

Health Care

Spring 2023

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 10 Lincoln, CEC, 109B	W	7-7:45 p.m. HLTH-3506-HBSCC	\$59
June 7 York, YKLC, D101	W	7:45-8:30 p.m. HLTH-3506-YKUA	\$59

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 10 Lincoln, CEC, 109B	W	6-6:45 p.m. HLTH-3501-HBSCC	\$59
June 7 York, YKLC, D101	W	7-7:45 p.m. HLTH-3501-YKUA	\$59

CPR - HeartCode® Basic Life Support Online + Skills Session (for Health Care Professionals)

Need your professional certification in AHA CPR Basic Life Support and want a convenient way of getting it? This online class is for you! You will only need to meet in person once for the Skills Session after you complete the online portion of the class.

You will receive the online AHA access key and email approximately one week prior to your Skills Session class.

- ♥ When registering, include your email address.
- ♥ Once you've completed the online portion, you will print your AHA Online Course Completion Certificate. For admission into the Skills Session, you must have this certificate with you.

This course is for health care providers: nurses, EMTs, doctors, lifeguards, etc.

Keyword: CPR

April 1 Lincoln, CEC, 109B	S	9-10:30 a.m. HLTH-3253-HBSCH	\$65.50
April 11 Lincoln, CEC, 109B	T	6-7:30 p.m. HLTH-3253-HBSCI	\$65.50
May 4 Lincoln, CEC, 109B	Th	1-2:30 p.m. HLTH-3253-HBSCJ	\$65.50
May 20 Lincoln, CEC, 109B	S	9-10:30 a.m. HLTH-3253-HBSCK	\$65.50
June 1 Lincoln, CEC, 109B	Th	1-2:30 p.m. HLTH-3253-HBUCA	\$65.50
June 7 York, YKLC, D101	W	5:30-7 p.m. HLTH-3253-HBUYA	\$65.50
June 20 Lincoln, CEC, 109B	T	6-7:30 p.m. HLTH-3253-HBUCB	\$65.50

ACLS Online + Skills

AHA's ACLS course. HeartCode blended learning delivers quality resuscitation education regardless of where providers are located and gives them more control to complete the course at their own pace.

Providers first complete the online portion of HeartCode ACLS and then complete a hands-on skills session with an AHA ACLS instructor or on a simulation station. To enter the course, participants must complete a precourse self-assessment. Access to the "ACLS Provider Manual eBook" (20-3100) is included with HeartCode ACLS. You will be able to access the Provider Manual from within the course.

Keyword: ACLS

May 8 Lincoln, HSB, 130	M	1-2:30 p.m. HLTH-3705-LNSA	\$239
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Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, HSB SCC Lincoln Campus, Health Science Building,
8800 O St.
York, YKLC Learning Center at York, 401 N. Lincoln Ave.

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

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 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. This course is for CLCs, RNs and family support specialists (doulas, peer counselors, etc.).

CLCs & RNs

For contact hours to maintain your certificate or license.

March 15-April 12	W	9:30 a.m.-12:30 p.m.	\$325LIVE
Online, Zoom	Seacrest	HLTH-3265-TCSCA	

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

For a certificate of attendance. Scholarships are available. Please contact annseacrest@ars-health.com for a scholarship application or additional information.

March 15-April 12	W	9:30 a.m.-12:30 p.m.	\$95
LIVE Online, Zoom	Seacrest	HLTH-3265-TCSCB	

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 covers 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>.**

Keyword: Abuse

Online, Canvas

HLTH-3065-WBUCA

\$30



ed2go.com/sccne

BROWSE COURSES IN

Accounting and Finance

Language and Arts

Business

Law and Legal

College Readiness

Personal Development

Computer Applications

Teaching and Education

Design and Composition

Technology

Health Care and Medical

Writing and Publishing

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

Free Training

Gap Assistance Program

Short-term Training Opportunities

Non-credit		Credit	
RN/LPN Refresher ✦	Leadership ☼	Nursing Assistant ✦	Healthcare Services ☼
Machining ✦	Lean/Six Sigma ✦	Medication Aide ✦	Precision Agriculture ☼
Electrical Maintenance ✦	Computer Networking ✦	Professional Truck Driver	Building Construction
Welding ✦	Fiber Optics ✦	Training I & II ✦	Tech ☼
Microsoft Applications ✦		Business/	Software &
		Entrepreneurship ☼	Computer Services ☼
		Culinary/Hospitality ☼	Welding Technology ☼

✦ Course ☼ Certificate

Gap makes education FREE

southeast.edu/gap

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.

Computers & Technology

Spring 2023

GETTING STARTED

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 25	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 6	T	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1394-TCUFA	

INTERNET

Zoom: Everyone's Doing It!

