

CONTINUING EDUCATION

SPRING 2018



Education *reimagined*

FEATURED CLASSES

LIFELONG LEARNING

17



BRAZILIAN PORTUGUESE – LEVEL 1

New! Establish a strong foundation and learn about Brazilian culture in this beginning language class.

23



DO IT YOURSELF INVESTING

Learn how Wall Street works so you can make informed decisions and savvy investments.

23



HOW TO MANAGE YOUR CREDIT SCORE

New! Ensure your credit report is accurate and develop strategies to improve your score.

27



INTRODUCTION TO MINDFULNESS

New! Discover how the principles of mindfulness can be incorporated into your daily life.

BUSINESS & PROFESSIONAL DEVELOPMENT

5



THE BASICS OF BOOKKEEPING

Receive guidance on how to understand, record, and analyze your small business finances.

5



EXCEL PIVOT TABLES & DATA CRUNCHING

New! Dive deep into Pivot Tables and learn how to take data analysis to the next level.

9



WRITING EFFECTIVE BUSINESS EMAILS

Get tips on how to enhance your professional image and ensure prompt responses.

13



ENTREPRENEURIAL FINANCE CERTIFICATE

Gain an in-depth understanding of the financial and accounting processes key to start-ups.

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.



BE BOLD

Express yourself in our performing, visual, and creative art classes.

See pages 20-22 for details

testimonials

JAPANESE KABUKI ARTS WITH MARY OHNO

"Mary Ohno's way of expression through music and dance is incredible. It's not often to find a teacher who not only cares about the subject matter but lives it daily." — Jennifer Dowling

See page 20 for class details

ABSTRACT & REALISTIC PAINTING WITH THE PALETTE KNIFE WITH GEORGETTA GANCARZ

"[I enjoyed] the opportunity to start from the very beginning with no experience, but patient instructor. She was amazing!" — Student

See page 21 for class details

WATERCOLOR PAINTING WITH YULIA CHUBOTIN

"Yulia did a great job breaking the course down by color and technique. She gave specific feedback on our painting that was appropriately geared towards the experience of each student." — Linda Mummy

See page 22 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 14 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

S. deFonteny
4/2 - 4/27

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
5/7 - 6/1

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
4/2 - 4/27

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
6/4 - 6/29

Online

EXCEL FORMULAS AND FUNCTIONS *New!*

Solidify your expertise in Excel with an in-depth look at formulas and functions. You will begin with a refresher on basic formulas, then explore functions in detail. We'll focus on basic and advanced text functions, financial and array formulas, and calculations through a combination of demos, lecture, and hands-on practice exercises. Course materials included. Not recommended for Mac users. Intermediate experience with Excel is recommended. Please bring a memory stick or flash drive to class.

Fee: \$159

5861 J. Richards Off Campus: North Seattle College
LB BLDG: 3129D
1 Saturday 6/2 9:00AM - 4:00PM

EXCEL PIVOT TABLES AND DATA CRUNCHING *New!*

Dive deep into PivotTables and learn how to take data analysis to the next level! Learn the origin of Pivots and basic techniques for creating and customizing Pivots to your needs. Explore performing calculations, re-mapping source data, accommodating disparate data sources, using macros to enhance your PivotTables, and Reverse Pivots. Course materials included. Not recommended for Mac users. Intermediate experience with Excel recommended. Please bring a memory stick or flash drive to class.

Fee: \$159

5862 J. Richards Off Campus: North Seattle College
LB BLDG: 3129D
1 Saturday 6/9 9:00AM - 4:00PM

FUNDING YOUR BUSINESS

What does it take to have a financially feasible business? The short answer: Money! But where does this money come from? Come explore your business's 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
6/4 - 6/29

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
2 sessions Sa, Su 6/9 - 6/10 9:00AM - 4:00PM
Class meets on 6/9 from 9:00 am - 4:00 pm and on 6/10 from 9:00 am to 12:00 pm.

MAKE MONEY LICENSING YOUR MUSIC *New!*

Are you a composer, performer, or songwriter? Do you have original music already recorded that's just sitting around? Learn how to pitch your music for television, film, and other media. This class will give you quick and easy information on all aspects of music licensing. Leave ready to advance your career and create a new income stream from future royalties. Feel free to bring a sample of your music to class to learn which markets to explore (optional).

Fee: \$65

5871 E. Hartman Off Campus: North Seattle College
1 Saturday 5/12 9:00AM - 12:00PM

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
5/7 - 6/1

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
5/7 - 6/1

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 Thursday 5/3 9:00AM - 12:00PM

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 4/24 - 5/15 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 4/24 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 5/1 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 5/8 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 5/15 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
4/2 - 4/27

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. This class will be taught in an online environment via an instructor led format.

Fee: \$699

5835 J. O'Donnell Online
10 Thursdays 4/12 - 6/14 6:00 - 9:30PM

MARKETING & COMMUNICATION

FEARLESS FEEDBACK: HOW TO GIVE AND 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 4/26 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 3165
5 Thursdays 5/10 - 6/7 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 4/19 9:00AM - 12:00PM

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
4/2 - 5/25

Ann Hedreen



Ann Hedreen is a writer, filmmaker, and teacher.

