule

NEW! OneNote 2016
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience
Learn to create, organize and share notes and information with others. Gather pictures, audio and video recordings, projects, and presentations in an electronic notebook and share seamlessly with colleagues, family and friends. Topics include creating a notebook; entering, formatting, and organizing notes; creating templates; and integrating with other applications such as Word and Excel.

Required course notes are available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.

Cost: $79

Course Title: Required Book Notation

Course Number: Online Registration Keyword

Class Location: Instructor(s)

Keyword: OneNote

Dates: Class Time

Days: Location Key on page 64

Class Details
Required books, required supplies and/or supply fees, instructor bios, etc.

Prerequisites
Course prerequisites are listed when appropriate

Course Description

Non-credit
Class Refund/Drop Policy
The student is entitled to a 100% refund for any non-credit class if the class is dropped the day before class begins. If a student drops a class the day class begins or after, there will be no refund.

Credit Classes must be dropped using WebAdvisor or must have written notice to drop. The drop date will be the date the student provides the College's Registration and Records Office with an official WRITTEN request to drop/withdraw.

SCC reserves the right to cancel any credit/non-credit classes that do not have sufficient enrollment. A full refund of tuition and fees will be processed.

Limitations of Schedule
This schedule should not be considered a contract between Southeast Community College and any prospective student. SCC’s Board of Governors reserves the right to make changes in graduation requirements, costs, curriculum, course structure and content, and the calendar of operation during the life of the schedule and without notice.

For more information, see the index for registration and policy information.

The SCC Continuing Education USPS 024-108 (Volume 17, Number 2) class schedule is published 4 times per year (one in February, one in May, one in August, and one in November). The SCC Continuing Education class schedule is produced by the SCC Continuing Education Division, in cooperation with the SCC’s Public Information Office, 301 S. 68th Street Place, Lincoln, NE 68510. Application to mail at periodical postage rate has been approved at Lincoln, Neb. POSTMASTER: Send address changes to SCC Continuing Education, 301 S. 68th Street Place, Lincoln, NE 68510.
## Business Development
- Accounting for Business Owners .................................................. 5
- Focus Coaching (One-on-One Business Coaching) ......................... 6
- LinkedIn® for Business: Basic ....................................................... 6
- QuickBooks 2019: Basic ................................................................. 4
- Intermediate .............................................................................. 4
- Working with QuickBooks Online .................................................. 4

## Personal Interest
- NEW! 4 Craft Combo ........................................................................ 31
- NEW! Advanced Techniques in Digital Photography ....................... 56
- Air Fryer 101 .............................................................................. 46
- NEW! Anywhere Yoga Using a Chair ............................................. 59
- Beginning Genealogy: Start Your Family History ......................... 47
- Beginning Screenwriting ............................................................... 53
- Beginning Spanish ...................................................................... 50

## Careers & Professional Development
- Almost Painless: Change Management ......................................... 7
- NEW! Building Your Applicant Pool .............................................. 9
- Core Tools Training .................................................................. 10
- Critical Thinking in Today’s Workplace ....................................... 8
- Finding Peace: Managing & Resolving Conflict ......................... 8
- NEW! Marketing During Change .................................................. 9
- Your Role as a Supervisor ........................................................... 8

## Computers & Technology
- 15th Annual Nebraska Cyber Security Conference ....................... 23
- NEW! Back End Developer BootCamp ........................................... 23
- iPhone/iPad II: Beyond the Basics .............................................. 22
- NEW! Outlook or Gmail? Which is Best for Your Business? ........ 26
- Tips & Tricks: Excel ..................................................................... 25
- Tips & Tricks with Your New iPhone or iPad ............................... 22
- NEW! Virtual Platforms for Businesses ....................................... 22
- Tips & Tricks: Word .................................................................... 26
- NEW! Zoom: Everyone is Doing It! ............................................. 22

## Health Care
- Abuse & Neglect Prevention for Nursing Assistants .................... 19
- CPR AED Online + Skills Session ............................................... 16
- Intravenous Therapy: Current Standards of Practice 1 ............... 18
- Nebraska Sleep Conference 2020 .............................................. 19
- Post Anesthesia Care ................................................................. 18
- The Secrets of Baby Behavior ...................................................... 19
- What’s New in the World of Drugs 2020 .................................... 17

## Online Learning

### Business Development
- Accounting for Business Owners .................................................. 5
- Focus Coaching (One-on-One Business Coaching) ......................... 6
- LinkedIn® for Business: Basic ....................................................... 6
- QuickBooks 2019: Basic ................................................................. 4
- Intermediate .............................................................................. 4
- Working with QuickBooks Online .................................................. 4

### Personal Interest
- NEW! 4 Craft Combo ........................................................................ 31
- NEW! Advanced Techniques in Digital Photography ....................... 56
- Air Fryer 101 .............................................................................. 46
- NEW! Anywhere Yoga Using a Chair ............................................. 59
- Beginning Genealogy: Start Your Family History ......................... 47
- Beginning Screenwriting ............................................................... 53
- Beginning Spanish ...................................................................... 50

### Careers & Professional Development
- Almost Painless: Change Management ......................................... 7
- NEW! Building Your Applicant Pool .............................................. 9
- Core Tools Training .................................................................. 10
- Critical Thinking in Today’s Workplace ....................................... 8
- Finding Peace: Managing & Resolving Conflict ......................... 8
- NEW! Marketing During Change .................................................. 9
- Your Role as a Supervisor ........................................................... 8

### Computers & Technology
- 15th Annual Nebraska Cyber Security Conference ....................... 23
- NEW! Back End Developer BootCamp ........................................... 23
- iPhone/iPad II: Beyond the Basics .............................................. 22
- NEW! Outlook or Gmail? Which is Best for Your Business? ........ 26
- Tips & Tricks: Excel ..................................................................... 25
- Tips & Tricks with Your New iPhone or iPad ............................... 22
- NEW! Virtual Platforms for Businesses ....................................... 22
- Tips & Tricks: Word .................................................................... 26
- NEW! Zoom: Everyone is Doing It! ............................................. 22

### Health Care
- Abuse & Neglect Prevention for Nursing Assistants .................... 19
- CPR AED Online + Skills Session ............................................... 16
- Intravenous Therapy: Current Standards of Practice 1 ............... 18
- Nebraska Sleep Conference 2020 .............................................. 19
- Post Anesthesia Care ................................................................. 18
- The Secrets of Baby Behavior ...................................................... 19
- What’s New in the World of Drugs 2020 .................................... 17

### Hybrid
- CPR AED Online + Skills Session ............................................... 16
- CPR - HeartCode® Basic Life Support Online + Skills Session .... 17
- Driver Education ....................................................................... 61
- First Aid Online + Skills Session .................................................. 16
- Intravenous Therapy: Current Standards of Practice 2 Skills (Hybrid Course) .................................................. 18

### Traffic Safety & Licensing
- Driver Education Instructor Training ........................................... 61
- Four-Hour STOP Class (Seward, Thayer & York Counties) ............ 61
5 questions to ask today to prepare for tomorrow.

1. How has COVID-19 impacted your business short-term and potentially long-term?
2. What are your biggest concerns transitioning out of COVID-19?
3. What future actions will you need to take to handle the challenges of COVID-19?
4. What do you see is your main need in terms of skills for your current or future employees post-COVID-19?
5. What can SCC do to support your efforts going forward?

We are here to help.
Marguerite Himmelberg | mhimmelberg@southeast.edu
Paul Lytle | plytle@southeast.edu
Sarah Murtagh | smurtagh@southeast.edu

REAL SOLUTIONS. READY WHEN YOU ARE.

SCC Nebraska Workforce Retraining Initiative Scholarship

Have you been affected by COVID-19?
You may be eligible for a scholarship for short-term training.

DEADLINE TO APPLY IS AUG. 23, 2020

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 above to find these classes throughout this schedule. 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/sccceonlinecourses

For more information, visit www.southeast.edu/nwri
Fall 2020

COURSE LIST BY REGION ..........66-69  LOCATION KEY .........................64

BUSINESS DEVELOPMENT
4 Accounting, Financials & Insurance
5 Agri-Business
5 Small-Business Essentials
6 Social Media for Business

CAREERS & PROFESSIONAL DEVELOPMENT
7 Business Leadership
9 Professional Development
10 Real Estate/Pre-Licensure Preparation

TRADES & INDUSTRIAL TECHNOLOGY
11 Automotive
11 Electrical Maintenance & Coding
14 Fiber Optics
13 Forklift
14 Manufacturing
15 Welding

HEALTH CARE
16 CPR/Basic Life Support/First Aid
17 Emergency Medical Services
17 Health Care Providers CEUs
19 Health Occupations

COMPUTERS & TECHNOLOGY
20 Getting Started
23 Social Media
23 Programming & Networking
24 Software Applications
26 Web Development & Design

ONLINE LEARNING
27 Ed2Go
27 UGotClass

ADULT EDUCATION
28 Basic Education, GED® Preparation & English as a Second Language (ESL)

PERSONAL INTEREST
29 Animals & Pets
30 Arts, Crafts & Hobbies
39 Bus Trips & Tours
40 Dance
41 Explore
41 Family Matters
42 Floral Design
42 Foods
47 Genealogy
47 History
47 Home & Garden
49 Languages
50 Mind & Body
51 Money Matters
52 Music
53 Performing Arts
54 Personal Development
55 Photography
57 Sports, Recreation & Fitness
60 Youth

TRAFFIC SAFETY & LICENSING
61 Driver Education & Safety
62 Motorcycle Safety

IMPORTANT INFORMATION
66 Course List by Region
65 How May We Assist You?
64 Location Key
72 Registration Forms
70 Registration Information/Policies
65 SCC Building Locations
63 SCC Services

Questions?
Email continuinged@southeast.edu
Call 402-437-2700 or 800-828-0072

This class schedule is printed on recycled paper.
QuickBooks 2019: Basic
Prerequisite: Windows experience
Learn how to use the basic features and functions of QuickBooks Pro software. You will create a company, set up preferences, set up and invoice customers, manage vendors and pay bills, work with banking transactions (deposits, transfer funds, etc.) and perform reconciliations, and review basic financial and other system reports.
This basic course does not customize features to your business.
LIVE Online Sections: Required ebook is available through the SCC Campus Store at www.sccbookstore.com.
Beatrice Sections: Book provided for in-class use only. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. Lunch is on your own.
Keyword: QuickBooks
Sept. 16 & 17
W, Th
8:30 a.m.-4:30 p.m.
$159
LIVE Online, Zoom
ACCT-7280-TCFC

QuickBooks 2019: Intermediate
Prerequisite: QuickBooks 2018 or 2019: Basic or equivalent experience
Expand your understanding of QuickBooks Pro through learning how to manage inventory, setup and manage sales taxes, prepare estimates, perform job costing, work with Balance Sheet accounts, set up budgets, process payroll and related reporting, and advanced customization options.
A portion of this course allows for discussion and or tailoring of software for your organization’s needs. If personalized assistance is desired during the course, please bring your own documents and/or laptop.
Lincoln Sections: Required book is available through the SCC Campus Store, 8800 O St., Lincoln or at www.sccbookstore.com.
LIVE Online Section: Required ebook is available through the SCC Campus Store at www.sccbookstore.com.
Beatrice Section: Book provided for in-class use only. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. Lunch is on your own.
Keyword: QuickBooks
Aug. 26 & 27
W, Th
1-4:30 p.m.
$79
LIVE Online, Zoom
ACCT-3515-TCFA

Working with QuickBooks Online
Prerequisite: Microsoft Windows experience
Learn about the features of QuickBooks online and how these can be used to manage the accounting for your small business or organization. Learn how to navigate the application, set up a company file, setup and invoice customers, manage vendors and pay bills, work with banking and credit card transactions, and utilize reports from the system.
This course does not configure or customize the software for your business or organization. Required ebook is available through the SCC Campus Store at www.sccbookstore.com.
Keyword: Quickbooks
Sept. 3
Th
1-4:30 p.m.
$79
LIVE Online, Zoom
ACCT-3515-TCFA

Looking for classes in your area?
See pages 66-69 for the Course List by Region.
Location Key is on page 64.
**Accounting for Business Owners**

This course is taught by a CPA and is intended for business owners, managers and others looking to gain a basic understanding of accounting used in small businesses or organizations. We will explore the various types of business entities, basic business registration and compliance requirements, general bookkeeping and accounting concepts, components of financial statements, budgeting and basic income tax accounting.

Participants will receive one-on-one training with the basic skills necessary to successfully artificially inseminate cattle.

This workshop is presented in partnership with REAP, which is funded in part through a cooperative agreement with the U.S. Small Business Administration (SBA). All REAP and SBA programs and services are open to the public on a nondiscriminatory basis. Reasonable accommodations for persons with disabilities and/or persons with limited English proficiency (LEP) will be made if requested in advance. Registration deadline Sept. 14 at noon.

**Accounting Fundamentals Series / QuickBooks 2019 Series (Online—Ed2Go)**

See page 27 for more information.

**Artificial Insemination in Cattle**

This course is designed to provide participants instruction and “hands-on” training with the basic skills necessary to successfully artificially inseminate cattle.

Students are required to assist in handling cattle and restraining for practice AI. The first session will be held from 2-6 p.m. The second and third sessions will be held from 9 a.m.-4 p.m.

**Using Video in Marketing**

Learn how to use video in marketing your small business. Learn the important elements needed to enhance your small business marketing needs using videos. From the background behind this tool to editing video, this class will provide an engaging opportunity to learn how to use video when marketing your small business.

**NEW! Your COVID Marketing Plan: Simplify to Maximize**

Gain confidence in your marketing plan. Discussion will include branding, target markets, demographics, COVID considerations, messaging, social media, etc.

This workshop is presented in partnership with REAP, which is funded in part through a cooperative agreement with the U.S. Small Business Administration (SBA). All REAP and SBA programs and services are open to the public on a nondiscriminatory basis. Reasonable accommodations for persons with disabilities and/or persons with limited English proficiency (LEP) will be made if requested in advance. Registration deadline Sept. 14 at noon.

**NEW! Getting Ready to Start My Business**

Whether you have a small business or want to start one, this workshop will give tools for success. Topics covered include: business plan development, marketing, legal structures, product pricing, funding, financial management, HR management, and taxes.

This workshop is presented in partnership with REAP, which is funded in part through a cooperative agreement with the U.S. Small Business Administration. All REAP and SBA programs and services are open to the public on a nondiscriminatory basis. Reasonable accommodations for persons with disabilities and/or persons with limited English proficiency (LEP) will be made if requested in advance.

**Perk Up Thursday Weekly Coffee**

Join us Thursday mornings for relaxed networking and free coffee! Each week we feature a spotlight speaker who shares real stories about their business experiences and entrepreneurial journey. These stories include why an entrepreneur got started in their business, what they learned along the way, and what keeps them perked up and passionate about what they do.

**Payment is due at time of registration for all non-credit classes.**
Let’s Do Lunch Series: Zoom Basic, Host a Zoom Meeting & Video Chatting
See page 55 for more information.

NEW! Zoom: Everyone is Doing It! / NEW! Virtual Platforms for Businesses
See page 22 for more information.

NEW! Outlook or Gmail? Which is Best for Your Business?
See page 26 for more information.

Adobe Spark / Canva
See page 25 for more information.

LinkedIn® for Business: Basic
If Facebook® is the place to check in with family and friends, LinkedIn® is the place to network with customers, expand your business network, and job hunt. We’ll cover the basics of LinkedIn® and learn the terminology, as well as how to get more out of LinkedIn®. LinkedIn® account and login information required.

Space is limited. Register today!

Social Media for Business Certificate (Online—UGotClass)
See page 27 for more information.

Introduction to Podcasting
See page 55 for more information.

Adobe Spark / Canva
See page 25 for more information.

Payment is due at time of registration for all non-credit classes.

FREE TRAINING

The Gap Tuition Assistance Program provides financial assistance for need-based tuition and other eligible costs for approved, credit and non-credit short-term training programs for in-demand occupations. Short-term training focused on employment!

Are You Eligible?
SCC’s Continuing Education Division utilizes the Gap Tuition Assistance program to provide financial assistance for tuition and other eligible costs to participants. Depending on your financial eligibility, you may receive full or partial assistance with your direct training costs, including tuition, books, required fees, and equipment.

Selection Process
1. Submit your application and research your program of study choice(s).
2. Meet with the Gap Assistance specialist to discuss your training request.
3. Your eligibility to receive funding will be determined through an evaluation of your application and an interview with the Gap Assistance specialist.

For more information, visit www.southeast.edu/cefinassist or contact us at 402-323-3394 or hbloomquist@southeast.edu
Leadership Communication Boot Camp
As a supervisor or manager, you invest at least a third of your day communicating, so it’s no wonder that 40% or more of your overall success is determined by your communication skills. This workshop helps guarantee your long-term success by developing this critical skill. You will...
- Recognize and demolish the 21 barriers to successful communication
- Internalize a practical model of effective communication
- Learn and practice a listening process that captures the whole message and prevents embarrassing and costly misunderstandings
- Employ “positive language” to enlighten, engage and influence anyone
- Pull it all together to create and leverage rapport and credibility
This workshop is designed for both new and seasoned leaders. A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. Registration deadline Aug. 27. NOTE: Class is live-streamed from Lincoln.

Keyword: Leadership
Sept. 3Th 8:30 a.m.-4:30 p.m. Dechant $229
Beatrice, KEN, 103 BSAD-7330-BEFA
Falls City, NEC, 102 BSAD-7330-CEFA
Hebron, HNLC BSAD-7330-HNFA
Lincoln, CEC, 302 BSAD-7330-CEFA

LEADERSHIP & EXECUTION

Introduction to Business Acumen
This course will help you understand business, its organizations, goals, and how to measure outcomes. You’ll learn to appreciate the big picture of your organization, without losing the details of what you do each day. If you can learn to understand the holistic business, you are able to break down silos in your company and understand better financial statements and the key metrics “management” is focused on. Increase your financial literacy and begin to show your supervisors and managers you’ve got that extra something they are looking for. Some key topics:
- Corporate governance
- Profit and cost centers
- Product lifecycles
- Revenue, cost and margin
- Measures and financial statements
A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. Registration deadline Nov. 6.

Keyword: Business
Nov. 13 F 8:30 a.m.-3:30 p.m. $229
Lincoln, CEC, 214 Manello BSAD-3021-CEFB

NEW! Innovative Leadership
The quality of leadership can determine the culture, success and overall fate of an organization. Effective leadership is one of the most valuable training topics for those in a management role. This course is an interactive workshop that will focus on the following topics:
- The role of trust and transparency in creating high performing teams that manage organizational changes effectively
- Four primary communication styles and how to master communicating with each style
- Coaching using a proven framework for providing feedback that motivates people to change
- Investing in your team’s professional development and what employee’s want out of their development programs,
A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. NOTE: Sec. CECF: Registration deadline Oct. 27. Sec. CEFB: Registration deadline Oct. 27.

Keyword: Innovative
Oct. 6 T 8:30 a.m.-12:30 p.m. $140
Lincoln, CEC, 302 Hansen/Slagle BSAD-3039-CEFC
Nov. 3 T 5:30-9:30 p.m. $140
Lincoln, CEC, 302 Hansen/Slagle BSAD-3039-CEFB

Almost Painless: Change Management
New technologies and the globalization of markets and competition are creating more business opportunities, and hazards, than ever before. In response, firms large and small (perhaps yours among them) have labored mightily to transform themselves into better competitors by fundamentally changing the way they do business. Sadly, to date, 70 percent of these change initiatives have failed! As a manager, you’re expected to plan and drive the change needed to ensure your organization’s long-term survival. This fast-paced, interactive, one-day workshop has been designed to help you hone the knowledge, skills and attitudes you’ll need to meet this responsibility.
A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. Registration deadline Oct. 29. Class is live-streamed from Lincoln.

Keyword: Painless
Nov. 5 Th 8:30 a.m.-4:30 p.m. $229
Beatrice, KEN, 103 BSAD-7114-BEFA
Lincoln, CEC, 214 BSAD-7114-CEFA
LIVE Online, Zoom BSAD-7114-TCEFA

MANAGING PEOPLE & PROJECTS

Top 7 Tools to Help You Manage Projects
Are you interested in project management but don’t know where to start? This practical half-day workshop will give you the tools you need to get started on the road to success in basic project management. Home projects, work projects and volunteer project.
A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. Registration deadline Oct. 6.

Keyword: Projects
Oct. 13 T 8:30 a.m.-3:30 p.m. $229
Lincoln, CEC, 304 Slagle BSAD-3022-CEFB

Business Writing
Focus on the creative process of writing and creating the “down draft.” You will explore ways to engage readers to accomplish our goals (including using the principles of “plain language”) and focus on revision rather than drafting. Essential email elements and reader-focused strategies for the most effective email communication will be discussed. Enjoy playing with “dental drafts” to learn and review basic writing mechanics. Learn the 20 most common writing errors that can kill our credibility.
A certificate of professional development and 0.8 CEUs will be awarded for successfully completing this class. Registration deadline Nov. 26.

Keyword: Business
Dec. 3 & 10 Th 8:30 a.m.-12:30 p.m. $229
Lincoln, CEC, 402 Deems BSAD-3011-CEFA

Courses are subject to change.
Managing Risks in Projects

Every day, projects fail due to a lack of risk-management planning. Learn how to get ahead of those risks in your projects by utilizing tools that will be provided during this half-day workshop. Together we'll learn how to identify risk, how to deal with it and how to find opportunities. Increase your project success by putting these tools to work for you!

A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. Registration deadline Nov. 10.

Keyword: Projects
Nov. 17 T 8:30 a.m.-3:30 p.m. $229
Lincoln, CEC, 302 Slaight BSAD-3024-CEFB

Your Role as a Supervisor

Supervisors are a critical link to enhancing the productivity and performance of the whole team. Understanding what it means to supervise will help you develop the skills to succeed. This program builds skills and confidence by providing supervisors with specific tools and techniques to implement in “the real world” and time to develop a specific action plan.

A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. Registration deadline Oct. 29.

Keyword: Supervisor
Oct. 29 Th 8:30 a.m.-4:30 p.m. $229
Lincoln, CEC, 214 Dechant BSAD-7158-CEFA
LIVE Online, Zoom BSAD-7158-TCEFA

Courses are subject to change.

The Path to Resilience

When something goes wrong, do you tend to bounce back or fall apart? Resilience is that remarkable quality that allows some people to be knocked down by life and come back stronger than ever. Resilience can give you the ability to see past difficult events, find enjoyment in life and better handle stress. This course will define and help you understand resilience, discuss factors that affect how people deal with hardship, and help you develop a personal strategy for enhancing your resilience.

A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. NOTE: Oct. 15 Sec.: Registration deadline Oct. 8. Oct. 21 Sec.: Class is live-streamed from Nebraska City. Registration deadline Oct. 14.

Keyword: Resilience
Oct. 15 Th 8:30 a.m.-3:30 p.m. $229
Lincoln, CEC, 214 SKILZ BSAD-3036-CEFA
Oct. 21 Th 8:30 a.m.-3:30 p.m. Sunderman $229
Falls City, FCLC, 102 BSAD-3036-FCFA
Hebron, HNLC, 101 BSAD-3036-HNFA
NE City, NCLC, 102 BSAD-3036-NCFA
Plattsmouth, PLLC, 101 BSAD-3036-PLFA
Wahoo, WHLC, 101 BSAD-3036-WHFA

Critical Thinking in Today’s Workplace

Because the quality of our thinking affects the quality of our lives, critical thinking is integral to all that we do. In today’s workplace, critical thinking (the power to comprehend, analyze and evaluate) makes all the difference. This course will examine the role and challenges of critical thinking at work, spotlight wicked obstacles to our thinking and fallacies that can derail you and identify actions to develop your own and others’ critical thinking to help you: spot flaws in arguments that others accept without question; find creative, workable solutions where others see only problems; clearly articulate your position; make quicker informed decisions; and take a confident stand for yourself. Some key topics include: Role of critical thinking at work; obstacles to critical thinking; identifying flaws in thinking; using critical thinking to take informed action; skills, tools and strategies for critical thinking; and fostering critical thinking at work.

A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. NOTE: Sec. CEFA: Registration deadline Oct. 15. Sec. WBFA: Registration deadline Oct. 29.

Keyword: Thinking
Oct. 22 Th 8:30 a.m.-3:30 p.m. $229
Lincoln, CEC, 304 Deems BSAD-3019-CEFA
Nov. 22 Online Deems BSAD-3019-WBFA

Being Radically Inclusive: It’s Not So Radical

Tuesday, Oct. 20, Sat., Nov. 7 or Sat., Dec. 5
8 a.m.-4:30 p.m.

For more information and to register, visit http://bit.ly/fall2020ssccbeingradicallyinclusive.
Emotional Intelligence: The Foundation of Lifelong Success

Emotional intelligence is the ability to be aware of and manage emotions and relationships. It’s a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life. This one-day course is designed to help you master the basic concepts and techniques of this critical skill.

A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class. One hour for lunch on your own. Registration deadline Dec. 10.

**Keyword: Intelligence**

Dec. 17  Th  8:30 a.m.-4:30 p.m.   $229
Lincoln, CEC, 302  Dechant  BSAD-7157-CEFA

Lean Process Excellence (Lean Manufacturing)

Lean is NOT just for manufacturing! Surprisingly, some of the biggest opportunities and most powerful results in a Lean Flow implementation come from health, financial or service industries. Lean Manufacturing will focus on customer-valued “transactions” or deliverables to understand process capability and optimization. Through classroom training and hands-on demonstrations, attendees will see how data is gathered to describe the process. The class will then learn tools and techniques to re-engineer the process by identifying and eliminating as much of value-killing waste as possible. The focus will then be on delivering the desired results in the most efficient manner.

(2.4 CEUs) Certification requires the successful completion of a project that includes a meeting with the company champion and the training consultant.

**Keyword: Lean**

Oct. 13-Nov. 5  T, Th  6-8 p.m.   $95
Lincoln, CEC, 214  Gengenbach  BSAD-7138-CEFA

Process Improvement Certification (Green Belt)

The Six Sigma Green Belt Certification training is designed to give you a comprehensive understanding of Six Sigma principles and teach you how to effectively work on a Six Sigma team. What makes SCC’s offering unique is that every student will identify a project applying various Green Belt principles that will drive improvements. Students will have an opportunity to work closely with our instructors to apply the DMAIC process to their project and begin to implement changes that will produce measurable results in efficiency, profitability and/or customer service.

(4.9 CEUs) Individuals who successfully complete the class will be certified.

**Keyword: Improvement**

See Desc.  T, W, Th  8:30 a.m.-4:30 p.m.   $2,200
Lincoln, CEC, 214  Gengenbach  BSAD-7703-CEFA

**Payment is due at time of registration for all non-credit classes.**

Connect with Us!

- SCCNebCE
- sccbeatricece
- SCCLearningCenteratFallsCity
- SCCLearningCenteratHebron
- SCCLearningCenteratNebraskaCity
- SCCLearningCenteratPlattsmouth
- SCCLearningCenteratWahoo
- SCCLearningCenteratYork
- SCC.Eship
- SCCNebCE
- SCC_Eship

GO to Index
Process Excellence (Yellow Belt)  
The Six Sigma Yellow Belt Certification is designed for those new to the world of Six Sigma who may have a general interest or a need to learn about Yellow Belt. Yellow Belts can be entry level employees seeking to improve their world or executive champions who require an overview of Six Sigma and DMAIC. This certification adopts the approach of advancing the concept and potential of using Six Sigma tools and methodologies with an organization. (0.8 CEUs) Individuals who successfully complete the class will be certified. Registration deadline Sept. 23.

Keyword: Excellence  
Sept. 30  W  8 a.m.-5 p.m.  $375  
Lincoln, CEC, 302  Gengenbach/Hervert  BSAD-7137-CEFA

Core Tools Training  
This course will cover the five AIAG core tools manuals (including linkage to IATF 16949 quality system requirements and the recent VDA- FMEA integrated standard, aligning AIAG FMEA with European Automotive (VDA). (1.8 CEUs)  
Keyword: Training  
Sept. 15-Oct. 1  T, Th  6-9 p.m.  $760  
Online  Gengenbach  BSAD-7327-WBFA

Food Protection Manager  
Online Class Online  
See page 46 for more information.

Data Analysis Certificate  
(Online—UGotClass)  
See page 27 for more information.

Let’s Do Lunch Series:  
Zoom Basic, Host a Zoom Meeting & Video Chatting  
See page 55 for more information.

NEW! Zoom: Everyone is Doing It! / NEW! Virtual Platforms for Businesses  
See page 22 for more information.

Speechcraft  
See page 54 for more information.

REAL ESTATE/PRE-LICENSURE PREPARATION

LARABEE School of Real Estate  
VIEW CLASS DETAILS, & MORE ON LARABEE-SCHOOL.COM  
CLASSES AVAILABLE BOTH IN CLASSROOM AND ONLINE

Developing Professional Conduct and Ethical Practices is a highly interactive ethics and professional conduct program that will help new licensees gain competency in handling real estate transactions. Participants will be actively involved in viable case studies, as well as group discussion regarding ethics issues. This is the required 6-hour pre-licensing course that must be taken along with the 60 hours of courses needed prior to sitting for the real estate exam.

Real Estate Practice Post-Licensing Courses is a program designed to provide students with the basics of the real estate business. This 12 hour Course is required by the NREC and must be completed within 180 days of passing the real estate licensee test. The course is broken into 4 areas of study, however it is offered as one course and may not be taken separately.

Principles & Practice is practical real estate learning that is 100% necessary to any agent or future agent’s success. The content of this class is geared toward teaching learners how to lead their clients through the real estate transaction process, how to make informed business decisions and prepares learners to test at the national and state level. The course uses a variety of educating techniques to suite all types of learners – a required course for obtaining your real estate license.

Nebraska License Law focuses on the knowledge most critical to Licensee training in Nebraska License Law. This is separate from the National portion of the licensee exam. In addition, this course is designed to develop effective classroom training.

Real Estate Finance, Continuing Education Classes, & Broker Classes Classes Available

Courses are subject to change.

Space is limited. Register today!

Payment is due at time of registration for all non-credit classes.
AUTOMOTIVE

Troubleshooting Automotive Electrical System
This class covers basic principles and applications of electronic circuits, electromagnetism and the safe use of a Digital Multi-meter when measuring Volts, Amperes and Ohms. Includes circuit theory to understand Ohm’s Law for Series, Parallel and Series Parallel circuits; the theory to understand Ohm’s Law for Series, Volts, Amperes and Ohms. Includes circuit applications of electronic circuits, electromagnetism and the safe use of equipment, special occupancies, code changes, and more. Learning these important car-care details will help keep your automobile safely on the road.

(0.6 CEUs) Training consists of three hours lecture and three hours lab. Safety glasses must be worn at all times by students while in the shop, and loose clothing and jewelry are not allowed to be worn in the shop.

Car Care Basics
This class is designed for people of all ages who are currently driving. Topics include how to check your oil and other fluids, how to check tire pressure, inflate tires and/or change a tire, as well as how to read tire sizes and tread wear. You also will understand the noises and warning lights in your car, battery maintenance, how to jump-start a car, the importance of scheduled maintenance (what to do and when), and more. Learning these important car-care details will help keep your automobile safely on the road.

Electrical Maintenance & Coding

Electrical Code
A study of the national electrical code and preparation of apprentice exam that leads to licensing.

(3.0 CEUs) Required book available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. This course has been approved for 30 code hours by the Nebraska State Electrical Board. Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. SCC staff tuition waiver doesn’t apply.

Keyword: Car
Oct. 8 Th 5:30-7 p.m. $19
Fall City, FCLC, Lab
AREA-6701-FCFA

Keyword: Automotive
Oct. 13 & 15 T, Th 6-9 p.m. $89
Lincoln, CCDW, 116
Vavra AUTT-7300-MLFA
Dec. 8 & 10 T, Th 6-9 p.m. $89
Lincoln, CCDW, 116
Vavra AUTT-7300-MLFB

Automotive Restoration & Collision Repair
This is a 15-hour open lab/shop course designed to teach the basics of dent repair, metal fabrication and the use of plastic fillers.

First-time students are required to complete safety/shop orientation at the first session. Goggles, earplugs and dust masks are required.

Keyword: Automotive
Oct. 7-Nov. 4 W 6:30-9:30 p.m. $109
Milford, ETC, 127
Mabon AUTB-3145-MLFA

Electrical Fundamentals
This three-day seminar covers electrical fundamentals from a troubleshooting perspective. Participants will learn what to expect in operational series, parallel and combination circuits through measuring voltage, resistance and current flow with digital multimeters. Topics include electrical terminology, Ohm’s Law, schematic reading, components, wiring, and safe work practices.

(2.4 CEUs) To help develop and retain skills, 50 percent of the time is hands-on using custom training consoles. Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. SCC staff tuition waiver doesn’t apply.

Keyword: Electrical
Oct. 6-8 T, W, Th 8 a.m.-5 p.m. $629
Beatrice, KEN, 334 Reinsch ELEC-6075-BEFA
Oct. 27-29 T, W, Th 8 a.m.-5 p.m. $629
Lincoln, CEC, 415 Reinsch ELEC-6075-CEFA
Dec. 4-18 F 8 a.m.-5 p.m. $629
Fall City, FCLC, 102 White ELEC-6075-FCFA
Dec. 8-10 T, W, Th 8 a.m.-5 p.m. $629
Lincoln, CEC, 415 Blaser ELEC-6075-CEFB

National Electrical Code Seminar
This 12-hour seminar for licensed electricians meets the Nebraska State Electrical Act’s 12 contact hours of continuing education requirement. Code topics include wiring, protection, equipment, special occupancies, code changes, and more.

(1.2 CEUs) NOTE: Sec. CEFC: The seminar will be held Friday from 8 a.m.-5 p.m. and Saturday from 8 a.m.-noon. Registration deadline Sept. 9.

Keyword: Electrical
Sept. 11 & 12 F, S See Desc. $180
Lincoln, CEC, 303 Schluckebier ELEC-6441-CEFC
Oct. 5-8 M, T, W, Th 5:30-8:30 p.m. $629
LIVE Online, Zoom Paulson ELEC-6441-TCFA

Electrical Troubleshooting
Prerequisite: Electrical Fundamentals (ELEC-6075) and Motor Controls & Relay Logic (ELEC-6076) or equivalent

Use training equipment with industry standard devices to improve electrical troubleshooting skills. Includes proven tips and techniques for experts and beginners.

(2.4 CEUs) Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options.

Keyword: Electrical
Sept. 8-10 T, W, Th 8 a.m.-5 p.m. $629
Lincoln, CEC, 415 Blaser ELEC-6548-CEFA
Motor Control & Relay Logic
Prerequisite: Electrical Fundamentals (ELEC-6075) or equivalent
Three-phase motors, motor starters, wiring, relays, timers, schematics, wiring diagrams, industrial symbology, relay logic, and timer circuits will be covered using discussion and hands-on training equipment.
(2.4 CEUs) Digital multimeters are provided; however, learn more by bringing the digital multimeter you normally use.
Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. Nebraska City Residents: See page 6 for Job Enhancement Scholarship information. SCC staff tuition waiver doesn’t apply.

Motor Controls for Electricians
Prerequisite: Basic electrical knowledge
Training consists of three hours lecture/three hours lab that covers Motor Controls applicable to the Electrical trade. This is an excellent opportunity for individuals to apply theory to hands-on lab projects that reflect problems that may be encountered in one’s daily work.
(0.6 CEUs) This training can be used to fulfill a portion of the bi-annual, non-code recertification as prescribed by the Nebraska State Electrical Division.

Variable Frequency Drives (VFD) for Electricians
Prerequisite: Basic understanding of 3-phase motors
Training consists of three hours lecture/three hours lab that covers Variable Speed Motor Controls applicable to the Electrical trade. This is an excellent opportunity for individuals to apply theory to hands-on lab projects that reflect problems that may be encountered in one’s daily work.
(0.6 CEUs) This training can be used to fulfill a portion of the bi-annual, non-code recertification as prescribed by the Nebraska State Electrical Division.

Variable Frequency Drives
This course gives maintenance technicians, specifiers and supervisors insights to basic theory, installation considerations, control wiring, and programming of parameters to utilize VFDs in industrial and commercial applications. An excellent opportunity to apply theory to hands-on lab projects that reflect problems that may be encountered in one’s daily work.
(1.6 CEUs) The class is approximately 50 percent hands-on time, utilizing actual industry devices. Lunch is on your own.
Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. Nebraska City Residents: Check out the Job Enhancement Scholarship information on page 6. SCC staff tuition waiver doesn’t apply.

Basic RS LOGIX 500, Allen-Bradley PLCs
Prerequisite: Knowledge of industrial machine controls
This three-day session provides general background theory, applications information and programming practice for mechanics, technicians and engineers who specify or maintain PLC-based systems using RS Logix 500.
(2.4 CEUs) Class size limited to 12 to permit hands-on practice using Allen-Bradley PLCs and RSLogix 500 and RSLinx on training work stations. Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. SCC staff tuition waiver doesn’t apply.

Advanced RS LOGIX 500, Allen-Bradley PLCS
Prerequisite: Basic RS LOGIX 500, Allen-Bradley PLCs (ELEC-6078) or equivalent
This course is intended to provide the skills needed to write, enter and test ladder logic programs (RS LOGIX 500) using advanced programming instructions such as: comparison, move, program control, shift registers, data handling, sequencers, indirect addressing, interrupts and other topics.
(2.4 CEUs) Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. SCC staff tuition waiver doesn’t apply.
Basic RS5000/Logix Programming
Prerequisite: Basic RS LOGIX 500, Allen Bradley PLCs (ELEC-6078) or equivalent
Participants will receive an introduction to the “Logix” family of Allen-Bradley Controllers. Topics include an overview of Logix family hardware, an introduction to the RS5000 software, basic ladder logic programming, time, counter, math, compare, tags, organizing projects, uploading/downloading, online editing, and more.
(2.4 CEUs) Hands-on training provided with Allen-Bradley PLCs and custom designed training stations. Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. SCC staff tuition waiver doesn’t apply.

