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
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.

**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.

---

**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
Fall into Online Learning

ONLINE

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

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

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
Bob Ross:
Blood Moon.............................37
Desert Aglow............................37
Golden Rays of Sunlight...............37
Evening Tide............................37
Cinnamon Rolls & Crescent Rolls......46
Coffee cake............................45
Co-Parenting: Working Together
For Your Children (Online)...........41
The Core of the Story.....................54
NEW! Digital Photography.................55
Digital Photography 101..................56
Digital Photography 201..................56
Digital Photography 301..................56
NEW! Digital Photography
Editing/Post Processing.................55
NEW! Digitizing Memories.................56
DNA Tells a Story........................47
NEW! Egg-cellent Eggs.....................44
NEW! Fairy Tales in Music...............52
Food Protection Manager Online Class....46
NEW! From Theory to Discovery: Breaking
Down Your Brick Wall with Timelines....47
NEW! Fudgy Fun.............................44
NEW! The Great Mystery Bake Off –
Nailed It Edition.........................42
NEW! Harmonica Holiday................42
NEW! History for Fun: Origins of Democracy 47
Home Security: An Alarm System
is Not the Only Answer...............48
Homemade Kolaches.......................46
Hypnosis for Stress.........................50
Identity Theft: Types, Prevention & Recovery ..48
Instant Pot Cooking Basics..............46
Intermediate Genealogy....................47
Intro to Energy Medicine.................51
Introduction to Podcasting..............55
NEW! iPhone or Android?...............54
Katie’s Cooking Class: Knife Techniques ....46
Landscaping with Fall & Spring
Flowering Bulbs........................47
Learn to Crochet..........................39
NEW! Let Me Share My Story with You:
Writing My Memories...................54
Let’s Do Lunch:
Host a Meeting on Zoom.................55
NEW! Video Chatting......................55
Zoom Basic.............................55
Level 1 Co-Parenting: Working Together
For Your Children.......................41
Make Ahead: Freezer Meals, Tips & Tricks 46
Muffins..................................45
Music Appreciation.......................53
Online Buying & Selling..................22
NEW! Photography & Editing
Using Your Mobile Device.................56
Pictures Galore, Organizing & More!......32
NEW! Playing By Ear Workshop.........52
Scones.................................45
NEW! Sight Reading Workshop..........52
NEW! Sourdough Bread 101..............44
Spanish for Adult & Child (Ages 8-12)....50
Speechcraft.............................54
NEW! Start Your Day Right: Morning Workout ...58
NEW! Strength Training FUNdamentals:
Strengthen & Tone......................58
Tone & Eat Right.........................58
Welcome to Medicare.....................42
NEW! What is a CSA?......................47
What is Your Element?.....................50

Traffic Safety & Licensing
Driver Education Instructor Training.......61
Four-Hour STOP Class
(Seward, Thayer & York Counties).....61

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
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.

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

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
# 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.
ACCOUNTING, FINANCIALS & INSURANCE

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.

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.

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.

QuickBooks Online: Basic
Prerequisite: QuickBooks Online experience
Learn how to use the basic features and functions of QuickBooks Online. 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.

QuickBooks Online: Intermediate
Prerequisite: QuickBooks Online experience
Expand your understanding of QuickBooks Online 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.

This 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.

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

Location Key is on page 64.
Artificial Insemination in Cattle

This course is designed to provide participants with the basic skills necessary to successfully artificially inseminate cattle. Participants will receive one-on-one training and assistance. Classwork will be both indoors and outdoors. Dress should be comfortable and appropriate for the situation, and overshoes are recommended. Students are required to assist in handling cattle and restraining for practice AI. The first session will be held from 9-6 p.m. The second and third sessions will be held from 9 a.m.-4 p.m.

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 (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! 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.
Focus Coaching (One-on-One Business Coaching)
Focus Coaching is a customizable coaching experience designed to empower entrepreneurs in their business journey. Participants will be introduced to versatile tools for informed decision making and receive personalized feedback from our experienced coaching team. Examples of tool/topics:
- Business Model Canvas (to start a business, provide the foundation for a business plan, or to make decisions in an existing business)
- Jobs, Pains, and Gains approach to target market
- Systems creation and tools
- Marking strategies

Coaching sessions are scheduled at times convenient for the participant and coach and will be held via Zoom. Please contact Brooke Lenhoff at blenhoff@southeast.edu for registration information and to schedule your coaching sessions.

Space is limited. Register today!

Job Enhancement Scholarship Available
(For selected courses)
Attention: Nebraska City Residents
Are you looking for a scholarship for training that could:
- Make a difference in your career/job?
- Help you reach your professional goals?
- Potentially advance your position or pay?
- Have a positive impact on your employer?

For more information, visit http://www.southeast.edu/nebraskacitylc or contact Cindy at 402-323-3636 or cmeyer@southeast.edu.

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.

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.

Social Media for Business Certificate (Online—UGotClass)
See page 25 for more information.

Introduction to Podcasting
See page 55 for more information.

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

Adobe Spark / Canva
See page 27 for more information.

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.

For more information, visit www.southeast.edu/cefinassist or contact us at 402-323-3394 or hbloomquist@southeast.edu

SELECTED PROGRAMS OF STUDY
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. 3 Th 8:30 a.m.-4:30 p.m. Dechant $229
Beatrice, KEN, 103 BSAD-7330-BEFA
Falls City, CEC, 102 BSAD-7330-CEFA
Hebron, HNFLC BSAD-7330-HNFLC
Lincoln, CEC, 302 BSAD-7330-CEFA

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 so 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 details of what you do each day. If you can picture of your organization, without losing outcomes. You’ll learn to appreciate the big picture of your organization, without losing its organizations, goals, and how to measure its values and financial statements and how to measure outcomes.

A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. NOTE: Class is live-streamed from Lincoln.

Keyword: Innovative Leadership
Oct. 6 T 8:30 a.m.-12:30 p.m. $149
Lincoln, CEC, 302 Hansen/Slagle BSAD-3039-CEFC
Nov. 3 T 5:30-9:30 p.m. $149
Lincoln, CEC, 302 Hansen/Slagle BSAD-3039-CEFB

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
Lincoln, CEC, 214 Manello BSAD-3021-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
Finding Peace: Managing & Resolving Conflict

Constructive conflict can increase performance, but destructive conflict can destroy productivity and morale. In this program participants learn how to recognize different types of conflict and how to resolve them before they become destructive. This program will explore five modes people use in dealing with conflict and how to determine when each mode is most appropriate/least appropriate. Participants will learn and practice a six-step collaborative process for resolving conflict.

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 Nov. 12.

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.

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. 22. Class is live-streamed from Lincoln.

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.

How to Lead Projects

Today’s organizations need strong project managers to help ensure success in the multitude of projects and priorities they are facing. Even more essential to these organizations are strong project LEADERS who are able to not only lead projects, but those who can see those projects to fruition. Gain new insights and ideas to help propel you above the management fray to become the successful leader you were meant to be.

A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. Registration deadline Dec. 8.

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.

Courses are subject to change.

Keyword: Managing
Nov. 19 Th 8:30 a.m.-4:30 p.m. Lincoln, CEC, 302 SKILZ GROUP $229
LIVE Online, Zoom BSAD-3004-CEFA BSAD-3004-TCF A

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

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

Keyword: Resilience
Oct. 15 Th 8:30 a.m.-3:30 p.m. $229 Lincoln, CEC, 214 SKILZ BSAD-3036-CEFA

Oct. 21 W 8:30 a.m.-3:30 p.m. $229 Sunderman Fails City, FCLC, 102 BSAD-3036-FCL A
Hebron, HNLC, 101 BSAD-3036-HNFA
NE City, NCLC, 102 BSAD-3036-NCF A
Platts m outh, PLLC, 101 BSAD-3036-P LFA
Wahoo, WHLC, 101 BSAD-3036-WHFA

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

Online Deems BSAD-3019-WBFA
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

NEW! Building Your Applicant Pool

Business is booming and you need more employees. You see two or three applications come through but you have six or seven positions to fill. Leave class with a toolbox of methods, techniques and tips to increase your applicant pool for ongoing hiring.

**Keyword:** Pool

Oct. 26 | M | 6-9 p.m. | $59
| LIVE Online, Zoom | Hurley | BSAD-3034-TCFA

NEW! Marketing During Change

Marketing during unexpected change is a different ballgame. Knowing when to pivot on your marketing goals is vitally important. With a refreshed, enhanced, or new set of marketing “know-hows,” you can conquer your marketing endeavors and maintain a dominant presence, even during a pandemic or change in business trends.

**Keyword:** Marketing

Nov. 9 | M | 6-9 p.m. | $59
| LIVE Online, Zoom | Hurley | BSAD-3035-TCFA

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. | $595
| 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

Oct. 6-Nov. 7; Week 2, Nov. 10, 11 and 12; and Week 3, Dec. 8 and 9. Registration deadline Oct. 1.

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

Space is limited. Register today!
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

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, Volts, Amperes and Ohms. Includes circuit theory to understand Ohm’s Law for Series, Parallel and Series Parallel circuits; the design, safe operation and testing of lead acid storage batteries; troubleshooting electrical problems; and how to read wiring schematics.

(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.

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.

Electronic 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.scbookstore.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.

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. CEF: The seminar will be held Friday from 8 a.m.-5 p.m. and Saturday from 8 a.m.-noon. Registration deadline Sept. 9.

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.

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 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.
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.
(2.6 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 RSLogix 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.

Industrial Electro-Pneumatics
Participants with industrial experience learn the principles of basic pneumatic and electro-pneumatic circuits using a computer layout and simulation program. After any problems with the simulated pneumatic circuits have been diagnosed and fixed, then circuits are constructed and operated on the trainer board using actual valves, cylinders and compressed air.
(3.2 CEUs) 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.

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

Keyword: 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.

Keyword: 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
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.

Keyword: 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.

Keyword: 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.

Keyword: 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.

Keyword: 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.

Keyword: 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
Milford, CCAW, 119 Breidenstine TRAN-3928-MLFA
Oct. 24 S 9 a.m.-3 p.m. $99
Falls City, FCCL, Lab Breidenstine TRAN-3928-FCAA
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

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.
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/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.
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/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.
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/cefnnassist 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.

Space is limited. Register today!
Payment is due at time of registration for all non-credit classes.

Keyword: Fiber Optics
Oct. 19-23 M, T, W, Th, F 8 a.m.-6 p.m. $2,200 Lincoln, CEC, 405 ELEC-6065-CEFA

Keyword: Precision Machining
Sept. 21-Nov. 16 M 6-9 p.m. $169 Milford, ETC, 102A MACH-6102-MFA

Keyword: Finishing
Oct. 17 S 8 a.m.-3 p.m. $239 Lincoln, CEC, 304 AUTB-6101-CEFA
Dec. 5 S 8 a.m.-3 p.m. $239 Lincoln, CEC, 304 AUTB-6101-CEFA

Keyword: Manufacturing

Nebraska Finishing Technologies Certification Program
This class uses state-of-the art virtual reality technology to provide hands-on training on increasing transfer efficiencies, decreasing material usage, spray booth maintenance, safety procedures, and environmental regulations. This technology shows each finisher how well they do within 1% for transfer efficiency and .5 mil for finish thickness.
(0.6 CEUs) Participants completing this training by passing an exam will earn a five-year certification that can be used as an option to satisfy the federal certification standard and the Nebraska hazardous air pollutant best available control technology requirements.

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 opened-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 machine components. Course sessions are three hours each. Gap Tuition Assistance is available for those who qualify. See page 6 or visit www.southeast.edu/cefnnassist for assistance options. NOTE: No class Oct. 19.
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/cefinassist for assistance options. NOTE: No class Oct. 19

Keyword: Precision

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milford, ETC, 103A</td>
<td>Sept. 21-Nov. 16</td>
<td>6-9 p.m.</td>
<td>$169</td>
</tr>
<tr>
<td>M</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WELDING

Basic Welding
This is an opportunity to learn basic welding skills and for experienced welders to enhance their skills. Classes include safe operation of stick, Mig, Tig and Oxyacetylene welders and related shop equipment through hands-on practical welding experiences.

(2.4 CEUs) Students will need to provide safety glasses, leather gloves, arc-welding helmet, and pliers. They must pass the shop test and wear leather boots, cotton pants/jeans (no shorts) and long-sleeve cotton shirt to remain in this class. Supplies can be purchased from the SCC Welding Technology program.

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.

WELDING 402-437-2700 • 800-828-0072

Gas Metal Arc Welding I (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.

Keyword: Welding

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, LNK, K-1</td>
<td>Oct. 3-Nov. 21</td>
<td>9 a.m.-Noon</td>
<td>$250</td>
</tr>
<tr>
<td>S</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Gas Metal Arc Welding II (Aluminum)
Intermediate to advanced instruction in Gas Metal Arc Welding theory, safety, applications, manipulative skills, welding principles, and procedures. Filler wires, shielding gases, welding power sources, welding of aluminum 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.

Keyword: Welding

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Falls City, FCIC, Ind. Lab</td>
<td>Aug. 28-Oct. 16</td>
<td>8:30 a.m.-4:30 p.m.</td>
<td>$259</td>
</tr>
<tr>
<td>Pagano</td>
<td></td>
<td></td>
<td>Falls City, FCIC, Ind. Lab</td>
</tr>
</tbody>
</table>

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.
CPR/BASIC LIFE SUPPORT/ FIRST AID

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an education course does not represent course sponsorship by the AHA. Any fees charged for such a course, except a portion of the fees needed for AHA course material, do not represent income to the AHA.

The AHA CPR and First Aid classes listed below include and exclude different skills. Please make sure you have fulfilled the course prerequisites and the class meets the requirements from your employer, licensing agency, or school. Tuition includes book and card, where applicable. Students will receive the CPR/First Aid card within 14 business days, of successful course completion. AHA cards expire two years from the end of the month of the issue date.

Students are required to attend entire class you have enrolled in to receive a card. If you miss or do not successfully complete any part of your class, you must register and pay for another class. We require 24 hours’ notice before the first day of class to drop or change any CPR or First Aid class.

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.

First Aid Heartsaver®

This AHA course teaches management of illness and injuries in the first few minutes until professional help arrives. This course is recommended for people who respond to first aid emergencies in the workplace.

This class meets the day care first aid requirement.

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.

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 certificate and bring it when you meet for the skills session.

- Include your email address with your registration, so we can email you the appropriate key. Online keys will be emailed approximately one week prior to skills date.
- You need to bring your AHA Part 1 Heartsaver® First Aid Online Course Completion Certificate to be admitted to the Skills Session.

This class meets the day care first aid requirement.

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.

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 completion certificate and bring it when you meet for the skills session.

- Include your email address with your registration, so we can email you the appropriate key. Online keys will be emailed approximately one week prior to skills date.
- You need to bring your AHA Part 1 Heartsaver® CPR AED Online Course Completion Certificate to be admitted to the Skills Session.

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.

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.).

Payment is due at time of registration for all non-credit classes.
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 EMS 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 EMS 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 the 2020 version of What’s New in the World of Drugs.

What’s New in the World of Drugs 2020
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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 9</td>
<td>8:30 a.m.-3:30 p.m.</td>
<td>$75</td>
</tr>
<tr>
<td>402-437-2706</td>
<td>Live Online, Zoom</td>
<td>Dering Anderson NURS-324-TCFA</td>
</tr>
</tbody>
</table>

REGULAR RATE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 9</td>
<td>8:30 a.m.-3:30 p.m.</td>
<td>$85</td>
</tr>
<tr>
<td>402-437-2706</td>
<td>Live Online, Zoom</td>
<td>Dering Anderson NURS-324-TCFB</td>
</tr>
</tbody>
</table>

Space is limited. Register today!
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.

Register by Sept. 9 (No refunds after Sept. 9)
Textbook will be mailed out the week of Sept. 14.

Oct. 15 & 16
Th 8 a.m.-5 p.m. $349
Lincoln, CEC, 303 DeWitt NURS-3247-CFED

Register by Oct. 1 (No refunds after Oct. 1)
Textbook will be mailed out the week of Oct. 5.

