Southeast Community College
CONTINUING EDUCATION
Winter 2022 Schedule

Strengthen Your Mind

5th Annual Jigsaw Puzzle Derby
p. 18

Walk for a Healthier You
p. 33

Energize Your Mind, Body & Spirit
p. 30

southeast.edu/Continuing
402-437-2700 or 800-828-0072
COVID-19 UPDATE

We’re prepared for change!

Due to the COVID-19 pandemic, class offerings and schedules are subject to change. We are frequently monitoring health recommendations and we are prepared to move many face-to-face class offerings to LIVE Online. If you have questions about a class, please call us at 402-437-2700 or email your inquiry to continuinged@southeast.edu.

For college updates, visit www.southeast.edu/covid-19

At SCC, you can take classes for non-credit or credit.

WHAT ARE NON-CREDIT COURSES?
These are designed to enhance your current workforce skills, upgrade your job skills, or for personal pleasure. Each quarter, new specialty classes appear, and new academic and technical courses are added. Classes are small, and instructors understand the needs of adult learners.

WHAT ARE CREDIT COURSES?
Program credit courses may be taken without being admitted to an SCC degree program. If you would like to pursue a particular Program of Study and earn a college degree, contact the Admissions Office. You can request program information by calling 402-437-2600 or visiting www.southeast.edu.

How to Read the Schedule

New Course Notation
- Prerequisites
  - Course prerequisites are listed when appropriate
- Course Description
- Class Details
  - Required books, required supplies and/or supply fees, instructor bios, etc.
- Date(s)

Course Title

NEW! OneNote 2016
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience
Learn to create, organize and share notes and information with others. Gather pictures, audio and video recordings, projects, and presentations in an electronic notebook and share seamlessly with colleagues, family and friends. Topics include creating a notebook, entering, formatting, and organizing notes; creating templates; and integrating with other applications such as Word and Excel.

Required course notes are available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.

Course Number: OFFT-7247-CEF
Instructor: F. Massey
Location: Lincoln, CEC, 407
Day(s): M, W
Time: 1-4 p.m.
Date(s): Oct 4
Cost: $79
Keyword: OneNote
Online Registration

Non-credit Class Refund/Drop Policy
The student is entitled to a 100% refund for any non-credit class if the class is dropped the day before class begins. If a student drops a class the day class begins or after, there will be no refund.

Credit Classes must be dropped using WebAdvisor or must have written notice to drop. The drop date will be the date the student provides the College’s Registration and Records Office with an official WRITTEN request to drop/withdraw.

SCC reserves the right to cancel any credit/non-credit classes that do not have sufficient enrollment. A full refund of tuition and fees will be processed.

Limitations of Schedule
This schedule should not be considered a contract between Southeast Community College and any prospective student. SCC’s Board of Governors reserves the right to make changes in graduation requirements, costs, curriculum, course structure and content, and the calendar of operation during the life of the schedule and without notice.

For more information, see the index for registration and policy information.
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Questions?
Email continuinged@southeast.edu
Call 402-437-2700 or 800-828-0072

This class schedule is printed on recycled paper.
Health Care

CPR/BASIC LIFE SUPPORT/ FIRST AID

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an education course does not represent course sponsorship by the AHA. Any fees charged for such a course, except a portion of the fees needed for AHA course material, do not represent income to the AHA.

The AHA CPR and First Aid classes listed below include and exclude different skills. Please make sure you have fulfilled the course prerequisites and that the class meets the requirements from your employer, licensing agency, or school. Cost includes card, where applicable. Students will receive the CPR/First Aid card within 14 business days of successful course completion. AHA cards expire two years from the end of the month of the issue date.

Students are required to attend the entire class you have enrolled in to receive a card. If you miss or do not successfully complete any part of your class, you must register and pay for another class. We require 24 hours’ notice before the first day of class to drop or change any CPR or First Aid class.

Registration Information Page 39

Payment is due at time of registration for all non-credit classes.

Heartsaver® First Aid Online + Skills Session

This AHA Heartsaver® First Aid course is offered in a convenient online format you can take in the comfort of your home. You only need to meet in person once for the skills session after you complete the online portion of the class.

You will receive the online AHA access key and email approximately one week prior to your Skills Session class.

Once registering, include your email address. Once you’ve completed the online portion, you will print your Online Course Completion Certificate. For admission into the Skills Session, you must have this certificate with you.

This class meets the First Aid requirements for day cares.

Key Word: Aid

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 20</td>
<td>Th</td>
<td>7-7:45 p.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$59</td>
</tr>
<tr>
<td>Feb. 2</td>
<td>W</td>
<td>7-7:45 p.m.</td>
<td>NE City, NCLC, 104</td>
<td>$59</td>
</tr>
<tr>
<td>March 14</td>
<td>M</td>
<td>7-7:45 p.m.</td>
<td>NE City, NCLC, 104</td>
<td>$59</td>
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<tr>
<td>March 24</td>
<td>Th</td>
<td>7-7:45 p.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$59</td>
</tr>
</tbody>
</table>

Heartsaver® First Aid

If you respond to first aid emergencies in the workplace, this class is perfect for you. Learn how to manage illness and injuries in the first few minutes until medical professionals arrive.

This class meets the first aid requirement for day cares.

Key Word: Aid

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 17</td>
<td>Th</td>
<td>6-9 p.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$59</td>
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<tr>
<td>March 12</td>
<td>S</td>
<td>9 a.m.-Noon</td>
<td>NE City, NCLC, 104</td>
<td>$59</td>
</tr>
<tr>
<td>April 13</td>
<td>W</td>
<td>6-9 p.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$59</td>
</tr>
</tbody>
</table>

CPR - HeartCode® Basic Life Support Online + Skills Session (for Health Care Professionals)

Need your professional certification in AHA CPR Basic Life Support and want a convenient way of getting it? This online class is for you! You will only need to meet in person once for the Skills Session after you complete the online portion of the class.

You will receive the online AHA access key and email approximately one week prior to your Skills Session class.

Upon completing the online portion, you will print your Online Course Completion Certificate. For admission into the Skills Session, you must have this certificate with you.

This course is for health care providers: nurses, EMTs, doctors, lifeguards, etc.

Key Word: CPR

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
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<td>Th</td>
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<td>$63</td>
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<td>6-7:30 p.m.</td>
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<td>$63</td>
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<tr>
<td>Jan. 19</td>
<td>W</td>
<td>1-2:30 p.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$63</td>
</tr>
<tr>
<td>Jan. 29</td>
<td>S</td>
<td>9-10:30 a.m.</td>
<td>Lincoln, CEC, 109B</td>
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<tr>
<td>Feb. 12</td>
<td>S</td>
<td>9-10:30 a.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$63</td>
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<tr>
<td>Feb. 16</td>
<td>W</td>
<td>1-2:30 p.m.</td>
<td>Lincoln, CEC, 109B</td>
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<tr>
<td>Feb. 22</td>
<td>T</td>
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<td>Lincoln, CEC, 109B</td>
<td>$63</td>
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<tr>
<td>March 5</td>
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<td>9-10:30 a.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$63</td>
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<tr>
<td>March 9</td>
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<td>1-2:30 p.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$63</td>
</tr>
<tr>
<td>March 17</td>
<td>Th</td>
<td>6-7:30 p.m.</td>
<td>Lincoln, CEC, 109B</td>
<td>$63</td>
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</tbody>
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SERVING THE COUNTIES OF:

Cass Fillmore Gage
Jefferson Johnson Lancaster
Nemaha Otoe Pawnee
Richardson Saline Saunders
Seward Thayer York
CPR HeartCode® Basic Life Support (for Health Care Professionals)

Sign up for this CPR BLS training, and learn all that you need to know in performing CPR and using an AED and responding to foreign-body airway obstruction.

(0.45 CEUs) Course cost does not include BLS Provider Manual. You may purchase the manual through the AHA website or the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. The book is NOT required.

This course is for health care providers: nurses, EMTs, doctors, lifeguards, etc.

**Keyword:** CPR

| Jan. 5 | W | 5:30-10 p.m. | $63 |
| Jan. 8 | S | 9 a.m.-1:30 p.m. | $63 |
| Jan. 12 | W | 8:30 a.m.-1 p.m. | $63 |
| Jan. 13 | Th | 5:30-10 p.m. | $63 |
| Jan. 15 | S | 9 a.m.-1:30 p.m. | $63 |
| Jan. 18 | T | 5:30-10 p.m. | $63 |
| Jan. 22 | W | 9 a.m.-1:30 p.m. | $63 |
| Jan. 26 | W | 5:30-10 p.m. | $63 |
| Feb. 1 | T | 5:30-10 p.m. | $63 |
| Feb. 5 | S | 9 a.m.-1:30 p.m. | $63 |
| Feb. 9 | W | 5:30-10 p.m. | $63 |
| Feb. 15 | T | 5:30-10 p.m. | $63 |
| Feb. 19 | S | 9 a.m.-1:30 p.m. | $63 |
| Feb. 23 | W | 8:30 a.m.-1 p.m. | $63 |
| Feb. 24 | Th | 5:30-10 p.m. | $63 |
| Feb. 28 | M | 5:30-10 p.m. | $63 |
| March 3 | Th | 5:30-10 p.m. | $63 |
| March 7 | M | 5:30-10 p.m. | $63 |
| March 10 | Th | 5:30-10 p.m. | $63 |
| March 15 | S | 9 a.m.-1:30 p.m. | $63 |
| March 16 | W | 8:30 a.m.-1 p.m. | $63 |
| March 19 | S | 9 a.m.-1:30 p.m. | $63 |
| March 21 | M | 5:30-10 p.m. | $63 |
| March 23 | W | 5:30-10 p.m. | $63 |

Heartsaver® CPR AED Online + Skill Session (Community)

Offered now in a convenient online format, receive your professional CPR AED certification easily on your own time and in the comfort of your home. You will only need to meet in person once for the skills session after you complete the online portion of the class.

You will receive the online AHA access key and email approximately one week prior to your Skills Session class.

**Heart WHEN registering, include your email address.**

Once you’ve completed the online portion, you will print your Online Course Completion Certificate. For admission into the Skills Session, you must have this certificate with you.

This class meets the CPR AED requirements for day cares.

**Keyword:** CPR

| Jan. 20 | Th | 6-6:45 p.m. | $59 |
| Feb. 2 | W | 6-6:45 p.m. | $59 |
| March 16 | M | 6-6:45 p.m. | $59 |
| March 24 | Th | 6-6:45 p.m. | $59 |

Heartsaver® CPR AED (Community)

Have you always wanted to know how to perform CPR and use an AED in an emergency situation? Take this training and walk away with CPR and AED skills needed to assist adults, children and infants.

This class meets the CPR AED requirement for day cares.

**Keyword:** CPR

| Feb. 8 | T | 6-9 p.m. | $59 |
| Feb. 9 | S | 9 a.m.-Noon | $59 |
| April 6 | W | 6-9 p.m. | $59 |

CPR BLS Skills Session Only

If you have already purchased the online course (HLTH-3253) or completed the training elsewhere, you only need to bring in your completion certificate to your skills session.

The certificate must be current as of six months since the written portion was completed. For dates and to register, call 402-323-3627.

EMT Refresher

This EMT Refresher 20-hour course meets the National Registry and state requirements for renewal.

For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.

**Keyword:** EMT

| Jan. 21 & 23 | F | 5-10 p.m. | $249 |
| Jan. 29-Feb. 12 | S, U | 8 a.m.-4 p.m. | $249 |
| March 11 & 13 | S, U | 8 a.m.-5 p.m. | $249 |

EMT Medical/Trauma Assessment Scenarios

Students will participate in hands-on assessment scenarios followed by a debriefing of the pathophysiology of the patient’s condition.

For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.

**Keyword:** EMT

| March 12 | S | 8-11 a.m. | $35 |
| March 12 | S | 11 a.m.-12:30 p.m. | $25 |

CPR AED & Heartsaver® First Aid

Learn the skills needed to respond to emergency situations regarding illness, injury and CPR for adults, children and infants.

This class meets requirements for day cares.

**Keyword:** Aid

| Dec. 11 | S | 9 a.m.-3:30 p.m. | $89 |

Paramedic Refresher

Are you in need of continuing education for renewal? This course will give you all that you need. It meets the NCCER Course Requirements for NREMT Paramedic Renewal.

This class is scheduled based on community needs. For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.

Courses are subject to change.

**Keyword:** EMT

| March 12 | S | 1-5 p.m. | $65 |

EMT Instructor Course

This 48-hour EMT Instructor Course focuses on the methodologies of preparation, presentation and evaluation in the classroom. Upon completion of this course the student will develop a topic for presentation using appropriate methods and tools.

To become a Nebraska licensed EMS instructor, you are required to have a valid EMT license or higher for a minimum of three years. For more information, contact Jennifer Keitges at jkeitges@southeast.edu or 402-437-2706.

**Keyword:** EMT
Health Care Providers

CEUs

Southwest Community College is an approved provider of nursing continuing professional development by Midwest Multistate Division, an accredited with distinction as an approved provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.

For a full list of continuing education courses, visit http://bit.ly/cenursingprofessionals. For questions, email continueded@southeast.edu.

RN/LPN Refresher

Do you want to get back into nursing and need to reactivate your RN or LPN License? This class meets the requirements for a refresher course as outlined by the Nebraska Board of Nursing. This course updates the nurse’s knowledge and clinical skills required for the delivery of professional nursing care in today’s health care system. This course provides interactive learning experiences that enable you to expand knowledge and skills as you prepare for re-entry into nursing practice.

This course consists of 60 contact hours of online learning, and 90 hours of skills/lab and clinical work is required. It will run approximately 16 weeks. To use this course to reactivate your nursing license, you must successfully complete the lecture, lab and clinical portions of the course. It will include the mandatory eight-hour IV training that all LPNs are required to have.


Abuse & Neglect Prevention for Nursing Assistants

Do you need the Abuse & Neglect Prevention course to be placed on the Nebraska Nurse Aide Registry? Register for this course at any time and course to be placed on the Nebraska Nurse Aide Registry? Register for this course at any time and course to be placed on the Nebraska Nurse Aide Registry?

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Breastfeeding Education for Providers: Creating a Network of Support for Families

This course on Breastfeeding Education was designed for CLCs, nurses and other licensed health care providers as well as community members to provide accurate information to successfully and knowledgeably support new mothers and those who support them in our community who have decided to breastfeed.

Intravenous Therapy: Current Standards of Practice 1 & 2

ATTENTION LPNs: If you graduated before May 2016 or have not successfully completed the LPNC course, you must complete an approved eight-hour didactic course on IV therapy by August 2022! RNs are welcome to take these classes.

Intravenous Therapy: Current Standards of Practice 1 (Online Course)

This eight-hour course meets the requirement for all LPNs. Topics covered will be legal aspects of IV therapy, peripheral IVs and central lines. You can work at your own pace in the comfort of your own home with several weeks to finish this class.

Intravenous Therapy: Current Standards of Practice 2 Skills (Hybrid Course)

Prerequisite: You must take SCC’s Intravenous Therapy: Current Standards of Practice 1 course before or at the same time as this course or provide proof of completion of a similar course. This eight-hour course includes both online and face-to-face components. Successful completion of this course will meet the eight contact hours of IV therapy skills requirement for LPNs who wish to practice IV therapy.

NOTE: For successful completion, you must complete the online component and attend a four-hour lab session. Certificates will be mailed after the last day of class.

Trauma Nursing Core Course

Do you work in an emergency care setting? Is your main role dealing with the care of trauma patients? This is the course for you! The Trauma Nursing Core Course is developed by the Emergency Nurses Association and is designed for registered nurses who have at least six months of clinical nursing experience in an emergency care setting. This course consists of a combination of lecture and skills stations to increase knowledge, refine skills and build a firm foundation in trauma nursing.

Successful completion of the course requires 80% or greater on the multiple-choice exam and 70% or greater on the skill station evaluation. RN candidates with successful completion will receive the ENA TNCC four-year provider verification card. All attendees will be awarded an 18.3 contact hour certificate for course completion. The Emergency Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Registration deadline is Feb. 1 or when enrollment limit is met. No refunds after Feb. 1. The textbook will be mailed out the week of Feb. 1.

Nursing Assistant

For more information, visit www.southeast.edu/nursingassistant.

Medication Aide Training

For more information, visit www.southeast.edu/medicationaide.
AUTOMOTIVE

Troubleshooting Automotive Electrical System
Covers basic principles and applications of electronic circuits, electromagnetism, and the safe use of a Digital Multi-meter when measuring Volts, Amperes and Ohms. Includes circuit theory to understand Ohm’s Law for Series, Parallel, and Series Parallel circuits; the design, safe operation and testing of lead acid storage batteries; troubleshooting electrical problems; read wiring schematics.
(0.6 CEUs) Training consists of three hours lecture and three hours lab. Safety glasses must be worn at all times by students while in the shop, and loose clothing and jewelry are not allowed to be worn in the shop.

Keyword: Troubleshooting
Feb. 22-March 1 T 6-9 p.m. $89
Plattsmouth, PLLC, 102 Spicciati AUTT-7300-PLSA

PROFESSIONAL TRUCK DRIVER TRAINING CERTIFICATE

If you enjoy being on the road, why not get paid for it?

Our intensive Professional Truck Driver Training program prepares you to operate a tractor-trailer semi on city streets, rural roads and two-lane and interstate highways. You will obtain a Class A Commercial Driver’s License at the completion of the program.

www.southeast.edu/ceshorttermcredit

Automotive Restoration & Collision Repair
This is a 15-hour open lab/shop course designed to teach the basics of dent repair, metal fabrication and the use of plastic fillers.
First-time students are required to complete safety/shop orientation at the first session. Goggles, earplugs and dust masks are required.

Keyword: Automotive
Jan. 12-Feb. 9 W 6:30-9:30 p.m. $109
Milford, ETC, 127 Mabon AUTT-3145-MLSA

Auto Care for a Beginner—or Not
Learn about the systems in your automobile. This is a hands-on look under the hood, including jump starting the battery, checking fluids, and changing wipers and air filter. Also covers roadside emergency and troubleshooting vibrations, light bulb changes and changing fuses. You may get your hands dirty.

Keyword: Auto
Jan. 18-25 T 6-8 p.m. $49
Plattsmouth, PLLC, 102 Spicciati AREA-0205-PLSA

Electrical Maintenance & Coding

Electrical Code
A study of the national electrical code and preparation of apprentice exam that leads to licensing.
(3.0 CEUs) Required book available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. This course has been approved for 30 code hours by the Nebraska State Electrical Board. Gap Assistance (financial) is available for those who qualify. For more information, visit www.southeast.edu/gap.

Keyword: Electrical
Jan. 11-March 15 T 6:30-9:30 p.m. $195
Lincoln, LNK, V-13 Lamp ELEC-6055-LNSA
April 5-June 7 T 6:30-9:30 p.m. $195
Lincoln, LNK, V-13 Lamp ELEC-6055-LNSB
Electrical Fundamentals
This three-day seminar covers electrical fundamentals from a troubleshooting perspective. Learn what to expect in operational series, parallel and combination circuits through measuring voltage, resistance and current flow with digital multimeters. Topics include electrical terminology, Ohm’s Law, schematic reading, components, wiring, and safe work practices.

(2.4 CEUs) To help develop and retain skills, 50% of the time is hands-on using custom training consoles. Gap Assistance (financial) is available for those who qualify. For more information, visit www.southeast.edu/gap. SCC staff tuition waiver does not apply.