Her memoir, *Her Beautiful Brain*, won a 2016 Next Generation Indie book award and her blog, *The Restless Nest*, won an honorable mention from the National Society of Newspaper Columnists. Her writing has also appeared in *3rd Act Magazine*, *The Wall Street Journal*, the *Seattle Times* and other publications.

Ann has won many Emmys and other filmmaking honors, including *Women in Film's* Nell Shipman award for Best Documentary, awarded to *Quick Brown Fox: An Alzheimer's Story*.

She and her husband, Rustin Thompson, make short films and documentaries through their small company, *White Noise Productions*. Their most recent documentary is *Zona Intangible*.

Ann earned her M.F.A. in creative writing from *Goddard College* and her B.A. at *Wellesley College*. She is a regular volunteer tutor for *Horn of Africa Services* and teaches memoir writing at *Seattle Central College* and *Hugo House*.

A *Seattle* native, she is an alumna of the *Hedgebrook center for women writers*. Ann is currently working on a second memoir, *The Observant Doubter*.

INTRODUCTION TO MEMOIR WRITING
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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

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 5/17 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 3161
 10 Wednesdays 4/4 - 6/6 6:00 - 9:00PM
Price includes computer lab fee.

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 5/3 - 6/7 6:00 - 9:00PM
Price includes computer lab fee.

AUTOCAD & REVIT ARCHITECTURE

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 4/2 - 6/13 6:00 - 9:00PM
Computer lab fee included in tuition. Sign-up for all 3 levels at once and save \$90. No class on Monday, May 28th

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: \$499
 8265 C. Moy Broadway Edison Bldg 1139D
 7 sessions M, W 4/2 - 4/23 6:00 - 9:00PM
Computer lab fee included in tuition.

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: \$445
 8266 C. Moy Broadway Edison Bldg 1139D
 7 sessions M, W 4/25 - 5/16 6:00 - 9:00PM
If this level is not taken within the same quarter as Level 1, an additional computer lab fee may be required.

REGISTER EARLY!

CONTINUING EDUCATION CLASSES are self-supporting and require a minimum number of students to run. Unless we hear from you in time, we may be forced to cancel a class you were planning to take due to low enrollment.

Don't wait too long!

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: \$445

8267 C. Moy Broadway Edison Bldg 1139D
7 sessions M, W 5/21 - 6/13 6:00 - 9:00PM
If this level is not taken within the same quarter as Level 1, an additional computer lab fee may be required. No class on Monday, May 28th.

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. Prerequisites: Basic computer skills and the ability to comprehend English. Sign up for both levels at once and save \$149.

Fee: \$1299

8271 C. Moy Broadway Edison Bldg 1139D
21 sessions Tu, Th 4/3 - 6/12 6:00 - 8:30PM
Computer lab fee included in tuition. Sign-up for all levels at once and save \$90.

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: \$499

8269 C. Moy Broadway Edison Bldg 1139D
7 sessions Tu, Th 4/3 - 4/24 6:00 - 8:30PM
Computer lab fee included in tuition.

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 experience using Revit. Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$445

8270 C. Moy Broadway Edison Bldg 1139D
7 sessions Tu, Th 4/26 - 5/17 6:00 - 8:30PM
If this level is not taken within the same quarter as Level 1, an additional computer lab fee may be required.

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 1 and 2 or previous experience using Revit. Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$445

8272 C. Moy Broadway Edison Bldg 1139D
7 sessions Tu, Th 5/22 - 6/12 6:00 - 8:30PM
If this level is not taken within the same quarter as Level 1, an additional computer lab fee may be required.

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
5/7 - 6/29

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
5/7 - 6/1

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
6/4 - 6/29

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
4/2 - 6/29

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
4/2 - 4/27

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
5/7 - 6/1

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
6/4 - 6/29

Howard Stolz



Howard Stolz has 40 years of product development experience at startups and fortune 500 companies including Honeywell, Apple Computer, and Sun Microsystems. He has been a project manager since 1997 and received his PMP in 2004.

His forte is in improving product team communication and effectiveness, and he has brought more than 70 products to market managing teams and suppliers both domestically and internationally.

Howard has given lectures about product development and project management at several universities in California and Minnesota, as well as publishing several articles about project management.

FOUNDATIONS OF PROJECT MANAGEMENT

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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 9 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.

Sign up for all 3 courses at once & receive an \$90 discount!

SEE PAGE 10 FOR MORE DETAILS

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 S. Hurrell Online
4/2 - 6/29

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 S. Hurrell Online
4/2 - 4/27

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 S. Hurrell Online
5/7 - 6/1

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 S. Hurrell Online
6/4 - 6/29

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
4/2 - 6/29

ACCOUNTING AND FINANCE FOR NON-FINANCIAL MANAGERS

See page 4 for class description and details.

CASH IS KING

See page 4 for class description and details.

FUNDING YOUR BUSINESS

See page 5 for class description and 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 Izzard, K. Nadlman Online
4/2 - 6/29

ENTREPRENEUR BOOT CAMP

See page 4 for class description and details.

THE BUSINESS PLAN

See page 5 for class description and details.

ENTREPRENEURIAL MARKETING

See page 4 for class description and 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 3165
8 Tuesdays 4/10 - 5/29 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
4/2 - 6/29

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
4/2 - 5/25

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
6/4 - 6/29

PROJECT MANAGEMENT

PROJECT LEADERSHIP ESSENTIALS *New!*

Project leadership involves the understanding of and alignment to organizational strategy and vision, as well as skilled people management. We'll focus on the human dimension of project management, including helpful how-to's, learning how to distinguish between project management and project leadership, and communicating across distances and cultures. Course content follows the Project Management Institute's (PMI®) Guide to the Project Management Body of Knowledge (PMBOK® Guide). This course will be taught in an online environment via an instructor led format.

Fee: \$389

5802 J. O'Donnell Online
6 Mondays 4/16 - 5/21 6:00 - 9:15PM

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 H.Stolz Broadway Edison Bldg 1139H
6 Wednesdays 5/9 - 6/13 6:00 - 9:15PM

PMP EXAM PREP WITH 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. This course will be taught in an online environment via an instructor led format.

Fee: \$699

5835 J. O'Donnell Online
10 Thursdays 4/12 - 6/14 6:00 - 9:30PM

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
4/2 - 5/25

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 16
- Pain Management and Cannabis Therapy — page 16
- Providing Guidance for Growing Cannabis at Home — page 16
- Using Cannabis Products in Massage Therapy — page 17



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

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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
4/2 - 6/15

Open enrollment from April 2nd - June 1st.

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 H. DeAndrade Broadway Edison Bldg 1139B
1 Thursday 5/10 6:00 - 9:00PM

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 Tuesdays 4/3 - 6/5 6:30 - 8:30PM

AMERICAN SIGN LANGUAGE – LEVEL 2 *New!*

Continue building upon the skills that you learned in our Level 1 course. You'll have the opportunity to expand your vocabulary and cultural skills in order to communicate more effectively. Prerequisite: Completion of Level 1, or previous basic ASL training, including fingerspelling and basic signs.

Fee: \$199

6628 B. Rogers Broadway Edison Bldg 4166
10 Thursdays 4/5 - 6/7 6:30 - 8:30PM

BRAZILIAN PORTUGUESE

BRAZILIAN PORTUGUESE – LEVEL 1 *New!*

Begin exploring the beautiful language and culture of Brazil in this beginning language class. Led by a native speaker, you'll learn the basics of Brazilian Portuguese, including key phrases to help you while traveling and interacting with locals in everyday situations. We'll also learn about Brazil's rich cultural history, which will enhance your experiences while traveling in the country. No previous knowledge or experience with Brazilian Portuguese is required.

Fee: \$209

6600 D. Oliveira Broadway Edison Bldg 4171
11 Wednesdays 4/4 - 6/13 6:00 - 8:00PM

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
10 Wednesdays 4/4 - 6/6 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 4/3 - 6/5 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 4/2 - 6/11 6:30 - 8:30PM
No class 5/28.

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 4/12 - 6/14 6:30 - 8:30PM

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

**ACCEPTING APPLICATIONS
FOR FALL 2018!**

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

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

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| 6630 | A. Houssein | Broadway Edison Bldg 4175 |
| 10 Thursdays | 4/5 - 6/7 | 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

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| 6621 | N. Kuerzel-Themann | Broadway Edison Bldg 4167 |
| 8 Mondays | 4/2 - 5/21 | 7:30 - 9:00PM |

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

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| 6624 | P. Earle | Broadway Edison Bldg 4183 |
| 11 Thursdays | 4/5 - 6/14 | 6:30 - 8:30PM |

ITALIAN – LEVEL 2

Continue building on what you learned in Italian – 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

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| 6625 | P. Earle | Broadway Edison Bldg 4183 |
| 11 Tuesdays | 4/3 - 6/12 | 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 4183 |
| 10 Saturdays | 4/7 - 6/9 | 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

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| 6632 | J. Muraki | Broadway Edison Bldg 4183 |
| 10 Saturdays | 4/7 - 6/9 | 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

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| 6601 | V. Quintana | Broadway Edison Bldg 4148 |
| 8 Mondays | 4/9 - 6/4 | 5:30 - 7:00PM |

No class 5/28.

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

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| 6602 | V. Quintana | Broadway Edison Bldg 4149 |
| 8 Wednesdays | 4/11 - 5/30 | 5:30 - 7:00PM |

SPANISH – LEVEL 3 *New!*

In this continuation of Spanish – Level 2, we'll cover more advanced grammar, reading, writing, and vocabulary. You'll develop fluency as well as increase your knowledge of Spanish culture as we focus on grammar, pronunciation, and vocabulary building through interactive activities. Prerequisites: Spanish – Level 2 or previous study of beginning Spanish. You should be familiar with verb tenses, even if production is challenging. See website for textbook and required materials.