Nov. 11 & 12
Th 8 a.m.-5 p.m. $349
Lincoln, CEC, 303 DeWitt NURS-3247-CFEB

Space is limited. Register today!

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 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 continuined@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

Health Occupations

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

LOCATION KEY is on page 64.
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.

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.

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.

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.

Courses 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.

Payment is due at time of registration for all non-credit classes.
Space is limited. Register today!

Looking for Classes in Your Area?
See pages 66-69 for the Course List by Region.

Location Key is on page 64.
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  
Sept. 21 & 23  M, W  6-9 p.m.  $169  
Lincoln, CEC, 403  Kunce  GDMA-3612-CEFA

Macintosh Basics

Prerequisite: Mac for the Beginner (GDMA-3612) or equivalent experience  
(Some mouse, typing and navigational skills are needed for this course.)  
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 emails; 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  
Oct. 14 & 21  W  6-9 p.m.  $169  
Lincoln, CEC, 403  Kunce  GDMA-3575-CEFA

Intermediate Mac

Prerequisite: Macintosh Basics (GDMA-3575) or equivalent experience  
This course 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  
Nov. 9  M  6-9 p.m.  $79  
Lincoln, CEC, 404  Kunce  GDMA-3578-CEFA

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  
Oct. 19  M  6-9 p.m.  $79  
Lincoln, CEC, 403  Kunce  OFFT-0561-CEFA

Apple ID, iCloud & Photo Management with Photos for Mac

Learn what options you have with your Apple ID including editing and sharing photos. Cloud services routinely back up their data so you should never lose your photos even if your own computer explodes. Discover how easy it is to manage your content and photos in the cloud.

Any iOS device, including iPad or iPhone, preferably purchased within the last two years and the OS (operating system) updated to the most recent release. NOTE: Not a photography class but a photo management class. Have your device fully charged.

Keyword: Mac  
Oct. 28  W  6-8 p.m.  $29  
Lincoln, CEC, 404  T. Jensen  LLLX-0680-CEFA

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  

Smartphone Basics: iPhone

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

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  
Sept. 24  Th  5:30-8 p.m.  $29  
Falls City, FCLC, 102  Steinhauser  AREA-1394-HNFA
Hebron, HNLC, 102  AREA-1394-HNFA

Nov. 3  T  5:30-8 p.m.  $29  
Falls City, FCLC, 102  Steinhauser  AREA-1394-FCFB
Hebron, HNLC, 103  AREA-1394-HNFA

Smartphone Next Level

Suggested Prerequisite: Smartphone Basics  
Want to learn even more about your smartphone? With this Next Level class, we will review where we left off at the Smartphone Basics class and take it to a new level! Bring your questions and we will dig deeper about topics like managing your phone, how to reset it using apps and continual learning about calling and texting.

Don’t have a smartphone? Come anyway! Please bring your fully charged phone with access to your Gmail (Android) or Apple ID (iPhone). NOTE: Class is live-streamed from Falls City.

Keyword: Smartphone  
Nov. 10  T  5:30-8 p.m.  $29  
Falls City, FCLC, 104  Steinhauser  AREA-1396-FCFB
Hebron, HNLC, 101  AREA-1396-HNFA

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.
Computers & Technology

Tips & Tricks with Your New iPhone or iPad
Take advantage of the features your iPhone or iPad offers. We will help you with tips in messages, phone calls and camera and as time allows iCloud, storage and other apps.

Any iOS device, including iPad or iPhone, preferably purchased within the last two years and the OS (operating system) updated to the most recent release. Be sure your device is fully charged before zooming into class. Have your mobile device handy as you log in to this Zoom class from your desktop or laptop.

Oct. 21 W 6-8 p.m. $29
LIVE Online, Zoom T. Jensen LLX-0674-TCFA

iPhone/iPad II: Beyond the Basics
Discover advanced iPhone/ iPad topics including call features such as conference calling, hold, message to answer later, notification in depth, highly useful apps for sharing and working with documents. We will cover iCloud storage and basic photo management.

Any iOS device, including iPad or iPhone, preferably purchased within the last two years and OS updated to the most recent release, will be covered. Be sure 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.

Oct. 28 W 6-8 p.m. $29
LIVE Online, Zoom T. Jensen LLX-0672-TCFA

Internet

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!

Oct. 12 & 19 M 6-8 p.m. $39
Falls City, FCLC, 102 Meyer AREA-0934-FCFA

Oct. 26-Nov. 2 M 6-8 p.m. $39
Plattsmouth, PLLC, 102 Meyer AREA-0934-PLFA

Nov. 9 & 16 M 6-8 p.m. $39
LIVE Online, Zoom Meyer AREA-0934-TCFA

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.

NEW! Virtual Platforms for Businesses
Take advantage of the features your iPhone or iPad offers. We will help you with tips in messages, phone calls and camera and as time allows iCloud, storage and other apps.

Any iOS device, including iPad or iPhone, preferably purchased within the last two years and the OS (operating system) updated to the most recent release. Be sure your device is fully charged before zooming into class. Have your mobile device handy as you login to this Zoom class from your desktop or laptop.

Oct. 21 W 6-8 p.m. $29
LIVE Online, Zoom T. Jensen LLX-0674-TCFA

Internet

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!

Oct. 12 & 19 M 6-8 p.m. $39
Falls City, FCLC, 102 Meyer AREA-0934-FCFA

Oct. 26-Nov. 2 M 6-8 p.m. $39
Plattsmouth, PLLC, 102 Meyer AREA-0934-PLFA

Nov. 9 & 16 M 6-8 p.m. $39
LIVE Online, Zoom Meyer AREA-0934-TCFA

Space is limited. Register today!

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 to class: Shutterfly account username and password and 12-15 pictures on a flash drive. Cost does not include the cost of your finished product.

Oct. 22 Th 6-8 p.m. $35
Falls City, FCLC, 102 AREA-0931-FCFA

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.

Oct. 27 T 5:30-7:30 p.m. $19
Falls City, FCLC, 102 Hebron, HNLC, 101 AREA-0893-FCFA AREA-0893-HNFA

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.

NOTE: Class is live-streamed from Falls City.

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.

Oct. 6 T 6-8 p.m. $29
Beatrice, KEN, 400 McLellan BBX-1179-BEFA

Payment is due at time of registration for all non-credit classes.
Cyber Security Conference
resources.

By colleague, that's your family. As a group, you can be proactive in protecting all of us in cyberspace. If we do our part, we can collectively have a positive impact on Nebraska's secure environment. While individual actions can make a difference, it's also important to raise awareness of cyber security and help our community understand the risks and best practices. The Nebraska Cyber Security Conference will assist in raising awareness and educating the public about cyber security issues.

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.

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. The course introduces architectures, models, programming & networking concepts. This course will be offered in Spring 2021.

NEW! CCNA 1: Introduction to Networks
No prerequisites required. This course 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. This course will be offered in Spring 2021.

Courses are subject to change.
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.

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 continuininged@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.

Key Word: Adobe

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.

Key Word: Illustrator

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.

Key Word: InDesign

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.

Key Word: InDesign

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.

Key Word: InDesign

Space is limited. Register today!
**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  S  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.

Bring 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, YLC, 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 transferred 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-CEFB

---

**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, Nebraska City 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  GDMA-7168-CEF
Sept. 17  Th  8:30 a.m.-4:30 p.m.  $159
Plattsmouth, PLLC, 102  Widner  GDMA-7168-PLFA
Sept. 23  W  8:30 a.m.-4:30 p.m.  $159
Lincoln, CEC, 408  Maltas  GDMA-7168-CEFB
Oct. 21  W  8:30 a.m.-4:30 p.m.  $159
Lincoln, CEC, 408  Beck  GDMA-7168-CEFA
Nov. 18  W  8:30 a.m.-4:30 p.m.  $159
Lincoln, CEC, 408  Beck  GDMA-7168-CEDF

**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  GDMA-7167-CEF
Oct. 30  F  8:30 a.m.-4:30 p.m.  $159
Lincoln, CEC, 408  Maltas  GDMA-7168-CEDF
Nov. 20  F  8:30 a.m.-4:30 p.m.  $159
Lincoln, CEC, 408  Maltas  GDMA-7168-CEDF

**Excel 2016: Advanced**

Prerequisite: Excel Intermediate or equivalent experience

Required book is available at 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  GDMA-7167-CEF
Oct. 30  F  8:30 a.m.-4:30 p.m.  $159
Lincoln, CEC, 408  Maltas  GDMA-7167-CEFA
Nov. 20  F  8:30 a.m.-4:30 p.m.  $159
Lincoln, CEC, 408  Maltas  GDMA-7167-CEDF

**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
Lincoln, Zoom  Hopwood  GDMA-7235-TFA

---

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

Office 365 Basics
This is an introduction to Office 365 for users who have traditionally used stand-alone 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.
NE City, NCIC, 102
McKinney
OFFT-7060-NCTA

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.
LIVE Online, Zoom
Hopwood
OFFT-3203-TCFA

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 on www.sccbookstore.com. Lunch is on your own.

Oct. 16
F
8:30 a.m.-4:30 p.m.
Lincoln, CEC, 407
Massey
OFFT-7245-CFA

PowerPoint 2016: Basic
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience
Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. Lunch is on your own.

Oct. 16
F
8:30 a.m.-4:30 p.m.
Lincoln, CEC, 407
Massey
OFFT-7245-CFA

Word 2016: Basic
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience
Lunch is on your own.

Nov. 19
Th
8:30 a.m.-4:30 p.m.
NE City, NCIC, 102
Deremer
OFFT-7238-NCTA

Outlook 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. Lunch is on your own.

Oct. 30
F
8:30 a.m.-4:30 p.m.
Lincoln, CEC, 407
Massey
OFFT-7239-CFA

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. Lunch is on your own.

Nov. 19
Th
5:30-9 p.m.
LIVE Online, Zoom
Hopwood
OFFT-7230-TCFA

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.

Required textbook ordering information will be supplied after registration.

November 19
Th
5:30-9 p.m.
LIVE Online, Zoom
Hopwood
OFFT-7230-TCFA

QuickBooks 2019: Basic & Intermediate / Working with QuickBooks Online
See page 4 for more information.

QuickBooks 2019 Series (Online—Ed2Go)
See page 77 for more information.

Wordpress
If you are looking for basic SharePoint training to help your employees better understand the most common tasks associated with updating/editing your SharePoint environment, or if you want to expand your knowledge and use of specific features of SharePoint, SCC can assist you.

For more information on customized SharePoint training, contact Lara Ives, Workforce Solutions, at 402-437-2714; 800-828-0072, ext. 2714; or lives@southeast.edu.

Building a Website Level I
Prerequisite: Basic Computer (OFFT-3502) or equivalent experience
This class introduces basic concepts needed to create a website. It begins with an introduction to Web technologies and then provides a comprehensive overview of HTML5. In-class exercises focus on basic webpage layout, HTML5 syntax, text formatting, graphics, hyperlinks, and tables.

Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.

Community News/Events
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.

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

Location Key is on page 64.

Courses are subject to change.
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

Introduction to SQL: Offerings start monthly, February-September; Single Course $245

Intermediate SQL: Offerings start monthly, March-October (not available as single course)

Advanced SQL: Offerings start monthly, April-November (not available as single course)

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.

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.
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!

**Adult Education Class Locations**

<table>
<thead>
<tr>
<th>Beatrice</th>
<th>Falls City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hebron</td>
<td>Lincoln</td>
</tr>
<tr>
<td>Nebraska City</td>
<td>Tecumseh</td>
</tr>
<tr>
<td>Wahoo</td>
<td>York</td>
</tr>
</tbody>
</table>

*Class times and days vary. Contact 402-437-2840 for information.*

**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.

**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.

**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.

**For information or questions about:**

- **Registration and Orientation:** Call 402-437-2840 or come to Room J-2 at SCC, 8800 O St., Lincoln
- **GED® and Basic Skill Classes:** Email lsaffer@southeast.edu
- **ESL:** Email skash-brown@southeast.edu

**Visit www.southeast.edu/adulteducation**

**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.

**Distance learning opportunities are available.**

Call 402-437-2840 or email lsaffer@southeast.edu for details.
ANIMALS & PETS

Sales Tax is applicable on animal specialty services.

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.

There will be supply costs for your hive and equipment which will be discussed the first night of class. Class meets the first Wednesday of each month for 12 months.

Keyword: Beekeeping
Oct. 7, 2020-Sept. 1, 2021 W 6:30-8:30 p.m. $169
Lincoln, CEC, Aud Vance AGRI-3000-CFA

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.

Keyword: Pet
Dec. 3 Th 5:30-7:30 p.m. $19
Falls City, FLCLC, Main Phoopr AREA-3973-FCTA

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)
Oct. 17 S 9-11 a.m. $31.18
NE City, NCLC, 101 Kreifels AREA-3975-NCTA

GREATER LINCOLN OBEDIENCE CLUB CLASSES
Go to www.glocdogs.org for the welcome letter and list of items to bring to class.

Weather Notice: If according to the KOLN/KGIN weather, the heat index is above 95 degrees at 4 p.m., classes for that evening will be postponed and reschedule by the instructor. If in doubt, check the GLOC Facebook page.

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
Sept. 23-Oct. 28 W 7-7:50 p.m. $85.80
Lincoln, GRLN LLLL-0709-OFCFA
Nov. 3-Dec. 15 T 8-8:50 p.m. $85.80
Lincoln, GRLN LLLL-0709-OFCFA

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
Sept. 23-Oct. 28 W 6-6:50 p.m. $85.80
Lincoln, GRLN LLLL-1725-OFCFA

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
Sept. 21-Oct. 26 M 6:30-7:20 p.m. $85.80
Lincoln, GRLN LLLL-1745-OFCFA

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
Sept. 14-Oct. 26 M 8-8:50 p.m. $85.80
Lincoln, GRLN LLLL-2106-OFCFA

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
Sept. 23-Oct. 28 W 7-7:50 p.m. $85.80
Lincoln, GRLN LLLL-0709-OFCFA
Nov. 3-Dec. 15 T 8-8:50 p.m. $85.80
Lincoln, GRLN LLLL-0709-OFCFA
Agility 103
Prerequisite: Agility 102 (LLXL-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 (LLXL-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 9-10:30 a.m. $85.80
  - Lincoln, GRLN LLLX-1760-OCFA
- Nov. 7-Dec. 12 S 9-10:30 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

**Daytime Fun: Dog Obedience**
We will go over many things such as:
- Greeting other dogs and people, structured walking, come when called, door manners, sit down and stay, and more!

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

**Keyword: Obedience**
- Sept. 16-Oct. 7 W Noon-1 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-2104-OCFA
- Nov. 3-24 T 1-2 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-2104-OCFB

**Daytime Fun: Just for Puppies 8-16 Weeks Old**
Ever wonder why your puppy bites? Is your puppy playing too rough? How do you teach your puppy to tell you when it’s time to go outside? This is a fun and relaxed class where everything is puppy! Playing, learning and teaching.

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

**Keyword: Puppies**
- Sept. 15-Oct. 6 T Noon-1 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-0698-OCFA
- Oct. 6-27 T 1-2 p.m. $58.03
  - Lincoln, KENL Kenl Inn LLLX-0698-OCFB

**Arts, Crafts & Hobbies**

**NEW! Junk Journal: File Folder**
Let's make a fun, fast junk journal (out of a file folder)! These shabby little friends are a fun and green way to repurpose some of the "useless" or not-so-useless paper that accumulates in our lives.

Upon registration, you will receive an email with a supply list (scissors, ruler, adhesive) and suggestions/ideas of things for you to save for your pages in your journal. There is a $5 supply fee payable in class. Cash only for supplies.

**Keyword: Journal**
- Sept. 28 M 6-8 p.m. $19
  - Lincoln, CEC, 406 LLLX-1346-CEFA

**Bullet Journaling Workshop the Artful Way**
Want to organize your life? Learn the basic techniques of bullet journaling. Bullet journaling combines organizing, journaling, and task management to create a unique planning system to fit your life. You will create and artfully embellish your bullet journal.

