NEW! What are Cannabinoids?
Increasing market awareness of cannabinoids creates a fast-moving and exciting segment of the marijuana and hemp industry. Product manufacturers, researchers and regulatory bodies are all racing to sort out how to address the fact that everyone from PTSD sufferers to soccer moms to cancer communities to mental health practitioners all want these cannabinoids now for their health and wellness, medicinal and lifestyle attributes. Let’s sort out fact from fiction, talk about the existing scientific and clinical data, and cover some of the challenges to continued market development.

Leading this class is Dr. Andrea Holmes, Director of Cannabis Studies and Professor of Chemistry at Doane University.

Keyword: Cannabinoids

July 17
Lincoln, CEC, 302
S Holmes
9 a.m.-Noon
LLLX-1999-CEUA

NEW! One if by Land, Two if by TEA
Enjoy history? This Zoom class may just be your cup of tea! Discover the events leading up to the Boston Tea Party, the expansion of the 18th Century tea industry and which teas were involved. Maybe you are enjoying a cup of history. Join us for a revolutionary good time.

Keyword: Land

July 24-Aug. 7
LIVE Online, Zoom
S Hefley
6:30-8 p.m.
LLLX-0103-TCFCA

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!

Keyword: Gratitude

Sept. 1
LIVE Online, Zoom
Van Winkle
6-7:30 p.m.
LLLX-1127-TFCFA

$39

Online Buying & Selling
Have you thought about selling your stuff online? Learn more about the primary places people sell items, (Craigslist, Facebook© marketplace and eBay®) and how selling on these sites really works. We will talk about “gotchas” and types of payment processing.

This class is for personal sales ONLY. Business interest is welcome but it won’t be the focus of the class.

Keyword: Selling

Sept. 15
Lincoln, CEC, 404
T. Jensen
6-8 p.m.
LLLX-0031-CEFA

$29

Passwords, Logins, IDs, OH MY!
In this age of electronic information and security concerns, password management is a must. Discover best practices to keeping your passwords and private information secure. We’ll cover both mobile and home data security.

You will want to watch Zoom on a desktop/laptop and have your mobile device fully charged.

Keyword: Passwords

Sept. 16
LIVE Online, Zoom
T. Jensen
6-8 p.m.
LLLX-0673-TCFCA

$29

Beginning Handweaving
Weave a “Sampler” on a four-harness table loom. Learn the terminology, how to measure warp and weft, thread a loom and WEAVE!

All supplies will be furnished. This is a three-Saturday class, and you must be able to attend all three sessions. Please bring a sack lunch.

There is a $40 supply fee payable at the first class to the Handweavers Guild. Check or cash only for supplies.

Keyword: Handweaving

July 24-Aug. 7
Lincoln, WEAV
S Hand Weavers Guild
9 a.m.-2:30 p.m.
LLLX-1005-OCUA

$45

Location Key
Lincoln, CEC: Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, WEAV: The Weavers Studio, 3843 S. 48th St., Lower Level (West of 48th on Cooper Avenue) Follow the sidewalk to the lower level entrance at the back of the building. On street parking ONLY.

For more information, contact us at 800-828-0072 or continuinged@southeast.edu
Treasure Hunting 101
Discovering lost and hidden treasures may appeal to the adventurer in you, but you don’t have to fly off to distant locations. In fact you don’t have to leave your hometown. Treasure Hunter Nathan Schwenke will lead this interesting and fun class as you discover hunting, equipment, types of treasure you might find and what to do with them. This class will fill quickly, so don’t wait to sign up!

Improv 102
Join the fun in Improv 102 as we build on basic improvisation skills. Improv 101 is not a prerequisite for this course. However, some experience with improvisation would be helpful.

Tired of Cable TV, Dish or Direct TV? Cut the Cord!
If you’ve been thinking about changing how you watch TV, or are just interested in a new option, this class is for you. We’ll look at all of the streaming services available to you to help you make a choice if you want to move to this new era of watching television and other media content. We will cover Hulu Live, YouTube TV, Apple TV+, Sony Vue, Netflix, and others.

Downsizing: Keep, Sell or Donate
Whether downsizing to a smaller home or dispersing the contents of a loved one’s estate, collectibles expert and professional appraiser Tom Bassett helps to simplify the process. With practical, down-to-earth advice, discover how to determine what to sell, keep or toss.

Register 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/octablecatalog for additional information.

Location Key
Lincoln, CEC, 302 Bassett
Lincoln, CEC, 302 Live Online, Zoom T. Jensen
Lincoln, CEC, 214 Schwenke
Lincoln, CEC, Aud Mittan
Lincoln, CEC, Aud LXLX-0855-CEFA
Schwenke
Mittal
LLLX-0855-CEFA
LLLX-0855-CEUB
LLLX-1154-TCFCA
LLLX-0109-CEUA
LLLX-1668-CEUA
LLLX-0855-CEUB
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6:30-8:30 p.m.
7:8:30 p.m.
9 a.m.-Noon
9 a.m.-Noon
LLLX-0855-CEFA
LLLX-0855-CEUB
LLLX-1154-TCFCA
LLLX-0109-CEUA
LLLX-1668-CEUA
$29
$29
$49
$49
You must have an email account to register online.


2. **Search for your class** by entering either 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**.

6. 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**.

7. 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**. **Print** this page 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.