**Key: Electrical**

Jan 11-13 T, W, Th 8 a.m.-5 p.m. $629
Lincoln, CEC, 415 Blaser ELEC-6075-CESA

Motor Control & Relay Logic
Prerequisite: Electrical Fundamentals (ELEC-6075) or equivalent
Three-phase motors, motor starters, wiring, relays, timers, schematics, wiring diagrams, industrial symbology, relay logic, and timer circuits will be covered using discussion and hands-on training equipment.

(2.4 CEUs) Digital multimeters are provided. However, learn more by bringing the digital multimeter you normally use. Gap Assistance (financial) is available for those who qualify. For more information, visit www.southeast.edu/gap. SCC staff tuition waiver does not apply.

**Key: Electrical**

Feb 1-3 T, W, Th 8 a.m.-5 p.m. $629
Lincoln, CEC, 415 Blaser ELEC-6076-CESA
March 1-3 T, W, Th 8 a.m.-5 p.m. $629
NE City, NCLC, 104 Aden ELEC-6076-NCSA

National Electrical Code Seminar
This 12-hour seminar for licensed electricians meets the Nebraska State Electrical Act’s 12 contact hours of continuing education requirement. Code topics include wiring, protection, equipment, special occupancies, code changes, and more.

(1.2 CEUs)

**Key: Electrical**

Feb 12-26 S 7:30-11:30 a.m. $200
Lincoln, CEC, Aud Paulson ELEC-6441-CESA
June 4-18 S 7:30-11:30 a.m. $200
Lincoln, CEC, Aud Paulson ELEC-6441-CESAU

Electrical Troubleshooting
Prerequisite: Electrical Fundamentals (ELEC-6075) and Motor Controls & Relay Logic (ELEC-6076) or equivalent
Use training equipment with industry-standard devices to improve electrical troubleshooting skills. Includes proven tips and techniques for experts and beginners.

(2.4 CEUs) Gap Assistance (financial) is available for those who qualify. For more information, visit www.southeast.edu/gap.

**Key: Electrical**

Feb 22-24 T, W, Th 8 a.m.-5 p.m. $629
Lincoln, CEC, 415 Blaser ELEC-6548-CESA

Variable Frequency Drives
This course gives maintenance technicians, specifiers and supervisors insights to basic theory, installation considerations, control wiring, and programming of parameters to utilize VFDs in industrial and commercial applications. This is an excellent opportunity for individuals to apply theory to hands-on lab projects that reflect problems that may be encountered in one’s daily work.

(1.6 CEUs) The class is approximately 50% hands-on utilizing actual industry devices. Gap Assistance (financial) is available for those who qualify. For more information, visit www.southeast.edu/gap. SCC staff tuition waiver does not apply.

**Key: Logic**

May 24-26 T, W, Th 8 a.m.-5 p.m. $729
Lincoln, CEC, 415 Aden ELEC-6080-CESA

Basic RS LOGIX 500, Allen-Bradley PLCs
Prerequisite: Basic RS LOGIX 500, Allen Bradley PLCs (ELEC-6078) or equivalent
Participants will receive an introduction to the “Logix” family of Allen-Bradley Controllers. Topics include an overview of Logix family hardware, an introduction to the RS5000 software, basic ladder logic programming, time, counter, math, compare, tags, organizing projects, uploading/downloading, online editing, and more.

(2.4 CEUs) Hands-on training provided with Allen-Bradley PLCs and custom designed training stations. Gap Assistance is available for those who qualify. For more information, visit www.southeast.edu/gap. SCC staff tuition waiver does not apply.

**Key: LOGIX**

April 5-7 T, W, Th 8 a.m.-5 p.m. $659
Lincoln, CEC, 415 Aden ELEC-6078-CESA

Basic Programmable Logic Controllers (PLCs) for Electricians
Training consists of three-hour lecture and three-hour lab covering Basic PLCs applicable to the electrical trade. This is an excellent opportunity for individuals to apply theory to hands-on lab projects that reflect problems that may be encountered in one’s daily work.

(0.6 CEUs) This training can be used to fulfill a portion of the bi-annual, non-code recertification as prescribed by the Nebraska State Electrical Division.

**Key: Motor**

Feb 4 F 8 a.m.-3 p.m. $225
Lincoln, CEC, 406 Aden ELEC-7219-CESA
Registration Deadline: Jan. 30

Job Enhancement Scholarship Available
(For selected courses)

Attention: Nebraska City Residents
Are you looking for a scholarship for training that could:
• Make a difference in your career/job?
• Help you reach your professional goals?
• Potentially advance your position or pay?
• Have a positive impact on your employer?

For more information, visit http://www.southeast.edu/nebraskacitylc or contact Cindy at 402-323-3636 or cmeyer@southeast.edu.

Funds are being provided by the Nebraska City Community Foundation Fund

**Key: Variable**

Feb 8-9 T, W 8 a.m.-5 p.m. $459
NE City, NCLC, 104 Aden ELEC-6077-NCSA
March 23-24 T, W, Th 8 a.m.-5 p.m. $459
Lincoln, CEC, 415 Aden ELEC-6077-CESA

Variable Frequency Drives
This course gives maintenance technicians, specifiers and supervisors insights to basic theory, installation considerations, control wiring, and programming of parameters to utilize VFDs in industrial and commercial applications. This is an excellent opportunity for individuals to apply theory to hands-on lab projects that reflect problems that may be encountered in one’s daily work.

(1.6 CEUs) The class is approximately 50% hands-on utilizing actual industry devices. Gap Assistance (financial) is available for those who qualify. For more information, visit www.southeast.edu/gap. SCC staff tuition waiver does not apply.

**Key: Variable**

February 8-9 T, W 8 a.m.-5 p.m. $459
NE City, NCLC, 104 Aden ELEC-6077-NCSA
March 23-24 T, W, Th 8 a.m.-5 p.m. $459
Lincoln, CEC, 415 Aden ELEC-6077-CESA
Variable Frequency Drives (VFD) for Electricians
Prerequisite: Basic understanding of three-phase motors
Training consists of six hours (three hours lecture/three hours lab) that covers Variable Speed Motor Controls applicable to the electrical trade. This is an excellent opportunity for individuals to apply theory to hands-on lab projects that reflect problems that may be encountered in one’s daily work.
(0.6 CEUs) This training can be used to fulfill a portion of the bi-annual, non-code recertification as prescribed by the Nebraska State Electrical Division. Lunch is on your own.

Forklift Operator
This course, designed for all operators, includes safety inspections; design restriction; lifting, moving, and placing loads; driving speeds; directions; and ramps. Students will perform a pre-start safety inspection and operate a forklift.
Students are required to purchase and bring textbook to class. It can be purchased at the SCC Campus Store in Lincoln (8800 O St., 402-437-2560) or Milford (600 State St.) or online at www.sccbookstore.com. Please allow 7-10 days if requesting delivery. NSC Certificate of completion will be given following the examination and completion of the course.

Certified Fiber Optics Boot Camp (CFOT, CFOS/S, CFOS/T)
This five-day boot camp includes three certified fiber optic courses (Certified Fiber Optics Technician, Certified Fiber Optics Specialist/Splicing, and Certified Fiber Optics Specialist/Testing & Maintenance). For full descriptions, visit www.southeast.edu/cefiberoptics.
Cost includes study materials, exam fees and textbooks for all three courses. Gap Assistance (financial program is available to those who qualify. For more information, visit www.southeast.edu/gap.

Industrial Measurement, Sensors & Controls
This course is designed to increase skill levels for engineers, technicians, sales representatives, and anyone involved with manufacturing, process controls, energy generation or automation. Training includes lecture and hands-on usage of actual devices such as photo-electric, inductive, capacitive, and temperature sensors. Interface to PLCs and control techniques will be covered using simulation trainer consoles. Such sensors are keys to green building automation.
(2.4 CEUs) Gap Assistance (financial) is available for those who qualify. For more information, visit www.southeast.edu/gap. SCC staff tuition waiver doesn’t apply.
Manufacturing

Basic Precision Machining
This course uses a practical approach to basic machining, including proper speed, feed rates and machine setups of lathes, mills and grinders.

(2.4 CEUs) Participants must bring their own safety glasses, calculator and materials for taking notes. No shorts or open-toed shoes allowed. No outside projects are used in class. In the course, each student will make the designated class project. To ensure student success and ability to observe safety protocol, ESL Level 8 or higher is recommended. If English is not your first language, please visit with the PMA program director. Improper operations of industrial duty equipment may result in personal injury, harm to others, or damage machine components. Gap Assistance (financial) is available to those who qualify. For more information, visit www.southeast.edu/gap.

Advanced Precision Machining
Prerequisite: Students desiring to enroll must be currently enrolled in, or have graduated from the SCC Precision Machining and Automation program. All others must get permission from the PMA program director (ktaylor@southeast.edu) before enrolling. This is a machine shop class designed to enhance individual skills. Students work on their own projects brought from home. Projects also can be supplied by the College to further help student development. There are no project completion requirements. Instructor assistance is available.

All projects must be approved by the Precision Machining and Automation Technology program director. Operation of CNC equipment by persons who are not currently enrolled in the PMA program is not permitted without a review of the individual’s ability, which will be conducted by the PMA program director or designated instructor. Students must bring their own safety glasses. No shorts or open-toed shoes allowed. To ensure student success and ability to observe safety protocol, ESL Level 8 or higher is recommended. If English is not your first language, please visit with the PMA program director. Improper operations of industrial duty equipment may result in personal injury, harm to others, or damage machine components. Gap Assistance (financial) is available to those who qualify. For more information, visit www.southeast.edu/gap.

Welding

Gas Metal Arc Welding
This is basic instruction in Gas Metal Arc Welding (MIG) for manufacturing.

(6.0 CEUs) Personal safety gear is required and can be purchased at your local farm store: welding gloves, safety glasses, helmet, pliers, burn jacket, boots, and Vise Grip®. For full description, visit www.southeast.edu/FallsCityLC under Business, Workforce Development & Health Care.

Gap Assistance (financial) is available to those who qualify. For more information, visit www.southeast.edu/gap. SCC staff tuition waiver does not apply. Half-hour lunch on your own.

Basic Welding
This is an opportunity to learn basic welding skills and for experienced welders to enhance their skills. Classes include safe operation of stick, Mig, Tig and Oxyacetylene welders and related shop equipment through hands-on practical welding experiences.

(2.4 CEUs) Students will need to provide their own safety glasses, leather gloves, arc welding helmet, and pliers. They must pass the shop safety test and wear leather boots, cotton pants/jeans (no shorts) and long-sleeve cotton shirt to remain in this class. Supplies can be purchased from the SCC Welding Technology program. Gap Assistance (financial) is available to those who qualify. For more information, visit www.southeast.edu/gap.

Gas Metal Arc Welding I (Steel)
This is an introduction to Gas Metal Arc Welding theory, safety, applications, manipulative skills, welding principles, and procedures. Filler wires, shielding gases, welding power sources, welding of carbon steel, and welding processes on different joint configurations are included.

(1.5 semester credits) Students must supply their own safety glasses, leather gloves, arc welding helmet, and pliers. For a credit registration form, contact 402-437-2700 or continuinged@southeast.edu.

NE Residents $171/Non-residents $202.50

Jan. 10-April 4 M 5:30-9:10 p.m. See Above
Deshler, DESH, Shop Hatzenbuehler
No class March 14 WELD-1000-OCSA

Gas Metal Arc Welding II (Aluminum)
Prerequisite: Successful completion of WELD-1000 or appropriate AWS Certification

This class is intermediate to advanced instruction in Gas Metal Arc Welding theory, safety, applications, manipulative skills, welding principles, and procedures. Filler wires, shielding gases, welding power sources, welding of aluminum and welding processes on different joint configurations are included.

(1.5 semester credits) Students must supply their own safety glasses, leather gloves, arc welding helmet and pliers. For a credit registration form, contact 402-437-2700 or continuinged@southeast.edu.

NE Residents $171/Non-residents $202.50

Jan. 12-April 6 W 5:30-9:10 p.m. See Above
Deshler, DESH, Shop Hatzenbuehler
No class March 16 WELD-1010-OCSA

Want to take a class that is listed as “LIVE Online, Zoom” but don’t have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available. Learning Center contact information is on page 38.
**Computer Training: 3 Hours**

Receive three hours of personalized instruction on the computer topic that meets your need! Training is scheduled at an SCC facility at a time convenient for you and the instructor. Instructors are available for, but not limited to, the following topics: Windows, MS Office, Word, Excel, Access, Outlook, QuickBooks, social media, basic computer assistance, etc.

**One-on-One Computer Training: 3 Hours**

Receive three hours of personalized instruction on the computer topic that meets your need! Training is scheduled at an SCC facility at a time convenient for you and the instructor. Instructors are available for, but not limited to, the following topics: Windows, MS Office, Word, Excel, Access, Outlook, QuickBooks, social media, basic computer assistance, etc.

**Want to learn more about computers? This engaging, hands-on class is for the person who has little to no knowledge about computers but wants to learn! Find out about using Windows, creating and saving documents, getting started with email, and much more.**

You must have Windows 10 on your device to attend the section via Zoom.

**Introductory Classes**

**Basic Computer**
Begin learning computer terminology necessary in the 21st Century. You will learn how to use the internet, email and word processing and spreadsheet applications. No experience needed!

Students need to have computer access to practice outside of class.

**Keyword: Computer**

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**Intermediate Computer**
Prerequisite: Basic Computer (OFFT-3502)
Maximize your computer knowledge! Take an in depth look at managing files and folders and grow your computer skills. This class builds on skills learned in Basic Computer (OFFT-3502).

**Keyword: Computer**

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**Windows 10**
This course introduces you to Windows 10, Microsoft’s newest operating system. Explore the new Start Menu, Tiles and Apps. Discover how to share and organize files and folders.

**Keyword: Windows**

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**Macintosh Classes**

**Macintosh Basics**
Prerequisite: Mac for the Beginner (GDMA-3612) or equivalent experience (some mouse, typing and navigational skills are needed for this course.)

Already know the basics of Mac OS but need help on the basics? Learn how to manage files and folders, customize your preferences, connect accessories, troubleshooting, and more. We will customize the topics to your needs.

**Keyword: Mac**

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<td>Lincoln, CEC, 404</td>
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**Smart Devices**

**One-on-One Smart Device Training**
Learn to set up and troubleshoot your iPhone, iPad and Android devices. Registration provides one hour of personalized instruction on the smart device that meets your specific need. Training is scheduled at an SCC facility at a time convenient for you and the instructor.

**Keyword: Device**

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**iPhone or Android?**
The rivalry continues, but which one is ideal for you? Shopping for phones has changed, and it’s hard to know which one is the best fit. We will cover the pros and cons of each platform so you can feel confident in your next phone purchase.

**Keyword: iPhone**

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**Smartphone Basics: iPhone**
You have a cool new iPhone, but how do you use it? We will teach you about icons, apps and other cool features on your smartphone!

This class will be specific to iPhone users.

**Keyword: Smartphone**

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**Classes for Seniors**

**Introduction to Personal Computers for the Senior Citizen I**
This course is open to anyone looking to learn how to use a computer at a comfortable pace. This is a hands-on course with instructor guidance. No prior computer skills needed.

**Keyword: Computer**

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**Payment is due at time of registration for all non-credit classes.**
Computers & Technology

Let's Do Lunch: Exploring Apps

Put the Tech in Traveling

Cell Phone Photography

Phone Basics: Android

You have a cool new Android, but how do you use it? We will teach you about icons, apps and other cool features on your smartphone! This class is specific to Android users.

Bring your phone fully charged so you can practice using the phone you own. If you don’t own a smartphone yet, come anyway!

Keyword: Smartphone

Feb. 8  T  5:30-8 p.m.  Steinhauer  $29
Falls City, FCLC, 102  AREA-1394-TCSA
Hebron, HNLC, 101  AREA-1394-HNSA
LIVE Online, Zoom  AREA-1394-TCSA
Class is live-streamed from Falls City.

NEW! How to Keep Your Family Phones Safe

Pop quiz: What is Zoomerang? If you’re scratching your head, it’s time to read up on the trendy new social media apps children and young people are using. Facebook friending is just the tip of the iceberg when it comes to online safety. In this class you will see sites and new apps tweens and teens are using these days. You’ll get useful tips for protecting your family from many online safety hazards.

Keyword: Phones

Jan. 25  T  6:30-8:30 p.m.  Uffelman  $29
LIVE Online, Zoom  AREA-1406-TCSYA

Smartphone Photo Editing & Organization

Learn how to shoot, edit, organize, and share great smartphone photos.

Keyword: Phone

Jan. 13  T  6-8 p.m.  $29
LIVE Online, Zoom  AREA-1059-TCSA

iPhone App Store Tutorial, Messaging & More

Expand your understanding of what your iPhone can do for you! Discover all the new messaging features, texting, and video capabilities. We’ll dig deeper into the App Store to take advantage of all that your iPhone offers.

Plan on watching this Zoom class on your computer or laptop so that you can have your phone in hand to work with during class.

Keyword: iPhone

Jan. 24  M  6-8 p.m.  $29
LIVE Online, Zoom  AREA-0666-TCSA

Cell Phone Photography

See page 33 for more information.

Put the Tech in Traveling

See page 24 for more information.

Let’s Do Lunch: Exploring Apps (Health & Wellness)

See page 32 for more information.

Payment is due at time of registration for all non-credit classes.

INTERNET

Just Google It!

You can use the internet to find many things: What kind of bird is in my backyard? How do I change the font size on my phone? We live in the Information age, but it requires some skill to access the specific information you need. You will practice different methods in finding the answers to your questions on the internet.

Keyword: Google

March 19  S  9:30 a.m.-Noon  $35
NE City, NCLC, 103  McKinney  AREA-0896-NCSA

Using Cloud Storage

What is “the cloud” and why do you need it? The cloud storage allows you to access a remote hard drive as if it were your own. If your personal hard drive should ever fail, you can access your files using “the cloud.” Find out about the various providers, pros, cons, and more.

Keyword: Cloud

Jan. 6  Th  6-8 p.m.  $29
LIVE Online, Zoom  T. Jensen  LLLLX-0670-TCSWA
Feb. 17  Th  6-8 p.m.  $29
LIVE Online, Zoom  Toma  AREA-0901-TCSWA

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

Jan. 6  Th  6-8 p.m.  $29
LIVE Online, Zoom  T. Jensen  LLLLX-0531-TCSWA

NEW! Don’t Get Hacked: Keeping Yourself Cyber Safe

See page 24 for more information.

Let’s Do Lunch: Basic Zoom

See page 32 for more information.

Digitizing Memories

See page 33 for more information.

Social Media

Video Chatting: How to Use FaceTime or Facebook

Prerequisites: One of these apps (FaceTime or Facebook Messenger) already installed on your phone or tablet

Do you live hours from your grandchildren? Do you want to be able to see the friend or family member you’re talking to on the phone? Video chatting apps give us the ability to feel close to those who are far away. With just a little help, you’ll be video chatting tomorrow!

Keyword: Video

Feb. 8  T  5:30-8 p.m.  Fangmeier  $24
Hebron, HNLC, 102  AREA-1392-HNSA
Plattssmouth, PLLC, 102  AREA-1392-PLSA
Class is live-streamed from Hebron.