Bring a dot-lined journal. Supply fee of $15 payable in cash to instructor at the class. Product sales will not be a part of this class.

**Keyword: Journaling**
- Oct. 10 S 10 a.m.-1 p.m. $25
  - Louisville, SHSH Wolcott AREA-9028-PLFA
NEW! 4 Craft Combo
Pictured above
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
LIVE Online, Zoom
Roseberry
LLLX-0086-TCFA
Oct. 27-Nov. 5, T, Th
LIVE Online, Zoom
Roseberry
LLLX-0086-TCFA

NEW! Hand Lettering for Gifts
The holidays are coming and what better way than to gift something customized and homemade! Learn the art of hand lettering in this hands-on class. From 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.
York, VMS, J
Schweitzer
AREA-7655-VYFA

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 stickie tape etc.), sharp pencil, black fine-tip marker.

Keyword: Tag
Oct. 27
T
5:30-7:30 p.m.
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
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
Oct. 5
S
1-4 p.m.
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.
Lincoln, CEC, 405
LLLX-0029-TCFC
Nov. 11
W
6-8 p.m.
Lincoln, CEC, 405
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

Space is limited. Register today!

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

We’re Keeping You Safe
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

<table>
<thead>
<tr>
<th>Full Retreat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 2-4 F, S, U</td>
</tr>
<tr>
<td>Plattsouth, PLLC, 103</td>
</tr>
<tr>
<td>Warga AREA-3373-PLFA</td>
</tr>
</tbody>
</table>

7-Hour Session Options

| Oct. 2 F                     |
| Plattsouth, PLLC, 103        |
| Warga AREA-3308-PLFA         |

| Oct. 2 F                     |
| Plattsouth, PLLC, 103        |
| Warga AREA-3308-PLFB         |

| Oct. 3 S                     |
| Plattsouth, PLLC, 103        |
| Warga AREA-3308-PLFD         |

| Oct. 4 U                     |
| Plattsouth, PLLC, 103        |
| Warga AREA-3308-PLFE         |

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                     |
| Plattsouth, PLLC, 103        |
| Warga AREA-3268-PLFA         |

| Dec. 7 M                     |
| Plattsouth, 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                    |
| Plattsouth, PLLC, 103        |
| Warga AREA-3081-PLFA         |

| Nov. 30 M                    |
| 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.

Courses are subject to change.

---

Scrapfest Living It Up

Saturday Sept. 26, 2020

Grab your scrapping supplies and clear your calendar for a day of uninterrupted creative recreation.

Registration includes 15 hours of cropping at your own table, access to a computer for journaling, and a chance to win multiple door prizes. Visit the SCC website at www.southeast.edu/ceats and click on Scrapfest for a detailed brochure and to view the projects. Please write on your registration form who you would like to be seated next to. If you are registering online, email continuingedi@southeast.edu who you would like to be seated next to. Please Note: All meals are on your own. NOTE: Last date to drop and receive a refund is noon Sept. 24.

Keyword: Scrapfest

| Sept. 26 S                    |
| 9 a.m.-Midnight              |
| Lincoln, CEC, 302             |
| Van Winkle LLLX-0103-CEFA    |

Scrapfest Classes

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.

Cards with Character

3 p.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

| Sept. 25 F                    |
| 5-10 p.m.                    |
| 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                     |
| LIVE Online, Zoom             |
| Van Winkle LLLX-0289-TCFA     |

Buying, Selling & Evaluating Antiques, Coins & Collectibles

Join the fun! Learn about the “art” of making good buys and/or getting fair prices as a seller, where to learn more about collectibles, what’s hot and what’s not, and how to sell your antiques and coins.

Bring several items (or a mystery piece) for class discussion and a free appraisal. Tom, from Lincoln, is a former president of Nebraska and Lincoln coin clubs and is a member of the New England Appraiser’s Association. He has had more than 30 years of experience in appraising antiques and coins. In 1983, he conducted what is believed to be the largest antique appraisal in state history at the Pioneer Village in Minden.

Keyword: Buying

| Oct. 22 Th                    |
| 5:30-8 p.m.                  |
| Bassett AREA-7040-FCFA        |

| Nov. 5 Th                    |
| 6:30-9 p.m.                  |
| Bassett AREA-7040-NCFE        |
Printmaking
Discover the basics of printmaking. Various block printing and etching techniques will be covered.

All materials provided.

Keywords: Print

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Registration Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 3-24</td>
<td>Th</td>
<td>6:30-9 p.m.</td>
<td>Lincoln, LUXC</td>
<td>$125</td>
<td>LLLX-0807-OCFA</td>
</tr>
<tr>
<td>Oct. 1-22</td>
<td>Th</td>
<td>6:30-9 p.m.</td>
<td>Lincoln, LUXC</td>
<td>$125</td>
<td>LLLX-0807-OCFB</td>
</tr>
<tr>
<td>Oct. 29-Nov. 19</td>
<td>Th</td>
<td>6:30-9 p.m.</td>
<td>Lincoln, LUXC</td>
<td>$125</td>
<td>LLLX-0807-OCFC</td>
</tr>
</tbody>
</table>

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.

Keywords: Metalsmithing

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Registration Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 13-Nov. 3</td>
<td>T</td>
<td>6:30-9 p.m.</td>
<td>Lincoln, LUXC</td>
<td>$150</td>
<td>LLLX-0271-OCFA</td>
</tr>
</tbody>
</table>

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.

Keywords: Ruler

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Registration Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 5</td>
<td>Th</td>
<td>6:30-8:30 p.m.</td>
<td>Plattsmouth, PLLC, Commons Leonard</td>
<td>$19</td>
<td>AREA-2157-PLFA</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.
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, painted, sanded, burned, dyed, or polished. We will create an array of art pieces, bowls, sculpture, or wall art (not birdhouses). Beginners to advanced students welcome.

Plan on additional supplies which will be discussed at the first class. Gourd costs vary depending on the size. However, plan to spend between $10 and $45 on your gourd. Bring to class: apron, dust mask (bring your own or purchase in class for $2). Cash or check only for supplies. Class will meet at the instructor’s woodshop.

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.

Creating Pottery Ornaments
This is an intro class to hand-building pottery. We will make ornaments out of clay using hand-building methods.

Several design and style options will be available. The final projects will be fired and glazed and pick-up will be arranged by the instructor. Product sales will not be a part of this class.

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
  - XBXX-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-OCA
- Sept. 19-Oct. 10 T 6:30-9 p.m. $150
  - Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCA
- Sept. 29- Oct. 27 T 6:30-9 p.m. $150
  - Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCA
- Oct. 17-Nov. 7 S 9:30-11:30 a.m. $150
  - Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCA
- Oct. 27-Nov. 17 T 6:30-9 p.m. $150
  - Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCA
- Nov. 1-10-Dec. 12 S 9:30-11:30 a.m. $150
  - Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCA
- Nov. 24-Dec. 15 T 6:30-9 p.m. $150
  - Lincoln, LUXC, Ceramic Bldg LLLX-0269-OCA

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 focused.

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-0274-OCA
- Oct. 1-22 Th 6:30-9 p.m. $125
  - Lincoln, LUXC, Ceramic Bldg LLLX-0274-OCA
- Oct. 19-29 Nov. 19 Th 6:30-9 p.m. $125
  - Lincoln, LUXC, Ceramic Bldg LLLX-0274-OCA

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

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-OCA
- Nov. 11-Dec. 16 W 6:30-9 p.m. $185
  - Lincoln, LUXC, Ceramic Bldg LLLX-0049-OCA

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. Check or cash only for supplies.

**Keyword: Weaving**
- Oct. 17-31 S 9 a.m.-2:30 p.m. $45
  - Lincoln, WEAH LLLX-1005-OCA
- Nov. 4- Dec. 17 S 9 a.m.-2:30 p.m. $45
  - Lincoln, WEAH LLLX-1005-OCA

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**
- Oct. 17-31 S 9 a.m.-2:30 p.m. $45
  - Lincoln, WEAH LLLX-1005-OCA

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, Commons Hoemann AREA-2210-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

Payment is due at time of registration for all non-credit classes.
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 a 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 Gough), 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-Nov. 14 S 11:30 a.m.-1 p.m. $80
Lincoln, CEC, 405 Plants LLLX-0775-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 bound 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 Plants LLLX-1176-CEFA

Painting with Oils: Beginners

**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 1-4 p.m. $90
Lincoln, CEC, 405 Plants LLLX-1335-CEFA

Courses are subject to change.
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.

<table>
<thead>
<tr>
<th>Sept. 5</th>
<th>$24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Louisville, SHSH</td>
<td>Wolcott</td>
</tr>
<tr>
<td>Oct. 3</td>
<td>$24</td>
</tr>
<tr>
<td>Louisville, SHSH</td>
<td>Wolcott</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Nov. 10</th>
<th>6-8 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, CEC, 102</td>
<td>Miller</td>
</tr>
</tbody>
</table>

Intro to Watercolor Painting
Learn the basics of watercolor. We will explore a few watercolor painting techniques, color mixing and the best watercolor 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.

<table>
<thead>
<tr>
<th>Sept. 3</th>
<th>6:30-8:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Louisville, SHSH</td>
<td>Wolcott</td>
</tr>
</tbody>
</table>

Bob Ross Painting: 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.

<table>
<thead>
<tr>
<th>Nov. 14</th>
<th>9:30 a.m.-3:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, CEC, 102</td>
<td>Miller</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sept. 12</th>
<th>9 a.m.-3:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, CEC, 102</td>
<td>Rodeman</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Oct. 17</th>
<th>9:30 a.m.-3:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVE Online, Zoom</td>
<td>Belik</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Oct. 31</th>
<th>9:30 a.m.-3:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVE Online, Zoom</td>
<td>Belik</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Dec. 12</th>
<th>9:30 a.m.-3:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVE Online, Zoom</td>
<td>Belik</td>
</tr>
</tbody>
</table>
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 a ghost story-themed picture. Each student will create their own 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.

**Key word:** Watercolor

**Ages 7–12**
- Oct. 24 5 10 a.m.–Noon  $19
- Wahoo, WHLC, 102
  - Bettendorf AREA-7688-WHFA

**Adults**
- Oct. 24 5 1-3 p.m.  $19
- Wahoo, WHLC, 102
  - Bettendorf AREA-7688-WHFB

**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.

**Key word:** Watercolor

**Sept. 3-24**  Th 6:30-9 p.m.  $125
- Lincoln, LUXC
  - LLLX-1260-DCF

**Oct. 1-22**  Th 6:30-9 p.m.  $125
- Lincoln, LUXC
  - LLLX-1260-DCF

**Oct. 29-Nov. 19**  Th 6:30-9 p.m.  $125
- Lincoln, LUXC
  - LLLX-1260-DCF

**The Beauty of Watercolor**

Have you ever wanted to try painting with watercolor but fear you will not be able to create a painting? Each Saturday session you will be guided step by step with NO stress!

Each Saturday 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@itsinhewindstudio.com or 605-521-4255.

**Key word:** Watercolor

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

**Glass Crafting**

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.

**Key word:** Glass

**Sept. 26**  S 10 a.m.–Noon  $24
- NE City, IWS
  - Hollis
  - AREA-2181-NCF

**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, gluing, 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.

**Key word:** Tray

**Oct. 8-Nov. 5**  S 6-8 p.m.  $110
- Lincoln, ARCH
  - Scott
  - LLLX-0282-OCE

**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.

**Key word:** Paint

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

**Fused Glass Serving Platter**

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

**Key word:** Glass

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

**Nebraska “N” Glass Window Painting**

See page 36 for more information.

**Jewelry**

**Silverware Jewelry**

If you’ve ever wondered how to make silverware jewelry, this is your chance. You will have the opportunity to create two pieces of jewelry. Your choices will be a pair of earrings, a necklace or bracelet. Embellishing your pieces is half the fun, and a variety of embellishments will be available.

There is a $25 supply fee payable to the instructor in class. Cash or check only for supplies.

**Key word:** Jewelry

**Sept. 8-29**  M 6-9 p.m.  $24
- Beatrice, KEN, 334
  - LLLX-0213-OCE

**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.

**Key word:** Casting

**Sept. 8-29**  T 6:30-9 p.m.  $150
- Lincoln, LUXC
  - LLLX-0272-OCE

**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.

**Key word:** Star

**Nov. 10 & 17**  T 6:30-9 p.m.  $49
- Lincoln, CEC, 102
  - O’Hare
  - LLLX-1375-OCE

**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 battings 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.

Keyword: Quilt
Dec. 2 & 9
Lincoln, CEC, 102
O’Hare
6:30-9 p.m.
$35
LLLX-1494-CEFA

Prepared Edge Applique: Oh Hal-hwaow-ween!
Applique is a sewing/quilting technique in which fabric designs are layered on a foundation fabric and stitched in place by hand. Discover the basics of this decorative technique as you create this Halloween 11-inch by 14-inch wall-hanging.

Kit purchased in class for $25. Bring to class fabric scissors and all-purpose scissors. All other supplies furnished unless you have a favorite thimble/needle you prefer to use.

Keyword: Applique
Oct. 8
Wahoo, WHLC, 101
McKee-Neill
6-9 p.m.
$19
AREA-2651-WHFA

Prepared Edge Applique: Too Busy to Bake
Applique is a sewing/quilting technique in which fabric designs are layered on a foundation fabric and stitched in place by hand. Discover the basics of prepared edge applique with this decorative technique as you create your own plate of cookies 15-inch applique with this decorative technique as hand. Discover the basics of prepared edge foundation fabric and stitched in place by which fabric designs are layered on a

Too Busy to Bake
Prepared Edge Applique:

Perfect Pillowcase for Parent/Child (Ages 10 & Up)
See page 60 for more information.

Introduction to Needlepoint
Needlepoint is one of the easiest decorative stitching skills to learn. Join us for an afternoon of fun and learn four basic stitches and two special-effect stitches.

Your kit will be waiting for you when you arrive at class. All you need to bring is a sharp scissors or thread snip and a brown bag lunch.

Keyword: Needlepoint
Oct. 20
Lincoln, CEC, 405
Plants
9 a.m.-2 p.m.
$29
LLLX-0923-CEFA

Beginning Knitting
Knit one, purl two. Learn the basic knitting stitches (knit, purl, cast on/off) to get you started in this traditional needle art. You will leave class with enough technique to be able to create your own scarf or small project.

Bring to class: size 7 straight knitting needles and two skeins of sugar and cream cotton yarn (same or different colors, your choice).

Keyword: Knitting
Oct. 30-Nov. 13
Lincoln, CEC, 403
Roseberry
6-8 p.m.
$29
LLLX-0512-CEFA

Scarf Arm Knitting
This is a fun, quick project where you knit with your arms instead of needles. Using chunky yarn and big arm needles, this comes together fast and easily.

There is a $10 supply payable in class if you want off-white yarn. If you would rather bring your own yarn in your choice of color, you will need two skeins of Chunky-style yarn.

Keyword: Knitting
Oct. 13
Plattsburgh, PLLC, 103
Leonard
6-8 p.m.
$20
AREA-2619-PL1A

Looking for Classes in Your Area?
See pages 66-69 for the Course List by Region.

Location Key is on page 64.
**Wine, Dine & Sights in the City Trip**

**Fri., Oct. 9**  
TRIP-1051-BEF $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.

Please note that any refunds for a dropped couples class will be issued to each student equally.

**Fall Junkstock Bus Trip**

**Fri., Oct. 9**  
TRIP-1061-FCFA $69

Calling all flea market and farmhouse-style decorators: Junkstock! We are bus for this fall junkstock is tented over Oct. 2-4. Check out the SCC Learning Center at Falls City 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.

**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.

**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!

**Omaha Community Playhouse “A Christmas Carol” Bus Trip**

**Sun., Dec. 6**  
TRIP-1086-FCFA $89

It just isn’t Christmas without “A Christmas Carol.” Experience Omaha Community Playhouse’s favorite holiday tradition as Ebenezer Scrooge takes us on a lifechanging journey filled with lovely costumes, exquisite music, beautifully crafted sets, and special effects second to none! Tickets are limited so don’t wait to register!

This trip will involve considerable amount of walking. Cost includes transportation, all-you-can-eat lunch at Spaghetti Works and admission to the play. Registration deadline is Nov. 6 or when the enrollment limit has been met. No refunds after Nov. 6. 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 Nov. 6. SCC reserves the right to cancel any pick-up stops that do not meet the minimum enrollment. A confirmation letter will be mailed to each student approximately two weeks before the trip with exact pickup times, locations and RSVP information. SCC staff tuition waiver does not apply.

**Dance**

Please note that any refunds for a dropped couples class will be issued to each student equally.

**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.

**Jitterbug & East Coast Swing**

Learn leading and hand positions, the sixcount 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.
Beginning Tap Dance for Adults
Designed for the adult beginner, learn basic steps and short combinations in this fun class.

Shoes will be discussed at first class.

**Keyword: Dance**
Oct. 6-Nov. 24  T  7:30-8:30 p.m.  $59
Lincoln, HTCH  Ogden  LLLX-1517-OCFA

Beginning Ballet for Adults
Did you want to take ballet when you were little? It's not too late! Come explore the world of classical ballet.

Wear comfortable clothes. Shoes will be discussed at the first class.

**Keyword: Ballet**
Oct. 7-Nov. 25  W  6:15-7:15 p.m.  $59
Lincoln, HTCH  Ogden  LLLX-0362-OCFA

Irish Step Dance
Irish Step Dancing is the solo dance style for those age 7 and older who can move freely and want to learn a new way to move to music. You will learn the basics of beginning step dance and then easy reel and jig step combinations. This is a great way to exercise in a friendly environment.

**Keyword: Dance**
Sept. 14-Oct. 12  M  6:30-7 p.m.  $30
Lincoln, EPCH  Howe  LLLX-0370-OCFA
Oct. 19-Nov. 16  M  6:30-7 p.m.  $30
Lincoln, EPCH  Howe  LLLX-0370-OCFA

Irish Social Dance
Prerequisite: 12 years and older or instructor permission
Irish Social Dance is done in groups for those who can move freely and want to learn a new way to move to music. This style of dance is the inspiration for square dancing but done not as “couples” so individuals can easily participate. This is a great way to exercise in a learner-friendly environment.

**Keyword: Dance**
Sept. 14-Oct. 12  M  7-8 p.m.  $40
Lincoln, EPCH  Howe  LLLX-0371-OCFA
Oct. 19-Nov. 16  M  7-8 p.m.  $40
Lincoln, EPCH  Howe  LLLX-0371-OCFA

Belly Dance for Beginners
Learn to shake and shimmy while having fun, improving core strength and increasing muscle tone. This class will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing you can move in.
NOTE: Oct. Sec.: No class Nov. 25.

**Keyword: Dance**
Sept. 2-23  W  6:30-8 p.m.  $49
Lincoln, CEC, 304  Gregg  LLLX-0360-CEFA
Oct. 14-Dec. 9  W  6:30-7:30 p.m.  $49
Lincoln, CEC, 304  Gregg  LLLX-1531-CEFA

**EXPLORE**

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**
Oct. 22  Th  6-8 p.m.  $29
Lincoln, CEC, 102  Karas  LLLX-2115-CEFA

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

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

**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**
Oct. 15  Th  6:30-8:30 p.m.  $25
NE City, NCLC, 102  Rauert  AREA-5057-CEFA
York, YRKC, J  AREA-5057-YKFA

**Level 2 Co-Parenting: Working Together for Your Children (Online)**

This workshop meets the requirements of the Nebraska Parenting Act. Topics include stages of adjustment to parental separation/divorce for parents and children, conflict resolution, stress management and other co-parenting issues. This course is delivered entirely online and facilitated by SCC faculty and takes a minimum of three hours to complete.

Students will need:
- Computer with high speed internet connection
- Speaker/sound capability
- Working knowledge of computer and internet experience

NOTE: Firefox or Chrome browser recommended. You cannot access the course using an iPad or Droid tablet.

Sliding fee/waiver not available.
There is a six-hour waiting period between online registration for the class and class access.

$49 per-person.

For registration and log-in instructions for the online class, go to www.southeast.edu/Continuing/CoParenting

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

Space is limited. Register today!
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 6-8 p.m. Lincoln, CEC, Aud

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 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. NE City, NCLC, 105
- Sept. 20 W 5:30-7:30 p.m. Falls City, FCLC, 102
- Sept. 20 W 5:30-7:30 p.m. Hebron, HNLC
- Sept. 20 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!

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 1:30 p.m. NE City, NCF
- Nov. 7 S 1:30 p.m. Crom

NEW! Sumptuous Summer Floral Basket
Bring all the bright colors and fragrance of summer inside!

Supplies list sent approximately one week prior to class.

Keyword: Floral
- Sept. 17 Th 5:30-8 p.m. NE City, NCF
- Sept. 19 S 1:30 p.m. NE City, NCF

Pumpkins & Sunflowers!
Kick off fall with this fun arrangement.

Pumpkins may vary according to availability. All materials provided.

Keyword: Pumpkins
- Oct. 15 Th 5:30-8 p.m. NE City, NCF
- Oct. 17 S 1:30 p.m. NE City, NCF

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, 102
- Nov. 3 T 6-8 p.m. Miller

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

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

Location Key is on page 64.
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.
- **Yates**
- **LLLX-1616-LNFA**

**Dec. 12**
- **S**
- 12:30-2:30 p.m.
- **Yates**
- **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 cake. Wear non-slip shoes and bring your apron.

- **Nov. 16**
  - M
  - 6-8 p.m.
  - **Helbron, HNLC, 101**

Holiday Pies

Having trouble making that perfect pie? Join an expert pie maker to learn tips and tricks to make that perfect a pie just in time for your next celebration.

**Nov. 16**
- M
- 6-8 p.m.
- **Helbron, HNLC, 101**

**Nov. 7**
- S
- 9 a.m.-12:30 p.m.
- **Hickey**
- **LLLX-0560-CFA**

NEW! Julia’s Kitchen: Celebrating French Cooking

Celebrate the French Cuisine, Julia Child and her famous cookbook “Mastering the Art of French Cooking.” We will be cooking some of Julia’s favorites: French onion soup, Coq Au Van, and chocolate mousse. Bon Appetit!

- **Nov. 17**
  - S
  - 10 a.m.-1 p.m.
- **Yates**
- **LLLX-0477-LNFA**

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.

- **Sept. 19**
  - S
  - 9 a.m.-12:30 p.m.
- **Muelling**
- **LLLX-1602-CFA**

Truly Mexican: Appetizers

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

**Oct. 13**
- **S**
- 6-9 p.m.
- **Stavas**
- **LLLX-0454-NCFA**

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 herbred 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!

- **Oct. 13**
  - **S**
  - 6-9 p.m.
- **Stavas**
- **LLLX-0454-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!

**Nov. 21**
- **S**
- 10 a.m.-12:30 p.m.
- **Rawlings**
- **LLLX-0155-LNFA**

**Nov. 21**
- **S**
- 10 a.m.-12:30 p.m.
- **Rawlings**
- **LLLX-0155-LNFB**
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.

Keyword: Sushi

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 27</td>
<td>6-8:30 p.m.</td>
<td>NE City, WPBB</td>
<td>$29</td>
</tr>
<tr>
<td>Nov. 18</td>
<td>6-8:30 p.m.</td>
<td>NE City, WPBB</td>
<td>$29</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.

Keyword: Coffee

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

Tea Chat: Tea 101

Are you a tea drinker? If not, you should be. Discover the world of tea! From history of tea to the different varieties of tea and the tea-making techniques. You will discover how to properly steep teas for tea and herbs to make tasty tea lattes. We learn how to brew tea correctly, sample some tasty teas, hot and iced, and discover the benefits of incorporating tea in your life.

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

Keyword: Tea

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 23</td>
<td>7:30 p.m.</td>
<td>Lincoln, GLTC</td>
<td>$20</td>
</tr>
</tbody>
</table>

Tea Lattes

Stay warm with a hot or iced tea! We will discuss some of the benefits of having tea in your life. Oolong tea comes in white, green, black, red, find out what they all mean.

Keyword: Tea

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 19</td>
<td>6:30-8 p.m.</td>
<td>Lincoln, GLTC</td>
<td>$29</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 yield your very own bubbly, active starter ready to make your incredible sourdough bread. Get tips, tricks and some tasty recipes.

Keyword: Bread

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 5</td>
<td>6-7 p.m.</td>
<td>Gerekeimeier</td>
<td>$22</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, foccacia and baguettes. Wear non-slip shoes and bring your apron.

Keyword: Bread

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

NEW! Egg-cellent Eggs!

Did you know there are 30 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.

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

Keyword: Eggs

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 4</td>
<td>6:30-8:30 p.m.</td>
<td>Lott</td>
<td>$29</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 will be made using leftover whey.

Keyword: Crepe

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

Keyword: Cheese

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 26</td>
<td>9 a.m.-Noon</td>
<td>Lincoln, CEC, 104</td>
<td>$39</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 chevre and Greek Feta. Don’t miss this one.

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

Keyword: Cheese

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

Keyword: Apples

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

Supplies list will be emailed two weeks prior to class.

Keyword: Fudge

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 10</td>
<td>9-11 a.m.</td>
<td>Lott</td>
<td>$29</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 along an apron. Chocolate is messy!

Keyword: Chocolatier

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 31</td>
<td>9 a.m.-Noon</td>
<td>Harper</td>
<td>$49</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.
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 air brushing, 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.

Sugar Cookie Fun
Basic, but never boring, the sugar cookie has an invitation to almost any celebration. It can be a blank canvas for festive shapes and designs. Discover how to make these treats can be a blank canvas for festive shapes and an invitation to almost any celebration. It can be a blank canvas for festive shapes and designs. Discover how to make these treats

Beginning Cake Decorating I
Hands-on practice using the basic tools to frost and decorate your cakes, including flowers and borders, writing techniques. Bring an 8-inch round or square baked white cake from mix, flat plate to frost and apron.

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.

Beginning Cake Decorating II
Prerequisite: Beginning Cake Decorating I
Learn to use basic flowers, borders, roses, and writing techniques to create beautiful cakes of your own. You will get to take a few samples home.

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.

Muffins
Muffins are great on their own and as part of a meal. You will have a choice of banana or blueberry muffins to make during the Zoom class however all recipes will be shared. While your muffins are baking, create a cinnamon compound butter to enjoy on your warm muffins. Zoom bake with us from your kitchen!

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.

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

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, Lincoln, CEC, 104
- Oct. 24: S, 9-11:30 a.m., $39, Lincoln, CEC, 104

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 many ways to twist the dough. As a bonus, you will learn the basics of dumplings and sauerkraut.

Bring to class: one (3-quart) large bowl, hand mixer, one large mixing spoon to stir dough, paring knife, two or three large cookie sheets, and a container to transport kolaches home. Please wear close-toed shoes.

Keyword: Kolaches
- Aug. 29: S, 8:30-11:30 a.m., $39, Lincoln, CEC, 104
- Oct. 3: S, 8:30-11:30 a.m., $39, Lincoln, CEC, 104
- Oct. 3: S, 1-4 p.m., $39, Lincoln, CEC, 104

Cinnamon Rolls & Crescent Rolls
Don’t you just love the smell of fresh baked cinnamon rolls and flakey 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, Lincoln, CEC, 104

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

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 counterfeiters.

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

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, Lincoln, CEC, 104

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. 20: T, 6:45-8:45 p.m., $25, Beatrice, KEN, 334
- Oct. 22: Th, 6:45-8:45 p.m., $25, NE City, NCCL, 101

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, Lincoln, CEC, 104

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, Lincoln, CEC, 104
- Nov. 12: Th, 6-8 p.m., $19, Lincoln, CEC, 104
- Dec. 9: W, 6-8 p.m., $19, York, YCLC, 101

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 class access, please note: You must have a six-hour window 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 class access, please note: You must have a six-hour window between online registration for the class and class access.

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

Courses are subject to change.

www.southeast.edu/continuing
**Culinary/Hospitality Program**

The Great Plains Culinary Institute at Southeast Community College has a newly open student-run restaurant, COURSE, which is open to the public for lunches and special-event meals.

Please visit our website for hours of operation, event information and menus at www.southeast.edu/course. If you have further questions, call 402-437-2727 or email course@southeast.edu.

**Genealogy**

**NEW! From Theory to Discovery: Breaking Down Your Brick Wall with Timelines**

Use a timeline in your genealogical research to reveal gaps in your research. Learn how to build a theory, pinpoint research questions and focus your family history search to find answers in unexpected places.

**Keyword: Discovery**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 8</td>
<td>6:30-8:30 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Callahan</td>
<td>AREA-5052-TCFA</td>
</tr>
<tr>
<td>Nov. 7</td>
<td>9:30-11:30 a.m.</td>
<td>LIVE Online, Zoom</td>
<td>Callahan</td>
<td>AREA-5052-TCFA</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>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14-28</td>
<td>6:30-8:30 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Stewart</td>
<td>LLLL-0937-TCFA</td>
</tr>
</tbody>
</table>

**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>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 19 &amp; 26</td>
<td>6:30-8:30 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Stewart</td>
<td>LLLL-0938-TCFA</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>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 15</td>
<td>6:30-8:30 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Callahan</td>
<td>AREA-6361-TCFA</td>
</tr>
<tr>
<td>Oct. 24</td>
<td>9:30-11 a.m.</td>
<td>LIVE Online, Zoom</td>
<td>Callahan</td>
<td>AREA-6361-TCFA</td>
</tr>
</tbody>
</table>

**History**

**NEW! History for Fun: Origins of Democracy**

Independence, expansion and civil war tested America’s new political system. Democracy has changed through our Constitution and Founding Fathers, Jacksonian politics and the Lincoln war time. Join in as we look at of these continuous experiments in democracy.

**Keyword: History**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 6-20</td>
<td>6-8 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Davis</td>
<td>AREA-5622-TCFA</td>
</tr>
</tbody>
</table>

**Lincoln’s Suburbs**

Take a historic look at the Suburbs to separate communities for come 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.

**Keyword: Lincoln**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 26-27</td>
<td>7:30-9 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Callahan</td>
<td>LLLL-1135-OCFA</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.

**Keyword: Landscaping**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 27</td>
<td>6:30-8:30 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Simmons</td>
<td>LLLL-0929-CEFA</td>
</tr>
</tbody>
</table>

**History of Lincoln: Part 1**

History of Lincoln: Part 1

Lincoln historian Jim McKee will lead you through a slide-illustrated history of Lincoln, famous as Lincoln, Nebraska, the home of the Methodist University, the Nebraska building of the Capitol, the University and the depression of 1893.

**Keyword: Lincoln**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 14-28</td>
<td>W 7:30-9 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>McKee</td>
<td>LLLL-0415-OCFA</td>
</tr>
</tbody>
</table>

**History of Lincoln: Part 2**

History of Lincoln: Part 2

Historian Jim McKee will continue the history of Lincoln, beginning with the depression of 1893, Lincoln history, Lincoln’s downtown, Lincoln’s capitol buildings, and third capitol.

**Keyword: Lincoln**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 4-18</td>
<td>W 7:30-9 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>McKee</td>
<td>LLLL-0415-OCFA</td>
</tr>
</tbody>
</table>

**Home & Garden**

**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>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 3</td>
<td>7-8:30 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Hintz</td>
<td>AREA-6060-TCFA</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>Location</th>
<th>Instructor</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14</td>
<td>6-8 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Shaw</td>
<td>AREA-6084-PLFA</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.
**Personal Interest**

**Water in the Landscape**

Bring nature closer with the relaxing view and sound of water in the landscape. We will discuss basic design and construction of outdoor water features from patio accents to simple streams and waterfalls.

**Practical Knowledge for the Home Landscaper**

We will examine a wide range of subjects, including landscape design, choosing the right plants for your yard, mulch vs. rock, landscape border edging options (including the construction of short retaining walls), landscape bed preparation, and basic lawn care.

