

Explore

Spring 2023



NEW! Dreaming of Iceland

Every day is an adventure waiting to happen in Iceland. Join our most recent Iceland travelers as they share their tips and tricks of their Icelandic experience. We will take you from the beginning planning stages of our trip to our return home. Explore many of the must-see sites, including the Blue Lagoon and other geothermal lagoons, waterfalls, glaciers, volcanos, whale watching, beaches, and the Northern Lights. Iceland has so much to offer with its breathtaking nature and must do's on your bucket list. Explore the beauty of the island of fire and ice with us!

Keyword: Iceland

April 11 T 6:30-8:30 p.m. \$19
Lincoln, CEC, 406 Vesely Robb/Kash-Brown LLLX-1824-CESA

Becoming an Animal Foster Parent

Fostering an animal is one of the most rewarding and humbling experiences you can have! By fostering an animal in need, you are opening up a spot at a shelter or rescue so they can save another from euthanasia. During your fostering experience you will assist in getting your foster ready for adoption and their perfect family. As enjoyable as pet fostering can be, it is not a decision you want to take lightly. Taking the time to consider the commitment is in the best interests of both you and the animals in need. Let's take a deep dive into what fostering really involves.



Keyword: Animal

March 14 T 6:30-8 p.m. \$10
Lincoln, CEC, 404 Chapek LLLX-0041-CESA

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

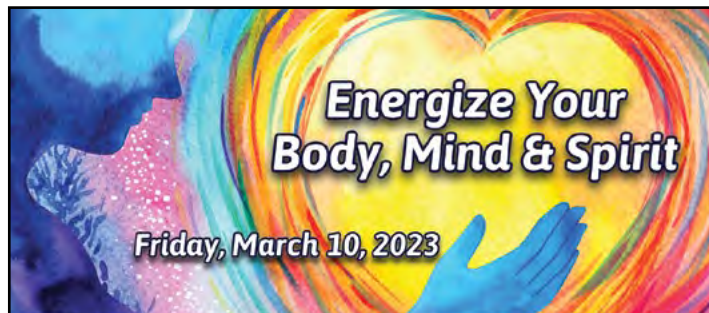
April 18 T 7-9 p.m. \$29
LIVE Online, Zoom Jensen LLLX-1154-TCSCB

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place



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.



Partnership event with:



Join us for an informative and relaxing morning as we explore the interconnections between body, mind and spirit. This is a mini retreat designed for anyone who is looking for a day to relax or those caring for others.

Sessions:

- **Building Resistance to Stress and Aging** with Richard Dientsbier, Ph.D., Professor Emertius, Department of Psychology, UNL
- **An Informed Approach to Evaluating Health Information** with Bob Rauner, M.D., M.P.H., Chief Medical Officer, OneHealth Nebraska, Accountable Care Solutions
- **Music Bingo** with Elliot Piper

For the agenda and full information about the sessions and speakers, visit <https://bit.ly/scceybms2023>.

Keyword: Energize

March 10 F 9 a.m.-Noon \$29
Lincoln, CEC, 303 See Desc.
Registration Deadline: March 6 LLLX-0682-CESA

NEW! Dandelions, Plantain & Chickweed, Oh My! More than Just Garden Weeds

Did you know that some of the most common weedy plants can be used as food and medicine? This is an introduction to working with weedy medicinal plants. A fun class that will give you an overview of the most common and useful weeds to use and how to get started safely and confidently.



Keyword: Dandelions

April 15 S 10 a.m.-Noon \$29
Lincoln, CEC, 404 Morehead LLLX-1674-CESA

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



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



Gourd Art

Create works of art using hard-shelled gourds as an art medium. Gourd surfaces may be carved, painted, sanded, burned, dyed, and polished. We will create an array of art pieces, bowls, sculpture, or wall art. Beginners to advanced students welcome.

Plan on additional supplies, which will be discussed at the first class. Gourd costs vary depending on the size. However, plan to spend between \$10 and \$45 on your gourd. Cash or check only for supplies. Bring to class: apron. Class will meet at the instructor's shop.

Keyword: Gourd

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|----------------|------|----------------|-------|
| April 5-May 10 | W | 9:30 a.m.-Noon | \$109 |
| Lincoln, VWSP | Vang | LLLX-0033-OCSB | |

Improv Level 1

Improv is the ability to spontaneously create a scene, in the moment, based on a suggestion. Join us and discover the basic rules of improvisation and make the most of your creativity. Your seasoned improvisational instructor, Tim Mittan, brings professional experience to the classroom, so don't miss this great opportunity.

Keyword: Improv

| | | | |
|-------------------|--------|----------------|------|
| May 1-22 | M | 7-8:30 p.m. | \$59 |
| Lincoln, CEC, Aud | Mittan | LLLX-1667-CESB | |

Improv Level 2

Improv Level 2 builds on the foundation learned in Level 1, and propels you into the heart of Improv—the scene. Through a variety of games and formats, you'll focus on relationships, developing characters and building your performance skills as you develop the playful improviser within.

Keyword: Improv

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|-------------------|--------|----------------|------|
| April 3-24 | M | 7-8:30 p.m. | \$59 |
| Lincoln, CEC, Aud | Mittan | LLLX-1668-CESA | |

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. | \$29 |
| LIVE Online, Zoom | Jensen | LLLX-1354-TCSCA | |



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.



Getting Started in Metal Detecting

Get the inside scoop on this surprisingly addictive hobby! Metal detecting is a fun activity for all ages. Whether you are a history buff, looking for some exercise, or a great family activity, join our class to become acquainted with the tools and accessories needed, where to search and have all of your questions answered. This is a perfect class to take if you are considering purchasing a metal detector for yourself or as a gift.

Keyword: Metal

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|-------------------|----------|----------------|------|
| April 22 | S | 9 a.m.-Noon | \$29 |
| Lincoln, CEC, 404 | Schwenke | LLLX-0855-CESA | |

NEW! Still Life Drawing

Discover how to draw objects of different sizes, shapes and textures using graphite and charcoal.

For all skill levels age 16 and older.

Keyword: Drawing

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|----------------|---|----------------|-------|
| April 18-May 9 | T | 6:30-9 p.m. | \$140 |
| Lincoln, LUXC | | LLLX-0617-OCSA | |

NEW! Multicolor Woodblock Printmaking

Woodblock printing is one of the oldest printmaking processes. You will explore traditional and contemporary examples of woodcut prints to understand the possibilities of mark-making and color layering.

Class designed for age 16 and older.

Keyword: Printmaking

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| April 19-May 17 | W | 6:30-9 p.m. | \$150 |
| Lincoln, LUXC | | LLLX-0618-OCSA | |

NEW! Oil Painting

Age 16 and older

As a beginner student you will learn the fundamentals of painting with oil paints. Advanced students will hone their skills.

Keyword: Painting

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|-----------------|----|----------------|-------|
| April 20-May 11 | Th | 6:30-9 p.m. | \$140 |
| Lincoln, LUXC | | LLLX-0619-OCSA | |

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, LUXC Lux Center for the Arts, 2601 N. 48th St.
(Enter through the glass door on the west side of building off
parking lot.) NOTE: Ceramics classes are in the building directly
west of the Lux Center. Look for the lime green yard sign.
Lincoln, VWSP Vang Wood Shop, 6700 Francis St.

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



NEW! Whoopie Pies

Who doesn't like a hand-held cake with cream filling? You will make chocolate and vanilla cake rounds and, as a class, we'll make a variety of fillings for your pies.

Bring to class: an apron, two to four cookie sheets, large rubber spatula, two-cup liquid measuring cup (Pyrex type). Optional equipment: electric mixer. Wear closed-toe shoes and a hair restraint.

Keyword: Pie

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|-------------------|--------|----------------|------|
| April 8 | S | 9 a.m.-Noon | \$39 |
| Lincoln, CEC, 104 | Harper | LLLX-1608-CESA | |

NEW! A Bit More Whimsy

The whimsy pocket class last fall was such a hit, we are doing a "bit more whimsy" this time. The project is a surprise but it will include beading, embroidery and unique twists as with all of Roxann's projects.

Bring to class small scissors, thimble and assorted embroidery floss/threads. There is a \$10 fee payable in class. Check or cash only for supplies.

Keyword: Whimsy

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|-------------------|--------|----------------|------|
| April 17-24 | M | 6:30-9 p.m. | \$29 |
| Lincoln, CEC, 405 | O'Hare | LLLX-0318-CESA | |

NEW! Truly Mexican: Sopa Tarasca

Join Lupe for Sopa Tarasca (Spicy Cream of Pinto Bean soup) along with Milanesa de Pollo con jamon y queso gratinado (Mexican chicken schnitzel with ham and melted cheese), Ensalada de Aguacate y Pepino (avocado and cucumber salad), and Agua Fresca de jaur.

Bring your apron and join the fun. Bring some small containers should there be any leftovers. Wear closed-toe shoes and a hair restraint.

Keyword: Mexican

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|-------------------|--------|----------------|------|
| April 22 | S | 9 a.m.-Noon | \$39 |
| Lincoln, CEC, 104 | Hickey | LLLX-0532-CESA | |

NEW! Intro to the Ukulele

This is an introductory class for beginners. You will learn proper tuning methods and techniques for playing as well as chords and strums associated with using the ukulele as an accompaniment instrument.

If you don't have a ukulele, they're available at all music shops. An electronic tuner is recommended. However, it will be discussed at the first class.

Keyword: Ukulele

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|-------------------|------|----------------|------|
| April 6-May 25 | Th | 5:30-6:30 p.m. | \$79 |
| Lincoln, CEC, 214 | Boye | LLLX-1400-CESB | |

NEW! Good Sound Fundamentals of Bidding & Responding

This is an ideal class for any bridge player who has completed Beginning Bridge or someone who has played bridge for a while and is looking for guidelines on how to better communicate with your partner through bidding and responding. Topics include No Trump opening bids and responding to NT opening bids, along with response bids using Stayman and Jacoby Transfers. In addition the class also will focus on guidelines on bidding and responding to opening bids in major and minor suits.

Keyword: Bidding

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|-------------------|--------|-----------------|------|
| April 11-27 | T, Th | 9:30-11:30 a.m. | \$79 |
| Lincoln, CEC, 414 | Kepler | LLLX-0437-CESA | |

NEW! Competitive Bidding: How to Drive Your Opponents Crazy

Bridge players know that bridge is a bidder's game. Nothing makes the game easier than opponents who do not bid. So the question remains . . . how can I make my opponents miserable by interfering with their bidding? The good news is there are many everyday strategies for you to use. Class is designed for bridge players who want to "up their game" with some wonderful bidding techniques. Topics include: opening bids, overcalls, balancing, responding with support, responding without support, takeout doubles, negative doubles, pre-emptive openings, responding and overcalling, and support doubles. These strategies will keep you in the game!

Keyword: Bidding

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|-------------------|--------|----------------|------|
| May 23-June 8 | T, Th | 3-5 p.m. | \$79 |
| Lincoln, CEC, 414 | Kepler | LLLX-0427-CEUA | |

NEW! Play of the Hand: Part II

Once a team has arrived at a final contract, some people sigh with relief thinking, "I am so glad I am not playing this hand." If this thought has crossed your mind, come join us for some great tips on how to play a No Trump hand as well as a suit contract. This class varies from Play of the Hand: Part I, which is not a prerequisite for this class. Playing tips include counting and establishing winners, counting and disposing of losers, specific strategies on promotion through length and the value of a five-card side suit, a variety of finessing techniques, ruffing and cross-ruffing, creating an end play, and nifty deception and psychological plays.

Keyword: Hand

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|-------------------|--------|----------------|------|
| June 13-29 | T, Th | 6-8 p.m. | \$79 |
| Lincoln, CEC, 414 | Kepler | LLLX-0952-CEUA | |



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BROWSE COURSES IN

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Technology
Writing and Publishing

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place

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

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

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.

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.

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southeast.edu/continuing



Southeast Community College
CONTINUING EDUCATION