

Explore

Spring 2023

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.

Face-to-Face Section: There is an \$5 fee payable in class. Cash or check only for supplies.



Keyword: Meals

April 18 T 6-8 p.m. \$19
LIVE Online, Zoom AREA-4465-TCSFA
Falls City, FCLC, 102 AREA-4465-FCSA
Class is live-streamed from Falls City.

Pet Massage

Learn hands-on massage techniques to relax muscles, stimulate circulation, improve mood, flexibility, and enhance the range of motion for your four-legged family members. The benefits that pets get from a massage is very similar to the benefits that humans experience.

You may bring your pet to the class if you wish. Please have dogs on a leash. (Cost \$39 + Sales Tax \$2.93)

Keyword: Pet

April 22 S 9:30-11 a.m. \$41.93
Falls City, FCLC, Main Phroper AREA-3975-FCSA

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

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

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



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.

Location Key

Falls City, FCLC..... Learning Center at Falls City, 3200 Bill Schock Blvd.

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

For more information, contact **Lisa Hunzeker** at 800-828-0072, ext. 3396, or lhunzeker@southeast.edu

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



REGISTER ONLINE

You must have an email account to register online.

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

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

- Enter your **payment information**. Click **Submit**.

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

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

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

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

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

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

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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.

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



Southeast Community College
CONTINUING EDUCATION