**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.

**Environmetally Sustainable Landscaping**

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

**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.

**Organize 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.

**Working in the Dark: A Guide to Landscaping in the Shade & Designing Unique Outdoor Spaces**

Many of our home landscapes have matured over the years and become shady. This class examines the problems and opportunities a shady yard can present. We’ll discuss the design of unique outdoor spaces and which plants will do the best in the shade garden.

**Landscaping Your Front Yard**

Using basic design and planting concepts, this class will provide insight into the successful landscaping of new front yards or existing sites needing renovation.

**Downsizing: Keep, Sell or Donate**

Whether downsizing to a smaller home or dispersing the contents of a loved one’s estate, collectibles expert and professional appraiser Tom Bassett helps to simplify the process. With practical, down-to-earth advice, discover how to determine what to sell, keep or toss.

**Home Security: An Alarm System is Not the Only Answer**

There are many ways you can protect your home and property. Explore various measures you can take to secure your home and property.

**Milk Paint 101: Farmhouse Barn Quilt**

See page 34 for more information.

**Identity Theft: Types, Prevention & Recovery**

Identity theft can happen to anyone and may not only affect your financial accounts. We will explore the various types of identity fraud, proactive protection measures, and how to restore your identity if you become a victim.

**Upholstery 101**

This is a beginning “hands-on” class where you will learn to reupholster a chair. This is a beginning “hands-on” class where you will learn to reupholster a chair. The additional cost of your project will be determined by the size of the project and type of material and supplies needed. Upholstery materials may be expensive. Upon registration, you will receive a list of the upholstery tools needed for class. You may purchase tools and fabric on your own or through the instructor. Bring your project to the first class. Call 402-613-1947 with questions.

**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 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. Upholstery

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

Holiday & Seasonal Signs / Painting 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.

Oct. 3-Oct. 8  Th 6-7:30 p.m. $80 NE City, NCLC, 106 Howe SIGN-3051-NCFA

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. $80 NE City, NCLC, 106 Howe SIGN-3051-NCFA

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.

Oct. 6-Dec. 8  T 6-8 p.m. $80 LIVE Online, Zoom Plants LLLX-1845-TCTFA

Conversation Française Avancée: Conversations Continuante 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, d’actualités.

Keyword: Francaise

Oct. 8-Dec. 17  Th 6-8 p.m. $80 LIVE Online, Zoom Plants LLLX-2128-TCTFA

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)
Keyword: Sign
Oct. 7-Nov. 4  W 6-7:30 p.m. $75 Plattsmouth, PLLC, 103 Clinar SIGN-3000-PLFA

Sign Exact English 1.5
(0.75 CEUs) NOTE: No class Nov. 25.
Keyword: Sign
Nov. 11-Dec. 16  W 6-7:30 p.m. $75 Plattsmouth, PLLC, 103 Clinar SIGN-3001-PLFA

Register for Both & Save $25!

Sign Exact English 1
(0.75 CEUs)
Keyword: Sign
Oct. 7-Nov. 4  W 6-7:30 p.m. $62.50 Plattsmouth, PLLC, 103 Clinar SIGN-3000-PLFB

Sign Exact English 1.5
(0.75 CEUs) NOTE: No class Nov. 25.
Keyword: Sign
Nov. 11-Dec. 16  W 6-7:30 p.m. $62.50 Plattsmouth, PLLC, 103 Clinar SIGN-3001-PLFD

Sign Exact English 2
(1.5 CEUs) NOTE: No class Nov. 25.
Keyword: Sign
Oct. 7-Dec. 16  W 7:30-9 p.m. $125 Plattsmouth, PLLC, 103 Clinar 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)
Keyword: Sign
Oct. 3-31  S 10-11:30 a.m. $89 Plattsmouth, PLLC, 102 Clinar SIGN-3031-PLFA
Oct. 3-31  S 1-2:30 p.m. $89 Plattsmouth, PLLC, 102 Clinar SIGN-3031-PLFB

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

Location Key is on page 64.

Courses are subject to change.
Personal Interest

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-CEFB

Beginning Spanish
This is a class for the beginner who has little or no prior knowledge of the Spanish language.


Keyword: Spanish
Oct. 5-Nov. 22 M 6:30-8:30 p.m. $80
NE City, NCLC, 106 Davis AREA-6500-NCLC
Oct. 8-Dec. 3 Th 6-8 p.m. $80
Lincoln, CEC, 406 Granados LLLX-1836-CEFA
Oct. 20-Dec. 15 T 6:30-8:30 p.m. $80
LIVE Online, Zoom Clay BBBX-1002-TCFA

Spanish for Adult & Child
Have fun and learn a new way to communicate with your child. This is an introduction to the Spanish language designed for adults and children to take together. Students will learn simple vocabulary such as day-to-day greetings, numbers, colors, and days of the week. This class is appropriate for children ages 7-12.

Only adult must register and pay cost to attend this class.

Keyword: Spanish
Oct. 8-Nov. 5 Th 6:30-7:30 p.m. $39
LIVE Online, Zoom Clay BBBX-1682-TCFA

Mind & Body

Hypnosis for Stress
Want to feel more calm, confident, and in control? In this fun, interactive class Zoom 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
LIVE Online, Zoom Jkaras LLLX-2114-CEFA

Mindfulness Meditation
Learn to meditate (rather than medicate) to calm your mind, bring balance and clarity, and enhance your mental state. This class will 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 6:30-7:30 p.m. $29
Lincoln, CEC, 406 Millar LLLX-2023-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-CEFA
Oct. 17-Nov. 21 S 10:30-11:30 a.m. $59
Lincoln, CEC, 304 Marsh LLLX-0582-CEFA

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 Ohsen LLLX-0575-CEFA

Personal Interest

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 do about potential weaknesses. Discover some energy medicine exercises to help you create balance in body and mind.

Keyword: Element
Nov. 2 M 6-8 p.m. $29
Lincoln, CEC, 404 Williams LLLX-2013-CEFA
Dec. 2 W 6-8 p.m. $29
LIVE Online, Zoom Williams LLLX-2013-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.

Bring a food or vitamin you are wondering about to Energy test!

Keyword: Energy
Sept. 14 M 7-9 p.m. $29
Beatrice, KEN, 334 Weishahn BBBX-1261-BEFA
Oct. 19 M 6-8 p.m. $29
Lincoln, CEC, 403 Williams LLLX-2228-CEFA

Yoga Classes
See page 59 for more information.

Uechi Ryu Karate Do / T’ai Chi for Beginners
See page 60 for more information.

NEW! Start Your Day Right: Morning Workout
See page 58 for more information.

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

Courses are subject to change.
**E S S E N T I A L  O I L S**

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.

**Keyword: Oils**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 1</td>
<td>Th</td>
<td>Dorchester, WELL</td>
<td>$29</td>
</tr>
<tr>
<td></td>
<td>6:30-8:30 p.m.</td>
<td></td>
<td>AREA-6684-HNFA</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.

**Keyword: Energy**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 1</td>
<td>Th</td>
<td>Lincoln, CEC, 404</td>
<td>$29</td>
</tr>
<tr>
<td></td>
<td>6-8 p.m.</td>
<td>Williams</td>
<td>AREA-0867-CFTA</td>
</tr>
<tr>
<td>Oct. 5</td>
<td>M</td>
<td>Beatrice, KEN, 334</td>
<td>$29</td>
</tr>
<tr>
<td></td>
<td>7-9 p.m.</td>
<td>Weishahn</td>
<td>BBBX-1260-BEFA</td>
</tr>
<tr>
<td>Oct. 7</td>
<td>W</td>
<td>LIVE Online, Zoom</td>
<td>$29</td>
</tr>
<tr>
<td></td>
<td>6-8 p.m.</td>
<td>Williams</td>
<td>LLLLX-0867-TCFA</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!

**Keyword: Emotions**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 27</td>
<td>Th</td>
<td>NE City, NCLC, 101</td>
<td>$15</td>
</tr>
<tr>
<td></td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Lightner</td>
<td>AREA-6672-NCTA</td>
</tr>
</tbody>
</table>

**Introduction to Pilates / Continuing Pilates**

See page 66-69 for class locations.

**Location Key** is on page 64.

**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.

**Keyword: Oils**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 19</td>
<td>Th</td>
<td>Dorchester, WELL</td>
<td>$29</td>
</tr>
<tr>
<td></td>
<td>6:30-8:30 p.m.</td>
<td>Holly</td>
<td>AREA-6684-HNFB</td>
</tr>
</tbody>
</table>

**Forest Bathing**

Forest Bathing, or Shinrin-yoku, is the Japanese practice of going to the forest to receive mental and physical healing. It has been shown to reduce anger, anxiety, depression and sleeplessness. Forest plants emit essential wood oils and airborne chemicals to protect themselves from insects and decay. These aromas benefit humans as well. Join us at Prairie Pines Nature Preserve (112th and Adams Streets) to participate in gently guided activities that engage your five senses and connect you to the energy of the natural world.

This is not a hike. **DIRECTIONS TO SITE:** See page 64 for class location.

**Keyword: Forest**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 20</td>
<td>U</td>
<td>Lincoln, PPNP</td>
<td>$15</td>
</tr>
<tr>
<td></td>
<td>1:30-3 p.m.</td>
<td>Kohles</td>
<td>LLLLX-1342-OCFA</td>
</tr>
</tbody>
</table>

**Emotional Freedom for Weight Loss**

EFT is a form of psychological acupressure but without the invasiveness of needles. Learn how to use Emotional Freedom Technique to assist in losing weight, reduce food cravings and eat healthy. EFT is easy to learn and can help you.

**Keyword: Freedom**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 12</td>
<td>M</td>
<td>Beatrice, KEN, 334</td>
<td>$24</td>
</tr>
<tr>
<td></td>
<td>7-9 p.m.</td>
<td>Weishahn</td>
<td>BBBX-2223-BEFA</td>
</tr>
</tbody>
</table>

**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.

**Keyword: Money**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 1-15</td>
<td>T</td>
<td>York, YKLC, J</td>
<td>$59</td>
</tr>
<tr>
<td></td>
<td>6:30-8:30 p.m.</td>
<td>Rauert</td>
<td>AREA-7034-YKFA</td>
</tr>
</tbody>
</table>

**Extremes 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 workbooks 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.

**Keyword: Retire**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14 &amp; 21</td>
<td>M</td>
<td>Lincoln, CEC, 302</td>
<td>$49/person</td>
</tr>
<tr>
<td></td>
<td>6-8 p.m.</td>
<td>Waite</td>
<td>LLLLX-0802-CEFA</td>
</tr>
<tr>
<td>Oct. 7 &amp; 14</td>
<td>W</td>
<td>Lincoln, CEC, 302</td>
<td>$49/person</td>
</tr>
<tr>
<td></td>
<td>6-8 p.m.</td>
<td>Waite</td>
<td>LLLLX-0802-CEFC</td>
</tr>
</tbody>
</table>

**Couplets**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14 &amp; 21</td>
<td>M</td>
<td>Lincoln, CEC, 302</td>
<td>$89/couple</td>
</tr>
<tr>
<td></td>
<td>6-8 p.m.</td>
<td>Waite</td>
<td>LLLLX-0802-CEFB</td>
</tr>
<tr>
<td>Oct. 7 &amp; 14</td>
<td>W</td>
<td>Lincoln, CEC, 302</td>
<td>$89/couple</td>
</tr>
<tr>
<td></td>
<td>6-8 p.m.</td>
<td>Waite</td>
<td>LLLLX-0802-CEFD</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-CNF |
| Oct. 6    | T  6:30-8 p.m. | $25/person Lincoln, CEC, 404 Shunkwiler LLLLX-0800-CFED |
| Couples   | Sept. 15 | T  6-7:30 p.m. | $40/couple Lincoln, CEC, 404 Shunkwiler LLLLX-0800-CFEB |
|           | Sept. 17 | Th  11 a.m.-12:30 p.m. | $40/couple Lincoln, CEC, 404 Shunkwiler LLLLX-0800-CFED |
| Oct. 6    | T  6:30-8 p.m. | $40/couple Lincoln, CEC, 404 Shunkwiler LLLLX-0800-CFED |

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 |

Tired of Cable TV, Dish or Direct TV? Cut the Cord!

If you’ve been thinking about changing how you watch TV, or just interested in a new option, this class is for you. We’ll look at all of the streaming services available and if you want to move to this new era of watching “TV” and other media content. We will cover Hulu Live, YouTubeTV, AppleTV+, Sony Vue, Netflix, and others.

**Keyword: Cable**

| Oct. 19 | M  6-8 p.m. | $29 Lincoln, CEC, 302 T. Jensen LLLLX-1154-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-TCFB |
| Nov. 10 | T  7-8 p.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-TCFB |

NEW! Fairy Tales in Music

Pied Piper, Little Mermaid, Ugly Duckling—all stories about magical and imaginary beings and lands. Now learn about these classic fairy tales, their origins, and their representation in a piece of instrumental music. In this session, we explore the music behind the tales, through listening, analysis and discussion of their place in musical history.

**Keyword: Music**

| Nov. 5-19 | Th  6:30-8:30 p.m. | $49 LIVE Online, Zoom Lambie AREA-7428-TCFB |

NEW! Sight Reading Workshop

Helpful hints will be discussed to help you demystify melodies ranging from traditional fiddle tunes to classical pieces. Previous music reading experience is helpful. Register for one or all four. Basic sight reading will be the same in each class with new melodies explored each session.

**Keyword: Workshop**

| Oct. 6 | T  7-8 p.m. | $19 LIVE Online, Zoom Greenblatt AREA-7432-TCFB |
| Oct. 13 | T  7-8 p.m. | $19 LIVE Online, Zoom Greenblatt AREA-7432-TCFB |
| Oct. 20 | T  7-8 p.m. | $19 LIVE Online, Zoom Greenblatt AREA-7432-TCFB |
| Oct. 27 | T  7-8 p.m. | $19 LIVE Online, Zoom Greenblatt AREA-7432-TCFB |

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  7-8:30 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 |
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.

Keyword: Christmas
Dec. 4  F  6-7:30 p.m.  $19
LIVE Online, Zoom  Seyy  AREA-7470-TFCF
Dec. 11  F  6-7:30 p.m.  $19
LIVE Online, Zoom  Seyy  AREA-7410-TFCF

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.

Keyword: Flute
Sept. 22  T  6:30-8 p.m.  $69
Beatrice, KEN, 334  Meyer  BBBBBX-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.

Keyword: Handbells
Sept. 8-22  T  7-8:30 p.m.  $49
Lincoln, PIED  Hawkins  LLLX-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.

Keyword: Guitar
Aug. 31-Oct. 26  M  5-6:30 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.

Keyword: Guitar
Oct. 5-28  M, W  6-7 p.m.  $69
LIVE Online, Zoom  Erb  LLLX-1401-TFCF

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.

Keyword: Ukulele
Oct. 5-28  M, W  7-8 p.m.  $69
LIVE Online, Zoom  Erb  LLLX-1400-TFCF

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.

Keyword: 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-TFCF

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!

Keyword: Improv
Oct. 5-Nov. 16  M  6:30-8:30 p.m.  $89
Lincoln, CEC, Aud  Mittan  LLLX-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 improviser 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.

Keyword: Improv
Sept. 8-Oct. 27  T  6:30-8:30 p.m.  $89
Lincoln, CEC, Aud  Mittan  LLLX-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.

Keyword: Screenwriting
Oct. 5-Nov. 23  M  6-8:30 p.m.  $169
LIVE Online, Zoom  Williams  LLLX-0565-TFCF

Dance Classes
See pages 40-41 for more information.

Register Today! Go to Index
**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.

**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 truth from the troublesome.

NOTE: Class is live-streamed from Plattsmouth.

**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 personal writings. The instructor will lead you with guidance from the instructor along with multiple handouts.

**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.

**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.

**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.

**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.

**Space is limited. Register today!**
Introduction to Podcasting

If you are interested in podcasting as a marketing tool for your 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Podcasting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 14</td>
<td>M</td>
<td>6-9 p.m.</td>
<td>NE City, NCLC, 102</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>AREA-1405-NCFA</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>AREA-1405-PLFA</td>
</tr>
<tr>
<td>Oct. 12</td>
<td>M</td>
<td>6-9 p.m.</td>
<td>York, YKLC, J</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>AREA-1405-YKFA</td>
</tr>
</tbody>
</table>

NEW! Your COVID Marketing Plan: Simplify to Maximize / NEW! Getting Ready to Start My Business

See page 5 for more information.