Key:logix
Nov. 17-19 T, W, Th 8 a.m.-5 p.m. $729
Lincoln, CEC, 415 Aden ELEC-6080-CEFA

Industrial Measurement, Sensors & Controls
This course is designed to increase skill levels for engineers, technicians, sales representatives, and anyone involved with manufacturing, process controls, energy generation or automation. Training includes lecture and hands-on usage of actual devices such as photo-electric, inductive, capacitive, and temperature sensors. Interface to PLCs and control techniques will be covered using simulation trainer consoles. Such sensors are keys to green building automation.
(2.4 CEUs) Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options.

Key: Sensors
Oct. 20-22 T, W, Th 8 a.m.-5 p.m. $629
Lincoln, CEC, 415 Aden ELEC-6234-CEFA

Basic Automation Direct PLC Programming
Prerequisite: Knowledge of industrial machine controls
This course will provide general background theory, applications information and programming practice for mechanics, technicians and engineers who specify or maintain Programmable Logic Control-based systems.
(2.4 CEUs) Class size is limited to 12 to permit hands-on practice using AutomationDirect software and simulator workstations. Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options.

Key: PLC
Oct. 27-29 T, W, Th 8 a.m.-5 p.m. $659
Lincoln, CEC, 406 Aden ELEC-6331-CEFA

Advanced Automation Direct PLC Programming
Prerequisite: Basic Automation Direct PLC (ELEC-6331)
This course is an extension of the Automation Direct DS-5 programming class. It starts with a review of the software package, basic PLC instructions and their applications. Then it will proceed to more involved subject areas, including accumulator operations, pointers, shift registers, and drum sequencers.
(2.4 CEUs) Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options.

Key: PLC
Nov. 10-12 T, W, Th 8 a.m.-5 p.m. $689
Lincoln, CEC, 415 Aden ELEC-6563-CEFA

PLC Operator Interface Programming
Prerequisite: Familiarity with machine controls and a basic understanding of programming PLCs
Students will learn how to program an Industrial HMI Touch Panel for operator interface with various brands of PLCs. Entry and display of variables, operator prompts, statistical data display, and alarm messages will be developed and tested on the trainer console with PLC and AutomationDirect C-More HMI.
(2.4 CEUs) Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefinassist for assistance options. SCC staff tuition waiver doesn’t apply.

Key: PLC
Dec. 1-3 T, W, Th 8 a.m.-5 p.m. $729
Lincoln, CEC, 415 Aden ELEC-6524-CEFA

Basic Programmable Logic Controllers (PLCs) for Electricians
Training consists of three-hour lecture and three-hour lab covering Basic PLCs applicable to the Electrical trade. This is an excellent opportunity to apply theory to hands-on lab projects that reflect possible problems encountered in daily work.
(0.6 CEUs) This training can be used to fulfill a portion of the bi-annual, non-code recertification as prescribed by the Nebraska State Electrical Division.

Key: PLC
Sept. 18 F 8 a.m.-3 p.m. $225
Lincoln, CEC, 404 Aden ELEC-7218-CEFA

Forklift Operator
This course for all operators includes safety inspections; design restrictions; lifting, moving and placing loads, driving speeds, directions, and ramps. Students will perform a pre-start safety inspection and operate a forklift.
Students are required to purchase and take textbook to class. It can be purchased at the SCC Campus Store at 8800 O St., Lincoln (402-437-2560) or online at www.sccbookstore.com. Please allow for 7-10 days if requesting delivery. NSC Certificate of completion will be given following the examination and completion of the course. NOTE: Sec. FCFA: One hour for lunch on your own.

Key: Forklift
Sept. 5 S 8:30 a.m.-1:30 p.m. $99
Lincoln, LNK, M-8 Breidenstine TRAN-3928-LNFA
Sept. 19 S 8:30 a.m.-1:30 p.m. $99
Beatrice, FOR, 109 Breidenstine TRAN-3928-BEFA
Oct. 3 S 8:30 a.m.-1:30 p.m. $99
Military, CDF, 119 Breidenstine TRAN-3928-MLFA
Oct. 24 S 9 a.m.-3 p.m. $99
Falls City, FCL, Lab Breidenstine TRAN-3928-FCLA
Nov. 7 S 8:30 a.m.-1:30 p.m. $99
Lincoln, LNK, M-8 Breidenstine TRAN-3928-LNFB
Nov. 21 S 8:30 a.m.-1:30 p.m. $99
Beatrice, FOR, 109 Breidenstine TRAN-3928-BEFA
Dec. 5 S 8:30 a.m.-1:30 p.m. $99
Lincoln, LNK, M-8 Breidenstine TRAN-3928-LNFC
**Fiber Optics**

**NEW! Certified Fiber Optics Boot Camp (CFOT, CFOS/S, CFOS/T)**
This five-day boot camp includes three certified fiber optic courses (Certified Fiber Optics Technician, Certified Fiber Optics Specialist/Splicing, and Certified Fiber Optics Specialist/Testing & Maintenance). Cost includes study materials, exam fees and textbooks for all three courses.

**Certified Fiber Optics Technician (CFOT)**
Prerequisite: Able to see, identify and manipulate small items.
Introductory course designed for anyone interested in becoming a Certified Fiber Optics Technician. Coursework combines theory and 85 percent hands-on activities, preparing the students for the CFOT (Certified Fiber Optics Technician) test that is sanctioned by the FOA (Fiber Optics Association). The CFOT test is taken and graded the final class day. Students will also be introduced to industry standards governing fiber to the desk, the home, and distribution cabling.

**Certified Fiber Optics Specialist/Splicing (CFOS/S)**
Prerequisite: FOA CFOT Course. Students must have successfully passed the basic CFOT course within the preceding 12 months of the date of this class or have renewed their FOA membership within that time frame prior to attending the course.
This course includes a complete presentation explaining the importance of high-performance splicing and further details the points necessary to achieve these splices. The depth of this presentation is much greater than most textbooks and provides background information about splicing that is very important to the student. This course is 85% hands-on training both in fusion and mechanical splicing of either single or multimode fiber optics cables.

**Certified Fiber Optics Specialist/Testing & Maintenance (CFOS/T)**
Prerequisite: FOA CFOT Course. Students must have successfully passed the basic CFOT course within the preceding 12 months of the date of this class or have renewed their FOA membership within that time frame prior to attending the course.
Course offers advance training to anyone involved with the testing and maintenance of fiber optics networks. Involves 85% hands-on exploring the overall spectrum of testing and maintenance of single mode fiber optics networks and provides a detailed overview and demonstration of various pieces of equipment used in testing and maintenance. **Gap Tuition Assistance is available for those who qualify.** See page 8 or visit www.southeast.edu/cefinassist for assistance options. SCC staff tuition waiver does not apply. Canceling this Boot Camp requires a minimum of eight days advance notice to receive a full refund.

**Basic Precision Machining**
A practical approach to basic machining, including proper speed, feed rates and machine setups of lathes, mills, and grinders.
(2.4 CEUs) Participants must bring their own safety glasses, calculator and materials for taking notes. No shorts or open-toed shoes allowed. No outside projects are used in class. Each student will make the designated class project. To ensure student success and ability to observe safety protocol, ESL Level 8 or higher is recommended. If English is not your first language, please visit with the PMA program director. Caution: Improper operations of industrial duty equipment may result in personal injury, harm to others, or damage component parts. Course sessions are three hours each. **Gap Tuition Assistance is available for those who qualify.** See page 6 or visit www.southeast.edu/cefinassist for assistance options. NOTE: No class Oct. 19.

Courses are subject to change.

**Space is limited. Register today!**

Payment is due at time of registration for all non-credit classes.
Advanced Precision Machining
Prerequisite: Students must be currently enrolled in or have graduated from the SCC Precision Machining and Automation program. All others must get permission from the PMA program director before enrolling. A machine shop class designed to enhance individual skills. Students work on their own projects brought from home. Projects also can be supplied by the College to further help development. There are no project completion requirements. Instructor assistance is available.

Students must bring their own safety glasses. No shorts or open-toed shoes allowed. To ensure student success and ability to observe safety protocol, ESL Level 8 or higher is recommended. If English is not your first language, please visit with the PMA program director.

Caution: Improper operations of industrial duty equipment may result in personal injury, harm to others, or damage machine components.

Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cfenemyassist for assistance options. NOTE: No class Oct. 19

Gas Metal Arc Welding
Basic instruction in Gas Metal Arc Welding (MIG) for manufacturing and designed to be two-thirds hands-on practice. Includes steel and stainless steel hands-on welding; theory, safety, reading prints, and welding symbols; welding principles and procedures; filler wires, shielding gases, welding power sources, and joint configurations; and manipulative skills and welding positions.

(6.0 CEUs) Personal safety gear required and can be purchased at your local farm store: welding gloves, safety glasses, helmet, pliers, burn jacket, boots, and vise grip.

SCC is actively monitoring updates and making decisions based on recommendations from the Centers for Disease Control and Prevention, as well as local and state health authorities, concerning the outbreak of COVID-19 (Coronavirus). The health and safety of the College community is of high importance, and SCC plays an important role in slowing the spread of the virus. Details regarding classroom safety requirements will be emailed to students at least two weeks in advance. Classes are subject to change, based on current local and state guidelines.

Gas Metal Arc Welding II (Steel)
Introduction to Gas Metal Arc Welding theory, safety, applications, manipulative skills, welding principles, and procedures. Filler wires, shielding gases, welding power sources, welding of carbon steel, and welding processes on different joint configurations are included.

(1.5 semester credits) Students must supply their own safety glasses, leather gloves, arc welding helmet, and pliers. For a credit registration form, contact 402-437-2700, or continuinged@southeast.edu. NOTE: No class Sept. 7 and Oct. 19.

NE Residents $166.50 / Non-residents $198
Aug. 26-Nov. 11 M 5:30-9:10 p.m. See Above
Deshler, DESH, Shop Hatzenbuehler WELD-1000-OCT

Customized Welding Training Offered for Your Company
Looking to improve welding skills and techniques for your employees? SCC’s Training Solutions can work with your company to customize training for your business.

Contact Caleb Berg, Training Solutions, at 402-437-2508; 800-828-0072, ext. 2508; or cberg@southeast.edu. For welding for individuals, please see the Basic Welding class.

Looking for classes in your area? See pages 66-69 for the Course List by Region. Location Key is on page 64.
First Aid Online + Skills Session
This AHA Heartsaver® course is now offered in a convenient online format as an alternative method for certification. Online courses are perfect for those who need recertification or those with difficult schedules.

Keywords: Aid

| Oct. 13 | T | 7-7:45 p.m. | $49 |
| Lincoln, CEC, 111 | HLTH-3205-HBFA |
| Dec. 10 | Th | 7-7:45 p.m. | $49 |
| Lincoln, CEC, 111 | HLTH-3205-HBFA |

CPR AED Online + Skills Session
This AHA Heartsaver® course is now offered in a convenient online format as an alternative method for certification. Online courses are perfect for those who need recertification or those with difficult schedules.

Keywords: CPR

| Oct. 1 | Th | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Oct. 3 | S | 9 a.m.-1:30 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFA |
| Oct. 10 | S | 9 a.m.-1:30 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFM |
| Oct. 15 | Th | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFN |
| Oct. 20 | T | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFD |
| Oct. 24 | S | 9 a.m.-1:30 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEPF |
| Oct. 28 | W | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Oct. 30 | F | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFD |
| Nov. 7 | S | 9 a.m.-1:30 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Nov. 10 | T | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFT |
| Nov. 13 | F | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Nov. 17 | T | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Nov. 19 | Th | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Nov. 23 | M | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Dec. 2 | W | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Dec. 7 | M | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Dec. 12 | S | 9 a.m.-1:30 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Dec. 17 | Th | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Dec. 19 | S | 9 a.m.-1:30 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |
| Dec. 22 | T | 5:30-10 p.m. | $59 |
| Lincoln, CEC, 111 | HLTH-3251-CEFQ |

CPR AED (Community)
This AHA Heartsaver® course teaches CPR, AED, foreign body airway obstruction, and barrier devices for adults, children and infants. This course is recommended for those who want to be prepared for an emergency in any setting.

This class meets day care CPR requirement.

Keyword: CPR

| Sept. 12 | S | 9 a.m.-12:30 p.m. | $49 |
| Hebron, HNLC, 103 | HLTH-3219-HNEA |
| Sept. 15 | T | 6-9:30 p.m. | $49 |
| Lincoln, CEC, 111 | HLTH-3219-CEFA |
| Nov. 12 | Th | 6-9:30 p.m. | $49 |
| Lincoln, CEC, 111 | HLTH-3219-CEFB |

CPR - Basic Life Support
(Formerly known as CPR for Health Care Providers)
This AHA CPR-Basic Life Support course teaches high-quality CPR, use of an AED, foreign body airway obstruction, high-performing team dynamics and barrier devices for adults, children and infants.

(0.45 CEUs) This course is for health care providers (nurses, EMTs, doctors, lifeguards, etc.).

HEALTH CARE
CPR - HeartCode® Basic Life Support Online + Skills Session

HeartCode® BLS is for healthcare professionals seeking an alternative method for completing a BLS course. This AHA CPR Basic Life Support course is now offered in a convenient online format as an alternative method for certification. Online courses are perfect for those who need recertification or those with difficult schedules.

Once you are registered for a specific skills session date (listed below), you will receive a non-refundable AHA key for the online portion via email. Complete the online portion, then print your HeartCode® BLS completion certificate and bring it when you meet for the skills session.

**You need to bring your AHA Part 1 HeartCode® BLS Online Course Completion Certificate to be admitted to the Skills Session.**

This course is for health care providers (Nurses, EMT’s, doctors, lifeguards, etc.).

**Keyword: CPR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 7</td>
<td>W</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Oct. 14</td>
<td>W</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Oct. 17</td>
<td>S</td>
<td>9:00 a.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Oct. 19</td>
<td>M</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Oct. 27</td>
<td>T</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Nov. 4</td>
<td>W</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Nov. 16</td>
<td>M</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Nov. 21</td>
<td>S</td>
<td>9:00 a.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Nov. 24</td>
<td>T</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Dec. 5</td>
<td>S</td>
<td>9:00 a.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
<tr>
<td>Dec. 9</td>
<td>W</td>
<td>6:30 p.m.</td>
<td>Lincoln, CEC, 111</td>
<td>$59</td>
</tr>
</tbody>
</table>

EMERGENCY MEDICAL SERVICES

**EMT Medical/Trauma Assessment Scenarios**

Students will participate in a hands-on scenarios-based learning by performing assessments and treating simulated medical/trauma patients, followed by a brief debriefing on the pathophysiology of the patient’s condition.

For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.

**EMT Instructor Course**

The 48-hour EMT Instructor Course focuses on various methodologies of instructional preparation, presentation and evaluation in the classroom. Upon completion of this course, the student will be able to develop a topic for presentation in the classroom using proven educational methods and tools.

To become a Nebraska State licensed EMT instructor, it is required to have a valid EMT license or higher (for a minimum of three years) and possess an American Heart Association BLS or ACLS Instructor certification at the time of licensure application.

**Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or online at www.sccbookstore.com. Watch for new EMS Instructor Academy, which is designed to bring valuable and useful continuing education for instructors. This Academy will have sessions offered regularly throughout the year in various parts of our region. These sessions will not only provide excellent topics and information to increase effectiveness in the classroom but also will meet the Nebraska requirements to renew your EMT Instructor License. This class is scheduled based on community needs. For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.**

**EMT Refresher**

The EMT Refresher meets the National Registry and state requirements for renewal. This 20-hour course can be taken for National Registration Renewal and/or CEUs can be given. **This class is scheduled based on community needs.** For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.

**EMS Additional Skills Courses**

**EMR Courses:** Aspirin administration course, epinephrine auto-injector course, application of immobilization devices course, and patient transport course.

**EMT Courses:** Non-visualized advanced airway management course, continuous positive airway pressure course, glucometer course, intravenous fluid monitoring course, peripheral intravenous access and monitoring course and albuterol nebulizer and epinephrine auto-injector administration course.

**These courses are scheduled based on community needs. For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.**

HEALTH CARE PROVIDERS CEUs

Southeast Community College Continuing Education is approved as a provider of nursing continuing professional development by Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

What’s New in the World of Drugs 2020 with Dr. Ally Dering Anderson

Join us for the 2020 version of What’s New in the World of Drugs with Dr. Ally Dering Anderson. The program will enhance your pharmacotherapy knowledge and clinical decisions related to the use of the latest drugs. Included will be new drug entities and precautions, the latest vaccine information as well as an update on the Nebraska prescription Drug Monitoring Program.

(0.6 CEUs) Participants must attend entire program to receive certificate.

**Keyword: Drugs**

**Early Bird Rate (on/or before Sept. 30)**

| Oct. 9 | W   | 8:30 a.m.-3:30 p.m. | $75 | Live Online, Zoom | Dering Anderson | NURS-324-TCFA |

**Regular Rate (after Sept. 30)**

| Oct. 9 | W   | 8:30 a.m.-3:30 p.m. | $85 | Live Online, Zoom | Dering Anderson | NURS-324-TCFB |
Intravenous Therapy: Current Standards of Practice 1 & 2
ATTENTION LPNs: There are new state licensure regulations that affect you. Every LPN who graduated before May 2016 or has not successfully completed the LPNC course must complete an approved 8-hour didactic course on IV therapy by August 2022. AND if you wish to practice IV therapy, you must take both an approved 8-hour didactic IV therapy course and an approved IV therapy skills course. RNs are welcome to take these classes also.

Intravenous Therapy: Current Standards of Practice 1
This 8-hour course meets the didactic portion of the new requirement for all LPNs with a well-rounded review of IV therapy. Topics covered will be legal aspects of IV therapy, peripheral IVs and central lines. You can work at your own pace and at times which fit into your schedule.

(0.8 CEUs) You will have several weeks to finish this class. You must have access to a computer and the internet. Certificates will be mailed to all who have successfully completed the course after the last day of class.

Intravenous Therapy: Current Standards of Practice 2 Skills (Hybrid Course)
Prerequisite: You must take SCC’s Intravenous Therapy: Current Standards of Practice 1 course before or at the same time as this course or provide proof of completion of a similar course.

This 8-hour course includes both online and face-to-face components. Successful completion of this course will meet the IV therapy skills course requirement for LPNs who wish to practice IV therapy.

(0.8 CEUs) You must have access to a computer and the internet. The hands-on skills portion of this course will occur on select Saturdays listed below. To successfully complete this course, you must complete the online component and attend a four-hour lab session. Certificates will be mailed to all who have successfully completed the course after the last day of class.

Keyword: Therapy

Trauma Nursing Core Course
Trauma nursing, as a discipline, refers to the process and content of the various roles nurses have in the care of the trauma patient. The purpose of TNCC is to present knowledge, refine skills and build a firm foundation in trauma nursing.

This course, developed by the Emergency Nurses Association, is designed for registered nurses who have at least six months of clinical nursing experience in an emergency care setting. Other health care professionals may audit the course.

Successful completion of the course requires 80% or greater on the multiple choice exam and 70% or greater on the skill station evaluation. RN Candidates with successful completion will receive the ENA TNCC four year provider verification card. All attendees will be awarded contact hour certificate with appropriate contact hours. 17.65 contact hours are awarded for this course. The TNCC Eighth Edition represents ENA’s continued commitment to uphold its belief statements and provide quality, evidence-based trauma education for nurses worldwide. The Emergency Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Jodi DeWitt, RN BAN, has more than 15 years of experience as a nurse. Jodi has worked at various critical care area hospitals and emergency rooms in Nebraska. Lunch provided first day. The textbook will be mailed to you so you have time to review/study before attending class.

Check-in begins at 7:30 each day, including a light breakfast.

Keyword: Trauma

Payment is due at time of registration for all non-credit classes.

FREE TRAINING
See page 6 for information on the Gap Tuition Assistance Program or visit www.southeast.edu/cefinassist for additional options.
The Secrets of Baby Behavior

Baby behavior messages have been successful in improving infant-feeding practices by addressing common “trigger” behaviors for overfeeding, such as infant crying and waking. Please join us for an exciting conference to gain the skills and tools you need to better understand basics of normal infant development and behavior and to use research-based counseling techniques that successfully drive behavior change.

(0.55 CEUs) Presented by SCC Continuing Education and Nebraska WIC Association.

This conference is for nurses and other health care providers who work in doctors’ offices, head start, home health, public health, and postpartum. Sara Chvala Hansen, RD, CLC, is the Douglas County Health Department/WIC Nutrition Services Coordinator and Deanna Stoffel, BS, IBCLC, is a Charles Drew: WIC Lactation Consultant/WIC Nutritionist. Lunch provided. Participant must attend entire workshop to receive credit.

Keyword: Baby

Abuse & Neglect Prevention for Nursing Assistants

In order to be placed on the Nebraska Nurse Aide Registry, the state of Nebraska may require some nursing assistants to complete this one-hour course. The online course includes watching a video and reading material on patient rights, dignity, respect, and quality of life. Discussion is held on how to report suspected abuse to the proper authorities, both in a facility and in the community. RNs are welcome to take this class, also.

A quiz is given over the material and the video. When you have completed the one-hour online in-service, the state is notified by fax (within two business days) that you have completed the course. NOTE: For successful completion, you must spend an hour online and get 100% on the quiz. You can take the quiz as many times as needed. You can register at any time to take this course. If you prefer to take this course in a classroom setting, email continuinged@southeast.edu. Classroom course is $35. To register and pay, go to http://bit.ly/RegisterCE.

Keyword: Abuse

Nebraska Sleep Conference 2020

The Nebraska Sleep Conference 2020 will provide continuing education for Sleep Technologists and others interested in the diagnosis, management and treatment of sleep disorders.

(0.7 CEUs) Continuing education credits will be specifically approved for those needing to maintain the RPSGT credential, but also will be eligible for maintaining a Respiratory Therapy license in Nebraska, as well as credentials through the NBRC. Registration deadline Oct. 28.

Keyword: Sleep

Nursing Assistant

For more information, visit www.southeast.edu/nursingassistant.

Medication Aide Training

For more information, visit www.southeast.edu/medicationaide.

SCC Nebraska Workforce Retraining Initiative Scholarship

Have you been affected by COVID-19? You may be eligible for a scholarship for short-term training.

DEADLINE TO APPLY IS AUG. 23, 2020

For more information, visit www.southeast.edu/nwri

LOOKING FOR CLASSES IN YOUR AREA?

See pages 66-69 for the Course List by Region.

LOCATION KEY is on page 64.
Computers & Technology

**INTRODUCTORY CLASSES**

**One-on-One Computer Training: 3 Hours**

This learning opportunity is designed for any person who wants one-on-one attention from a computer applications subject matter expert. Registration gives you up to three hours of personalized attention on the computer topic that meets your specific need. Training topics may include: Windows or Apple/MAC Operating System, Basic Computer Assistance, MS Office, Word, Excel, Access, Outlook, Evernote, social media, and QuickBooks.

After registration, a college representative will contact you to discuss your training needs. Training is scheduled at a time convenient for the student and instructor. Training is held at an SCC facility.

**Get Started with Computers**

Want to learn more about computers? This engaging, hands-on class is for the person who has little to no knowledge about computers, but wants to learn! Find out about using Windows, creating and saving documents, getting started with email, and much more.

**Intermediate Computer**

Prerequisite: Basic Computer (OFFT-3502)

Learn the importance of deleting unnecessary internet files, maintaining disks, defragmenting, troubleshooting, and setting a system restore date. Back up files on removable storage devices and explore the use and meaning of cloud storage. Create folders and save files using extended sort information to make photo and document searches more effective. Discover the interface features of Windows 10.

**Learning Windows 10**

Topics include advantages to the new operating system and how to use them in your home and work; using Cortana, especially on your tablet or laptop; make an image file back up; and learn how to use different backup processes, including the web. After this class, you will be more comfortable with the Windows 10 operating system.

Class size is limited, and pre-registration is required. NOTE: Class is live-streamed from Falls City.

**Basic Computer**

Through hands-on experience you will learn to use function keys, the mouse and the numeric keypad. Begin learning computer terminology necessary in the 21st Century. Learn to use the internet, email and word processing and spreadsheet applications. Practice opening, closing, saving, and deleting files and folders.

Students need to have computer access to practice outside of class.

**Windows 10**

This course introduces you to Windows 10, Microsoft’s newest operating system. Explore the new Start Menu, Tiles, and Apps. Discover how to share and organize files and folders.

**Classes for Seniors**

**Introduction to Personal Computers for the Senior Citizen I**

This class is for the senior citizen who wants to learn to use a computer. Topics include components of a computer (keyboard, monitor, mouse, etc.); basic elements of the Windows 10 operating system; how to identify software loaded on your computer; a brief introduction on how to use the computer for letter writing; and the basic elements of the World Wide Web and email.

While taught on a Windows 10 operating system, the skills learned in this class are easily transferred to other Windows environments. It is strongly recommended that participants have a computer at home. This class provides time for in-class hands-on practice and one-on-one assistance from the instructor.

**Introduction to Personal Computers for the Senior Citizen II**

Prerequisite: Introduction to Personal Computers for the Senior Citizen I (OFFT-3503) or equivalent experience.

We will expand on the topics of safely navigating the internet, find helpful information/locations on the web and save/download items to your hard drive. We will organize email and gain confidence with attachments, explore the help categories on your hard drive, protect and save your information to various removable storage devices, customize your desktop, start menu and taskbar to make your computer quick and easy to use.

While taught on a Windows 10 operating system, the skills learned are easily transferred to other Windows environments. It is strongly recommended that participants have a computer at home. This class provides time for in-class hands-on practice and one-on-one assistance from the instructor.

**LOOKING FOR CLASSES IN YOUR AREA? See pages 66–69 for the Course List by Region.**

**LOCATION KEY** is on page 64.

**Payment is due at time of registration for all non-credit classes.**

**Space is limited. Register today!**
Macintosh Classes

Mac for Beginners
This introductory course assumes little or no previous computer experience and teaches skills to get students up and running. It will familiarize the user with the basic operation of the Apple Macintosh operating system. Subjects covered include introducing the Mac interface, using and navigating with the mouse (click, double-click, and click and drag), using the keyboard, creating folders, organizing files, and introducing menus and buttons.

Each class is customized to the students’ needs. No book required.

Keyword: Mac

Macintosh Basics
Prerequisite: Mac for the Beginner or equivalent experience.

This class is for the occasional user who wants to increase knowledge and skill on the Apple Macintosh operating system. Topics include creating and organizing folders and documents; organizing e-mails; customizing the dock; setting preferences; efficiently navigating the Internet and organizing bookmarks; connecting accessories; creating data backups; troubleshooting basic problems; discovering self-help features such as search and find, online videos, help files, tutorials and much more.

Each class session is customized to the students’ needs. No book required.

Keyword: Macintosh

Intermediate Mac
Prerequisite: Macintosh Basics (GDMA-3575) or equivalent experience.

This class will expand your basic Macintosh skills. Topics include basic maintenance, troubleshooting, backup strategies, disk repair and other tools to get the most out of your Mac. Learn tips and techniques to expand your computing skills. You will also learn how to increase the efficiency and security of your computer.

Each class session is customized to the students’ needs. No book required.

Keyword: Mac

Windows to Mac Transition
This course is designed for the PC user who has just switched to the Mac either at work or home and wants to find out how to adapt old working habits to the Macintosh Operating System. Topics include navigating the Mac interface, translating from Windows to Mac (“Alt” = “Option” for example), setting preferences, and other tasks. This course is for an experienced computer user who wants to gain familiarity and hands-on experience with the Mac OS.

No book required.

Keyword: Mac

Smartphone Basics: iPhone
You have a cool new iPhone, but how do you use it? We will teach you about icons, apps and other cool features on your smartphone! This class will be specific to iPhone users.

Bring your phone fully charged so you can practice using the phone you own. If you don’t own one yet, come anyway!

Keyword: Smartphone

Smartphone Basics: Android
You have a cool new Android, but how do you use it? We will teach you about icons, apps and other cool features on your smartphone!

This class is specific to Android users. Bring your phone fully charged so you can practice using the phone you own. If you don’t own one yet, come anyway! NOTE: Class is live-streamed from Falls City.

Keyword: Smartphone

SMART DEVICES

One-on-One Smart Device Training
This learning opportunity is for the person who wants one-on-one instruction on using a smartphone or smart device. Subject-matter experts will work with you at a comfortable learning pace. Instruction is available for beginning users and troubleshooting with iPhone, iPad and Android devices.

Registration gives you up to one hour of personalized attention on the smart device that meets your specific need. After registration, a college representative will contact you.

Keyword: Smart

NEW! iPhone or Android?
See page 54 for more information.

NEW! Photography & Editing Using Your Mobile Device
See page 56 for more information.

Courses are subject to change.

Does your organization need computer training?
Let SCC Training Solutions help you develop a training program that fits your needs. Classes may be offered at your workplace or at any of our Southeast Community College locations (Lincoln, Beatrice, Milford, and all six of our Learning Centers). We offer flexible solutions for today’s workforce. Some of the classes we offer: Microsoft Office (Excel, Word, PowerPoint, OneNote, Outlook, Access), QuickBooks, Adobe Creative Cloud Suite (Acrobat DC Pro, Illustrator, In Design), and more.

For more information, contact Lora Ives, Training Solutions, at 402-437-2714; 800-828-0072, ext. 2714; or lives@southeast.edu.
**NEW! Virtual Platforms for Businesses**

Life happens, business needs change or we are in a pandemic. No matter the reason, distance technology is becoming more prominent in businesses. Not sure which platform suits your business best? Get a hands-on tour of Zoom, Webex and Skype for Business plus a few other notable mentions in this virtual class.

**Let’s Do Lunch Series:**

**Zoom Basic, Host a Zoom Meeting & Video Chatting**

See page 55 for more information.

**Shutterfly Photo Book Memories**

Prerequisite: Basic computer knowledge and internet skills are needed to be successful. Do you have hundreds of digital pictures on your computer or phone? Learn how to master the free website Shutterfly to design and create your own photo books and/or albums. Learn from start to finish how to upload photos, design books and order your finished product. Shutterfly has all the tools with easy options for editing, colors, backgrounds, and fonts for the beginner or creatively challenged. You will start a photo book and design in the first class and gain knowledge to work on your project outside of class. The final class will be spent getting one-on-one help and ordering your finished product.

Students need to log on and set up a Shutterfly account prior to first class. Bring your device is fully charged before coming to class. Have your mobile device handy as you login to this Zoom class from your desktop or laptop.

**NEW! Zoom: Everyone is Doing It!**

Learn why Zoom is being used by millions to hold one-to-one meetings or group conversations! Zoom provides a fun and easy way to connect with family, friends or colleagues with the click of a button. You can see them and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom!

**Digital Scrapbooking**

See page 32 for more information.

**NEW! Digitizing Memories**

See page 56 for more information.

**Do You Google?**

Google has many special features to help you find exactly what you’re looking for. Find out what you are missing. Some of the topics covered include: search, Gmail, drive, maps, photos, YouTube, and more.

**Get Going with Google Docs**

Are you looking for a way to work on documents and spreadsheets, while collaborating with colleagues in real time? Discover how to create, revise, save, and share your files online. Google Docs is great for term papers, newsletters, business proposals, budgets, and more.

**Online Buying & Selling**

Have you thought about selling your stuff online? Learn more about the primary places people sell items, (Craigslist, Facebook marketplace and eBay®) and how selling on these sites really works. We will talk about “gotchas” and types of payment processing. This class is for personal sales ONLY. Business interest is welcome but it won’t be the focus of the class.

**Using the Cloud**

The more computers you have, the more online storage can benefit you. This class will show you how to set up online storage. Topics include SkyDrive, Google drive, Amazon drive, Dropbox, and Box. Cloud storage is usable with desktops, laptops, tablets, iPads, and smartphones.

**Payment is due at time of registration for all non-credit classes.**

**Looking for Classes in Your Area?**

See pages 66-69 for the Course List by Region.
Cyber Security Conference

resources.

a positive impact on Nebraska's secure

each do our part, we can collectively have

in protecting all of us in cyberspace. If we

our awareness of cyber security and help

in cyberspace, and what we do,

We are all “virtual neighbors”

or don't do, can affect many

Chatting tomorrow!

NOTE: Class is live-streamed from Hebron.

LinkedIn® for Business: Basic

See page 6 for more information.

Social Media for Business Certificate (Online—UGotClass)

See page 27 for more information.

Adobe Spark / Canva

See page 25 for more information.

PROGRAMMING & NETWORKING

NEW! Back End Developer BootCamp

In this 18-week Back End Software Development camp, students take three courses to learn the skills and technologies necessary to enter the industry as a Back End Software Developer: Introduction to Java, Relational Databases with MySQL and Web API Design with Spring Boot. Skills and technologies learned include Java 8, Algorithms, OOP, Design Patterns, Unit Testing, SQL, DDL, DML, Database Concepts, JDBC, Spring Boot, Spring Data, REST, JPA, JWT, AWS, and more.

Take our assessment and learn more information at www.southeast.edu/coding-boot-camp. The assessment is free and optional for anyone interested in this program.

Keyword: BootCamp

Oct. 13 T 5:30-8 p.m. Fangmeier $24
Hebron, HNL, 101 AREA-1392-HNFA

Plattsmouth, PLCC, 102 AREA-1392-PLFA

NEW! Data Engineer BootCamp

Coming Spring 2021

Take our assessment and learn more information at www.southeast.edu/coding-boot-camp. The assessment is free and optional for anyone interested in this program.

Keyword: BootCamp

Sept. 15-Feb. 2 T 7-8:30 p.m. $3,999
LIVE Online, Zoom INFO-7750-TCF

NEW! CCNA 1: Introduction to Networks

No prerequisites required

Begin preparing for a networking career with this introduction to how networks operate. This first course in the three-course CCNA series introduces architectures, models, protocols, and networking elements – functions needed to support the operations and priorities of Fortune 500 companies to small innovative retailers. You’ll even get the chance to build simple local area networks (LANs) yourself. You’ll have a working knowledge of IP addressing schemes, foundational network security, and be able to perform basic configurations for routers and switches.

This course will be offered in Spring 2021.

CompTIA Security+

Prerequisite: Basic Windows user skills and a fundamental knowledge of computer and networking concepts. CompTIA A+ and Network+ certifications or equivalent knowledge, as well as, six to nine months of experience in networking, including configuring security parameters is recommended.

CompTIA Security+ is for the IT professional who has networking and administrative skills in Windows-based Transmission Control Protocol/Internet Protocol (TCP/IP) networks; familiarity with other operating systems, such as macOS, UNIX or Linux. This course will prepare students for the CompTIA Security+ certification exam (SY0-501). Topics include knowledge of and professional experience with security fundamentals, networks, and organizational security as well as skills required to implement basic security services on any type of computer network.

This course will be offered in Spring 2021.

Courses are subject to change.

15th Annual Nebraska Cyber Security Conference

Tuesday, Oct. 20, 2020

We are all “virtual neighbors” in cyberspace, and what we do, or don’t do, can affect many others. The Nebraska Cyber Security Conference will assist in raising our awareness of cyber security and help in protecting all of us in cyberspace. If we each do our part, we can collectively have a positive impact on Nebraska's secure resources.

Register now at www.southeast.edu/ncsc.
NEW! CCNA 2: Switching, Routing & Wireless Essentials
Prerequisite: CCNA 1: Introduction to Networks or equivalent knowledge
Delve further into the world of networking with the second CCNA course in a 3-course series. This course focuses on switching technologies and router operations that support small-to-medium business networks, including wireless local area networks (WLAN) and security concepts. You’ll perform basic network configuration and troubleshooting, identify and mitigate LAN security threats, and configure and secure a basic WLAN.

This course will be offered in Summer 2021.

NEW! CCNA 3: Enterprise, Networking Security & Automation
Prerequisite: CCNA 2: Switching, Routing & Wireless Essentials or possessing equivalent knowledge
Large enterprises depend heavily on the smooth operation of their network infrastructures. This is why networking professionals are vital to every organization and those with networking skills can land a great job and set their sights on a rewarding career! This third course in the 3-course CCNA series describes the architectures and considerations related to designing, securing, operating, and troubleshooting enterprise networks. It covers wide area network (WAN) technologies and quality of service (QoS) mechanisms used for secure remote access along with the introduction of software-defined networking, virtualization, and automation concepts that support the digitalization of networks.

This course will be offered in Fall 2021.

Certificate in Structured Query Language (SQL)
(Online—UGotClass)
See page 27 for more information.

Hack Your Way to Security / Introduction to Python 2.5 Programming / SQL Series (Online—Ed2Go)
See page 27 for more information.

Software Applications

Introduction to Crystal Reports (Online—Ed2Go)
See page 27 for more information.

Adobe

Adobe Creative Cloud Training Opportunities!
Want to bring the latest updates to Photoshop, InDesign or Illustrator to your workplace? Contact us to learn more about customized training opportunities either at your location or at the Jack J. Huck Continuing Education Center in Lincoln.
Contact Workforce Solutions at contiuneded@southeast.edu.

Adobe Acrobat DC Pro
Prerequisite: Word Basic or equivalent experience
Learning the ins and outs of Adobe Acrobat DC Pro will simplify your life! Learn how to create Adobe PDF files, create Adobe PDFs from Microsoft Office files, and combine files in PDF portfolios. Almost any document, text file, file created in a page layout application, scanned document, Web page, or digital photo can be converted to Adobe PDF using Acrobat software. Learn the best way to create a PDF for specific situations.
No book required. Lunch is on your own.

Keyword: Adobe
Nov. 20 F 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 402 Massey GDMA-7034-CEFA

Introduction to Illustrator CC
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience and knowledge of Adobe CC software
This class is for beginners who want to master the fundamentals of Adobe Illustrator and begin creating vector graphics. We will cover the tools of Illustrator, the interface, how to save and print files, and how to work with basic shapes, lines and color. This hands-on course will give you practice on actual art and plenty of resources for continued illustrator work.

While taught in a Windows environment, the skills learned in this class are easily transferred to a Macintosh environment. No book required. Lunch is on your own for full-day class.

