

Spring/Summer 2013

January - August

Your U

# A Community Guide to Everything UW-Parkside



## About Us

Since 1997, the Center for Community Partnerships (CCP) at the University of Wisconsin – Parkside has provided extended learning opportunities to individuals and organizations in Southeastern Wisconsin and beyond. We do this by engaging our constituents in reciprocal educational partnerships which allow for connection of university resources to the needs and priorities of the communities we serve. Noncredit continuing education programs provide quality professional development and personal enrichment opportunities. In partnership with the university's colleges, the CCP also offers credit programs for adults seeking to complete their bachelor degrees. We are YOUR University!

The CCP is sustained by program revenues and support from UW-Parkside, UW-Extension, grants, and local stakeholders.

For more information, call 262-595-3340, or go to [www.uwp.edu](http://www.uwp.edu), Keyword: ccp, or visit us on campus in Tallent Hall.

### Welcome to “YourU” for Spring 2013

It's that time of the year again...when New Year resolutions for greater health, wealth, and happiness abound! As human beings, we have an insatiable appetite for growth and new experiences. Let the Center for Community Partnerships at the University of Wisconsin – Parkside help you meet your resolutions for continued learning. We provide both credit and noncredit professional development programs for adults and personal enrichment opportunities for lifelong learners.

I invite you to explore the range of possibilities for YOUR continued learning in this spring/summer 2013 YourU catalog. There is sure to be something to pique your interest!

- Noncredit **continuing and professional education courses and workshops** (pages 2-4) are geared toward those seeking to build career-related skills. Learn about starting your own small business or how to succeed in the world of nonprofit management.
- If you're looking for more depth, consider taking a **noncredit certificate program** designed for nonprofit, workforce, or youth services professionals (pages 4-7). Many more noncredit certificates are offered online for your convenience by going to [www.uwp.edu/go/continuingeducation](http://www.uwp.edu/go/continuingeducation) and clicking on the 'non-credit online' icon. Perhaps you are interested in learning about customer service, social media, or supervisory and leadership.
- **Credit certificates** are also offered for those interested in sustainable management, project management, sales and entrepreneurship (page 8). Perhaps you've never had an opportunity to complete your **undergraduate degree** or you wish to attain a **Masters degree** (page 9).
- If you're more interested in learning for fun, plenty of opportunities are featured under **Personal Enrichment/Mini Courses** (pages 10-25). Learn how to crochet, to speak Italian, or to get more of what you want through Negotiations 101! If you're 55 and older, consider joining the **Adventures in Lifelong Learning** group (page 26-27).
- You'll find great entertainment value at the many University **campus events** offered (pages 27-29). Concerts, art galleries, foreign films, and theatre are sure to please!

Wishing you a happy start to a new year of learning and living!



Jane L. Schaefer, Ph.D.  
Executive Director  
UW – Parkside Center for Community Partnerships



# NEW!

## Look for NEW programs throughout this catalog!



**Negotiations 101**  
See page 3



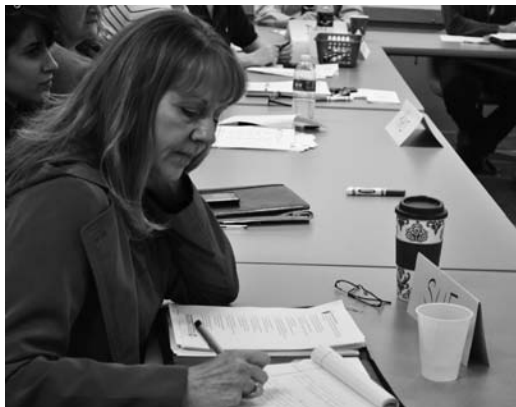
**Unlocking the Secrets  
of Pet Nutrition**  
See page 17



**‘Like’ us on  
Facebook...**



for a chance to win a free class  
and to get course updates first!  
<http://tinyurl.com/cfcuh43>



“I get an opportunity to have a  
'taste' of new subjects with small  
time and monetary investment.”

- Anonymous Mini Course Student

**Featured on our front cover is  
Rebecca Swenson, an active  
community member, learning to use  
her new digital camera.**

- See page 24 for photography courses

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# CONFERENCES, COURSES, WORKSHOPS

## Mentoring Conference: Unlocking Youth Potential through Mentoring

*Friday, January 18, 8:30am – 4pm*

Through research we understand the powerful benefits that can be achieved through mentoring. To be most effective, there must be quality mentoring programs that provide resources and support to mentors, teachers, social workers and all professionals who work with youth. Conference participants will learn about the importance of following quality standards to ensure maximum protection and how mentoring expects to move forward in the future by examining the latest mentoring research, the critical role of mentors as advocates for their mentees and what we can all expect in the future for mentoring.

Fee: Early bird \$75,  
After Jan. 9th \$95  
Location: Student Center Ballroom

### NEW!

## Negotiations 101

*3 Mondays, begins February 4, 6-9pm*

We negotiate every day at work and at home. This course will significantly improve your negotiation skills and confidence by introducing you to negotiation frameworks and techniques. Explore methods to become a more effective negotiator, understanding cost/benefit assessment of a negotiation process and develop negotiation skills and confidence through theory and practice. This course will pay for itself in no time, as "Everything is Negotiable!"

Instructor: Anastasia Kellogg  
Fee: \$149  
Location: Student Center, Oak Room

## Evaluation and Outcome Measurement for Nonprofits

*Friday, March 29, 8:30am-2:30pm*

Secure the future of your nonprofit organization by learning how to measure its success. Learn to develop a plan and the tools for evaluating the effectiveness of your organization and its programs and to promote your impact. Explore what you can do yourself and when to work with an outside evaluator.

Fee: \$150  
Location: Tallent Hall 281

## Darkness to Light: Stewards of Children

*Tuesday, April 9, 9am-12pm*

A child's safety is an adult's job. Darkness to Light has a vision of a world in which people are creative, kind, and whole. But, child sexual abuse is a big barrier toward that possibility. The Stewards of Children program will inform you how to prevent, recognize, and react responsibly to child sexual abuse in an empowering and meaningful way. Parents, educators, counselors, child care staff, social workers, volunteers, staff at youth-serving organizations, and other concerned adults are welcome to attend this powerful child sexual abuse prevention training program. CEUs are available.

Instructor: Mary Kueny  
Fee: \$65  
Location: Student Center Oak Room  
CEUs: 0.3 (3 hours)

## True Colors

*Tuesday, April 9, 1-4pm*

Maximize relationships through use of a common vocabulary known as "True Colors." "True Colors" awareness provides an entertaining, engaging, personal and professional development opportunity for associates of all levels within an organization. This workshop will increase productivity by improving communication skills and team building through a practical hands on approach. Perfect for understanding and improving relationships at work and at home. What you can expect: An interactive learning experience. Positive impact team building. Enhanced skills in building relationships. Understanding and appreciating the differences of others. Applicable methods for dealing with conflict. Harmonious and effective teams.

Instructor: Judy Melaro-Gavigan  
Fee: \$75  
Location: Student Center Oak Room

## Center for Community Partnerships Nonprofit Breakfast

*Friday, April 12, 8:30am-12:30pm*

Networking at its finest, the annual Nonprofit Networking Breakfast is a chance for nonprofit staff, board members, University faculty, staff and students to come together to explore possible collaborations that will help address some of our community's most pressing needs. Faculty and community partners will identify community-based learning opportunities for the upcoming academic year and beyond.

Facilitator: Debra Karp  
Location: Student Center Ballroom

## Aging Well Series: Spotlight on Families-Building Strong, Supportive Care Teams

*Thursday, June 6, 6-7pm*

A special one-time event with one of the most respected dementia care consultants in the U.S., Canada and Western Europe. This is a discussion for caregivers, family members, friends, clergy, volunteers or anyone who wants tips on how to make visits a joyful time instead of a chore. Learn new ways to communicate and, hopefully unlock memory vaults

Instructor: Mary Sharp  
Fee: No cost  
Location: Madrigano Auditorium,  
Gateway Technical College,  
Kenosha

## Small Biz Kenosha

*Orientation: Thursday, March 7, 6-8pm*

*10 Thursdays, begins March 14, 6-9pm*

Design a blueprint for your business! Write your own business plan so you will know what it takes to be a successful entrepreneur. Topics covered include: keys to your business success, product & price, assessing your business ideas, placement/promotion, market plan, selling success, government regulations, managing money, market analysis and much more.

Fee: \$275 (includes course book)  
Location: WWBIC Kenosha, 600  
52nd Street, Suite 130,  
Kenosha

## Small Biz Racine

**Orientation:** Monday, February 25,  
6-8pm

**14 Mondays, begins March 4, 6-9pm**

Design a blueprint for your business! Write your own business plan so you will know what it takes to be a successful entrepreneur. Topics covered include: keys to your business success, product & price, assessing your business ideas, placement/promotion, market plan, selling success, government regulations, managing money, market analysis and much more.

**Fee:** \$275 (includes course book)  
**Location:** RAMAC, 300 5th Street,  
Racine

## First Steps in Starting Your Own Small Business Racine

**2nd Tuesday of each month. Choose one:**  
**January 8, February 12, March 12, April 9, May 14, June 11, July 9, or August 13, 6-8pm**

Join the First Steps in Starting Your Own Business presented by UW-Parkside's Small Business Development Center (SBDC). First Steps class provides information on issues and topics you need to consider before you start your business.

**Fee:** No cost  
**Location:** Workforce Development  
Center, 1717 Taylor Avenue,  
Racine – Public Meeting  
Room

## First Steps in Starting Your Own Small Business Kenosha

**1st Monday of each month. Choose one:**  
**January 7, February 4, March 4, April 1, May 6, June 3, July 1, or August 5, 6-8pm**

Join the First Steps in Starting Your Own Business presented by UW-Parkside's Small Business Development Center (SBDC). First Steps class provides information on issues and topics you need to consider before you start your business.

**Fee:** No cost  
**Location:** Kenosha Area Business  
Alliance, 5500 6th Avenue,  
Kenosha – Suite 200

## Advanced Ethics & Boundaries for Social Workers

**Friday, February 8, 8am-12pm**

Ethics and boundaries can be complicated and confusing for human service professionals. Explore ethical decision-making processes in a variety of contexts using case examples and best practice models to identify and address complicated scenarios within human service organizations. The process of using an ethical decision-making model will be shared as these ethical dilemmas are processed. Participants will be encouraged to share their experiences with challenging client issues. The NASW Ethics Audit will be utilized to demonstrate the recommended process for evaluating ethical and boundary risk factors within organizational programs that cover both client services and personnel management. This program is designed to be interactive as participants share challenging ethical issues encountered while providing social services. This workshop is appropriate for human service workers, supervisors, and administrators who are new to the field of human service work or are seasoned professionals.

**Instructor:** Jeanne Wagner  
**Fee:** \$65  
**CEU:** 0.4 (4 hours)  
**Location:** Student Center Oak Room

## Planning for Nonprofit Organizations

**Friday, March 1, 8:30am-2:30pm**

Study the responsibilities of a nonprofit leader in mission-focused planning. Learn about the various kinds of planning a nonprofit organization needs to operate effectively, how to do it yourself, how to work with consultants, how to implement plans and keep them alive using an annual plan of work. Investigate the roles that boards, staff and volunteers play in the organizational planning process.

**Fee:** \$150  
**Location:** Tallent Hall 281

## Fund Development for Nonprofit Organizations

**Friday, April 26, 8:30am-2:30pm**

Investigate how you and your board can work together to bring resources needed to achieve your organization's mission. You will learn about fee for service, in-kind donations, social enterprise, sponsorships, value driven donor development, and you will practice "making the ask."

**Fee:** \$150  
**Location:** Tallent Hall 281

## Grant Seeking and Development

**Friday, May 31, 8:30am-2:30pm**

Focus your energy when searching and applying for grants with an understanding of how to navigate the world of public and private funding. You will learn how to use various grant search databases, develop or refine your case statement, and have an opportunity to review and critique grant applications from the perspective of a reviewer or funder and how to prepare an effective proposal.

**Fee:** \$150  
**Location:** Tallent Hall 281

## 23rd Annual Aging Well Conference

**Friday, June 7, 8am-4pm**

Aging well is a topic that concerns all of us. Increase your understanding of care giving in relation to elders with Alzheimer's disease and other health problems. Everyone is welcome! The conference is a must for anyone working in the field of aging or considering a career in gerontology.

**Fee:** \$75 if enrolled by 5/15  
**CEUs:** 0.6 (6 hours)  
**Location:** Student Center Ballroom

## Financial Management for Nonprofit Organizations

**Friday, June 28, 8:30am-2:30pm**

Review nonprofit financial reports, ratios and terminology and learn how to interpret the information to make strategic management decisions and plans. Explore the various financial tools you will use to prepare and manage organizational budgets and cash flow.

**Fee:** \$150  
**Location:** Tallent Hall 281

## Nonprofit Board Development and Management

*Friday, July 26, 8:30am-2:30pm*

Delve into the various models for nonprofit boards of directors, clarify roles and responsibilities of board members, and learn how to navigate the important relationship between board and staff. You will also learn how to use free tools to host virtual meetings and set up online file sharing that will improve communication between board and staff.

Fee: \$150  
Location: Tallent Hall 281

## Managing Nonprofit Employees

*Friday, August 23, 8:30am-2:30pm*

Explore the world of nonprofit personnel management. Learn how to navigate the process of developing and implementing recruitment plans, job descriptions, interviews, performance reviews, and employee handbooks. Discover your own leadership style and strengths and learn to build a strong team.

Fee: \$150  
Location: Tallent Hall 281



# CERTIFICATE PROGRAMS

## Noncredit Certificates

### Certificate in Nonprofit Leadership

Designed for adult learners, professionals new to nonprofit leadership, aspiring nonprofit leaders, sector switchers and career changers, the Nonprofit Leadership Certificate program provides an opportunity to gain credentials for career advancement, meet nonprofit professionals and enhance knowledge, skills and access to resources.

