

# Adult Evening EDUCATION

a publication of the Wake County Public School System

★ **New** Senior Section



■ Heat up the kitchen in an array of **cooking classes. page 18**



■ Turn your patterns into profit in textile design.

**page 8**

■ Get untangled with Zentangle drawing.

**page 9**

■ Generate income and aspire to greatness as a songwriter.

**page 15**



**LIFELONG LEARNING**  
WITH COMMUNITY SCHOOLS

visit us at [www.wcps.net/adult-edu](http://www.wcps.net/adult-edu)



**WAKE COUNTY**  
PUBLIC SCHOOL SYSTEM

# Welcome!

Lifelong Learning with Community Schools is a program of Wake County Public School System (WCPSS) where you can enjoy courses that are educational, recreational, cultural, civic, and social in nature.

Check out our *Adult Evening Education* catalog published three times per year (fall, spring, and summer) available in libraries, schools, community centers, and select businesses throughout the county.

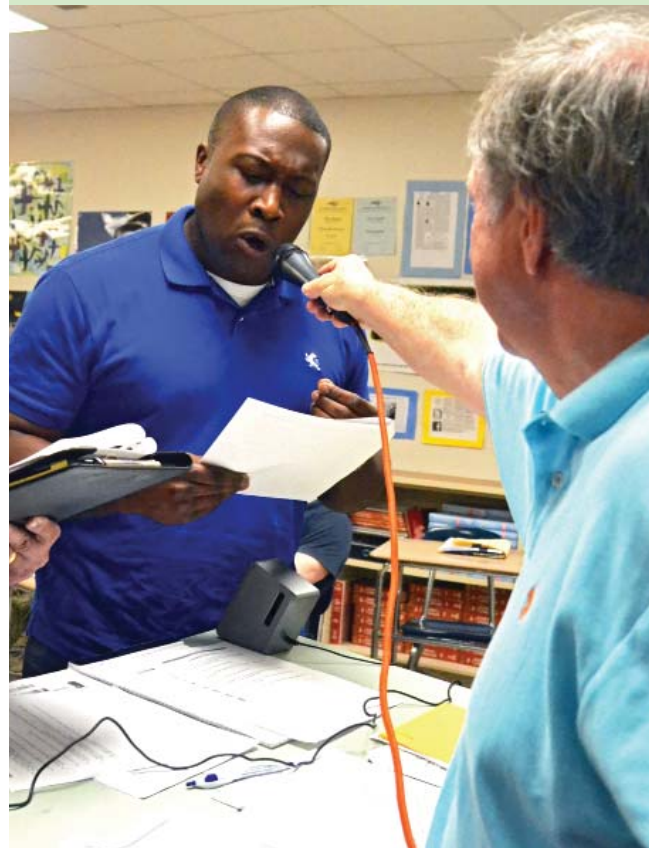
If you're 16 years old to 109 years young, you're invited to come grow and learn with us!



**Bring sunrises and sunsets to life on canvas in Painting Big Skies.**  
page 5



**Enjoy a lucrative full or part-time income as a Voice-over Artist.**  
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Transform your personal brand with Flair Image and Modeling. page 14



Make moist and decorative cake pops. page 18



Design jaw-dropping, unforgettable presentations. page 46



Connect with free classes for parents of K-12 students. page 49

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# Icon Key

LL

## Lifelong Learning

[www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu)  
Lifelong Learning Program  
Calendar

Spring 2017 Semester:

Monday-Thursday,  
January 4 - May 8

Holidays:

January 16 Martin Luther King Day

LL

This symbol in the catalog represents Lifelong Learning courses held at area Wake County Public Schools.

WT

## Wake Tech

<http://workforce.waketech.edu>  
Wake Tech Program  
Calendar

Spring 2017 Semester:

Monday-Thursday,  
January 4 - May 8

Holidays:

January 16 Martin Luther King Day

WT

This symbol in the catalog represents Wake Tech courses held at area Wake County Public Schools.





## Spotlight

### Painting with Marcelle

#### LL **Classical Oil Painting— Portraits, Pets, Still Life, and Landscapes**

Materials \$

Immerse yourself in this comprehensive painting class to scale and draw from a smaller photograph to a larger canvas with absolute accuracy. Mix an underpainting palette and apply the paint. If doing a portrait, learn how to mix and apply flesh color. Also included are techniques for glazing, learning to see values/shades, giving volume to objects that make them look three dimensional, making objects recede, color mixing, and much more. Marcelle Hooks is a talented instructor who will give you one-on-one attention to ensure you walk away with a painting you'll enjoy for years to come.

See page 55 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS 6:30-9:30 PM T  
1/10-2/28 \$125

#### LL **New Painting Big Skies**

Materials \$

Intensify your artistic talent in this big sky class. Explore various techniques for painting all types of skies, from clouds to sunrises and sunsets. You will create paintings where the clouds are the focal points. Use the clouds to pull the viewer into the painting with perspective. Oils or acrylics welcome.

See page 55 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS 6:30-9:30 PM T  
4/18-5/2 \$75

#### LL **New Painting Seascapes and Landscapes in Sharp Focus**

Materials \$

Add volume and depth to your paintings. Learn color mixing and color selection techniques that give harmony to your painting and composition. Use the color wheel to decide on color schemes, so your paintings come alive and sparkle. Discover methods for painting waves, clouds, still water, reflections, trees, and much more. This comprehensive class is for beginners as well as more experienced artists who want to brush up or learn new techniques. Marcelle Hooks is a renowned and beloved artist who will give you expert guidance to create your own masterpiece. Oils or acrylics welcome.

See page 55 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS 6:30-9:30 PM T  
3/7-4/11 \$120



**Marcelle Hooks**, a 20-year veteran artist and instructor in Raleigh, NC, celebrates art of all kinds with a concentration in oil figure and portraiture.

She began her formal art education at Meredith College, studying under nationally acclaimed artists as Frank Covino, Daniel Greene, Ben Konis, Mary Whyte, Rick McClure, William Jameson, and James Sulkowski. Today, her work appears in private collections in both the United States and abroad.

#### What people are saying...

“Marcelle’s passion for art illuminates in our classroom. This was a perfect course for me to take, and I loved it so much. I’m taking the next class.”

-Kelly Blades  
Classical Oil Painting—Portraits,  
Pets, Still Life, and Landscapes

# Painting



## LL **New** Introduction to Acrylic Painting

Materials \$

Gain an introduction to contemporary painting techniques and concepts, with emphasis on understanding its formal language and the fundamentals of artistic expression. Painting from observation will be geared towards realism; at the same time, various other painting styles could be explored. You will study major painting styles and movements in historical context. The hope is that you will use this global approach to develop a "critical eye" in evaluation of contemporary painting. Complete at least one painting by the end of the class. Supply list will be sent to registered students.

See page 55 to register online, by phone, or mail; call the Provider, Brandy Smith at 919-720-2631 for more information.

Holly Springs HS 7:15-9:15 PM Th  
2/9-3/16 \$125

## LL **New** Watercolor for Beginners

Materials \$

Join Lori Wright in this introduction to watercolor techniques. Create beautiful landscapes and still life paintings you can display in your home or give as gifts. Lori Wright is a longtime painting instructor for Wake County Schools and the Sertoma Arts Center. A passionate NC Art Museum volunteer, she has a background in drawing, painting, and printmaking as well as sculpture and fiber arts. Contact the instructor for a supply list.

See page 55 to register online, by phone, or mail; call the Provider, Lori Wright at 919-803-1014 for more information.

Wake Forest HS 6:30-8:00 PM T  
4/11-4/25 \$49

## LL **New** Watercolor for Seniors

See Seniors 62+, page 44.

## LL **New** Acrylic Painting

Materials \$

Beginning and intermediate acrylic painting is a class designed with you in mind. Whether you have been painting and simply want to 'brush up' on your skills, or if you haven't painted since kindergarten, it's time to re-discover your inner artist!!! Corneille has many years experience working with artists of all skill levels, and will assist you every step of the way. You choose the subject that you want to paint (other than portraits of people) and Corneille will gently guide you through the painting process. Basic supplies required; 5 students minimum.

See page 55 to register online, by phone, or mail; call the Provider, Corneille Little at 919-758-9182 for more information.

Leesville HS 6:30-8:45 PM M  
3/6-4/24 \$150

## LL **New** Basic Acrylic Painting

Materials \$

Explore all of the different techniques and tips for successful acrylic painting on canvas. A few that will be covered include dry brush, stippling, flicking, dabbing, palette knife, and detailing. Create a variety of subject matters and painting compositions. Instructor Jennifer Sherman has been a masterful art teacher for nearly two decades and currently works with Wake County Public School students. Check with the instructor for supplies.

See page 55 to register online, by phone, or mail; call the Provider, Jennifer Sherman at 919-345-9276 for more information.

Reedy Crk MS 6:45-8:45 PM W  
4/12-5/3 \$60

## WT Expressions in Oils

Materials \$

Develop artistic awareness and express your observations. Supply costs are about \$40.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM T  
165274 2/21-4/11 \$100



## Calligraphy with Jessica

### LL Calligraphy 101

Materials \$

This 12-hour beginner's calligraphy class will cover three lettering styles—italic, uncial, and copperplate. The class will give you a history of letter styles, how to care and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class taught by calligrapher Jessica Yee will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be wait listed for the next session. Contact the provider for a supply list.

See page 55 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Millbrook HS	6:30-8:30 PM	Th
	2/2-3/9	\$125

### LL Copperplate Calligraphy

Materials \$

This 12-hour beginner's calligraphy class will cover copperplate calligraphy. The class will give you a history of letter styles, how to care and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class taught by calligrapher Jessica Yee will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be wait listed for the next session. Contact the provider for a supply list.

See page 55 to register online, by phone, or mail; call the Provider, The Oblique Pen at 919-650-3135 for more information.

Holly Springs HS	6:30-8:30 PM	T
	2/7-3/14	\$125

### LL New Uncial Calligraphy

Materials \$

This 12-hour beginner's calligraphy class will cover uncial alphabet. The class will give you a history of letter style, how to care and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class taught by calligrapher Jessica Yee will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be wait listed for the next session. Contact the provider for a supply list.

See page 55 to register online, by phone, or mail; call the Provider, The Oblique Pen at 919-650-3135 for more information.

Sanderson HS	6:30-8:30 PM	Th
	3/23-4/27	\$125



**Jessica Yee** has studied and practiced calligraphy for the past 20 years. She started with broad edge and Copperplate style scripts such as Carolingian, Uncial, Spencerian, and Batarde, moving on to the many variations. A few years ago, she began studying pointed pen and fell in love with the fluid script styles as they reminded her of her grandmother's elegant handwriting. A lover of letters, she wants to teach you this fine, vintage art form to make your next event unique and memorable.

## Turn Your Artwork Into Profit with Willie



### LL **New** Textile Design: Turn Your Artwork Into Profit

Are you interested in transitioning from being a consumer to designing, creating, and selling your own products? Literally everything you see uses a design pattern, and many are quite simple. This class will show you how to put your own designs on some of the most popular home décor and decorative products.

At the end of the class, you will have made a pattern you can use for yourself or to send out for printed wallpaper, fabric, or tech cases. The options are endless. Explore some of the most popular design choices and generate an exciting stream of income!

See page 55 to register online, by phone, or mail; call the Provider, Willie Green-Aldridge, at 919-285-8727 for more information.

Holly Springs HS	6:30-9:30 PM	Th
	1/19	\$36
Sanderson HS	6:30-9:30 PM	Th
	2/16	\$36

### LL **New** The Business of Art Licensing: Create Licen\$e Repeat

Have you ever wondered how in the world the constant flow of fashion apparel, greeting card designs, housewares, handbags, kitchenware, calendars, planners, coffee mugs and thousands of other consumer products make their way into the marketplace?

This class will help you begin to see consumer products in a whole new way. You will learn about the art licensing industry and the consultants, art directors and product developers who collaborate with artists to put their artwork on consumer products. You will also learn valuable tips and information for submitting your designs for licensing consideration along with the styles of art most suitable for art licensing.

See page 55 to register online, by phone, or mail; call the Provider, Willie Green-Aldridge, at 919-285-8727 for more information.

Holly Springs HS	6:30-9:30 PM	T
	1/24	\$36
Millbrook HS	6:30-9:30 PM	T
	2/21	\$36



Artist **Willie Green-Aldridge** of Raleigh, North Carolina lifts the human spirit through art. With her signature colors and rich textures, she creates sophisticated, original artwork. Willie started her career in corporate America and later worked as an interior designer before turning to her ultimate passion: creating inspiring art. Willie uses a blend of traditional painting and various other techniques to unleash designs that make her work so appealing. Rich textures; bold, vibrant colors; and stylized, decorative designs make Willie's work easy to live with and enjoy.



# Spotlight

## Zentangle with Cathy



### LL Introduction to Zentangle

**Materials \$**  
Zentangle is a beautiful art form for absolutely everyone. It incorporates the peaceful, meditative elements of Zen with exquisite tangle-pattern drawing. In just one stroke at a time, you will find yourself entering a state of rest while producing a masterpiece. Discover the history and philosophy of Zentangle. Learn over 50 tangles (patterns) along with shading techniques. No prior artistic ability needed. Interested students of all artistic levels will find enjoyment in this class. Supplies: \$20 materials fee

**See page 55 to register online, by phone, or mail; call the Provider, Cathy Boytos, at 336-847-4303 for more information.**

Sanderson HS	6:45-9:15 PM	T
	1/17-2/21	\$120
Sanderson HS	6:45-9:15 PM	T
	3/14-4/18	\$120



**Cathy Boytos** is an artist, graphic designer, photographer, and Certified Zentangle Teacher. A lifelong artist and passionate teacher, her wish is to guide you on a journey that is simple, yet fulfilling beyond your expectations. She wants to reawaken the young artist in you—the one who loved to draw before anyone told you that you're not an artist. Zentangle® makes it possible to reconnect with your own personal creative spirit.



