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
LLLX-0855-CEFA
$29

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
LLLX-1830-CEFA
$49

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
LLLX-1783-CEF
$29

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

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
LLLX-2115-CEFA
$29

For more information, contact us at 800-828-0072 or continuinged@southeast.edu
Location Key
Lincoln, CEC ..........................Jack 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.

Keywords: Dream

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<tr>
<td>Aug. 26-Sept. 9</td>
<td>W 6-7:30 p.m.</td>
<td>Lincoln, CEC, 404 Monroe</td>
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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.

Keywords: Speechcraft

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<td>Oct. 1-Nov. 5</td>
<td>Th 6:30-8 a.m.</td>
<td>LIVE Online, Zoom SPCH-4001-CTFA</td>
<td></td>
<td>$39</td>
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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.

Keywords: iPhone

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<td>W 6:30-8:30 p.m.</td>
<td>LIVE Online, Zoom Dael AREA-6683-CTFA</td>
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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.

Keywords: Podcasting

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<td>M 6-9 p.m.</td>
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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 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:

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<tr>
<td>Sept. 22</td>
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<td>Lincoln, CEC, Aud</td>
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<td>Oct. 1</td>
<td>Th 6-8 p.m.</td>
<td>Lincoln, CEC, Aud</td>
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<td>Dec. 17</td>
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Webinar presentations are available on:

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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.

Keywords: Defense

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

Keywords: Karate

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<td>Lincoln, CEC, 302 Marsh LLLX-1712-CEFB</td>
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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.

Keywords: Chi

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<td>Lincoln, CEC, 303 Lamb LLLX-0303-CEFA</td>
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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.

Keywords: Chi

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

Check out all classes offered at www.southeast.edu/continuing

Find us on Facebook at www.facebook.com/SCCNebCE
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.

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.

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.

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.

Sept. 21-Oct. 5 M 6-8 p.m. Lincoln, CEC, 404 $75

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.

Oct. 26 M 6:30-8:30 p.m. Lincoln, CEC, 404 $19

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

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!

Nov. 9 & 16 Live Online, Zoom $39

LIVE Online
www.ed2go.com/sccne
BROWSE COURSES IN
Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical
Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing

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 continuinged@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-447-3700 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.
You must have an email account to register online.

2. 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
3. **Select the course** for which you wish to register. Click Submit.
4. Enter your **personal information**, **certify your identification** and click Submit.
   - *You must provide your Social Security Number.
5. Optional: Enter your **Additional Registration Information** and click Submit.

   * 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**

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 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**

**I identify as:**

- Male
- Female

**I declare my student residence status:**

- Nebraska Resident
- Non-Resident

**Ethnicity (select one):**

- Hispanic or Latino
- Not Hispanic or Latino

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

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

**COURSE NUMBER**

**TITLE**

**START DATE**

**COST**

$0.00

$0.00

$0.00

$0.00

$0.00

**TOTAL DUE**

**Check**

- **Cash**

- **Mastercard**

- **AMEX**

- **Discover**

- **VISA**

- **V Code**

- **CC #**

**Expiration Date**

**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.

**Signature**

**Today's Date**

**Would you like a receipt mailed to you?**

- **Yes**

- **No**

**SCC Staff Tuition Waiver**

**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 an official withdrawal/registration form; 3) that completing the course online constitutes an “educational record” under FERPA. If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

301 S. 68th St. Place, Lincoln, NE 68510

402-437-2700 • 800-828-0072 • FAX 402-437-2703

www.southeast.edu/continuing