

Personal Development

Spring 2021

Meet & Eat: Sleep Deprivation, Insomnia & the Solution

Find out why 70 million Americans have sleeping problems and what you can do to help them. No one wants sleeping pills or their side effects. Start understanding the circadian rhythm and how it can affect your heart, as your chances of a stroke quadruples with insomnia. Also, learn what environmental and behavioral solutions you can do to help your insomnia.

Lunch included.

Keyword: Eat

April 20	T	Noon-1 p.m.	\$24
Beatrice, AEC, 134	Southwick	BBBX-2238-BESA	

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

April 17	S	10 a.m.-Noon	Callahan	\$25
LIVE Online, Zoom			AREA-6700-TCSA	
June 8	T	6:30-8:30 p.m.	Callahan	\$25
LIVE Online, Zoom			AREA-6700-TCUA	

Plotting Fantasy

April 20	T	6:30-8:30 p.m.	Callahan	\$25
LIVE Online, Zoom			AREA-6700-TCSB	
June 12	S	10 a.m.-Noon	Callahan	\$25
LIVE Online, Zoom			AREA-6700-TCUB	

NEW! Just Another Manic Monday: Your Guide to Navigating Employment

While everything feels more challenging since the COVID-19 pandemic, searching for a job seems especially daunting. But you can succeed despite uncertainty in the economy and current job market by staying positive, proactive and focused on proven strategies. This class will review websites, networking strategies, resume, and interview basics.

Keyword: Employment

May 20	Th	6-8 p.m.	\$19
LIVE Online, Zoom	Doma	AREA-6681-TCSA	

Location Key

Beatrice, AEC Southeast Community College, Beatrice Campus, Academic Excellence Center, 4771 W. Scott Road



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>.

NEW! How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions



Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that's okay so long as you know how to put yourself back on a leash. The different types of coping skills will be explored along with their triggers. Different management strategies, techniques and tools will be presented and discussed.

Keyword: Learning

May 6	Th	6-8 p.m.	\$19
LIVE Online, Zoom	Doma	AREA-6680-TCSA	

NEW! Applying Your Strengths Daily



Learn how to develop your best-self using your Clifton Strengths. This interactive, hands-on class will engage you in understanding and applying your Strengths daily, whether you are a college student, workforce professional or parent raising children.

Must have completed the Gallup Clifton Strengths Assessment, know your top 5 strengths and have access to your personalized Gallup dashboard.

Keyword: Strengths

June 17-24	Th	5:30-7:30 p.m.	\$39
LIVE Online, Zoom	Kerwin-Kubr	AREA-6787-TCUA	

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

May 14-June 18	F	7-8:30 a.m.	\$39
LIVE Online, Zoom	Applegarth	SPCH-4001-TCSB	

SCC Book Club



Explore and discover new favorites in our SCC Book Club. We will chat about our latest read, Nicola Yoon's, "Everything, Everything" Which tells the story of Maddy, a girl who's literally allergic to the outside world, and Olly, the boy who moves in next door . . . and becomes the greatest risk she's ever taken.

Keyword: Book

April 29-May 20	Th	6:30-7 p.m.	\$19
LIVE Online, Zoom	Registration Deadline: April 15	AREA-6682-TCSB	

Community Leadership Program



Do you have new ideas? Would you like to influence community decisions? Ordinary people can emerge as leaders to serve their communities in elected, appointed or volunteer positions. Community groups, benevolent organizations, local governing bodies and special-purpose districts are in constant need of new ideas to overcome various issues. You will be prepared at the completion of class to use your newly acquired skills and knowledge for your role as a real world community leader.

Keyword: Community

April 19-May 3	M	7-9 p.m.	\$49
LIVE Online, Zoom	Tilson	AREA-6834-TCSA	

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



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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www.southeast.edu/continuing