Keyword: Illustrator
Sept. 22 & 24 T, Th 8:30 a.m.-Noon $159
Lincoln, CEC, 402 Johnson GDMA-6975-CEFA
Oct. 17 S 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 402 Johnson GDMA-6975-CEF8

Introduction to InDesign CC
Prerequisite: Windows Operating System experience and knowledge of Adobe CC software
This class introduces the fundamentals of InDesign CC. It focuses on the core features of InDesign, including introducing the workspace, panels, document creation, working with pages, importing graphics, importing and editing text, and working with color.

While taught in a Windows environment, the skills learned in this class are easily transferred to a Macintosh environment. No book required.

Keyword: InDesign
Sept. 16 & 23 W 8:30 a.m.-Noon $159
Lincoln, CEC, 402 Massey GDMA-3697-CEFA

Adobe InDesign: Streamlining Your Workflow
Prerequisite: Introduction to InDesign CC (GDMA-3697)
This class introduces the more advanced features of InDesign CC that will make your workflow more effective and efficient. Features such as character styles, paragraph styles, object styles, master pages and templates, tables and table styles, and a brief look at interactive PDFs will be introduced.

While taught in a Windows environment, the skills learned in this class are easily transferred to a Macintosh environment.

Keyword: InDesign
Oct. 7 W 8:30 a.m.-12:30 p.m. $89
Lincoln, CEC, 402 Guthard GDMA-7276-CEFA

Adobe InDesign: Exploring Graphic Features
Prerequisite: Introduction to InDesign CC (GDMA-3697)
This class introduces the more advanced features of InDesign that will give your projects an impactful design edge. Features such as applying and adjusting effects, object styles and effects, blending modes, auto-fitting, clipping paths and alpha channels, and a brief look at interactive PDFs will be presented.

While taught in a Windows environment, the skills learned in this class are easily transferred to a Macintosh environment.

Keyword: InDesign
Oct. 21 W 8:30 a.m.-12:30 p.m. $89
Lincoln, CEC, 402 Guthard GDMA-7278-CEFA

Payment is due at time of registration for all non-credit classes.

Courses are subject to change.

Looking for classes in your area?
See pages 66-69 for the Course List by Region.

Location Key is on page 64.
Introduction to Adobe Lightroom
Prerequisite: Introduction to Photoshop CC (GDMA-3620)
With Adobe Lightroom, you have all the tools you need to bring out the best in your photography. Learn how to use the library module for importing, viewing, ranking, and rating photographs. Once photographs have been imported and tagged, learn about the Develop module and practice making one-click enhancements, correcting exposure, retouching distractions, and performing localized adjustments. Photos are taken to be shared with family, friends, and colleagues. Course also includes an introduction to creating panoramas, books, slideshows, and custom print layouts.
Lunch is on your own.

Keyword: Adobe
Oct. 10 W 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 402 Beck GDMA-7703-CEFA

Welcome to Adobe Lightroom Classic
Whether you're a seasoned photographer or just getting started, Lightroom is a tool you will want in your pocket. Learn how to use Lightroom to organize and manipulate your photos in fun creative ways. From viewing, organizing and editing small to large numbers of digital photos, this software has you covered. The class will cover a basic introduction to using Lightroom through hands-on experience. You will follow along with the instructor to gain the most out of the experience on your own photos.
Bringing a couple of photos on your laptop, jump drive or SD card to use in class.
Students must bring their own laptops and purchase their own Adobe Lightroom plan prior to the start of class.

Keyword: Lightroom
Sept. 21 M 6:30-9 p.m. $25
York, YKLC, K Atchison AREA-8190-YKFA

Introduction to Photoshop CC
Prerequisite: Experience navigating in Mac or PC environment
Ready to get up close and personal with the top choice of professional editors, designers and photographers to create powerful images? Whether you’ve played around in Photoshop just a bit or have never opened the application, this is the class for you. We’ll learn about contrast, saturation, color correction, making selections, working with layers, blend modes, and adding text.
While taught in a Windows environment, the skills learned in this class are easily transferrable to a Macintosh environment. No book required. Lunch is on your own in full-day class.

Keyword: Photoshop
Sept. 26 S 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 402 Beck GDMA-3620-CEFA
Nov. 12 & 13 Th, F 9 a.m.-12:30 p.m. $159
Lincoln, CEC, 402 Kunce GDMA-3620-CEFA

Adobe Spark
Prerequisite: Windows Operating System and internet experience
Create branded webstories, animated videos, and social graphics with Adobe Spark. This class will help you get started to create, edit and share visual stories from any device.

Keyword: Spark
Nov. 11 W 1-4 p.m. $69
Lincoln, CEC, 402 Guthard GDMA-7280-CEFA

Canva
Prerequisite: Windows Operating System and internet experience
Learn to use Canva’s drag-and-drop feature and professional layouts to design stunning graphics. The tools can be used for both Web and print media design. No design skills necessary!

Keyword: Canva
Nov. 4 W 9 a.m.-Noon $69
Lincoln, CEC, 402 GDMA-7285-CEFA

MS Office
SCC offers a series of concentrated computer software training classes. Full course descriptions can be found at www.southeast.edu/Technology.

Excel 2016: Basic
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience

Lincoln Sections: Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.
Beatrice and Plattsmouth Sections: Book provided for in-class use only. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.
Lunch is on your own.

Keyword: Excel
Aug. 26 W 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 408 Maltas OFFT-7167-CEFA
Sept. 17 Th 9:30 a.m.-5:30 p.m. $159
Plattsmouth, PLCC, 102 Widner OFFT-7166-PLFA
Sept. 23 W 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 408 Maltas OFFT-7167-CEFB
Oct. 21 W 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 408 Beck OFFT-7167-CEFC
Oct. 22 Th 8:30 a.m.-4:30 p.m. $159
Beatrice, KEN, 334 Punko OFFT-7167-BEFAv
Nov. 18 W 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 408 Beck OFFT-7167-CEFA

Excel 2016: Intermediate
Prerequisite: Excel Basic or equivalent experience

Lincoln Sections: Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.
Beatrice and Plattsmouth Sections: Book provided for in-class use only. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.
Lunch is on your own.

Keyword: Excel
Aug. 28 F 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 408 Maltas OFFT-7167-CEFA
Oct. 30 F 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 408 Maltas OFFT-7167-CEFA
Nov. 20 F 8:30 a.m.-4:30 p.m. $159
Lincoln, CEC, 408 Maltas OFFT-7167-CEFC

Tips & Tricks: Excel
Prerequisite: Basic Computer Skills
Welcome to the world of Microsoft Excel 2016! Whether looking to enhance your basic skills with Word or learn new ones, this hands-on, virtual “tips and tricks” class is ideal. This virtual class will cover and expand on the basics functions. Time will be available to ask any questions not covered in the class.
Required textbook ordering information will be supplied after registration.

Keyword: Excel
Nov. 10 T 5:30-9 p.m. $79
LIVE Online, Zoom Hopwood OFFT-7235-TCFA
Office 365 Basics
This is an introduction to Office 365 for users who have traditionally used standalone versions of Microsoft Office on their PC or laptop. As businesses turn to subscription-based software, Microsoft has catered to this by offering Office 365, which contains favorites such as Excel, PowerPoint and Word but includes new or updated apps to work, communicate and collaborate with colleagues, wherever you are. You will become familiar with the Office 365 interface and the applications within the plan including OneDrive, SharePoint, MS Office Products and other apps such as, Sway, Forms, OneNote, and Outlook.

Half hour lunch is on your own or you may bring a sack lunch/drink.

Dec. 12  S  9 a.m.-3:30 p.m.  McKinney  OFFT-7060-NCFA
NE City, NCIC, 102

NEW! Outlook or Gmail? Which is Best for Your Business?
Deciding which email platform to use can be frustrating and confusing. Experience the benefits and downsides to each platform. When you leave class, you will have a new sense of confidence when choosing which email platform is best for your new or existing business.

Dec. 8  T  6-9 p.m.  Hopwood  OFFT-3203-TCFA
LIVE Online, Zoom

Outlook 2016: Basic
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience
Class covers Outlook 2016 Mail, Calendars, People, and Tasks. Manage incoming and outgoing email messages, work with attachments, and create folders. Customize and sort messages, create signatures and stationery, and manage junk mail. Schedule and edit appointments, events and meetings. Customize and print calendar views. Create and manage contact information and contact groups. Create and manage tasks, To-do lists, and Notes.

Required course notes are available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. Note: Students must log in to their SCC-issued user account before class. Bring log-in information (user ID and Password) to class to access Outlook in the computer lab. Instructor will not have access to this information.

Keyword: Office

Word 2016: Intermediate
Prerequisite: Word: Basic or equivalent experience
Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.

Keyword: Business

Tips & Tricks: Word
Prerequisite: Basic Computer Skills
Welcome to the world of Microsoft Word 2016! Whether looking to enhance your basic skills with Word or learn new ones, this hands-on, virtual “tips and tricks” class is ideal. This class will cover and expand on the basics functions. Time will be available to ask any questions not covered in the class.

Keyword: Word

Payment is due at time of registration for all non-credit classes.
Online Learning

QuickBooks 2019 Series
Small business owners should be using QuickBooks to manage invoices, pay bills and track expenses. If you want to take control of your business’s finances, this course will introduce you to QuickBooks 2019 and teach you the accounting software’s more advanced features.

Introduction to Crystal Reports
Learn how to use Crystal Reports to create attractive business documents that are easy to read and understand.

Introduction to Python 2.5 Programming
Learn the fundamentals of computer programming in Python with topics that include basic decisions and loops, advanced data structures, object-oriented programming, and graphical user interfaces.

Hack Your Way to Security
Use ethical hacking techniques to locate and close security holes in your own network.

Accounting Fundamentals Series
If you’re interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you. You will learn the basics of double-entry bookkeeping, while also learning how to analyze and record financial transactions, as well as prepare various financial reports at the end of the fiscal period.

SQL Series
SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses.

www.ed2go.com/sccne

Certificate in Structured Query Language (SQL)
Structured Query Language (SQL) is the industry standard database programming language. It is one of the most in demand skills in occupations that require interaction with data and analyzing data. Through your knowledge of Structured Query Language, you will become more marketable in computer-related career fields that pertain to database administration. Learning SQL also can lead to a job that is specific to analyzing data such as a data analyst, a quality assurance analyst, or a business analyst. This certificate will enhance your competitiveness in the field of database administration and data analyst jobs.

Instructor: Cecilia Allison
$595 for full certificate

<table>
<thead>
<tr>
<th>Course</th>
<th>Offerings</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to SQL</td>
<td>February-September; Single Course $245</td>
<td>$245</td>
</tr>
<tr>
<td>Intermediate SQL</td>
<td>March-October (not available as single course)</td>
<td>$595</td>
</tr>
<tr>
<td>Advanced SQL</td>
<td>April-November (not available as single course)</td>
<td>$595</td>
</tr>
</tbody>
</table>

Data Analysis Certificate
Data analysis is quickly becoming one of the most sought-after skills in the workplace. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Project Management Certificate
Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancelation.

Social Media for Business Certificate
Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, Linkedin, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization.


Skills for the 21st Century
Adult Education

Providing opportunities for adult learners to strengthen their lives through educational experiences.

- Do you want a high school diploma?
- Do you want to strengthen your English skills in an English as a Second Language (ESL) class?
- Do you want to improve your math, reading or writing skills before enrolling in college classes or to improve your job opportunities?

Southeast Community College has classes for you!

Free Basic Education & GED® Preparation

Refresh your skills in math, reading, writing, computer literacy, and employability skills or take GED® preparation classes.

GED® prep classes are for individuals without a high school diploma who are 16 or older.

Free English as a Second Language (ESL)

SCC provides non-credit ESL classes for people who want to improve their ability to speak, read, and write in English.

Students of all English abilities are eligible to attend the free ESL classes at SCC. Books for classroom use are provided.

All new students must attend an ESL Orientation. For Orientation dates, refer to www.southeast.edu/ESL.

Interpreter Training

Southeast Community College has classes to help you improve your language interpreting skills.

SCC offers several courses focusing on skills training for interpreters. All new students must register for ESL Orientation to determine if they are eligible to enroll in the interpreter training class.

To register for ESL Orientation, come to SCC, Room J-2, 8800 O St., Lincoln.

Volunteer Opportunities

Volunteers allow the Adult Education Program to provide individual attention to students. Adult Education classroom volunteers encourage and direct students toward their educational goals.

To volunteer in Lincoln, contact vcarper@southeast.edu.
In areas outside of Lincoln, contact jfreeman@southeast.edu.
Beekeeping for Beginners: Practical Hands-On!

Success in beekeeping requires an intimate knowledge of the honeybee and management practices based on colony habits and the bee behavior. This class is an excellent opportunity to learn and practice beekeeping. Buzz Vance, with 35 years of beekeeping experience will lead this informative class. Whether you are just interested in beekeeping as a hobby or for added income, this is the place to start!

During the lab classes, students will have the opportunity to establish and manage their own through one production cycle.

Practical Hands-On!

Beekeeping for Beginners:

Lincoln, CEC, Aud Vance AGRI-3000-CEFA

Basic Pet Care: Dog & Cat

Want to learn more about caring for your furry loved one? Check out this basic course and find out more about such topics as vaccinations, diet, traveling with a pet, and so much more! We will give tips on how to keep your pet looking and feeling their best. Got a question about caring for your pet? Bring it to class and our instructor will help you find the answer.

Please do not bring pets to this class. Anyone under 16 years old must register and be accompanied by an adult.

Good Dog Class: Obedience Level 1

Does your dog need to learn manners? Help your dog be a better companion. Points covered are: basic behavior and manners, socialization, bonding games and much more.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Dog**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 21-26</td>
<td>M</td>
<td>5:30-6:20 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CFD</td>
</tr>
<tr>
<td>Sept. 21-26</td>
<td>M</td>
<td>6:30-7:20 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
<tr>
<td>Sept. 21-26</td>
<td>M</td>
<td>8:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
<tr>
<td>Sept. 22-27</td>
<td>T</td>
<td>8:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
<tr>
<td>Sept. 23-28</td>
<td>W</td>
<td>8:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
<tr>
<td>Nov. 2-14</td>
<td>M</td>
<td>6:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
<tr>
<td>Nov. 3-15</td>
<td>T</td>
<td>8:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
<tr>
<td>Nov. 4-16</td>
<td>W</td>
<td>6:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
<tr>
<td>Nov. 4-16</td>
<td>W</td>
<td>7:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
</tbody>
</table>

**Good Dog Class: Obedience Level 2**

Prerequisite: Good Dog Class: Obedience Level 1 (LLLX-2105)

Build on new knowledge and make your dog an even more responsive companion. Points covered: additional cues for behavior at a distance, longer stays, learning despite distractions, bonding games, and more.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Dog**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 3-15</td>
<td>T</td>
<td>8:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2105-0CCF</td>
</tr>
</tbody>
</table>

Puppy Manners

Does your puppy jump, chew and nip? The entire family is to attend this class with the 8-20 week-old puppy. Socialization, beginning obedience and general care are some of the topics that will be covered.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Puppy**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 21-26</td>
<td>M</td>
<td>6:30-7:20 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-1754-0CA</td>
</tr>
</tbody>
</table>

Agility 101

Prerequisite: Dog must be at least 9 months old. Class will cover specific skills that your dog needs before you begin obstacle training. The foundation skills covered will make your future agility training and sequencing much more enjoyable!

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Agility**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14-20</td>
<td>M</td>
<td>8:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2106-0CA</td>
</tr>
</tbody>
</table>

Agility 102

Prerequisite: Agility 101

Teach your dog to confidently negotiate basic agility obstacles. Simple handling skills will be introduced to prepare student for longer and more difficult skills.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Agility**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14-20</td>
<td>M</td>
<td>8:50 p.m.</td>
<td>Lincoln, GRLN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>LLLX-2106-0CA</td>
</tr>
</tbody>
</table>

Pet Massage

Learn hands-on massage techniques to relax muscles, stimulate circulation, improve mood and flexibility and enhance the range of motion for your four-legged family members. The benefits pets get from a massage is very similar to the benefits that humans experience.

You may bring your pet to the class if you wish. Please have dogs on a leash.

(Cost $29 + Sales Tax $2.18)

**Keyword: Pet**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 17</td>
<td>S</td>
<td>9-11 a.m.</td>
<td>NE City, NCLC, 101 Kreifels AREA-3975-NCTA</td>
</tr>
</tbody>
</table>
Agility 103
Prerequisite: Agility 102 (LLLX-2106)
This continuation of Agility 101 and 102 continues work on learning obstacles and building teamwork with your dog. Learn basic handling techniques to teach your dog how to negotiate sequences and simple patterns. Various agility styles and rules will be discussed.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Agility**
- Sept. 22-Oct. 7 T 6:30-7:20 p.m. $85.80
  - Lincoln, GRLN LLLX-0096-OCFA
- Nov. 2-Dec. 14 M 6:30-7:20 p.m. $85.80
  - Lincoln, GRLN LLLX-0096-OCFB

**Tracking**
Prerequisite: Good Dog Class: Obedience Level 1 (LLLX-2105) or equivalent
Bond with your dog while doing what comes naturally to them. Tracking is something all breeds can do. Let us introduce you and your furry partner to this fun game while learning how to earn AKC tracking dog titles.
First class is without dogs and will meet at GLOC. **DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Tracking**
- Sept. 26-Oct. 31 S 9:00-10:30 a.m. $85.80
  - Lincoln, GRLN LLLX-1760-OCFA
- Nov. 7-Dec. 12 S 9:00-10:30 a.m. $85.80
  - Lincoln, GRLN LLLX-1760-OCFB

**SCENT Training**
What is sniffing all about? It is amazing that a dog's sense of smell is 10 to 100 million times more acute than humans! Teach your dog how to find an odor and communicate the location. All breeds benefit from this fun way to increase mental stimulation. Dogs love this class as they are the star!

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Scent**
- Sept. 22-Oct. 7 T 5:30-6:20 p.m. $85.80
  - Lincoln, GRLN LLLX-0070-OCFA
- Nov. 3-Dec. 15 T 5:30-6:20 p.m. $85.80
  - Lincoln, GRLN LLLX-0070-OCFB

**KENL INN CLASSES**

**Agility 103**
Bringing leash, treats and your dog’s vaccination records to first class.

**Adopted…Now What?**
Do you have an adopted or rescued pooch? Some dogs join your family knowing commands, while others are scared, and still others a little over-confident. We will work individually with each dog and discover the most caring and humane way to help your dog learn and trust you as their new owner.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $55 + Sales Tax $3.03)

**Keyword: Adopted**
- Sept. 14-Oct. 5 M 7-8 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-0721-OCFA

**Sport Sampler of Dog Activities**
Try a little bit of everything! Obedience, rally, agility, scent work and canine good citizen. Four weeks of learning and fun with your dog, inside where it is cool.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $55 + Sales Tax $3.03)

**Keyword: Dog**
- Sept. 18-Oct. 9 F 7-8 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-0724-OCFA
- Nov. 22-23 M 6-7 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-0724-OCFB

**Dog Grooming: Beginning**
Learn the basics of dog grooming. You'll be able to groom your dog yourself once you know some of the "tricks." We will discuss toilepins, ears, coat, and skin condition. Learn the proper tools to use on your own dog and how to make it a fun, positive experience.
Please bring your own dog for the hands-on portion. **DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply. (Cost $55 + Sales Tax $3.03)

**Keyword: Dog**
- Nov. 3 T 6-7 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-1723-OCFA

**Dog Grooming: Advanced**
You can give your dog a haircut and it CAN look good! Really! This class will show you how to use the clippers and/or scissors to get that professional finished look.
Beginning Grooming is NOT a prerequisite. Do NOT bring your own dog to this class. Kenl Inn will provide a demo dog.

**DIRECTIONS TO TRAINING SITE:** See page 64 for class location. SCC staff tuition waiver does not apply.

**Keyword: Dog**
- Nov. 10 T 6-7 p.m. $45
  - Lincoln, KENL Kenl Inn LLLX-2109-OCFA

Courses are subject to change.
NEW! 4 Craft Combo

Let’s try something new. Join our craft combo LIVE Online Zoom classes for an introductory taste of four crafts that are just for this stay at home time. Our craft guru Nikki Roseberry will lead these classes for each of the crafts shown. Supplies are limited so register early before we run out!

Once registration is closed, you will receive email notification to drive by the Continuing Education Center to pick up your craft bag of supplies. More details on the pick-up process to come in your email. On the night of class, join the Zoom classroom and craft away with Nikki. This will be such fun! Registration deadline Oct. 20.

Keyword: Craft
Oct. 27-Nov. 5  T, Th  6-7 p.m.  $49
LIVE Online, Zoom  Roseberry  LLLX-0086-TCF

VINTAGE BOOK PUMPKINS

Make a darling vintage book pumpkin just in time to spruce up your space for fall. This timeless piece will add a touch of class to your fall décor.

Bring a sharp knife such as an Xacto.
Supply fee of $9 paid to instructor in class for all supplies. Check or cash only for supplies.

Keyword: Pumpkins
Sept. 30  W  6-7:30 p.m.  $19
Lincoln, CEC, 404  Van Winkle  LLLX-0019-CEFA

NEW! Hand Lettering for Gifts

The holidays are coming and what better way than to gift something customized and handmade! Learn the art of hand lettering in this hands-on class. Small to large projects, make those gifts and tags special and unique for your friends and family!

A supply list will be sent via email two weeks prior to class.

Keyword: Gifts
Nov. 3  T  7-8:30 p.m.  $29
York, YKLC, J  Schweitzer  AREA-7655-YKTA

TAG, YOU’RE IT!

Craft some handmade tags that can be used as note cards, gift tags, gift card holders, tree ornaments, and more. We will make a variety in class, and you will be able to make more at home.

There will be a $5 supply fee payable in class. Bring to class: sharp scissors (if you have a larger and smaller pair, bring both), adhesive (tape runner, double sticky tape etc.), sharp pencil, black fine-tip marker.

Keyword: Tag
Oct. 27  T  5:30-7:30 p.m.  $19
Lincoln, CEC, 405  LLLX-0031-CEFA

SNOWFLAKE QUILLING

Quilling is an art form that involves the use of strips of paper that are rolled, shaped and placed together to create decorative designs. In this class, you will create 12 quilled snowflakes combining a number of unique shapes. Your finished products can be used as embellishments, gift tags or home and holiday decorations.

There is a $20 supply fee paid to instructor in class. Check or cash only for supplies.

Keyword: Quilling
Dec. 5  S  9 a.m.-Noon  $24
Beatrice, KEN, 334  Sisco  BBBX-2018-BEFA

HOLIDAY PAPER MAKING

All of us use paper every day, yet, few realize all of the steps necessary to change plant material to this common every day product. You will discover the basic paper making process and dazzle your paper by adding embellishments such as glitter, petals, glass beads, etc. You will create 12 unique holiday cards (envelopes included).

Bring two dry bath towels to class. There is a $20 fee payable to instructor in class. Cash or check only for supplies.

Keyword: Paper
Dec. 5  S  1-4 p.m.  $29
Beatrice, KEN, 334  Sisco  BBBX-2019-BEFA

Handmade Greeting Cards

Do you want to create fabulous cards without buying a ton of new materials? Get inspired as we create six new cards with techniques that will spice up your favorite supplies. There also will be new products to show you what is out there and how to use it. These are all NEW cards from previous classes.

Suggested supplies include: glue dots, tape runners or double-sided tape, pop dots, scissors, glue pen, and piercing tool. Register early because your card supply kit will be mailed to you. Registration deadline for Sec. TCFB is Sept. 29 and Sec. TCFC is Nov. 2.

Keyword: Cards
Oct. 7  W  6-8 p.m.  $36
LIVE Online, Zoom  Van Winkle  LLLX-0029-TCF
Nov. 11  W  6-8 p.m.  $36
LIVE Online, Zoom  Van Winkle  LLLX-0029-TCFC

4TH ANNUAL JIGSAW PUZZLE DERBY

Hey Puzzlers, I am keeping my fingers crossed that we will be able to host the 4th annual puzzle contest in 2021. The puzzle contest is one of our most popular events and such fun to participate in. Acquiring the number of same style puzzles has been a challenge since the pandemic started and not knowing what the CDC guidelines will be in 2021 is another factor that I will be watching closely. Rest assured that as soon as it is determine that we can safely host the 4th annual puzzle contest we will be shouting it from the rooftops!

Please watch for our winter schedule that will be coming out in November for the latest 2021 puzzle contest information.

Happy Puzzling!

Nancy Holman
Director, Leisure Programming

We’re Keeping You Safe
For COVID-19 updates, visit www.southeast.edu/covid-19

Space is limited. Register today!
Scrapbook Retreat
Grab your friend and your photos and let’s preserve those memories! Learn traditional layouts or digital scrapbooking. We’ll do it together!
Bring the project you would like to work on. Vendors will be available. The full retreat is held Friday and Saturday from 9 a.m.-11 p.m. and Sunday from 9 a.m.-4 p.m.

Keyword: Scrapbook
7-Hour Session Options
Oct. 2  F  9 a.m.-4 p.m.  $15
Plattsmouth, PLLC, 103 Warga AREA-3308-PLFB
Oct. 3  S  9 a.m.-4 p.m.  $15
Plattsmouth, PLLC, 103 Warga AREA-3308-PLFC
Oct. 4  U  9 a.m.-4 p.m.  $15
Plattsmouth, PLLC, 103 Warga AREA-3308-PLFD

Scrapbook Workshop
Enjoy the evening scrapbooking with others. Invite a friend and bring your project with you or ask instructor for supplies.
New student instruction will be available from 5-6 p.m. (digital or traditional) before each workshop.

Keyword: Scrapbook
Nov. 2  M  5-10 p.m.  $10
Plattsmouth, PLLC, 103 Warga AREA-3268-PLFA
Dec. 7  M  5-10 p.m.  $10
Plattsmouth, PLLC, 103 Warga AREA-3268-PLFB

Digital Scrapbooking
Would you like to scrapbook online? The instructor will show you how to load your photos, pick your theme, album type, and page layout. We will add photos, embellishments and learn the basics of digital scrapbooking.
No software needed. You will be able to access your album from any online computer.

Keyword: Scrapbooking
Oct. 26  M  7-9 p.m.  $19
Plattsmouth, PLLC, 103 Warga AREA-3081-PLFA
Nov. 30  M  7-9 p.m.  $19
Live Online, Zoom Warga AREA-3081-TCFA

Shutterfly Photo Book Memories
See page 22 for more information.

NEW! Digitizing Memories
See page 56 for more information.

Keyword: Scrapfest
Scrapfest classes are optional. You will register and pay $10 per class the day of Scrapfest. Cash or check please. We are really busy designing the great class options for January so you will have to wait until closer to January for the picture reveal.

One Fine Day  10 a.m.
Heat Wave  11 a.m.
Oh, the Memories  1 p.m.
Are We There Yet?  2 p.m.

Friday Night Crop
Prerequisite: Must register for Scrapfest (LLLX-0103) to attend the Friday night crop.
Join us on Friday for this “bare bones” crop. Leave your goods overnight and pick up where you left off when you arrive on Saturday. That’s five hours of extra scrapping for only $5. No vendors, prizes, food, etc., just extra crop time!

Keyword: Crop
Oct. 25  F  5-10 p.m.  $5
Lincoln, CEC, 302 Van Winkle LLLX-0244-CEFA

Pictures Galore, Organizing & More!
So you have thousands of photos, now what? We will offer some strategies for tackling the overwhelming task of getting a system in place to safely store your precious memories. Also, what do you do with the dreaded box of photos buried in the closet? We have many solutions to offer!

Keyword: Pictures
Oct. 28  W  6:30-9 p.m.  $19
Live Online, Zoom Van Winkle LLLX-0289-TCFA

Nothing New Trip
See page 39 for more information.

Keyword: Buying
Oct. 22  Th  5:30-8 p.m.  $35
Falls City, FCLC, 102 Bassett AREA-7040-FCLA
Nov. 5  Th  6:30-9 p.m.  $35
NE City, NCLC, 104 Bassett AREA-7040-NCLA

Courses are subject to change.
Semi-Annual • Two Full Days Available

• Reserve table space just for you (6-foot table for each person)
• Electricity and Wi-Fi
• Door prizes
• Workshops

Visit www.southeast.edu/beatricece and click on Dream Daze Scrapbook Retreat for a detailed brochure and registration information. Participants may bring their own food and non-alcoholic drinks to the retreat.

Keyword: Scrapbook

Full Retreat: 30 Hours

Sept. 18 & 19  F, S 9 a.m.-Midnight $50
Beatrice, TRU, Gym Dell BBBX-1999-BEFA

7.5-Hour Session Options

Sept. 18  F 9 a.m.-4:30 p.m. $15
Beatrice, TRU, Gym Dell BBBX-2000-BEFA
Sept. 18  F 4:30 p.m.-Midnight $15
Beatrice, TRU, Gym Dell BBBX-2000-BEFC
Sept. 19  S 9 a.m.-4:30 p.m. $15
Beatrice, TRU, Gym Dell BBBX-2000-BEFC
Sept. 19  S 4:30 p.m.-Midnight $15
Beatrice, TRU, Gym Dell BBBX-2000-BEFD

Printmaking

Discover the basics of printmaking. Various block printing and etching techniques will be covered.

All materials provided.

Keyword: Print

Sept. 3-24  Th 6:30-9 p.m. $125
Lincoln, LUXC LLLX-0807-OCAF
Oct. 1-22  Th 6:30-9 p.m. $125
Lincoln, LUXC LLLX-0807-OCAF
Oct. 29-Nov. 19  Th 6:30-9 p.m. $125
Lincoln, LUXC LLLX-0807-OCAF

Metalsmithing

Class is intended for those who have taken a metalsmithing course before and want to expand their ability to shape, form and fuse metal. Students can work on self-directed projects with instructor guidance.

Basic supplies and tools are provided.

Keyword: Metalsmithing

Oct. 13-Nov. 3  T 6:30-9 p.m. $150
Lincoln, LUXC LLLX-0271-OCAF

Giant Ruler

Create clever wall art and discover so many ways to use this ruler. It would be fun as a growth chart, in a classroom, play room, or bedroom décor. Choose between plain, stained or white chevron boards. Bring a hairdryer to class and wear paint clothes. There is a $20 supply fee payable to instructor in class. Check or cash only for supplies.

Keyword: Ruler

Nov. 5  Th 6:30-8:30 p.m. $19
Plattsmouth, PLLC, Commons Leonard AREA-2157-PLFA

Holiday & Seasonal Signs

Create your choice of seasonal wood signs using Miss Mustard Seed’s milk paint. Choose one of several Autumn or Winter/Christmas signs. We will be learning a few new techniques. You can choose from a variety of paint colors and stain colors to perfectly match your decor!

All supplies included and, as always, tea and treats, too. Product sales will not be a part of this class.

Keyword: Holiday

Nov. 7  S 9-11:30 a.m. $15
Louisville, SHSH Wolcott AREA-2175-PLFA

Painting Rustic Autumn Signs

Create your choice of seasonal wood signs using milk paint and chalk paint. Choose one of several farmhouse-styled signs. You can choose from a variety of paint colors and stain colors to match your decor perfectly!

All supplies included and as always tea and treats too. Product sales will not be a part of this class.

Keyword: Painting

Sept. 10  Th 6:30-9:30 p.m. $65
Louisville, SHSH Wolcott AREA-7700-PLFA

Barn Quilts

Barn quilts are no longer just for rural barns. Painted in bold and vivid colors, you will see them in the city on garages, sheds and fences for all to see and love. Your instructor will have many of your favorite quilt block grids to choose. Best of all, no artistic talent needed!

You can choose either the popular 2-foot by 2-foot size or the larger 3-foot by 3-foot size. Bring to class: yellow FrogTape, scissors and a hair/blow dryer.

Keyword: Barn

2-foot by 2-foot

Oct. 28  W 6-8 p.m. $69
Lincoln, CEC, 102 Mapel LLLX-1196-CEFA

3-foot by 3-foot

Oct. 28  W 6-8 p.m. $89
Lincoln, CEC, 102 Mapel LLLX-1196-CEFB

Looking for classes in your area? See pages 66-69 for the Course List by Region.

Location Key is on page 64.

We’re Keeping You Safe
For COVID-19 updates, visit www.southeast.edu/covid-19
Beginning Wood Carving
Discover basic wood-carving techniques and learn about the tools, woods and history associated with traditional carving. You will learn sharpening skills and painting techniques all while keeping safety as the top priority.

If you have never carved before, you will need a wood-carving knife, mesh glove and apron. After registration, you will be sent an email with additional information regarding the three items listed above. If you have any wood-carving tools, bring them. There will be a fee payable in class for the wood blanks to carve on. Prices vary between $5-$30. Cash or check only for supplies. Class will meet at the instructor's wood shop.

Gourd Art
Gourd art involves creating works of art using hard-shelled gourds as an art medium. Gourd surfaces may be carved, painted, sanded, burned, dyed, or polished. We will create an array of art pieces, bowls, painted, sanded, burned, dyed, or polished. medium. Gourd surfaces may be carved, art using hard-shelled gourds as an art medium.

Beginners to advanced students welcome.

Milk Paint 101: Farmhouse Barn Quilt
Paint and create a work of art to display in your home. We will be using milk paint and chalk paint. The quilt measures 25 inches.

Product sales will not be a part of this class.

Youth Pottery Wheel (Ages 10-15)
See page 60 for more information.

Adult Pottery
This class is appropriate for all levels of pottery experience. Participants will work at their own pace with instructor assistance. If you are new to pottery, learn how to get started. If you are a seasoned potter, join the class and learn some new techniques.

We will get dirty, so come dressed appropriately. Cost includes approximately 25 pounds of clay, glaze and use of tools and supplies.

Courses are subject to change.
Ceramic Wall Pocket
Create a unique, one-of-a-kind wall hanging from start to finish while learning texture techniques with clay. This class will cover sketching and development of an idea, creating your design, glazing, firing, and assembling.

There is a $30 fee paid to instructor at the first class for all supplies to complete project. Check or cash only for supplies.

**Keyword: Ceramic**
Sept. 28-Oct. 19 M 6:30-8:30 p.m. $59
Beatrice, TRU, 107 Sisco BBXB-2014-BEFA

Pottery Wheel
For beginning students, this is an introduction to the fundamentals of the pottery wheel. For more advanced students, this is an opportunity to hone their skills.

All clay, glazes, tools, and firing provided.

**Keyword: Pottery**
Sept. 1-22 T 6:30-9 p.m. $150
Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCFA
Sept. 19-Oct. 10 T 6:30-9 p.m. $150
Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCFB
Sept. 29-Oct. 27 T 6:30-9 p.m. $150
Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCFC
Oct. 17-Nov. 7 S 9-11:30 a.m. $150
Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCFD
Oct. 27-Nov. 17 T 6:30-9 p.m. $150
Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCSF
Nov. 14-Dec. 2 S 6:30-9 p.m. $150
Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCSG
Nov. 24-Dec. 15 T 6:30-9 p.m. $150
Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCSH

Create with Clay
Discover the fundamentals of hand building pots and sculptures with clay for beginning students, and allow more advanced students time to hone their skills. Hand building techniques you could do at home will be the focus.

Pottery wheel will not be covered. All clay, glazes, tools, and firing provided.

**Keyword: Clay**
Sept. 3-24 Th 6:30-9 p.m. $125
Lincoln, LUXC, Ceramic Bldg LLLX-1274-OCSA
Oct. 1-22 Th 6:30-9 p.m. $125
Lincoln, LUXC, Ceramic Bldg LLLX-1274-OCSB
Oct. 29-Nov. 19 Th 6:30-9 p.m. $125
Lincoln, LUXC, Ceramic Bldg LLLX-1274-OCSH

NEW! Parent/Child Darling Puppy Flower Arrangement / NEW! Sumptuous Summer Floral Basket / Pumpkins & Sunflowers! / Tobacco Basket Floral
See page 42 for more information.

Payment is due at time of registration for all non-credit classes.

Clay Sculpture
This is an introduction for beginning students to the fundamentals of building large sculptures out of clay. More advanced students will have time to hone their own style and skills. The instructor specializes in portraiture and figurative sculpture. However, students can make sculptures of all kinds.

All clay, glazes, tools, and firing provided. Students also have access to the LUX Center for the Arts studio during open hours throughout this class.

**Keyword: Clay**
Sept. 30-Nov. 4 W 6:30-9 p.m. $185
Lincoln, LUXC, Ceramic Bldg LLLX-0049-OCSA
Nov. 11-Dec. 16 W 6:30-9 p.m. $185
Lincoln, LUXC, Ceramic Bldg LLLX-0049-OCSB

Beginning Handweaving
Weave a “Sampler” on a 4-harness table loom. Learn the terminology, how to measure warp and weft, thread a loom and WEAVE!

All supplies will be furnished. This is a three-Saturday class, and you must be able to attend all three sessions. Please bring a sack lunch. There is a $40 supply fee payable at the first class to the Handweavers Guild. Cash or check only for supplies.

**Keyword: Weaving**
Oct. 17-31 S 9 a.m.-2:30 p.m. $45
Lincoln, WEAV LLLX-1005-OCSA

Basic Weaving
Learn basic weaving skills and terminology and take home a sampler of basic stitches using a student hand-held loom. This workshop will give you a chance to experiment with color, technique and various yarns.

The instructor will supply the loom and shuttles, acrylic yarns and threads, tapestry needles and basic weaving manual. Many will finish a second sampler using different techniques (student’s choice). Bring a sharp scissors and a wide-tooth comb. Students also may bring yarns of their choice (wool, variegated, novelty) or use instructor’s supply. Sack lunch suggested. There is a $15 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

**Keyword: Weaving**
Aug. 29 S 9 a.m.-3 p.m. $45
Plattsmouth, PLLC, 102 Hoemann AREA-2749-PLFA

Knot Your Momma’s Macramé
In this class you will make a wall hanging that will be ready to show off and hang on your walls. From four basic knots you can expand and make all kinds of art as well as rugs, plant hangers, jewelry, purses, hammocks, etc. You will start out with a 12-inch dowel and make an art piece out of cotton cord.

