

Health Care

Winter 2022

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 the class meets the requirements from your employer, licensing agency, or school. Cost includes book and 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 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.**

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.

- ♥ 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 First Aid requirements for day cares.

			Keyword: Aid
Jan. 20 Lincoln, CEC, 109B	Th	7-7:45 p.m. HLTH-3506-HBSCA	\$59
Feb. 2 NE City, NCLC, 104	W	7-7:45 p.m. HLTH-3506-HBSNA	\$59
March 14 NE City, NCLC, 104	M	7-7:45 p.m. HLTH-3506-HBSNB	\$59
March 24 Lincoln, CEC, 109B	Th	7-7:45 p.m. HLTH-3506-HBSCB	\$59

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.

- ♥ When registering, include your email address.
- ♥ Once you've completed the online portion, you will print your AHA 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.

			Keyword: CPR
Jan. 6 NE City, NCLC, 104	Th	6-7:30 p.m. HLTH-3253-HBSNA	\$63
Jan. 11 Lincoln, CEC, 109B	T	6-7:30 p.m. HLTH-3253-HBSCA	\$63
Jan. 19 Lincoln, CEC, 109B	W	1-2:30 p.m. HLTH-3253-HBSCB	\$63
Jan. 29 Lincoln, CEC, 109B	S	9-10:30 a.m. HLTH-3253-HBSCC	\$63
Feb. 12 Lincoln, CEC, 109B	S	9-10:30 a.m. HLTH-3253-HBSCD	\$63
Feb. 16 Lincoln, CEC, 109B	W	1-2:30 p.m. HLTH-3253-HBSCE	\$63
Feb. 22 Lincoln, CEC, 109B	T	6-7:30 p.m. HLTH-3253-HBSCF	\$63
March 5 Lincoln, CEC, 109B	S	9-10:30 a.m. HLTH-3253-HBSCG	\$63
March 9 Lincoln, CEC, 109B	W	1-2:30 p.m. HLTH-3253-HBSCH	\$63
March 17 Lincoln, CEC, 109B	Th	6-7:30 p.m. HLTH-3253-HBSCI	\$63
March 29 Lincoln, CEC, 109B	T	6-7:30 p.m. HLTH-3253-HBSCJ	\$63

Heartsaver® CPR AED Online + Skills 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.

- ♥ 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 Lincoln, CEC, 109B	Th	6-6:45 p.m. HLTH-3501-HBSCA	\$59
Feb. 2 NE City, NCLC, 104	W	6-6:45 p.m. HLTH-3501-HBSNA	\$59
March 14 NE City, NCLC, 104	M	6-6:45 p.m. HLTH-3501-HBSNB	\$59
March 24 Lincoln, CEC, 109B	Th	6-6:45 p.m. HLTH-3501-HBSCB	\$59

HEALTH CARE PROVIDERS CEUs

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

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

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 take it in the comfort of your own home.

(0.1 CEU) Once you have completed the one-hour online in-service, the state is notified by email that you have completed the course. NOTE: For successful completion, you must spend an hour online and get 100% on the quiz which is over the material you have read and the videos you have watched. You can take the quiz as many times as needed. **To register and pay, go to <http://bit.ly/RegisterCE>.**

Online, Canvas

HLTH-3065-WBUCA

\$30

Keyword: Abuse

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.



Keyword: Breastfeeding

Feb. 7-21

M, Th

9:30 a.m.-12:30 p.m.

\$325

LIVE Online, Zoom

HLTH-3265-TCSCA



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.



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, also.

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.

(8.0 contact hours) You must have access to a computer and the internet. Certificates will be mailed to all who have successfully completed the course after the last day of class.

Keyword: Therapy

Jan. 10-March 5				\$79
Online, Canvas	Ruiz	NURS-3187-WBSA		
March 7-April 30				\$79
Online, Canvas	Ruiz	NURS-3187-WBSB		

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.

(8.0 contact hours) You must have access to a computer and the internet. The hands-on skills portion of this course will occur on Saturday listed. To successfully complete this course, you must complete the online component and attend a four-hour lab session. Certificates will be mailed after the last day of class.