Fee: \$179

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| 6603 | T. Joffre | Broadway Edison Bldg 4148 |
| 5 Wednesdays | 4/4 - 5/2 | 5:30 - 7:30PM |

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

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| 6620 | T. Joffre | Broadway Edison Bldg 4148 |
| 11 Tuesdays | 4/3 - 6/12 | 5:30 - 7:00PM |

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. We will have in class discussions on several topics (Latin American culture, art, films, customs, language, etc.) selected by the teacher and the students. We will also improve skills for having informal conversations on various subjects of interest. Previous knowledge of Spanish at an intermediate level is required. See website for textbook and required materials.

Fee: \$189

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| 6623 | T. Joffre | Broadway Edison Bldg 4148 |
| 11 Thursdays | 4/5 - 6/14 | 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: \$189

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| 6619 | J. Lisovsky | Broadway Edison Bldg 4159 |
| 5 Wednesdays | 4/4 - 5/2 | 5:45 - 8:15PM |

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 4/5 - 6/7 12:00 - 1:00PM

SPANISH FOR MEDICAL PROFESSIONALS

See page 7 for class description and details.

DESIGN & PHOTOGRAPHY

ARTISTIC PHOTO COMPOSITION

Explore and expand your potential as an image creator through design with purpose. Photographers will take their personal vision and image creation to a more sophisticated and deeper communication level through a variety of design techniques and practical applications. In this advanced photographic design class, we will emphasize comprehensive visual communication and multiple uses. Prerequisites: Basic Photoshop, Acrobat. Student ID & Computer Lab fee required.

Fee: \$215

6670 M. Ramey Broadway Edison Bldg 5104
8 Thursdays 4/5 - 5/24 6:40 - 9:10PM
Price includes computer lab fee.

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 3167
5 Tuesdays 4/17 - 5/15 6:00 - 8:00PM

STREET PHOTOGRAPHY: A VIEW THROUGH A LENS

Street photography is an exciting style of photography that captures images of people, places, and things in their natural environment. Learn the history and origins of street photography, camera and lens types, subjects, communication, and safety. We'll explore photographic techniques and styles while photographing strangers on the street, or photographing family and friends, and you'll create a digital slideshow from your images. A manual DSLR, film, or digital camera is required.

Fee: \$169

6668 A. Harris Broadway Edison Bldg 3167
5 Thursdays 4/26 - 5/24 6:00 - 8:00PM

PERFORMING ARTS

FLAMENCO: HEALING THE BODY *New!*

Join world-renowned Flamenco dancer Belen Maya in a journey through movement and dance, exploring how the body can be a source of healing. We'll focus on how the female and male form are expressed in movements, how dance can liberate our bodies and heal us, and develop a powerful body and movement practice that can lead to self-awareness and empowerment. Working with Belen Maya is a once-in-a-lifetime experience! All levels welcome.

Fee: \$179

6513 B. Maya Fine Arts Bldg 113
8 sessions Tu, Th 4/17 - 5/10 6:00 - 8:00PM

IMPROV FOR EVERYONE *New!*

What do most comedic actors from feature films and TV sketch comedy shows have in common? Training in improv comedy! Whether your aspirations are for Hollywood, the stage, or just to be the funniest person in the room, "Improv for Everyone" is a great place to start! The award winning instructor trained at top comedy schools in LA and Chicago and loves working with beginners like you. No experience is necessary; just a willingness to play and have fun!

Fee: \$145

5870 R. Lee Off Campus: North Seattle College
8 Tuesdays 4/17 - 6/5 7:00 - 9:00PM

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 4/7 - 4/28 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 breath, tone, and vowel placement, learn the 32 bar song form, how to count off and end a song, telling the story of a song, and more. Special focus on singing in public during each class, and we'll end with a trio-backed performance at Tula's. Please bring 2-3 songs from standard jazz or American songbook repertoire.

Fee: \$235

6640 K. King Broadway Performance Hall 101
9 Wednesdays 4/18 - 6/13 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 professional musicians. Come with an open mind and ready to participate!

Fee: \$185

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| 6641 | K. King | Broadway Performance Hall 101 |
| 8 Wednesdays | 4/18 - 6/13 | 8:10 - 9:35PM |

VISUAL ARTS**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 | 4/9 - 6/4 | 6:30 - 8:30PM |

*No class on 5/28.***ART THERAPY AND THERAPEUTIC PAINTING *New!***

Expressing yourself through visual art is a powerful way to channel your emotions and create something you can share with others. During this class, we'll explore ideas, structure, and technique to help you create your own masterpiece. You'll learn how therapeutic creating art can be, and leave with a finished work of art.

Fee: \$179

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| 6412 | G. Gancarz | Fine Arts Bldg 405 |
| 8 Thursdays | 4/19 - 6/7 | 6:30 - 8:30PM |

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

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| 6419 | T. Suzuki | Off Campus: Pioneer Square Studio |
| 2 sessions Sa, Su | 4/7 - 4/8 | 11:00AM - 4:00PM |

CHINESE PAINTING – THE AUTHENTIC APPROACH *New!*

Learn the basic skills, techniques, and principles of authentic Chinese painting through examples and hands-on work under the guidance of a world-renowned artist. Discover the best way to use brush strokes and how to control ink, water, and color to create desired effects. Previous exposure to Chinese painting is beneficial, but not required.