Introduction to Podcasting / Let’s Do Lunch: Basic Zoom

See page 32 for more information.

Grow Your Business with Social Media Marketing / Online Marketing Strategies

See page 13 for more information.

Does your organization need computer training?

Let SCC Workforce Solutions help you develop a training program that fits your needs. Classes may be offered at your workplace or at any of our SCC locations (Lincoln, Beatrice, Milford, and all six of our Learning Centers). We offer flexible solutions for today’s workforce.

Classes we offer:

- Microsoft Office (Excel, Word, PowerPoint, OneNote, Outlook, Access)
- QuickBooks
- Adobe Creative Cloud Suite (Acrobat DC Pro, Illustrator, InDesign)
- Plus more

For more information, contact Lora Ives, Workforce Solutions, at 402-828-2714; or live@southeast.edu.
**Programming & Networking**

**Back End Developer Bootcamp**

This 18-week program will give you the skills to enter the industry as a Back End Software Developer.

Take our assessment and learn more information at www.southeast.edu/coding-boot-camp. The assessment is free and optional for anyone interested in this program.

**Gap Assistance (financial) is available to those who qualify.** For more information, visit www.southeast.edu/gap.

**Key: Bootcamp**

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<tr>
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<td>March 17-July 14</td>
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**Data Engineer Bootcamp**

This 26-week program will give you the skills in the high demand area of data engineering.

Take our assessment and learn more information at www.southeast.edu/coding-boot-camp. The assessment is free and optional for anyone interested in this program.

**Gap Assistance (financial) is available to those who qualify.** For more information, visit www.southeast.edu/gap.

**Key: Bootcamp**

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**Intro to Programming & Technical Literacy**

This course is an introduction to code. How it works, how it runs, and how it is used with the technology we use every day. Tackle the initial learning curve of coding with an intro to the basics of modern programming languages and how they work and the basics of how computer hardware works and executes your code. Explored primarily using the common web suite (JavaScript with HTML and CSS), but extending to other environments with macros (Office VBA), shell scripts (Windows command line), database queries (SQL), interconnectedness using APIs, and more.

**Key: Programming**

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<td>$175</td>
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**Software Applications**

**Adobe**

**Adobe Creative Cloud Training Opportunities!**

Want to bring the latest updates to Photoshop, InDesign or Illustrator to your workplace? Contact us to learn more about customized training opportunities either at your location or at the Jack J. Huck Continuing Education Center in Lincoln.

Contact Workforce Solutions at continuinged@southeast.edu or 402-437-2700.

**Key: Adobe**

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**Introduction to InDesign**

Prerequisite: Windows Operating System experience and knowledge of Adobe CC software.

Learn the fundamentals of InDesign. In this hands-on class you will learn core features and start to create your own projects. This class is for the beginner or anyone looking to brush up on their skills.

While taught in a Windows environment, skills are easily transferrable to Mac.

**Key: InDesign**

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**Intermediate InDesign CC**

Prerequisite: Windows Operating System experience and knowledge of Adobe CC software.

Take your skills with InDesign to the next level. You will learn how to create interactive documents and explore advanced tools and features.

While taught in a Windows environment, skills are easily transferrable to Mac.

**Key: InDesign**

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**Introduction to Illustrator CC**

Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience and knowledge of Adobe CC software.

Learn to master the fundamentals of Adobe Illustrator. There will be plenty of hands on learning on creating vector graphics and using the software tools. This class is for the beginner or anyone looking to brush up on their skills.

While taught in a Windows environment, skills are easily transferrable to Mac.

**Key: Illustrator**

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**Introduction to Adobe Lightroom**

Prerequisite: Introduction to Photoshop CC (GDMA-3620)

Adobe Lightroom will help you take your photography to the next level. Experience with Photoshop is recommended.

**Key: Adobe**

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<th>Time</th>
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<td>$19</td>
<td>Lincoln, CEC, 402</td>
<td>INFO-7703-CESA</td>
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**Introduction to Photoshop CC**

Prerequisite: Experience navigating in Mac or PC environment.

Start your photographic design journey today in this hands-on workshop. Adobe Photoshop is the top choice for professionals to create powerful images. This class is great for the beginner or anyone looking to brush up on their skills.

While taught in a Windows environment, skills are easily transferrable to Mac.

**Key: Photoshop**

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<td>$19</td>
<td>Lincoln, CEC, 402</td>
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</table>
Adobe Creative Cloud: Premiere Pro  
Prerequisite: Experience navigating in Mac or PC environment  
This class introduces the fundamentals of Adobe’s Creative Cloud. It will focus on key skills to take a project from the beginning to end, including the basics of creating media, using audio, creating transitions, producing titles, and adding effects.  

Word 2016: Basic  
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience  
Book provided for in-class use only. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.  

Photography Classes  
See pages 32-33 for more information.  

Microsoft Office  
SCC offers a series of concentrated computer software training classes. Full course descriptions can be found at www.southeast.edu/cemsoffice.  

Excel 2016: Basic  
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience  
Book provided for in-class use only. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.  

Excel 2019: Basic  
Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience  
Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. Lunch is on your own.  

Excel 2019: Intermediate  
Prerequisite: Excel Basic or equivalent experience  
Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. Lunch is on your own.  

Using Microsoft OneNote to Create Your Own Gardening Journal  
See page 29 for more information.  

Payment is due at time of registration for all non-credit classes.  

QuickBooks  

NEW! QuickBooks 2021: Advanced  
Prerequisite: QuickBooks 2018, 2019, 2020 Basic or equivalent experience  
Expand your understanding of QuickBooks Pro by learning how to manage inventory, setup and manage sales taxes, prepare estimates, perform job costing, work with balance sheet accounts, set up budgets, process payroll and related reporting, and advanced customization options.  

A portion of this course allows for discussion and/or tailoring of software for your organization’s needs. If personalized assistance is desired during the course, please bring your own documents and/or laptop. Lunch is on your own.  

Working with QuickBooks Online  
Prerequisite: Microsoft Windows experience  
Learn about the features of QuickBooks online and how these can be used to manage the accounting for your small business or organization. You will learn how to navigate the application, set up a company file, setup and invoice customers, manage vendors and pay bills, work with banking and credit card transactions, and utilize reports from the system.  

This course does not configure or customize the software for your business.  

WEB DEVELOPMENT & DESIGN  
Back End Developer Bootcamp / Front End Software Developer Bootcamp  
See page 11 for more information.  

Connect with Us!  
SCCNebCE  
scabeatricece  
SCCLearningCenteratFallsCity  
SCCLearningCenteratHebron  
SCCLearningCenteratNebraskaCity  
SCCLearningCenteratPlattsmouth  
SCCLearningCenteratWahoo  
SCCLearningCenteratYork  
SCC.Eship  

REGISTRATION INFORMATION  
Page 39  
LOCATION KEY  
Page 37
Building Your Applicant Pool
Business is booming, and you need more employees. You see two or three applications come through but you have six or seven positions to fill. Leave class with a toolbox of methods, techniques and tips to increase your applicant pool for ongoing hiring.

**Keyword: Applicant**

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Let’s Do Lunch: Basic Zoom
See page 32 for more information.

Accounting for Business Owners
This course is taught by a CPA and is intended for business owners, managers and others looking to gain a basic understanding of accounting used in small businesses or organizations. We will explore various types of business entities, basic business registration and compliance requirements, general bookkeeping and accounting concepts, components of financial statements, budgeting and basic income tax accounting.

**Keyword: Accounting**

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QuickBooks Training
See page 12 for more information.

Space is limited. Register today!

Focus Coaches
Focus Coaches is customizable coaching experience designed to help entrepreneurs identify their strengths and vulnerabilities. Participants are introduced to tools for informed decision making. The first session is free so we can learn about your unique business situation, determine if Focus Coaching is a fit, or if there is another resource we can recommend.
**BUSINESS LEADERSHIP**

**The Path to Resilience**

Harness your inner strength and come back stronger in the face of adversity. Resilience gives you the ability to rebound from a setback or challenge, such as a pandemic, job loss, illness, natural disaster or death of a loved one. This class will help you develop a personal strategy to enhance your resilience, giving you the ability to see past difficult events, find enjoyment in life and how to better handle stress.

A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class.

**Keyword:** Resilience  
Jan. 26  W  8:30 a.m.-4:30 p.m.  SKILZ $229  
Lincoln, CEC, 302  BSAD-7163-CESA  
LIVE Online, Zoom  BSAD-7163-TCSCA  
Registration Deadline: Jan. 19

**Critical Thinking in Today’s Workplace**

The power to comprehend, analyze and evaluate affects the quality of your life and is integral to all that you do. This course will examine the role and challenges of critical thinking at work, spotlight wicked obstacles to your thinking and fallacies that can derail you. Learn how to develop your critical-thinking skills so you can spot flaws in arguments that others accept; find solutions where others only see problems; clearly articulate your position; make quicker informed decisions; and take a confident stand for yourself.

A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class.

**Keyword:** Thinking  
Feb. 7-27  Online, Canvas  Deems  $229  
Registration Deadline: Feb. 1  BSAD-3019-WBSCA

**Your Role as a Supervisor**

Do you have what it takes to be an effective supervisor and lead your team to success? Build your skills and confidence by learning specific tools and techniques to empower others to act, develop operational excellence, build trust and foster team commitment.

A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class. One hour for lunch on your own.

**Keyword:** Supervisor  
Feb. 10  Th  8:30 a.m.-4:30 p.m.  Dechant $229  
LIVE Online, Zoom  BSAD-7158-TCSCA  
Registration Deadline: Feb. 3

**Emotional Intelligence: The Foundation of Lifelong Success**

Emotional intelligence is the ability to be aware of and manage emotions and relationships. It’s a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life. This one-day course is designed to help you master the basic concepts and techniques of this critical skill.

A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class. One hour for lunch on your own.

**Keyword:** Emotional  
March 10  Th  8:30 a.m.-4:30 p.m.  Sundermann $229  
LIVE Online, Zoom  BSAD-7157-CESA  
BSAD-7157-TCSA  
Registration Deadline: March 3

**Manage & Resolve Conflict**

Walk away knowing how to positively resolve conflict through a collaborative process that allows you to balance concern for outcomes with concern for relationships. By understanding and recognizing different types of conflict and how people respond, you can increase performance and morale within your organization.

A certificate of professional development and 0.7 CEUs will be awarded for successfully completing this class. One hour for lunch on your own.

**Keyword:** Manage  
March 9  W  8:30 a.m.-4:30 p.m.  SKILZ $229  
Falls City, FCLC, 102  BSAD-3004-FCSA  
LIVE Online, Zoom  BSAD-3004-TCSCA  
NE City, NCIL, 104  BSAD-3004-NCSA  
Class is live-streamed from Nebraska City.

**Innovative Leadership**

The quality of leadership can determine the culture, success and overall fate of an organization. Effective leadership is one of the most valuable training topics for those in a management role. This course is an interactive workshop that will focus on the following topics:

- The role of trust and transparency in creating high-performing teams that manage organizational changes effectively.
- Four primary communication styles and how to master communicating with each style.
- Coaching using a proven framework for providing feedback that motivates people to change.
- Investing in your team’s professional development and what employees want out of their development program.

A certificate of professional development and 0.4 CEUs will be awarded for successfully completing this class.

**Keyword:** Innovative  
March 25  F  8:30 a.m.-12:30 p.m.  $149  
Lincoln, CEC, 302  Hansen/Slagle  
Registration Deadline: March 18  BSAD-3039-CESA

**PROFESSIONAL DEVELOPMENT**

**Strengths at Work: LinkedIn Lunch Workshops**

It’s no secret that LinkedIn is the top professional social networking site with 174 million users in the U.S. Expand your career opportunities by establishing your professional online presence using LinkedIn. This virtual workshop series will show you how to create a marketable profile to increase your professional network and get you noticed!

**Keyword:** LinkedIn  
Jan. 13-27  Th  Noon-1 p.m.  $69  
LIVE Online, Zoom  Madsen  
Registration Deadline: Jan. 6  BSAD-7234-TCSCA

**Building Your Applicant Pool**

See page 13 for more information.

**Keyword:** LinkedIn  
Jan. 13-27  Th  Noon-1 p.m.  $69  
LIVE Online, Zoom  Madsen  
Registration Deadline: Jan. 6  BSAD-7234-TCSCA

See page 28 for more information.

**Location Key**

Page 37

**Registration Information**

Page 39

Courses are subject to change.

Payment is due at time of registration for all non-credit classes.
FREE TRAINING

SCC utilizes the **Gap Assistance** to provide financial assistance for tuition and other eligible costs to participants. Depending on your financial eligibility, you may receive full or partial assistance with your direct training costs, including tuition, books, required fees, and equipment.

**Are You Eligible?**

This program provides need-based financial support for tuition and other eligible costs for approved, short-term non-credit training opportunities and select credit courses focused on employment.

To qualify, you must meet the income criteria and be eligible to work in the United States. Criteria includes: financial need, Nebraska resident and high school diploma or GED®. Talk to our Gap Specialist to see if you qualify.

For more information, visit [www.southeast.edu/gap](http://www.southeast.edu/gap) or contact us at 402-323-3394 or hbloomquist@southeast.edu

---

**Visit SCC Virtually!**

The virtual campus tour is an opportunity to see our campuses and learn more about our programs of study as you explore what SCC has to offer! After viewing the virtual tour, we encourage you to schedule an individual campus visit—either in person or virtually—for a personalized experience!

[Check out our campuses at](http://www.southeast.edu/visitscc)

---

**BE ABLE TO ESCAPE**

Get started on the beginning to your real estate career today.

Benefits of a career in real estate:
- Flexible schedule
- Unlimited income potential
- Real Estate industry is always in demand
- Be your own boss

See our upcoming pre-licensing courses along with our other offerings at: [LarabeeSchool.com](http://LarabeeSchool.com)

---

**Careers & Professional Development**

402-437-2700 • 800-828-0072

Leadership & Professional Development

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[Check out our campuses at](http://www.southeast.edu/visitscc)
Backyard Chickens
Discover what you need to know to start your own backyard poultry flock. We’ll discuss caring for your baby chicks and what to do as they grow older and start laying eggs.

**Good Dog Class: Obedience Level 1**
Basic behavior and manners, socialization, bonding games and much more.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Dog**

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**Good Dog Class: Obedience Level 2**
Additional cues for behavior at a distance, longer stays, learning despite distractions, bonding games, and more.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Dog**

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<th>Day</th>
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**Puppy Manners**
Socialization, beginning obedience and general care for 8-20-week-old puppies.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Puppy**

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<td>Registration Deadline: Dec. 30</td>
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**Agility 101**
Prerequisite: Dog must be at least 9 months old. Foundation skills covered will make your future agility training and sequencing much more enjoyable!

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Agility**

<table>
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<td>Registration Deadline: Dec. 30</td>
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**Agility 102**
Prerequisite: Agility 101
Simple handling skills to prepare your dog to negotiate difficult skills with more confidence.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Agility**

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<tr>
<th>Date</th>
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<tr>
<td>Jan. 4-Feb. 8</td>
<td>T</td>
<td>6:30-7:20 p.m.</td>
<td>Lincoln, GRLN</td>
<td>$85.80</td>
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<td>Registration Deadline: Dec. 30</td>
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Courses are subject to change.
Agility 103
Prerequisite: Agility 102 (LLXL-2106)
Basic handling techniques to teach your dog how to negotiate sequences and simple patterns. Various agility styles and their rules will be discussed.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Agility**

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<tr>
<td>Jan. 3-Feb. 7</td>
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<td>Feb. 14-March 21</td>
<td>M 8-8:50 p.m.</td>
<td>Lincoln, GRLN</td>
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</tr>
<tr>
<td>March 29-May 3</td>
<td>T 8-8:50 p.m.</td>
<td>Lincoln, GRLN</td>
<td>$85.80</td>
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**Introduction to Rally Obedience**
Prerequisite: Good Dog Class: Obedience Level 2 (LLXL-0709)
Prepare your dog for a Novice Rally Obedience competition. The class will cover game rules, how to read course maps and signs, navigating your dog through a complete course in a trial like setting. At the end of the session learn how to enter a titling trial.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Rally**

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</table>

**Intro to SCENT Work**
Teach your dog how to find an odor and communicate the location. All breeds benefit from this fun way to increase mental stimulation. Dogs love this class as they are the star!

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Scent**

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<tr>
<td>Feb. 16-March 23</td>
<td>W 6:30-7:20 p.m.</td>
<td>Lincoln, GRLN</td>
<td>$85.80</td>
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<tr>
<td>March 28-May 2</td>
<td>M 6:30-7:20 p.m.</td>
<td>Lincoln, GRLN</td>
<td>$85.80</td>
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**SCENT Work Continuing Skills**
Continuing scent work for your dog.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Scent**

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<td>Lincoln, GRLN</td>
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**Tracking**
Prerequisite: Good Dog Class: Obedience Level 1 (LLXL-2105) or equivalent
Bond with your dog while doing what comes naturally to them. Tracking is something all breeds can do. Let us introduce you and your furry partner to this fun game while learning how to earn AKC tracking dog titles.

First class will meet at Pioneers Park sled ramp area. Bring your dog. **DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Tracking**

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<td>April 2-May 7</td>
<td>S 9-9:50 a.m.</td>
<td>Lincoln, GRLN</td>
<td>$85.80</td>
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</table>

**Canine Good Citizen**
Prerequisite: Good Dog Class: Obedience Level 2 (LLXL-0709)
Prepares you and your dog for the AKC Canine Good Citizen test. Some items covered: remaining calm in a crowd, loose leash walking, accepting a friendly stranger, long sits and stays, recalls, and more.

The test is given at the end of the class session. **DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $80 + Sales Tax $5.80)

**Keyword: Canine**

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**Dog Agility**
Our beginner agility class is a great way to further your bond with your dog. Introduce your dog to jumping, going through tunnels, walking a plank and paying attention to you. This is an indoor class where a good time will be had by all!

All dogs will be on leash. **DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $70 + Sales & Tax $3.85)

**Keyword: Dog**

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<th>Date</th>
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<tbody>
<tr>
<td>Feb. 2-23</td>
<td>W 7:15-8:15 p.m.</td>
<td>Lincoln, KENL</td>
<td>$73.85</td>
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**Basic Obedience & Manners for Your Dog**
You will be teaching your dog to walk nicely on a leash, come when called, sit, lay down, and greet visitors nicely because everyone enjoys a nicely trained dog!

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $70 + Sales & Tax $3.85)

**Keyword: Obedience**

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<tr>
<td>Jan. 3-Feb. 7</td>
<td>M 6-7 p.m.</td>
<td>Lincoln, KENL</td>
<td>$73.85</td>
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**Kennel Inn Classes**

Bring a leash, treats and your dog vaccination records to class.

**Adopted...Now What?**
Some dogs join your family knowing commands, while others are scared, and still others a little over-confident. We will work individually with each dog, and discover the most caring and humane way to help your dog learn and trust you as their new owner.

**DIRECTIONS TO TRAINING SITE:** See page 37 for class location. SCC staff tuition waiver does not apply. (Cost $70 + Sales Tax $3.85)

**Keyword: Adopted**

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<tr>
<td>Jan. 6-27</td>
<td>Th 9-10 a.m.</td>
<td>Lincoln, KENL</td>
<td>$73.85</td>
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<tr>
<td>Feb. 3-24</td>
<td>Th 11 a.m-Noon</td>
<td>Lincoln, KENL</td>
<td>$73.85</td>
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**Arts, Crafts & Hobbies**

**NEW! Cloth-Covered Journal**
Make your own fabric-covered book to use as a journal, recipe book, photos, planners, and more. We will cut, weave and layer fabrics and materials to create a one-of-a-kind cover.