Tailor your learning experience to your own areas of interest. Select eight or more sessions that meet your needs from among the offerings to earn the Nonprofit Leadership Certificate. Each module includes online and/or other reading assignments to be completed before the face to face session. Guest speakers who work in the nonprofit sector bring their knowledge and experience to the classroom sessions. Facilitated peer interaction is part of the learning process. **Complete 8 of 10 modules listed below to earn the certificate. See Conferences, Courses and Workshops section for module descriptions.**

#### Planning for Nonprofit Organizations

*Friday, March 1, 8:30am-2:30pm*

#### Evaluation and Outcome Measurement for Nonprofits

*Friday, March 29, 8:30am-2:30pm*

#### Fund Development for Nonprofit Organizations

*Friday, April 26, 8:30am-2:30pm*

#### Grant Seeking and Development

*Friday, May 31, 8:30am-2:30pm*

#### Financial Management for Nonprofit Organizations

*Friday, June 28, 8:30am-2:30pm*

### Nonprofit Board Development and Management

*Friday, July 26, 8:30am-2:30pm*

### Managing Nonprofit Employees

*Friday, August 23, 8:30am-2:30pm*

### Volunteer Recruitment, Retention and Recognition

*Friday, September 27, 8:30am-2:30pm*

### Nonprofit Collaboration and Advocacy

*Friday, October 25, 8:30am-2:30pm*

### Marketing and Communication for Nonprofits

*Friday, November 22, 8:30am-2:30pm*

### Nonprofit Leadership Certificate Award Ceremony

*Friday, December 13, 9-11am*

For more information, please attend the FREE Information Session listed below.

Fee: \$1,000 includes 8 modules for the full certificate or purchase modules individually for \$150 each

Technical Requirements: Internet, Email  
Location: Tallent Hall 281

### FREE Information Session

*Friday, February 1, 9-10am*

For more information on the nonprofit leadership certificate join us at a free information session. Learn about the time it will take, the resources you will gain and the peer connections that you will carry with you throughout your career. The information session is not required; if you are unable to attend, you may call for a consultation.



## Career Development Facilitator Certificate

*Spring Session: 120 hours of combined elearning begins Feb. 3 with 24 hours face-to-face sessions on Feb. 3, May 2, and May 3*

*Summer Session: 20 hours of combined elearning begins June 16 with 24 hours face-to-face sessions on June 16, August 1, and August 2*

Earn national certification as a Career Development Facilitator (CDF). This program is designed for experienced professionals who assist individuals and groups with career exploration, job search preparation, and resources. CDF is a nationally recognized, highly regarded credential that focuses on career development competencies established by the National Career Development Association (NCDA).

**Instructor:** Marie Smith, Certified NCDA Master Trainer and Certified NCDA CDF Instructor

**Fee:** \$1,295

**Technical Requirements:** Internet, Email

## Blazing the Pathway: Workforce Development Certificate

*3 Thursdays: February 21, March 7 and 21, 8:30am-12pm, plus an additional 20 hours of online instruction/professional development*

Created around the ten core competencies established by the National Association of Workforce Development Professionals (NAWDP), this course offers a series of three speaker modules combined with online learning for a dynamic overview of the workforce development field. Guest speakers are all leading practitioners who will address how the core competencies apply to current issues and challenges. This course is offered in partnership with NAWDP and reciprocity will be granted for those who are applying to earn a Certified Workforce Development Professional (CWDP) credential. Continuing Education Units (CEUs) or Professional Development Credits are available.

**Facilitators:** Jane Schaefer, Marie Smith

**Fee:** \$695

**CEU:** 3.0 (30 hours)

**Technical Requirements:** Internet, Email

**Location:** Madison, Pyle Center  
702 Langdon Street  
Madison, WI 53706



## Mentoring Certificate

*3 Fridays: April 12 and 26, 8am-12pm and May 10, 8am-1pm, plus an additional 10 hours of online instruction*

This course is designed to provide training and resources for professionals developing and/or administering mentor programs. Components of the program include program design, program management and operations, youth development models, culturally competent delivery systems, evaluation practices, assessment tools, fiscal oversight and strategies for mentor recruitment, screening, training and retention. This course is offered in collaboration with MENTOR: The National Mentoring Partnership.

**Fee:** \$375

**Technical Requirements:** Internet, Email



## Online

**Noncredit Online Learning. Registration is online only.** [www.uwp.edu](http://www.uwp.edu), keyword: continuing education

Click on the 'non-credit online' icon to view all the noncredit online certificate offerings.

**All courses begin the first Monday of the month**

## Business Coaching Certificate

Learn the advantages of coaching in your organization. Know key steps in how to prepare to be an effective coach or mentor. Obtain knowledge needed to successfully coach in your organization. Find out how to build support for, implement, promote, and critically evaluate your coaching or mentoring program. Discover strategies to respond to unique employee and/or organizational variables. Includes two one-month courses.

**Fee:** \$295

## Business Research Certificate

Learn how to identify the best and most appropriate data for decision making for your organization. Develop the skills to effectively communicate research results within your organization. Includes three one-month courses.

**Fee:** \$495

## Certificate in Customer Service

Good customer service is one of the central factors in organizational success. Improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. You'll take away a customer service plan that will help you focus on the key elements that will get you started on your pathway to success. Includes two one-month courses.

**Fee:** \$245

# Online

**Noncredit Online Learning. Registration is online only.** [www.uwp.edu](http://www.uwp.edu), keyword: continuing education

Click on the 'non-credit online' icon to view all the noncredit online certificate offerings.

**All courses begin the first Monday of the month**

## Certificate in Teaching Adults

Learn fundamental and advanced approaches to gear your teaching to adult learners for the face-to-face classroom setting. Consider how adults learn, learning styles, generational learning styles, how to prepare for your course, involving your participants, ways to vary your teaching techniques, presentation techniques and continuously improving your teaching. Your lead instructor is author of "How to Teach Adults," the best-selling book on the subject. The ebook version is included in the course. Includes one two-month course

Fee: \$295

## Certified in Online Teaching

For those new to teaching online, or those already teaching online. Learn to build or improve an online course, foster online discussion to student interaction, prepare traditional assessments or online tests.

Learn the fundamentals as well as advanced tips and techniques. Certificate in Online Teaching, includes three one-week courses.

Fee: \$495

OPTIONAL, Become a Certified Online Instructor (COI): includes three one-week courses. Certified Online Instructor (COI) requires the registrant to take a 50 question exam. The registrant will have other students evaluate one of their online courses, and the Chair of the LERN Faculty Advisory Board will critique one of the registrant's online courses.

Fee: \$795

## Certified Webinar Planner

Learn about virtual meeting technology so you can work with a vendor to set up your own webinars. Understand the presentation techniques that best work with a webinar. Learn principles to provide expert experience and perspective to those presenting and participating. Discover keys to effective webinar design and instruction. Take away advanced, comprehensive practical how-to information on webinar planning and marketing. Know the financial ratios for success with webinar budgeting and pricing. Includes one six-week course.

Fee: \$795

## eMarketing Essentials Certificate

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your website traffic, doing search engine optimization, and how to successfully employ online advertising. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions. Includes three one-month courses.

Fee: \$495

## LEED AP Building Design + Construction Certificate Prep

Prepare yourself for the LEED AP Building Design +Construction accreditation exam. After passing, your credential will allow you to operate as a LEED practitioner. The LEED AP BD+C credential demonstrates the exceptional expertise of green building professionals in the design and construction phases of sustainable, healthful and durable buildings, including those serving the commercial, residential, education and healthcare sectors. The prerequisite for the LEED AP+ training is prior LEED AP accreditation (before 2009) or the LEED Green Associate accreditation. Includes one two-month course.

Fee: \$795

## Mobile Marketing Certificate

Learn ways consumers are interacting with brands and connecting to the world using mobile technology. Find out about location-based marketing, mobile payments, QR codes, applications, proximity marketing, mobile marketing metrics, developing a mobile marketing campaign and mobile coupons. Learn to use mobile marketing to help your organization attract and retain customers. Get step-by-step instructions on how non-technical users can build, deploy and market smartphone applications for Android, iPhone and Blackberry. Learn how to implement a mobile marketing plan. Includes three one-month courses.

Fee: \$595

## Social Media for Business Certificate

Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing. Includes three one-month courses.

Fee: \$495

## Supervisory and Leadership Certificate

Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor's role and responsibilities and strategies for improving your overall effectiveness as a leader. Take home practical information along with tips and techniques that can be applied at your job immediately. Includes one two-month course; 32 hours of seat time is suggested for this course.

Fee: \$395

## Video Marketing Certificate

Shoppers who viewed product videos were 144% more likely to add the product to their cart. Discover how to use video to drive traffic to your organization's website, boost business and build brand awareness. Find out what types of video work best, how other business organizations use YouTube, how to create your own YouTube channel, and how to add captions, annotations and other extra features. Includes two one-month courses.

Fee: \$395



## Basic CompTIA A+ Certification Prep

The Basic CompTIA A+ Certification Prep course teaches you about hardware common to virtually every personal computer, including microprocessors, RAM, power supplies, motherboards, BIOS, CMOS, the expansion bus, and input/output devices. You'll learn how things work, how to configure everything, and how to troubleshoot in real world environments. This course is the first of three that give you the knowledge upon which you'll base your CompTIA A+ certification studies for the exams that debuted in late 2009. Includes one six-week course.

Fee: \$110

## Intermediate CompTIA A+ Certification Prep

The Intermediate CompTIA A+ Certification Prep course picks up where the Basic course left off, taking you into the PC. Start with detailed information on installing and configuring hard drives and removable drives, and then learn about Windows. You'll learn about the operating system from installation to operations, maintenance to troubleshooting. The course finishes with an in-depth look into installing, configuring, maintaining, and troubleshooting printers. This course takes you through the second of the three steps you need to become a CompTIA A+ certified technician, 2009 style. Includes one six-week course.

Fee: \$110

## Advanced CompTIA A+ Certification Prep

The Advanced CompTIA A+ Certification Prep course focuses on technology. You'll learn everything you need to know to select, install, and service video, sound, and portable computers. The course teaches networking, both wired and wireless. Learn about security and troubleshooting methodology. The Advanced course completes the three-course CompTIA A+ Certification Exam Prep cycle and prepares you for both the 2009 exams and for being a PC tech. Includes one six-week course.

Fee: \$110

## CompTIA® Network+ Certification Prep

This course will teach you everything you need to know to take and pass the challenging CompTIA Network+ certification exam and become a network technician. You'll learn about topologies, the OSI Seven-Layer model, protocol suites, modern network operating systems, network hardware, cabling standards, remote connectivity, Internet connections, network troubleshooting, and more. This course will prepare you for the 2009 exam objectives (N10-004 and JK0-016). CompTIA Network+ certification also counts as one of the elective exams for the Microsoft Certified Systems Administrator (MCSA) certification. Includes one six-week course.

Fee: \$110

## CompTIA® Security+ Certification Prep 1

The U.S. Department of Labor forecasts that computer security and related computer-support specialties will be among the fastest-growing occupations through 2018. CompTIA's Security+ certificate is widely regarded as the entry-level certificate for this fast-growing field. Obtaining the certificate requires passing CompTIA's SY0-301 exam. This course, the first of two courses, covers the key terminology and concepts needed to pass the exam, all in a condensed format for rapid reading. The course provides helpful study tools including crossword puzzles, games, and practice questions to aid with learning. Includes one six-week course.

Fee: \$110

## CompTIA® Security+ Certification Prep 2

The U.S. Department of Labor forecasts that computer security and related computer-support specialties will be among the fastest-growing occupations through 2018. CompTIA's Security+ certificate is widely regarded as the entry-level certificate for this fast-growing field. Obtaining the certificate requires passing CompTIA's challenging SY0-301 exam. This course, the second of two courses, reviews key terminology and concepts needed to pass the exam, all in a condensed format for rapid reading. The course provides helpful study tools, including crossword puzzles, games, and practice questions to aid your learning. Includes one six-week course.

Fee: \$110

## PMP® Certification Prep 1

Prepare for the Project Management Institute's prestigious PMP® certification exam. Master the first six chapters of "A Guide to the Project Management Body of Knowledge" (PMBOK® Guide), 4th edition--the essential resource for the PMP® certification exam. This course, the first part of a two-course series, will demystify the PMBOK® Guide, including relationships between inputs, tools and techniques, and outputs. The course will also bring clarity to such topics as precedence diagramming, estimating, and scope management. Includes one six-week course.

Fee: \$105

## PMP® Certification Prep 2

Prepare to take--and pass--the Project Management Institute's PMP® certification exam. Master chapters seven through twelve of "A Guide to the Project Management Body of Knowledge," the most essential resource for the PMP® certification exam. In addition to learning about the PMBOK® Guide, you'll gain insight into PMI's® code of professional responsibility and discover powerful techniques you can use to continue preparing for the PMP® exam after this course is over. Includes one six-week course.

Fee: \$105

# CERTIFICATE PROGRAMS

## Credit Certificates

### Sustainable Management Science Certificate



This certificate will help employees in existing jobs improve their skills or help displaced workers transition to jobs in emerging green industries. With this certificate, you can put the lessons learned in the classroom into practice on the manufacturing floor or in the office boardroom. The Sustainable Management Science Certificate is offered completely online, so you never need to come to campus. And, you can do homework whenever and wherever it's convenient for you. Learn more at [sustain.wisconsin.edu](http://sustain.wisconsin.edu).

Four courses are required, 12 credits (3 credits each) for the online certificate completion program:

- SMGT 310: Ecology for Sustainable Management
- SMGT 315: Global Environmental Chemistry
- SMGT 320: Energy for Sustainable Management
- SMGT 325: Natural Resource Management

**Tuition:** \$390 per credit  
**Register:** Call 877-UW-LEARN (877-895-3276) E-mail: [sustainable@learn.uwsa.edu](mailto:sustainable@learn.uwsa.edu)

### Sustainable Enterprise Management Certificate

Are you looking for an entry point into the green economy? The Sustainable Enterprise Management Certificate is offered completely online, so you never need to come to campus. And, you can do homework whenever and wherever it's convenient for you. This certificate will help employees in existing jobs improve their skills or help displaced workers transition to jobs in emerging green industries. With this certificate, you can put the lessons learned in the classroom into practice on the manufacturing floor

or in the office boardroom. Learn more at [sustain.wisconsin.edu](http://sustain.wisconsin.edu).