### LL New Fundamentals of Drawing

**Materials \$**  
This course focuses on the development of observational skills and drawing techniques, employing a wide range of drawing media including charcoal, graphite, and ink. Students will develop both technical abilities and creative responses to material and subject matter. Additionally, students will learn how to critique drawings and receive criticism and advice from fellow students and the instructor. Learning to articulate artistic concepts and processes using discipline-specific vocabulary is a fundamental part of arts education. No prior experience with drawing is required or expected. Supply list will be sent to registered students.

**See page 55 to register online, by phone, or mail; call the Provider, Brandy Smith at 919-720-2631 for more information.**

Holly Springs HS	7:15-9:15 PM	Th
	3/23-4/27	\$115

# Register Now!



## Spotlight

# Medical Billing with Vision Medical Billing Services

### LL Medical Billing I & II

Get your start in a thriving career path. Enjoy learning from a knowledgeable, attentive, and caring instructor while gaining the knowledge you need in this two-part series. The first part will cover the five modules of medical billing, HIPAA compliance, insurance/commercial billing, customer service, and collection. Walk away understanding insurance verification, claim submission, commercial insurance, Medicare, and Medicaid. Part two will cover claim follow-up, refunds, and collection. A certificate of completion will be provided at the culmination of class. Register online for this class and pay by credit or debit card on the first night. **Checks and money orders cannot be accepted.**

See page 55 to register online, by phone, or mail; call the Provider, Vision Medical Billing Services, at 919-521-6480 for more information.

Millbrook HS 6:30-9:00 PM TTh  
1/19-2/16 \$230

Millbrook HS 6:30-9:00 PM TTh  
3/7-4/11 \$230



### What people are saying...

“This class was very diverse. The instructor respected everyone and was very patient with their learning.”

-Betty Parham  
Medical Billing I and II

As sole proprietor of Vision Medical Billing Services (VMBS), **Gwendolyn Thompson** has over 13 years of medical billing experience. She started VMBS to support providers with reimbursement challenges and prospective students in their knowledge quest. She covers medical billing for emergency room physicians, family practice, radiology and pharmacy.

### LL **New** Branding Your Image to Increase Your Business Presence

You are extraordinary and hold within you the capacity for greatness in an area unparalleled by anyone else. Learn how to make your brand an additional stream of income. Through your unique authenticity, expertise, specialization, personality, online presence, and more, you have exactly what it takes to become a brand powerhouse and take your business to the next level.

See page 55 to register online, by phone, or mail; call the Provider, Jean A. Garner Unlimited, at 919-332-7375 for more information.

Millbrook HS 6:30-9:00 PM Th  
1/26 \$45

### LL Bring Joy to Seniors for Fun and Profit

This fascinating class introduces an outlet for entertainers, yoga/exercise instructors, artists, crafters, poetry readers, topical lecturers (on history, foreign cultures, etc.) and other program providers. Places where seniors live and play often pay \$35-\$150/hr. for 1-hr. programs like these, held when you're available Mon. - Sat. (until 8pm and except mealtimes).

Receive a free copy of the booklet *Keys to Successful Senior Entertainment* by prepaying the class fee at <http://www.seniorplaylist.com/lifelong-learning>.

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS 6:30-9:30 PM Th  
3/23 \$65

Millbrook HS 6:30-9:30 PM T  
5/2 \$65

**LL** **New** **Developing Creativity and Breakthrough Thinking**

Need to stay competitive in a fast-moving world? This course will provide the tools. Whether you are an advanced learner changing the world around you or a rising star looking for ways to redefine the way people think about business and life, this course is designed to bring today's professionals information to gain and maintain a cutting edge.

See page 55 to register online, by phone, or mail; call the Provider, The Dream Center at 919-264-0854 for more information.

Holly Springs HS 6:45-9:30 PM TTh  
1/5-5/2 \$100

**LL** **New** **Get Paid to Shop— You Really Can Earn a Living as a Mystery Shopper**

You can earn income just by shopping. Legitimate market research companies will hire people just like you to evaluate products and services. Every business gets shopped: apartment buildings, banks, restaurants, car dealers, movie theaters, grocery stores, retail stores. The list goes on and on. Learn how to earn cash as a Mystery Shopper at places you currently spend money. You can earn money part-time or full-time as a Mystery Shopper. Apply for your first shop and build continuous income as a Mystery Shopper! It is completely flexible, fun, and easy!

See page 55 to register online, by phone, or mail; call the Provider, LaShun Foster at 301-466-7467 for more information.

Wake Forest HS 7:00-8:30 PM Th  
4/20 \$38



**Become a wedding and event planner.**

**LL** **Event Planning for Beginners**

If you've always dreamed of being an event planner, then this fun-filled class is for you! Start a career in event planning with no limitations. Learn what it takes to deliver outstanding results tailored to the unique needs of your clients. You'll get all your questions answered— who, what, when, why, where, and how—to launch your event planning business.

See page 55 to register online, by phone, or mail; call the Provider, Sonya Hawkins, at 919-656-2899 for more information.

Holly Springs HS 6:30-8:30 PM T  
3/21-4/25 \$125

**LL** **Wedding and Event Planning 101**

Turn your love for wedding and event planning into a career! Have you always DREAMED of owning your own wedding and event planning business? Are you the 'Go-To' planner for all of your family and friends' events? If you answered yes, then this informative course is for you!!! This course will cover 1) Duties and responsibilities of a wedding and event planner 2) Vendor relations and the importance of networking 3) The budget and the consultations: Who pays for what? 4) Timeline: What you need to do and when you need to do it. 5) Planning and coordinating the wedding rehearsal, ceremony and reception 6) Wedding customs and traditions 7) "How to Be" wedding etiquette and protocol 8) Insights from expert guest speakers and class project 9) And everything else you need to know to start your business today!

See page 55 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS 6:30-9:00 PM M  
1/16-2/20 \$125

**What people are saying...**

“Lisa Jacobs is so energetic, and the class speakers were excellent.”

-Debra Quityne  
Wedding Planning 101



**LL New Motives Matter: Influence Actions, Decisions, and Outcomes**

Learn what motivates you and how that impacts the behaviors you choose to affect relationships and influence results. Increase your personal effectiveness, honor differences, address the unique problems and opportunities you face, depersonalize conflict and much more. Through TotalSDI assessment tools, you will receive specific feedback on your strengths and motives. Then develop practical ways to apply the information in your work and home life. The costs of the program includes three robust and powerful assessments valued at \$100! These include Strength Deployment Inventory, Strength Portrait, and Strengths Overdone Portrait. Instructor Diane Florio is an Organization Development and Effectiveness Practitioner with a demonstrated track record in team development. Register for her powerful workshop.

See page 55 to register online, by phone, or mail; call the Provider, Diane Florio at 919-201-2666 for more information.

Wake Forest HS 6:30-8:00 PM Th  
2/2-2/23 \$100

**LL New Work From Home Basics**

Are you in the market for full or part-time telecommuting work? Learn all about flexible work-from-home opportunities. You will discover the requirements to telework and the difference between various openings. You will be provided information about customer service opportunities and computer-based jobs. Plus, unleash your potential to earn income by mystery shopping and using apps. This three-night exploration will open your eyes to the possibilities that await.

See page 55 to register online, by phone, or mail; call the Provider, Shanika Biggs at 919-374-0389 for more information.

Wake Forest HS 6:30-9:30 PM TTh  
1/12-1/26 \$100

**LL New Textile Design: Turn Your Artwork Into Profit**

See Arts and Crafts, page 8.

**LL New The Business of Art Licensing: Create — Licen\$e — Repeat NEW!**

See Arts and Crafts, page 8.

**LL Voice-Overs...Now Is Your Time!**

See Communications, page 13.

# Register Now!





## One-night courses



### Become a voice-over artist.

#### **LL** Voice-Overs...Now Is Your Time!

In what could be one of the most enlightening two hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. In this class, you will learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for!

See page 55 to register online, by phone, or mail; call the Provider, Such A Voice, at 802-275-0154 for more information.

Sanderson HS	7:00-9:00 PM	W
	4/26	\$35

#### What people are saying...

“This class was informative about what it takes to get into this business, and Wendy, the teacher, kept us all attentive. Grabbed us in three seconds and kept it for the two-hour class!”

-Barb Glesby  
Voice-Overs...  
Now Is Your Time

#### **LL** 5 Simple Secrets to Award Winning Grant Writing

In this course, Derrick Drakeford, Ph.D. and CEO of Drakeford, Scott, & Associates LLC will walk you through five simple secrets to award winning grants. The Drakeford, Scott, & Associates team has won over \$45,000,000 in grants. Enjoy a free book with registration along with powerful information on how to impact the world through grants. **CEUs=0.1**

See page 55 to register online, by phone, or mail; call the Provider, Drakeford, Scott, & Associates LLC, at 919-360-1053 for more information.

Athens Dr HS	7:30-8:30 PM	T
	3/21	\$79
Millbrook HS	7:30-8:30 PM	T
	4/25	\$79

#### **LL** Accent Reduction and English Pronunciation

Speak with greater clarity and confidence while learning to speak with a standard American accent and use correct English pronunciations. Through proven accent training techniques, reduce the speech improvement hurdles by focusing on the most difficult English pronunciations that will have the greatest positive impact in your business communication skills. Success in professional life depends on the ability to communicate well with colleagues and clients. This class is ideal for anyone who wants to communicate more effectively in business to deliver stellar presentations and get one's point across convincingly and confidently.

See page 55 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS	7:00-9:00 PM	T
	1/17-2/21	\$125
Reedy Crk MS	7:00-9:00 PM	T
	3/7-4/11	\$125

## LL Creative Writing – Short Story, Poetry, and Plays

Experiment with creative fiction in short story, poetry, and playwriting. Overview the history of creative expression from the cave man to Pulitzer Prize winners and analyze the published work of literary giants. Learn about character, dialogue, voice, style, and description. Delve deeper into the analysis of selected short fiction to work on your own short story. Because of the literally thousands of styles and methods, the poetry portion will be limited. You will explore the genre of poetry. Create your own poem from draft to final version. Enjoy lectures about the playwright's craft, combined with writing exercises and analysis of selected plays. Traditional and experimental forms are both explored as you go through the process of creating your own play. Staged readings of your work will help you see how plays come across in a performance setting. This is sure to be a fun class in which students will leave with more confidence and loads of helpful input from the instructor and classmates.

See page 55 to register online, by phone, or mail; call the Provider, James Caulfield, at 202-768-2004 for more information.

Sanderson HS 6:45-8:45 PM T  
3/7-4/25 \$125

## LL New Flair Image and Modeling

Stand up and be noticed in this eye-opening workshop to enrich your personal brand. Cultivate modern etiquette standards, hone your self-esteem, develop a powerful image, and explore various modeling techniques.

See page 55 to register online, by phone, or mail; call the Provider, Linda Millner at 410-591-6655 for more information.

Millbrook HS 6:30-8:30 PM Th  
2/2-3/16 \$144



Keep your voice young and healthy.

## LL Intensive Eight-Week Vocal Workshop

During this intensive vocal workshop, conducted by Rozlyn Sorrell, founder of Vocal Precision Studio, you will overcome many of the typical challenges singers experience. This course is geared for those serious about moving to the next level in vocal performance and comfortable learning in a group environment. This class accepts credit cards, cash payments, money orders, and certified checks only.

See page 55 to register online, by phone, or mail; call the Provider, Rozlyn Sorrell, at 919-234-5903 for more information.

Athens Dr HS 6:30-8:30 PM W  
2/1-3/22 \$325

## What people are saying...

“Rozlyn Sorrell is an excellent teacher. I plan to take private lessons. I was so pleased.”

-Alexander Donaldson  
Intensive Eight-Week  
Vocal Workshop

## LL Voice Health for Speakers and Singers

Are you starving your voice? Teachers, preachers, salesmen, singers, receptionists and many others drive their voices continually and never give it the care and feeding it needs. The voice is a delicate instrument and shouldn't be taken for granted. If your job requires extended talking, speaking over noise, or group singing, your voice is at risk for vocal strain. Learn proper voice care, prevent unnecessary vocal strain, and discover how to nourish your voice to keep it healthy. Taking this class is a vocal investment. After all, "you only get one." This one-night class is taught by a licensed speech pathologist who will expertly guide you in lifetime vocal care.

See page 55 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Millbrook HS 6:45-8:30 PM T  
3/28 \$35

## LL Voice Health for Seniors: Keeping Your Voice Healthy and Young

See Health and Wellness, page 33.



## Become a published author.

### LL **New** I Want To Market My Book

You've finished writing your first book. You even got it published! So what's next? Learn how to create a marketing plan for your book. Newly published authors will learn how to develop a website to promote their book, how to blog about their book, best websites for publishing their book, and optimal websites to list their book. Walk away from this class equipped with the knowledge to get the word out and sell that book!

See page 55 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS 8:30-9:30 PM Th  
1/5-3/16 \$185

### LL I Want to Publish a Book

Want to become a self-published author? Children's books, cookbooks, and memory books are all great concepts in this course that teaches you how to publish your own knowledge. You'll begin with your concept and work through the process to complete a book. Leave the course with either a softcover or hardback book that is sure to impress.