Keyword: Therapy

March 7-April 29 & April 30	Online, Canvas			\$99
Beatrice, AEC, 331	S	9 a.m.-1 p.m.		
	Ruiz	NURS-3188-HBSA		

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

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCnebCE

Computers & Technology

Winter 2022

GETTING STARTED

INTRODUCTORY CLASSES

Get Started with Computers

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.



Keyword: Computer

March 2	W	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-0928-TCSFA	

SMART DEVICES

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

Jan. 11	T	6:30-8:30 p.m.	\$39
LIVE Online, Zoom	Dauel	AREA-6683-TCSFA	

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.

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

Jan. 27	Th	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1393-TCSFA	

Smartphone 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.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1394-TCSFA	



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

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 teens 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.	\$29
LIVE Online, Zoom	Uffleman	AREA-1406-TCSYA	

Smartphone Photo Editing & Organization

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



Keyword: Phone

Jan. 13	Th	6-8 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-1107-TCSCA	

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	T. Jensen	LLLX-0666-TCSCA	

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-TCSCA	

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.



Keyword: Traveling

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

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

Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.



Keyword: Exploring

Jan. 25	T	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSFA	

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCNebCE

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

INTERNET

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	LLLX-0670-TCSCA	
Feb. 17	Th	6-8 p.m.	\$29
LIVE Online, Zoom	Toma	AREA-0901-TCSCA	

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	LLLX-0531-TCSCA	

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

Online security breaches are everywhere, yet most people are terrible about their personal cybersecurity. You will learn how to safely browse the internet, develop secure passwords and recognize common scams. You will discover a variety of tools, most of them free, that can be used for personal online security. Lots of valuable information.



Keyword: Hacked

Jan. 13-27	Th	6:30-7:30 p.m.	\$29
LIVE Online, Zoom	Cano	LLLX-1355-TCSCA	

Let's Do Lunch: Basic Zoom

Find out more about all the fun things you can do with Zoom!



Keyword: Zoom

Feb. 24	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSCA	

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-TCSCA	



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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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.

SOCIAL MEDIA

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/down loading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.



Keyword: Podcasting

Feb. 16	W	6-9 p.m.	\$39
LIVE Online, Zoom	Roush	AREA-1405-TCSYA	

Online Marketing Strategies

Online marketing is a must in today's business climate. Learn best practices and get your specific questions answered about websites, email and social media.



Keyword: Marketing

Feb. 16	W	9 a.m.-Noon	\$59
LIVE Online, Zoom	Siefkes	BSAD-7320-TCSNA	

Let's Do Lunch: Basic Zoom

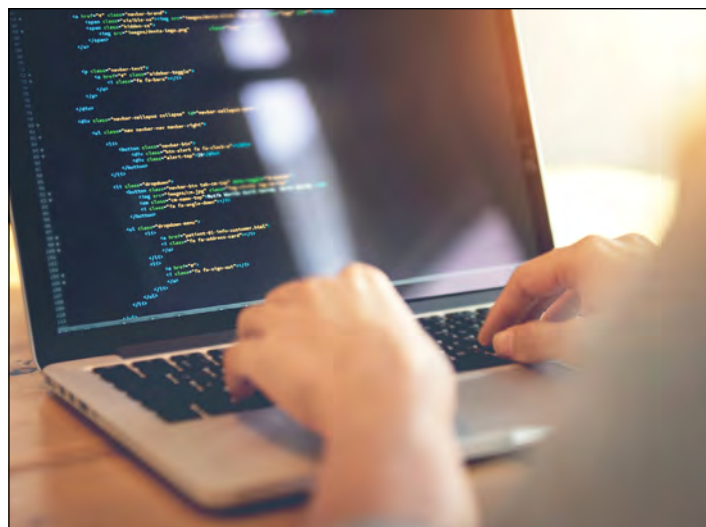
Find out more about all the fun things you can do with Zoom!



Keyword: Zoom

Feb. 24	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSCA	

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.

Keyword: Bootcamp

Feb. 15-June 14	T	7-8:30 p.m.	\$3,999
LIVE Online, Zoom	Promineo	INFO-7750-TCSCA	

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCNebCE

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

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.



