

## Health Care

Spring 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
May 11	W	7-7:45 p.m.	\$59
Lincoln, CEC, 109B		HLTH-3506-HBSCC	
June 18	S	10-10:45 a.m.	\$59
Ashland, ALRC, Library		HLTH-3506-HBUWA	

### 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
April 9	S	9-10:30 a.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBSCK	
April 14	Th	6-7:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBSCCL	
April 20	W	6-7:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBSCM	
April 26	T	1-2:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBSCN	
May 10	T	6-7:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBSCO	
May 19	Th	6-7:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBSCP	
May 21	S	9-10:30 a.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBSCQ	
May 24	T	6-7:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBUCA	
June 4	S	9-10:30 a.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBUCB	
June 14	T	6-7:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBUCC	
June 30	Th	6-7:30 p.m.	\$63
Lincoln, CEC, 109B		HLTH-3253-HBUCD	

### 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
May 11	W	6-6:45 p.m.	\$59
Lincoln, CEC, 109B		HLTH-3501-HBSCC	
June 4	S	9-9:45 a.m.	\$59
NE City, NCLC, 102		HLTH-3501-HBUNA	
June 18	S	9-9:45 a.m.	\$59
Ashland, ALRC, Library		HLTH-3501-HBUWA	

For more information, contact us at 800-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

## 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](mailto: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

Keyword: Abuse

\$30

### Breastfeeding Education for Providers

This interactive course provides a broad overview of the historical and cultural aspects of infant feeding, while reviewing best breastfeeding practices. Presented in a small group, live Zoom setting, the content focuses on breastfeeding from a psychosocial and a scientific perspective.



Ann Seacrest, RN, IBCLC, brings 35 years of experience as a clinical IBCLC, hospital-based postpartum and lactation nurse, certified ASPO childbirth educator, certified DONA doula and doula teacher, and co-founder and past Executive Director of MilkWorks.

(20.0 contact hours presented in five 3-hour live Zoom sessions; 15 live, in-person hours + 5 additional self-study hours) You will need access to a computer with video and voice and be able to follow a PowerPoint presentation. A Zoom link will be emailed out a week before class starts. Co-sponsored by SCC and Partnership for a Healthy Nebraska. Participants must attend 90% of the course and your camera must be on to receive credit.

Keyword: Breastfeeding

#### CLCs & RNs

For contact hours to maintain your certificate or license.

April 18-May 2	M, Th	9:30 a.m.-12:30 p.m.	\$325
LIVE Online, Zoom	Seacrest	HLTH-3265-TCSCC	

#### Family Support Specialists (doulas, peer counselors, etc.)

For a certificate of attendance. Scholarships are available. Please contact [annseacrest@ars-health.com](mailto:annseacrest@ars-health.com) for a scholarship application or additional information.

April 18-May 2	M, Th	9:30 a.m.-12:30 p.m.	\$95
LIVE Online, Zoom	Seacrest	HLTH-3265-TCSCD	



### 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

March 7-April 30

Online, Canvas

Ruiz

NURS-3187-WBSB

\$79

### 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

Beatrice, AEC, 331

Online, Canvas

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Ruiz

9 a.m.-1 p.m.

NURS-3188-HBSA

\$99



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 [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

# Computers & Technology

Spring 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.



**Keyword: Computer**

May 4	W	9-11:30 a.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-0928-TCSFB	
June 2	Th	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-0928-TCUFA	

### MACINTOSH CLASSES

#### NEW! All Things Apple

Do you have a Mac computer, or an iPad, or an iPhone, or an Apple Watch, or even a Home Pod? From editing photos to word processing to spreadsheets to turning on and off the lights in your home, these high-tech devices can be easy to use and fun. We will touch on some of the more useful features of Apple's amazing products, as well as demonstrate some practical features and apps to help make your life a bit easier.



**Keyword: Apple**

April 19-May 3	T	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0663-TCSCA	

### SMART DEVICES

#### Smartphone Basics: iPhone

You have a new iPhone, but how do you use it? We will teach you about icons, apps and other features on your smartphone! This class is 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**

April 12	T	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1393-TCSFB	

#### Smartphone Basics: Android

You have a new Android, but how do you use it? We will teach you about icons, apps and other 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**

June 7	T	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1394-TCUFA	

#### 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 what 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**

April 12	T	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-0666-TCSCB	

#### NEW! All Things Apple

Do you have a Mac computer, or an iPad, or an iPhone, or an Apple Watch, or even a Home Pod? From editing photos to word processing to spreadsheets to turning on and off the lights in your home, these high-tech devices can be easy to use and fun. We will touch on some of the more useful features of Apple's amazing products, as well as demonstrate some practical features and apps to help make your life a bit easier.



**Keyword: Apple**

April 19-May 3	T	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0663-TCSCA	

#### Mobile Device 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**

April 11-25	M	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0080-TCSCB	

#### 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, or Air B&B? Join us for an informative Zoom class.

**Keyword: Traveling**

April 13	W	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-1353-TCSCB	



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](mailto:continuing@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.

## INTERNET

### Passwords, Logins, IDs; OH MY!

In this age of electronic information and security concerns, password management is a must. Come discover best practices to keeping your passwords and private information secure. We'll cover both mobile and home data security.