See page 55 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS 6:30-8:30 PM Th  
1/5-3/16 \$200

### LL Memoir Writing

You have a story to tell! Learn to craft your memoir by strengthening your writing skills and actively work towards making your story interesting. Develop voice, mood, setting, character, point-of-view, plot, description, dialogue, and theme. Share your work with classmates and receive one-on-one guidance from instructor Natalie Hill, a noted composition professor and professional writer. If you need a boost to start writing or have a memoir in the making, you're welcome to attend.

See page 55 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS 6:45-9:15 PM W  
3/15-3/29 \$85

### LL **New** Songwriting: Express Yourself and Create Income

Become a songwriter, and take your music prowess beyond the shower walls. Songs ignite passion, give faith, heal hearts, shake things up, unite strangers, infuse fitness, turn sorrow to joy, and just make you feel good. In this course, designed to provide an introduction to individuals interested in writing songs for pleasure, examine marketing the skill for collaboration opportunities or for profit. Components include the power of music, structure of songs, music hooks, lyrics, and careers. Work in groups and create a song from provided instrumentals.

See page 55 to register online, by phone, or mail; call the Provider, Wendy Elston-Davis, at 919-649-3697 for more information.

Athens Dr HS 7:00-8:30 PM W  
1/17-1/25 \$55

### LL **New** Technical Writing for Beginners

Materials \$

Cultivate your technical writing skills! Technical writers document processes and create process flow charts. In this class, unleash your inner writer by using MS Word to create well organized, easy-to-follow, step-by-step instructions and the corresponding flow chart diagram. Experiment with the MS Word table of contents, navigation pane, styles, headers, footers, screenshots, images, and tables. This hands-on, interactive class will give you the opportunity to practice creating samples for your portfolio through a series of assignments. Bring your personal laptop with Microsoft Word installed. A certificate of completion and resume enhancement workshop will be provided at the culmination of the class.

See page 55 to register online, by phone, or mail; call the Provider, Paragraph Staff, at 919-606-3056 for more information.

Sanderson HS 6:30-9:00 PM TTh  
2/2-2/28 \$120

### LL Writing for Results

The purpose of writing is to get your point across in a clear and effective manner while delivering the intended tone. Though writing is a very popular form of communication, few are able to do it with finesse, resulting in unnecessary miscommunication and confusion. Communicating in writing can be a positive experience for both the sender and the receiver. A few tools and tips will help you learn what it takes to be a powerhouse communicator. With the help of long time freelance writer and published author, Jim Caulfield, learn how to communicate effectively through text messages, emails, in cover letters, and more. Take your everyday written words from dreadful to helpful and influence others in a positive way.

See page 55 to register online, by phone, or mail; call the Provider, James Caulfield, at 202-768-2004 for more information.

Sanderson HS 6:45-8:45 PM T  
4/18 \$35

### LL Designing Multi-Sensory Presentations

See Teacher CEU/Parenting, page 46.

# Register Now!



## Sharpen your public speaking skills.

### WT Confidence in Public Speaking

Whether it is a business presentation or an impromptu speech for coworkers, speaking in front of an audience at work can make some people anxious. Improve your ability to communicate with this course, which introduces basic principles of speech communication. Develop confidence and avoid negative self-talk; acquire skills that can be used now or in a future career. Learn in a non-threatening environment how to organize your talk, create an outline for speaking, and communicate your message appropriately and effectively.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	T
167427	1/31-3/7	\$95

### WT Advanced Public Speaking

Become a better listener and develop your critical thinking skills through public speaking! This course examines the technique and substance of public address by exploring the use of language and rhetorical strategies, fallacies, arguments, and audience demands.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	T
167438	3/21-4/25	\$95

### WT Basic Fiction Writing

We all have great stories, be they fun, factual, or fictional. This class helps you recognize the stories in your life by heightening your observation, and harnessing your imagination. It introduces tools for writing powerful fiction. Although we focus on the short story, longer works such as novels or novellas are welcome. The first part of the class will cover basic writing craft including plotting, genre, character development and motives, setting, point of view, and dialogue. The second half will build confidence in your own voice and explore creative writing enrichment. Students are encouraged to share their works-in-process. We will also learn about writing markets (both on-line and in print), and local support networks.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk HS	6:30-9:30 PM	T
167443	2/7-3/28	\$145

### WT Beyond the Basics: Advanced Conversation and Fluency

This course is designed for non-native English speakers to help improve spoken fluency and accuracy. Students will participate in interactive and engaging practice activities to learn how to express themselves in a variety of settings. Instructors will utilize up-to-date instructional techniques including effective error correction.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	W
166815	2/8-3/29	\$95

### WT Characterization in Fiction

Populate your short fiction or novel with unforgettable characters, establish their relationships, and build conflict. Learn how plot and character affect each other, the character arc, and how to raise the stakes of fictional dilemmas.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	7:00-9:30 PM	T
167423	2/21-4/25	\$95

### WT Story Development and Plotting for Screenwriters, Fiction Writers, and Novelists

Develop a tight plot for your screenplay or novel, heighten the dramatic tension, and get things going with believable characters in exciting action! This class, which focuses on story concept and plot development using the "Hero's Journey" model, is for all fiction writers. It is an intermediate follow-up to Introduction to Screenwriting and a forum for those working on novels or short stories. The class will cover creating a screenplay from a story and the tasks associated with pre-production, production, and post production in film-making. Students will read and critique each other's work.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	7:00-9:30 PM	W
170250	2/15-4/19	\$145

### WT Write It Like a Journalist

Journalism is no longer confined to newspapers, and "citizen journalists" are now often on the front lines for breaking news and analysis through blogs and social media. Businesses use journalistic skills to promote their work and company news. Learn everything you need to know to become a citizen journalist and create a blog, write letters to the editor and op/ed pieces for your local paper, and incorporate journalism skills into communicating and promoting your work.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS	6:30-9:30 PM	W
170249	2/15-4/5	\$145

# Register Now!



## Become an Electrician!

This class has nearly 100% exam pass rates.



CONSTRUCTION

### **LL** Electrical Contractor's Exam Preparation

Electrical Contractor's Exam Preparation prepares you for the National Electrical Contractor's (NEC) Exam. Material covered in the course includes multi-family dwellings load calculations tool, electric range load calculations tool, motor voltage drop calculator, voltage drop calculations tool, structure of the NEC, details of selected NEC requirements, list of agencies with control over electrical licensing, and much more. Textbook included in course cost. Contact the instructor to reserve your spot and obtain the course dates. Register now. This class offered by Billy Morris fills up fast because of his reputation for extremely high student pass rates.

See page 55 to register online, by phone, or mail; call the Provider, Billy Morris, at 919-469-8823 for more information.

Athens Dr HS | 6:30-9:30 PM | MTh | 1/26-2/20 | \$290

Athens Dr HS | 6:30-9:30 PM | MTh | 4/6-5/1 | \$290

### What people are saying...

“I have learned so much. It was an extremely organized course.”

-Harold Jimenez  
Electrical Contractor's Exam Prep





## LL **New** A Healthy Twist on Everyday Recipes

Materials \$

Learn how to make little tweaks and substitutions to make everyday recipes a little more healthy. In this four week course, you'll make and enjoy healthy breakfast, dinner, and snack recipes. Students share food costs.

See page 55 to register online, by phone, or mail; call the Provider, Nicole Mas, at 609-276-5827 for more information.

Holly Springs HS	7:00-8:15 PM	Th
	2/2-2/23	\$90

## LL Basic Knife Skills

Materials \$

Slice, chop, mince, dice, brunoise, batonnet, and julienne your way to cutting perfection. In this class, learn the basic care and handling of various knives, so you feel confident maneuvering on the cutting board like a pro. Learn which knife works best for you and hear tips to keep your cutlery sharp. Bring your own knives, if you have them. Otherwise, the chef will have knives you may use.

See page 55 to register online, by phone, or mail; call the Provider, Foodamentally Sound, at 919-272-3827 for more information.

Sanderson HS	6:30-9:30 PM	W
	2/7	\$39
Sanderson HS	6:30-9:30 PM	W
	3/8	\$39
Sanderson HS	6:30-9:30 PM	W
	4/3	\$39

## LL **New** Cake Pop Basics

Cake pops are all the rage right now with a variety of sweets and treats to ignite your taste buds and soothe your sweet tooth. In this fun class, make three different styles of moist and fluffy cake pops to take home. Overcome any pop problem with hands-on experience that will navigate you to a perfectly round cake ball that won't fall off the stick. Use quality chocolate; correctly melt the chocolate to avoid burning; then dip, twirl, decorate, and texturize your cake pops to oh so delightful perfection. All supplies included in course cost.

See page 55 to register online, by phone, or mail; call the Provider, Shanika Biggs, at 919-374-0389 for more information.

Wake Forest HS	6:30-9:30 PM	Th
	2/2	\$68

## LL **New** Cake Pop Basics for Seniors

See Seniors 62+, page 44.

## LL **New** Fun in the Kitchen

Materials \$

Get the kitchen sizzling whether you're a newbie or seasoned cook. Fun in the Kitchen will incorporate yummy, technique-based, hands-on cooking experiences. Emphasis is on teaching real kitchen skills, baking at home, making quick and tasty meals, and preparing healthy recipes as well. Once you have learned proper cooking techniques, your inner chef will want to jump out and play! Join this fun class with Chef Karen Hinz, a 17-year veteran foods and culinary chef. Students share food costs.

See page 55 to register online, by phone, or mail; call the Provider, Karen Hinz, at 919-616-7694 for more information.

Athens Dr HS	6:30-8:30 PM	Th
	3/2-3/23	\$95

## WT A Cook's Tour of European Cooking

Materials \$

The cuisines of Europe are very different, yet equally delicious. This exploration of food will allow participants to get a taste of France, Germany, Italy, and the Iberian and Balkan Peninsulas—just to name a few!

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	Th
165482	3/9-4/27	\$100

## WT American Regional Cooking: From North to South

Materials \$

Share stories, laugh at stereotypes, and enjoy cooking delicious foods in this celebration of American cuisine! Learn about Southern adaptations of "Yankee" dishes and "Yankee" versions of Dixie recipes—and cook some classics as well!

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk HS	6:30-9:30 PM	M
165264	1/9-3/6	\$100

## WT Bake Shop Fun

Materials \$

Do you have a sweet tooth—and a desire to make simple, yet delicious desserts? Take a fun trip through your own bakeshop! Each week will be devoted to a tasty category. You'll prepare cakes, pies, cookies, custards, and more, and you'll learn how to make your favorite treats with minimal equipment.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk HS	6:30-9:30 PM	T
165479	1/31-3/21	\$100





## WT Hurry for Curry: Basic Indian Cooking

Materials \$

Add Indian cuisine to your cooking repertoire! This course covers a range of Indian dishes and cooking techniques to improve your grasp of this fascinating cuisine and build your confidence. Participants will learn how to prepare basic dishes from start to finish and how to use spices and other ingredients. The course also includes Indian culture, regional cooking, and terminology.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	M
165280	3/13-5/1	\$100

## WT Cooking Beyond the Basics

Materials \$

Take your basic cooking skills to a whole new level! In this intermediate course, you'll explore the five "mother" sauces, learn to debone a chicken, find out how to buy and prepare meats and seafood, and master techniques such as pan-searing and poaching.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:30 PM	M
165270	1/10-3/7	\$100

## WT Dinner and a Movie

Materials \$

Learn about food themes in popular movies and cooking techniques such as sautéing, baking, and roasting. Discover new ideas for dinner parties, date night, and even adding a little Hollywood glitz to your weeknight meals!

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk HS	6:30-9:30 PM	M
165283	3/20-5/1	\$100

## WT The Food and Flavors of France

Materials \$

This course will teach students about the flavors, ingredients, and culinary techniques used in the kitchens of France. Students will learn the French style of cooking through simple, easily-duplicated recipes that are authentic and delicious.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:30 PM	M
165284	3/21-5/2	\$100

## WT Cooking With Au Pairs

Materials \$

As an au pair living in a foreign land, you may enjoy meeting others who are having the same experience. Why not participate in a cooking class with your peers? You will learn how to prepare delicious meals using simple recipes and low-cost ingredients—all while enjoying the company of other au pairs!

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk HS	6:30-9:30 PM	T
165481	3/28-5/2	\$100

## WT Home Chef: The Basics

Materials \$

Would you like to learn basic cooking skills? Learn how to cook soups, sandwiches, entrees and sides, breakfasts, desserts, and more in this course. Become more confident in the kitchen and leave class with new recipes to jump start the process.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	M
165266	1/9-3/6	\$100

## WT Weeknight Global

Materials \$

Most of us have a rotation of dinner menus that we prepare routinely. Add excitement to your evening meals by learning how to prepare dishes from around the world! These globally-inspired creations come together quickly and use ingredients available at your neighborhood grocery store!

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:30 PM	M
165273	2/6-3/27	\$100



## Spotlight

### Dancing with Franca

#### LL Beginner Latin Dance

Are you tired of going out to night clubs and Salsa bars and not knowing what to do? Now is your chance to learn some basic steps, simple turns and good technique. This class will teach you the basic steps in Salsa, Merengue and Bachata. Come out, learn and have some fun dancing! Please make sure to dress in comfortable clothes and shoes that you can easily turn in with no more than a two-inch heel. Visit [www.francasdancestudio.com](http://www.francasdancestudio.com) to register. Note: \$5 discount for couples, but no partner is required.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	M
	1/23-3/6	\$105

#### LL Beginner Smooth Ballroom I and II

This course will focus on only the three smooth dances of Waltz, Foxtrot and Tango. Learn how to use your feet and stand properly and how to use correct leading and following techniques. We will focus on learning a minimum of six figures in each dance. Taking this class may be the start of many years of fun in dance. Discover the possibilities. A minimum of six students required. Note: \$5 discount for couples, but no partner is required. Visit [www.francasdancestudio.com](http://www.francasdancestudio.com) to register and check the schedule.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	W
	1/25-3/1	\$105

#### LL Beginner Smooth Rhythm I and II

This class is for the beginner with "two left feet" or no formal dance instruction. It covers Waltz, Foxtrot, Tango, Rumba, Cha Cha, and East Coast Swing. Learn how to use your feet and stand properly, how to use correct leading and following techniques, covering essential elements to strengthen your ability to dance with various partners. This is great for building confidence, getting exercise, and staying in time with the music while having fun! This class may be the start of many fun years in dance. Note: \$5 discount for couples, but no partner is required. A minimum of six students required to hold the class. Payments accepted include cash, check, and credit card. Visit [www.francasdancestudio.com](http://www.francasdancestudio.com) to register and for schedule changes.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	W
	3/15-4/26	\$105



**Franca Luzzi's** passion for dance began as a young child watching ballet on television. Her love of dance continued in middle and high school where she participated in a number of talent shows. In college, she took formal ballet and jazz instruction. She began her ballroom training in December 2009 and participated in her first Dancesport Competition in Las Vegas the following summer. Franca more recently participated in a competition at Myrtle Beach, consistently placing first place for her level and age group. She has also enjoyed participating in several showcases in the Triangle area. Franca began at North Carolina Ballroom Teachers College and has completed all 16 dances, passing the DVIDA Certification with honors.

#### LL Shag I

Thinking of having fun at the beach this summer? Before heading out to the beach, wouldn't it be nice to learn a few dance steps in Shag? Do not worry if you have never danced shag before. This class is strictly for BEGINNERS. Come enjoy Basic Carolina Shag dance. The curriculum consists of learning the basic steps, proper form (dance position) and floor etiquette. Come out and join the fun to learn the popular southern dance of Shag. Minimum of six students required. Note: \$5 discount for couples, but no partner is required. Visit [www.francasdancestudio.com](http://www.francasdancestudio.com) to register and for any schedule changes.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	M
	3/20-5/1	\$105



# Spotlight

## Yoga with Macarena



Class is  
for teens  
14 to 18.

LL

### New Power Yoga

Materials \$

Stay physically active and stress-free for the entire semester. Properly move your body to gain strength and flexibility. With improved mental clarity perform well and reach your highest potential. Class is for teens 14 to 18. Focus is on stretching, breathing, meditating, and learning poses. Bring a yoga mat. Contact the provider about advanced payment options.

See page 55 to register online, by phone, or mail; call the Provider, MMG Yoga, at 919-757-5767 for more information.

Leesville HS      6:30-7:30 PM      Th  
   2/16-4/6              \$100



**Macarena Gallardo** is a certified yoga teacher with a passion for helping others release their anxieties and lead a more healthy and balanced life. Since 2014, she has led private and group lessons in several states along the East Coast. A variety of learners, including those in recovery, have enjoyed exploring the extensive benefits of correct alignment and breathing. Embark on a lifelong journey with Macarena towards mind and body wellness.

LL

### Appreciation of Chinese Classical Dance

This is an interactive class to learn about Chinese Classical Dance. It will provide an opportunity to learn about traditional Chinese dancing and its influence on Chinese culture. Enjoy half lecture and half dance practice. Suited for men and women, couples are welcome, but no partner is required. Relish in the joy of discovering different classical dances.

See page 55 to register online, by phone, or mail; call the Provider, Confucius Institute, NC State University, at 919-513-2732 for more information.

Sanderson HS      6:30-8:30 PM      MTh  
   2/13-3/23              \$125

LL

### New Fit4DrumsUSA™

Fit4DrumsUSA™ is a full-body workout that includes drumming to the beat! Fit4DrumsUSA is not the typical workout. It incorporates the use of dance and drumming to create a fun cardio workout that also strengthens your core! Fit4DrumsUSA has a serious fun factor in that it combines individual music preference with the history of drums and the science of fitness into a rigorous and highly effective format. Burn fat to your favorite tunes!

See page 55 to register online, by phone, or mail; call the Provider, H. Celeste Turner, Ed.D., at 919-601-6127 for more information.

Wake Forest HS      7:00-8:00 PM      TTh  
   3/7-3/30              \$75

Wake Forest HS      7:00-8:00 PM      TTh  
   4/4-4/27              \$75

LL

### New Fit4DrumsUSA™ for Seniors

See Seniors 62+, page 44.

# Register Now!

# Decorating and Gardening



## LL **New** DIY Decorating on a Budget

Are you tired of the same old boring look in your home, season after season? Do you avoid inviting people to your home because your decor is drab? Want to spruce up your decor but can't because your budget is tight? If your answer is yes to any of these questions, you should join this class. You will learn how to decorate your home for every season, without spending a fortune. You'll get tips on how to use basic household items, thrift store finds, and dollar store goods, to create simple, but eye catching and elegant decorations. Upon completion of this class, you will be eager to invite guests to your home for any occasion.

See page 55 to register online, by phone, or mail; call the Provider, Sonya Hawkins, at 919-656-2899 for more information.

Holly Springs HS | 6:30-8:30 PM | M | 3/23-4/13 | \$75



## LL Interior Decorating

Long time, popular event and party planner, Lechelle Evans, has an eye for design. Let her help you discover what your space should be and transform it into a welcoming oasis. In this course, you will learn that great design is neither intimidating nor unattainable. Learn the basics of home decorating and where to find ideas. Study design principles, design terms, and quick decorating tips. Enjoy discussions concerning buying guides, decorating styles, creating a budget, and answering decorating challenges. This class is great for the DIY homeowner, home stagers, real estate agents, and anyone interested in mastering the art of home décor.

See page 55 to register online, by phone, or mail; call the Provider, Lechelle Evans, at 919-987-0646 for more information.

Wake Forest HS | 6:30-9:30 PM | T | 3/14-5/2 | \$125



## WT Interior Design

Let a designer show you how to organize your home and make it more beautiful, considering space, flow, focal points, furniture, fabric, paint and papering, lighting, and accessories. Learn to measure, install, and touch up. Experiment with paint techniques. This class is for do-it-yourself homeowners and those who want to know more before hiring a professional, as well as those interested in the profession.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS | 165275 | 6:30-9:30 PM | T | 3/7-4/25 | \$90

## LL Accent Reduction and English Pronunciation

Speak with greater clarity and confidence while learning to speak with a Standard American Accent and use correct English pronunciations. Through proven accent training techniques, reduce the speech improvement hurdles by focusing on the most difficult English pronunciations that will have the greatest positive impact in your business communication skills. Success in professional life depends on the ability to communicate well with colleagues and clients. This class is ideal for anyone who wants to communicate more effectively in business to deliver stellar presentations and get one's point across convincingly and confidently.

See page 55 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS	7:00-9:00 PM	T
	1/17-2/21	\$125
Reedy Crk MS	7:00-9:00 PM	T
	3/7-4/11	\$125

### What people are saying...

“Simple rules for pronunciation were made clear to improve the accent.”

-Carlos Pinheiro  
Accent Reduction  
and English  
Pronunciation



## WT ESL

ESL classes are for non-English speaking persons who want to improve their English speaking skill. ESL also offers students opportunities to increase reading, writing, and comprehension skills. Classes assist students in pre-employment preparation, community interaction, cultural enrichment, and professional advancement.

Call Wake Tech at 919-334-1501 for more information.

Athens Dr HS	6:30-9:30 PM	MTWTh
	1/10/-5/4	\$0

\*Registration: 1/10, 1/11, 1/12, 1/30, 2/13, 3/20

Millbrook HS	6:30-9:30 PM	MTWTh
	1/9-5/4	\$0

\*Registration: 1/9, 1/10, 1/23, 2/13, 3/13

Reedy Crk MS	6:30-9:30 PM	MTWTh
	1/17-5/4	\$0

\*Registration: 1/17, 1/18, 2/6, 2/27, 3/13, 4/3

**There is no charge for most ESL classes.**

Call Wake Tech at 919-334-1501 for more information or visit [esl.waketech.edu](http://esl.waketech.edu).

## WT ESL/ABE Expanding Reading and Vocabulary

Call Wake Tech at 919-334-1501 for more information.

Athens Dr HS	6:30-9:30 PM	MTWTh
	1/10-5/4	\$0

\*Registration: 1/10, 1/11, 1/12, 1/30, 2/13, 3/20





## Spotlight

# Stock Options with Sam

### LL **New Basic Stock Options Wealth Builder**

Materials \$

Accelerate your wealth through the stock market. In this captivating class, discover powerful techniques to transform your portfolio. Learn to generate monthly income from most stocks, capture the potential upside appreciation in a stock, bulletproof your stocks for a guaranteed price, make additional money when the stock market crashes, repair stocks that have lost value, learn when to enter and exit, build your own buy and sell signals, and more. Master these techniques to manage your personal and retirement accounts without help. Bring a pocket calculator to class. \$20 discount for seniors and \$45 discount for county employees.

See page 55 to register online, by phone, or mail; call the Provider, Sam Doctor, at 203-983-8075 for more information.

Wake Forest HS 7:00-9:00 PM Th  
1/26-3/2 \$195

Wake Forest HS 7:00-9:00 PM T  
2/28-4/4 \$195



**Sam Doctor** has been a private consultant for more than 35 years. He began teaching stock market classes in 1996 to individuals as well as groups, first in Westchester County, New York and starting in 2000, at West Hartford Continuing Education. He is passionate about helping people discover their ability to amass great wealth using the stock market. Register now to create a lasting legacy of financial peace for yourself and your loved ones, and master powerful techniques to independently manage your personal and retirement accounts.

### LL **Finance and Tax Strategies Workshop: Your Keys to a Prosperous Life**

Materials \$

Need financial help with investments, insurance, budgets, and wealth building? Want to make sure you don't miss out on a single tax credit to which you're entitled? Count on tax and finance consultant Jason Amen Hetep. He assists individuals and small business owners through individualized consultation that's perfect for your special circumstance.

In this hands-on class, get help to save for retirement or an emergency fund. Learn sure-fire methods to start a stream of income in a crisis. Find out all you need to know about IRAs, mutual funds, investments and more. Make sound financial choices and expertly navigate company annual reports to know what would be a sound investment. Interested in a career in finance? Get information on becoming a tax preparer or financial advisor. Culminate the class with tax preparation help. Expect savings worth more than \$300 over what you could generate with your typical tax software.

Bring your device: laptop, tablet, or cell phone. Get on the road to financial success. Register today.

See page 55 to register online, by phone, or mail; call the Provider, Black Diamond Financial Group, at 919-633-2125 for more information.

Millbrook HS 6:30-8:00 PM Th  
2/23-3/16 \$120

# Register Now!



## Personal Branding



A brand is anything—a symbol, name, color, sound, reputation, emotion, tone, scent, and much more—that separates you from someone else.



Stand out and be noticed with personal branding. Improve your self-esteem, explore modern etiquette, make a memorable impression, and more.

If you want to get ahead of the competition and reach your goals, you must develop your personal brand. It's not just about education anymore. It's about seizing all the resources to be remembered for what matters most to you. Do you want to be the number one go-to for special events? Perhaps you want to be the industry expert in your chosen field. Maybe you want to be more likable to perform better in life, in general. Whatever it is, personal branding can get you there.

**Start thinking of yourself as a brand.** Develop signature aspects of who you are and what you represent and be consistent with showcasing these.

**Monitor your media presence.** Setup alerts for your name and review and be responsive to what is being said about you.

**Create a secure, personal website that you control.** Ensure it includes the signature elements of representing you.

You hold within you the capacity for greatness in an area unparalleled by anyone else. Through your unique authenticity, expertise, specialization, personality, online presence, and more, become a brand powerhouse and take your business and your life to the next level.

Branding Your Image to Increase Your Business Presence, page 10.

What's Your Signature Brand? Going from Invisible to Visible, page 41.



## IGNITE YOUR *future*

At Gardner-Webb University, we balance the pursuit of knowledge with a commitment to faith, empowering our students to impact the world. The School of Education will prepare you for professional challenges and responsibilities based upon Christian principles and values in both public and private school settings.

### COMPLETE YOUR ADVANCED DEGREE IN RALEIGH!

#### **MASTER'S PROGRAMS** *(Complete in five semesters)*

- Curriculum and Instruction

##### **Available Tracks:**

- Academically Gifted Education
- Christian School Education
- General K-12 Curriculum and Instruction
- Middle Grades Education
- Rural Education
- Teacher Leadership
- Urban Education
- Executive Leadership Studies
- School Administration Add-On Certificate
- Instructional Technology (pending SACSCOC Approval)

#### **EDUCATIONAL SPECIALIST** *(Complete in six semesters)*

- Executive Leadership
- Potential Bridge to EdD Program in Executive Leadership

#### **DOCTORAL PROGRAMS** *(Complete coursework in six semesters)*

- EdD in Curriculum and Instruction
- EdD in Educational Leadership
- EdD in Organizational Leadership *(Complete in nine semesters)*



**GARDNER-WEBB**  
UNIVERSITY  
**SCHOOL of EDUCATION**

**Gardner-Webb University**  
Athens Drive High School  
1420 Athens Drive  
Raleigh, NC 27606  
800.956.8481

[gardner-webb.edu/raleigh](http://gardner-webb.edu/raleigh)



★ The best way for women to advance in life and career is through the support of other women. Women who've "been there and done that" can forge the way for less experienced women in need of resources, guidance, and support.

## Women Mentoring Women



### Work Place Mentoring

In the workplace, women often need mentorship to navigate office politics, networking, and raises. When a seasoned career woman has successfully traversed these waters, she is ideal for helping other women learn how best to handle this. "A seasoned female leader who has previously experienced hurdles in the workplace, is the perfect candidate for helping another woman."

According to "Paying it Forward Pays Back for Business Leaders" (2016), women are often very willing to mentor other women. They simply lack a formal process. In fact, 73% of women who develop new opportunities in the workplace are willing to assist other women.



### Family Mentoring

At home, female mentorship can prove vital to the welfare of children. "Feelings of isolation, helplessness, or post-partum depression can exacerbate the ability to care well for children." Facing the reality that the first five years of a child's life are the most vital for future success, women can use mentors in the home for emotional and hands-on support.

What's more, when those mothers work outside the home, they often face unique barriers to success, not experienced by men. Women are expected to be the primary caregivers in the home, and this can result in the need for flexible work scheduling, more leave from the office, guaranteed exit times, and more. Balancing career and family, finding quality childcare, and talking to managers about career goals are some ways mothers can use mentors.



### Finding a Mentor

Women seeking mentorship should first ask themselves how they could benefit from a mentor by determining the following:

1. What is my goal?
2. How do I ask someone?
3. How can I get the most out of my work with a mentor?

Once the goals of mentorship are realized, it's time to access a best-fit mentor. Triangle Family and Marriage Life Center is offering three workshops to help women realize their goals.

**Check out 3 classes and register now.**

Single Women's Mentoring Group, page 42

Women's Mentoring Group for Wives, page 42

Successful Parenting—Experiencing the Joys of Parenting, page 48



## Careers for Writers

### Technical Writers

### Song Writers

Technical writers go through highly technical material and break it down to layman's language. They prepare technical manuals, tutorials, and instructional materials to help others know how to complete a task.

Song writers write and prepare rhythms for singers and musicians. They often work in a freelance capacity and are generally skilled in singing and playing instruments.

**Pay:** \$33.77 per hr.

**Pay:** \$24.20 per hr.

**Growth:** Faster than average in medical and technical industries

**Growth:** Slower than average for other occupations because of strong competition

**Training:** No degree is required, but often is preferred in a technical field.

**Training:** No degree is required, but expertise is necessary.

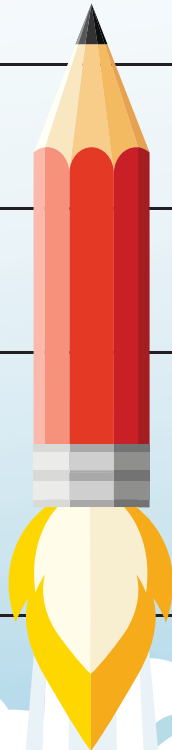
**Skillset:** Those who excel in this field have a strong technical aptitude evidenced by a level of expertise in areas such as engineering, math, and coding. They also possess an ability to translate unfamiliar terminology and technical language into simple, well-written language.

**Skillset:** Those who excel in this field undergo prolonged training and practice and must have a desire to always learn about trends and changes in the industry.

Take 4 dynamic classes to launch fun careers for people who love to write.

- Technical Writing for Beginners, page 15
- Songwriting: Express Yourself and Create Income, page 15
- Creative Writing – Short Story, Poetry, and Plays, page 14
- Memoir Writing, page 15
- Write It Like a Journalist, page 16

Authors	Journalists
<p>Authors write materials of all kinds from social media blogs to creative works of fiction. They spend many hours on a computer producing and publishing materials.</p>	<p>Journalists produce news stories related to domestic and world events in a fast-paced environment.</p>
<p><b>Pay:</b> \$28.97 per hr.</p>	<p><b>Pay:</b> \$ 17.83 per hr.</p>
<p><b>Growth:</b> Slower than average for other occupations because of strong competition</p>	<p><b>Growth:</b> Slower than average for other occupations with a decline expected of between 8 and 13%</p>
<p><b>Training:</b> No degree is required, but often preferred in areas such as journalism and English.</p>	<p><b>Training:</b> A bachelor's degree in English or journalism is expected.</p>
<p><b>Skillset:</b> Published authors must have powerful writing and editing skills. They must be willing to spend many hours revising materials and submitting to publications.</p>	<p><b>Skillset:</b> Journalists must be able to quickly determine what would be newsworthy. They must be able to produce stories with accuracy and objectivity, witness the scene, and submit several stories with ongoing quick turnarounds.</p>



Take your writing to new heights.





## 12 Tax Saving Tips



It's tax season, and we're all looking for a way to maximize a refund or prevent owing the government in April. Check out 12 tax saving tips below.

1. File your taxes early to get your refund sooner.
2. Itemize your deductions for a bigger refund.
3. Use direct deposit to get your refund faster.
4. Organize your tax documents before you begin.
5. Keep up with the big changes in your life.
6. Make estimated payments if you own a business.
7. Setup custodial accounts to cover education and other related expenses for your child.
8. Maximize your retirement and IRA accounts for bigger deductions.
9. Use job moving expenses, college loan interest, educator expenses, etc. to lower your taxable income.
10. Check your W-4 for accuracy. You don't want too much or too little being taken from your checks.
11. Make your annual contributions to charities before the year-end and track travel to and from charitable events.
12. Ask your employer if you can delay a year-end bonus to deposit in January.

Want even better tax strategies? Register now for Finance and Tax Strategies Workshop: Your Keys to a Prosperous Life with finance expert, Jason Amen-Hetep. Turn to page 24 to view the course details.



## NC STATE College of Education

### What does extraordinary look like?

For NC State's College of Education it is the face of every classroom teacher we graduate. We are creating an army of educators who are innovative and will go on to inspire future generations. That is the career of a teacher—impacting the world by teaching its children.

This is nothing less than extraordinary.

### NC State. Think and Do.

#### College of Education Educate. Innovate. Inspire.

Learn more at [ced.ncsu.edu/nc-teach](http://ced.ncsu.edu/nc-teach)  
Email [acwinzel@ncsu.edu](mailto:acwinzel@ncsu.edu)  
919.513.2802

*North Carolina Teachers of Excellence for All Children (NC TEACH) is designed to recruit, train, support, and retain mid-career professionals as they become licensed teachers in North Carolina. This program is for professionals who have non-education degrees and would like to earn their teaching license. Classes offered at Athens Drive High School.*



# Have a service, product, skill or talent?



## Become a Provider

Our program offers you the opportunity to create classes and instruct students in a variety of areas, to include culinary art, investing, marketing, sewing, photography, writing, painting, and homeownership, among many others.

We invite all interested persons to apply, but we are currently seeking teachers for these specific areas:

- Guitar
- Stained Glass
- Floral Arrangement
- Backyard Chickens
- Woodworking
- Beekeeping

## Qualifications

- Strong marketing skills
- Expertise in your area of teaching interest
- An entrepreneurial spirit
- A student-centered teaching approach

Visit us at [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu)





## Spotlight

### Stress Management with Chris



#### **LL** **New** Stress Management

Learn about stress, the impact on health and wellness, and how to identify triggers that cause stress. Participate in creative activities to better manage stress through breathing exercises, seated yoga postures, mindfulness, meditation, and drawing. You'll create a written plan showing what you can do to better manage your stress.

See page 55 to register online, by phone, or mail; call the Provider, Chris McDonald, at 919-618-6526 for more information.

Sanderson HS 6:30-8:30 PM T  
2/7 \$58



**Chris McDonald** specializes in services to lead people to a path of peace and hope. She provides a safe place for you to share your concerns. She offers an integrative, holistic approach for your body, mind, and spirit. Specializing in providing creative and interactive counseling for teens and adults, she can help you design your path to happiness and discover your inner calm. Are you ready to find more peace in your life?

#### **LL** **New** AHA Heartsaver CPR/AED

This American Heart Association class is designed for members of the general public who are 16 years of age or older. If you are a teacher, childcare provider, personal trainer, or a person wanting a basic knowledge of CPR, this class is right for you. The class will cover adult, child, and infant CPR. Upon successful completion of the course, you will receive a two-year certification through the American Heart Association.

See page 55 to register online, by phone, or mail; call the Provider, Kenneth E Jarmon Sr (AHA Instructor), at 919-395-1452 for more information.

Wake Forest HS 6:30-9:30 PM T  
4/4 \$100

#### **LL** Voice Health for Seniors: Keeping Your Voice Healthy and Young

Baby-boomers—You spend time and money taking care of your physical body, but have you given much time to keeping a strong, youthful voice? Aging can bring negative changes to the voice because the muscles weaken and shrink. A lost voice cannot be replaced. Learn strategies to strengthen the voice and keep it healthy at any age because a healthy voice is a worthwhile investment. Class is taught by a licensed speech pathologist.

See page 55 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Wake Forest HS 7:00-8:30 PM T  
3/7 \$25  
Millbrook HS 6:45-8:30 PM T  
4/11 \$35  
Sanderson HS 6:45-8:30 PM T  
4/25 \$35

## One-night course



Refresh your senses.

### LL Essential Oils

Join Angie Ceroli to discover the everyday uses of essential oils. Oils contain remarkable health benefits to keep you well and support the body's immune system. Derived from the immune system of the plants, essential oils work in the human body to keep toxins out and eliminate synthetics. Experience the oils, enjoy light snacks, and walk away with a few practical recipes in this hands-on class. Some topics covered include household cleaning as well as pain, stress, and mood management. Pay in advance by PayPal to [angceroli@gmail.com](mailto:angceroli@gmail.com). Cash payments ONLY taken at the door.

See page 55 to register online, by phone, or mail; call the Provider, MaukaMakai Ventures, LLC, at 919-656-0963 for more information.

Athens Dr HS	6:45-8:30 PM	Th	
	1/26		\$40
Holly Springs HS	6:45-8:30 PM	T	
	1/31		\$40
Athens Dr HS	6:45-8:30 PM	Th	
	2/9		\$40
Athens Dr HS	6:45-8:30 PM	Th	
	3/9		\$40
Holly Springs HS	6:45-8:30 PM	Th	
	3/30		\$40
Athens Dr HS	6:45-8:30 PM	Th	
	4/13		\$40
Holly Springs HS	6:45-8:30 PM	Th	
	4/27		\$40

### What people are saying...

“Awesome course and gained insurmountable amount of knowledge. Very helpful to me.”

-Ruth Aiken  
Essential Oils

# Register Now!

### LL **New** A Healthy Twist on Everyday Recipes

See Cooking, page 18.

### LL Medical Billing I and II

See Career Skills, page 10.

### LL **New** Power Yoga

See Dance and Fitness, page 21.

Class is for teens 14 to 18.



## 9 Different Languages to Explore!

- Arabic
- Chinese
- Esperanto
- French
- Italian
- Korean
- Russian
- Sign Language
- Spanish

### Arabic

WT

#### Arabic Foundations

This general, basic course in the Arabic language sets students on the right track toward reading, writing, and speaking Arabic. It will address Arabic grammar, vocabulary, and basic rules for communication in Arabic culture in an immersion environment.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

167432 | Millbrook HS | 6:30-9:00 PM | T | 1/24-3/28 | \$95



### Chinese

LL

#### Introduction to Chinese Language and Culture

Materials \$

This course is a beginning level course of Mandarin Chinese language and culture designed for students without any Chinese language background. This class will provide you with a rudimentary knowledge of the Mandarin phonetic system (Pinyin), pronunciation, tones, the writing system, daily vocabulary, and basic sentence structure. Interesting aspects of Chinese culture will also be added into the course as language and culture are best learned together. Register at <https://goo.gl/fL5dW7>.

See page 39 to register online, by phone, or mail; call the Provider, Confucius Institute, NC State University, at 919-513-2732 for more information.

Sanderson HS | 6:30-8:30 PM | MTh | 2/6-3/23 | \$125



LL

#### Appreciation of Chinese Classical Dance

See Career Skills, page 21.

#### What people are saying...

“I like to travel in China. This class helped me improve my understanding of Chinese—both the language and culture.”

-Jinny Batterson  
Chinese I



# Esperanto

LL

## Esperanto Language and Culture Pt 1

Want to learn a foreign language, but not sure which one? This course uses Esperanto, a living language with no irregular verbs, pronunciation, or spelling to establish a good basis for language acquisition. The course includes an introduction to Esperanto history, Internet resources, and the global culture. Play games, sing, and surprise yourself with how quickly you start communicating in meaningful ways.

See page 55 to register online, by phone, or mail; call the Provider, Charles Mays, at 919-744-8003 for more information.

Athens Dr HS | 6:30-9:00 PM | Th | 1/19-3/23 | \$100



# French

WT

## French Foundations 1a

Materials \$

This is a beginner's course and the first of our four-part series introducing the French Language for those who have never before studied French or no longer retain any prior knowledge of the language. The course focuses on how to read and write the language, grammar and syntax, and French culture.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168316 | Sanderson HS | 6:30-9:00 PM | W | 1/18-3/8 | \$145

WT

## French Foundations 2B

Materials \$

This is a beginner's course and the fourth in our four-part series introducing the French Language. The assumption is that the student has some knowledge of French. The course will concentrate on how to read and write the language, grammar and syntax, and communication and cultural highlights, with an emphasis on usage of all vocabulary and concepts learned.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168294 | Sanderson HS | 6:30-9:00 PM | T | 3/7-4/11 | \$125

WT

## French Foundations 1b

Materials \$ / Pre-Req

This is a beginner's course and the second in our four-part series introducing the French Language. Students should have some knowledge of French. The course focuses on how to read and write the language, grammar and syntax, and cultural highlights.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168306 | Millbrook HS | 6:30-9:00 PM | T | 1/17-2/28 | \$155

168341 | Sanderson HS | 6:30-9:00 PM | W | 3/22-5/3 | \$155

## What people are saying...

Very good, frequent, detailed, practical explanations and examples of everyday French usage in the real world.

-Tim Clark  
French Foundations 1b

WT

## French Foundations 2A

Materials \$ / Pre-Req

This is a beginner's course and the third in our four-part series introducing the French Language. The assumption is that the student has some knowledge of French. The course will concentrate on how to read and write the language, grammar and syntax, and communication and cultural highlights, with an emphasis on usage of all vocabulary and concepts learned.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168313 | Sanderson HS | 6:30-9:00 PM | T | 1/17-2/21 | \$125

168339 | Millbrook HS | 6:30-9:00 PM | T | 3/14-4/18 | \$125

WT

## French for Travel

Materials \$

This course is designed for students planning to travel to France or French-speaking countries (with major emphasis on France). The course focuses on the vacation traveler but is also appropriate for business travelers and those planning short-term residence (exchange students, professionals on job assignment, etc.), Participants will learn basic travel/survival French in the context of thematic lessons. Other aspects of French life will be covered as well.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168335 | Millbrook HS | 6:30-9:00 PM | W | 2/15-4/5 | \$150

## Italian

### WT Italian Beginning Part 1

Materials \$ / Pre-Req

Italian culture, vocabulary, structure, and grammar rules will be covered.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168333 | Sanderson HS | 6:30-9:00 PM | W | 2/8-4/26 | \$155

### WT Italian Conversation

Materials \$ / Pre-Req

Develop conversational and reading strategies through group discussions, dialogues, oral presentations, and role playing. Emphasis will be on practical language, idiomatic expressions, and cultural context. This course is for intermediate or advanced students.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168597 | Sanderson HS | 6:30-9:00 PM | M | 2/6-3/27 | \$135

## Korean

### WT Introduction to Korean

Materials \$

This is a beginner's course in the Korean language for students who have never studied Korean or do not remember what they have studied in the past. The course will concentrate on reading, writing, grammar, and syntax, as well as communication with Korean people.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168327 | Reedy Crk MS | 6:30-9:00 PM | M | 1/23-3/27 | \$150

### WT Introduction to Korean Part II

Materials \$ / Pre-Req

This is part 2 of a beginner's course in the Korean language. Students should have completed Introduction to Korean Part I or have studied Korean for at least one semester. Part 2 concentrates on reading and writing the language, including grammar and syntax, and communicating with Korean people.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168300 | Reedy Crk MS | 6:30-9:00 PM | Th | 1/12-3/16 | \$155

### WT Introduction to Korean III

Materials \$ / Pre-Req

This is an intermediate course in the Korean language that includes speaking, listening, reading, and writing. The course emphasizes conversation skills and focuses on listening and learning through everyday dialogue and activities. Students will study advanced grammar and syntax as well as participating in class discussions and activities.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

168345 | Reedy Crk MS | 6:30-9:00 PM | Th | 3/23-5/4 | \$120

### What people are saying...

“The lessons were easy to follow and well paced. The instructor made learning enjoyable.”

-Lui Bright  
Introduction to Korean

## Russian

### WT Basic Russian

Materials \$

This course is designed for those interested in a fun and friendly course that focuses on the practical use of the Russian language. For students at a basic level, the class will consist of conversational Russian in daily situations, from common workplace terminology to that used for ordering in restaurants, shopping, and enjoying vacation destinations.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

167421 | Millbrook HS | 6:30-9:00 PM | T | 2/14-4/18 | \$155

### What people are saying...

“The course instructor was friendly and informative. I would certainly recommend it to a friend.”

-John Faly  
Basic Russian

# Sign Language

## WT Sign Language I Part A

Explore deaf culture and communication by learning American Sign Language. Lessons are based on everyday communication and include role-playing activities. Learn the ASL alphabet as well as common words and phrases.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

170253 | Athens Dr HS | 6:30-9:00 PM | W | 3/1-4/19 | \$95



## WT Sign Language I Part C

Pre-Req

This course is for students with solid beginning-level skills in American Sign Language. The course introduces new functions and reviews those presented previously, developing them further using more complex language and situations. Prerequisites: Sign Language I Parts A and B.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

170246 | Athens Dr HS | 6:30-9:30 PM | T | 1/17-3/7 | \$95

## WT Sign Language I Part D

Pre-Req

In this course, students will continue to learn ASL while they apply what they've learned in Parts A, B, and C of the course. Students will expand their vocabulary of signs, learn how to develop longer sentences, and learn more about deaf culture.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

170254 | Athens Dr HS | 6:30-9:30 PM | T | 3/14-5/2 | \$95

# Spanish: Beginning

## WT Spanish for Beginners

Materials \$

A comfortably-paced introductory course for beginning students with no Spanish language experience.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

170248 | Athens Dr HS | 6:30-9:00 PM | Th | 1/26-3/30 | \$95

170251 | Millbrook HS | 6:30-9:00 PM | W | 2/15-4/19 | \$95

170252 | Reedy Crk MS | 6:30-9:00 PM | M | 2/20-4/24 | \$95



## WT Spanish for Beginners - Part 2

Materials \$ / Pre-Req

This is the second part of the slower-paced course of the Spanish language for students who have NO Spanish or other romance language experience.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

170247 | Athens Dr HS | 6:30-9:00 PM | T | 1/24-3/28 | \$95





# Personal Enrichment



## LL Bring Joy to Seniors for Fun and Profit

This fascinating class introduces an outlet for entertainers, yoga/exercise instructors, artists, crafters, poetry readers, topical lecturers (on history, foreign cultures, etc.) and other program providers. Places where seniors live and play often pay \$35-\$150/hr. for 1-hr. programs like these, held when you're available Mon. - Sat. (until 8pm and except mealtimes).

Receive a free copy of the booklet *Keys to Successful Senior Entertainment* by prepaying the class fee at <http://www.seniorplaylist.com/lifelong-learning>.

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS	6:30-9:30 PM	Th
	3/23	\$65
Millbrook HS	6:30-9:30 PM	T
	5/2	\$65

## LL DeClutter the Mind: Time for a MindShift

Shift your perception and foster positivity in your life for the new year. Experience unique and practical ways to make every day of your life filled with more joy, peace, clarity, order, and relaxation no matter where you are. Instantly feel your mind and body combine in harmony. Say goodbye to being confused, overwhelmed, or lost in your own thoughts. Explore various techniques, projects, and activities that help to refresh the mind. Learn to control your perceptions for optimal results.

See page 55 to register online, by phone, or mail; call the Provider, Acquilla Faye McCoy, at 336-926-2914 for more information.

Athens Dr HS	6:30-8:30 PM	Th
	1/5	\$60

## LL Journey to Self Mini-Course

Recharge and energize through self-healing and discovery. Transform your reality by mastering you to decrease stress, increase awareness, obtain peace, and remove fear, doubt, and confusion. Increase your capacity to balance and accept your truths in a world that has constantly challenged you to be different. Open your heart to the real you. This course is an expansion of the intensive workshop to provide guidance, coaching, and direction through the discovery process. Create overall healing and a life plan for success. Certificate of completion obtained for course mastery.

See page 55 to register online, by phone, or mail; call the Provider, Acquilla Faye McCoy, at 336-926-2914 for more information.

Athens Dr HS	6:30-8:00 PM	W
	1/25-2/8	\$125

## LL **New** Journey to Self: Intensive Course

Draw the complete picture of yourself to "Unleash the Ultimate You." Discover how to jumpstart the healing and renewal process in your life to create a life action plan that will increase awareness, confidence, peace, and balance. It is difficult to manage any situation in your personal or professional life when there are aspects of yourself that have been ignored and need your attention. Fear no more. This course is the solution to get past what's stopping you from reaching your fullest potential.

See page 55 to register online, by phone, or mail; call the Provider, Acquilla Faye McCoy, at 336-926-2914 for more information.

Athens Dr HS	6:30-8:45 PM	W
	1/11	\$60



## One-night courses



Make your dreams a reality.

### LL **New Year - New You - New Vision with Dream It, See It, Plan It Vision Board Party**

Materials \$

Create a vision board to unleash the greatness in you. Learn to set personal objectives, become aware of personal obstructions, and reset your subconscious mind to achieve what you long for in life. Creating a vision board is the culminating part of the process. Bring either a piece of foam core, artist canvas or other medium to use as a background; a notebook; and photos, drawings, magazines and personal trinkets. Lisa Jacobs will take you on an adventure of one glorious night of laughter, fun, and sharing to make your dreams a reality.

See page 55 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS | 6:30-8:30 PM | Th | 1/12 | \$43

### LL **New Real Vision: Vision Board Creation**

Your destiny is waiting, so it's time to grab hold of it. See the real you and find the right images to match what that looks like from a Christian approach. All materials will be provided for the class, and you are welcome to bring any personal items you'd like to use. O'Dena Ford will help you transform your perspective of how you view your life and liberate you to live out the plan that was designed intentionally for you.

See page 55 to register online, by phone, or mail; call the Provider, O'Dena Ford, at 919-768-0105 for more information.

Leesville HS 6:30-9:30 PM M 1/30 \$45

Holly Springs HS 6:30-9:30 PM M 2/27 \$45

Reedy Crk MS 6:30-9:30 PM M 3/27 \$45

### LL **New Stress Management**

Learn about stress, the impact on health and wellness, and learn how to identify triggers that cause stress. Participate in creative activities to better manage stress through breathing exercises, seated yoga postures, mindfulness, meditation, and drawing. You'll create a written plan showing what you can do to better manage your stress.

See page 55 to register online, by phone, or mail; call the Provider, Chris McDonald, at 919-618-6526 for more information.

Sanderson HS 6:30-8:30 PM T 2/7 \$58

### LL **New Triangle Wind Ensemble**

Enjoy this exciting course for adults with advanced skills in wind and percussion. The class will include a series of rehearsals, culminating in a powerful performance. New members are accepted by audition only.

See page 55 to register online, by phone, or mail; call the Provider, Triangle Wind Ensemble, at 919-914-0212 for more information.

Sanderson HS 7:15-9:30 PM T 1/10-5/2 \$25





Stand out and be noticed with help from industry expert and brand strategist, Jean Garner.

**LL New Say Yes to Your Style—Create a Personal Style Portfolio**

Dapper, Elegant, Edgy, and more describe the multifaceted approaches to style and beauty. Define your fashion and personal image within your closet. From your hair style to your herringbone shoes, you're telling others who you are. Make your statement intentional with help from image and style consultant, Jean Garner.

See page 55 to register online, by phone, or mail; call the Provider, Jean A. Garner Unlimited, at 919-332-7375 for more information.

Millbrook HS	6:30-9:00 PM	Th
	2/9-2/23	\$65

**LL New What's Your Signature Brand? Going from Invisible to Visible**

Build or redefine your visual brand in a competitive market. Your personality; color palette; photos, images, and ad style; contact format; and more all work together to create your powerful visual identity. Stand out, be noticed, and generate what you desire with help from industry expert and brand strategist, Jean Garner.

See page 55 to register online, by phone, or mail; call the Provider, Jean A. Garner Unlimited, at 919-332-7375 for more information.

Millbrook HS	6:30-8:15 PM	Th
	1/5-1/19	\$65

**LL New Flair Image and Modeling**

See Communications, page 14.

**LL New Get Paid to Shop—You Really Can Earn a Living as a Mystery Shopper**

See Career Skills, page 11.

**LL New Motives Matter: Influence Actions, Decisions, and Outcomes**

See Career Skills, page 12.

**LL New Songwriting: Express Yourself and Create Income**

See Communications, page 15.

**LL Voice-Overs...Now Is Your Time!**

See Communications, page 13.

Register Now!



## Find support with the Women's Mentoring Group



PERSONAL ENRICHMENT

### LL **New** Single Women's Mentoring Group

Unleash the lioness within you with the Women's Mentoring Group. This group focuses on everything you need to be VICTORIOUS and experience the joys and blessings of persevering through hard times. You will experience love, encouragement, and support as you connect with other women and gain a healthy perspective for a brighter future. Explore life principles; learn from experts; and develop a success plan for your life, relationships, and future. This quarter, focus on the book *Power of a Praying Woman*. Sign up today! The group meets the third Thursday of each month.

See page 55 to register online, by phone, or mail; call the Provider, Triangle Marriage and Family Life Center, at 919-267-6747 for more information.

Reedy Crk MS 7:00-9:00 PM Th  
1/19-3/16 \$55

### LL **New** Women's Mentoring Group for Wives

Build a powerful legacy through the Women's Mentoring Group. This group focuses on everything you need to be VICTORIOUS and experience the joys and blessings of persevering through hard times. You will experience love, encouragement, and support as you connect with other married women and gain a healthy perspective for a brighter future. As a wife, your husband and family needs things that only you can give. Explore life principles; learn from experts; and develop a success plan for your home, marriage, life, and family. This quarter, focus on the book *Power of a Praying Wife*. Sign up today! The group meets the fourth Thursday of each month.

See page 55 to register online, by phone, or mail; call the Provider, Triangle Marriage and Family Life Center, at 919-267-6747 for more information.

Reedy Crk MS 7:00-9:00 PM Th  
1/26-3/23 \$55

**Grace Nichols**, a pioneer and mentor in her own right, earned a B.A., M.S. and Doctorate in Administration, Education, Counseling and Theology and is the CEO of Triangle Marriage and Family Life Center. As a joint effort with her husband, Dr. Grace has written four books on marriage and family and has traveled the country hosting marriage retreats and teaching seminars on success in marriage. She is director of the International Youth Department Covenant Keepers Married and Engaged Couples Ministry COGIC and the online Marriage and Family Virtual Counseling and Training Site [www.MarriageUniversity.Online](http://www.MarriageUniversity.Online). Join her workshops for a powerful and life changing exploration into marriage, family, childrearing, and womanhood.