The instructor, has done macramé for over forty years. The new freer form of macramé is more artistic than the tight craft patterns of the 1970s. Please bring a fine tooth comb to comb out some of the cord for an additional decorative touch. Also bring a sharp scissors. There is a $10 supply fee associated with this course payable in cash. Cash or check only for supplies.

**Keyword: Knot**
Sept. 8 T 6-9 p.m. $29
Plattsmouth, PLLC, Commons Hoemann AREA-2196-PLFA

Beading a Bowl
Learn a new hobby beading. Keep your fingers moving and create a beaded trinket bowl. You will receive instructions for multiple styles of bowls, or make your own modifications. You will learn techniques to expand your creations on your own after class.

There is a $5 supply fee payable in cash. Cash or check only for supplies.

**Keyword: Beading**
Sept. 16 W 10 a.m.-Noon $19
Plattsmouth, PLLC, 102 Farmer AREA-2210-PLFA

Looking for classes in your area? See pages 66–69 for the Course List by Region.

Location Key is on page 64.
**Personal Interest**

**Creativity is Brewing!**
Join us for an evening of mixed media art on a mini canvas. Experiment with various art mediums while you sip a refreshing beverage. Beginner to advanced artists for this fun project.

There is a $5 supply fee associated with this course payable in class. Product sales will not be part of this class.

**Keyword: Creativity**
Sept. 19 S 10 a.m.-Noon $25
Louisville, SHSH Wolcott AREA-7665-PLFA

**Nebraska “N” Glass Window Painting**
It’s almost game time Husker fans! Now you can create your very own Nebraska “N” painted window to show your spirit! On an old, used window, we will paint a red “N,” outlined in white and black. Also, make your creation unique by adding polka dots or stripes! Why not make this window and sign up for the football class on page 43. You’ll be all set for Husker kickoff.

Don’t have an old window? We do! Bring to class: 1/4-inch and 1-inch paint brushes, small paint scraper, Scotch tape, and a hair dryer. Wear paint clothes. There is a $20 fee which includes fully prepped window with hanging kit. Supply fee paid to the instructor in class. Cash or check only for supplies.

**Keyword: Glass**
Aug. 29 S 9:30 a.m.-Noon $19
Lincoln, CEC, 102 Leonard LLLX-0195-CEFA

**Colored Pencil Drawing**
Discover the fun and fascination of drawing with colored pencil.

**Beginning students** are guided through exercises designed to grasp the basics of colored pencil techniques. The class will discuss differences in quality and grade of pencils and papers for drawing with colored pencil and will review the elements of drawing and composition.

**Experienced students** may bring a CP project in progress to the first class. They also may choose to explore mixed media with colored pencils.

Each student should bring a set of 12 or more quality colored pencils (e.g. Prismacolor Premier, Ticonderoga, Derwent, or Van Gogh), a colorless blending pencil, pencil sharpener and a tablet of medium to heavy weight drawing paper at least 9 inches by 12 inches. Additional materials discussed in class.

**Keyword: Drawing**
Oct. 10-Dec. 5 S 10-11:30 a.m. $90
Lincoln, CEC, 405 LLLX-1176-CEFA

**Drawing Explorations**
IF you are an intermediate or advanced artist, explore techniques and processes. Each week we will delve into selected drawing techniques intended to further your individual skills and knowledge of drawing practices. Class will include discussion, demonstrations and exchange of ideas.

Bring to class a broad sketchbook (8 inches by 10 inches or 9 inches by 12 inches), drawing pencils ranging from soft to HB, charcoal pencils, blending stubs, erasers (vinyl and kneaded) to the first class. Additional tools and supplies will be discussed at class. NOTE: No class Nov. 28.

**Keyword: Drawing**
Oct. 10-Dec. 5 S 10-11:30 a.m. $90
Lincoln, CEC, 405 LLLX-1176-CEFA

**Drawing 1: You Can Draw**
If you want to draw, you can! Learn to put what you see onto paper. Exercises are designed to help you draw, or draw better, and grasp essential skills and techniques to achieve your desired results.

Bring a #2 pencil, pencil sharpener and a pad of drawing paper to the first class.

**Keyword: Drawing**
Oct. 10-Nov. 14 S 8:30-10 a.m. $80
Lincoln, CEC, 405 Plants LLLX-0612-CEFA

**Portrait Painting Workshop**
Class will explore the basic structure and anatomy of the face, head and body; discuss issues for portraiture; developing portraits ala prima completing; and complete several practice studies from live models.

Bring to class: 6-8 canvases 12 inches by 18 inches or larger, your preferred painting medium and essential supplies.

**Keyword: Painting**
Oct. 3 S 9 a.m.-2 p.m. $59
Lincoln CEC, 405 Plants LLLX-1083-CEFA

**Oil Painting Lab**
Receive individual instruction for traditional oil paints for beginning, intermediate or advanced students.

**Beginning students** should bring several blank canvases (9 inch by 12 inch or larger), and a basic kit of oil paints, oil painting medium, low-odor thinner, and brushes. A suggested basic kit list may be obtained by contacting the Continuing Education Office (402-437-2700).

**Intermediate and advanced painters** may choose to bring oil paintings in progress to work on at the first studio session.

All students should bring table top or floor easel and come to the first class ready to begin painting.

**Keyword: Painting**
Oct. 10-Dec. 5 S 11:30 a.m.-1 p.m. $80
Lincoln, CEC, 405 Plants LLLX-0775-CEFA

**Acrylic Class (Beginning/Intermediate)**
Let the LUX Center for the Arts introduce beginning students to the fundamentals of painting with acrylics. Advanced students time to develop their skills.

All paints, brushes and materials provided. **Keyword: Acrylic**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portrait Painting Workshop</td>
<td>Oct. 28</td>
<td>3-5 p.m.</td>
<td>$49</td>
</tr>
<tr>
<td>Oil Painting Lab</td>
<td>Oct. 27-Nov. 17</td>
<td>6:30-9 p.m.</td>
<td>$125</td>
</tr>
<tr>
<td>Oil Painting Lab</td>
<td>Oct. 27-Nov. 17</td>
<td>6:30-9 p.m.</td>
<td>$125</td>
</tr>
<tr>
<td>Oil Painting Lab</td>
<td>Oct. 27-Nov. 17</td>
<td>6:30-9 p.m.</td>
<td>$125</td>
</tr>
<tr>
<td>Oil Painting Lab</td>
<td>Oct. 27-Nov. 17</td>
<td>6:30-9 p.m.</td>
<td>$125</td>
</tr>
</tbody>
</table>

**Acrylic Fluid Art**
Learn more than 16 techniques of acrylic fluid art! You have seen this abstract form of art on social media, now learn how to get the cells to pop! It is not as messy as it sounds but do wear painting clothes to class. Watch a demonstration of each technique and then it is your turn to have some fun.

All supplies are provided, but you will need to bring cardboard to transport your two 10-inch by 11-inch boards home.

**Keyword: Acrylic**
Oct. 28 W 3-5 p.m. $49
Lincoln, CEC, 102 Mapel LLLX-0187-CEFA

**Acrylic Painting: Seasons**
This is a 16-inch by 20-inch acrylic painting. Capture the cycle of life in a single tree. As we revolve around the tree we progress through the four seasons.

There is a $25 fee associated with this course payable in class. Check or cash only for supplies.

**Keyword: Acrylic**
Aug. 29 S 9:30-11:30 a.m. $24
Plattsburgh, PLLC, 103 Wilkerson AREA-7658-PLFA

**Payment is due at time of registration for all non-credit classes.**
Acrylic Painting: Pumpkins
These 12-inch by 16-inch textured paintings come to life!
There is a $25 fee associated with this course payable in class. Check or cash only for supplies. Product sales will not be a part of this class.

Woven Paper Collage
What you end up with isn’t what you start out with. Curious? Join this unique art experience where you will create a small woven paper collage. There are no rules. You will be using a tried and true art technique, and you will need to deconstruct before you can reconstruct. Still curious? Come and join the fun!
Bring to class: scissors, ruler, and if you have them, a set of watercolors and brush. Any kind of watercolors from youth set to artist level. If you don’t have any watercolors, we will provide for class use.

Intro to Watercolor Painting
Learn the basics of watercolor. We will explore a few water color painting techniques, color mixing and the best water color supplies to use. We will create several beautifully painted greeting cards to take home.
All supplies included. Product sales will not be a part of this class.

Bob Ross classes are for painters of all abilities, including beginners. Classes are offered live online via zoom or face to face depending on each painting, and taught by Certified Bob Ross instructors.
For classes offered LIVE Online via Zoom you will be emailed a supply list that you will need to purchase prior to the class. Plan on downloading the Zoom app to your tablet, laptop or desktop prior to class and then paint from your own home. It is recommended to register early so you can get your supply list in plenty of time.
For face-to-face classes, you will purchase in class the supplies needed to complete your painting that you will create in a classroom setting. Supply fee for face-to-face classes is $33 in cash payable in class. You will leave class with your completed painting.

For classes offered LIVE Online, Zoom you will be emailed a supply list that you will need to purchase prior to the class. Plan on downloading the Zoom app to your tablet, laptop or desktop prior to class and then paint from your own home. It is recommended to register early so you can get your supply list in plenty of time.

Bob Ross: Mountain at Sunset
A graceful mountain is the background for a lake surrounded by fallen colored bushes and birch trees.
A sack lunch and beverage are recommended.

Bob Ross: Desert Aglow
A colorful sunset glows against a southwestern desert landscape.

Bob Ross: Evening Tide
A full moon sheds light on a secluded beach at high tide.

Bob Ross: Blood Moon
A beautiful glowing red moon appears in a starry sky.

Bob Ross: Golden Rays of Sunlight
The start of autumn colors, fallen leaves, barren trees, with sunlight peeking through the dense forest with the hint of winter on the way.

Bob Ross: Evening Tide
A full moon sheds light on a secluded beach at high tide.

Bob Ross: Desert Aglow
A colorful sunset glows against a southwestern desert landscape.

Bob Ross: Blood Moon
A beautiful glowing red moon appears in a starry sky.

Bob Ross: Golden Rays of Sunlight
The start of autumn colors, fallen leaves, barren trees, with sunlight peeking through the dense forest with the hint of winter on the way.

Bob Ross: Mountain View
A striking oval tip and black border frames this painting on black canvas. A peaceful scene where part of the picture extends onto the border for a lovely effect.

Bob Ross: Mountain at Sunset
A graceful mountain is the background for a lake surrounded by fallen colored bushes and birch trees.
A sack lunch and beverage are recommended.

Bob Ross: Desert Aglow
A colorful sunset glows against a southwestern desert landscape.

Bob Ross: Blood Moon
A beautiful glowing red moon appears in a starry sky.

Bob Ross: Golden Rays of Sunlight
The start of autumn colors, fallen leaves, barren trees, with sunlight peeking through the dense forest with the hint of winter on the way.

Bob Ross: Evening Tide
A full moon sheds light on a secluded beach at high tide.

Bob Ross: Desert Aglow
A colorful sunset glows against a southwestern desert landscape.

Bob Ross: Blood Moon
A beautiful glowing red moon appears in a starry sky.

Bob Ross: Golden Rays of Sunlight
The start of autumn colors, fallen leaves, barren trees, with sunlight peeking through the dense forest with the hint of winter on the way.

Bob Ross: Evening Tide
A full moon sheds light on a secluded beach at high tide.

Bob Ross: Desert Aglow
A colorful sunset glows against a southwestern desert landscape.

Bob Ross: Blood Moon
A beautiful glowing red moon appears in a starry sky.

Bob Ross: Golden Rays of Sunlight
The start of autumn colors, fallen leaves, barren trees, with sunlight peeking through the dense forest with the hint of winter on the way.

Bob Ross: Evening Tide
A full moon sheds light on a secluded beach at high tide.

Bob Ross: Desert Aglow
A colorful sunset glows against a southwestern desert landscape.
NEW! Into the Night Forest Watercolor

Inspired by the classic tale “The Legend of Sleepy Hollow,” this is a striking painting that will be fun to do. You will discover the world of watercolors while creating this ghost story-themed picture.

The finished painting will be a 9-inch by 12-inch painting on watercolor paper. $15 supply fee to be paid to instructor at class. Check or cash only for supplies.

Keyword: Watercolor

Ages 7-12
Oct. 24  S  10 a.m.-Noon  Lincoln, WHLC, 102  $19  BETTendorf  AREA-7688-WHFA

Adults
Oct. 24  S  1-3 p.m.  Lincoln, WHLC, 102  $19  BETTendorf  AREA-7688-WHFA

Watercolor Painting

Beginning watercolor students will be introduced to the fundamentals of painting with watercolors and allow more advanced students time to hone their skills.

All paints, brushes and materials provided.

Keyword: Watercolor

Sept. 3-24  Th  6:30-9 p.m.  Lincoln, LUXC  LLLX-1260-OCFB
Oct. 1-22  Th  6:30-9 p.m.  Lincoln, LUXC  LLLX-1260-OCFC
Oct. 29-Nov. 19  Th  6:30-9 p.m.  Lincoln, LUXC  LLLX-1260-OCFD

The Beauty of Watercolor

Have you ever wanted to try painting with watercolor but fear you can’t do it? In each Saturday session you will be guided step by step with NO stress!

Each week you complete a painting that you can be proud of! Each Saturday the project will vary in style, technique and subject. You will be sent a supply list two weeks prior to class or you may contact Marcia for supply list and/or more information at marciartsy@itsinthewindstudio.com or 605-521-4255.

Keyword: Watercolor

Aug. 29  S  10 a.m.-Noon  Lincoln, ARCH  AREA-2181-NCFA  $24
Sept. 12  S  10 a.m.-Noon  Lincoln, ARCH  AREA-2181-NCFA  $24

Stained Glass Terrariums

Learn to construct a three-dimensional geometric glass terrarium to hang in a window or sit on your desk. Choose from various available patterns.

Tools and materials included in cost.

Keyword: Glass

Sept. 26-Oct. 17  S  10 a.m.-Noon  Lincoln, ARCH  Scott  LLLX-0196-OCFA  $75

Glass Crafting

Mosaic Serving Tray

Learn to create mosaic while making a gorgeous functional mosaic tray approximately 12 inches by 18 inches. You can create your own pattern or choose a design provided in class. Discover tips for cutting glass to create tiles, how to lay your tiles to accentuate your design, grouting, and finishing!

Cost includes use of tools and scrap glass. If desired, you may purchase sheet glass in class. $30 fee payable at the first class for the tray and substrate. Check or cash only for supplies.

Keyword: Glass

Oct. 8-Nov. 5  Th  6-8 p.m.  Lincoln, ARCH  Scott  LLLX-0282-OCFA  $110

Paint Pouring on Glass

Have you tried the acrylic paint pour technique that has taken over the nation? Why not try it on glass? We have special paints that get fired in the kiln to become permanent pieces of artwork that you can frame for display, or cut up to include in mosaics, stained glass or fusing projects.

Keyword: Paint

Aug. 27  Th  6-8 p.m.  Lincoln, ARCH  LLLX-0213-OCFA  $35

Fused Glass Serving Platter

Make your own fused glass patterns for entertaining! We will make a matching set of two dishes, one for serving and one for dipping.

Keyword: Glass

Aug. 29 & Sept. 5  S  10 a.m.-Noon  Lincoln, ARCH  LLLX-0198-OCFA  $65

Nebraska “N” Glass Window Painting

See page 36 for more information.

JEWELRY

Silverware Jewelry

If you’ve ever wondered how to create your own small jewelry or art piece cast in sterling silver, no prior metalsmithing experience is needed.

All supplies and tools provided.

Keyword: Jewelry

Oct. 26  M  6-9 p.m.  Lincoln, CEC  Scott  LLLX-0272-OCFA  $24

Lost Wax Casting

Create your own small jewelry or art piece cast in sterling silver. No prior metalsmithing experience is needed.

All supplies and tools provided.

Keyword: Casting

Sept. 8-29  T  6:30-9 p.m.  Lincoln, LUXC  LLLX-0222-OCFA  $150

Needle Arts & Sewing

Crooked Star Wall Hanging

Try something different this spring! Forget about 1/4-inch seams and templates. You’ll have fun while you create a funky star wall-hanging or table topper. If desired, after class, make more blocks at home to create a full-size quilt. Approximate 36-inch square.

Bring sewing machine, basic sewing supplies, extension cord, rotary cutter, ruler, and mat. Purchase the fabric kit in class for $25. Check or cash only for supplies.

Keyword: Star

Nov. 10 & 17  T  6:30-9 p.m.  Lincoln, CEC  Scott  LLLX-1375-CEFA  $49

Payment is due at time of registration for all non-credit classes.

We’re Keeping You Safe
For COVID-19 updates, visit www.southeast.edu/covid-19
### Machine Quilting
Do you like making quilts but don’t have time to hand quilt? This is the beginning machine quilt class for you. We will experiment with multiple machine quilting techniques and discuss batting and various marking methods.

Bring sewing machine and sewing machine instruction book as well as sewing supplies. A walking foot (straight line quilting) and a quilting or darning foot (free motion quilting) is essential. Supplies for first class will be $8. For the second class bring a small wall quilt or baby quilt and we will plan and BEGIN to quilt your top.

**Key Message:**
Perfect Pillowcase for Parent/Child (Ages 10 & Up)

See page 60 for more information.

### Magic Ballz
Magic ballz, what fun! This crazy style is fun and easy to sew. Stress free piecing is the name of the game. Fun round shapes, interesting borders make this 36-inch by 36-inch wall-hanging unique. These will be bright and cheery colors that will make you smile.

**Key Message:**
Learn to Crochet

Get started in crochet! Learn how to read patterns, begin the foundation and the basic stitches to begin your crochet adventure.

Bring to class a pair of scissors, skein of worsted weight cotton yarn (such as Sugar and Cream) and a size I or J crochet hook.

**Key Message:**
Second Step Crochet

Knowing the basic single crochet isn’t enough to complete the beautiful patterns we see all around. Come learn to half double, double and triple crochet. You will leave with a sandy square, a coaster, and an understanding of crochet patterns so you can make even more projects.

Bring to class a H or I crochet hook and two skeins of cotton yarn (Sugar and Cream is one brand).

**Bus Trips & Tours**

**Depart from Beatrice & Lincoln**

**Nothing New Trip**

Fri., Sept. 11

TRIP-1052-BEFA

$79

Now that we have your attention, let us explain this one-of-a-kind day trip. Join Kelly and Nancy on an excursion to Omaha for a day of thrifting and treasure hunting. Leave the driving to us because you will need to rest between all of our secondhand and thrift stops. Remember, one person’s trash is another person’s treasure. Who knows what you will find?

Trip requires a fair amount of walking and bus steps. Cost includes motor coach transportation and lunch. Registrations will be taken until enrollment limit is met. No refunds 14 days prior to departure date. If you need to request reasonable accommodations based on a disability, you must register and contact the Continuing Education office at continuinged@southeast.edu by Aug. 28.

SCC reserves the right to cancel any pickup stops that do not meet the minimum enrollment. Confirmation letters will be mailed to each student approximately two weeks before the trip. Letters will include exact pick-up times, locations and RSVP information. SCC staff tuition waiver does not apply.

### Bus Trips & Tours

<table>
<thead>
<tr>
<th><strong>Depart from Beatrice &amp; Lincoln</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nothing New Trip</strong></td>
</tr>
<tr>
<td><strong>Fri., Sept. 11</strong></td>
</tr>
<tr>
<td>TRIP-1052-BEFA</td>
</tr>
<tr>
<td>$79</td>
</tr>
</tbody>
</table>

Now that we have your attention, let us explain this one-of-a-kind day trip. Join Kelly and Nancy on an excursion to Omaha for a day of thrifting and treasure hunting. Leave the driving to us because you will need to rest between all of our secondhand and thrift stops. Remember, one person’s trash is another person’s treasure. Who knows what you will find?

Trip requires a fair amount of walking and bus steps. Cost includes motor coach transportation and lunch. Registrations will be taken until enrollment limit is met. No refunds 14 days prior to departure date. If you need to request reasonable accommodations based on a disability, you must register and contact the Continuing Education office at continuinged@southeast.edu by Aug. 28.

SCC reserves the right to cancel any pickup stops that do not meet the minimum enrollment. Confirmation letters will be mailed to each student approximately two weeks before the trip. Letters will include exact pick-up times, locations and RSVP information. SCC staff tuition waiver does not apply.

### Magic Ballz

**Key Message:**
Learn to Crochet

Get started in crochet! Learn how to read patterns, begin the foundation and the basic stitches to begin your crochet adventure.

Bring to class a pair of scissors, skein of worsted weight cotton yarn (such as Sugar and Cream) and a size I or J crochet hook.

**Key Message:**
Second Step Crochet

Knowing the basic single crochet isn’t enough to complete the beautiful patterns we see all around. Come learn to half double, double and triple crochet. You will leave with a sandy square, a coaster, and an understanding of crochet patterns so you can make even more projects.

Bring to class a H or I crochet hook and two skeins of cotton yarn (Sugar and Cream is one brand).

### Bus Trips & Tours

<table>
<thead>
<tr>
<th><strong>Depart from Beatrice &amp; Lincoln</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nothing New Trip</strong></td>
</tr>
<tr>
<td><strong>Fri., Sept. 11</strong></td>
</tr>
<tr>
<td>TRIP-1052-BEFA</td>
</tr>
<tr>
<td>$79</td>
</tr>
</tbody>
</table>

Now that we have your attention, let us explain this one-of-a-kind day trip. Join Kelly and Nancy on an excursion to Omaha for a day of thrifting and treasure hunting. Leave the driving to us because you will need to rest between all of our secondhand and thrift stops. Remember, one person’s trash is another person’s treasure. Who knows what you will find?

Trip requires a fair amount of walking and bus steps. Cost includes motor coach transportation and lunch. Registrations will be taken until enrollment limit is met. No refunds 14 days prior to departure date. If you need to request reasonable accommodations based on a disability, you must register and contact the Continuing Education office at continuinged@southeast.edu by Aug. 28.

SCC reserves the right to cancel any pickup stops that do not meet the minimum enrollment. Confirmation letters will be mailed to each student approximately two weeks before the trip. Letters will include exact pick-up times, locations and RSVP information. SCC staff tuition waiver does not apply.

### Magic Ballz

**Key Message:**
Learn to Crochet

Get started in crochet! Learn how to read patterns, begin the foundation and the basic stitches to begin your crochet adventure.

Bring to class a pair of scissors, skein of worsted weight cotton yarn (such as Sugar and Cream) and a size I or J crochet hook.

**Key Message:**
Second Step Crochet

Knowing the basic single crochet isn’t enough to complete the beautiful patterns we see all around. Come learn to half double, double and triple crochet. You will leave with a sandy square, a coaster, and an understanding of crochet patterns so you can make even more projects.

Bring to class a H or I crochet hook and two skeins of cotton yarn (Sugar and Cream is one brand).

### Bus Trips & Tours

<table>
<thead>
<tr>
<th><strong>Depart from Beatrice &amp; Lincoln</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nothing New Trip</strong></td>
</tr>
<tr>
<td><strong>Fri., Sept. 11</strong></td>
</tr>
<tr>
<td>TRIP-1052-BEFA</td>
</tr>
<tr>
<td>$79</td>
</tr>
</tbody>
</table>

Now that we have your attention, let us explain this one-of-a-kind day trip. Join Kelly and Nancy on an excursion to Omaha for a day of thrifting and treasure hunting. Leave the driving to us because you will need to rest between all of our secondhand and thrift stops. Remember, one person’s trash is another person’s treasure. Who knows what you will find?

Trip requires a fair amount of walking and bus steps. Cost includes motor coach transportation and lunch. Registrations will be taken until enrollment limit is met. No refunds 14 days prior to departure date. If you need to request reasonable accommodations based on a disability, you must register and contact the Continuing Education office at continuinged@southeast.edu by Aug. 28.

SCC reserves the right to cancel any pickup stops that do not meet the minimum enrollment. Confirmation letters will be mailed to each student approximately two weeks before the trip. Letters will include exact pick-up times, locations and RSVP information. SCC staff tuition waiver does not apply.

### Magic Ballz

**Key Message:**
Learn to Crochet

Get started in crochet! Learn how to read patterns, begin the foundation and the basic stitches to begin your crochet adventure.

Bring to class a pair of scissors, skein of worsted weight cotton yarn (such as Sugar and Cream) and a size I or J crochet hook.

**Key Message:**
Second Step Crochet

Knowing the basic single crochet isn’t enough to complete the beautiful patterns we see all around. Come learn to half double, double and triple crochet. You will leave with a sandy square, a coaster, and an understanding of crochet patterns so you can make even more projects.

Bring to class a H or I crochet hook and two skeins of cotton yarn (Sugar and Cream is one brand).
Wine, Dine & Sights in the City Trip
Fri., Oct. 9  TRIP-1051-BEFA  $89

Who knew we had so much to do so close to home? Join SCC on a day trip to Pawnee City. Our trip will be chock full of history and fun with our very own step-on guide. Start the day off at Pawnee City's Historical Society Museum. This is not your normal museum visit as it consists of 22 actual buildings, including Larry the Cable Guy's barn, Gov. David Butler's home, a log cabin, 1,600 salt and pepper shakers, 800 kinds of barbed wire, and a variety of quilts and farm implements. That is just our FIRST stop.

We will dine at Schilling Bridge, where the owners will tell us all about their business and what it's like to own the first-ever Farm Winery and Microbrewery. Wine tasting will be available but is not included in tuition. Participants may pay $5 per person to Schilling Bridge if they wish to partake in wine tasting. After a delicious lunch, we will be off for additional exciting stops that may include an Amish farm, African Safari Display, and Peddle Car Museum. It is a short trip, but packed with a lot of energy.

Trip requires a fair amount of walking. Cost includes motor coach transportation. Not recommended for persons under age 10. Participants 16 years and younger must have a paid, accompanying adult. Registrations will be taken until enrollment limit is met. No refunds after Sept. 18. If you need to request reasonable accommodations based on a disability, you must register and contact your Learning Center to discuss your needs no later than Sept. 18. SCC reserves the right to cancel any pick-up stops that do not meet the minimum enrollment. A confirmation letter and itinerary will be mailed to each student approximately two weeks prior to this trip with exact pickup times, locations and RSVP information. SCC staff tuition waiver does not apply.

Key: Trip

Fall Junkstock Bus Trip
Fri., Oct. 6  TRIP-1061-FCFA  $69

Calling all flea market and farmhouse-style decorators: Junkstock! The largest and most unique fall junkstock is tentatively scheduled for Oct. 2-4. Check out the Fall Junkstock Facebook page for more details!

Trip requires a fair amount of walking. Cost includes motor coach transportation. Not recommended for persons under age 10. Participants 16 years and younger must have a paid, accompanying adult. Registrations will be taken until enrollment limit is met. No refunds after Sept. 18. If you need to request reasonable accommodations based on a disability, you must register and contact your Learning Center to discuss your needs no later than Sept. 18. SCC reserves the right to cancel any pick-up stops that do not meet the minimum enrollment. A confirmation letter and itinerary will be mailed to each student approximately two weeks prior to this trip with exact pickup times, locations and RSVP information. SCC staff tuition waiver does not apply.

Key: Trip

DANCE

Two Step & Waltz
These dances are used and liked no matter what type of music you enjoy. You'll be introduced to the Country and Ballroom Two-Step and Waltz.

Please put both partners' names and information on the registration form.

Key: Waltz

Jitterbug & East Coast Swing
Learn leading and hand positions, the six-count basic swing, arch, tuck and loop turns, free spins, arm slides, waist wraps, and the jitterbug. Dance to Country music and big band.

Please put both partners' names and information on the registration form.

Key: Swing

Latin Cha Cha & Salsa Dance
Learn to dance to the Salsa and cha cha that are so popular!

Please put both partners' names and information on the registration form.

Key: Salsa

Beginning Line Dance
How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They’re fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early!

Key: Dance

www.southeast.edu/continuing
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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 22</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 102</td>
<td>$29</td>
</tr>
</tbody>
</table>

NEW! Palmistry  
Discover the elements of a basic palm read. We will discuss hand shape, skin texture, finger prints, major and minor lines, and more. The first half hour of class you will make a print of your hands using water soluble ink. Bring a magnifying glass and ruler. Please Note: This is not a predictive or fortune-telling class. You will have opportunities to work with your print, and/or with a partner’s hands if you desire.

**Keyword: Palmistry**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 22</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 102</td>
<td>$29</td>
</tr>
</tbody>
</table>

**Family Matters**

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.

Class is live-streamed from York.

**Keyword: Power**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 15</td>
<td>6-8 p.m.</td>
<td>Rauert</td>
<td>$25</td>
</tr>
</tbody>
</table>

Keywords: Dance, Ballet, Tap, Irish Step, Irish Social, Palmistry, Treasure Hunting, Power of Attorney.
**FLORAL DESIGN**

**NEW! Parent/Child Darling Puppy Flower Arrangement**

Bring your 6- to 12-year-old child, grandchild or neighbor and go home with a darling puppy. Less commitment than a trip to the pound! All materials supplied. Only the adult needs to register and pay cost.

Keyword: Puppy

Nov. 7  S  1-3:30 p.m.  Nebraska City, NCF  C cram  AREA-6122-NCFA

**NEW! Sumptuous Summer Floral Basket**

Bring all the bright colors and fragrance of summer inside! Supply list sent approximately one week prior to class.

Keyword: Floral

Sept. 17  T  5:30-8 p.m.  Lincoln, CEC  Aud  AREA-6121-NCFA
Sept. 19  S  1-3:30 p.m.  Lincoln, CEC  Aud  AREA-6121-NCFB

**Pumpkins & Sunflowers!**

Kick off fall with this fun arrangement. Pumpkins may vary according to availability. All materials provided.

Keyword: Pumpkins

Oct. 15  T  5:30-8 p.m.  Lincoln, CEC  Aud  AREA-6120-NCFD $59
Oct. 17  S  1-3:30 p.m.  Lincoln, CEC  Aud  AREA-6120-NCFA $59

**Tobacco Basket Floral**

Tobacco baskets were originally used to display tobacco when taken to market, however they are the hot decorator item right now. This 12-inch by 12-inch basket is just the right size for table or door.

Bring to class: wire cutters, hot glue gun and glue sticks

Keyword: Floral

Nov. 3  T  6-8 p.m.  Lincoln, CEC  Aud  AREA-6032-CEFA $59

**Foods**

**NEW! The Great Mystery Bake Off – Nailed It Edition**

Recruit the sous chefs in your family, clear the counters and join us for a bake-off via Zoom. Only amateurs need apply, no professionals here. Your team can consist of your household members or you can compete by yourself.

Each team needs to have two round cake layers baked and cooled by the challenge. These should be made ahead of time. Bonus points if you don’t use a mix, but hey, who’ll know? We’ll give you the challenge at the start of the event and you will use the cake layers to assemble it. We also suggest that you have ingredients for your favorite chocolate frosting on hand.

We are all about friendly competition and laughs. No big money winners here just bragging rights for next year. Our team of judges will be checking in with you throughout the competition, so make sure your laptop/computer/device is set up so they can see how you’re progressing and chat while you work. Space is limited so don’t be left out.

Registration deadline is Oct. 15.

Keyword: Mystery

Oct. 17  S  9-10 a.m.  Lincoln, CEC  Aud  AREA-6046-TCFA $10

**LOOKING FOR CLASSES IN YOUR AREA?**

See pages 66-69 for the Course List by Region.

**LOCATION KEY** is on page 64.

---

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 SHIP will cover the cost. To register for in-person or webinar presentations, please visit www.doi.ne.gov/ship. For questions, please call 402-471-2841.

In-person presentations are available on:

- Sept. 3  Th  6:30-7:30 p.m.  Beatrice, KEN, 334
- Sept. 22  T  6-8 p.m.  Lincoln, CEC, Aud
- Sept. 23  W  5:30-7:30 p.m.  Falls City, FCLC, 102
- Sept. 23  W  5:30-7:30 p.m.  Hebron, HNLC, 101
- Sept. 23  W  5:30-7:30 p.m.  Wahoo, WHLC, 102
- Oct. 1  Th  6-8 p.m.  Lincoln, CEC, Aud
- Dec. 17  Th  6-8 p.m.  Lincoln, CEC, Aud

Webinar presentations are available on:

- Sept. 10  Th  5:30-7:30 p.m.  Lincoln, CEC, Aud
- Oct. 14  W  Dec. 17  Th

**Pick the Right Medicare Drug Plan**

Medicare drug coverage can be confusing. Each year Medicare drug plans make changes to the cost and coverage you can receive. Knowing what those changes are and where to get information about your alternatives is important to ensure you get the best coverage at the lowest price. This class will teach you the basics of Medicare prescription drug plans, how they work, and what questions you should be asking when evaluating your options.

To register, please visit www.doi.ne.gov/ship. For questions, please call 402-471-2841.

- Sept. 16  W  5:30-7:30 p.m.  Nebraska City, NCLC, 105
- Sept. 30  W  5:30-7:30 p.m.  Falls City, FCLC, 102
- Sept. 30  W  5:30-7:30 p.m.  Hebron, HNLC
- Sept. 30  W  5:30-7:30 p.m.  Wahoo, WHLC, 101

**NEW! From Theory to Discovery: Breaking Down Your Brick Wall with Timelines / Beginning Genealogy: Start Your Family History / Intermediate Genealogy / DNA Tells A Story**

See page 47 for more information.

**NEW! Let’s Do Lunch: Vacation Planning**

See page 55 for more information.

---

Space is limited. Register today!
NEW! Gingerbread House & More

A fun class where adult and child (age 4+) work together to create a gingerbread masterpiece of their own. No kits here! You will create your gingerbread house that looks great and also tastes delicious. Celebrate with us at the Great Plains Culinary Institute.

Bring a container to transport your gingerbread creation home. Class is designed for one adult and one child. Only the adult needs to register and pay cost. Please Note: Parents/guardians are responsible for the supervision and behavior of minors while on campus or in a continuing education adult/child class.

Dec. 12  S  9-11 a.m.  Lincoln, LNK, D-4  $29  LLLX-1616-LNFA

Lincoln, LNK, D-4  $29  LLLX-1616-LNFB

NEW! Yule Log

The Buche de Noel cake is a French Christmas tradition that dates back to the 19th century. Join us to make a rolled and filled chocolate cake that is iced and completed with seasonal decorations.

Bring to class: a small box or container of red, green or white fondant, an offset spatula and a tray or cookie sheet to transport your completed cake. Optional: mixer, small seasonal cookie cutters, jelly roll pan, any other decorations for your cake. Wear non-slip shoes and a hair restraint, bring an apron.

Dec. 12  S  12:30-2:30 p.m.  Lincoln, LNK, D-4  $29  LLLX-1616-LNFA

Lincoln, LNK, D-4  $29  LLLX-1616-LNFB

NEW! Cajun Cook

Learn how simple it is to bring a taste of New Orleans home. Our chef has spent years perfecting the creole flavor so you don’t have to.

Demonstration and sampling round out the class.

Sept. 28  M  6-8 p.m.  Plattsburgh, FKHIM  $19  Shav  AREA-4456-PLUA

Truly Mexican: Tacos, Tacos & More Tacos

Tacos is the name of the game! Tacos al pastor, chorizo and potato tacos and bricklayer tacos with street salsa and horchata.

Bring your apron and join the fun!

Oct. 10  S  9 a.m.-Noon  Lincoln, CEC, 104  $39  Hickey  LLLX-2045-CEFA

Truly Mexican: Breakfast

Lupe’s in the kitchen cooking up Mexican Breakfast: chilaquiles, frontier beans and avocado tomato salad.

Bring your aprons, and containers for leftovers.

Oct. 24  S  9 a.m.-Noon  Lincoln, CEC, 104  $39  Hickey  LLLX-1647-CEFA

Pizza on the Grill

From top to bottom; we will prepare the dough, make the sauces, chop and dice, sauté, and bake pizza on the grill. From a traditional herbed garlic red to specialty sauces like a white roasted garlic and feta or a Thai peanut sauce, we’ll try a variety of pizzas and toppings and some interesting combinations, including a dessert pizza! You will take home pizza dough, recipes and you’ll never call for takeout pizza again!

This is a hands-on demonstration. There is a $25 fee associated with this course payable in class. Cash or check only for supplies.

Oct. 13  T  6-8 p.m.  NE City, WPBB  $29  Stavas  AREA-4594-NCFA

Sushi Basics

Sushi rice and rolls are on the menu at the Great Plains Culinary Institute where Instructor Kelley Rawlings will help you get acquainted with the knives, ingredients and equipment to make your own delicious sushi. Let’s dive right in, it’s easier than you think!

Oct. 24  S  6-8 p.m.  Lincoln, LNK, D-4  $29  Rawlings  LLLX-0155-LNFA

Oct. 21  S  9 a.m.-Noon  Lincoln, CEC, 104  $39  Hickey  LLLX-0560-CEFA

Sushi Basics

Sushi rice and rolls are on the menu at the Great Plains Culinary Institute where Instructor Kelley Rawlings will help you get acquainted with the knives, ingredients and equipment to make your own delicious sushi. Let’s dive right in, it’s easier than you think!

Oct. 24  S  6-8 p.m.  Lincoln, LNK, D-4  $29  Rawlings  LLLX-0155-LNFA

Oct. 21  S  9 a.m.-Noon  Lincoln, CEC, 104  $39  Hickey  LLLX-0560-CEFA

Truly Mexican: Appetizers

Delicious Mexican appetizers including: Chicken, potato flautas, salpicon tostadas, salsa verde, cilantro cream sopapilla cinnamon crescents.

Bring an apron and small containers for leftovers.

Nov. 7  S  9 a.m.-Noon  Lincoln, CEC, 104  $39  Hickey  LLLX-0536-CEFB
Create Your Own Sushi
Discover the secret of making sushi rice and be introduced to the four main types of sushi rolls: cucumber, California Roll, Shrimp or Tuna, and Veg/Seafood medley. History, etiquette and prizes for the best rolls.