Feb. 16-Aug. 10 LIVE Online, Zoom	W Promineo	7-8:30 p.m. INFO-7752-TCSCA	Keyword: Bootcamp \$5,400
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Front End Software Developer Bootcamp

In this 18-week Front End Software Developer bootcamp, students learn the skills and technologies necessary to enter the industry as a Front End Software Developer. Skills and technologies include JavaScript, ES6, Algorithms, OOP, Design Patterns, Unit Testing, HTML, CSS, Bootstrap, JQuery, AJAX, Responsive Web Design, ReactJS, JSP, NPM, Redux, AWS, and more.

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.



Jan. 26-May 25 LIVE Online, Zoom	W Promineo	7-8:30 p.m. INFO-7751-TCSCA	Keyword: Bootcamp \$3,999
March 17-July 14 LIVE Online, Zoom	Th Promineo	7-8:30 p.m. INFO-7751-TCSCB	\$3,999



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online. *Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/sccceonlinecourses>.*

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.

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

FREE TRAINING

SCC utilizes the **Gap Assistance Program** 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 Specialists to see if you qualify.

For more information, visit www.southeast.edu/gap or contact us at 402-323-3394 or hbloomquist@southeast.edu

Approved Programs of Study are available in the following areas:

- Health Care
- Precision Metals Manufacturing
- Transportation
- Biotechnology **NEW!**
- Renewable Energy
- Precision Agriculture
- Business Management & Administrative Services
- Software & Computer Services
- Dietary & Hospitality
- Construction
- Early Childhood Education **NEW!**



www.ed2go.com/sccne

BROWSE COURSES IN

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical

Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing



<http://bit.ly/SCC-UGotClass>

BROWSE CERTIFICATES & COURSES IN

Business
Business Communication
Health
Human Resources
Leadership
LEED Green Workplace Management

New Media Marketing
Personal Development
Social Media for Business
Technology Skills
Training and Education
Training for K12 Teachers

Business Development

Winter 2022

SMALL-BUSINESS ESSENTIALS

SCC is pleased to present classes designed to assist current and prospective small-business owners and managers to enhance their businesses' success. We offer classes based on recommendations from the area business community and SCC Focus Suites.

For more information about the SCC Focus Suites, call 402-323-3629 or visit www.southeast.edu/entrepreneurship.

How to Decide the Legal Form of Your Business

What are the advantages and disadvantages of various business entities? Discussion will include: LLC, sole proprietorships, partnerships, and corporations from a legal and tax perspective.



Keyword: Business

March 1	T	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Rauert	AREA-0149-TCSYA	

Online Marketing Strategies

Online marketing is a must in today's business climate. Learn best practices and get your specific questions answered about websites, email and social media.



Keyword: Marketing

Feb. 16	W	9 a.m.-Noon	\$59
LIVE Online, Zoom	Siefkes	BSAD-7320-TCSNA	

Let's Do Lunch: Basic Zoom

Find out more about all the fun things you can do with Zoom!



Keyword: Zoom

Feb. 24	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSFB	

SOCIAL MEDIA FOR BUSINESS

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/down loading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.



Keyword: Podcasting

Feb. 16	W	6-9 p.m.	\$39
LIVE Online, Zoom	Roush	AREA-1405-TCSYA	

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Online marketing is a must in today's business climate. Learn best practices and get your specific questions answered about websites, email and social media.



Keyword: Marketing

Feb. 16	W	9 a.m.-Noon	\$59
LIVE Online, Zoom	Siefkes	BSAD-7320-TCSNA	

Let's Do Lunch: Basic Zoom

Find out more about all the fun things you can do with Zoom!



Keyword: Zoom

Feb. 24	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSFB	

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	

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



<http://bit.ly/SCC-UGotClass>

BROWSE CERTIFICATES & COURSES IN

Business
Business Communication
Health
Human Resources
Leadership
LEED Green Workplace Management

New Media Marketing
Personal Development
Social Media for Business
Technology Skills
Training and Education
Training for K12 Teachers



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Leadership & Professional Development

Winter 2022

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.	\$229
LIVE Online, Zoom	SKILZ		
Registration Deadline: Jan. 19		BSAD-7163-TCSCA	

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			\$229
Online, Canvas	Deems		
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.	\$229
LIVE Online, Zoom	Dechant		
Registration Deadline: Feb. 3		BSAD-7158-TCSCA	

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.	\$229
LIVE Online, Zoom	Sundermann		
Registration Deadline: March 3		BSAD-7157-TCSCA	

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

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.	\$229
LIVE Online, Zoom	SKILZ	BSAD-3004-TCSCA	

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	

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/scfoodprotectionmanagerclass>.

