

Personal Development

Winter 2023

NEW! Life in a Box: Put Your Important Personal & Financial Records in One Place

Are your important papers and documents, that you need to keep, stored where you can find them easily? If you are like most of us, probably not. Join us as we create a personal file box system that will solve this for you.

At the end of the second session, you will have a complete record storage system that will include your valuable documents such as insurance, banking, maintenance, career, and so much more.

Feb. 1-8 W 6:30-8:30 p.m. **Keyword: Life**
York, YKLC, TBA Burns \$59
Registration Deadline: Jan. 15 AREA-7123-YKSA



Getting Ready to Retire: Are Your Ducks in a Row?

Retirement planning is much more complex than ever before with the continual changes in tax laws, increases in longevity and rising health care costs. Will I have enough? and how much do I need? are not questions that should be answered using the rule of thumb guidelines. Become informed so you can make the best decisions to take care of yourself and your family in retirement.

Jan. 31 T 6-8:30 p.m. **Keyword: Retire**
York, YKLC, TBA Downey \$39
AREA-5170-YKSA

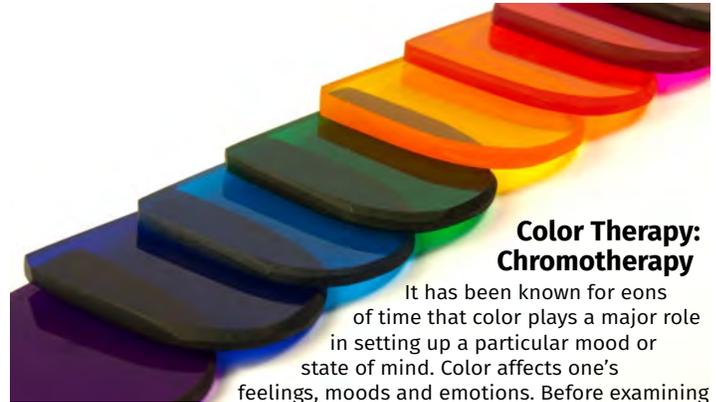
Social Security 101: Understanding this Retirement Benefit

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

Jan. 17 T 6-9 p.m. **Keyword: Security**
York, YKLC, TBA Rauert \$29
AREA-7035-YKSA

 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.



Color Therapy: Chromotherapy

It has been known for eons of time that color plays a major role in setting up a particular mood or state of mind. Color affects one's feelings, moods and emotions. Before examining color and its healing implications, we must address a very important concept: that of cause and effect. True healing comes about when the cause of the condition or illness is addressed and transformed. Come learn how the use of color can help you heal.

March 9 Th 7-9 p.m. **Keyword: Color**
Dorchester, WELL Holly AREA-6710-YKSA \$19



NEW! Creative Writing

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and group discussions.



Feb. 6-20 M 6-7:30 p.m. **Keyword: Writing**
LIVE Online, Zoom Ord AREA-9050-TCSWA \$45

NEW! The Art of Communication

Communication is an important set of skills which impacts our personal and professional life. With texts, emails and Facebook taking over our social lives, some might find it difficult to engage in normal conversation due to lack of practice with face-to-face interactions. You will discover different communication styles, techniques, non-verbal signals, and responses to build and strengthen your communication skills.



March 6-20 M 6-8 p.m. **Keyword: Communication**
LIVE Online, Zoom Ord AREA-6835-TCSWA \$59

Location Key

York, YKLC.....Learning Center at York, 401 N. Lincoln Ave.

For more information, contact **Diane Houdek** at 800-828-0072, ext. 3634, or dhoudek@southeast.edu



NEW! Blogging for Beginners

Creating blog posts is an excellent way to share your passion, showcase expertise or create an online presence. You will learn the steps to starting, creating content for and maintaining your blog. Different platforms, social media and marketing techniques will be discussed.

NOTE: This is a personal blog class, not a business focus.

Keyword: Blogging

March 22 W 6-8 p.m.
LIVE Online, Zoom Ord AREA-1410-TCSWA



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

Feb. 28 T 6-7:30 p.m.
LIVE Online, Zoom Van Winkle LLLX-1127-TCSCA



Meditative Mandalas

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

Have a fine-tip marker and paper ready.

Keyword: Mandalas

Feb. 25-March 4 S 10-11:30 a.m.
LIVE Online, Zoom Roseberry AREA-6744-TCSWA



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.** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

Webinar presentation is available on:

Feb. 15 W 6 p.m.

Navigating Medicare.gov

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

- How much will my prescriptions cost?
- Which Medicare drug plan will cover my prescriptions?
- Where can I get the best prices for my prescriptions?

Navigating Medicare.gov is provided by Nebraska State Health Insurance Program (SHIP), a member of the national SHIP network and a division of the Nebraska Department of Insurance. **To register, please visit 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:

Feb. 22 W 6 p.m.

LET'S DO LUNCH SERIES

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

NEW! 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

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



\$10

NEW! LDL: How to Write a Business Plan

Thinking about starting a small business but need to write a business plan?

Keyword: Business

Feb. 7 T Noon-1 p.m.
LIVE Online, Zoom AREA-6665-TCSFB



\$10

NEW! LDL: Email Marketing with Constant Contact

Looking for an easy way to get the word out about your business? Learn more about email marketing while you eat lunch!

Keyword: Email

Feb. 22 W Noon-1 p.m.
LIVE Online, Zoom AREA-6665-TCSFD



\$10



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.

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For more information, contact **Diane Houdek** at 800-828-0072, ext. 3634, or dhoudek@southeast.edu

Check out all classes offered at southeast.edu/YorkLC
Find us on Facebook at facebook.com/SCCLearningCenteratYork

These classes were designed for Ashland Economic Development Corporation members, but anyone interested can enroll.

NEW! LDL: How to Create Facebook Ads

Learn how to create, publish, purchase, and track performance of ads on Facebook.



Keyword: Facebook

Jan. 19 Th Noon-1 p.m. \$10 LIVE Online, Zoom
Ord AREA-6665-TCSWA

NEW! LDL: Community Engagement & Leadership

Learn ways to lead future generations to build a better community.



Keyword: Community

Feb. 16 Th Noon-1 p.m. \$10 LIVE Online, Zoom
Ord AREA-6665-TCSWB

NEW! LDL: Thinking Outside the Box: Creative Thinking in Unusual Ways

Learn strategies and techniques which will change ways of thinking about and finding creative solutions to existing or future problems.



Keyword: Thinking

March 16 Th Noon-1 p.m. \$10 LIVE Online, Zoom
Ord AREA-6665-TCSWC

NEW! LDL: Small Business Online Marketing Strategies

Learn great marketing ideas for your small business or organization.



Keyword: Business

March 8 W Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFE

LDL: Learn about Canva

Create social media posts or other informational graphic images with Canva. Best of all it's free!



Keyword: Canva

March 23 Th Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFF

LDL: What's App?

What are some of the newest smartphone apps available? Learn more about your phone applications!



Keyword: App

Feb. 16 Th Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFC

NEW! LDL: Understanding Nutrition Labels

Focus on a healthier you by learning more about the nutrition labels on foods.



Keyword: Labels

April 4 T Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFG

For more information, contact **Diane Houdek** at 800-828-0072, ext. 3634, or dhoudek@southeast.edu

Check out all classes offered at southeast.edu/YorkLC
Find us on Facebook at facebook.com/SCCLearningCenteratYork

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



Registration Form - Non-Credit Course

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

Today's Date

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit 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 *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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

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

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

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

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



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

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