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

**Keyword: Passwords**

April 6	W	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-0673-TCSA	



### 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**

June 22	W	6-8 p.m.	\$29
LIVE Online, Zoom	Toma	AREA-0901-TCUWA	



### 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**

April 11	M	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-0531-TCSB	



### 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. Discussion will involve the software necessary to scan your negatives, slides and photos and look at the software "VueScan."

**Keyword: Memories**

April 5-12	T	6:30-7:30 p.m.	\$29
LIVE Online, Zoom	Keller	LLLX-0113-TCSB	



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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.

## SOCIAL MEDIA

### NEW! Instagram for Beginners

Since its launch, Instagram has become a popular way to connect with friends, family, brands, celebrities, and more. You will create an account, set up a profile, and learn to upload photos and videos.

Have your mobile device fully charged. NOTE: This is a personal Instagram class, not a business focus.

**Keyword: Instagram**

April 6	W	6-8 p.m.	\$29
LIVE Online, Zoom	Toma	AREA-1408-TCSWA	



## 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](http://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](http://www.southeast.edu/gap).

**Keyword: Bootcamp**

April 27-Aug. 24	W	7-8:30 p.m.	\$3,999
LIVE Online, Zoom	Promineo	INFO-7750-TCSA	
June 23-Oct. 20	Th	7-8:30 p.m.	\$3,999
LIVE Online, Zoom	Promineo	INFO-7750-TCUCA	



### 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](http://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](http://www.southeast.edu/gap).

**Keyword: Bootcamp**

May 25-Nov. 16	W	7-8:30 p.m.	\$5,400
LIVE Online, Zoom	Promineo	INFO-7752-TCUCA	



### 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, JSX, NPM, Redux, AWS, and more.

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**Keyword: Bootcamp**

May 24-Sept. 20	T	7-8:30 p.m.	\$3,999
LIVE Online, Zoom	Promineo	INFO-7751-TCUCB	



For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://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.

## SOFTWARE APPLICATIONS

### ADOBE

#### Introduction to Adobe Photoshop Elements

Prerequisite: experience in MAC or PC environment

In this introductory class of photo editing basics, students will learn the fundamentals of different tools and techniques used for image retouching, correction and enhancement.

Basic computer skills are essential. You will need to download Adobe Photoshop Elements on your computer. You may Zoom from the Learning Center at Falls City if desired. Please call 402-323-3396 to make arrangements.



**Keyword: Photoshop**

April 19	T	5:30-9 p.m.	\$29
LIVE Online, Zoom	Schutte	AREA-0925-TCSFA	

#### NEW! All Things Apple

Do you have a Mac computer, or an iPad, or an iPhone, or an Apple Watch, or even a Home Pod? From editing photos to word processing to spreadsheets to turning on and off the lights in your home, these high-tech devices can be easy to use and fun. We will touch on some of the more useful features of Apple's amazing products, as well as demonstrate some practical features and apps to help make your life a bit easier.



**Keyword: Apple**

April 19-May 3	T	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0663-TCSFA	



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### 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?



Funds are being provided by the Nebraska City Community Foundation Fund

For more information, visit <http://www.southeast.edu/nebraskacitylc> or contact Cindy at 402-323-3636 or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu).

# 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](http://www.southeast.edu/gap) or contact us at 402-323-3394 or [hbloomquist@southeast.edu](mailto: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/scce](http://www.ed2go.com/scce)

#### 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

Spring 2022

## ACCOUNTING & FINANCIALS

### NEW! What It Takes to Pursue Grants

Is your nonprofit ready to pursue grant funding? Learn about types of grants, typical financial requirements to apply and the time investment to submit grants. This class will include an overview of Nebraska's unique grant-making landscape.



**Keyword: Grants**

May 3 T 6-9 p.m. \$95  
LIVE Online, Zoom BSAD-7295-TCSPA

### Introduction to Grant Writing

Successful grant writing takes skill, practice and a little luck! Learn the fundamentals of grant writing, including terminology, funding sources, reviewing grant applications, and the basics of preparing a grant proposal.



**Keyword: Grant**

May 17 T 6-9 p.m. \$49  
LIVE Online, Zoom Mealey BSAD-7292-TCSPA

## 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](http://www.southeast.edu/entrepreneurship).

### NEW! What It Takes to Pursue Grants

Is your nonprofit ready to pursue grant funding? Learn about types of grants, typical financial requirements to apply and the time investment to submit grants. This class will include an overview of Nebraska's unique grant-making landscape.



**Keyword: Grants**

May 3 T 6-9 p.m. \$95  
LIVE Online, Zoom BSAD-7295-TCSPA

### Introduction to Grant Writing

Successful grant writing takes skill, practice and a little luck! Learn the fundamentals of grant writing, including terminology, funding sources, reviewing grant applications, and the basics of preparing a grant proposal.



**Keyword: Grant**

May 17 T 6-9 p.m. \$49  
LIVE Online, Zoom Mealey BSAD-7292-TCSPA

### Let's Do Lunch: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks.



**Keyword: Business**

June 1 W Noon-1 p.m. \$10  
LIVE Online, Zoom Lenhoff AREA-6665-TCUFA

## SOCIAL MEDIA FOR BUSINESS

### Let's Do Lunch: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks.



**Keyword: Business**

June 1 W Noon-1 p.m. \$10  
LIVE Online, Zoom Lenhoff AREA-6665-TCUFA



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[www.ed2go.com/scce](http://www.ed2go.com/scce)

## 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

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)

Find us on Facebook® at [www.facebook.com/SCCNebCE](http://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.

# Leadership & Professional Development

Spring 2022

## BUSINESS LEADERSHIP

### Influential Leadership

The ability to influence without authority is the hallmark of a leader. Successful influencers maximize outcomes by building consensus and gaining cooperation. They exhibit personal authority that is not dependent solely on their position, enabling them to lead others in good times or in times of turmoil. In this interactive program, you will learn key skills used to influence others and apply them to various scenarios.

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



April 13 W 8:30 a.m.-4:30 p.m. \$229  
LIVE Online, Zoom SKILZ Registration Deadline: April 6 BSAD-7344-TCSPA

**Keyword: Leadership**

### Managing by Personality



We all have different personalities. Effective leaders recognize this and don't take a one-size-fits-all approach to managing their people. This program introduces you to The Insight Personality Spectrum. Insight is a powerful, user-friendly version of the Meyers-Briggs



Type Indicator (MBTI), the most widely used and scientifically valid personality assessment in the world. The program then goes on to demonstrate how to apply the information insight yields to enhance each phase of the performance management process.

A certificate of professional development and 0.6 CEUs will be awarded for successfully completing this class. One hour for lunch on your own.

May 26 Th 8:30 a.m.-3:30 p.m. \$229  
LIVE Online, Zoom SKILZ Registration Deadline: May 19 BSAD-3017-TCUCA

**Keyword: Personality**

### How to Thrive in a VUCA World

This course provides you with the necessary navigation skills for travel through the storms and for turning them into opportunities for growth, change, innovation, excitement, and fulfillment.

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



April 21 Th 8:30 a.m.-3:30 p.m. \$229  
LIVE Online, Zoom Matacio Registration Deadline: April 14 BSAD-3038-TCSPA

**Keyword: Thrive**

### Develop Successful Employees & Teams

Part of your job as a successful leader is to help your team members become more productive and effective. Learn how to increase your employee and team performance by implementing a developmental plan that allows you to integrate coaching and training into the everyday management process. Build your team all of the time—not just when there is a problem.

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



June 21 T 8:30 a.m.-4:30 p.m. \$229  
LIVE Online, Zoom SKILZ Registration Deadline: June 14 BSAD-7164-TCUCB

**Keyword: Employees**

## PROFESSIONAL DEVELOPMENT

### NEW! What It Takes to Pursue Grants

Is your nonprofit ready to pursue grant funding? Learn about types of grants, typical financial requirements to apply and the time investment to submit grants. This class will include an overview of Nebraska's unique grant-making landscape.



May 3 T 6-9 p.m. \$95  
LIVE Online, Zoom BSAD-7295-TCSPA

**Keyword: Grants**

### Introduction to Grant Writing

Successful grant writing takes skill, practice and a little luck! Learn the fundamentals of grant writing, including terminology, funding sources, reviewing grant applications, and the basics of preparing a grant proposal.



May 17 T 6-9 p.m. \$49  
LIVE Online, Zoom Mealey BSAD-7292-TCSPA

**Keyword: Grant**

### Let's Do Lunch: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks.



June 1 W Noon-1 p.m. \$10  
LIVE Online, Zoom Lenhoff AREA-6665-TCUFA

**Keyword: Business**

### 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](http://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 coursework needs to be completed by June 30, 2022.

**Keyword: Protection**

Online Muhlbach FSDT-3000-WBUA \$65

For more information, contact us at  
800-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

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

Spring 2022

## ANIMALS & PETS

### NEW! Let's Do Lunch: Take Your Pet to Lunch!

Learn more about pet love and care in this fun class! Pets are welcome to attend!



**Keyword: Lunch**

May 18	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSEF	

## ARTS, CRAFTS & HOBBIES

### 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**

April 20	W	6-8 p.m.	\$36
LIVE Online, Zoom	Van Winkle		
Registration Deadline: April 12		LLLX-0029-TCSCB	

May 18	W	6-8 p.m.	\$36
LIVE Online, Zoom	Van Winkle		
Registration Deadline: May 10		LLLX-0029-TCSCC	

June 29	W	6-8 p.m.	\$36
LIVE Online, Zoom	Van Winkle		
Registration Deadline: June 21		LLLX-0029-TCUCA	

### 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. Discussion will involve the software necessary to scan your negatives, slides and photos and look at the software "VueScan."



**Keyword: Memories**

April 5-12	T	6:30-7:30 p.m.	\$29
LIVE Online, Zoom	Keller	LLLX-0113-TCSCB	

### 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**

April 27	W	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCSCB	

### 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.

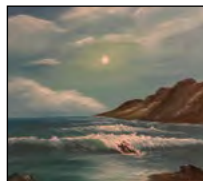


**Keyword: Pictures**

April 13	W	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle		
Registration Deadline: April 11		LLLX-0289-TCSCC	

## BOB ROSS PAINTINGS

Bob Ross classes are for painters of all abilities and are taught by Certified Bob Ross instructors. Classes are currently offered via Zoom or in person depending on location. For Zoom classes, you will purchase supplies on your own prior to class. Supply lists will be sent to you via email so register early and be sure to include your email. In person classes will purchase the supplies needed to complete their painting in class. You will end class with a completed painting. Frames are not included.



### Bob Ross: Green Ocean

Green tones dominate a gentle seascape.



**Keyword: Ross**

April 2	S	10 a.m.-4 p.m.	\$45
LIVE Online, Zoom	Belik		LLLX-1067-TCSCB

### Bob Ross: Wilderness Falls

A gentle waterfall cascades from a mountain lake.



You may Zoom from the comfort of your home or from the Learning Center at Nebraska City. Please call 402-323-3636 to make arrangements.

**Keyword: Ross**

May 7	S	10 a.m.-4 p.m.	\$45
LIVE Online, Zoom	Belik		AREA-7830-TCSNB



### Bob Ross: Winter Blue Moon

A full moon casts its shadow over a lonely cabin out in the wilderness.



You may Zoom from the Learning Center at Plattsmouth if desired. Please call 402-437-2298 to make arrangements.

**Keyword: Ross**

June 18	S	10 a.m.-4 p.m.	\$45
LIVE Online, Zoom	Belik		AREA-7830-TCUPA



### NEW! Sunflower String Art Class

This colorful Sunflower String Art will brighten anyone's day. String art is the weaving of colored string between hammered nails to create curved, geometric patterns.



A supply list will be sent to students via email prior to the class.

**Keyword: String**

June 11	S	9 a.m.-Noon	\$29
LIVE Online, Zoom	Roseberry-Keiser	AREA-3032-TCUWA	

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](mailto:continuing@southeast.edu)



## Mixed Media Art Journals

Join us for an evening of Mixed Media art on a mini canvas. Experiment with various art mediums. Beginner to advanced artists for this fun project.



May 19 Th 6:30-8:30 p.m.  
LIVE Online, Zoom Wolcott AREA-2211-TCSPA  
A supply list will be emailed one week prior to class.

**Keyword: Art**  
\$25

## Watercolor Greeting Cards

Learn the basics of watercolor. We will explore a few water color painting techniques, color mixing, and the best water color supplies to use. We will create several beautifully painted greeting cards.



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

May 3 T 6:30-8:30 p.m.  
LIVE Online, Zoom Wolcott AREA-7678-TCSPA

**Keyword: Watercolor**  
\$45

## JEWELRY

### Mosaic Jewelry

Get creative while learning how to work with resin and clay. You will have the skills to create more jewelry on your own.

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



May 7 S 10 a.m.-Noon  
LIVE Online, Zoom Wolcott AREA-2294-TCSPA

**Keyword: Jewelry**  
\$29

## NEEDLE ARTS & SEWING



### Slow Stitching

Experience slow stitching using embroidery and composition stitches to mindfully create a new unique piece of art fabric using needle and thread. Discover this hot new trend using new and vintage materials.



April 21 Th 6:30-8:30 p.m.  
LIVE Online, Zoom Wolcott AREA-2617-TCSPA  
A supply list will be emailed one week prior to class.

**Keyword: Stitching**  
\$39

### Corner to Corner Crochet

Prerequisite: Must know basic crochet stitches: chain, slip stitch and double crochet

Learn this fun, versatile crochet technique that is newly popular in the craft world! This technique makes fun wash cloths, towels, blankets, and more. You will learn the techniques, create a cute washcloth, and learn to design your own patterns.

Supply list will be sent by instructor before class begins.



May 21 S 9 a.m.-Noon  
LIVE Online, Zoom Roseberry LLLX-1497-TCSCA

**Keyword: Crochet**  
\$25

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



### 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, or Air B&B? Join us for an informative Zoom class.



April 13 W 7-9 p.m.  
LIVE Online, Zoom T. Jensen LLLX-1353-TCSCB

**Keyword: Traveling**  
\$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!



April 27 W 6-7:30 p.m.  
LIVE Online, Zoom Van Winkle LLLX-1127-TCSCB

**Keyword: Gratitude**  
\$19

### NEW! All Things Apple

Do you have a Mac computer, or an iPad, or an iPhone, or an Apple Watch, or even a Home Pod? From editing photos to word processing to spreadsheets to turning on and off the lights in your home, these high-tech devices can be easy to use and fun. We will touch on some of the more useful features of Apple's amazing products, as well as demonstrate some practical features and apps to help make your life a bit easier.



April 19-May 3 T 6:30-7:30 p.m.  
LIVE Online, Zoom Keller LLLX-0663-TCSCA

**Keyword: Apple**  
\$49

### 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 what 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.

April 12 T 7-9 p.m.  
LIVE Online, Zoom T. Jensen LLLX-0666-TCSCB

**Keyword: iPhone**  
\$29

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://www.facebook.com/SCCNebCE)

## 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.



April 11 M 7-9 p.m. \$29  
LIVE Online, Zoom T. Jensen LLLX-0531-TCSCB

**Keyword: Selling**

## 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.



April 4 M 7-9 p.m. \$29  
LIVE Online, Zoom T. Jensen LLLX-1154-TCSCB

**Keyword: Cable**

## 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](http://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](mailto:continuinged@southeast.edu) or call 402-437-2700.

\* Separate classes provided for men and women.

**Keyword: Parenting**

### Men

April 16	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCD	
May 21	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSC E	
June 18	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCUCF	
July 16	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCUCG	
Aug. 20	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCUCH	

### Women

April 9	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCR	
May 14	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCS	
June 11	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCUCT	
July 9	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-22401-TCUCU	
Aug. 13	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCUCV	

## 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**

June 1-15 \$29  
Online, Canvas Segner AREA-6399-WBUHA

## 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](http://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:**

April 12	T	6 p.m.
June 9	Th	6 p.m.