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: Protection

Online	Muhbach	\$65	FSDT-3000-WBUA
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These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

Personal Interest

Winter 2022

ANIMALS & PETS

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.



Keyword: Chickens

Feb. 22 T 6-8 p.m. \$19
LIVE Online, Zoom Fangmeier AREA-3971-TCSHA

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

March 3 Th 6-9 p.m. \$35
LIVE Online, Zoom Wolcott AREA-9027-TCSHA

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.

Keyword: Resin

Feb. 26 S 2-4 p.m. \$35
LIVE Online, Zoom Wolcott AREA-2186-TCSHA



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.

Keyword: Cards

Jan. 19 W 6-8 p.m. \$39
LIVE Online, Zoom Van Winkle
Registration Deadline: Jan. 10 LLLX-0029-TCSHA

Pictures Galore, Organizing & More!

So, you have thousands of photos, now what? We will offer some strategies for tackling the overwhelming task of getting a system in place to safely store your precious memories. Also, what do you do with the dreaded box of photos buried in the closet? We have many solutions to offer.



Keyword: Pictures

March 31 Th 6-7:30 p.m. \$19
LIVE Online, Zoom Van Winkle
Registration Deadline: March 29 LLLX-0289-TCSHA

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-TCSHA

Bob Ross Painting: First Snow Fall

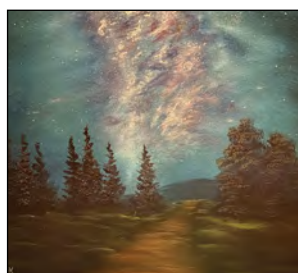
The first winter snowfall is seen along an abandoned railroad track.



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



Bob 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-TCSHA

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-TCSHA

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!



Keyword: Shutterfly

March 1 T 6-7:30 p.m. \$19
LIVE Online, Zoom AREA-3105-TCSFA
March 24 Th 6-7:30 p.m. \$19
LIVE Online, Zoom Van Winkle
Registration Deadline: March 22 LLLX-0239-TCSHA



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

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

Keyword: Gratitude

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 LIVE Online, Zoom S Roseberry 9 a.m.-Noon AREA-3031-TCSWA \$29

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 LIVE Online, Zoom S Bettendorf 10 a.m.-Noon AREA-7774-TCSWA \$39

Adults

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



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 LIVE Online, Zoom S Wolcott 2-4 p.m. AREA-8103-TCSPA \$35

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

Feb. 3 LIVE Online, Zoom Th Wolcott 6:30-8:30 p.m. AREA-2185-TCSPA \$29

These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

EXPLORE



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

Online security breaches are everywhere, yet most people are terrible about their personal cybersecurity. You will learn how to safely browse the internet, develop secure passwords and recognize common scams. You will discover a variety of tools, most of them free, that can be used for personal online security. Lots of valuable information.



Keyword: Hacked

Jan. 13-27 LIVE Online, Zoom Th Cano 6:30-7:30 p.m. LLLX-1355-TCSCA \$29

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.



Keyword: Traveling

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

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.

Keyword: Herbal

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

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!



Keyword: Gratitude

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

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

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	LLLX-0531-TCSCA	

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-TCSCA	

FAMILY MATTERS



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, stress management and other co-parenting issues. 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.

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



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

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.

Preregistration is required. Registration deadline is Wednesday prior to class date. For more information or to register, email continuinged@southeast.edu or call 402-437-2700.

* Separate classes provided for men and women.

Keyword: Parenting

Men

Jan. 15	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCA	
Feb. 19	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCB	
March 19	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-CESCC	
April 16	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCD	

Women

Jan. 8	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCO	
Feb. 12	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCP	
March 12	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCQ	
April 9	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCR	

The Power You Have, the Power You Give

If you have power of attorney for someone or if you have given someone your power of attorney, do you fully understand what that means? Join us as we discuss the advantages/disadvantages of a financial power of attorney, health care power of attorney, living wills, advanced medical directives, guardianship, and conservatorship. This is important information to understand regardless of your age or life situation.