A supply list will be sent prior to class.

**Keyword: Journal**

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<th>Date</th>
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<tr>
<td>Feb. 28</td>
<td>M 6-9 p.m.</td>
<td>Plattsmouth, PLLC, 101</td>
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<tr>
<td>March 3</td>
<td>Th 6-9 p.m.</td>
<td>Wolcott, AREA-9027-PLSA</td>
<td>$35</td>
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</table>
**NEW! Working with Resin**

Epoxy resin can be used for many purposes. The clear epoxy turns from a liquid to a solid and makes magical works of art. We will learn how to safely work with the resin to create beautiful pendants and key chains with embedded botanicals, glitter and gems.

A supply list will be sent prior to class.

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<th>Date</th>
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<tr>
<td>Feb. 26</td>
<td>10 a.m.-Noon</td>
<td>Louisville, SHSH</td>
<td>$35</td>
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<tr>
<td>Feb. 26</td>
<td>2-4 p.m.</td>
<td>Lincoln, CEC, 302</td>
<td>$35</td>
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**NEW! Exploring the World of Gel Printing**

Gel printing is a monoprinting technique using a gel printing plate to create cards, journals and jewelry projects. You will create your own gel print as well as see how to do monoprinting without a gel plate.

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<tr>
<td>March 5</td>
<td>10 a.m.-Noon</td>
<td>Louisville, SHSH</td>
<td>$29</td>
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**Printmaking**

You will discover different methods to create your own designs on fabric and paper. Block and relief methods will be explored.

**5th Annual Jigsaw Puzzle Derby**

Grab your friends, neighbors and family for a fun day of puzzling and friendly competition! The Puzzle Derby is our fifth jigsaw puzzle race. Register as a four-person team, two-person team or individual (must be 16 years or older to participate). The first team in each division to complete their puzzle will get “bragging rights.”

Register by Jan. 15 for the early bird rate of $40!

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<th>Cost</th>
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<tr>
<td>Feb. 5</td>
<td>12:15-5 p.m.</td>
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<td>$58</td>
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<td>Feb. 5</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 302</td>
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<tr>
<td>Feb. 16</td>
<td>6-8 p.m.</td>
<td>Lincoln, CEC, 302</td>
<td>$35</td>
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<tr>
<td>Feb. 26</td>
<td>10 a.m.-Noon</td>
<td>Louisville, SHSH</td>
<td>$35</td>
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**Grab your scrapping supplies and clear your calendar for a day of uninterrupted creative recreation.**

Registration includes 15 hours of cropping at your own table, access to a computer for journaling and a chance to win multiple door prizes. Please write on your registration form who you would like to be seated next to. If you are registering online, email continuinged@southeast.edu you would like to be seated next to. Please note: All meals are on your own. Last day to register is noon Jan. 20. Register by Jan. 15 for the early bird rate of $40!

**Handmade Greeting Cards**

Do you want to create fabulous cards without buying a ton of new materials? Get inspired as we create six new cards with techniques that will spice up your favorite supplies. These are all NEW cards from previous classes.

Suggested supplies include: glue dots, tape runners or double-sided tape, pop dots, scissors, glue pen, and piercing tool.

**Shutterfly**

Are you interested in learning the basic ins and outs of Shutterfly? This is your stop! In this class, we will take a tour of the site, unlock some of the best features and open a whole new world of possibilities for gift options. We also will explore creating a photo book. Join us for a look at this popular and versatile site for photo storage and so much more!

**Gratitude, Gimmicks & Going the Extra Mile**

See page 24 for more information.

**Homeschool Art Class (Ages 6-16)**

See page 34 for more information.
Scrapbook Retreat

Grab your friend and your photos and let’s preserve those memories! Learn traditional layouts or digital scrapbooking. We’ll do it together!

Bring the project you would like to work on. Vendors will be available. The full retreat is held Friday and Saturday from 9 a.m.-11 p.m. and Sunday from 9 a.m.-4 p.m.

Keyword: Scrapbook

Full Retreat
March 25-27 F, S, U See Desc. $65 Plattsburg, PLLC, 103 Warga AREA-3308-PLSA

7-Hour Session Options
March 25 F 9 a.m.-4 p.m. $15 Plattsburg, PLLC, 103 Warga AREA-3308-PLSA
March 25 F 4-11 p.m. $15 Plattsburg, PLLC, 103 Warga AREA-3308-PLSA
March 26 S 9 a.m.-4 p.m. $15 Plattsburg, PLLC, 103 Warga AREA-3308-PLSA
March 26 S 4-11 p.m. $15 Plattsburg, PLLC, 103 Warga AREA-3308-PLSA
March 27 U 9 a.m.-4 p.m. $15 Plattsburg, PLLC, 103 Warga AREA-3308-PLSA

Scrapbook Workshop

Enjoy the evening scrapbooking with others. Invite a friend and bring your project with you or ask instructor for supplies.

New-student instruction will be available from 5-6 p.m. (digital or traditional) before each workshop.

Keyword: Scrapbook

Jan. 10 M 5-10 p.m. $10 Plattsburg, PLLC, 103 Warga AREA-3268-PLSA
Feb. 21 M 5-10 p.m. $10 Plattsburg, PLLC, 103 Warga AREA-3268-PLSA

Shutterfly

See page 18 for more information.

Digitizing Memories

See page 33 for more information.

Old Book Hydrangea Balls

These gorgeous paper hydrangeas are made from old books! Use as a classy home decor item, attach a string for a delicate ornament, or pair with other items for table centerpieces. We’ll make a set of three, and you’ll leave with the knowledge and formula to make as many as you want.

Bring class glue gun and plenty of glue sticks. There is a $11 supply fee payable to the instructor in class.

Keyword: Hydrangea

March 3 Th 6-7:30 p.m. $20 Lincoln, CEC, 102 Van Winkle LLXX-2210-CESA

Enjoy uninterrupted crop time that will include vendors, your own table, electricity (you bring the extension cord), door prizes, and lots of fun.

Keyword: Retreat

Full Retreat
March 18-19 F, S 9 a.m.-Midnight $59 Beatrice, TRU, Gym Dell BBXX-1999-BESA

Single Day Options
March 18 F 9 a.m.-Midnight $39 Beatrice, TRU, Gym Dell BBXX-2000-BESA
March 19 S 9 a.m.-Midnight $39 Beatrice, TRU, Gym Dell BBXX-2000-BESA

Quilling 101: Valentines & More

Learn the basics of quilling using narrow strips of paper that are rolled and shaped to create beautiful and unique designs. We will create designs that focus on Valentine’s Day, however, the techniques can apply to any quilted project.

All supplies furnished. You will need to bring a small pair of scissors and a small plastic lid similar to a butter tub lid or Cool Whip lid.

Keyword: Quilling

Jan. 29 S 9-11 a.m. $29 Lincoln, CEC, 404 McVey LLXX-0043-CESA

Beginning Metalsmithing

Learn to shape, form and fuse metal. Make your own jewelry and art. Coppels will be used the first week and sterling the last three weeks. All supplies and tools are provided.

Keyword: Metalsmithing

Jan. 13-Feb. 3 Th 6:30-9 p.m. $150 Lincoln, LUX LLXX-0270-OCSA
March 24-April 14 Th 6:30-9 p.m. $150 Lincoln, LUX LLXX-0270-OCSA

Jewelry Classes

See page 22 for more information.

Courses are subject to change.

Gourd Art

Create works of art using hard-shelled gourds as an art medium. Gourd surfaces may be carved, painted, sanded, burned, dyed, and polished. We will create an array of art pieces, bowls, sculpture, or wall art. Beginners to advanced students welcome.

Plan on additional supplies, which will be discussed at the first class. Gourd costs vary depending on the size. However, plan to spend between $10 and $45 on your gourd. Cash or check only for supplies. Bring to class apron. Class will meet at the instructor’s shop.

Keyword: Gourd

Jan. 19-Feb. 23 W 9:30-11:30 a.m. $109 Lincoln, WS WP Vang LLXX-0033-OCSA
Jan. 19-Feb. 23 W 6:30-8:30 p.m. $109 Lincoln, WS WP Vang LLXX-0033-OCSA

Beginning Wood Carving

Perfect for the beginner enthusiast to gain a solid foundation in woodcarving! Sharpening, wood carving techniques, design skills and safety are a few of the skills you will learn in this class.

You will need a wood-carving knife, mesh glove and apron. You will receive an email with additional information regarding supplies and wood. Wood blanks for carving purchased in class. Prices vary from $5-$30.

Keyword: Wood

Jan. 18-Feb. 22 T 6:30-9 p.m. $109 Lincoln, WS WP Vang LLXX-1199-OCSA

Advanced Wood Carving

This is an opportunity for students who have completed a beginner course or have some carving experience. You will be working on two important carved face study sticks; how to carve eyes and how to carve noses for faces.

Bring your carving tools and safety equipment to the first class.

Keyword: Wood

Jan. 20-Feb. 24 Th 9:30-11:30 a.m. $109 Lincoln, WS WP Vang LLXX-1277-OCSA
Jan. 20-Feb. 24 Th 6:30-8:30 p.m. $109 Lincoln, WS WP Vang LLXX-1277-OCSA

Want to take a class that is listed as “LIVE Online, Zoom” but don’t have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available. Learning Center contact information is on page 38.
Personal Interest

Woodshop Open Workshop
Prerequisite: Some experience with power and hand tools
Have you ever dreamed of owning a laser cutter, planer, computer pneumatic controlled router, large sander, or a door machine, but can’t justify the cost for your woodworking hobby? You will have access to some amazing woodworking equipment and an experienced instructor to guide you during these open workshop sessions.

Your self-selected project needs to be one that can reasonably be finished within the six-week timeframe. You will supply your own materials.

Show Your Door Some Love
Grab your friends and join this great “make-and-take” class. Come and get inspired to paint your own fun and unique door sign.

There are many themes to choose from, and you will need to preselect your sign two weeks prior to class, then show up ready to have fun. Honestly, these are too cute!

You will receive an email approximately two weeks before class with theme options and sample signs. Doors & More will provide all materials, guidance and inspiration for the day. You will be using paint so dress appropriately.

Pottery Wheel
An introduction for beginning students to the fundamentals of the pottery wheel. Students will use earthenware clay and low-fire glass.

All materials and firing provided. You will have access to studio during open hours throughout the four-week class.

Pocket Vase of Clay
Looking for a fun activity to explore your creativity? Join us in making an easy clay pocket vase by slab rolling clay, decorating and assembling into a variety of shapes to form a pocket.

Supply fee of $15 payable to instructor in class. Cash or check only for supplies.

NEW! Using Botanicals in Pottery
Create with clay using natural materials and plants. Make beautiful impressions in earthenware clay with plant material. Your choice to make coasters, a pitcher or a small tray.

NEW! Creating a Birdhouse from Clay
Discover the process of hand building with clay as you create a unique sculpted birdhouse for your garden.

Creating Pottery Garden Marker
This is an introduction to hand-building pottery, making garden markers out of clay. Design and create a variety of styles.

Final projects will be fired and glazed at the final class. A $15 supply fee is payable to the instructor in class. Check or cash only for supplies.

Want to take a class that is listed as “LIVE Online, Zoom” but don’t have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available. Learning Center contact information is on page 38.

Located Key
Page 37

Space is limited. Register today!
NEW! Paw Print & Heart String Art Class
A paw print and heart in string art, a beautiful way to display your affection for your fur baby. String art is the weaving of colored string between hammered nails to create curved, geometric patterns.

A supply list will be sent to registered students prior to the class. **Keyword: String**
Feb. 12  S 9 a.m.-Noon  $29  
LIVE Online, Zoom  Roseberry  AREA-3031-TCSWA

Knot Your Momma’s Macramé
Macramé is back and updated in a new, fresh form! As you create a wall hanging, you’ll learn four basic knots that can be used to make rugs, plant hangers, purses, and more! Bring a pair of sharp scissors. **Keyword: Knot**
Jan. 29  S 9 a.m.-Noon  $29  
Hebron, HNLC, 101  AREA-2196-HNSA

Basic Drawing
Learn basic drawing skills while focusing on still life. You will learn about composition, proportions and relationships, explore line and values and the use of the materials. **Keyword: Drawing**

Ages 7-12
Feb. 19-26  S 10 a.m.-Noon  $39  
LIVE Online, Zoom  Bettendorf  AREA-7774-TCSWA

Adults
Feb. 19-26  S 1-3 p.m.  $39  
LIVE Online, Zoom  Bettendorf  AREA-7774-TCSWB

Drawing 1: You Can Draw
Learn to put what you see on paper. Exercises are designed to help you draw and grasp essential skills and techniques to achieve your desired results. You will look at the elements of drawing and composition while exploring still life, landscape and portrait drawing.

Bring a #2 pencil, pencil sharpener and a pad of 8 inch by 10 inch or 9 inch by 12 inch drawing paper to the first class. **Keyword: Drawing**
Jan. 15-Feb. 19  S 8:30-10 a.m.  $80  
Lincoln, CEC, 405  Plants  LLLX-0612-CESA

Exploring Colored Pencil
You will explore various techniques and applications of the colored pencils with individualized instruction according to your skill level and pursue weekly drawing challenges in colored pencil. Bring a set of 12 or more quality colored pencils such as Prismacolor Premier, plus a colorless blending pencil, pencil sharpener and a tablet of heavy weight drawing paper (8 inch by 10 inch or 9 inch by 12 inch). Additional materials discussed in class.

Experienced students may bring a colored pencil project in progress to the first class. You also may choose to explore mixed media with colored pencils. **Keyword: Pencil**
Jan. 15-Feb. 19  S 11:30 a.m.-1 p.m.  $80  
Lincoln, CEC, 405  Plants  LLLX-0775-CESA

Homeschool Art Class (Ages 6-16)
See page 34 for more information.

Painting Studio
You will experience individualized instruction using oil, acrylic or watercolor to explore concepts, techniques and skills for painting. You will enjoy opportunities to expand and develop your ability and skill in your chosen medium.

You can bring unfinished paintings to the first session. Come to class ready to paint. Additional materials discussed in class. **Keyword: Painting**
Jan. 15-March 5  S 1-4 p.m.  $89  
Lincoln, CEC, 405  Plants  LLLX-0790-CESA

NEW! Impasto Floral Painting
Impasto is a technique where paint is laid on thick and in layers. The beauty is in the rich visible brush strokes. When the painting is dry, it is full of so much texture that it appears to be coming out of the canvas.

A supply list will be sent prior to class. **Keyword: Painting**
Feb. 19  S 10 a.m.-Noon  $35  
Louisville, SHSH  Wolcott  AREA-8103-PLSA
Feb. 19  S 2-4 p.m.  $35  
LIVE Online, Zoom  Wolcott  AREA-8103-TCSFA

Acrylic Painting (Beginning/Intermediate)
Let the LUX Center for the Arts introduce beginning students to the fundamentals of painting with acrylics. Advanced students have time to develop their skills. All paints, brushes and materials provided. **Keyword: Acrylic**
Jan. 11-Feb. 1  T 6:30-9 p.m.  $125  
Lincoln, LUXC  LLLX-1039-OCSA
Feb. 15-March 8  T 6:30-9 p.m.  $125  
Lincoln, LUXC  LLLX-1039-OCSB
Feb. 16-March 9  W 9-11:30 a.m.  $125.00  
Lincoln, LUXC  LLLX-1039-OCSC

Bob Ross Paintings
Bob Ross classes are for painters of all abilities, including beginners. Classes are taught by certified Bob Ross instructors. Classes are currently offered via Zoom. Supply lists will be sent to you via email so register early and be sure to include your email.

Bob Ross: Lantern Shadows
A cozy cabin with a lantern glow. **Keyword: Ross**
Jan 15  S 10 a.m.-4 p.m.  $45  
LIVE Online, Zoom  Belik  LLLX-1067-TCSCA

Bob Ross: First Snow Fall
The first snowfall is seen along an abandoned railroad track. You may Zoom from the Learning Center if desired. Please call 402-323-3636 to make arrangements. **Keyword: Ross**
Feb. 19  S 10 a.m.-4 p.m.  $45  
LIVE Online, Zoom  Belik  AREA-7830-TCSNA

Boat Ross: Milky Way
The milky way exploded in a beautiful array of colors in the northern sky. Enjoy painting from the comfort of your own home! **Keyword: Ross**
March 19  S 10 a.m.-4 p.m.  $45  
LIVE Online, Zoom  Belik  AREA-7830-TCSFA

Courses are subject to change.
NEW! Watercolor Quilts
Duplicate the textures and patterns of vintage fabric in watercolor! These beautiful pieces can be transformed in to greeting cards or can remain as a piece of art.

A supply list will be sent prior to class.

**Keyword: Watercolor**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Supplies Included</th>
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<td>Louisville, SHSH</td>
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<td>LIVE Online, Zoom</td>
<td>$29</td>
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Painting Trees in Watercolor
Discover techniques for painting various kinds of trees and foliage in watercolor. You will have time to paint during the class with step-by-step instruction and help from the instructor.

Adults and children fifth grade and above are welcome. You should have had at least an introductory watercolor class before attending. Email the instructor for a supply list at creationenergy@windstream.net.

**Keyword: Watercolor**

<table>
<thead>
<tr>
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<th>Time</th>
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<th>Fee</th>
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<td>Lincoln, CEC, 102</td>
<td>$39</td>
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Homeschool Art Class (Ages 6-16)
See page 34 for more information.

**Keyword: Watercolor**

<table>
<thead>
<tr>
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<th>Time</th>
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<td>Lincoln, CEC, 102</td>
<td>$39</td>
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Glass Crafting

Fused Glass Heart
Suitable for all ages! Cut and piece together fusible glass, then in the kiln it goes to melted together to create your glass heart.

**Keyword: Glass**

<table>
<thead>
<tr>
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<td>Lincoln, ARCH</td>
<td>$20</td>
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Lost Wax Casting
Create your own small jewelry or art piece by carving it in wax then casting in sterling silver. No prior metalsmithing experience is needed. All supplies and tools provided.

**Keyword: Casting**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<td>$150</td>
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Space is limited. Register today!

Payment is due at time of registration for all non-credit classes.
Springtime Dogwood Flower Applique

Applique is a technique in which fabric designs are layered on a foundation fabric and stitched in place. Discover the basics of prepared edge applique with this decorative technique as you create a 9-inch by 18-inch 3-D wall hanging of a vase of freshly picked dogwoods.

Kit will be purchased in class for $19.
Bring to class fabric scissors and all-purpose scissors. Check or cash only for supplies. All other supplies furnished unless you have a favorite thimble/needle you prefer to use.

Keyword: Flower

March 10 Th 6-9 p.m. $25
Wahoo, WHLC, 101 Roseberry AREA-2638-WHSA

Introduction to Needlepoint

Needlepoint is one of the easiest decorative stitching skills you can learn. Join us for some fun and learn four basic stitches and two special-effect stitches.

Your kit will be waiting for you when you arrive at class. All you need to bring is a sharp scissors or thread snip and a brown bag lunch.