Learn why Zoom is being used by millions to hold one-on-one meetings or group conversations. Zoom provides a fun, easy way to connect with family, friends or colleagues with the click of a button. You can see and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom!



Keyword: Zoom

May 11	Th	1-4 p.m.	\$49
LIVE Online, Zoom	Meyer	AREA-0934-TCSNA	

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

Tired of Cable TV, Dish or Direct TV? Cut the Cord!

Take a look at all of the streaming services available 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 18	T	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1154-TCSCB	

Digitizing Memories

Do you have envelopes full of negatives and slides? How about 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 11-18	T	6:30-8 p.m.	\$29
LIVE Online, Zoom	Keller	LLLX-0113-TCSCB	

SOCIAL MEDIA

Zoom: Everyone's Doing It!

Learn why Zoom is being used by millions to hold one-on-one meetings or group conversations. Zoom provides a fun, easy way to connect with family, friends or colleagues with the click of a button. You can see and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom!



Keyword: Zoom

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Keyword: Selling

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

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.



ed2go.com/scnc

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



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 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 southeast.edu/gap. See page 5 for additional funding information from American Job Center.

Keyword: Bootcamp

April 26-Aug. 23 LIVE Online, Zoom	W Promineo	7-8:30 p.m. INFO-7750-TCSCB	\$3,999
June 29-Oct. 26 LIVE Online, Zoom	Th Promineo	7-8:30 p.m. INFO-7750-TCUCA	\$3,999

JOB ENHANCEMENT SCHOLARSHIP AVAILABLE

(For selected courses)

Attention: Nebraska City Residents

Are you looking for a scholarship for training that could:

- Make a difference in your career/job?
- Help you reach your professional goals?
- Potentially advance your position or pay?
- Have a positive impact on your employer?

For more information, visit southeast.edu/nebraskacitylc or contact Cindy at 402-323-3636 or cmeyer@southeast.edu.



Funds are being provided by the
**Nebraska City Community
Foundation Fund**

Data Engineer Bootcamp

This 26-week program will give you the skills you need in the high-demand area of data engineering.



Take our assessment and learn more information at 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 southeast.edu/gap.

Keyword: Bootcamp

May 30-Dec. 5 LIVE Online, Zoom	T Promineo	7-8:30 p.m. INFO-7752-TCUCA	\$5,400
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Front End Software Developer Bootcamp

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



Take our assessment and learn more information at southeast.edu/coding-boot-camp. The assessment is free and optional for anyone interested in this program.

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Keyword: Bootcamp

March 30-July 27 LIVE Online, Zoom	Th Promineo	7-8:30 p.m. INFO-7751-TCSCB	\$3,999
May 30-Oct. 3 LIVE Online, Zoom	Th Promineo	7-8:30 p.m. INFO-7751-TCUCA	\$3,999



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

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.



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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**

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

Business Development

Spring 2023

ACCOUNTING & FINANCIALS

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. Includes an overview of Nebraska's unique grantmaking landscape.



Keyword: Grant
\$95

April 13 Th 6-9 p.m.
LIVE Online, Zoom Mealey BSAD-7295-TCSBP

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
\$49

April 27 Th 6-9 p.m.
LIVE Online, Zoom Mealey BSAD-7292-TCSBP

Creating a Nonprofit Budget (That Grant Funders Will Love)

When nonprofits pursue grants, one of the most important documents they'll have to include with applications is their budget. But funders are looking for specific things when they review budgets and a poorly-crafted one can undermine chances for success. Discover how to structure your annual budget, what should and should not be in your budget, and how to properly allocate expenses to ensure you get "credit" for all your good work with funders.



Keyword: Grant
\$95

May 11 Th 6-8:30 p.m.
LIVE Online, Zoom Mealey AREA-0161-TCSPA

How to "Prospect" for Grant Opportunities

Spring is when most foundations open their grant cycles, but finding and vetting grant opportunities (also called "prospecting") can be frustrating and time-consuming for nonprofit fundraisers. We will examine where to find grant opportunities, review two common fundraising databases, and demonstrate how to evaluate whether you're eligible for a grant and are likely to be competitive if you apply.



Keyword: Grant
\$95

May 25 Th 6-8:30 p.m.
LIVE Online, Zoom Mealey AREA-0162-TCUPA

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.

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

SOCIAL MEDIA FOR BUSINESS



Zoom: Everyone's Doing It!

Learn why Zoom is being used by millions to hold one-on-one meetings or group conversations. Zoom provides a fun, easy way to connect with family, friends or colleagues with the click of a button. You can see and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom!