Fee: \$199

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| 6418 | K. Poon, Master Yang | Fine Arts Bldg 403 |
| 8 Thursdays | 4/5 - 5/24 | 6:30 - 9:30PM |

COLLAGE PAINTING *New!*

Infuse your paintings 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 | 4/7 - 6/9 | 11:30AM - 1:30PM |

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

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| 6404 | F. Valdivia | Fine Arts Bldg 404 |
| 9 Saturdays | 4/14 - 6/9 | 10:30AM - 12:45PM |

DRAWING 101 *New!*

Explore the basics of drawing and the wide variety of different mediums available! During this introductory class, we'll learn drawing fundamentals and how they relate to different tools, such as pencil, charcoal/charcoal pencil, watercolor pencil, pastel pencil, pen and ink, and more. You'll establish a solid foundation and learn how different drawing tools can make your art more vibrant and fun. See website for required materials.

Fee: \$179

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| 6413 | P. Barth | Fine Arts Bldg 404 |
| 8 Wednesdays | 4/11 - 5/30 | 7:00 - 9:00PM |

Love to Travel?

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

www.seattlecolleges.edu/globalimpact

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

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| 6416 | A. Chubotin | Fine Arts Bldg 402 |
| 8 Wednesdays | 4/18 - 6/6 | 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

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| 6424 | A. Chubotin | Fine Arts Bldg 402 |
| 10 Thursdays | 4/12 - 6/14 | 6:30 - 9:00PM |

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 | 4/19 - 6/7 | 7:00 - 9:30PM |

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 |
| 8 Saturdays | 4/14 - 6/2 | 10:30AM - 12:30PM |

PAINTING PORTRAITS OF COLOR

Expand your artistic expression and learn how to paint a variety of skin tones of color ó from olive to darker brown. We'll practice palette and brush techniques for features, different hair textures, and darker eyes. We'll also explore the history Caribbean, Mediterranean, and African American artists, and includes a field trip to the Northwest African American Museum.

Fee: \$145

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| 6437 | G. Gancarz | Fine Arts Bldg 405 |
| 9 Tuesdays | 4/10 - 6/5 | 6:30 - 8:30PM |

PAPER SCULPTURE ART *New!*

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

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| 6405 | F. Valdivia | Fine Arts Bldg 404 |
| 9 Saturdays | 4/14 - 6/9 | 1:00 - 3:15PM |

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 |
| 6 Saturdays | 4/14 - 5/19 | 2:00 - 4:30PM |

WRITING**INTRODUCTION TO MEMOIR WRITING**

Start telling your life story! From ideas to notes to messy first drafts to final polish, we'll cover the basics, writing together in class and writing on our own in between. We'll practice the art of supportive, insightful feedback, and sharing will be encouraged (but optional). You'll receive guidance via handouts and reading suggestions. While you'll be expected to write between classes, there won't be a required writing quota.

Fee: \$120

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| 6725 | A. Hedreen | Broadway Edison Bldg 4175 |
| 6 Mondays | 4/9 - 5/14 | 6:15 - 7:45PM |

POETRY WORKSHOP *New!*

In this ongoing upbeat workshop, you will receive feedback on your poems and learn to provide constructive criticism as part of a community of writers. You will also examine the work of accomplished poets in order to develop a deeper appreciation of the elements of poetry and build skills by putting those elements into practice in poems and in-class exercises.

Fee: \$135

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| 5872 | G. Isaac | Off Campus: North Seattle College |
| 8 Saturdays | 4/14 - 6/9 | 10:30AM - 12:30PM |
| <i>No class on 5/26.</i> | | |

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

5916 T. Street Online
5/7 - 6/1

FINANCE

ASSEMBLING YOUR FINANCES

Need to get a hold 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 4/12 - 4/26 6:30 - 9:00PM

DO IT YOURSELF INVESTING

Wall Street is the world's most sophisticated misinformation machine. Understand how the financial industry works to see through the fog of investing. We'll discuss important concepts such as diversification, rebalancing, and costs, and you'll learn how to assess your personal risk tolerance. You'll have the opportunity to create your own optimal portfolios using low-cost, diversified investment strategies.

Fee: \$65

6548 L. Vignec Broadway Edison Bldg 4175
1 Saturday 4/14 10:00AM - 12:30PM

HOW TO MANAGE YOUR CREDIT SCORE *New!*

Did you know that your credit score is used for a wide variety of purposes, including your car insurance rates? Learn how to effectively manage your credit report and take charge of your financial opportunities! During this informative workshop, we'll discuss what kind of information is on your record, how to challenge or correct it, identify strategies for you to improve your score over time, and more.

Fee: \$69

6546 K. Frunz Broadway Edison Bldg 1139B
1 Thursday 5/3 6:00 - 9:00PM

Rebecca Boon



Rebecca Boon started her ESL teaching career in Japan, where she lived for three years. Upon returning to the US, she got her Master's Degree at the School for International Training, where she did a teaching internship in a small Mexican town.