Keyword: Needlepoint

Jan. 18 T 9 a.m.-2 p.m. $29
Lincoln, CEC, 405 Plants LLLX-0923-CESA

Leave the Needles at Home, Learn How to Knit with Your Arms

Arm knitting is the clever and unique craft using your arms, instead of needles, to create a beautiful knitted fabric for statement accessories. Learn the basics of arm knitting and complete your own super-soft, chunky scarf in less than two hours.

You will need two skeins of #7 chunky-style yarn.

Keyword: Knit

Jan 12 W 6-8 p.m. $29
Lincoln, CEC, 102 Roseberry LLLX-1372-CESA
Feb. 8 T 6:30-8:30 p.m. $19
Wahoo, WHLC, 101 Roseberry AREA-2619-WHSA

Learn to Crochet

Get started in crochet! Learn how to read patterns, begin a foundation and for the basic stitches to begin your crochet adventure.

Bring to class a pair of scissors, skein of worsted weight cotton yarn (such as Sugar and Cream) and a size I or J crochet hook.

Keyword: Crochet

Jan. 22-Feb. 5 S 10 a.m.-Noon $39
Lincoln, CEC, 404 Roseberry LLLX-1481-CESA

The Play That Goes Wrong Bus Trip

at the New Theatre Restaurant, Kansas City
Wed., April 27 TRIP-1075-NSCA $99

THE PLAY THAT GOES WRONG is a comedy about a small theater company staging a production of a 1920s-style murder mystery, THE MURDER AT HAVERSHAM MANOR, but when the curtain goes up, everything quickly goes from bad to utterly disastrous. With an unconscious leading lady, a corpse that can’t play dead and actors who trip over everything (including their lines). Tickets are limited, so don’t wait to register!

Cost includes show ticket, lunch and motor coach transportation. Registrations will be taken until enrollment limit is met. Refunds will not be allowed within 30 days of the trip. If you need to request reasonable accommodations based on a disability, please register and contact your Learning Center to discuss your needs no later than March 27.

Keyword: Play

Bus Schedule

Depart
Plattsmouth, PLLC 7:40 a.m.
NE City, NCLC 8:10 a.m.
Falls City, FCLC 9:20 a.m.

Jitterbug & East Coast Swing

Learn leading and hand positions, the six-count basic swing, arch, tuck and loop turns, free spins, arm slides, waist wraps, and the jitterbug. Dance to Country Music and Big Band.

Fill out a registration form for each partner.

Keyword: Swing

Jan. 11-March 1 T 8-9 p.m. $89/couple
Lincoln, 4211 Doeden LLLX-1541-OCSA

Beginning Line Dance

How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They’re fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early!

Keyword: Dance

Jan. 10-Feb. 28 M 7-8 p.m. $45/person
Lincoln, 4211 Doeden LLLX-1527-OCSA

Intermediate Line Dance

Fun and energetic, this class is recommended for students with some line dance experience.

Keyword: Dance

Jan. 10-Feb. 28 M 8-9 p.m. $45/person
Lincoln, 4211 Doeden LLLX-1522-OCSA

Confirmation letters will be mailed to each student approximately two weeks before the trip. Letters will include exact pick-up times, locations and RSVP information. SCC reserves the right to cancel any pick-up stops that do not meet the minimum enrollment. SCC staff tuition waiver does not apply on bus trips.

Depart from Falls City, Nebraska City & Plattsmouth

Disney’s Freaky Friday Bus Trip

at the New Theatre Restaurant, Kansas City
Wed., July 20 TRIP-1075-FCUA $99

New Theatre Restaurant in Kansas City Presents a new musical adaptation of the beloved novel and the hit Disney films in a heartfelt, comedic and unexpectedly emotional update on the American classic. When an overworked mother and her teenage daughter magically swap bodies, they have just one day to make things right again.

Cost includes show ticket, buffet lunch and motor coach transportation. Participants 16 years and younger must have a paid, accompanying adult. Registrations will be taken until enrollment limit is met. Refunds will not be allowed after July 1. If you need to request reasonable accommodations based on a disability, please register and contact your Learning Center to discuss your needs no later than July 1.

Cost includes show ticket, lunch and motor coach transportation. Participants 16 years and younger must have a paid, accompanying adult. Registrations will be taken until enrollment limit is met. Refunds will not be allowed after July 1. If you need to request reasonable accommodations based on a disability, please register and contact your Learning Center to discuss your needs no later than July 1.

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**Belly Dance for Beginners**
Shake and shimmy while having fun, improving core strength and increasing muscle tone. We will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing in which you can move.

Jan. 13-Feb. 17  Th  6:30-7:30 p.m.  $49
Lincoln, CEC, 111  Gregg  LLLX-0360-CESA
Feb. 24-March 31  Th  6:30-7:30 p.m.  $49
Lincoln, CEC, 111  Gregg  LLLX-0360-CESB

**Irish Social Dance**
Prerequisite: 12 years and older or instructor permission
Irish Social Dance (Ceilidh), is done in groups with traditional Irish music and dancing. Similar to square, barn or contra dance which are done in squares or circles.

Couples welcome but no partner needed.

Jan. 3-Feb. 7  M  7-8 p.m.  $45
Lincoln, EPCH  Howe  LLLX-0371-OCSEA

**Irish Step Dance**
Irish Step Dancing is the solo dance style (not done in groups), for those age 7 and older who can move freely and want to learn a new way to move to music. You will learn the basics of beginning step dance and then easy reel and jig step combinations. This is a great way to exercise in a friendly environment.

Jan. 3-Feb. 7  M  6:30-7 p.m.  $39
Lincoln, EPCH  Howe  LLLX-0370-OCSEA

**Hula in a Coola Day**
Perception is a state of mind, and on this day no matter where your body is physically is, your mind is telling you, you’re in the nice warm of Hawaii. Come and lean to HULA! No grass skirt needed, just come and have fun!

Jan. 26  W  6:30-8:30 p.m.  $20
Lincoln, CEC, 111  Gregg  LLLX-1535-CESA

**Put the Tech in Traveling**
Interested in planning your own road trip, cross country or just using technology on-the-go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Curious about airline e-tickets, virtual wallet, Lyft, Uber, Air B&B? Join us for an informative Zoom class.

Jan. 31  M  6-8 p.m.  $29
LIVE Online, Zoom  T. Jensen  LLLX-1353-TCSCA

**Irish Social Dance**
Prerequisite: 12 years and older or instructor permission
Irish Social Dance (Ceilidh), is done in groups with traditional Irish music and dancing. Similar to square, barn or contra dance which are done in squares or circles.

Couples welcome but no partner needed.

Jan. 3-Feb. 7  M  7-8 p.m.  $45
Lincoln, EPCH  Howe  LLLX-0371-OCSEA

**Irish Step Dance**
Irish Step Dancing is the solo dance style (not done in groups), for those age 7 and older who can move freely and want to learn a new way to move to music. You will learn the basics of beginning step dance and then easy reel and jig step combinations. This is a great way to exercise in a friendly environment.

Jan. 3-Feb. 7  M  6:30-7 p.m.  $39
Lincoln, EPCH  Howe  LLLX-0370-OCSEA

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Lincoln, CEC, 111  Gregg  LLLX-1535-CESA

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Jan. 31  M  6-8 p.m.  $29
LIVE Online, Zoom  T. Jensen  LLLX-1353-TCSCA

**Escape Room**
An escape room is a physical adventure game in which players solve a series of puzzles and riddles using clues, hints and strategy to complete the objectives at hand. Players are given a set time limit to unveil the secret plot which is hidden within the room. This year’s room themes are “Heist of the Century” (difficult) and “Panic in Space” (intermediate). Up to five players in a group.

To register, call 402-233-5590 to select from available times.

<table>
<thead>
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<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>Heist of the Century</td>
<td>Jan. 13</td>
<td>6-7:30 p.m.</td>
<td>$49/group</td>
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<tr>
<td>Panic in Space</td>
<td>Feb. 16</td>
<td>6-7:30 p.m.</td>
<td>$49/group</td>
</tr>
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</table>

**Herbal Support in Trying Times**
An engaging exploration of several herbs and their application to support our mental health. We will be discussing complimentary remedies and practices that can provide additional support for the many ways we cope with life’s stresses.

Recipes and information will be shared to support you in expanding your home apothecary.

Jan. 10  M  5:30-7:30 p.m.  $29
LIVE Online, Zoom  Swoboda  LLLX-1673-TCSCA

**Gratitude, Gimmicks & Going the Extra Mile**
The real joy is in the giving. 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!

Feb. 16  W  6-7:30 p.m.  $19
LIVE Online, Zoom  Van Winkle  LLLX-1127-TCSCA

**5th Annual Jigsaw Puzzle Derby**
See page 18 for more information.

**Online Buying & Selling**
See page 10 for more information.

**Beginning Handweaving**
See page 20 for more information.

**Co-Parenting: Working Together for Your Children (Online)**
This workshop meets the requirements of the Nebraska Parenting Act. Topics include stages of adjustment to parental separation/divorce for parents and children, conflict resolution and stress management. This course is delivered entirely online and facilitated by SCC faculty and takes a minimum of three hours to complete.

Students will need:
- Computer with high-speed internet connection
- Speaker/sound capability
- Working knowledge of computer and internet experience

NOTE: Firefox or Chrome browser recommended. You cannot access the course using an iPad or Droid tablet.

Sliding fee/waiver not available. There is a six-hour waiting period between online registration for the class and class access. $49 per person.

Written completion letter will be mailed (U.S. Postal Service) to student at the successful completion of the course. It will be mailed to the address on the student’s registration information.

For registration and log-in instructions for the online class, go to www.southeast.edu/Continuing/CoParenting

**Registration Information**
Page 39

Courses are subject to change.
Level 2 Co-Parenting: Working Together For Your Children
This workshop meets the requirements of the Nebraska Parenting Act. Topics include: stages of adjustment to parental separation/divorce for parents and children, conflict resolution, stress management, safety and transition plans, impact of unresolved parental conflict on the child, effective communication skills, and resources and referral information.
Pre-registration is required. Registration deadline is Wednesday prior to class date.
For more information or to register, email continuinaged@southeastern.edu or call 402-437-2700.
* Separate classes provided for men and women.

**Keyword: Parenting***

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Welcome to Medicare
Medicare can be a complicated topic. Worse yet, there is a lot of misinformation that can lead to decisions that may result in penalty and a delay of benefits. In order to avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider when you are approaching Medicare eligibility. You will be provided comprehensive information about Medicare and address these questions:
- What does Medicare cost and cover?
- When should I enroll in Medicare, and what rules do I need to know?
- What is the difference between Medicare with a supplement versus Medicare Advantage?

Nebraska State Health Insurance Program (SHIP) will cover the cost of this course. To register, please visit www.doi.ne.gov/ship. For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

**In-person presentations are available on:***

**Jan. 11**
- T 6-8 p.m. Lincoln, CEC, Aud

**Feb. 10**
- Th 5:30-7:30 p.m. Beatrice, AEC, 134

**Feb. 16**
- W 5:30-7:30 p.m. NE City, NCLC, 102

**March 8**
- Th 6-8 p.m. Lincoln, CEC, Aud

**Students meet at Learning Centers. Instructor is via Zoom.***

**Feb. 2**
- W 5:30-7:30 p.m. Falls City, FCCL, 109
- Hebron, HNLC, 101
- Wahoo, WHLC, 101

**Webinar presentation is available on:**

**Jan. 20**
- Th 6 p.m.

**Feb. 15**
- Th 6 p.m.

**March 16**
- W 6 p.m.

Navigating Medicare.gov
Medicare drug coverage is confusing. Each year Medicare drug plans can make changes to the cost and coverage you can receive. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost.
Navigating Medicare.gov will arm you with the knowledge to navigate Medicare’s plan finder tool to make an informed decision. You will be provided a step-by-step guide to using Medicare.gov to address these questions:
- How much will my prescriptions cost?
- Which Medicare drug plan will cover my prescriptions?
- Where can I get the best prices for my prescriptions?

Navigating Medicare.gov is provided by Nebraska State Health Insurance Program (SHIP), a member of the national SHIP network and a division of the Nebraska Department of Insurance.
To register, please visit www.doi.ne.gov/ship. For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

**In-person presentations are available on:**

**Jan. 18**
- T 6-8 p.m. Lincoln, CEC, Aud

**Feb. 17**
- Th 5:30-7:30 p.m. Beatrice, AEC, 134

**Feb. 23**
- W 5:30-7:30 p.m. NE City, NCLC, 102

**March 17**
- Th 6-8 p.m. Lincoln, CEC, Aud

**Students meet at Learning Centers. Instructor is via Zoom.***

**Feb. 9**
- W 5:30-7:30 p.m. Falls City, FCCL, 109
- Hebron, HNLC, 101
- Wahoo, WHLC, 101

**Webinar presentation is available on:**

**Jan. 27**
- Th 6 p.m.

**Feb. 22**
- Th 6 p.m.

**March 23**
- W 6 p.m.

Long Term Care Cost Planning
See page 31 for more information.

**NEW! How to Keep Your Family Phones Safe**
See page 10 for more information.

Herbal Support in Trying Times
See page 24 for more information.

FOODS

**NEW! Food to Put You in the Mood**
Join us for a fun evening learning about Aphrodisiac foods. We'll help you get ready for your Valentine’s Day celebration with your special someone.
This is a hands-on demonstration. Supply fee of $30 payable to instructor in cash. Cash or check only for supplies.

**Keyword: Food***

**Feb. 7**
- M 6-8:30 p.m. NE City, WPBB
- $29

**NEW! Valentine Flambe’**
Friday night flambe’—sounds fun! This is a hands-on demonstration class where you will learn the basics of preparing two different special desserts and flambe as a class. We will all sit down and enjoy what we have made. You don’t need to bring a thing, just be ready to have fun.

**Keyword: Valentine***

**Feb. 11**
- F 6:30-8 p.m. Harper
- $29

**NEW! Hand Pies**
Sweet, fruity, flaky, and compact—a hand pie is basically a miniature pie that fits in your hand and are the perfect-on-the-go snack. You will explore different methods of making the crust and a variety of fillings.
Bring to class: two cookie sheets, rolling pin, whisk, medium sized microwave-proof bowl, and a container to transport your pies home.

**Keyword: Pies***

**Feb. 19**
- S 9 a.m.-Noon Lincoln, CEC, 104
- $29

**Holiday Pies**
Having trouble making that perfect pie? Join an expert pie maker to learn tips and tricks to make that perfect a pie just in time for your next celebration.

**Keyword: Pies***

**March 14**
- M 6-8 p.m. Falls City, FCCL, 102
- $29

**NEW! Dessert Charcuterie**
In true American fashion, we’ve taken the charcuterie idea and glorified it for dessert. A fabulous idea for a centerpiece, brunch table or any gathering of friends. You will be creating holiday/spring-themed treats for your board. Discover fun and easy shortcuts for some store-bought items, too.
Bring to class: a cupcake pan and paper liners, a cookie sheet, a 1- or 2-cup Pyrex-type liquid measuring cup, apron, and a box to take your treats home with you.

**Keyword: Charcuterie***

**March 26**
- S 9 a.m.-Noon Lincoln, CEC, 104
- $29
Veggie Carving Bouquet

“Wow” your friends and family by bringing elegance and fun to your table with a unique floral veggie creation. You will gain tips and tricks for easy vegetable flower carving in this beginning-level class. Your veggie creations will be arranged in a coffee mug bouquet.

Bring to class: sharp stainless-steel paring knife, acrylic cutting board, apron, and a mug for the base of your bouquet.

**Keyword: Veggie**

March 5  $ 9-11 a.m.  Lincoln, CEC, 104  Lambert  LLLX-0488-CESA  $29

Meatball Madness

Let’s get creative with the meatball and get you ready to host your March Madness parties! In addition to the ever-popular classic Italian sausage, we’ll make a variety of combinations, like our Asian pork, shrimp puff, holiday turkey, and even vegetarian falafel. Learn make-ahead options and the different methods of preparation such as slow cooking, sautéing, baking, and broiling. From appetizers to a main course, we’ll pair them with a complementing sauce or dip and suggest what would be a good perch for your flavor-filled pillow.

There is a $15 supply fee payable to instructor (cash or check).

**Keyword: Meatball**

March 7  M  6:30-9:30 p.m.  NE City, WPBB  Stavas  AREA-4575-NCESA  $35

Sushi 101

You will learn the secret of making sushi rice and be introduced to the four main styles of sushi rolls: Hosomaki (cucumber), Uramaki (California roll), Temaki (shrimp or tuna), and Kazarai Yin & Yang (veg/seafood medley). Learn about the history of sushi and fun sushi etiquette. Prizes for the best roll in each category are awarded! Come hungry!

Hands-on demonstration. Supply fee payable to instructor (cash or check only) will be determined by market price of seafood at the time of class and you will be notified of that cost in advance.

**Keyword: Sushi**

Feb. 23  W  6-8:30 p.m.  NE City, WPBB  Stavas  AREA-4564-NCESA  $29

Delectable Dumplings

Learn the amazing skill of making delicious dumplings for any part of the meal. In this class, you will learn to make baking powder dumplings, two kinds of potato dumplings that can be eaten as a main course and dessert dumplings. Learn the process, make and sample, and leave with a new skill and new recipes.

**Keyword: Dumplings**

Feb. 5  S  9-11:30 a.m.  Live Online, Zoom  Brunkow  AREA-4426-TCSYA  $39

Whether You Knead It or Not: Baguettes

Baguettes are back by popular demand. Baking bread fills a home with an incredible aroma however we don’t always have the time to make bread from scratch. Join us as we learn techniques to reduce the time it takes to make fresh, delicious baguettes. We also will make an angel food cake. Bread and dessert!

Bring to class: a baking sheet, angel food cake tube pan, sifter, and apron. If you don’t have an angel cake pan, call your neighbor or relative. They probably have one you can borrow as there are lots of these pans buried in cupboards. Wear non-slip shoes and hair restraint. Optional: powerful hand mixer.

**Keyword: Baguettes**

Jan. 29  S  9 a.m.-Noon  Lincoln, CEC, 104  Harper  LLLX-2051-CESA  $39

Focaccia Bread

Have you ever wanted to bake bread, but you just thought it was too complicated? Well, here is the class for you! You’ll learn to make topped focaccia and ladder-shaped focussage bread by mixing ingredients with just a bowl and a spoon. No fancy machines or kneading required to make these delicious breads.

A great accompaniment to a hearty-soup supper.

Bring to class a two-quart mixing bowl, a large mixing spoon, a sheet pan, and hot pads.

**Keyword: Bread**

Feb. 26  S  9 a.m.-Noon  Lincoln, CEC, 104  Michel  LLLX-0476-CESA  $29

Chocolate Flourless Torte

If you’ve got some great chocolate and white sugar in the pantry and some eggs and butter in the fridge, you are ready. Learn to make this deceptively easy and gluten-free dessert. It is rich and indulgent and a perfect dessert for Valentine’s Day or any occasion.

Bring to class: apron, acrylic cutting board, chef’s knife, 8- or 9-inch round cake pan, hand mixer, two large microwave safe bowls, spatula, six eggs, and a small container to take some sauce home.

**Keyword: Torte**

Feb. 12  S  9 a.m.-Noon  Lincoln, CEC, 104  Michel  LLLX-1616-CESA  $39

Culinary/Hospitality Program

The Great Plains Culinary Institute at SCC has a student-run restaurant, COURSE, which is open to the public for lunches and special-event meals. Visit www.southeast.edu/course for hours of operation, event information and menus. If you have further questions, contact us at 402-437-2727 or course@southeast.edu.
Be Your Own Butcher: Steak Cutting
Be your own butcher and discover how to cut steaks from large beef subprimals that are commonly sold in Sam’s, Costco and supermarkets. Buying these items and cutting them yourself is a great way to save money and enjoy more great steaks at home. You will learn how to cut Ribeyes, NY Strips and fillets, how to portion ready to cook cuts and meat gridding.

Bring an apron, boning knife if you have one and wear closed-toe shoes.

**Keyword: Butcher**

Feb. 19
Lincoln, LNK, D-5

10 a.m. - 1 p.m.
Harper
LLLX-2043-LNSA

Cocktail Creations
In honor of the most romantic day of the year, we’ve gathered up some of the tastiest Valentine’s Day cocktail recipes, so why not toast with a fun and flirty homemade cocktail?

You must be at least 21 to register for this class, and be prepared to show ID when you arrive to class.

**Keyword: Cocktail**

Feb. 5
Lincoln, LNK, D-2

1-3 p.m.
Cheever
LLLX-1960-LNSA

NEW! History of Coffee & Café Culture Today
Coffee is one of the world’s most highly traded commodities as well as being the most consumed beverage aside from water. For most people, coffee gets the day started and then continues to get us through the day. So how did the beverage grow into the cultural phenomenon it is today? You will discover the cultural, economic and environmental impact that has led us to the café culture we have today.

**Keyword: Coffee**

Jan. 29
Lincoln, LNK, D-4

10 a.m. - Noon
Skinner
LLLX-2072-LNSA

Katie’s Cooking Class: The Incredible Egg
Katie’s back in the kitchen to show you how enormously versatile eggs are beyond breakfast.

Bring to class a knife. Please wear closed-toe shoes and hair restraint.

**Keyword: Kitchen**

Feb. 5
Lincoln, LNK, D-4

10 a.m. - 1 p.m.
Skinner
LLLX-0463-LNSA

Katie’s Cooking Class: Pan Sauces
Pan sauces, as the name suggests, are made in the exact same skillet you’ve used to sauté meat, poultry or fish. Utilize all of those leftover browned bits stuck to the bottom of the pan, and with a few ingredients, create a smooth sauce that looks and tastes as rich as a time-consuming French sauce in a matter of minutes.

Bring to class: chef’s knife, apron, vegetable peeler, pen, paper, and containers for leftovers.

**Keyword: Sauces**

Jan. 29
Lincoln, LNK, D-4

10 a.m. - Noon
Skinner
LLLX-0553-LNSA

Be Your Own Butcher: Poultry
Embrace the whole chicken, and then cut it into pieces. Save money by cutting up a whole chicken into portioned ready-to-use pieces.

Bring to class: boning knife (if you have one), apron and tote bag to take home vacuum-packaged chicken. Wear closed-toe shoes.

**Keyword: Butcher**

Feb. 19
Lincoln, LNK, D-5

1-3 p.m.
Harper
LLLX-2047-LNSA

Coffee Cupping
Taste and sample a variety of fresh coffee. You will gain insight into the origin, processing and roasting profiles and learn how to use coffee tasting tools. You will practice using the 10 cupping attributes and proper coffee cupping procedures as well as taking home a sample of your new favorite coffee.

(Cupping needs to be a distraction matter of minutes.)

Bring to class: chef’s knife, apron, vegetable peeler, pen, paper, and containers for leftovers. Wear closed-toe shoes.

**Keyword: Coffee**

Jan. 29
Lincoln, LNK, D-2

10 a.m.-Noon
Ahlberg
LLLX-1957-LNSA

Katie’s Cooking Class: Soups
Learn how to prepare different soups from scratch. Each of our soups will begin with basic aromatic ingredients. However, each will have their own unique flavors. A broth, a pureed soup and a creamy thick soup are on the menu.

Bring to class: knife, vegetable peeler, pen, paper, container for your leftovers, and your apron. Wear closed-toe shoes and hair net.

**Keyword: Soup**

Jan. 29
Lincoln, LNK, D-4

10 a.m.-Noon
Skinner
LLLX-2046-LNSA

Be Your Own Butcher: Whole Hog
Learn the fundamentals of whole animal butchery on a half hog with Chef Brandon Harpster. Understanding the process can easily translate to any other small game animal. Topics include primal cuts, portioned ready-to-cook cuts, meat grinding, and sausage making.

You will leave with approximately 25-30 pounds of pork. Wear closed-toe shoes and bring your apron and a boning knife if you have one.

**Keyword: Butcher**

March S
Lincoln, LNK, D-5

Noon-4 p.m.
Harper
LLLX-2042-LNSA

Katie’s Back in the Kitchen to Show You How Enormously Versatile Eggs Are Beyond Breakfast.

Bring to class a knife. Please wear closed-toe shoes and hair restraint.

**Keyword: Kitchen**

Feb. 5
Lincoln, LNK, D-4

10 a.m. - 1 p.m.
Skinner
LLLX-0463-LNSA
**Personal Interest**

**Macarons**
French and fussy, macarons have a reputation for being challenging to make. Discover techniques needed to make beautiful and delicious macarons. We will make and share chocolate ganache, butter cream and pastry cream fillings.

Bring to class: two heavy/sturdy cookie sheets, spatula and 1 cup liquid measuring cup. Optional: mixer powerful enough to whip egg whites into meringue or food processor. Wear hair restraint and closed-toe shoes.

*Keyword: Macarons*

Jan. 22
Lincoln, CEC, 104
9 a.m.-Noon
$39
Harper
LLXL-0159-CESA

**Kolaches & Cinnamon Twists**
Learn the art of Czech baking, including how to make kolaches and cinnamon twists from a state fair first-place winner. You will learn how to make yeast dough as well as many ways to twist the dough. As a bonus, you will learn the basics of dumplings and sauerkraut.

Bring to class: one (three-quart) large bowl, hand mixer, one large mixing spoon to stir dough, paring knife, two or three large cookie sheets, and a container to transport kolaches home. Please wear closed-toe shoes.

*Keyword: Kolaches*

Jan. 15
Lincoln, CEC, 104
8:30-11:30 a.m.
$39
Niemann
LLXL-1613-CESA

Jan. 15
Lincoln, CEC, 104
12:15-3:15 p.m.
$39
Niemann
LLXL-1613-CESB

**Instant Pot Cooking Basics**
The Instant Pot is the latest hot kitchen appliance. Whether you have one and are scared to use it or you are thinking about buying one, this class is for you. Learn about basic features of the instant pot and how recipes can be converted and adapted. See how easy it can be!

*Keyword: Instant Pot*

Jan. 18
Lincoln, CEC, 102
6-8 p.m.
$25
Renz
AREA-4455-FCSA
Hebron, HNLC, 101
AREA-4455-HNSA

Class is live-streamed from Hebron.

Feb. 21
LIVE Online, Zoom
6:30-8:30 p.m.
$25
Lott
AREA-4455-TC34A

**Air Fryer 101**
Did you know the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices, and yummy recipes that you can make in your air fryer.

*Keyword: Fryer*

Feb. 7
Falls City, FCLC, 102
6-7:30 p.m.
$19
Nordler
AREA-4296-FCSA
Hebron, HNLC, 101
AREA-4296-HNSA
LIVE Online, Zoom
AREA-4296-TC57A
Class is live-streamed from Hebron.

Food Protection Manager Online Class
This class is accepted by the Lincoln-Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

Receive your assignments online through SCC’s online learning platform. Upon completion of each assignment, you will complete an online quiz. The ServSafe exam is taken online at various SCC locations.

Please note: You cannot access the course using an iPad or Android tablet. There is a six-hour waiting period between online registration for the class and class access. After you register online, purchase the textbook “ServSafe Manager” at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. For registration and log-in information, go to http://bit.ly/sccfoodprotectionmanagerclass.

To register and pay, go to http://bit.ly/RegisterCE.

Class will be active now through June 24, 2022. All course work needs to be completed by June 30, 2022.

*Keyword: Food Protection*

Jan. 11-25
Lincoln, CEC, 404
6:30-8:30 p.m.
$49
Stewart
LLXL-0939-CESA

**Genealogy**

**Beginning Genealogy**
Have you watched “Finding Your Roots” and wondered about your own family stories? This is the best time to trace your family tree. Bring what you know about your family to the first class and learn the basics. Discover how to organize, where to look for clues and how to find good information.

*Keyword: Genealogy*

Jan. 11-25
Lincoln, CEC, 404
6:30-8:30 p.m.
$49
Stewart
LLXL-0939-CESA

**Intermediate Genealogy**
Boost your genealogy research. Find out if your family homesteaded or fought in the Revolutionary War. This class introduces sources such as land records, military papers, immigration/naturalization documents, newspapers, and courthouse resources. Learn where to find the clues and break through your brick walls.

*Keyword: Genealogy*

Feb. 15-22
Lincoln, CEC, 404
6:30-8:30 p.m.
$39
Stewart
LLXL-0938-CESA

History

**Lincoln’s Suburbs**
Take a historic look at the once-separate communities around Lincoln, from the Holy Suburbs of University Place, Bethany and College View, to Havelock, West Lincoln, Yankee Hill, and Normal.

*Keyword: Lincoln*

Jan. 12-Feb. 2
W
7:30-9 p.m.
$50
Lincoln, CEC, 406
McKee
LLXL-1839-CESA

Home & Garden

**NEW! Landscape Design for Your Home**
Join us for an introductory home landscape design class. You will discover how to use basic design principles, processes and design tools to create a landscape design specific to your front or back yard. Our professional landscape designer will help you create the yard you have always wanted.

You will need access to a camera and the ability to print photographs. Your design tool kit is included in the cost. You will be provided with a small easy to find supply list prior to class. Due to the amount of individual student instruction specific to each student project, space is limited to 10 students.

*Keyword: Landscape*

Jan. 20-Feb. 17
Th
6:30-9:30 p.m.
$159
Lincoln, CEC, 403
Simmons
LLXL-1474-CESA

**Practical Knowledge for the Home Landscaper**
We will examine a wide range of subjects, including landscape design, choosing the right plants for your yard, mulch vs. rock, landscape border edging options (including the construction of short retaining walls), landscape bed preparation, and basic lawn care.

*Keyword: Landscape*

Feb. 24
Th
6:30-9:30 p.m.
$29
Lincoln, CEC, 404
Simmons
LLXL-1974-CESA

**Landscaping with Perennial Flowers, Grasses & Ground Cover**
Discover how to choose and incorporate colorful perennial flowers, grasses and ground covers into your landscape. Focus also is given to their drought tolerance, maintenance and environmental needs.

*Keyword: Landscaping*

Jan. 27
Th
6:30-9:30 p.m.
$29
Lincoln, CEC, 404
Simmons
LLXL-1465-CESA

**Flowers, Grasses & Ground Cover**
Discover how to choose and incorporate colorful perennial flowers, grasses and ground covers into your landscape. Focus also is given to their drought tolerance, maintenance and environmental needs.

*Keyword: Landscaping*

Jan. 27
Th
6:30-9:30 p.m.
$29
Lincoln, CEC, 404
Simmons
LLXL-1465-CESA
Using Microsoft OneNote to Create Your Own Gardening Journal

Remember keeping diaries or journals? Finding a passage, you wrote way back when means pouring through pages and pages of entries before you find it again. But what if there was an easier way to keep track of your gardening notes? OneNote can do this, and it comes free with every installed version of Microsoft Office! All you need is to be very comfortable with a computer, and you will love this class!

**Keyword: Gardening**
Jan. 12  W 6-7 p.m. $15
LIVE Online, Zoom La Cross LLLX-1393-TCSCA

**Perennials: Getting Started with Your Garden—What’s Your Style?**

Is there anything more magic than the enduring beauty of perennials? Are you planning to create a perennial or any kind of garden this year? Let's explore four key considerations to starting a successful garden with our gardening maven Jessie La Cross.

**Keyword: Perennials**
Jan. 19  W 6-7 p.m. $15
LIVE Online, Zoom La Cross LLLX-0764-TCSCA

**Types of Perennial Gardens**

What type of garden interests you? We will examine eight different types of gardens in this session and hopefully you will find one or more to pique your fancy. Butterfly, Pollinator, Woodland, Native Perennial, Full Sun, Half Sun, Shade, and a little bit of anything and everything. What will you choose?

**Keyword: Perennial**
Jan. 26  W 6-7 p.m. $15
LIVE Online, Zoom La Cross LLLX-0797-TCSCA

**Successful Seed Starting Techniques**

This is definitely a fun winter gardening idea because you never have to go outside if you don't want to! We will explore different ways to start seeds inside, from “dirt” cheap to downright professional. This is even a fun project to start with children and grandchildren!

**Keyword: Seed**
Feb. 9  W 6-7 p.m. $15
LIVE Online, Zoom La Cross LLLX-0764-TCSCA

**Winter Pruning: Working with Bushes & Small Trees**

Amazingly, the end of winter is one of the best times to trim back scraggly bushes, smaller trees, grasses, and even rose bushes. We'll look at some ideas to start getting you outside if winter is just not going away fast enough for you. And it's a great time to get these chores done before you start really playing outside with your perennials in April!

**Keyword: Pruning**
Feb. 16  W 6-7 p.m. $15
LIVE Online, Zoom La Cross LLLX-1414-TCSCA

**Gardening by the Month**

Get out your calendars as we will track gardening tasks to consider for every month of the year. Everyone will have certain tasks in common, while some tasks will be unique based on your choices of plants and garden types. This will be especially useful in getting ready for the busiest season of all: Spring!

**Keyword: Gardening**
Feb. 23  W 6-7 p.m. $15
LIVE Online, Zoom La Cross LLLX-0591-TCSCA

**Recognizing & Avoiding Invasive & Noxious Plant Types**

Have you ever rued the day you ever bought that one cute little plant nestled in a three-inch pot? Has it taken over your yard no matter how many hours you have spent pulling it and nearly brought you to tears? For some reason plants are never labeled “invasive” to give you a heads up. This class will help you to identify what NOT to buy as you experiment buying new plants for your garden.

**Keyword: Invasive**
March 2  W 6-7 p.m. $15
LIVE Online, Zoom La Cross LLLX-0587-TCSCA

Courses are subject to change.

**Upholstery 101**

This is a beginning hands-on class where you will learn to reupholster a chair.

The additional cost of your project will be determined by the size of the project and type of material and supplies needed. Upholstery materials may be expensive. Upon registration, you will receive a list of the upholstery tools needed for class. You may purchase tools and fabric on your own or through the instructor. Bring your project to the first class. Call 402-613-1947 with questions.

**Keyword: Upholstery**
Jan. 11-March 1  T 9 a.m.-Noon $129
Lincoln, OLER Oler UPHR-3000-OCSA
Jan. 13-March 3  Th 6:30-9:30 p.m. $129
Lincoln, OLER Oler UPHR-3000-OCSB
Jan. 15-March 5  S 9 a.m.-Noon $129
Lincoln, OLER Oler UPHR-3000-OCSC

**Upholstery 102**

You will work on the couch or loveseat in this class.

The additional cost of your project will be determined by the size of the project and type of material and supplies needed. Upholstery materials may be expensive. Students must provide their own hand tools. Bring your project to the first class. Call 402-613-1947 with questions.

**Keyword: Upholstery**
Jan. 12-March 2  W 6:30-9:30 p.m. $129
Lincoln, OLER Oler UPHR-3002-OCSA

**NEW! Organize Your Home**

Discover a proven organizing method and the questions to ask yourself for every organizing project in your home. Plus, tons of organizing tips and tricks for every room. Come and get motivated to get organized!

**Keyword: Organize**
Jan. 24  M 6-8 p.m. $19
Hebron, HNLC, 101 AREA-5276-HNSA

**Show Your Door Some Love / Woodshop Open Workshop**

See page 20 for more information.

**LANGUAGES**

**NOTE:** These classes are conversational in nature. These are non-credit and will not transfer to any credit program.

**Beginning Spanish**

This is a class for the beginner who has little or no prior knowledge of the Spanish language.

Required book can be purchased at the SCC Campus Store or online at www.sccbookstore.com.

**Keyword: Spanish**
Jan. 24-March 14  M 6:30-8:30 p.m. $80
NE City, NCLC, 104 Davis AREA-6500-NSCA

**PERSONAL INTEREST**
**Sign Exact English**
Learning to use SEE (Sign Exact English) sign language to communicate with others with hearing and/or other challenges is the focus of this class. Students will learn skills to express and receive SEE as well as read the alphabet, learn basic survival signs and express likes and dislikes in SEE sign language.

**Sign Exact English 1**
(0.75 CEUs)  
Jan. 24-Feb. 21  
Plattsmouth, PLLC, 103  
Clinard  
No class Feb. 14  
SIGN-3000-PLSA  
$75

**Sign Exact English 1.5**
(0.75 CEUs)  
Feb. 28-March 28  
Plattsmouth, PLLC, 103  
Clinard  
SIGN-3001-PLSA  
$75

**Sign Exact English: Medical Focus**
You will learn to use SEE (Sign Exact English) sign language to communicate with others with hearing and/or other challenges within a medical or emergency setting. Students will learn to sign basic medical terms and information that include allergic, blood, pain, ambulance, hospital, fire, 911, and more!  
(0.75 CEUs)  
March 2-30  
LINN, L-13  
LIVE Online, Zoom  
Clinard  
SIGN-3031-TCSPA  
$89

**Sign Language**
This is an introductory course for adults who want to learn American Sign Language at a conversational level. This course includes information on deaf culture, an integral component of ASL.  
Required book to be purchased from SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com prior to first class.

**Beginning French Conversation I**
Begin speaking and listening in French via French culture, seasonal topics and student-defined interests. Work toward engaging in brief conversations in French while incorporating basic grammatical concepts and vocabulary. You will have an opportunity for experiential learning that may include watching a movie, cooking/tasting French food, going to a restaurant, and shopping at a grocery store. Books will be discussed at the first class.

**Beginning French Conversation II**
Continuing conversations in French. Speaking and listening in French employing French culture and seasonal topics. Carry on conversations in French while continuing to grasp advancing grammatical concepts and vocabulary. You will engage in conversations derived from class-directed topics, exploring everyday culture and language in French, while expanding your grasp of basic grammar.

**Conversazione Francese Avanzata: Conversazioni Continuante en Français (Advanced French Conversations)**
Ce cours se déroulera principalement en français. Les élèves participeront à des conversations sur des événements, la culture, et des expériences quotidiens et des sujets dirigés par les élèves; on va explorer la culture et la langue de tous les jours en français, tout en élargissant leur maîtrise de la grammaire. Les élèves liront et discutureront de petits contes, de nouvelles, d’actualités et de réalités culturelles. Des activités supplémentaires peuvent inclure un film, de la cuisine / dégustation de recettes françaises, diner au restaurant, faire les courses à l’épicerie, ou visiter au musée.

**Energize Your Mind, Body & Spirit**
Join us in person or via Zoom for an informative and relaxing morning as we explore the interconnections between Body, Mind and Spirit. A mini retreat designed for anyone who is looking for a day to relax.

