Let Me Share My Story with You: Writing My Memories

Have you ever thought of sharing your life story but don’t know where to begin? Get a jump start as you discover how to record events for family and friends. In a fun and supportive atmosphere, we will provide tips to help you jog your memory and discover intriguing topics to write about.

Bring pen and paper and start writing your story!

**Keyword:** Story

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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 who is a family member/caregiver of an individual approaching Medicare eligibility is invited to attend.

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

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**NEW! Blogging for Beginners**

Whether for personal projects, small business or corporate branding, blogging is a hot trend. Get a foundational understanding of the major platforms, how to build an audience and best practices to kick start your new adventure with grade-A content. Tag on some social sharing tips and you will be ready to hit the ground blogging.

**Keyword:** Blogging

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**Check out all classes offered at www.southeast.edu/NebraskaCityLC**

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

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu
NEW! SCC Book Club
Explore and discover new favorites in our SCC Book Club. We will chat about our latest read, Brit Bennett’s “The Vanishing Half,” a stunning new novel about twin sisters, inseparable as children, who ultimately choose to live in two very different worlds, one black and one white.

Take an Idea from Concept to Launch
Have you wondered if your idea is viable? Do you know how to evaluate your idea to determine if it is feasible? This class will provide the framework to take an idea/product to launch! Providing the structure to develop the pitch deck necessary to obtain capital will bring your idea to life.

Gratitude, Gimmicks & Going the Extra Mile
The real joy is in the giving. In this session, you will gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, we will explore many options. Attendees will leave with a collection of meaningful ideas, and a lot of inspiration to positively impact others!

NEW Personal & Professional Refocus
With many stressors competing for our time, life can seem overwhelming. In the buzz of work, family, physical distancing, protecting our health, and caring for others, we can lose our center. Mindfulness is not just meditation or yoga, it is a way of being in the world. In this workshop, learn about and practice modern-day mindfulness by exploring a grounding technique, best practices and everyday applications. Come away with a clearer directive for the days that lie ahead.

Business Plan Basics
Your boss wants you to work on a business plan to expand the business. Or, you want to start your own business. Wherever you are, you need this class. Learn how to take your business idea and develop a complete business plan ready to present. Discussion will include topics like identifying your product and customers, marketing your business, identifying your start-up and ongoing costs, how to obtain funding, and putting it all in a final business plan.

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.

Keyword: Book
Jan. 28-Feb. 18
LIVE Online, Zoom
6:30-7 p.m.
Registration Deadline: Jan. 14
AREA-6682-TCSA
$19

Keyword: Refocus
Jan. 26-Feb. 9
LIVE Online, Zoom
T Post
10-11:30 a.m.
Registration Deadline: Jan. 22
BSAD-3033-TCSA
$99

Mar 25-April 8
LIVE Online, Zoom
T Post
10-11:30 a.m.
Registration Deadline: March 23
BSAD-3033-TCSB
$99

Keyword: Gratitude
Jan. 20
LIVE Online, Zoom
W Van Winkle
6-7:30 p.m.
LLX-1127-TCSA
$19

Keyword: Business
Feb. 17
LIVE Online, Zoom
W Hurley
6-9 p.m.
BSAD-7309-TCSA
$49

Keyword: Marketing
Jan. 13
LIVE Online, Zoom
W Noon-1 p.m.
AREA-6665-TCSA
$10

Let’s Do Lunch Series
Spend your lunch hour learning something new! Check out this series featuring something for everyone!

NEW! LDL: Exploring Apps (Health & Wellness)
Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.

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

Keyword: Exploring
Jan. 13
LIVE Online, Zoom
W Noon-1 p.m.
AREA-6665-TCSA
$10

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu
LDL: Basic Zoom
Learn how to use Zoom.
Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

Keyword: Zoom
Jan. 27
LIVE Online, Zoom W Noon-1 p.m. AREA-6665-TCSB $10

LDL: How to 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: Zoom
Feb. 10
LIVE Online, Zoom W Noon-1 p.m. AREA-6665-TCSC $10

NEW! LDL: Exploring Apps (Workplace Skills)
Boost your workplace skills by exploring applications on your smartphone/tablet.
Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

Keyword: Exploring
Feb. 24
LIVE Online, Zoom W Noon-1 p.m. AREA-6665-TCSD $10

LDL: Video Chatting with Family & Friends
Can’t meet with family over the holidays? Find out ways to connect virtually.
Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

Keyword: Video
March 3
LIVE Online, Zoom W Noon-1 p.m. AREA-6665-TCSF $10

NEW! LDL: Exploring Apps (Savvy Seniors!)
Seniors with Smartphones: Want to learn about new applications on your phone? Join us for “Exploring Applications” over lunch!
Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

Keyword: Exploring
March 17
LIVE Online, Zoom W Noon-1 p.m. AREA-6665-TCSF $10

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/sccceonlinecourses.

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-3708 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 canceled 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.

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.

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  Home  Business Phone
I identify as:  Male  Female  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
Ethnicity (select one):  Hispanic or Latino  Not Hispanic or Latino

COURSE NUMBER  TITLE  START DATE  COST

TOTAL DUE

Would you like a receipt mailed to you?  Yes  No

SCC Staff Tuition Waiver

For Office Use Only

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.

301 S. 68th St. Place, Lincoln, NE  68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing