

# Personal Development

Fall 2022

## NEW! Pickleball League

Pickleball is a paddle sport, the rules are simple and the game is easy to learn. You will learn the basics at the first class and the remaining sessions will be arranged to allow you to learn the game as you play against other students, so bring your calendar to schedule playtime.

Pickleball paddles and balls will be available if needed, or you can bring your own.

**Keyword: Pickleball**

Sept. 20 & Arranged	T	6:30-7:30 p.m.	\$39
Hebron, HNLC, 101	Luongo	AREA-8595-HNFA	

## 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.



**Keyword: Fit**

Oct. 5-Nov. 9	W	5:30-6:15 p.m.	Meyer	\$29
LIVE Online, Zoom		AREA-8593-TCFFA		
Hebron, HNLC, 101		AREA-8593-HNFA		

Class is live-streamed from Falls City.



## Let Me Share My Story with You: Writing Your Memories

Have you ever thought of sharing your story but don't know where to begin? Let us help you discover how to record the events for family and friends. We will provide tips on intriguing topics to write about, tricks to jog your memory, and ways to capture stories on paper without getting bogged down.



**Keyword: Story**

Oct. 12-26	W	6-7 p.m.	\$29
LIVE Online, Zoom	Wiebold	AREA-9032-TCFWA	

### Location Key

Hebron, HNLC.....Learning Center at Hebron, 610 Jefferson Ave.



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

**Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues?** Contact your Learning Center to see if other options are available.

## Gratitude, Gimmicks & Going the Extra Mile

The real joy is in the giving. You will gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, we will explore many options. You will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others!



**Keyword: Gratitude**

Nov. 17	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCFCA	

## Put the Tech in Traveling

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

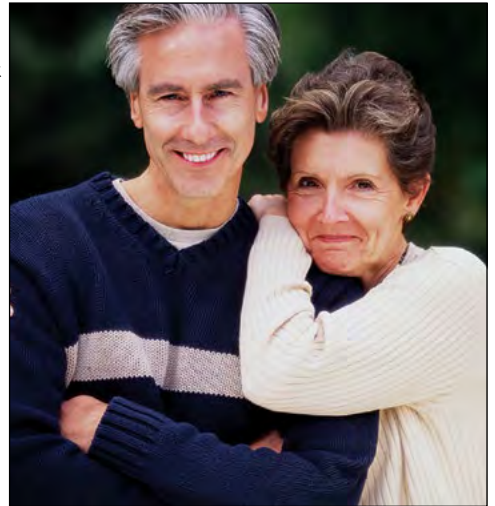


**Keyword: Travel**

Oct. 19	W	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1353-TCFCA	

## 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 penalties 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 [doi.ne.gov/ship](http://doi.ne.gov/ship).** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

**Webinar presentations are available on:**

Oct. 20	Th	6 p.m.
Nov. 15	T	6 p.m.
Dec. 14	W	6 p.m.

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

Check out all classes offered at [southeast.edu/HebronLC](http://southeast.edu/HebronLC)  
Find us on Facebook at [facebook.com/SCCLearningCenteratHebron](https://facebook.com/SCCLearningCenteratHebron)

## 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 [doi.ne.gov/ship](http://doi.ne.gov/ship).** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

**Webinar presentations are available on:**

Oct. 27 Th 6 p.m.

Nov. 29 T 6 p.m.

Dec. 21 W 6 p.m.

## LET'S DO LUNCH SERIES

### LDL: Tips for Home Maintenance

Time to make sure you have the basics covered on home maintenance.

**Keyword: Home**



Oct. 6 Th Noon-1 p.m.  
LIVE Online, Zoom AREA-6665-TCFFB

\$10

### LDL: What is a Side Hustle?

Side hustle is a new term for a part-time job. Learn potential "side hustles" and how to turn your idea into one.

**Keyword: Hustle**



Oct. 5 W Noon-1 p.m.  
LIVE Online, Zoom Segner AREA-6665-TCFHB

\$10

### NEW! LDL: How to Find an Online Side Hustle

Learn about side hustles you can do online that are not scams.

**Keyword: Online**



Oct. 12 W Noon-1 p.m.  
LIVE Online, Zoom AREA-6665-TCFFC

\$10

### LDL: Promote Your Side Hustle

We'll spend the hour discussing ways to effectively promote your "side hustle" on social media.

**Keyword: Hustle**



Oct. 19 W Noon-1 p.m.  
LIVE Online, Zoom Segner AREA-6665-TCFHC

\$10

### LDL: Side Hustle Payment Options

Square, Clover, Venmo, PayPal . . . find out which payment system best suits your "side hustle" and how to set them up to work for you.

**Keyword: Hustle**



Oct. 26 W Noon-1 p.m.  
LIVE Online, Zoom Segner AREA-6665-TCFHD

\$10

### LDL: Side Hustle Vendor Displays

Taking your "side hustle" to a craft/vendor fair? Discover ways to get the most from your display.

**Keyword: Hustle**



Nov. 2 W Noon-1 p.m.  
LIVE Online, Zoom Segner AREA-6665-TCFHE

\$10



### NEW! LDL: How to Become a Rideshare Driver

Learn about how to set yourself up to drive for Uber or Lyft.

**Keyword: Drive**



Nov. 9 W Noon-1 p.m.  
LIVE Online, Zoom AREA-6665-TCFFD

\$10

### NEW! LDL: How to Become a Food Delivery Driver

Interested in a side hustle like GrubHub or DoorDash? Learn how to get started in this class.

**Keyword: Driver**



Nov. 16 W Noon-1 p.m.  
LIVE Online, Zoom AREA-6665-TCFFE

\$10

### NEW! LDL: Pack Your Bags!

Learn tips and tricks about how to pack your suitcase more organized and efficiently.

**Keyword: Pack**



Nov. 30 W Noon-1 p.m.  
LIVE Online, Zoom AREA-6665-TCFFF

\$10

### NEW! LDL: Happiness is Traveling

Learn tips and tricks about getting ready for your next adventure!

**Keyword: Traveling**



Dec. 7 W Noon-1 p.m.  
LIVE Online, Zoom AREA-6665-TCFFG

\$10

### 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**



Dec. 14 W Noon-1 p.m.  
LIVE Online, Zoom AREA-6665-TCFHF

\$10



[ed2go.com/scne](http://ed2go.com/scne)

## 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**



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

# REGISTER ONLINE

You must have an email account to register online.

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

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

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

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

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

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

## OR REGISTER BY MAIL, FAX OR IN PERSON



### Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/collegecatalog](http://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"/> 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 ( )

**TOTAL DUE**

FOR OFFICE USE ONLY

ID# \_\_\_\_\_

DE \_\_\_\_\_

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. 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. [southeast.edu/diversity](http://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.