**Meditative Mandalas**
Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.

**Women’s Self Defense / Let’s Do Lunch: Exploring Apps (Health & Wellness)**
See page 32 for more information.

**Yoga Classes**
See page 34 for more information.

**Herbal Support in Trying Times**
See page 24 for more information.
MONEY MATTERS

NEW! Annuities: Beyond the Hard Sell
If you own an annuity or are thinking about purchasing one, join us as we look under the hood and demystify these complex insurance contracts. Learn the pros and cons to better understand how an annuity works and the circumstances when an annuity may make sense to own and when it may not.

Jan. 31  M  6-8:30 p.m.  $29  
LIVE Online, Zoom  Milleson  AREA-7044-TCSYA

Money Can’t Buy Me Love: Keys to Making Good Financial Decisions
Money management refers to the process of budgeting, investing, saving, and spending one’s finances. Smart financial planning is essential for adults working toward financial freedom. Learn how to start a budget, understand credit scores and how to build them; ways to manage debt and expenses, and eliminate unnecessary spending. Discover a framework for making sound economic decisions about personal savings.

March 17  Th  6-8 p.m.  $19  
LIVE Online, Zoom  Toma  AREA-7033-TCSWA

NEW! Getting Ready to Retire: Are Your Ducks In A Row?
Retirement planning is much more complex than ever before with the continual changes in tax laws, increases in longevity and rising health care costs. Will I have enough and how much do I need are questions that should be answered using the rule of thumb guidelines. Become informed so you can make the best decisions to take care of yourself and your family in retirement.

March 14-21  M  6-9:30 p.m.  $39  
LIVE Online, Zoom  Milleson  AREA-5170-TCSYA

Understanding Investing
It’s never too early (or late) to learn how to make your money work for you. Topics will include stocks, bonds, mutual funds, and the various types of accounts in which you can invest. If you want to learn more about investing and how you can use investments as a tool to reach your goals, this is your class.

Jan. 25-Feb. 1  T  6-8 p.m.  $49  
Lincoln, CEC, 406  Muff  LLLX-0801-CESA

Taxes in Retirement
Don’t be caught off guard by your tax bills in retirement. Learn how your social security, IRAs and retirement accounts are taxed as well as strategies on how to potentially reduce those taxes.

Jan. 25  T  10-11:30 a.m.  $29  
Lincoln, CEC, 404  Shunkwiler  LLLX-0800-CESA

NEW! Planning for Social Security & Health Care Expenses: What You Need to Know
Learn what you should consider when deciding to apply for social security benefits, when it makes sense to delay benefits and when it does not, innovative strategies for coordinating benefits with your spouse, how spousal, survivor and divorce benefits work and how to minimize taxes on social security benefits.

Guest presenter: Lori Byers, York County Department of Aging.

Jan. 31  M  6-8:30 p.m.  $29  
LIVE Online, Zoom  Milleson  AREA-7044-TCSYA

Social Security 101: Understanding This Retirement Benefit
Understanding Social Security is critical to your long-term financial well-being and retirement. This is an overview of Social Security and how it works, including eligibility and Primary Insurance Amount, filing options, the importance of timing (delayed retirement credits), and spousal benefits. Discover the implications of working after a person begins collecting benefits and how that affects your decision making.

March 8  Th  6-9 p.m.  $29  
LIVE Online, Zoom  Rauert  AREA-7033-TCSYA

Long Term Care Cost Planning
Learn more during this class about the differences among the type of long-term care such as assisted living, nursing home, home health, and hospice care. Discussion will include what each type of care encompasses and approximate cost. How do people pay for this care today? Learn about insurance options available in the market and strategies used to help pay for care costs. This class will enable students to assess their individual risk of care needs, make cost estimates, and how to plan today to ensure they can pay for the care into the future.

Feb. 1  T  6-9 p.m.  $39  
York, YHS, B2  Rauert  AREA-5084-YKSA

Feb. 24  Th  6-9 p.m.  $39  
LIVE Online, Zoom  Rauert  AREA-5084-TCSYA

Tired of Cable TV, Dish or Direct TV? Cut the Cord!
Take a 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 “TV” and other media content. We will cover Hulu Live, YouTubeTV, AppleTV+, Sony Vue, Netflix, and others.

Jan. 20  Th  6-8 p.m.  $29  
LIVE Online, Zoom  T. Jensen  LLLX-1154-TCSYA

Medicare Classes
See page 29 for more information.

Music

Intro to the Ukulele
This is an introductory class for the beginning student. Students will learn proper tuning methods and technique for playing the instrument. You also will learn chords and strums associated with using the ukulele as an accompaniment instrument.

If you don’t have a ukulele, they’re available at local music shops or online. Starting price is approximately $49.

April 7  Th  6-7 p.m.  $79  
LIVE Online, Zoom  Erb  LLLX-1400-TCSYA

Performing Arts

Improv Level 1
Improv is the ability to spontaneously create a scene, in the moment, based on a suggestion. Join us and discover the basic rules of improvisation and make the most of your creativity. Your seasoned improvisational instructor, Tim Mittan, brings professional experience to the classroom so don’t miss this great opportunity!

March 7-28  M  7-9 p.m.  $89  
Lincoln, CEC, Aud  Mittan  LLLX-1607-CESA

Improv Level 3
Calling all level 1 or 2 improv alumni! Come join the fun. Level 3 will focus on scene creation, classic improv games and character development. To show off your newly found improv skills there will be a performance at the last class.

Jan. 11-Feb. 22  Th  7-9 p.m.  $89  
Lincoln, CEC, 214  Mittan  LLLX-1669-CESA

Community Chorus
Do you have the desire to sing loud and proud? Chorus members will receive guidance on vocal and chorale rehearsal techniques and performance practice. This is a great opportunity to enjoy singing with friends. Class includes vocal technique instruction and event rehearsals.

Class will feature two concert performances in early March and early May. Contact Dr. Jon Gruett at 909-913-7284 with questions.

Jan. 13-May 5  Th  7-8:30 p.m.  $59  
Beatrice, AEC, 215  Gruett  BBBX-2207-BESA

Dance Classes
See page 23 for more information.

Music Classes
See page 31 for more information.

Registration Information
Page 39

Courses are subject to change.
**Personal Interest**

**Personal Development**

Get a jump start on writing your life story with guidance from the instructor, along with multiple handouts. Instructor will lead you in a fun, supportive process.

- **Introduction to Podcasting**
  - If you are interested in podcasting as a marketing tool for you or your business, join us for this information packed class about podcasting. Discussion will include the mechanics behind the finished product (recording, editing, up/downloading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.

  - **Keyword: Podcasting**
  - **NEW! Self-Defense Techniques**
    - Self-defense training will teach you to recognize and avoid dangerous situations and how to defend yourself in the event that you are attacked. Class include physical techniques as well as psychological preparation.

  - **Keyword: Defense**
  - **Women’s Self Defense**
    - This class will discuss situational awareness, how to be a tough target, assessing the level of threat, and knowing you are worth fighting for. Participants will learn four kicks and four hand techniques which they will practice on a padded target. We also will cover pressure points and breakaways.

    - **Keyword: Defense**

  - **NEW! Gardening Basics**
    - Want to learn more about how to make your garden grow? Join us over lunch to learn tips and tricks on gardening.

    - **Keyword: Gardening**

  - **NEW! Gardening Basics**
    - Learn more about night photography and how to use a digital camera with basic principles such as exposure, metering modes, shutter speeds, aperture and depth of field, focal length, and more.

    - **Keyword: Photography**

- **LET’S DO LUNCH SERIES**

  - Spend your lunch hour learning something new! Check out this series featuring something for everyone!

  - **LDL: Exploring Apps (Health & Wellness)**
    - Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.

    - **Keyword: Exploring**

  - **LDL: Basic Zoom**
    - Find out more about all the fun things you can do with Zoom!

    - **Keyword: Zoom**

  - **LDL: Gardening Basics**
    - Want to learn more about how to make your garden grow? Join us over lunch to learn tips and tricks on gardening.

    - **Keyword: Gardening**

- **Photography**

  - **Photography I**
    - Discover the craft and creativity of photography in this beginning class. Learn to use your digital camera with basic principles such as exposure, metering modes, shutter speeds, aperture and depth of field, focal length, and more.

    - **Keyword: Photography**

  - **Photography II**
    - Continue your exploration of photography with the intermediate class. More complex techniques and concepts will be addressed and weekly assignments given.

    - **Keyword: Photography**

  - **Photography III**
    - This is a continuation of Photography II with an emphasis on photographing people and the use of electronic flash. Flash techniques such as direct, slow-sync and fill-in and other lighting concepts will be taught.

    - **Keyword: Photography**

- **Night Photography Techniques**

  - Discover more about night photography techniques for landscape or cityscape. Discussion will include slow shutter speed and manual settings, including bulb and ISO.

    - **Keyword: Photography**

- **In-Camera Black & White Photography Techniques**

  - Discover more about in-camera black and white photography without the need for post-production.

    - **Keyword: Photography**

- **Understanding White Balance (Color Correction)**

  - Learn about color temperature and white balance settings on your camera and how to use them.

    - **Keyword: Photography**

**LOCATION KEY**

Page 37
Digital Photography
You will gain greater proficiency in your photography and camera use as we review the basic principles of photography, along with more sophisticated digital operations, hardware options and software.

**Keyword: Photography**
Jan. 19-Feb. 23 W 6:30-7:30 p.m. $69
LIVE Online, Zoom Keller LLLX-0528-TCSA

Digital Photography Editing/Post Processing
This is an overview of editing digital images, both RAW and JPG using the software you have on your laptop. We will discuss noise reduction, sharpening, cropping and other techniques to enhance your masterworks.

You should have digital images with which to practice during the class. The recommended editing programs are: Photoshop CC, Affinity Photo, Luminar (up to Version 4), Nikon Studio NX, or Cannon DPP4.

**Keyword: Photography**
Feb. 10-24 Th 6:30-7:30 p.m. $39
LIVE Online, Zoom Keller LLLX-0114-TCSA

Digitizing Memories
Do you have envelopes full of negatives and slides or boxes of photos? Discover how to preserve these in a more organized form by scanning them. We will look at scanning techniques and some of the devices to make scanning easy to do. Discussion will involve the software necessary to scan your negatives, slides and photos and look at the software “VueScan.”

**Keyword: Memories**
Feb. 1-8 T 6:30-7:30 p.m. $29
LIVE Online, Zoom Keller LLLX-0113-TCSA

Cell Phone Photography
Photography using your phone or tablet is the focus of this class. Techniques in photography, useful apps for photography and editing along with super handy gadgets for your cell or tablet will be explored.

Before the first class, download Snapseed for photo processing on your device. Snapseed is free. Have your mobile device handy as you log into this Zoom class from your desktop or laptop.

**Keyword: Photography**
Jan. 20-Feb. 3 Th 6:30-7:30 p.m. $49
LIVE Online, Zoom Keller LLLX-0080-TCSA

Scrapbook Retreats
See pages 18-19 for more information.

Pictures Galore, Organizing & More! / Shutterfly
See page 18 for more information.

Smartphone Photo Editing & Organization
See page 10 for more information.

**SPORTS, RECREATION & FITNESS**

Learn to Play Hearts
Hearts is one of the greatest card games ever devised for four players, each playing individually. It is a game of suits and the lowest score wins. Soon this will become your family “go-to” game!!!

**Keyword: Hearts**
Feb. 7-28 M 6-8 p.m. $49
Plattsmouth, PLLC, 102 Meyer AREA-8654-PLSA

Beginning Pickleball 101
Learn about the trending sport of pickleball! Pickleball is enjoyed by all ages, is easy to learn and no experience is necessary. It is a combination of badminton, ping pong and tennis. There will be instruction, basic strategy and skills taught in addition to playing time.

Paddle included. Tennis shoes are required. Wear comfortable clothes.

**Keyword: Pickleball**
Jan. 10-31 M 5:30-7 p.m. $49
Lincoln, SPUM, Gym Cech LLLX-1679-OSCA
Feb. 7-28 M 5:30-7 p.m. $49
Lincoln, SPUM, Gym Cech LLLX-1679-OSCA

Archery Introduction
Have fun and build self-confidence with a sport that has been popular for years. Learn archery in a self-paced class. This is a great course for those who want to try archery as a sport or recreationally.

Classes meet indoors, and equipment is provided to use for the class. You are welcome to use your own equipment pending club approval. Instructors are certified with USA Archery. Minimum age 8.

**Keyword: Archery**
Jan. 11-March 15 T 6-7 p.m. $50
Lincoln, PBAC Prairie Bowman LLLX-0584-OSCA
Jan. 11-March 15 T 7:30-8:30 p.m. $50
Lincoln, PBAC Prairie Bowman LLLX-0584-OSCA

SwordPlay
Learn to swing a sword like a 14th Century knight! The Introduction to Medieval Longsword Class instructs students in the history, use and fun of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highest regarded professional soldiers of his time.

Loaned equipment is available, and students only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water. NOTE: You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class.

**Keyword: Swordplay**
Jan. 11-Feb. 17 T, Th 6:30-8 p.m. $69
Lincoln, CCC, 303 Loder LLLX-0585-CESA

**NEW!** Walk for a Healthier You
Ready to reap the benefits of walking right in your very own home? Walking can increase energy levels; strengthen bones and muscles; improve mood, memory and sleep; and reduce stress. Work-outs will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.

**Keyword: Walk**
Jan. 25-Feb. 22 T 5:30-6:15 p.m. $25
LIVE Online, Zoom Waters AREA-8492-TCSWA

**NEW!** Spin & Strap
Pedal a stationary bike as you are guided through a visualization of an outdoor workout. Pace and speed will vary throughout the workout. Suspension training straps allows your body weight to work for you in developing strength, balance, flexibility and core stability. Any fitness level can participate in this workout!

Dress in loose, comfortable clothing and appropriate shoes.

**Keyword: Spin**
Jan. 11-Feb. 10 T, Th 5:30-6:30 p.m. $59
NE City, AWC, Group X Stuckenhoft LLLX-8870-NCSA
Feb. 15-March 17 T, Th 5:30-6:30 p.m. $59
NE City, AWC, Group X Stuckenhoft LLLX-8870-NCSA

Strength Training FUNDamentals: Tone & Eat Right
Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don’t have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.

**Keyword: Strength**
Jan. 8-15 S 9-10 a.m. $29
LIVE Online, Zoom Stutzman LLLX-2261-TCSGA

Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! The belly and buttocks muscles are the focus for shaping, along with increasing lower body strength, burning fat and building lean muscle. How to utilize proper form to avoid injury and gain results are discussed.

Wear comfortable, loose clothes.

**Keyword: Sculpting**
Feb. 5-26 S 9-10 a.m. $31
LIVE Online, Zoom Waters AREA-8505-TCSWA

Cardio Circuit
Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

**Keyword: Cardio**
Jan. 10-31 M, W, F 8:30-9:30 a.m. $59
NE City, AWC, Group X DeBuhr AREA-8726-NCSB
Feb. 7-23 M, W, F 8:30-9:30 a.m. $59
NE City, AWC, Group X DeBuhr AREA-8726-NCSB

Space is limited. Register today!
Courses are subject to change.
PERSONAL INTEREST

YOGA CLASSES

It’s time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don’t be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone. Wear comfortable clothing. Bring a yoga mat to class. Choose a location and class to fit your needs.

NEW! Full-Body Yoga/Stretching Class
Feel good! Melt sore, stiff muscles, breathe better, and improve your flexibility in 20 minutes with this full-body yoga and stretching class. You’ll move through a gentle warm up then deeply stretch your muscles and joints, then move through a cool down. This total-body deep stretch can be used as morning yoga, after work yoga and post work-out or anytime.

Gentle Yoga
Chair, standing or mat positions.

Yoga & Pilates
All experience levels welcome.

Yoga Basics
New to yoga or want a basic practice? This is perfect for you!

Yoga Styles
Learn the different forms of yoga, from yoga nidra to flow and everything in between. We’ll practice a different style each week.

Rip (formerly BodyPump)
Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination challenges.

Key: Rip
Jan. 10-Feb. 9 M, W 5:30-6:30 p.m. $59
NE City, AWC, Group X Stukenholtz AREA-8727-NCSC
Feb. 14-March 16 M, W 5:30-6:30 p.m. $59
NE City, AWC, Group X Stukenholtz AREA-8727-NCSC

Zumba
Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

Key: Zumba
Jan. 11-March 15 T 5:30-6:30 p.m. $59
NE City, AWC, Group X Farmer AREA-8715-NCSC

Senior Stretch & Flex
Enjoy a morning workout and improve your health. This active-aging class will include stretching, cardio and the proper use of free weights. You will experience improved flexibility while seeing positive changes in your body.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Key: Stretch
Jan. 11-Feb. 8 T 10:45-11:30 a.m. $29
Falls City, FLLC AREA-8415-FCSA

Fit for Senior Living
Exercise is an essential part of life. Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this 12-week session. Best price for your workout!

Bring a towel and your tennis shoes. Will use outdoor classroom as often as possible.

Key: Fit
Jan. 3-March 25 M, W, F 9:30-10:30 a.m. $65
Plattsmouth, PLLC Scanlan AREA-8810-PLSA

NEW! Self-Defense Techniques / Women’s Self Defense
See page 32 for more information.

YOUTH

Babysitting 101
Ages 10-14
This interactive class will help you become a great babysitter. You will learn about the business of babysitting, child development, safety, and fun ways to keep children entertained.

Key: Babysitting
Jan. 15  S 8:30 a.m.-Noon $29
Hebron, HNLC, 101 Segner AREA-6399-HNNA
Feb. 1-21
Online, Canvas Segner AREA-6399-WB5HA

Homeschool Art Class
Ages 6-16
This visual art class introduces students to drawing, painting, pottery, printmaking, and sculpture. Students will build their skills and understanding of a wide range of age-appropriate art concepts. LUX Center for the Arts is a unique location for students to see original works of art, make their own art and visit the on-site studios of their instructors who are all professional artists.

Students will be placed into groups by age and grade level so please be sure to note that when registering. The instructor for these classes will change every three weeks to give students the opportunity to work with a variety of art mediums.

Key: Homeschool
Jan. 11-March 8 T 12:30-2 p.m. $135
Lincoln, LUXC

NEW! Cherry Blossoms in Watercolor (Ages 7-12) / Painting Rocky Landscapes in Watercolor (Grade 5 & Up) / Painting Trees in Watercolor (Grade 5 & Up) / Beginning Watercolor Painting Workshop (Grade 5 & Up)

See page 22 for more information.

Irish Social Dance (Ages 12 & Up) / Irish Step Dance (Ages 7 & Up)
See page 24 for more information.

Archery Introduction (Ages 8 & Up)
See page 33 for more information.

CREDIT CLASSES OFFERED AT ALL LEARNING CENTERS

Are you thinking of starting or continuing college?
Credit classes are delivered via technology to the Learning Center classrooms. Students can participate in the class like any student in the originating classroom. Each class offered at the Learning Centers meets the requirement at SCC for general education classes for an Associate degree and/or a prerequisite class for a Health program. Check with your academic advisor on your degree plan.

Do you want to take a credit class that isn’t scheduled for your Learning Center?
SCC received a USDA rural development grant which included robots. The robots enable students in the Learning Center service area to attend class on one of the SCC campuses via robot. The robot is operated by the student via a computer using a few keys. Contact your Learning Center staff if you would like to register to take a class by robot.

For Credit Class Schedule, visit www.southeast.edu/classschedules

Space is limited. Register today!