For more information, contact us at 800-828-0072 or [continuinged@southeast.edu](mailto: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.

## 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](http://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:**

April 19	T	6 p.m.
June 16	Th	6 p.m.



## Flowering Cupcakes

Learn the art of putting gorgeous designs on top of cupcakes. Basic borders, flowers, and fondant skills will be taught.



No experience necessary. A supply list will be emailed one week prior to class. Registration deadline is one week prior to class.

**Keyword: Cupcakes**

April 12	T	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCSYA	

## Cinnamon Rolls & Crescents

Don't you just love the smell of fresh baked cinnamon rolls and flaky crescent rolls? Learn how to make cinnamon rolls like grandma used to and fill your kitchen with the warm spicy smell. Use the same versatile dough to make delicious crescent rolls and master the art of sweet roll dough.



A supply list will be emailed one week prior to class so that you can bake along with us.

**Keyword: Rolls**

April 23	S	9-11:30 a.m.	\$29
LIVE Online, Zoom	Brunkow	AREA-4502-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.



**Keyword: Fryer**

May 26	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom	Norder	AREA-4396-TCUHA	

## FOODS



## NEW! Hidden Vegetable Recipes for Picky Eaters

Does your family fight you on eating vegetables? Are you a veggie hater yourself? Want to eat more vegetables but don't know where to start? Learn different ways to incorporate vegetables into daily meals and snacks. You will create recipes in your own kitchen, as well as learn tips, tricks and resources!



Grocery and supply list will be sent one week prior to class, so be sure to include your email address when you register.

**Keyword: Recipes**

May 4	W	6-8 p.m.	\$29
LIVE Online, Zoom	Conley	AREA-4463-TCSWA	

## NEW! Cooking for Two Basics

Cooking for two can be challenging. Most recipes are written for four or more people, and nobody wants the same leftovers for days on end. Learn how to scale down and reuse ingredients to make new meals for two. Tips, tricks and resources will be shared.



Grocery and supply list will be sent one week prior to class, so be sure to include your email address when you register.

**Keyword: Cooking**

April 28	Th	6-8 p.m.	\$29
LIVE Online, Zoom	Conley	AREA-4464-TCSWA	

## 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](http://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 coursework needs to be completed by June 30, 2022.

**Keyword: Protection**

Online	Muhlbach	FSDT-3000-WBUA	\$65
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For more information, contact us at 800-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

## GENEALOGY

### From Theory to Discovery: Breaking Down Your Brick Wall with Timelines

Use a timeline in your genealogical research to reveal gaps. Learn how to build a theory, pinpoint research questions, and focus your family history search to find answers in unexpected places.



**Keyword: Discovery**

April 23 LIVE Online, Zoom	S Callahan	10 a.m.-Noon AREA-5052-TCSNA	\$29
May 21 LIVE Online, Zoom	S Callahan	10 a.m.-Noon AREA-5052-TCSNB	\$29

## HOME & GARDEN

### Native Perennial Gardens

No matter how hard you try, you cannot get all perennials to survive in your gardens. Discover some common Nebraska perennial wildflowers to add to your gardens, most of which stand a higher chance of adapting to our unique climate. We will explore different native perennials, look at site selection and preparation, determine water needs and sources for these incredible plants.



**Keyword: Gardens**

April 20 LIVE Online, Zoom	W La Cross	6-7 p.m. LLLX-1470-TCSCA	\$15
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### Butterfly & Pollinator Gardens

By building a simple butterfly garden, you will help preserve the essential habitat that butterflies and other pollinators need to survive, plus you will bring more butterflies into your yard! It's a fun and easy way to truly make a difference for our planet.



**Keyword: Gardens**

April 13 LIVE Online, Zoom	W La Cross	6-7 p.m. LLLX-1452-TCSCA	\$15
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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.

## LIFE'S A GARDEN SERIES

This series of classes focuses on the basics of gardening, offering tips and tricks along the way. We will explore various gardens, plants and how to design the perfect garden to enjoy!

Attend all three sessions for a reduced rate.

### LaG: Beginning Gardening

This is an introduction to basic gardening.

**Keyword: Gardening**



April 7 LIVE Online, Zoom	Th Hintz	5:30-7:30 p.m. AREA-6084-TCSHA	\$19
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### LaG: Weed It & Reap

What next? Managing and maintaining your garden will be discussed. Learn how to help your garden grow!

**Keyword: Weed**



May 5 LIVE Online, Zoom	Th Hintz	5:30-7:30 p.m. AREA-6084-TCSHB	\$19
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### LaG: "Squash" Garden Pests

Gain an understanding of the pests, insects, weeds, and other challenges to growing a great garden.

**Keyword: Garden**



June 2 LIVE Online, Zoom	Th Hintz	5:30-7:30 p.m. AREA-6084-TCUHA	\$19
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### Register for All 3 & Save!

April 7, May 5 & June 2 LIVE Online, Zoom	Th Hintz	5:30-7:30 p.m. AREA-6320-TCSHA	\$39
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### Joys of Creating or Expanding a New Garden Bed

Garden beds can be started any time of the year, but spring is a great opportunity for getting outside and starting one of your own. We will explore three styles of creating gardens: lasagna beds, rototilling or using raised beds. Each has its own unique delights.