Keyword: Power

Feb. 10	Th	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Rauert	AREA-5057-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.

Keyword: Care

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

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.	\$29
LIVE Online, Zoom	Uffleman	AREA-1406-TCSYA	

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

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.



Keyword: Herbal
\$29

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

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.

Webinar presentation is available on:

Jan. 20	Th	6 p.m.
Feb. 15	T	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.

Webinar presentation is available on:

Jan. 27	Th	6 p.m.
Feb. 22	T	6 p.m.
March 23	W	6 p.m.

FOODS

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.

A supply list will be sent one week prior to class.



Keyword: Dumplings
\$39

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

Fudgy Fun

A classic favorite, fudge is a simple delicacy that is enjoyed by all ages. Discover the art of making this simple treat in your own kitchen to meet those sweet tooth needs. Marble fudge, flavored fudge, and classic chocolate fudge will be ready to enjoy at the end of class.

Supply list will be emailed two weeks prior to class.



Keyword: Fudgy
\$29

Jan. 24	M	6:30-8:30 p.m.
LIVE Online, Zoom	Lott	AREA-4460-TCSYA

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
\$25

Feb. 21	M	6:30-8:30 p.m.
LIVE Online, Zoom	Lott	AREA-4455-TCSYA

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
\$19

Feb. 7	M	6-7:30 p.m.
LIVE Online, Zoom	Norder	AREA-4396-TCSHA

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. You may register at any time for this class. 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/scfoodprotectionmanagerclass>.

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

Keyword: Protection

Online	Muhlbach	FSDT-3000-WBUA	\$65
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HOME & GARDEN

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
\$15

Jan. 12	W	6-7 p.m.
LIVE Online, Zoom	La Cross	LLLX-1393-TCSCA

These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

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

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-0797-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-1453-TCSCA	

Types of Perennial Plants



What kinds of perennials will you finally choose to fill your garden? Some gardeners want plants that pop up monthly from March through November. Some want lots of tall plants, round plants, flat plants. Red plants; blue plants; pink, yellow and orange plants. Do you need some that will remind you of a grandparent or other family member or friend? Those are the best plants to include!

Keyword: Perennial

Feb. 2	W	6-7 p.m.	\$15
LIVE Online, Zoom	La Cross	LLLX-1454-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-1441-TCSCA	



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

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	

Let's Do Lunch: 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

March 22	T	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSCA	

LANGUAGES

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

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)

Keyword: Sign

March 2-30	W	6-7:30 p.m.	\$89
LIVE Online, Zoom	Clinard	SIGN-3031-TCSPA	

MIND & BODY

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. Sessions include:

- *Supplements, the Good, the Bad and the Ugly* with Ally Dering-Anderson, Pharm.D., RP
- *Meditation 101* with Sheila Palmquist
- *Qigong Demonstration* with Tracie Foreman
- *Finding Meaning and Purpose in the Second Half of Life* with Julie L. Masters, PhD, and Terry Haney

Keyword: Mind

March 11	F	9 a.m.-Noon	\$19
LIVE Online, Zoom		LLLX-0682-TCSCA	

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

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCNebCE

Meditative Mandalas

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

Bring to class a fine-tip marker and paper.



March 8-15 T 6-7:30 p.m.
LIVE Online, Zoom Roseberry AREA-6744 -TCSWA

Keyword: Mandalas

\$29

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.



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

Keyword: Walk

\$25

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

Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.



Jan. 25 T Noon-1 p.m.
LIVE Online, Zoom AREA-6665-TCSFA

Keyword: Exploring

\$10

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!



Jan. 5-Feb. 23 W 6:30-7:30 p.m.
LIVE Online, Zoom Uldrich AREA-8653-TCSYA

Keyword: Yoga

\$69

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.
LIVE Online, Zoom Svoboda LLLX-1673-TCSCA

Keyword: Herbal

\$29

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.