NEW! Treasure Hunting 101

See page 41 for more information.

Easy Rightsizing / Downsizing: Keep, Sell or Donate

See page 48 for more information.

Women’s Self Defense

See page 58 for more information.

Driver Education Instructor Training

See page 61 for more information.

Welcome to Medicare

See page 42 for more information.

NEW! Zoom: Everyone is Doing It!

See page 22 for more information.

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: Vacation Planning

Learn tips on planning your dream vacation.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 22</td>
<td>T</td>
<td>Noon-1 p.m.</td>
<td>$10</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 1</td>
<td>Th</td>
<td>Noon-1 p.m.</td>
<td>$10</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 5</td>
<td>Th</td>
<td>Noon-1 p.m.</td>
<td>$10</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 3</td>
<td>Th</td>
<td>Noon-1 p.m.</td>
<td>$10</td>
</tr>
</tbody>
</table>

Photography

Photography Fundamentals

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Photography</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 26- Nov. 16</td>
<td>M 6-9 p.m.</td>
<td>Wahoo, WHLC, 101</td>
<td>AREA-8396-WHFA</td>
</tr>
</tbody>
</table>

NEW! Digital Photography

Gain greater proficiency in digital photography while using an advanced amateur camera (adjustable), mirrorless interchangeable lens camera (MILC) or digital single-lens reflex (DSLR) camera. We will provide you with the fundamentals as you practice with your own camera. Basic principles of photography will be reviewed and the more sophisticated digital camera operations along with 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.

Weekly exercises will be given.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Photography</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 7-Nov. 11</td>
<td>W 6:30-7:30 p.m.</td>
<td>Keller, LLLX-0528-TCFA</td>
<td>$69</td>
</tr>
</tbody>
</table>

NEW! Digital Photography Editing/Post Processing

This is an overview of editing digital images, both RAW and JPEGs using the software you have on your laptop. You should have digital images with which to practice during the class. The recommend editing programs are: Photoshop CC, Affinity Photo, Luminar (up to Version 4) and DxO photolab. We will discuss noise reduction, sharpening, cropping and other techniques to enhance your masterworks.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Keyword: Photography</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 2-16</td>
<td>W 6:30-7:30 p.m.</td>
<td>Keller, LLLX-0114-TCFA</td>
<td>$39</td>
</tr>
</tbody>
</table>

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.

**Keyword: Photography**

**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.

**Keyword: Digital**

**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!

**Keyword: Photography**

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).

**Keyword: Photography**

**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.

**Keyword: Memories**

Action Photography
Action and sports photography is challenging but very exciting. Discover how to set up your camera to capture sharp, detailed photos full of excitement and drama.

Bring your camera, a DSLR is best for action.

**Keyword: Photography**

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.

**Keyword: Photography**

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.

**Keyword: Photography**

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.

Keyword: 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.

Keyword: 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.

Keyword: 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.

Keyword: 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.

Keyword: 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 Photography II preferred
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.

Keyword: 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

What Do Quarterbacks Say at the Scrimmage Line?
Nebraska means football. Whether you are cheering on your favorite high school team or the Cornhuskers, 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.
Class series will end with a “graduation” dinner on Oct. 29.

Keyword: Quarterbacks
Sept. 17-Oct. 29 Th 6:30-8:30 p.m. $99
Lincoln, CEC, 302 Darlington LLLX-0185-CEFA

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.

Keyword: Fishing
Sept. 3-Oct. 8 Th 6-8 p.m. $99
Lincoln, CEC, 403 Foster LLLX-0389-CEFA

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.

Keyword: Golf
Sept. 1-22 T 6-7:15 p.m. $89
Lincoln, MGC Benson LLLX-1702-OCAF

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.

Keyword: Pool
Oct. 13-Nov. 26 T 6-7:30 p.m. $89
Lincoln, MBAB Packard LLLX-0655-OCAF

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

### 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**

<table>
<thead>
<tr>
<th>Oct. 27-Dec. 29</th>
<th>T</th>
<th>6-7 p.m.</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, PBAC</td>
<td>Prairie Bowman</td>
<td>LLLX-0584-OCFA</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Oct. 27-Dec. 29</th>
<th>T</th>
<th>7:30-8:30 p.m.</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, PBAC</td>
<td>Prairie Bowman</td>
<td>LLLX-0584-OCF</td>
<td></td>
</tr>
</tbody>
</table>

### Sword Play

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**

<table>
<thead>
<tr>
<th>Oct. 6-Nov. 5</th>
<th>T, Th</th>
<th>6:30-8 p.m.</th>
<th>$59</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, CEC, 304</td>
<td></td>
<td>LLLX-0585-CEFA</td>
<td></td>
</tr>
</tbody>
</table>

### 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**

<table>
<thead>
<tr>
<th>Oct. 15</th>
<th>Th</th>
<th>6-8 p.m.</th>
<th>$29</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, CEC, 302</td>
<td>Karas</td>
<td>LLLX-0302-CEFA</td>
<td></td>
</tr>
</tbody>
</table>

### 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.

**Keyword: Workout**

<table>
<thead>
<tr>
<th>Oct. 6-29</th>
<th>T, Th</th>
<th>5:30-6 a.m.</th>
<th>$49</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVE Online, Zoom</td>
<td>Swanson</td>
<td>AREA-8506-TCF</td>
<td></td>
</tr>
</tbody>
</table>

### 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**

<table>
<thead>
<tr>
<th>Oct. 6</th>
<th>T</th>
<th>6-8 p.m.</th>
<th>$29</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln, CEC, 302</td>
<td>Stutzman</td>
<td>LLLX-2260-CEFA</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Oct. 24</th>
<th>S</th>
<th>9-11 a.m.</th>
<th>$29</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVE Online, Zoom</td>
<td>Stutzman</td>
<td>LLLX-2260-TCF</td>
<td></td>
</tr>
</tbody>
</table>

### Water Aerobics

Why exercise in water? Water offers more resistance than air, allowing for a terrific cardiovascular workout, enhancing flexibility, strengthening and toning.

Swimming suits are required, while water shoes are recommended.

**Keyword: Water**

<table>
<thead>
<tr>
<th>Oct. 12-Nov. 11</th>
<th>M, W</th>
<th>8:30-9:30 a.m.</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>NE City, AWC, Pool</td>
<td>Madden</td>
<td>AREA-8717-NCF</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nov. 16-Dec. 16</th>
<th>M, W</th>
<th>8:30-9:30 a.m.</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>NE City, AWC, Pool</td>
<td>Madden</td>
<td>AREA-8717-NCF</td>
<td></td>
</tr>
</tbody>
</table>

### NEW! Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

Wear comfortable clothing, suitable for working out.

**Keyword: Cardio**

<table>
<thead>
<tr>
<th>Sept. 2-23</th>
<th>M, W, F</th>
<th>8:30-9:30 a.m.</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>NE City, AWC, Group X</td>
<td>DeBuhr</td>
<td>AREA-8726-NCF</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Oct. 12-Nov. 2</th>
<th>M, W, F</th>
<th>8:30-9:30 a.m.</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>NE City, AWC, Group X</td>
<td>DeBuhr</td>
<td>AREA-8726-NCF</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nov. 4-25</th>
<th>M, W, F</th>
<th>8:30-9:30 a.m.</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>NE City, AWC, Group X</td>
<td>DeBuhr</td>
<td>AREA-8726-NCF</td>
<td></td>
</tr>
</tbody>
</table>

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

**Courses are subject to change.**

### Space is limited. Register today!
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.

Bring a water bottle and appropriate attire. Equipment provided.

Keyword: Cycling

Oct. 6-Nov. 12  T, Th  5:30-6 p.m.  $39
NE City, AWC, BSMT  Stukenholtz  AREA-8592-NCFA
Oct. 13-Dec. 8  T  12:30-12:50 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.

Participants choose their weights based on personal goals. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: RIP

Oct. 14-Nov. 13  W, F  5:30-6:30 p.m.  $59
NE City, AWC, Group X  Stukenholtz/Sammons  AREA-8727-NCFA
Nov. 18-Dec. 18  W, F  5:30-6:30 p.m.  $59
NE City, AWC, Group X  Stukenholtz/Sammons  AREA-8727-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.

Wear comfortable clothing. Bring a thick towel or yoga mat to class. Chose a location and class to fit your needs.

Yoga for Beginners
Yoga mats, straps and blocks will be provided. NOTE: All experience levels welcome.

Keyword: Yoga

Aug. 23  W  9:45-10:30 a.m.  $35
Wahoo, WHLC, 101  Blackwell  AREA-8550-WHLC

Grow with Yoga
Yoga mats, straps and blocks will be provided. NOTE: All experience levels welcome.

Keyword: Yoga

Aug. 29  W  9:45-10:30 a.m.  $35
Wahoo, WHLC, 101  Blackwell  AREA-8550-WHLC

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.

Participants choose their weights based on personal goals. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: RIP

Oct. 14-Nov. 13  W, F  5:30-6:30 p.m.  $59
NE City, AWC, Group X  Stukenholtz/Sammons  AREA-8727-NCFA
Nov. 18-Dec. 18  W, F  5:30-6:30 p.m.  $59
NE City, AWC, Group X  Stukenholtz/Sammons  AREA-8727-NCFB

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.  $35
Beatrice, FLOW  Schriller  BBBX-1538-BEFB
Oct. 19-Nov. 16  M  4:30-5 p.m.  $35
Beatrice, FLOW  Schriller  BBBX-1538-BEFB

Yoga & Pilates
All experience levels welcome.

Keyword: Yoga

Aug. 31-Oct. 5  M  4:30-5:30 p.m.  $35
Beatrice, JAC, Conf. Rm  Schriller  BBBX-1537-BEFB
Oct. 19-Nov. 16  M  4:30-5:30 p.m.  $35
Beatrice, JAC, Conf. Rm  Schriller  BBBX-1537-BEFB

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  LLLEX-1701-OCFA
Oct. 6-Nov. 24  T  7-8 p.m.  $69
Live Online, Zoom  Whittle  LLLX-1701-TCFA

Yoga I
Prerequisite: Fundamentals of Yoga (LLLX-1701)
This is a continuation of the fundamentals class.

Keyword: Yoga

Aug. 31-Sept. 23  M, W  7:30-8:30 p.m.  $69
Lincoln, HITCH  Ogden  LLLEX-1755-OCFA
Oct. 7-Nov. 25  W  7:30-8:30 p.m.  $69
Lincoln, HITCH  Ogden  LLLEX-1755-OCFB

Yoga II
Prerequisite: Yoga I (LLLX-1755)
A continuation of Yoga I.

Keyword: Yoga

Sept. 1-24  T, Th  6:30-8 p.m.  $79
Lincoln, HITCH  Ogden  LLLEX-1744-OCFA
Oct. 8-Dec. 3  Th  6:30-8 p.m.  $79
Lincoln, HITCH  Ogden  LLLEX-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 be 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  LLLX-1695-TCFA

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
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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 3-31</td>
<td>9-10 a.m.</td>
<td>$39</td>
<td>Wahoo, WHLC, 101</td>
<td>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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 13-Dec. 17 T, Th</td>
<td>6-6:30 p.m.</td>
<td>$59</td>
<td>NE City, AWC, BSMT Stukenholtz</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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 12-Nov. 9 M</td>
<td>9:45-10:30 a.m.</td>
<td>$29</td>
<td>NE City, AWC, Group X Carlson</td>
<td>AREA-8415-NCFA</td>
</tr>
<tr>
<td>Nov. 16-Dec. 14 M</td>
<td>9:45-10:30 a.m.</td>
<td>$29</td>
<td>NE City, AWC, Group X Carlson</td>
<td>AREA-8415-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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 2-Dec. 23 M, W, F</td>
<td>9:30-10:30 a.m.</td>
<td>$65</td>
<td>Plattsmouth, PLAH, Fitness Ctr Scanlan</td>
<td>AREA-8810-PLFA</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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 7-Nov. 11 W</td>
<td>6-8 p.m.</td>
<td>$69</td>
<td>Lincoln, CEC, 303</td>
<td>LLLX-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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 5-Nov. 23 M</td>
<td>6:15-7:15 p.m.</td>
<td>$69</td>
<td>Lincoln, HTCH</td>
<td>LLLX-1523-OFCFA</td>
</tr>
</tbody>
</table>

Continuing Pilates
Prerequisite: Introduction to Pilates (LLX-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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 6-Nov. 24 T</td>
<td>6:15-7:15 p.m.</td>
<td>$69</td>
<td>Lincoln, HTCH</td>
<td>LLLX-1709-OFCFA</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: Chi**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 24-Sept. 9 M, W</td>
<td>6:30-8 p.m.</td>
<td>$69</td>
<td>Lincoln, CEC, 302</td>
<td>LLLX-1712-CEFA</td>
</tr>
<tr>
<td>Oct. 12-Nov. 9 M</td>
<td>6:30-8 p.m.</td>
<td>$69</td>
<td>Lincoln, CEC, 302</td>
<td>LLLX-1712-CEFA</td>
</tr>
</tbody>
</table>

Youth Pottery Wheel
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.

All clay, glazes and firing provided.

**Keyword: Pottery**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 19-Oct. 10 S</td>
<td>12:30-2 p.m.</td>
<td>$85</td>
<td>Lincoln, LUXC, Ceramic Bldg</td>
<td>LLLX-1212-OFCFA</td>
</tr>
<tr>
<td>Oct. 17-Nov. 7 S</td>
<td>12:30-2 p.m.</td>
<td>$85</td>
<td>Lincoln, LUXC, Ceramic Bldg</td>
<td>LLLX-1212-OFCFA</td>
</tr>
<tr>
<td>Nov. 14-Dec. 12 S</td>
<td>12:30-2 p.m.</td>
<td>$85</td>
<td>Lincoln, LUXC, Ceramic Bldg</td>
<td>LLLX-1212-OFCFA</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>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 7 W</td>
<td>2-4 p.m.</td>
<td>$19</td>
<td>Hebron, HNL, 101</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.

NOTE: Class is live-streamed from Wahoo.

**Keyword: Babysitting**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 14 S</td>
<td>1-4 p.m.</td>
<td>$29</td>
<td>Falls City, FCC, 101</td>
<td>AREA-6399-FCF</td>
</tr>
<tr>
<td>Nov. 14 S</td>
<td>1-4 p.m.</td>
<td>$29</td>
<td>Hebron, HNL, 101</td>
<td>AREA-6399-HNFA</td>
</tr>
<tr>
<td>NE City, NCLC, 102</td>
<td></td>
<td></td>
<td>AREA-6399-NCFA</td>
<td></td>
</tr>
<tr>
<td>Wahoo, WHLC, 101</td>
<td></td>
<td></td>
<td>AREA-6399-WHFA</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.

**Keyword: Dancing**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>See page 58 for more information.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Archery Introduction (Ages 8 & Up)
See page 58 for more information.

Courses are subject to change.

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

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 the online lecture and driving to be eligible for documentation for the Provisional Operator’s Permit and/or insurance requirements.

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.

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

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.

Keyword: Driver

<table>
<thead>
<tr>
<th>Location Key</th>
<th>Location Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln SCC</td>
<td>Lincoln SCC</td>
</tr>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-LNFA</td>
<td></td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-LNFE</td>
<td></td>
</tr>
<tr>
<td>Lincoln East High School</td>
<td></td>
</tr>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFA</td>
<td></td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFD</td>
<td></td>
</tr>
<tr>
<td>Lincoln High School</td>
<td></td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFC</td>
<td></td>
</tr>
<tr>
<td>Lincoln North Star High School</td>
<td></td>
</tr>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFC</td>
<td></td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFF</td>
<td></td>
</tr>
<tr>
<td>Lincoln Northeast High School</td>
<td></td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFH</td>
<td></td>
</tr>
<tr>
<td>Lincoln Southeast High School</td>
<td></td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFI</td>
<td></td>
</tr>
<tr>
<td>Lincoln Southwest High School</td>
<td></td>
</tr>
<tr>
<td>Sept. 8-Oct. 17</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFB</td>
<td></td>
</tr>
<tr>
<td>Oct. 19-Dec. 5</td>
<td>Online Lecture Only</td>
</tr>
<tr>
<td>$295 TRAN-3398-OCFE</td>
<td></td>
</tr>
<tr>
<td>Lincoln Drive Lab Schedule</td>
<td></td>
</tr>
<tr>
<td>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.</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.