Keyword: Zoom
\$49

May 11 Th 1-4 p.m.
LIVE Online, Zoom Meyer AREA-0934-TCSNA



We offer a wide range of highly interactive non-credit courses that you can take entirely over the internet. All of our courses include expert instructors, many of whom are nationally known authors. All courses are 6 weeks long unless specified. Our online courses are affordable, fun, fast, convenient, and geared just for you. Ready to explore our catalog?

ed2go.com/sccne

BROWSE COURSES IN

Accounting and Finance

Language and Arts

Business

Law and Legal

College Readiness

Personal Development

Computer Applications

Teaching and Education

Design and Composition

Technology

Health Care and Medical

Writing and Publishing

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

Leadership & Professional Development

Spring 2023

EVOLVE → ENGAGE → EMPOWER

Leadership is a covenant between those who seek to lead and those who choose to follow that allows both to achieve goals neither could realize on their own. For leaders to earn the trust and respect of followers that's needed to create and maintain this covenant, leaders must develop into the most competent, honest, caring, and dependable versions of them, i.e., they must "evolve."

Leaders need followers. Once a leader has the capacity to earn and keep the trust and respect of followers by evolving over time into the "best" versions of themselves, leaders need to gain and keep the willing cooperation of followers to achieve a mutually-beneficial goal. This is accomplished by involving followers in efforts that lead to desirable outcomes.

Ultimately, leaders are only as effective as their followers. Consequently, leaders invest heavily in helping followers maximize their strengths and managing their weaknesses.

Managing & Resolving Workplace Conflict (EMPOWER)

According to Gallup, 32 cents of every payroll dollar is wasted on unproductive conflict. This program will teach you how to resolve conflict in ways that get results and enhance working relationships.



Potential ROI from this program:

- Higher productivity.
- Greater innovation.
- Enhanced customer service.
- Better teamwork.
- Higher morale.
- Deeper employee engagement.
- Higher retention.

You will earn 0.6 CEUs and a certificate of professional development for successfully completing this class.

Keyword: Conflict

May 25 Th 9 a.m.-4 p.m. \$229
LIVE Online, Zoom Skilz Group
Registration Deadline: May 18 BSAD-6230-TCUCA

NEW! How to Use Personality to Help You & Your Employees Excel (EVOLVE)

Utilize the Insight Personality Spectrum, a powerful, user-friendly version of the Myers-Briggs Type Indicator and maximize the strengths and success of you and your team.



Potential ROI from this program:

- Improvement to participants' and their subordinates' performance, behavior, and attendance.
- Improvements in employee engagement scores and retention.
- Enhanced advancement prospects for participants as their improved ability to develop successful, engaged employees.

You will earn 0.6 CEUs and a certificate of professional development for successfully completing this class.

Keyword: Personality

April 12 W 9 a.m.-4 p.m. \$229
LIVE Online, Zoom SKILZ
Registration Deadline: April 5 BSAD-6232-TCSCA

Managing Change (EMPOWER)

Join us and learn why 70% of change initiatives fail to achieve their goals and how you can be a part of the 30% that succeed.



Potential ROI from this program:

- Improvement in the ability of participants' organizations to compete because of their enhanced capacity to implement needed changes to business strategies and work processes.
- Implementation of needed changes to organizational goals, strategies, and work processes.
- Improvements in employee engagement scores and retention as workers come to see as change as career enhancing.
- Advancement prospects for participants as their improved ability to drive meaningful change.

You will earn 0.6 CEUs and a certificate of professional development for successfully completing this class.

Keyword: Change

June 29 Th 9 a.m.-4 p.m. \$229
LIVE Online, Zoom Skilz Group
Registration Deadline: June 22 BSAD-6231-TCUCA

Developing Successful Employees (EMPOWER)

Effectively manage employee performance by learning techniques that will allow you to set realistic expectations for your team member's performance, behavior, and attendance.



Potential ROI from this program:

- Higher employee engagement.
- Augmented employee performance.
- Greater employee accountability.
- Better morale.
- Lower turnover.

You will earn 0.6 CEUs and a certificate of professional development for successfully completing this class.

Keyword: Development

March 15 W 9 a.m.-4 p.m. \$229
LIVE Online, Zoom Skilz Group
Registration Deadline: March 8 BSAD-6228-TCSCA

SPECIAL TOPICS IN MANAGEMENT SERIES

This series offers you the chance to closely examine some of the biggest challenges confronting today's managers and HR professionals in a convenient, online format.

NEW! The Challenge of Employee Retention (ENGAGE)

The Great Resignation is the number of employees voluntarily leaving their jobs since late 2020 as a result of the pandemic. This half-day webinar will examine what's driving the Great Resignation and what managers and HR professionals can do to prevent it from undermining their organization's long-term success.

You will earn 0.3 CEUs and a certificate of professional development for successfully completing this class.

Keyword: Employee

April 13 Th 8:30 a.m.-Noon \$149
LIVE Online, Zoom Skilz Group
Registration Deadline: April 6 BSAD-6233-TCSCA

NEW! Project Leader: Servant Leader (EVOLVE)

As a project leader, have you noticed the team you're leading is no longer behind you? Together we'll consider the skills of a leader who can try to do the impossible.

You will earn 0.3 CEUs and a certificate of professional development for successfully completing this class.

Keyword: Leader

June 15 Th 8:30 a.m.-Noon \$149
LIVE Online, Zoom Slaight
Registration Deadline: June 8 BSAD-6234-TCUCA

Strengths@Work Skills Academy

In this workshop series, participants will explore Gallup CliftonStrengths signature themes as they relate to the development of essential skills in workplace success. Workshop topics include an introduction to an individual's Top 5 strengths assessment results within the context of the workplace and the practical development of workplace skills including:



- Communication.
- Organization.
- Teamwork.
- Work ethic.
- Professionalism.

Integrated group coaching sessions provide participants with opportunities to discuss application of workshop concepts within the work environment.

Upon completion of the three-month Strengths@Work Skills Academy, you will earn 0.9 CEUs and a certificate of completion.

Keyword: Academy

Thursdays, March 9-May 25

Noon-1 p.m.

\$459

LIVE Online, Zoom

BSAD-6307-TCSCA

Madsen

Registration Deadline: March 2

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WATCH
Scan the code to learn more about this course.



Human Resource Certificate of Professional Development



The Human Resource Certificate of Professional Development can get you one step closer to achieving your career goals while also preparing you to take the aPHR exam, a nationally recognized certification through HRCI.

Includes:

- Course materials.
- aPHR registration and exam fee.
- 12-month Lincoln Human Resource Management Association membership.
- Opportunity to consult with instructor following course completion.

You will earn 2.1 CEUs and a certificate of completion will be awarded by SCC to those who successfully complete this course.

Keyword: Resource



Thursdays, March 23-May 11 **

1-4 p.m.

\$2,950

LIVE Online, Zoom. . . . BSAD-3044-TCSCA

Yankech

Registration Deadline: March 16

** No class April 6

Saturdays, March 25-May 13 ***

9 a.m.-Noon

\$2,950

LIVE Online, Zoom. . . . BSAD-3044-TCSCB

Yankech

Registration Deadline: March 18

*** No class April 8

● ◆ ☞ ▶▶

WATCH
Scan the code to learn more about this course.



FINANCIAL RESOURCES

Individuals

- **Gap Assistance**
southeast.edu/gap
gap@southeast.edu or 402-323-3394
- ◆ **American Job Center**
ajc.lincoln.ne.gov or 402-441-1640

Business & Industry

- ☞ **Nebraska Worker Training Grant**
dol.nebraska.gov/ReemploymentServices/
EmployerResources/WorkerTrainingProgram
- ▶▶ **American Job Center**
ajc.lincoln.ne.gov or 402-441-1640



ed2go.com/sccne

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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

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

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

Personal Interest

Spring 2023

ANIMALS & PETS

NEW! Let's Do Lunch: Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard.



Keyword: Bird

April 4 T Noon-1 p.m.
LIVE Online, Zoom Andrew AREA-6665-TCSFH

\$10

NEW! Let's Do Lunch: Bird Watching for Beginners

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds.



Keyword: Bird

April 25 T Noon-1 p.m.
LIVE Online, Zoom Andrew AREA-6665-TCSFI

\$10

ARTS, CRAFTS & HOBBIES

Digitizing Memories

Do you have envelopes full of negatives and slides? How about 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 11-18 T 6:30-8 p.m.
LIVE Online, Zoom Keller LLLX-0113-TCSCB

\$29

EXPLORE

NEW! Memory Mapping: A Tool for Inspired Writing

Have you wondered how to get started on your writing journey and find inspiration? Learn new ways to organize your memories and use them to create memorable prose.

Bring a notebook and pen or pencil.



Keyword: Memory

June 7-21 W 6-7:30 p.m.
LIVE Online, Zoom Heitmann AREA-6800-TCUHA

\$19

Learn the New Way to Pay: PayPal, Venmo & More . . .

Learn the very easy, safe and common ways to pay your way. Whether you are paying for a marketplace item, eBay or just friends and family. We will cover new methods and technologies to pay with your mobile device or online with your home computer. Discover Payday, Venmo, CashApp, ApplePay, and more.



Keyword: Pay

April 13 Th 7-9 p.m.
LIVE Online, Zoom Jensen LLLX-1354-TCSCA

\$29

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 T 7-9 p.m.
LIVE Online, Zoom Jensen LLLX-0531-TCSCB

\$29

Tired of Cable TV, Dish or Direct TV? Cut the Cord!

