

CONTINUING EDUCATION

WINTER 2018



Education *reimagined*

FEATURED CLASSES

LIFELONG LEARNING

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ITALIAN - LEVEL 1

Establish the basics of Italian and practice simple conversation in a relaxed atmosphere.

23



LIFE FIGURE DRAWING

Improve your technique as you draw live models under the guidance of a professional artist.

26



KNOTS AND LINE HANDLING

Learn the essential knots and line handling skills that recreational boaters should know.

27



SELF-DEFENSE FOR WOMEN 101

Gain insight into recognizing red flags, setting boundaries, defending yourself, and more.

BUSINESS & PROFESSIONAL DEVELOPMENT

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HR BASICS FOR THE NON-HR MANAGER WORKSHOPS

From hiring through termination, learn essential HR skills in this series of classes.

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ENTREPRENEURSHIP CERTIFICATE

New! Get the basics of developing a strong business strategy in this 3-course program.

16



TESOL CERTIFICATE

Prepare yourself for teaching English overseas in this comprehensive, 2-course program.

26



HOW TO START A SMALL FOOD BUSINESS

This 1-day workshop will help you devise a strong foundation for your food business.

EASY WAYS TO REGISTER

 **ONLINE** www.learnatcentral.org

 **PHONE** 206-934-5448

 **MAIL** fill out & mail form on page 29

MAKE US YOUR HOME FOR PERSONAL AND PROFESSIONAL DEVELOPMENT.

We offer top-quality programs taught by skilled instructors at convenient times and locations to fit your busy lifestyle.



LET'S GET FIT

Revitalize yourself by joining us for Acro Yoga, MixxedFit, Tai Chi, and more

See page 28 for details

testimonials

TAI CHI FOR HEALTH AND BALANCE WITH RICHARD ARIES

"I appreciate how he can adjust the class to accommodate folks at different levels of experience and ability and support individual progress as well." — Karen Sakata

See page 28 for class details

ACRO YOGA

"I thoroughly enjoyed this course. It provided an incredible workout and the course was mentally challenging as well. The entire course was incredible!" — Tanis

See page 28 for class details

MIXXEDFIT WITH MARIA ROY

"I enjoy the instructor's positive energy." — Tucker

See page 28 for class details

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Project Management CERTIFICATE PROGRAM

Become a Project Management Professional

Knowing how to effectively manage projects from concept through completion is a beneficial skill in a variety of industries.

Our 105-hour certificate program will prepare you to take on projects and manage them successfully throughout the process.

We'll be offering a rotating selection of courses each quarter, including:

- Foundations of Project Management
- Project Requirements and Procurement Management
- Project Leadership Essentials
- Project Quality and Control
- Project Risk Management
- Project Cost Management
- Capstone Project



SEE PAGE 15 FOR MORE DETAILS

BUSINESS & MANAGEMENT

ACCOUNTING AND FINANCE FOR NON-FINANCIAL MANAGERS

Learn financial concepts and accounting processes that will aid you in making effective decisions using financial information. During this course, you'll gain practical techniques that you can use to improve your effectiveness and influence career development, including the seven steps in the accounting cycle. You'll come away with the knowledge to analyze resource allocation and evaluate financial performance. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5928

2/5 - 3/2

Online

CASH IS KING

Cash is arguably the most important factor in business success. D&B reports 90% of all small business failures are due to poor cash flow — more money gets paid out than is collected. It is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash, and find out your role in cash flow success. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5936

J. Trana

3/5 - 3/30

Online

ENTREPRENEUR BOOT CAMP

Have you been dreaming about starting your own business? Would you enjoy being your own boss? It's an exciting endeavor, but statistics show that most businesses fail within the first 5 years. Learn how to identify the abilities of successful entrepreneurs and how you can acquire them, develop goals to establish your business, create an outline for your plan, and more. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5932

C. Brian Law

2/5 - 3/2

Online

ENTREPRENEURIAL MARKETING

The key to your entrepreneurial success is knowing how to effectively market your product or service. Learn a step-by-step approach to attracting and retaining customers within the constraints of a realistic budget. We'll focus on customer-driven marketing decisions, learn about building a strong brand, analyze which tactics to use, create an implementation plan, and more. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5934

K. Nadlman

4/2 - 4/27

Online

FUNDING YOUR BUSINESS

What does it take to have a financially feasible business? The short answer is: Money! But where does this money come from? Come explore your business' financial feasibility in three areas: start-up or expansion, profits, and cash. We'll also learn about potential debt and equity sources of funds to help support these areas and create a financially successful venture. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5937 J. Trana Online
4/2 - 4/27

MASTERING COMPUTER SKILLS FOR THE WORKPLACE

How comfortable are you with using the Microsoft Office suite of applications? Possessing a working knowledge of the most-used software package in the world is no longer a nice-to-have skill! During this regularly-updated online course, you'll learn how to effectively use PowerPoint, Word, Outlook, and Excel. We'll explore common tasks in each application, which will enable you to work faster and more efficiently.

Fee: \$195

5917 B. Flanagan Online
2/5 - 3/2

THE BASICS OF BOOKKEEPING

How do you keep track of the day-to-day financial transactions of a business? Learn how to understand, record, and analyze every penny that comes in and goes out of your business. We'll discuss terminology, create a chart of accounts that meet your needs, and learn how to interpret the numbers. Whether you're interested in a career in bookkeeping, are an entrepreneur, or work for a small business, this financial knowledge will be key to your success.

Fee: \$195

5939 S. deFonteny Online
3/5 - 3/30

THE BUSINESS PLAN

Your business plan serves as a roadmap to your entrepreneurial success! It not only provides you guidance as you build your business, it can help you secure needed funding. During this course, we'll take a practical, hands-on approach to developing your business plan one step at a time, encouraging you to immerse yourself in the vision and planning of your business. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5933 M. Beth Izard Online
3/5 - 3/30

**CORPORATE
CUSTOMIZED
TRAINING**
SPECIALIZED WORKFORCE TRAINING

Contact Gabrielle Bachmeier
to discuss your specific training needs:
206-934-5449 or
gabrielle.bachmeier@seattlecolleges.edu

WORK SMARTER, NOT HARDER: TIME MANAGEMENT FOR PERSONAL & PROFESSIONAL PRODUCTIVITY

In today's high-speed world, one thing is certain: If you can't manage your time effectively, you'll have a hard time managing anything else. Yet most people waste precious hours each week reacting to what is going on around them rather than developing the skills to help them focus on accomplishing their most important goals. Learn powerful time management techniques and strategies that you can implement in both your professional and personal life.

Fee: \$79

8219 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Wednesday 3/21 9:00AM - 12:00PM

APPLIED ACCOUNTING - LEVEL 2

In this continuation of Applied Accounting - Level 1, you will learn how to use a computerized accounting system to do complex transactions in a corporate setting, depreciation, short- and long-term liabilities, formation of partnerships, financial statement analysis, internal audits and budgets, and more. This course is part of our Small Business Accounting Certificate program and is delivered in a hybrid format, which blends on-campus sessions with online learning.

Fee: \$719

5843 Staff Broadway Edison Bldg 3167
11 Thursdays 1/4 - 3/15 5:30 - 8:00PM
Price includes computer lab fee.

DELIVERING PRESENTATIONS WITH PURPOSE AND IMPACT

Learn how to effectively share your ideas and achieve your desired results! We'll explore developing professional and persuasive materials, basic speech and delivery dynamics, managing questions and interruptions, how to keep your audience engaged, and more. Walk away with easy-to-use tactics that you can implement immediately.

Fee: \$89

5846 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Tuesday 2/6 9:00AM - 12:00PM

Patric Earle



Patric Earle's passion is Italy and all things Italian.

This passion began as an undergraduate at the University of Washington when he participated in a Rome-based foreign studies program. It was love at first sight.

Since that time Patric has returned to live for extended periods of time in Italy: studying Italian at the University for Foreigners in Perugia, volunteering to work on multiple Etruscan archaeological sites in Tuscany, and finally, traveling up and down the country in search of the perfect villa or apartment rentals for his Italian Sojourns business venture.

Patric's other great passion is sharing his love of Italy with others. To that end Patric has been teaching Italian to adults for the Continuing Education Program for over 20 years, an activity which allows him to share his knowledge of Italian language and culture, and in turn to learn from his students' own experiences.

ITALIAN - LEVEL 1

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ITALIAN - LEVEL 2

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HR BASICS FOR THE NON-HR MANAGER WORKSHOPS

Are you currently responsible for HR functions, but have limited training or knowledge? Do you lose sleep at night wondering if you're making the appropriate decisions? In this series of workshops, you'll learn the answers to fundamental HR questions that ensure compliance with employment laws and best practices; receive guidance on managing employee performance; gain insight into effective interviewing; and more.

Fee: \$299

5832 Y. Freitas McGookin Broadway Edison Bldg 1139B
4 Tuesdays 2/13 - 3/6 9:00AM - 12:00PM

EMPLOYMENT FUNDAMENTALS EVERY MANAGER NEEDS TO KNOW

Gain more confidence as a supervisor or manager by learning the answers to fundamental HR questions. You'll not only ensure that you're in compliance with employment laws and best practices, you'll avoid any potential pitfalls. Gain insight into this important topic and walk away with information you can implement immediately.

Fee: \$89

5826 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Tuesday 2/13 9:00AM - 12:00PM

EFFECTIVE INTERVIEWING SKILLS

Are you responsible for hiring new employees? Have you had made some 'bad hires' on occasion? Learn how to avoid costly mistakes as we take a comprehensive view of the interview process. In this workshop, you'll learn how to develop specific, relevant, and scenario-based questions that will ensure you're hiring the right person for the job, plus practice techniques that help you conduct an inclusive and effective interview.

Fee: \$89

5827 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Tuesday 2/20 9:00AM - 12:00PM

EVALUATING EMPLOYEE PERFORMANCE

Evaluating performance is an essential part of the ongoing feedback and goal-setting that you provide to the employees that you supervise. By integrating regular opportunities for giving feedback and support, the performance evaluation process can become less burdensome and ominous. Learn how to use the performance evaluation process as another tool for developing your employees.

Fee: \$89

5828 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Tuesday 2/27 9:00AM - 12:00PM

DISCIPLINING AND TERMINATING POOR PERFORMERS

As a supervisor or manager, disciplining or terminating an employee for poor performance or inappropriate behavior is not only a vital part of your role, it is necessary to minimize the risk of potential legal problems. By learning to take prompt and effective steps to deal with poor performing employees, you will help to improve productivity and overall morale; reinforce expectations and standards; and retain good performers

Fee: \$89

5829 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Tuesday 3/6 9:00AM - 12:00PM

ONBOARDING NEW EMPLOYEES

Ensure your star candidate makes a smooth transition to a stellar employee. Onboarding is the process of socializing new employees into your organization and begins well before new-hire orientation. During this course, you'll learn how to incorporate onboarding into the entire hiring cycle, from recruitment to hiring and beyond. You'll leave with the basics of an effective program that will support employee success in your organization.

Fee: \$195

5938 K. Dellabough Online
2/5 - 3/2

PMP EXAM PREP W/ PRACTICE EXAM

Are you interested in taking the Project Management Professional (PMP) Exam? Prepare for it during this comprehensive course led by a seasoned professional. In addition to the coursework, you'll also have access to PMP Exam Prep software, which simulates the PMP Exam and contains over 1000 practice questions.

Fee: \$699

5835 O. O'Donnel, J. Ji Broadway Edison Bldg 1139H
10 Tuesdays 1/9 - 3/13 6:00 - 9:30PM

MARKETING & COMMUNICATION

BUILDING BLOCKS FOR EFFECTIVE TEAM DEVELOPMENT

Are you in the process of establishing a new team within your organization? Do you want to expand your ability to foster a more cohesive team environment? This class is for those teams currently in their forming stage who seek to jump-start their ability to collaborate. We'll discuss general team dynamics, explore ways to develop team relationships, and more. You'll leave with actionable tools that you can start using today.

