



LEARN Jacksonville



ARTS,
CRAFTS and
HOBBIES



HEALTH and
WELLNESS



PHOTOGRAPHY

Take a class for the fun of it!



Learning for the fun of it!



Welcome to LEARN Jacksonville where you can take a class for the fun of it!

I am pleased to present our Summer 2019 Course Catalog and my first as the new Program Director. I bring to UNF Division of Continuing Education more than 10 years of experience in adult education. I am excited to help LEARN Jacksonville continue to grow and thrive. As we move into our 11th year of providing personal enrichment courses to our community, I look

forward to sharing with you a love of learning and providing an opportunity to open doors to new thoughts, experiences and skills.

Here at LEARN Jacksonville, we are changing! Not only do we have a new director, we also have a new catalog layout. I think you will find the new design enables you to more easily find courses that spark your interest.

In addition to our consistently popular classes such as "Introduction to Spanish," "The Professor's Position Trading Course," "Beginning Creative Watercolor," and photography classes, you will find some exciting new additions.

Are you curious about how to take your interest in wine to the next level? Then check out our newest class, "How to Become a Sommelier," where you can take the first step to break into the mysterious world of wine. (See page 14)

With the growth of online streaming platforms, production companies are buying record numbers of scripts. Attend our "How to Sell Your Books and Scripts to Hollywood" one-day workshop to learn about how to get your story on the big screen. (See page 12)

Do you wish your photos had that "wow" factor? Learn from our expert photography instructor about tips for taking outstanding pictures in the field in our new photography class, "Creating Photos with Impact." (See page 10)

Whatever your passion, there is a class for you. I look forward to seeing you in a class soon and happy learning!

Best,

— Jesse James

Assistant Director, UNF Division of Continuing Education

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ARTS, CRAFTS and HOBBIES

Lovely Lettering: An Intro to Brush Pen Calligraphy

Are you interested in learning how to turn your everyday handwriting into beautiful lettering? Are you intrigued by calligraphy, but find the pointed pen and nibs intimidating? Do you want to make custom one-of-a-kind gifts for your friends and family? If so, this course is for you! Together, we will run through the basic techniques necessary to complete individual letters, step-by-step process of uppercase and lowercase letters and how to efficiently connect letters to form phrases. With these practices, you will be able to start creating unique lettering projects for gifts, events (like weddings or parties) and for your own enjoyment.

Required: Dual brush pen, Fudenosuke calligraphy pen and a mixed media paper (at least 7" X 10") and tracing paper.

Optional: A ruler

Instructor: Kayla Lewis (\$59)

UNF June 4–11 TU 6 to 8 p.m.
B. YMCA July 31–Aug. 7 W 6 to 8 p.m.

Painting with Acrylics – Level I

Learn fundamental studio acrylic painting techniques that you can use whether you are a traditional or contemporary artist. Lessons will include painting demonstrations, discussions and exercises for understanding the elements of design including space, line, shape, texture and value. Create a starter portfolio and receive feedback from your instructor.

Required: A supply list is available online.

Instructor: Keith Doles (\$139)

UNF May 9–June 13 TH 6:30 to 8:30 p.m.

Your Perfect New Zealand Vacation

Have you always dreamed of a trip to the Land of the Long White Cloud? Join us for a workshop designed to guide you through creating the perfect vacation to this beautiful country. Should you take a self-guided road trip or join a tour? What are the best deals on flights, accommodations, dining, car rentals and tours? What's the best time of the year to visit New Zealand? What's the currency and exchange rate like? What should you do while you're there? We will answer all these questions, plus discover how Americans can save 15–20 percent on every meal in New Zealand.

We'll talk about how long you'll need to stay and strategies to enjoy your long-haul flight. You'll get plenty of invaluable handouts, along with travel secrets from Sharon Y. Cobb, a veteran traveler who's visited New Zealand seven times. If you want to see some of the most stunning landscapes on earth, be completely prepared by joining us to plan your perfect New Zealand vacation.

Instructor: Sharon Y. Cobb (\$109)

UNF July 27 SA 9 a.m. to 5 p.m.

Painting with Glas Clas™ with Pixieglas™

Create gifts from YOUR heart for your family and friends. Choose from ornaments, vases or wine glasses. Painting can improve your concentration, mental clarity and bring some FUN into your life. No artistic talent or experience required. Children ages 12 and older are welcome.

Required: Additional materials fee of \$20 to be paid to the instructor.

Instructor: Pixie Larizza (\$59)

UNF May 1–8 W 6:30 to 8:30 p.m.

Beginning Creative Watercolor – Level I

Often called the most expressive print medium, watercolor is sure to help you discover your creative spirit. Learn the basic techniques of color blending, mixing and painting on both wet and dry paper. Class exercises will be pre-drawn, so no drawing or watercolor painting experience is necessary.

Required: Purchase your own supplies using the supply list provided by the instructor before the start of class (approx. \$80 value) or rent gently used supplies from your instructor for the course duration for \$45. All rented supplies must be returned at the end of the course.

Instructor: Jennie Szaltis (\$129)

UNF May 28–June 25 TU 6:30 to 9 p.m.

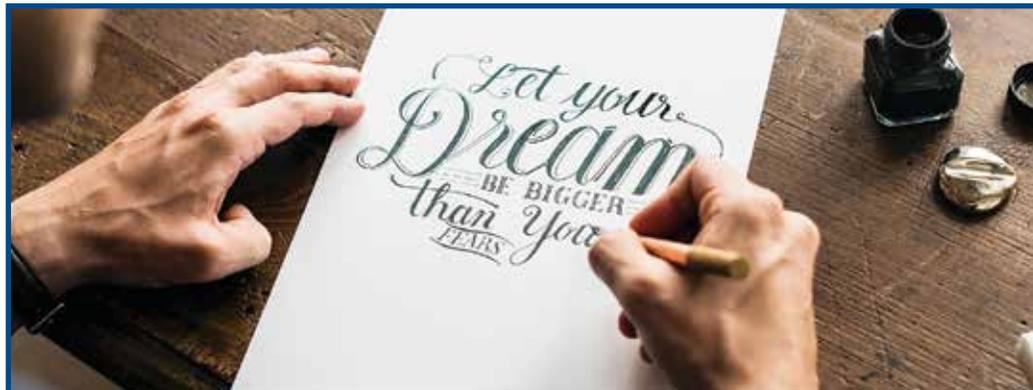
Beginning Creative Watercolor – Level II

Building on basic watercolor techniques and extended color blending, you will explore watercolor painting techniques such as negative painting and the use of mastoid to begin building a platform for creativity in watercolor. Learn how easy watercolor can be. Class exercises will be pre-drawn. No drawing experience is necessary

Required: Purchase your own supplies from the supply list provided by the instructor before the start of class (approx. \$80 value) or rent gently used supplies from your instructor for the course duration for \$45. All rented supplies must be returned at the end of the course.