Supply fee paid in class will be determined by market price of seafood at the time of class and you will be notified of that cost prior to the class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 27</td>
<td>T</td>
<td>6-8 p.m.</td>
<td>Stavas</td>
<td>$29</td>
</tr>
<tr>
<td>NE City, WPBB</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov. 18</td>
<td>W</td>
<td>6-8 p.m.</td>
<td>Stavas</td>
<td>$29</td>
</tr>
<tr>
<td>NE City, WPBB</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coffee Cupping & Flavor Profiling
Coffee Lovers, this is your class! You will learn how to cup coffee and participate in cupping a variety of coffees as well as discovering green coffees, origins and flavor profiles. Find out about the Coffee Taster’s Flavor Wheel, Le Nex Du Cafe sampling kit and Q-grader training.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 10</td>
<td>S</td>
<td>10 a.m.</td>
<td>Ferguson</td>
<td>$39</td>
</tr>
<tr>
<td>Lincoln, LNK, D-2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov. 14</td>
<td>S</td>
<td>10 a.m.</td>
<td>Ferguson</td>
<td>$39</td>
</tr>
<tr>
<td>Lincoln, LNK, D-2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tea Chat: Tea 101
Are you a tea drinker? Do you think you know all there is to know about tea? Discover the benefits of incorporating tea in your life.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 23</td>
<td>W</td>
<td>7-8:30 p.m.</td>
<td>Hefley</td>
<td>$39</td>
</tr>
<tr>
<td>Lincoln, GLTC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tea Lattes
Stay warm this winter by learning to use tea and cream to make lattes. We will discover how to prepare tea for lattes, such as earl grey, matcha latte, and green tea. You’ll learn about the different types of tea and how to make the best cup of tea.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 19</td>
<td>Th</td>
<td>6-8 p.m.</td>
<td>Hefley</td>
<td>$39</td>
</tr>
<tr>
<td>Lincoln, GLTC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW! Sourdough Bread 101
Sourdough is a treasured part of many kitchens. Flour, water and a little bit of patience will allow you to make your very own bubbly, active starter ready to make your incredible sourdough bread. Get tips, tricks and some tasty recipes.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 5</td>
<td>M</td>
<td>6-7 p.m.</td>
<td>Kreikeimer</td>
<td>$12</td>
</tr>
<tr>
<td>LIVE Online, Zoom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW! Yeast Bread
Your family’s mouths will be watering from the great aroma of fresh bread that you will want to create after this class. Discover the basic techniques and procedures to create cinnamon rolls, focaccia and baguettes. Wear non-slip shoes and bring your apron.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 17</td>
<td>S</td>
<td>8 a.m.-Noon</td>
<td>Nixeman</td>
<td>$49</td>
</tr>
<tr>
<td>Lincoln, LNK, D-3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW! Egg-cellent Eggs!
Did you know there are 100 different ways to make eggs? If you are tired of eating eggs cooked the same way over and over, this class is a must. Learn ten different ways to cook eggs. The best part is you will learn to do this in your own kitchen.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 4</td>
<td>W</td>
<td>6:30-8:30 p.m.</td>
<td>Lott</td>
<td>$29</td>
</tr>
<tr>
<td>LIVE Online, Zoom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW! Go Crazy with Crepes
Discover how to master whipping, pouring and swirling the classic French Crepe! They are fantastic to support both savory and sweet dishes. And, they’re way easier to make then you think. Really!

Limited hands-on/demonstration/tasting. There is a $15 fee associated with this course payable in class. Cash or check only for supplies.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 7</td>
<td>S</td>
<td>11 a.m.-1 p.m.</td>
<td>Stavas</td>
<td>$39</td>
</tr>
<tr>
<td>NE City, WPBB</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Beginning Cheese Making
A perfect starter course for the novice cheesemaker. We will cover ingredients and equipment used in home cheese-making and will produce a 30-minute mozzarella, Fromage Blanc and homemade cottage cheese during class. A feather bread for tasting will be made using leftover whey. Sampling of homemade hard cheeses will round out the class.

Bring to class an apron, wear close-toed shoes and a hair restraint.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 26</td>
<td>S</td>
<td>9 a.m.-Noon</td>
<td>Coatney</td>
<td>$39</td>
</tr>
<tr>
<td>Lincoln, CEC, 104</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cheesemaking Around the World
Let’s take our mozzarella one step further and turn it into string cheese, Paneer (a cheese popular in India), Amish Clabber Cheese, Herbed cherve and Greek Feta. Don’t miss this one.

Bring your apron, wear close-toed shoes and hair restraint.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 17</td>
<td>S</td>
<td>9 a.m.-Noon</td>
<td>Coatney</td>
<td>$39</td>
</tr>
<tr>
<td>Lincoln, CEC, 104</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What to Do with All Those Apples!
Sweet, crisp, tart and juicy. Of course there is apple pie, but we’ll cover many other ways to serve up this delicious fruit. We’ll do a review on the different types of apples and which varieties are great for cooking. From appetizers and drinks to one of its traditional pairings with pork, then ending with dessert. You’ll be ready to head to the orchard for that peck of apples and get started cooking.

This is a hands-on demonstration. There is a $20 fee associated with this course payable in class. Cash or check only for supplies.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 22</td>
<td>T</td>
<td>6:30-9:30 p.m.</td>
<td>Lott</td>
<td>$35</td>
</tr>
<tr>
<td>NE City, WPBB</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW! Fudgy Fun
A classic favorite, fudge is a simple delicacy that is enjoyed by all ages. Discover the art of making this simple treat in your own kitchen to satisfy your sweet tooth. Marble fudge, flavored fudge, and classic chocolate fudge will be ready to enjoy at the end of class.

Supply list will be emailed two weeks prior to class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 10</td>
<td>S</td>
<td>9-11 a.m.</td>
<td>Lott</td>
<td>$29</td>
</tr>
<tr>
<td>LIVE Online, Zoom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEW! Home Chocolatier
Take your holiday goodie trays to the next level with filled chocolate bon-bons. Discover the basics of tempering chocolate to use for decorations and filled bonbons.

Bring to class 1.5 or 2 quart microwaveable plastic bowl, thermometer suitable for chocolate, small spatula, hair dryer, wear slip resistant shoes and be sure to bring an apron. Chocolate is messy!

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 31</td>
<td>S</td>
<td>9 a.m.-Noon</td>
<td>Harper</td>
<td>$49</td>
</tr>
<tr>
<td>Lincoln, CEC, 104</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Looking for classes in your area?
See pages 66-69 for the Course List by Region.

Location Key is on page 64.
Basic Art of Cookie Decorating: Halloween & Holiday Editions

We will learn all the basics: how to prepare a cookie for decorating, how to color and create different icing consistencies, how to find and use cookie decorating tools and special techniques to give your cookies the professional look! Limited space. This class will have a festive/seasonal theme showcasing six different designs. Everyone will leave the class with a dozen beautifully decorated cookies to take home.

Product sales will not be a part of this class.

Sugar Cookie Fun Part 2
Now that you know how to do basic outlining and flooding, take your cookies to the next level with some additional decorating techniques. You will work with airbrushing, stenciling and a variety of piping techniques. It is amazing how the addition of one of the techniques will take your cookies to the next level. Bring a batch of your favorite sugar cookies in holiday shapes and get ready have some fun!

Bring to class: one batch of baked cookies, two cookie sheets with sides and a small rubber spatula. Optional: piping tips, scribe tool, small food safe decorating brushes. Wear close-toed shoes and a hair restraint.

Macarons
French and fussy, macarons have a reputation for being challenging to make. In this class you will learn the techniques needed to make beautiful and delicious macarons. As a class we will make and share chocolate ganache, butter cream and pastry cream fillings.

Bring to class: Two heavy/sturdy cookie sheets, spatula and 1 cup liquid measuring cup. Optional: mixer powerful enough to whip egg whites into meringue. Wear hair restraint and close-toed shoes.

Scones
Whether it’s breakfast, brunch or midday snack, scones are always welcome. We will make a variety of scones, both savory and sweet. While the scones are baking, as a class we will make a fruit topping and finish the class with a scone swap.

Supply list will be sent approximately one week prior to class.

Beginning Cake Decorating
This four-week course will help you develop the skills to create beautiful cakes with borders, writing, decorations, flowers, and much more. No specific skill is needed, just a willingness to learn and have fun.

A supply list and frosting recipe will be emailed to you upon registration so BE SURE TO INCLUDE YOUR EMAIL ADDRESS.

Introduction to Cake Decorating
Explore the basics of cake decorating. Cakes, frosting and tools will be discussed.

Bring an apron and an 8-inch round or square baked white cake from mix, for hands-on practice. Place your cake on a flat plate or tray.

Coffee cake
Coffee cake is a beloved coffee house favorite. We will create a cinnamon coffee cake with your choice of a crunchy crumble or streusel topping.

Supplies list will be sent approximately one week prior to class.

Payment is due at time of registration for all non-credit classes.
Homemade Kolaches
Entice any guest in your home with the sweet smell of home-baked goods. Learn how to make the versatile dough that can be used to make kolaches from a local expert. You will have the opportunity to make several kolaches to take home. Recipes for homemade fillings will be included with the Sweet Roll Dough recipe. Space is limited.

Supply list will be emailed one week prior to class.

Keyword: Kolaches
Sept. 12 S 9-11:30 a.m. $39
LIVE Online, Zoom Brunow AREA-4503-TCFA
Oct. 24 S 9-11:30 a.m. $39
LIVE Online, Zoom Brunow AREA-4503-TCFA

Kolaches & Cinnamon Twists
Learn the art of Czech baking including how to make kolaches and cinnamon twists from a state fair first-place winner. You will learn how to make yeast dough as well as from a local expert. You will have the opportunity to make several kolaches to take home. Recipes for homemade fillings will be included with the Sweet Roll Dough recipe. Space is limited.

Supply list will be emailed one week prior to class.

Keyword: Kolaches
Aug. 29 S 8:30-11:30 a.m. $39
Lincoln, CEC, 104 Niemann LLLX-1613-CEFA
Aug. 29 S 1-4 p.m. $39
Lincoln, CEC, 104 Niemann LLLX-1613-CEDB
Oct. 3 S 8:30-11:30 a.m. $39
Lincoln, CEC, 104 Niemann LLLX-1613-CEFC
Oct. 3 S 1-4 p.m. $39
Lincoln, CEC, 104 Niemann LLLX-1613-CEFD

Cinnamon Rolls & Crescent Rolls
Don’t you just love the smell of fresh baked cinnamon rolls and flaky crescent rolls? Learn how to make those cinnamon rolls like grandma used to and fill your kitchen with the warm spicy smell. Use the same versatile dough to make delicious crescent rolls and master the art of sweet roll dough.

A supply list will be sent one week prior to class.

Keyword: Rolls
Dec. 12 S 9-11:30 a.m. $23
LIVE Online, Zoom Brunow AREA-4502-TCFA

Nutrient Dense Foods: Grass-Fed Meat, Pastured Poultry, Eggs & Bone Broth
Learn the difference between grass-fed and grain-fed meat as well as the benefits of pastured poultry, eggs and pork. We also will look at bone broth and why we want to re-introduce this nutrient-dense food into our diet.

Keyword: Nutrient
Sept. 29 T 6:30-8 p.m. $19
Beatrice, KEN, 334 Weichel BBBX-1251-BEFA

Fats & Oils
Learn why fats are essential to our health. Fats play a critical role in our mental well-being and are linked to weight loss. Learn about their importance as well as how to recognize counterfeits.

Keyword: Fats
Oct. 27 T 6:30-8 p.m. $19
Beatrice, KEN, 334 Weichel BBBX-1252-BEFA

Instant Pot Cooking Basics
The Instant Pot is the latest hot kitchen appliance. Whether you have one and are scared to use it or you are thinking about buying one, this class is for you. Learn about basic features of the instant pot and how recipes can be converted and adapted. See how easy it can be!

Keyword: Instant
Oct. 6 T 6-8 p.m. $24
LIVE Online, Zoom Rentz AREA-4441-TCA

Air Fryer 101
Did you know that the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices and yummy recipes that you can make in your air fryer.

Keyword: Fryer
Oct. 22 Th 6:45-8:45 p.m. $25
Beatrice, KEN, 334 Buethe BBBX-2029-BEFA
Oct. 22 Th 6:45-8:45 p.m. $25
NE City, NCLC, 101 Buethe BBBX-4457-NCFB
Oct. 24 S 9-11 a.m. $25
LIVE Online, Zoom Buethe LLLX-0547-TCA

Katie’s Cooking Class: Knife Techniques
Expand your knowledge about different knives, their purpose, and how to keep them sharp. Katie, our culinary pro will help you discover how to safely chop and prepare different fruits and vegetables for easy consistent cooking.

Keyword: Knife
Oct. 14 W 6-8 p.m. $39
LIVE Online, Zoom Skinner LLLX-2046-TCA

Make Ahead: Freezer Meals, Tips & Tricks
Want to simplify your daily meal routine? Freezer meals are super handy whether you’re looking for convenience, trying to eat healthy, or planning ahead. We will look at meal planning strategies, explore the various options of cooking ahead, how to safely freeze food and preserve quality, what freezes well and what doesn’t, and how to store a month’s worth of meals in your freezer.

A variety of freezer meal recipes will be provided along with additional resources.

Keyword: Freezer
Sept. 15 T 6-8 p.m. $19
LIVE Online, Zoom Norden AREA-4420-TCA
Nov. 12 Th 6-8 p.m. $19
LIVE Online, Zoom AREA-4420-TCA
Dec. 9 W 6-8 p.m. $19
York, YKLC, J Lott AREA-4420-YKFA

Food Protection Manager Online Class
This class is accepted by the Lincoln Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

Students receive their assignments online through SCC’s online learning platform. Upon completion of each reading assignment, students will complete an online quiz. A minimum grade of 80% is required on each quiz to qualify the student to take the final ServSafe exam.

The ServSafe exam is taken online in the SCC Testing Center in Beatrice or Lincoln or at the Learning Center at Hebron or Nebraska City.

Students need: computer with high-speed internet connection, working knowledge of computer and internet experience. Please note: You cannot access the course using an iPad or Android tablet. There is a six-hour waiting period between online registration for the class and class access.

You may register at any time for this class. After you register online, purchase the book “ServSafe Manager” at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. For registration and log-in information, go to http://bit.ly/registerce.


Keyword: Protection
Online FSOT-3000-WB5A $65

Courses are subject to change.

Payment is due at time of registration for all non-credit classes.
Intermediate Genealogy
Boost your genealogy research. Find out if your family homesteaded or fought in the Revolutionary War. This class introduces sources such as land records, military papers, immigration/naturalization documents, newspapers and courthouse resources. Learn where to find the clues and break through your brick walls.

**Keyword: Genealogy**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 19 &amp; 26</td>
<td>6:30-8:30 p.m.</td>
<td>Stewart</td>
<td>LLLX-0938-TCFA</td>
<td>$39</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 15</td>
<td>6:30-8 p.m.</td>
<td>Callahan</td>
<td>AREA-6361-TCFA</td>
<td>$19</td>
</tr>
<tr>
<td>Oct. 24</td>
<td>9:30-11 a.m.</td>
<td>Callahan</td>
<td>AREA-6361-TCFB</td>
<td>$19</td>
</tr>
</tbody>
</table>

History of Lincoln: Part 1
Lincoln historian Jim McKee will lead you through a slide-illustrated history of Lincoln, beginning with the city as Lancaster and entirely owned by the Methodist Church through the building of the first capitol, the University and the depression of 1893.

**Keyword: Lincoln**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 14-28</td>
<td>7-9 p.m.</td>
<td>McKee</td>
<td>LLLX-0412-OCFA</td>
<td>$50</td>
</tr>
</tbody>
</table>

History of Lincoln: Part 2
Historian Jim McKee will continue the history of Lincoln’s depression of 1893 through the development of downtown Lincoln, Lincoln’s parks and the second and third capitol.

**Keyword: Lincoln**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 1-18</td>
<td>7-9 p.m.</td>
<td>McKee</td>
<td>LLLX-0412-OCFA</td>
<td>$50</td>
</tr>
</tbody>
</table>

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: Genealogy**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 19 &amp; 26</td>
<td>6:30-8:30 p.m.</td>
<td>Stewart</td>
<td>LLLX-0938-TCFA</td>
<td>$39</td>
</tr>
</tbody>
</table>

Beginning Genealogy: Start Your Family History
Have you watched Finding Your Roots and wondered about your own family stories? This is the best time to trace your family tree. Bring what you know about your family to the first class and learn the basics. Discover how to organize, where to look for clues and how to find good information.

**Keyword: Genealogy**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14-28</td>
<td>6:30-8:30 p.m.</td>
<td>Stewart</td>
<td>LLLX-0937-TCFA</td>
<td>$49</td>
</tr>
</tbody>
</table>

History of Lincoln: Part 1
Lincoln historian Jim McKee will lead you through a slide-illustrated history of Lincoln, beginning with the city as Lancaster and entirely owned by the Methodist Church through the building of the first capitol, the University and the depression of 1893.

**Keyword: Lincoln**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 14-28</td>
<td>7-9 p.m.</td>
<td>McKee</td>
<td>LLLX-0412-OCFA</td>
<td>$50</td>
</tr>
</tbody>
</table>

History of Lincoln: Part 2
Historian Jim McKee will continue the history of Lincoln’s depression of 1893 through the development of downtown Lincoln, Lincoln’s parks and the second and third capitol.

**Keyword: Lincoln**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 1-18</td>
<td>7-9 p.m.</td>
<td>McKee</td>
<td>LLLX-0412-OCFA</td>
<td>$50</td>
</tr>
</tbody>
</table>

NEW! What is a CSA?
Community Supported Agriculture (CSA) is a farming model that allows consumers to support farmers by entering a shared risk and shared reward agreement. Join local CSA owner Ben Hintz to learn about how CSA’s support consumers and producers. You’ll gain a basic understanding of how CSA’s are organized and structured.

**Keyword: CSA**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 3</td>
<td>7-8:30 p.m.</td>
<td>Hintz</td>
<td>AREA-6060-TCFA</td>
<td>$19</td>
</tr>
</tbody>
</table>

NEW! Hydroponic Garden
Hydroponics is a form of gardening that uses no soil, but instead grows plants in a solution of water and nutrients. It is a clean method that can be used indoor or out. Garden all year round or use it to get your seeds started. Come learn how to get your hydroponic garden started.

**Keyword: Garden**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14</td>
<td>6-8 p.m.</td>
<td>Simmons</td>
<td>AREA-6087-PLFA</td>
<td>$19</td>
</tr>
</tbody>
</table>

Landscaping with Fall & Spring Flowering Bulbs
Bulbs can fill your garden with vibrant color from early spring through late summer. Discover how and where to plant bulbs and review varieties available to you to add interest and “space up” the landscape. Bring notebook and pen for notes to class. Taught by landscape designer Greg Simmons.

**Keyword: Landscaping**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 27</td>
<td>6:30-8 p.m.</td>
<td>Simmons</td>
<td>LLLX-0592-CEFA</td>
<td>$29</td>
</tr>
</tbody>
</table>
Landscaping for Birds, Butterflies & Other Wildlife

Birds and butterflies around our home offer enjoyment, seasonal interest and educational opportunities. Discover how you can create a habitat for birds and butterflies. You will learn about the plants and home landscaping techniques used to attract and sustain our winged friends.

Bring notebook and pen for notes.

Keyword: Butterflies

Dec. 3
Lincoln, CEC, 404
6:30-8:30 p.m.
Simmons
LLLX-1458-CEFA

$19

Environmentally Sustainable Landscaping

This is a guide to water-wise, lower maintenance, low chemical usage landscapes. We'll examine design concepts, choosing plants, minimizing chemical application, and thoughtful watering practices.

Keyword: Landscaping

Nov. 19
Lincoln, CEC, 404
6:30-8:30 p.m.
Simmons
LLLX-1423-CEFA

$29

Landscaping with Perennial Flowers, Grasses & Ground Cover

Discover how to choose and incorporate colorful perennial flowers, grasses and ground covers into your landscape. Focus is also given to their drought tolerance, maintenance and environmental needs.

Keyword: Landscaping

Oct. 8
Lincoln, CEC, 405
6:30-9:30 p.m.
Simmons
LLLX-1465-CEFA

$29

Organizing Your Home (AKA Keep It or Toss It)

Discover a proven organizing method and the questions to ask yourself for every organizing project in your home. Plus, you’ll receive tons of organizing tips and tricks for every room.

Keyword: Organize

Sept. 17
Wahoo, WHLC, 102
6-8 p.m.
Coulaf
AREA-0358-WHFA

$26

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.

Keyword: Rightsizing

Sept. 21-Oct. 5
Lincoln, CEC, 404
6-8 p.m.
Bryant
LLLX-1944-CEFA

$75

Payment is due at time of registration for all non-credit classes.
Upholstery 102
Now that you have completed Upholstery 101 (the chair class), you are ready to begin work on the couch. Participants will work on the couch or loveseat in this class.

The additional cost of your project will be determined by the size of the project and the type of material and supplies needed. Upholstery materials may be expensive. Students must provide their own hand tools. Bring your project to the first class. Call 402-613-1947 with questions. Keyword: Upholstery

Keyword: Upholstery
Sept. 30-Nov. 18  W 6:30-9:30 p.m. $129
Lincoln, OLER  Oler  UPHR-3002-OCFA

Holiday & Seasonal Signs / Painting Rustic Autumn Signs / Giant Ruler
See page 33 for more information.

Show Your Door Some Love
See page 34 for more information.

LANGUAGES
NOTE: These classes are conversational in nature. These are non-credit and will not transfer to any credit program.

Beginning French Conversation I
Begin speaking and listening in French via French culture, seasonal topics and student-defined interests. Work towards engaging in brief conversations in French while incorporating basic grammatical concepts and vocabulary. You will have an opportunity for experiential learning that may include watching a movie, cooking/tasting French food, going to a restaurant, and shopping at a grocery store.

Students will use “French Phrases for Dummies” by Dodi-Katrin Schmidt (Editor), Michelle M. Williams (Editor), and Dominique Wenzel (Editor) Paperback - Bilingual as a reference text.

Keyword: French
Oct. 3-Oct. 8  Th 6-7:30 p.m. $59
NE City, NCLC, 106  Howe  SIGN-3051-PLFA

Basic Conversational Sign Language
Learn sign language vocabulary and practice, expressive and receptive skills. Learn more about the beauty of this totally visual language and deaf culture.

Required text book “Talking With Your Hands, Hearing with your Eyes” may be purchased at the SCC Campus Store, 8800 O St., Lincoln, or online at www.sccbookstore.com prior to the first class.

Keyword: Language
Sept. 3-Oct. 8  Th 6-7:30 p.m. $59
NE City, NCLC, 106  Howe  SIGN-3051-PLFA

Beginning French Conversation II
This is a continuation of conversations in French, speaking and listening in French employing French culture and seasonal topics. Carry on conversations in French while continuing to grasp advanced grammatical concepts and vocabulary. You will engage in conversations derived from class members, explore everyday culture and language in French while expanding your grasp of basic grammar.

Students will use “French Phrases for Dummies” by Dodi-Katrin Schmidt (Editor), Michelle M. Williams (Editor), and Dominique Wenzel (Editor) Paperback - Bilingual as a reference text.

Keyword: French
Oct. 6-Dec. 8  T 6-8 p.m. $60
LIVE Online, Zoom  Plants  LLLX-1845-TCFA

Conversation Française Avancée: Conversations Continuant en Français
Ce cours se déroulera principalement en français. Les élèves participeront à des conversations sur des événements et des expériences quotidiens ainsi que sur des sujets dirigés par les élèves; on va explorer la culture et la langue de tous les jours en français, tout en élargissant leur maîtrise de la grammaire. Les élèves liront et discuteront de petits contes, de nouvelles, de journaux.

Keyword: Francaise
Oct. 8-Dec. 17  Th 6-8 p.m. $80
LIVE Online, Zoom  Plants  LLLX-2128-TCFA

Sign Exact English
Learning to use SEE (Sign Exact English) sign language to communicate with others with hearing and/or other challenges is the focus of this class. Students will learn skills to express and receive SEE as well as read the alphabet, learn basic survival signs and express likes and dislikes in SEE sign language.

Sign Exact English 1
(0.75 CEUs)
Oct. 7-Nov. 4  W 6-7:30 p.m. $75
Plattsmouth, PLLC, 103  Clinarid  SIGN-3000-PLFA

Sign Exact English 1.5
(0.75 CEUs) NOTE: No class Nov. 25.
Oct. 7-Nov. 4  W 6-7:30 p.m. $75
Plattsmouth, PLLC, 103  Clinarid  SIGN-3001-PLFA

Register for Both & Save $25!

Sign Exact English 1
(0.75 CEUs)
Oct. 7-Nov. 4  W 6-7:30 p.m. $62.50
Plattsmouth, PLLC, 103  Clinarid  SIGN-3000-PLFB

Sign Exact English 1.5
(0.75 CEUs) NOTE: No class Nov. 25.
Oct. 7-Nov. 4  W 6-7:30 p.m. $62.50
Plattsmouth, PLLC, 103  Clinarid  SIGN-3001-PLFD

Sign Exact English 2
(1.5 CEUs) NOTE: No class Nov. 25.
Oct. 7-Dec. 16  W 7:30-9 p.m. $125
Plattsmouth, PLLC, 103  Clinarid  SIGN-3002-PLFA

Sign Exact English: Medical Focus
Learning to use SEE (Sign Exact English) sign language to communicate with others with hearing and/or other challenges within a medical or emergency setting. Students will learn to sign basic medical terms and information that include allergic, blood, pain, ambulance, hospital, fire, 911, and more!

(0.75 CEUs)
Oct. 3-31  S 10-11:30 a.m. $89
Plattsmouth, PLLC, 102  Clinarid  SIGN-3031-PLFA
Oct. 3-31  S 1-2:30 p.m. $89
Plattsmouth, PLLC, 102  Clinarid  SIGN-3031-PLFB

Keyword: Sign

LOCATIONS
See pages 66-69 for the Course List by Region.

LOCATION KEY is on page 64.

Courses are subject to change.
Sign Language 1
This is an introductory course for adults who want to learn American Sign Language at a conversational level. This course includes information on deaf culture, an integral component of ASL.
Required book to be purchased in SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com prior to first class. NOTE: Sec. LNFA: No class Aug. 29 and Oct. 6. Sec. CEFB: No class Nov 26.

Keyword: Sign
Sept. 8-Nov. 10 T 5:30-7:30 p.m. $80
Lincoln, LNK, U-110 Howe LLLX-1806-LNFA

Oct. 8-Dec. 3 Th 1-3 p.m. $80
Lincoln, CEC, 403 Propp LLLX-1806-CEFA

What is Your Element?
Are you a wood, fire, water, earth, or metal? The Chinese medicine elements are phases or qualities in the natural cycle of things. When you discover your primary element, you will learn more about your strengths and what to do about potential weaknesses. Discover some energy medicine exercises to help you create balance in body and mind.
Keyword: Intuitive
Oct. 5-19 M 6-7:30 p.m. $69
Lincoln, CEC, 404 Monroe LLLX-0445-CEFA

Begining Spanish
This is a class for the beginner who has little or no prior knowledge of the Spanish language.
Required book ("Practice Makes Perfect Basic Spanish L-B" ISBN: 978-07-184921-0) can be purchased at the SCC Campus Store, 8800 O St., Lincoln, or online at www.sccbookstore.com. NOTE: Sec. CEFA: No class Nov. 26.

Keyword: Spanish
Sept. 3-Oct. 22 Th 6:30-7:30 p.m. $29
Lincoln, ELC, C Miller LLLX-2114-CEFA

Intro to Energy Testing
Discover how to communicate with the body's energies in ITS language Energy Testing. Observe and participate in demonstrations on how to energy test yourself or someone else. Learn the background of Applied Kinesiology and concepts that form the foundation for this useful skill set and how to apply it to make choices for foods, vitamins and other substances. Leave with the skills to utilize this in your daily life to make choices directed by the wisdom of your body’s subtle energies.

Keyword: Energy
Sept. 14 M 7-9 p.m. $29
Beatrice, KEN, 334 Weishahn BBBBB-1261-BEFA
Oct. 19 M 6-8 p.m. $29
Lincoln, CEC, 403 Williams LLLX-2228-CEFA

Advanced Spanish
Intermediate level training in the Spanish language designed for the practicing student.
Keyword: Spanish
Oct. 8-Dec. 3 Th 6:30-8 p.m. $80
Lincoln, CEC, 406 Granados LLLX-1836-CEFA

Space is limited. Register today!

Mind & Body

Hypnosis for Stress
Want to feel more calm, confident and in control? In this fun, interactive class, learn about how the mind works, what hypnosis can and cannot do, and the powerful mind/body connection. During the online session, we will practice achieving relaxed states and will create individualized positive suggestions. In addition, we will discuss what resistance is, how to recognize it in the body, and how to release limiting beliefs.

Class handouts will be emailed prior to the zoom session. Participants will need the Zoom app and a quiet, private practice space.
Keyword: Hypnosis
Sept. 3-Oct. 22 Th 6-7 p.m. $29
Lincoln, ELC, C Miller LLLX-2114-CEFA

Mindfulness Meditation
Learn to meditate (rather than to anticipate) to calm your mind and body. You will learn about the mind's role in stress and balanced states and methods to provide you with the tools to establish a regular practice and potentially transform your life.

We will be sitting on chairs. The instructor has studied with Jon Kabat-Zinn, founder of mindfulness meditation in this country.
Keyword: Meditation
Sept. 3-Oct. 8 Th 6-7:30 p.m. $29
Lincoln, ELC, C Miller LLLX-2114-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.
Keyword: Relax
Aug. 25-Sept. 17 T, Th 6:30-8 p.m. $59
Lincoln, CEC, 304 Marsh LLLX-0582-CFA
Oct. 17-Nov. 21 S 10:30-11:30 a.m. $59
Lincoln, CEC, 304 Marsh LLLX-0582-CFA

Massage Basics
This hands-on class teaches you specific massage techniques for back, arms/hands and scalp using your fingers to elbows. You’ll also learn about the professional massage modalities available to you.
Keyword: Massage
Oct. 27 T 6-9 p.m. $29
Lincoln, CEC, 302 Ohlsen LLLX-0575-CEFA

Courses are subject to change.
Essential Oils

Essential oils are extracted from plants, flowers and fruits that retain the natural smell and flavor, or the “essence” of their source. Essential oils have great versatility for a variety of uses. Choose the classes below that interest you. If you have never taken an essential oil class, it is recommended that you enroll in the Essential Oil 101 class first. You will get to experience essential oils in all the classes and create something fun to take home.

There will not be selling in this class.

Essential Oils 101
Essential oils have been around for years, so let’s explore the secrets around these unique oils and learn more about them.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Facilitator</th>
<th>Fee</th>
<th>Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Oct. 1</td>
<td>6-8:30 p.m.</td>
<td>Dorchester, WELL</td>
<td>Holly</td>
<td>$29</td>
<td>Oils</td>
</tr>
</tbody>
</table>

Seasonal Aromatherapy
Discover essential oils for each season of the year as it soothes your senses and you begin to appreciate aromatherapy in its many forms while it calms your nerves, uplifts and soothes a variety of seasonal ailments.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Facilitator</th>
<th>Fee</th>
<th>Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nov. 19</td>
<td>6-8:30 p.m.</td>
<td>Dorchester, WELL</td>
<td>Holly</td>
<td>$29</td>
<td>Oils</td>
</tr>
</tbody>
</table>

Intro to Energy Medicine
What is your energy body? Discover the principles of how energy moves in the body to create harmony and balance. Learn easy de-stressing and energizing tips in this hands-on class. Discover how you can affect your own energy with simple techniques you can use daily for optimum health and vitality. Find out how to energize yourself in less than a minute with personalized self-care applications. Participate in demonstrations of how these systems affect our whole being: body, mind and emotions.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Facilitator</th>
<th>Fee</th>
<th>Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Oct. 1</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 404</td>
<td>Williams</td>
<td>$29</td>
<td>Energy</td>
</tr>
<tr>
<td>2</td>
<td>Oct. 5</td>
<td>7-9 p.m.</td>
<td>Beatrice, KEN, 334</td>
<td>Weishahn</td>
<td>$29</td>
<td>Energy</td>
</tr>
<tr>
<td>3</td>
<td>Oct. 7</td>
<td>6-8 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Williams</td>
<td>$29</td>
<td>Energy</td>
</tr>
</tbody>
</table>

Meet, Eat & Learn: Importance of Being Mindful of Your Emotions
The best way to become more accepting of your feelings, moods, images or thoughts is to practice mindfulness. Mindfulness improves well-being and contributes to a more satisfied life. Being mindful makes life more pleasurable and creates a greater capacity to deal with unfortunate events.

Provided by Nikki Lightner, LIMHP, LADC, Wellness Specialist at Bryan Health. A light lunch is included!

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Facilitator</th>
<th>Fee</th>
<th>Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aug. 27</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>NE City, NCLC, 101</td>
<td>Lightner</td>
<td>$15</td>
<td>Emotions</td>
</tr>
</tbody>
</table>

Introduction to Pilates / Continuing Pilates
See pages 66-69 for the Course List by Region.

Looking for Classes in Your Area? See pages 66-69 for the Course List by Region.

Location Key is on page 64.

Money Matters

NEW! Money Talks Series
As a way to help families start thinking about their finances, and addressing both their short and long-term needs and aspirations, this three-part series is perfect. Sessions include: seminars for parents, facilitator-led classroom activities for kids and shared learning experiences for parents with their children.

Session 1: Finance 101
(Saving, Budgeting and Debt)
Session 2: Retirement Concepts
Session 3: Saving for College
Sessions are hosted by a financial professional here to help increase your financial confidence.

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
<th>Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dec. 1-15</td>
<td>6:30-8:30 p.m.</td>
<td>York, YKLC, J</td>
<td>$29</td>
<td>Money</td>
</tr>
</tbody>
</table>

Extreme Retirement Planning
Learn how to determine when you can afford to quit working and what your sources of income will be in retirement. This practical course will emphasize planning for your future with hands-on, in-class assignments using real-life examples of life-after-work situations.

Retirement planning workshops will be provided for each person/couple enrolling in this series. If enrolling in the Couples course, please complete a registration form for both participants.

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
<th>Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sept. 14 &amp; 21</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 302</td>
<td>$49/person</td>
<td>Retire</td>
</tr>
<tr>
<td>2</td>
<td>Oct. 7 &amp; 14</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 302</td>
<td>$49/couple</td>
<td>Retire</td>
</tr>
</tbody>
</table>

Course List by Region

Keyword: Freedom

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Times</th>
<th>Location</th>
<th>Facilitator</th>
<th>Fee</th>
<th>Key Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Oct. 12</td>
<td>7-9 p.m.</td>
<td>Beatrice, KEN, 334</td>
<td>Weishahn</td>
<td>$24</td>
<td>Freedom</td>
</tr>
</tbody>
</table>
Social Security 101: Understanding This Retirement Benefit
Understanding Social Security is critical to a person’s long-term financial well-being and retirement. This class provides an overview of Social Security and how it works, including eligibility and Primary Insurance Amount, filing options, the importance of timing (delayed retirement credits), and spousal benefits. Additionally, topic presentation discusses implications of working after a person begins collecting benefits, as well as other important considerations that can impact filing decisions. At end of discussion, participants should have a foundational knowledge of Social Security and how it works.  

Keyword: Security
Oct. 8    Th  6-8 p.m.  $29
Lincoln, CEC, 404 Shunkwiler  LLLLX-0804-CEFA

Taxes in Retirement
Understand the potential impact of the new tax and financial rules will have on your retirement income. If you are nearing retirement or are already retired, it may be possible for you to pay less in taxes on your hard-earned dollars. This class will equip you with the most up-to-date information regarding retirement taxation, including ways to efficiently use your income sources, whether they are Social Security, 401(k)/IRA, other sources or a combination of them all. Using information covered in class, you will have the tools that can help you develop a successful retirement tax strategy.  

Keyword: Retirement
Individual
Sept. 15    T  6-7:30 p.m.  $25/person
Lincoln, CEC, 404 Shunkwiler  LLLLX-0800-CEFA
Sept. 17    Th  11 a.m.-12:30 p.m.  $25/person
Lincoln, CEC, 404 Shunkwiler  LLLLX-0800-CEFC
Oct. 6      T  6:30-8 p.m.  $25/person
Lincoln, CEC, 404 Shunkwiler  LLLLX-0800-CEFE

Couples
Sept. 15    T  6-7:30 p.m.  $40/couple
Lincoln, CEC, 404 Shunkwiler  LLLLX-0800-CEFB
Sept. 17    Th  11 a.m.-12:30 p.m.  $40/couple
Lincoln, CEC, 404 Shunkwiler  LLLLX-0800-CEFDB
Oct. 6      T  6:30-8 p.m.  $40/couple
Lincoln, CEC, 404 Shunkwiler  LLLLX-0800-CEFF

Welcome to Medicare
See page 42 for more information.  

Understanding Investing
It’s never too early (or late) to learn how to make your money work for you. Topics will include stocks, bonds, mutual funds, and the various types of accounts in which you can invest. If you want to learn more about investing and how you can use investments as a tool to reach your goals, this is your class.  

Keyword: Invest
Sept. 16-23  W  6-8 p.m.  $49
Lincoln, CEC, 404 Muff  LLLLX-0801-CEFA

NEW! Playing By Ear Workshop
Learn how to play what you hear. We will focus on the rhythm (fast notes and slow notes), pitches (higher notes and lower notes), and fun. Previous playing experience is helpful. Register for one or all four. Basic playing by ear instruction will be the same in each class with new melodies explored each session.  

Keyword: Workshop
Nov. 3      T  7-8 p.m.  $19
LIVE Online, Zoom  Greenblatt  AREA-7401-TCF
Nov. 10     T  7-8p.m.  $19
LIVE Online, Zoom  Greenblatt  AREA-7401-TCFB
Nov. 17     T  7-8 p.m.  $19
LIVE Online, Zoom  Greenblatt  AREA-7401-TCFB
Nov. 24     T  7-8 p.m.  $19
LIVE Online, Zoom  Greenblatt  AREA-7401-TCFD

Healthy Harmonica
Breathing is our foundation when playing the harmonica. We will take simple pop, folk and blues melodies and rhythms and invigorate them with easy, but powerful breathing techniques to make any song deeply expressive. No previous ability to play or read music, only a desire to have fun and feel more alive!
You will need a “C” major diatonic harmonica which you may purchase from the instructor for $12.50 (cash please) if you do not have one.  