Fee: \$89

5847 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Thursday 2/15 6:00 - 9:00PM

FEARLESS FEEDBACK: HOW TO GIVE & RECEIVE IT

An essential element of collaboration, providing constructive feedback in a way that fosters a positive dynamic is an art. During this workshop, we'll discuss different methods for presenting your ideas, practice critiquing and being critiqued by others, and learn how to work through different styles of response.

Fee: \$89

5848 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Thursday 3/8 9:00AM - 12:00PM

INTRODUCTION TO SOCIAL MEDIA MARKETING

Social media is a powerful resource for small businesses, nonprofits, solo entrepreneurs, and job seekers. Learn the basics of social media, including how to identify your audience, choosing the right platforms, and social media tool best practices. You'll leave with an actionable social media plan that advances your marketing goals.

Fee: \$169

8345 A. Durazzi Broadway Edison Bldg 1130
5 Thursdays 2/8 - 3/8 6:00 - 7:30PM
Price includes computer lab fee.

PROOFREADING: REVIEW OF COMMON WRITING ERRORS

Be confident in proofreading and editing documents by reviewing the most common writing errors that cause problems for even the best writers. Spot errors in grammar, punctuation, sentence structure, tone, and word usage with hands-on exercises. This course will help you create error-free documents that reflect a positive image of the writer and the organization.

Fee: \$79

8215 G. Pope Broadway Edison Bldg 1139B
1 Thursday 2/8 9:00AM - 12:00PM

SPANISH FOR HEALTH CARE PROFESSIONALS - LEVEL 1

This Spanish class will provide immediate access to functional language skills for non-Spanish-speaking health care professionals who interact with Spanish-speaking clients. You will learn to say, ask and write the most important Spanish phrases and questions pertinent to your workplace environment. No prior knowledge of Spanish necessary.

Fee: \$125

6629 T. Joffre Broadway Edison Bldg 4148
3 Wednesdays 1/17 - 1/31 5:00 - 7:00PM

SPANISH FOR MEDICAL PROFESSIONALS

Bridge the communication gap between you and your Spanish-speaking patients in this class designed specifically for healthcare professionals. You will practice practical language skills needed to effectively communicate while learning the basics of the language, culture, and how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish at all, you will gain the real-world knowledge you need to effectively work with patients.

Fee: \$290

5908 C. Sempe Online
2/5 - 3/30

Code Fellows PARTNERSHIP



Learn to Code

Ready to launch your career as a software developer, or just want to know if this is the right path for you? We're partnering with CodeFellows to offer workshops that cover everything from exploring if this is the right career for you to developing the programming skills to join the industry.

CODE 101: INTRO TO SOFTWARE DEVELOPMENT & CAREERS IN TECH

Is this the right path for you? Join the pros at Code Fellows for a one-day workshop to build your first web page and test your skills to see if you enjoy software development.

CODE 102: INTRO TO JAVASCRIPT

Ready to move on from 101? Join us for a week of evening classes focused on the basics of JavaScript and gain new insight into the programming ecosystem.

CODE 201: FOUNDATIONS OF SOFTWARE DEVELOPMENT

This program guides you through best practices and tools for writing syntax and pushing code as you learn web development essentials through HTML, CSS, JavaScript, and more.

CODE 301: INTERMEDIATE SOFTWARE DEVELOPMENT

Go beyond HTML, CSS, and JavaScript and learn how to launch a web app, collaborate on projects, used advanced frameworks and libraries, and work with basic algorithms.

CODE 401: ADVANCED SOFTWARE DEVELOPMENT

These high-level courses provide advanced training in Full Stack JavaScript or Python Software Development, preparing graduates for highly skilled programming jobs.



Code Fellows

Courses begin monthly in downtown Seattle!
Learn more at: learnatcentral.org/codefellows

Anthony Ogilvie



Anthony Ogilvie has a BA in Political Science and K – 12 Teaching Certificate from the University of Washington, a MA in Education Administration from Seattle University, and a Ed.D in Educational Leadership, also from Seattle University. He has been involved in education since 1970, both as a teacher and in administrative roles.

From 1990 – 2012, he served as the Executive Dean of Professional and Continuing Education at Seattle Central College, and has been teaching classes in grant writing since 2010. He works in the community providing grant writing services through his firm, ABOA Organizational Development Services.

In addition to his teaching and grant writing work, Anthony is a consultant and speaker on the topics of distance learning, education strategies, and American business practices for audiences in Japan, China, Philippines, Russia, Republic of Georgia, Brazil, Vietnam and Malaysia.

CERTIFICATE IN GRANT WRITING FUNDAMENTALS

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WRITING EFFECTIVE BUSINESS EMAILS

Do your emails receive a prompt response and enhance your professional image? If your answer is 'no' or 'not often enough' or 'I'm not sure,' then this course is for you! In this 3-hour course, you'll learn how to craft effective business emails. The class time will be divided into three sections: 1) Business Writing Essentials; 2) Email Etiquette; and 3) What to Do before You Hit Send. You'll also read and discuss a 2016 article titled 'How Poorly Written Emails Cause Disasters and Cost Lives.'

Fee: \$79

8214 G. Pope Broadway Edison Bldg 1139B
1 Thursday 1/25 9:00AM - 12:00PM

TECH INDUSTRY

DATA VISUALIZATION WITH TABLEAU

Tableau is a data visualization tool that helps you turn your raw data into meaningful and actionable information. Professionals in fields as diverse as finance, sports, and public health use it to analyze and communicate essential ideas. Learn the basics, then practice building charts, dashboards, and stories as you build your data visualization portfolio.

Fee: \$499

6580 J. Richards Broadway Edison Bldg 3168
10 Wednesdays 1/3 - 3/7 6:00 - 9:00PM

INTRODUCTION TO 3D MODELING AND PRINTING

Bring your 2D ideas to 3D life! Learn to navigate a 3D environment using Onshape, a cloud-based CAD technology, and become adept at the four foundational features of sketch-based modeling: extrude, revolve, sweep, and loft. Discover how to transition from a 2D sketch to a 3D model, prepare a CAD model file, and export and successfully print your 3D object. Prerequisites: Intermediate computer and internet browser skills. You'll be provided a laptop and 3D printer in class.

Fee: \$495

8213 B. Pomeroy Off Campus: North Seattle College
2 Thursdays 2/22 - 3/1 6:30 - 9:30PM

INTRO TO GRAPHIC DESIGN WITH ADOBE CREATIVE CLOUD

Want to design business cards, ads, or brochures, but don't know where to begin? Learn to effectively communicate your message based on the principles of good design in this hands-on intro class. You'll learn the basic features of Adobe's suite of Creative Cloud products, including InDesign, Photoshop, Illustrator, and Acrobat, including which application is best suited for each purpose. Prerequisites: Basic computer skills such as file management and use of menus, mouse, and keyboard functions.

Fee: \$235

8382 S. Hager Broadway Edison Bldg 5102
6 Thursdays 2/1 - 3/8 6:00 - 9:00PM
Price includes computer lab fee.

Geoff Pope



Geoff Pope holds degrees in English from Centre College of Kentucky and The University of Iowa, where he was an editor for the International Writing Program.

Since 2007 he has taught English and Communication courses for City University of Seattle and has led various business writing classes and workshops at Northwest University and Bellevue College.

In addition to his work as an instructor, he's a freelance editor working currently for Interactive Services; clients include Visa, Walmart, Facebook, and Deloitte.

Geoff has also worked as an editor for MRM Worldwide, Projectline Services, and Business Wire.

PROOFREADING: REVIEW OF COMMON WRITING ERRORS

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WRITING EFFECTIVE BUSINESS EMAILS

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AUTOCAD & REVIT

AUTOCAD 2018 - CERTIFICATE

Discover the world of Computer-Aided Design and Drafting (CAD) and gain the drafting and design skills needed to qualify for entry-level AutoCAD drafting positions. It can also help experienced drafting personnel assume more senior AutoCAD positions and gain confidence in their software skills. Prerequisites: Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English. Sign up for all three levels at once and save \$144.

Fee: \$1299

8268 C. Moy Broadway Edison Bldg 1139D
21 sessions M, W 1/3 - 3/21 6:00 - 9:00PM
No class on: 1/15 & 2/19.

AUTOCAD 2018 - LEVEL 1

Get started with AutoCAD and learn basic drawing and editing, including drawing with precision, organizing with layers, object types, inserting blocks, and more. This course features significant hands-on experience and will build upon classroom, lab, and work experience. Prerequisites: Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$479

8265 C. Moy Broadway Edison Bldg 1139D
7 sessions M, W 1/3 - 1/29 6:00 - 9:00PM
Price includes computer lab fee.

AUTOCAD 2018 - LEVEL 2

Build upon what you learned in AutoCAD - Level 1, including paper space and layouts, printing your drawing, text and dimensioning, creating and managing blocks, hatching, and advanced features. Class features significant hands-on experience and builds upon previous classroom, lab, and work experience. Prerequisites: Completion of AutoCAD Level 1 or previous experience using AutoCAD. Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$479

8266 C. Moy Broadway Edison Bldg 1139D
7 sessions M, W 1/31 - 2/26 6:00 - 9:00PM
Additional computer lab fee required.

AUTOCAD 2018 - LEVEL 3

Complete your knowledge of AutoCAD in this advanced-level class, building upon what you learned in Levels 1 & 2. We'll learn about design center, advanced drafting tools, managing Xref files, setting up plotter and CTB files, blocks and attributes, custom buttons and toolbars, and import/export file formats. Prerequisites: Completion of AutoCAD Level 1 and 1 or previous experience using AutoCAD. Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$479

8267 C. Moy Broadway Edison Bldg 1139D
7 sessions M, W 2/28 - 3/21 6:00 - 9:00PM

REVIT 2018 - CERTIFICATE

Learn to design freely and efficiently! Get certified in Revit Architecture, the software that's built for Building Information Modeling (BIM) and mirrors the real world. This program provides you with a comprehensive understanding of Revit, from the basics through advanced concepts. Courses are sequenced to build upon previous class/lab and work experiences and give you ample opportunity for hands-on experience. Sign up for both levels at once and save \$149.

Fee: \$1,299

8271 C. Moy Broadway Edison Bldg 1139D
 24 sessions Tu, Th 1/2 - 3/22 6:00 - 8:30PM
 Price includes computer lab fee.

REVIT 2018 - LEVEL 1

In this beginning class, you'll learn the basics such as Revit workspace and interface, drawing and editing tools, levels and grids, walls, curtain walls, windows, doors, floors, setting up sheets for plotting, and more. Get comfortable with the Revit software and prepare yourself for Revit - Level 2. Prerequisites: Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$479

8269 C. Moy Broadway Edison Bldg 1139D
 8 sessions Tu, Th 1/2 - 1/25 6:00 - 8:30PM
 Price includes computer lab fee.

REVIT 2018 - LEVEL 2

Build upon your Revit knowledge in this intermediate class. Topics include in-place components, the family editor, schedules, site and massing, project base point, survey base point, and more. Enhance your Revit skills while preparing yourself for Revit - Level 3. Prerequisites: Completion of Revit - Level 1 (or previous Revit experience,) basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$479

8270 C. Moy Broadway Edison Bldg 1139D
 8 sessions Tu, Th 1/30 - 2/22 6:00 - 8:30PM

REVIT 2018 - LEVEL 3

Hone your Revit skills in this advanced class. We'll explore conceptual massing, design options, phasing, parameters, linked files, central file and work sets, and more. Prerequisites: Completion of Revit - Level 2 (or previous Revit experience,) basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$479

8272 C. Moy Broadway Edison Bldg 1139D
 8 sessions Tu, Th 2/27 - 3/22 6:00 - 8:30PM

CUSTOMER SERVICE (ONLINE)

CERTIFICATE IN CUSTOMER SERVICE

Customer service is an essential element of successful businesses and organizations of all types. With technological innovations, human interaction with your customers has become increasingly more important. During this two-month certificate program, you'll learn to improve your customer service skills to enhance your career, improve productivity, and increase your organization's success. Take away exceptional customer service techniques that you won't find anywhere else.

Fee: \$245

5909 N. Sanders-Cobb, F. Bagley Online
 2/5 - 3/30

KEYS TO CUSTOMER SERVICE

Learning to build your customer service skills will have a powerful impact on your personal and professional lives. Discover the direct relationship between service skills and career achievement, and improve your skills to become an exceptional service provider. Help your organization and your career by translating your good service intentions to a workable plan, and learn ways so consistently deliver excellent service. This course is also part of Certificate in Customer Service program.

Fee: \$145

5910 N. Sanders-Cobb Online
 2/5 - 3/2

EXTRAORDINARY CUSTOMER SERVICE

Transform your customer service into something extraordinary, and improve your bottom line as a result. One of the ways you can separate yourself from your competition is through providing exceptional service. This comes from focusing on the few essential elements that yield big results. Take away a customer service plan that focuses on the key elements that will get you started on your pathway to success. This course is also part of Certificate in Customer Service program.

Fee: \$145

5911 F. Bagley Online
 3/5 - 3/30

FIND US ON THE WEB!

View our complete online catalog at www.learnatcentral.org



DATA ANALYSIS (ONLINE)

CERTIFICATE IN DATA ANALYSIS

As organizations generate more and more data, being able to analyze it to make informed decisions is a highly sought-after skill. Add a whole new skill set to your portfolio by learning how to use data to see trends and make predictions that have the potential to transform your business. Whether your business is home-based or a large company, this certificate will take you to the next level where important decision-making is concerned.

Fee: \$495

5900 J. Rutledge, M. Dereshiwsky, J. Kritzer Online
2/5 - 4/27

INTRODUCTION TO DATA ANALYSIS

Begin your journey into developing your data analysis skills! During this class, you'll learn the basics of understanding data, discover methods for collecting data, learn the difference and uses for quantitative and qualitative data, gain insight into basic statistics, explore trend analyses, create pivot tables and charts, compile a dashboard, and more.

Fee: \$195

5901 J. Rutledge Online
4 Mondays 2/5 - 3/2

INTERMEDIATE DATA ANALYSIS

Many of your business decisions involve comparing groups for differences. For example, would men and women prefer different product features? In addition, you may look at relationships between variables. Does product recognition relate to subsequent product purchase? This course will introduce you to the statistics behind these group differences and relationships. In addition, you'll learn how to work with ratings, graphs and user-friendly reports of statistical results.

Fee: \$195

5902 M. Dereshiwsky Online
3/5 - 3/30

ADVANCED DATA ANALYSIS

During this advanced course, you'll learn how to perform inquiries that will be useful to your organization, and develop the skills necessary to communicate them. We'll cover surveys, comparing data, statistical significance, communicating results graphically and textually, developing research questions, and more. Take the guesswork out of important company decisions and make decisions based on statistically significant information.

Fee: \$195

5903 J. Kritzer Online
4/2 - 4/27

DATA SCIENCE

INTRODUCTION TO DATA SCIENCE CERTIFICATE

Data and the insights gained from analyzing it are transforming our world. Learn the basics of data science and the tools and algorithms used in the field. As data science is at the intersection of several disciplines, you'll have the opportunity to learn basic Python programming; underlying mathematical and statistical principles; data collection, cleaning, and manipulation; and machine learning.

Fee: \$599

5856 S. Meredith Online
1/8 - 3/12

Two optional in-person meetings TBD.

DIGITAL MARKETING (ONLINE)

DIGITAL MARKETING CERTIFICATE

Learn the fundamentals of digital marketing during this 3-course certificate program. We'll explore how you can improve your email marketing and promotions, discover how to analyze your website traffic in order to increase visitors and improve conversions, delve into search engine optimization, and learn the nuts-and-bolts of successfully using online advertising to meet your goals.

Fee: \$495

5918 D. Belhassen, S. Hurrell Online
2/5 - 4/27

IMPROVING EMAIL PROMOTIONS

Email marketing is one of the most cost-effective ways your business can communicate with and market to your customers. Discover new ways to improve your email promotions, including when to email, what to email and testing email copy. Then find out how to analyze your email response rates, including benchmarks for open rates and click-through rates. Learn how to improve your email promotion and responses with tracking and testing. This class is also part of our Digital Marketing Certificate.

Fee: \$195

5919 D. Belhassen Online
2/5 - 3/2

BOOSTING YOUR WEB SITE TRAFFIC

Acquire the basic skills to boost your web site traffic, including how to analyze your visitor traffic, how to use search engine optimization to get greater visibility and exposure in Google searches, and how to redesign your web site copy to increase your visitors and results. This class is also part of our Digital Marketing Certificate.

Fee: \$195

5920 D. Belhassen Online
3/5 - 3/30

AutoCad & Revit

CERTIFICATION PROGRAMS

Design for the 21st Century!

Learn the software that drives today's design and architecture industries! We offer certificates in both AutoCAD® and Revit Architecture that will prepare you for entry-level drafting and design positions.



AUTOCAD® CERTIFICATE:

Discover the world of Computer-Aided Design and Drafting (CAD). This hand-on, three-course program will guide you through:

- **Level 1:** Basic drawing and editing; drawing with precision; organizing with layers; object types; and inserting blocks.
- **Level 2:** Paper space and layouts; how to print drawings; text and dimensioning; creating and managing blocks; and hatching and advanced features.
- **Level 3:** Design center; advanced drafting tools; managing Xref files; setting up plotter and CTB files; blocks and attributes; custom buttons and toolbars; and import / export file formats.

Sign up for all 3 courses at once & receive an \$85 discount!

SEE PAGE 10 FOR MORE DETAILS

REVIT CERTIFICATE:

Learn how to use Revit, the building design and documentation software that allows you to work freely. During this three-course program, you'll learn:

- **Level 1:** Revit workspace and interface, drawing and editing tools, levels and grids, walls, curtain walls, windows, doors, floors, and setting up sheets for plotting.
- **Level 2:** In-place components, the family editor, schedules, site and massing, project base point, and survey base point.
- **Level 3:** Conceptual massing, design options, phasing, parameters, linked files, and central file and work sets.

SEE PAGE 11 FOR MORE DETAILS

ONLINE ADVERTISING

Navigating the complex world of online advertising can seem overwhelming, but it's worth it! Get the keys to making online advertising work for you and your organization. During this online class, you'll see how pay-per-click advertising with Google AdWords works, learn how to test low budget Adword campaigns, explore how to target local audiences, and discover Facebook advertising. This class is also part of our Digital Marketing Certificate.

Fee: \$195

5921 D. Belhassen, S. Hurrell Online
4/2 - 4/27

ENTREPRENEURIAL FINANCE (ONLINE)

ENTREPRENEURIAL FINANCE CERTIFICATE

One of the leading causes of failure for small businesses is a lack of financial knowledge and fundamentals. During this certificate program, you'll gain a deeper understanding of financial concepts and accounting processes, learn how to use financial information in decision making, get the basics of managing cash, learn about funding sources, and more. At the end of this program, you'll have the financial skills needed to maximize your chances of success.

Fee: \$495

5935 S. deFonteny, J. Trana Online
2/5 - 4/27

ACCOUNTING AND FINANCE FOR NON-FINANCIAL MANAGERS

See page 4 for details.

CASH IS KING

See page 4 for details.

FUNDING YOUR BUSINESS

See page 5 for details.

ENTREPRENEURSHIP (ONLINE)

ENTREPRENEURSHIP CERTIFICATE

Looking for ways to boost your chances for success with your new or small business? This certificate program will guide you through establishing, launching, and building a successful business. Learn how to plan for your business, explore financial considerations, determine the feasibility of your business idea, and then gain insight into developing and implementing a successful marketing program.

Fee: \$495

5931 C. Brian Law, M. Beth Izard, K. Nadlman Online
2/5 - 4/27

ENTREPRENEUR BOOT CAMP

See page 4 for details.

ENTREPRENEURIAL MARKETING

See page 4 for details.

THE BUSINESS PLAN

See page 5 for details.

GRANT WRITING

CERTIFICATE IN GRANTWRITING FUNDAMENTALS

The world of grants seeking is becoming more competitive. Gain the skills to become a successful grant writer either as the head of an organization, program manager or as a fund developer. Learn a series of key skills related to project design, development and persuasive writing skills. The required text is provided and the cost is included in tuition.

Fee: \$459

8235 A. Ogilvie Broadway Edison Bldg 1130
8 Tuesdays 1/16 - 3/6 6:30 - 8:30PM

NON-PROFIT ADMINISTRATION (ONLINE)

CERTIFICATE IN NON-PROFIT ADMINISTRATION

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus in order to support your programs and services, and your staff needs to be even more productive. This certificate program focuses on revenue generation and program evaluation in the non-profit space, providing you with the best information available from experts in non-profit administration.

Fee: \$595

5912 F. Bagley, M. Welsh Online
2/5 - 4/27

REVENUE GENERATION FOR NON-PROFITS

Building revenue streams for your non-profit organization is essential in keeping your doors open and expanding your services. Learn how to increase revenue from your current activities, and develop strategies for creating new ones. We'll discuss setting prices or fees, how to identify the 20% that generates 80% of revenue, and more. Gain the knowledge to improve your revenue generation and even produce a surplus! This class is also part of our Certificate in Non Profit Administration.

Fee: \$495

5913 F. Bagley Online
2/5 - 3/30

PROGRAM EVALUATION FOR NON-PROFIT PROFESSIONALS

Enhance your understanding of program evaluation within the nonprofit context. Find out how to improve your evaluation planning, data collection, data analysis, and data use. We'll explore real-world challenges including staff time, costs, and reporting results. Upon completion of the course, you'll have a developed program logic model and evaluation plan ready for implementation. This class is also part of our Certificate in Non Profit Administration.

Fee: \$245

5914 M. Welsh Online
4/2 - 4/27

PROJECT MANAGEMENT

FOUNDATIONS OF PROJECT MANAGEMENT

Learn the essentials of project management from the standpoint of managing a single, small-to-medium sized project. You'll go through the project life cycle in the same sequence you'll encounter when managing a real project in the workplace. We'll explore the entire product and project life cycle, including initiation, planning, executing, controlling, and closing. This class is the first step in gaining your PMP certification.

Fee: \$389

5831 Staff Broadway Edison Bldg 1139H
6 Wednesdays 1/17 - 2/21 6:00 - 9:15PM

PROJECT REQUIREMENTS AND PROCUREMENT MANAGEMENT

Successfully collecting and managing requirements has been recognized as a key success factor in many projects. If requirements are not effectively captured, the probability of meeting customer and stakeholder expectations in a project is very low. Learn the key concepts, methodologies, and best practices of collecting and managing project requirements. This course is also part of our Project Management Certificate program.

Fee: \$389

5833 J. O'Donnell Broadway Edison Bldg 1139H
6 Mondays 1/22 - 3/5 6:00 - 9:15PM
No class on 2/19.

PMP EXAM PREP W/ PRACTICE EXAM

Are you interested in taking the Project Management Professional (PMP) Exam? Prepare for it during this comprehensive course led by a seasoned professional. In addition to the coursework, you'll also have access to PMP Exam Prep software, which simulates the PMP Exam and contains over 1000 practice questions.

Fee: \$699

5835 J. O'Donnell Broadway Edison Bldg 1139H
10 Tuesdays 1/9 - 3/13 6:00 - 9:30PM

Fresia Valdivia



Fresia Valdivia has been expressing herself with the artistic passion she was born with through writing, painting, modeling, and creating arts and crafts.

Over the years, she has learned about a variety of different artistic disciplines, resulting in a deeper understanding of the artistic world and how it can become an everlasting fountain of energy and ideas. She truly believes that this is what it means to be an artist and to live in a constant motion of the spirit.

Fresia is an arts and crafts teacher with more than 25 years of experience teaching art classes to a wide array of audiences — from small children to senior citizens. As a teacher and an artist, she uses and teaches an array of artistic techniques, from modeling in cold porcelain to drawing and painting to fabric crafts, and more. Fresia has a degree in journalism and has trained in a wide range of art and craft specialties in Chile, Mexico, Peru, and the US.

She recently moved to Seattle to begin her next chapter and continues to create art while sharing her passion with others.

COLORED PENCIL ART

page 23

CREATING ART WITH RECYCLED PAPER

page 23

SUPERVISORY & LEADERSHIP (ONLINE)

SUPERVISORY AND LEADERSHIP CERTIFICATE

Your employees are your most valuable resources, and ensuring the efficiency of your team is your most important responsibility. Get practical and insightful methods for effective delegation and performance management, and discuss strategies for improving your overall leadership skills. New and experienced managers will leave with useful tips and techniques that can be applied immediately.

Fee: \$395

5926 S. Klaus Online
2/5 - 3/30

TESOL

TESOL - BASICS

Interested in teaching English overseas? Prepare yourself with our industry-recognized TESOL Certificate Program. In this Basics class, we'll examine how different factors influence teaching and learning a language, as well as explore major instructional theory and practices in teaching ESL/EFL. We'll engage in hands-on learning, including interacting with guest speakers and classroom observation hours arranged outside of class. For more information, please visit www.learnatcentral.org/tesol.

Fee: \$1799

8210 C. Comidy, J. Treat Broadway Edison Bldg 3214
15 sessions W, Sa 1/3 - 2/21 9:00AM - 2:00PM
Class meets on 5 Saturdays from 9am-2pm: TBD

CANNABIS INSTITUTE

MEDICAL MARIJUANA CONSULTANT CERTIFICATE PROGRAM

The Medical Marijuana Consultant Certificate Program is approved by the Washington State Department of Health, and it satisfies the education requirements for employees who wish to become accredited as a Medical Marijuana Consultant at licensed stores. This program distinguishes current employees and prepares prospective employees who wish to become certified as a Medical Marijuana Consultant in order to offer additional consultation services beyond simple retail sales.

Fee: \$399

6162 T. Reckling Online
1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

MEDICAL MARIJUANA & CANNABIS THERAPY PACKAGE

Designed for Medical Marijuana Consultants, this package is comprised of two of our 5-hour CEU classes — Medical Marijuana: Qualifying Conditions & Product Selection and Pain Management & Cannabis Therapy. By enrolling in this package, you'll access all of the content of both courses, and fulfill your annual re-certification requirement of 10 hours of continuing education.

Fee: \$199

6185 T. Reckling Online
1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

CANNABIS RESEARCH AND HEALTH RISKS

Due to federal drug laws, conducting effective research into cannabis and its related risks and benefits has been challenging in the US. Explore the current barriers to advancing marijuana-related scientific knowledge, identify the most salient contraindications, discuss Cannabis Use Disorder (CUD,) and more. While this class is designed for Medical Marijuana Consultants, it's also beneficial for current patients and recreational users.

Fee: \$129

6187 B. Carlini Online
1 Tuesday 1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

CANNABIS STRAIN SCIENCE: BEYOND FOLKLORE AND PSEUDOSCIENCE

Cannabis history is rich and originates from every continent on the planet. Unfortunately, prohibition has severely limited access to reliable information about different strains and their uses. Learn how to distinguish hype from fact and gain insight in how you can guide your patients in selecting the strains that best meets their needs.

Fee: \$45

6179 T. Reckling Online
1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

LAW AND ETHICS FOR MEDICAL MARIJUANA CONSULTANTS

Stay current with the legal expectations, professional ethics, and values of Medical Marijuana Consultants in Washington. During this online course, we'll explore applicable laws — including your legal scope of practice and related obligations — your ethical responsibilities, how to communicate effectively with your patients about sensitive topics, patient privacy, and how to establish and maintain professional boundaries.

Fee: \$129

6182 N. Li Online
1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

Fundamentals of Distilling

CERTIFICATE PROGRAM

Put Your Knowledge into Practice

This 40-hour certificate program consists of 24 classroom hours with a written assessment, followed by 16-hours of hands-on practical work at an operational craft distillery. It includes the following courses:



FUNDAMENTALS OF DISTILLING

In partnership with the UK's Institute of Brewing & Distilling (IBD), Seattle Central's Craft Distilling Institute offers the only USA-based IBD Fundamentals of Distilling course.

This 3-day intensive program combines classroom, lab and field trips to prepare candidates to take the IBD exam, which has become the internationally-recognized gold standard in professional qualifications for practical distillers, distillery owners, and distillery industry managers.

Expert instructors will guide you through classroom sessions that will include lectures, readings and written assignments on the elements of practical distilling. Guest distillers will join the class, as well as offer tours and informative discussions on site at their local distilleries.

PRACTICAL DISTILLING WORKSHOP

Join expert local craft distillers for a 2-day hands-on practical distilling class exploring the basics of whiskey.

You'll participate in production from start to finish, smelling and tasting the distilled spirit at each stage of the process. From mash through fermentation and wash production, you'll be integral to the final product.

We'll also discuss the post-distillation process such as barreling, proofing, and maturation, plus you'll have the opportunity to taste your newfound mastery of the nuances of whiskey.

\$2,799

March 19th – 23rd, 2018

Learn more at
learnatcentral.org/CDI



MEDICAL MARIJUANA: QUALIFYING CONDITIONS AND PRODUCT SELECTION

Medical marijuana is new again and may be an answer that many patients are willing to try under the supervision of their healthcare providers. Join us as we explore in detail the current qualifying conditions to use medical marijuana in Washington State. Students will explore each condition, likely related conditions and products that may offer relief while being less toxic and dangerous than what they have tried before.

Fee: \$105

6180 T. Reckling Online
1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

PAIN MANAGEMENT AND CANNABIS THERAPY

With over 100 million Americans currently suffering from chronic pain, cannabis therapy offers a safe and effective method for managing their pain. Explore the inner workings of cannabis, why our body recognizes it and uses it, how whole plant chemistry may be a better answer than modern synthesized single compound medicines, and learn how to guide your clients in finding a suitable treatment.

Fee: \$105

6181 T. Reckling Online
1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

PROVIDING GUIDANCE FOR GROWING CANNABIS AT HOME

Washington, along with a growing list of other states, now allows patients with a valid recommendation from their health care professional to grow cannabis at home. Knowing where and how to start can feel overwhelming, and this course provides cannabis professionals a comprehensive understanding of how they can guide their patients in setting up and maintaining their gardens.

Fee: \$199

6188 T. Reckling Online
1/2 - 3/7

Open enrollment from Jan 2nd - Mar 7th.

USING CANNABIS PRODUCTS IN MASSAGE THERAPY

Are you interested in learning how you can incorporate cannabis products into your massage therapy practice? Learn how to identify products with .3% or less of THC, determine which conditions would benefit from these products, explore how to develop an appropriate treatment plan, discuss applicable laws, and more. While this class has been developed with licensed massage practitioners in mind, it's open to anyone with a basic knowledge of an interest in using cannabis products with massage.

Fee: \$79

6186 D. H Broadway Edison Bldg 1140
1 Thursday 1/25 6:00 - 9:00PM

CRAFT DISTILLING INSTITUTE

FUNDAMENTALS OF DISTILLING CERTIFICATE PROGRAM

This 40-hour certificate program consists of 24 classroom hours with a written assessment, followed by 16-hours of hands-on practical work at an operational craft distillery. It includes our Fundamentals of Distilling class and our Practical Distilling Workshop. Walk away with the foundational and practical knowledge to begin working in the craft distilling industry.

Fee: \$2,799

6148 J. Parker
M, Tu, W, Th, F 3/19 - 3/23 8:00AM - 6:00PM

FUNDAMENTALS OF DISTILLING

This introductory course is designed for non-technical personnel (such as sales, marketing, HR, or finance) employed within the distilling industry who would benefit from background knowledge in distilling production, or for anyone who is just starting a technical career within the industry. Explore raw materials, fermentation theory & technology, distillation technology, and more. Upon completion, you'll be prepared for the UK-based Institute of Brewing and Distilling's exam.

Fee: \$1,800

6131 M. McCaw, J. Parker
M, Tu, W 3/19 - 3/21 8:00AM - 4:00PM

PRACTICAL DISTILLING WORKSHOP: SINGLE MALT WHISKEY

Join the experts of Copperworks Distilling Co. for a two-day hands-on practical distilling class exploring the basics of whiskey. You'll participate in production from start to finish, smelling and tasting the distilled spirit at each stage of the process. From mash through fermentation and wash production, you'll be integral to the final product. We'll also discuss the post-distillation process such as barreling, proofing, and maturation.

Fee: \$1,099

6146 J. Parker Off Campus Copperworks Distillery
Th, F 3/22 - 3/23 9:00AM - 4:00PM
Copperworks Distilling Co., 1250 Alaskan Way, Seattle, WA 98101

Love to Travel?

JOIN THE SEATTLE COLLEGES ON OUR GLOBAL HEALTH TRIPS EACH SUMMER TO PLACES LIKE PERU, VIETNAM, INDIA, GHANA & MOROCCO!

www.seattlecolleges.edu/globalimpact

AMERICAN SIGN LANGUAGE

AMERICAN SIGN LANGUAGE - LEVEL 1

Expand your communication tools in this introductory course in American Sign Language (ASL) and deaf culture in the United States. You'll learn the manual communication alphabet for fingerspelling words and names; basic signs for simple communication; appropriate cultural norms; and experimental signs from class interactions. See website for textbook and required materials.

Fee: \$199

6627 B. Rogers Broadway Edison Bldg 4166
10 Thursdays 1/4 - 3/8 6:30 - 8:30PM

ENGLISH AS A SECOND LANGUAGE

ENGLISH FOR AU PAIRS

Designed for Au Pairs who want to practice and expand their knowledge of U.S. English, this course is led by a trained ESL instructor who will help you improve your speaking, listening, vocabulary, and grammar skills. Through group conversations, student-centered grammar practice, informal presentations, field trips, and lots of vocabulary and listening activities, you'll gain more fluency and confidence. Prerequisites: Intermediate English or above. See website for textbook and materials.

Fee: \$129

6637 R. Boon Broadway Edison Bldg 4143
6 Thursdays 2/1 - 3/8 6:00 - 7:30PM

FRENCH

FRENCH - LEVEL 1

Are you planning to travel to a French-speaking country? Would you like to learn a second language to improve your personal or professional skill? During this introductory course, you'll learn helpful tips and tools, beginning with the basics. You'll establish a strong foundation for future study, and leave with enough French to get by while traveling. No prior experience required.

Fee: \$209

6615 A. Houssein Broadway Edison Bldg 4175
10 Tuesdays 1/2 - 3/6 6:30 - 8:30PM

FRENCH - LEVEL 2

Build upon what you learned in French 1! You'll learn essential vocabulary for everyday tasks, as well as verb conjugations and sentence structures. We'll practice pronunciation and basic dialogue so that you can begin casual conversations with your classmates at a beginner level. Proficiency is not required, but some previous knowledge of French is necessary. Learning materials will be provided.

Fee: \$209

6616 C. Wagenseil Broadway Edison Bldg 3201
9 Mondays 1/8 - 3/19 6:30 - 8:30PM
No class 1/15 & 2/19.

FRENCH - LEVEL 3

Continue your Francophone journey and further develop your French speaking skills. We'll engage in interactive games and activities as we explore more advanced grammar, reading, writing, and vocabulary. You'll develop fluency as well as increase your knowledge of French culture. Learning materials will be provided. Prerequisite: Completion of French 2 or previous French studies. You should be familiar with verbs in tenses, even if knowing which to say when is still challenging for you.

Fee: \$209

6617 C. Wagenseil Broadway Edison Bldg 3201
10 Thursdays 1/4 - 3/8 6:30 - 8:30PM

LEARN FRENCH WITH FRENCH MOVIES

Can you speak French at an intermediate or advanced level, and have a passion for films? Explore French and Francophone cultures through the movies that they produce. During this lively, discussion-based class, we'll work on excerpts of French and Francophone movies, discuss themes covered by the films, explore the way in which the director deals with different themes, and examine different cultural dimensions as represented in films. Prerequisite: French - Level 3.

Fee: \$209

6630 A. Houssein Broadway Edison Bldg 4175
10 Thursdays 1/4 - 3/8 6:30 - 8:30PM

GERMAN

GERMAN FOR TRAVELERS

Get more out of your upcoming travels to a German-speaking part of the world by learning common German phrases. Learn how to say simple sentences, acquire basic reading, writing, and listening skills, study how German is spoken, and discuss travel tips for different German-speaking countries. You'll have the opportunity to practice speaking so that you'll get the most out of the introductory class. See website for textbook and required materials.

Fee: \$169

6621 N. Kuerzel-Themann Broadway Edison Bldg 4167
8 Mondays 1/8 - 3/12 7:30 - 9:00PM
No class 1/15 & 2/19.

Cannabis Institute



Seattle Central's Cannabis Institute works with local experts to develop innovative educational opportunities for this flourishing industry.

MEDICAL MARIJUANA CONSULTANT CERTIFICATE PROGRAM — page 16

Prepare yourself to become a certified Medical Marijuana Consultant in the state of Washington! Our comprehensive 20-hour online certificate program is approved by the Department of Health and covers the following:

- State laws and rules relating to marijuana
- Qualifying conditions and their common symptoms
- Short- and long-term positive and negative effects of cannabinoids
- Products that may benefit qualifying patients
- Risks and warning signs of overuse, abuse, and addiction
- Safe handling of marijuana products
- Ethics, customer privacy, and rights

MEDICAL MARIJUANA CONSULTANT CEUs

Washington State requires 10 hours of continuing education each year to maintain your certification. We've developed a series of online courses that will help you meet this requirement, including:

- Cannabis Research & Health Risks — page 16
- Cannabis Strain Science: Beyond Folklore & Pseudoscience — page 16
- Law & Ethics for Medical Marijuana Consultants — page 16
- Medical Marijuana & Cannabis Therapy Package — page 16
- Medical Marijuana: Qualifying Conditions & Product Selection — page 18
- Pain Management and Cannabis Therapy — page 18
- Providing Guidance for Growing Cannabis at Home — page 18
- Using Cannabis Products in Massage Therapy — page 18



For more information and to register, please visit:
learnatcentral.org/mmc

ITALIAN

ITALIAN - LEVEL 1

Establish a strong foundation in Italian as you practice simple conversation and learn basic grammar in a low-pressure atmosphere. You'll learn listening and speaking skills, up to 500 vocabulary items, correct pronunciation, basic grammar, several idiomatic expressions, how to count to 10,000, the present tense of major verbs, and more. This class is conducted entirely in Italian but is designed for beginners. See website for textbook and required materials.

Fee: \$209

| | | |
|-------------|------------|---------------------------|
| 6624 | P. Earle | Broadway Edison Bldg 4183 |
| 11 Tuesdays | 1/2 - 3/13 | 6:30 - 8:30PM |

ITALIAN - LEVEL 2

Continue building on what you learned in Italian ñ Level 1 in a low-pressure atmosphere. We'll expand our listening and speaking skills, learn 500 more vocabulary items, study prepositions, learn the present perfect tense, study irregular and reflexive verbs, and more. You'll gain confidence in engaging in more complex conversations in Italian. This class is conducted entirely in Italian, and is designed for those with some previous knowledge. See website for textbook and required materials.

Fee: \$209

| | | |
|--------------|------------|---------------------------|
| 6625 | P. Earle | Broadway Edison Bldg 4183 |
| 11 Thursdays | 1/4 - 3/15 | 6:30 - 8:30PM |

JAPANESE

JAPANESE LANGUAGE & CULTURE - LEVEL 1

This introductory course will focus on conversational Japanese through listening and speaking exercises with basic useful idioms and expressions in daily life. You will learn to read and write Hiragana and simple Kanji. Additionally, this course will expose you to Japanese culture through Japanese cooking, videos, and songs. See website for textbook and required materials.

Fee: \$199

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|--------------|------------|---------------------------|
| 6631 | J. Muraki | Broadway Edison Bldg 4182 |
| 10 Saturdays | 1/6 - 3/10 | 10:00AM - 12:30PM |

JAPANESE LANGUAGE & CULTURE - LEVEL 2

This class will build on the lessons learned in Level 1. We will focus on conversation that will help you navigate traveling in the Tokyo area. You will learn Katakana and more Kanji while you continue exploring the cultural aspects through simple cooking, singing, classic cinema, and modern anime viewing. See website for textbook and required materials.

Fee: \$199

| | | |
|--------------|------------|---------------------------|
| 6632 | J. Muraki | Broadway Edison Bldg 4182 |
| 10 Saturdays | 1/6 - 3/10 | 1:00 - 3:00PM |

SPANISH

SPANISH - LEVEL 1

Establish a strong foundation in Spanish during this beginning class. Conducted mainly in Spanish in order to maximize your contact with the language, we'll focus on listening, speaking, reading, and writing. The goal is to provide you with the ability to acquire a natural way of communicating with native speakers, as well as to introduce you to the many facets of Spanish-speaking cultures. See website for textbook and required materials.

Fee: \$185

| | | |
|-----------|-------------|---------------------------|
| 6601 | V. Quintana | Broadway Edison Bldg 4148 |
| 8 Mondays | 1/8 - 3/12 | 5:30 - 7:00PM |

No class 1/15 & 2/19.

SPANISH - LEVEL 2

Continue building on your Spanish language experience in this intermediate class. Conducted mainly in Spanish, we'll continue developing our listening, speaking, reading, and writing skills. Through lecture, video, small group and class discussions, visual aids, and situational approaches, we'll practice our vocabulary, grammar, and conversation. See website for textbook and required materials.

Fee: \$185

| | | |
|--------------|-------------|---------------------------|
| 6602 | V. Quintana | Broadway Edison Bldg 4149 |
| 8 Wednesdays | 1/10 - 2/28 | 5:30 - 7:00PM |

SPANISH CONVERSATION - BEGINNER

Are you interested in expanding your knowledge of Spanish into the realm of basic conversation? This beginning class will give you the opportunity to learn vocabulary within a cultural context, as well as practice speaking with others who are at a similar skill level. We'll learn to introduce ourselves, talk about the weather, discuss our daily routines, and more. Some previous knowledge of Spanish at a beginner level is required. See website for textbook and required materials.

Fee: \$189

| | | |
|------------|-------------|---------------------------|
| 6620 | T. Joffre | Broadway Edison Bldg 4148 |
| 9 Tuesdays | 1/16 - 3/13 | 5:20 - 6:50PM |

SPANISH CONVERSATION - INTERMEDIATE

Continue practicing the conversational Spanish skills that you established in our Beginner class. We'll further develop speaking and listening skills, as well as refine our conversation skills and build more vocabulary. Learn how to order food, talk about your favorite book and movie, and engage in informal conversations. Previous knowledge of Spanish at an intermediate level is required. See website for textbook and required materials.

Fee: \$189

| | | |
|-------------|-------------|---------------------------|
| 6623 | T. Joffre | Broadway Edison Bldg 4148 |
| 9 Thursdays | 1/18 - 3/15 | 5:20 - 6:50PM |

SPANISH THE NATURAL WAY - ADVANCED CONVERSATION & GRAMMAR REVIEW

Build upon your previous Spanish language skills and experience in a fun, low-stress learning environment. Conducted entirely in Spanish, you'll engage in activities designed around stories, interviews, role-plays, and games. We'll review grammar and explore narrating the past, using object pronouns, the subjunctive mood, and more. You will be expected to read in Spanish outside of class and do some creative homework. See website for textbook and required materials.

Fee: \$185

6619 J. Lisovsky Broadway Edison Bldg 4159
5 Wednesdays 1/3 - 1/31 5:20 - 8:10PM

SPANISH FOR TRAVELERS

Are you planning to travel to a Spanish-speaking country in the near future? If so, join us for this introductory class, which covers pronunciation, conversation and helpful expressions to use while traveling. We'll also listen to Latin American music and discuss different cultures. Interested students can also go on the optional field trip to a local restaurant, where we'll practice speaking Spanish and ordering food. See website for textbook and required materials.

Fee: \$145

6613 G. Nunez-Lira Broadway Edison Bldg 1139B
10 Thursdays 1/4 - 3/8 12:00 - 1:00PM

SPANISH FOR HEALTH CARE PROFESSIONALS - LEVEL 1

See page 7 for details.

SPANISH FOR MEDICAL PROFESSIONALS (ONLINE)

See page 7 for details.

DESIGN & PHOTOGRAPHY

BASIC OPERATION OF YOUR DIGITAL CAMERA

Learn how to operate your digital camera to create images with beautiful light and different elements. We'll discuss basic camera operation such as depth-of-field, on-camera flash, lenses and filters in practical, 'idea-based' terms. Practice photographic techniques and enhance your photographic skills. Required: DSLR camera; a point and shoot camera is acceptable, but limited in function and features.

Fee: \$169

6667 A. Harris Broadway Edison Bldg 3168
5 Tuesdays 2/6 - 3/6 6:00 - 8:00PM

PERFORMING ARTS

AFRO-BRAZILIAN DANCE & SAMBA

Discover the basic rhythms and soul of African music and movement as it has influenced Brazilian dance and folkloric styles — all while getting a perfect workout! We'll explore the historical context of Afro-Brazilian culture and the legacy brought by African slaves to South America, learn combinations of different dance movements that showcase the panorama of Bahia dance styles, explore how to combine them using improvisation and develop a performance to share with the community.

Fee: \$149

6512 D. Oliveira Broadway Edison Bldg 1139B
8 Tuesdays 1/23 - 3/13 6:00 - 7:30PM

JAPANESE KABUKI ARTS

Learn how to play the shamisen (traditional Japanese 3-string instrument) in English, or traditional Japanese Kabuki-style dance; experience how to wear a kimono, learn formal manners, etiquette and polite greetings in Japanese. The instructor is a professional Kabuki Arts instructor with 40 years of experience.

Fee: \$105

6649 M. Ohno Broadway Edison Bldg 2122
4 Saturdays 1/6 - 1/27 12:00 - 3:00PM

JAZZ VOCAL WORKSHOP - BEGINNING & INTERMEDIATE

Discover your inner voice! In this class for beginner and intermediate singers, you'll develop your voice through studying contemporary and standard jazz styles. We'll explore the basics like breath, tone, and vowel placement, learn the 32 bard song form, how to count off and end a song, practice phrasing and telling the story of a song, and more. Special emphasis will be placed on singing in public during each class, and we'll end with a trio-backed performance at Tula's. Prerequisite: Bring 2-3 songs from standard jazz or American songbook repertoire.

Fee: \$235

6640 K. King Broadway Performance Hall 101
9 Wednesdays 1/10 - 3/7 6:00 - 8:00PM
Vocal Showcase at Tula's, Date to be determined.

SINGIN' THE BLUES

Explore a truly American art form and learn to sing from a Blues storytelling perspective. Guided by a talented musician, you'll explore breathing techniques, forms of the Blues, Blues phrasing, and vocally expressing yourself. You'll have the opportunity to perform during the last class, backed by local Blues musicians. Come with an open mind and ready to participate!

Fee: \$185

6641 K. King Broadway Performance Hall 101
8 Wednesdays 1/10 - 2/28 8:10 - 9:35PM

VISUAL ARTS

COLORED PENCIL ART

In this fun and interactive class, you'll receive easy to follow, systematic instructions on how to create vibrant and realistic art using colored pencils. An art-making session with colored pencils is highly portable and easy to setup and cleanup. Learn how to draw what you see, how to shade and create highlights, blend colors to make a rich color, and explore how to develop your own style and expression. Just grab your pencils and sketchpad, and go! See website for required materials.

Fee: \$179

6404 F. Valdivia Fine Arts Bldg 404
10 Saturdays 1/6 - 3/10 10:30AM - 12:30PM

DRAWING & SKETCHING

Great for both beginning and intermediate students alike, this class will help you improve your fundamental drawing skills. We'll explore the creative concepts of both contemporary and traditional styles, and personal creative expression will be highly encouraged! No previous art experience required. See website for required materials and supplies.

Fee: \$199

6416 A. Chubotin Fine Arts Bldg 402
8 Wednesdays 1/17 - 3/7 6:30 - 9:30PM

LIFE FIGURE DRAWING

Improve your drawing and sketching skills as you draw live models under the guidance of a skilled professional artist. You'll establish and enhance your ability to effectively draw proportions, structure, and represent the movement of the human figure. Price includes all model fees. See website for textbook and required materials.

Fee: \$265

6424 A. Chubotin Fine Arts Bldg 402
10 Thursdays 1/11 - 3/15 6:30 - 9:00PM

BASIC JAPANESE PAPERMAKING

Learn the art of Japanese and Western papermaking! You'll create your own sheet of paper using pulp preparation, sheet forming, pressing, and drying techniques. We'll also explore laminating, embedding and collage. Price includes materials; limit 4 students. Meets off campus at instructor's studio in Pioneer Square.

Fee: \$199

6419 T. Suzuki Off Campus: Pioneer Square Studio
Sa, Su 1/20 - 1/21 11:00AM - 4:00PM

CREATING ART WITH RECYCLED PAPER

Transform your 'trash' into treasure! Take recycling to a whole different level and explore the various ways recycled or found objects and materials can be used to create works of art. We'll experiment with different shapes, textures, and colors in order to fashion beautiful pieces and gifts for those you love. See website for required materials.

Fee: \$179

6405 F. Valdivia Fine Arts Bldg 404
10 Saturdays 1/6 - 3/10 1:00 - 3:00PM

TESOL CERTIFICATE PROGRAM

Overview

The TESOL Certificate is designed for individuals who are interested in an exciting and rewarding career teaching English overseas. Our well designed curriculum is taught by experienced and highly qualified faculty. This 120 hour non-credit certificate program consist of two courses, TESOL Basics and TESOL Grammar. These courses build upon one another. Students begin with TESOL Basics and then take TESOL Grammar upon successfully completing the Basics course. This program introduces major approaches and effective methods in the second language acquisition field. Students will also complete a ten hour classroom observation/practicum working with ESL/ELL students. Please note that this certificate is not an equivalent to an ELL endorsement or certificate to teach in WA state schools.

TOPICS COVERED

- Understanding learner factors, motivation, styles and backgrounds
- Cross-cultural awareness
- Classroom Management: Including teaching across age groups and teaching in a multi-level classroom
- Class observations and practicum: co-teach or assist in an ESL class
- Effective teaching methods
- Technology in the classroom
- Assessment and testing
- Different ways of developing a lesson plan
- Interactive projects, videos and guest speakers

SEE PAGE 16 FOR MORE DETAILS

Visit learnatcentral.org/tesol
or call **206-934-5448** for more information.

INTUITIVE ART: PAINT FOR YOUR LIFE

Make use of all your senses in this inspiring class! We'll take an experiential and exploratory approach to creativity, delving beneath the surface through dance, writing, movement, painting, and music. Curated visual and auditory stimulation will help you engage in the creative process as you discover your own unique form of self-expression. You'll work both solo and as part of the group in a safe and highly-encouraging environment. See website for required textbooks and materials.

Fee: \$145

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| 6401 | L. Upshaw | Fine Arts Bldg 406 |
| 6 Tuesdays | 1/2 - 2/6 | 6:30 - 8:30PM |

DRAWING WITH MIXED MEDIA

Expand your horizons and learn to use a variety of different drawing medium such as pencil, charcoal/charcoal pencil, watercolor pencil, pastel pencil, pen and ink, and more. By learning how to use different drawing tools, you can make drawing more vibrant and fun, and significantly enhance your self-expression. Add to your skills and learn the fundamentals of mixed media drawing in this fun, hands-on class. See website for required materials.

Fee: \$179

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| 6413 | P. Barth | Fine Arts Bldg 404 |
| 8 Wednesdays | 1/17 - 3/7 | 7:00 - 9:00PM |

PORTRAITS USING MIXED MEDIA

Infuse your portraits with a new level of creativity! Join us as we experiment with a variety of media and techniques such as gouache, acrylics, collage, and mixed media to discover how to create innovative and inspiring portraits. We'll also explore how your unique experiences and background can help you develop your own personal creative style. See website for recommended materials.

Fee: \$179

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| 6406 | S. Pressley | Fine Arts Bldg 402 |
| 10 Saturdays | 1/13 - 3/17 | 11:30AM - 1:30PM |

**PURPOSE, PASSION & VISION:
THE ART OF VISION BOARDING**

Through creative visualization using virtual reality goggles, writing exercises, brainstorming sessions, self-inventories and the creation of a vision board, students will gain insight into what they wish to create in their lives. They will learn how to create three different types of vision boards, and will select a vision board that reflects their best intention. See website for required materials.

Fee: \$145

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| 6402 | L. Upshaw | Fine Arts Bldg 406 |
| 6 Tuesdays | 2/13 - 3/20 | 6:30 - 8:30PM |

**ABSTRACT & REALISTIC PAINTING
WITH THE PALETTE KNIFE**

Learn how to make beautiful paintings with the palette knife using an assortment of textural mediums. Without a brush, explore a variety of techniques to create picturesque landscapes, figures, wildlife, and modern art. The instructor is a professional artist who has exhibited in museums and galleries worldwide. See website for textbook and required materials.

Fee: \$179

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| 6436 | G. Gancarz | Fine Arts Bldg 403 |
| 8 Mondays | 1/22 - 3/12 | 6:30 - 8:30PM |

One session scheduled Saturday, 3/10, 10:30AM - 12:30pm.

IMPRESSIONIST PAINTING

Do you admire the paintings of the Impressionists? Study their unique brushstroke method to make beautiful paintings. Discover how lines of color can make a complete painting, just by changing their direction. The instructor is a professional teacher and working artist in both the US and Italy, who has exhibited in museums and galleries worldwide. No formal art training needed, just a willingness to learn.

Fee: \$179

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| 6431 | G. Gancarz | Fine Arts Bldg 403 |
| 9 Saturdays | 1/20 - 3/17 | 12:30 - 2:30PM |

PAINTING FOR EVERYONE

In this inspiring class designed for beginning and intermediate students, you'll explore extensive color mixing; paint landscapes, people, still lives, and animals; and experiment with a variety of mediums such as acrylic, oil, and watercolor. You'll also receive an introduction to photo transfers, and encaustic and palette knife painting. At the end of the class, you'll have the opportunity to exhibit in an art gallery. Please see website for recommended materials and supplies.

Fee: \$179

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| 6430 | G. Gancarz | Fine Arts Bldg 403 |
| 9 Saturdays | 1/20 - 3/17 | 10:30AM - 12:30PM |

PAINTING IN OIL & ACRYLIC

In this introductory painting class, we'll focus on the fundamentals and differing techniques used in oil and acrylic painting. We'll explore color theory, compare the mediums, and experiment with them as you create works of art. The class will be tailored to meet the interests and needs of each individual and the class as a whole. In the first class, we'll examine theory and style, and discuss required materials, then begin painting the following week.

Fee: \$199

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| 6415 | P. Barth | Fine Arts Bldg 404 |
| 8 Thursdays | 1/18 - 3/8 | 6:30 - 9:30PM |

WATERCOLOR PAINTING

Expand your creative expression by learning how to paint with watercolors. During this inspiring, hands-on class, you'll receive an introduction to traditional watercolor techniques, learn how to analyze color, explore how to combine watercolor with other media, and more. You'll be encouraged to work with subject matters ranging from still life to examples by master artists to abstraction and imagination. Please see website for recommended supplies and materials.

Fee: \$179

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| 6423 | Y. Chubotin | Fine Arts Bldg 402 |
| 7 Saturdays | 1/27 - 3/10 | 2:00 - 4:30PM |

WRITING**BEGINNING FICTION WRITING**

Are you just beginning your journey in creative writing? Improve the depth and flow of your storytelling as you work step-by-step through a plan for creating a well-rounded story. We'll work on developing characters, mapping plots, writing dialogue, and devising engaging beginnings and resolutions. Please bring a pen and paper to class and be prepared to write! A \$5 materials fee is due to the instructor on the first day of class.

Fee: \$139

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| 6013 | A.Adkins-Hal, L.Lesli | Off Campus: North Seattle College |
| 6 Wednesdays | 2/7 - 3/21 | 6:15 - 8:15PM |

SELF PUBLISHING EBOOKS

The popularity of eBooks is on the rise, and they're an excellent method for communicating your ideas in a cost-effective manner. In addition to fiction and non-fiction books, individuals and organizations are publishing eBooks as a way of marketing their products, services, and ideas. Discover what makes a great eBook and how you can create, format, publish, and market your own.

Fee: \$195

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| 5916 | T. Street | Online |
| 4 Mondays | 3/5 - 3/30 | |

WRITING FOR CHILDREN AND YOUNG ADULT AUDIENCES

Do you have an idea for a children's book that you haven't been able to put to paper? Or a teen novel you've been imaging but aren't sure how to write? Or maybe you write every day and you need guidance on getting your project ready to publish? From picture books to middle-grade novels, fiction for magazines to Young Adult epics, you'll learn the tricks of the trade that keep young readers turning pages.

Fee: \$239

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| 6014 | B.Bon, K. Grace | Off Campus: North Seattle College |
| 10 Tuesdays | 1/9 - 3/13 | 6:00 - 8:30PM |

COMPUTERS**BASIC COMPUTER SKILLS**

Personal computers (PCs) can seem intimidating at first, but you can learn how to use them more efficiently with the right guide. During this class, we'll use the Windows 10 operating system to learn about hardware, operating various applications, file and folder management, email and web browsing, cloud storage, creating backups, and more. We'll also discuss creating backups and how to choose a computer. Please note: This class doesn't focus on Apple computers.

Fee: \$159

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| 5849 | W. Berkley | Broadway Edison Bldg 3173 |
| 2 Wednesdays | 1/17 - 1/24 | 6:00 - 9:00PM |

INTRO TO GRAPHIC DESIGN WITH ADOBE CREATIVE CLOUD

See page 9 for details.

MASTERING COMPUTER SKILLS FOR THE WORKPLACE

See page 5 for details.

FOOD, WINE & SPIRITS**A WINE TOUR OF ITALY**

Explore Italy through its diverse and delicious wines! Join us as we taste wines from the most famous regions of Italy, as well as a few lesser-known wines. As we sip and savor, Sommelier David LeClaire and Christopher Gronbeck, owner of The Barrel Thief Wine & Whiskey Bar, will lead a discussion of Italy's rich wine heritage. Students must be 21 or older; picture ID required. Please eat before coming to class. A \$10 materials fee is due to the instructor in class.

Fee: \$39

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| 6128 | C. Gronbeck | |
| 1 Monday | 1/22 | 6:00 - 8:00PM |

AMERICAN WHISKEY: A COLORFUL HISTORY

Does the history of American whiskey inspire images of outlaws and bootleggers? If so, you're not far off! Christopher Gronbeck, owner of The Barrel Thief Wine & Whiskey Bar, and Sommelier David LeClaire will guide you through the birth and evolution of American whiskey, from European settlers to modern craft distillers, while you taste a variety of styles. Students must be 21 or older; picture ID required. Please eat before coming to class. A \$10 materials fee is due to the instructor in class.