Take a look at all of the streaming services available 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 18 T 7-9 p.m.
LIVE Online, Zoom Jensen LLLX-1154-TCSCB

\$29

FAMILY MATTERS

ADD/ADHD Family Tips & Tools

Families are impacted in various ways when there is a member with ADD/ADHD behaviors. Learn some tips and tools to enable your family to thrive. Instructor brings both personal and professional experience from a clinical setting.



Keyword: Family

April 25 T 6:30-8:30 p.m.
LIVE Online, Zoom Bryant AREA-5060-TCSPA

\$49

NEW! Let's Do Lunch: 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.
LIVE Online, Zoom AREA-6665-TCSFG

\$10

NEW! Let's Do Lunch: Money & Time Management for Stay-at-Home Parents

Stay-at-home parenting is a tireless job with endless responsibilities. Learn how to manage finances and quality time with your family.



Keyword: Money

June 21 W Noon-1 p.m.
LIVE Online, Zoom Andrew AREA-6665-TCUFC

\$10



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

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 presentations are available on:

April 13	T	6 p.m.
June 15	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?

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Webinar presentations are available on:

April 20	Th	6 p.m.
June 22	Th	6 p.m.



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 southeast.edu/Continuing/CoParenting

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 continuing@southeast.edu or call 402-437-2700.

* Separate classes provided for men and women.

Keyword: Parenting

Men *				
March 18	S	8:30-11:30 a.m.	LLX-2401-TCSCC	\$69
LIVE Online, Zoom				
April 15	S	8:30-11:30 a.m.	LLX-2401-TCSCD	\$69
LIVE Online, Zoom				
May 20	S	8:30-11:30 a.m.	LLX-2401-TCSCD	\$69
LIVE Online, Zoom				
June 17	S	8:30-11:30 a.m.	LLX-2401-TCUCF	\$69
LIVE Online, Zoom				
Women *				
March 11	S	8:30-11:30 a.m.	LLX-2401-TCSCQ	\$69
LIVE Online, Zoom				
April 8	S	8:30-11:30 a.m.	LLX-2401-TCSCR	\$69
LIVE Online, Zoom				
May 13	S	8:30-11:30 a.m.	LLX-2401-TCSCS	\$69
LIVE Online, Zoom				
June 10	S	8:30-11:30 a.m.	LLX-2401-TCUCT	\$69
LIVE Online, Zoom				

FOODS

NEW! Field Meals to Go



Get ready to hit the field or road with new family- and farmer-approved on-the-go recipes. We will prepare and sample a handheld entrée for on-the-go eating. Class includes recipes for handheld and sit-down field meals, menu planning, delivery, and preparation tips that will have you ready to go no matter the season.

Keyword: Meals

April 18	T	6-8 p.m.	AREA-4465-TCSFA	\$19
LIVE Online, Zoom				


NEW! Eating Well on a Shoestring Budget



Want to learn to make your food budget stretch a bit farther without sacrificing taste and nutrition? Join us as we learn tips from a professional nutritionist who will provide helpful information and resources to feed your family better and for less cost.

Keyword: Eating

April 1	S	9-11 a.m.	AREA-4466-TCSHA	\$19
LIVE Online, Zoom				
April 11	T	6:30-8:30 p.m.	AREA-4466-TCSHB	\$19
LIVE Online, Zoom				



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.

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

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.



Keyword: Cupcakes
\$29

April 4 T 6:30-9:30 p.m.
LIVE Online, Zoom Wolcott AREA-4588-TCSPB

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 tasty recipes you can make.



Keyword: Fryer
\$19

May 18 Th 6:30-8 p.m.
LIVE Online, Zoom Carr AREA-4396-TCSHA

NEW! Let's Do Lunch: Understanding Nutrition Labels

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



Keyword: Labels
\$10

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

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 sccbookstore.com. For registration and log-in information, go to <http://bit.ly/sccfoodprotectionmanagerclass>.

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

Class will be active now through June 24. All coursework needs to be completed by June 30.

Keyword: Protection

Online Williams-Lamb \$65 FSĐT-3000-WBUA

Exam Prep — CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the CDM Credentialing Exam. Each course module begins with a pretest to help you identify your understanding of the content area. You will move through the course at your own pace, utilizing the interactive review materials, example calculations with tutorial videos, flashcards and reading materials to focus your study. Practice questions include rationale for answers and explanations for calculations. The course culminates with a simulated practice CDM exam.

Contact Vicki Rethmeier at 402-437-2528 or vrethmeier@southeast.edu for registration details. Cost \$99 per person.



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.

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.

GENEALOGY

DNA Tells a Story

Whether you've taken a DNA test or are considering one, DNA can help you with your genealogy when the paper trail ends. Find out how genetic genealogy can enhance traditional research methods, solve family mysteries and take you on the next steps in your genealogical journey. When a lack of records or uncertainty about ancestral lineage has you stumped, DNA always tells the truth. DNA testing is the tool that belongs in every genealogist's toolkit.