## Spotlight

### Photography with AI

#### LL Adobe Photoshop Lightroom

Materials \$

This course introduces the features of Adobe Photoshop Lightroom, for organizing, enhancing, and sharing digital photos and video clips. The course shows how to import photos from a camera or hard drive; manage photos with the Library module; and enhance photos in the Develop module, including batch editing, cropping, adjusting exposure, recovering details from highlights and shadows, sharpening and adding clarity, and correcting part of a photo. The course concludes with a look at how to share photos: printing, exporting, creating photo books, and sharing on Facebook.

See page 55 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Sanderson HS 6:30-9:00 PM W  
2/15-3/8 \$125

#### LL Digital Photography

Materials \$

Maximize your photography skills in this comprehensive digital photography class for new and experienced users of the digital camera and 35mm camera. Take advantage of the modern digital camera's built-in features. Cover the fundamentals of digital camera operation exposure techniques and how to use manual settings, filters, and lighting.

See page 55 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Sanderson HS 6:30-9:30 PM M  
1/23-2/13 \$125

#### What people are saying...

“Opportunity for hands-on application of techniques learned. Instructor style was conducive to good learning experience.”

-Angela Holloway  
Digital Photography  
Using Adobe  
Lightroom



**Al Gorham** has over 30 years experience in photography. Mainly self-taught, he acquired a passion in childhood while working in a darkroom with his father.

Al teaches for Wake Technical Community College as well as privately for small groups and individuals. He as well works professionally capturing wedding and family portraits and indulges in landscape photography as a hobby.

With a solid background in software design and a passion for taking pictures, digital photography became a perfect fit for him.

Al says, “Each student receives my lifetime support in the use of their cameras and Photoshop. I consider it a privilege and a joy to work with so many students. Many become close friends as we share all things photography.”

## LL **New** Cake Pop Basics for Seniors

Cake pops are all the rage right now with a variety of sweets and treats to ignite your taste buds and soothe your sweet tooth. In this fun class, make one style of moist and fluffy cake pops to take home. Overcome any pop problem with hands-on experience that will navigate you to a perfectly round cake ball that won't fall off the stick. Use quality chocolate; correctly melt the chocolate to avoid burning; then dip, twirl, decorate, and texturize your cake pop to oh so delightful perfection. All supplies included in course cost. This one-night workshop is for seniors 62+.

See page 55 to register online, by phone, or mail; call the Provider, Shanika Biggs, at 919-374-0389 for more information.

Wake Forest HS 6:30-9:30 PM Th  
2/9 \$28

## LL **New** Fit4DrumsUSA™ for Seniors

Fit4DrumsUSA™ is a full-body workout that includes drumming to the beat! Fit4DrumsUSA™ is not the typical workout. It incorporates the use of dance and drumming to create a fun cardio workout that also strengthens your core! Fit4DrumsUSA™ has a serious fun factor in that it combines individual music preference with the history of drums and the science of fitness into a rigorous and highly effective format. Burn fat to your favorite tunes! One-night workshop for seniors 62+.

See page 55 to register online, by phone, or mail; call the Provider, H. Celeste Turner, Ed.D., at 919-601-6127 for more information.

Wake Forest HS 7:00-8:00 PM Th  
2/23 \$25

Wake Forest HS 7:00-8:00 PM T  
5/2 \$25

## LL **New** Senior Sewing Fun

Materials \$

Have fun in this one-night workshop making an easy and useful item you can use in everyday life. Ideas include pillow cases, drawstring bags, bookmarks, and fabric flowers. Get familiar with a sewing machine and learn pattern layout, fabric cutting, essential construction skills and finishing techniques. Leave this fun class with a completed project of your choice! This provider accepts cash and money orders only. One-night class for seniors 62+.

See page 55 to register online, by phone, or mail; call the Provider, Kiyana Thomas, at 919-559-5058 for more information.

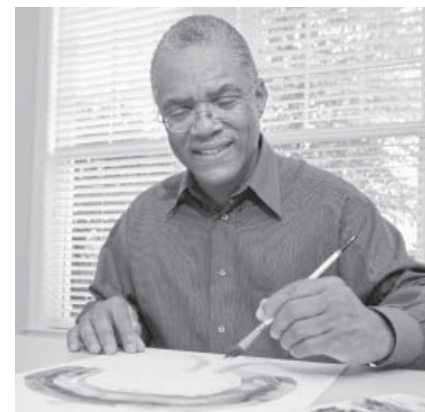
Wake Forest HS 7:00-9:00 PM T  
3/14 \$28

## LL **Voice Health for Seniors: Keeping Your Voice Healthy and Young**

Baby-boomers—You spend time and money taking care of your physical body, but have you given much time to keeping a strong, youthful voice? Aging can bring negative changes to the voice because the muscles weaken and shrink. A lost voice cannot be replaced. Learn strategies to strengthen the voice and keep it healthy at any age because a healthy voice is a worthwhile investment. Class is taught by a licensed speech pathologist.

See page 55 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Wake Forest HS 7:00-8:30 PM T  
3/7 \$25



## LL **New** Watercolor for Seniors

Join Lori Wright in this introduction to watercolor techniques. Create a beautiful landscape or still life painting you can display in your home or give as a gift. Lori Wright is a longtime painting instructor for Wake County Schools and the Sertoma Arts Center. A passionate NC Art Museum volunteer, she has a background in drawing, painting, and printmaking as well as sculpture and fiber arts. The one-night workshop is for seniors 62+ and includes supplies in the course cost.

See page 55 to register online, by phone, or mail; call the Provider, Lori Wright at 919-803-1014 for more information.

Wake Forest HS 6:30-8:00 PM T  
4/4 \$28

Check out Basic Stock Options Wealth Builder. \$20 discount for seniors, page 21.





## LL Basic Sewing Skills I

Materials \$

Basic sewing skills I is a six-session course designed to get you familiar with a sewing machine and teach you pattern layout, fabric cutting, essential construction skills and finishing techniques. Leave this fun class with a completed project of your choice! This provider accepts cash and money orders only.

See page 55 to register online, by phone, or mail; call the Provider, Kiyana Thomas, at 919-559-5058 for more information.

Wake Forest HS 6:30-9:30 PM TTh  
2/7-2/23 \$85

Wake Forest HS 6:30-9:30 PM TTh  
3/16-4/4 \$85

## LL **New** Senior Sewing Fun

See Seniors 62+, page 44.

## WT Sewing: Beginning I

Materials \$

Learn about pattern and fabric selection, fitting, and sewing techniques to make a simple article of clothing. Students supply materials.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM M  
165271 2/6-3/27 \$95

Sanderson HS 6:30-9:30 PM W  
165272 2/8-3/29 \$95

## WT Sewing: Beginning II

Materials \$ / Pre-Req

Utilize more advanced, skills regarding pattern and fabric selection, fitting and sewing techniques. Students supply materials.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM Th  
165278 3/9-4/27 \$95

### What people are saying...

“I learned a lot in this sewing class in a very nice and friendly environment. I would recommend this class to anyone interested in knowing how to sew.”

- Jane Smith  
Sewing: Beginning I



## LL 5 Simple Secrets to Award Winning Grant Writing

In this course, Derrick Drakeford, Ph.D. and CEO of Drakeford, Scott, & Associates LLC will walk you through five simple secrets to award winning grants. The Drakeford, Scott, & Associates team has won over \$45,000,000 in grants. Enjoy a free book with registration along with powerful information on how to impact the world through grants. **CEUs=0.1**

See page 55 to register online, by phone, or mail; call the Provider, Drakeford, Scott, & Associates LLC, at 919-360-1053 for more information.

Athens Dr HS	7:30-8:30 PM	T
	3/21	\$79
Millbrook HS	7:30-8:30 PM	T
	4/25	\$79

### What people are saying...

“I’ve taken other grantwriting courses. This particular course simplified the process for me.”

-Gladys Walker  
5 Simple Secrets to Award Winning Grant Writing

## LL Common Core Literacy Across the Disciplines

Literacy across the curriculum is critical to student success. This pre-approved reading credit class is designed for teachers in all k-12 subject areas to enhance their ability to nurture students to be critical readers, writers, and discussants of the world around them. In this class, you will define and analyze historical media versus modern media practices. You will understand the significance of utilizing popular forms of media for academic assessment. You will explore communication skills, tools, and assessments, to appeal to both native language speakers and ESL speakers. You will discover ethical standards for freedom of expression and a free press. Culminate the class with a mini-media package you’ve designed for advertising, marketing, public relations, or journalism to implement in any class assignment. **CEUs=1.0**

See page 55 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

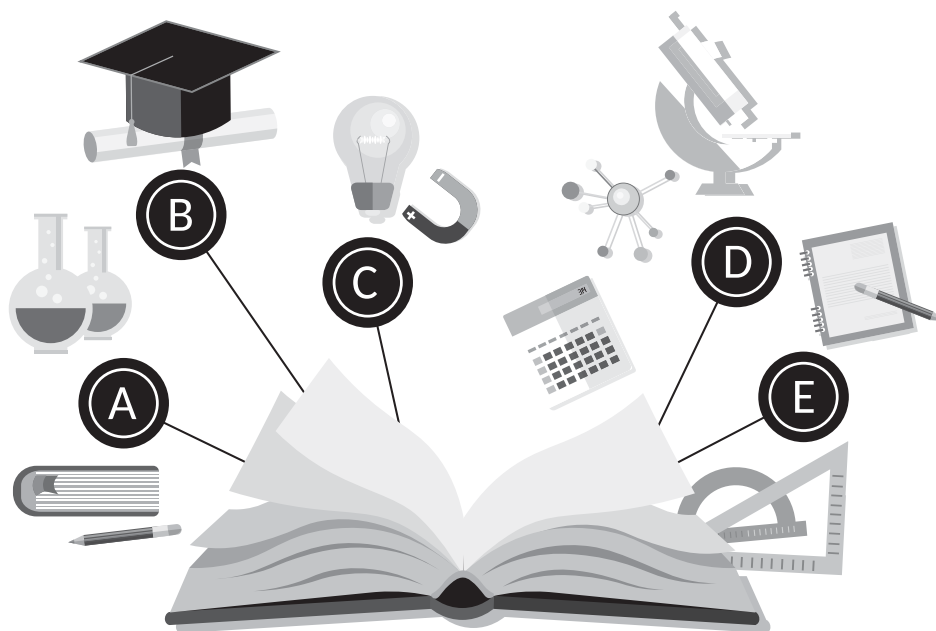
Athens Dr HS	6:45-9:15 PM	TTh
	4/18-4/27	\$85

## LL Designing Multi-Sensory Presentations

It’s a fact: the more senses are engaged, the more likely an audience will be interested in a topic, receptive toward its message, and remember what’s conveyed. Whether you’re speaking to young children, library patrons, convalescent-ward patients, or seniors (both of the high school variety and the other!), your ability to involve multiple senses in a program or presentation can mean the difference between an audience that’s wide-eyed or glassy-eyed, and your being booked or overlooked. Here you will learn low-tech ways (primarily non-computer-based ones) to engage an audience’s senses and participation, to ensure you deliver a dynamic presentation that is focused, yet multifaceted and always memorable. **CEUs=0.25**

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS	6:30-9:00 PM	Th
	4/27	\$60



**LL Encouragement, Empowerment, and Excellence in Every Classroom!**

Discover best classroom management practices, how to increase students' time on task, how to improve test scores, and how to improve the classroom climate. Motivate students, build positive student-teacher relationships, and hone effective partnerships with parents. You'll learn strategies to minimize and prevent behavior issues and pedagogical theory behind challenging behaviors that help increase teaching time. Each night, leave fresh and inspired to establish a positive and respectful classroom environment. **CEUs=1.5**

See page 55 to register online, by phone, or mail; call the Provider, H. Celeste Turner, Ed.D., at 919-601-6127 for more information.

Millbrook HS	7:00-9:30 PM	MW
	1/4-1/25	\$135
Wake Forest HS	7:00-9:30 PM	TTh
	1/31-2/14	\$135
Millbrook HS	7:00-9:30 PM	MW
	2/13-3/1	\$135

**LL New Flipped Learning**

Materials \$

Help your students take charge of their own education and learning goals through the innovative instructional model of flipped learning. In a flipped classroom model, students view content through direct instruction via short videos at home and spend class time engaged in active learning opportunities. Explore the pedagogical approach of flipped learning, gain an understanding of the theories behind its development, practice with tools for designing and implementing flipped lessons, and learn how to obtain stakeholder buy-in. This course can be applied to all grade levels and all content areas. You will need to bring your own laptops with wireless Internet capability. Some Web tools require free registrations and downloads. Please be prepared with an email address you can use to register, if necessary. **CEUs=1.0**

See page 55 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Holly Springs HS	6:30-9:00 PM	Th
	3/16-4/6	\$125

**LL New Making Math Make Sense**

Earn 1.0 CEUs and your certificate of completion in this fun course. You will learn how to effectively use reading and writing competencies to increase mathematical comprehension for students in your classroom. This course is for teachers and educational professionals working with students in grades 3-8 and lower performing high schoolers. You will walk away with confidence to help students master higher order thinking skills using practical, easy-to-implement strategies, classroom structures, and academic dialogue to increase learning. This course is particularly helpful for teachers of low performing students. **CEUs=1.0**

See page 55 to register online, by phone, or mail; call the Provider, Acquilla Faye McCoy, at 336-926-2914 for more information.