Instructor: Jennie Szaltis (\$129)

UNF July 9–Aug. 6 TU 6:30 to 9 p.m.



Register now! See page 15 for details.

HOME and GARDEN

Intermediate Sewing

You will learn to use patterns along with the best practices for repairing and altering existing clothing. Projects include elastic waist pants with pockets from a purchased pattern and a shirt or blouse with set-in sleeves, collar and button. Basic sewing skills required.

Note: Minimum age of 15 accompanied by an adult.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Additional project supplies include purchased pattern, fabric and notions.

Instructor: Gayle Anderson (\$119)
UNF May 6–June 17 M 6:30 to 8:30 p.m.
(No class on May 27)

Creative Mosaic Workshop

Explore the fun and creative possibilities of mosaics. Possible designs include sea turtle, starfish, mirror, butterfly and more. You will learn the basics of mosaics using the direct method. Supplies such as glass tiles, adhesive and grout will be provided and the use of tools, such as tile nippers, will be demonstrated. A grouting demonstration will be provided and you will receive a grouting kit to take home. At the end of the evening, you will have created your own mosaic art. No prior mosaic or art experience is necessary.

Required: Additional materials fee of \$25 to be paid to the instructor.

Instructor: Laure Norton (\$25)
UNF July 9 TU 6:30 to 8:30 p.m.
UNF Aug. 13 TU 6:30 to 8:30 p.m.

Charcoal Drawing Techniques

This course focuses on the various techniques and materials used for producing black and white drawings. Instruction will include lecture, demonstrations, quick-sketch exercises and study of the design elements and principles. You will draw from still life arrangements and live, clothed model poses.

Required: A supply list is available online.

Instructor: Keith Doles (\$139)
UNF June 27–Aug. 8 TH 6:30 to 8:30 p.m.
(No class on July 4)

Color in the Jacksonville Garden

Want to make your garden stand out year-round? Take advantage of our subtropical growing season by choosing colorful flowers and foliage for a vibrant eye-catching display. Learn which annuals, perennials, shrubs and trees thrive best in our local landscape. This course will highlight unusual tropical, native and low-maintenance choices, including a personalized maintenance calendar to keep your dream garden looking its best.

Instructor: Madelaine LeDew (\$79)
UNF Aug. 7–28 W 6 to 8 p.m.

Home Staging and Home Styling

Explore the important but often overlooked areas that require attention to sell your home quickly and for more money. If you are not selling, discover many ways to update your home without spending a fortune. Learn great DIY tips and tricks. This course includes presentations with before and after pictures on decluttering, paint color, furniture placement, curb appeal, remodeling kitchens, baths and more.

Instructor: Becky Harmon (\$39)
UNF June 13 TH 6:30 to 8:30 p.m.

Landscape Design for the Homeowner

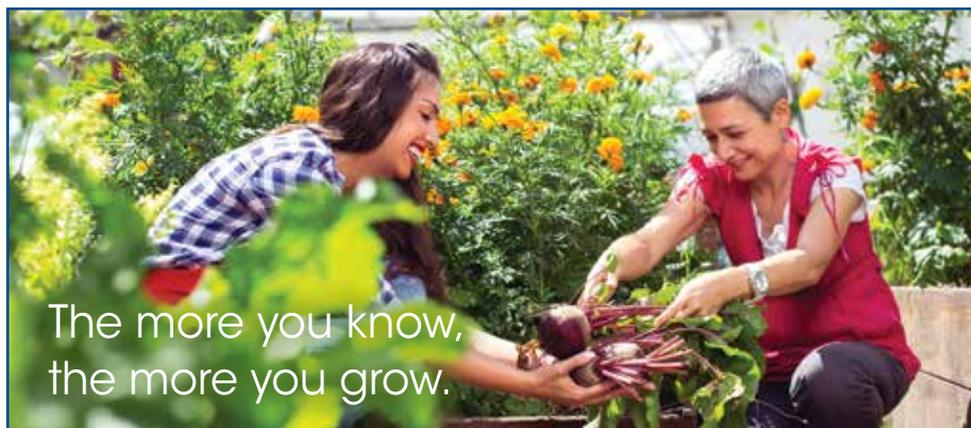
Create a fresh and unique look for your home. In this course, you will learn how to draw and implement a custom landscape plan for your yard. Refine your vision by learning what plant material will grow in our climate, including low-maintenance, native and unusual rare plants. Avoid costly errors by finding the right plant for the right place and determining size and number of plants needed for your project. Through the 4-step process of Dreaming, Designing, Installing and Maintaining, you will learn how to commit to a theme, select plant material, draw a plan to scale and complete a functional landscape design using basic landscaping principles.

Instructor: Madelaine LeDew (\$79)
UNF June 6–27 TH 6 to 8 p.m.

Organic Vegetable Gardening

Grow delicious, nutrient-rich organic herbs and vegetables in your own backyard. Discover how to build, layer and create healthy soil without chemical fertilizers or pesticides. Step-by-step techniques for planting and harvesting take the guesswork out of getting the most from your garden. Month-by-month planning calendars keep your vegetables producing year-round. Whether you are new to gardening or a seasoned gardener, expand your horticultural knowledge in organic fertilization and pest management. Pick up tricks and tips for creating a robust garden that thrives rather than just survives.

Instructor: Tim Armstrong (\$79)
UNF May 14–18 TU 6:30 to 8:30 p.m.



LANGUAGE

Introduction to the French Language – Level I

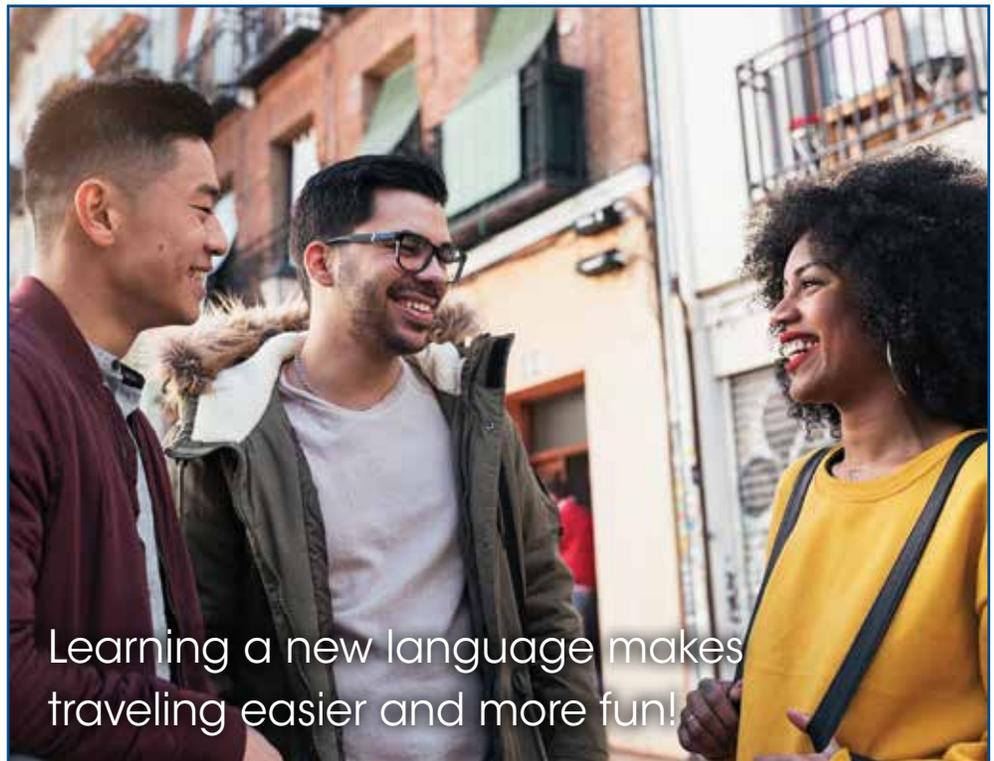
This conversationally-focused beginning French class will cover the following topics: introductions, polite conversational structures, how to present yourself to a French-speaking person, how to ask and answer basic conversation-starters, how to express preferences, how to describe yourself and others, greetings and basic informational inquiries on various subjects. Cultural norms in everyday conversation will also be part of the presentation. No formal text is required for purchase, but various useful sources will be presented and discussed.

Instructor: Louise Hunley (\$189)
UNF June 20–Aug. 15 TH 6 to 8 p.m.
(No class on July 4)

Introduction to Spanish – Level I

In this highly interactive eight-week course, you will be given the opportunity to grasp and begin speaking and understanding this vitally important language. You will interact with others and quickly develop good communication skills. There will be numerous speaking and listening exercises, enhanced by audio CDs and videos which will enable you to learn in a comfortable, yet challenging manner. All written materials will be provided and your participation can lead to great success in your acquisition of Spanish.

Instructor: Dan Holloway (\$189)
UNF July 10–Aug. 28 W 6:30 to 8:30 p.m.



Learning a new language makes traveling easier and more fun!

Introduction to Spanish – Level II

In this continuation of Spanish – Level I, you will increase your vocabulary and become more comfortable with speaking and comprehending the Spanish language. Explore simple verb tenses, likes and dislikes, conversing with a doctor, your family, phone conversations and more.

Note: The prerequisite for this course is basic Spanish comprehension, including: Spanish vowel sounds, alphabet and spelling, numbers (0 - 1,000), self-introductions, greetings and goodbyes, etiquette and social niceties, days, months, years, and telling time, asking for and understanding directions, colors, subject pronouns, the verb "to be", and vocabulary for airport, hotels, restaurants, clothing and shopping.

Instructor: Adriana Giles (\$279)
UNF May 14–July 30 TU 6 to 8:30 p.m.
UNF May 15–July 31 W 6 to 8:30 p.m.

Introduction to the German Language

Guten Tag! If you are planning a trip to a German-speaking country, this course is for you. We'll focus on speaking and comprehending, while learning German grammar in a clear and concise format. During this eight-week course, we'll cover basic greetings, directions, airport help, ordering food and shopping information. You will know how to talk about yourself and your family as well as explore contemporary life and culture in German-speaking countries.

Instructor: Dan Holloway (\$189)
UNF July 9–Aug. 27 TU 6:30 to 8:30 p.m.

Italian Language and Culture – Level I

This introductory course does not require any previous experience in listening to, speaking or studying Italian. It is designed to help you develop basic communication skills in Italian by engaging in a variety of interactive tasks, such as oral and written exercises, readings, language games and easy conversations.

Instructor: Danila Apolito Elliot (\$259)
UNF May 15–Aug. 7 W 6 to 8 p.m.

Register now! See page 15 for details.

HEALTH and WELLNESS

Practical Self-Defense and Awareness

Learn how to listen to your inner voice to recognize a threat and react automatically before it becomes a full blown attack. Regardless of your size, speed, or athletic skills, learn how to: avoid being a target, assess your surroundings, react to a confrontation, conduct yourself in a crisis, anticipate your attacker's next move, break an attacker's grasp and how, when and where to strike if you have no other choice. This course uses a mix of classroom instruction and hands-on training to build skills and confidence.

Instructor: Tim Robinson (\$99)
UNF July 8–29 M 6:30 to 8:30 p.m.
B. YMCA May 15–June 5 W 6:30 to 8:30 p.m.

Self-Defense Weapons Training

There are a wide variety of legal, nonlethal weapons that can be used for your protection. If you're not skilled in martial arts nor one to carry a gun, you have many other ways to use something for protection (e.g. pepper spray, stun guns, kubotons, saps, tactical pens, digital alarms and flashlights). Your instructor, a lifetime martial artist who trains with SWAT, U.S. Marshals and Homeland Security, will educate and train you on products available for your protection in this one-session workshop.

Instructor: Tim Robinson (\$49)
UNF Aug. 12 M 6:30 to 9:30 p.m.

The Art of Speed Reading

You'll learn techniques to separate the most important ideas from the less important to help you read faster, comprehend more and get to the core sooner. Whether you want to improve your comprehension or you just want to speed up, this course is for you. This training will guide you through various steps of different techniques, especially suited for your needs (whether it is speed or comprehension).

Required: Additional materials fee of \$10 to be paid to the instructor

Instructor: Dr. Frederick Lee (\$79)
UNF May 2–16 TH 6 to 8 p.m.

Coping with Stress

This three-week course will show you how to incorporate meditation, visualization, aromatherapy and other tools that will assist you in de-stressing your life. You'll learn proper breathing and stretches that can be done at home or at the office with minimal effort. Also, gain bonus information about holistic modalities such as acupuncture, different forms of massage therapy, color therapy and self-care.

Instructor: Pixie Larizza (\$79)
UNF July 17–31 W 6:30 to 8:30 p.m.

Positive Steps Forward

Have you had, or are you facing, a major change in life? Are you feeling stuck and not clear about how to move forward in a positive direction? In this one-day workshop, you will learn how to get unstuck no matter what the reason. If you have been feeling overwhelmed due to losing a loved one through death or divorce or if you would you like to recreate yourself as you approach or move into retirement, this course is for you. This workshop is for people of all ages and at any stage in their lives where they could use ideas and strategies for taking action. We'll help you identify reasons for your lethargy and establish attainable goals to get unstuck. You'll get 10 powerful tools for change that you can implement immediately. You'll get practical advice, tips and inspiration to help you free yourself and motivate you to move forward with renewed energy and enthusiasm. Please join us to begin creating a more positive path for yourself.

Instructor: Sharon Y. Cobb (\$109)
UNF Aug. 10 SA 9 a.m. to 5 p.m.



Learn to Kayak

Discover the basics of kayaking, both in class and on the water. Learn the different types of kayaking, equipment, safety and the rules and regulations. You will learn how to paddle a kayak properly and have an opportunity to learn and practice proper maneuvering techniques. The last class takes place at All Wet Sports, 8550 Beach Blvd. and includes 90 minutes of paddling on the water.

Note: Minimum age of 10 accompanied by an adult

Required: Additional materials fee of \$21 to be paid to the instructor at the last session.

Instructor: Michael Metzler (\$49)
UNF May 14, 18, TU 6 to 8 p.m.+ SA 9 to 11 a.m.
UNF June 12, 15, W 6 to 8 p.m.+ SA 9 to 11 a.m.
UNF July 16, 20 TU 6 to 8 p.m.+ SA 9 to 11 a.m.

Hypnosis Workshop – Increase Your Personal Well-Being

During this hypnosis workshop, you will learn what hypnosis is and how it works, do some exercises to practice visualization and also experience a hypnosis session that will increase your feelings of well-being, increase self-confidence and provide tools for future self-hypnosis. If you've never been hypnotized, this is a perfect opportunity to learn how hypnosis feels and how it works. Plenty of time for questions and feedback has been allocated both before and after the workshop.

Instructor: Rosan Larizza (\$39)
UNF May 9 TH 6 to 8:30 p.m.

Attracting Abundance I

In this one-day workshop, learn how to attract abundance into your life by opening your mind to receiving well-being, wealth, love and all possibilities. You can use the law of attraction to manifest what you would like to attract into your world. Get techniques to focus on what you want in your life and get rid of worries that are counterproductive and sabotaging your power to attract the positive. Learn a life imagery technique similar to visualization exercises used by Olympic athletes before competitions. Participate in a short meditation that could change your life when practiced often. Get affirmations and find resources to enhance your ability to attract abundance on a daily basis.

Instructor: Sharon Y. Cobb (\$109)
UNF June 15 SA 9 a.m. to 5 p.m.

Attracting Abundance II

If you know the basics of attracting abundance through affirmations, visualizations and meditation, join us for Attracting Abundance II and push your ability to a whole new level. Discover your purpose and learn how to use it to manifest the best in life. Change your negative thoughts to rational and then to positive with simple exercises. Get ideas about how to change your environment to welcome abundance into your life. Find out how to design wild daydreams and use them to create almost anything you want. In this class, we will each design personal key affirmations and daily declarations to improve our realities. Add more joy to life with easy techniques shared in class. This workshop expands your knowledge of the basics learned in Attracting Abundance I.

Instructor: Sharon Y. Cobb (\$109)
UNF June 29 SA 9 a.m. to 5 p.m.

How to Improve Your Memory

Learn how to better use your brain and make your memory work for you. Using techniques such as creating pictures in your mind and utilizing your senses, you will be amazed at how you can improve your everyday memory. We will begin with a short test and by the end of the course, you'll see the lasting benefits of memory improvement. Previous classes have boasted students achieving an 80- to 90-percent success rate in remembering facts and names. Due to the specialized nature of this course, class size is limited to 12 students.

Instructor: Dr. Frederick Lee (\$79)
UNF May 1-15 W 6 to 8 p.m.
B. YMCA May 18-25 SA 1 to 4 p.m.

Beginning Meditation

Meditation is safe, healthy, timely and regenerative. Learn techniques to develop a meditation practice for your own peace and well-being. Practice proper breathing to optimize relaxation into the practice of meditation. Enter the world of guided imagery meditation and sound and vibration relaxation therapy, along with others to choose from.

Instructor: Pixie Larizza (\$79)
UNF June 5-19 W 6:30 to 8:30 p.m.

Food for Life – Kickstart Your Health

Kickstart Your Health is an intensive nutrition and cooking class/demonstration series where you eat as many plant-based meals as possible for 21 days. This course, follow-up to the Introduction: Power of Your Plate class, is ideal for anyone interested in losing or maintaining weight, lowering cholesterol and blood pressure or wanting to increase energy and improve mood. It won't take long to see impressive results when the body is consistently fueled with proper nutrition. This course is based on Dr. Neal Barnard's book, "21-day Weight Loss Kickstart," and provides a supportive environment to jump into a healthy lifestyle.

Each class provides guidance and support to easily incorporate more plant-based meals into your daily life. Each class includes a cooking demonstration and tasting of three plant-based meals!

Required: Additional materials fee of \$45 must be paid to the instructor on the first night of class.

Instructor: Chernice Lane Benjamin (\$89)
UNF July 16 TU 6:30 to 8:30 p.m.
UNF July 23 TU 6:30 to 8:30 p.m.



Register now! See page 15 for details.

MONEY MATTERS

The Professor's One-Minute Guide to Stock Management

Learn about trading and managing your portfolio. Discover how to identify stocks that go up and how to avoid those that go down. Learn to do this yourself, without the aid of a broker. This is not your typical financial planning course. Take control. Manage your investments.

Attendees will receive a copy of "The Professor's One-Minute Guide to Stock Management." This 150-page book was written in direct response to student requests for a reference manual. The book expands on the concepts of the Professor's methodology and covers everything discussed in the six hours of class, including the charts, PowerPoint slides and a helpful glossary of terms used in class.

Note: Some basic knowledge of the stock market is recommended.

Instructor: Hank Swiencinski (\$159)

UNF May 22–June 5 W 6:30 to 8:30 p.m.

UNF July 29–31 M, TU, W 6:30 to 8:30 p.m.

Win-Win Investing

In this Investing seminar, you will learn various investment choices that allow an investor to benefit from either a bullish or bearish market. A list of investment ideas will be shared as trading examples. Whether you are a beginner or an advanced trader, this strategy is designed to help traders "win" in both up and down markets. You will receive a copy of the instructor's "master list" that explains the different types of investments.

Instructor: Ashley Gilbert (\$49)

UNF June 17 M 6 to 8:30 p.m.

UNF June 24 M 6 to 8:30 p.m.

Second Saturday – What Everyone Needs to Know About Divorce

This divorce workshop for women is designed to help you take the next step, no matter where you are in the process of untying the knot. The workshop deals with the legal, financial, family and personal issues of divorce in a logical, yet compassionate way. With the guidance of trained professionals, you will gain a greater understanding of the confusing divorce process. Various legal, behavioral health and real estate professionals will cover topics in their specialty area.