Space is limited. Register today!

Traffic Safety & Licensing
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 7 a.m.-3:30 p.m. and Sunday from 7 a.m.-noon.

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/discoverssc.

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

Credit Classes Offered at All Learning Centers

Are you thinking of starting college?

Are you needing to complete General Education classes for an SCC program or at another college?

Are you needing to complete pre-requisite classes to be admitted to a program in the SCC Health division?

Are you a high school student who would like to complete college General Education credit classes?

Do you want to take a credit class that isn’t scheduled for your Learning Center?

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.

For Credit Class Schedule, visit www.southeast.edu/classschedules.

SSC 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/discoverssc.

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

Credit Classes Offered at All Learning Centers

Are you thinking of starting college?

Are you needing to complete General Education classes for an SCC program or at another college?

Are you needing to complete pre-requisite classes to be admitted to a program in the SCC Health division?

Are you a high school student who would like to complete college General Education credit classes?

Do you want to take a credit class that isn’t scheduled for your Learning Center?

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.

For Credit Class Schedule, visit www.southeast.edu/classschedules.
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,
- 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.

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

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?

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.

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
SECC ......................... Southeast Community College, Beatrice Campus, 4771 W. Scott Road
FOR .......................... Ford Hall
JAC .......................... Jackson Hall
KEN .......................... Kennedy Center
TRU .......................... Truman Center

Fork and Hammer, Lux Center for the Arts, The course description Prairie Pines Nature Preserve, Vang Wood Shop, 6700 Francis St.
East Lincoln Christian Church, Architectural Glassart, Prairie Bowman Club, Eastridge Presbyterian
East High School, Deshler High School, Truman Center
Green Leaf Tea Company, 64

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, 56th St.). Turn right onto Morton St. Go one block; turn left onto North 37 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.)
KENV .................... 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 off parking lot.)
NOTE: Ceramics classes are in the building directly west of the Lux Center. Look for the lime green yard sign.
MBAB .................... Madsen’s Bowling & Billiards, 4700 Dudley (Meet at the bowling/pool main counter)
MGCC .................... Mahoney Golf Course, 7900 Adams St.
OLER ...................... Oler’s Family Upholstery, 5330 Custer Circle #4 (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)
PIED ..................... 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.)
WWSP .................... Vang Wood Shop, 6700 Francis St.
WEAV ..................... The Weavers Studio, 3000 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, Welch 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, 2018 Sixth Ave.

Plattsmouth
FKHM ..................... Fork and Hammer, 546 Main St.
PLAH ..................... Plattsmouth High School, 1916 Hwy. 34
PLLC ..................... Learning 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.
Admissions
Beatrice.................................402-228-8214
Lincoln........................................402-437-2600
Milford.................................402-761-8243
Email: Admissions@southeast.edu

Campus Store
Beatrice.................................402-228-8267
Lincoln........................................402-437-2560
Milford.................................402-761-8214
Website: sccbookstore.com

Campus Tours
Beatrice.................................402-228-8252
Lincoln........................................402-437-2600
Milford.................................402-761-8243

Career Advising
Beatrice.................................402-228-8242
Lincoln........................................402-437-2620
Milford.................................402-761-8202

Continuing Education
Lincoln.................................402-437-2700, 800-828-0072
Email: continuinged@southeast.edu

Entrepreneurship Center
Lincoln.................................402-323-3383

Financial Aid
All campuses..........................402-437-2610
Email: FinancialAid@southeast.edu

Learning Centers
Falls City..........................800-828-0072, ext. 3396
Hebron.................................800-828-0072, ext. 5591
Nebraska City..........................800-828-0072, ext. 3636
Plattsmouth..........................800-828-0072, ext. 2298
Wahoo.................................800-828-0072, ext. 5581
York.................................800-828-0072, ext. 3634

Canvas Support
All campuses..........................402-437-2447
Email: HelpDesk@southeast.edu

Parents of All Ages Program (POAA)
Beatrice.........................402-228-3468, ext. 1350

Placement (graduates)
Beatrice.................................402-228-8216
Lincoln........................................402-437-2622
Milford.................................402-761-8242

Registration/Records
All campuses..........................402-437-2605
Email: Registration@southeast.edu

Student Accounts (Cashier/Tuition)
All campuses..........................402-437-2669

Student Services
Beatrice.................................402-228-8210
Lincoln........................................402-437-2799
Milford.................................402-761-8243

Veterans Services
All.................................402-437-2668
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<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:</td>
<td>5</td>
</tr>
<tr>
<td>Simplify to Maximize</td>
<td></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>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>52</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>33</td>
</tr>
<tr>
<td>- Evening Tide</td>
<td>38</td>
</tr>
<tr>
<td>NEW! Building Your Applicant Pool!</td>
<td>35</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>Coffee cake</td>
<td>43</td>
</tr>
<tr>
<td>Co-Parenting: Working Together for Your Children (Online)</td>
<td>43</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>54</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! Digitizing Memories</td>
<td>56</td>
</tr>
<tr>
<td>DNA Tells a Story</td>
<td>46</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>8</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>45</td>
</tr>
<tr>
<td>NEW! 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>NEW! 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>Hypnosis for Stress</td>
<td>46</td>
</tr>
<tr>
<td>Identity Theft: Types, Prevention &amp; Recovery</td>
<td>50</td>
</tr>
<tr>
<td>Instant Pot Cooking Basics</td>
<td>48</td>
</tr>
<tr>
<td>Intravenous Genealogy</td>
<td>47</td>
</tr>
<tr>
<td>NEW! Intro to Energy Medicine</td>
<td>18</td>
</tr>
<tr>
<td>NEW! Intro to Crystal Reports (Ed2Go)</td>
<td>27</td>
</tr>
<tr>
<td>NEW! Introduction to Podcasting</td>
<td>55</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></td>
</tr>
<tr>
<td>- Host a Meeting on Zoom</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 2020</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>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>- Strengthen &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:</td>
<td>5</td>
</tr>
<tr>
<td>Simplify to Maximize</td>
<td></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>- Driver Education</td>
<td>61</td>
</tr>
<tr>
<td>- First Aid Online + Skills Session</td>
<td>16</td>
</tr>
<tr>
<td>- Intravenous Therapy: Current Standards of Practice 2 Skills (Hybrid Course)</td>
<td>18</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: Current Standards of Practice 2 Skills (Hybrid Course)</td>
<td>18</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: 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 poly: 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 (Beatrice, Cortland)</td>
<td>40</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.

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 Junkstuck Bus Trip ......................................... 40
Omaha Community Playhouse
“Christmas Carol” Bus Trip .................................. 40
Forklift Operator .................................................. 13
Gas Metal Arc Welding ......................................... 15
Getting 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 ........................ 42
Pick the Right Medicare Drug Plan: By Mail ............ 42
Smartphone Basics: Android ............................... 42
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 LINCOLN REGION
www.southeast.edu/continuing

These classes are held in Lincoln unless noted.

4th Annual Jigsaw Puzzle Derby .......................... 31
8 Ball Pool: Fundamental Skills & Game Strategies .... 57
Acrylic Class (Beginning/Intermediate) .................. 36
Acrylic Fluid Art ................................................ 36
Adobe Acrobat DC Pro ........................................ 24
Adobe InDesign: Streamlining Your Workflow ......24
Adobe InDesign: Exploring Graphic Features ..........24
Adobe Spark ..................................................... 25
Adopted...Now What? ......................................... 30
Advanced Automation Direct PLC Programming ...... 13
Advanced RS LOGIX 500, Allen-Bradley PLCs .......12
Agility 101 ....................................................... 29
Agility 102 ........................................................ 29
Agility 103 ........................................................ 30
Almost Painless: Change Management .................... 7
Apple ID, iCloud & Photo Management with Photos for Mac ...... 21
Archery Introduction (Ages 8 & Up) ....................... 58
Awakening to Your Dreams .................................. 54
Barn Quilts ....................................................... 33
Basic Automation Direct PLC ................................ 13
Basic Computer ................................................ 20
Basic Programmable Logic Controllers (PLCs) for Electricians .... 13
Basic RS LOGIX 500, Allen-Bradley PLCs ..........12
Basic RS5000/Logix Programming ........................ 13
Basic Welding ................................................... 15
Beekeeping for Beginners: Practical Hands-On! ........29
Beginner Self-Publishing ..................................... 54
Beginning Ballet for Adults ................................... 41
Beginning Blues Harmonica .................................. 52
Beginning Cake Decorating ................................... 45
Beginning Cheese Making .................................... 44
Beginning French Conversation I .......................... 49
Beginning French Conversation II ......................... 49
Beginning Handballs .......................................... 53
Beginning Handweaving ...................................... 35
Beginning Knitting ............................................. 39
Beginning Line Dance ......................................... 40
Beginning Spanish ............................................. 50

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 ............................... 42
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