Keyword: DNA
\$29

June 3 S 10 a.m.-Noon
LIVE Online, Zoom Callahan AREA-6361-TCUNA

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
\$29

May 4 Th 6:30-8:30 p.m.
LIVE Online, Zoom Callahan AREA-5052-TCSNA

HOME & GARDEN

Houseplant Propagation

Propagating and sharing houseplants is enjoyable and fun. Discover the easiest plants to raise along with tips and tricks to keep them happy!



Keyword: Plant
\$29

April 15 S 10 a.m.-Noon
LIVE Online, Zoom Wolcott AREA-6089-TCSPB

OneNote to Document Garden Ideas

Remember keeping diaries or journals? Some people write faithfully, and others tire of the writing quickly. 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 (and more fun) 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
\$15

April 19 W 7-8 p.m.
LIVE Online, Zoom La Cross LLLX-1393-TCSCB

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, determining water needs and sources for these incredible plants.



Keyword: Gardens
\$15

May 24 W 7-8 p.m.
LIVE Online, Zoom La Cross LLLX-1470-TCUCA

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

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

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.



May 17 W 7-8 p.m. \$15
LIVE Online, Zoom La Cross LLLX-1452-TCSCA

Keyword: Gardens

Joy 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.



April 26 W 7-8 p.m. \$15
LIVE Online, Zoom La Cross LLLX-0400-TCSCA

Keyword: Garden

Perennials that Love Divisions

Discover the many perennials that benefit from spring divisions. We will explore 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.



May 10 W 7-8 p.m. \$15
LIVE Online, Zoom La Cross LLLX-1455-TCSCA

Keyword: Perennials

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 also can learn steps to determine if it is alkaline, acidic or neutral, and how to get your soil tested for impurities.



May 3 W 7-8 p.m. \$15
LIVE Online, Zoom La Cross LLLX-1456-TCSCA

Keyword: Ground

NEW! Let's Do Lunch: Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard.



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

Keyword: Bird

Organize Your Home

Discover a proven organizing method and the questions to ask yourself for every organizing project in your home. Learn tips and habits to create peace of mind in your living space.



April 11 T 6:30-8:30 p.m. \$49
LIVE Online, Zoom Bryant AREA-5726-TCSPA

Keyword: Organize

LANGUAGES

Beginning German

Hallo und willkommen! Beginning German is an introduction to the German Language, culture and people. Classes are interactive with the goal of communication.



Required book ("*Spektrum Deutsch A1*," ISBN: 9783941323360) can be purchased at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com.

April 13-June 1 Th 6-8 p.m. \$80
LIVE Online, Zoom Hanley AREA-6630-TCNSA

Keyword: German

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

MIND & BODY

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 if attending in person.



April 3-May 8 M 5:30-6:15 p.m. \$29
LIVE Online, Zoom Meyer AREA-8593-TCSCA

Keyword: Fit

MONEY MATTERS

Learn the New Way to Pay: PayPal, Venmo & More . . .

Learn the very easy, safe and common ways to pay your way. Whether you are paying for a marketplace item, eBay or just friends and family. We will cover new methods and technologies to pay with your mobile device or online with your home computer. Discover Payday, Venmo, CashApp, ApplePay, and more.



April 13 Th 7-9 p.m. \$29
LIVE Online, Zoom Jensen LLLX-1354-TCSCA

Keyword: Pay

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 T 7-9 p.m. \$29
LIVE Online, Zoom 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 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 18 T 7-9 p.m. \$29
LIVE Online, Zoom Jensen LLLX-1154-TCSCB

Keyword: Cable

NEW! Let's Do Lunch: Snowball Debt Reduction vs. Avalanche Debt Reduction

Paying off debt can be overwhelming. We will look at two different debt-reduction strategies, each with pros and cons. Join us for this informative session.



May 17 W Noon-1 p.m. \$10
LIVE Online, Zoom Andrew AREA-6665-TCSFJ

Keyword: Debt

NEW! Let's Do Lunch: Money Basics of a Gig Economy

A gig economy is all about hiring labor for a specific task for a short period of time. There are pros and cons of being a gig worker, so let's explore the benefits and pitfalls of earning extra money with your side gigs.



May 31 W Noon-1 p.m. \$10
LIVE Online, Zoom Andrew AREA-6665-TCUFA

Keyword: Money



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NEW! Let's Do Lunch: Tips for Adding Money to Your Budget

Discover ways to find discretionary money while on a tight budget. Practical budgeting tips will help you find that "extra" money.

Keyword: Money

June 7	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCUFB	



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Stay-at-home parenting is a tireless job with endless responsibilities. Learn how to manage finances and quality time with your family.