Instructor: Robert Franskousky (\$45)

UNF May 11 SA 9 a.m. to 12:30 p.m.

UNF July 13 SA 9 a.m. to 12:30 p.m.

The Professor's Position Trading Course

During this class, you will learn everything the instructor does when he trades including all of the indicators that are used. Position trades usually last anywhere from 3 to 15 days. And for most trades, they do not require you to be watching the market every minute of the day. The methodology was designed for people who want to trade the market, but also want to have a life. And like the basic Professor's One-Minute Guide to Stock Management, the methodology is extremely easy to learn.

Note: Some basic knowledge of the stock market is recommended.

Instructor: Hank Swiencinski (\$139)

UNF June 12 W 6:30 to 8:30 p.m.

UNF Aug. 7 W 6:30 to 8:30 p.m.

Option Basics – Selling Puts

In this Options seminar, you will learn option basics, terminology and one options trading strategy. The strategy will explain how to use options to possibly acquire a stock at a sale price, while getting paid in the meantime. Whether you are a beginner or an advanced trader, this strategy is designed to help create monthly income and pay less for the stocks in your portfolio. You will receive a copy of the instructor's "trading recipe" that explains the recipe step by step.

Instructor: Ashley Gilbert (\$49)

UNF June 18 TU 6 to 8:30 p.m.

UNF June 25 TU 6 to 8:30 p.m.

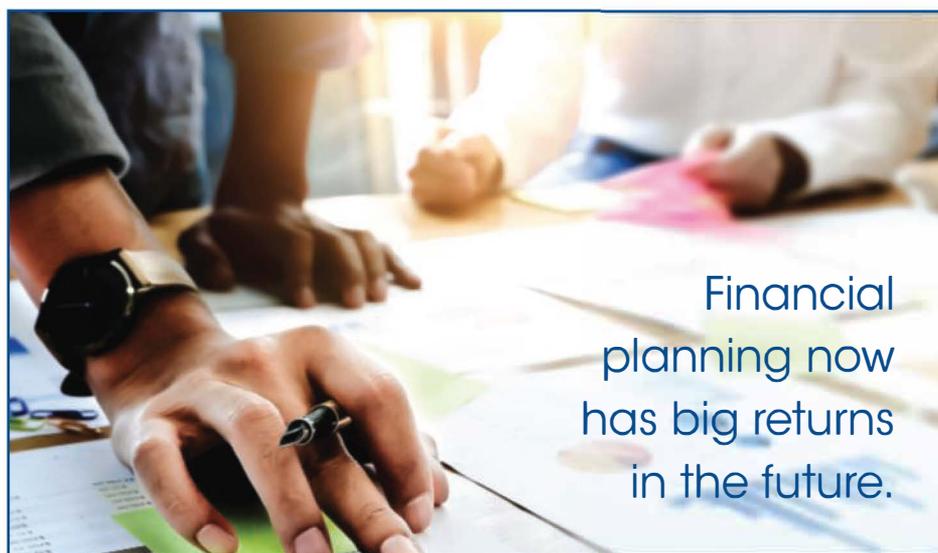
Option Basics – Covered Calls

In this options seminar, you will learn option basics, terminology and one options trading strategy. The strategy will explain how to "charge rent" or generate income on the stocks in your portfolio. You will also learn how to find stocks to "rent out." Whether you are a beginner or an advanced trader, this strategy is designed to help create monthly income for your portfolio. You will receive a copy of the instructor's "trading recipe" that explains the recipe step-by-step.

Instructor: Ashley Gilbert (\$49)

UNF June 20 TH 6 to 8:30 p.m.

UNF June 27 TH 6 to 8:30 p.m.



Financial
planning now
has big returns
in the future.

TECHNOLOGY

Apple Device Training – The Fundamentals

Whether you are a beginner or a longtime veteran with Apple devices, this class will help. Each class is different, so you will learn something new from each class that you attend. This class is taught by an Apple certified instructor.

Topics include:

- The top 10 current “need to know” about Apple computers
- Performing a security inspection on each device brought to class

Back to Basics learning include:

- Apple device setup
- Explanation of iCloud services
- Microsoft Office for Apple users

Time is allocated for questions and answers. Feel free to bring your devices to class with you.

Instructor: Daren Dillinger (\$39)

UNF	June 18	TU	6:30 to 9 p.m.
UNF	Aug. 1	TH	6:30 to 9 p.m.

Apple Device Training – Operations

Whether you are a beginner or a longtime veteran with Apple devices, this class will help. Each class is different, so you will learn something new from each class that you attend.

Topics include:

- The top 10 current “need to know about Apple iPhones and iPads
- Performing a security inspection on each device brought to class

Back to Basics Learning include:

- iPhone and iPad basics
- iTunes and the App Store
- Airprint and wireless networking

Time is allocated for questions and answers. Feel free to bring your devices to class with you.

Instructor: Daren Dillinger (\$39)

UNF	June 20	TH	6:30 to 9 p.m.
UNF	Aug. 6	TU	6:30 to 9 p.m.

Blogging for Business and Pleasure

Do you have a passion that you are eager to broadcast to the world? Do you have a business that would benefit from internet marketing? A blog is an easy do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding readers and adding an Amazon store to sell cool stuff. Incorporate YouTube videos and other sites, using the best keywords to attract readers and maintaining a vibrant schedule of posts. Your blogging possibilities are endless!

Note: Laptops are not required. You will not build blogs during the workshop due to time constraints, but a detailed workbook will guide you in creating your own blogs after the workshop.

Instructor: Sharon Y. Cobb (\$109)

UNF	June 1	SA	9 a.m. to 5 p.m.
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Introduction to Excel 2016

Learn the skills necessary to develop workbooks from creation to editing, with formatting in between. You'll work with cells, columns, rows and sheets, apply simple formulas, work with functions and hyperlinks, build charts and diagrams and add comments and pictures. A basic working knowledge of the computer is recommended. **Class will be held at UNF Hicks Hall.**

Note: A working knowledge of the computer and Excel is recommended.

Required: Please bring a flash drive to class.

Instructor: Mike Metzler (\$129)

UNF	May 9–June 13	TH	6 to 8 p.m.
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Intermediate Excel 2016

This course will provide the skills needed to enhance your spreadsheets by creating charts, diagrams and pivot tables. You will learn how to manage our data with conditional formatting. Using more advanced functions, formulas along with macros, you will make your workbooks more productive.

Note: A working knowledge of the computer and Excel is recommended.

Required: Please bring a flash drive to class.

Instructor: Mike Metzler (\$99)

UNF	July 11–Aug. 1	TH	6 to 8 p.m.
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Register now! See page 15 for details.

PHOTOGRAPHY

NEW Picking Your Best Shots

Because of the abundance of photos now possible with digital photography, you may have several images that are very similar and struggle to decide which one is "the" one. The most truthful answer is: the ones you like the best are the ones for you. That said, there are common characteristics and traits that make some images stand out more than others. This one-night course will explain some tried and true concepts that are used by competition judges, photo editors, buyers and others to select powerful images. Here you will learn the universal characteristics that a photo must possess to be a "winner." You need bring nothing with you but a desire to learn and there are no prerequisites for the class. No experience required.

Instructor: John Reed (\$39)
UNF May 16 TH 6 to 8:30 p.m.

NEW Creating Photos with Impact

Do you wish your photos had that "wow" factor? A companion piece to the "Picking Your Best Shots" class, this class will show you ways to make your images have a greater impact. This is not a computer editing, "fix it later," class but rather focuses on techniques and insights to capture outstanding photos while in the field. Some of the techniques do lend themselves to interchangeable lens or (DSLR or mirrorless) cameras or advanced point and shoot cameras, but there is something for everybody. Students need bring nothing with them but a desire to learn and there are no prerequisites for the class. Experience level doesn't matter either.

Instructor: John Reed (\$39)
UNF May 30 TH 6 to 8:30 p.m.

Digital Photography Level I – Getting Familiar with Your Camera

This one-night class is designed to explain the controls on your camera. While illustrations used are DSLR-type cameras, everything is applicable to mirrorless or advanced point-and-shoot type cameras. You will learn what the buttons, dials and switches are used for and how to change the settings on your camera so that all future courses are easier to understand as well as participate in. How the settings impact your photos will be covered in Levels II, III and IV. This class is not a prerequisite for later levels but is strongly recommended unless you are already familiar with your camera controls. If you've just gotten your digital camera or a new one that is confusing, this class is for you.

Instructor: John Reed (\$45)
UNF May 20 M 6 to 8:30 p.m.

Digital Photography Level II – Photography Fundamentals

This is a start-at-the-beginning course in digital photography. It is strongly recommended that you take the Level I class unless you are familiar with your camera controls. This course teaches you how to use those controls and includes but is not limited to the following topics:

- What is exposure – the "exposure triangle"
 - aperture, shutter speed and ISO
- Explanation of shooting modes
- How the camera sets each exposure
 - how to make corrections
- How the camera meter measures light
 - the key concept of "neutral"
 - metering and metering modes
 - using the histogram to ensure good exposures
- Basic white balance
- Focusing for sharp images



You will benefit most if you are familiar with your camera controls either from your own experience or by having taken the Level I course as noted above.

Note: While the teachings on how digital photography works are universally applicable to all camera types, more basic cameras may lack some of the controls required for classroom exercises or to apply all techniques covered. Generally, DSLR types, mirrorless and advanced point-and-shoot types are well suited. Very basic point and shoot types will be limited in applying what is learned.

Required: Please bring your camera and its manual to class.

Instructor: John Reed (\$129)
UNF June 3–July 1 M 6 to 8:30 p.m.
(No class June 10)

Digital Photography Level III – Taking More Control of the Camera

This course builds on the concepts taught in Level II while continuing to add new information. Highlights include:

- All about light – types, qualities, traits, types – white balance in greater depth
- Getting sharp images and tripod tips
- Sensor size and "crop factor" impact
- All about autofocus and manual focus
- The "graduate course" on depth of field for dramatic photos

Explanation of the RAW file, lens attachments and much more are also included.

Note: You should be familiar with your camera controls, either from your own experiences or by having taken earlier courses. As with Level II, while the teachings on how digital photography works are universally applicable to all camera types, more basic cameras may lack some of the controls required for classroom exercises or to apply all techniques covered. Generally, DSLR types, mirrorless and advanced point-and-shoot types are well suited. Very basic point-and-shoot types will be limited in applying what is learned.

Required: There will be hands-on exercises so please bring your camera and its manual to class.

Instructor: John Reed (\$99)
UNF July 8–22 M 6 to 8:30 p.m.

Digital Photography Level IV – Final Steps and Fine Points

This course goes deeper into previous topics and also covers new ground. It includes but is not limited to the following topics:

- Using the manual mode for the most control possible
- All about flash, both built-in on camera and external flash guns
- Everything you need to know about lenses for informed buying

We conclude with a final exam consisting of class participation analyzing photos provided on screen. For each photo, you will be asked to comment on why certain settings were used, what went right, what went wrong with the instructor providing the answers and comments.

Note: For this course, you need to be very familiar and comfortable with your camera and how to use the controls. You should know the purpose of the buttons, dials and switches, ideally without having to refer to your manual. All lessons include many photographs to evaluate relative to the lessons taught.

Required: There will be hands-on exercises so please bring your camera and its manual to class.

Instructor: John Reed (\$69)
UNF Aug. 5–12 M 6 to 8:30 p.m.

Hands-On Photo Safari at the Jacksonville Zoo and Gardens

This is a hands-on, in-the-field workshop so bring all the gear you wish to use or want to learn more about. We'll cover several varied types of photo situations, so you can take home your own "safari" photos – just like you went to Africa! Tips and lessons will be given along the way to complete the experience. All camera types are welcome but only those with DSLR, mirrorless, or advanced point-and-shoot models will be able to apply all lessons taught. As a bonus, you will receive early admission and the price of admission is included in the course fee.

Instructor: John Reed (\$59)
UNF June 1 SA 8 a.m. to noon

Composition in Photography

Learn how to create pleasing and interesting photos using the concepts of photo composition, regardless of what type of camera you own. Concepts covered include: what to include or exclude in your photo, how you arrange subjects and the different impacts of light, color and viewpoint. This is a function of the image maker, their position and vision and has nothing to do with how sophisticated the camera is. Line, form, shape, color and much more are all covered. Rules are explained and provided so they can then effectively and knowledgeably be broken.

Note: There is no need to bring a camera to this class.

Instructor: John Reed (\$39)
UNF Aug. 14 W 6 to 8:30 p.m.

Digital Photography Advanced Photoshop

Once you've mastered the basics of editing your images to make them look better, it's natural to want to go further. This class will show you how to: combine images to make new ones, replace parts of one with another, replace boring skies, turn frowns to smiles, create photo frames and faux mats or stunning presentation online, add your own signature or watermark, make super precise adjustments and much more. You should be familiar with the basics of Photoshop and have a basic working knowledge of computers, files, file organization and common program conventions to gain the most benefit. This is primarily a live demonstration presentation as the instructor illustrates the techniques. Laptops are welcome if you wish to follow along but not a requirement for the class. Windows will be used by the instructor, but most commands are easily translated for Mac machines.