Feb. 7 M 6-8:30 p.m.
LIVE Online, Zoom Milleson AREA-5065-TCSYA

Keyword: Sell

\$29

Money Can't Buy Me Love: Keys to Making Good Financial Decisions

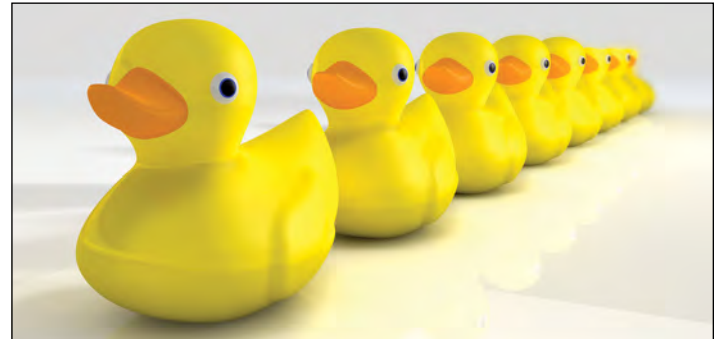


Money management refers to the process of budgeting, investing, saving, and spending one's finances. Smart financial planning is essential for adults working toward financial freedom. Learn how to start a budget, understand credit scores and how to build them; ways to manage debt and expenses, and eliminate unnecessary spending. Discover a framework for making sound economic decisions about personal savings.

Keyword: Money

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

\$19



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 not 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.

Keyword: Retire

March 14-21 M 6-8:30 p.m.
LIVE Online, Zoom Milleson AREA-5170-TCSYA

\$39

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.

Keyword: Social

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

\$29

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.

Keyword: Security

March 8 T 6-9 p.m.
LIVE Online, Zoom Rauert AREA-7035-TCSYA

\$29



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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

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.

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

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

Keyword: Care

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-TCSCA

Keyword: Cable

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.

Webinar presentation is available on:

Jan. 20	Th	6 p.m.
Feb. 15	T	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.

Webinar presentation is available on:

Jan. 27	Th	6 p.m.
Feb. 22	T	6 p.m.
March 23	W	6 p.m.

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

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.



Feb. 7-March 2 M, W 6-7 p.m. \$79
LIVE Online, Zoom Erb LLLX-1400-TCSCA

Keyword: Ukulele

PERSONAL DEVELOPMENT

You have a Life Story to Share

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.

Bring pen and paper and start writing your story for your family and friends.



March 9-16 W 6-7:30 p.m. \$29
LIVE Online, Zoom Wiebold AREA-9030-TCSWA

Keyword: Story

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/down loading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.



Feb. 16 W 6-9 p.m. \$39
LIVE Online, Zoom Roush AREA-1405-TCSYA

Keyword: Podcasting



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

Online security breaches are everywhere, yet most people are terrible about their personal cybersecurity. You will learn how to safely browse the internet, develop secure passwords and



recognize common scams. You will discover a variety of tools, most of them free, that can be used for personal online security. Lots of valuable information.

Keyword: Hacked

Jan. 13-27 Th 6:30-7:30 p.m. \$29
LIVE Online, Zoom Cano LLLX-1355-TCSCA



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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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.

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

Keyword: Traveling

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.

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

Keyword: Walk

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.



Jan. 8-15 S 9-10 a.m. \$29
LIVE Online, Zoom Stutzman LLLX-2261-TCSCA

Keyword: Strength

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.

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

Keyword: Sculpting

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!



Jan. 5-Feb. 23 W 6:30-7:30 p.m. \$69
LIVE Online, Zoom Uldrich AREA-8653-TCSYA

Keyword: Yoga

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.

Jan. 31-March 12 Online \$499
Lincoln, LNK, Arranged TRAN-3393-HBSA

Keyword: Instructor

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?

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Webinar presentation is available on:

Jan. 20	Th	6 p.m.
Feb. 15	T	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?

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Webinar presentation is available on:

Jan. 27	Th	6 p.m.
Feb. 22	T	6 p.m.
March 23	W	6 p.m.

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

Jan. 25 T Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFA

LDL: Basic Zoom

Find out more about all the fun things you can do with Zoom!

Keyword: Zoom



Feb. 24 Th Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFB

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

March 22 T Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFC

PHOTOGRAPHY

Smartphone Photo Editing & Organization

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

Keyword: Phone



Jan. 13 Th 6-8 p.m. \$29
LIVE Online, Zoom T. Jensen LLLX-1107-TCSCA

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-TCSCA	

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.



Keyword: Photography

Feb. 10-24	Th	6:30-7:30 p.m.	\$39
LIVE Online, Zoom	Keller	LLLX-0114-TCSCA	

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-TCSCA	

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-TCSCA	

Pictures Galore, Organizing & More!