Fee: \$39

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| 6126 | C. Gronbeck | |
| 1 Monday | 1/29 | 6:00 - 8:00PM |

HOW TO START A SMALL FOOD BUSINESS

Set a strong foundation for your dream as an experienced food entrepreneur guides you through the process of starting a food business. Learn how to cost products, prepare food-specific business plans, and how to obtain health and other required permits. This step-by-step class will help set you up for success and avoid making costly mistakes.

Fee: \$155

5859 J. Lewis Off Campus: North Seattle College
 Sa, Su 1/13 - 1/14 9:00AM - 12:00PM
 Class meets on 1/13 from 9am - 4pm and on 1/14 from 9am to 12pm.

HOME & GARDEN

BASIC HANDS-ON HOME REPAIR AND MAINTENANCE

Learn a variety of home improvement and maintenance skills in Seattle's most comprehensive home repair class! During these hands-on workshops, we'll cover hand and power tool selection, operation, and personal safety; kitchen and bathroom remodels; electrical and plumbing repairs; wall repairs; weatherization; and more. You'll learn how to take on most small home repairs, knowing which tools to use and how to repair the problem. A materials fee is included in tuition and covers all supplies.

Fee: \$159

6581 P. Marx Broadway Edison Bldg 1139B
 2 Tuesdays 1/23 - 1/30 6:00 - 9:30PM

PERSONAL IMPROVEMENT

ASSEMBLING YOUR FINANCES

Need to get ahold of your budget and finances? Learn the facts and fundamentals of money management! You'll receive guidance on how to establish a clear, concise, and comprehensive system for controlling every aspect of your personal finances. Make a commitment to take responsibility and control over your finances to achieve the goals you set. This class includes a workbook and weekly homework assignments that will guide you through the process.

Fee: \$115

6547 K. Frunz Broadway Edison Bldg 1139B
 3 Thursdays 1/25 - 2/8 6:30 - 9:00PM

BASIC MARINE ELECTRIC FUNDAMENTALS FOR THE RECREATIONAL BOATER

Learn the fundamentals of electricity as it relates to recreational boats. We'll investigate small boat wiring methods and practices; explore troubleshooting and electrical fault prevention; learn about basic DC theory, Series and Parallel circuits, and voltmeter operation; get tips on best wiring practices; learn about circuit breaker and fuse applications; gain insight into battery selection, sizing, and battery chargers; learn about circuit identification, schematics, and troubleshooting.

Fee: \$275

5866 A. Bruce Seattle Maritime Academy 213
 6 Tuesdays 2/20 - 3/27 6:00 - 8:00PM

BASIC NAVIGATION AND SAFETY

Recreational boating is fun, but as skipper, you're responsible for keeping everyone safe. Learn the basics of boating navigation and safety by utilizing popular apps, electronic navigation systems, and paper charts. Learning the basics is easier than you think, and we'll guide you toward additional navigation training specific to your needs. Please note: This class is for recreational sail and power boaters, both skipper and crewmembers, and requires previous knowledge of navigation or boating.

Fee: \$60

5864 M. Pommert Seattle Maritime Academy 215
 1 Thursday 3/8 6:00 - 9:00PM

INTRODUCTION TO MARINE DIESEL ENGINES FOR THE RECREATIONAL BOATER

Learn more about marine diesel engines! We'll investigate the fundamentals of operation, maintenance, and troubleshooting small diesel propulsion engines for recreational boaters. During this class, you'll learn about basic diesel and gasoline engine combustion theory; lubrication and cooling systems; alarm and controls; and maintenance and trouble shooting. You'll also receive a list of recommended books and reference materials to continue your learning outside of class.

Fee: \$275

5867 A. Bruce Seattle Maritime Academy 213
 6 Wednesdays 2/21 - 3/28 6:00 - 9:00PM

KNOTS AND BREWS

There are essential knots that all recreational sail and power boaters should know. Learn how to tie these knots while enjoying local Ballard beer! We'll learn how to tie a variety of knots (like the bowline, clove hitch, round turn and two half hitches, stopper knots, reef knot, and more) and recognize the appropriate knot to use in various situations. You'll take home 2 different pieces of line to practice your new skills. Must be 21+ to attend.

Fee: \$55

5865 E. Davis
 1 Thursday 3/15 6:00 - 8:00PM

KNOTS AND LINE HANDLING

Whether captain or crew, there are essential knots and line handling skills that recreational sail and power boaters should know. Line handling skills are important to docking, transiting the locks, or even 'Mediterranean mooring' on your next vacation bareboat charter. During this class, you'll learn how to handle lines safely, store lines effectively, communicate amongst crew, tie a variety of useful knots, and more.

Fee: \$45

5863 M. Pommert Seattle Maritime Academy 215
 1 Thursday 3/1 6:00 - 8:00PM

SELF DEFENSE 101 FOR WOMEN

Research shows that women who have successfully defended themselves quickly recognized threatening situations and enforced their boundaries, and using physical means if necessary. During this comprehensive self-defense course, you'll learn to recognize ploys and manipulation, releases from common grabs, use your body language and voice to deter attacks, assess risks, and more. Price includes materials fee.

Fee: \$169

6527 J. Factor Broadway Edison Bldg 1139B
6 Mondays 2/5 - 3/19 7:00 - 9:00PM
No class 2/19/18.

SELF DEFENSE 102 FOR WOMEN

Build upon what you learned in Self-Defense 101, and kick it up a notch! In this progressive skill-building class, we'll review what we've learned during previous sessions, refresh our knowledge of decisive targets and strikes, increase our practical agility and footwork, learn to defend yourself on the ground, practice de-escalation skills and using your voice, dealing with multiple attackers, and more. Prerequisite: Self-Defense 101, or another multi-session empowerment self-defense course.

Fee: \$139

6528 J. Factor Broadway Edison Bldg 1139B
4 Thursdays 2/22 - 3/15 7:00 - 9:00PM

WOODWORKING**BASIC CARPENTRY & WOODWORKING - LEVEL 1**

Learn how to use your power tools safely and effectively! Explore the basics of joinery, jigs, materials, methods, and project design in a wood shop, and then apply what you've learned to create a toolbox. A materials fee is included with tuition and covers all tools, materials, and lumber for your project. Please note: No open-toed shoes, loose clothing or jewelry, and long hair must be tied back. You must bring and use your own hearing, vision, and respiratory safety equipment.

Fee: \$189

6582 P. Marx Off Campus: University of Washington
3 Thursdays 1/25 - 2/8 6:00 - 9:00PM
1/25: class will meet 6:00 pm- 9:30 pm.

Location: UW School of Art, Woodworking Shop, Room 117.

BASIC CARPENTRY & WOODWORKING - LEVEL 2

Build upon what you learned about safe tool use during Level 1 and further explore woodworking philosophy. We'll cover jigs and patterns, routers and router bits, jigsaws, electric sanders, and more. Hone your skills as you work on one of five challenging, useful, and interesting projects. Please Note: No open-toed shoes, loose clothing or jewelry, long hair must be pulled back. Must bring and use hearing, vision, and respiratory safety equipment to class. Prerequisite: Completion of Level 1.

Fee: \$189

6587 P. Marx Off Campus: University of Washington
3 Wednesdays 1/24 - 2/7 6:00 - 9:00PM

Location: UW School of Art, Woodworking Shop, Room 117.

WOODWORKING FOR WOMEN

Gain a solid intro to woodworking through the construction of a carpenter's stool. You'll learn shop safety, the properties of wood and how that informs the selection and milling of lumber, and how to properly use hand and power tools. We'll also focus on joinery, the importance of sharp tools, fasteners and adhesives, and basic wood finishing. All woodworking tools and materials will be provided. Required: Students must bring safety glasses, hearing protection, a notebook, and pencils.

Fee: \$415

6714 Y. Rotskoff Wood Technology Center CORE Shop
10 Wednesdays 1/10 - 3/14 5:30 - 8:30PM

WOODWORKING I

This course is patterned after the Wood Technology Center's 'Introduction to Professional Woodworking' day class. Topics include: Wood shop safety and personal protective equipment; selection and milling of lumber; hand tools and sharpening; portable and stationary power tools; basic joinery, adhesives and fasteners. All tools and materials will be provided. Required: Students must bring safety glasses, hearing protection, a notebook, and pencil to first class.

Fee: \$415

6705 N. Wright Wood Technology Center CORE Shop
10 Tuesdays 1/9 - 3/13 5:30 - 8:30PM

WOODWORKING II

This class builds upon what you learned in Woodworking I and/or Woodworking for Women. We'll focus on different kinds of joinery, dadosets, drill press, biscuit joiners and routers as we work on one of three rotating projects that are designed to be completed during class. The last two classes will be available for independent student projects such as a wooden mallet or small box construction. All tools and materials will be provided.

Fee: \$415

6707 D. Borgatti, S. Wong Wood Technology Center CORE Shop
9 Mondays 1/8 - 3/19 5:30 - 8:50PM
No class 1/15 & 2/19.

Fee: \$415

6711 W. (Bill) Ackerlund Wood Technology Center CORE Shop
10 Thursdays 1/11 - 3/15 5:30 - 8:30PM

REGISTER NOW!**online**

Register and pay online at
www.learnatcentral.org

phone

206.934.5448

visit

Go to the CE Office on campus
Monday – Friday 8:00AM – 4:30PM
Enter at 1716 Harvard Ave, Room 1140

FITNESS

ACRO YOGA

Acro Yoga is a joyful blend of partner acrobatics, yoga, and Thai massage. This practice will get you moving in new ways as you work with others to develop your balance, body awareness, strength, flexibility, and teamwork skills. Acro Yoga classes build community while emphasizing effective communication, safety and most importantly, fun. No experience or partner necessary. Want to try this class without signing up for the whole series? Pay a \$10 class drop-in fee at the M.A.C front desk.

Fee: \$85

6530 Staff Mitchell Activity Center 206
7 Mondays 1/8 - 3/5 7:30 - 9:00PM

MIXXEDFIT®

Get fit and have fun in this people-inspired dance fitness program that blends explosive dance with boot camp conditioning. Easy-to-follow, exaggerated movements help you burn calories and increase your endurance during this fun and challenging workout. We'll dance to today's hits and yesterday's favorites, and you'll have a blast in this class! Suitable for all ages and fitness levels; no special equipment required, but please wear comfortable clothing and bring a water bottle and towel.

Fee: \$125

6534 M. S. Roy Mitchell Activity Center 207
10 Tuesdays 1/9 - 3/13 6:50 - 7:50PM

SELF DEFENSE FOR WOMEN - 101 & 102

See page 27 for details.

TAI CHI FOR HEALTH AND BALANCE

Tai Chi is a health-sustaining exercise and a tool for improved body awareness. Practiced by the elderly for balance and circulation and the young for relaxation and martial arts, it is a wonderful holistic activity for all ages. The Yang short form will be taught along with warm-up longevity exercises and chi kung. All aspects of Tai Chi will be covered.

Fee: \$149

6522 R. Aries Broadway Edison Bldg 1139B
10 Wednesdays 1/3 - 3/7 6:00 - 8:00PM

YOGA AT THE M.A.C.

Refine your yoga practice in this all-levels class which offers different progressive levels for each pose. Every individual will be encouraged to work at a comfortable level that feels right for them. Each class is designed to incorporate proper breathing techniques, stretching, isolated movements, and dynamic flow. Want to try this class without signing up for the whole series? Pay a \$10 class drop-in fee at the M.A.C front desk.