Required: Photoshop CS6 (or later) or Photoshop Elements (12 or later). If using another layers-based software such as onOne or Corel, the techniques will be similar but assistance in these programs is not available should you have software specific questions.

Instructor: John Reed (\$69)
UNF July 18–25 TH 6 to 8:30 p.m.

WRITING

Digital Photography Get Organized Using Lightroom

Keeping track of all of your digital images can be a real challenge. Adobe Lightroom CC Library Module is a very powerful tool for making order out of the confusion. Lightroom has several other modules, but the Library Module alone is worth the price for how easy it makes organizing your photo archives for easy retrieval of images at any time. You will learn the key aspects of the Library Module, including importing, catalogs, keywords, metadata and all the tools and methods provided for organizing your images and finding them later.

Required: You should be familiar with computers, files, file organization and common program conventions such as using menus. Windows will be used by the instructor, but most commands are easily translated for Mac machines.

Note: A 30-minute lunch is built into the lesson plan. Laptops are welcome but not a requirement.

Instructor: John Reed (\$79)
UNF July 13 SA 8:30 a.m. to 2 p.m.

Beginner's Digital Photography Workshop and Lab

Learn what the buttons, dials and switches are used for and how to change the settings on your cameras in order to control the appearance of your images. The class is roughly two-thirds sit-down instruction explaining the controls, as well as an introduction into a few digital photography fundamentals such as exposure, white balance and sharp images. The other one-third of the time is spent hands on practicing what was taught with help from the instructor as needed.

Note: Please bring your cameras and manual to class. DSLR, mirrorless and advanced point-and-shoot types will be able to apply more than basic point-and-shoot types. While the instruction on how digital photography works and the camera controls used is universally applicable, the more basic the camera, the more limited it will be in applying everything taught.

Instructor: John Reed (\$59)
UNF June 22 SA 8:30 a.m. to 12:30 p.m.

How to Sell Your Books and Scripts to Hollywood

2019 will be a record year for script sales to production companies and online platforms. With Netflix buying massive amounts of original content and others trying to compete, it will be a robust year for spec scripts and adaptations of books. In this one-day workshop, learn what has sold to film producers and studios recently, where to find information about contacting producers and how to get your books and scripts directly to them without agency representation. Get an insider's look at films featured at the most recent American Film Market and see an analysis of the most popular genres. Discover how to choose production companies that most likely want to read your scripts and with whom to speak at the selected companies. Explore websites used by professional Hollywood writers to keep up with what's selling in Hollywood. Find out what happens when a producer wants to option or buy your scripts. This workshop is a must for writers who want to see their stories on the big screen.

Instructor: Sharon Y. Cobb (\$109)
UNF June 8 SA 9 a.m. to 5 p.m.

Dynamics of Dialogue

In memorable fiction, dialogue is not just about what the characters say; it's how they say it. In fact, sometimes what's even more important is what they don't say. Great dialogue goes beyond coming across as "real"; the author's goal should be to make it realistic at a heightened level. This course, taught by an award-winning writer, delves into and dissects the structural dynamics of dialogue. Learn how to put words in your characters' mouths that will resonate with readers for a lifetime.

Instructor: John Boles (\$99)
UNF June 5-26 W 6:30 to 8:30 p.m.

Creative Writing – An Introduction

This five-week course will be a combination of lecture and writing assignments for beginning to intermediate writers. We will address problem areas many writers encounter, such as point of view, voice, characterization, conflict and exposition vs. dialogue. Whether you are interested in fiction or nonfiction, you can become a better writer. Your instructor, an award-winning author, as well as your classmates, will provide invaluable feedback on your work.

Instructor: John Boles (\$119)
UNF July 10-Aug. 7 W 6:30 to 8:30 p.m.



e-Publishing

FEATURED CLASS

Bring Your Project to Life!

Everything You Need to Know to Publish Your E-book and More!

It's time to take control of your writing career. This one-day class will prepare you for e-publication with editing tips, formatting information and distributing avenues.

Discover the eight things you should know about cover design. Take control of the 18 departments of your publishing house. You will uncover eight elements your e-book must possess and receive an invaluable e-publishing checklist.

Instructor: Sharon Y. Cobb (\$109)
UNF July 13 SA 9 a.m. to 5 p.m.

Be Your Own Editor

In today's literary world, agents, publishers and contest committees expect submissions to be as close to perfect as possible. That means it is the responsibility of budding authors to either thoroughly edit their own work or pay hundreds (or even thousands) of dollars to a freelance editor. This course, taught by a professional editor, will help train you to catch and correct the most common mistakes made by writers of fiction and nonfiction alike. Plus, you'll gain practical experience in identifying and overcoming your weaknesses as a writer.

Instructor: John Boles (\$79)
UNF May 6–20 M 6:30 to 8:30 p.m.

Crash Course in Screenwriting

Join this action-packed day for beginning screenwriters. Explore the three-act structure, basics of creating movie characters, film stories and plot construction. Learn about loglines, synopses and beat sheets. Your instructor is a professional screenwriter who has sold pitches and scripts to studios and had films produced.

Recommended: We suggest watching the movie "Alice in Wonderland" (2010), directed by Tim Burton and starring Johnny Depp, before the workshop. The film will be used as a teaching example.

Instructor: Sharon Y. Cobb (\$109)
UNF Aug. 3 SA 9 a.m. to 5 p.m.

Writing Funny

Great comedy writing could be considered a natural gift, but it can also be learned. This one-day workshop is for all writers (from novice to pro) and screenwriters. Get the basics of creating funny characters and constructing a comic storyline. Learn to create comedy from character opposites, the comedy rule of three, slapstick vs. satire, dark comedy, humorous story construction and more. Most material in this workshop refers to comedy writing for fiction books and films. Writing exercises will be used to demonstrate techniques. Practice techniques with in-class demonstrations. Learn to write funny. It'll be a hoot!

Instructor: Sharon Y. Cobb (\$109)
UNF May 25 SA 9 a.m. to 5 p.m.

Creating 3-Dimensional Characters in Fiction

Do your characters pop off the page and truly engage your readers? The ability to create believable and compelling characters is often one of the most difficult tasks writers must master. Using valuable handouts, worksheets and both in-class and homework assignments, writers will learn techniques to use in developing dynamic, three-dimensional characters. We will build characters from the ground up and discuss ways to give them distinctive voices and unique personalities. Why settle for drab when you can make characters dramatic?

Instructor: John Boles (\$119)
UNF May 1-29 W 6:30 to 8:30 p.m.

Plot and Story Structure

Plot and story structure are two areas where many writers struggle. We often know the beginning and end of a story, but weaving a compelling tale from start to finish can be a major challenge. This course will help you learn how to train the left and right sides of your brain to work together. By answering a list of questions and using creative templates, writers can master the art of plot and story structure in a way that will allow their creativity to fill in the blanks — both in the mind and on the page.

