

OVER 600 FREE CLASSES OFFERED!

CLASS SCHEDULE

REGISTRATION STARTS DECEMBER 12

Discover New Classes - Inside | In-Demand Career Skills - Page 14 | More Parenting Classes - Page 54



SB SCHOOL OF
CC EXTENDED
LEARNING



SPRING 2024

CLASSES START JANUARY 22
sbcc.edu/ExtendedLearning

WELCOME TO THE NEW YEAR AT EXTENDED LEARNING!

A Message from Carola Smith, Vice President Extended Learning



Dear School of Extended Learning Students and Friends:

We are thrilled to welcome you to the Spring 2024 semester at the School of Extended Learning. As the days start to grow longer and spring is in the air, this is the perfect time to embark on your journey of lifelong learning!

In this schedule, you will find an incredible range of programs with 640 classes, designed for all levels and skills to meet a diverse range of interests and learning objectives. Whether you are looking to enhance your professional skill set or earn an industry-recognized certification, delve into a new hobby, or indulge in the pleasure of lifelong learning, we are confident that you will discover something that resonates with your personal goals.

To provide you with flexible learning options, over 100 spring courses have been scheduled in a "HyFlex" modality, allowing you to learn in a way that suits your preferences and attend classes either in person or via Zoom from the comfort of your home. Our HyFlex classes are marked "HF"

in the class description, and your instructor will provide you with a Zoom link prior to the start of the class.

Our dedicated faculty are here to guide and assist you every step of the way. Through our Ready.Match.Hire! program, we offer personalized career counseling services. Our Adult High School/GED program offers individualized instruction and advising support. In our Older Adults Program, we welcome students of all ages and levels to explore creative arts, English, music, theatre and many other courses.

The adventure of learning and personal growth awaits you this spring, and we invite you to join our community of lifelong learners and to engage and connect with fellow learners who share similar interests.

We look forward to seeing you in class!

In community,

A handwritten signature in black ink, appearing to read 'C. Smith'.

Carola Smith

NEW & UPDATED CLASSES!

Career Skills

Digital and Mobile Marketing
Editorial Photography
Marketing and Entrepreneurship
Marketing and Growth Strategies

Older Adults

Basic Ear Training and Pitch
Basic Rhythm Training

Fee-Based Life Enhancement

Hands-on Challah
Beginners Capoeira - Brazilian Art Form
Attaining Equanimity Through Meditation
Good-Bye Anxiety

Back By Popular Demand

Nutrition for Longevity
Parents and Children in Parks
Printmaking Like a Pro: For Older Adults



SB SCHOOL OF CC EXTENDED LEARNING

Carola Smith

Vice President
csmith@pipeline.sbccc.edu

Jeanette Chian

Dean
Bilingual Computer Classes,
Career Skills, Vitality
jchianbrooks@pipeline.sbccc.edu

Rachel Walsh

Director
Fee-Based Life Enhancement,
Health and Safety, Home Economics,
Older Adults
rewalsh1@pipeline.sbccc.edu

Monica Campbell

Director
Adult High School /GED,
English as a Second Language,
Parenting
mncampbell2@pipeline.sbccc.edu

Alejandra Ildefonso

Director
Noncredit Admissions and Records
Noncredit Student Support Services
aildefonso@pipeline.sbccc.edu

Corlei Prieto

Director
California Adult Education Program
Santa Barbara Adult Education Consortium
cnprieto@pipeline.sbccc.edu

Luann Swanberg

Fiscal Agent Director
South Central Coast Regional Consortium
California Community Colleges
lrswanberg@pipeline.sbccc.edu



@SBCCExtLearning



@SBCCExtendedLearning



SBCCSchoolofExtendedLearning



@SBCCExtendedLearning

Cover photos: Boxuan Zhan, Alondra Gaytán

TABLE OF CONTENTS

GENERAL INFORMATION

Tuition-Free Application and Registration...	2
Tuition-Free Application.....	3
Registration Worksheet	4
Fee-Based Registration	5
Admission.....	6
Student Support Services.....	6
Wake Basic Needs Center	7
Disability Services and Programs for Students (DSPS).....	7
Applying and Registering for Tuition-Free Classes.....	7
Class Schedule is Subject to Change.....	7

PROGRAM DESCRIPTIONS

Adult High School (AHS) Program.....	8
General Education Development (GED®) Program.....	8
Bilingual (GED®).....	8
Career Skills Institute (CSI)	8
English as a Second Language (ESL)	8
Fee-Based Life Enhancement	8
Health and Safety	8
Home Economics	9
Older Adults.....	9
Parenting.....	9
Vitality Program	9
Zoom and Hyflex Classes Information....	10

ADULT HIGH SCHOOL (AHS) GED® AND BILINGUAL GED®

Adult High School.....	11
GED® and Bilingual GED®	13

CAREER SKILLS INSTITUTE (CSI)

Accounting	14
Allied Health.....	14
Communication	15
Computer Applications and Office Management.....	15
Computer Applications and Office Management - Bilingual	19
Construction Technology.....	20
Culinary Arts	20
Environmental Horticulture.....	21
Graphic Design.....	22
Marketing	22
Multimedia	23

Personal Development	23
Photography.....	24
Professional Development.....	24
Tutoring Training.....	29
Career Skills Certificates.....	30
For Entrepreneurs/Small Business.....	31

ENGLISH AS A SECOND LANGUAGE (ESL)

English as a Second Language	31
------------------------------------	----

HEALTH AND SAFETY

Health and Safety	37
-------------------------	----

HOME ECONOMICS

Home Economics	38
----------------------	----

OLDER ADULTS

Creative Art	39
Creative English	47
Creative Music	49
Creative Theatre.....	52
Self-Management	52

PARENTING

Parent-Child Workshops	54
Parenting Skills.....	55

FEE-BASED LIFE ENHANCEMENT

Cooking.....	57
Do-It-Yourself.....	58
Fitness	58
Languages.....	59
Recreation	59
Special Topics	60
Spirituality	60

LOCATIONS AND MAPS

Directory of Locations	62
Schott Campus Map.....	63
Wake Campus Map	64

TUITION-FREE APPLICATION AND REGISTRATION

Registration for All Tuition-Free Classes Begins December 12 at 9 a.m.

Attention Ceramics, Jewelry and Glass Students: Students are limited to two seats (one during weeks 1-8 and one during weeks 9-16) per course title in Ceramics, Jewelry and Glass subjects that offer more than one class per term. (CRAO NC 823 Ceramics, an Option for Creative Learning is an example of one course title). Starting **January 16 at 9 a.m.**, students may add more seats, if available, by visiting the Main Office at Schott or Wake campus in person.

Note: For real-time updates to the class schedule, check sbcc.edu/ExtendedLearning.

To apply and register online for TUITION-FREE classes, go to sbcc.edu/extendedlearning/apply-register.php
OR

Students may register in-person at the Main Offices of Schott or Wake campus locations:

Schott Campus Main Office: 310 W. Padre St., Room 8, Santa Barbara, CA 93105

Wake Campus Main Office: 300 N. Turnpike Rd., Room 34B, Santa Barbara, CA 93111

Tuition-Free Courses: Steps for Online Enrollment



1

Select Your Courses

Write down the 5-digit course number (CRN) for each course that you would like to add. You will need these for step 3.



2

Apply for Admission

If you are currently enrolled (within the last 4 months) in tuition-free course(s), you can skip this step and proceed to step 3.



3

Register for Courses

After you submit an application, you will be prompted to look up your username and create a password to log into your campus Pipeline account. Once logged into Pipeline, on or after 9 a.m. on Dec 12, you may register.



4

Registered? What Next?

Email your instructors for access to your online classes.

To locate your instructor's email, go to: sbcc.edu/extendedlearning/sel_online_classes.php

Need Application and Registration Help?

For Self-Help, Step-by-Step Guides, go to: sbcc.edu/extendedlearning/get-help.php

EMAIL

SELAdmissions@sbcc.edu

Questions are responded to within 24-48 business hours.

TELEPHONE

(805) 683-8205

Check our website for updated telephone hours.

Go to:

sbcc.edu/extendedlearning/get-help.php

IN-PERSON

Schott and Wake Campus

Check our website for updated hours for each campus main office.

Go to:

sbcc.edu/extendedlearning/get-help.php

COURSE REGISTRATION IS BASED ON SEAT AVAILABILITY



School of Extended Learning NONCREDIT APPLICATION FOR ADMISSION (Tuition-free courses only)

Term Applying For:

☐ Summer ☐ Fall ☐ Spring

Year _____

Full Legal Name:

LAST: _____

FIRST: _____

MIDDLE: _____

Previous Name on Academic Records:

LAST: _____ FIRST: _____ MIDDLE: _____

Email: _____

Date of Birth: ____/____/____ Age: ____
(Minor Enrollment form required if under 18 years of age)

Gender: ☐ Male ☐ Female ☐ Decline to state

Current Mailing Address:

Number & Street _____ Apt. _____

City _____ State _____ Zip _____

Country, if other than U.S. _____

Telephone Number () _____

Educational Level:

(As of the start of application term, you are or will be)

- ☐ (0) Not a graduate of, and no longer enrolled in high school
- ☐ (1) Currently enrolled in K-12 (high school)
- ☐ (2) Enrolled in Adult High School
- ☐ (3) Received high school diploma from U.S. school
- ☐ (4) Passed the GED/received a High School Certificate of Equivalency
- ☐ (5) Received a Certificate of California High School Proficiency
- ☐ (6) Received diploma of graduation from a foreign Secondary School
- ☐ (7) Associate Degree
- ☐ (8) Bachelor Degree or higher

Race/Ethnicity :

Are you of Hispanic or Latino ethnicity? ☐ Yes ☐ No (check one or more)

- | | |
|---|---|
| <input type="checkbox"/> 01- Hispanic, Latino | <input type="checkbox"/> 12- Asian Vietnamese |
| <input type="checkbox"/> 02- Mexican, Mexican-American, Chicano | <input type="checkbox"/> 13- Filipino |
| <input type="checkbox"/> 03- Central American | <input type="checkbox"/> 14- Asian Other |
| <input type="checkbox"/> 04- South American | <input type="checkbox"/> 15- Black or African American |
| <input type="checkbox"/> 05- Hispanic Other | <input type="checkbox"/> 16- American Indian/Alaskan Native |
| <input type="checkbox"/> 06- Asian Indian | <input type="checkbox"/> 17- Pacific Islander Guamanian |
| <input type="checkbox"/> 07- Asian Chinese | <input type="checkbox"/> 18- Pacific Islander Hawaiian |
| <input type="checkbox"/> 08- Asian Japanese | <input type="checkbox"/> 19- Pacific Islander Samoan |
| <input type="checkbox"/> 09- Asian Korean | <input type="checkbox"/> 20- Pacific Islander Other |
| <input type="checkbox"/> 10- Asian Laotian | <input type="checkbox"/> 21- White |
| <input type="checkbox"/> 11- Asian Cambodian | |

Education Goal:

- ☐ (A) Obtain an Associate Degree and transfer to a 4-year institution
- ☐ (B) Transfer to a 4-year institution without an Associate Degree
- ☐ (C) Obtain a 2-year Associate Degree without transfer
- ☐ (E) Earn a vocational certificate without transfer
- ☐ (F) Discover / formulate career interests, plans, goals
- ☐ (G) Prepare for a new career (acquire job skills)
- ☐ (H) Advance in current job / career (update job skills)
- ☐ (I) Maintain certificate or license
- ☐ (J) Educational Development (intellectual, cultural, physical)
- ☐ (K) Improve basic skills (English, reading or math)
- ☐ (L) Complete credits for high school diploma or GED
- ☐ (M) Undecided on goal at this time
- ☐ (N) To move from noncredit coursework to credit coursework
- ☐ (O) 4-year college student taking courses to meet 4-year college requirements

Parents / Guardian Education Level:

(Regardless of your age, please indicate the education levels of the parents and/or guardians who raised you)

Parent / Guardian #1	Parent / Guardian #2
<input type="checkbox"/> (1) Grade 9 or less	<input type="checkbox"/> (1) Grade 9 or less
<input type="checkbox"/> (2) Some high school; did not graduate	<input type="checkbox"/> (2) Some high school; did not graduate
<input type="checkbox"/> (3) High School graduate	<input type="checkbox"/> (3) High School graduate
<input type="checkbox"/> (4) Some college; no degree	<input type="checkbox"/> (4) Some college; no degree
<input type="checkbox"/> (5) Associate's Degree	<input type="checkbox"/> (5) Associate's Degree
<input type="checkbox"/> (6) Bachelor's Degree	<input type="checkbox"/> (6) Bachelor's Degree
<input type="checkbox"/> (7) Graduate or professional degree beyond BA/BS	<input type="checkbox"/> (7) Graduate or professional degree beyond BA/BS
<input type="checkbox"/> (X) Unknown	<input type="checkbox"/> (X) Unknown
<input type="checkbox"/> (Y) No parent or guardian	<input type="checkbox"/> (Y) No parent or guardian

To be signed by all students

I declare under penalty of perjury that the statements submitted by me are true and correct. All materials submitted by me for the purposes of admission become the property of Santa Barbara City College. I understand that falsification, withholding pertinent data, or failure to report change in residence may result in my dismissal.

Student Signature: _____ Date _____

OR

Power of Attorney/ Trustee

Signature _____

REGISTRATION WORKSHEET

<div>Registration Worksheet</div> <div>Formulario de matrícula</div>	<div><div>SB</div><div>CC</div><div>SCHOOL OF EXTENDED LEARNING</div></div>
--	---

SBCC ID Number: K00 _ _ _ _ _

Add Agregar	Drop Dar de Baja	Section CRN # de seccion de la clase	Subject Nombre de la clase	Instructor Signature for Permissions to Add a Closed Class
Add <input type="checkbox"/>	Drop <input type="checkbox"/>			
Add <input type="checkbox"/>	Drop <input type="checkbox"/>			
Add <input type="checkbox"/>	Drop <input type="checkbox"/>			
Add <input type="checkbox"/>	Drop <input type="checkbox"/>			
Add <input type="checkbox"/>	Drop <input type="checkbox"/>			
Add <input type="checkbox"/>	Drop <input type="checkbox"/>			
Add <input type="checkbox"/>	Drop <input type="checkbox"/>			

Forms must be submitted in person or by email.

Santa Barbara City College / Schott Campus
Information and Registration Office
310 W. Padre St. Santa Barbara, CA 93105

OR

Santa Barbara City College / Wake Campus
Information and Registration Office
300 N. Turnpike Rd., Santa Barbara, CA 93111

Completed PDF Forms can also be emailed to: SELAdmissions@sbcc.edu
Emailed forms take 24-72 business hours to process.

For Office Use Only:	Banner ID _____	Find an up-to-date list of available classes at sbcc.edu/ExtendedLearning
Entered by: _____	Date: _____	

Registration for Fee-Based Classes Begins December 14 at 9 a.m.

To register for FEE-BASED classes go to **sbcc.augusoft.net** or scan this QR code and go to the registration website.



Students may also register in-person at the main offices of Schott or Wake campus locations:

Schott Campus Main Office: 310 W. Padre St., Room 8, Santa Barbara, CA 93105

Wake Campus Main Office: 300 N. Turnpike Rd., Room 34B, Santa Barbara, CA 93111

Fee-Based Courses: Steps for Online Enrollment



1

Login/Create Your Profile

Go to: **sbcc.augusoft.net**. Login to the site, or if new, create your profile.

The Fee-Based student registration system is separate from the Tuition-Free Pipeline registration system.



2

Locate the Classes that Interest You

Use the website "Search" feature to view all class offerings or, if you have a class ID number, input it directly into the search box.



3

Add Classes to Your "Cart" and Checkout

You will need to be logged in before you can add classes to the cart. You can "View Cart" or "Checkout" from any page.

For Online classes, the instructor will email you the videoconference link prior to the start of class.

Class Fees:

Class fees include Tuition fees (averages \$8/hr), Materials fees (when applicable) for items used in class or taken home, and Lab fees (when applicable) to cover specialized instruction costs.

Registration Fee:

The "Registration Fee" is a nonrefundable enrollment processing fee. This fee is charged only once per semester, no matter how many classes are taken.

Financial Assistance:

Tuition assistance is available for Fee-Based classes. Go to: **sbcc.edu/extendedlearning/tuitionassist.php** for more information.

Cancellation:

If the class does not meet the enrollment anticipated by the instructor, the instructor has discretion to cancel.

Refund and Transfer Policy: You can find our policy and electronic refund form at **sbcc.augusoft.net**.

Need Application and Registration Help?

EMAIL

SELAdmissions@sbcc.edu

Questions are responded to within 24-48 business hours.

TELEPHONE

(805) 683-8205

Check our website for updated telephone hours.

Go to:

sbcc.edu/extendedlearning/get-help.php

IN-PERSON

Schott and Wake Campus

Check our website for updated hours for each campus main office.

Go to:

sbcc.edu/extendedlearning/get-help.php

GENERAL INFORMATION



ADMISSION

All classes are open to persons aged 18 or over, unless otherwise noted, or to individuals who are not enrolled in a secondary school. Those under 18 who have a high school diploma are also eligible. Exceptions to the minimum age requirement can be made for a student who submits a "Minor Enrollment Request Form." (See "Procedures for Enrollment of Minors in Noncredit Classes" below.)

A new admissions application for the current semester must be submitted by any student who was not enrolled at SBCC for the prior semester. For application information, contact Non-credit Students Support Services by email: NCsss@sbcc.edu or Phone: (805) 898-8160.

Procedures for Enrollment of Minors

SBCC allows high school students in grade 9 (aged 14 or older) to enroll in tuition-free classes if they follow specific registration and enrollment procedures:

1. Any student aged 17 or under who attempts enrollment in tuition-free classes will be prompted to contact Student Support Services for information on how to proceed in order to register. No student will be permitted to enroll in tuition-free classes if they are under the age of 14.
2. If space in the class is available, students at the age of 14 to 17 will be registered but must follow these procedures:
 - a. Obtain and complete a Minor Enrollment Request Form.
 - b. The form must be completed and signed by a high school administrator, parents/guardians, tuition-free class instructor and an administrator of the Extended Learning Programs.

- c. The completed form, along with the Registration form, must be returned to the Student Support Services.
- d. Minor students may not attend class until they have completed and submitted all the required paperwork.
- e. Paperwork is required of each student for every term in which the minor student enrolls.
- f. Adult students 18 and older will be given registration priority.

STUDENT SUPPORT SERVICES

Provides assistance to students with identifying and achieving their education and career goals.

Contact Us

Email: NCsss@sbcc.edu

Phone: (805) 898-8160

Services Include

- Career Counseling
- Academic Advising
- Assessment Testing
- Introducing students to Extended Learning Programs
- Instructing students on how to read the Schedule of Classes, plan and create an ESL academic plan
- Advising students how to move through the ESL levels
- Transfer Assistance to SBCC Credit Programs
- Referral to Community Resources
- Scholarships
- Basic Need Services

Servicios también están disponibles en español

- Aprenderá como planear su horario de clases y como inscribirse.
- Aprenderá como cambiarse de un nivel de inglés al siguiente
- Se informará acerca de los servicios de apoyo para los estudiantes del colegio.



WAKE BASIC NEEDS CENTER

Basic Needs services provided at the Wake Campus include bi-weekly food shares, CalFresh sign-up assistance, legal resource and referral services to the SBCC Dream Center, as well as referrals to other community agencies. For additional information, please contact the Noncredit Basic Needs Coordinator, Juan Quesada, at jcquesada@pipeline.sbcc.edu or visit our website at: sbcc.edu/equity/basic-needs-programs/index.php

DISABILITY SERVICES AND PROGRAMS FOR STUDENTS (DSPS)

Accommodations for Disability

For information about disability services and/or requesting disability based accommodations, including an alternate format of this Class Schedule, go to sbcc.edu/dsps.

Location

East Campus, Cliff Drive
Student Services Building, Room 160 (SS-160)
(805) 730-4164 or dsps@sbcc.edu

APPLYING AND REGISTERING FOR TUITION-FREE CLASSES

For online registration go to sbcc.edu/ExtendedLearning and click "Apply & Register."

For help, email: SELAdmissions@sbcc.edu or visit our main offices in person at Schott and Wake campuses.

After you have completed your application, log on to your SBCC Pipeline account to register for classes. If you are a continuing student, log on to pipeline.sbcc.edu to register.

Online registration is available approximately two weeks to one month before classes start. Class registration is on a first-come, first-served basis, and no visitors or auditors are allowed. If an in-person class is full, students are encouraged to show up to the first class meeting in case of no-shows. A student who does not attend the first meeting of a class may be dropped. If any seats are unclaimed on the first day of a class, walk-in students may then register.

Questions? Contact Us!

Email: NCsss@sbcc.edu

Phone: (805) 898-8160

Applying to SBCC

Go to sbcc.edu/extendedlearning/apply-register.php or visit our main offices in-person at Schott and Wake campuses. A supplemental application is required for the Medical Assistant Training Certificate and the Personal Care Attendant Training Certificate. Students interested in those programs must meet with a Student Support Services Program advisor to complete the supplemental form. Call Student Support Services at (805) 898-8160 to make an appointment.

Late Adds

A student may enroll in an in-person class after it has begun if: (1) space is available; (2) the instructor permits the late enrollment; and (3) the student completes the application for admission and full registration procedure. Contact your instructor.

Dropping a Class

Students who decide not to attend class must drop themselves from the class before the semester starts. To drop, log on to pipeline.sbcc.edu, select "Registration" and then select "Register, Add or Drop Classes." Follow the instructions on the Add/Drop Classes page for dropping a class.

To drop a class after the semester starts, contact: SELAdmissions@sbcc.edu, or visit our main offices in-person at Schott and Wake campuses.

CLASS SCHEDULE IS SUBJECT TO CHANGE

SBCC School of Extended Learning reserves the right to cancel classes, change times or locations, and change instructors when necessary. In the event of a discrepancy between the printed and online versions of our schedule, information shown online prevails.



Program Descriptions

ADULT HIGH SCHOOL (AHS) PROGRAM

The Adult High School Diploma Program is designed for adults who want to earn their high school diploma. Students meet with an advisor to create an individualized learning plan, and work one-on-one with faculty and in small groups with other students. We offer student support services such as transcript analysis, assessment, orientation, registration support, academic advising/counseling, and career counseling.

- Individualized and small group instruction
- Work at your own pace
- Start at any time; hours are flexible
- **Classes are free**

GENERAL EDUCATION DEVELOPMENT (GED®) PROGRAM

Locations and class hours: Same as AHS Program

Exam Preparation Program

GED exam preparation classes are designed for students who are 18 years of age or older and wish to earn a high school equivalency certificate. Students are given instruction in the basic skills needed, and have the opportunity to take practice tests that will help them successfully complete all GED or Bilingual GED exams. One-on-one help from instructors is available in all subjects.

- Tips for improving your GED® test-taking skills
- Study materials and practice tests
- All levels are welcome; work at your own pace
- Flexible hours; start any time
- **Classes are free**

BILINGUAL – GENERAL EDUCATION DEVELOPMENT (GED®) PROGRAM

Prepárese para los exámenes GED®

- Horarios flexibles
- **Las clases son gratis**
- Los instructores le dan orientación personalizada en todas las materias para presentar los exámenes del GED®
- Tenemos computadoras, libros y pruebas de práctica
- No importa su nivel académico; los instructores le proporcionarán un plan de estudios para que trabaje a su propio ritmo
- Las clases del GED® también están disponibles en inglés

Visite nuestro sitio web para obtener asistencia personal y otras actualizaciones:

sbcc.edu/extendedlearning/Adult-High-School-and-GED-Espanol.php

For more information about Adult High School, GED and Bilingual GED programs, contact Monica Campbell at mncampbell2@pipeline.sbccc.edu, (805) 683-8233.

CAREER SKILLS INSTITUTE (CSI)


Offers training to adults re-entering the workforce and to any student interested in up-skilling in the areas of business, design, technology and vocational courses. Programs include bilingual computer courses. Short courses are offered each week. We partner with employers in the community to complement their own employee training programs. In addition, we are a proud partner with the Santa Barbara County Sheriff's Department, offering skills training to incarcerated students in the local jail. For more information, contact Jeanette Chian at jchianbrooks@pipeline.sbccc.edu, (805) 683-8289.

ENGLISH AS A SECOND LANGUAGE (ESL)

The English as a Second Language (ESL) Program empowers students to pursue pathways to careers or credit transfer. Tuition-free courses are offered during the day and in the evening. ESL classes provide a wide variety of educational options needed to learn English. Students can develop skills necessary to be able to train for new job skills, or transition to college-level courses. Our experienced instructors value and appreciate ethnic diversity and cultivate multicultural exchanges in the classrooms. The tuition-free program invites all students. For more information, contact Monica Campbell at mncampbell2@pipeline.sbccc.edu, (805) 683-8233. Visit our website for support and updates: sbcc.edu/extendedlearning/esl.php.

FEE-BASED LIFE ENHANCEMENT

Classes provide flexible, community-centered alternatives to the tuition-free noncredit classes. Classes cover topics that offer enriching experiences in cooking, culture, languages, fitness, recreation, spirituality and travel. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbccc.edu, (805) 898-8140.

Fee-based classes are denoted with a  and are located at the end of the class listings in this schedule.

HEALTH AND SAFETY

Courses focus on lifelong education to promote health, safety and the well-being of individuals, families and communities. Health and Safety topics include nutrition, alternative medicine, naturopathy and pain management. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbccc.edu, (805) 898-8140.

HOME ECONOMICS

Designed to offer lifelong education to enhance the quality of home, family and community life for students of all levels. Coursework focuses on family and consumer science and the value of homemaking. This area of instruction provides educational opportunities in family studies and gerontology, fashion, textiles, interior design and merchandising. Students develop applicable skills in home-based subjects through hands-on projects and exercises. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbcc.edu, (805) 898-8140.

OLDER ADULTS PROGRAM

Offers a wide variety of topics taught by skilled professionals in each subject. Our classes are specifically designed for adults age 55 and over, and offer a welcoming and engaging environment for students of all levels. Students develop mental acuity and physical dexterity while learning and honing new skills in a variety of topics. For more information, contact Rachel Walsh at rewalsh1@pipeline.sbcc.edu, (805) 898-8140.

PARENTING

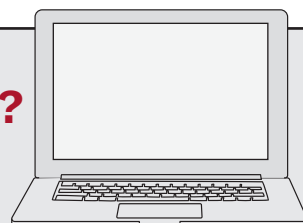
The Parenting Program offers parents of pre-kindergarten age children classes in two different supportive environments: "Parenting Skills" classes teach skills to parents of three-month old infants to five-year olds in age-specific groups, and parents attend class with their children. In the "Parent Child Workshops," parents must register for both a weekly morning lab section with their child and also a weekly evening lecture. Children in classes at the Parent Child Workshops are 2.5 to 5 years old. For more information, contact Monica Campbell at mncampbell2@pipeline.sbcc.edu, (805) 683-8233.

VITALITY PROGRAM

The Vitality Program offers 50+ classes per week for adults who live in independent, assisted and memory care facilities. Classes engage the mind and enhance social connection. We are proud to partner with 15 locations in our community. Adult children are also invited to participate in these classes with their parents. NOTE: These classes are not included in this schedule. For more information, contact Jeanette Chian at jchianbrooks@pipeline.sbcc.edu, (805) 683-8289.



No Computer? No Problem!



Free access to computers is available to registered learners.

Conéctese Donde Sea Con Su Computadora, Telefono, O Tableta. No Tiene Computadora? No Hay Problema!

Acceso gratuito de computadoras, para estudiantes registrados.

Contact us today!

Email: NCsss@sbcc.edu

Phone: (805) 898-8160

Take Classes from Home with Zoom!

- You don't need an account to participate in a Zoom session.
- Just click on the Zoom link that was sent to you by your instructor. You will be prompted to download the Zoom application (only needed once per device).
- You need a speaker or headphones to hear the conversation.
- You may need a microphone if you want to talk.
- You may need a webcam if you wish to be seen.

Zoom Over 250 Extended Learning classes are offered live online using Zoom!

HyFlex classes have faculty teaching in the classroom, with students participating in-person or via Zoom. Find these classes by looking for **HF** next to the class listing. You can join in-person or from home!