After completing her internship, she moved to Seattle, where she began teaching for Seattle Central College's refugee program as well as for the ESL Intensive Program at the University of Washington.

She has been teaching full-time for Seattle Central's Basic and Transitional Studies program for several years, which has been her favorite place to teach because of the students. She enjoys working with permanent resident ESL students, helping them gain the cultural communication skills they need to succeed.

Rebecca has also taught several classes in the TESOL Certificate Program for the Continuing Education program, which has been very rewarding as she's been able to share her experience and expertise with others who want to teach English to students in the US and abroad.

ENGLISH FOR AU PAIRS

page 17

FOOD, WINE & SPIRITS

FOOD AND WINE PAIRING – ITALY

Home to over 3,000 different grapes grown in a variety of climates and soils, Italy offers a rich array of wines that pair well with food. Taste wines from Italy's 20 provinces while learning how the natural environment influences the food and wines of different regions. We'll also explore how each wine pairs with some of the most popular Italian meats, cheeses, vegetable dishes, and desserts. Students must be 21+; picture ID required. A \$15 materials fee is due to the instructor in class.

Fee: \$35

5860 T. DiStefano Off Campus: South Seattle College
NWWA 109
1 Saturday 4/14 6:00 - 8:30PM

FOOD AND WINE PAIRING – SPAIN

Spain has become one of the places to go for imaginative cuisine, amazing ingredients and a world of wonderful undiscovered wines. In this class we'll get a glimpse of this marvelous cuisine and its flavorful and affordable wines. You'll be able to taste wines from a range of Spanish regions, paired with classic Spanish appetizers, fish, meats, and cheeses. The class will be led by a local distributor of Spanish wines who regularly teaches at West Seattle's fine wine shop, West Seattle Cellars, and who has many years of experience with the wines of Spain. If you're planning a trip to Spain, this is a perfect introduction to the wine and cuisine you'll encounter. There is an additional \$15 material fee paid to the instructor the night of the class.

Fee: \$39

6691 T. DiStefano Off Campus: South Seattle College
NWWA 109
1 Friday 4/27 6:00 - 8:30PM

HOW TO START A SMALL FOOD BUSINESS

See page 5 for class description and details.

JAPANESE WHISKY

Japan has a rich whisky tradition dating back to the mid-19th Century. Originally modeling their industry after Scottish distilleries, the Japanese evolved their own whisky styles and expressions. Join us to taste a selection of Japanese whiskies and learn about their history, distillation, culture, and how these beverages took the whisky world by storm.

Fee: \$39

6129 C. Gronbeck Off Campus: The Barrel Thief
1 Monday 4/28 6:30 - 8:30PM

Students must be 21 or older; picture ID required. Please eat before coming to class. A \$20 materials fee is due to the instructor in class.

SUSHI ROLL BASICS

This hand-on class is a perfect introduction to the basics of making perfect sushi rice and beautiful sushi rolls. Along with basic vocabulary and etiquette, learn to make Smoked Salmon Roll, Cucumber Roll, and a half big roll filled with variety of ingredients. Leave class with the ability to create sushi at home. All food and supplies are provided. There is also a \$15 Materials Fee is paid directly to the instructor at class, not at registration.

Fee: \$45

5873 F. Kurose-Bretzke Off Campus: South Seattle College
1 Thursday 5/31 6:00 - 9:00PM

HOME & GARDEN

BASIC HANDS-ON HOME REPAIR & 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 4/10 - 4/17 6:00 - 9:30PM

RECREATIONAL BOATING

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 4/4 - 5/9 6:00 - 9:00PM

NAVIONICS NAVIGATION APP ON YOUR MOBILE DEVICE

Learn to use the popular Navionics Mobile Boating Navigation App. We'll explore the basics of zooming, icons, adding and editing a route, settings for chart depth colors, accessing tide and current data, auto-routing, and more. We'll also discuss some of the limitations of relying solely on your mobile device for navigation. Please come prepared with the Navionics app installed on your tablet (preferred) or smartphone.

Fee: \$60

5866 M. Pommert Seattle Maritime Academy 215
1 Wednesday 4/11 6:30 - 9:00PM

PLAN YOUR PERFECT SAN JUAN ISLAND CRUISING

The San Juan Islands are a world-class cruising destination, right in our own backyard! Are you thinking of cruising there, either on a charter boat or your own recreational boat? Discover strategies for getting there efficiently, popular destinations, a few hidden gems, as well as common hazards to avoid. You'll explore some recommended resources for planning your cruise, and leave with a draft float plan outlining the perfect week away.

Fee: \$60

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| 5864 | M. Pommert | Seattle Maritime Academy 213 |
| 1 Thursday | 4/12 | 6:30 - 9:00PM |

TRANSITING THE BALLARD LOCKS

The Ballard Locks are a 100-year-old engineering marvel that enables boats to go between our freshwater lakes and the Puget Sound. Master the required skills to make your next transit through the locks less stressful more fun. Through step-by-step guidance and hands-on experience, we'll focus on preparation, safety, communication, and more. Please bring non-slip shoes and layered clothing appropriate to the forecasted weather.