Instructor: John Boles (\$119)
UNF June 3–July 1 M 6:30 to 8:30 p.m.

Writing Critique Workshop

The best advice new writers often receive from professionals is to join a workshop to get feedback on their writing. Led by an award-winning author and professional writing coach, this course allows you that opportunity. You will submit weekly pages via email. All writers will be responsible for reading each other's work and providing a critique. During each class, the group will engage in a supportive critical discussion of the week's submissions. This offers you feedback from the instructor and fellow authors, as well as the invaluable experience of honing each writer's editing skills.

Instructor: John Boles (\$119)
UNF July 15–Aug. 12 M 6:30 to 8:30 p.m.

Register now! See page 15 for details.

WINE TASTING

All participants must be at least 21

NEW **Unusual Grape Varieties: Beyond the Obvious and Familiar**

There are some 1,300 different grape varieties grown worldwide specifically for commercial wine production – how many are you familiar with? This class is designed for the adventurous, open-minded individual who typically welcomes opportunities in life to venture beyond the obvious and the familiar. We will explore wines - the likes of which only seen in cutting-edge restaurants and retailers in America – that very well may prove to be the springboard for your future exploration and enjoyment of “unusual” wines. We will taste seven wines and the cost of the wine is included in the fee. All participants must be at least 21 years of age.

Instructor: Richard Park (\$79)
 UNF July 29 M 6 to 8:30 p.m.



Learn a new skill you'll enjoy for a lifetime

Wine Essentials – Understanding Acidity, Balance, Tannin, Weight and Flavors

Combining wine tasting, lively seminar-styled discussion and spirited opinion, this class will appeal equally to those new to wine as well as to those who are frequent wine consumers seeking greater awareness of the subject matter.

Your instructor, a 35-plus year fine-wine industry professional, will present a provocative method for evaluating and understanding wine that will foster a deep appreciation for this highly enjoyable liquid.

Six wines will be tasted and the cost of the wine is included. All participants must be at least 21 years of age.

Instructor: Richard Park (\$79)
 UNF May 6 M 6 to 8:30 p.m.
 UNF Aug. 19 M 6 to 8:30 p.m.

Wine Essentials: Understanding Quality – The Ultimate Skill in Wine Tasting

Philosophers and people from all walks of life have been challenged for centuries to answer the age-old question: "What is quality?" Most people would say that they have a notion of what “quality” means – however, in reality one person’s idea of “great” (art, music, wine, etc.) very well might be another person’s “mediocre” or even “awful.”

The instructor for this class, a wine industry professional of 35+ years, will present the parameters pertaining to the assessment of wines of various levels of quality. Also covered is a discussion of how and where to purchase wines of higher quality and an overall strategy for collecting wine. You will taste six wines and there will be an in-depth discussion and quality assessment of each. This class promises to be interesting, challenging, informative and fun. All participants must be at least 21 years of age.

Instructor: Richard Park (\$89)
 UNF June 24 M 6 to 8:30 p.m.



NEW

FEATURED CLASS

SPECIAL OFFERING

How to Become a Sommelier

Are you a wine enthusiast who looks upon the wine world with a deep curiosity? Or are you a restaurant professional wanting to take the first steps to becoming a sommelier? If so, this is the class for you. During this 12-week course, Kara Joseph, a Napa and NYC Certified Sommelier, will provide you valuable information on what a “Somm” is and how you can break into the mysterious world of wine. Classes will cover everything from starting the process of becoming a Certified Sommelier, understanding every major wine producing region, blind tasting wine, and gracefully serving wine. Although you won’t receive the direct certification through this course, your instructor will assist you in understanding the organization called, The Court of Master Sommeliers. This governing body is responsible for the formal testing and certification of Sommeliers. After this course, you will be fully prepared to take and pass your Introductory Sommelier Certification and be equipped to sit for the Certified Sommelier Exam.

Instructor: Kara Joseph (\$399)
 UNF June 3–Aug. 19 M 6:30 to 8:30 p.m.

REGISTRATION



Register for classes early for best selection! You can register at any time prior to the class start date. However, some classes have limited enrollment, so register early to get into the classes you want.

Debby Fliger

Customer Care Specialist

ONLINE: www.learnjacksonville.com

PHONE: (904) 620-4200

MAIL-IN: University of North Florida
Division of Continuing Education
LEARN Jacksonville
12000 Alumni Drive
Jacksonville, FL 32224

CLASS CANCELLATIONS

Cancellation requests must be received prior to the first day of class in order to receive a 90% tuition refund.* Your tuition may be transferred to a future class that occurs prior to June 30, 2019, but only immediately upon your cancellation. No refund or transfer requests will be accepted after the start of a class or if you do not attend. In the event we cancel a class, students will be contacted by email or telephone and given the option to transfer to another class or receive a 100% refund.

*Ten percent administrative fee is retained by the University.

YMCA classes take place at

B. YMCA = Brooks Family YMCA

10423 Centurion Pkwy., Jacksonville, FL 32256

Lovely Lettering – An Introduction

to Brush Pen Calligraphy. p. 3

How to Improve Your Memory. p. 7

Practical Self-Defense. p. 6

YMCA CLASSES:

No membership needed!

Take courses at UNF or at YMCA specified locations – no membership required! YMCA members receive 20 percent off courses taking place at a YMCA location.

To receive discount, reserve your seat through the information provided below:

ONLINE: www.firstcoastymca.org/unf

CALL: (904) 265-1775

CLASS LOCATIONS and PARKING

The majority of our classes are held on the University of North Florida Campus in the Adam W. Herbert University Center (Building 43) with ample free parking. If class is being held at another location, it is noted.

WAIT LISTS

If a class is full, you may place yourself on a wait list. If a spot opens in that class, you will be notified via email.

GROUP DISCOUNTS

Organize a group of six or more students and you will receive your LEARN Jacksonville class free. All students must participate in the same class. Call (904) 620-4200 for group registration information.

UNF FACULTY, STUDENT and STAFF DISCOUNTS

Current full-time UNF employees and students receive a 50 percent discount off most classes. Contact us from your UNF email address to take advantage of this discount.

Register now! See page 15 for details.





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SUMMER 2019 COURSE CATALOG

Register online at
www.learnjacksonville.com
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This summer, take an education vacation –
try something new for the fun of it!



Rave review for LEARN Jacksonville:

"Outstanding course! Rarely have I gotten more out of a class. This has greatly helped me as a writer. John Boles is an exceptional instructor...excellent depth of knowledge and delivery."

– W. Gardner, about Plot and Story Structure (p. 13)

Over 60 fun
classes for
adult learners
**Look inside
NOW!**