Zoom links are provided by the instructor. If you do not receive the Zoom link, you may email the instructor. For instructions, go to: sbcc.edu/extendedlearning/sel_online_classes.php

Need help with Zoom? Go to: sbcc.edu/it/zoom

Sign Up for Emergency Notifications

To enhance the safety of students and visitors to Santa Barbara City College, the college has selected the AlertU platform to implement an emergency messaging system (EMS) to provide students and members of the community cell phone-based text messaging in the case of an emergency. The Santa Barbara City College - AlertU EMS is a web-based system intended for emergency text messaging only, using short message service (SMS) technology. Use of the Santa Barbara City College - AlertU system is open to all students and individuals who attend classes or activities at any of the college's locations.

*To sign up, text "Join SBCC"
to 58339*

*Text "Stop SBCC" to 58339 to stop
receiving messages.*



Learn English Today and Earn your ESL Certificate

*Aprende inglés y consigue
un certificado de ESL*

Do you want to learn English or become a citizen?

Take English as a Second Language classes, tuition free at the School of Extended Learning. We offer English, Vocational English, and Citizenship classes in Carpinteria, Goleta and Santa Barbara.

Le gustaría aprender inglés o convertirse en ciudadano?

Toma clases de Inglés gratis en la Escuela de Extended Learning. Ofrecemos inglés, inglés vocacional, y clases de ciudadanía en Carpinteria, Goleta y Santa Barbara.

(805) 683-8233 **sbcc.edu/extendedlearning/esl.php**

Adult High School (AHS), GED®, Bilingual GED®



ADULT HIGH SCHOOL (AHS) and GED PROGRAMS

Instructors: Patricia Mautone, Bridget Harrington, Claudia Johnson, Mariah Messer, Elizabeth Cooke, Elizabeth Owens, Stephen Gunstinson

For support, program details and updates go to:

sbcc.edu/extendedlearning/ahs-ged.php

or phone: (805) 898-8160



BILINGUAL GED PROGRAM

Instructores: Araceli Ponce and Karla Uribe

Para obtener más información visite:

[sbcc.edu/extendedlearning/Adult-High-School-and-GED-](http://sbcc.edu/extendedlearning/Adult-High-School-and-GED-Espanol.php)

Espanol.php o llame: (805) 898-8160.

Join our live video or face-to-face classes at Wake or Schott!

Adult High School (AHS) Courses

SUBJECT CODE	COURSE NO	COURSE TITLE	GENERAL AHS SUBJECT AREA
HSEC	NC010	Economics	Economics
HSEN	NC001	Reading and Composition: 1	English
HSEN	NC01A	Reading and Composition: 1A	English
HSEN	NC01B	Reading and Composition: 1B	English
HSEN	NC002	Reading and Composition: 2	English
HSEN	NC02A	Reading and Composition: 2A	English
HSEN	NC02B	Reading and Composition: 2B	English
HSEN	NC003	Reading and Composition: 3	English
HSEN	NC03A	Reading and Composition: 3A	English
HSEN	NC03B	Reading and Composition: 3B	English
HSHE	NC010	Health	Health Education
HSSC	NC010	Marine Biology	Science
HSSC	NC020	Oceanography	Science
HSSC	NC030	Biology	Science
HSSC	NC040	Earth Science	Science

TUITION-FREE CLASSES • SPRING DATES: 1/22/24 - 5/18/24

Adult High School (AHS) Courses

<i>SUBJECT CODE</i>	<i>COURSE NO</i>	<i>COURSE TITLE</i>	<i>GENERAL AHS SUBJECT AREA</i>
HSMA	NC010	Mathematics A: Whole Numbers	Mathematics
HSMA	NC020	Mathematics B: Fractions, Decimals, Percents	Mathematics
HSMA	NC030	Mathematics C: Pre-Algebra	Mathematics
HSMA	NC040	Introductory Algebra	Mathematics
HSMA	NC050	Introductory Geometry	Mathematics
HSCA	NC010	Learning Skills: PowerPoint	Electives
HSCA	NC020	Learning Skills: Access	Electives
HSCA	NC030	Learning Skills: Outlook	Electives
HSCA	NC040	Learning Skills: Excel	Electives
HSCA	NC050	Learning Skills: Word Basics	Electives
HSPD	NC010	Learning Skills: Note Taking Strategies	Electives
HSPD	NC020	Learning Skills: Time Management	Electives
HSPD	NC030	Learning Skills: Learning Styles	Electives
HSPD	NC040	Learning Skills: Test-Taking Skills	Electives
HSPD	NC050	Learning Skills: Writing Skills	Electives
HSHI	NC030	American History: Part 1	History
HSHI	NC040	American History: Part 2	History
HSPS	NC020	Survey of U.S. Government	Political Science
HSVA	NC001	Visual Arts and Media Techniques/Art Studio 1	Visual Arts
HSVA	NC01A	Visual Arts and Media Techniques/Art Studio 1A	Visual Arts
HSVA	NC01B	Visual Arts and Media Techniques/Art Studio 1B	Visual Arts
HSWH	NC010	World History 1: Early Civilization	World History
HSWH	NC020	World History 2: Modern Region	World History

Class Schedule is Subject to Change

Please check online for up-to-date information such as class meeting changes, location changes, class cancellations, newly added class sections and campus status. Go to: sbcc.edu/ExtendedLearning

Questions? Contact Us! Email: Ahs-Ged@pipeline.sbccc.edu Phone: (805) 898-8160

TUITION-FREE CLASSES • SPRING DATES: 1/22/24 - 5/18/24

GED® and Bilingual GED® Courses

<i>SUBJECT CODE</i>	<i>COURSE NO</i>	<i>COURSE TITLE</i>	<i>GENERAL AHS SUBJECT AREA</i>
GED	NC010	GED Test Subject: Reading	GED Courses
GED	NC020	GED Test Subject: Social Studies	GED Courses
GED	NC030	GED Test Subject: Science	GED Courses
GED	NC050	GED Test Subject: Math	GED Courses
GEDB	NC060	GED Test Subject: Bilingual Reading	Bilingual GED Courses
GEDB	NC070	GED Test Subject: Bilingual Social Studies	Bilingual GED Courses
GEDB	NC080	GED Test Subject: Bilingual Science	Bilingual GED Courses
GEDB	NC100	GED Test Subject: Bilingual Math	Bilingual GED Courses

Adult High School (AHS) Program**Class Meeting Times**

Instructors: Patricia Mautone, Bridget Harrington, Mariah Messer, Claudia Johnson, Elizabeth Cooke, Elizabeth Owens and Stephen Gunstinson

Locations and Class Hours: Hours subject to change without notice.

Join our live video or face-to-face classes at Wake or Schott!

For support and other updates go to: sbcc.edu/extendedlearning/ahs-ged.php

Time**9a.m. – 8p.m. M,T,W,TH****General Education Development (GED) Program**

Locations, instructors and class hours same as AHS Program

Bilingual General Education Development (GED) Program

Instructores: Araceli Ponce and Karla Uribe

Lugares y Horario: El programa está sujeto a cambios sin previo aviso.

¡Únase a nuestro video en vivo o clases presenciales en Wake o Schott!

Visite nuestro sitio web para obtener asistencia personal y otras actualizaciones:

sbcc.edu/extendedlearning/Adult-High-School-and-GED-Espanol.php

Time	Days
9a.m. – 1p.m.	T,W,TH,F
5p.m. – 9p.m.	M,T,W,TH

- Horarios flexibles
- Las clases son gratis
- Las clases del GED® también están disponibles en inglés
- Tenemos computadoras, libros y pruebas de práctica
- No importa su nivel académico; los instructores le proporcionarán un plan de estudios para que trabaje a su propio ritmo.
- Los instructores le dan orientación personalizada en todas las materias para presentar los exámenes del GED®

Questions? Contact Us! Email: Ahs-Ged@pipeline.sbccc.edu Phone: (805) 898-8160

Career Skills Institute (CSI)



ABOUT THE SCHEDULE

CRN: "Course Reference Number" is used to register in a specific, tuition-free noncredit class.

EVE: **EVE** indicates evening classes.

HF: HyFlex (**HF**) classes have faculty teaching in the classroom with students participating in-person or via Zoom.

ID: "ID number" is used to register for a specific Life Enhancement fee-based class.

LOCATION: For complete location names and addresses, see page 62, "Directory of Locations."

Accounting

Setting up QuickBooks for Small Business

Accounting fundamentals - Learn the basics of small business bookkeeping using QuickBooks, financial reporting, and how to analyze and record financial transactions. Discuss accounts receivable, accounts payable, payroll procedures, sales taxes and common banking activities.

ACTV NC001

CRN 66797 > Terry, C K • 2/3 - 2/10 • ONLINE
SAT 9:00am - 12:50pm (Lec)
Terry, C K • 2/24 - 3/2 • ONLINE
SAT 9:00am - 12:50pm (Lec)

Monthly Procedures using QuickBooks

Develop and apply monthly procedures used in accounting for small business. Continue to build small business accounting knowledge, gain practical experience working with day-to-day transactions. Reconcile balance sheet accounts and examine/audit income statement accounts on a monthly basis. Prepare adjusting journal entries. Prepare financial statements.

ACTV NC002

CRN 66798 > Terry, C K • 3/9 - 4/6 • ONLINE
SAT 9:00am - 12:50pm (Lec)

Year End Procedures

Develop and apply year-end procedures used in accounting for small business. Prepare closing journal entries for year-end. Prepare reports for tax accountant. Purge files and prepare for the new year.

ACTV NC003

CRN 66799 > Terry, C K • 4/13 - 5/4 • ONLINE
SAT 9:00am - 12:50pm (Lec)

Introduction to Accounting Basics 1

Learn the basics of accounting for a small business, including financial reporting, analyzing and recording financial transactions. Understand the concept of keeping the accounting equation in balance with a double-entry system using debits and credits. Discuss accounts receivable, accounts payable and the accounting cycle.

ACTV NC101

CRN 66800 > Schmidt, E E • 3/2 - 3/23 • ONLINE
SAT 10:00am - 1:00pm (Lec)

Introduction to Accounting Basics 2

Discuss and apply the accounting fundamentals learned from Accounting Basics 1 and how they apply to cost of goods sold and sales tax. Prepare bank, credit card and loan statement reconciliations. Discuss petty cash and implement payroll integration.

ACTV NC102

CRN 66801 > Schmidt, E E • 4/6 - 4/27 • ONLINE
SAT 10:00am - 1:00pm (Lec)

Allied Health

Medical Assistant IB: Administrative and Clinical Skills Part Two

Prerequisite: AHV NC005. Second of a three course Medical Assistant Training Program that prepares students to work as entry-level Medical Assistants. The Administrative skills learned in Medical Assistant I A will be strengthened. Clinical skills enhancement will include cardiopulmonary procedures, and instruction in the collection and testing of laboratory specimens. Additionally, students will begin preparation for their hands-on Externship assignment at an area medical provider worksite.

AHV NC006

CRN 66802 > Lee, B Y • 1/23 - 2/29 • WAKE-14
EVE Tue Thu 5:45pm - 9:40pm (Lec)

Integrating the Worksite Environment

Prerequisite: AHV NC006. Third of the three-course Medical Assistant Training Program that enhances student development by integrating Medical Assistant Scope of Practice skills into a hands-on practicum. A Job Developer supports engagement of the students' hands-on assignment at a local medical provider worksite through an externship of 100-120 hours, as recommended by area employers. Classroom in-person interaction will augment the worksite experience through discussion, shared conversational challenges, and critical thinking. An awareness of cross-cultural care and communication is emphasized as a necessary component to serve culturally diverse patients.

AHV NC009

CRN 67272 > Lee, B Y • 3/7 - 5/7 • WAKE-14
EVE Thu 6:00pm - 9:00pm (Lec)

Personal Care Attendant I: Basic Care

Introduces students to entry-level Personal Care Attendant skills. Students will be taught how to assist patients and families with non-medically directed personal care and home management activities. It will prepare students to seek entry-level Personal Care Attendant employment.

AHV NC020

CRN 66805 > Noggle, M • 2/5 - 3/20 • WAKE-14
EVE Mon Wed 5:30pm - 8:00pm (Lec)

Personal Care Attendant II: Dementia and End of Life Care

Prerequisite: AHV NC020. Focuses on dementia and end-of-life care. Topics include potential causes and successful strategies to deal with communication difficulties and problem behaviors, as well as activities that lead to successful care giving. End-of-life topics include advance planning, practical and emotional issues related to death and dying, and community resources for the support of families and caregivers.

AHV NC021

CRN 66806 > Noggle, M • 4/1 - 4/24 • WAKE-14
EVE Mon Wed 5:30pm - 7:55pm (Lec)

Communication

Building an Equity Mindset

Deepens understanding of an increasingly used word in our society: Equity. Through readings, videos and podcasts, the many hidden and misunderstood forms of inequity are explored so that people interested in addressing inequity can enter the conversation prepared with a solid foundation of knowledge.

COMW NC001

CRN 66851 > Hutchinson, C C • 2/12 - 3/23 • ONLINE
hours/week (Lec)

Applying an Equity Mindset

The second course in a two-part series on building and applying an equity mindset. Participants learn how they can actively engage in creating a more equitable and just society in both in their personal lives and workplaces by applying an anti-racism framework.

COMW NC002

CRN 68574 > Hutchinson, C C • 4/1 - 5/11 • ONLINE
4 hours/week (Lec)

Computer Applications and Office Management

Facebook for Business

Facebook is the most popular social network and a powerful tool for growing and promoting your business. Create effective profiles, pages, groups and ads. Establish goals and learn how and what to post to achieve them. Build relationships with current and new customers. Increase traffic to your website. Measure the success of your Facebook marketing.

CMPW NC014

CRN 66808 > Starr, B J • 2/9 • ONLINE
Fri 8:30am - 4:30pm (Lec)

SAVE THE DATE:
INFORMATION SESSION*
FALL 2024 MEDICAL
ASSISTANT CERTIFICATE
TRAINING PROGRAM



WHAT: Entrance Requirements and 9-month Program Content (Fall 2024 to Spring 2025)

WHEN: Friday Evening, April 12, 2024
5:30 – 7:00 p.m.

WHERE: Zoom Videoconference

RSVP TO: Mary Brown, brownm@sbcc.edu

Please RSVP before 5:00 pm, Thursday,

April 11, 2024. We will not be able to accept RSVPs after that time and date.

***All students interested in the Fall 2024 Medical Assistant (MA) Certificate Training Program are required to attend the Program's Information Session prior to applying for entry.**



BILINGUAL COMPUTER CLASSES

NEW: Certificates available when you take Bilingual Computer classes

Earn a certificate when you take three to four Bilingual Computer classes. There are five different certificates available to you. For more information, contact Student Support Services at (805) 898-8160.

COMPUTACION BILINGÜE

NUEVO: Tenemos certificados disponibles cuando usted toma clases de computacion bilingüe

Obtenga un certificado al terminar tres o cuatro clases de computación bilingües. Tenemos cinco diferentes certificados disponibles para usted. Para más información comuníquese con el Departamento de Servicios al Estudiante al número (805) 898-8160.

Pinterest and Instagram for Business

Students learn to market and expand a brand using Pinterest and Instagram. Provides the basics and beyond of these platforms, including how to produce high level content and effectively use the sites in a marketing strategy to develop a loyal, enthusiastic customer base for their brand.

CMPW NC016

CRN 66810 > Starr, B J • 5/17 • ONLINE
Fri 8:30am - 4:30pm (Lec)

LinkedIn for Business

LinkedIn is the world's most popular business-oriented social media networking platform. Students learn to use LinkedIn to develop business through relationship marketing. Topics include optimizing a company profile, developing content that engages a target audience, building a professional brand, marketing a company, showcasing credentials, getting business advice, reconnecting with former colleagues and connecting with businesses around the globe.

CMPW NC017

CRN 66811 > Starr, B J • 4/19 • ONLINE
Fri 8:30am - 4:30pm (Lec)

YouTube for Business

Students learn to use YouTube to broadcast user and business-generated videos. Topics include creating a custom channel and building a following by uploading and sharing videos that communicate a brand and engage an audience. Students learn to view, upload, and share videos; create playlists and optimize videos for search engines; and add annotations, notes and links. Uploading and editing film for YouTube is also covered.

CMPW NC018

CRN 66812 > Starr, B J • 5/10 • ONLINE
Fri 8:30am - 4:30pm (Lec)

Computer Keyboard and Mouse Basics and Tips

This course gives students an orientation to the computer keyboard and mouse as well how to utilize mouse and keyboard shortcuts for better computer efficiency. Students learn the layout and function of special computer keys, learn how to properly hold the mouse, and practice using mouse as well as many tips for computer efficiency. No previous typing or computer experience required.

CMPW NC020

CRN 69084 > Eggli, N A • 4/2 - 4/11 • WAKE-4
Tue Thu 12:15pm - 2:30pm (Lec)

Computers for Beginners

This beginning course is designed for students with limited experience with computers. Students will learn to perform basic computer tasks, including how to turn a computer on and off correctly, send and receive e-mail, navigate the internet, open and save a file, and use computer terminology. Course may be taught bilingually.

CMPW NC022

CRN 69141 > Eggli, N A • 1/30 - 2/27 • WAKE-4
Tue 9:30am - 11:45am (Lec)

Windows Basics

This class is a slow-paced introduction to the Windows Operating System. Students will explore Help, windows navigation and management, file management, desktop customization, and other Windows Operating System tools and applications.

CMPW NC023

CRN 69069 > Eggli, N A • 4/9 - 5/7 • WAKE-4 • **HF**
Tue 9:30am - 11:30am (Lec/Lab)

CRN 69070 > Eggli, N A • 4/9 - 5/7 • ONLINE • **HF**
Tue 9:30am - 11:30am (Lec/Lab)

Introduction to the Macintosh

This class is designed for those with limited or no experience with computers. Students will learn basic functions of the computer, how to set it up, and how to perform simple tasks like typing a letter, browsing the web, and getting e-mail. Features an overview of the software that comes pre-installed on the Macintosh computer.

CMPW NC030

CRN 68632 > Musacchio, D E • 1/29 - 2/26 • WAKE-3 • **HF**
Mon Wed 2:15pm - 4:55pm (Lec/Lab)

CRN 69147 > Musacchio, D E • 1/29 - 2/26 • ONLINE • **HF**
Mon Wed 2:15pm - 4:55pm (Lec/Lab)

Introduction to Mac OS X Level 1

Level 1 class covers the basics of Mac OS and some of its most popular programs. Students will learn how to make, name, and rename files and folders. Students will then see how to find lost files using Find and Spotlight. Class will examine the Sidebar and Dock and will cover some of the most basic and useful programs that come with OS including Safari, Address Book, and iCal.

CMPW NC031

CRN 67530 > Musacchio, D E • 2/28 - 4/1 • WAKE-3 • **HF**
Mon Wed 2:15pm - 5:00pm (Lec/Lab)

CRN 69148 > Musacchio, D E • 2/28 - 4/1 • ONLINE • **HF**
Mon Wed 2:15pm - 5:00pm (Lec/Lab)

Introduction to Mac OS X Level 2

The Level 2 course will review some of the programs examined in Level 1 in more detail, then proceed with a more in-depth examination of Mac OS, including ways to customize the Mac. Students also examine more of the Mac OS programs as they integrate with Mail, iPhoto, and iMovie. May be taught bilingually.

CMPW NC032

CRN 67531 > Musacchio, D E • 4/3 - 4/29 • WAKE-3 • **HF**
Mon Wed 2:15pm - 5:00pm (Lec/Lab)

CRN 69149 > Musacchio, D E • 4/3 - 4/29 • ONLINE • **HF**
Mon Wed 2:15pm - 5:00pm (Lec/Lab)

Living the iLife

Students learn how to use Apple's iLife suite of programs-iPhoto, iMovie HD, iDVD, Garage Band, and iWeb-to produce and distribute creative ideas through words, pictures, music or video

CMPW NC037

CRN 67534 > Musacchio, D E • 4/2 - 4/23 • ONLINE
Tue Thu Noon - 3:25pm (Lec/Lab)

Email for Beginners

This course provides a basic introduction to email. Topics include how email works and its uses, setting up an email account, reading and sending email, and dealing with attachments.

CMPW NC041

CRN 69068 > Eggli, N A • 3/5 - 4/2 • ONLINE • **HF**
Tue 9:30am - 11:50am (Lec/Lab)

CRN 69067 > Eggli, N A • 4/17 - 5/14 • WAKE-4 • **HF**
Tue 9:30am - 11:50am (Lec/Lab)

Setting Up A Blog

Blogging is of the most popular ways of communicating and spreading information and news. Learn to create, manage, and promote a blog. You will define the blog's goal, analyze the core audience, develop a sustainable plan for content creation, choose a platform and hosting option, design the blog and promote posts with social media.

CMPW NC080

CRN 69072 > Place, C C • 3/16 - 3/23 • WAKE-3
SAT 9:00am - 1:00pm (Lec)

MS Word 1

Course Advisories: Basic computer knowledge. Familiarity with PC or Mac. An introduction to Microsoft Word functions for document creation, including entering text, revising, formatting, previewing and printing. Students practice on a variety of documents.

CMPW NC51A

CRN 68452 > Wong, V K • 4/2 - 4/11 • WAKE-5
EVE Tue Thu 6:30pm - 8:45pm (Lec)

CRN 68451 > Frankel, E S • 4/15 - 4/22 • WAKE-5
Mon Wed 12:30pm - 3:35pm (Lec)

MS Word 2

Course Advisories: Working knowledge of MS Word. Using Microsoft Word to create a novel, family history, dissertation, thesis, operations manual, or business and/or academic reports. Covers layout/structure features including applying styles; table of contents; outline view; page setup; choosing fonts; controlling line, paragraph and page breaks; and many more.

CMPW NC51B

CRN 68454 > Wong, V K • 4/16 - 4/25 • WAKE-5
EVE Tue Thu 6:30pm - 8:45pm (Lec)

CRN 68453 > Frankel, E S • 4/24 - 5/1 • WAKE-5
Mon Wed 12:30pm - 3:35pm (Lec)

MS PowerPoint 1

Course Advisories: Basic computer knowledge. Familiarity with PC or Mac, and MS Word. Teaches students to turn facts, figures and photos into a creative display of slides, outlines, graphs and multimedia using Microsoft PowerPoint. Students learn the basics of presentation design and how to use templates, insert graphics, add animation, rehearse timings, and run and share a presentation.

CMPW NC55A

CRN 66831 > Jackson, E G • 3/9 - 3/23 • WAKE-4
SAT 9:00am - 12:10pm (Lec)

MS PowerPoint 2

Course Advisories: Working knowledge of PC or MAC and MS PowerPoint. Covers how to enhance an existing Microsoft PowerPoint presentation by modifying objects, animation and transitions. Other topics include inserting slides and templates from other presentations, creating and modifying templates, rehearsing timings and running a presentation, and sharing a presentation.

CMPW NC55B

CRN 69076 > Jackson, E G • 4/6 - 4/20 • WAKE-4
SAT 9:00am - 12:10pm (Lec)

MS PowerPoint 3

Course Advisories: Working knowledge of PowerPoint. Covers integrating Microsoft PowerPoint with other programs and the World Wide Web, collaborating with a workgroup, and producing and delivering an on-screen slide show in class.

CMPW NC55C

CRN 69079 > Jackson, E G • 4/27 - 5/11 • WAKE-4
SAT 9:00am - 12:10pm (Lec)

MS Excel 1

Course Advisories: Basic computer knowledge. Familiarity with PC or Mac, and MS Word. An introduction to basic concepts and characteristics of Microsoft Excel. Students explore various uses of spreadsheets. Topics covered include the basics of creating a spreadsheet, using formulas and functions, and creating charts.

CMPW NC63A

CRN 66838 > Wong, V K • 1/30 - 2/8 • WAKE-5
EVE Tue Thu 6:30pm - 8:45pm (Lec)

CRN 66836 > Frankel, E S • 3/4 - 3/11 • WAKE-5
Mon Wed 12:30pm - 3:40pm (Lec)

MS Excel 2

Course Advisories: Working knowledge of MS Excel and MS Word. Excel topics include working with large and multiple worksheets and workbooks, managing lists, creating and managing tables and conditional formatting.

CMPW NC63B

CRN 66840 > Wong, V K • 2/13 - 2/22 • WAKE-5
EVE Tue Thu 6:30pm - 8:45pm (Lec)

CRN 68431 > Frankel, E S • 3/13 - 3/20 • WAKE-5
Mon Wed 12:30pm - 3:35pm (Lec)

MS Excel 3

Course Advisories: Working knowledge of MS Excel. Advanced Microsoft Excel topics including defining advanced formulas, data validation, lookups, ways to transform data, custom views and macros.

CMPW NC63C

CRN 68430 > Frankel, E S • 1/22 - 5/18 • WAKE-5
Mon Wed 12:30pm - 3:35pm (Lec)

CRN 66842 > Wong, V K • 2/27 - 3/7 • WAKE-5
EVE Tue Thu 6:30pm - 8:45pm (Lec)

MS Publisher 1

Course Advisories: Working knowledge of MS Word. An introduction to Microsoft Publisher. Topics include how to create a variety of desktop publishing documents including newsletters, greeting cards, business cards, postcards, brochures and flyers.

CMPW NC73A

CRN 69074 > Eggli, N A • 2/19 - 3/11 • WAKE-4 • **HF**
Mon 9:30am - 12:45pm (Lec)

CRN 69075 > Eggli, N A • 2/19 - 3/11 • ONLINE • **HF**
Mon 9:30am - 12:45pm (Lec)

MS Publisher 2

Course Advisories: Working knowledge of MS Word. Covers many of the built-in tools of Microsoft Publisher to customize layouts, utilize master pages, create and modify templates, prepare publications for printing and save publication in shareable formats.

CMPW NC73B

CRN 69077 > Eggli, N A • 3/18 - 4/15 • WAKE-4 • **HF**
Mon 9:30am - 11:45am (Lec)

CRN 69078 > Eggli, N A • 3/18 - 4/15 • ONLINE • **HF**
Mon 9:30am - 11:45am (Lec)



MS Publisher 3

Course Advisories: Working knowledge of Publisher and Word. Covers the design set feature of Microsoft Publisher that enables a cohesive group of publications to be created for marketing purposes, as well as the mail merge feature that allows for sharing publication more efficiently.

CMPW NC73C

CRN 69080 > Eggli, N A • 4/22 - 5/13 • WAKE-3 • **HF**
Mon 9:30am - 11:45am (Lec)

CRN 69081 > Eggli, N A • 4/22 - 5/13 • ONLINE • **HF**
Mon 9:30am - 11:45am (Lec)

Computer Applications and Office Management - Bilingual

Typing-Keyboarding (Bilingual)

This bilingual course promotes an understanding of basic typing and keyboarding skills. It is intended for students who have no keyboarding experience or who need to improve their keyboarding skills. Students increase their speed, and learn techniques and strategies to prevent repetitive strain injuries and carpal tunnel syndrome.

CMPW NC001

CRN 68416 > Uribe, R A • 3/18 - 5/18 • WAKE-6
Mon Wed 3:45pm - 6:00pm (Lec)

CRN 69139 > Uribe, R A • 3/18 - 5/18 • TBA
Mon Wed 3:45pm - 6:00pm (Lec)

Introduction to Computers (Bilingual)

This bilingual course promotes an understanding of basic computer skills. This class provides basic knowledge of computers such as hardware, software and basic terminology. It is designed for beginners who desire to learn the navigation of the windows environment, file management, keyboard layout and mouse techniques.

CMPW NC002

CRN 66913 > Graffius, N L • 1/22 - 3/16 • SCHOTT-17
Mon Tue 11:35am - 2:35pm (Lec)

CRN 69012 > Uribe, R A • 1/22 - 3/16 • WAKE-6 • **HF**
Tue Thu 3:45pm - 6:45pm (Lec)

CRN 69013 > Uribe, R A • 1/22 - 3/16 • ONLINE • **HF**
Tue Thu 3:45pm - 6:45pm (Lec)

Introduction to Windows Operating Systems (Bilingual)

This bilingual course provides a basic overview of the Windows Operating System. Topics include file management, memory and storage management, and desktop customization. Recommended for students new to computers and serves as a foundation for various Windows Operating System versions.

CMPW NC003

CRN 68422 > Uribe, R A • 1/22 - 3/16 • WAKE-6 • **HF**
Mon Wed 3:45pm - 6:45pm (Lec)

CRN 69022 > Uribe, R A • 1/22 - 3/16 • ONLINE • **HF**
Mon Wed 3:45pm - 6:45pm (Lec)

CRN 68415 > Solis Soto, M A • 3/18 - 5/18 • SCHOTT-17
EVE Tue Thu 5:30pm - 8:30pm (Lec)

Introduction to the Internet and Email (Bilingual)

This introductory bilingual course provides a basic understanding of the Web and electronic mail. Students learn to navigate the Web, use search engines and techniques to obtain specific information. Email etiquette, email management, security and protection of privacy are included.

CMPW NC004

CRN 67668 > Bahena, N A • 1/22 - 3/16 • ONLINE
EVE Tue Wed Thu 5:15pm - 7:15pm (Lec)

CRN 67694 > Aparisio, A • 1/22 - 3/16 • ONLINE
Mon Wed 1:00pm - 4:00pm (Lec)

CRN 68509 > Solis Soto, M A • 3/18 - 5/18 • ONLINE
Mon Wed 11:00am - 2:00pm (Lec)

CRN 68631 > Lara Perez, J C • 3/18 - 5/18 • WAKE-6
Mon Wed Noon - 2:50pm (Lec)

Por favor verifique en
sbcc.edu/ExtendedLearning
para obtener actualizaciones
en tiempo real y el estado
de las operaciones
en el campus.

Questions? Contact Us!

Email: NCsss@sbcc.edu
Phone: (805) 898-8160

Microsoft Word Fundamentals (Bilingual)

This introductory bilingual course provides a basic understanding of Microsoft Word functions for document creation, including entering text, revising, formatting, previewing and printing. Students practice creating a variety of documents.

CMPW NC005

CRN 66919 > Uribe, R A • 3/18 - 5/18 • WAKE-6
Tue Thu 3:45pm - 6:45pm (Lec)

CRN 68412 > Graffius, N L • 3/18 - 5/18 • SCHOTT-17
Wed Thu 11:35am - 2:30pm (Lec)

CRN 69021 > Uribe, R A • 3/18 - 5/18 • ONLINE • **HF**
Tue Thu 3:45pm - 6:45pm (Lec)

Microsoft PowerPoint Fundamentals (Bilingual)

This introductory bilingual course provides a basic understanding of Microsoft PowerPoint, a program that allows students to create effective digital presentations to convey a message through the use of words, graphics, shapes, color, sound and special effects.

CMPW NC006

CRN 66921 > Aparisio, A • 3/18 - 5/18 • ONLINE
Tue Thu 1:00pm - 2:00pm (Lec)

Microsoft Excel Fundamentals (Bilingual)

This bilingual course for beginners provides a basic understanding of Microsoft Excel. Students learn the basics of creating a spreadsheet, using formulas, functions, and inserting charts.

CMPW NC007

CRN 66912 > Lara Perez, J C • 1/22 - 3/16 • WAKE-6
Mon Wed Noon - 2:50pm (Lec)

CRN 68508 > Graffius, N L • 1/22 - 3/16 • SCHOTT-17
Wed Thu 11:35am - 2:30pm (Lec)

CRN 69140 > Solis Soto, M A • 1/22 - 3/16 • SCHOTT-17
EVE Tue Thu 5:30pm - 8:30pm (Lec)

CRN 68545 > Bahena, N A • 3/18 - 5/18 • ONLINE
EVE Tue Wed Thu 5:15pm - 7:10pm (Lec)

Computer/Skills (Bilingual)

The bilingual computer skills course features individualized, hands-on instruction and small group lectures. Students learn at their own pace and design their own practice schedule in several computer software programs including keyboarding, data entry, 10-key, Window operating systems, MS Office (Word, Excel, Publisher, PowerPoint), and Internet/email.

CMPW NC010

CRN 67669 > Solis Soto, M A • 1/22 - 3/16 • ONLINE
Mon Wed 11:00am - 2:15pm (Lec)

CRN 67697 > Graffius, N L • 3/18 - 5/18 • SCHOTT-17
Mon Tue 11:35am - 2:30pm (Lec)

Construction Technology

Intermediate Construction Framing

An intermediate course in residential construction framing. Take as a stand-alone course or as part of a four-course series of construction classes. Offers more advanced topics in framing including rake walls, I-joists, roof trusses, horizontal openings, etc. Hands-on practice will use the typical tools of the trade.

CTV NC011

CRN 68428 > Utt, R D • 1/23 - 1/30 • WAKE-24
EVE Tue 5:00pm - 8:00pm (Lec)

Utt, R D • 2/13 - 2/20 • WAKE-24
EVE Tue 5:00pm - 8:00pm (Lec)

Intermediate Construction Finish Carpentry

An intermediate course in residential finish carpentry. Take as a stand-alone course or as part of a four-course series of non-credit construction classes. Offers more advanced topics in finish work including shelf design and install, cabinet install, and fireplace mantle trim. Course uses typical tools of the trade.

CTV NC012

CRN 68424 > Utt, R D • 2/27 - 3/19 • WAKE-24
EVE Tue 5:00pm - 8:00pm (Lec)

Construction Measuring and Estimating

A beginning course in residential construction math. Take as a stand-alone course or as part of a four-course series of construction classes. Topics include working with common, decimal, and carpenter fractions; using a standard tape measure; estimating material; and using a construction calculator.

CTV NC014

CRN 68425 > Utt, R D • 4/2 - 4/23 • WAKE-24
EVE Tue 5:00pm - 8:00pm (Lec)

Deconstruction and ReUse

An introduction to deconstructing buildings for material reuse. Technique, tools, safety, assessment and markets are covered.

CTV NC021

CRN 66856 > Ashley, C S • 2/14 - 3/20 • WAKE-20 • **HF**
EVE Wed 6:00pm - 8:15pm (Lec)

CRN 68553 > Ashley, C S • 2/14 - 3/20 • ONLINE • **HF**
EVE Wed 6:00pm - 8:15pm (Lec)

Repurposing and Refurbishing

Introduction to repurposing and refurbishing construction materials. Topics include creative re-design, commercial and residential application, marketing and materials processing.

CTV NC022

CRN 66855 > Ashley, C S • 4/3 - 5/8 • WAKE-20 • **HF**
EVE Wed 6:00pm - 8:15pm (Lec)

CRN 68551 > Ashley, C S • 4/3 - 5/8 • ONLINE • **HF**
EVE Wed 6:00pm - 8:15pm (Lec)

Culinary Arts

Safe Food Preparation and Serving, Module I

This course is Module I of a two-part course of study designed to provide students with information on various aspects of food handling, receiving, storing, and preparing. The emphasis of the course is to enhance safety and hygiene in the food industry, including the fast-food industry. Upon completion of Modules I and II, students will be prepared to take the ServSafe Foodhandler Test. May be taught bilingually.

CAV NC013

CRN 68829 > Hobbins, J A • 3/11 - 3/18 • EASTLB
Mon 8:30am - 2:30pm (Lec)

CRN 68830 > Hobbins, J A • 5/6 - 5/13 • EASTLB
Mon 8:30am - 2:30pm (Lec)

Environmental Horticulture

Green Gardener: Module 1

Attention landscapers, maintenance gardeners, property owners and managers. This course is designed for interested individuals who wish to develop knowledge and skills in order to pursue a career in sustainable landscaping. Participants will become certified after completing the course requirements and passing exams. Students who complete the course will benefit from discounts, free advertising, and promotion by the program sponsors. Expert guest lecturers will cover irrigation efficiency, green waste reduction, pest and fertilizer management and proper plant maintenance. Includes both classroom and fieldwork. Clients who hire Certified Green Gardeners will benefit from a resource-efficient landscape.

EHV NC001

CRN 66858 > Carmona, O • 1/22 - 3/16 • WAKE-28
Mon 4:30pm - 7:25pm (Lec/Lab)

CRN 66859 > Carmona, O • 1/22 - 3/16 • WAKE-28
Wed 4:30pm - 7:25pm (Lec/Lab)

Green Gardener: Module 2

This class builds on the Green Gardener: Module 1 course, providing the landscape professional additional training in resource conservation, pollution prevention and sustainability.

EHV NC002

CRN 66860 > Carmona, O • 3/18 - 5/18 • WAKE-28
EVE Mon 5:00pm - 7:25pm (Lec/Lab)

CRN 68512 > Carmona, O • 3/18 - 5/18 • WAKE-28
EVE Wed 5:00pm - 7:25pm (Lec/Lab)

Ecological Landscape Design 1

In this course students learn how to apply ecological and environmental principles to design regenerative landscapes. This course covers an introduction to the design method and process along with the basic hands-on ecological landscaping tools necessary to design, build and maintain a regenerative landscape. These tools and their practical application result in landscapes that are locally sustainable, require reduced inputs and lower costs. The successful student receives an entry level ecological landscape certificate granted by the State of California.

EHV NC010

CRN 69136 > Daniel III, L E • 4/16 - 4/25 • WAKE-20
EVE Tue Thu 5:30pm - 7:45pm (Lec)

Ecological Landscape Design 2

Imagine if your career and the work that you do in the world, was providing benefits to soil, water, wildlife, humans and repairing whole ecosystems. What if you could actually be paid to restore the planet in real and tangible ways? Ecological landscaping is the design, implementation, and management of landscape systems, which regenerate ecological processes while integrating the basic needs of humans. In this course you will learn how to apply ecological and environmental principles to design regenerative landscapes that are locally sustainable, require reduced inputs and lower costs. Enjoy a balance of hands-on learning, interactive slides, expert guest presenters, group work and local site visits. This course will give you the fundamentals in getting you started in the profession of ecological landscaping. The successful student receives an entry level ecological landscape certificate granted by the State of California. Come learn how ecological landscape design can positively transform daily living and the environment.

EHV NC011

CRN 69137 > Daniel III, L E • 4/30 - 5/9 • WAKE-20
EVE Tue Thu 5:30pm - 7:45pm (Lec)

Advanced Green Gardener

Recommended to be taken after completion of Green Gardener Course Modules 1 and 2, as it builds on same topics with greater detail and including a lab component with hands-on experience in sustainable landscape care.

EHV NC104

CRN 66060 > Carmona, O • 1/22 - 5/18 • WAKE-28
EVE Tue Thu 5:00pm - 7:25pm (Lec/Lab)

Small Scale Food Production 1

Explores the natural and sustainable techniques and skills used to produce healthy organic produce in the home landscape. Soil development, composting, mulching, suitable vegetables, fruit trees and herb cultivation covered.

EHV NC207

CRN 68800 > Carmona, O • 1/23 - 2/13 • LCP
Tue 9:00am - Noon (Lec)

CRN 67542 > Carmona, O • 3/1 - 3/22 • ONLINE
Fri 4:00pm - 7:00pm (Lec)

Small Scale Food Production 2

Demonstrates the natural and sustainable techniques and skills used to produce healthy organic produce in the home landscape. Soil development, composting, mulching, suitable vegetables, fruit trees and herb cultivation covered.

EHV NC208

CRN 68801 > Carmona, O • 2/20 - 3/12 • LCP
SAT 10:00am - 1:00pm (Lec)

CRN 67543 > Carmona, O • 3/18 - 4/19 • ONLINE
Fri 4:00pm - 7:00pm (Lec)

Graphic Design

Digital Design Techniques

Students learn how to create flyers, brochures, logos, and more using Illustrator, Photoshop, and InDesign programs from the Adobe CS suite. Class will examine how the programs work together to seamlessly combine photos, graphics, and page layouts to produce high quality products. Students complete class assignments to practice and demonstrate the skills required to design and complete a professional project. This course may be taught bilingually.

GDPW NC001

CRN 67332 > Musacchio, D E • 3/8 - 4/12 • WAKE-3
Fri 9:00am - 12:45pm (Lec/Lab)

Photoshop Overview

This introductory course offers an overview of Photoshop tools and functionality to discover the creative potential of image editing. Students will become familiar with the Photoshop window, tools, and main menu bar. The class will cover opening and saving files, image com-positing and collage, selections, layers and image correction.

GDPW NC005

CRN 66945 > Burkhardt, B J • 4/6 - 4/20 • WAKE-3
SAT 9:00am - 12:15pm (Lec/Lab)

Photoshop



Adobe Photoshop skills are in demand for creative and business careers! We offer several classes, workshops and certificates featuring Photoshop:

Photography

Photoshop for Digital Photographers CRN 69054

Graphic Design

Digital Design Techniques CRN 67332

Photoshop Overview CRN 66945

Fundamentals of Graphics (Bilingual) CRN 69014

Multimedia

Photoshop CRN 69150, CRN 69055, CRN 69056

Photoshop for Web Design, CRN 69063

Introduction to Adobe Illustrator

Introduction to the basics of Adobe Illustrator, a powerful graphic design and illustration program and an essential tool for any design project. Students learn how to create illustrations, logos, and more using Illustrator from the Adobe CS suite. Students complete class assignments to practice and demonstrate the skills required to design and complete a professional project.

GDPW NC010

CRN 66864 > Dempsay Skiles, W A • 4/4 - 5/8 • WAKE-3
EVE Wed 5:00pm - 9:40pm (Lec/Lab)

Fundamentals of Graphics (Bilingual)

This bilingual course introduces the student to the basic operation of Adobe Photoshop, MS Publisher, and other graphic applications. Students develop the skills to work efficiently in these programs through a series of projects.

GDPW NC015

CRN 69014 > Lara Perez, J C • 3/18 - 5/18 • WAKE-6
Tue Thu Noon - 2:50pm (Lec)

Producing a Digital Newsletter

Focuses on formatting a newsletter for print and digital platforms. Students will be given guidance while laying out an actual publication of their own choosing or will be given a prototype to produce.

GDPW NC041

CRN 68457 > Musacchio, D E • 4/19 - 4/26 • WAKE-3
Fri 9:00am - 1:00pm (Lec)

Producing a Digital Magazine

Focuses on basic techniques of formatting a magazine cover and interior master pages for print or digital platforms. Guidance on tools are given while applying skills to a real-time project.

GDPW NC042

CRN 69062 > Musacchio, D E • 5/3 - 5/10 • WAKE-3
Fri 9:00am - 1:00pm (Lec)

Preparing Digital Images

Students will learn about pixels, the building blocks for digital images, and how they relate to image size and resolution. Demonstrate how the dpi (print, web, digital documents) determines the size and resolution. Additionally students will learn how to use Photoshop to perform basic photo editing and re-touching.

GDPW NC052

CRN 69138 > Place, C C • 4/30 - 5/9 • WAKE-3
Tue Thu 9:00am - 11:00am (Lec)

Marketing

Market Positioning

Business success begins with responding to target markets by positioning the products in the minds of customers. This is done with a thorough knowledge of customer demographics, psychographics and geographic information. Successful marketing messaging requires perceptual knowledge of targeted customers. Positioning strategies focus on the right mix of people with relevant benefits and features offered by businesses.

MKTW NC003

CRN 69052 > Kwong, A W • 3/1 • WAKE-28
Fri 8:30am - 4:30pm (Lec)

Digital and Mobile Marketing

Mobile marketing encompasses global exchange activities on devices such as smartphones, tablets and various others. Modern businesses today look for customer-based profitability and investment solutions using mobile devices. These devices attract, engage, acquire, and retain local and international customers. Mobile communication offers real-time solutions via gathering data, insights, and content in the marketplace.

MKTW NC004

CRN 68511 > Kwong, A W • 4/5 • WAKE-28
Fri 8:30am - 4:30pm (Lec)

Marketing and Entrepreneurship

Marketing plays a critical role in the entrepreneurial process. Students learn to recognize startups' business models and their unique problems and opportunities in order to develop the optimal marketing strategy for products and services in a digital-first era. Apart from the marketing mix, the course will also focus on the strategies and tactics used by new venture companies to acquire customers by utilizing outbound, inbound, or social and traditional media marketing.

MKTW NC008

CRN 69048 > Kwong, A W • 2/2 • WAKE-28
Fri 8:30am - 4:30pm (Lec)

Marketing and Growth Strategies

Getting customers isn't enough. The branding and marketing effort that accelerates the business ahead of the competition is the ultimate goal of all new ventures. These tactics involve implementing a growth mindset by deploying innovative strategies and value-added processes to create enhanced customer experiences that drive engagement, retention, and ultimately long-term growth. It will focus on concepts and implementation skills to assist current or potential entrepreneurs to develop and grow a business now or in the future.

MKTW NC009

CRN 69049 > Kwong, A W • 5/3 • WAKE-28
Fri 8:30am - 4:30pm (Lec)

Multimedia

Photoshop

Students learn Photoshop for the PC and Mac, the premiere visual editing software package that enables combination of images, retouching photos, and the creation of digital artwork. Presents a solid foundation in basic tools and techniques for creating, enhancing, and collaging images. Students will practice new skills in a lab setting and master the fundamentals of digital imaging. This course may be taught bilingually.

MATW NC003

CRN 69150 > Staff • 1/22 - 5/18 • ONLINE • HF
Mon Wed 10:00am - 1:15pm (Lec/Lab)

CRN 69055 > Musacchio, D E • 1/26 - 3/1 • ONLINE
Fri 9:00am - 1:35pm (Lec/Lab)

CRN 69056 > Staff • 1/29 - 2/19 • WAKE-5
Mon Wed 10:00am - 1:15pm (Lec/Lab)

Photoshop for Web Design

This course provides students with basic tools and techniques in Photoshop that lie behind great images and graphics in web design. This includes the fundamental concepts and techniques for working with type in Photoshop. Learn to create UI elements, web graphics, wireframes, and functional mockups that transition beautifully and easily to production with Photoshop. While learning how to incorporate principles of design such as contrast, unity, and balance in specific ways that improve your website.

MATW NC005

CRN 69063 > Musacchio, D E • 3/4 - 3/18 • WAKE-3
EVE Mon Wed 5:30pm - 8:35pm (Lec)

Web Coding Fundamentals

Learn how to write HTML, the programming language that powers the web. Gain an understanding of HTML5, and to use HTML5 structural tags and semantic markup. Learn how to turn a design created in Photoshop into a fully functioning website in Dreamweaver. Combine tools in Dreamweaver with CSS to create compelling, easy-to-update web pages. Learn how to use jQuery to add web form usability, audio and video, animation, and other features like slideshow galleries to your HTML and CSS webpages.

MATW NC006

CRN 69064 > Musacchio, D E • 4/1 - 4/15 • WAKE
EVE Mon Wed 5:30pm - 8:35pm (Lec)

Responsive Web Design

Discover how to structure your website content to create a user experience that embodies utility, ease of use, and efficiency. Learn how to design your website to be more readable and efficient on multiple devices using responsive website techniques. Learn how to use Dreamweaver's Fluid Grid Layout framework and media queries to create a responsive website design. Learn how to collaborate more effectively and efficiently with clients and colleagues.

MATW NC007

CRN 69065 > Musacchio, D E • 4/22 - 5/6 • WAKE-3
EVE Mon Wed 5:30pm - 8:30pm (Lec)

Personal Development

Personalized Career Planning

This course focuses on the assessment of individuals strengths, interests, values, personality and abilities in the context of career and education planning. Students will improve decision making skills by exploring their own decision making styles and applying specific decision making models to their career planning process.

PDW NC001

CRN 69046 > Eurman, V S • 3/16 - 3/23 • WAKE-28
SAT 9:00am - 1:00pm (Lec)

Strategic Job Search

This class is designed to help students develop and implement a strategic career and job search plan. Students will learn about sources of occupational information and how to utilize this information in the career planning and job search process.

PDW NC002

CRN 69047 > Mori, J • 4/6 - 4/13 • WAKE-5
SAT 9:00am - 1:00pm (Lec)

Photography

Digital Cameras, Digital Photos

Students learn the basics of photography, the features of digital cameras, how to take better digital photos, and how to correct common photo problems using photo editing software. Designed for beginners or students with some experience in digital photography. Students should bring cameras and sample pictures to class.

PHOW NC001

CRN 66879 > Place, C C • 4/3 - 4/24 • WAKE-3
Fri 9:00am - 12:15pm (Lec/Lab)

Photoshop for Digital Photographers

This class focuses on the capabilities of Photoshop for the PC and Mac, including advanced layering, composition, and retouching techniques. Students learn shortcuts to increase productivity and engage in repeated practice in a lab setting to reinforce concepts presented through lecture and demonstration. Familiarity with Photoshop on the PC or Macintosh recommended. This course may be taught bilingually.

PHOW NC002

CRN 69054 > Burkhardt, B J • 4/9 - 5/9 • ONLINE
EVE Tue Thu 5:30pm - 7:45pm (Lec/Lab)

Lightroom Classic 1

Students learn to use the Adobe Lightroom Classic library module. Focuses on learning the necessary tools to catalog, file name, organize and backup photographic files. Students master importing into a catalog from camera, existing computer image files as well as from scanned prints and negatives.

PHOW NC003

CRN 69058 > Burkhardt, B J • 1/30 - 2/15 • ONLINE
EVE Tue Thu 5:30pm - 7:50pm (Lec)

Lightroom Classic 2

Students learn to use the Adobe Lightroom Classic develop module and process and develop photographic files. Skills covered include cropping, color correcting, enhancing and exporting image files for various final uses. Focuses on learning the necessary tools to develop digital photographic files.

PHOW NC004

CRN 69059 > Burkhardt, B J • 2/20 - 3/7 • ONLINE
EVE Tue Thu 5:30pm - 7:50pm (Lec)

Lightroom Classic 3

Students learn to use the Adobe Lightroom Classic Map, Slideshow, Book and Print Modules. Participants learn to print, create a slideshow and design a book with their photographic files.

PHOW NC005

CRN 69060 > Burkhardt, B J • 3/12 - 4/4 • ONLINE
EVE Tue Thu 5:30pm - 7:55pm (Lec)

Editorial Photography

Create photo essays on specific editorial subjects for magazines, books, blogs and company newsletters. Student focus will be on photographing architecture, food, location, nature, events and people. All will be covered with an emphasis on the storyline specific to each genre. Refining editing and image processing skills will be emphasized for each subject. By the end of this class, students will learn the skills to produce dynamic photo stories on a wide range of topics.

PHOW NC006

CRN 69057 > Place, C C • 3/5 - 5/7 • WAKE-3
Tue 9:00am - 10:30am (Lec)

Professional Development

Business Writing in a Technological World

In this course students will develop effective and professional business writing skills using business tone, organization and formatting, word choice and persuasion. Matching the delivery channel (email, letter, memo or text) to the message type and situation will be covered, as well as the best methods to deliver bad news.

PROW NC002

CRN 68420 > Staff • 2/13 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 68533 > Staff • 2/13 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

Time Management

Participants explore time management strategies and tools for effectively managing expanding workloads, shifting priorities, and increasing demands. Practice prioritizing "Important" versus "Urgent" activities. Emphasis on analyzing current use of time, identifying organizational goals, roles and priorities, discovering gaps to achieving goals and apply time management tools to the gaps for completing important priorities first.

PROW NC003

CRN 69038 > Staff • 3/5 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 69039 > Staff • 3/5 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

Workplace Communication Strategies

Participants assess and optimize current workplace communication skills. Differentiate content, emotions, perceptions and intentions in a communication exchange. Build an advanced communication toolkit to forward your career. Illustrate clear and congruent verbal and nonverbal messages tailored to the personalities involved, the desired outcomes, and the context.

PROW NC004

CRN 66890 > Croyle, L M • 3/19 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 68540 > Croyle, L M • 3/19 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

Critical Thinking, Problem Solving and Decision Making

In today's workplace it is everyone's job to solve problems and make decisions. Analytical thinking, decision making and problem solving involve breaking things down into their component parts, applying deductive reasoning and then applying judgment and insight. Learn hands-on techniques to generate breakthrough ideas, make decisions, and solve your most pressing problems. All by asking the right questions, challenging assumptions, and seeing others' viewpoints with clarity.

PROW NC005

CRN 66891 > Staff • 2/6 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

Leadership Skills

Take your leadership from good to great by exploring and applying the top ten skills that every leader must have.

PROW NC006

CRN 66892 > Croyle, L M • 1/25 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69027 > Croyle, L M • 1/25 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Project Management for Non Project Managers

This course is for anyone who wants to know how to manage tasks or small projects with a structured approach to ensure success. Apply the basic principles of project management to your work and create action plans for on-the-job application. Utilize strategies for communicating with team members and stakeholders with confidence.

PROW NC010

CRN 68421 > Welch, M P • 4/18 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69028 > Welch, M P • 4/18 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Process Improvement

Process improvement assessment methods and techniques to increase efficiency, improve quality and increase employee satisfaction and motivation.

PROW NC011

CRN 67037 > Staff • 4/9 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 69029 > Staff • 4/9 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

Supervisory Skills

Learn the key tools for effective management and supervision. Course covers delegation, feedback, communicating with employees, motivation and management styles.

PROW NC012

CRN 68542 > Croyle, L M • 2/22 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69024 > Staff • 2/22 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Emotional Intelligence in the Workplace

Emotional Intelligence (EI) is vital to being an effective and high-performing employee, supervisor and leader. Explore the EI competencies: self awareness, social awareness, self management and relationship management. Learn and apply the tools and techniques for mastering each domain. Create strategies using the EI framework which can optimize your professional performance and working relationships.

PROW NC013

CRN 67057 > Backelin, P L • 4/10 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 68817 > Backelin, P L • 4/10 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Motivating Yourself and Others

Individuals and leaders who want to explore the key ingredients for strengthening workplace commitment, engagement, and career satisfaction. Apply alternative reward and recognition strategies to increase engagement in the workplace.

PROW NC014

CRN 69025 > Staff • 3/21 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69026 > Staff • 3/21 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Building High Performance Teams

Participants explore and apply key team building skills for working within a team or leading one. Learn to influence a high performing team. Emphasis on stages of team development, team roles, supportive communication climate, meeting strategies and tools for first rate problem solving and decision making. Practical application within a team structure is emphasized.

PROW NC015

CRN 69031 > Staff • 2/7 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 69032 > Staff • 2/7 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Change is the New Constant

Develop and apply change management techniques based on contemporary change models and change lifecycle stages and utilizing change management communication skills.

PROW NC017

CRN 68444 > Staff • 2/14 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 68555 > Staff • 2/14 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Personality Styles and Difficult Relationships

Exploration of participants' own behaviors and personality styles, while learning to adapt one's behavior to be effective with other personality styles in a variety of work situations. Emphasis is placed on dealing with difficult relationships and communicating in a way that matches the needs of all involved to achieve relationship satisfaction and organizational objectives.

PROW NC019

CRN 68450 > Staff • 2/21 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 69030 > Staff • 2/21 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Coaching Skills

Coaching employees improves performance outcomes, helps turn around problem situations, and increases an employee's overall enthusiasm and motivation. Learn coaching techniques to solve workplace problems and energize employees and how to best apply these techniques to close the gap between actual and desired performance.

PROW NC021

CRN 68178 > Welch, M P • 2/27 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 69033 > Welch, M P • 2/27 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 68819 > Croyle, L M • 5/8 • ONLINE
Wed 8:30am - 4:30pm (Lec)

Resolving Differences in the Workplace

Learn collaboration skills to build high-trust relationships. Practice communication techniques at each stage of the conflict cycle to get to win-win. Discover your interpersonal communication strengths. Assess your conflict style and understand others. Practice problem solving with multiple parties and decision makers to create long-term peace. Skills include nonverbal communication, empathy, listening and paraphrasing.

PROW NC025

CRN 68455 > Staff • 4/23 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 68560 > Staff • 4/23 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

Championing Diversity in the Workplace

Explores diversity within organizations and increases one's awareness of different attitudes, beliefs, lifestyles, sexual preferences, and values that we all bring to work with us. Understand how these affect our behavior and perceptions. Focus on self awareness and the impact these have on our co-workers. Develop strategies for equity in the workplace.

PROW NC028

CRN 68818 > Croyle, L M • 2/8 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69023 > Croyle, L M • 2/8 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Difficult Conversations

Develop techniques for difficult conversations based on intentions, optimal outcome and assumptions. Craft and deliver scripts customized to the scenario and personality styles involved.

PROW NC032

CRN 66901 > Staff • 3/12 • WAKE • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 68543 > Staff • 3/12 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

Successfully Managing and Developing People

Learn and apply the communication, delegation and motivational skills needed to be an effective manager or supervisory.

PROW NC033

CRN 68815 > Croyle, L M • 2/13 - 2/15 • ONLINE
Tue Thu 8:30am - 4:30pm (Lec)

CRN 67051 > Staff • 4/30 - 5/2 • WAKE-28 • **HF**
Tue Thu 8:30am - 4:30pm (Lec)

CRN 68529 > Staff • 4/30 - 5/2 • ONLINE • **HF**
Tue Thu 8:30am - 4:30pm (Lec)

Workplace Politics

Learn constructive political behavior to create more win-win situations, unblock barriers to change, create greater "buy-in" on key projects, develop cohesion and improve decision making.

PROW NC035

CRN 69036 > Staff • 3/13 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 69037 > Staff • 3/13 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

The Art of Negotiating and Collaborating

Participants apply collaboration tools for building high-trust synergistic relationships. Analyze the conflict cycle and practice skills to diffuse conflict at each stage for mutual benefit. Assess one's strengths and utilize tools to facilitate and adapt to others styles. Skills include re-framing, neutralizing language, discovering of interests, and leveraging innovative solutions through a collaborative negotiation process.

PROW NC036

CRN 69034 > Staff • 4/2 • WAKE-28
Tue 8:30am - 4:30pm (Lec)

CRN 69035 > Staff • 4/2 • ONLINE
Tue 8:30am - 4:30pm (Lec)

Increasing Productivity

Personal productivity results from a combination of factors which all impact each other. Explore, dissect and analyze these factors to develop an individualized plan optimizing your effectiveness in both your professional and personal lives. Focus on personal empowerment and growth while weaving neuroscience theory to help you anchor the learning and understand brain function better.

PROW NC038

CRN 67555 > Staff • 4/25 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 68550 > Staff • 4/25 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Innovation and Creativity

How to create and innovate workplace culture and learn techniques to promote workplace creativity.

PROW NC039

CRN 69050 > Staff • 2/15 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69051 > Staff • 2/15 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Assertive Communication

Discover techniques on how to be an assertive communicator, acquire ways to handle receiving and giving feedback and address business etiquette when professionalism and assertiveness are required. You'll assess your areas of strength and growth in this critical skill and understand how social styles affect assertive behaviors. Enhance your assertiveness skills for immediate on-the-job use!

PROW NC044

CRN 66906 > Staff • 5/8 • WAKE-23 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 68539 > Staff • 5/8 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Best Practices in Customer Service

Apply practical strategies to retain a valuable customer base, diffuse difficult situations and earn repeat business. Topics include the anatomy of a complaint, regulating verbal and nonverbal responses, active listening skills, creative problem solving, customer perceptions and expectations, adapting to different conflict styles, and steps to defuse angry customers.

PROW NC050

CRN 69042 > Staff • 3/14 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69043 > Staff • 3/14 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Secrets of a Great Employee

Discover the secrets that make you an irreplaceable employee. Build your advanced employee toolkit, challenge old habits and foster new strategies. Based on success stories from others and their insight on where they went wrong, let's fuel your spirit and recession proof yourself with a renewed appreciation for professional effectiveness, satisfaction and success.

PROW NC051

CRN 69044 > Staff • 4/4 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 69045 > Staff • 4/4 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Accountability

Learn the skills needed to truly manage your own destination and performance in the workplace by becoming proactive and accountable.

PROW NC064

CRN 67433 > Staff • 3/7 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 68530 > Staff • 3/7 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

High Impact Presentations and Proposals for the Work Place

Explore and apply advanced presentation formatting, persuasion and delivery techniques needed in today's workforce. Practice tools to pitch your ideas, sell yourself in an interview, and structure presentations for clarity, brevity and impact. Influence others using verbal and nonverbal strategies. Emphasis on situational and audience analysis, persuasion, structure and delivery in workplace situations.

PROW NC067

CRN 68419 > Croyle, L M • 1/30 • WAKE-28 • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 68535 > Croyle, L M • 1/30 • ONLINE • **HF**
Tue 8:30am - 4:30pm (Lec)

CRN 68813 > Staff • 2/6 • ONLINE
Tue 8:30am - 4:30pm (Lec)

Professional Etiquette

Learn the behavior, communication and appearance needed for the professionalism to thrive and survive in the workplace.

PROW NC068

CRN 67446 > Staff • 2/29 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 68531 > Staff • 2/29 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Effectively Managing Workplace Stress

Eight-hour course addresses one of the biggest individual and societal problems today: the high costs of stress. We define stress and the many ways it negatively affects our personal health and effectiveness as employees and leaders. Also discussed is how stress can cripple companies, organizations and communities. After taking a stress inventory, proactive approaches to build resilience and lessen exposure to stress are explored. Learn and practice techniques which can help you more effectively handle the inevitable stresses you will encounter.

PROW NC083

CRN 66994 > Staff • 2/1 • WAKE-28 • **HF**
Thu 8:30am - 4:30pm (Lec)

CRN 68526 > Staff • 2/1 • ONLINE • **HF**
Thu 8:30am - 4:30pm (Lec)

Trust and Conflict Resolution

Focuses on the proactive approach of building trust and relationships at work and in your personal life as a means to minimize conflict and mitigate it once it occurs. Also covers how to handle yourself once in a conflict and how to restore trust and relationships after conflict has occurred. Conflict is inevitable and natural, and once we understand and practice the emotional intelligence and communication skills that contribute to positive relationship building, we are in a better position to succeed in all aspects of our lives.

PROW NC084

CRN 69040 > Staff • 3/6 • WAKE • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 69041 > Staff • 3/6 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Building Resilience in the Workplace

Because of our global economy and our 24/7 access to the internet and technology, work is a constant presence in our lives. With more hours put in, and more stress related to work and work life balance, workers need to have and develop skills, techniques and mindsets that not only help them better cope, but thrive in the work environment. Course focuses on why resilience is key to success and on examining the foundational components of resilience and how to incorporate them into your daily life.

PROW NC085

CRN 66996 > Staff • 2/28 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 68528 > Staff • 2/28 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Thriving in a Multigenerational Workforce

With up to five different generations in the U.S. workforce, we must better understand how this impacts workplace dynamics and effectiveness. This course explores the differences among the generations and develops the tools needed to capitalize on the strengths that each generation brings to better collaborate across generations for greater gains.

PROW NC086

CRN 68439 > Staff • 4/17 • WAKE • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 68532 > Staff • 4/17 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Planning for Your Future Success

Workplace changes as a result of cultural and global pandemic related shifts, client needs, new technology, and retirement of baby boomers require students to evaluate their current work skills to better position themselves as qualified candidates for future positions. Students use self evaluation to discover gaps in work experience and skills. They compare the differences between their current abilities and what a particular job requires and then develop a plan to bridge that gap and better prepare themselves to meet the requirements of the evolving workplace.

PROW NC087

CRN 68411 > Staff • 5/1 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 68534 > Staff • 5/1 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

The Art and Science of Giving and Receiving Feedback

Feedback is critical to improving individual performance and organizational effectiveness. Sharing information on what can and needs to be improved helps optimize work processes and gets things done more efficiently. This class clearly outlines why the most successful organizations only exist in an atmosphere of open feedback and provides techniques and practical applications of best practices in giving and receiving feedback.

PROW NC088

CRN 66951 > Staff • 4/3 • WAKE-28 • **HF**
Wed 8:30am - 4:30pm (Lec)

CRN 68538 > Staff • 4/3 • ONLINE • **HF**
Wed 8:30am - 4:30pm (Lec)

Tutoring

Tutor Training Across the Disciplines

An introduction to the basic principles of tutorial theory and practice, designed for students who are seeking to be tutors in the various tutoring programs at SBCC. Covers tutoring ethics and philosophy, and applying learning-centered theory to the practice of tutoring. Students learn about the cycle of tutoring, the basics of tutoring communication and strategies of tutoring students. Designed to prepare students to be peer tutors with students at all educational levels and disciplines; individually, in groups and online. Requires faculty recommendation of tutors who typically have been students in their classes. Tutors receive instruction in learning theories, communication skills, problem-solving strategies, teaching strategies, student services (to make appropriate referrals), campus policies, etc.

TUTW NC199

CRN 67247 > Staff • 1/22 - 5/18 • WCC-303
SAT 9:00am - 1:00pm (Lec)
Fri 1:00pm - 5:00pm (Lec)

CRN 67253 > Staff • 2/23 • ONLINE
Fri 1:00pm - 5:00pm (Lec)
Staff • 2/24 • ONLINE

CRN 68807 > Staff • 3/8 • ONLINE
Fri 1:00pm - 5:00pm (Lec)
Staff • 3/9 • ONLINE

CRN 68808 > Staff • 3/13 • ONLINE
EVE Wed 5:00pm - 7:00pm (Lec)

CRN 68809 > Staff • 3/20 - 3/23 • ONLINE
Wed Fri 1:00pm - 5:00pm (Lec)
Staff • 3/23 • ONLINE

Need Application and Registration Help?

For Self-Help,
Step-by-Step Guides, go to:
**[sbcc.edu/extendedlearning/
get-help.php](https://sbcc.edu/extendedlearning/get-help.php)**

EMAIL

SELAdmissions@sbcc.edu

Questions are responded to
within 24-48 business hours
Monday - Friday.

TELEPHONE

(805) 683-8205

Telephone hours of operation:

Check our website for updated
telephone hours.

Go to:

sbcc.edu/extendedlearning/get-help.php

IN-PERSON

Schott and Wake Campus

Check our website for updated hours
for each campus main office.

Go to:

sbcc.edu/extendedlearning/get-help.php

Land your next job by developing employability skills at the Career Skills Institute!



*How do you demonstrate your competitive job skills to employers? By earning **certificates and digital badges**. Enroll in our **free**, noncredit, certificated courses and obtain high-demand skills in these popular areas:*

Customer Relations*

Digital Design Basics*

Ecological Landscape Design

Emerging Leaders*

Enterprise Communication*

High Performance Teams*

Introduction to Bookkeeping and Accounting*

Leader for Diversity, Equity, and Inclusion*

Medical Assistant Training

Managing to Maximize Performance

Microsoft Office Skills, Level 1, 2 and 3*

Personal Care Attendant*

Project Management*

Quickbooks Basics for Small Business

Small Scale Food Production for the Home Landscape*

Sustainable Building Module

Web Designer

and more...

***Can be obtained in one semester.**

Learn more at: csi.cccbadges.org/sbcc-catalog or scan the QR code>>>>>



**SB SCHOOL OF
CC EXTENDED
LEARNING**



TIME TO GET TO BUSINESS!

ENTREPRENEURS AND SMALL BUSINESS OWNERS

Get the skills, training and assistance you and your employees need – at SBCC School of Extended Learning, in partnership with EDC's Small Business Development Center!

Short classes and workshops | Expert advisors and resources



ECONOMIC
DEVELOPMENT
COLLABORATIVE



NO-COST TRAINING AND ASSISTANCE! GET STARTED TODAY!

(805) 898-8160 sbcc.edu/smallbiz

The Economic Development Collaborative hosts the Small Business Development Center and is funded in part through a cooperative agreement with the U.S. Small Business Administration and a grant with the Governor's Office of Economic Development.

English as a Second Language (ESL)



ABOUT THE SCHEDULE

CRN: "Course Reference Number" is used to register in a specific, tuition-free noncredit class.

EVE: **EVE** indicates evening classes.

HF: HyFlex (**HF**) classes have faculty teaching in the classroom with students participating in-person or via Zoom.

ID: "ID number" is used to register for a specific Life Enhancement fee-based class.

LOCATION: For complete location names and addresses, see page 62, "Directory of Locations."

Introduction to ESL

Students learn to identify symbols in their lives including, but not limited to letters, numbers, time, direction, money, calendar, schedules and appointments. Students listen, speak, read and write in English at a pace determined by their own abilities and progress. Students increase confidence in classroom skills such as responding to teacher's questions, asking for help and working in pairs and groups.

ESLN NC000

- CRN 66694** > McLaughlin-Montero, E • 1/22 - 3/16 • SCHOTT-29
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66697** > Scherz, A F • 1/22 - 3/16 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66699** > Braden, S P • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 8:30am - 10:50am (Lec)
- CRN 66701** > Grabowski, A L • 1/22 - 3/16 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66702** > Corcoran, K G • 1/22 - 3/16 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66703** > Valenzuela, A M • 1/22 - 3/16 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66695** > Scherz, A F • 3/18 - 5/18 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 66696** > Braden, S P • 3/18 - 5/18 • ONLINE
Mon Tue Wed Thu 8:30am - 10:45am (Lec)
- CRN 66698** > McLaughlin-Montero, E • 3/18 - 5/18 • SCHOTT-29
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 66704** > Grabowski, A L • 3/18 - 5/18 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 66705** > Corcoran, K G • 3/18 - 5/18 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 66706** > Valenzuela, A M • 3/18 - 5/18 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 69278** > Braden, S P • 1/22 - 5/18 • SCHOTT-5
EVE Tue Thu 6:30pm - 8:55pm (Lec)

Pronunciation and Speaking Skills: Beginning ESL

Students practice beginning level speaking skills related to daily life situations and tasks. Students learn pronunciation basics for English language proficiency and gain confidence in appropriate and clear verbal interaction for community and classroom. Topics include personal information, family, jobs, school, and daily life.

ESLN NC005

- CRN 68911** > Stein, G E • 1/22 - 3/16 • ONLINE
Fri 9:00am - 11:20am (Lec)
- CRN 68912** > Stein, G E • 3/18 - 5/18 • ONLINE
Fri 9:00am - 11:20am (Lec)

No Computer? No Problem!

Free access to computers is available to registered learners.

Conéctese Donde Sea Con Su Computadora, Telefono, O Tableta. No Tiene Computadora? No Hay Problema!

Acceso gratuito de computadoras, para estudiantes registrados.

Contact us today!

Email: NCsss@sbcc.edu

Phone: (805) 898-8160

Pronunciation and Conversation: Beyond ESL Basics

Students practice clear pronunciation of American English at a beginning high or intermediate low level. Students gain confidence in communication skills to increase work opportunities and community involvement, and increase comprehensibility to help with daily verbal interaction in the community and classroom. Language topics include intonation, rhythm, stress and letter sounds in English.

ESLN NC006

- CRN 66711** > Esparza, D • 1/22 - 3/16 • ONLINE
Fri 9:00am - 11:30am (Lec)
- CRN 66714** > Grabowski, A L • 1/22 - 3/16 • SCHOTT-28
EVE Fri 6:00pm - 9:20pm (Lec)
- CRN 66712** > Esparza, D • 3/18 - 5/18 • ONLINE
Fri 9:00am - 11:30am (Lec)
- CRN 66715** > Grabowski, A L • 3/18 - 5/18 • SCHOTT-28
EVE Fri 6:00pm - 9:05pm (Lec)

Pronunciation and Conversation: Intermediate

Students learn to recognize and produce clear pronunciation of standard American English for intermediate students. Instruction focuses on sound mechanics, correct verb tense endings, intonation, rhythm, and stress. Students increase vocabulary and fluency to gain confidence in clear verbal interaction.

ESLN NC007

- CRN 66717** > Stephen, J A • 1/22 - 3/16 • ONLINE
Mon Wed Noon - 2:35pm (Lec)
- CRN 67497** > Lyhitchenko, N • 1/22 - 5/18 • CCP
EVE Tue Thu 5:30pm - 7:00pm (Lec)
- CRN 68849** > Grabowski, A L • 1/22 - 3/16 • SCHOTT-30
Mon Wed Noon - 2:30pm (Lec)
- CRN 66716** > Stephen, J A • 3/18 - 5/18 • ONLINE
Mon Wed Noon - 2:30pm (Lec)
- CRN 68850** > Grabowski, A L • 3/18 - 5/18 • SCHOTT-30
Mon Wed 12:30pm - 2:45pm (Lec)

ESL Intermediate High Grammar

Intermediate high ESL students will use an integrated skills approach that includes reading, writing, listening, and speaking in a variety of contexts to increase confidence when communicating in English. Students learn English grammar and usage and grammatical concepts in spoken and written English. Topics include verb tenses, question formation, connectors, noun clauses, formal vs. informal, omission, reductions, and phrasal verbs. Students identify and use grammatical elements to compose and communicate using a variety of sentence styles, patterns, and tenses.

ESLN NC009

- CRN 66720** > Scherz, A F • 1/22 - 3/16 • WAKE 16
Mon Wed 12:30pm - 3:05pm (Lec)
- CRN 67498** > Arnold, T D • 1/22 - 3/16 • SCHOTT-30
Tue Thu Noon - 2:30pm (Lec)
- CRN 66721** > Scherz, A F • 3/18 - 5/18 • WAKE 16
Mon Wed 12:30pm - 3:00pm (Lec)
- CRN 68918** > Arnold, T D • 3/18 - 5/18 • SCHOTT-30
Tue Thu Noon - 2:30pm (Lec)

Political and Cultural History of the United States: ESL

Intermediate ESL students learn the political and cultural history of the United States and its government. Topics include the history of the native people and the settlers, the political history of the founders of the United States and how the government was formed, and a review of the current political process as it functions in the United States.

ESLN NC011

- CRN 66724** > Bellido, L • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 8:00am - 8:55am (Lec)



Acceda a servicios de asesoramiento empresarial sin costo a través del EDC SBDC. Programe una cita hoy mismo en

calendly.com/edc-sbdc

Oficina satélite del EDC SBDC situada en el Centro Wake y Schott



ESL Parent Involvement in K-12

Provides parents with knowledge and tools to navigate the public school system. Students design a home environment that supports learning for their children. Students learn to demonstrate the ability to express high expectations for their children's achievements and develop skills to become involved in their children's education at school and in the community.

ESLN NC013

CRN 66727 > Bellido, L • 1/22 - 3/16 • ONLINE
Fri 8:30am - 11:30am (Lec)

CRN 66726 > Bellido, L • 3/18 - 5/18 • ONLINE
Fri 8:30am - 11:30am (Lec)

American Culture for ESL Students

Students learn about American culture and values through teacher-directed discussion and activities, conversations using idioms, readings and writings, and participation in an analysis of American culture. Students explore how famous American people, places and events influenced American values, beliefs, and attitudes and how they contributed to forming the American Dream. English used will be geared to beginning high and intermediate level ESL students.

ESLN NC017

CRN 66728 > Bellido, L • 3/18 - 5/18 • ONLINE
Mon Tue Wed 8:00am - 8:50am (Lec)

Intermediate ESL Vocabulary

Students learn new vocabulary and usage for intermediate low and high English. Students will be able to express themselves more effectively with landlords, receptionists, doctors, teachers, and other community members. Some vocabulary topics include: family, school, professions, food, home, and clothing. Word decoding skills include: synonyms, antonyms, homophones, prefixes, and suffixes

ESLN NC018

CRN 66729 > Turjoman, A • 1/22 - 2/15 • ONLINE
Tue Thu Noon - 2:30pm (Lec)

CRN 66730 > Turjoman, A • 3/18 - 4/18 • ONLINE
Tue Thu Noon - 2:30pm (Lec)



ESL 1 - A: Beginning Low

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 1, beginning low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics related to shopping and money.

ESLN NC01A

CRN 66732 > Corcoran, K G • 3/18 - 5/18 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:15am (Lec)

CRN 66733 > Scherz, A F • 3/18 - 5/18 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)

CRN 66734 > Grabowski, A L • 3/18 - 5/18 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)

CRN 66735 > Braden, S P • 3/18 - 5/18 • ONLINE
Mon Tue Wed Thu 8:30am - 10:45am (Lec)

CRN 66736 > Valenzuela, A M • 3/18 - 5/18 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:15am (Lec)

CRN 66740 > Chin, T Y • 3/18 - 5/18 • SCHOTT-28
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)

**Class schedule is subject to change.
Before registering for classes, verify meeting
dates, days and times.**

**For more information call (805) 683-8233
or email: ncesi@sbcc.edu. Visit us at Wake
Campus room 12 or go to:
sbcc.edu/extendedlearning/esl.php**

**El horario de clases está sujeto a cambios.
Antes de registrarse verifique las fechas,
días y horarios de las clases.**

**Para mas información llame al (805) 683-8233
o envíe correo electrónico a: ncesi@sbcc.edu.**

**Visitenos en Wake Campus Salon 12 o visite:
sbcc.edu/extendedlearning/esl.php**



ESL CLASSES

Check our website for
updates sbcc.edu/ExtendedLearning/esl.php.

**Join our live video OR face-to-face
classes at Wake or Schott!**

**Visit our website for updated class
schedules, support information and more!**

sbcc.edu/ExtendedLearning/esl.php
OR call and leave a message (805) 683-8233.

Hablamos español.

No computer? No problem!

Free access to computers available
to registered learners.

**¡Únase a nuestro video en vivo o
clases presenciales en Wake o
Schott!**

**Visita nuestra página de internet
para horarios de clases, información
de apoyo, y más!**

sbcc.edu/ExtendedLearning/esl.php
ó llame y deja su mensaje a (805) 683-8233.
Hablamos español.

**Conéctese donde sea con su computadora,
telefono, o tableta. No tiene computadora?
No hay problema!**

Acceso gratuito de computadoras, para
estudiantes registrados.

ESL 1 - C Beginning Low

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 1, beginning low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, and Government and Law.

ESLN NC01C

- CRN 66742 > Grabowski, A L • 1/22 - 3/16 • WAKE-27
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66743 > Valenzuela, A M • 1/22 - 3/16 • WAKE-17
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66744 > Scherz, A F • 1/22 - 3/16 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66745 > Corcoran, K G • 1/22 - 3/16 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66748 > Chin, T Y • 1/22 - 3/16 • SCHOTT-28
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66749 > Braden, S P • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 8:30am - 10:50am (Lec)

ESL Idioms: Intermediate

Speaking skills using American English idioms related to daily life. Students gain confidence in verbal interaction and cultural assimilation by understanding and utilizing idioms effectively. Topics include idioms related to food, sports, colors, animals, the human body and verbs.

ESLN NC023

- CRN 66751 > Turjoman, A • 2/20 - 3/14 • ONLINE
Tue Thu Noon - 2:30pm (Lec)
- CRN 66752 > Staff • 4/23 - 5/16 • ONLINE
Tue Thu Noon - 2:30pm (Lec)

**SBCC School of Extended Learning Adult
High School and GED, Career Skills, and
English as a Second Language
programs are made possible
in part by the Santa Barbara
Adult Education Consortium.**



ESL 2 - A Beginning High

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 2, beginning high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics related to shopping and money.

ESLN NC02A

- CRN 66756** > Corcoran, K G • 3/18 - 5/18 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 66757** > Arnold, T D • 3/18 - 5/18 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 66758** > Bellido, L • 3/18 - 5/18 • ONLINE
Mon Tue Wed Thu 9:05am - 11:20am (Lec)
- CRN 66759** > Zell, L K • 3/18 - 5/18 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 66761** > Simon, R • 3/18 - 5/18 • ONLINE
Tue Wed Thu 8:30am - 11:30am (Lec)
- CRN 67484** > Baranoff, G S • 3/18 - 5/18 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 68302** > Cooper, A B • 3/18 - 5/18 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)

ESL 2 - C Beginning High

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 2, beginning high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, and Government and Law.

ESLN NC02C

- CRN 66764** > Bellido, L • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 9:05am - 11:25am (Lec)
- CRN 66765** > Corcoran, K G • 1/22 - 3/16 • SCHOTT-28
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66767** > Baranoff, G S • 1/22 - 3/16 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66768** > Arnold, T D • 1/22 - 3/16 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66769** > Zell, L K • 1/22 - 3/16 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66771** > Simon, R • 1/22 - 3/16 • ONLINE
Tue Wed Thu 8:30am - 11:30am (Lec)
- CRN 68301** > Cooper, A B • 1/22 - 3/16 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)

ESL 3 - A Intermediate Low

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 3, intermediate low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics

ESLN NC03A

- CRN 66687** > Bellamy, J J • 3/18 - 5/18 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 66688** > Bellido, L • 3/18 - 5/18 • ONLINE
Mon Tue Wed Thu 9:05am - 11:20am (Lec)
- CRN 66689** > Turjoman, A • 3/18 - 5/18 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 66690** > Zell, L K • 3/18 - 5/18 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 66692** > Cooper, A B • 3/18 - 5/18 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 68388** > Arnold, T D • 3/18 - 5/18 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 69010** > Lopez, N L • 3/18 - 5/18 • ONLINE
Mon Tue Wed Thu 9:00am - 11:15am (Lec)

ESL 3 - C Intermediate Low

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 3, intermediate low courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, and Government and Law.

ESLN NC03C

- CRN 66774** > Bellido, L • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 9:05am - 11:25am (Lec)
- CRN 66775** > Zell, L K • 1/22 - 3/16 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66776** > Bellamy, J J • 1/22 - 3/16 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66777** > Turjoman, A • 1/22 - 3/16 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66779** > Cooper, A B • 1/22 - 3/16 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 68915** > Arnold, T D • 1/22 - 3/16 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 69011** > Lopez, N L • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)

Preparation for U.S. Naturalization-ESL

This class prepares immigrants to take the written and oral portions of the USCIS citizenship test in English. Topics include United States government, history, and vocabulary for the questions included in the test. Students learn to read, write, and comprehend the questions to answer verbally and appropriately to the interviewing officer.

ESLN NC040

CRN 66782 > Mancic-Johnson, S • 1/22 - 5/18 • SCHOTT-31
EVE Tue Wed Thu 6:00pm - 8:45pm (Lec)

ESL 4 - A Intermediate High

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 4, intermediate high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Personal Information and Consumer Economics.

ESLN NC04A

- CRN 66783** > Domondon, K V • 3/18 - 5/18 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 66784** > Bellamy, J J • 3/18 - 5/18 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 66785** > Zell, L K • 3/18 - 5/18 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 66787** > Cooper, A B • 3/18 - 5/18 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 67503** > Esparza, D • 3/18 - 5/18 • ONLINE
Mon Tue Wed Thu 9:00am - 11:15am (Lec)
- CRN 68917** > Arnold, T D • 3/18 - 5/18 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:15pm (Lec)
- CRN 68927** > Bellido, L • 3/18 - 5/18 • ONLINE
Mon Tue Wed Thu 9:05am - 11:25am (Lec)

ESL 4 - C: Intermediate High

One in a series of a three-course certificate of competency in noncredit English as a Second Language (ESL). Level 4, intermediate high courses are designed to support English Language Learners and adult immigrants in developing the vocabulary, reading, writing, speaking, and listening skills needed for living and working in the United States and in the local community. This contextualized ESL course integrates academic and employability skills and explores the topics of Employment, Education, Government and Law.

ESLN NC04C

- CRN 66788** > Bellamy, J J • 1/22 - 3/16 • SCHOTT-30
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66789** > Zell, L K • 1/22 - 3/16 • WAKE-13
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 66791** > Domondon, K V • 1/22 - 3/16 • ONLINE
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 66792** > Cooper, A B • 1/22 - 3/16 • SCHOTT-30
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 68290** > Esparza, D • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 9:00am - 11:20am (Lec)
- CRN 68916** > Arnold, T D • 1/22 - 3/16 • WAKE-13
EVE Mon Tue Wed Thu 7:00pm - 9:20pm (Lec)
- CRN 68925** > Bellido, L • 1/22 - 3/16 • ONLINE
Mon Tue Wed Thu 9:05am - 11:25am (Lec)



Por favor verifique en
sbcc.edu/ExtendedLearning
para obtener actualizaciones en tiempo real
y el estado de las operaciones en el campus.

Health and Safety



ABOUT THE SCHEDULE

CRN: "Course Reference Number" is used to register in a specific, tuition-free noncredit class.

EVE: **EVE** indicates evening classes.

HF: HyFlex (**HF**) classes have faculty teaching in the classroom with students participating in-person or via Zoom.

ID: "ID number" is used to register for a specific Life Enhancement fee-based class.

LOCATION: For complete location names and addresses, see page 62, "Directory of Locations."

Nutrition for Longevity

Students learn how wholesome food can increase our quality of life and extend it. Focuses on what to eat, how to select and prepare nutritious food, and when and how to enjoy it. Topics also include the food choices and lifestyle of the centenarians who live in the *Blue Zones*. Students discover which foods contain antioxidants that reduce inflammation and why eating them is recommended.

HEAL NC009

CRN 67339 > Cardillo, G • 1/22 - 3/16 • CARPLB
EVE Wed 5:30pm - 7:00pm (Lec)

Health and Wellness for Older Adults: Active Body, Active Mind

Course includes assessment of the processes of aging and the importance of exercise and nutrition in maintaining independence, safety and well being. Emphasis will be placed on cognitive and physical exercise, diet, stress reduction, disease and injury prevention and consumer health information.

HEAL NC011

CRN 65960 > Saenger, S • 1/22 - 4/22 • SCHOTT-14
Mon 3:00pm - 4:10pm (Lec)

CRN 67285 > Saenger, S • 1/24 - 4/17 • ONLINE
Wed 3:00pm - 4:10pm (Lec)

CRN 68567 > Saenger, S • 1/25 - 4/18 • WAKE-33
Thu 3:00pm - 4:10pm (Lec)

CRN 67717 > O'Connor, K A • 1/29 - 3/8 • PE-113
Mon Fri 10:00am - 11:00am (Lec)
O'Connor, K A • 3/11 - 3/22 • PE-113
Mon Fri 10:00am - 11:00am (Lab)

CRN 68283 > O'Connor, K A • 4/1 - 4/29 • PE-113
Mon Fri 10:00am - 11:00am (Lec)

CRN 67285 > Saenger, S • 4/24 - 5/8 • ONLINE
Wed 3:00pm - 4:00pm (Lab)

CRN 68567 > Saenger, S • 4/25 • WAKE-33
Thu 3:00pm - 4:10pm (Lab)

CRN 68283 > O'Connor, K A • 5/3 • PE-113
Fri 10:00am - 11:00am (Lab)

CRN 65960 > Saenger, S • 5/6 • SCHOTT-14
Mon 3:00pm - 3:55pm (Lab)

Sit and Get Fit

This "everyone-can-do" body/mind class helps encourage and improve mobility, flexibility, strength, balance, posture, breathing and relaxation. Exercising from a seated position makes it ideal for, but not limited to, those challenged with Parkinson's, multiple sclerosis, arthritis or for adults new to exercise. Special consideration for participant needs makes this class useful and unique to each individual. Develop attitudes and learn techniques that work for you. Make this fun, light-hearted approach to exercise a weekly highlight.

HEAL NC068

CRN 68573 > Checketts, M A • 3/18 - 5/18 • SCHOTT-14
Tue Noon - 1:30pm (Lec)

Body-Mind Medicine: Brain Longevity

Class teaches how the body-mind complex can maintain healthy balance or be responsible for disease. Students learn that living with physical or emotional stressors increases our risk of depression, anxiety and common physical ailments. Topics include the psychosomatics of everyday life, including the relationship between stressors, regulatory peptides (hormones, prostaglandins, and neurotransmitters). Medical evidence has found various means of restoring emotional balance, including psychotherapy, herbs, nutrition, yoga, homeopathy, and prayer.

HEAL NC092

CRN 66927 > Checketts, M A • 1/22 - 5/18 • SCHOTT-23
EVE Wed 6:30pm - 8:30pm (Lec)

Mobilizing Your Healing Force

Students learn to use writing as a way of healing from emotional and/or physical pain resulting from chronic illness, loss of a loved one or other traumatic events. Students participate in guided writing activities in response to prompts from authors who have used writing as a way of healing. Students set goals of self-expression, opening, and healing and benefit from open avenues of communication in a safe environment. Students share reflections, thoughts and feelings, resulting in improved immune response.

HEAL NC182

CRN 68572 > Checketts, M A • 1/22 - 3/16 • SCHOTT-23
EVE Wed 6:30pm - 7:50pm (Lec)

Home Economics



ABOUT THE SCHEDULE

CRN: "Course Reference Number" is used to register in a specific, tuition-free noncredit class.

EVE: **EVE** indicates evening classes.

HF: HyFlex (**HF**) classes have faculty teaching in the classroom with students participating in-person or via Zoom.

ID: "ID number" is used to register for a specific Life Enhancement fee-based class.

LOCATION: For complete location names and addresses, see page 62, "Directory of Locations."

Individualized Sewing

This class is designed for the student who has a desire to learn to sew and/or improve their sewing skills. Students will be guided through the techniques necessary to construct a project of their choice. Projects will provide the opportunity for creativity, achievement and success through a combination of theory and practical experience.

HMEC NC906

- CRN 66507** > Fuentes, L • 1/22 - 3/16 • WAKE-9
Tue 9:30am - 1:00pm (Lec/Lab)
- CRN 67646** > Fuentes, L • 1/22 - 3/16 • WAKE-9
Mon 9:30am - 1:30pm (Lec/Lab)
- CRN 67652** > Vestal, P L • 1/22 - 3/16 • WAKE-9
Thu 8:30am - Noon (Lec/Lab)
- CRN 67655** > Vestal, P L • 1/22 - 3/16 • WAKE-9
EVE Thu 5:30pm - 9:00pm (Lec/Lab)
- CRN 68464** > Vestal, P L • 1/22 - 3/16 • WAKE-9
Thu 12:30pm - 4:00pm (Lec/Lab)
- CRN 68466** > Brooks, J A • 1/22 - 3/16 • WAKE-9
Wed 8:30am - 11:55am (Lec/Lab)
- CRN 68467** > Hansen, R A • 1/22 - 3/16 • WAKE-9
Wed 12:30pm - 3:55pm (Lec/Lab)
- CRN 69121** > Fuentes, L • 1/22 - 3/16 • WAKE-9
Tue 1:30pm - 5:00pm (Lec/Lab)
- CRN 65898** > Hansen, R A • 3/18 - 5/18 • WAKE-9
Wed 12:30pm - 3:55pm (Lec/Lab)
- CRN 66487** > Fuentes, L • 3/18 - 5/18 • WAKE-9
Tue 9:30am - 12:55pm (Lec/Lab)
- CRN 67645** > Fuentes, L • 3/18 - 5/18 • WAKE-9
Mon 9:30am - 12:50pm (Lec/Lab)
- CRN 67648** > Vestal, P L • 3/18 - 5/18 • WAKE-9
Thu 8:30am - Noon (Lec/Lab)
- CRN 67654** > Vestal, P L • 3/18 - 5/18 • WAKE-9
EVE Thu 5:40pm - 8:50pm (Lec/Lab)
- CRN 67658** > Brooks, J A • 3/18 - 5/18 • WAKE-9
Wed 8:30am - 11:55am (Lec/Lab)
- CRN 68465** > Vestal, P L • 3/18 - 5/18 • WAKE-9
Thu 12:30pm - 4:00pm (Lec/Lab)
- CRN 69122** > Fuentes, L • 3/18 - 5/18 • WAKE-9
Tue 1:30pm - 5:25pm (Lec/Lab)

Patchwork and Quilting

Course develops skills introduced in Beginning Quiltmaking. Intermediate techniques are introduced and beginning-level techniques are reviewed. Older adults will learn various quiltmaking techniques and each term focuses on a specialized quilting style, subject or theme.

HMEC NC943

- CRN 68468** > Hansen, R A • 1/22 - 3/16 • WAKE-9
Fri 1:00pm - 4:55pm (Lec/Lab)
- CRN 68469** > Hansen, R A • 3/18 - 5/18 • WAKE-9
Fri 1:00pm - 4:25pm (Lec/Lab)



Older Adults



ABOUT THE SCHEDULE

CRN: "Course Reference Number" is used to register in a specific, tuition-free noncredit class.

EVE: **EVE** indicates evening classes.

HF: HyFlex (**HF**) classes have faculty teaching in the classroom with students participating in-person or via Zoom.

ID: "ID number" is used to register for a specific Life Enhancement fee-based class.

LOCATION: For complete location names and addresses, see page 62, "Directory of Locations."

Creative Art

Beginning Oil Painting: For Older Adults

Basic oil painting skills are explored through practice and demonstration for the older adult. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful oil paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC101

- CRN 65670** > Runkle, C A • 1/22 - 3/16 • WAKE-7
Wed 9:00am - 11:50am (Lec/Lab)
- CRN 68219** > Runkle, C A • 1/22 - 3/16 • WAKE-7
EVE Tue 6:00pm - 8:50pm (Lec/Lab)
- CRN 65671** > Runkle, C A • 3/18 - 5/18 • WAKE-7
Wed 9:00am - 11:50am (Lec/Lab)
- CRN 68221** > Runkle, C A • 3/18 - 5/18 • WAKE-7
EVE Tue 6:00pm - 8:50pm (Lec/Lab)

Exploring Watercolor For Older Adults

Designed to enhance, improve and increase the older adult's knowledge and skills in watercolor painting. Students receive lessons in color theory, value, composition and a multitude of watercolor techniques. Older adults can improve hand-eye coordination and retention of information and theory by taking this course.

CRAO NC106

- CRN 65675** > Runkle, C A • 1/22 - 3/16 • SCHOTT-5
Thu 9:00am - 11:50am (Lec/Lab)
- CRN 65678** > Luminess, C J • 1/22 - 3/16 • SCHOTT-23
Tue 1:00pm - 3:50pm (Lec/Lab)
- CRN 65676** > Runkle, C A • 3/18 - 5/18 • SCHOTT-5
Thu 9:00am - 11:50am (Lec/Lab)
- CRN 65677** > Luminess, C J • 3/18 - 5/18 • SCHOTT-23
Tue 1:00pm - 3:50pm (Lec/Lab)

Keeping an Art Journal: For Older Adults

This course teaches older adults how to develop an art journal. Older adults will record their daily lives through the use of mixed media techniques in collage, painting and writing.

CRAO NC112

- CRN 65681** > Luminess, C J • 1/22 - 3/16 • SCHOTT-5
Mon 1:00pm - 5:05pm (Lec/Lab)
- CRN 65682** > Luminess, C J • 3/18 - 5/18 • SCHOTT-5
Mon 1:00pm - 4:25pm (Lec/Lab)

Color Exploration: For Older Adults

Color interaction is thoroughly explored through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successfully utilize color. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC115

- CRN 65683** > Shapiro, S O • 1/22 - 3/16 • ONLINE
Mon 8:50am - 12:10pm (Lec/Lab)
- CRN 68002** > Wilson, P P • 1/22 - 3/16 • WAKE
Thu 12:30pm - 3:20pm (Lec/Lab)
- CRN 66486** > Wilson, P P • 3/18 - 5/18 • WAKE-7
Thu 12:30pm - 3:20pm (Lec/Lab)
- CRN 67663** > Shapiro, S O • 3/18 - 5/18 • ONLINE
Mon 9:00am - Noon (Lec/Lab)

Beginning Outdoor Sketching in Pen, Ink and Watercolor: For Older Adults

Personalized instruction focuses on composition, simplifying perspective, color and style. The older adult student learns how adding color to ink sketches can transform even the simplest subject into a work of art while using Santa Barbara's picturesque scenes as subject matter. Increases student's observational skills by focusing on the visual details of the immediate and community environment.

CRAO NC124

- CRN 66795** > Shapiro, S O • 1/22 - 3/16 • ONLINE
Tue 9:00am - Noon (Lec/Lab)
- CRN 67664** > Shapiro, S O • 1/22 - 3/16 • ONLINE
Wed 9:00am - Noon (Lec/Lab)
- CRN 66796** > Shapiro, S O • 3/18 - 5/18 • ONLINE
Tue 9:00am - Noon (Lec/Lab)
- CRN 67665** > Shapiro, S O • 3/18 - 5/18 • ONLINE
Wed 9:00am - Noon (Lec/Lab)

Splashing Watercolor: For Older Adults

Through lecture, demonstrations and examples, the older adult student learns a variety of approaches and techniques to watercolor. Older adult students exercise cognitive and social skills working and communicating with their peers. Students learn a variety of styles, color theory and composition. The class includes a strong emphasis on color and light. Students receive individual and group attention and critiques.

CRAO NC126

- CRN 65687** > Luminess, C J • 1/22 - 3/16 • SCHOTT-5
Wed 9:00am - 11:50am (Lec/Lab)
- CRN 65688** > Luminess, C J • 3/18 - 5/18 • SCHOTT-5
Wed 9:00am - 11:50am (Lec/Lab)

Art and the Environment: For Older Adults

Older adult students enhance their landscape painting skills and learn about the importance of Santa Barbara's endangered landscapes. Students develop creativity, improve concentration, problem solving, decision-making skills, and mental focus, and enhance fine motor skills through composition of paintings and the manipulation of drawing and painting tools. Instruction in oils, pastels and watercolor, however, any medium and all skill levels are welcomed. Most classes will meet directly on location.

CRAO NC135

- CRN 65690** > Runkle, C A • 1/22 - 3/16 • FIELD
Mon 2:00pm - 5:05pm (Lec/Lab)
- CRN 65691** > Runkle, C A • 3/18 - 5/18 • FIELD
Mon 2:00pm - 4:50pm (Lec/Lab)

Painting in Acrylic: For Older Adults

The older adult student uses acrylics to experiment and create rich vibrant paintings. Color theory is explored, composition and design principles are discussed, as the student creates a series of individual paintings, increasing ability to retain and apply knowledge, increase facility with using tools, and enhance visual focus and attention to detail and structure.

CRAO NC138

- CRN 68480** > Harvey, L M • 1/22 - 3/16 • SCHOTT-23
Thu 1:00pm - 3:50pm (Lec/Lab)
- CRN 68481** > Harvey, L M • 3/18 - 5/18 • SCHOTT-23
Thu 1:00pm - 3:50pm (Lec/Lab)

Watercolor and the Great Outdoors: For Older Adults

Basic watercolor painting skills are explored while appreciating nature. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful nature paintings en plein air. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC142

- CRN 65696** > Henderson III, L T • 1/22 - 3/16 • OAKPK
Thu 9:00am - 12:30pm (Lec/Lab)
- CRN 65697** > Henderson III, L T • 3/18 - 5/18 • OAKPK
Thu 9:00am - 12:30pm (Lec/Lab)

Intermediate and Advanced Painting: For Older Adults

Focuses on creating a complex understanding of concepts and techniques in painting across a range of media. Advanced painting techniques are explored through practice and demonstration. Seeks to coordinate the creative process with a complex technical skill set necessary to make successful paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC146

- CRN 65711** > Runkle, C A • 1/22 - 3/16 • WAKE-7
Mon 9:00am - 12:55pm (Lec/Lab)
- CRN 65712** > Runkle, C A • 3/18 - 5/18 • WAKE-7
Mon 9:00am - 12:30pm (Lec/Lab)

Questions? Contact Us!

Email: NCsss@sbcc.edu
Phone: (805) 898-8160

Beginning Watercolor, Painting with the Flow: For Older Adults

Covers color mixing and color theory, composition, the elements of design and how to make your paintings come to life by utilizing the effects of light and shadow. Older adults/students are encouraged to paint freely and discover individual style. Includes painting demonstrations and creative warm-up exercises. Improves retention and application of knowledge and theory, ability to notice details in light and shadow, and enhances self-confidence and socialization skills.

CRAO NC154

- CRN 65716** > Henderson III, L T • 1/22 - 3/16 • SCHOTT-5
EVE Tue 6:00pm - 8:50pm (Lec/Lab)
- CRN 65718** > Henderson III, L T • 3/18 - 5/18 • SCHOTT-5
EVE Tue 6:00pm - 8:50pm (Lec/Lab)

Botanical Illustration: For Older Adults

Focuses on the specific history and techniques associated with depicting flora. Basic botanical illustration skills are acquired and understood through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific genre. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult.

CRAO NC156

- CRN 65719** > Runkle, C A • 1/22 - 3/16 • SCHOTT-5
Tue 1:00pm - 4:30pm (Lec/Lab)
- CRN 66104** > Shapiro, S O • 1/22 - 3/16 • ONLINE
Thu 9:00am - 12:30pm (Lec/Lab)
- CRN 65720** > Runkle, C A • 3/18 - 5/18 • SCHOTT-5
Tue 1:00pm - 4:30pm (Lec/Lab)
- CRN 66121** > Shapiro, S O • 3/18 - 5/18 • ONLINE
Thu 9:00am - 12:30pm (Lec/Lab)

New Techniques in Painting and Mixed Media: For Older Adults

Older adult students combine a variety of new painting techniques with mixed media to create fascinating art forms, exercising ability to think in new and creative ways. Students develop a body of significant work and enhance fine skills in a novel way through the freedom of mastering painting expression with embellished applications of three-dimensional textures. Students improve ability to retain and analyze information and apply it to painting, increasing emotional well-being through newfound perceptions in art. Works of Rauschenberg, Jasper Johns, de Kooning and others will be analyzed.

CRAO NC169

- CRN 65899** > Denny, L E • 1/22 - 3/16 • ONLINE
EVE Wed 5:30pm - 8:20pm (Lec/Lab)
- CRN 68004** > Denny, L E • 1/22 - 3/16 • ONLINE
Mon 1:00pm - 4:00pm (Lec/Lab)
- CRN 65900** > Denny, L E • 3/18 - 5/18 • ONLINE
EVE Wed 5:30pm - 8:20pm (Lec/Lab)
- CRN 68005** > Denny, L E • 3/18 - 5/18 • ONLINE
Mon 1:00pm - 4:00pm (Lec/Lab)

Collage and Mixed Media: For Older Adults

This course teaches older adults the art history, composition, and hands-on techniques for collage, assemblage, and mixed media. Older adults will maintain or improve dexterity and mental acuity through the weekly completion of collage and mixed media projects, emphasizing the principles and elements of composition.

CRAO NC184

- CRN 65723** > Luminess, C J • 1/22 - 3/16 • SCHOTT-23
Wed 1:00pm - 3:50pm (Lec/Lab)
- CRN 65724** > Luminess, C J • 3/18 - 5/18 • SCHOTT-23
Wed 1:00pm - 3:50pm (Lec/Lab)

Abstract Painting: For Older Adults

An abstract approach to painting is explored. Seeks to coordinate the creative process with a complex technical skill set necessary to make successful abstract paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC190

- CRN 65726** > Denny, L E • 1/22 - 3/16 • ONLINE
Tue 1:00pm - 3:50pm (Lec/Lab)
- CRN 65728** > Denny, L E • 1/22 - 3/16 • ONLINE
Thu 1:00pm - 3:50pm (Lec/Lab)
- CRN 66803** > Luminess, C J • 1/22 - 3/16 • SCHOTT-5
Fri 9:00am - 12:05pm (Lec/Lab)
- CRN 65729** > Luminess, C J • 3/18 - 5/18 • SCHOTT-5
Fri 9:00am - Noon (Lec/Lab)
- CRN 67282** > Denny, L E • 3/18 - 5/18 • ONLINE
Tue 1:00pm - 3:50pm (Lec/Lab)
- CRN 67283** > Denny, L E • 3/18 - 5/18 • ONLINE
Thu 1:00pm - 4:25pm (Lec/Lab)

Artist's Open Studio: For Older Adults

Older adult students identify and examine personal interests and aptitudes in the arts. Students of all levels sketch and paint in an open lab setting assimilating the principles and ideas derived from studying master artists and viewing great works of art.

CRAO NC193

- CRN 65730** > Wilson, P P • 1/22 - 3/16 • ONLINE
Tue 1:00pm - 3:50pm (Lec/Lab)
- CRN 65731** > Wilson, P P • 3/18 - 5/18 • ONLINE
Tue 1:00pm - 3:50pm (Lec/Lab)

Class Schedule is Subject to Change

Please check online for up-to-date class information such as meeting times, location changes, cancellations and newly added class sections. Go to:

sbcc.edu/ExtendedLearning

Beginning Drawing: For Older Adults

Focuses on developing foundational techniques of drawing as an artistic expression. Basic drawing skills are explored through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful drawings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for older adults. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC211

- CRN 66816** > Luminess, C J • 1/22 - 3/16 • SCHOTT-6
Thu 12:30pm - 3:35pm (Lec/Lab)
- CRN 68269** > Luminess, C J • 1/22 - 3/16 • ONLINE
Thu 12:30pm - 3:35pm (Lec/Lab)
- CRN 68493** > Wilson, P P • 1/22 - 3/16 • ONLINE
Wed 12:30pm - 3:35pm (Lec/Lab)
- CRN 66817** > Luminess, C J • 3/18 - 5/18 • SCHOTT-6
Thu 12:30pm - 3:35pm (Lec/Lab)
- CRN 68270** > Luminess, C J • 3/18 - 5/18 • ONLINE
Thu 12:30pm - 3:35pm (Lec/Lab)
- CRN 68494** > Wilson, P P • 3/18 - 5/18 • ONLINE
Wed 12:30pm - 3:35pm (Lec/Lab)

Figure Drawing: For Older Adults

Beginning and intermediate level older adult students have the opportunity to draw directly from a live model for three hours. Older adults develop manual dexterity and coordination and benefit from brain enhancing, creative self-expression. Individualized instruction is provided to address student's diverse learning styles and abilities.

CRAO NC218

- CRN 67666** > Henderson III, L T • 1/22 - 3/16 • ONLINE
Tue 9:00am - 11:50am (Lec/Lab)
- CRN 65749** > Henderson III, L T • 3/18 - 5/18 • ONLINE
Tue 9:00am - 11:50am (Lec/Lab)



Printmaking Like a Pro: For Older Adults

Older adult students explore a variety of drypoint printmaking processes in both intaglio and relief formats. Students develop creative self-expression, exercise manual dexterity, and enhance mental acuity while using printmaking tools, equipment, papers, and inks.

CRAO NC220

- CRN 68495** > Pryor, R P • 1/22 - 3/16 • SCHOTT-23
EVE Mon 5:30pm - 8:20pm (Lec/Lab)
- CRN 66998** > Pryor, R P • 3/18 - 5/18 • SCHOTT-23
EVE Mon 5:30pm - 8:20pm (Lec/Lab)

Beginning Drawing, Introduction to the Human Figure: For Older Adults

Beginning level older adult students have the opportunity to draw directly from a live model for three hours. Older adults develop manual dexterity and coordination and benefit from brain enhancing, creative self-expression.

CRAO NC277

- CRN 66406** > Kelly, C M • 1/22 - 3/16 • SCHOTT-23
Mon 1:00pm - 4:00pm (Lec/Lab)
- CRN 68496** > Kelly, C M • 1/22 - 3/16 • SCHOTT-23
EVE Mon 6:00pm - 9:00pm (Lec/Lab)
- CRN 68997** > Kelly, C M • 3/18 - 5/18 • SCHOTT-23
Mon 1:00pm - 4:00pm (Lec/Lab)
- CRN 68998** > Kelly, C M • 3/18 - 5/18 • SCHOTT-23
EVE Mon 6:00pm - 9:00pm (Lec/Lab)

Beginning Stone Carving: For Older Adults

Older adult students will learn the fundamentals of stone carving through practice and demonstration, focusing on the basic techniques of carving. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful work using hand tools to carve alabaster. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem-solving.

CRAO NC356

- CRN 67573** > Davis, R S • 1/22 - 3/16 • H-104
SAT 9:30am - 12:55pm (Lec/Lab)
- CRN 67594** > Davis, R S • 3/18 - 5/18 • H-104
SAT 9:30am - 12:55pm (Lec/Lab)

Southwest Style Jewelry: For Older Adults

Older adult students will receive instruction on how to use various jewelry making tools and equipment to create Southwest style jewelry. Students will improve mental focus and physical dexterity, exercise creative self-expression, and benefit from social engagement in a group activity.

CRAO NC433

- CRN 68497** > Stanley, C • 1/22 - 3/16 • WAKE-8
Wed 1:00pm - 4:00pm (Lec/Lab)
- CRN 67595** > Stanley, C • 3/18 - 5/18 • WAKE-8
Wed 1:00pm - 4:00pm (Lec/Lab)

Specialized Jewelry Techniques: For Older Adults !

Older adult students learn the technical and challenging processes used in art jewelry. Techniques may include but are not limited to one of the following: roller printing and stamping, hydraulic press, repoussage and chasing, chain making, filigree, fabric techniques in metal, engraving, metal inlay, etching, reticulation, fusing, granulation, mokume gane and metal lamination, cold connections, boxes and lockets, bone carving and hanging, keum boo, stone setting or coloring metals.

CRAO NC434

CRN 68498 > Stanley, C • 1/22 - 3/16 • WAKE-8
EVE Wed 5:30pm - 8:20pm (Lec/Lab)

CRN 69091 > Leleu, B • 1/22 - 3/16 • WAKE-8
Fri 9:00am - 12:05pm (Lec/Lab)

CRN 67596 > Stanley, C • 3/18 - 5/18 • WAKE-8
EVE Wed 5:30pm - 8:20pm (Lec/Lab)

CRN 69092 > Leleu, B • 3/18 - 5/18 • WAKE-8
Fri 9:00am - 11:50am (Lec/Lab)

Enameling-Glass on Metal: For Older Adults

Introduction to the ancient art of enameling on metal as a jewelry making technique. Older adult students will exercise physical dexterity and cognitive skills and develop creativity to assist with the aging process. Students learn the basic principles of enameling by applying and melting powdered glass on to the surface of copper or silver sheet metal in artistic patterns. Older adults will learn a variety of advanced techniques including the use of silver or gold foils and cloisonne.

CRAO NC436

CRN 68487 > Stanley, C • 1/22 - 3/16 • WAKE-8
Thu 1:00pm - 4:00pm (Lec/Lab)

CRN 67598 > Stanley, C • 3/18 - 5/18 • WAKE-8
Thu 1:00pm - 4:00pm (Lec/Lab)

Attention Ceramics, Jewelry and Glass Students:

Registration Starts Dec 12 at 9 a.m.

Students are limited to two seats (one during weeks 1-8 and one during weeks 9-16) per course title in Ceramics, Jewelry and Glass subjects that offer more than one class per term. (CRAO NC 823 Ceramics, an Option for Creative Learning is an example of one course title).

Starting **January 16 at 9 a.m.**, students may add more seats, if available, by visiting the Main Office at Schott or Wake campus in person.



The Art of Jewelry Making-Level 1: For Older Adults !

Basic jewelry making skills are explored through practice and demonstration. Students learn how to make silver rings, earrings, pins and pendants. Students use tools, work with materials, set gemstones and other fabrication techniques. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific medium. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC439

CRN 68019 > Leleu, B • 1/22 - 3/16 • WAKE-8
Mon 10:00am - 1:45pm (Lec/Lab)

CRN 68020 > Elkins, G D • 3/18 - 5/18 • WAKE-8
Mon 10:00am - 1:30pm (Lec/Lab)

Jewelry Soldering-Information, Focus, Practice: For Older Adults

Older adult students develop mental focus and hand-eye coordination through practice of jewelry making soldering skills. Students develop confidence and self-esteem through mastery of torch use and complex design issues that require many solder connections. Topics include health and safety considerations, torches, fluxes, solders, and special set-ups.

CRAO NC441

CRN 67580 > Elkins, G D • 1/22 - 3/16 • WAKE-8
Tue 9:00am - 11:50am (Lec/Lab)

CRN 67599 > Elkins, G D • 3/18 - 5/18 • WAKE-8
Tue 9:00am - 11:50am (Lec/Lab)

Lost Wax Casting: For Older Adults

Teaches older adults jewelry making skills through the Lost Wax Casting method. Includes instruction in wax carving, preparation, burnout, and the casting process. Students improve dexterity and mental acuity in the completion of a cast silver jewelry item.

CRAO NC443

CRN 68563 > Stanley, C • 1/22 - 3/16 • WAKE-8
EVE Tue 5:30pm - 8:30pm (Lec/Lab)

CRN 67600 > Stanley, C • 3/18 - 5/18 • WAKE-8
EVE Tue 5:30pm - 8:30pm (Lec/Lab)

Jewelry Workshop: For Older Adults !

Students are guided in the processes necessary to create a jewelry project from concept to completion. Students learn how to design forms, develop step-by-step procedures utilizing the characteristics of the materials involved and present their completed pieces. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific medium. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem-solving.