Fee: \$125

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| 5868 | M. Pommert | Seattle Maritime Academy 213 |
| 1 Friday | 4/13 | 12:00 - 5:00PM |
| 5869 | M. Pommert | Seattle Maritime Academy 213 |
| 1 Friday | 6/8 | 12:00 - 5:00PM |

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: \$199

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| 6582 | P. Marx | Off Campus: University of Washington |
| 3 Thursdays | 4/12 - 4/26 | 6:00 - 9:00PM |
| 6583 | P. Marx | Off Campus: University of Washington |
| 3 sessions T,W,Th | 5/1 - 5/3 | 6:00 - 9:00PM |

*May 1 class meets 6:00 - 9:30PM.
Class located on University of Washington School of Art, 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

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| 6714 | Y. Rotskoff | Wood Technology Center CORE Shop |
| 10 Wednesdays | 4/4 - 6/13 | 5:30 - 8:30PM |

No class on 4/18.

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

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| 6705 | N. Wright | Wood Technology Center CORE Shop |
| 10 Tuesdays | 4/10 - 6/12 | 5:30 - 8:30PM |
| 6711 | Y. Rotskoff | Wood Technology Center CORE Shop |
| 10 Thursdays | 4/12 - 6/14 | 5:30 - 8:30PM |

WOODWORKING II

Build upon skills you learned in Woodworking 1 or Woodworking for Women. Using stationary and portable power tools and hand tools, you'll build a small furniture or cabinet project. We'll focus on different kinds of joinery, layout and sequencing, material usage strategies, accuracy and craftsmanship, preparing you to plan and build your own projects in the future. All tools and materials will be provided. Please bring your own hearing protection, safety glasses, and a sharp pencil to class.

Fee: \$415

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| 6707 | S. Wong | Wood Technology Center CORE Shop |
| 9 Mondays | 4/9 - 6/11 | 5:30 - 8:50PM |

No class 5/28.

REGISTER NOW!

online

Register and pay online at
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phone

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visit

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

Beatriz Carlini



Beatriz Carlini, PhD, is a Senior Research Scientist at the University of Washington's Alcohol & Drug Abuse Institute (ADAI) and an Affiliate Associate Professor at the UW School of Public Health.

Her research career has been dedicated to understanding the public health impact of legal psychoactive substances such as alcohol, tobacco, and inhalants and, more recently, cannabis.

In addition to the course she's developed for the Cannabis Institute, Dr. Carlini collaborated with an excellent team to develop an online course that educates health care providers on medicinal cannabis and chronic pain.

A native of Brazil, Dr. Carlini is a dual citizen and has been living in the Seattle area since 2000. She's passionate about animal rights and has volunteered for the Seattle Area Feline Rescue for the past five years.

CANNABIS RESEARCH AND HEALTH RISKS

page 16

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

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| 6530 | Staff | Mitchell Activity Center 206 |
| 7 Mondays | 4/9 - 5/21 | 7:30 - 9:00PM |

AFRO-BRAZILIAN DANCE AND 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

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| 6512 | D. Oliveira | Mitchell Activity Center 208 |
| 8 Tuesdays | 4/17 - 6/5 | 6:00 - 7:30PM |

BEGINNING YOUR FITNESS JOURNEY *New!*

Often the hardest part of starting an exercise regimen is just that, starting! This low impact yet strengthening intro class is for beginning exercisers or as a cross-training regimen for your existing fitness routine. You'll receive guidance on moving safely through exercise, how to target specific muscle groups and more. Modifications will be offered by the skilled instructor to help you reach your personal goals.

Fee: \$149

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| 6535 | R. Gomez | Mitchell Activity Center 206 |
| 10 Saturdays | 4/7 - 6/9 | 10:00 - 11:30AM |

CAPOEIRA — A BRAZILIAN ART FORM *New!*

Capoeira is a Brazilian art form combining elements of martial arts, music, and dance that has played an important part in shaping the culture of Brazil. During this class, you'll learn basic movements, increase your spatial awareness, experience the rhythms of capoeira instruments, learn to sing in Portuguese, and more. Capoeira is a great way to get fit in a dynamic, fun, and supportive environment. No previous experience necessary, just a desire to try something new!

Fee: \$149

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| 6538 | M. Silva | Fine Arts Bldg 113 |
| 10 Mondays | 4/2 - 6/11 | 6:00 - 7:30PM |
| <i>No class 5/28.</i> | | |

NOTE: STUDENTS TAKING CLASSES AT THE MITCHELL ACTIVITY CENTER MUST BRING A PHOTO ID IN ORDER TO ENTER THE BUILDING

CARDIO DANCE FITNESS *New!*

This class features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! 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 4/9 - 5/30 5:30 - 6:30PM
No class 5/28.