Select 5 out of 6 courses, 15 credits (3 credits each) for the online certificate completion program:

- SMGT 230: Triple Bottom Line Accounting for Managers
- SMGT 235: Economics in Society and Sustainability
- SMGT 331: Sustainable Organizational Finance
- SMGT 335 or SMGT 350: (Students select one of these two courses)
  - o Management & Environmental Information Systems (335)
  - o Operations Management and Sustainability (350)
- SMGT 430: International Management for a Sustainable World

**Tuition:** \$390 per credit  
**Register:** Call 877-UW-LEARN (877-895-3276) E-mail: [sustainable@learn.uwsa.edu](mailto:sustainable@learn.uwsa.edu)

### Project Management Certificate

Project management has gained tremendous importance in the past few decades. In the current environment where many companies are outsourcing their business processes, the ability to manage complex projects involving diverse teams both domestically and internationally has become an increasingly desirable skill for employers nationwide. The courses in this certificate program will help you prepare for the Project Management Professional certification exam offered by the prestigious Project Management Institute (PMI). They cover the Project Management Breadth of Knowledge (PMBOK) material emphasized by the PMI.

The certificate program is comprised of the following 4 classes (12 credits):

- PMGT 341: Basics of Project Management
- PMGT 342: Essential Personal Skills for Project Management
- PMGT 441: Advanced Project

Management Tools and Techniques

- PMGT 442: Project Management Simulation

**Tuition:** \$950 per course  
**Register:** Call 262-595-2280

### Sales Certificate

The Sales Certificate offers students an opportunity to gain many of the required skills to be prepared for a Sales Career. Our program is only one of two programs accredited by the University Sales Education Foundation in the State of Wisconsin, and one of 55 nationwide. To be eligible, the student must meet at least one of the following: Junior standing or above; an undergraduate degree; five years of business experience, preferably at mid-level management or above; or associate degree and two years business experience. The certificate requires a cumulative GPA of 2.0 and is comprised of the following courses:

- MKT 458 Personal Selling (may require pre-requisite)
- MKT 467 Selling of Financial Services
- MKT 469 Advanced Personal Selling

**Tuition:** \$919.89 per course for WI resident  
**Register:** Call 262-595-2280

### Entrepreneurship Certificate

The Entrepreneurship Certificate is designed for students who have an interest in small business management. The Entrepreneurship Certificate provides students with a solid knowledge base and the strong quantitative skills necessary for a successful small business career.

The certificate program is comprised of the following 4 classes (12 credits):

- ENTR 250: Entrepreneurial Principles
- ENTR 350: Entrepreneurial Leadership
- ENTR 400: Entrepreneurial Strategy
- ENTR 450: Entrepreneurial Projects

**Tuition:** \$869.25 per course for WI resident  
**Register:** Call 262-595-2280

# ADULT DEGREE COMPLETION PROGRAMS



UNIVERSITY OF  
**WISCONSIN**  
HEALTH INFORMATION  
MANAGEMENT & TECHNOLOGY

## Bachelor of Science in Health Information Management and Technology (HIMT)

This degree completion program is designed to equip you with the skills to work and lead in the health data management field. Health information professionals maintain, collect, and analyze the data that doctors, nurses, and other healthcare providers rely on to deliver quality healthcare. They are experts in managing patient health information, administering computer information systems, and coding diagnoses and procedures for healthcare services provided to patients.

HIMT is a 63 credit online bachelor's degree completion program. If you have completed the first two years of a bachelor's degree or if you have completed at least 60 credits of transferable coursework with a minimum GPA of 2.0, you may apply directly to the program.

**Tuition:** \$390 per credit  
**Register:** Call 877-UW-LEARN  
(877-895-3276) E-mail:  
himt@uwex.edu

## Bachelor of Science in Sustainable Management (SMGT)

This degree completion program provides the knowledge and skills students need to create profitable businesses, vibrant communities, and a healthy environment for Wisconsin, the United States, and the world.

SMGT is a 63 credit online bachelor's degree completion program. If you have completed the first two years of a bachelor's degree or if you have completed at least 60 credits of transferable coursework with a minimum GPA of 2.0, you may apply directly to the program. For more information or questions email [onlinedegrees@uwp.edu](mailto:onlinedegrees@uwp.edu).

**Tuition:** \$390 per credit  
**Register:** Call 877-UW-LEARN  
(877-895-3276) E-mail:  
[sustainable@uwex.edu](mailto:sustainable@uwex.edu)

## Master of Science in Sustainable Management (MS SMGT)

The Collaborative, Online Master of Science Degree Program in Sustainable Management (MS SMGT) is an innovative new program for students interested in pursuing a graduate degree in a rapidly emerging field. This program integrates faculty expertise in sustainability from multiple University of Wisconsin campuses and from multidisciplinary perspectives of business, natural science, and social science academic departments. The MS SMGT curriculum gives students the opportunity to gain a comprehensive understanding of the ways in which changing human activities affect the inseparable natural, social, and economic environments. The MS SMGT graduate will be well prepared for work in businesses and organizations, to gain a competitive advantage while preserving natural resources and strengthening communities.

**Tuition:** \$675 per credit  
**Register:** Call 877-UW-LEARN  
(877-895-3276) E-mail:  
[sustainable@learn.uwsa.edu](mailto:sustainable@learn.uwsa.edu)

## Master of Science in Computer and Information Systems (MSCIS)

This program combines information technology and business knowledge. Students enhance their learning by completing tangible, real-world projects which benefit the local communities. The CIS program is designed to benefit new students looking to enter the information systems (IS) field, as well as current IS professionals looking to expand their knowledge and expertise in areas such as software development, IS management, project management, cyber security, and research.

**Tuition:** \$482.40 per WI resident  
credit  
**Register:** Call 262-595-2314

## Master of Business Administration (MBA)

The AACSB internationally accredited Master of Business Administration (MBA) program offered by the College of Business, Economics, and Computing is designed to develop general management competence and prepare candidates for successful careers in administrative and policy-making positions. Online, onsite, and international study tours can be used to complete the degree requirements.

**Tuition:** Depends on class format  
Onsite tuition and fees are  
\$513.18 per WI resident  
credit  
**Register:** Call 262-595-2280

## Master of Science in Applied Molecular Biology (MAMB)

This program provides advanced training in the theory and application of molecular biology, in conjunction with supervised independent research culminating in a research thesis. Graduates perform at an advanced technical level in biotechnology and related industries or continue their education in Ph.D. or professional programs.

**Tuition:** \$482.40 per WI resident  
credit  
**Register:** Call 262-595-2355



# ARTS & CRAFTS

## Begin to Knit

*3 Wednesdays, begins January 23, 7-9pm*

Knitting is fun, creative, productive and can be done while you are watching TV or on the go. It also helps to unite the left side of your brain with the right side. Beginners will learn to handle yarn and knitting needles (English style for beginners and combination for those who have some needle dexterity), cast on, work a knit stitch and possibly a purl stitch, bind off and read a written pattern. We will also learn about gauge and how to measure and have some discussion on knitting machines and accessing internet resources and support.

**Instructor:** Laurie Swanson  
**Fee:** \$35  
**Supplies:** Worsted weight yarn and size 9 knitting needles  
**Limit:** 6

## Paint Like an Impressionist

*Saturday, February 9, 10am-2pm*

Discover how to capture color and light the way the impressionists did. We will discuss historical examples of impressionism, analyzing the techniques of artists such as Monet and Turner. Then using demonstration and guided steps, students will work from photographs to create their own impressionist style paintings with acrylic paint. This class is perfect for beginners or painters who want to challenge their current working methods.

**Instructor:** Beki Borman  
**Fee:** \$65  
**Supplies:** A list of supplies to purchase will be available for students once registered  
**Limit:** 12

## Jewelry Basics

*Wednesday, March 27, 5:30-8:30 pm*

Are you looking for new looks for your spring wardrobe, or do you want to make one of a kind gifts for your friends? This class will give you different techniques in the construction of earrings, bracelets and necklaces, with tips on purchasing your supplies at reasonable prices. You may purchase supplies from the instructor or bring items you have at home. The instructor has the tools necessary for use in class. You may make as many items as time permits.

**Instructor:** Kathy Schmitz  
**Fee:** \$45  
**Limit:** 8

## NEW!

## Begin to Crochet

*2 Wednesdays, begins April 17, 7-9pm*

Crochet is one of the easiest handicrafts to learn. You can make gifts, decorate your house or even just use it as a meditation focus. In this class participants will learn the basics of how to handle a crochet hook and yarn, to chain and work a foundation row, master single and double crochet, increase, decrease, bind off and weave ends and "read" your work. Participants will also learn to read a written pattern and access internet learning tools and support networks to build upon one another's knowledge and creativity.

**Instructor:** Laurie Swanson  
**Fee:** \$35  
**Supplies:** Worsted weight yarn and size "F" hook  
**Limit:** 10

## Painting Abstractly

*4 Thursdays, begins April 4, 6-8:30pm*

Learn how to see and paint abstractly! We will look at historical references to understand the different kinds of abstraction, such as geometric abstraction vs. expressive abstraction. Working with acrylics, we will discuss color, line, composition and context and how these elements can be utilized in creating a strong painting in the absence of a traditional subject. Multiple paintings in this class will cover the different types of abstract painting.

**Instructor:** Beki Borman  
**Fee:** \$75  
**Supplies:** A list of supplies to purchase will be available for students once registered  
**Limit:** 12



## Drawing from Nature

*2 Thursdays, begins May 2, 6-8:30pm*

Nature is the most powerful inspiration for artists. Working from both photo and life, students in this course will learn both how to copy and express the wonders of nature. The basics of drawing will be covered and then we will branch out into discovering how we can accentuate lines, shapes and patterns as they are found in the natural world.

**Instructor:** Beki Borman  
**Fee:** \$65  
**Supplies:** A list of supplies to purchase will be available for students once registered  
**Limit:** 12

# COMMUNICATION & LANGUAGE

## "4 Words to Move 4ward" A Creative Journaling Workshop

*Monday, January 21, 7-9pm*

We all have those moments when we feel stuck. But the answer to becoming unstuck doesn't lie in the latest best-selling self-help book. The answer is inside of you. And it's only four words long. Really. In this engaging and inspiring workshop, participants will define their four core "power words" and explore how to use those phrases to combat the negative habits, thoughts and otherwise yucky stuff that holds one back from leading a fabulously creative, full life. Participants will leave the workshop with a fresh outlook, new journaling tools, and a creative journaling collage that illustrates their "power words" and next steps. Bring a notebook or journal and writing utensil.

Instructor: Sara Rae Lancaster  
Fee: \$35  
Supply Fee: \$10  
Limit: 8

### NEW!

## Negotiations 101

*3 Mondays, begins February 4, 6-9pm*

We negotiate every day: at work and at home. This course will significantly improve your negotiation skills and confidence by introducing you to a negotiations framework and techniques. Explore methods to become an effective negotiator, understanding cost/benefit assessment of a negotiation process and develop negotiation skills and confidence through theory and practice. This course will pay for itself in no time as, "Everything is negotiable!"

Instructor: Anastasia Kellogg  
Fee: \$149  
Limit: 30

## Beginning Italian for Travelers

*6 Mondays, begins February 4, 7-9pm*

Are you taking your dream vacation to Italy? Do you want to learn some quick phrases so you can communicate in Italian effectively? This course will provide an introduction to the Italian culture for first time travelers to Italy. It will also provide students with necessary language skills and the information and resources to make your first Italian travel experience enjoyable!

Instructor: Ralph Annina  
Fee: \$75  
Limit: 25

## Beginning Conversational Spanish

*6 Tuesdays, begins February 5, 6-8pm*

Have you ever been among Spanish-speakers and longed to converse with them in their native tongue? Then, this course is exactly what you need! Whether you are looking to gain the ability to simply 'get by' in Spanish, such as ordering in restaurants and reading street signs, or to gain more grammatical and conversational skills, this course will more than provide you with the tools you need to succeed. No materials necessary; except a way to take notes.

Instructor: Samuel Adamek  
Fee: \$75  
Limit: 25

### NEW!

## You Can Write for Magazines

*3 Wednesdays, begins February 20, 6-7:15pm*

Learn to begin a freelance magazine/newspaper writing career. We will work together to study magazines, set goals, learn about the many different types of writing opportunities, create and organize ideas, learn the whys and hows of query letter writing, marketing and how to get a successful start as a freelance writer. No materials necessary; except a way to take notes.

Instructor: Sara Rae Lancaster  
Fee: \$45  
Limit: 8

## You're on the Air! How to Really Make It in Voice-Overs

*Saturday, March 9, 3-5pm*

With such notable talent as Morgan Freeman, Glenn Close, and Alec Baldwin lending their voices to commercials, films and videos, one would think that it would be next to impossible to break into this field. Not so! Learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business. Instructor Bill Brooks will discuss the voice-over business as a whole, the numerous opportunities, the incredible potential, and the all-important 'demo'. Students will practice recording and will hear the results!

Instructor: Such a Voice  
Fee: \$35  
Limit: 35

## Intermediate Italian for Travelers

*6 Mondays, begins March 18, 7-9pm*

This course is a follow-up to the Beginners Italian for Travelers. Intermediate Italian for Travelers will expand on the quick phrases so you can communicate in Italian effectively. This course will continue to provide an introduction to the Italian culture for first time travelers to Italy. It will also provide students with necessary language skills and the information and resources to make your first Italian travel experience enjoyable!

Instructor: Ralph Annina  
Fee: \$75  
Limit: 25

## Intermediate Conversational Spanish

6 Tuesdays, begins April 2, 6-8pm

Are you ready for some actual Spanish conversation? If you are looking to take your current knowledge of Spanish to the next level, this course is perfect for you! Students will be given the tools needed to uphold more in-depth conversations in Spanish. Learn to speak in the past and future tenses, as well as discuss numerous topics with the vocabulary and other verb tenses you will learn. No materials necessary; expect a way to take notes.

Instructor: Samuel Adamek  
Fee: \$75  
Limit: 25

## True Colors

Tuesday, April 9, 1-4pm

Maximize relationships through use of a common vocabulary known as "True Colors." "True Colors" awareness provides an entertaining, engaging, personal and professional development opportunity for associates of all levels within an organization to learn to value differences. This workshop will increase productivity by improving communication skills and team building through a practical hands on approach. Perfect for understanding and improving relationships at work and at home. What you can expect: An interactive learning experience. Positive impact team building. Enhanced skills in building relationships. Understanding and appreciating the differences of others. Applicable methods for dealing with conflict. Harmonious and effective teams.