LOCATION KEY
Page 37

Want to take a class that is listed as “LIVE Online, Zoom” but don’t have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available. Learning Center contact information is on page 38.
Driver Education & Safety

Driver Education

Instruction consists of online lecture and behind-the-wheel training (lab) that meets separately. Participation in an orientation is required before each class. A Zoom link will be sent to the student's email one week prior to the orientation.

Required Orientations via Zoom:
- Thurs., Dec. 16
- Thurs., Feb. 10
- Thurs., March 3

Student must have a school or learner’s permit and complete both the online lecture and driving to be eligible for documentation for the Provisional Operator’s Permit and/or insurance requirements.

(2.6 CEUs) For a detailed brochure, complete with Driver Education & Safety classes for 2022, contact us at continuinged@southeast.edu, 402-437-2700 or 800-828-0072. NOTE: Attendance is critical to the student’s success. Each class and lab must be attended as scheduled. Required book is available at SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. Classes will be held during LPS Spring Break. Driver Education course requires a minimum of one week advance notice to receive a full refund or to transfer.

Keyword: Driver

Lincoln SCC

(All lectures have an online option.)
Jan. 11-Feb. 19
Lincoln, LNK, S-1
TRAN-3398-LNSA

Feb. 21-April 2
Lincoln, LNK, S-1
TRAN-3398-LNSE

March 14-19
Online Lecture Only
TRAN-3398-LNSJ

Lincoln East High School

(All lectures have an online option.)
Jan. 11-Feb. 19
Lincoln, EHS, 121
TRAN-3398-OCSC

Lincoln High School

(All lectures have an online option.)
Feb. 21-April 2
Lincoln, LHS, 109
TRAN-3398-OCSG

March 14-19
Online Lecture Only
TRAN-3398-OCSL

Lincoln North Star High School

(All lectures have an online option.)
Jan. 11-Feb. 19
Lincoln, LNS, A118A
TRAN-3398-OCSD

Lincoln Northeast High School

(All lectures have an online option.)
Feb. 21-April 2
Lincoln, LNE, 043
TRAN-3398-OSCI

March 14-19
Online Lecture Only
TRAN-3398-OSCJ

Lincoln Southeast High School

(All lectures have an online option.)
Feb. 21-April 2
Lincoln, LSE, G103
TRAN-3398-OSCH

March 14-19
Online Lecture Only
TRAN-3398-OSCM

Driver Education Instructor Training

Prerequisite: Must be at least 21 years of age, have a high school diploma or equivalent, valid operator’s license held in state of residence for two consecutive years, clean driving record (for the prior five years), the instructor candidate must have no violation on record for which five or more points might be assessed, including probation or other situations in which no points were actually assessed for the violation. You must have no suspensions or revocations on record within the last five years, including no convictions for DWI or any related alcohol or drug offense in connection with motor vehicle use. DMV Title 247.

This is a Department of Motor Vehicles-approved course for the certification of instructor to teach driver education in a non-credit format. Focus is on fundamental driver education, curriculum development and presentation skills. The intent of this class is for those individuals who want to teach outside the K-12 system.

Required books are available at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com.

Keyword: Instructor

Jan. 31-March 12
Lincoln, LNK, Arranged
TRAN-3393-HBSA

Registration Information

Payment is due at time of registration for all non-credit classes.

Lincoln Southwest High School

(All lectures have an online option.)
Jan. 11-Feb. 19
Lincoln, LSW, A103
TRAN-3398-OSCT

Feb. 21-April 2
Lincoln, LSW, A103
TRAN-3398-OSCF

March 14-19
Online Lecture Only
TRAN-3398-OSCK

Lincoln Drive Lab Schedule

Sections beginning Jan. 11 and Feb. 21: Drive lab meets two hours once a week for six weeks, Monday through Friday, with a starting time of 3:30 p.m. or 5:45 p.m., or Saturday starting at 8 a.m., 10:15 a.m., 1 p.m., or 3:15 p.m. The student could possibly attend the first drive lab before the first lecture meets. The drive lab continues one week past the completion of lecture.

Sections beginning March 14: Drive lab meets for two hours every day Monday through Saturday for the same week as the lecture. Starting times offered are: 7:15 a.m., 9:30 a.m., noon, 2:15 p.m., 4:15 p.m., or 6:30 p.m.

Four-Hour STOP Class

Diversion of minor traffic violations in Seward, Thayer and York counties. Contact us at STOP@southeast.edu for scheduling details and cost.

Smart Drivers

This is an eight-hour comprehensive course applying fundamental traffic laws and increasing driver awareness. Nebraska state law requires that driver improvement classes are eight hours. (0.8 CEUs) This class is approved by the Nebraska Department of Motor Vehicles and can be applied toward: under-age 21, six-point accumulation, reinstatement of point revocation, employment driving permit, two-point credit to driving record. Participants will NOT be admitted into class 15 minutes after the scheduled start time or later. Participants must provide driver’s license number at class.

Keyword: Driver

Jan. 8
Lincoln, CEC, 404
TRAN-3363-CESA

Jan. 22
Lincoln, CEC, 403
TRAN-3363-CESB

Feb. 5
Lincoln, CEC, 403
TRAN-3363-CESC

Feb. 19
Lincoln, CEC, 404
TRAN-3363-CESD

March 5
Lincoln, CEC, 404
TRAN-3363-CESE

March 19
Lincoln, CEC, 404
TRAN-3363-CESF

Motorcycle Safety

Motorcycle Safety: Beginning Riders Course

Prerequisites: You must be at least 16 and able to balance and ride a bicycle. If you are ages 16 or 17, a waiver must be signed by a parent or guardian. Failure to provide will disqualify participation in class, and a refund will not be available.

This 18-hour course is intended for beginning riders 16 years and older and is designed to teach safe motorcycle operation.

(1.8 CEUs) Approximately three weeks before the start date of the course, an email and letter will be sent with instructions on how to access the eCourse. The eCourse is to be successfully completed one week prior to the start of the Friday evening classroom session. You must successfully complete the online eCourse and written and driving exams to receive documentation for the motorcycle endorsement. You will provide your own protective riding apparel, including Nebraska Department of Transportation-approved helmet and eye protection, over-the-ankle footwear, long-sleeve shirt or jacket, long non-flare denim pants or equivalent, and full-fingered gloves, preferably leather. Motorcycle Safety course requires a minimum of one week advance notice to receive a full refund or to transfer.

Class is held on Friday from 6:30 p.m. to 11:30 p.m., Saturday from 8 a.m.-4:30 p.m. and Sunday from 8 a.m.-1 p.m.

Keyword: Motorcycle

April 1-3
Lincoln, LNK, S-1
TRAN-3378-LNSA

April 8-10
Lincoln, LNK, S-1
TRAN-3378-LNSB

April 22-24
Lincoln, LNK, S-1
TRAN-3378-LNSC
We offer a wide range of highly interactive non-credit courses that you can take entirely over the internet. All of our courses include expert instructors, many of whom are nationally known authors. All courses are 6 weeks long unless specified. Our online courses are affordable, fun, fast, convenient, and geared just for you. Ready to explore our catalog?

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Data Science  Technology Skills
Leadership  Training and Education
Management  Training for K12 Teachers

Free Classes for Adults!

• English as a Second Language
• GED® Prep
• Adult Basic Education (including math, reading and writing)

We are dedicated to helping you build your skills for college and a career! Our FREE services can help you reach your educational and employment goals! Make your dreams a reality at Southeast Community College!

Providing opportunities for adult learners to strengthen their lives through educational experiences

Classes available in:
• Beatrice
• Falls City
• Hebron
• Lincoln
• Nebraska City
• Plattsmouth
• Tecumseh
• Wahoo
• York

For more information about class offerings, contact: adultedu@southeast.edu
402-437-2840

Volunteer opportunities available.
In Lincoln, contact Vicki Carper at vcarper@southeast.edu.
Outside of Lincoln, contact Elizabeth Williams at ewilliams@southeast.edu.

www.southeast.edu/adulteducation
### Location Key

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>Ashland</td>
<td>ALRC...................................................Ashland Library/Resource Center, 1324 Silver St.</td>
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<td>Beatrice</td>
<td>BECH....................................................Beatrice Chamber of Commerce, 218 N. Fifth St.</td>
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<td>Deshler</td>
<td>DESH..................................................Deshler High School, 1402 Third St.</td>
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<td>Falls City</td>
<td>FALH........................................Falls City High School, 1400 Fulton St.</td>
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<td>FALM........................................Falls City Middle School, 1415 Morton St.</td>
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<td>FCLC.......................................Learning Center at Falls City, 3200 Bill Schenk Blvd.</td>
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<tr>
<td>Hebron</td>
<td>HNLC..........................................Learning Center at Hebron, 610 Jefferson Ave.</td>
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<td>TCHS........................................Thayer County High School, 930 Eads Ave.</td>
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<tr>
<td>Lincoln</td>
<td>4211........................................Doeden’s Dance Studio, 4211 LaSalle</td>
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<tr>
<td></td>
<td>CEC...........................................Jack J. Huck Continuing Education Center, 301 S. 68th St. Place</td>
</tr>
<tr>
<td></td>
<td>EHS...........................................East High School, 1000 S. 70th St.</td>
</tr>
<tr>
<td></td>
<td>EPCH.............Eastridge Presbyterian Church, 1135 Eastridge Drive</td>
</tr>
<tr>
<td></td>
<td>GLTC......................Green Leaf Tea Company, 2917 Pine Lake Rd, #D</td>
</tr>
<tr>
<td></td>
<td>GRLN.................Greater Lincoln Obedience Club, 5740 Johanna Road (From Cornhusker Hwy, go north two blocks on Hwy 77 (56th St.), turn right onto Morton St. Go one block; turn left onto North 57 St. Go one block; turn right onto Johanna Road. GLOC building is one block on the left.)</td>
</tr>
<tr>
<td></td>
<td>HLNS.....................................Holmes Lake, 70th &amp; Normal Blvd.</td>
</tr>
<tr>
<td></td>
<td>KENL......................................Kenl Inn 10241 E. Old Cheney Road (1.25 miles east of 84th and Old Cheney)</td>
</tr>
<tr>
<td></td>
<td>LFM.......................................Lefler Middle School, 1100 S. 48th St.</td>
</tr>
<tr>
<td></td>
<td>LHS.......................................Lincoln High School, 2229 J St.</td>
</tr>
<tr>
<td></td>
<td>LNE.......................................Lincoln Northeast High School, 2635 N. 63rd St.</td>
</tr>
<tr>
<td></td>
<td>LNK.......................................Southeast Community College, Lincoln Campus, 8800 O St.</td>
</tr>
<tr>
<td></td>
<td>LNS.......................................Lincoln North Star High School, 5801 N. 33rd St.</td>
</tr>
<tr>
<td></td>
<td>LSE.......................................Lincoln Southeast High School, 2930 S. 37th</td>
</tr>
<tr>
<td></td>
<td>LSW.......................................Lincoln Southwest High School, 7001 S. 14th</td>
</tr>
<tr>
<td></td>
<td>LUXC..................................Lux Center for the Arts, 2601 N. 48th St. (Enter through the glass door on the west side of building off parking lot. NOTE: Ceramics classes are in the building directly west of the Lux Center. Look for the lime green yard sign.</td>
</tr>
<tr>
<td></td>
<td>MGC......................................Mahoney Golf Course, 7900 Adams St.</td>
</tr>
<tr>
<td></td>
<td>OLER......................................Oler’s Family Upholstery, 5330 Custer Circle #4 (It is two blocks south of 70th and Cornhusker and one block east, next to Big Red Storage; second tan building in the middle; 402-613-1947)</td>
</tr>
<tr>
<td></td>
<td>PLAC......................................Prairie Bowman Club, 1432 N. Cotner Ave.</td>
</tr>
<tr>
<td></td>
<td>PLSR..................................Pawnee Lake State Recreation Area, 3800 N.W. 105th St.</td>
</tr>
<tr>
<td></td>
<td>SPUM..................................St. Paul United Methodist Church, 1144 M St.</td>
</tr>
<tr>
<td></td>
<td>UOAC.....................................University of Nebraska—Lincoln, Outdoor Adventures Center, 930 N. 14th St.</td>
</tr>
<tr>
<td></td>
<td>VWSW.....................................Vang Wood Shop, 6700 Francis St.</td>
</tr>
<tr>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>Louisville</td>
<td>SHSH..........................Simply Home Sweet Home Studio, 8980 Raven Drive (Class location is rural, three miles from Hwy 66)</td>
</tr>
<tr>
<td>Milford</td>
<td>CCDW......................................Crete Carrier Diesel Technology &amp; Welding Center, 701 Trades City Drive</td>
</tr>
<tr>
<td></td>
<td>ETC......................................Eicher Technical Center</td>
</tr>
<tr>
<td></td>
<td>JDIT......................................JD Industry Training Center</td>
</tr>
<tr>
<td>Nebraska City</td>
<td>AWC..................................................Ambassador Wellness Center, 1240 N. 19th</td>
</tr>
<tr>
<td></td>
<td>NCLC......................................Learning Center at Nebraska City, 1406 Central Ave.</td>
</tr>
<tr>
<td></td>
<td>WPBB......................................Whispering Pines B&amp;B, 2018 Sixth Ave.</td>
</tr>
<tr>
<td>Plattsmouth</td>
<td>FKHMH............................Fork and Hammer, 546 Main St.</td>
</tr>
<tr>
<td></td>
<td>PLLC......................................Learning Center at Plattsmouth, 537 Main St.</td>
</tr>
<tr>
<td>Wahoo</td>
<td>WHLC......................................Learning Center at Wahoo, 536 N. Broadway St.</td>
</tr>
<tr>
<td>York</td>
<td>YHS......................................York High School, 1005 Duke Drive</td>
</tr>
<tr>
<td></td>
<td>YKLC......................................Learning Center at York, 3130 Holen Ave. (Inside the Holthus Convention Center)</td>
</tr>
<tr>
<td></td>
<td>See Desc..................................The course description will give the class location</td>
</tr>
<tr>
<td>TBA</td>
<td>To Be Announced..........................To Be Announced</td>
</tr>
</tbody>
</table>
4 Easy Ways to Register!

**REGISTER ONLINE USING WebAdvisor**
1. You must have an email account in order to register online.
3. Search for Classes (Use the keyword at the end of the description)
4. Register for Classes
5. Pay for Classes
   a. You will not be officially registered until you submit your payment.
   b. You will see a confirmation screen. Print this for your records.

**REGISTER BY FAX OR MAIL**
1. Complete the non-credit registration form. (Please Print) then either...
2. FAX the registration form with credit card number or letter of authorization to 402-437-2703
   OR
3. MAIL the registration form with payment or letter of authorization to: Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510-2449

**REGISTER IN PERSON**
WALK-IN to the Jack J. Huck Continuing Education Center Monday-Thursday, 7:30 a.m.-7:30 p.m.; Friday, 7:30 a.m.-5 p.m.; Saturday, 7:30-11:30 a.m.; SCC campuses and Learning Center locations during business hours.

**CANCELLATION/REFUND POLICY**
SCC reserves the right to cancel any credit/non-credit classes that do not have sufficient enrollment. A full refund will be processed and you are not required to submit a drop form.

The student is entitled to a 100% refund for any non-credit class if the class is dropped the day before class begins. If a student drops a class the day class begins or after, there will be no refund.

For Credit Classes cancellation/refund policy, visit [www.southeast.edu/withdrawal-refunds-returns](http://www.southeast.edu/withdrawal-refunds-returns). Failure to attend classes does not constitute a drop or withdrawal. “No Show” students will be billed and held responsible for full payment of the tuition and fees for the classes they are registered for because the “no show” student did not drop the class online using Web Advisor or with an “Official Drop/Add Form For Classes” within the designated refund period.

**CONFIRMATIONS**
All registered students must report to the first class session unless you are notified by the College that the class is full or has been cancelled. Paper confirmations are not mailed. When registering online, print the last page of registration for your records.

NOTE: The language of instruction at SCC is English. Outside of foreign language classes, classes at SCC are conducted in English. All prospective students should be sufficiently proficient in English to a) complete any initial assessment requirements (e.g., COMPASS, ASSET, TOEFL); b) benefit from and fully participate in the instructional process; and c) understand any safety requirements/alerts/directives related to classroom participation and/or safe use of machinery/equipment related to the class.

**SOCIAL SECURITY NUMBER**
The College requests, but does not require, a student provide their Social Security number during the admissions process. Students who do not provide a Social Security number during the admissions process will be required to provide one for Federal Student Aid.

Students who do not have a Social Security number or Tax Identification Number are eligible to take classes and be admitted to a Program of Study; however, students should be aware that they may not be able to complete specific courses.

A student’s Social Security number information constitutes an “educational record” under FERPA. The College will be privileged to re-disclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA. Questions relating to Social Security or tax ID numbers should be directed to the campus Registration and Records Office.

**FERPA**
SCC has developed policies and procedures in compliance with the Family Educational Rights and Privacy Act (FERPA) of 1974. The rights accorded students shall apply to all students 18 years of age or older, or no longer dependent upon their parents; students in a postsecondary education program, regardless of their age; and parents of eligible dependent students. All requests for student records and information must be in writing and directed to the campus Student Services Office. Questions relating to the release of records and information should be directed to the campus Student Services Office.

*Use of Photographs: For more information, visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog).*

**GENERAL COLLEGE POLICIES**

**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.

**NOTA:** El idioma de instrucción en SCC es el inglés. Fuera de las clases de idiomas extranjeros, las clases en SCC se imparten en inglés. Todos los estudiantes prospectivos deben ser suficientemente competentes en inglés para: a) completar cualquier requisito de evaluación inicial (por ejemplo, COMPASS, ASSET, TOEFL); b) beneficiarse y participar plenamente en el proceso de instrucción; y c) comprender cualquier requisito de seguridad/alertas/directivas relacionadas con la participación en el aula y/o el uso seguro de la maquinaria/equipo relacionado con la clase.
## Registration Form - Non-Credit Course

**Please Print**

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.

### Social Security Number OR SCC Student ID Number

<table>
<thead>
<tr>
<th>Birth Date</th>
<th>Name: Last</th>
<th>First</th>
<th>Middle Initial</th>
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<tbody>
<tr>
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</tbody>
</table>

### Residence Mailing Address

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
<tbody>
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### Email Address

<table>
<thead>
<tr>
<th>Cell Phone</th>
<th>Home</th>
<th>Business Phone</th>
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<tbody>
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</tbody>
</table>

### Signature

- Male
- Female

- Nebraska Resident
- Non-Resident

- Hispanic or
- Latino
- Not Hispanic or
- Latino

- White
- Asian
- Native Hawaiian/Other Pacific Islander
- American Indian/Alaska Native
- Black/African-American

### Course Information

<table>
<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
</tr>
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<tbody>
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### Signature

- Check (must be included)
- Cash (must be included)

Would you like a receipt mailed to you? 
- Yes
- No

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.

---

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corporate training

Whether you want to **upskill**, **reskill** or **develop the next generation of leaders**, SCC Workforce Solutions offers customized training services to meet your unique goals.

**let us help you get there**

**CONTACT**
Kelly Banks, kbanks@southeast.edu, 402-437-2507
Southeast Community College
CONTINUING EDUCATION

301 S. 68th St. Place
Lincoln, NE 68510-2449

POSTAL CUSTOMER