

# Personal Development

Spring 2023

## 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**

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

\$29

## NEW! Memory Mapping: A Tool for Inspired Writing

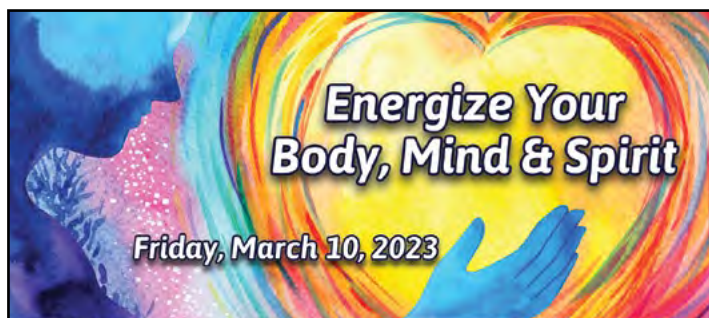
Have you wondered how to get started on your writing journey and find inspiration? Learn new ways to organize your memories and use them to create memorable prose.

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



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/scceybs2023>.

**Keyword: Energize**

March 10 F 9 a.m.-Noon  
Lincoln, CEC, 303 See Desc. LLLX-0682-CESA

\$29

## 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  
LIVE Online, Zoom Callahan AREA-0146-TCUPA

\$29

## 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](https://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:

March 21 T 6-8 p.m. Beatrice, AEC, 134  
May 18 Th 6-8 p.m. Lincoln, CEC, Aud

### 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](https://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:

March 28 T 6-8 p.m. Beatrice, AEC, 134  
May 25 Th 6-8 p.m. Lincoln, CEC, Aud  
June 21 W 6-8 p.m. Lincoln, CEC, Aud

### Webinar presentations are available on:

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

## Location Key

Beatrice, AEC .....SCC-Beatrice Campus, Academic Excellence Center,  
4771 W. Scott Road  
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.

## 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](http://sccbookstore.com).

**Keyword: Instructor** 

April 3-May 13  
Lincoln, LNK, Arranged

Online  
TRAN-3393-HBSB

\$499

## 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  
LIVE Online, Zoom

T

Noon-1 p.m.  
AREA-6665-TCSFG

\$10

### 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  
LIVE Online, Zoom

T

Noon-1 p.m.  
AREA-6665-TCSFH

\$10

### Location Key

Lincoln, LNK.....Southeast Community College, Lincoln Campus,  
8800 O St.



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.



### 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  
LIVE Online, Zoom

T  
Andrew

Noon-1 p.m.  
AREA-6665-TCSFI

\$10

### 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  
LIVE Online, Zoom

W  
Andrew

Noon-1 p.m.  
AREA-6665-TCSFJ

\$10

### 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  
LIVE Online, Zoom

W  
Andrew

Noon-1 p.m.  
AREA-6665-TCUFA

\$10

### 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  
LIVE Online, Zoom

W  
Andrew

Noon-1 p.m.  
AREA-6665-TCUFB

\$10

### 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  
LIVE Online, Zoom

W  
Andrew

Noon-1 p.m.  
AREA-6665-TCUFC

\$10

For more information, contact us at 800-828-0072 or  
[continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [southeast.edu/continuing](http://southeast.edu/continuing)  
Find us on Facebook® at [facebook.com/SCCNeb](https://facebook.com/SCCNeb)

**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](http://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](http://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](http://southeast.edu/continuing)



**Southeast Community College**  
CONTINUING EDUCATION