Old Fashioned Soap Making
Discover how to make healthy handmade soap from scratch. You will learn the basic soap-making process and the chemistry behind it and how to make soap safely. We will cover everything you need to know about the soap-making supplies and ingredients.

Bring safety goggles. There is a $10 fee associated with this course payable in class. Check or cash only for supplies.

Keyword: Soap
May 1
10 a.m.-1 p.m.
S
$55
Louisville, SHSH
Formerly Wolcott
AREA-5725-PLSB

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

A Tool Box for Meditation
Would you like to be able to access more inner peace, and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.

You can sit on chairs or mats on the floor.

Keyword: Meditation
April 17-24
9-10 a.m.
$19
LIVE Online, Zoom
Blackwell
AREA-6685-TCSA

Location Key
Louisville, SHSH . . . Simply Home Sweet Home Studio, 8980 Raven Drive (Class location is rural, three miles from Hwy 66)
Plattsmouth, SER . . . . . . . . . . . . . . . . . . . . . . Serenity Yoga & Wellness, 546 Ave. A, Suite 5

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/sccconeonlinecourses.

For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

Check out all classes offered at www.southeast.edu/PlattsmouthLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratPlattsmouth
**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.*

---

**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](http://www.southeast.edu/collegecatalog) for additional information.

**Social Security Number OR SCC Student ID Number**

**Birth Date**

**Name: Last**

**First**

**Middle Initial**

**State**

**City**

**Zip**

**County #**

**Residence Mailing Address**

**Email Address**

**Cell Phone**

**Ethnicity (select one):**
- Hispanic or Latino
- Not Hispanic or Latino

**Race (Select one or more):**
- White
- Asian
- Native Hawaiian/Other Pacific Islander
- American Indian/Alaska Native
- Black/African-American
- Other

**Additional Registration Information**

**COURSE NUMBER**

**TITLE**

**START DATE**

**COST**

$ $

$ $

$ $

$ $

$ $

$ $

$ $

**SIGNATURE**

- [Check] [Cash] [Mastercard] [AMEX] [Discover] [VISA] [V Code] [ ]

**Name as it appears on card:**

**Exp. 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.

---

**Submit**

**AND click**

**Click Submit.**

**Today's Date**

**TOTAL DUE**

**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 this form and the start date of the term; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information I provide on this form constitutes an "educational record" under FERPA; 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.

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

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

[www.southeast.edu/continuing](http://www.southeast.edu/continuing)