Instructor: Judy Melaro-Gavigan  
Fee: \$75  
Limit: 25

## German for Travelers

3 Tuesdays and Thursdays, begins April 9, 6-8pm

Learn basic conversational phrases, vocabulary, pronunciation, numbers, colors, money, days of the week, greetings and introductions, directions and transportation, traveling, shopping and learning how to order with a restaurant menu. Required book: German in 10 Minutes a Day.

Instructor: Susan Blust  
Fee: \$35  
Supply: Required text: German in 10 Minutes a Day  
Limit: 10

## Online

**Noncredit Online Learning**  
*Registration is online only.*

www.uwp.edu, keyword: continuing education

Click on the 'non-credit online' icon to view all the noncredit online course offerings.

**All courses begin the third Wednesday of each month**

## Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Fee: \$95

## Speed Spanish II

Follow-up to our popular Speed Spanish course. Several new recipes help you continue building fluency.

Fee: \$95

## Speed Spanish III

Master your ability to speak, understand and read Spanish by taking the final installment in our unique three-part Speed Spanish learning series.

Fee: \$95

## Spanish for Law Enforcement

Master the fundamentals of the Spanish language by practicing basic conversational skills and learning essential Spanish terminology for law enforcement situations.

Fee: \$95

## Spanish for Medical Professionals

Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

Fee: \$95

## Beginning Conversational French

Discover how easy it can be to learn common words and phrases for both leisure and business.

Fee: \$95

## Instant Italian

Learn Italian from the comfort of your home in this fun and enjoyable online course.

Fee: \$95

## Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

Fee: \$95

## Easy English I

In this easy and fun course, you'll learn the basic English skills you need for real-life activities including shopping, job-hunting and handling medical emergencies.

Fee: \$95

## Grammar for ESL

If English is your second language and you're headed to college, this course will teach you the principles of grammar and structure you'll need to succeed.

Fee: \$95

## Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Fee: \$95

## Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Fee: \$95

## Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Fee: \$95



## Word for a Day - Beginner

*3 Tuesdays, begins January 22, 6-8pm*

Want to learn computer word processing but don't know where to start? Microsoft Word for a Day will give you skills for a lifetime! Hands-on computer training in a language you can easily understand. Learn how to create and edit documents, cards, invitations and much more. Learn the skills you've always wanted to know. It's a new year and a new you!

Instructor: Laura Littel  
Fee: \$65  
Limit: 15

## NEW!

## Get a New Outlook on Life!

*Monday, February 4, 6-9pm*

Is your computer life disorganized and you want to get control over your emails? Microsoft Outlook calendar features allow you helpful tools to organize your life. Categorize your emails, color code your appointments, set reminder alarms, and get alerts when special messages are received. So much to know, so little time to learn. This class gives you the basic tips and tricks to start your day in an organized way!

Instructor: Laura Littel  
Fee: \$45  
Limit: 15

## Word for a Day - Continuing

*3 Thursdays, begins February 14, 6-8pm*

Word for a Day – Continuing picks up where Beginner left off. Continue learning with hands-on computer training to create and edit documents, cards, invitations and more. Learn the skills you've always wanted to know.

Instructor: Laura Littel  
Fee: \$65  
Limit: 15



## Intro to Mac Computers

*4 Mondays, begins February 25, 7-9pm*

Just purchased a Mac or planning on purchasing one? No clue on how to use it? In this beginner's class you will learn the Mac basics on how to navigate around your computer, printer set-up, installing programs, using the doc, web browsing basics and much, much more! Class will be held in a Mac computer lab.

Instructor: Amanda McWhinney  
Fee: \$75  
Limit: 15

## Webpage Design

*4 Thursdays, begins March 14, 7-9pm*

This course is for people with little or no experience in web design. Students will first learn the basic layout of a webpage and will create a website using Adobe Dreamweaver. Learn how to add images, text, tables, hyperlinks and much more in a step-by-step, hands-on, easy to learn format. Students must know how to use a Mac computer. Class will be held in a Mac computer lab.

Instructor: Amanda McWhinney  
Fee: \$75  
Limit: 12

## Basic Computer Skills

*Monday, April 29, 5:30-7pm*

A hands-on class, this workshop will cover computer terminology, using a mouse, keyboard, CD-ROM and flash drive, locating a saved file, copy and paste and an introduction to Internet searching.

Instructor: Heather Miles  
Fee: \$35  
Limit: 8

## Introduction to Microsoft Word

*Monday, May 6, 5:30-7pm*

A hands-on class, this workshop will cover creating a new document, using the ribbon, basic formatting, spell checking, rearranging text and save, open and print a document.

Instructor: Heather Miles  
Fee: \$35  
Limit: 8

## Introduction to Image Processing using Paint.net

*Monday, May 13, 5:30-7pm*

A hands-on class, this workshop will cover the basics of image processing including different file formats, cropping, mark up and insertion into a presentation.

Instructor: Heather Miles  
Fee: \$35  
Limit: 8

# Online

## *Noncredit Online Learning*

*Registration is online only.*

www.uwp.edu, keyword: continuing education

Click on the 'non-credit online' icon to view all the noncredit online course offerings.

**All courses begin the third Wednesday of each month**

## **Computer Skills for the Workplace**

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Fee: \$95

## **Introduction to Microsoft Access 2010**

Learn to build, edit and maintain a database in Access 2010 using tables, reports, forms and queries to give you fast access to all your important information.

Fee: \$95

## **Introduction to Microsoft Excel 2007**

Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

Fee: \$95

## **Intermediate Microsoft Excel 2007**

Master advanced features of Microsoft Excel 2007, including charting and PivotTables, and discover how this powerful MS Office program can boost your productivity.

Fee: \$95

## **Introduction to Microsoft Excel 2010**

Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Fee: \$95

## **Intermediate Microsoft Excel 2010**

Take your Microsoft Excel 2010 skills to the next level as you master charts, PivotTables, Slicers, Sparklines and other advanced Excel features.

Fee: \$95

## **Advanced Microsoft Excel 2010**

Discover the advanced features and functions of Microsoft Excel 2010, including data analysis tools, database techniques and advanced methods for using PivotTables.

Fee: \$95

## **Introduction to Microsoft Word 2010**

Learn how to create and modify documents using Microsoft Word 2010, the world's most popular word processing program.

Fee: \$95

## **Introduction to Microsoft PowerPoint 2010**

Learn how to use Microsoft PowerPoint 2010 to create exciting slide presentation that include SmartArt, multimedia, animation, sound, charts, clip art and hyperlinks.

Fee: \$95

## **Introduction to Microsoft Project 2007**

Learn how to effectively plan, implement and control projects using Microsoft Project 2007.

Fee: \$95

## **Introduction to Microsoft Project 2010**

Discover how to effectively plan, implement, and control projects using Microsoft Project 2010, the world's most popular project management software.

Fee: \$95

## **Introduction to QuickBooks 2012**

Learn how to quickly and efficiently gain control of the financial aspects of your business with this powerful accounting software program.

Fee: \$95

## **Introduction to Java Programming**

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

Fee: \$95

## **Introduction to SQL**

Gain a solid working knowledge of the most powerful and widely used database programming language.

Fee: \$95

## **Introduction to PHP and MySQL**

Learn how to create dynamic, interactive websites using PHP and MySQL database server.

Fee: \$95

## **Introduction to CSS and XHTML**

Learn to create state-of-the-art Websites using modern CSS and XHTML techniques.

Fee: \$95

## **Introduction to InDesign CS5**

Learn how to use Adobe InDesign CS5 software to design and produce professional-Quality letterhead, brochures, business cards and more.

Fee: \$95

## **Creating Word Press Websites**

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites.

Fee: \$95

## **Creating Web Pages**

Learn the basics of HTML so you can design, create and post your very own site on the Web.

Fee: \$95

## **Creating Mobile Apps with HTML5**

Learn to use HTML5, CSS3, JavaScript, jQuery and Web APIs to create cross-platform mobile apps and mashups.

Fee: \$95

# FINANCE & RETIREMENT

## How to Win with Money 1: Saving, Budgets & Debt

*5 Tuesdays, begins January 22, 6-9pm*

Learn to complete a step-by-step approach on how to win with money. Video clips by the world known, dynamic speaker Dave Ramsey, a leader in teaching personal finance, are utilized in class. The best way to win financially is to study and learn from those that have made money, know how to make it grow and how to keep it. This is a series of three courses focusing on topics building layer on layer to create a complete money management plan. One textbook is used for all three courses. Textbook required.

Instructor: Jeanine O'Brien  
Fee: \$75  
Req. Book: Foundations in Personal Finance by Dave Ramsey  
Limit: 40

## Estate Planning

*Thursday, February 14, 6-8pm*

This class is an introduction to advance planning for transfer of assets to the next generation. Topics include wills, revocable trusts, probate, estate tax and powers of attorney for finances and health care. Instructor Mary Wyant is a Racine attorney with over 25 years of experience in estate planning, probate, and trust administration.

Instructor: Mary Wyant  
Fee: \$35  
Limit: 18

**NEW!**

## Are You Minimizing the Value of Your SOCIAL SECURITY BENEFITS?

*Thursday, February 21, 6-8pm*

Your decision to start Social Security should be independent from when you decide to retire. Learn how to maximize your family's social security benefit. Have your own social security analysis calculated. This course will cover the ins and outs of social security and the complex strategies of our social security system.

Instructor: John Ethington  
Fee: \$35  
Limit: 25

## How to Win with Money 2: Strategies for Success

*5 Tuesdays, begins February 26, 6-9pm*

Want a successful financial plan? Learn how to deal with some essentials, such as: the role of money in deciding a career, financial aid, job search tools, importance of budgeting in married life, money principles to teach children, ways companies compete for your money, strategies used to encourage debt, basic rules for making large purchases and more. Video clips by well-known speaker Dave Ramsey, a leader in the area of personal finance, are utilized in class. This is a series of three courses focusing on topics building layer on layer to create a complete money management plan. One textbook is used for all three courses. Textbook required.

Instructor: Jeanine O'Brien  
Fee: \$75  
Req. Book: Foundations in Personal Finance by Dave Ramsey  
Limit: 40

## Financial Strategies for Successful Retirement

*3 Thursdays, begins March 7, 6-9pm*

Learn how to make informed decisions about your future, set realistic goals, properly allocate assets and minimize the impact of taxes and inflation, control healthcare costs and plan for the transfer of your estate. If you are over the age of 50 this course is a must! This is a comprehensive financial planning course that touches on almost all the issues facing retirees today.

Instructor: John Ethington  
Fee: \$75  
Limit: 30

## Equities: What Investors Need to Know

*Tuesday, April 2, 6-8pm*

Learn the importance of having a portion of your nest egg invested in equities. Review the importance of global equities in a portfolio, discuss asset allocation in the 21st century and how to invest in growth areas through 2020.

Instructor: Paul Westphal  
Fee: \$35  
Limit: 25

## How to Win with Money 3: Planning for Independence

*5 Tuesdays, begins April 2, 6-9pm*

All individuals and families either have a financial plan or feel financial pressures. This final course of three continues on to increase knowledge and awareness leading to financial independence. The best way to win financially is to study and learn from those that have real wealth and are financially independent. Those who have solid long-term wealth don't carry debt; they have insurance and use solid simple proven investment strategies, along with planning for retirement. These are critical components for any individual or family that wants to triumph financially. We will continue to use video clips by Dave Ramsey in class. One textbook is used for all three courses. Textbook required.

Instructor: Jeanine O'Brien  
Fee: \$75  
Req. Book: Foundations in Personal Finance by Dave Ramsey  
Limit: 40

## Financial Planning and the Digital Age

*2 Wednesdays, begins April 3, 6-9pm*

Financial Planning and technology are merging in ways only imagined a few years ago. Designed to integrate the six keys to financial success with the digital age, this is a comprehensive course which will cover the fundamentals of successful financial management. The core topics include: Risk Management, Cash Management, Investment Concepts, Tax Management, Retirement Planning and Estate Conservation. The course will focus on utilizing technology to apply the course concepts into a live financial plan. Areas of focus will include online banking and investing, internet security and account aggregation tools. Textbook required.

Instructor: Michael Gorichanaz  
Fee: \$65  
Req. Book: The Complete Financial Management Workshop  
Limit: 40



# FOOD & DRINK

## Wine and Chocolate

*Friday, February 8, 6:30-9pm*

Which wines, if any, pair the rich, smooth, mouth-filling chocolates? We'll pair a variety of chocolate with a variety of wines, especially sweet ones that can stand up to chocolates.

Instructor: Karl Frederick  
 Fee: \$40  
 Limit: 18 (21 years and older only)

## Crescent Creations

*Monday, February 18, 6-8pm*

Don't have time for hours in the kitchen? Need something fast and easy to eat that even the kids could help with? This class will provide you quick and easy recipes using delicious refrigerated crescent rolls. Even the worst chef can learn these easy skills. Create mini cinnamon rolls, fancy hors d'oeuvres, delicious dinners and more. Take home your lesson to bake for your family!

Instructor: Laura Littell  
 Fee: \$35  
 Supply Fee: \$5 to instructor at class  
 Limit: 20

## West Coast Whites

*Friday, March 8, 6:30-9pm*

Join our journey from Washington down the Pacific Coast, sampling white wines made along the way. Chardonnay, Riesling and Gewurztraminer from Washington; Pinot Gris in Oregon; and Chardonnay, Pinot Grigio, Riesling, Moscato from California.

Instructor: Karl Frederick  
 Fee: \$40  
 Limit: 18 (21 years and older only)

## A Course in Tea Drinking

*Saturday, March 23, 10am-12pm*

How do you tell one tea from another? How is white tea different from green tea and different from black tea? What is Pu-Erh tea? Learn all about tea, tea drinking and the health benefits from this practice. Dr. Arthur Shattuck will explain step-by-step all you need to know to recognize good tea, how to brew different teas, the different water temperatures, and enjoy their wide variety of flavors. Dr. Arthur Shattuck has been traveling to China, importing tea, and enjoying tea for over 25 years.