CRAO NC444

CRN 68489 > Stanley, C • 1/22 - 3/16 • WAKE-8
Wed 8:30am - 11:55am (Lec/Lab)

CRN 68490 > Elkins, G D • 1/22 - 3/16 • WAKE-8
Tue 12:30pm - 3:55pm (Lec/Lab)

CRN 69093 > Leleu, B • 1/22 - 3/16 • WAKE-8
Fri Noon - 4:00pm (Lec/Lab)

CRN 69095 > Stanley, C • 1/22 - 3/16 • WAKE-8
Thu 9:00am - 11:50am (Lec/Lab)

CRN 67601 > Stanley, C • 3/18 - 5/18 • WAKE-8
Wed 8:30am - 11:55am (Lec/Lab)

CRN 68491 > Elkins, G D • 3/18 - 5/18 • WAKE-8
Tue 12:30pm - 3:55pm (Lec/Lab)

CRN 69094 > Leleu, B • 3/18 - 5/18 • WAKE-8
Fri Noon - 3:30pm (Lec/Lab)

CRN 69096 > Stanley, C • 3/18 - 5/18 • WAKE-8
Thu 9:00am - 11:50am (Lec/Lab)

Antiques, Art and Modernism: For Older Adults

Art, Antiques, and Modernism for Older Adults is always fresh and vital if you have inherited items or are fascinated by art, antiques, cultures, and history. Teacher talks are followed by physical examination of art and antiques in a "road show" style class, without values, but with the keys to tell genuine from fake and evaluate cultural influences. Lectures focus on current topics at the forefront of the fine and decorative art world from Tut to Banksy, the Renaissance to Rushca. Students who wish to be encouraged to create physical or virtual presentations of antique, modern, and contemporary examples to share with the class. Sample topics include: Einstein's Theory relative 20th century art, folk art, silver, Asian and Latin American arts, Native American basketry, book arts, Van Gogh's collection, Outsider Art, The Harlem Renaissance, and more.

CRAO NC525

CRN 68492 > Karle, A S • 1/22 - 3/16 • SCHOTT-6
EVE Mon 5:30pm - 7:30pm (Lec)

CRN 68566 > Karle, A S • 1/22 - 3/16 • TBA
EVE Mon 5:30pm - 7:30pm (Lec)

Art Experiences and Conversations: For Older Adults

Older adult students practice self-expression while viewing images of a wide range of artworks. Discussion topics include art principles such as color, line, shape and form. Art history explored throughout the course. Students are encouraged to share their recollections and associations about art, history and life.

CRAO NC585

CRN 67280 > Miles, J E • 1/22 - 3/16 • ONLINE
EVE Tue 5:00pm - 6:15pm (Lec)

CRN 67281 > Miles, J E • 3/18 - 5/18 • ONLINE
EVE Tue 5:00pm - 6:15pm (Lec)

Questions? Contact Us!

Email: NCsss@sbcc.edu
Phone: (805) 898-8160

Attention Ceramics, Jewelry and Glass Students:

Registration Starts Dec 12 at 9 a.m.

Students are limited to two seats (one during weeks 1-8 and one during weeks 9-16) per course title in Ceramics, Jewelry and Glass subjects that offer more than one class per term. (CRAO NC 823 Ceramics, an Option for Creative Learning is an example of one course title). Starting **January 16 at 9 a.m.**, students may add more seats, if available, by visiting the Main Office at Schott or Wake campus in person.

Beginning Calligraphy: For Older Adults

The older adult student learns how to write an alphabet based on correct use of pen nibs and pen angles. Topics include correct letter formation and basic techniques and equipment used by contemporary calligraphers.

CRAO NC701

CRN 65789 > Harris, C L • 1/22 - 3/16 • WAKE-18
Tue 9:00am - 11:50am (Lec/Lab)

Stained Glass: Leaded, Copper Foil and Mosaic: For Older Adults !

Designed for older adults with previous experience working with glass. The art of leaded stained glass, copper foil stained glass, and mosaic are acquired and understood through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to successfully complete stained glass projects. The instruction takes the student through every stage needed to fabricate a glass project. Weekly handouts cover the history of stained glass from its beginnings to present day. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving.

CRAO NC704

CRN 67586 > Marshall, L • 1/22 - 3/16 • WAKE-11
Thu 12:30pm - 3:30pm (Lec/Lab)

CRN 67587 > Marshall, L • 1/22 - 3/16 • WAKE-11
Thu 9:00am - Noon (Lec/Lab)

CRN 67588 > Marshall, L • 1/22 - 3/16 • WAKE-11
Mon 12:30pm - 4:00pm (Lec/Lab)

CRN 67603 > Marshall, L • 3/18 - 5/18 • WAKE-11
Thu 12:30pm - 3:30pm (Lec/Lab)

CRN 67604 > Marshall, L • 3/18 - 5/18 • WAKE-11
Thu 8:30am - 11:40am (Lec/Lab)

CRN 67605 > Marshall, L • 3/18 - 5/18 • WAKE-11
Mon 12:30pm - 3:30pm (Lec/Lab)

Beginning Stained Glass: Leaded, Copper Foil and Mosaic: For Older Adults !

Designed for older adults who have no previous experience working with glass. A hands-on class for those wanting to learn the art of leaded stained glass, copper foil stained glass and mosaic. The instruction takes the student through every stage needed to fabricate a glass project. It also includes weekly handouts covering the history of stained glass from its humble beginnings to present day.

CRAO NC705

CRN 67589 > Marshall, L • 1/22 - 3/16 • WAKE-11
Mon 9:00am - Noon (Lec/Lab)

CRN 67590 > Marshall, L • 1/22 - 3/16 • WAKE-11
Tue 12:30pm - 3:30pm (Lec/Lab)

CRN 67606 > Marshall, L • 3/18 - 5/18 • WAKE-11
Mon 9:00am - Noon (Lec/Lab)

CRN 67607 > Marshall, L • 3/18 - 5/18 • WAKE-11
Tue 12:30pm - 3:30pm (Lec/Lab)

Flower Arranging: For Older Adults

Students learn techniques and methods of flower arranging for applications in the home or office. Topics include the principles of using a wide variety of plants, materials, and accessories.

CRAO NC709

CRN 65901 > Harvey, L M • 1/22 - 3/16 • SCHOTT-5
Mon 9:00am - 12:15pm (Lec/Lab)

CRN 65902 > Harvey, L M • 3/18 - 5/18 • SCHOTT-5
Mon 9:00am - 11:50am (Lec/Lab)

Floral Design-Florist Style: For Older Adults

Older adult students learn the design techniques and applications used by professional florists. Prepares students for professional or at home applications. Topics include bouquets, high style arrangements and flowers to wear and carry. One-on-one instruction by a professional florist helps students create floral projects that enhance self-esteem and confidence. Students must transport final products from classroom upon completion.

CRAO NC713

CRN 66882 > Harvey, L M • 1/22 - 3/16 • SCHOTT-20
Thu 9:00am - 11:50am (Lec/Lab)

CRN 66419 > Harvey, L M • 3/18 - 5/18 • SCHOTT-20
Thu 9:00am - 11:50am (Lec/Lab)

Chinese Calligraphy and Brush Painting: For Older Adults

Older adult students will learn Chinese calligraphy and brush painting. Students will practice basic calligraphy strokes and color loading techniques. Students will write Chinese words, learn the spiritual meaning behind each character, and paint traditional Asian subjects (bamboo, blossom, orchid, iris, and lotus.)

CRAO NC722

CRN 65791 > Willhite, S L • 1/22 - 3/16 • WAKE-7
Wed 1:00pm - 3:50pm (Lec/Lab)

CRN 65795 > Willhite, S L • 1/22 - 3/16 • ONLINE
Mon 1:00pm - 4:05pm (Lec/Lab)

CRN 69097 > Willhite, S L • 3/18 - 5/18 • ONLINE
Wed 1:00pm - 3:50pm (Lec/Lab)

CRN 69098 > Willhite, S L • 3/18 - 5/18 • ONLINE
Mon 1:00pm - 3:50pm (Lec/Lab)

Class Schedule is Subject to Change

Please check online for up-to-date class information such as meeting times, location changes, cancellations and newly added class sections. Go to:

sbcc.edu/ExtendedLearning

Weaving using a Floor Loom: For Older Adults

Older adult students focus on developing increased manual dexterity and strength as they create useful and decorative projects by learning the age-old craft of hand weaving on a loom. Topics include project planning, warping the loom and finishing projects as well as weaving theory and techniques. Designed for beginning, intermediate and advanced students.

CRAO NC725

- CRN 67591** > Ford, J E • 1/22 - 3/16 • WAKE-32
Tue 9:00am - 2:50pm (Lec/Lab)
- CRN 67592** > Ford, J E • 1/22 - 3/16 • WAKE-32
Thu 9:00am - 2:50pm (Lec/Lab)
- CRN 67608** > Ford, J E • 3/18 - 5/18 • WAKE-32
Tue 9:00am - 2:50pm (Lec/Lab)
- CRN 67609** > Ford, J E • 3/18 - 5/18 • WAKE-32
Thu 9:00am - 3:10pm (Lec/Lab)

Monotypes and Monoprints: For Older Adults

This class teaches older adults to paint unique monotypes on an acrylic plate and print them on an etching press. Students develop creativity and practice dexterity and mental focus in the production of singular print images, emphasizing technique, design, and process.

CRAO NC748

- CRN 65797** > Zimmerman, S H • 1/22 - 3/16 • SCHOTT-23
Fri 10:00am - 3:20pm (Lec/Lab)
- CRN 66887** > Zimmerman, S H • 3/18 - 5/18 • SCHOTT-23
Fri 10:00am - 2:40pm (Lec/Lab)

Beginning Glass Fusing: For Older Adults !

Older adults learn basic skills to create several glass fused pieces. Emphasis is placed on creating functional, yet artistic pieces, including a small plate or bowl.

CRAO NC799

- CRN 67615** > Marshall, K L • 1/22 - 3/16 • WAKE-11
EVE Tue 5:00pm - 8:10pm (Lec/Lab)
- CRN 67617** > Marshall, K L • 1/22 - 3/16 • WAKE-11
Wed 9:00am - Noon (Lec/Lab)
- CRN 67616** > Marshall, K L • 3/18 - 5/18 • WAKE-11
EVE Tue 5:00pm - 8:10pm (Lec/Lab)
- CRN 67618** > Marshall, K L • 3/18 - 5/18 • WAKE-11
Wed 9:00am - Noon (Lec/Lab)



Ceramics, an Option for Creative Learning: For Older Adults !

Older adult students make clay objects using hand techniques or the potter's wheel. Students will improve hand strength and coordination, develop cognitive flexibility to learn and execute a new skill, experience the sensory and creative stimulation fostered by working with clay and exercise socialization skills. Topics include the principles of clay construction, glazing, the kiln firing process, and increasingly difficult clay techniques.

CRAO NC823

- CRN 65806** > Pini, D A • 1/22 - 3/16 • SCHOTT-24
SAT 10:00am - 1:00pm (Lec/Lab)
- CRN 66978** > McGuire, R S • 1/22 - 3/16 • SCHOTT-24
Fri 9:00am - Noon (Lec/Lab)
- CRN 67004** > McGuire, R S • 1/22 - 3/16 • SCHOTT-24
Wed 9:00am - 11:50am (Lec/Lab)
- CRN 67397** > Sayers, B H • 1/22 - 3/16 • SCHOTT-24
Fri 1:00pm - 3:50pm (Lec/Lab)
- CRN 67619** > Adcock, M E • 1/22 - 3/16 • SCHOTT-24
Mon 1:00pm - 4:15pm (Lec/Lab)
- CRN 67624** > Sayers, B H • 1/22 - 3/16 • SCHOTT-24
EVE Fri 6:00pm - 9:00pm (Lec/Lab)
- CRN 67626** > Basch, M A • 1/22 - 3/16 • SCHOTT-24
EVE Mon 6:00pm - 9:00pm (Lec/Lab)
- CRN 67628** > Primrose, Z M • 1/22 - 3/16 • SCHOTT-24
EVE Wed 6:00pm - 9:00pm (Lec/Lab)
- CRN 67634** > Basch, M A • 1/22 - 3/16 • SCHOTT-24
Wed 1:00pm - 4:00pm (Lec/Lab)
- CRN 67638** > Pini, D A • 1/22 - 3/16 • SCHOTT-24
EVE Tue 6:00pm - 9:00pm (Lec/Lab)
- CRN 68827** > Stout, L R • 1/22 - 3/16 • CHS
EVE Mon 5:30pm - 8:30pm (Lec/Lab)
- CRN 65808** > Pini, D A • 3/18 - 5/18 • SCHOTT-24
SAT 10:00am - 1:00pm (Lec/Lab)
- CRN 67005** > McGuire, R S • 3/18 - 5/18 • SCHOTT-24
Wed 9:00am - 11:50am (Lec/Lab)
- CRN 67620** > Adcock, M E • 3/18 - 5/18 • SCHOTT-24
Mon 1:00pm - 4:00pm (Lec/Lab)
- CRN 67621** > Sayers, B H • 3/18 - 5/18 • SCHOTT-24
Fri 1:00pm - 3:50pm (Lec/Lab)
- CRN 67622** > McGuire, R S • 3/18 - 5/18 • SCHOTT-24
Fri 9:00am - Noon (Lec/Lab)
- CRN 67623** > Sayers, B H • 3/18 - 5/18 • SCHOTT-24
EVE Fri 6:00pm - 9:00pm (Lec/Lab)
- CRN 67625** > Basch, M A • 3/18 - 5/18 • SCHOTT-24
EVE Mon 6:00pm - 9:00pm (Lec/Lab)
- CRN 67627** > Primrose, Z M • 3/18 - 5/18 • SCHOTT-24
EVE Wed 6:00pm - 9:00pm (Lec/Lab)
- CRN 67629** > Basch, M A • 3/18 - 5/18 • SCHOTT-24
Wed 1:00pm - 4:00pm (Lec/Lab)
- CRN 67637** > Pini, D A • 3/18 - 5/18 • SCHOTT-24
EVE Tue 6:00pm - 9:00pm (Lec/Lab)

Beginning Porcelain: For Older Adults

Beginning-level older adult students learn to work with the most refined of the high fire clays. Challenges of forming and decorating porcelain, as well as the techniques necessary to develop personal style will be addressed.

CRAO NC851

CRN 67640 > Adcock, M E • 1/22 - 3/16 • SCHOTT-24
Thu 9:00am - Noon (Lec/Lab)

CRN 68253 > Adcock, M E • 3/18 - 5/18 • SCHOTT-24
Thu 9:00am - Noon (Lec/Lab)

Decorative Pottery Techniques: For Older Adults

Course Advisories: Beginning ceramics experience. The older adult student will learn decorative and glaze techniques for ceramics. Students enhance mental acuity and manual strength and dexterity as they work with clay on wheel or table. Older adults exercise fine motor skills to complete the detailed work of painting, carving, glazing, and slip trailing. Topics include the varieties of decorating with clay, under-glazes, slips, glazes, wax techniques will be covered.

CRAO NC862

CRN 66917 > Thomsen, G I • 1/22 - 3/16 • SCHOTT-24
EVE Thu 6:00pm - 9:00pm (Lec/Lab)

CRN 67301 > Thomsen, G I • 3/18 - 5/18 • SCHOTT-24
EVE Thu 6:00pm - 9:00pm (Lec/Lab)

Modeling the Figure in Clay: For Older Adults

The older adult student learns to sculpt the human figure in water-based clay. Focuses on techniques and skills needed to construct a three-dimensional, proportional, anatomical figure in a variety of poses from live models. Instruction includes use of tools, materials and armature construction.

CRAO NC888

CRN 68931 > Kornbluth, S • 1/22 - 3/16 • SCHOTT-23
Thu 8:30am - 11:30am (Lec/Lab)

CRN 67661 > Kornbluth, S • 3/18 - 5/18 • SCHOTT-23
Thu 8:30am - 11:35am (Lec/Lab)

Attention Ceramics, Jewelry and Glass Students:

Registration Starts Dec 12 at 9 a.m.

Students are limited to two seats (one during weeks 1-8 and one during weeks 9-16) per course title in Ceramics, Jewelry and Glass subjects that offer more than one class per term. (CRAO NC 823 Ceramics, an Option for Creative Learning is an example of one course title). Starting **January 16 at 9 a.m.**, students may add more seats, if available, by visiting the Main Office at Schott or Wake campus in person.

Clay Handbuilding: For Older Adults !

Beginning level older adult art students make clay objects using a combination of pinch, coil and slab techniques. The older adult student will improve hand strength and coordination, develop cognitive flexibility to learn and execute new skills. Topics include the principles of clay construction, glazing and the kiln firing process.

CRAO NC896

CRN 66961 > Thomsen, G I • 1/22 - 3/16 • SCHOTT-24
Thu 1:00pm - 3:50pm (Lec/Lab)

CRN 67641 > Thomsen, G I • 1/22 - 3/16 • TBA
Wed Noon - 3:30pm (Lec/Lab)

CRN 67644 > Dean, D M • 1/22 - 3/16 • SCHOTT-24
Tue 1:00pm - 4:00pm (Lec/Lab)

CRN 66962 > Thomsen, G I • 3/18 - 5/18 • SCHOTT-24
Thu 1:00pm - 3:50pm (Lec/Lab)

CRN 67642 > Thomsen, G I • 3/18 - 5/18 • TBA
Wed Noon - 3:30pm (Lec/Lab)

CRN 67643 > Dean, D M • 3/18 - 5/18 • SCHOTT-24
Tue 1:00pm - 4:00pm (Lec/Lab)

Creative English

Modern and Classic Short Stories: For Older Adults

Provides older adults the opportunity to enter into a sustained close reading of texts, allowing for a fuller exploration of the art of each work. To that end participants discuss characterization, plot, style, imagery, metaphor, narrative structure, point of view and theme. Texts are read aloud in class and students are invited to communicate their reflections and insights in response to each reading. Materials for the course - modern and classic short stories from the US, Britain, and other nations are selected each term.

CREO NC120

CRN 65833 > Ferrer, M Y • 1/22 - 3/16 • ONLINE
Fri 10:00am - 11:55am (Lec)

CRN 65834 > Ferrer, M Y • 3/18 - 5/18 • TBA
Fri 10:00am - 11:35am (Lec)

Class Schedule is Subject to Change

Please check online for up-to-date class information such as meeting times, location changes, cancellations and newly added class sections. Go to:
sbcc.edu/ExtendedLearning

Explorations in Literature for Older Adults

Older adults become more avid, savvy readers of literature by learning how to “close read.” Through classroom readings, lecture, and discussion, students understand the dynamics of literature and how the study of literature applies to their lives. They also explore how literature reveals relationships between people and people’s relationships to the world, as well as how it can often give a clearer view of its times than contemporary news reports or historical analysis.

CREO NC303

- CRN 65835** > Lowenkopf, S A • 1/22 - 3/16 • ONLINE
Tue 1:00pm - 2:55pm (Lec)
- CRN 65836** > Lowenkopf, S A • 3/18 - 5/18 • ONLINE
Tue 1:00pm - 2:55pm (Lec)

Poetry, Prose and Plays: For Older Adults

Older adult students learn techniques for close reading of literary texts. Examines the elements of storytelling: plot, character, theme, point of view and setting. Analyzes the effect of words, images, metaphors, patterns and cadences in the various works. Explores the effects of cultural context, values, irony and paradox on the reader. Titles will be determined in class and will include selections from poetry, prose and plays.

CREO NC335

- CRN 65838** > Ferrer, M Y • 1/22 - 3/16 • ONLINE
Thu 10:00am - 11:55am (Lec)
- CRN 66988** > Richo, D D • 1/22 - 3/16 • ONLINE
Wed 10:00am - 11:55am (Lec)
- CRN 66987** > Ferrer, M Y • 3/18 - 5/18 • ONLINE
Thu 10:00am - 11:55am (Lec)
- CRN 66989** > Richo, D D • 3/18 - 5/18 • ONLINE
Wed 10:00am - 11:55am (Lec)

The Austen Mystique for Older Adults

Older adults examine passages from the major novels of Jane Austen, view clips from film and television versions of her work, listen to and discuss comments of actors and directors who have worked on Jane Austen adaptations, and review her letters and biography.

CREO NC434

- CRN 69082** > Lapin, C • 1/22 - 3/16 • SCHOTT-31
Wed 1:00pm - 3:00pm (Lec)
- CRN 69083** > Lapin, C • 3/18 - 5/18 • SCHOTT-31
Wed 1:00pm - 3:00pm (Lec)

Survey of Literary Classics: For Older Adults

Presents older adults with the opportunity and guidance to read, analyze, evaluate and discuss literary classics. Assists students to place modern experience in a historical context and to view historical events with a modern perspective.

CREO NC497

- CRN 65840** > Ferrer, M Y • 1/22 - 3/16 • ONLINE
Mon 3:30pm - 5:35pm (Lec)
- CRN 65842** > Robins, R P • 1/22 - 3/16 • SCHOTT-3
Tue 10:00am - Noon (Lec)
- CRN 65841** > Ferrer, M Y • 3/18 - 5/18 • ONLINE
Mon 3:30pm - 5:25pm (Lec)

Writers’ Boot-Camp: For Older Adults

Teaches older adults to improve their writing skills in fiction, creative non-fiction, film, or drama and helps students who have a story without an ending or an idea for an article they can’t start. Students learn about structure and how to eradicate writing blocks, turn rants into monologues, express themselves and challenge their intellects. True tales may be published for peers and grandchildren.

CREO NC635

- CRN 69071** > Starkey, D M • 1/22 - 3/16 • WAKE-16
Mon 10:00am - 12:10pm (Lec)
- CRN 69073** > Starkey, D M • 3/18 - 5/18 • WAKE-16
Mon 10:00am - Noon (Lec)

Need Application and Registration Help?

For Self-Help,
Step-by-Step Guides, go to:

sbcc.edu/extendedlearning/get-help.php

EMAIL

SELAdmissions@sbcc.edu

Questions are responded to
within 24-48 business hours
Monday - Friday.

TELEPHONE

(805) 683-8205

Telephone hours of operation:
Check our website for updated
telephone hours.
Go to:
sbcc.edu/extendedlearning/get-help.php

IN-PERSON

Schott and Wake Campus

Check our website for updated hours
for each campus main office.
Go to:
sbcc.edu/extendedlearning/get-help.php



Getting Started, Getting Good and Getting Your Fiction Published: For Older Adults

Older adult students learn that effective, publishable fiction requires intriguing characters, a good story line, a compelling narrative voice, convincing dialogue, energetic pace, palpable mood and a strong relationship to contemporary life. Provides instruction in vital techniques, an arena for practicing them until those skills are mastered and demonstrable ways for the student to develop an individual narrative voice.

CREO NC642

CRN 65843 > Lowenkopf, S A • 1/22 - 3/16 • CARPLB
EVE Mon 5:00pm - 6:50pm (Lec/Lab)

CRN 65845 > Lowenkopf, S A • 3/18 - 5/18 • CARPLB
EVE Mon 5:00pm - 6:50pm (Lec/Lab)

Writing Your Life into Being: For Older Adults

In this interactive writing workshop, older adult students contemplate what other authors say about values such as integrity, acceptance, and success. Through visualization techniques and writing exercises, students reflect back on their lives and give voice to what matters most. Beneficial for students who want to write a memoir for family members, experiment with poetry or fiction, or explore life stories at deeper levels.

CREO NC646

CRN 67006 > Drobny, D T • 3/18 - 5/18 • ONLINE
Fri 9:15am - 11:15am (Lec)

Writing Personal Histories: For Older Adults

Teaches older adults to succeed in the memoir writing process. Students learn to collect and prepare their ideas, how to write and structure their memoirs and autobiographies and how to edit them. Students learn to develop a conversational, individual narrative voice for their memoirs and to create a framework for fictional works based on their autobiographies.

CREO NC673

CRN 65850 > Lowenkopf, S A • 1/22 - 3/16 • ONLINE
Wed 9:30am - 11:20am (Lec)

CRN 65851 > Lowenkopf, S A • 3/18 - 5/18 • ONLINE
Wed 9:30am - 11:20am (Lec)

Creative Music

Choral Singing: For Older Adults

Older adult students learn vocal techniques, song interpretation, tone, pitch, dynamics and performance technique to effectively perform choral music in front of an audience. Students benefit from breathing and stretching exercises to develop vocal flexibility and lung capacity. Students also increase mental acuity through memorization of musical numbers and sight music reading skills, develop self-confidence, socialization skills, and an outlet for creative expression.

CRMO NC005

CRN 66107 > Kennedy, D M • 1/22 - 3/16 • SCHOTT-14
Wed 9:30am - 11:45am (Lec)

CRN 67216 > Lynn-Jacobs, M E • 1/22 - 3/16 • SCHOTT-22
EVE Thu 6:00pm - 8:20pm (Lec)

CRN 65853 > Kennedy, D M • 3/18 - 5/18 • SCHOTT-14
Wed 9:30am - 11:45am (Lec)

CRN 67218 > Lynn-Jacobs, M E • 3/18 - 5/18 • SCHOTT-22
EVE Thu 6:00pm - 8:20pm (Lec)



Basics of Singing I: For Older Adults

Novice or experienced older adult singers learn singing and breathing techniques, vocal support, range, song interpretation, and stage presence. Older adult students will develop enhanced self-esteem and communication skills while participating with and performing for fellow students.

CRMO NC011

- CRN 66099** > Lynn-Jacobs, M E • 1/22 - 3/16 • SCHOTT-6 • **HF**
Wed 9:30am - 11:45am (Lec)
- CRN 66990** > Fryer, L A • 1/22 - 3/16 • SCHOTT-6 • **HF**
EVE Fri 6:00pm - 8:15pm (Lec)
- CRN 66992** > O'Brien, R K • 1/22 - 3/16 • SCHOTT-6 • **HF**
Tue 1:00pm - 3:20pm (Lec)
- CRN 69085** > Lynn-Jacobs, M E • 1/22 - 3/16 • ONLINE
Wed 9:30am - 11:45am (Lec)
- CRN 69087** > Fryer, L A • 1/22 - 3/16 • ONLINE • **HF**
EVE Fri 6:00pm - 8:15pm (Lec)
- CRN 69089** > O'Brien, R K • 1/22 - 3/16 • ONLINE • **HF**
Tue 1:00pm - 3:20pm (Lec)
- CRN 66100** > Lynn-Jacobs, M E • 3/18 - 5/18 • SCHOTT-6 • **HF**
Wed 9:30am - 11:45am (Lec)
- CRN 66991** > Fryer, L A • 3/18 - 5/18 • SCHOTT-6 • **HF**
EVE Fri 6:00pm - 8:15pm (Lec)
- CRN 66993** > O'Brien, R K • 3/18 - 5/18 • SCHOTT-6 • **HF**
Tue 1:00pm - 3:20pm (Lec)
- CRN 69086** > Lynn-Jacobs, M E • 3/18 - 5/18 • ONLINE • **HF**
Wed 9:30am - 11:45am (Lec)
- CRN 69088** > Fryer, L A • 3/18 - 5/18 • ONLINE • **HF**
EVE Fri 6:00pm - 8:15pm (Lec)
- CRN 69090** > O'Brien, R K • 3/18 - 5/18 • ONLINE • **HF**
Tue 1:00pm - 3:20pm (Lec)

Playing the Ukulele: For Older Adults

Teaches older adult students strumming, finger picking, chords, and improvisations needed to successfully play the ukulele. Students experience the physical and emotional health benefits of music performance, including improved manual strength and dexterity and an improvement in mental focus. For beginners as well as seasoned musicians.

CRMO NC017

- CRN 65860** > Lynn-Jacobs, M E • 1/22 - 3/16 • SCHOTT-6 • **HF**
EVE Tue 6:00pm - 7:55pm (Lec/Lab)
- CRN 69102** > Lynn-Jacobs, M E • 1/22 - 3/16 • ONLINE • **HF**
EVE Tue 6:00pm - 7:55pm (Lec/Lab)
- CRN 65861** > Lynn-Jacobs, M E • 3/18 - 5/18 • SCHOTT-6 • **HF**
EVE Tue 6:00pm - 7:55pm (Lec/Lab)
- CRN 69104** > Lynn-Jacobs, M E • 3/18 - 5/18 • ONLINE
EVE Tue 6:00pm - 7:55pm (Lec/Lab)

Basic Ear Training And Pitch Training: For Older Adults

Older adult musicians are introduced to basic pitch and interval relationships for melodies, harmonies, recognizing chords and song keys. Older adult students experience the physical and emotional benefits of music performance including, increased confidence and accuracy while performing with others, improved mental focus, and building new physical and mental pathways and connections. Pitch and ear training is also particularly essential for singers reading sheet music.