**Keyword: Garden**



March 9 LIVE Online, Zoom	W La Cross	6-7 p.m. LLLX-0400-TCSCA	\$15
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### Perennials that Love Divisions

Discover the many perennials that benefit from spring divisions. We will examine those that do better with summer or fall dividing. You will learn techniques to divide your plants along with simple tips to help your transplants survive.

**Keyword: Perennials**



April 6 LIVE Online, Zoom	W La Cross	6-7 p.m. LLLX-1455-TCSCA	\$15
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### Starting at Ground Level: Getting Soil Ready

Your soil is going to be a big determinant to your success as a gardener. This class will help you determine if you have clay, sand, silt, or loam. You can also learn steps to determine if it is alkaline, acidic or neutral, and how to get your soil tested for impurities.

**Keyword: Soil**



March 16 LIVE Online, Zoom	W La Cross	6-7 p.m. LLLX-1456-TCSCA	\$15
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For more information, contact us at  
800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://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.

## OneNote to Document Garden Idea

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: Garden**

March 2	W	6-7 p.m.	\$15
LIVE Online, Zoom	La Cross	LLLX-1393-TCSQB	

## 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 30	W	6-7 p.m.	\$15
LIVE Online, Zoom	La Cross	LLLX-0587-TCSQB	

## 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-TCSFC	

## Organize Your Home

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



**Keyword: Organize**

April 19	T	6-8 p.m.	\$19
LIVE Online, Zoom		AREA-5726-TCSHA	

## NEW! Let's Do Lunch: Tips for Home Maintenance

Spring is here! Time to make sure you have the basics covered on home maintenance.



**Keyword: Home**

April 6	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSFD	

## MIND & BODY

### NEW! Let's Do Lunch: Meditative Mandalas

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



**Keyword: Meditative**

April 7	Th	Noon-1 p.m.	\$10
Online, Zoom	Roseberry-Keiser	AREA-6665-TCSWA	

### NEW! Let's Do Lunch: Metabolic Syndrome

Metabolic syndrome is not a disease in itself but a group of risk factors. Learn about metabolic syndrome, the five risk factors and healthy lifestyle habits to help reduce the risks.



**Keyword: Metabolic**

April 14	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Toma	AREA-6665-TCSWB	

## NEW! Let's Do Lunch: How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Coping strategies, techniques and tools will be presented and discussed.



**Keyword: Tame**

April 21	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Toma	AREA-6665-TCSWC	

## NEW! Let's Do Lunch: How to Manage Your Personal Finances

Budgeting tips, checking your credit score, and how to start a savings plan for your retirement will be discussed.



**Keyword: Manage**

April 28	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Toma	AREA-6665-TCSWD	

## 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. Workouts will include warm-ups and cool-downs.



Dress in loose, comfortable clothing and appropriate shoes.

**Keyword: Walk**

April 5-May 3	T	5:30-6:15 p.m.	\$25
LIVE Online, Zoom	Waters	AREA-8492-TCSWB	

## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!



Bring a mat, towel and tennis shoes. Will use outdoor classrooms as often as can for Plattsmouth class.

**Keyword: Fit**

May 17-June 21	T	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Waters	AREA-8593-TCSWA	

## MONEY MATTERS

### 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**

April 11	M	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-0531-TCSQB	



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## 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.



**Keyword: Cable**

April 4	M	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-1154-TSCSB	

## 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](http://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:**

April 12	T	6 p.m.
June 9	Th	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](http://www.doi.ne.gov/ship).** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

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April 19	T	6 p.m.
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## NEW! Let's Do Lunch: How to Manage Your Personal Finances

Budgeting tips, checking your credit score, and how to start a savings plan for your retirement will be discussed.



**Keyword: Manage**

April 28	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Toma	AREA-6665-TCSWD	



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## PERSONAL DEVELOPMENT

### Publish Your Writing

If you want to make a living as a writer, you need to treat it as a business. This includes your public persona, use of a pen name, etiquette, social media, managing time, discipline of writing, covers and editing, and genre/niche analysis. Discussion of querying agents and publishers will be included.



**Keyword: Writing**

May 14	S	10 a.m.-Noon	\$25
LIVE Online, Zoom	Callahan	AREA-0146-TCSPA	

### You Have a Life Story to Share

Jump-start writing your life story. Instructor will guide you in a fun, supportive process.



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

**Keyword: Story**

April 30	S	9 a.m.-Noon	Callahan	\$39
LIVE Online, Zoom		AREA-9030-TCSPA		
Plattsmouth, PLLC, 101		AREA-9030-PLSA		

### The Core of the Story

Give your readers a perfect escape by taking them on a journey. Your plot is the vehicle that brings them from point A to point B. Discover how to create the roadmap your story needs, limit your loose ends and include all the expected beats and tropes in both romance and fantasy genres. Learn how to plot your character's journey.



The instructor has published works under various pen names in both romance and fantasy genres and is eager to share tips for writers to succeed.

**Keyword: Story**

#### Plotting Romance

April 16	S	10 a.m.-Noon	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCSNA	
June 7	T	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCUNA	

#### Plotting Fantasy

April 19	T	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCSNB	
June 11	S	10 a.m.-Noon	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCUNB	



### 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, or Air B&B? Join us for an informative Zoom class.



**Keyword: Traveling**

April 13	W	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-1353-TSCSB	

## 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:

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### Webinar presentation is available on:

April 12	T	6 p.m.
June 9	Th	6 p.m.