Fee: \$79

6531 Staff Mitchell Activity Center 207
8 Mondays 1/8 - 3/12 4:30 - 5:30PM
No class 1/15 & 2/19.

WING CHUN KUNG FU - ALL LEVELS

Study the authentic art of Wing Chun Kung Fu. Learn principle foundation skills, basic punching, kicking, footwork, block and techniques for beginners, and in-depth techniques for those that have previous experience with Wing Chun Kung Fu, and would like to expand their knowledge and practice. The average person will be amazed by the practicality and directness of this effective self-defense system. Train in an environment that is fun, safe, and supportive. All levels are welcome.

Fee: \$199

6526 M. Ta Mitchell Activity Center 207
11 Saturdays 1/6 - 3/17 10:00AM - 11:30PM

ZUMBA FITNESS

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective, and totally exhilarating, often building a deep-rooted community among returning students. Want to try this class without signing up for the whole series? Pay a \$10 class drop-in fee at the M.A.C front desk.

Fee: \$149

6532 Staff Mitchell Activity Center 206
15 sessions M, W 1/3 - 2/28 5:30 - 6:30PM
No class 1/15 & 2/28.

HEALTH & WELLNESS

HOME HEALTH & HERBAL MEDICINE

Transform your kitchen cupboard into a medicine cabinet! During this series of workshops, you'll learn the basic skills needed for making herbal medicines at home. You'll have the opportunity to see different herbs and taste their flavors, plus receive guidance on making remedies at home using easy-to-follow instructions. This course is based on current medical, scientific, and herbal research, and will help you craft herbal medicines in an informed, knowledgeable, and safe manner.

Fee: \$105

6575 V. Hohlbein Broadway Edison Bldg 4167
6 Wednesdays 1/31 - 3/7 6:30 - 8:00PM

USING CANNABIS PRODUCTS IN MASSAGE THERAPY

See page 18 for details.

WELCOME TO MEDICARE

Need help understanding Medicare? This workshop is for current and new beneficiaries, those that will soon be eligible, and anyone who wants to learn more about Medicare health coverage. Various plan options, prescription drug coverage, and supplements are discussed. This class is taught by a SHIBA (Statewide Health Insurance Benefits Advisors) advisor. The SHIBA program provides free, unbiased and confidential assistance with health care choices.

Fee: FREE

6576 Staff Broadway Edison Bldg 1139B
1 Saturday 3/3 9:30 - 11:30AM

| ITEM # | COURSE TITLE | START DATE | COST |
|---|--------------|---------------------|--------|
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| | | | |
| | | Student ID | |
| | | Computer Lab | |
| Student ID # | Birthdate | TOTAL | \$ |
| Email address | | | |
| Last Name | | First Name | M.I. |
| Address: <i>Street or Box Number</i> | | | |
| City | | State | Zip |
| Phone (Day) | | Phone (Eve) | |
| Previously attended Seattle Central: <input type="radio"/> Yes <input type="radio"/> No Sex: <input type="radio"/> Male <input type="radio"/> Female US Citizen: <input type="radio"/> Yes <input type="radio"/> No | | | |
| Charge my: <input type="radio"/> Visa <input type="radio"/> MasterCard <input type="radio"/> Discover <input type="radio"/> American Express | | | |
| Account Number | | | V-code |
| Expiration Date | | Account Name | |

ATTENTION ONLINE STUDENTS! *Students taking online classes must include email address under course title on mail in registration form.*

MAIL / IN PERSON

Send or bring your completed registration form to:

Seattle Central College
1701 Broadway
Attn: Continuing Education 2BE1140
Seattle, WA 98122

ONLINE www.learnatcentral.org

PHONE 206-934-5448

Use your Visa, MasterCard, AmEx or Discover card for phone, mail and online registration.

Refund Policy

100% refund if a class is cancelled by Seattle Central College.

To cancel a registration, please contact the Continuing Education office at least two business days prior to the start of class. You will be refunded 100% of the class less \$6 processing fee.

The processing fee will be waived if you transfer to another Continuing Education class.

Course Cancellations

Continuing Education programs are supported by course fees; therefore, courses must meet minimum enrollments to cover costs. We cancel courses only when absolutely necessary, but we reserve the right to do so, as well as to reschedule courses and change instructors. When courses are cancelled, we will make every effort to notify you by email or phone before the start date. Please make sure your contact information is up to date.

Weather & Emergency-Related Closure Information

To learn if the campus is closed: **Sign up for Campus Alerts;** Check www.seattlecentral.edu; Call Seattle Central Closure line at 206-934-5464; or Check www.schoolreport.org.

In case of session cancellations due to events beyond our control, we will make every effort to accommodate students. However, we do not guarantee make up hours nor will we provide refunds for cancelled class sessions.

Directions & Getting to Campus

BY BUS

Several King County Metro Transit bus routes serve the college. For assistance charting your route to Seattle Central, use Metro's Trip Planner.

BY LIGHT RAIL

Link Light Rail just expanded service to Capitol Hill and onto the University District. If you live south of downtown, take Sound Transit's Link Light Rail to the Capitol Hill Station, located next to campus. Light rail is fast, frequent and reliable.

BY CAR

Seattle Central is just a few blocks from Interstate 5.

DAYTIME

Carpooling is encouraged as parking spaces are at a premium. There are private parking lots on Harvard Avenue and Broadway and also metered street parking. The college's garage at 1609 Harvard Avenue has limited public parking, during the day.

EVENING

Students can purchase an evening parking permit for \$25 to be used in the 1609 Harvard Avenue garage. For more information call 206-934-3202 or visit office BE1143.

FROM INTERSTATE 5 NORTHBOUND

Take Olive Way/Denny Way Exit 166 (under the Washington State Convention and Trade Center) and follow Olive Way east to Denny Way and turn right.

Go up the hill and turn right on Broadway.

Follow Broadway south to Pine, turn right, and go one block west to the Parking Garage located at Harvard and Pine.

FROM INTERSTATE 5 SOUTHBOUND

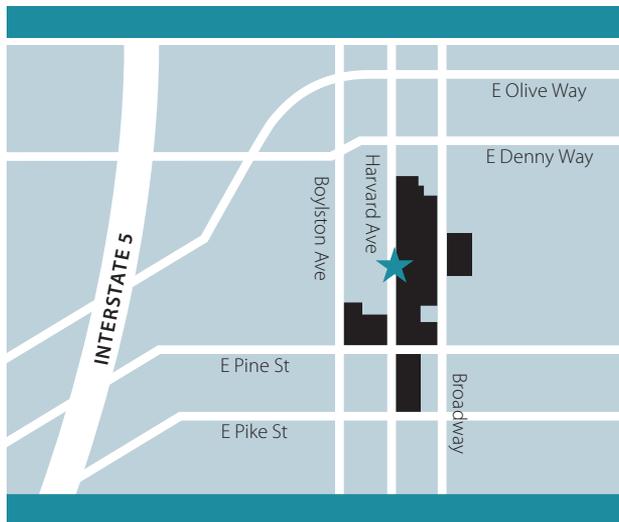
Follow the Madison Street/Convention Center exit (#165), making a right hand turn onto Madison.

Get into the left lane and turn left at Boren. Follow Boren north until Pine Street, and turn right at Pine going east.

Follow Pine Street east until Harvard Avenue. Turn left onto Harvard, then make an immediate left turn into the Harvard Avenue parking garage.

BY BIKE

Our campus is a 15-minute walk from downtown Seattle. Capitol Hill is bike friendly, with a dedicated bike lane on Broadway (the neighborhood's main thoroughfare) and plenty of bicycle parking on campus.



Campus Location

1701 Broadway, Seattle, WA 98122

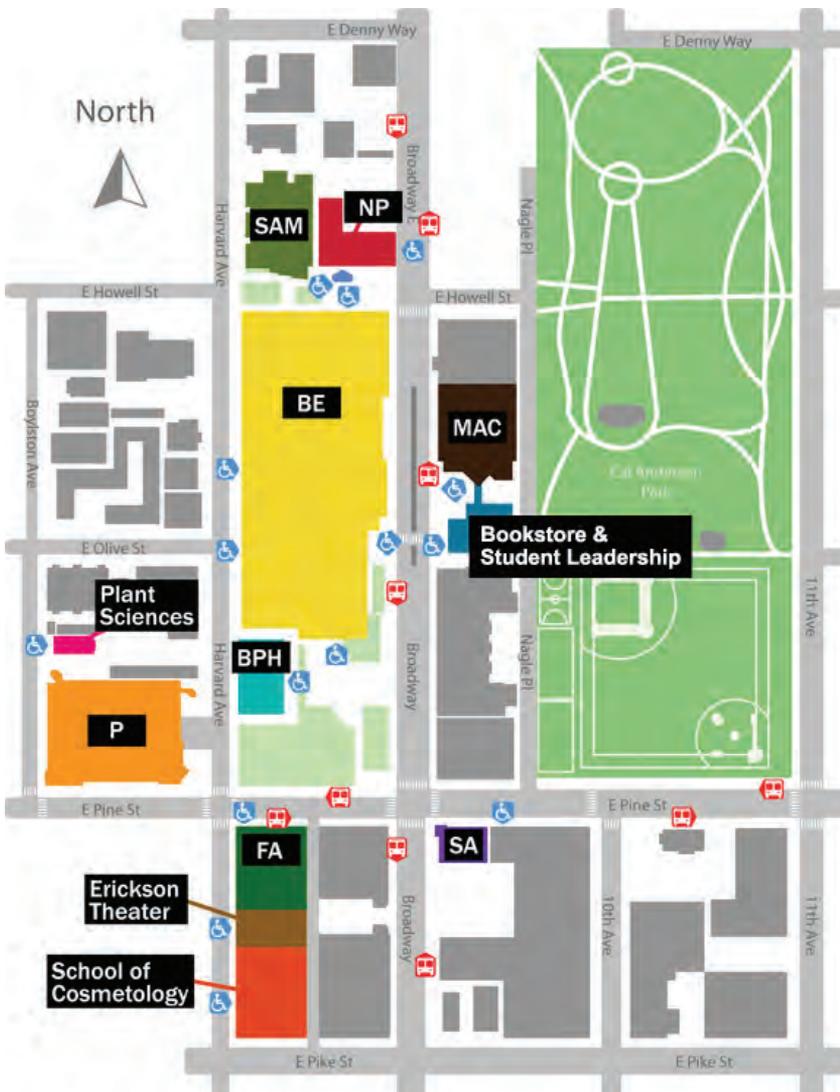
Continuing Education Office ★

BE 1140, first floor off of Harvard Avenue

Office Hours

8am-4:30pm Monday – Friday





- **BE** Broadway Edison
- Bookstore & Student Leadership
- **BPH** Broadway Performance Hall
- Erickson Theater
- **FA** Fine Arts
- **MAC** Mitchell Activity Center
- **NP** North Plaza
- **P** Harvard Garage
- Plant Sciences
- **SA** South Annex
- **SAM** Science & Math
- School of Cosmetology

- ♿ Entrance
- 🚌 Bus Stop
- Non-Campus Building
- Park

Wood Technology Center
 2310 S Lane St, Seattle, WA 98144
(one block south of Jackson on east side of 23rd Avenue)



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Seattle Central College has made reasonable efforts to provide information that is accurate at the time of publication. However, the college reserves the right to make appropriate changes in procedures, policies, calendars, requirements, programs, courses, and fees. When feasible, changes will be announced prior to their effective dates, but the college assumes no responsibility for giving any particular notice of such changes. Nothing herein shall be construed to create any offer to contract or contractual rights.

CAR-RT WSS
POSTAL CUSTOMER

CONTINUING EDUCATION

PROJECT MANAGEMENT CERTIFICATE PROGRAM

Our 105-hour certificate will provide you with the tools you need to effectively manage a project from concept to completion.

A rotating selection of courses are offered each quarter, including:

- *Foundations of Project Management*
- *Project Requirements and Procurement Management*
- *Project Leadership Essentials*
- *Project Quality and Control*
- *Project Risk Management*
- *Project Cost Management*
- *Capstone Project*



See page 15 for more information.

Interested in more information?