CRMO NC030

- CRN 69106** > Lynn-Jacobs, M E • 1/22 - 3/16 • SCHOTT-6 • **HF**
Tue 9:30am - 11:20am (Lec)
- CRN 69107** > Lynn-Jacobs, M E • 1/22 - 3/16 • ONLINE • **HF**
Tue 9:30am - 11:20am (Lec)
- CRN 69108** > Lynn-Jacobs, M E • 3/18 - 5/18 • SCHOTT-6 • **HF**
Tue 9:30am - 11:20am (Lec)
- CRN 69110** > Lynn-Jacobs, M E • 3/18 - 5/18 • ONLINE • **HF**
Tue 9:30am - 11:20am (Lec)

Basic Rhythm Training for Older Adults

Novice and experienced older adult music students learn the basic subtle differences between rhythmic subdivisions of twos, threes, and syncopations. Learning to identify and replicate these differences opens new neural pathways, improves physical coordination, strengthens and enhances mind/body awareness for older adults. Rhythm Training is also essential for reading the Western sheet music system.

CRMO NC031

- CRN 69111** > Lynn-Jacobs, M E • 1/22 - 3/16 • SCHOTT-6 • **HF**
Thu 9:30am - 11:20am (Lec)
- CRN 69112** > Lynn-Jacobs, M E • 1/22 - 3/16 • ONLINE • **HF**
Thu 9:30am - 11:20am (Lec)
- CRN 69113** > Lynn-Jacobs, M E • 3/18 - 5/18 • SCHOTT-6 • **HF**
Thu 9:30am - 11:20am (Lec)
- CRN 69114** > Lynn-Jacobs, M E • 3/18 - 5/18 • ONLINE • **HF**
Thu 9:30am - 11:20am (Lec)

HyFlex classes have faculty teaching in the classroom, with students participating in-person or via Zoom. Find these classes by looking for **HF** next to the class listing. You can join in-person or from home!

Zoom links are provided by the instructor. If you do not receive the Zoom link, you may email the instructor. For instructions, go to: sbcc.edu/extendedlearning/sel_online_classes.php

Need help with Zoom?
Go to sbcc.edu/it/zoom

Jazz Appreciation and History: For Older Adults

Older adults practice critical thinking and self-expression through the demonstration and discussion of Jazz. Students will view archival films and gain insights into American musical and cultural history while expanding their breadth of knowledge of jazz music and musicians. Older adults will experience the mental, physical, and emotional benefits resulting from social engagement and group interaction that build camaraderie through this common interest and shared love of our nation's music.

CRMO NC045

CRN 65864 > Malvinni, D J • 1/22 - 3/16 • SCHOTT-20
EVE Tue 6:00pm - 7:30pm (Lec)

CRN 65865 > Malvinni, D J • 3/18 - 5/18 • SCHOTT-20
EVE Tue 6:00pm - 7:30pm (Lec)

Intermediate Piano: For Older Adults

Older adults expand musicianship skills and improve health and wellbeing through class activities. Students play on digital pianos, perform new music, and study music theory. A year of beginning piano lessons and a piano or keyboard at home is recommended.

CRMO NC053

CRN 65868 > Campos, D M • 1/22 - 5/18 • SCHOTT-3
EVE Wed 6:00pm - 7:05pm (Lec/Lab)
EVE Wed 6:00pm - 7:05pm (Lab)

Performance Singing: For Older Adults

Older adult students learn vocal techniques, song interpretation and performance technique to effectively perform songs in front of an audience. Students benefit from breathing and stretching exercises to develop flexibility and lung capacity. Mental acuity is enhanced through memorization of musical numbers and sight music reading skills. Students learn to give and receive constructive criticism. Develops self confidence, socialization skills and provides an expressive outlet for creative expression.

CRMO NC090

CRN 65874 > Fryer, L A • 1/22 - 3/16 • SCHOTT-6
EVE Thu 6:00pm - 7:55pm (Lec/Lab)

CRN 68226 > Lynn-Jacobs, M E • 1/22 - 3/16 • TBA
EVE Wed 6:00pm - 7:55pm (Lec/Lab)

CRN 69115 > O'Brien, R K • 1/22 - 3/16 • SCHOTT-6 • **HF**
Tue 1:00pm - 3:55pm (Lec/Lab)

CRN 69118 > O'Brien, R K • 1/22 - 3/16 • ONLINE • **HF**
Tue 1:00pm - 3:55pm (Lec/Lab)

CRN 65875 > Fryer, L A • 3/18 - 5/18 • SCHOTT-6
EVE Thu 6:00pm - 7:50pm (Lec/Lab)

CRN 68252 > Lynn-Jacobs, M E • 3/18 - 5/18 • TBA
EVE Wed 6:00pm - 7:55pm (Lec/Lab)

CRN 69119 > O'Brien, R K • 3/18 - 5/18 • SCHOTT-6 • **HF**
Tue 1:00pm - 3:55pm (Lec/Lab)

CRN 69120 > O'Brien, R K • 3/18 - 5/18 • ONLINE • **HF**
Tue 1:00pm - 3:55pm (Lec/Lab)

Beginning Wind And Percussion Techniques for Older Adults

Introduction to the basic techniques of instrumental performance-brass, woodwind and percussion.

CRMO NC152

CRN 67328 > Heidner, E C • 1/22 - 5/18 • DM-105
Mon Wed 9:35am - 10:55am (Lab)

College Choir: For Older Adults

Performance class for older adults with previous singing experience. Class includes public performances.

CRMO NC160

CRN 67258 > Kreitzer, N J • 1/22 - 5/18 • DM-101
EVE Tue 7:00pm - 10:00pm (Lab)

Quire of Voyces for Older Adults

Study, performance, and recording of sacred a cappella choral music of Renaissance era. Frequent public appearances. Audition Required.

CRMO NC163

CRN 67673 > Kreitzer, N J • 1/22 - 5/18 • DM-101
EVE Mon 6:50pm - 10:00pm (Lab)

Jazz Improvisation for Older Adults

Individual and small group improvisational techniques. Combo performance. Course placement level determined by interview/audition.

CRMO NC165

CRN 67259 > Martinez, A J • 1/22 - 5/18 • DM-105
Fri 9:00am - 12:05pm (Lab)

Symphony Orchestra: For Older Adults

Performance class for older adults with previous orchestral experience. Class includes public performances.

CRMO NC170

CRN 67260 > Mooy, J D • 1/22 - 5/18 • DM-105
EVE Tue 7:00pm - 10:05pm (Lab)

Chamber Music for Older Adults

Ensemble class that provides an opportunity for students to perform standard chamber music literature from the 17th, 18th, 19th and 20th centuries. Individuals expected to improve their performance level and thus perfect the performance of the group.

CRMO NC174

CRN 67266 > Malvinni, V L • 1/22 - 5/18 • DM-105
EVE Thu 7:00pm - 10:00pm (Lab)

Concert Band: For Older Adults

Performance class for older adults with previous concert band experience. Class includes public performances.

CRMO NC176

CRN 67262 > Heidner, E C • 1/22 - 5/18 • DM-105
EVE Wed 7:00pm - 10:05pm (Lab)

Trombone Choir

Study and performance of original literature and arrangements of symphonic and choral works for trombone ensemble. Public concert appearances.

CRMO NC180

CRN 67263 > Heidner, E C • 1/22 - 5/18 • DM-105
SAT 10:00am - 1:05pm (Lab)

Big Band Jazz Ensemble I: For Older Adults

Performance class for older adults with previous big jazz band experience. Class includes public performance.

CRMO NC188

CRN 65879 > Martinez, A J • 1/22 - 5/18 • DM-105
EVE Mon 7:10pm - 10:00pm (Lab)

Creative Theatre

The Urge to Act: For Older Adults

An acting class open to all levels of older adult students. Introduction to monologue and scene work. Stage presence, audition techniques and improvisation are covered. Students discover their acting abilities through the guidance of the instructor and the shared experience with classmates in a safe environment.

CRT0 NC009

CRN 65883 > Levien, P A • 1/22 - 3/16 • WAKE-16
EVE Tue 6:00pm - 8:50pm (Lec/Lab)

CRN 65930 > Levien, P A • 1/22 - 3/16 • SCHOTT-14
EVE Thu 6:00pm - 8:50pm (Lec/Lab)

CRN 65884 > Levien, P A • 3/18 - 5/18 • WAKE-16
EVE Tue 6:00pm - 8:50pm (Lec/Lab)

CRN 65931 > Levien, P A • 3/18 - 5/18 • SCHOTT-14
EVE Thu 6:00pm - 8:50pm (Lec/Lab)



Self-Management

Nature and Self-Healing-Intermediate: For Older Adults

Older adults explore self-discovery and self-healing techniques. Students also explore nutrition and stress management techniques. Outdoor activities may be part of the course.

SLFO NC003

CRN 68017 > Sorrow, R H • 1/22 - 3/16 • FIELD
 Thu 9:00am - 11:40am (Lec/Lab)

CRN 68018 > Sorrow, R H • 3/18 - 5/18 • FIELD
 Thu 9:00am - 11:40am (Lec/Lab)

Compassionate Communication: For Older Adults

Older adults learn to ask for what they want without fear or guilt, deepen connections with others, enhance long term relationships and heal painful ones. Students learn to speak from the heart to address feelings and needs.

SLFO NC025

CRN 66932 > Sorrow, R H • 1/22 - 3/16 • ONLINE
EVE Tue 6:15pm - 8:45pm (Lec/Lab)

CRN 68460 > Sorrow, R H • 3/18 - 5/18 • CARPLB
EVE Wed 6:15pm - 8:45pm (Lec/Lab)

How Meditation Helps - Mindfulness in Everyday Life: For Older Adults

Meditation is a practice that can help older adult students greet the challenges and joys of aging with greater courage, acceptance, and clarity. In this experiential course, students practice a range of meditation techniques that encourage health and well-being. Students learn how to focus their attention in the present moment, bring awareness to habitual patterns that no longer serve them, and allow their breath to strengthen their body and calm their mind. Beginners and experienced meditators welcome.

SLFO NC039

CRN 66936 > Drobny, D T • 1/22 - 3/16 • ONLINE
Mon 4:00pm - 6:00pm (Lec)

World of Interest: For Older Adults

Explore and discuss contemporary issues and events with other students, resulting in increased mental alertness and improved mood and attitude. The class explores mentally and emotionally stimulating topics related to international, national, state and local events.

SLFO NC047

CRN 69125 > Friedlander, J H • 1/22 - 3/16 • SCHOTT-31
Thu 1:00pm - 2:15pm (Lec)

CRN 69126 > Friedlander, J H • 3/18 - 5/18 • SCHOTT-31
Thu 1:00pm - 2:15pm (Lec)

Nature and Self-Healing-Intermediate: For Older Adults

Class teaches older adults advanced self-discovery, self-healing, and advanced alternative healing techniques in an outdoor setting. Advanced techniques taught include meditation, stretching techniques, journaling, forgiveness, examining limiting beliefs, and the purpose of anger and gratitude. Participants should be able to walk two to three miles uphill at a moderate pace.

SLFO NC097

CRN 68013 > Sorrow, R H • 1/22 - 3/16 • FIELD
Tue 9:00am - 11:40am (Lec/Lab)

CRN 68016 > Sorrow, R H • 3/18 - 5/18 • FIELD
Tue 9:00am - 11:40am (Lec/Lab)

Need Application and Registration Help?

For Self-Help,
Step-by-Step Guides, go to:
**[sbcc.edu/extendedlearning/
get-help.php](https://sbcc.edu/extendedlearning/get-help.php)**

EMAIL

SELAdmissions@sbcc.edu

Questions are responded to
within 24-48 business hours
Monday - Friday.

TELEPHONE

(805) 683-8205

Telephone hours of operation:

Check our website for updated
telephone hours.

Go to:

sbcc.edu/extendedlearning/get-help.php

IN-PERSON

Schott and Wake Campus

Check our website for updated hours
for each campus main office.

Go to:

sbcc.edu/extendedlearning/get-help.php



ABOUT THE SCHEDULE

CRN: "Course Reference Number" is used to register in a specific, tuition-free noncredit class.

EVE: **EVE** indicates evening classes.

HF: HyFlex (**HF**) classes have faculty teaching in the classroom with students participating in-person or via Zoom.

ID: "ID number" is used to register for a specific Life Enhancement fee-based class.

LOCATION: For complete location names and addresses, see page 62, "Directory of Locations."

Parent-Child Workshops

Child, Family, Community at the Parent-Child Workshop

Within context of cooperative preschool, students will develop a framework for positive communication, child guidance and discipline, and navigating parenting challenges of the 21st century. Students will discover community resources, learn about kindergarten readiness, and develop strategies to support children's education at home and school. Includes lecture, lab, discussion and activities.

ECEP NC011

CRN 66071 > Johnston, J A • 1/29 - 6/10 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Mon 8:00am - 1:00pm (Lab)

CRN 66072 > Johnston, J A • 1/29 - 6/10 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 66073 > Granziera, S A • 1/29 - 6/10 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

CRN 66074 > Granziera, S A • 1/29 - 6/10 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 66075 > Granziera, S A • 1/29 - 6/10 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 66076 > Granziera, S A • 1/29 - 6/10 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 66077 > Granziera, S A • 1/29 - 6/10 • SMPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Mon 8:00am - 1:00pm (Lab)

CRN 66078 > Hensel, L • 1/29 - 6/10 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 66079 > Hensel, L • 1/29 - 6/10 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 66080 > Hensel, L • 1/29 - 6/10 • SKPCW

EVE Tue 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 66081 > Hensel, L • 1/29 - 6/10 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 66082 > Hensel, L • 1/29 - 6/10 • SKPCW
EVE Tue 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

CRN 66084 > Johnston, J A • 1/29 - 6/10 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 66085 > Johnston, J A • 1/29 - 6/10 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 66086 > Johnston, J A • 1/29 - 6/10 • LGPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

CRN 66087 > Embry, T L • 1/29 - 6/10 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Mon 8:00am - 1:00pm (Lab)

CRN 66088 > Embry, T L • 1/29 - 6/10 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Tue 8:00am - 1:00pm (Lab)

CRN 66089 > Embry, T L • 1/29 - 6/10 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Wed 8:00am - 1:00pm (Lab)

CRN 66090 > Embry, T L • 1/29 - 6/10 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Thu 8:00am - 1:00pm (Lab)

CRN 66091 > Embry, T L • 1/29 - 6/10 • OPCW
EVE Wed 7:00pm - 9:15pm (Lec)
Fri 8:00am - 1:00pm (Lab)

Parenting Skills

How to Respond to Tears, Fears, and Tantrums

This course helps parents discover the reasons for challenging emotions and teaches compassionate and effective ways to respond to a crying, angry, or frightened child. Parents will learn strategies to resolve children's sleep problems, reduce aggressive behavior and hyperactivity, and increase children's self-confidence. Course is designed for parents and others involved with children from birth to age eight.

ECEP NC015

CRN 68473 > Osterhage, J A • 3/9 - 3/16 • WAKE-28
SAT 9:00am - 1:00pm (Lec)

Parents and Children in Parks

Class meets in various local parks and teaches students how to participate with 2 1/2 to 5-year-old children in sensory activities, nature walks, story-time, and age-appropriate crafts to enhance children's physical, emotional, intellectual and social development, and strengthen parent/child relationships. Includes discussion of relevant parenting issues. Students should bring a snack. The list of park locations for the term will be distributed at the first class.

ECEP NC056

CRN 67690 > Baker, J M • 1/22 - 3/16 • TGROVE
Tue 11:30am - 1:45pm (Lec/Lab)

CRN 68032 > Baker, J M • 1/22 - 3/16 • TGROVE
Tue 9:00am - 11:15am (Lec/Lab)

CRN 69015 > Baker, J M • 1/22 - 3/16 • TGROVE
Wed 9:00am - 11:15am (Lec/Lab)

CRN 69017 > Baker, J M • 1/22 - 3/16 • TGROVE
Wed 11:30am - 1:45pm (Lec/Lab)

CRN 67691 > Baker, J M • 3/18 - 5/18 • TGROVE
Tue 11:30am - 1:45pm (Lec/Lab)

CRN 68033 > Baker, J M • 3/18 - 5/18 • TGROVE
Tue 9:00am - 11:15am (Lec/Lab)

CRN 69016 > Baker, J M • 3/18 - 5/18 • TGROVE
Wed 9:00am - 11:15am (Lec/Lab)

CRN 69018 > Baker, J M • 3/18 - 5/18 • TGROVE
Wed 11:30am - 1:45pm (Lec/Lab)

Toddler Times for Parents of Children 12-18 months

Parents learn how toddlers aged 12-18 months learn through songs, finger plays, toys, crafts, puppets and books in order to expand language, sensory learning and physical independence. Students explore and create age-appropriate play and communication in a joyful, stimulating environment.

ECEP NC118

CRN 68474 > Hays, V L • 1/22 - 3/16 • WAKE-15
Fri 11:00am - 1:15pm (Lec/Lab)

CRN 68475 > Hays, V L • 3/18 - 5/18 • WAKE-15
Fri 11:20am - 1:15pm (Lec/Lab)

Music Times I: For Parents of Babies 8-16 months

Class explores the power of rhythm, melody, tonality and beat. Students learn how music nurtures children's physical, social, emotional, and intellectual development while strengthening the bond between parent and child. Participants are exposed to various genres of music, play a variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, sign language and finger plays in an interactive environment. Students also learn how music can be used as a tool to guide daily routines and transitions.

ECEP NC140

CRN 68483 > Hays, V L • 1/22 - 3/16 • WAKE-15
SAT 11:45am - 1:05pm (Lec)

CRN 68484 > Hays, V L • 3/18 - 5/18 • WAKE-15
SAT 11:45am - 1:05pm (Lec)

Questions? Contact Us!

Email: NCsss@sbcc.edu
Phone: (805) 898-8160

Parent-Child Workshops Spring 2024!



As part of the community's most exciting and respected local Parenting programs, SBCC Extended Learning also offers the unique Parent-Child Workshop program in coordination with affordable co-op-like childcare:

- Children age 2½ to pre-K are eligible
- Parents learn positive communication and discover community resources
- Locations convenient to Goleta, Santa Barbara and Carpinteria

Learn more and register now!

sbcc.edu/extendedlearning/parenting.php

Music Times II: For Parents of Children 16-30 Months

In this course, parents and children ages 16-30 months explore the power of rhythm, melody, tonality and beat. Parents learn how music nurtures children's physical, social, emotional, and intellectual development and strengthens the bond between parent and child. Participants will be exposed to various genres of music, play a wide variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, and finger plays in an interactive environment.

ECEP NC158

- CRN 66985** > Rattray, J A • 1/22 - 3/16 • WAKE-15
Mon 10:45am - 12:15pm (Lec)
- CRN 68522** > Hays, V L • 1/22 - 3/16 • WAKE-15
Fri 9:30am - 10:40am (Lec)
- CRN 66986** > Rattray, J A • 3/18 - 5/18 • WAKE-15
Mon 10:45am - 2:10pm (Lec)
- CRN 68523** > Hays, V L • 3/18 - 5/18 • WAKE-15
Fri 9:30am - 10:30am (Lec)

Infant Times I: Newborn to Crawling

Provides current information about infant development, stimulation and "self-calming" techniques. Also provides opportunities for sharing and discussion of timely questions from new parents. Parents learn infant massage techniques, music and movements, songs, and how to make hand-made toys/equipment and play games.

ECEP NC159

- CRN 69019** > Rattray, J A • 1/22 - 3/16 • WAKE-15
Tue 11:15am - 12:30pm (Lec)
- CRN 69020** > Rattray, J A • 3/18 - 5/18 • WAKE-15
Tue 11:15am - 12:30pm (Lec)

Growing Times I: Parenting Toddlers (18-24 months)

Parents and caregivers with children 18 - 24 months of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for toddlers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships.

ECEP NC160

- CRN 68575** > Rattray, J A • 1/22 - 3/16 • WAKE-15
Tue 9:00am - 11:05am (Lec/Lab)
- CRN 68576** > Rattray, J A • 3/18 - 5/18 • WAKE-15
Tue 9:00am - 11:00am (Lec/Lab)

Music Times III: For Parents of Children 2.5 - 5 Years

Music Times III is for parents and their children ages 2.5 - 5 years. Parents and children explore the power of rhythm, melody, tonality and beat. Parents learn how music nurtures children's physical, social, emotional, and intellectual development and strengthens the bond between parent and child. Participants will be exposed to various genres of music, play a wide variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, finger plays in an interactive environment.

ECEP NC162

- CRN 66049** > Rattray, J A • 1/22 - 3/16 • WAKE-15
Mon 9:00am - 10:30am (Lec)
- CRN 68485** > Hays, V L • 1/22 - 3/16 • WAKE-15
SAT 9:40am - 11:00am (Lec)
- CRN 66979** > Rattray, J A • 3/18 - 5/18 • WAKE-15
Mon 9:00am - 10:20am (Lec)
- CRN 68486** > Hays, V L • 3/18 - 5/18 • WAKE-15
SAT 9:40am - 11:00am (Lec)

Growing Times II: Parenting the Two to Three Year Old Child

Parents and caregivers with children two to three years of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for toddlers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships.

ECEP NC164

- CRN 66051** > Staff • 1/22 - 3/16 • UCFSH
Thu 9:00am - 11:05am (Lec/Lab)
- CRN 66052** > Staff • 3/18 - 5/18 • UCFSH
Thu 9:00am - 11:05am (Lec/Lab)

Growing Times III: Parenting the Preschool Child

Parents and caregivers with children two and a half to five years of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for preschoolers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships.

ECEP NC165

- CRN 68478** > Staff • 1/22 - 3/16 • UCFSH
Wed 9:00am - 11:05am (Lec/Lab)
- CRN 68479** > Staff • 3/18 - 5/18 • UCFSH
Wed 9:00am - 11:05am (Lec/Lab)

Fee-Based Life Enhancement



ABOUT THE SCHEDULE

CRN: "Course Reference Number" is used to register in a specific, tuition-free noncredit class.

EVE: **EVE** indicates evening classes.

HF: HyFlex (**HF**) classes have faculty teaching in the classroom with students participating in-person or via Zoom.

ID: "ID number" is used to register for a specific Life Enhancement fee-based class.

LOCATION: For complete location names and addresses, see page 62, "Directory of Locations."

Cooking

Danish Pastry- Make Your Own Buttery Delights 💰

Make your own authentic delicious Danish pastry with the signature crisp and brittle laminated top layers, soft and tender center, and gooey and delicious remonce at the bottom. Explore the culture, history, and techniques that make Danish bakeries so famous for their creations. Discover how to easily make the laminated buttery dough that can be used for countless pastry styles.

606514LE

ID 25418 > Hove, K • 2/24 • SCHOTT-27
SAT 10:00am - 3:00pm • \$50 + Lab \$5 + Materials \$15

Elegant Brioche - Sinfully Easy to Make 💰

From sweet to savory, brioche is an elegant type of bread the origins of which date back centuries. Today it is the 'bread du jour' from pastries to hamburger buns and its popularity is undisputed. Discover the simple steps required to make sweet or savory brioche and how to fit brioche-making into your schedule. From hamburger buns to baba au rhum, perfect brioche is only a lesson away! This elegant bread will leave your taste buds tingling, and you'll quickly become the 'toast' of your friends and family.

606493LE

ID 25419 > Hove, K • 3/9 • SCHOTT-27
SAT 10:00am - 3:00pm • \$50 + Lab \$5 + Materials \$15

Enjoy Sourdough Bread and Make Your Own Starter 💰

Take a time-proven approach to bread making. Discover the secrets of sourdough starter and how to create a perfect loaf time and time again. Try incorporating a wide variety of artisanal grains to produce amazing results with combinations and applications you never thought possible. Those with issues with gluten may find these variations and preparation methods a solution to their problem. Your bread-making skills will rise to new levels - and your friends and family will be ever so glad you took this class.

606486LE

ID 25416 > Hove, K • 2/3 • SCHOTT-27
SAT 10:00am - 3:00pm • \$50 + Lab \$5 + Materials \$15

Handmade Pizza and Flatbreads - From Bottom to Top 💰

Learn to make your own personally-styled pizza from scratch. Roll, stretch or toss your dough into a thick, thin, or pan styled bottom. Learn how to select sauces, cheeses, and toppings to make your perfect pizza. Each student will complete his/her own pizza in class to eat, or trade slices with other classmates. Students will make and take home dough to share their skills with friends and family later.

606499LE

ID 25417 > Hove, K • 2/10 • SCHOTT-27
SAT 10:00am - 3:00pm • \$50 + Lab \$5 + Materials \$15

NEW! Hands-on Challah 💰

Challah should not just "taste good the next day like French toast." Come learn how to bake deliciously rich tasting Challah loaves worthy of praise. Explore the history and culture of baking Jewish Challah bread. Try your hands at braiding loaves with one to six strands of dough. Bring your loaf home to break bread with friends and family after the class.

606533LE

ID 25420 > Hove, K • 3/1 • SCHOTT-27
Fri Noon - 5:00pm • \$50 + Lab \$5 + Materials \$15

Sushi: Make it Yourself 💰

Course teaches the basic techniques of making traditional Japanese sushi, including California roll, hand roll and creative rolls. Students also learn how to make miso soup and vegetable dishes. Course instructs in the use of materials and utensils for the preparation of sushi recipes.

606340LE

ID 25402 > Wakita, T • 1/27 • SCHOTT-27
SAT 10:00am - 2:00pm • \$36 + Lab \$5 + Materials \$28

Do-It-Yourself

Birds of the Santa Barbara Region: Intermediate



Using more advanced approaches, students learn how to recognize the wide variety of birds unique to the Santa Barbara area. Students visit local habitats, including beaches, sloughs, creeks and woodlands to observe the birds and discuss their behavior, migration patterns and geographical distribution. Class emphasizes appreciation and identification of birds in the field. Transportation to field trip sites is not provided.

Note: First session meets at MacVeagh House, Santa Barbara Museum of Natural History

019078LE

ID 25301 > Lindsay, R • 1/25 - 3/14 • SBMUSE-Mac Veagh House
Thu 8:00am - 11:00am • \$168

Gone With the Wind: How to Design Without a Lawn



Many garden encyclopedias boast 'thousands of plant listings!' But who has room in their garden for all of them? Like everyone, gardeners want to get the most from the money they spend. Be inspired by this power-packed half-day workshop which is taught by an award-winning landscape architect. Learn the fundamentals of smart garden design so that you can purchase with purpose and bring home the best plants for your garden. Explore your own ideal style, and discover how to create year-round beauty, protect the environment and save money by selecting winning plants.

601073LE

ID 25412 > Goodnick, B • 3/16 • WAKE-16
SAT 9:00am - Noon • \$25

How to Research Your Family History: Level 2



Have you reached a dead end in your genealogy research? Need a new strategy plan for tackling your 'brick wall'? Explore alternative and less known sources including using newspapers, directories, many types of military, land, probate, and other court records. You will create an action plan, compile a toolbox of resources, and explore creative ways to think outside the box to aid in your research.

001413LE

ID 25326 > Eggli, N • 1/24 - 3/6 • WAKE-04
Wed 9:30am - 11:00am • \$74 + Materials \$5

How to Research Your Family History: Level 2 ONLINE



Have you reached a dead end in your genealogy research? Need a new strategy plan for tackling your 'brick wall'? Explore alternative and less known sources including using newspapers, directories, many types of military, land, probate, and other court records. You will create an action plan, compile a toolbox of resources, and explore creative ways to think outside the box to aid in your research.

001413LE

ID 25327 > Eggli, N • 1/24 - 3/6 • Online Videoconference
Wed 9:30am - 11:00am • \$74 + Materials \$5

Tour a Nursery with a Landscape Designer



Experience first-hand how individual plants could look in your own garden and how to select the best plants by seeing them grow in a beautifully landscaped nursery. Guided by one of Santa Barbara's premier landscape designers, you'll discover what plants grow best for your spaces by seeing them in settings similar to residential gardens. Get your questions answered about maintenance, irrigation, color, size and shape as you see full grown examples of possibilities. Take the guesswork and mystery out of designing your garden.