NEW! Certified Fiber Optics Boot Camp
(CFOT, CFOS/S, CFOS/I) ...................................... 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 Francais Avance: 
Conversations Continuant en Francais ................. 42
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
Crocheted 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 Rightsizing ............................................... 48
Electrical Code ................................................... 11
Electrical Fundamentals ..................................... 11
Electrical Troubleshooting ................................... 11
Emotional Intelligence: 
The Foundation of Lifelong Success ....................... 9
English Smogging .............................................. 39
Environmentally Sustainable Landscaping ............ 48
Excel 2016: 
Advanced ....................................................... 25
Basic ............................................................... 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 Title</th>
<th>Credits</th>
<th>Enroll Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lincoln Region (cont.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Golf for You</strong></td>
<td>50</td>
<td>20</td>
</tr>
<tr>
<td><strong>Good Dog Class: Obedience Level 1</strong></td>
<td>50</td>
<td>29</td>
</tr>
<tr>
<td><strong>Obedience Level 2</strong></td>
<td>50</td>
<td>29</td>
</tr>
<tr>
<td><strong>Gourd Art</strong></td>
<td>34</td>
<td></td>
</tr>
<tr>
<td><strong>Handmade Greeting Cards</strong></td>
<td>31</td>
<td></td>
</tr>
<tr>
<td><strong>Healthy Harmonica</strong></td>
<td>52</td>
<td></td>
</tr>
<tr>
<td><strong>History of Lincoln: Part 2</strong></td>
<td>41</td>
<td></td>
</tr>
<tr>
<td><strong>Home Chocolatier</strong></td>
<td>44</td>
<td></td>
</tr>
<tr>
<td><strong>How to Do the Blues</strong></td>
<td>8</td>
<td></td>
</tr>
<tr>
<td><strong>Improv 101</strong></td>
<td>53</td>
<td></td>
</tr>
<tr>
<td><strong>Improv 1101</strong></td>
<td>53</td>
<td></td>
</tr>
<tr>
<td><strong>In-Camera Black &amp; White Photography Techniques</strong></td>
<td>57</td>
<td></td>
</tr>
<tr>
<td><strong>Industrial Electro-Pneumatics</strong></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Intermediate Measurement, Sensors &amp; Controls</strong></td>
<td>13</td>
<td></td>
</tr>
<tr>
<td><strong>Intermediate Computer</strong></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Intermediate Mac</strong></td>
<td>21</td>
<td></td>
</tr>
<tr>
<td><strong>Intro to Energy Medicine</strong></td>
<td>51</td>
<td></td>
</tr>
<tr>
<td><strong>Intro to Energy Testing</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>Intro to Fly Fishing</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>Intro to the Ukulele</strong></td>
<td>53</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Adobe Lightroom</strong></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Adobe Acrobat</strong></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Illustrator CC</strong></td>
<td>24</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to InDesign CC</strong></td>
<td>24</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Needlepoint</strong></td>
<td>39</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Personal Computers for the Senior Citizen I</strong></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Personal Computers for the Senior Citizen II</strong></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Photoshop CC</strong></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td><strong>Introduction to Pilates</strong></td>
<td>60</td>
<td></td>
</tr>
<tr>
<td><strong>Innovative Leadership</strong></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td><strong>Irish Step Dance (Ages 12 &amp; Up)</strong></td>
<td>41</td>
<td></td>
</tr>
<tr>
<td><strong>Irish Social Dance (Ages 7 &amp; Up)</strong></td>
<td>41</td>
<td></td>
</tr>
<tr>
<td><strong>Jitterbug &amp; East Coast Swing</strong></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td><strong>Julia's Kitchen: Celebrating French Cooking</strong></td>
<td>43</td>
<td></td>
</tr>
<tr>
<td><strong>Junk Journal: File Folder</strong></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td><strong>Kholaches &amp; Cinnamon Twists</strong></td>
<td>46</td>
<td></td>
</tr>
<tr>
<td><strong>Landscaping for Birds, Butterflies &amp; Other Wildlife</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Landscaping with Perennial Flowers, Grasses &amp; Ground Cover</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Landscaping with Trees &amp; Shrubs for Lincoln, NE</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Landscaping Your Front Yard</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Latin Cha Cha &amp; Salsa Dance</strong></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td><strong>Leadership Communication Boot Camp</strong></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td><strong>Lean Process Excellence (Lean Manufacturing)</strong></td>
<td>9</td>
<td></td>
</tr>
<tr>
<td><strong>Lincoln’s Suburbs</strong></td>
<td>47</td>
<td></td>
</tr>
<tr>
<td><strong>Lost Wax Casting</strong></td>
<td>38</td>
<td></td>
</tr>
<tr>
<td><strong>Mac for Beginners</strong></td>
<td>21</td>
<td></td>
</tr>
<tr>
<td><strong>Macarons</strong></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td><strong>Machine Quilting</strong></td>
<td>39</td>
<td></td>
</tr>
<tr>
<td><strong>Macintosh Basics</strong></td>
<td>21</td>
<td></td>
</tr>
<tr>
<td><strong>Magic Ballz</strong></td>
<td>39</td>
<td></td>
</tr>
<tr>
<td><strong>Managing Risks in Projects</strong></td>
<td>8</td>
<td></td>
</tr>
<tr>
<td><strong>Massage Basics</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>Metalsmithing</strong></td>
<td>33</td>
<td></td>
</tr>
<tr>
<td><strong>Mindfulness Meditation</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>Mosaic Serving Tray</strong></td>
<td>38</td>
<td></td>
</tr>
<tr>
<td><strong>Motor Control &amp; Relay Logic</strong></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Motor Controls for Electricians</strong></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Motorcycle Safety: Beginning Riders Course</strong></td>
<td>62</td>
<td></td>
</tr>
<tr>
<td><strong>National Electrical Code Seminar</strong></td>
<td>11</td>
<td></td>
</tr>
<tr>
<td><strong>Nebraska Finishing Technologies Certification Program</strong></td>
<td>14</td>
<td></td>
</tr>
<tr>
<td><strong>Nebraska &quot;N&quot; Glass Window Painting</strong></td>
<td>36</td>
<td></td>
</tr>
<tr>
<td><strong>Night Photography Techniques</strong></td>
<td>57</td>
<td></td>
</tr>
<tr>
<td><strong>Nothing New Trip</strong></td>
<td>39</td>
<td></td>
</tr>
<tr>
<td><strong>Oil Painting Lab</strong></td>
<td>36</td>
<td></td>
</tr>
<tr>
<td><strong>Organize Your Home (AKA Keep It or Toss It)</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Outlook 2016: Basic</strong></td>
<td>26</td>
<td></td>
</tr>
<tr>
<td><strong>Paint Pouring on Glass</strong></td>
<td>38</td>
<td></td>
</tr>
<tr>
<td><strong>Palmystry</strong></td>
<td>41</td>
<td></td>
</tr>
<tr>
<td><strong>The Path to Resilience</strong></td>
<td>8</td>
<td></td>
</tr>
<tr>
<td><strong>The Perfect Pie: Two Crust Fruit Pie</strong></td>
<td>43</td>
<td></td>
</tr>
<tr>
<td><strong>Perk Up Thursday Weekly Coffee</strong></td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>Photography I</strong></td>
<td>56</td>
<td></td>
</tr>
<tr>
<td><strong>Photography II</strong></td>
<td>56</td>
<td></td>
</tr>
<tr>
<td><strong>Photography III</strong></td>
<td>57</td>
<td></td>
</tr>
<tr>
<td><strong>Photography IV</strong></td>
<td>57</td>
<td></td>
</tr>
<tr>
<td><strong>PLC Operator Interface Programming</strong></td>
<td>13</td>
<td></td>
</tr>
<tr>
<td><strong>Portrait Painting Workshop</strong></td>
<td>36</td>
<td></td>
</tr>
<tr>
<td><strong>Pottery Wheel</strong></td>
<td>35</td>
<td></td>
</tr>
<tr>
<td><strong>PowerPoint 2016: Basic</strong></td>
<td>26</td>
<td></td>
</tr>
<tr>
<td><strong>Practical Knowledge for the Home Landscaper</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Printmaking</strong></td>
<td>33</td>
<td></td>
</tr>
<tr>
<td><strong>Process Improvement Certification (Green Belt)</strong></td>
<td>9</td>
<td></td>
</tr>
<tr>
<td><strong>Process Excellence (Yellow Belt)</strong></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td><strong>Puppy Manners</strong></td>
<td>29</td>
<td></td>
</tr>
<tr>
<td><strong>QuickBooks 2019: Intermediate</strong></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td><strong>Relaxation Techniques</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>SCENT Training</strong></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td><strong>Scrapfest: Living It Up</strong></td>
<td>32</td>
<td></td>
</tr>
<tr>
<td><strong>Show your Door Some Love</strong></td>
<td>34</td>
<td></td>
</tr>
<tr>
<td><strong>Sign Language I</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>Smart Drivers</strong></td>
<td>61</td>
<td></td>
</tr>
<tr>
<td><strong>Social Security 101</strong>: Understanding This Retirement Benefit</td>
<td>52</td>
<td></td>
</tr>
<tr>
<td><strong>Sport Sampler of Dog Activities</strong></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td><strong>Stained Glass Terrariums</strong></td>
<td>38</td>
<td></td>
</tr>
<tr>
<td><strong>Strengthen &amp; Tone</strong></td>
<td>58</td>
<td></td>
</tr>
<tr>
<td><strong>Tone &amp; Eat Right</strong></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td><strong>Sugar Cookie Fun</strong></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td><strong>Sugar Cookie Fun Part 2</strong></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td><strong>Sushi Basics</strong></td>
<td>43</td>
<td></td>
</tr>
<tr>
<td><strong>SwordPlay</strong></td>
<td>58</td>
<td></td>
</tr>
<tr>
<td><strong>Tag, You’re It!</strong></td>
<td>31</td>
<td></td>
</tr>
<tr>
<td><strong>T’ai Chi for Beginners</strong></td>
<td>60</td>
<td></td>
</tr>
<tr>
<td><strong>Taxes in Retirement</strong></td>
<td>52</td>
<td></td>
</tr>
<tr>
<td><strong>Tea Chat: Tea 101</strong></td>
<td>44</td>
<td></td>
</tr>
<tr>
<td><strong>Tea Lattes</strong></td>
<td>44</td>
<td></td>
</tr>
<tr>
<td><strong>Tired of Cable TV, Dish or Direct TV? Cut the Cord!</strong></td>
<td>52</td>
<td></td>
</tr>
<tr>
<td><strong>Tobacco Basket Floral</strong></td>
<td>42</td>
<td></td>
</tr>
<tr>
<td><strong>Top 7 Tools to Help You Manage Projects</strong></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td><strong>Tracking</strong></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td><strong>Trauma Nursing Core Course</strong></td>
<td>18</td>
<td></td>
</tr>
<tr>
<td><strong>Treasure Hunting 101</strong></td>
<td>41</td>
<td></td>
</tr>
<tr>
<td><strong>Truly Mexican: Appetizers</strong></td>
<td>43</td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>43</td>
<td></td>
</tr>
<tr>
<td><strong>Rellenos</strong></td>
<td>43</td>
<td></td>
</tr>
<tr>
<td><strong>Tacos, Tacos &amp; More Tacos</strong></td>
<td>43</td>
<td></td>
</tr>
<tr>
<td><strong>Two Step &amp; Waltz</strong></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td><strong>Uecki Ryu Karate Do</strong></td>
<td>60</td>
<td></td>
</tr>
<tr>
<td><strong>Understanding Investing</strong></td>
<td>52</td>
<td></td>
</tr>
<tr>
<td><strong>Understanding White Balance (Color Correction)</strong></td>
<td>57</td>
<td></td>
</tr>
<tr>
<td><strong>Variable Frequency Drives</strong></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Variable Frequency Drives (VFD) for Electricians</strong></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Vintage Book Pumpkins</strong></td>
<td>31</td>
<td></td>
</tr>
<tr>
<td><strong>Water in the landscape</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Watercolor Painting</strong></td>
<td>38</td>
<td></td>
</tr>
<tr>
<td><strong>Welcome to Medicare</strong></td>
<td>42</td>
<td></td>
</tr>
<tr>
<td><strong>What Do Quarterbacks Say at the Scrimmage Line?</strong></td>
<td>57</td>
<td></td>
</tr>
<tr>
<td><strong>What is Your Element?</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>Windows to Mac Transition</strong></td>
<td>21</td>
<td></td>
</tr>
<tr>
<td><strong>Windows 10</strong></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Wine, Dine &amp; Sights in the City Trip</strong></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td><strong>Women’s Self Defense</strong></td>
<td>58</td>
<td></td>
</tr>
<tr>
<td><strong>Word 2016: Basic</strong></td>
<td>26</td>
<td></td>
</tr>
<tr>
<td><strong>Intermediate</strong></td>
<td>26</td>
<td></td>
</tr>
<tr>
<td><strong>WordPress</strong></td>
<td>26</td>
<td></td>
</tr>
<tr>
<td><strong>Working in the Dark: A Guide to Landscaping in the Shade &amp; Designing Unique Outdoor Spaces</strong></td>
<td>48</td>
<td></td>
</tr>
<tr>
<td><strong>Woven Paper Collage</strong></td>
<td>37</td>
<td></td>
</tr>
<tr>
<td><strong>Yeast Bread</strong></td>
<td>44</td>
<td></td>
</tr>
<tr>
<td><strong>Yoga I</strong></td>
<td>59</td>
<td></td>
</tr>
<tr>
<td><strong>Yoga II</strong></td>
<td>59</td>
<td></td>
</tr>
<tr>
<td><strong>You have a Life Story to Share</strong></td>
<td>54</td>
<td></td>
</tr>
<tr>
<td><strong>Your Intuitive Self</strong></td>
<td>50</td>
<td></td>
</tr>
<tr>
<td><strong>Your Role as a Supervisor</strong></td>
<td>8</td>
<td></td>
</tr>
<tr>
<td><strong>Youth Pottery Wheel (Ages 10-15)</strong></td>
<td>60</td>
<td></td>
</tr>
</tbody>
</table>
LEARNING CENTER AT NEBRASKA CITY REGION
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
买入、出售和评估古董、硬币及收藏品... 32
NEW! Cardio Circuit................... 58
Chair Yoga................................ 59
Create Your Own Sushi............... 44
NEW! Entertaining with Appetizers... 43
Excel 2016: Basic..................... 25
Fall Junkstock 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 \(^2\)........ 23
Water Aerobics..................... 58
What to Do with All Those Apples! 44
Word 2016: Basic.................... 26
Yoga..................................... 59
Zumba \(^2\)................................. 58
Zumba \(^2\) Active........................ 58

LEARNING CENTER AT PLATTSMOUTH REGION
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
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
Grand Ruler......................... 33
Holiday & Seasonal Signs (Louisville)........... 33
Home Security: An Alarm System............ 48
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
Milky 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 \(^2\)........ 23
Yoga................................. 59
NEW! Zoom: Everyone is Doing It!................. 22

LEARNING CENTER AT WAHOO REGION
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-wha-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

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, SS#, 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.

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.

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 UPPER case letter, a lowercase 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: El idioma de instrucción en SCC es el inglés. Fuera de las clases de idiomas extranjeros, las clases en SCC se imparten en inglés. Todos los estudiantes prospectivos deben ser suficientemente competentes en inglés para: a) completar cualquier requisito de evaluación inicial (por ejemplo, COMPASS, ASSET, TOEFL); b) beneficiarse y participar plenamente en el proceso de instrucción; y c) comprender cualquier requisito de seguridad/alertas/directivas relacionadas con la participación en el aula y/o el uso seguro de la maquinaria/equipo relacionado con la clase.

Confirmerations

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 if the class is officially dropped prior to 7.5% of the time elapsed since the first day of the start of class, including Saturdays, Sundays, holidays, and weekdays.

“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 7.5% of the time elapsed since the first day of the start of class, including Saturdays, Sundays, holidays, and weekdays. Specific drop dates for individual classes are published each term in the Credit Class Schedule.

For more information, go to The Hub at https://theshub.southeast.edu/stufinance/tuitrefund.

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.

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?
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.

FIVE 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)
### Registration Form - Non-Credit Course

#### Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

#### Social Security Number OR SCC Student ID Number

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>First</th>
<th>Middle Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Residence Mailing Address

<table>
<thead>
<tr>
<th>Email Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Cell Phone

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Home</th>
<th>Business Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### I identify as:

- [x] Male
- [ ] Female
- [ ] Nebraska Resident
- [x] Non-Resident
- [ ] Hispanic or Latino
- [ ] Not Hispanic or Latino

#### Race (Select one or more):

- [ ] White
- [ ] Asian
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] American Indian/Alaska Native
- [ ] Black/African-American

#### Credential Information

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

#### Signature

- [ ] Check (must be included)
- [ ] Cash (must be included)

Would you like a receipt mailed to you?  
- [ ] Yes
- [x] No

Name as it appears on card: ___________________________________________

Exp.Date ___________ CC # ________________

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)  

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

**Today's Date: ___/___/___**

---

### Registration Form - Non-Credit Course

#### Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

#### Social Security Number OR SCC Student ID Number

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>First</th>
<th>Middle Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Residence Mailing Address

<table>
<thead>
<tr>
<th>Email Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Cell Phone

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Home</th>
<th>Business Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### I identify as:

- [x] Male
- [ ] Female
- [ ] Nebraska Resident
- [x] Non-Resident
- [ ] Hispanic or Latino
- [ ] Not Hispanic or Latino

#### Race (Select one or more):

- [ ] White
- [ ] Asian
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] American Indian/Alaska Native
- [ ] Black/African-American

#### Credential Information

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

#### Signature

- [ ] Check (must be included)
- [ ] Cash (must be included)

Would you like a receipt mailed to you?  
- [ ] Yes
- [x] No

Name as it appears on card: ___________________________________________

Exp.Date ___________ CC # ________________

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)  

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

**Today's Date: ___/___/___**

---

---
2020-2021 SCC Programs of Study

**ARTS & SCIENCES**
- Academic Transfer (and Biotechnology) (All) O 4-4 AAS/AS All
- Early Childhood Education (L) O* 1-4 AAS/AA/Dip/Cert All
- Technical Skills Instructor (L/M) 4-4 AAS F,S

**BUSINESS related areas**
- Accounting (All) O 4-4 AA All
- Business (All) O 1-4 AAS/AA/Dip/Cert All
- Business Communications (All) O 4-4 AA All
- Long Term Care Administration O* (L) 1-4 AAS/Cert F,S
- Office Professional (L) O 2-4 AAS/Dip F,S

**CULINARY related areas**
- Culinary/Hospitality (L) 1-4 AAS/Dip/Cert All
- Dietary Manager (O) 1-2 AAS/Cert All

**PUBLIC SAFETY related areas**
- Adult & Juvenile Services and Corrections (Q/O) 4-4 AAS F,S
- Criminal Justice (B/Q/O) 4-4 AAS/AA All
- Law Enforcement & Homeland Security (Q/O) 4-4 AAS F,S

**HEALTH CARE related areas**
- Associate Degree Nursing (and LPN-to-ADN option) (B/L) 4-4 AAS S
- Associate of Health Sciences (All) O 4-4 AS All
- Dental Assisting (L) 2-4 AAS/Dip F,S
- Healthcare Services (All) O* 1-4 AAS/Cert All
- Human Services (L) 1-4 AAS/Cert F,S
- Medical Assisting (and HIMS) (L) 2-4 Dip All
- Medical Laboratory Technology (L) 4-4 AAS S
- Paramedic (L) O* 4-4 AAS F
- Pharmacy Technician (L) O* 2-4 Dip F,S
- Physical Therapist Assistant (L) 4-4 AAS F
- Polysomnographic Technology O* (L) 2-4 Cert F
- Practical Nursing (B/L/O) 2-4 Dip U,F
- Radiologic Technology (L) O* 4-4 AAS F,S
- Respiratory Care (L) O* 4-4 AAS F,S
- Surgical First Assist O* 2-4 Cert F
- Surgical Technology O* 3-4 AAS S

**COMPUTER TECHNOLOGY related areas**
- Computer Information Technology (L) 4-4 AAS F,S
- Geographic Information Systems Tech. O (L) 1-4 AAS F,S
- Graphic Design/Media Arts (Q) 4-4 AAS F

**CONSTRUCTION related areas**
- Building Construction Technology (M) 1-4 AAS/Cert F
- Construction Technology (L) 1-4 AAS/Dip/Cert F,S
- Heating, Ventilation, Air Conditioning & Refrigeration Technology (M) 4-4 AAS F
- Land Surveying/GIS/Civil Engineering Technology (M) 4-4 AAS F
- Plumbing Technology (M) 2-4 Dip F

**MANUFACTURING related areas**
- Electrical & Electromechanical Technology (and IBEW) (M) 1-4 AAS/Cert F,S
- Electronic Systems Technology (L) 4-4 AAS F,S
- Energy Generation Operations (M) 1-4 AAS/Dip/Cert F,S
- Manufacturing Engineering Tech. (L) 4-4 AAS F
- Nondestructive Testing Technology (M) 4-4 AAS F,S
- Precision Machining and Automation Technology (M) 2-4 AAS/Dip F,S
- Welding Technology (L) 1-4 AAS/Dip/Cert All

**AGRICULTURE related areas**
- Agriculture Management & Production (B) 4-4 AAS F,S
- Horticulture & Turfgrass Management (B) 4-4 AAS F,S
- Livestock Management & Production (B) 4-4 AAS F,S
- Precision Agriculture (B) 1-4 Cert F,S

**TRANSPORTATION related areas**
- Auto Collision Repair Technology (M) 4-4 AAS F,S
- Automotive Technology (L/M) 4-4 AAS F,S
- Deere Construction & Forestry Equipment Tech. (M) 4-4 AAS F
- Diesel Technology-Truck (M) 4-4 AAS F,S
- Diesel-Ag Equipment Service Tech. (M) 4-4 AAS F,S
- Ford Automotive Student Service Education Training (M) 4-4 AAS F
- General Motors Automotive Service Educational Program (M) 4-4 AAS F
- John Deere Tech. (M) 4-4 AAS F,S
- MOPAR-Chrysler/Dodge/Ram/Jeep College Automotive Program (M) 4-4 AAS CA
- Motorcycle, ATV & Personal Watercraft Technology (M) 2-4 Dip F,S
- Professional Truck Driver Training (M) 1-4 Cert All

**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
- AAS=Associate of Applied Science Degree
- AOS=Associate of Occupational Studies Degree

**STARTING TERMS**
- U=Summer Semester
- CA=Call the Admissions Office for the next start term.
- F=Fall Semester
- S=Spring Semester
- All=All Terms

**www.southeast.edu/academics**

**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
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