Keyword: Money

June 21	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCUFC	



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Want to learn to make your food budget stretch a bit farther without sacrificing taste and nutrition? Join us as we learn tips from a professional nutritionist who will provide helpful information and resources to feed your family better and for less cost.

Keyword: Eating

April 1	S	9-11 a.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCSHA	
April 11	T	6:30-8:30 p.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCSHB	



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 presentations are available on:

April 13	T	6 p.m.
June 15	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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Webinar presentations are available on:

April 20	Th	6 p.m.
June 22	Th	6 p.m.

PERSONAL DEVELOPMENT

NEW! Memory Mapping: A Tool for Inspired Writing

Have you wondered how to get started on your writing journey and find inspiration? Learn new ways to organize your memories and use them to create memorable prose.

Bring a notebook and pen or pencil.

Keyword: Memory

June 7-21	W	6-7:30 p.m.	\$19
LIVE Online, Zoom	Heitmann	AREA-6800-TCUHA	



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 27	S	10 a.m.-Noon	\$29
LIVE Online, Zoom	Callahan	AREA-0146-TCUPA	



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 instructors 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 sccbookstore.com.

Keyword: Instructor

April 3-May 13	Online	\$499
Lincoln, LNK, Arranged	TRAN-3393-HBSB	

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- When should I enroll in Medicare, and what rules do I need to know?
- What is the difference between Medicare with a supplement versus Medicare Advantage?

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Webinar presentations are available on:

April 13	T	6 p.m.
June 15	Th	6 p.m.



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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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Webinar presentations are available on:

April 20	Th	6 p.m.
June 22	Th	6 p.m.

LET'S DO LUNCH SERIES

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	

NEW! LDL: Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard.



Keyword: Bird

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

NEW! LDL: Bird Watching for Beginners

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds.



Keyword: Bird

April 25	T	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCSFI	

NEW! LDL: Snowball Debt Reduction vs. Avalanche Debt Reduction

Paying off debt can be overwhelming. We will look at two different debt-reduction strategies, each with pros and cons. Join us for this informative session.



Keyword: Debt

May 17	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCSFJ	



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NEW! LDL: Money Basics of a Gig Economy

A gig economy is all about hiring labor for a specific task for a short period of time. There are pros and cons of being a gig worker, so let's explore the benefits and pitfalls of earning extra money with your side gigs.



Keyword: Money

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LIVE Online, Zoom	Andrew	AREA-6665-TCUFA	

NEW! LDL: Tips for Adding Money to Your Budget

Discover ways to find discretionary money while on a tight budget. Practical budgeting tips will help you find that "extra" money.



Keyword: Money

June 7	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCUFB	

NEW! LDL: Money & Time Management for Stay-at-Home Parents

Stay-at-home parenting is a tireless job with endless responsibilities. Learn how to manage finances and quality time with your family.



Keyword: Money

June 21	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCUFC	

PHOTOGRAPHY

Digitizing Memories

Do you have envelopes full of negatives and slides? How about 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 11-18	T	6:30-8 p.m.	\$29
LIVE Online, Zoom	Keller	LLLX-0113-TCSCB	

SPORTS, RECREATION & FITNESS

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 if attending in person.

Keyword: Fit

April 3-May 8	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Meyer	AREA-8593-TCSFA	

NEW! Let's Do Lunch: Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard.



Keyword: Bird

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

NEW! Let's Do Lunch: Bird Watching for Beginners

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds.



Keyword: Bird

April 25	T	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCSFI	

Traffic Safety & Licensing

Spring 2023

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 30 ▶ Thurs., May 25 ❖ Thurs., June 1

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 2023, contact us at 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 sccbookstore.com. *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 10-May 20 Lincoln, LNK, S-1	M, W	6:30-8:30 p.m. TRAN-3398-LNSO	\$369 ☞
June 5-10 Lincoln, LNK	Online Lecture Only	TRAN-3398-LNUA ▶	\$369
June 12-24 Lincoln, LNK	Online Lecture Only	TRAN-3398-LNUF ❖	\$369
Lincoln East High School			
(All lectures have an online option.)			
April 10-May 20 Lincoln, EHS, 121	M, W	3:30-5:30 p.m. TRAN-3398-OCSQ	\$369 ☞
June 12-24 Lincoln, EHS	Online Lecture Only	TRAN-3398-OCUH ❖	\$369
Lincoln High School			
June 5-10 Lincoln, LHS	Online Lecture Only	TRAN-3398-OCUC ▶	\$369
Lincoln North Star High School			
April 10-May 20 Lincoln, LNS	Online Lecture Only	TRAN-3398-OCSR ☞	\$369
June 12-24 Lincoln, LNS	Online Lecture Only	TRAN-3398-OCUI ❖	\$369
Lincoln Northeast High School			
June 5-10 Lincoln, LNE	Online Lecture Only	TRAN-3398-OCUE ▶	\$369
Lincoln Southeast High School			
June 5-10 Lincoln, LSE	Online Lecture Only	TRAN-3398-OCUD ▶	\$369
Lincoln Southwest High School			
April 10-May 20 Lincoln, LSW	Online Lecture Only	TRAN-3398-OCSF ☞	\$369
June 5-10 Lincoln, LSW	Online Lecture Only	TRAN-3398-OCUB ▶	\$369
June 12-24 Lincoln, LSW	Online Lecture Only	TRAN-3398-OCUG ❖	\$369