Instructor: Dr. Arthur Shattuck  
 Fee: \$35  
 Location: "Roots and Legends" Natural Medicine Clinic & Tea Bar, 3209 Washington Avenue, Racine  
 Limit: 15



## Wine and Grilled Food

*Friday, April 5, 6:30-9pm*

Which wine might go with my steak? What about barbecued ribs? Or fish? We'll put together a sample of grilled foods and a variety of wines to complement them.

Instructor: Karl Frederick  
 Fee: \$40  
 Limit: 18 (21 years and older only)

**NEW!**

## Home Brewing Using Extracts

*Wednesday, April 10, 7-9pm OR  
 Wednesday, May 1, 7-9pm*

This course will provide an introduction to home brewing beer using malt extracts; the easiest way to start home brewing. Learn the terminology, processes and where to find informational resources. If you have ever considered home-brewing, now is your chance to have all of your questions answered.

Instructor: James Lingo  
 Fee: \$35  
 Limit: 15 (21 years and older only)

## Intro to Brewing Using All-Grain

*2 Wednesdays, begins April 17, 7-9pm*

This course will provide an introduction to home brewing beer using the all-grain home-brewing method. Learn the terminology, processes and where to find informational resources. If you are an extract home-brewer and have thought about advancing to all-grain brewing, now is your chance to have all of your questions answered.

Instructor: James Lingo  
 Fee: \$45  
 Limit: 15 (21 years and older only)

**NEW!**

## Refreshing Wines in Summer's Heat

*Friday, May 3, 6:30-9pm*

Cool your thirst with several options to beat hot weather with some refreshing foods to complement them.

Instructor: Karl Frederick  
 Fee: \$40  
 Limit: 18 (21 years and older only)

## How to Survive Fibromyalgia in the Wisconsin Winter!

*Wednesday, January 30, 5:30-7:30pm*

Creative ideas for fibromyalgia patients to survive and thrive during the cold grey weather.

Instructor: Dr. Dana Trotter  
Fee: \$35  
Limit: 30

## Heartsaver CPR/AED Certification

*Saturday, February 2, 9am-12:30pm*

This course teaches CPR, automated external defibrillation use, relief of choking in adults and children, infant CPR and relief of choking and use of barrier devices for all ages. Get certified!

Instructor: Paul Schlereth  
Fee: \$90  
Limit: 8

### NEW!

## Unlocking the Secrets of Pet Nutrition

*Wednesday, February 6, 7-8:30pm OR  
Wednesday, March 28, 7-8:30pm*

It's not as mysterious as it seems but we will help you better understand the marketing myths and the quality of current dog and cat food. It is a basic guide to considering your options about what you feed your pet. You will learn how to identify nutritious ingredients for your dog and cat. We will compare and contrast grocery store brands vs. high quality, natural pet food and have discussions about current marketing campaigns and understanding species-appropriate diets. Participants should bring a copy of the ingredients from their current pet food.

Instructor: Esther Drzewiecki  
Fee: \$35  
Location: Raining Cats and Dogs,  
3222 Washington Ave,  
Racine  
Limit: 15

## Lose Weight through Self Hypnosis

*3 Wednesdays, begins February 13, 6-9pm*

If you said "I'm too weak to lose weight", "I don't have enough time to eat right", or "I can't stop myself from eating" enough times, eventually your unconscious accepts these negative statements as truth. But your unconscious mind already knows how you are going to peel away those unwanted pounds. The cure for negative self-hypnosis is positive self-hypnosis. If you hypnotized yourself to gain weight, then you can hypnotize yourself to lose weight. Learn from Dr. Jay Stone who practices his own techniques. He says, "29 years ago I lost 50 pounds using hypnosis, and I have not gained the weight back." This is a perfect course to offset this holiday season of eating and to jump start your weight loss goals!

Instructor: Dr. Jay Stone  
Fee: \$75  
Limit: 18

## How to Manage Your Anxiety

*3 Wednesdays, begins March 6, 6-9pm*

Whether you struggle with anticipatory, performance or generalized anxiety, you will benefit from this class. Learn simple skills and techniques to prevent your anxiety before it happens or reduce your anxiety as it is occurring. Whether your anxiety is the result of genetics, injury or traumatic event, you have the ability and power to feel calmer and think more positively. Dr. Stone will explain the science behind the causes, treatment and prevention of anxiety. Please bring pen and paper to class to practice your anxiety busting techniques.

Instructor: Dr. Jay Stone  
Fee: \$75  
Limit: 18

## Kicking Your Sugar Addiction

*Saturday, March 9, 10am-12pm*

Are you constantly craving sweets and want to understand why? Do you want to gain control without deprivation? Americans consume an average of 30 teaspoons of added sugar per day, contributing to multiple health conditions including diabetes and obesity. Participants will gain a greater understanding of why we crave sweets, how sugar decreases our energy and the cycle of sugar addiction. A step-by-step approach for breaking this cycle will be presented and attendees will learn how to kick the sugar habit forever!

Instructor: Sarah Wright  
Fee: \$35  
Limit: 30

## Medi Tea tion

*2 Thursdays, begins April 4, 6-8pm*

Everyone knows tea is of great benefit to our health. However, do you know you can make great tea from items grown in your garden? This course will teach you how to use flowers, culinary plants and fruits to make tasty tea with various medicinal benefits. In addition, you will learn the basics of a Tea Ceremony and how to appreciate and drink different types of tea.

Instructor: Rui Weng  
Fee: \$45  
Limit: 30

## Darkness to Light: Stewards of Children

*Tuesday, April 9, 9am-12pm*

A child's safety is an adult's job. Darkness to Light has a vision of a world in which people are creative, kind, and whole. But, child sexual abuse is a big barrier toward that possibility. The Stewards of Children program will inform you how to prevent, recognize, and react responsibly to child sexual abuse in an empowering and meaningful way. Parents, educators, counselors, child care staff, social workers, volunteers, staff at youth-serving organizations, and other concerned adults are welcome to attend this powerful child sexual abuse prevention training program.

Instructor: Mary Kueny  
Fee: \$65  
CEUs: 0.3 (3 hours)

## Whole Food – Whole Body Detoxification

2 Thursdays, begins April 11, 7-9pm

How and what we eat determines our health. But what does detoxification really mean? Does it really work? Learn about the prevailing theories of body detoxification. Dr. Arthur Shattuck has led hundreds of his patients through a detoxification program using whole foods. Learn how to gently and safely rid your body of stored toxins and lose a few pounds doing so. Regain your energy and your health, get your body ready for the holiday eating season and how to make wise choices.

Instructor: Dr. Arthur Shattuck  
 Fee: \$45  
 Location: "Roots and Legends" Natural Medicine Clinic & Tea Bar, 3209 Washington Avenue, Racine  
 Limit: 15

## Your Chinese Herbal Medicine Cabinet

Thursday, April 25, 7-9pm

What would your medicine cabinet look like if you knew more about tried and true remedies for common symptoms? What natural therapy would you reach for if you strained your back? Wrench your neck? How do you treat a bruise, a headache or indigestion? Dr. Arthur Shattuck has the remedy and is glad to share it with you. There are many herbal treatments that are common place in the Chinese home. Students will learn the use and lore of 10 different herbs and formulas that should be in your home. Learn what works and how to use each simple, safe, and proven remedy.

Instructor: Dr. Arthur Shattuck  
 Fee: \$35  
 Location: "Roots and Legends" Natural Medicine Clinic & Tea Bar, 3209 Washington Avenue, Racine  
 Limit: 15 (21 years and older only)

## Basic Life Support (BLS) for Health Care Providers Certification

Saturday, July 20, 9am-1pm

The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR (including two rescuer scenarios and use of the bag mask), foreign body airway obstruction and automated external defibrillation. Get certified!

Instructor: Paul Schlereth  
 Fee: \$90  
 Limit: 6

## Basic Life Support for Healthcare Providers Recertification Course

Saturday, August 3, 9am-1pm

The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR (including two rescuer scenarios and use of the bag mask), foreign body airway obstruction and automated external defibrillation. Keep current!

Instructor: Paul Schlereth  
 Fee: \$90  
 Limit: 6



## Online

*Noncredit Online Learning*

*Registration is online only.*

www.uwp.edu, keyword: continuing education

Click on the 'non-credit online' icon to view all the noncredit online course offerings. **All courses begin the third Wednesday of each month**

### Certificate in Gerontology

Earn a certificate proving you have the skills required to meet the healthcare needs of a rapidly aging population. (44 contact hours)

Fee: \$205

### Certificate in Complementary and Alternative Medicine

Enhance your professional marketability by gaining a broad understanding of alternative health care options. (22 contact hours)

Fee: \$210

### Certificate in End of Life Care

Earn a certificate proving you understand the needs of individuals living with debilitating, chronic or terminal illnesses. (21 contact hours)

Fee: \$190

### Certificate in Integrative Mental Health

This groundbreaking certificate program offers a holistic, integrative approach to treating mental health problems. (19 contact hours)

Fee: \$135

### Certificate in Legal and Ethical Issues in Nursing

Examine key legal and ethical issues to improve your practice and provide better patient care. (23 contact hours)

Fee: \$170

### Certificate in Perinatal Issues

Stay current with emerging trends affecting childbearing women, newborns and families. (14 contact hours)

Fee: \$110



## Certificate in Pain Assessment and Management

This certificate provides an overview of the mechanisms of pain, the multidisciplinary methods of assessment, management, and treatment of pain, which include adults, children and the elderly with cancer related and non-cancer pain. (24 contact hours)

Fee: \$170

## Certificate in Growth and Development Through the Lifespan

Gain new insights in human development and be better prepared to care for patients of all ages. (15 contact hours)

Fee: \$210

## Certificate in Holistic and Integrative Health

Explore the exciting, growing field of holistic and integrative health in this comprehensive certificate program designed for medical providers and consumers. (50 contact hours)

Fee: \$475

## Certificate in Issues in Oxygenation

A holistic approach to the care of patients with disorders of oxygenation. (15 contact hours)

Fee: \$210

## Certificate in Spirituality, Health and Healing

Enhance your professional marketability by recognizing the impact spiritual values and beliefs have on the health and healing.

Fee: \$210

## Medical Terminology: A Word Association Approach

Prepare for a career in the health service industry by learning medical terminology in a memorable and enjoyable fashion.

Fee: \$95

# LIFESTYLE, HOME & GARDEN

## Vegetable Gardens: Planning for Success

*Thursday, March 7, 6-7:30pm*

Tired of eating vegetables that have probably earned frequent flyer miles on their way to your table? This class is intended for novice vegetable gardeners who want to have a successful experience growing vegetables and have fun doing it. This is not a "how to plant" but rather a "how to place" class, so gardeners can enjoy growing food without being overwhelmed by watering, weeding or harvesting. Topics covered include site location, soil preparation, raised beds, mulch, compost, hay bale gardening and reducing chemical use. Fun, success and food! What could be better?

Instructor: Kendall Victorine  
Fee: \$35  
Limit: 12

## Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment or surgical procedure.

Fee: \$95

## Human Anatomy and Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Fee: \$95

## Explore a Career as an Administrative Medical Assistant

Learn all about the in-demand career of medication information management as you explore the job of an administrative medical assistant (AMA) in a doctor's office – from appointment scheduling and chart creation to medical billing and coding.

Fee: \$95

## Make More Money Now...

*Thursday, March 14, 6-8pm*

In the current economy who doesn't want a little extra cash in their pockets? Get the lowdown on several lucrative side jobs that can fit into your life. These days it can be tough to find a 9-5 job, let alone a part time job with flexible hours that accommodates your schedule. BUT opportunities do exist. This workshop will give an overview of several areas you can start to search for part time work and help participants identify legitimate opportunities from being a mystery shopper, focus group participant to working online from the comfort of your home.

Instructor: Judy Williams  
Fee: \$35  
Limit: 15

## 'Life is Too Short' School of Gardening

*Monday, March 18, 6-7:30pm*

Life is simply 'too short' to be an obsessive gardener. This course will give students some gardening fun and learn simple shortcuts, tips and tricks on having a successful garden. Discover practical alternatives to tedious garden chores of deadheading, raking, mulching, weeding and yard maintenance. Learn how to successfully winter over tender perennials like lupines, how to grow vegetables in hay bales and how to rethink problem areas in your yard. Plan to share your own experiences and ideas too!

Instructor: Kendall Victorine  
Fee: \$35  
Limit: 12

## Free Money, Free Stuff... Learn How to Find Ways to Get Free Stuff

*Thursday, March 21, 6-7:30pm*

Remember the old adage that says, "There's no such thing as a free lunch?"... Well, this workshop will dispel that myth because you can get a free lunch or a free dinner or learn a foreign language for free, even travel for free. You will learn that if you do a bit of research and think out of the box a bit, you can find some great ways to get things for free.

Instructor: Judy Williams  
Fee: \$35  
Limit: 15

# MIND, BODY & DANCE

## Catching the Sun, Tai Chi for Health

**6 Tuesdays, Begins February 5, 6-7:30pm**

This style of Tai Chi is particularly effective for people with arthritis because it includes agile steps and exercises that improve mobility, breathing, and relaxation. It does not require deep bending or squatting which makes it easier and more comfortable to learn. The program consists of a warm up, 12 movements, and a cool down. Once becoming familiar with the 12 movements, the program is designed to provide continual challenge by reversing the directions of movements.

Instructor: Ron Pfeiffer  
Fee: \$75  
Limit: 15

## Tap and Jazz Ballet

**4 Tuesdays, begins February 5, 6-7:30pm**

This class is for beginners and those who have some ballet experience. This class will be split in two sections – 45 minutes of tap and 45 minutes of jazz ballet. Bring your tap shoes if you have them or any dress shoe with a large heel will work. For the ballet portion, ballet slippers or tennis shoes will work. Have fun and enjoy learning new combinations to old and new musical tunes and get a challenging workout.

Instructor: Jeanne Ferraro  
Fee: \$45  
Limit: 35

### NEW!

## Karate Sticks (Nunchaku) Fun Fitness

**4 Tuesdays, begins March 19, 6-7:30pm**

Nunchaku is a traditional Okinawan weapon consisting of two sticks connected at one end with a short chain or rope. Be introduced to nunchaku and the basic passes, several maneuvers, and footwork. Students will learn with a safety nunchaku which is foam covered and very safe. The coordination and aerobic benefits will make this a fun and interesting alternative exercise.