Keyword: Harmonica
Oct. 5      M  6-7:30 p.m.  $35
Lincoln, CEC, Aud  Broida  LLLLX-0931-CEFA

Beginning Blues Harmonica
We will focus on having fun as we learn all the tricks and techniques to make the harmonica cry, laugh, moan and wail! No previous harmonica experience required, only a love of the blues.
You will need a “C” major diatonic harmonica which you may purchase from the instructor for $12.50 (cash please) if you do not have one.  

Keyword: Harmonica
Oct. 5      M  745-9:30 p.m.  $40
Lincoln, CEC, Aud  Broida  LLLLX-0932-CEFA

Register for Both & Save $10!

Keyword: Harmonica
Oct. 5      M  6-9:30 p.m.  $65
Lincoln, CEC, Aud  Broida  LLLLX-0933-CEFA

Courses are subject to change.
**NEW! Harmonica Holiday**

Have you wanted to learn how to play a harmonica? No experience necessary in this class. You will need a 10-hole diatonic harmonica in the key of C major. Popular traditional holiday tunes such as “Jingle Bells,” “Joy to the World”, “Silent Night”, and more will be featured. Various harmonica techniques will be introduced along the way.

Register for one, or double your fun and practice by registering for both.

**Key Word:** Harmonica

- **Dec. 4 F**
  - 6-7:30 p.m.
  - $19
  - LIVE Online, Zoom
  - Seyr AREA-7470-TCFA

- **Dec. 11 F**
  - 6-7:30 p.m.
  - $19
  - LIVE Online, Zoom
  - Seyr AREA-7470-TCFA

**Native American Flute**

This class will begin with a brief history of the Native American Flute and continue with a demonstration of how the flute works. Students will learn how to correctly hold the flute, the importance of breath control and how to use finger holes. Using written music also will be discussed.

Cost includes instruction, five-hole red cedar flute with bag, instruction book, and CD. No prior knowledge of music is needed.

**Key Word:** Flute

- **Sept. 22 T**
  - 6:30-8 p.m.
  - $69
  - Beatrice, KEN, 334
  - Meyer BBBX-1788-BEFA

**Beginning Handbells**

This is a hands-on class for the beginning bell ringer. Discover how to read music and ring a variety of basic ringing techniques. We will put it all together to polish a song to performance quality. No prior experience with hand bells or music is necessary. Ringing level 1 and 2 music.

**Key Word:** Handbells

- **Sept. 22 T**
  - 7-8:30 p.m.
  - $49
  - Lincoln, PIED
  - Hawkins LLXX-1398-OCFA

**Beginning Guitar**

Learn proper tuning methods, strumming techniques and fundamental chord progressions in this introductory course for a variety of music interests like folk, country and popular songs.

Please bring your guitar and plan to practice between classes. NOTE: Sec. PLFA: No class Sept. 7.

**Key Word:** Guitar

- **Aug. 31-Oct. 26 M**
  - 5-6 p.m.
  - $69
  - Plattsmouth, PLLC, 106
  - Wampler AREA-7571-PLFA

- **Sept. 1-Oct. 20 T**
  - 7:30-8:30 p.m.
  - $69
  - NE City, NCLC, 101
  - Wampler AREA-7571-NCF

**Intro to the Guitar**

This is an introductory course. Learn proper tuning methods, strumming techniques and fundamental chord progressions for a variety of music interests like folk, country and popular songs.

Please bring your guitar and plan to practice between classes.

**Key Word:** Guitar

- **Oct. 5-28 M, W**
  - 6-7 p.m.
  - $69
  - LIVE Online, Zoom
  - Erb LLXX-1401-TCF

**Intro to the Ukulele**

This is an introductory class for the beginning student. Students will learn proper tuning methods and technique for playing the instrument. You also will learn chords and strums associated with using the ukulele as an accompaniment instrument.

If you don’t have a ukulele, they’re available at Dietze Music and other music shops. Starting price is approximately $45.

**Key Word:** Ukulele

- **Oct. 5-28 M, W**
  - 7-8 p.m.
  - $69
  - LIVE Online, Zoom
  - Erb LLXX-1401-TCF

**Music Appreciation**

Discover the basic elements of music and how it will help you, the music listener, determine the different qualities of music, evaluate a performer’s composition, and develop a working vocabulary for discussing music. Let’s learn to appreciate what we listen to.

**Key Word:** Music

- **Sept. 16-30 W**
  - 6-8 p.m.
  - $49
  - Wahoo, WHLC, 102
  - Waters AREA-7518-WHFA

- **Oct. 15-29 Th**
  - 6:30-8:30 p.m.
  - $49
  - LIVE Online, Zoom
  - Lambie AREA-7518-TCF

**Performing Arts**

**Improv 101**

Improv is the ability to spontaneously create a scene, in the moment, based on a suggestion. Join us and discover the basic rules of improvisation and make the most of your creativity. Your seasoned improvisational instructor, Tim Mittan, brings professional experience to the classroom so don’t miss this great opportunity!

**Key Word:** Improv

- **Oct. 5-Nov. 16 M**
  - 6-8:30 p.m.
  - $89
  - Lincoln, CEC, Aud
  - Mittan LLXX-1667-CEFA

**Improv II**

Join the fun in Improv II as we build on basic improvisation skills. Using a variety of games and formats, we will focus on building relationships, developing characters and refining performance skills to help you develop the playful improver within yourself. We will be showing off our skills at the last class.

Improv 101 is not a prerequisite for this course. However, some experience with improvisation would be helpful.

**Key Word:** Improv

- **Sept. 8-Oct. 27 T**
  - 6:30-8:30 p.m.
  - $89
  - Lincoln, CEC, Aud
  - Mittan LLXX-1668-CEFA

**Beginning Screenwriting**

With coaching from a Writers Guild of America Emeritus writer with feature film and broadcast television credits, this is an in-depth opportunity to learn writing for the screen in traditional media, short and feature film, and new media. Discover the basics necessary to write a compelling script that’s impossible to stop reading, vividly cinematic, properly formatted, and realistically produce-able. With a focus on the “first 25 pages of your screenplay,” this LIVE Online class, with eight live lectures as well as eight weekly online interactive class sessions, prepares you to successfully complete a feature film script (at your own pace). a pilot for a television series or a new media series.

Your instructor Larry Williams will be sending Zoom invite to the first class.

**Key Word:** Screenwriting

- **Oct. 5-Nov. 23 M**
  - 6:30-8 p.m.
  - $89
  - Lincoln, CEC, Aud
  - Williams LLXX-0565-CEFA

**Dance Classes**

See pages 40-41 for more information.
NEW! iPhone or Android?
The rivalry continues, but which one is ideal for you? Shopping for phones has changed and it’s hard to know which one is the best fit. We will cover the pros and cons of each platform so you can feel confident in your next phone purchase.

**Keyword: iPhone**

Nov. 18  W  6:30-8:30 p.m.  $39  
LIVE Online, Zoom  Daniel  AREA-6683-TCA

NEW! How to Spot Fake News
Learn ways to fact-check the news. Drawing a distinction between fake and real news shouldn't be so hard for the consumer. This class will provide tips for sorting out the truthful from the troublesome.

**Keyword: News**

Sept. 1  T  9:30-11 a.m.  Tilson  $10  
Hebron, HNLC  AREA-6678-HNFA
NE City, NCLC, 102  AREA-6678-NCFA
Plattsmouth, PLLC, 102  AREA-6678-PLFA
Wahoo, WHLC, 102  AREA-6678-WHFA

Sept. 2  W  6:30-8 p.m.  Tilson  $10  
Hebron, HNLC  AREA-6678-HNFB
NE City, NCLC, 102  AREA-6678-NCFB
Plattsmouth, PLLC, 102  AREA-6678-PLFB
Wahoo, WHLC, 102  AREA-6678-WHFB

**Poetry ABCs**
Poetry is one way of using language to express thoughts and feelings. Discover style, cadence, punctuation and grammar as we explore the ABCs of poetry through readings, oral presentations and our personal writings. The things you learn in this class will be useful in any beginning writing course.

Bring paper and pencil or a charged PC along with a dose of curiosity and interest.

**Keyword: Poetry**

Sept. 10-24  Th  6-7 p.m.  Farmer  $29  
Plattsmouth, PLLC, 101  AREA-9029-PLFA

Beginner Self-Publishing
Do you love to write but don’t know where to start when it comes to self-publishing? 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.

**Keyword: Publish**

Oct. 28  W  12:30-2 p.m.  Mapel  $49  
Lincoln, CEC, 404  LLLX-1830-CEFA

NEW! Let Me Share My Story with You: Writing My Memories
Have you ever thought of sharing your story but don't know where to begin? Let us help you discover how to record the events for family and friends. We will provide tips on intriguing topics to write about, tricks to jog your memory, and ways to capture stories on paper without getting bogged down.

**Keyword: Story**

Oct. 21-Nov. 11  W  5:30-6:30 p.m.  $29  
LIVE Online, Zoom  Wiebold  AREA-9032-TCA

You have a Life Story to Share
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: Life**

Sept. 10  Th  9 a.m.-Noon  $29  
Lincoln, CEC, 404  Popp  LLLX-1783-CEFA

Oct. 21  W  9 a.m.-Noon  $29  
Lincoln, CEC, 404  Popp  LLLX-1783-CFA

Oct. 21  W  9 a.m.-Noon  $29  
Plattsmouth, PLLC, 101  Callahan  AREA-9030-PLFA

The Core of the Story
Give your readers a perfect escape by taking them on a journey. Your plot is the vehicle that brings them from point A to point B. This class will teach you how to create the roadmap your story needs, limit your loose ends and include all the expected beats and tropes in both romance and fantasy genres. Learn how to plot your character’s journey.

The instructor has published works under various pen names in both romance and fantasy genres. She writes full time and is eager to share tips for writers to succeed.

**Keyword: Story**

Plotting Romance
Nov. 10  T  6:30-8:30 p.m.  $25  
LIVE Online, Zoom  Callahan  AREA-6700-TCFD

Nov. 14  S  9:30-11:30 a.m.  $25  
LIVE Online, Zoom  Callahan  AREA-6700-TCFD

Plotting Fantasy
Nov. 17  T  6:30-8:30 p.m.  $25  
LIVE Online, Zoom  Callahan  AREA-6700-TFDC

Nov. 21  S  9:30-11:30 a.m.  $25  
LIVE Online, Zoom  Callahan  AREA-6700-TCFD

Vision Board Venturing
A great way to achieve your goals is to document their direction and envision yourself completing them. So, come create a vision board that can help motivate you this year!

Bring to class an 11-inch 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. Cash or check only for supplies.

**Keyword: Vision**

Living Your Best Life, Health & Wellness Vision Board

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

Be Bold, Be Brave

Oct. 6  T  5:30-7:30 p.m.  $19  
Falls City, FCLC, 102  AREA-6689-FCFB

Living Strong

Nov. 12  Th  5:30-7:30 p.m.  $19  
Falls City, FCLC, 102  AREA-6689-FCFB

Health, Wellness and Life Balance

Coming Jan. 2021

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  W  6-7:30 p.m.  $69  
Lincoln, CEC, 404  Monroe  LLLX-2024-CEFA

Speechcraft
Develop your public speaking ability and gain experience, knowledge and poise in making presentations. Learn communication skills including written speeches, impromptu speaking, the use of body language, and effective listening.

Co-sponsored and taught by local Toastmasters International.

**Keyword: Speechcraft**

Oct. 1-Nov. 5  Th  6:30-8 a.m.  $39  
LIVE Online, Zoom  SPCH-4001-TCA
Introduction to Podcasting
If you are interested in podcasting as a marketing tool for you or your business, join us for this information-packed class. Discussion will include the mechanics behind the finished product (recording, editing, up/down loading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.

NOTE: September class is live-streamed from York.

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: Vaccation Planning
Learn tips on planning your dream vacation.

Bring your lunch or enjoy a PBJ 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  Thu Noon-1 p.m. $10
Falls City, FCLC, Main AREA-6665-TCFA

NEW! Digital Photography
Do you already know how to operate a film or digital camera, but want to learn more about the fundamentals of photography? Become proficient in the use of your camera through a practical study of exposure and basic photographic principles, such as aperture, shutter speed, ISO, metering, focus, and composition. You will receive shooting assignments each week and bring images to class for review and group discussion.

Bring your film or digital camera.

Keyword: Photography
Oct. 26-Nov. 16  Mon 6-9 p.m. $59
Wahoo, WHLC, 101 Streff AREA-8396-WHFA

Let’s Do Lunch: Zoom Basic
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
Oct. 1  Thu Noon-1 p.m. $10
Live Online, Zoom AREA-6665-TFCB

Let’s Do Lunch: Host a Meeting on Zoom
Collaborate with your team virtually and learn how to Host a meeting on Zoom.

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

Keyword: Lunch
Nov. 5  Thu Noon-1 p.m. $10
Live Online, Zoom AREA-6665-TFCF

NEW! Let’s Do Lunch: Video Chatting
Can’t meet with family over the holidays? Find out ways to connect virtually.

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

Keyword: Lunch
Dec. 3  Thu Noon-1 p.m. $10
Live Online, Zoom AREA-6665-TFCF

Payment is due at time of registration for all non-credit classes.

Courses are subject to change.
Digital Photography 101
Students will learn the basic functions of a digital camera. Class covers types of digital cameras, megapixels, optical vs. digital zoom, digital storage media, battery types, cost/value comparisons, memory management, red-eye reduction, and application presets. Beginning photographers interested in digital cameras and how to use them will enjoy this class.

Students are encouraged to bring their digital cameras/software and docking station to class if they have them for one-on-one time to understand the specific functions of your particular camera and software.

Oct. 15- Nov. 19
LIVE Online, Zoom
Applegarth BBBX-1067-TCFB
Keyword: Photography
$49

Digital Photography 201
It is suggested that students take Digital Photography 101 first. Digital Photography 201 covers the actual applications of digital photography, including how to choose each function for a particular use; which resolution to use when; improving camera performance; how to avoid accidental erasure or degradation of your photos; when, why and how to turn the flash on (or off); and problem solving to get predictable results.

Oct. 22-Nov. 5
LIVE Online, Zoom
Applegarth BBBX-1881-TCFB
Keyword: Photography
$49

Digital Photography 301
It is suggested that students take Digital Photography 201. A study of various lighting techniques and contrast ratios, filters, special effects, and how to get those cool photographs of portraits, landscapes, night scenes, fireworks, time-exposures and more. This class is for those who want to go beyond “automatic” mode and learn how to get those really cool shots!

NOTE: No class on Nov. 26.

Nov. 12-Dec. 3
LIVE Online, Zoom
Applegarth BBBX-1814-TCFB
Keyword: Photography
$49

NEW! Advanced Techniques in Digital Photography
Using your MILC or DSLR camera discover more advanced techniques in the world of digital photography. This course is designed to provide you with fundamentals as you practice with your own personal camera in three areas: Nature, Architectural and Portraiture. We will meet every other class in a “field location” following social distancing guidelines and the following weeks will look at the photos and select the ones to edit (post-process). Basic principles of photography will be reviewed and then more sophisticated digital camera operations, such as controls, function and purpose, lighting, composition, hardware options and software will be discussed.

A camera with adjustable shutter speeds, apertures and ISO is necessary for this class (e.g. DSLR, mirrorless interchangeable lens camera and/or advanced amateur digital camera).

Nov. 6-Dec. 18
LIVE Online, Zoom
Keller LLLX-0124-TCFA
Keyword: Digital
$69

NEW! Digitizing Memories
Do you have envelopes full of negatives and slides or boxes of photos? Discover how to preserve them in a more organized form by scanning. We will look at scanning techniques and some of the devices to make scanning easy to do. Discussion will involve the software necessary to scan your negatives, slides and photos and look at the software “VueScan”. Have a negative, slide and/or print available to scan during the class and we will explore the process of scanning and saving those prints digitally so they will be memories forever.

Nov. 27 & Nov. 3
LIVE Online, Zoom
Keller LLLX-0113-TCFA
Keyword: Memories
$29

NEW! Photography & Editing Using Your Mobile Device
Are you interested in focusing on photography using your mobile devices and doing some limited post-processing of these photographs? Techniques in photography will be discussed, as well as an overview of many of the hundreds of useful apps for photography and editing, and also some very handy gadgets for your cellphones and tablets.

In preparation for the course, please download Snapseed for photo processing on your device(s) prior to the first class. Snapseed is a free app. If possible, participants should log in to LIVE Online classes with a laptop or other device and not from the cell or tablet they intend to use for photography, but this is not absolutely essential.

Oct. 6-20
LIVE Online, Zoom
Keller LLLX-0080-TCFA
Keyword: Photography
$39

Photography I
Discover the craft and creativity of photography in this beginning class. Learn to use your digital camera with basic principles such as exposure, metering modes, shutter speeds, aperture and depth of field, focal length, and more.

Bring a camera with exposure controls to class.

Oct. 5-Nov. 30
LIVE Online, Zoom
Hagen LLLX-1101-LNFA
Keyword: Photography
$99

Photography II
Continue your exploration of photography with the intermediate class. More complex techniques and concepts will be addressed, and weekly assignments given.

Students’ work will be critiqued in a fun and positive manner. Bring your camera to class.

Oct. 6-Dec. 1
LIVE Online, Zoom
Hagen LLLX-1100-LNFA
Keyword: Photography
$109

Space is limited. Register today! Courses are subject to change.

Payment is due at time of registration for all non-credit classes.
Photography III
This is a continuation of Photography II with an emphasis on photographing people, and the use of electronic flash. Flash techniques such as direct, slow-synch and fill-in and other lighting concepts will be taught.

Key Word: Photography
Oct. 7-Dec. 2  W 6:30-9:30 p.m.  $109
Lincoln, LNK, V-10 Hagen  LLLX-1135-LNFA

Photography IV
Photography IV focuses on a project of the student’s choice. This advanced photography class will continue the weekly critiques and a presentation and exhibition of student’s work also will be addressed.

Key Word: Photography
Oct. 8-Dec. 10  Th 6:30-9:30 p.m.  $109
Lincoln, LNK, V-10 Hagen  LLLX-1137-LNFA

Night Photography Techniques
Prerequisite: Photography I and preferred Photography II
Learn more about night photography techniques for landscape or cityscape. Discussion will include slow shutter speed and manual settings, including bulb and ISO.

Plan on assignment given in first class, critique in second class. Bring your camera to class.

Key Word: Photography
Oct. 17-24  S  Noon-2 p.m.  $49
Lincoln, LNK, U-103 Hagen  LLLX-1147-LNFA

In-Camera Black & White Photography Techniques
Prerequisite: Photography I and preferred Photography II
Discover more about in-camera black and white photography without the need for post-production.

Plan on assignment given in first class, critique in second class. Bring your camera to class.

Key Word: Photography
Oct. 31-Nov. 7  S  Noon-2 p.m.  $49
Lincoln, LNK, U-105 Hagen  LLLX-1148-LNFA

Close-Up & Macro Photography Techniques
Prerequisite: Photography I and preferred Photography II
Close-up filters, macro lenses and other photographic techniques will be discussed.

Plan on assignment given in first class, critique in second class. Bring your camera to class.

Key Word: Photography
Nov. 14-21  S  Noon-2 p.m.  $49
Lincoln, LNK, U-107 Hagen  LLLX-1149-LNFA

Understanding White Balance (Color Correction)
Prerequisite: Photography I and preferred Photography II
Learn about color temperature and white balance settings on your camera and how to use them.

Plan on assignment given first class, critique second class. Bring your camera to class.

Key Word: Balance
Sept. 12 & 19  S  Noon-2 p.m.  $49
Lincoln, LNK, U-108 Hagen  LLLX-1150-LNFA
Dec. 5 & 12  S  Noon-2 p.m.  $49
Lincoln, LNK, U-108 Hagen  LLLX-1150-LNFA

Apple ID, iCloud & Photo Management with Photos for Mac
See page 21 for more information.

Intro to Adobe Photoshop CC / Introduction to Adobe Lightroom / Welcome to Adobe Lightroom Classic
See page 25 for more information.

Scrapbook Retreats / Digital Scrapbooking / Pictures Galore, Organizing & More!
See page 32 for more information.

Shutterfly Photo Book Memories
See page 22 for more information.

Sports, Recreation & Fitness
It’s Time for Football!!!
Nebraska means football. You may not be in the stands this year cheering on your favorite team or the Cornhuskers—you can still be in the know! Gain insight from Coach Darlington as you discover the fundamentals of football and everything that surrounds it. Be ready when your favorite team hits the field this year. You will be able to cheer them on with new appreciation and knowledge.

NOTE: No class Nov. 26

Key Word: Football
Oct. 29-Dec. 10  Th 6:30-8:30 p.m.  $49
Lincoln, CEC, Aud Darlington  LLLX-0185-CERB

Intro to Fly Fishing
Fly fishing is fun, relaxing and easy to learn. Our class is designed to introduce new fly fishers to the essential elements of fly fishing. You will learn to select and set-up the equipment, cast a fly rod, tie flies and land fish using traditional fly-fishing methods.

You will need to have a current Nebraska fishing license and park permit. All rods and other equipment are provided for use in class. There is a $10 supply fee payable in cash at the first class. The fishing outing details will be discussed at the first class along with inclement weather dates. Your instructor has years of teaching fly fishing and brings a wealth of information to this class.

Key Word: Fishing
Sept. 3-Oct. 8  Th 6-8 p.m.  $99
Lincoln, CEC, 403 Foster  LLLX-0389-CERA

Golf for You!
Golfers of all skill levels welcome. If you need a little tune-up on your game or are brand new to the game, this is a great class for you. We will cover everything from putting and chipping all the way to full swing.

Personal golf clubs are not needed to participate. However, if you have your own set, please bring it. If weather is questionable, call the pro shop at 402-441-8969.

Key Word: Golf
Sept. 1-22  T 6-7:15 p.m.  $89
Lincoln, MGC Benson  LLLX-1702-OFCA
Sept. 2-23  W 6-7:15 p.m.  $89
Lincoln, MGC Benson  LLLX-1702-OFCA

8 Ball Pool: Fundamental Skills & Game Strategies
Learn basic knowledge and skills that will provide you with a solid foundation to play and enjoy 8-ball pool. Master ranked pool player and Midwest Pool Association Hall of Famer Mark Packard will guide you through the beauty of this age-old game.

Table space provided by Tom Madsen. Meet at the Bowling/Pool main counter. Bring your cue if you have one, otherwise, they will be provided.

Key Word: Pool
Oct. 13-Nov. 24  T 6-7:30 p.m.  $89
Lincoln, MBAB Packard  LLLX-0655-OCFA

Looking for Classes in Your Area?
See pages 66-69 for the Course List by Region.

Location Key is on page 64.
Archery Introduction
Learn archery and build confidence in a self-paced class. Earn pins as you improve each week. This is a great course for those who want to try archery as sport or recreationally.

Classes meet indoors and equipment provided to use for the class. You are welcome to use your own equipment pending club approval. Instructors are certified with USA Archery. Minimum age 8.

**Keyword: Archery**
Oct. 27-Dec. 29  T 6-7 p.m.  $35
Lincoln, PBAC  Prairie Bowman  LLLX-0584-OCFA
Oct. 27-Dec. 29  T 7:30-8:30 p.m.  $35
Lincoln, PBAC  Prairie Bowman  LLLX-0584-OCFB

SwordPlay
Learn to swing a sword like a 14th Century knight! The introduction to Medieval Longsword class instructs students in the history, use and fun of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highest regarded professional soldiers of his time.

Loaner equipment is available, and students only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water. **NOTE:** You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class.

**Keyword: Swordplay**
Oct. 6-Nov. 5  T, Th 6:30-8 p.m.  $59
Lincoln, CEC, 304  LLLX-0585-CEFA

Women’s Self Defense
This class will discuss situational awareness, how to be a tough target, assessing the level of threat, and knowing you are worth fighting for. Participants will learn four kicks and four hand techniques which they will practice on a padded target. We also will cover pressure points and breakaways.

This class is geared towards women, but everyone is encouraged to attend.

**Keyword: Defense**
Oct. 15  Th 6-8 p.m.  $29
Lincoln, CEC, 302  LLLX-0302-CEFA

NEW! Start Your Day Right: Morning Workout
I am going to get up and workout in the morning. Who has had this conversation before but struggled to do it? Jump in for this eight-session class to beat down these barriers. Get motivational tips and encouragement while you wake your body up with this morning workout in the comfort of your home. Start the day off right, just like you. (comfortable pants/shirt/tennis shoes) and towel. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

**Keyword: Workout**
Oct. 6-29  T, Th 5-5:30 a.m.  $49
LIVE Online, Zoom  Swanson  AREA-8506-TCAF

NEW! Strength Training FUNdamentals: Strength & Tone
No matter your age or athletic ability, strength training is the key to flexibility and mobility. Anyone at any fitness level can strengthen train and doesn’t have to take hours in a gym. Join us for the FUNdamentals of strength training and discover the most effective strength training moves suitable for home- or gym-based workouts.

**Keyword: Strength**
Oct. 6  T 6-8 p.m.  $29
Lincoln, CEC, 302  Stutzman  LLLX-2260-CEFA
Oct. 24  S 9-11 a.m.  $29
LIVE Online, Zoom  Stutzman  LLLX-2260-TCAF

NEW! Strength Training FUNdamentals: Tone & Eat Right
Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don’t have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.

**Keyword: Strength**
Oct. 8  Th 6-8 p.m.  $29
Lincoln, CEC, 214  Stutzman  LLLX-2261-CEFA
Oct. 22  Th 9-11 a.m.  $29
LIVE Online, Zoom  Stutzman  LLLX-2261-TCAF

Water Aerobics
Why exercise in water? Water offers serious calories and tone you up!

**Keyword: Water**
Oct. 12-Nov. 11  M, W 8:30-9:30 a.m.  $59
NE City, AWC, Pool  Madden  AREA-8717-NCFA
Nov. 16-Dec. 16  M, W 8:30-9:30 a.m.  $59
NE City, AWC, Pool  Madden  AREA-8717-NCFA

NEW! Cardio Circuit
Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

**Keyword: Cardio**
Sept. 2-23  M, W, F 8:30-9:30 a.m.  $59
NE City, AWC, Group X  DeBuhr  AREA-8726-NCFA
Oct. 12-Nov. 2  M, W, F 8:30-9:30 a.m.  $59
NE City, AWC, Group X  DeBuhr  AREA-8726-NCFA
Nov. 4-25  M, W, F 8:30-9:30 a.m.  $59
NE City, AWC, Group X  DeBuhr  AREA-8726-NCFA

Morning Mix-Up
Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, in, suspension training and more.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

**Keyword: Mix-Up**
Sept. 2-23  M, W, F 5:30-6:30 a.m.  $59
NE City, AWC, Group X  Barr/DeFreece  AREA-8722-NCFA
Oct. 12-Nov. 2  M, W, F 5:30-6:30 a.m.  $59
NE City, AWC, Group X  Barr/DeFreece  AREA-8722-NCFA
Nov. 4-25  M, W, F 5:30-6:30 a.m.  $59
NE City, AWC, Group X  Barr/DeFreece  AREA-8722-NCFA

NEW! Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! This workout routine is designed to help shape and tone belly and buttocks muscles, along with increasing lower body strength, burning fat and building lean muscle. You will learn how to utilize proper form to avoid injury and gain results.

Students should wear workout attire (comfortable pants/shirt/tennis shoes) and bring water and a towel (optional.)

**Keyword: Sculpting**
Sept. 3-24  Th 6-7 p.m.  $31
Wahoo, WHLC, 101  Waters  AREA-8505-WHFA

Zumba®
This high-energy class uses Latin-inspired dance steps to work your core and burn calories.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes. Dance shoes not required.

**Keyword: Zumba**
Oct. 12-Dec. 14  M 6:15-7:15 p.m.  $59
NE City, AWC, Group X  Farmer  AREA-8715-NCFA

Zumba® Active
This class is for active aging adults who are looking for a modified Zumba® class recreating the original moves at a lower intensity. The energizing music will get you moving toward a healthier, active lifestyle. Because you will move your whole body, the dance steps will help circulate your blood through your entire body and raise your heart rate. This class is very easy to follow.

Bring to class: Water bottle and hand towel. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes. Dance shoes not required.

**Keyword: Zumba**
Oct. 16-Nov. 13  F 9:45-10:30 a.m.  $35
NE City, AWC, Group X  Wetrosky  AREA-6311-NCFA
Nov. 20-Dec. 18  F 9:45-10:30 a.m.  $35
NE City, AWC, Group X  Wetrosky  AREA-6311-NCFA

Payment is due at time of registration for all non-credit classes.

Courses are subject to change.
Fitness Boot Camp
This intense workout is for all levels, no matter where you are in your fitness journey.

**Keyword: Boot Camp**
Oct. 8-Dec. 10  Th  5:30-6:30 a.m.  $59
NE City, AWC, Group X  Barr  AREA-8725-NCFA

Spinning/Indoor Cycling
This is a fast-paced high-intensity calorie-burning workout. Build endurance and strength.

**Keyword: Cycling**
Oct. 8-Nov. 12  T  5:30-6:30 p.m.  $39
NE City, AWC, BSMT  Stukenholtz  AREA-8592-NCFA
Oct. 13-Dec. 8  T  12:10-12:50 p.m.  $39
NE City, AWC, BSMT  Barr  AREA-8592-NCFB
Nov. 17-Dec. 24  T, Th  5:30-6 p.m.  $39
NE City, AWC, BSMT  Stukenholtz  AREA-8592-NCFC

RIP (formerly BodyPump)
RIP involves eight separate muscle groups through a series of squats, presses, dead lifts, etc. The focus is on muscle endurance using several repetitions. The classes are set to music using free weights, barbells and an aerobic step.

**Keyword: RIP**
Oct. 14-Nov. 13  W, F  5:30-6:30 p.m.  $59
NE City, AWC, Group X  Stukenholtz/Sammons  AREA-8072-NCFA
Nov. 18-Dec. 18  W, F  5:30-6:30 p.m.  $59
NE City, AWC, Group X  Stukenholtz/Sammons  AREA-8072-NCFB

**Yoga Classes**
It’s time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don’t be intimidated by yoga terminology; fancy yoga studios and complicated poses. Yoga is for everyone.

**Yoga for Beginners**
Yoga mats, straps and blocks will be provided. NOTE: Sec. WHFC: No class Sept. 5.

**Keyword: Yoga**
Aug. 23-Oct. 22  M-Th  7:30-8:30 a.m.  $29
Wahoo, WHLC, 101  Stukenholtz  AREA-8592-WHLC
Oct. 6-Nov. 3  T  6:30-7:30 a.m.  $29
Wahoo, WHLE, 101  Stukenholtz  AREA-8592-WHLE
Nov. 10-Dec. 15  T  6:30-7:30 a.m.  $29
Wahoo, WHLC, 102  Stukenholtz  AREA-8592-WHLH

**Grow with Yoga**
Yoga mats, straps and blocks will be provided. NOTE: Sec. WHFC: No class Sept. 5.

**Keyword: Yoga**
Aug. 23-Oct. 22  M-Th  7:30-8:30 a.m.  $29
Wahoo, WHLC, 101  Stukenholtz  AREA-8592-WHLC
Oct. 6-Nov. 3  T  6:30-7:30 a.m.  $29
Wahoo, WHLE, 101  Stukenholtz  AREA-8592-WHLE
Nov. 10-Dec. 15  T  6:30-7:30 a.m.  $29
Wahoo, WHLC, 102  Stukenholtz  AREA-8592-WHLH

**RIP involves eight separate muscle groups through a series of squats, presses, dead lifts, etc.**

**Keyword: Yoga**
Aug. 23-Oct. 22  M-Th  7:30-8:30 a.m.  $29
Wahoo, WHLC, 101  Stukenholtz  AREA-8592-WHLC
Oct. 6-Nov. 3  T  6:30-7:30 a.m.  $29
Wahoo, WHLE, 101  Stukenholtz  AREA-8592-WHLE
Nov. 10-Dec. 15  T  6:30-7:30 a.m.  $29
Wahoo, WHLC, 102  Stukenholtz  AREA-8592-WHLH

**Yoga**
Mats provided.

**Keyword: Yoga**
Sept. 3-Oct. 1  Th  9-10 a.m.  $35
Plattsmouth, SER  Brannan  AREA-8419-PLFA
Oct. 6-Nov. 3  Th  8:30-9:30 a.m.  $35
Plattsmouth, SER  Brannan  AREA-8419-PLFB
Oct. 8-Nov. 5  Th  8:30-9:30 a.m.  $35
Plattsmouth, SER  Brannan  AREA-8419-PLFC
Oct. 8-Nov. 12  Th  12:10-12:35 p.m.  $35
NE City, AWC, Group X  Barr  AREA-8419-NCFA
Oct. 12-Nov. 9  M  5:30-6:15 p.m.  $35
NE City, AWC, Group X  Barr  AREA-8419-NCFB
Oct. 14-Nov. 11  W  6-6:45 p.m.  $35
NE City, AWC, Group X  Barr  AREA-8419-NCFC
Nov. 12-Dec. 17  Th  8:30-9:30 a.m.  $35
Plattsmouth, SER  Brannan  AREA-8419-PLFD
Nov. 16-Dec. 14  M  5:30-6:15 p.m.  $35
NE City, AWC, Group X  Barr  AREA-8419-NCFD
Nov. 17-Dec. 15  T  8:30-9:30 a.m.  $35
Plattsmouth, SER  Brannan  AREA-8419-PLFF
Nov. 18-Dec. 16  W  6-6:45 p.m.  $35
NE City, AWC, Group X  Barr  AREA-8419-NCFF
Nov. 19-Dec. 17  Th  12:10-12:35 p.m.  $35
NE City, AWC, Group X  Barr  AREA-8419-NCFT

**Chair Yoga**
Learn modified yoga poses seated in a chair.

**Keyword: Yoga**
Oct. 13-Nov. 10  T  9:45-10:30 a.m.  $35
NE City, AWC, Group X  Carlson  AREA-8418-NCFA
Nov. 17-Dec. 15  T  9:45-10:30 a.m.  $35
NE City, AWC, Group X  Carlson  AREA-8418-NCFB

**Gentle Yoga**
Chair, standing or mat positions.

**Keyword: Yoga**
Aug. 31-Oct. 5  M  4:30-5 p.m.  $19
Beatrice, FLOW  Schrroller  BBBX-1538-BEFB
Oct. 19-Nov. 16  M  4:30-5 p.m.  $19
Beatrice, FLOW  Schrroller  BBBX-1538-BEFB

**Yoga & Pilates**
All experience levels welcome.

**Keyword: Yoga**
Aug. 31-Oct. 5  M  5:30-6:30 p.m.  $35
Beatrice, JAC, Conf. Rm  Schrroller  BBBX-1537-BEFA
Oct. 19-Nov. 16  M  5:30-6:30 p.m.  $35
Beatrice, JAC, Conf. Rm  Schrroller  BBBX-1537-BEFA

**Fundamentals of Yoga**
NOTE: Sec. TCFA:
Registration deadline Oct. 2.

**Keyword: Yoga**
Oct. 5-Nov. 23  M  7:30-8:30 p.m.  $69
Lincoln, HITCH  Ogden  LLLL-1701-OCFA
Oct. 6-Nov. 24  T  7-8 p.m.  $69
Live Online, Zoom  Whittle  LLLL-1701-TCFa

**Yoga I**
Prerequisite: Fundamentals of Yoga (LLLX-1701)
This is a continuation of the fundamentals class.

**Keyword: Yoga**
Aug. 31-Sep. 23  M, W  7:30-8:30 p.m.  $69
Lincoln, HITCH  Ogden  LLLL-1755-OCFA
Oct. 7-Nov. 25  W  7:30-8:30 p.m.  $69
Lincoln, HITCH  Ogden  LLLL-1755-OCFB

**Yoga II**
Prerequisite: Yoga I (LLLX-1755)
A continuation of Yoga I.

**Keyword: Yoga**
Sept. 1-24  Th, T  6:30-8 p.m.  $79
Lincoln, HITCH  Ogden  LLLL-1744-OCFA
Oct. 8-Dec. 3  Th  6:30-8 p.m.  $79
Lincoln, HITCH  Ogden  LLLL-1744-OCFB

**NEW! Anywhere Yoga Using a Chair**
Discover how to stay active, healthy and alert—using just a chair! If you are a desk sitter most of the day, or have arthritis/conditions that hinder you from everyday movement? This is the class for you! You will learn different stretches and strengthening poses—all from a chair. Staying active, healthy and alert will be the goal of this class. Join us via Zoom from anywhere!

**NOTE: No class Nov. 26.**

**Keyword: Chair**
Oct. 8-Dec. 3  Th  7-8 p.m.  $69
Live Online, Zoom  Whittle  LLLL-1695-TCFa

For COVID-19 updates, visit www.southeast.edu/covid-19

Looking for classes in your area? See pages 66-69 for the Course List by Region.

**Location Key** is on page 64.
Effective No-Equipment Exercises
Have you wanted to exercise but felt like you needed special gym equipment or equipment at home to do so? Let us introduce you to exercises that do not require equipment and explore different variations of exercise so you can find what works best for your time and lifestyle.

**Keyword: Exercises**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 3-31</td>
<td>9-10 a.m.</td>
<td>Wahoo, WHLC, 101</td>
<td>$39</td>
<td>Waters AREA-8553-WHFA</td>
</tr>
</tbody>
</table>

Straps Workout
Incorporating Suspension Training Straps, this body-weight workout develops strength, balance, flexibility and core stability. Any fitness level can participate in this workout.