601083LE

ID 25413 > Goodnick, B • 4/13 • SEAGARDEN-Entrance to Garden
SAT 9:00am - Noon • \$25

Unravel the Secrets of the Night Sky



Using the Planetarium, students will learn to recognize the constellations of the night sky and track the motions of planets. Additional topics from astronomy and mythology will be used to help us to understand our place in the universe.

Note:

019115LE

ID 25323 > Cook, K • 1/31 - 2/14 • PLNTRM
EVE Wed 5:00pm - 6:00pm • \$18

ID 25324 > Cook, K • 4/3 - 4/17 • PLNTRM
EVE Wed 5:00pm - 6:00pm • \$18

Fitness

Ancient Art of Belly Dance



Have fun and get fit as you practice the beautiful art of belly dance. Learn how belly dance has historic roots going back to India and Persia, and explore the cultural, historical and geographical elements of these areas. Discover how modern belly dance includes cultural and geographical influences from Turkey, Egypt, North Africa and the United States where it has developed into a modern, sophisticated dance art. Come away with the incredible benefits of an enjoyable and complete cultural/movement experience.

608747LE

ID 25304 > King, A • 1/24 - 3/13 • SCHOTT-14
EVE Wed 5:30pm - 6:30pm • \$64

ID 25309 > King, A • 4/3 - 5/8 • SCHOTT-14
EVE Wed 5:30pm - 6:30pm • \$48

NEW! Beginners Capoeira - Brazilian Art Form



Capoeira is a Brazilian martial art, which incorporates movement and music. Students will learn the basic movements, how to incorporate traditional instruments and the history of Capoeira. Capoeira was created by African slaves while in Brazil, combining martial arts, dance, music and rituals. This is a high energy class where you will gain strength, balance, and build community.

608824LE

ID 25414 > Yoshimi, D • 1/22 - 5/6 • WAKE-33
EVE Mon 6:00pm - 7:00pm • \$84

Feldenkrais Mat Class

Discover the benefits of the Feldenkrais Method in a fun and relaxing environment geared towards all ages and abilities. Explore the science and practice of moving with more skill and less pain. The Feldenkrais Method engages your brain and nervous system to improve flexibility, coordination, balance, and agility while also reducing tension. Come away with enhanced comfort and performance in everyday activities and also sleep better at nighttime.

608759LE

ID 25310 > Sanchez, L • 1/26 - 3/8 • WAKE-16
Fri Noon - 1:00pm • \$54

ID 25311 > Sanchez, L • 3/22 - 5/10 • WAKE-16
Fri Noon - 1:00pm • \$63

Gentle Yoga for Every Body ONLINE

New to yoga or looking for a gentle yet restorative yoga class? Explore easy, chair-assisted yoga, as well as standing and floor poses in a supportive environment. Designed especially for an individual with limited mobility, these poses can help with insomnia, arthritis, healing, and focus. Discover safe modifications for hypertension and osteoporosis while improving your balance and posture. Come away with a calm mind and more limber body.

Note: Students should be able to get on and off the floor.

608610LE

ID 25343 > Barysch-Crosbie, G • 1/25 - 2/22 • Online Videoconference
Thu 9:30am - 10:30am • \$45

ID 25344 > Barysch-Crosbie, G • 3/14 - 5/9 • Online Videoconference
Thu 9:30am - 10:30am • \$72

Meditate and Recharge with Yin Yoga ONLINE

Yin yoga cultivates inner peace while focusing externally on increasing circulation and decreasing injury and sickness. Begin with Qigong to start moving energy and stimulating your immune system. Explore poses that focus on connective tissues of the body to heighten circulation in the joints and improve flexibility. Surrender yourself to a variety of yin yoga poses in a tranquil environment that induces a meditative state. Come away feeling centered and limber and ready to take on the world with grace and calm.

608771LE

ID 25341 > Barysch-Crosbie, G • 1/22 - 2/26 • Online Videoconference
Mon 9:30am - 10:30am • \$45

ID 25342 > Barysch-Crosbie, G • 3/18 - 5/6 • Online Videoconference
Mon 9:30am - 10:30am • \$63

Tai Ji

This ancient form of exercise leads the student on a journey of self-discovery and awareness of body and mind to gain energy, promote inner peace and improve circulation and flexibility of the body. Results of medical studies have shown the benefits of Tai Ji are excellent for stress reduction, balance, pain management and its ability to boost your immune system. Come and learn a new way of thinking and moving that adds freedom and enjoyment to your lifestyle.

608596LE

ID 25422 > Pang, C • 1/24 - 5/8 • WAKE-33
Wed 9:00am - 10:30am • \$147

World Dance Workout

Join us for a fun, invigorating, inspiring workout to beautiful music from around the world!

Note: Tuition helps support World Dance for Humanity, a local non-profit helping people in need - here at home and in Rwanda.

608617LE

ID 25361 > Reineck, J • 1/22 - 5/6 • SCHOTT-14
EVE Mon 6:00pm - 7:15pm • \$123

ID 25360 > Reineck, J • 1/25 - 5/9 • SCHOTT-14
Thu 9:15am - 10:30am • \$132

Yoga Physical and Mental Health

The goal of this yoga course is to teach techniques for physical, emotional and mental well-being. This course will focus on how to attain strength and flexibility in the physical body, emotional balance and mental focus. Step by step, the course will demonstrate how to liberate unnecessary muscle tension and attain a state of deep relaxation. The physical exercises and the breathing exercises will provide great benefits to the nervous, digestive and circulatory systems. This course is appropriate for beginners and intermediate students.

608685LE

ID 25415 > Hewson, R • 1/23 - 5/7 • WAKE-33
EVE Tue 5:30pm - 6:30pm • \$150

Languages

Spanish 3 - Beginning Conversational ONLINE

This class is for students with limited knowledge of Spanish, or exposure to more Spanish but some time ago. Students will review sound system, expressing preferences, asking for basic information, numbers, and regular verbs in the present tense, and will learn to talk about plans, the weather, to locate things, and will enrich their vocabulary for festivities and physical and mental states descriptions. They will also learn some new irregular verbs.

105162LE

ID 25403 > Small, A • 1/22 - 5/6 • Online Videoconference
Mon 11:00am - 1:00pm • \$308

Recreation

Experience Deep Sea Fishing

Santa Barbara offers some of the best waters for inshore, offshore and deep water fishing from a boat. Join our experienced fishing captain as he guides both beginners and experienced fishing enthusiasts on how to choose and board boats, how to fish from a boat safely, select rods/reels, tackle and bait best suited to fishing goals, and practice technical details within a classroom setting. Learn to fish the Channel, Channel Islands Marine Sanctuary and offshore waters.

608800LE

ID 25435 > Bacon, D • 4/1 - 5/6 • SCHOTT-6 • HF
EVE Mon 6:00pm - 7:30pm • \$81

Experience Deep Sea Fishing ONLINE

Santa Barbara offers some of the best waters for inshore, offshore and deep water fishing from a boat. Join our experienced fishing captain as he guides both beginners and experienced fishing enthusiasts on how to choose and board boats, how to fish from a boat safely, select rods/reels, tackle and bait best suited to fishing goals, and practice technical details within a classroom setting. Learn to fish the Channel, Channel Islands Marine Sanctuary and offshore waters.

608800LE

ID 25436 > Bacon, D • 4/1 - 5/6 • Online Videoconference • **HF**
EVE Mon 6:00pm - 7:30pm • \$81

Special Topics

Access Our Invisible Universe with the James Webb Space Telescope

The new James Webb Space Telescope (JWST) has changed the way we see and understand our hitherto invisible universe. Groundbreaking new technology allows infrared detectors to peer deeper into the universe than we have ever seen before. Explore the basics of observing the "invisible" light, and discover what we are learning about the universe with the spectacular new images produced by the telescope. Access our invisible universe with this class in the immersive environment of our local planetarium.

208012LE

ID 25325 > Cook, K • 2/21 - 3/6 • PLNTRM
EVE Wed 5:00pm - 6:00pm • \$18

Helping Children Heal From Stress and Trauma ONLINE

Stress and trauma early in life can alter children's neurobiological systems and lead to anxiety, aggressive behavior, hyperactivity, attachment disorders, sleep problems, learning difficulties, depression, and physical illnesses. Luckily, children know how to heal from trauma if we give them the opportunity. You will learn how to create an atmosphere of emotional safety in which babies and children can restore emotional health. The focus will be on facilitating children's spontaneous stress-release mechanisms of play, laughter, crying, and raging.

251313LE

ID 25318 > Solter, A • 3/9 • Online Videoconference
SAT 9:00am - 4:00pm • \$60

Class Schedule is Subject to Change

Please check online for up-to-date class information such as meeting times, location changes, cancellations and newly added class sections. Go to:

sbcc.edu/ExtendedLearning

Spirituality

Adventures in Awareness

Who are we at the core? What are the various levels of our awareness? How do our inner and outer worlds, mind and body, intersect? How are we influenced by what's happening around us, and how can we influence it? And how can we optimize our functioning? Join our conscious community as we plumb the depths and scale the heights of our existence, individually and collectively.

202852LE

ID 25300 > Sherman, S • 1/26 - 3/1 • SCHOTT-14
Fri 10:15am - 11:45am • \$45

NEW! Attaining Equanimity Through Meditation

Some form of inner practice is essential for us to control the mind and attain equanimity. Discover the importance of finding inner balance for spiritual and physical health, and how to subordinate the survival, flight or fight response. The best-known techniques involve two approaches, both using breathing. The first approach is passive and more Eastern. The second approach is active and uses sensory-driven imagination. Explore how specialized meditation techniques demonstrate both approaches.

202858LE

ID 25431 > Cumes, D • 3/23 • SCHOTT-14 • **HF**
SAT 10:00am - Noon • \$19

NEW! Attaining Equanimity Through Meditation ONLINE

Some form of inner practice is essential for us to control the mind and attain equanimity. Discover the importance of finding inner balance for spiritual and physical health, and how to subordinate the survival, flight or fight response. The best-known techniques involve two approaches, both using breathing. The first approach is passive and more Eastern. The second approach is active and uses sensory-driven imagination. Explore how specialized meditation techniques demonstrate both approaches.

202858LE

ID 25432 > Cumes, D • 3/23 • Online Videoconference • **HF**
SAT 10:00am - Noon • \$19

NEW! Attaining Equanimity Using Eclectic Methods

Attaining equanimity by going inward may be achieved both through meditation and through other, more eclectic methods. Anything that brings us inner peace, harmony, balance, well-being, serenity and equanimity can qualify as spiritual practice. Join us to find equanimity through the power of gratitude, nature and concordant sound. Also, discover how spirit guides can facilitate inner peace.

202859LE

ID 25433 > Cumes, D • 1/27 • SCHOTT-14 • **HF**
SAT 10:00am - Noon • \$19

NEW! Attaining Equanimity Using Eclectic Methods ONLINE \$

Attaining equanimity by going inward may be achieved both through meditation and through other, more eclectic methods. Anything that brings us inner peace, harmony, balance, well-being, serenity and equanimity can qualify as spiritual practice. Join us to find equanimity through the power of gratitude, nature and concordant sound. Also, discover how spirit guides can facilitate inner peace.

202859LE

ID 25434 > Cumes, D • 1/27 • Online Videoconference • HF
SAT 10:00am - Noon • \$19

Connecting With Spirit Guides ONLINE \$

Beyond the veil between worlds are spirit guides who are non-local in space and time. These guides have access to information unavailable to corporal, sentient beings. Learn how to cross the veil and connect with this profound, potentially life-saving reservoir of knowledge. Discover how the spirit world works and how to access your guides' messages with an altar, sacred space and a dream practice. These will help you on your hero/ine's journey to discover your destiny.

202726LE

ID 25404 > Ford, R • 3/7 • Online Videoconference
Thu 10:00am - 11:00am • \$8

NEW! Good-Bye Anxiety \$

Anxiety is too common a reaction to these difficult times of major changes in health, family relationships, employment, financial strains and social changes. Fortunately, there are ways to re-balance, renew and regenerate us in healthy ways. Students will learn a spiritual perspective for developing practical steps to create peace of mind, heartfelt reverence for self and others, and vitality with calmness of the body.

202854LE

ID 25425 > Kwako, J • 1/27 • SCHOTT-6
SAT 10:00am - Noon • \$19

Holistic Approaches to Treating Depression \$

Depression may be treated with a comprehensive combination of medical and psychological approaches. Medications and counseling may help many patients. However, alternative approaches are also effective for a growing number of individuals, and at times, should be the first line of treatment. Discover the innovative role of nerve hormones, amino acids, and herbs in the treatment of depression. Explore the healing effects of courage, cheerfulness, gratitude and graciousness. Come away with an array of holistic approaches, taught by a practicing medical doctor.

608779LE

ID 25426 > Kwako, J • 2/24 • SCHOTT-6
SAT 10:00am - Noon • \$19

How to Develop a Healthy World View \$

Our view of the world has an impact on our health, mood, and mind. Our worldview is developed from several sources beginning with family relationships, peer groups in early adulthood, and mind sets depending on the larger groups with which we identify. We will discuss how these affect us and how we can find uplifting sources of support by using tools of curiosity, creativity, flexibility, and opportunity.

202834LE

ID 25427 > Kwako, J • 4/6 • SCHOTT-6
SAT 10:00am - Noon • \$19

Learn the Doumbek, the Arabic Hand Drum \$

Learn finger and hand work, rhythms, and short and easy compositions on the doumbek, the Arabic hand drum. Take this beginner class and become familiar with the history and traditional rhythms of the doumbek while developing mindfulness skills.

202850LE

ID 25305 > King, A • 1/24 - 3/13 • SCHOTT-14
EVE Wed 6:45pm - 7:45pm • \$64

Tarot Cards Demystified \$

Mysterious, intriguing, and powerful - tarot cards have fascinated people across cultures since the 1400's. Have you ever wondered about these seemingly magical cards, what they are, and how are they used? Explore the true meaning of tarot cards. Discover how they can be used not only for fun but also to connect with your own body/mind consciousness for relaxation and mental healing. Come away with valuable skills to help you use tarot cards for personal growth and insight.

202733LE

ID 25421 > Jackson, A • 2/10 - 2/17 • WAKE-16
SAT 9:30am - 12:30pm • \$30

The Four Medicines of Psyche for Today's World ONLINE \$

Drawing on the ancient myth of Cupid and Psyche, we will apply the four medicines contained in the trials of Psyche to understand how relationships can be vehicles for growth and transformation. There will be guided exercises, student participation, and breakout sessions for sharing our creative insights applying this ancient allegory to our present lives.

202841LE

ID 25424 > Martin, J • 2/3 • Online Videoconference
SAT 10:00am - Noon • \$19

DIRECTORY OF LOCATIONS

SBCC Schott Campus

310 W. Padre St., Santa Barbara, CA 93105

P: (805) 687-0812

SBCC Wake Campus

300 N. Turnpike Rd., Santa Barbara, CA 93111

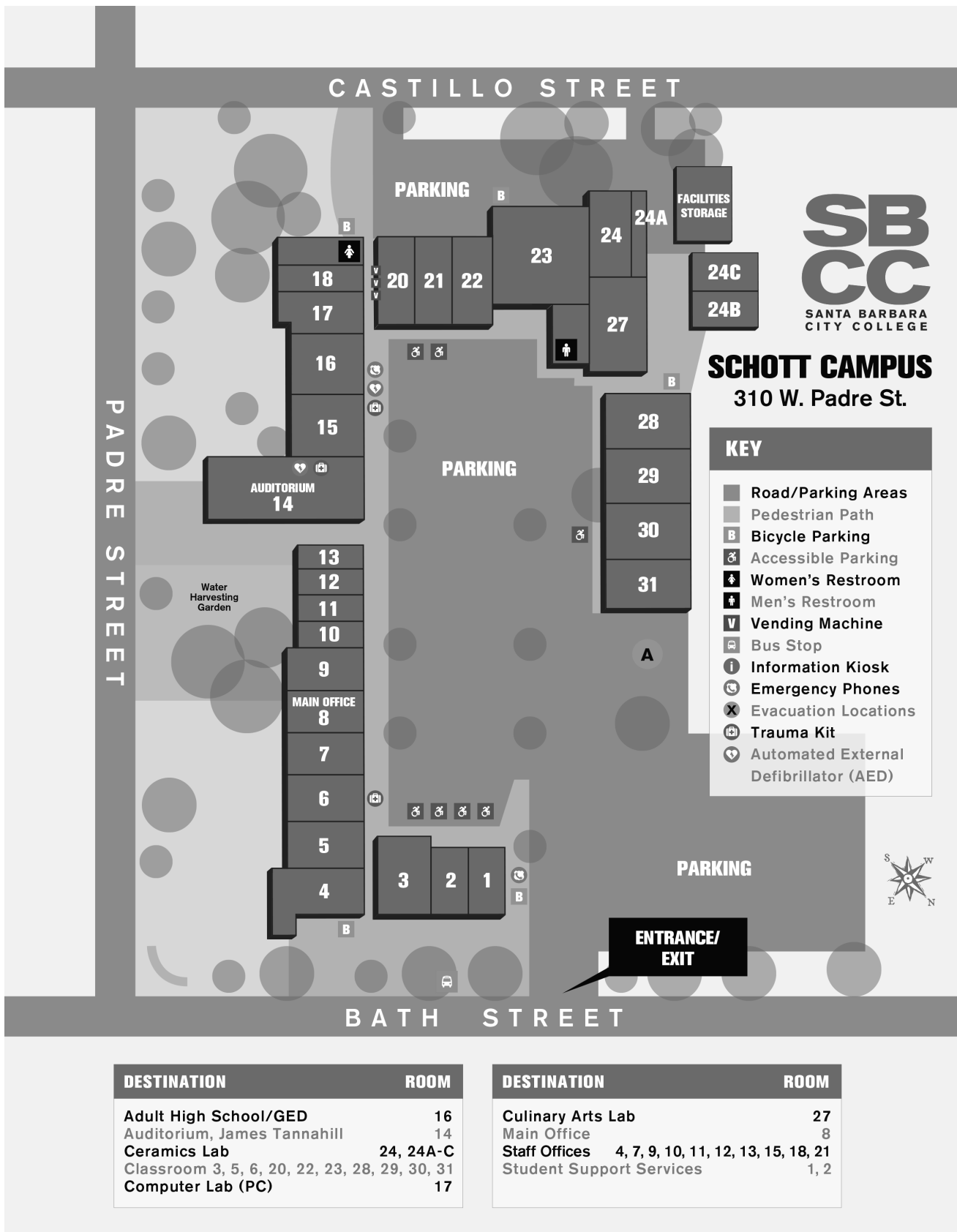
P: (805) 964-6853

BTRFLY	Butterfly Beach	1260 Channel Drive, Montecito
CARPLB	Carpinteria Library	5141 Carpinteria Avenue, Carpinteria
CHS	Carpinteria High School	4810 Foothill Road, Carpinteria
DM	Drama Music Complex	SBCC West Campus, 721 Cliff Drive, Santa Barbara
EASTLB	Eastside Branch Library	1102 E. Montecito Street, Santa Barbara
FIELD	Out in the field	Various locations in and around Santa Barbara
H	Humanities Building	SBCC East Campus, 721 Cliff Drive, Santa Barbara
LCP SBCC	LifeScope/Chumash Garden	SBCC East Campus, 721 Cliff Drive, Santa Barbara
LGPCW	Lou Grant Parent Child Workshop	5400 6th Street, Carpinteria
OAKPK	Oak Park	600 Block, W. Junipero Street, Santa Barbara
OE	Occupational Education Building	SBCC East Campus, 721 Cliff Drive, Santa Barbara
ONLINE	Online or Online Videoconference	Online
OPCW	Oaks Parent Child Workshop	605 W. Junipero Street, Santa Barbara
PE	Physical Fitness Center	SBCC East Campus, 721 Cliff Drive, Santa Barbara
PLNTRM	SB Museum of Natural History: Planetarium	2559 Puesta Del Sol, Santa Barbara
SBMUSE	SB Museum of Natural History: McVeagh House	2559 Puesta Del Sol, Santa Barbara
SEAGARDEN	Seaside Gardens	3700 Via Real, Carpinteria
SCHOTT	School of Extended Learning Schott Campus	310 W. Padre Street, Santa Barbara
SKPCW	Starr King Parent Child Workshop	1525 1/2 Santa Barbara Street, Santa Barbara
SMPCW	San Marcos Parent Child Workshop	400 Puente Drive, Santa Barbara
TBA	To Be Announced	
TGROVE	Tucker's Grove Park	805 San Antonio Creek Road, Santa Barbara
UCSB	UC Santa Barbara	Santa Barbara
UCFSH	UCSB Family Student Housing	799 Juniper Walk, Isla Vista
WAKE	School of Extended Learning Wake Campus	300 N. Turnpike Road, Santa Barbara
WCC	West Campus Classroom Building	SBCC West Campus, 721 Cliff Drive, Santa Barbara

Main Campus Parking Information

**Noncredit students taking classes that meet on the main SBCC campus may purchase a parking permit through their SBCC Pipeline account or in-person at the East Campus Cashier's window in Student Services Building SS-150. Day permits are also available. Schott and Wake campuses do not require parking permits.

For questions regarding parking on main campus, please contact Campus Safety:
(805) 730-4064 or email: safety@sbcc.edu, or go to sbcc.edu/safety/parkingpermits.php



WAKE CAMPUS MAP



WAKE CAMPUS 300 N. Turnpike Rd.

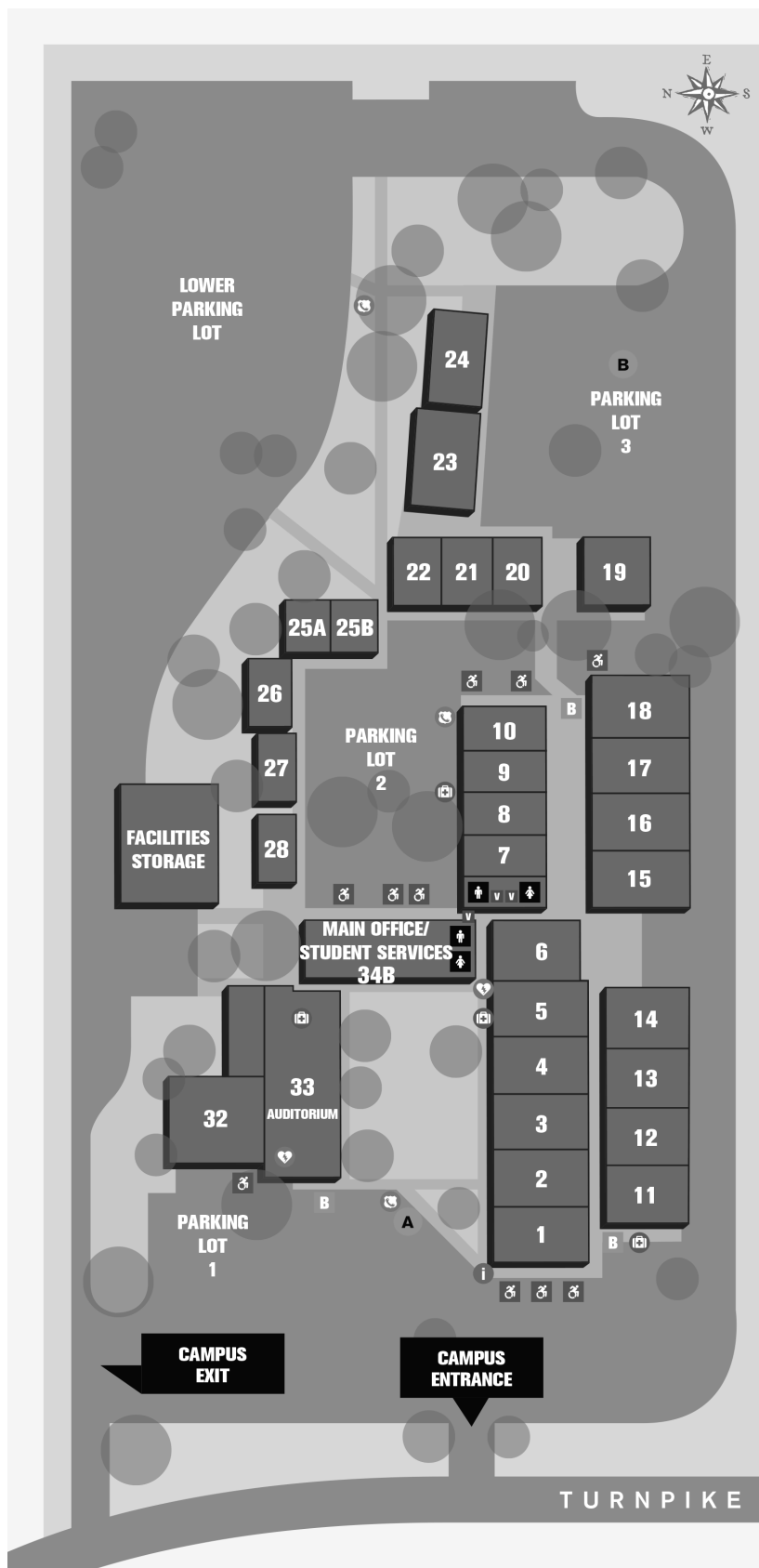
KEY

- Road/Parking Areas
- Pedestrian Path
- Bicycle Parking
- Accessible Parking
- Women's Restroom
- Men's Restroom
- Vending Machine
- Information Kiosk
- Emergency Phones
- Evacuation Locations
- Trauma Kit
- Automated External Defibrillator (AED)

DESTINATION

ROOM

Adult High School/GED Classroom	19
Art Studios	7, 8, 9, 11, 18, 32
Auditorium, Harold Thornton	33
Basic Needs Center	22
Bilingual GED	21
Carpentry/Wood Shop	10
CAEP	
Adult Education Consortium	2
CASAS/English as a Second Language (ESL)	12
Classrooms	9, 13, 14, 14, 18, 26, 27, 28
Computer Lab (MAC)	3
Computer Lab (PC)	4, 5
Computer Lab (Bilingual)	6
Community Education Center	22
Construction Technology	23, 24
English as a Second Language (ESL)/CASAS	12
Main Office/Student Services	34B
Staff Offices	1, 25A, 25B



YOUR TIME IS NOW!

Advance Your Education, Your Career, Your Life

...and it's all for free!



Get a better job and salary by building career skills and getting certifications.



Explore our career programs in Design, Healthcare, Business, Technology, Culinary Arts and more!

ESL, High School Diploma & GED®

SB SCHOOL OF
CC EXTENDED
LEARNING

Get the skills you need to get the job you want from our unique programs designed by industry professionals.



Access professional resume services, interview preparation, and job search assistance.



FIND YOUR CLASSES AND PROGRAMS TODAY!

Visit sbcc.edu/ExtendedLearning or contact Student Support Services at 805-898-8160 / NCsss@sbcc.edu

In partnership with California leadership, the Santa Barbara Adult Education Consortium (SBAEC) is committed to advancing the lives and careers of adults by providing funding to programs that offer free flexible career training, professional advancement, and personal growth programs and support services.

Extended Learning's Adult High School/GED, Career Skills, and ESL programs are partially funded by SBAEC.



SANTA BARBARA CITY COLLEGE

School of Extended Learning

WAKE CAMPUS

300 N. Turnpike Road, Santa Barbara, CA 93111



Non-Profit Org.
U.S. Postage
PAID
Santa Barbara
CA 93102
Permit No. 158

Spring Classes Start January 22

****ECRWSS EDDM****
RESIDENTIAL CUSTOMER

Register Early - Classes fill up quickly!

CLASSES START EVERY WEEK!

MARK YOUR CALENDAR

December 12

Tuition-Free Registration Opens

December 14

Fee-Based Registration Opens

February 16

Lincoln's Birthday, Holiday

February 19

Washington's Birthday, Holiday

May 18

Spring Semester Ends

FOR UPDATES PLEASE CHECK:
sbcc.edu/ExtendedLearning