Lincoln Drive Lab Schedule

Sections beginning April 10: Lecture will meet twice each week or online for five weeks. The two-hour drive lab meets once a week for six weeks. Drive labs are offered Monday through Friday, with a starting time of 3:30 or 5:45 p.m., or on Saturday starting at 8 a.m., 10:15 a.m., 1 p.m., or 3:15 p.m. (No Monday labs in January.) 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 5: Lecture is one week long, online only. Drive lab meets for two hours every day Monday through Saturday for the same week as the lecture. Starting times offered are: 7:15 a.m., 9:30 a.m., noon, 2:15 p.m., 4:30 p.m., or 6:45 p.m.

Sections beginning June 12: Lecture is two weeks long, online only. Drive lab meets for two hours every day Monday through Saturday for one week only. 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.

Four-Hour STOP Class

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

Contact us at STOP@southeast.edu for scheduling details and cost.

Driver Education Instructor Training

Prerequisite: Must be at least 21 years of age, have a high school diploma or equivalent, valid operator's license held in state of residence for two consecutive years, clean driving record (for the prior five years, the instructor candidate must have no violation on record for which five or more points might be assessed, including probation or other situations in which no points were actually assessed for the violation. You must have no suspensions or revocations on record within the last five years, including no convictions for DWI or any related alcohol or drug offense in connection with motor vehicle use. DMV Title 247.)

This is a Department of Motor Vehicles-approved course for the certification of instructors 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 sccbookstore.com.

Keyword: Instructor 

April 3-May 13 Lincoln, LNK, Arranged	Online TRAN-3393-HBSB	\$499
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MOTORCYCLE SAFETY

Motorcycle Safety: Beginning Riders Course

Prerequisites: You must be at least 16 and able to balance and ride a bicycle. If you are ages 16 or 17, a waiver must be signed by a parent or guardian. Failure to provide will disqualify participation in class, and a refund will not be available.

This 18-hour course is intended for beginning riders 16 years and older and is designed to teach safe motorcycle operation.

(1.8 CEUs) Approximately three weeks before the start date of the course, an email and letter will be sent with instructions on how to access the eCourse. The eCourse is to be successfully completed one week prior to the start of the Friday evening classroom session. You must successfully complete the online eCourse and the written and driving exams to receive documentation for the motorcycle endorsement. You will provide your own protective riding apparel, including Nebraska Department of Transportation-approved helmet and eye protection, over-the-ankle footwear, long-sleeve shirt or jacket, long non-flare denim pants or equivalent, and full-fingered gloves, preferably leather. *Motorcycle Safety course requires a minimum of one-week advance notice to receive a full refund or to transfer.*

✦ Class is held on Friday from 6-8:30 p.m., Saturday from 8 a.m.-4:30 p.m. and Sunday from 8 a.m.-1 p.m.

Keyword: Motorcycle

April 14-16 Lincoln, LNK, S-1	F, S, U	See Desc.	\$279 TRAN-3378-HBSLA ✦
April 21-23 Milford, JDIT, 109	F, S, U	See Desc.	\$279 TRAN-3378-HBSMB ✦
April 28-30 Lincoln, LNK, S-1	F, S, U	See Desc.	\$279 TRAN-3378-HBSLC ✦
May 5-7 Lincoln, LNK, S-1	F, S, U	See Desc.	\$279 TRAN-3378-HBSLD ✦
May 19-21 Milford, JDIT, 109	F, S, U	See Desc.	\$279 TRAN-3378-HBSME ✦
June 2-4 Lincoln, LNK, S-1	F, S, U	See Desc.	\$279 TRAN-3378-HBULA ✦
June 9-11 Lincoln, LNK, S-1	F, S, U	See Desc.	\$279 TRAN-3378-HBULB ✦
June 23-25 Milford, JDIT, 109	F, S, U	See Desc.	\$279 TRAN-3378-HBUMC ✦



REGISTER ONLINE

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>
2. **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*
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.

* 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 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"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

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

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (**INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD**)
For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver	()
TOTAL DUE	

FOR OFFICE USE ONLY
ID# _____
DE _____

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