Old-Fashioned Soap Making
Discover how to make healthy handmade soap from scratch. You will learn 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
Aug. 14
Louisville, SHSH
S
Wolcott
10 a.m.-1 p.m.
AREA-5725-PLUA
$55

NEW! How About a New Way to Learn Mindfulness? Try Meditative Mandalas
Mandalas are an object of meditation to aid in one's spiritual development. You will learn the basic geometric doodles of these circular designs while practicing mindfulness skills, breathing exercises and expressions of gratitude.

A fine-tip marker pen and a few sheets of paper are all you need to take part in this class.

Keyword: Mandalas
Sept. 7-21
LIVE Online, Zoom
Roseberry
6-7 p.m.
AREA-6744-TCFWA
$29

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 OK 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. Management strategies, techniques and tools will be presented and discussed.

Keyword: Learning
Sept. 16
LIVE Online, Zoom
Toma
6-8 p.m.
AREA-6680-TCFWA
$19

Location Key
Louisville, SHSH.... Simply Home Sweet Home Studio, 8980 Raven Drive (Class location is rural, three miles from Hwy 66)

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 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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-3700 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.

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

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<th>Name: Last</th>
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**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**

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Substitution of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees 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. 3) that I agree to notify the college of any changes in my personal information contained herein for current status, and 4) any changes in Social Security, 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 admissions, enrollment, 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. Requests 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)