

Personal Development

Spring 2023



Navigating Food Allergies

Navigating food allergies can be challenging. Learn the art of label reading, providing healthy and healing meal and snack options all while advocating for your child to keep them safe and thriving. Learn hints and strategies from a 10-year “in the trenches” multiple food allergy mom.

Keyword: Food

May 20	S	10 a.m.-Noon	\$49
NE City, NCLC, 102	Bryant	AREA-4413-NCSA	

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	

Location Key

NE City, NCLC..... Learning Center at Nebraska City, 1406 Central 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.

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.

In-person presentations are available on:

May 16	T	5:30-7:30 p.m.	NE City, NCLC, 102
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Webinar presentation is 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?

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.

In-person presentations are available on:

May 23	T	1-3 p.m.	NE City, NCLC, 102
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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
\$10

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

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
\$10

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

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
\$10

May 31 W Noon-1 p.m.
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
\$10

June 7 W Noon-1 p.m.
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
\$10

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

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu



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
\$10

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

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
\$10

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



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



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

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

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



REGISTER ONLINE

You must have an email account to register online.

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

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

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

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

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

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

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

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