## Navigating Medicare.gov

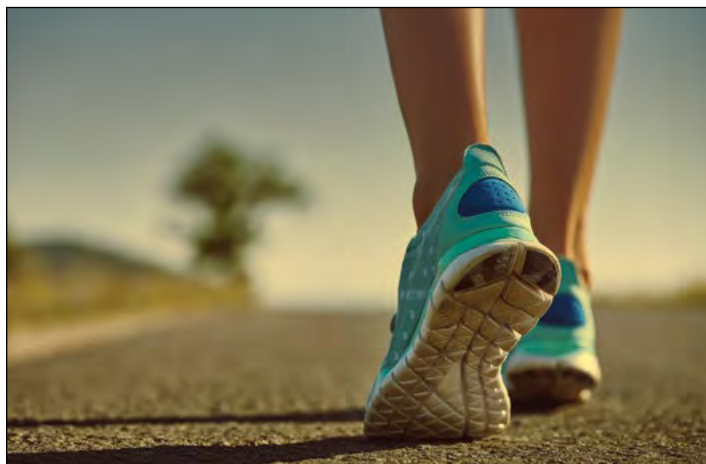
Medicare drug coverage is confusing. Each year Medicare drug plans can make changes to the cost and coverage you can receive. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will arm you with the knowledge 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:

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- 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:

April 19	T	6 p.m.
June 16	Th	6 p.m.



## 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. Workouts will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.

**Keyword: Walk**

April 5-May 3	T	5:30-6:15 p.m.	\$25
LIVE Online, Zoom	Waters	AREA-8492-TCSWB	

## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!



Bring a mat, towel and tennis shoes. Will use outdoor classrooms as often as can for Plattsmouth class.

**Keyword: Fit**

May 17-June 21	T	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Waters	AREA-8593-TCSWA	

## 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](http://www.sccbookstore.com).

**Keyword: Instructor**

April 4-May 14	Online	\$499
Lincoln, LNK, Arranged	TRAN-3393-HBSB	

## LET'S DO LUNCH SERIES

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

### 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	

### NEW! LDL: Tips for Home Maintenance

Spring is here! Time to make sure you have the basics covered on home maintenance.

**Keyword: Home**



April 6	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSFD	

### NEW! LDL: How Does TeleHealth Work

Learn how to schedule a telehealth visit, how they work, and why they are right for some people.

**Keyword: TeleHealth**



May 4	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSHA	



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Find us on Facebook® at [www.facebook.com/SCCNebCE](http://www.facebook.com/SCCNebCE)

April celebrates Administrative Professionals Day. This lunch series focuses on personal and professional development suitable for administrative professionals or anyone who wants to learn something new!

### NEW! LDL: Meditative Mandalas

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



**Keyword: Meditative**

April 7	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		Roseberry-Keiser	AREA-6665-TCSWA

### NEW! LDL: Metabolic Syndrome

Metabolic syndrome is not a disease in itself but a group of risk factors. Learn about metabolic syndrome, the five risk factors and healthy lifestyle habits to help reduce the risks.



**Keyword: Metabolic**

April 14	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		Toma	AREA-6665-TCSWB

### NEW! LDL: How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Coping strategies, techniques and tools will be presented and discussed.



**Keyword: Tame**

April 21	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		Toma	AREA-6665-TCSWC

### NEW! LDL: How to Manage Your Personal Finances

Budgeting tips, checking your credit score, and how to start a savings plan for your retirement will be discussed.



**Keyword: Manage**

April 28	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom		Toma	AREA-6665-TCSWD

### NEW! LDL: Take Your Pet to Lunch!

Learn more about pet love and care in this fun class! Pets are welcome to attend!



**Keyword: Lunch**

May 18	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCSFE	

### LDL: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks.



**Keyword: Business**

June 1	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Lenhoff	AREA-6665-TCUFA	



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## PHOTOGRAPHY



### Digital Photography

Designed to provide you with the fundamentals of digital photography as you practice with your own personal camera. 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**

April 6-May 11	W	6:30-7:30 p.m.	\$99
LIVE Online, Zoom	Keller	LLLX-0528-TCSCB	

### 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. Discussion will involve the software necessary to scan your negatives, slides and photos and look at the software "VueScan."



**Keyword: Memories**

April 5-12	T	6:30-7:30 p.m.	\$29
LIVE Online, Zoom	Keller	LLLX-0113-TCSCB	

### Mobile Device 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-handly 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**

April 11-25	M	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0080-TCSCB	

### NEW! All Things Apple

Do you have a Mac computer, or an iPad, or an iPhone, or an Apple Watch, or even a Home Pod? From editing photos to word processing to spreadsheets to turning on and off the lights in your home, these high-tech devices can be easy to use and fun. We will touch on some of the more useful features of Apple's amazing products, as well as demonstrate some practical features and apps to help make your life a bit easier.



**Keyword: Apple**

April 19-May 3	T	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0663-TCSCA	

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://www.facebook.com/SCCNebCE)



## 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.



April 13 W 6-7:30 p.m.  
LIVE Online, Zoom Van Winkle  
Registration Deadline: April 11 LLLX-0289-TSCC

**Keyword: Pictures**

\$19

## Introduction to Adobe Photoshop Elements

Prerequisite: experience in MAC or PC environment  
In this introductory class of photo editing basics, students will learn the fundamentals of different tools and techniques used for image retouching, correction and enhancement.