FLAMENCO: HEALING THE BODY *New!*

See page 20 for class description and details

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. Roy Mitchell Activity Center 207
8 Tuesdays 4/3 - 5/22 6:00 - 7:00PM

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 4/16 - 5/21 7:00 - 9:00PM

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 4/4 - 6/6 6:00 - 8:00PM

VINYASA YOGA AT THE M.A.C. *New!*

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 4/2 - 5/21 4:30 - 5:30PM

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
10 Saturdays 4/7 - 6/9 10:00AM - 12:00PM

HEALTH & WELLNESS

INTRODUCTION TO MINDFULNESS *New!*

Learn the meaning of mindfulness and how it can be incorporated into your everyday life. Through in-class labs and discussion, we'll explore the difference between mindfulness and meditation, learn the basics of mindfulness techniques, discover how they can positively impact your life, and examine how to practice mindfulness in all aspects of our lives.

Fee: \$125

6655 D. Williams TBD
6 Tuesdays 4/17 - 5/22 6:15 - 7:45PM

USING CANNABIS PRODUCTS IN MASSAGE THERAPY

See page 17 for class description and 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.

Free

6576 Staff Broadway Edison Bldg 1139B
1 Saturday 6/9 9:30 - 11:30AM

Earn College Credit ANYWHERE, ANY TIME



What's your goal?

A better job, greater earning power or simply the desire to learn something new?

As a Distance Education and eLearning student, your Seattle Central classrooms have no walls!

With our Online, Video and Self-Paced courses, you can learn at times that are convenient for you.

Take courses for college credit and apply them to your degree or certificate, or enroll in courses that interest you while improving your knowledge and skills.

THERE ARE OVER 50 COURSES TO CHOOSE FROM, INCLUDING:

- AHE 168 **Medical Terminology**
- MUSC 116 **Rock History and Perspectives**
- PSYC 100 **General Psychology**
- SOC 101 **Intro to Sociology**
- CMST 102 **Intro to Mass Media**
- NUTR 101 **Human Nutrition**
- HUM 105 **Intercultural Communication**

Online

These courses are held entirely online. Features may include self-correcting quizzes, discussion boards and interaction with other students and faculty. There are no required on-campus meetings. Classes are completed within one quarter and are eligible for Financial Aid.

Video

A DVD series enhances these online courses. A study guide outlines the required textbook assignments and you will submit all lessons and exams to your instructor online. Classes are completed within one quarter and are eligible for Financial Aid.

Self-Paced

Self-paced courses are conducted online. You can register at any time and have up to six months to complete the course. Assignments and exams are evaluated by an instructor online. There is no student to student interaction and these courses are not eligible for Financial Aid.

For a complete listing of courses and registration information, please visit: seattlecentral.edu/distance

| ITEM # | COURSE TITLE | START DATE | COST |
|--------|--------------|------------|------|
| | | | |
| | | | |
| | | | |
| | | | |

| | | | | |
|---------------|--|-----------|---------------------|-----------|
| Student ID # | | Birthdate | Student ID | |
| Email address | | | Computer Lab | |
| | | | TOTAL | \$ |

Last Name: _____ First Name: _____ M.I.: _____

Address: *Street or Box Number* _____

City: _____ State: _____ Zip: _____

Phone (Day): _____ Phone (Eve): _____

Previously attended Seattle Central: Yes No Sex: Male Female US Citizen: Yes No

Charge my: Visa MasterCard Discover 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.

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

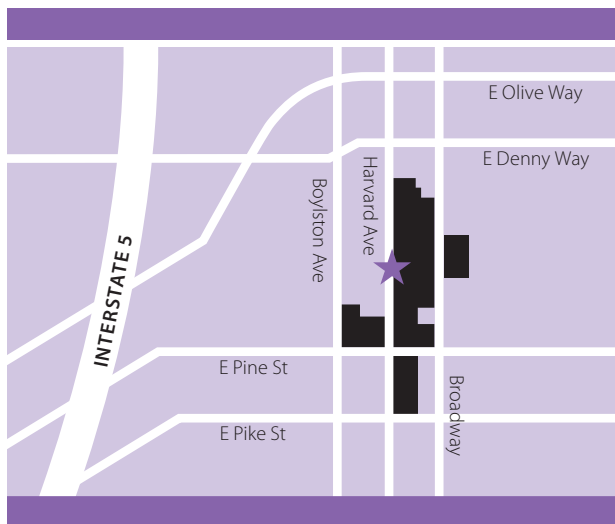
Follow the Madison Street/Convention Center exit (#165), making a right hand turn onto Madison.

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
- **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

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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.

Wood Technology Center

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



CAR-RT WSS
POSTAL CUSTOMER

CONTINUING EDUCATION

CERTIFICATE IN GRANTWRITING FUNDAMENTALS

Gain the skills to become a successful grant writer either as the head of an organization, program manager or as a fund developer.

- *Topic identification, team assignments and collecting your supporting data*
- *Project development – using the logic model to design your project*
- *Formulating goals, outcomes and objectives*
- *Preparing activities and the scheduling chart (GANTT)*
- *Budgeting your project*
- *... and more!*



See page 14 for more information.

Interested in more information?