

Personal Development

Winter 2022



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.

This class is geared towards women, but everyone is encouraged to attend.

Keyword: Defense

| | | | |
|-------------------|-------|----------------|------|
| Jan. 25 | T | 6-8 p.m. | \$29 |
| Lincoln, CEC, 302 | Karas | LLLX-0302-CESA | |

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 |
| March 8 | T | 6-8 p.m. | Lincoln, CEC, Aud |

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.

In-person presentations are available on:

| | | | |
|----------|----|----------|-------------------|
| Jan. 18 | T | 6-8 p.m. | Lincoln, CEC, Aud |
| March 17 | Th | 6-8 p.m. | Lincoln, CEC, Aud |

Webinar presentation is available on:

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



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

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

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center, 301 S. 68th St. Place

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

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.



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

Keyword: Hacked

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

Location Key

Lincoln, CEC.....Jack J. Huck Continuing Education Center, 301 S. 68th St. Place

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.

Yoga Basics

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

Keyword: Yoga

Jan. 24-March 14 M 7-8:15 p.m. \$69
Lincoln, CEC, 111 Georgeson LLLX-1701-CESA

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.

Keyword: Yoga

Jan. 25-March 15 T 7-8:15 p.m. \$69
Lincoln, CEC, 111 Georgeson LLLX-2012-CESA

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

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-TCSWA



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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

Online
TRAN-3393-HBSA

\$499



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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

Location Key

Lincoln, LNK.....Southeast Community College, Lincoln Campus, 8800 O St.

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

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.



Registration Form - Non-Credit Course

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

PLEASE PRINT

Today's Date

| | | | | | | | |
|--|--|---|------------|---|---|--|--|
| 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"/> 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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
7. Enter your **payment information**. Click **Submit**.

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

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

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



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

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