Basic computer skills are essential. You will need to download Adobe Photoshop Elements on your computer. You may Zoom from the Learning Center at Falls City if desired. Please call 402-323-3396 to make arrangements.

April 19 T 5:30-9 p.m.  
LIVE Online, Zoom Schutte AREA-0925-TCSFA

**Keyword: Photoshop**

\$29

## YOUTH



## Babysitting 101

Ages 10-14

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

**Keyword: Babysitting**

June 1-15  
Online, Canvas Segner AREA-6399-WBUHA

\$29

## SPORTS, RECREATION & FITNESS



## 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. Workouts will include warm-ups and cool-downs.



Dress in loose, comfortable clothing and appropriate shoes.

April 5-May 3 T 5:30-6:15 p.m.  
LIVE Online, Zoom Waters AREA-8492-TCSWB

**Keyword: Walk**

\$25

## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!



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May 17-June 21 T 5:30-6:15 p.m.  
LIVE Online, Zoom Waters AREA-8593-TCSWA

**Keyword: Fit**

\$29



[www.ed2go.com/sccne](http://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*



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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.

For more information, contact us at  
800-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

# Traffic Safety & Licensing

Spring 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., March 31
- ⌘ Thurs., May 26
- ▶ Thurs., June 2

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

(2.6 CEUs) For a detailed brochure, complete with Driver Education & Safety classes for 2022, contact us at [continuinged@southeast.edu](mailto:continuinged@southeast.edu), 402-437-2700 or 800-828-0072. NOTE: Attendance is critical to the student's success. Each class and lab must be attended as scheduled. Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at [www.sccbookstore.com](http://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.)

April 11-May 21	M, W	6:30-8:30 p.m.	\$349
Lincoln, LNK, S-1		TRAN-3398-LNSO ❖	
June 6-11	Online Lecture Only		\$349
Lincoln, LNK		TRAN-3398-LNUA ⌘	
June 13-25	Online Lecture Only		\$349
Lincoln, LNK		TRAN-3398-LNUG ▶	

#### Lincoln East High School

(All lectures have an online option.)

April 11-May 21	M, W	3:30-5:30 p.m.	\$349
Lincoln, EHS, 121		TRAN-3398-OCSQ ❖	
June 13-25	Online Lecture Only		\$349
Lincoln, EHS		TRAN-3398-OCUI ▶	

#### Lincoln High School

(All lectures have an online option.)

June 6-11	Online Lecture Only		\$349
Lincoln, LHS		TRAN-3398-OCUC ⌘	

#### Lincoln North Star High School

(All lectures have an online option.)

April 11-May 21	M, W	3:30-5:30 p.m.	\$349
Lincoln, LNS, A118A		TRAN-3398-OCSR ❖	
June 13-25	Online Lecture Only		\$349
Lincoln, LNS		TRAN-3398-OCUK ▶	

#### Lincoln Northeast High School

(All lectures have an online option.)

June 6-11	Online Lecture Only		\$349
Lincoln, LNE		TRAN-3398-OCUE ⌘	

#### Lincoln Southeast High School

(All lectures have an online option.)

June 6-11	Online Lecture Only		\$349
Lincoln, LSE		TRAN-3398-OCUD ⌘	

#### Lincoln Southwest High School

(All lectures have an online option.)

April 11-May 21	M, W	3:30-5:30 p.m.	\$349
Lincoln, LSW, A103		TRAN-3398-OCSF ❖	
June 6-11	Online Lecture Only		\$349
Lincoln, LSW		TRAN-3398-OCUB ⌘	
June 13-25	Online Lecture Only		\$349
Lincoln, LSW		TRAN-3398-OCUH ▶	

#### Lincoln Drive Lab Schedule

**Sections beginning April 11:** 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. (Times are subject to change.)

**Sections beginning June 6 or June 13:** Drive lab meets for two hours each 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., 4:30 p.m., or 6:45 p.m.

#### Beatrice SCC

(All lectures have an online option.)

June 6-11	Online Lecture Only		\$349
Beatrice, JAC		TRAN-3398-BEUF ⌘	
June 13-25	Online Lecture Only		\$349
Beatrice, JAC		TRAN-3398-BEUK ▶	

#### Beatrice Drive Lab Schedule

Drive lab meets for two hours each 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., 4:30 p.m., or 6:45 p.m.

#### Crete High School

(All lectures have an online option.)

June 13-25	Online Lecture Only		\$349
Crete, CREH		TRAN-3398-OCUL ⌘	

#### Crete Drive Lab Schedule

Drive lab meets for two hours each 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.

### 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](http://www.sccbookstore.com).

Keyword: **Instructor** 

April 4-May 14	Online	\$499
Lincoln, LNK, Arranged	TRAN-3393-HBSB	

### Four-Hour STOP Class

Diversion of minor traffic violations in Seward, Thayer and York counties.

Contact us at [STOP@southeast.edu](mailto:STOP@southeast.edu) for scheduling details and cost.

For more information, contact us at 800-828-0072 or [continuinged@southeast.edu](mailto: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.



# 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](http://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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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 ( )	<b>TOTAL DUE</b>
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<b>FOR OFFICE USE ONLY</b>
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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex\*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [www.southeast.edu/diversity](http://www.southeast.edu/diversity) \* The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.