Instructor: Ron Pfeiffer  
Fee: \$65  
Limit: 12

## Dance the Night Away

**4 Wednesdays, begins February 6, 7-8:30pm**

Ballroom dance has become particularly popular and exciting since “Dancing with the Stars” has been featured on TV. This class will provide several of the basic dance steps and combinations to the Quick Step, Swing, Foxtrot, Waltz, Polka, Salsa, Chumba and several other Latin dances. We will also have a country western two-step and line-dance evening. Singles are welcome!

Instructor: Jeanne Ferraro  
Fee: \$45  
Limit: 35

## Raqs sharqi (Belly Dance)

**8 Thursdays, begins February 7, 6-7pm**

This course will expose students to raqs sharqi or belly dance; a dance to celebrate and embrace the culture and music. Take your knowledge to the next level by learning new movements. Students will do repetitive drills and start training their bodies in controlling muscles and learning how to move them with the music.

Instructor: Mila D  
Fee: \$65  
Limit: 20

## Valentine's Massage Class for Couples

**Thursday, February 14, 6-9pm**

Bring a sweetheart, friend or intimate to share learning the gift of a loving massage touch. Set your significant other's body, mind, and spirit free. Learn how to ease and reduce their stiffness, pain, and stress levels. Discover a massaging touch that is easy and relaxing to give and wonderful to receive. Each couple must bring 2 full-size pillows and a thick comforter or sleeping bag to the course.

Instructor: Mercedes Dzindzeleta  
Fee: \$70 per couple  
Limit: 9 couples

## Alter Your Mood By Altering Your Breathing

**4 Mondays, begins February 18, 5:30-6:45pm**

Proper breathing and posture can be a powerful weapon against stress, depression, anxiety and mild aches/pains bringing improved focus, sleep and health. The intent of this class is to learn ways to improve both your breathing and posture for overall wellness and an improved sense of wellbeing by teaching breathing in sitting, standing and lying on the floor with stretches to maximize breath awareness that is functional to use in your everyday life. People of every fitness level can participate in this course in a safe, fun and caring environment. Wear loose, comfortable clothing.

Instructor: Pamela Grubb  
Fee: \$65  
Location: Mindful Yoga Studio, 6127 Green Bay Road, Suite 150, Kenosha  
Limit: 15

## Improve your Balance

**Saturday, February 23, 9-11am**

Balance begins with core strength and muscular stability. Learn some effective exercises to regain or improve your balance while at home or “on the go”. Seniors can prevent falls and injuries. All ages/fitness levels welcome.

Instructor: Synchronicity  
Fee: \$35  
Limit: 15

## Developing a Home Yoga Practice/Getting Started

**Sunday, February 24, 1-3pm**

Once you have learned the basic postures, most people realize the importance of a daily home practice and want to develop a routine that meets their needs. Explore the basic principles in developing and sustaining a home practice. Students will be given a chance to develop their own sequence with guidelines provided. Wear loose, comfortable clothing.

Instructor: Pamela Grubb  
Fee: \$65  
Location: Mindful Yoga Studio, 6127 Green Bay Road, Suite 150, Kenosha  
Limit: 15 (Adults with some yoga experience)

## Simplified Yang Style Tai Chi

*5 Mondays, begins March 4, 7-8:30pm*

Tai Chi is one of the most ancient Chinese life preservation techniques; among which Yang Style Tai Chi is the most popular style in the world. It is characterized by slow, relaxed and evenly paced motions combined with breathing control. It is suitable for all age groups, especially seniors. It increases flexibility, coordination and balance control and has shown to reduce the risk of falls in both healthy elderly patients and those recovering from chronic stroke, heart failure and high blood pressure. The program consists of 20 movements designed to practice on a 5x8 space. No experience required.

Instructor: Rui Weng  
Fee: \$75  
Limit: 15

## Self-Defense for Women

*4 Thursdays, begins March 7 6-7pm*

This class will teach effective and proven basic survival techniques of self-defense for women. You will learn the physical as well as psychological strategies of defending yourself. The focus is to learn and gain insight of observing your surroundings and increasing your chances of successfully defending yourself from an attack. Instructor Beau Bosovich is a fourth degree black belt karate instructor and has studied Shorei Karate since 1975. Wear comfortable clothes and tennis shoes. No shorts please. Minors must have a parent as a partner.

Instructor: Beau Bosovich  
Fee: \$45  
Limit: 10

## Meditation, Self-Empowerment and Spirituality

*3 Thursdays, begins March 14, 6:30-8:30pm*

When we meditate, we become still, peaceful and balanced. We connect with our inner spiritual energy and have more insight and strength. Our purpose and path of becoming whole and more fulfilled becomes clear. We will work with spiritual truth principles.

Instructor: Doris LaBrasca  
Fee: \$65  
Limit: 12

## At Home Fitness for the Senior

*Saturday, March 16, 9-11am*

Maintain and improve your ability to remain functional and fit with this two hour workshop. Learn the 10 most effective exercises for a total body workout. This at-home program will keep you active, mobile, flexible and alert so you can age with grace and power!

Instructor: Synchronicity  
Fee: \$35  
Limit: 20

## Add SPRING to Your Step on the Equinox – Foot and Leg Massage

*Wednesday, March 20, 6:30-8:30pm*

Come sit down, unwind and relax, kick off your shoes and learn how to give an effective, healing foot and leg massage. Bring a friend so you each can really relax by receiving and giving a foot, calf and leg massage. Bring a full size pillow and comforter to help you relax.

Instructor: Mercedes Dzindzeleta  
Fee: \$70 per couple  
Limit: 9 couples

## Flexibility for the Senior (or Anyone Else)

*Saturday, April 13, 9-11am*

Become stronger, more functional and pain-free with this two hour flexibility workshop. Prevent and rehab injuries by learning how to improve your joint stability and flexibility. Take home exercises will keep you forever flexible.

Instructor: Synchronicity  
Fee: \$35  
Limit: 20

## NEW!

## The Walking Workshop

*Saturday, April 20, 9-11am*

Walking but not seeing results? Learn some basic fundamentals to ensure your success, prevent injury and speed up your results! Learn your perfect stride to prevent hip and back injury, how to take and monitor your heart rate to burn the most fat and use your posture to create a "total body workout"!

Instructor: Synchronicity  
Fee: \$35  
Limit: 20

## NEW!

## Mixed Martial Arts Training

*4 Thursdays, begins April 25, 6-7:30pm*

This introductory class is geared specifically to help learn karate, Brazilian Jujitsu and hardcore self-defense fighting techniques. Students learn techniques for all standing and ground confrontations. These techniques will be practiced in simulated attack scenarios with a trained instructor. An emphasis is placed on addressing situations involving conflict with acquaintances, as this is the highest risk category for defense situations.

Instructor: Dave Kasiske  
Fee: \$65  
Limit: 15

## Qi Gong: Eight Section Brocade

*Saturday, April 27, 9-11am*

The Baduanjin is one of the most common forms of Chinese Qi Gong used as exercise. Various translated as Eight Pieces of Brocade, Eight Section Brocade, Eight Silken Movements and others, the name of the form generally refers to how the eight individual movements of the form characterize and impart a silken quality to supplemental exercise to strengthen the body and prevent or recover from injuries.

Instructor: Keith Garofalo  
Fee: \$35  
Limit: 30

## Hitchhiker's Guide to the Law of Attraction

*3 Mondays, begins May 6, 7-9pm*

The movies "The Secret" and "What the Bleep Do We Know" introduced the concepts of the Law of Attraction to many people. They are appealing, they are mystic, and they are hip. But how do they actually work? How can you have, be or do anything you desire? This course will overview and define terms and explain inter-relationships described (mostly) in the Abraham-Hicks model of the Law of Attraction and address major questions about applying it to everyday life and explore a few tools to use in making desired changes in your life.

Instructor: Laurie Swanson  
Fee: \$65  
Limit: None



# MUSIC

## Beginning Guitar

*6 Wednesdays, begins January 23, 5:30-7pm*

Enjoy an introduction to acoustic guitar styles. Students will learn guitar basics, chording and strumming through songs and exercises. No experience required. Bring your guitar to class.

Instructor:	Melissa Lawrence
Fee:	\$75
Supply:	Required book & CD: Acoustic Guitar by Bert Casey
Limit:	10

### NEW!

## Introduction to Classical Guitar

*6 Thursdays, begins January 24, 6-7pm*

This course is designed to introduce the art of Classical Guitar. The basic Classical Guitar technique will be addressed including sitting position and basic left and right hand practices to perform simple melodies. A brief listening exploration of some of the prominent composers and performers of this magnificent style will be covered.

Instructor:	Jeremy Buencamino
Fee:	\$65
Supply:	Participants will need to bring their own acoustic guitars (nylon string preferred and guitar footstool.
Limit:	10

## Continuing Guitar

*6 Wednesdays, begins March 6, 5:30-7pm*

Continue what you learned in Beginning Guitar with acoustic guitar styles. Students will learn guitar basics, chording and strumming through songs and exercises. No experience required. Bring your guitar to class.

Instructor:	Melissa Lawrence
Fee:	\$75
Supply:	Required book & CD: Acoustic Guitar by Bert Casey
Limit:	10

## Songwriting

*6 Wednesdays, begins March 6, 7-8:30pm*

Ever dreamed of writing your own song? Take this course to learn the basics of crafting a song. Students will experiment with different styles and genres of songwriting and ways to challenge yourself if you get writer's block. No instruments are required yet are encouraged.

Instructor:	Melissa Lawrence
Fee:	\$75
Limit:	10
Req. Text:	Songwriting for Dummies

## Acoustic Blues Guitar

*6 Tuesdays, begins March 19, 6-7pm*

Learn the basic fingerpicking techniques used by traditional blues guitarists from "Piedmont to the Delta". If you can strum a few folk songs or play basic rock, you can learn to pick the blues. From the snappy ragtime of Mississippi John Hurt to the lowdown delta blues of Robert Johnson. Prerequisite: Ability to play "open position" folk chords. Recording devices recommended.

Instructor:	Paul Kaye
Fee:	\$75
Supply:	Guitar
Limit:	15

## Online

### Noncredit Online Learning

*Registration is online only.*

www.uwp.edu, keyword: continuing education

Click on the 'non-credit online' icon to view all the noncredit online course offerings. **All courses begin the third Wednesday of each month**

### Music Made Easy

Learn the fundamentals of music theory. Be able to read, write, and play simple music.

Fee: \$95

### Introduction to Guitar

Master basic guitar skills and become the musician you've always wanted to be.

Fee: \$95



# ONLINE LEARNING

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Click on the 'non-credit online' icon to view all the noncredit online course offerings. **All courses begin the third Wednesday of each month**

### **SAT/ACT Preparation – Part 1**

Master the reading, writing, English and science questions on the ACT and new SAT.

Fee: \$95

### **SAT/ACT Preparation – Part 2**

Master the math questions on the ACT and new SAT.

Fee: \$95

### **ReadyMATH**

ReadyMATH is the most advanced system for learning math and test preparation. This online program targets your math knowledge gaps with individualized instruction and teaches you just what you need to know.

Fee: \$499

### **Achieving Success with Difficult People**

Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors or relatives.

Fee: \$95

### **Introduction to Business Analysis**

Learn powerful techniques to improve your decision-making skills at work.

Fee: \$95

### **Mastery of Business Fundamentals**

Acquire practical experience in strategic planning, management, and finance without enrolling in an MBA program.

Fee: \$95

### **High Speed Project Management**

Learn to deal with the realities of managing projects at supersonic speeds despite truncated timelines, inadequate staffing and skimpy budgets.

Fee: \$95

### **Purchasing Fundamentals**

Improve your company's bottom line by mastering the fundamentals of purchasing.

Fee: \$95

### **Introduction to Networking**

Learn the fundamentals of networking and prepare for a career in a new and fast-growing field.

Fee: \$95

### **Intermediate Networking**

Gain practical experience in a hot new career field. Topics include VPNs, security and Internet connectivity.

Fee: \$95

### **Understanding the Human Resources Function**

Learn to handle basic resource functions to ensure the best possible results.

Fee: \$95

### **Accounting Fundamentals**

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting and more.

Fee: \$95

### **Accounting Fundamentals II**

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Fee: \$95

### **A to Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Fee: \$95

### **Project Management Fundamentals**

Gain the skills you'll need to succeed in the fast-growing field of project management.

Fee: \$95

### **Effective Business Writing**

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Fee: \$95

### **Fundamentals of Supervision and Management**

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Fee: \$95

### **Administrative Assistant Fundamentals**

Prepare to take advantage of the many new job opportunities in the healthcare, legal services, and other industries.

Fee: \$95

### **GRE Preparation – Part 1 (Verbal and Analytical)**

Discover powerful strategies for success in the verbal reasoning and analytical writing sections of the GRE revised General Test (Course 1 of 2).

Fee: \$95

### **GRE Preparation – Part 2 (Quantitative)**

Learn a variety of useful techniques for tackling the quantitative reasoning sections of the computerized GRE revised General Test (Course 2 of 2)

Fee: \$95

### **Become a Veterinary Assistant**

Practicing veterinarian prepares you to work in a veterinary office or hospital.

Fee: \$95

# PHOTOGRAPHY

## The Art of Black and White Photography

*5 Saturdays, begins February 16,  
10am-12pm*

See the exciting world of black and white photography right before your eyes in the darkroom! We will learn the basics of 35mm photography and discover the joy of developing black and white film and the art of printing in the darkroom! This 5 weeks hands-on introductory course will inspire you to new avenues of possibilities. Included in the extra materials fee (\$10) are: one roll of black and white film, use of darkroom equipment, practice paper and chemicals. This class meets at Spectrum School of the Arts, east building of the DeKoven Center, Racine.

Instructor: Denise Zingg  
Fee: \$85  
Limit: 9



## Digital Camera Basics

*4 Tuesdays, begins February 26, 7-9pm OR  
4 Tuesdays, begins June 4, 7-9pm*

Pixels, mega-pixels, JPEGs, resolution . . . what does it all mean? What can I do to get better pictures? This course can help you! This is a basic hands-on class covering functions commonly found on today's digital cameras from a Point & Shoot camera to a digital SLR. From memory cards to the different dials and menus, this class will help you sort it all out and get you on the road to taking better pictures. Students should bring cameras and manuals and be ready to explore new potentials!

