

Personal Development

Fall 2020

NEW! Treasure Hunting 101

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

Keyword: Treasure

Sept. 26 Lincoln, CEC, 404	S Schwenke	9 a.m.-Noon LLLX-0855-CEFA	\$29
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Beginner Self-Publishing

Do you love to write but don't know where to start when it comes to self-publishing? Learn some simple steps to getting your written works out for the world to see. This can be done for free by publishing online. If you want to see and hold your book, some basic information will be provided on how to accomplish this at a reasonable cost. Gain the confidence you need to start or finish your book and get it self-published.

Keyword: Publish

Oct. 28 Lincoln, CEC, 404	W Mapel	12:30-2 p.m. LLLX-1830-CEFA	\$49
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You have a Life Story to Share

Get a jump start on writing your life story with guidance from the instructor along with multiple handouts. Instructor will lead you in a fun, supportive process.

Bring pen and paper and start writing your story for your family and friends.

Keyword: Life

Oct. 21 Lincoln, CEC, 404	W Poppe	9 a.m.-Noon LLLX-1783-CEFB	\$29
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NEW! Let Me Share My Story with You: Writing My Memories

Have you ever thought of sharing your story but don't know where to begin? Let us help you discover how to record the events for family and friends. We will provide tips on intriguing topics to write about, tricks to jog your memory, and ways to capture stories on paper without getting bogged down.



Keyword: Story

Oct. 21-Nov. 11 LIVE Online, Zoom	W Wiebold	5:30-6:30 p.m. AREA-9032-TCFA	\$29
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For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

The Core of the Story

Give your readers a perfect escape by taking them on a journey. Your plot is the vehicle that brings them from point A to point B. This class will teach you how to create the roadmap your story needs, limit your loose ends and include all the expected beats and tropes in both romance and fantasy genres. Learn how to plot your character's journey.



The instructor has published works under various pen names in both romance and fantasy genres. She writes full time and is eager to share tips for writers to succeed.

Keyword: Story

Plotting Romance

Nov. 10 LIVE Online, Zoom	T Callahan	6:30-8:30 p.m. AREA-6700-TCFA	\$25
Nov. 14 LIVE Online, Zoom	S Callahan	9:30-11:30 a.m. AREA-6700-TCFB	\$25

Plotting Fantasy

Nov. 17 LIVE Online, Zoom	T Callahan	6:30-8:30 p.m. AREA-6700-TCFC	\$25
Nov. 21 LIVE Online, Zoom	S Callahan	9:30-11:30 a.m. AREA-6700-TCFD	\$25



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 Lincoln, CEC, 102	Th Karas	6-8 p.m. LLLX-2115-CEFA	\$29
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Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place

Awakening to Your Dreams

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

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

Keyword: Dream

Aug. 26-Sept. 9	W	6-7:30 p.m.	\$69
Lincoln, CEC, 404	Monroe	LLLX-2024-CEFA	

Speechcraft

Develop your public speaking ability and gain experience, knowledge and poise in making presentations. Learn communication skills including written speeches, impromptu speaking, the use of body language, and effective listening.

Co-sponsored and taught by local Toastmasters International.

Keyword: Speechcraft

Oct. 1-Nov. 5	Th	6:30-8 a.m.	\$39
LIVE Online, Zoom		SPCH-4001-TCFA	

NEW! iPhone or Android?

The rivalry continues, but which one is ideal for you? Shopping for phones has changed and it's hard to know which one is the best fit. We will cover the pros and cons of each platform so you can feel confident in your next phone purchase.



Keyword: iPhone

Nov. 18	W	6:30-8:30 p.m.	\$39
LIVE Online, Zoom	Dauel	AREA-6683-TCFA	



Introduction to Podcasting

If you are interested in podcasting as a marketing tool for you or your business, join us for this information-packed class. Discussion will include the mechanics behind the finished product (recording, editing, up/down loading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.



Keyword: Podcasting

Oct. 12	M	6-9 p.m.	\$39
LIVE Online, Zoom	Roush	AREA-1405-TCFA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place



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Women's Self Defense

This class will discuss situational awareness, how to be a tough target, assessing the level of threat, and knowing you are worth fighting for. Participants will learn four kicks and four hand techniques which they will practice on a padded target. We also will cover pressure points and breakaways.

This class is geared towards women, but everyone is encouraged to attend.

Keyword: Defense

Oct. 15	Th	6-8 p.m.	\$29
Lincoln, CEC, 302	Karas	LLLX-0302-CEFA	

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.

Wear comfortable clothes.



Keyword: Karate

Oct. 7-Nov. 11	W	6-8 p.m.	\$69
Lincoln, CEC, 303	Lamb	LLLX-0303-CEFA	

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.

Wear comfortable clothing you can move in.

Keyword: Chi

Oct. 12-Nov. 9	M	6:30-8 p.m.	\$69
Lincoln, CEC, 302	Marsh	LLLX-1712-CEFB	

Welcome to Medicare

The Nebraska Senior Health Insurance Information Program, a division of the Nebraska Department of Insurance, is pleased to host "Welcome to Medicare" classes. As you or a family member approach Medicare eligibility, the tasks of understanding the program can be daunting. "Welcome to Medicare" will explain the basics of the Medicare system and is being offered in person or by webinar (watch from your computer). Anyone new to Medicare or is a family member/caregiver of an individual approaching Medicare eligibility is invited to attend.



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

In-person presentations are available on:

Sept. 22	T	6-8 p.m.	Lincoln, CEC, Aud
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:

Oct. 14	W		
Nov. 17	T		
Dec. 17	Th		

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

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

Easy Rightsizing

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

Keyword: Rightsizing

Sept. 21-Oct. 5	M	6-8 p.m.	\$75
Lincoln, CEC, 404	Bryant	LLLX-1944-CEFA	

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.

Keyword: Downsizing

Oct. 26	M	6:30-8:30 p.m.	\$19
Lincoln, CEC, 404	Bassett	LLLX-0109-CEFA	

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
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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!



Keyword: Zoom

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

LET'S DO LUNCH SERIES

Bring your lunch and learn something new! Check out this new series featuring something for everyone!



Let's Do Lunch: Zoom Basic

You got a Zoom invite? Enjoy your lunch and learn about how to use Zoom to chat with friends and family, near and far.

Falls City Chamber Members: Contact Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.



Keyword: Lunch

Oct. 1	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCFB	

Let's Do Lunch: Host a Meeting on Zoom

Collaborate with your team virtually and learn how to Host a meeting on Zoom.

Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.



Keyword: Lunch

Nov. 5	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCFC	

NEW! Let's Do Lunch: Video Chatting

Can't meet with family over the holidays? Find out ways to connect virtually.

Falls City Chamber Members: Contact Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.



Keyword: Lunch

Dec. 3	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCFD	



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They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

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Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **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.



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

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

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

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.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

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