So, you have thousands of photos, now what? We will offer some strategies for tackling the overwhelming task of getting a system in place to safely store your precious memories. Also, what do you do with the dreaded box of photos buried in the closet? We have many solutions to offer.



Keyword: Pictures

March 31	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle		
Registration Deadline: March 29		LLLX-0289-TCSCB	

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!



Keyword: Shutterfly

March 1	T	6-7:30 p.m.	\$19
LIVE Online, Zoom		AREA-3105-TCSFA	
March 24	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle		
Registration Deadline: March 22		LLLX-0239-TCSCA	

SPORTS, RECREATION & FITNESS

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-TCSCA	

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-TCSCA	

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-TCSCA	

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!



Keyword: Yoga

Jan. 5-Feb. 23	W	6:30-7:30 p.m.	\$69
LIVE Online, Zoom	Uldrich	AREA-8653-TCSYA	

YOUTH

Basic Drawing (Ages 7-12)

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

Feb. 19-26	S	10 a.m.-Noon	\$39
LIVE Online, Zoom	Bettendorf	AREA-7774-TCSCA	

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.

Keyword: Babysitting

Feb. 1-21	Online, Canvas	Segner	AREA-6399-WBSHA	\$29
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For more information, contact us at
800-828-0072 or continuinged@southeast.edu

Traffic Safety & Licensing

Winter 2022

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 continuing@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 the 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	T, Th	6:30-8:30 p.m.	\$349
Lincoln, LNK, S-1		TRAN-3398-LNSA ▶	
Feb. 21-April 2	M, W	6:30-8:30 p.m.	\$349
Lincoln, LNK, S-1		TRAN-3398-LNSE ❖	
March 14-19	Online Lecture Only		\$349
Lincoln, LNK		TRAN-3398-LNSJ ⌘	

Lincoln East High School

(All lectures have an online option.)			
Jan. 11-Feb. 19	T, Th	3:30-5:30 p.m.	\$349
Lincoln, EHS, 121		TRAN-3398-OCSC ▶	

Lincoln High School


(All lectures have an online option.)			
Feb. 21-April 2	M, W	3:30-5:30 p.m.	\$349
Lincoln, LHS, 109		TRAN-3398-OCSCG ❖	
March 14-19	Online Lecture Only		\$349
Lincoln, LHS		TRAN-3398-OCSL ⌘	

Lincoln North Star High School

(All lectures have an online option.)			
Jan. 11-Feb. 19	T, Th	3:30-5:30 p.m.	\$349
Lincoln, LNS, A118A		TRAN-3398-OCSD ▶	

Lincoln Northeast High School

(All lectures have an online option.)			
Feb. 21-April 2	M, W	3:30-5:30 p.m.	\$349
Lincoln, LNE, 043		TRAN-3398-OCSI ❖	
March 14-19	Online Lecture Only		\$349
Lincoln, LNE		TRAN-3398-OCSN ⌘	



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Lincoln Southeast High School

(All lectures have an online option.)			
Feb. 21-April 2	M, W	3:30-5:30 p.m.	\$349
Lincoln, LSE, G103		TRAN-3398-OCSH ❖	
March 14-19	Online Lecture Only		\$349
Lincoln, LSE		TRAN-3398-OCSM ⌘	

Lincoln Southwest High School

(All lectures have an online option.)			
Jan. 11-Feb. 19	T, Th	3:30-5:30 p.m.	\$349
Lincoln, LSW, A103		TRAN-3398-OCSB ▶	
Feb. 21-April 2	M, W	3:30-5:30 p.m.	\$349
Lincoln, LSW, A103		TRAN-3398-OCSF ❖	
March 14-19	Online Lecture Only		\$349
Lincoln, LSW		TRAN-3398-OCSK ⌘	

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.

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	Online	\$499
Lincoln, LNK, Arranged	TRAN-3393-HBSA	

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

REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

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		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> X (Gender variant/Non-binary)		<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp.Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver	()
TOTAL DUE	

FOR OFFICE USE ONLY
ID# _____
DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

301 S. 68th St. Place, Lincoln, NE 68510
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www.southeast.edu/continuing