Instructor: Mike Bisom  
Fee: \$85  
Limit: 10



## Wedding Photography Tips & Tricks

*3 Thursdays, begins March 14, 7-9pm*

Thinking about photographing a wedding? In this course, we will review what it takes! We will cover different equipment including cameras, lenses, flashes, and more. We will also "walk-through" a typical wedding day offering tips and tricks for successfully photographing a wedding. And finally, offering an overview of post-processing a wedding. Students should be familiar with how an exposure is recorded before taking this course.

Instructor: Mike Bisom  
Fee: \$65  
Limit: 20

## Editing Your Digital Images 101

*4 Mondays, begins March 25, 7-9pm*

In this class we will explore some of the more common ways to edit your digital images; from re-sizing an image for web or email to cropping your images and creating Black White or even selective color B&W images to working with layers to something as simple as straightening and image or adding text to correcting color issues. In this classroom we will be using Photoshop to edit our images but the techniques you learn can be applied to many different editing applications; most notably, Photoshop Elements and GIMP.

Instructor: Mike Bisom  
Fee: \$85  
Limit: 10



## Intermediate/Advanced Digital Camera

*6 Tuesdays, begins March 26, 7-9pm OR  
6 Tuesdays, begins July 9, 7-9pm*

This course is for those who desire to take their photography up a notch! We will start with a review of the basic functions and move from automatic exposures to more creative options. Metering, white-balance, shutter, aperture, ISO, macro, depth of field – we cover it all and more! This is a hands-on class geared towards digital SLR's but these principles apply to any camera with manual controls. Learn to improve your everyday images and even explore new photographic opportunities. Students should bring camera and manuals.

Instructor: Mike Bisom  
Fee: \$85  
Limit: 10

## Composition: The Art of Better Photos

*2 Wednesdays, begins March 27, 7-9pm*

How can I improve the look of my images? That's exactly what this course will cover by starting with a basic overview of photography and moving to simple tips to help students improve compositions. Learn the common rules of composition: rule of thirds, leading lines, repeating patterns, and more. Student should bring at least two images to the course for critique.

Instructor: Mike Bisom  
Fee: \$45  
Limit: 20



## Understanding Exposures and the Principles of Light

*2 Thursdays, begins April 4, 7-9pm OR  
2 Wednesdays, begins June 12, 7-9pm*

"Light makes photography" – George Eastman. Indeed, photography is painting with light. You use your camera to record an exposure. In this class we look at the fundamentals of light and how light effects the image we want to take. We look at different metering methods so you can better judge how to capture the image you want to capture. Students should have a fundamental understanding of how their cameras work.

Instructor: Mike Bisom  
Fee: \$45  
Limit: 15

## Using Your Camera Flash

*2 Thursdays, begins April 18, 7-9pm OR  
2 Wednesdays, begins June 26, 7-9pm*

This class is for people who have a shoe mount flash and simply want to get better images using the flash. We will learn that flash metering is different than camera metering. We will talk about how to improve the quality of light from your flash by diffusing and/or bouncing your light. And even flash techniques that can be used to freeze action with slow shutter speeds! Students will need a camera with a shoe mount flash.

Instructor: Mike Bisom  
Fee: \$45  
Limit: 15

# Online

### Noncredit Online Learning

**Registration is online only.**

www.uwp.edu, keyword: continuing education

Click on the 'non-credit online' icon to view all the noncredit online course offerings.

**All courses begin the third Wednesday of each month**

## Introduction to Photoshop CS6

Learn how to use Photoshop CS6, the world's best graphics program for photographers, to edit photos and create original images.

Fee: \$95

## Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

Fee: \$95

## Photoshop Elements 10 for the Digital Photographer

Learn the secrets of Adobe Photoshop Elements 10 and bring out the best in your images.

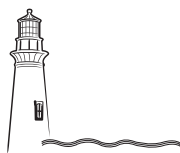
Fee: \$95

## Secrets of Better Photography

Learn how to take better pictures by understanding your camera and how to use it in a variety of situations.

Fee: \$95

# ADVENTURES IN LIFELONG LEARNING (ALL)



ALL is a membership organization for adults ages 55 and up. Our members are looking for intellectual, stimulating, interactive opportunities, and adventure.

ALL members enjoy twice-monthly free lectures and programs on the UW-Parkside campus and on location. These cover a wide variety of subjects: current events, health, history, travel, the arts, etc. Our speakers, experts in their field, welcome questions.

## How to Become a Member

**Dues are \$40 per year**

For more information, call the ALL office, Monday and Wednesday 8:00 a.m. to 12:00 p.m.

262-595-2137 or look on our website: [www.uwp.edu](http://www.uwp.edu), Keyword: *ALL*

## Activities

We provide four ways to enrich your life: lectures, classes, day trips, focus groups plus some special events. All of our events are planned by volunteer member committees. Some events charge a small fee.

**Lectures** are free and usually the 1st and 3rd Monday of the month at 2:00 p.m. in the UW-Parkside Student Center Cinema:

January 7	Center for Community Partnerships at UW-Parkside: Jane Schaefer
January 14	Wind Energy: Sierra Club
February 4	Newest Technology: Best Buy Representative
February 18	Northeastern Argentina: Profs. Seymoure and Roberg Carthage College
March 4	The Balanced Equation (filtration systems)
March 18	Baseball: Donald Cress
April 1	Riverbend Rebirth
April 15	Ornithology/Fish: Dr. Taft
May 6	UW-P Student Research
May 20	Prison Population



June 10                      Week of Learning

June 17                      Annual Meeting

**Classes** provide in-depth learning. These are usually 2 or 3 sessions but sometimes more. Offerings vary widely. Dates and times TBA.

January/February	Brazil: Prof. Jerry Greenfield
January-March	Opera Classes: Gregory Berg, Asst. Prof. Music Dept. These coincide with the Metropolitan Opera Live in HD presentations at local theatres.
February	Dr. Who: UW-Parkside Prof.
March/April	The "isms" (socialism, capitalism etc.): Prof. Jonathan Olsen
April	Twelfth Night: UW-Parkside Theatre Dept. Prof.
May	Famous Chicago Architects: Sullivan and Mies van der Rohe: Frank Landi

Other classes are being planned but are not yet confirmed, for example, A look at Porgy and Bess; Archeology; Recall Elections Historical Perspective; Journalism in the 21st Century, etc.

**Ethnic Dining** gives us a chance to try various world cuisines: Ethiopian, Thai, German, Chinese, Russian, Persian and many others. We ask the owner or manager to talk about the foods of their home countries.

**Week of Learning**, held yearly in June, focuses on one topic, for example, Humor Matters; Structures and Cities; Food; All about Music; India, Ancient Traditions –Modern Ambitions; Theatre ALL Week, etc.

**Day Trips** are designed to augment learning, and often follow classes; our trip to Oak Park Frank Lloyd Wright historic district followed two classes on the architect. Some trips stand on their own: Milwaukee Institute of Art and Design; Ravinia; Christmas Carol; and many others. Some of us also go to the Friday Prelude concerts of the Milwaukee Symphony Orchestra. Fees for the trips cover the cost for tickets and transportation. Trips being planned for the Spring include:

January 17	Trip to Wingspread and the SC Johnson Company New Frank Lloyd Wright exhibit
February	Calypso music and a tour of the Milwaukee Youth Symphony Orchestra with lunch or dinner
March	Trip to Grohmann Museum at MSOE and the Media Museum
May	Chicago Architectural Tour by bus and by boat
June	Ten Chimneys
July	Japanese Garden in Rockford
August	Overnight Trip: Destination TBA

**Focus Groups** allow members to join together to study a particular subject area. Our present focus groups usually meet monthly, some weekly. They include: ALL- a-Bloom (horticulture); ALL for Fun singers; Bridge; Duplicate Bridge; Current Affairs; Great Books; Great Decisions; International Friendship; Mahjong; Over-the-Hill Hikers; Poetry Group; ALL Technology. Some of these groups evolved from previous classes.

**Special events** include a holiday party, fall picnic, and annual meeting.

For additional information, contact the ALL office.

UW-Parkside  
Tallent Hall, Room 113  
900 Wood Rd, P.O. Box 2000  
Kenosha, WI 53141-2000

Office Hours: Monday and Wednesday, 8:00 a.m. - 12:00 p.m.  
Phone: 262-595-2137

Website: [www.uwp.edu](http://www.uwp.edu) Keyword: *ALL*

All events are subject to change.

# CAMPUS EVENTS

## UW-Parkside Admissions Events

**Registration required for all Admissions events.**

262-595-2355 or visit [www.uwp.edu/admissions/visit/index.cfm](http://www.uwp.edu/admissions/visit/index.cfm)

### Information Session

*January 21, 9am*

Find out how you can StandOut at UW-Parkside! Visit us for an opportunity to tour the campus, talk to admission representatives and meet our students. Free.

Location: UW-Parkside Admissions

### Visit Day En Español

*February 16, 9:30am*

Spanish-speaking families are encouraged to attend our Visit Day in Español – sessions will be presented in Spanish and English. Get answers to questions like: Why should I go to college? How can I be a successful college student? How can I get help paying for college? Lunch will be provided.

Cost: Free-lunch provided  
Location: UW-Parkside Admissions

### Multicultural Open House

*February 27, 9:30am*

Prospective students, families, and school groups are encouraged to attend our Multicultural Open House. Attendees will learn about admission criteria and the process to apply as well as financial aid opportunities. We will also share high school to college transition tips and the keys to being a successful college student. Campus tours will be available along with a free lunch.

Cost: Free- lunch provided  
Location: UW-Parkside Admissions

### Saturday Information Sessions

*February 23, March 16, April 13 & May 4, 9am*

Find out how UW-Parkside can help you StandOut! Visit us for an opportunity to tour the campus, talk to admissions representatives and meet our students. Free.

Location: UW-Parkside Admissions

### Experience Day

*April 5 & April 26, 11am-2pm*

Come and experience campus life at UW-Parkside! Join us for an Experience Day to find out what our campus is all about. You'll get a real feel for college life while participating in a hands on academic experience, going on a campus tour, having all your admissions questions answered, and meeting students, faculty and staff. Free.

Location: UW-Parkside Admissions office

### Parents and Families at UW-Parkside

FYE sponsors events that bring parents and families to campus to experience college with their students. Visit our NEW website just for parents at [uwp.edu](http://uwp.edu) Keyword: *parents*



## ArtsAlive! Performing Arts Series

### Ballet Folklórico Mexico

*February 8, 7:30pm*

You will discover the fascinating folklore of the Aztecs, the romantic lyrics and poetry of the Mariachis, and the heroes of the Mexican Revolution. Ballet Folklórico Mexico weaves foot-tapping fun into the history of Mexico.

Cost: Public \$25.50; Senior \$25.50; Student \$21.00  
 Location: Main Stage Theatre, The Rita  
 Tickets: Order tickets online at [www.uwp.edu](http://www.uwp.edu) Keyword: tickets or contact the Campus Concierge at 262-595-2307

### Duo Sonidos

*March 21, 7:30pm*

Duo Sonidos brings together the talents of violinist, William Knuth and guitarist, Adam Levin. Based in Boston and Madrid, this duo is at the vanguard of guitar chamber music world.

Cost: Public \$25.50; Senior \$25.50; Student \$21.00  
 Location: Main Stage Theatre, The Rita  
 Tickets: Order tickets online at [www.uwp.edu](http://www.uwp.edu) Keyword: tickets or contact the Campus Concierge at 262-595-2307

### Shakespeare's Twelfth Night

*May 3, 7:30pm*

One of Shakespeare's most beloved comedies follows the romantic adventures of Viola and her twin, both shipwrecked in the enchanted dukedom of Illyria. This time-honored story of cross-dressing, practical jokes, and mistaken identities alternates between the absurd and the heartfelt, all in the name of love. The story is one that Shakespeare's audiences have come to expect: a girl washes up on a beach, disguises herself as a boy, falls in love with a duke, and woos a lady on behalf of the Duke, who then naturally falls in love with the girl-disguised-as-boy.

Cost: Public \$17.00; Senior \$13.00; Student \$8.00  
 Location: Main Stage Theatre, The Rita  
 Tickets: Order tickets online at [www.uwp.edu](http://www.uwp.edu) Keyword: tickets or contact the Campus Concierge at 262-595-2307

### Twelfth Night, or What you Will

*A romantic-comedy by William Shakespeare*

*May 4, 9, 10 & 11 at 7:30pm*

*May 5 at 2pm; May 10 at 10am*

One of Shakespeare's most beloved comedies follows the romantic adventures of Viola and her twin, both shipwrecked in the enchanted dukedom of Illyria. This time-honored story of cross-dressing, practical jokes, and mistaken identities alternates between the absurd and the heartfelt, all in the name of love. The story is one that Shakespeare's audiences have come to expect: a girl washes up on a beach, disguises herself as a boy, falls in love with a duke, and woos a lady on behalf of the Duke, who then naturally falls in love with the girl-disguised-as-boy.

Cost: \$17 Adult, \$13 Senior & UW-Parkside employees, \$8 Student  
 Location: RCAF Black Box Theatre

## FreshINK Series

### Final Bow/Cupid, Stung by a Bee

*By UW-P students Mike Zimmermann and Annie Walaszek*

*February 22, 23 at 7:30pm & February 24 at 2pm*

Two original one-acts written by UW-P students. One explores the struggles of a growing sketch comedy troupe, while the other is a modern retelling of the story Psyche and Cupid.

Cost: Free (donations welcome)  
 Location: RCAF Black Box Theatre

### Molly Dolly Kyrle

*By UW-P Alumnus Peter Komistra*

*April 12, 13 at 7:30pm & April 14 at 2pm*

A mysterious exploration of shame and the unknown, by UW-Parkside and School of the Art Institute of Chicago graduate, Peter Komistra. This piece commissioned for this performance.

