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.

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.

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 understands how to plot characters journeys. She will determine how to place characters and how to be realistic while also keeping the story going.

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.

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.

Education Never Goes Out of Style
Formal education may be out of reach for some, but knowledge is always in demand. Here at SCC we offer the ability to further your education in a variety of ways.

Speak Up or Be Silenced
Communication is key to getting ahead. Learn the basics of public speaking and improve your ability to engage and influence your audience with this class.

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.

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.


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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-447-2700 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 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.

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

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

Register Today!
**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.*

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**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.

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<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
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<th>I identify as:</th>
<th>Male</th>
<th>Female</th>
<th>Nebraska Resident</th>
<th>Non-Resident</th>
<th>Ethnicity (select one):</th>
<th>Hispanic or Latino</th>
<th>Not Hispanic or Latino</th>
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<th>Race (select one or more):</th>
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<th>Asian</th>
<th>American Indian/Alaska Native</th>
<th>Native Hawaiian/Other Pacific Islander</th>
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<th>SIGNATURE</th>
<th>Would you like a receipt mailed to you?</th>
<th>SCC Staff Tuition Waiver</th>
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</table>

*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.

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 withdrawal notice to the Registrar’s Office; (3) that I understand that the refund in tuition will be determined by the date I submit withdrawal notice to the Registrar’s Office; (3) that the College reserves the right to refuse to register a student who does not submit adequate payment or a waiver; and (4) that failure to complete this form and submit it to the Registrar’s Office, by the due dates listed, will result in cancellation of any registrations and possible barred status.

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