**Keyword: Straps**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 13-Dec. 17 T, Th</td>
<td>6-6:30 p.m.</td>
<td>NE City, AWC, BSMT, Stickenholtz</td>
<td>$59</td>
<td>AREA-8728-NCFA</td>
</tr>
</tbody>
</table>

Senior Stretch & Flex
Enjoy a morning workout and improve your health. This Active Aging class will include stretching, cardio and the proper use of free weights. You will experience improved flexibility while seeing positive changes to your body.

**Keyword: Stretch**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 12-Nov. 9 M</td>
<td>9:45-10:30 a.m.</td>
<td>NE City, AWC, Group X, Carlson</td>
<td>$29</td>
<td>AREA-8145-NCFA</td>
</tr>
<tr>
<td>Nov. 16-Dec. 14 M</td>
<td>9:45-10:30 a.m.</td>
<td>NE City, AWC, Group X, Carlson</td>
<td>$29</td>
<td>AREA-8145-NCFA</td>
</tr>
</tbody>
</table>

Fit for Senior Living
Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this 12-week session. Best price for your workout!

**Keyword: Fit**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 2-Dec. 23 M, W, F</td>
<td>9:30-10:30 a.m.</td>
<td>Plattsmouth, PLAH, FitnessCtr Scalan</td>
<td>$65</td>
<td>AREA-8810-PFA</td>
</tr>
</tbody>
</table>

Uechi Ryu Karate Do
Uechi-ryu is a classical Chinese Okinawan style of self-defense, which stresses a balance between mind, body and technique. The classes involve warm-up techniques to enhance good health, exercises to strengthen movement, stretching to improve flexibility, and basic to advanced self-defense strategies.

**Keyword: Karate**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 7-Nov. 11 W</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 303</td>
<td>$69</td>
<td>LLXX-9303-CEFA</td>
</tr>
</tbody>
</table>

Introduction to Pilates
This intelligent exercise method can lead to increased strength and flexibility through mind/body as you discover your core in the mat work.

**Keyword: Pilates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 5-Nov. 23 M</td>
<td>6:15-7:15 p.m.</td>
<td>Lincoln, HCHC</td>
<td>$69</td>
<td>Ogden LLXX-1523-OCFA</td>
</tr>
</tbody>
</table>

Continuing Pilates
Prerequisite: Introduction to Pilates (LLXX-1523) or instructor permission
Focus on adding new exercises in mat work. Challenge your core strength, endurance and flexibility.

**Keyword: Pilates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 6-Nov. 24 T</td>
<td>6:15-7:15 p.m.</td>
<td>Lincoln, HCHC</td>
<td>$69</td>
<td>Ogden LLXX-1709-OCFA</td>
</tr>
</tbody>
</table>

T’ai Chi for Beginners
If you’re looking for a way to reduce stress, consider Tai Chi. Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that’s now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

**Keyword: T’ai Chi**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 24-Sept. 23 M, W</td>
<td>6:30-8 p.m.</td>
<td>Lincoln, CEC, 302, Marsh</td>
<td>$69</td>
<td>LLXX-1712-CFAB</td>
</tr>
<tr>
<td>Oct. 12-Nov. 9 M</td>
<td>6:30-8 p.m.</td>
<td>Lincoln, CEC, 302</td>
<td>$69</td>
<td>LLXX-1712-CFAB</td>
</tr>
</tbody>
</table>

Youth Pottery Wheel
Ages 10-15
This is an introduction for tweens and teens to the fundamentals of the pottery wheel. For more experienced students it will allow more time for you to hone your skills.

**Keyword: Pottery**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 19-Oct. 10 S</td>
<td>12:30-2 p.m.</td>
<td>Lincoln, LUXC, CeramicBldg</td>
<td>$85</td>
<td>LLXX-1212-OCFA</td>
</tr>
<tr>
<td>Oct. 17-Nov. 7 S</td>
<td>12:30-2 p.m.</td>
<td>Lincoln, LUXC, CeramicBldg</td>
<td>$85</td>
<td>LLXX-1212-OCFA</td>
</tr>
<tr>
<td>Nov. 14-Dec. 12 S</td>
<td>12:30-2 p.m.</td>
<td>Lincoln, LUXC, CeramicBldg</td>
<td>$85</td>
<td>LLXX-1212-OCFA</td>
</tr>
</tbody>
</table>

Perfect Pillowcase
Ages 10 & Up
These pillowcases are called the "Perfect Pillowcase" because of the way they are constructed. They are simple and easy to make with no raw edges showing on the inside. The seam edges will not ravel because they are enclosed within a second seam. This class is perfect for a beginning sewer or an adult/child pair.

Just the adult needs to register. Supplies needed: 3/4 yard of fabric (color 1) for body of the pillowcase, 1/4 yard of fabric (color 2) for case border, and 1/8 yard of fabric (color 3) for accent. Fabrics need to be firmly woven cotton (no knits) laundered and pressed. We will furnish sewing machines, but you should bring thread and other sewing notions such as scissors and pins.

**Keyword: Pillow**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 7 W</td>
<td>2-4 p.m.</td>
<td>Segner</td>
<td>$19</td>
<td>AREA-2626-HNFA</td>
</tr>
</tbody>
</table>

Babysitting 101
Ages 10-14
This interactive class will help you become a great babysitter. You will learn about the business of babysitting, child development, safety, and fun ways to keep children entertained.

**Keyword: Babysitting**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 14 S</td>
<td>1-4 p.m.</td>
<td>Segner</td>
<td>$29</td>
<td>AREA-6399-FCCA</td>
</tr>
<tr>
<td>Falls City, FCCL, 101</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hebron, HNLC, 101</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NE City, NCLC, 102</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plattsmouth, PLLC, 102</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lincoln, LUXC, CeramicBldg</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wahoo, WHLC, 101</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Irish Social Dance
(Ages 12 and up)
Irish Step Dance
(Ages 7 and up)

See page 41 for more information.

Archery Introduction
(Ages 8 & Up)
See page 58 for more information.
**Driver Education & Safety**

Instruction consists of online lecture and behind-the-wheel training (lab) that meets separately. Participation in an orientation is required before each class. Orientations will be held on dates listed below via Zoom. A Zoom link will be sent to the students email one week prior to the orientation. Student must have a school or learner’s permit and complete an orientation. Participation in an orientation is required before each class. Orientations will be held on dates listed below via Zoom. A Zoom link will be sent to the students email one week prior to the orientation. Student must have a school or learner’s permit and complete an orientation.

### Required Orientation

- **Thurs., Aug. 27**
- **Thurs., Oct. 8**

SCC is actively monitoring updates and making decisions based on recommendations from the Centers for Disease Control and Prevention, as well as local and state health authorities, concerning the outbreak of COVID-19 (Coronavirus). The health and safety of the College community is of high importance, and SCC plays an important role in slowing the spread of the virus. SCC Continuing Education is working on drive lab schedules that follow recommended safety practices. Details regarding requirements will be emailed to students at least two weeks in advance. Classes are subject to change, based on current local and state guidelines.

(2.6 CEUs) **For a detailed brochure, complete with Driver Education & Safety classes for 2020**, contact us at continuinged@southeast.edu, 402-437-2700 or 800-828-0072. NOTE: Attendance is critical to the student’s success. Each class and lab must be attended as scheduled. Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.

### Lincoln SCC

<table>
<thead>
<tr>
<th>Dates</th>
<th>Type</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-LNFA</td>
<td>$295</td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-LNFE</td>
<td>$295</td>
</tr>
</tbody>
</table>

### Lincoln East High School

<table>
<thead>
<tr>
<th>Dates</th>
<th>Type</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-OCFD</td>
<td>$295</td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-OCFG</td>
<td>$295</td>
</tr>
</tbody>
</table>

### Lincoln High School

<table>
<thead>
<tr>
<th>Dates</th>
<th>Type</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-CSEF</td>
<td>$295</td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-CCEF</td>
<td>$295</td>
</tr>
</tbody>
</table>

### Lincoln North Star High School

<table>
<thead>
<tr>
<th>Dates</th>
<th>Type</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-OCFD</td>
<td>$295</td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-OCFI</td>
<td>$295</td>
</tr>
</tbody>
</table>

### Lincoln Northeast High School

<table>
<thead>
<tr>
<th>Dates</th>
<th>Type</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-CSEF</td>
<td>$295</td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-CCEF</td>
<td>$295</td>
</tr>
</tbody>
</table>

### Lincoln Southeast High School

<table>
<thead>
<tr>
<th>Dates</th>
<th>Type</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-OCFD</td>
<td>$295</td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-OCFI</td>
<td>$295</td>
</tr>
</tbody>
</table>

### Lincoln South High School

<table>
<thead>
<tr>
<th>Dates</th>
<th>Type</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-CSEF</td>
<td>$295</td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
<td>TRAN-3398-CCEF</td>
<td>$295</td>
</tr>
</tbody>
</table>

### Lincoln Drive Lab Schedule

Drive lab meets once a week for six weeks, Monday through Friday, with a starting time of 3:30 or 5:45 p.m. The student could possibly attend the first drive lab before the first lecture meets. The drive lab continues one week past the completion of lecture.

### Four-Hour STOP Class

Diversion of minor traffic violations in Seward, Thayer and York Counties.

Contact us at STOP@southeast.edu for scheduling details and cost.

### Smart Drivers!

This is an eight-hour comprehensive course applying fundamental traffic laws and increasing driver awareness. Nebraska law requires that driver improvement classes are eight hours.

(0.8 CEUs) This class is approved by the Nebraska Department of Motor Vehicles and can be applied toward: under-age 21, six-point accumulation, reinstatement of point revocation, employment driving permit, two-point credit to driving record. Participants will NOT be admitted into class 15 minutes after the scheduled start time. **Participants must provide driver license number in class.**

### 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.

Oct. 5-Nov. 16 Online $429 TRAN-3393-HBFA

### Traffic Safety & Licensing

[Register Today! Go to Index]
Motorcycle Safety: Beginning Riders Course

Prerequisites: You must be at least 16 and able to balance and ride a bicycle. If you are age 16 and 17, a waiver must be signed by a parent or guardian. Failure to provide will disqualify participation in class, and a refund will not be available.

This 18-hour course is intended for beginning riders age 16 or older and is designed to teach safe motorcycle operation.

Lecture presentations occur online and at a physical location. The eCourse requires you to have access to high-speed internet with Adobe Flash Player. Ideally, the eCourse is successfully completed one week prior to the hands-on training component. Please include your personal email address on the registration form. Approximately one week after you register, an email and letter will be sent with instructions on how to access the eCourse.

(1.8 CEUs) You must successfully complete the online eCourse and the written and driving exams to receive documentation for the motorcycle endorsement. You will provide your own protective riding apparel, including Department of Transportation-approved helmet and eye protection, over-the-ankle footwear, long-sleeve shirt or jacket, long non-flare denim pants or equivalent, and full-fingered gloves, preferably leather.

◆ Class is held on Friday from 6-8:30 p.m., Saturday from 8 a.m.-4:30 p.m. and Sunday from 8 a.m.-1 p.m.
◆ Class is held on Friday from 6-8:30 p.m., Saturday from 7 a.m.-3:30 p.m. and Sunday from 7 a.m.-noon.

Keyword: Motorcycle

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 28-30</td>
<td>F, S, U</td>
<td>See Desc.</td>
<td>TRAN-3378-LNFA</td>
<td>$239</td>
</tr>
<tr>
<td>Sept. 11-13</td>
<td>F, S, U</td>
<td>See Desc.</td>
<td>TRAN-3378-LNFB</td>
<td>$239</td>
</tr>
<tr>
<td>Sept. 25-27</td>
<td>F, S, U</td>
<td>See Desc.</td>
<td>TRAN-3378-LNFC</td>
<td>$239</td>
</tr>
<tr>
<td>Oct. 2-4</td>
<td>F, S, U</td>
<td>See Desc.</td>
<td>TRAN-3378-LNF0</td>
<td>$239</td>
</tr>
<tr>
<td>Oct. 9-11</td>
<td>F, S, U</td>
<td>See Desc.</td>
<td>TRAN-3378-LNFE</td>
<td>$239</td>
</tr>
<tr>
<td>Oct. 16-18</td>
<td>F, S, U</td>
<td>See Desc.</td>
<td>TRAN-3378-LNFK</td>
<td>$239</td>
</tr>
</tbody>
</table>

Credit classes are delivered via technology to the Learning Center classrooms. Students are able to participate in the class like any student in the originating classroom. Each class offered at the Learning Centers meets the requirement at SCC for general education classes for an Associate degree and/or a prerequisite class for a Health program. Check with your academic advisor on your degree plan.

SCC Discovery Days will give you the opportunity to experience SCC first-hand and discover for yourself what students and alumni love about Southeast Community College! During SCC Discovery Days, you’ll receive answers to your questions about a variety of topics, including our Programs of Study, how to pay for college, support services, housing, and activities. You also will take a campus tour. There is no cost to attend, and lunch is provided!

For more information, dates or to register, visit www.southeast.edu/discoverscc.
Connection to SCC Services
The Learning Center staff are available to assist in making connections via phone or video with SCC services. In person meetings at the Learning Center also may be arranged.

- Admissions
- Advising
- Testing
- Financial Aid
- Registration
- Disability Services
- Career Services
- Academic Support Services
- Transitions Lab to improve writing
- registration reading and math placement scores
- Student Success
- Tutoring

Placement Testing: ACCUPLACER®
ACCUPLACER® is one of the course placement tests utilized by SCC and other Nebraska community colleges. The test determines academic readiness for math and English courses.

Each of the SCC campuses and Learning Centers provides the first ACCUPLACER® test to individuals at no cost. Anyone desiring to take the ACCUPLACER® again will be charged $15.

Proctor Tests
The Learning Center staff proctor tests set up by SCC faculty for students in their class for free. Proctoring tests for other colleges is $25 per test.

Contact the Testing Center on the Beatrice, Lincoln or Milford campuses or the Learning Centers at Falls City, Hebron, Nebraska City, Plattsmouth, Wahoo, or York for an appointment. Check the “How May We Assist You?” list on page 49 for contact information.

Transitions Lab
Do you feel overwhelmed by the thought of going to college? Would you like to return to college but don't know where to start? Has it been awhile since you took a math class? Do you need help with computers and technology? Do you need to learn study skills? Do you have test anxiety? Would you like to review your reading, writing and math skills? The SCC Transitions Lab and advisors provide advising support and study resources to students.

Contact your Learning Center coordinator to schedule an appointment with a Transitions advisor or find out the next time one will be at your Learning Center.

Need a Place to Study?
Contact the Learning Center in your area to schedule a time to study:

Falls City:
Call 402-323-3396
Email hcarr@southeast.edu

NE City:
Call 402-323-3636
Email cmeyer@southeast.edu

Wahoo:
Call 402-323-5581
Email dkerwin-kubr@southeast.edu

Share Your Knowledge/Experience
SCC is always looking for new instructors and courses to offer. If you possess expertise and experience in a subject area or are willing to share your favorite hobby, then please stop by and visit with your local Learning Center coordinator about becoming an adjunct instructor!

Job Enhancement Scholarship
Take advantage of this amazing opportunity to improve your employability, increase your value to your employer or simply learn a new skill that you can put to use while on the job! If approved and funds are available, the scholarship will award 75 percent of the tuition!

Anyone who lives in Nebraska City (68410) zip code and can explain how the class will enhance and improve their job-related skills is encouraged to apply.

Contact the Learning Center at Nebraska City for more information. See page 49 for contact information.

Do you need help with your business or business idea?
The Focus Suites at Southeast Community College is a professional and comfortable place to do business, for real. Focus Suites members are passionate about their work. Some are just starting their entrepreneurial journey while others have already celebrated many milestones. We offer a variety of services and resources to help entrepreneurs including office space, coaching and networking opportunities.

Building a business requires drive and focus. In a culture that celebrates the process, business owners can avoid getting overwhelmed and face change alongside others who have similar challenges.

- Individual office suites with 24/7 access
- Supportive, collaborative community culture
- Flexible leases and affordable rental rates
- Free parking and high-speed internet
- Shared Collaboration Room

Experience the Suite life without an office with a virtual membership!
Enjoy access to coaches, network of fellow Focus Suites members, and private Focus Suites events and learning opportunities.

- $30/month Focus Suites Experience package includes:
  - Networking with other Focus Suites members
  - Quarterly Focus Meetings (optional)
  - Private Focus Suites Facebook group
  - Weekly Zoom meetups
  - Private social and networking opportunities
  - Access to Focus Suites coaches
  - Business listed on our website
  - And more!

Perk Up Thursdays
Oct. 1-Dec. 3 • 10-11 a.m.
Join us Thursday mornings for relaxed networking and free coffee! Each week we feature a spotlight speaker who shares real stories about their business experiences and entrepreneurial journey. These stories include why an entrepreneur got started in their business, what they learned along the way, and what keeps them perked up and passionate about what they do.

NOTE: No coffee on Nov. 26. Perk Up Thursday is held in the Focus Suites Commons (Third Floor, 285 S. 68th St. Place, Lincoln) or via Zoom. Location will be announced each week via email newsletter. Sign up for the newsletter at www.southeast.edu/entrepreneurship. Can’t attend a coffee? No worries, you can view them at your convenience on our YouTube Channel!

Focus Coaching is a customizable coaching experience designed to help entrepreneurs identify their strengths and vulnerabilities. Participants are introduced to tools for informed decision making. The first session is free so we can learn about your unique business situation, determine if Focus Coaching is a fit or if there is another resource we can recommend.

See page 6 for more details.

To reserve the Suite Spot, schedule your free coaching appointment, or check out our spotlight speakers from Perk Up Thursday, visit www.southeast.edu/entrepreneurship or follow the Focus Suites on Facebook® and Twitter.
Beatrice
BAGC.......................... SCC Agriculture Center, one mile south of the SCC Beatrice Campus on Highway 136
Fork and Hammer, 4771 W. Scott Road
FOR .................................. Ford Hall
JAC................................. Jackson Hall
KEN .................................. Kennedy Center
TRU .................................. Truman Center

Deshler
DESH............................ Deshler High School, 1402 Third St.

Dorchester
WELL.............................. The Well, 1002 Lincoln St.

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

Hebron
HNLC............................ Learning Center at Hebron, 610 Jefferson Ave.

Lincoln
4211............................. Doeden’s Dance Studio, 4211 LaSalle St.
ARCH............................. Architectural Glassart, 4035 S. 48th St.
CEC............................. Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
EHS............................... East High School, 1000 S. 70th St.
ELCC......................... East Lincoln Christian Church, 7001 Edenton Road (Enter the northeast door)
EPCH............................. Eastridge Presbyterian Church, 1135 Eastridge Drive
GLTC............................. Green Leaf Tea Company, 2917 Pine Lake Road, #D
GRLN ...... Greater Lincoln Obedience Club, 5740 Johanna Road (From Cornhusker Hwy, go north two blocks on Hwy 77 (65th St.).
            Turn right onto Morton St. Go one block; turn left onto North 57 St. Go one block; turn right onto Johanna Road. GLOC building is one block on the left.)
HTCH.............. Holy Trinity Church, 6001 A St. (Enter west parking lot at traffic signal, use south door and go to lower level.)
KENL.............. Kenl Inn, 10241 E. Old Cheney Road (1 1/4 mile east of 84th and Old Cheney)
LEFM....... Lefler Middle School, 1100 S. 48 St.
LHS.............. Lincoln High School, 2229 J St.
LNE.............. Lincoln Northeast High School, 2635 N. 63rd St.
LNK.............. Southeast Community College, Lincoln Campus, 8800 O St.
LNS.............. Lincoln North Star High School, 5801 N. 33rd St.
LSE.............. Lincoln Southeast High School, 2930 S. 37th
LSW.............. Lincoln Southwest High School, 7001 S. 14th
LUXC.............. Lux Center for the Arts, 2601 N. 48th St. (Enter through the glass door on the west side of building parking lot.)
NOTE: Ceramics classes are in the building directly west of the Lux Center. Look for the green yard sign.
MBAB.............. Madsen’s Bowling & Billiards, 4700 Dudley (Meet at the bowling/pool main counter)
MGC.............. Mahoney Golf Course, 7900 Adams St.
OLER.............. Oler’s Family Upholstery, 5330 Custer Circle #6 (It is two blocks south of 70th and Cornhusker and one block east, next to Big Red Storage; second tan building in the middle; 402-613-1947)
Piedmont........... Piedmont Church, 4801 A St.
PBAC.............. Prairie Bowman Club, 1432 N. Cotner Ave.
PPNP.............. Prairie Pines Nature Preserve, 112th and Adams (When you arrive at the entrance gate, turn off 112th on paved driveway.)
VWSP........... Van Woood Shop, 6700 Francis St.
WEAV.............. The Weavers Studio, 3843 S. 48th St., Lower Level (West of 48th on Cooper Avenue)
       Follow the sidewalk to the lower level entrance at the back of the building. Please park on the street.

Louisville
SHSH.............. Simply Home Sweet Home Studio, 8980 Raven Drive (Class location is rural, three miles from Hwy 66)

Milford
CCDW.............. Crete Carrier Diesel Technology & Welding Center, 701 Trades City Drive
ETC............................. Southeast Community College, Milford Campus, Eicher Technical Center, 600 State St.
WEL............................. Southeast Community College, Milford Campus, Welsh Center, 600 State St.

Nebraska City
AWC............................. Ambassador Wellness Center, 1240 N. 19th
NCF............................. Nebraska City Florist, 109 S. Ninth St.
NCHS............................. Nebraska City High School, 141 Steinhart Park Road
NCLC............................. Learning Center at Nebraska City, 819 Central Ave.
SAC............................. Steinhart Aquatic Center, 121 S. Steinhart Park Road
WPBB............................. Whispering Pines B&B, 2086 Sixth Ave.

Plattsmouth
FKHM............................. Fork and Hammer, 546 Main St.
PLAH............................. Plattsmouth High School, 1916 Hwy. 34
PLLCLearning Center at Plattsmouth, 537 Main St.
SHAW............................. Shaw Hardware, 433 Main St.

Wahoo
WHLC............................. Learning Center at Wahoo, 536 N. Broadway St.

Waverly
WAVI............................. Waverly Intermediate School, 4621 Heywood St.

York
YKLC............................. Learning Center at York, 3130 Holen Ave. (Inside the Holthus Convention Center)
YMS............................. York Middle School, 1730 N. Delaware Ave.

See Desc.................. The course description will give the class location
TBA............................. To Be Announced
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW! 4 Craft Combo</td>
<td>31</td>
</tr>
<tr>
<td>15th Annual Nebraska Cyber Security Conference</td>
<td>23</td>
</tr>
<tr>
<td>Abuse &amp; Neglect Prevention for Nursing Assistants</td>
<td>19</td>
</tr>
<tr>
<td>Accounting for Business Owners</td>
<td>5</td>
</tr>
<tr>
<td>Accounting Fundamentals Series (Ed2Go)</td>
<td>27</td>
</tr>
<tr>
<td>NEW! Advanced Techniques in Digital Photography</td>
<td>56</td>
</tr>
<tr>
<td>Air Fryer 101</td>
<td>46</td>
</tr>
<tr>
<td>Almost Painless: Change Management</td>
<td>7</td>
</tr>
<tr>
<td>NEW! Anywhere Yoga Using a Chair</td>
<td>59</td>
</tr>
<tr>
<td>NEW! Back End Developer Bootcamp</td>
<td>23</td>
</tr>
<tr>
<td>Beginning Genealogy:</td>
<td></td>
</tr>
<tr>
<td>Start Your Family History</td>
<td>47</td>
</tr>
<tr>
<td>Beginning Screenwriting</td>
<td></td>
</tr>
<tr>
<td>Beginning Spanish</td>
<td>50</td>
</tr>
<tr>
<td>Bob Ross</td>
<td></td>
</tr>
<tr>
<td>Blood Moon</td>
<td>37</td>
</tr>
<tr>
<td>Desert Aglow</td>
<td>37</td>
</tr>
<tr>
<td>Evening Tide</td>
<td>37</td>
</tr>
<tr>
<td>Bob Ross Painting: Golden Rays of Sunlight</td>
<td>37</td>
</tr>
<tr>
<td>NEW! Building Your Applicant Pool</td>
<td>9</td>
</tr>
<tr>
<td>Certificate in Structured Query Language (SQL) (UGotClass)</td>
<td>27</td>
</tr>
<tr>
<td>Cinnamon Rolls &amp; Crescent Rolls</td>
<td>46</td>
</tr>
<tr>
<td>Coffeecake</td>
<td>45</td>
</tr>
<tr>
<td>Co-Parenting: Working Together for Your Children (Online)</td>
<td>41</td>
</tr>
<tr>
<td>The Core of the Story</td>
<td>54</td>
</tr>
<tr>
<td>Core Tools Training</td>
<td>10</td>
</tr>
<tr>
<td>CPR AED Online + Skills Session</td>
<td>16</td>
</tr>
<tr>
<td>Critical Thinking in Today’s Workplace</td>
<td>8</td>
</tr>
<tr>
<td>Data Analysis Certificate (UGotClass)</td>
<td>27</td>
</tr>
<tr>
<td>NEW! Digital Photography</td>
<td>55</td>
</tr>
<tr>
<td>Digital Photography 101</td>
<td>56</td>
</tr>
<tr>
<td>Digital Photography 201</td>
<td>56</td>
</tr>
<tr>
<td>Digital Photography 301</td>
<td>56</td>
</tr>
<tr>
<td>NEW! Digital Photography Editing/Post Processing</td>
<td>55</td>
</tr>
<tr>
<td>NEW! Digitzing Memories</td>
<td>56</td>
</tr>
<tr>
<td>DNA Tells a Story</td>
<td>47</td>
</tr>
<tr>
<td>Driver Education Instructor Training</td>
<td>61</td>
</tr>
<tr>
<td>NEW! Egg-cellent Eggs</td>
<td>44</td>
</tr>
<tr>
<td>NEW! Fairy Tales in Music</td>
<td>52</td>
</tr>
<tr>
<td>Finding Peace: Managing &amp; Resolving Conflict</td>
<td>44</td>
</tr>
<tr>
<td>Focus Coaching (One-on-One Business Coaching)</td>
<td>6</td>
</tr>
<tr>
<td>Food Protection Manager Online Class</td>
<td>46</td>
</tr>
<tr>
<td>Four-Hour STDP Class (Seward, Thayer &amp; York Counties)</td>
<td>61</td>
</tr>
<tr>
<td>NEW! From Theory to Discovery: Breaking Down Your Brick Wall with Timelines</td>
<td>47</td>
</tr>
<tr>
<td>NEW! Fudgy Fun</td>
<td>44</td>
</tr>
<tr>
<td>NEW! The Great Mystery Bake Off – Nailed It Edition</td>
<td>42</td>
</tr>
<tr>
<td>Hack Your Way to Security (Ed2Go)</td>
<td>27</td>
</tr>
<tr>
<td>NEW! Harmonica Holiday</td>
<td>53</td>
</tr>
<tr>
<td>NEW! History for Fun: Origins of Democracy</td>
<td>47</td>
</tr>
<tr>
<td>Home Security: An Alarm System is Not the Only Answer</td>
<td>48</td>
</tr>
<tr>
<td>Homemade Kolaches</td>
<td>46</td>
</tr>
<tr>
<td>Hypnosis for Stress</td>
<td>50</td>
</tr>
<tr>
<td>Identity Theft: Types, Prevention &amp; Recovery</td>
<td>48</td>
</tr>
<tr>
<td>Instant Pot Cooking Basics</td>
<td>46</td>
</tr>
<tr>
<td>Intravenous Genealogy</td>
<td>47</td>
</tr>
<tr>
<td>Intravenous Therapy:</td>
<td></td>
</tr>
<tr>
<td>Current Standards of Practice 1</td>
<td>18</td>
</tr>
<tr>
<td>Intro to Energy Medicine</td>
<td>51</td>
</tr>
<tr>
<td>Introduction to Crystal Reports (Ed2Go)</td>
<td>27</td>
</tr>
<tr>
<td>Introduction to Podcasting</td>
<td>55</td>
</tr>
<tr>
<td>Introduction to Python 2.5 Programming (Ed2Go)</td>
<td>27</td>
</tr>
<tr>
<td>iPhone/iPad: Beyond the Basics</td>
<td>22</td>
</tr>
<tr>
<td>NEW! iPhone or Android?</td>
<td>54</td>
</tr>
<tr>
<td>Katie’s Cooking Class: Knife Techniques</td>
<td>46</td>
</tr>
<tr>
<td>Landscaping with Fall &amp; Spring Flowering Bulbs</td>
<td>47</td>
</tr>
<tr>
<td>Learn to Crochet</td>
<td>39</td>
</tr>
<tr>
<td>NEW! Let Me Share My Story with You: Writing My Memories</td>
<td>54</td>
</tr>
<tr>
<td>Let’s Do Lunch</td>
<td>55</td>
</tr>
<tr>
<td>NEW! Video Chatting</td>
<td>55</td>
</tr>
<tr>
<td>Zoom Basic</td>
<td>55</td>
</tr>
<tr>
<td>Level 2 Co-Parenting: Working Together for Your Children</td>
<td>41</td>
</tr>
<tr>
<td>LinkedIn® for Business: Basic</td>
<td>6</td>
</tr>
<tr>
<td>Make Ahead: Freezer Meals, Tips &amp; Tricks</td>
<td>46</td>
</tr>
<tr>
<td>NEW! Marketing During Change</td>
<td>9</td>
</tr>
<tr>
<td>Muffins</td>
<td>45</td>
</tr>
<tr>
<td>Music Appreciation</td>
<td>53</td>
</tr>
<tr>
<td>Nebraska Sleep Conference 2019</td>
<td>19</td>
</tr>
<tr>
<td>Online Buying &amp; Selling</td>
<td>22</td>
</tr>
<tr>
<td>NEW! Outlook or Gmail?</td>
<td></td>
</tr>
<tr>
<td>Which is Best for Your Business?</td>
<td>26</td>
</tr>
<tr>
<td>NEW! Photography &amp; Editing</td>
<td></td>
</tr>
<tr>
<td>Using Your Mobile Device</td>
<td>56</td>
</tr>
<tr>
<td>Pictures Galore, Organizing &amp; More!</td>
<td>32</td>
</tr>
<tr>
<td>NEW! Playing By Ear Workshop</td>
<td>52</td>
</tr>
<tr>
<td>Post Anesthesia Care</td>
<td>18</td>
</tr>
<tr>
<td>Project Management Certificate (UGotClass)</td>
<td>27</td>
</tr>
<tr>
<td>QuickBooks 2019:</td>
<td></td>
</tr>
<tr>
<td>Basic</td>
<td>4</td>
</tr>
<tr>
<td>Intermediate</td>
<td>4</td>
</tr>
<tr>
<td>QuickBooks 2019 Series (Ed2Go)</td>
<td>27</td>
</tr>
<tr>
<td>Scones</td>
<td>45</td>
</tr>
<tr>
<td>The Secrets of Baby Behavior</td>
<td>19</td>
</tr>
<tr>
<td>NEW! Sight Reading Workshop</td>
<td>52</td>
</tr>
<tr>
<td>Social Media for Business Certificate (UGotClass)</td>
<td>27</td>
</tr>
<tr>
<td>NEW! Sourdough Bread 101</td>
<td>44</td>
</tr>
<tr>
<td>Spanish for Adult &amp; Child (Ages 8-12)</td>
<td>50</td>
</tr>
<tr>
<td>Speechcraft</td>
<td>54</td>
</tr>
<tr>
<td>SQL Series (Ed2Go)</td>
<td>27</td>
</tr>
<tr>
<td>NEW! Start Your Day Right: Morning Workout</td>
<td>58</td>
</tr>
<tr>
<td>NEW! Strength Training FUNDamentals:</td>
<td></td>
</tr>
<tr>
<td>Strength &amp; Tone</td>
<td>58</td>
</tr>
<tr>
<td>Tone &amp; Eat Right</td>
<td>58</td>
</tr>
<tr>
<td>Tips &amp; Tricks: Excel</td>
<td>25</td>
</tr>
<tr>
<td>Tips &amp; Tricks with Your New iPhone or iPad</td>
<td>22</td>
</tr>
<tr>
<td>NEW! Virtual Platforms for Businesses</td>
<td>22</td>
</tr>
<tr>
<td>Tips &amp; Tricks: Word</td>
<td>26</td>
</tr>
<tr>
<td>Welcome to Medicare</td>
<td>42</td>
</tr>
<tr>
<td>NEW! what is a CSA?</td>
<td>47</td>
</tr>
<tr>
<td>What is Your Element?</td>
<td>50</td>
</tr>
<tr>
<td>What’s New in the World of Drugs 2020</td>
<td>17</td>
</tr>
<tr>
<td>Working with QuickBooks Online</td>
<td>4</td>
</tr>
<tr>
<td>NEW! your COVID Marketing Plan: Simplify to Maximize</td>
<td>5</td>
</tr>
<tr>
<td>Your Role as a Supervisor</td>
<td>8</td>
</tr>
<tr>
<td>NEW! Zoom: Everyone is Doing It!</td>
<td>22</td>
</tr>
<tr>
<td>Hybrid</td>
<td></td>
</tr>
<tr>
<td>CPR AED Online + Skills Session</td>
<td>16</td>
</tr>
<tr>
<td>CPR - HeartCode® Basic Life Support</td>
<td>17</td>
</tr>
<tr>
<td>Driver Education</td>
<td>61</td>
</tr>
<tr>
<td>First Aid Online + Skills Session</td>
<td>16</td>
</tr>
<tr>
<td>Intravenous Therapy:</td>
<td></td>
</tr>
<tr>
<td>Current Standards of Practice 2 Skills (Hybrid Course)</td>
<td>18</td>
</tr>
<tr>
<td>Beatrice Region</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.southeast.edu/BeatriceCE">www.southeast.edu/BeatriceCE</a></td>
<td></td>
</tr>
<tr>
<td>These classes are held in Beatrice unless noted.</td>
<td></td>
</tr>
<tr>
<td>Adult Pottery</td>
<td>34</td>
</tr>
<tr>
<td>Air Fryer 101</td>
<td>46</td>
</tr>
<tr>
<td>Almost Painless: Change Management</td>
<td>7</td>
</tr>
<tr>
<td>Artificial Insemination in Cattle</td>
<td>5</td>
</tr>
<tr>
<td>Ceramic Wall Pocket</td>
<td>35</td>
</tr>
<tr>
<td>Electrical Fundamentals</td>
<td>11</td>
</tr>
<tr>
<td>Emotional Freedom for Weight Loss</td>
<td>51</td>
</tr>
<tr>
<td>Excel 2016:</td>
<td></td>
</tr>
<tr>
<td>Basic</td>
<td>25</td>
</tr>
<tr>
<td>Intermediate</td>
<td>25</td>
</tr>
<tr>
<td>Fats &amp; Oils</td>
<td>46</td>
</tr>
<tr>
<td>Forklift Operator</td>
<td>13</td>
</tr>
<tr>
<td>Gentle Yoga</td>
<td>59</td>
</tr>
<tr>
<td>Holiday Paper Making</td>
<td>31</td>
</tr>
<tr>
<td>Intravenous Therapy:</td>
<td></td>
</tr>
<tr>
<td>Current Standards of Practice 2 Skills (Hybrid Course)</td>
<td>18</td>
</tr>
<tr>
<td>Intro to Energy Medicine</td>
<td>51</td>
</tr>
<tr>
<td>Intro to Energy Testing</td>
<td>50</td>
</tr>
<tr>
<td>Leadership Communication Boot Camp</td>
<td>7</td>
</tr>
<tr>
<td>Native American Flute</td>
<td>53</td>
</tr>
<tr>
<td>Nothing New Trip</td>
<td>39</td>
</tr>
<tr>
<td>Nutrient Dense Foods: Grass-Fed Meat, Pastured Poultry, Eggs &amp; Bone Broth</td>
<td>46</td>
</tr>
<tr>
<td>QuickBooks 2019:</td>
<td></td>
</tr>
<tr>
<td>Basic</td>
<td>4</td>
</tr>
<tr>
<td>Intermediate</td>
<td>4</td>
</tr>
<tr>
<td>Scrap o polo: Dream Daze Scrapbook Retreat</td>
<td>33</td>
</tr>
<tr>
<td>Silverware Jewelry</td>
<td>38</td>
</tr>
<tr>
<td>Snowflake Quilling</td>
<td>31</td>
</tr>
<tr>
<td>Using the Cloud</td>
<td>22</td>
</tr>
<tr>
<td>Welcome to Medicare</td>
<td>42</td>
</tr>
<tr>
<td>Wine, Dine &amp; Sights in the City Trip</td>
<td>40</td>
</tr>
<tr>
<td>Beatrice (Cortland)</td>
<td></td>
</tr>
<tr>
<td>Yoga &amp; Pilates</td>
<td>59</td>
</tr>
</tbody>
</table>
LEARNING CENTER AT FALLS CITY REGION
www.southeast.edu/FallsCityLC

These classes are held in Falls City unless noted.

Baby Sitting 101 (Ages 10-14) ........................................... 60
Basic Pet Care: Dog & Cat ........................................... 29
Basic RS LOGIX 500, Allen-Bradley PLCs .................. 12
Beginning Cake Decorating I ....................................... 45
Beginning Cake Decorating II ..................................... 45
Buying, Selling & Evaluating Antiques, Coins & Collectibles ............................................................. 32
Car Care Basics ............................................................ 11
Do You Google? .......................................................... 22
Electrical Fundamentals ................................................. 11
Fall Junkstock Bus Trip .................................................. 40
Omaha Community Playhouse
*A Christmas Carol* Bus Trip ...................................... 40
Forklift Operator .......................................................... 13
Gas Metal Arc Welding ............................................... 15
Get Going with Google Docs .................................... 22
Introduction to Cake Decorating .................................. 45
Leadership Communication Boot Camp ...................... 7
Learn to Crochet .......................................................... 39
Learning Windows 10 ................................................... 20
NEW! Let’s Do Lunch: Vacation Planning .................... 55
One-on-One Computer Training: 3 Hours ..................... 20
One-on-One Smart Device Training .............................. 21
Online Buying & Selling .............................................. 22
The Path to Resilience .................................................. 8
Pick the Right Medicare Drug Plan ............................. 29
Shutterfly Photo Book Memories .................................. 22
Smartphone Basics: Android ...................................... 21
Smartphone Next Level ............................................... 21
Using Video in Marketing .......................................... 5
Video Chatting: How to Use Facetime or Facebook® .... 23
Welcome to Medicare .................................................. 42

LEARNING CENTER AT HEBRON REGION
www.southeast.edu/HebronLC

These classes are held in Hebron unless noted.

Babysitting 101 (Ages 10-14) ........................................... 60
CPR AED (Community) .................................................. 16
Do You Google? .......................................................... 22
Essential Oils 101 (Dorchester) .................................... 51
Four-Hour STOP Class (Thayer Counties) .................... 61
Gas Metal Arc Welding I (Steel) (Credit; Deshler) ......... 15
Gas Metal Arc Welding II (Aluminum) (Credit; Deshler) ................................................................. 15
Get Going with Google Docs .................................... 22
Holiday Pies ............................................................... 43
NEW! How to Spot Fake News ..................................... 54
Leadership Communication Boot Camp ...................... 7
Learning Windows 10 ................................................... 20
One-on-One Computer Training: 3 Hours ..................... 20
One-on-One Smart Device Training .............................. 21
The Path to Resilience .................................................. 8
Perfect Pillowcase (Ages 10 & Up) ............................... 60
Pick the Right Medicare Drug Plan ............................. 42
Seasonal Aromatherapy (Dorchester) ......................... 51
Smartphone Basics: Android ...................................... 21
Smartphone Next Level ............................................... 21
Using Video in Marketing .......................................... 5
Video Chatting: How to Use Facetime or Facebook® .... 23
Welcome to Medicare .................................................. 42

LEARNING CENTER AT FALLS CITY REGION
www.southeast.edu/FallsCityLC

These classes are held in Falls City unless noted.

Babysitting 101 (Ages 10-14) ........................................... 60
Basic Pet Care: Dog & Cat ........................................... 29
Basic RS LOGIX 500, Allen-Bradley PLCs .................. 12
Beginning Cake Decorating I ....................................... 45
Beginning Cake Decorating II ..................................... 45
Buying, Selling & Evaluating Antiques, Coins & Collectibles ............................................................. 32
Car Care Basics ............................................................ 11
Do You Google? .......................................................... 22
Electrical Fundamentals ................................................. 11
Fall Junkstock Bus Trip .................................................. 40
Omaha Community Playhouse
*A Christmas Carol* Bus Trip ...................................... 40
Forklift Operator .......................................................... 13
Gas Metal Arc Welding ............................................... 15
Get Going with Google Docs .................................... 22
Introduction to Cake Decorating .................................. 45
Leadership Communication Boot Camp ...................... 7
Learn to Crochet .......................................................... 39
Learning Windows 10 ................................................... 20
NEW! Let’s Do Lunch: Vacation Planning .................... 55
One-on-One Computer Training: 3 Hours ..................... 20
One-on-One Smart Device Training .............................. 21
Online Buying & Selling .............................................. 22
The Path to Resilience .................................................. 8
Pick the Right Medicare Drug Plan ............................. 29
Shutterfly Photo Book Memories .................................. 22
Smartphone Basics: Android ...................................... 21
Smartphone Next Level ............................................... 21
Using Video in Marketing .......................................... 5
Video Chatting: How to Use Facetime or Facebook® .... 23
Welcome to Medicare .................................................. 42

LEARNING CENTER AT HEBRON REGION
www.southeast.edu/HebronLC

These classes are held in Hebron unless noted.

Babysitting 101 (Ages 10-14) ........................................... 60
CPR AED (Community) .................................................. 16
Do You Google? .......................................................... 22
Essential Oils 101 (Dorchester) .................................... 51
Four-Hour STOP Class (Thayer Counties) .................... 61
Gas Metal Arc Welding I (Steel) (Credit; Deshler) ......... 15
Gas Metal Arc Welding II (Aluminum) (Credit; Deshler) ................................................................. 15
Get Going with Google Docs .................................... 22
Holiday Pies ............................................................... 43
NEW! How to Spot Fake News ..................................... 54
Leadership Communication Boot Camp ...................... 7
Learning Windows 10 ................................................... 20
One-on-One Computer Training: 3 Hours ..................... 20
One-on-One Smart Device Training .............................. 21
The Path to Resilience .................................................. 8
Perfect Pillowcase (Ages 10 & Up) ............................... 60
Pick the Right Medicare Drug Plan ............................. 42
Seasonal Aromatherapy (Dorchester) ......................... 51
Smartphone Basics: Android ...................................... 21
Smartphone Next Level ............................................... 21
Using Video in Marketing .......................................... 5
Video Chatting: How to Use Facetime or Facebook® .... 23
Welcome to Medicare .................................................. 42

NEW! Certified Fiber Optics Boot Camp
(CFOT, CFOS/S, CFOS/T) ............................................. 14
Cheesemaking Around the World .................................. 44
Close-Up & Macro Photography Techniques ............... 57
Coffee Cupping & Flavor Profiling.................................. 44
Colored Pencil Drawing ............................................... 36
Conflict is Inevitable, Manage It Well ........................... 18
Continuing Pilates ........................................................ 60
Conversation Francaise Avancee:
Conversations Continuant en Francais ....................... 49
CPR AED (Community) .................................................. 16
CPR AED Online + Skills Session ................................ 16
CPR - Basic Life Support ............................................. 16
CPR - HeartCode® Basic Life Support
Online + Skills Session ............................................. 17
Create with Clay .......................................................... 35
Crooked Star Wall Hanging ......................................... 38
Clay Sculpture ............................................................. 35
Critical Thinking in Today’s Workplace ......................... 8
Daytime Fun: Dog Obedience ....................................... 30
Just for Puppies 8-16 Weeks Old ................................. 30
Dog Grooming: Advanced .......................................... 30
Beginning ................................................................. 30
Downsizing: Keep, Sell or Donate ................................ 48
Drawing Explorations ..................................................... 36
Drawing 1: You Can Draw ............................................ 36
Driver Education .......................................................... 61
Easy Righthooding ....................................................... 48
Electrical Code ............................................................. 11
Electrical Fundamentals .............................................. 11
Electrical Troubleshooting .......................................... 11
Emotional Intelligence: The Foundation of Lifelong Success ................................................................. 9
English Smocking ........................................................ 39
Environmentally Sustainable Landscaping .................... 48
Excel 2016: Advanced ................................................... 25
Beginning ................................................................. 25
Intermediate .............................................................. 25
Extreme Retirement Planning ...................................... 51
Finding Peace: Managing & Resolving Conflict ............ 8
First Aid Heartsaver® ................................................... 16
First Aid Online + Skills Session ................................ 16
Forest Bathing ............................................................. 51
Forklift Operator .......................................................... 13
Friday Night Crop .......................................................... 32
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Region</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leadership Communication Boot Camp</td>
<td>Lincoln</td>
<td>7</td>
</tr>
<tr>
<td>Lean Process Excellence (Lean Manufacturing)</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>Lincoln’s Suburbs</td>
<td></td>
<td>47</td>
</tr>
<tr>
<td>Lost Wax Casting</td>
<td></td>
<td>38</td>
</tr>
<tr>
<td>Mac for Beginners</td>
<td></td>
<td>21</td>
</tr>
<tr>
<td>Macarons</td>
<td></td>
<td>45</td>
</tr>
<tr>
<td>Machine Quilting</td>
<td></td>
<td>39</td>
</tr>
<tr>
<td>Macintosh Basics</td>
<td></td>
<td>21</td>
</tr>
<tr>
<td>Magic Ball</td>
<td></td>
<td>39</td>
</tr>
<tr>
<td>Managing Risks in Projects</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>Massage Basics</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Metalsmithing</td>
<td></td>
<td>33</td>
</tr>
<tr>
<td>Mindfulness Meditation</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Mosaic Serving Tray</td>
<td></td>
<td>38</td>
</tr>
<tr>
<td>Motor Control &amp; Relay Logic</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>Motorcycle Safety: Beginning Riders Course</td>
<td></td>
<td>62</td>
</tr>
<tr>
<td>National Electrical Code Seminar</td>
<td></td>
<td>11</td>
</tr>
<tr>
<td>Nebraska Finishing Technologies</td>
<td></td>
<td>14</td>
</tr>
<tr>
<td>Certification Program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nebraska “N” Glass Window Painting</td>
<td></td>
<td>36</td>
</tr>
<tr>
<td>Night Photography Techniques</td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>Nothing New Trip</td>
<td></td>
<td>39</td>
</tr>
<tr>
<td>Oil Painting Lab</td>
<td></td>
<td>36</td>
</tr>
<tr>
<td>Organize Your Home (AKA Keep It or Toss It)</td>
<td></td>
<td>48</td>
</tr>
<tr>
<td>Outlook 2016: Basic</td>
<td></td>
<td>26</td>
</tr>
<tr>
<td>Paint Pouring on Glass</td>
<td></td>
<td>38</td>
</tr>
<tr>
<td>NEW! Palmistry</td>
<td></td>
<td>41</td>
</tr>
<tr>
<td>The Path to Resilience</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>The Perfect Pie: Two Crust Fruit Pie</td>
<td></td>
<td>43</td>
</tr>
<tr>
<td>Perk Up Thursday Weekly Coffee</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Photography I</td>
<td></td>
<td>56</td>
</tr>
<tr>
<td>Photography II</td>
<td></td>
<td>56</td>
</tr>
<tr>
<td>Photography III</td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>Photography IV</td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>PLC Operator Interface Programming</td>
<td></td>
<td>13</td>
</tr>
<tr>
<td>Portrait Painting Workshop</td>
<td></td>
<td>36</td>
</tr>
<tr>
<td>Pottery Wheel</td>
<td></td>
<td>35</td>
</tr>
<tr>
<td>PowerPoint 2016: Basic</td>
<td></td>
<td>26</td>
</tr>
<tr>
<td>Practical Knowledge for the Home Landscaper</td>
<td></td>
<td>48</td>
</tr>
<tr>
<td>Printmaking</td>
<td></td>
<td>33</td>
</tr>
<tr>
<td>Process Improvement Certification (Green Belt)</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>Process Excellence (Yellow Belt)</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Puppy Manners</td>
<td></td>
<td>29</td>
</tr>
<tr>
<td>QuickBooks 2019: Intermediate</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Relaxation Techniques</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>SCENT Training</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td>Scrapfest: Living It Up</td>
<td></td>
<td>32</td>
</tr>
<tr>
<td>Show Your Door Some Love</td>
<td></td>
<td>34</td>
</tr>
<tr>
<td>Sign Language 1</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Smart Drivers</td>
<td></td>
<td>61</td>
</tr>
<tr>
<td>Social Security 101: Understanding This Retirement Benefit</td>
<td></td>
<td>52</td>
</tr>
<tr>
<td>Sport Sampler of Dog Activities</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td>Stained Glass Terrarium</td>
<td></td>
<td>38</td>
</tr>
<tr>
<td>NEW! Strength Training FUNDamentals:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strengthen &amp; Tone</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>Tone &amp; Eat Right</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>Sugar Cookie Fun</td>
<td></td>
<td>45</td>
</tr>
<tr>
<td>Sugar Cookie Fun Part 2</td>
<td></td>
<td>45</td>
</tr>
<tr>
<td>Sushi Basics</td>
<td></td>
<td>43</td>
</tr>
<tr>
<td>SwordPlay</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>Tag, You’re It!</td>
<td></td>
<td>31</td>
</tr>
<tr>
<td>T’ai Chi for Beginners</td>
<td></td>
<td>60</td>
</tr>
<tr>
<td>Taxes in Retirement</td>
<td></td>
<td>52</td>
</tr>
<tr>
<td>Tea Chat: Tea 101</td>
<td></td>
<td>44</td>
</tr>
<tr>
<td>Tea Lattes</td>
<td></td>
<td>44</td>
</tr>
<tr>
<td>Tired of Cable TV, Dish or Direct TV? Cut the Cord!</td>
<td></td>
<td>52</td>
</tr>
<tr>
<td>Tobacco Basket Floral</td>
<td></td>
<td>42</td>
</tr>
<tr>
<td>Top 7 Tools to Help You Manage Projects</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>Tracking</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td>Trauma Nursing Core Course</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>NEW! Treasure Hunting 101</td>
<td></td>
<td>41</td>
</tr>
<tr>
<td>Truly Mexican:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appetizers</td>
<td></td>
<td>43</td>
</tr>
<tr>
<td>Breakfast</td>
<td></td>
<td>43</td>
</tr>
<tr>
<td>Rellenos</td>
<td></td>
<td>43</td>
</tr>
<tr>
<td>Tacos, Tacos &amp; More Tacos</td>
<td></td>
<td>43</td>
</tr>
<tr>
<td>Two Step &amp; Waltz</td>
<td></td>
<td>40</td>
</tr>
<tr>
<td>Uecki Ryu Karate Do</td>
<td></td>
<td>60</td>
</tr>
<tr>
<td>Understanding Investing</td>
<td></td>
<td>52</td>
</tr>
<tr>
<td>Understanding White Balance (Color Correction)</td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>Variable Frequency Drives</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>Variable Frequency Drives (VFD) for Electricians</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>Vintage Book Pumpkins</td>
<td></td>
<td>31</td>
</tr>
<tr>
<td>Water in the landscape</td>
<td></td>
<td>48</td>
</tr>
<tr>
<td>Watercolor Painting</td>
<td></td>
<td>38</td>
</tr>
<tr>
<td>Welcome to Medicare</td>
<td></td>
<td>42</td>
</tr>
<tr>
<td>What Do Quarterbacks Say at the scrimmage Line?</td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>What is Your Element?</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Windows to Mac Transition</td>
<td></td>
<td>21</td>
</tr>
<tr>
<td>Windows 10</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Wine, Dine &amp; Sights in the City Trip</td>
<td></td>
<td>40</td>
</tr>
<tr>
<td>Women’s Self Defense</td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>Word 2016:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic</td>
<td></td>
<td>26</td>
</tr>
<tr>
<td>Intermediate</td>
<td></td>
<td>26</td>
</tr>
<tr>
<td>WordPress</td>
<td></td>
<td>26</td>
</tr>
<tr>
<td>Working in the Dark: A Guide to Landscaping in the Shade &amp; Designing Unique Outdoor Spaces</td>
<td>48</td>
<td></td>
</tr>
<tr>
<td>Woven Paper Collage</td>
<td></td>
<td>37</td>
</tr>
<tr>
<td>NEW! Yeast Bread</td>
<td></td>
<td>44</td>
</tr>
<tr>
<td>Yoga I</td>
<td></td>
<td>59</td>
</tr>
<tr>
<td>Yoga II</td>
<td></td>
<td>59</td>
</tr>
<tr>
<td>You have a Life Story to Share</td>
<td></td>
<td>54</td>
</tr>
<tr>
<td>Your Intuitive Self</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>Your Role as a Supervisor</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>Youth Pottery Wheel (Ages 10-15)</td>
<td></td>
<td>60</td>
</tr>
</tbody>
</table>
**Learning Center at Nebraska City Region**

[www.southeast.edu/NebraskaCityLC](http://www.southeast.edu/NebraskaCityLC)

All classes are held in Nebraska City unless noted.

- Air Fryer 101 .............................................. 46
- Babysitting 101 (Ages 10-14) ....................... 60
- Basic Conversational Sign Language .............. 49
- The Beauty of Watercolor ........................... 38
- Beginning Guitar ........................................ 53
- Beginning Spanish ................................. 50
- Buying, Selling & Evaluating Antiques, Coins & Collectibles .................................................. 32
- **NEW!** Cardio Circuit ................................ 58
- Chair Yoga ........................................... 59
- Create Your Own Sushi ............................... 44
- **NEW!** Entertaining with Appetizers .............. 43
- Excel 2016: Basic ........................................ 25
- Fall Junkustock Bus Trip .............................. 40
- Fitness Boot Camp ..................................... 59
- **NEW!** Getting Ready to Start My Business .... 5
- **NEW!** Go Crazy with Crepes ..................... 44
- **NEW!** How to Spot Fake News ................... 54
- Industrial Electro-Pneumatics ....................... 12
- Introduction to Podcasting .......................... 55
- Meet, Eat & Learn: Importance of Being Mindful of Your Emotions ......................................... 51
- Morning Mix-Up ........................................ 58
- Motor Control & Relay Logic ....................... 12
- Office 365 Basics ...................................... 26
- Omaha Community Playhouse
  “A Christmas Carol” Bus Trip .......................... 40
- One-on-One Computer Training: 3 Hours ........ 20
- One-on-One Smart Device Training ................. 21
- **NEW!** Parent/Child Darling Puppy
  Flower Arrangement (Ages 6-12) ............ 42
- The Path to Resilience .............................. 8
- Pet Massage ........................................... 29
- Pick the Right Medicare Drug Plan .............. 42
- Pizza on the Grill ....................................... 43
- The Power You Have, The Power You Give ..... 41
- Pumpkins & Sunflowers ......................... 42
- RIP (formerly BodyPump) ........................... 59
- Spinning/Indoor Cycling ............................ 59
- Senior Stretch & Flex .............................. 60
- Straps Workout ........................................ 60
- **NEW!** Sumptuous Summer Floral Basket .... 42
- Variable Frequency Drives ....................... 12
- Video Chatting: How to Use Facetime or Facebook® ............................................................. 23
- Water Aerobics ....................................... 58
- What to Do with All Those Apples! .............. 44
- Word 2016: Basic ....................................... 26
- Yoga ..................................................... 59
- Zumba® ................................................... 58
- Zumba® Active ......................................... 58

**Learning Center at Plattsmouth Region**

[www.southeast.edu/PlattsmouthLC](http://www.southeast.edu/PlattsmouthLC)

These classes are held in Plattsmouth unless noted.

- Acrylic Painting: Pumpkins (Louisville) ............ 37
- Seasons ............................................. 36
- Action Photography .................................. 56
- Basic Art of Cookie Decorating: Halloween & Holiday Editions (Louisville) ......................... 45
- Basic Weaving ....................................... 35
- Beading a Bowl ...................................... 35
- Beginning Guitar ..................................... 53
- **NEW!** Bullet Journaling Workshop the Artful Way (Louisville) .................................. 30
- **NEW!** Cajun Cook .................................. 43
- Creating Pottery Ornaments (Louisville) ............ 34
- Creativity is Brewing! (Louisville) ................. 36
- Digital Scrapbooking ................................ 32
- Excel 2016: Basic ..................................... 25
- Intermediate .......................................... 25
- Fit for Senior Living .................................. 60
- Giant Ruler ............................................ 33
- Holiday & Seasonal Signs (Louisville) .............. 33
- **NEW!** How to Spot Fake News ................... 54
- **NEW!** Hydroponic Garden ....................... 47
- Identity Theft: Types, Prevention & Recovery .... 48
- Intro to Watercolor Painting (Louisville) ............ 37
- Introduction to Podcasting .......................... 55
- Knot Your Momma’s Macramé ....................... 35
- Milk Paint 101: Farmhouse Barn Quilt (Louisville) .................. 34
- One-on-One Computer Training: 3 Hours .... 20
- One-on-One Smart Device Training ................. 21
- Painting Rustic Autumn Signs (Louisville) .......... 33
- The Path to Resilience .............................. 8
- Poetry ABCs .......................................... 54
- Scarf Arm Knitting ................................... 39
- Scrapbook Retreat ................................... 32
- Scrapbook Workshop ................................ 32
- Sign Exact English 1 ................................ 49
- Sign Exact English 1.5 ................................ 49
- Sign Exact English 2 ................................ 49
- Sign Exact English: Medical Focus ................. 49
- Smartphone Basics: iPhone .......................... 21
- Video Chatting: How to Use Facetime or Facebook® .......................................................... 23
- Yoga ..................................................... 59
- **NEW!** Zoom: Everyone is Doing It! ............... 22

**Learning Center at Wahoo Region**

[www.southeast.edu/WahooLC](http://www.southeast.edu/WahooLC)

These classes are held in Wahoo unless noted.

- Babysitting 101 (Ages 10-14) ....................... 60
- **NEW!** Body Sculpting: Butts & Guts ........ 58
- Effective No-Equipment Exercises .................. 60
- Get Started with Computers .......................... 20
- Grow with Yoga ........................................ 59
- **NEW!** How to Spot Fake News ................... 54
- **NEW!** Into the Night Forest Watercolor (Adults & Ages 7-12) .................................. 38
- Learn to Crochet ........................................ 39
- Music Appreciation ................................. 53
- One-on-One Computer Training: 3 Hours .......... 20
- One-on-One Smart Device Training ................. 21
- Organize Your Home (AKA Keep It or Toss It) .... 48
- The Path to Resilience .............................. 8
- Photography Fundamentals ........................ 55
- Pick the Right Medicare Drug Plan ................. 42
- Prepared Edge Applique: Oh Hal-o-ween! ......... 39
- Too Busy to Bake ..................................... 39
- Second Step Crochet .................................. 39
- Welcome to Medicare .................................. 42
- Yoga for Beginners ................................... 59

**Learning Center at York Region**

[www.southeast.edu/YorkLC](http://www.southeast.edu/YorkLC)

These classes are held in York unless noted.

- Advanced Precision Machining (Milford) .......... 15
- Automotive Restoration & Collision Repair (Milford) .................................................. 11
- Basic Precision Machining (Milford) ................. 14
- Essential Oils 101 (Dorchester) ...................... 51
- Forklift Operator (Milford) ........................... 13
- Four-Hour STOP Class (Seward & York Counties) ......... 61
- **NEW!** Hand Lettering for Gifts .................. 31
- Homemade Kolaches .................................. 46
- Introduction to Podcasting .......................... 55
- Make Ahead: Freezer Meals, Tips & Tricks .......... 46
- **NEW!** Money Talks Series ....................... 51
- National Electrical Code Seminar (Milford) ........ 11
- One-on-One Computer Training: 3 Hours .......... 20
- The Power You Have, The Power You Give .......... 41
- Seasonal Aromatherapy (Dorchester) ............... 51
- Troubleshooting Automotive Electrical System (Milford) .................................................. 11
- Welcome to Adobe Lightroom Classic ............... 25
**REGISTRATION INFORMATION/POLICIES**

**DETAILED INSTRUCTIONS FOR:**

**PAPER FORM FOR MAILING & FAXING**

1. Complete the registration form entirely. Name, SSN, Method of Payment, signature, and total amount due. Payment is due at the time of registration.
2. If your employer or government agency is paying for the course(s), attach a LETTER OF AUTHORIZATION on company letterhead from them, with tax exempt number or form if applicable, and we will bill. If charging books, three-business days advance notice is needed.

**Make a COPY of the completed form, or record the information for your reference.**

- a. Registrations will be accepted through the first class meeting provided space is available. Enroll early as class size is limited. Enrollments are accepted on a “first come-first served” basis.
- b. Report to the first class session unless you are notified that the class is full or has been cancelled. Confirmations are not mailed.
- c. If your class choice is filled and you have designated on your registration form an alternate course/selection which is available, you will be entered into the alternate class and notified by mail. Payment differences if applicable also will be noted.
- d. If your class choice is filled and you haven’t indicated an alternate, your payment will be mailed back promptly.
- e. SCC reserves the right to cancel classes that do not have sufficient enrollment. A full refund of tuition and fees will be processed.
- f. Cash, check, and charge card (MasterCard, American Express, Discover, and Visa) payments are accepted.
- g. 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 Access/Equity/Diversity Office.

**ONLINE**

**Login Help for Web Advisor**

User ID: Your User Id is your first initial + last initial + SCC ID number with no leading zeros. For example:

John Smith, SCC ID number 0123456: js123456

If you attempt to enter a User ID and it does not allow you to login, verify your User ID by following the steps under I’m New to Web Advisor.

**Don’t know your User ID or password?**

Go to the “I’m New to Web Advisor” link on the Web Advisor page. It lists four steps to assist you in obtaining the information. When you click on OK, the system moves to a screen where you can obtain your User ID or password. Enter your last name, either your SSN or SCC ID number and click SUBMIT. If you are needing your User ID, the system will show your User ID on the screen. If you are changing your password, it will be emailed to you.

**THIS PASSWORD BECOMES YOUR NEW PASSWORD. WRITE IT DOWN SO YOU KNOW/REMEMBER IT!!!** No one at the college can see your password. If you forget your password, it will need to be reset, which may take some time. Online help is available to request that your password be reset and sent to an email address we have on file for you. You cannot change and/or add an additional email address when requesting your password.

You can change your password at any time through the Change Password link. The new passwords must contain an UPPPER case letter, a lower case letter, a number and a symbol.

**Why Can’t I Register Online?**

1. Do you owe the college money? (You must be free of any financial responsibility to the college in order to register)
2. Have you completed the prerequisite courses?
3. Have you filled out all the required information?
4. Does your information match what is on file?

**NOTE:** The language of instruction at SCC is English. Outside of foreign language classes, classes at SCC are conducted in English. All prospective students should be sufficiently proficient in English to a) complete any initial assessment requirements (e.g., COMPASS, ASSET, TOEFL); b) benefit from and fully participate in the instructional process; and c) understand any safety requirements/alerts/directives related to classroom participation and/or safe use of machinery/equipment related to the class.

**CONIRMATIONS**

All registered students must report to the first class session unless you are notified by the College that the class is full or has been cancelled. Paper confirmations are not mailed. Online registration will generate a confirmation email.

**DROP/WITHDRAW FROM A CLASS**

**“NO-SHOW” STUDENTS**

Failure to attend classes does not constitute a drop or withdrawal. “No Show” students will be billed and held responsible for full payment of the tuition and fees for the classes they are registered for because the “no show” student did not drop the class online using Web Advisor or with an “Official Drop/Add Form For Classes” within the designated refund period.

**REFUND POLICY**

**NON-CREDIT CLASSES**

The student is entitled to a 100% refund for any non-credit class if the class is dropped the day before class begins. If a student drops a class the day class begins or after, there will be no refund.

**CREDIT CLASSES**

You are entitled to a 100% refund for any credit class officially dropped prior to 7.50% of the time elapsed since the first day of the start of class, including Saturdays, Sundays, holidays, and weekends.

“NO” refund is allowed after 7.51% of time has elapsed since the first day of the start of class, including Saturdays, Sundays, holidays, and weekdays. Your transcript will not show any registration data if you drop prior to 7.50% of the time elapsed since the first day of the start of class, including Saturdays, Sundays, holidays, and weekends. Specific drop dates for individual classes are published each term in the Credit Class Schedule.

For more information, go to The Hub at https://thesthub.southeast.edu/stuff/finance/tufterfund.

Please note that refunds are not automatic. To obtain a refund or adjustment on your account, you must drop the class online using WebAdvisor for Students or submit an "Official Drop/Add Form for Credit Classes" to the Campus Student Affairs Office prior to the deadline for dropping and receiving a refund. Refunds will not be granted after these deadlines.

SCC reserves the right to cancel any credit/ non-credit classes that do not have sufficient enrollment. A full refund will be processed and you are not required to submit a drop form.
**AGE GUIDELINES**

SCC's primary mission is to serve adults. However, youth are allowed to take classes under the following guidelines:

*a. Individuals 16 years or older are eligible to enroll in courses, provided they meet any stated prerequisites.*

*b. Some classes are specifically designed for youth under 16 years of age, and/or for youth under 16 and adults in which both register and attend the class. Check course descriptions for details.*

*c. Children not enrolled in class may not accompany adults to class or wait in the building unsupervised.*

**ANIMALS**

Presence and Use of Animals - Bona fide service animals may accompany students, employees and visitors with disabilities to all SCC events, activities and locations. Local, state and federal laws regulate the use of service animals at SCC locations and/or events. Pets and Therapy Animals are generally not permitted in College facilities or at SCC events. Complete guidelines are available for review at the campus office, from the division deans, or in the Library Resource Center at your location.

**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.

**SOCIAL SECURITY NUMBER**

The College requests, but does not require, a student provide their Social Security number during the admissions process. Students who do not provide a Social Security number during the admissions process will be required to provide one for Federal Student Aid.

Students who do not have a Social Security number or Tax Identification Number are eligible to take classes and be admitted to a Program of Study; however, students should be aware that they may not be able to complete specific courses, clinical, cooperative experience, internship, or practicum experiences, receive continuing education units, or graduate from a program of study due to the inability to complete special course and program requirements including, but not limited to, background checks and non-SCC agency requirements. Students who do not have a Social Security Number also are not eligible to receive financial aid.

---

**FOUR EASY WAYS TO REGISTER!**

**REGISTER ONLINE USING WebAdvisor**

1. You must have an email account in order to register online.
3. Search for Classes (Use the key word at the end of the description)
4. Register for Classes
5. Pay for Classes
   * a. You will not be officially registered until you submit your payment.
   * b. You will see a confirmation screen. Print this for your records.
   * c. You will receive an email confirmation of your registration.

**REGISTER BY FAX or MAIL**

1. Complete the non-credit registration form. (Please Print) then either...
2. FAX the registration form with credit card number or letter of authorization to 402-437-2703 OR
3. MAIL the registration form with payment or letter of authorization to: Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510-2449

**REGISTER IN PERSON**

WALK-IN to the Jack J. Huck Continuing Education Center Monday-Thursday, 7:30 a.m.-7:30 p.m.; Friday, 7:30 a.m.-5 p.m.; Saturday, 7:30-11:30 a.m.; SCC campuses and Learning Center locations during business hours.

A student’s Social Security number information constitutes an “educational record” under FERPA. The College will be privileged to re-disclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA. Questions regarding Social Security or tax ID numbers should be directed to the campus Registration and Records Office.

**FERPA**

SCC has developed policies and procedures in compliance with the Family Educational Rights and Privacy Act (FERPA) of 1974. The rights accorded students shall apply to all students 18 years of age or older, or no longer dependent upon their parents; students in a postsecondary education program, regardless of their age; and parents of eligible dependent students. All requests for student records and information must be in writing and directed to the campus Student Services Office. Questions relating to the release of records and information should be directed to the campus Student Services Office.

**Use of Photographs:** Photographers employed or contracted by SCC regularly take photographs of people, either individually or in a group, to illustrate or describe various aspects of the College and campus life. These photographs will be taken at public venues such as athletic events and concerts. Or they may be taken in organized campus photo shoots where the subjects will have given verbal consent to be photographed. Individuals who are photographed while attending a public event or who verbally agree to participate in a photo shoot will be understood to have authorized SCC to use their likeness in print and electronic materials to promote the College. The College will retain the usage rights to the photographs in perpetuity. For more information, please see the College Catalog.

**Accredited by the Higher Learning Commission.**

Board of Governors: Chairperson: Nancy A. Seim, Lincoln; Vice Chairperson: Kathy Boellstorff, Johnson; Secretary: Keith Hammons, Weeping Water; Treasurer: James J. Garver, Lincoln; Tim Cerveny, Wilber; Robert J. Feit, Lincoln; Dale Kruse, Beatrice; Edward C. Price, Lincoln; Lynn Schluckebier, Seward; Ellen Weissinger, Lincoln; Kristin Yates, Lincoln; Linda Hartman, Faculty Representative, Lincoln (Feb. 2020)
### 2020-2021 SCC Programs of Study

<table>
<thead>
<tr>
<th>Program Title</th>
<th>Location offered</th>
<th>Terms to Complete</th>
<th>Awards</th>
<th>Starting</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTS &amp; SCIENCES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Academic Transfer (and Biotechnology)</td>
<td>(A)O</td>
<td>4-AAS/AS</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Early Childhood Education</td>
<td>L/O</td>
<td>1-4-AAS/DDP/Cert</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Technical Skills Instructor</td>
<td>(L/M)</td>
<td>4-AOS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td><strong>BUSINESS related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounting</td>
<td>(A)O</td>
<td>4-AS</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Business</td>
<td>(A)O</td>
<td>1-4-AAS/DDP/Cert</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Business Communications</td>
<td>(A)O</td>
<td>4-AS</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Long Term Care Administration</td>
<td>O*(L)</td>
<td>1-4-AAS/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Office Professional</td>
<td>(L)O</td>
<td>2-4-AAS/DDP</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td><strong>CULINARY related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Culinary/Hospitality</td>
<td>(L)O</td>
<td>1-4-AAS/DDP/Cert</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Dietary Manager</td>
<td>O</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PUBLIC SAFETY related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult &amp; Juvenile Services and Corrections</td>
<td>(Q/O)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Criminal Justice</td>
<td>(B)O</td>
<td>4-AAS/DDP</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Law Enforcement &amp; Homeland Security</td>
<td>(Q)O</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td><strong>HEALTH CARE related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Associate Degree Nursing (and LPN-to-ADN option)</td>
<td>B/L</td>
<td>4-AS</td>
<td>S</td>
<td></td>
</tr>
<tr>
<td>Associate of Health Sciences</td>
<td>(A)O</td>
<td>4-AS</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Dental Assisting</td>
<td>(L)</td>
<td>2-4-AAS/DDP</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Healthcare Services</td>
<td>(A)O*</td>
<td>1-Cert</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Human Services</td>
<td>(L)</td>
<td>1-4-AAS/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Medical Assisting (and HIMS)</td>
<td>(L)</td>
<td>2-Dip</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Medical Laboratory Technology</td>
<td>(L)</td>
<td>4-AS</td>
<td>S</td>
<td></td>
</tr>
<tr>
<td>Paramedic</td>
<td>(L)O*</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Pharmacy Technician</td>
<td>(L)O*</td>
<td>2-Dip</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Physical Therapist Assistant</td>
<td>(L)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Polysomnographic Technology</td>
<td>O*(L)</td>
<td>2-Cert</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Practical Nursing</td>
<td>(B/L)O*</td>
<td>2-Dip</td>
<td>U,F</td>
<td></td>
</tr>
<tr>
<td>Radiologic Technology</td>
<td>(L)O*</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Respiratory Care</td>
<td>(L)O*</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Surgical First Assist</td>
<td>O*</td>
<td>2-Cert</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Surgical Technology</td>
<td>(L)O*</td>
<td>3-Cert</td>
<td>S</td>
<td></td>
</tr>
<tr>
<td><strong>COMPUTER TECHNOLOGY related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Computer Information Technology</td>
<td>(L)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Geographic Information Systems Tech.</td>
<td>O</td>
<td>1-Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Graphic Design/Art</td>
<td>(Q)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td><strong>CONSTRUCTION related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building Construction Technology</td>
<td>(M)</td>
<td>1-4-AAS/DDP/Cert</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Design &amp; Drafting Technology</td>
<td>(L)</td>
<td>1-4-AAS/DDP/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Heating, Ventilation, Air Conditioning</td>
<td>(M)</td>
<td>4-AS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Refrigeration Technology</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Land Surveying/GIS/Civil Engineering Technology</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Plumbing Technology</td>
<td>(M)</td>
<td>2-Dip</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td><strong>MANUFACTURING related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electrical &amp; Electromechanical Technology (and IBEW)</td>
<td>(M)</td>
<td>4-AAS/DDP/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Electronic Systems Technology</td>
<td>(L)</td>
<td>4-AAS/DDP/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Energy Generation Operations</td>
<td>(M)</td>
<td>4-AAS/DDP/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Manufacturing Engineering Tech.</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Nondestructive Testing Technology</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Precision Machining and Automation Technology</td>
<td>(M)</td>
<td>2-4-AAS/DDP/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Welding Technology</td>
<td>(L)</td>
<td>1-4-AAS/DDP/Cert</td>
<td>All</td>
<td></td>
</tr>
<tr>
<td><strong>AGRICULTURE related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agriculture Management &amp; Production</td>
<td>(B)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Horticulture &amp; Turfgrass Management</td>
<td>(B)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Livestock Management &amp; Production</td>
<td>(B)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Precision Agriculture</td>
<td>(B)</td>
<td>1-Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td><strong>TRANSPORTATION related areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auto Collision Repair Technology</td>
<td>(M)</td>
<td>4-AAS/DDP/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Automotive Technology</td>
<td>(L/M)</td>
<td>4-AAS/DDP/Cert</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Deere Construction &amp; Forestry Equipment Tech.</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>Diesel &amp; Power Equipment</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Diesel-Ag Equipment Service Tech.</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>John Deere Tech.</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Ford Automotive Service Education Training</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>General Motors Automotive Service Educational Program</td>
<td>(M)</td>
<td>4-AAS</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>MOPAR-Chrysler/Dodge/Ram/JEEP</td>
<td>(M)</td>
<td>4-AAS</td>
<td>CA</td>
<td></td>
</tr>
<tr>
<td>Motorcycle, ATV &amp; Personal Watercraft Technology</td>
<td>(M)</td>
<td>2-Dip</td>
<td>F,S</td>
<td></td>
</tr>
<tr>
<td>Professional Truck Driver Training</td>
<td>(M)</td>
<td>1-Cert</td>
<td>All</td>
<td></td>
</tr>
</tbody>
</table>

www.southeast.edu/academics

**LOCATIONS OFFERED**
- B = Beatrice Campus
- L = Lincoln Campus
- M = Milford Campus
- Q = Education Square Location
- O = Entire program available online

**AWARDS OFFERED**
- Cert = Certificate
- Dip = Diploma
- AA = Associate of Arts Degree
- AS = Associate of Science Degree
- AOS = Associate of Applied Science Degree
- AAS = Associate of Applied Science Degree

**STARTING TERMS**
- U = Summer Semester
- F = Fall Semester
- S = Spring Semester
- All = All Terms

**Beatrice Campus**
Phone: 402-228-3468 • 800-233-5027
Admissions: ext. 1214
FAX: 402-228-8935 • Deaf TDD: 402-437-2702

**Lincoln Campus**
Phone: 402-471-3333 • 800-642-4075
Admissions: ext. 2600
FAX: 402-437-2402 • Deaf TDD: 402-437-2702

**Milford Campus**
Phone: 402-761-2131 • 800-933-7223
Admissions: ext. 8243
FAX: 402-761-2324 • Deaf TDD: 402-437-2702
SSC Nebraska Workforce Retraining Initiative Scholarship

Have you been affected by COVID-19? You may be eligible for a scholarship for short-term training.

DEADLINE TO APPLY IS AUG. 23, 2020

For more information, visit www.southeast.edu/nwri