Cost: Free (donations welcome)  
 Location: RCAF Black Box Theatre

## Theatre Arts

### Columbinus

*A serious docudrama by the United States Theatre Project*

*March 8, 9, 14, 15 & 16, 7:30pm*

*March 8 at 10am; March 17 at 2pm*

This powerful 2006 docudrama is a haunting theatrical exploration of the events surrounding the Columbine High School shootings on April 20, 1999. Part fact, part fiction this narrative performance piece weaves together excerpts from discussions with parents, survivors and community leaders in Littleton, Colorado. It tells the stories of the Columbine killers, Eric Harris and Dylan Klebold, and their victims, bringing to light the dark recesses of American adolescence. This story becomes more universal and personal as it explores the realities of continuing school violence in hometown schools and communities across America. Contains some adult subject matter and language.

Cost: \$17 Adult, \$13 Senior & UW-Parkside employees, \$8 student  
 Location: RCAF Black Box Theatre



## UW-Parkside Art Galleries

### Gallery Hours

The Rita Tallent Picken Regional Center for the Arts & Humanities

*Saturdays and Mondays 12-4pm*

*Tuesdays and Wednesdays 12-6pm*

*Thursdays 12-8pm*

*And by appointment*

[www.parksidegallerynews.com](http://www.parksidegallerynews.com)

262.595-2564

[gallery@uwp.edu](mailto:gallery@uwp.edu)

### Two Solo Shows: Robert McCann & Lisa Traux

*January 22 – March 14, E.H. Mathis Gallery*

### Why Abstraction? Maureen Fritchen, Dan Nielsen, Suellen Scoon, Maggie Venn

*February 4 – March 14, E.H. Mathis Gallery, The Rita*

### Juried Student Art Show

*February 13 – March 14, UW-Parkside Foundation Gallery, The Rita*

### Parkside National Small Print Exhibition

*April 1 – July 9, UW-Parkside Foundation Gallery, The Rita*

### Student's Choice: Comics

*April 1 – 20, 2013, UW-Parkside Foundation Gallery, The Rita*

### Kendall McMinimy

*April 1 – 27, 2013, E.H. Mathis Gallery, The Rita*

### Senior Shows

*April 29 – May 18, 2013, UW-Parkside Foundation Gallery, The Rita*

### From UW-Parkside Archives : Life on Lake Michigan a Hundred Years Ago

*May 6-July 27, E.H. Mathis Gallery, The Rita*

## UW-Parkside Summer Arts and Crafts Festival

*June 22, 10am-4pm*

Join us for the 23rd Annual UW-Parkside Summer Arts and Crafts Festival. The event held on the UW-Parkside grounds is free to the public. Free parking, food available for purchase, musical entertainment throughout the day.

Cost:	FREE \$100 per 10'X10' booth for vendors
Location:	UW-Parkside campus grounds
Registration required:	Call 262-595-2581 or visit <a href="http://www.uwp.edu">www.uwp.edu</a> Keyword: <i>music</i>

## Foreign Film Series

Featuring critically acclaimed films from around the world, the UW-Parkside Foreign Film Series is celebrating its 31st consecutive season. Nowhere else in Wisconsin can movie-lovers see films of this quality at such a great value.

*Thursdays 7:30pm*

*Fridays 7:30pm*

*Saturdays 5pm and 8pm*

*Sundays 2pm and 5pm*

Fee:	Season subscriptions are still available at prorated prices
Tickets:	Online at <a href="http://www.uwp.edu">www.uwp.edu</a> Keyword: <i>tickets</i> or by phone 262-595-2307
Location:	UW-Parkside, Student Center Cinema



## UW-Parkside Concerts

### Noon Concert Series

*Wednesdays, February 13 – May 8, Frances Bedford Concert Hall, The Rita*

### UW-Parkside Community Orchestra and Symphony

*March 16, 7:30pm, Frances Bedford Concert Hall, The Rita*

*May 11, 7:30pm, Frances Bedford Concert Hall, The Rita*

### UW-Parkside Wind Ensemble and Community Band

*March 19, 7:30pm, Frances Bedford Concert Hall, The Rita*

*May 2, 7:30pm, Frances Bedford Concert Hall, The Rita*

### UW-Parkside Choirs

*May 5, 3:30pm, Frances Bedford Concert Hall, The Rita*

*May 12, 3:30pm, Frances Bedford Concert Hall, The Rita*

### UW-Parkside Jazz Ensemble

*May 9, 7:30pm, Frances Bedford Concert Hall, The Rita*

# GENERAL FAQ'S

## Registration:

Preregistration is required for all programs unless otherwise noted. Register online at [www.uwp.edu](http://www.uwp.edu), keyword: continuing education, or by calling 262-595-2307, or through the specific contact information provided with the course or program description when applicable. When registering, please be sure to include your correct phone number and email address so updates to courses can be communicated to you if needed. If you plan to mail in your registration form with payment, be sure you do so at least 2 weeks before the start of the course for processing.

## Cancellations/Refunds:

A full refund is issued to participants if the university cancels a course or program for any reason. You may also choose to cancel your registration at least 5 business days prior to the start of a course or event for a full refund. No refunds will be issued if notice is not provided at least 5 business days prior to course or event, after a course has started or at the conclusion of a course.

## Weather Cancellation:

Programs in this catalog follow the university policy if there is inclement weather. When UW-Parkside classes are canceled, programs will be canceled. Please check our website at [www.uwp.edu](http://www.uwp.edu) or call our information line at 262-595-2307. News of UW-Parkside closures will also air on television and radio.

## Where to Find Your Course:

Unless otherwise noted, all courses are held at UW-Parkside. The location of courses can be found on our website or in the communication we send you after receiving your registration. Rooms are subject to change without notice. Room changes are communicated via phone and/or email. It is very important that you provide this contact information when you register. You can also confirm your course location by calling 262-595-2307 the day of your course or program.

## Special Accommodations:

If you have a disability and desire accommodations, please advise us at least 3 weeks prior to the program date so accommodations can be made. Requests are kept confidential. If you have food allergies or restrictions of any kind, and are taking a course involving food, we encourage you to call ahead for menus.

## Assumption of Risk:

Certain courses may have inherent risks depending on the course topic. In such cases, a note will be included in the course or program description. If you register for a course with a possible risk, you will be asked to sign and return a waiver.

## Parking:

UW-Parkside has 3 lots available for general parking: Student Center, Communication Arts, and Tallent Hall.

If you register for a Mini Course, a parking permit will be sent in the mail along with your Mini Course tickets. Please contact the Concierge Desk at 262-595-2307 if you do not receive a permit. The parking permit will be valid only on the date(s) of your class and MUST be displayed on your rearview mirror. Permit users are restricted from using meters and reserved spots. REMINDER: Permits are only valid for use in specified lots and are not valid in residence hall parking lots.

For all other courses or events, parking instructions will be noted in the communication you will receive after you have registered. If you have any questions about parking, please contact us at 262-595-2307.

## Course Proposals:

If you are interested in teaching a course, visit our website and submit a proposal. [www.uwp.edu](http://www.uwp.edu), keyword: continuing education

## Become a Friend!!

Find us on Facebook! Search for University of Wisconsin-Parkside Continuing Education





# HOW TO ENROLL

Enrolling is quick and easy! Select the option most convenient for you.



Online  
[www.uwp.edu](http://www.uwp.edu)  
Keyword: Continuing Education



Phone  
262-595-2307



Mail  
UW-Parkside, Student Center  
Attn: Conceirge Desk  
900 Wood Road  
P.O. Box 2000  
Kenosha, WI 53141-2000



In-Person  
(advance registration only)  
UW-Parkside, Student Center  
Concierge Desk  
8:00 a.m. to 4:00 p.m.

## Registration Form

### For Office Use Only:

Date Received: \_\_\_\_\_ Date Entered: \_\_\_\_\_  
Confirmation Sent: \_\_\_\_\_

**\*Payment must accompany all registrations and mailed at least 2 weeks before the start of the course for processing.**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Course Name	Beginning Date	Fee
		<b>Total:</b>

Payment Method: ☐ Check or money order (made payable to UW-Parkside)  
☐ Mastercard/Visa/Discover/American Express

Credit Card #: \_\_\_\_\_ Security Code: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Please Check: ☐ I have read and agree to the terms of UW-Parkside's cancelation policy. (See page 30)

# DIRECTIONS, PARKING, MAP

## Directions:

The University of Wisconsin-Parkside is located in the Town of Somers, Kenosha County, minutes from downtown Kenosha and downtown Racine.

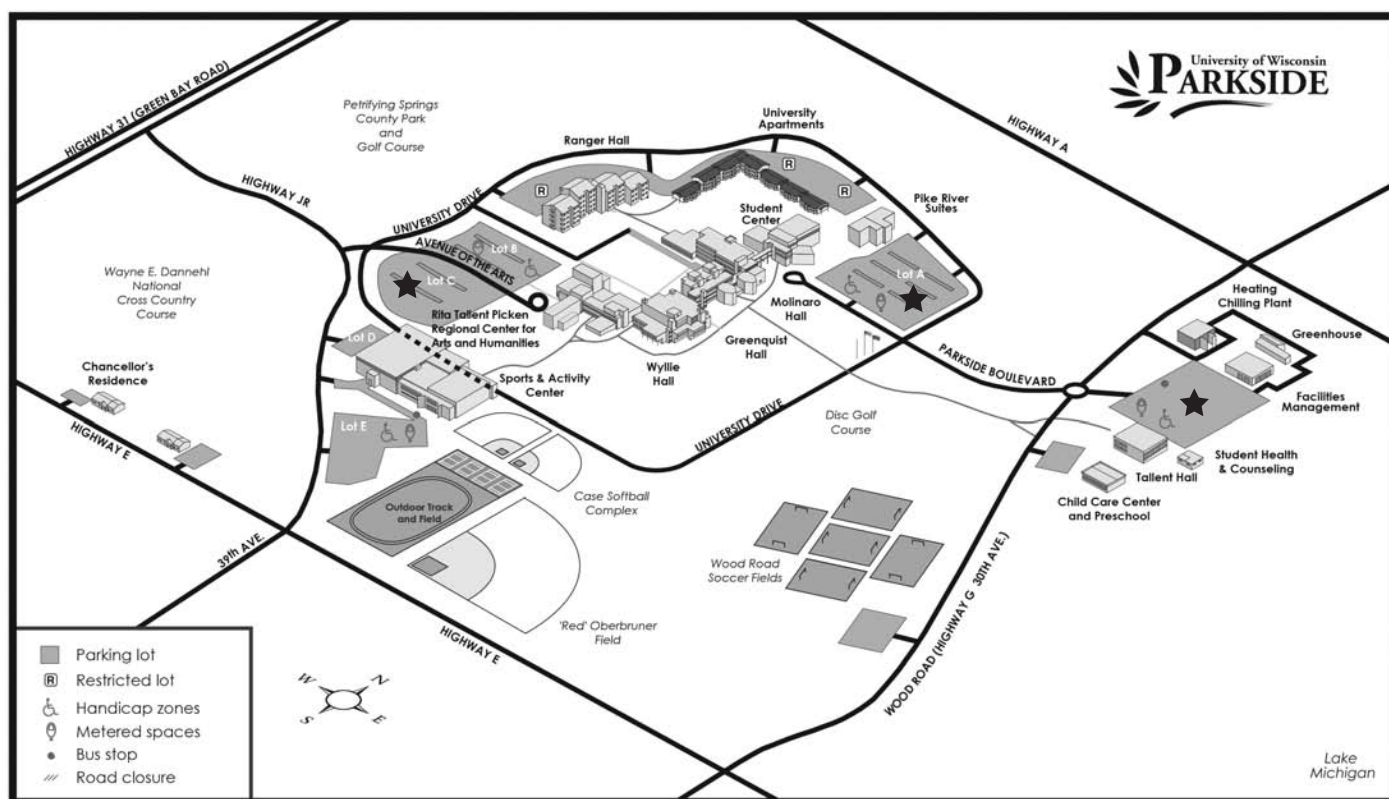
From Highway 31/Green Bay Road, turn east on County Highway E and continue 1.5 miles to 30th Ave./Wood Road, turn north.

From Highway 32/Sheridan Road/Racine Street, turn west on County Highway E and continue to 1.5 miles to 30th Ave./Wood Road, turn north.

From Chicago or Milwaukee on Interstate 94, take County Highway E east 5 miles to 30th Ave./Wood Road, turn north.

## By Local Bus:

Kenosha Transit serves the campus. For schedules and route information, call 262-653-4287. During the fall and spring semesters, the UW-Parkside shuttle connects to Racine's Belle Urban System. For schedules, check the UW-Parkside Police Department website.



## Parking at UW-Parkside:

UW-Parkside has 3 lots available for general parking: Student Center, Communication Arts, and Tallent Hall.

If you register for a Mini Course, a parking permit will be sent in the mail along with your Mini Course tickets. Please contact the Concierge Desk at 262-595-2307 if you do not receive a permit. The parking permit will be valid only on the date(s) of your class and **MUST** be displayed on your rearview mirror. Permit users are restricted from using meters and reserved spots. **REMINDER:** Permits are only valid for use in specified lots and are not valid in residence hall parking lots.

For all other courses or events, parking instructions will be noted in the communication you will receive after you have registered. If you have any questions about parking, please contact us at 262-595-2307.

# Two Degree Completion Programs Tailored to Today's Business Needs and Tomorrow's Future



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UNIVERSITY OF  
**WISCONSIN**  
SUSTAINABLE MANAGEMENT

Have you completed at least 60 credits of transferable college coursework with a 2.0 GPA? Continue your education with one of these programs to complete your bachelors degree. Register by calling: 877-UW-LEARN (877-895-3276).

**Find out more  
on page 9**



Sustainable Management also  
offers certificates:

- Sustainable Management Science (12 cr)
- Sustainable Enterprise Management (15 cr)

## University of Wisconsin-Parkside **Certificate in Nonprofit Leadership** 2013

*Designed for nonprofit professionals, aspiring nonprofit leaders, career changers and those needing a refresher, the Nonprofit Leadership Certificate program provides an opportunity to:*

- Gain credentials for career advancement
- Meet and network with other nonprofit professionals
- Enhance skills, knowledge and access to resources.

**FREE** Informational Session:  
**FRIDAY, FEBRUARY 1**

Register by calling 262 595-3340

*(See page 4 for more information.)*

[www.uwp.edu/go/continuingeducation](http://www.uwp.edu/go/continuingeducation)



**UW**  
**Extension**

University of Wisconsin  
**PARKSIDE**





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