Athens Dr HS	6:30-9:30 PM	MTWTh
	2/27-3/2	\$150
Athens Dr HS	6:30-9:30 PM	MTWTh
	4/24-4/27	\$150

**LL New Math Made Easy with Abacus**

Is your student struggling to grasp math concepts through traditional math instruction? Are you an elementary or special education teacher seeking a new math manipulative that your students can master with just five minutes of instruction twice a week? Implement the traditional Japanese abacus (soroban) into your mathematics education with this authentic, easy, and fun course. Learn addition, subtraction, multiplication, and division, with some discussion on square roots. Plus, make your own abacus the very first night of class. Soroban calculation makes math a fun and very visual, hands-on, and engaging activity. Parents can register with one child aged 9+ for \$120. All others 16+ are encouraged to register for just \$90. **CEU=1.2**

See page 55 to register online, by phone, or mail; call the Provider, Ashley Vernon Hedrick, at 252-572-2356 for more information.

Wake Forest HS	7:00-8:30 PM	Th
	3/16-5/4	\$90



TEACHER CEU/PARENTING





**LL New Parent Academy: Connecting the Dots to a Tuition-free College Education**

This one-night engaging course, helps parents of high school students (including homeschoolers) maximize their knowledge base for higher education opportunities and pathways. The course will discuss college credit opportunities as well as summer camps and scholarships. Parents will leave with a better understanding and with information on how to build a pathway to a four-year university for their high school student.

See page 55 to register online, by phone, or mail; call the Provider, Oluwunmi Ariyo, at 919-333-1783 for more information.

Wake Forest HS 6:30-8:30 PM T  
4/11 \$58

**LL New Promoting Responsible Fatherhood**

Dads provide a powerful influence in the home. Studies show that hands-on dads reduce behavioral problems in boys and psychological problems in girls. What's more, dads help children with cognitive development, giving them a natural advantage in school, and often decreasing incidents of poverty. Kids need dads, and this class is all about helping dads connect with their children. This class will include fun activities to encourage father bonding on an emotional level to bring stability to the home and help create a supportive and nurturing environment. Join this journey to responsible fatherhood and connect with other fathers and mentors. This group meets the first Thursday of each month.

See page 55 to register online, by phone, or mail; call the Provider, Triangle Marriage and Family Life Center, at 919-267-6747 for more information.

Reedy Crk MS 7:00-9:00 PM Th  
2/2-4/6 \$55

**LL New Successful Parenting—Experience the Joys of Parenting**

Discover three eye-opening aspects of successful parenting for today's generation. Bring back the joys of parenting by teaching your children Smart Discipline. Empowering tools will make parenting easier and more rewarding. Through guided training explore the scope of this powerful and effective parenting model. This group meets the second Thursday of each month.

See page 55 to register online, by phone, or mail; call the Provider, Triangle Marriage and Family Life Center, at 919-267-6747 for more information.

Reedy Crk MS 7:00-9:00 PM Th  
1/12-3/9 \$70

**LL New The Basics of Academic Coaching**

If you love inspiring people to reach their destiny, this class is for you. This course will explore academic coaching. You'll gain an eye-opening view into who coaches are and what they do. Learn how academic coaching differs from tutoring, what are the basic principles, ways relationships are established between student/coach/and parent, how students prefer to learn and much more. Join Sheneka Revis, a longtime highly qualified teacher and nationally certified coach and tutor, for this fun and informative course. **CEUs=0.5**

See page 55 to register online, by phone, or mail; call the Provider, W.I.N, Inc., at 984-444-9628 for more information.

Sanderson HS 6:30-7:45 PM M  
4/3-4/24 \$85

**LL New The Fundamentals of Tutoring**

In this transformative course, cultivate your tutoring skills for K-12 students. Immerse in topics from balancing your role as a tutor to understanding the difference between andragogy and pedagogy. Examine and apply appropriate ethics, etiquette, and techniques within a tutoring session. Enjoy guidance through the primary steps for developing a basic lesson plan. Demonstrate understanding and better listening, speaking, and nonverbal skills as well as effective communication strategies. Understand the four stages of culture shock. Demonstrate the Socratic Method of questioning. Refresh your knowledge of effective use of praise. Enhance your critical thinking skills. Learn tactics for overcoming thinking ruts and procrastination. This class will increase your aptitude as a key influencer in student tutoring. **CEUs=0.8**

See page 55 to register online, by phone, or mail; call the Provider, W.I.N, Inc., at 984-444-9628 for more information.

Millbrook HS 6:30-7:30 PM TTh  
4/4-4/27 \$80

Register Now!



# One-Night Workshops for Parents

Visit [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu) or call the Provider, WCPSS Family Academy, at 919-533-7179 for more information.

**LL How to Support Academic Growth During Breaks**

Holly Springs HS | 6:30-8:00 PM | T | 2/14 | \$0.00

**LL Preparing Your Child for the End of Grade (EOG) Test**

Reedy Crk MS | 6:30-8:00 PM | W | 4/5 | \$0.00  
 Holly Springs HS | 6:30-8:00 PM | T | 4/18 | \$0.00

**LL Reading is Fundamental! (K-5)**

Reedy Crk MS | 6:30-8:00 PM | W | 3/8 | \$0.00

**LL Teaching Your Child How to Deal with Peer Pressure**

Reedy Crk MS | 6:30-8:00 PM | W | 2/8 | \$0.00

**LL Transitioning to Middle School and Math Resources in Middle School**

Holly Springs HS | 6:30-8:00 PM | T | 1/17 | \$0.00

**LL WCPSS Digital Tools for 21st Century Education**

Holly Springs HS | 6:30-8:00 PM | T | 3/21 | \$0.00

\*We regret that childcare is not available for the children of students of the Lifelong Learning program. Children and non-registered adults are not allowed on campus.





## LL ACT Prep: Score Higher for College Admissions and Scholarships

Wonder if the ACT is a better fit for you as a test taker? Earn higher ACT scores for college admissions and scholarship qualification! Course includes comprehensive instruction in English, math, reading, science, and writing! All juniors are required to take the ACT at their schools. Be ready for this opportunity to score well on this college admissions test! Visit [www.aplushigherscores.com](http://www.aplushigherscores.com).

See page 63 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Leesville HS	6:30-8:30 PM	MTh
	2/6-2/23	\$350
Wake Forest HS	6:30-8:30 PM	TTh
	1/31-2/14	\$350

## LL SAT and ACT Preparation Program

Educational Services Center's test preparation program divides each three-hour class into math and verbal sessions. The math section reviews basic mathematical concepts and basic and advanced algebra and geometry. The verbal review includes evidence-based reading, writing (grammar, punctuation, structure, and style), and essay writing. Students are taught to work strategically, effectively eliminating wrong answer choices, and fully understanding the patterns of both the SAT and ACT exams, so it is advantageous for them. 43% discount for students who qualify for school free and reduced meal plans. Ages 14+

See page 63 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Sanderson HS	6:30-9:30 PM	MTh
	2/6-3/6	\$400
Holly Springs HS	6:30-9:30 PM	T
	3/7-5/2	\$400
Reedy Crk MS	6:30-9:30 PM	W
	3/8-5/3	\$400
Wake Forest HS	6:30-9:30 PM	TTh
	3/9-5/2	\$400

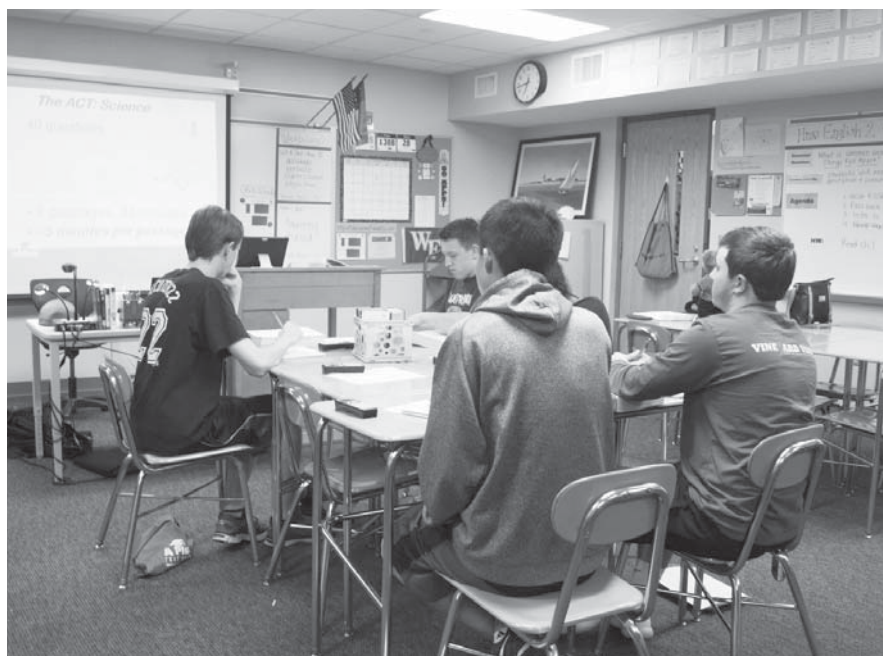
## LL SAT Prep: Turn Your Score Into a Scholarship

Enjoy dynamic instruction in reading, math, English, and writing. Included also is a session that focuses on using SAT/ACT scores to earn scholarships. Tuition includes workbook. Students who've taken this class have earned scholarships from Gates Millennium, Elon's Watson and Odyssey, the Howard University Presidential, and the NC Teaching Fellows Scholarship Program, among others. Learn academic skills necessary for success on the SAT and beyond. For more information, visit [www.aplushigherscores.com](http://www.aplushigherscores.com), email [aplus@aplushigherscores.com](mailto:aplus@aplushigherscores.com), or call 919-824-3912.

See page 63 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Leesville HS	6:30-8:30 PM	MTh
	4/17-5/4	\$350

# Register Now!



## What people are saying...

“I would take this class a million times if I could. I have learned so much in so little time.”

-Bryanna Hopson  
ACT Prep: Score Higher for College Admissions and Scholarships





# Play Music

See page 63 to register online, by phone, or mail; call the Provider, Philharmonic Association, at 919-645-8434 for more information.

**LL Triangle Youth Orchestra**  
Leesville HS | 6:30-8:15 PM | M | 1/9-4/17 | \$165

**LL Triangle Youth Philharmonic**  
Athens Dr HS | 6:30-8:30 PM | T | 1/10-4/18 | \$165

**LL Triangle Youth String Orchestra - Raleigh**  
Sanderson HS | 6:30-8:00 PM | Th | 1/12-4/20 | \$145

**LL Triangle Youth String Sinfonia**  
Reedy Crk MS | 6:45-8:30 PM | Th | 1/12-4/20 | \$145

**LL Triangle Youth Symphony**  
Athens Dr HS | 6:30-8:30 PM | M | 1/9-4/17 | \$165

**LL New Power Yoga**  
Stay physically active and stress-free for the entire semester. Properly move your body to gain strength and flexibility. With improved mental clarity perform well and reach your highest potential. Class is for teens 14 to 18. Focus is on stretching, breathing, meditating, and learning poses. Bring a yoga mat. Contact the provider about advanced payment options.

See page 55 to register online, by phone, or mail; call the Provider, MMG Yoga, at 919-757-5767 for more information.

Leesville HS	6:30-7:30 PM	Th
	2/16-4/6	\$100

**LL New Math Made Easy with Abacus**  
See Teacher CEU/Parenting, page 47.

# Sites and Directions



## Athens Drive High School

1420 Athens Drive  
Raleigh, NC 27606  
Hours: 6:30-9:30 PM  
Site Coordinator:  
Krista McGivern  
Days: Monday - Thursday  
Phone: 919-233-4050 x24921  
Email: kmcgivern@wcpss.net

**Directions from North Raleigh:** Take I-440 to Melbourne exit. Turn left onto Melbourne from the exit. Turn right onto Kaplan Drive. Turn left onto Athens Drive. Turn right onto Avent Ferry Road. Turn right into the Athens Library parking lot.

### Directions from Cary:

Take I-440 to Jones Franklin Road exit. Turn left onto Jones Franklin. Turn right onto Athens Drive. Turn right onto Avent Ferry Road. Turn right into the Athens Library parking lot.



## Holly Springs High School

5329 Cass Holt Road  
Holly Springs, NC 27540  
Hours: 6:30-9:30 PM  
Site Coordinator:  
Beverly McGill  
Days: Tuesday and Thursday  
Phone: 919-577-1444  
Email: bmcgill@wcpss.net

New Site!

### Directions from US-1 S:

Follow US-1 S to NC-55 E in Apex. Take exit 95 from US-1 S. Merge onto I-440 W/US-1 S. Keep left to continue on US-1 S. Take exit 95 for N Carolina 55 toward Apex/Holly Springs/Fuquay-Varina. Continue on NC-55 E to your destination in Holly Springs. Use the left 2 lanes to turn left onto NC-55 E (signs for North Carolina 55 E). Continue onto NC-55 Bypass E. Turn right onto Avent Ferry Rd. Turn left onto Cass Holt Rd. Turn left into the main school parking lot. Enter at the front entrance.



## Leesville High School

8410 Pride Way  
Raleigh, NC 27613  
Site Coordinators:  
Christie Dobbin and Kathy Flor  
Hours: 6:30-9:30 PM  
Days: Monday and Thursday  
Phone: 919-870-4250  
Email: cdobbin@wcpss.net  
kflor@wcpss.net

### Directions from I-440:

Take the Glenwood Avenue exit North. Turn right onto Creedmoor Road. Go 2 miles and turn left onto Lynn Road. Go 1.2 miles and turn right onto Leesville Road. Go 1.7 miles and take a left at the light onto Oneal Road. Turn left onto Pride Way and drive into the third parking lot entrance. Enter the building marked Leesville Road High School.

### Directions from I-540:

Take the Leesville Road exit going South. Go 1.7 miles on Leesville Road. Take a right at the light onto Oneal Road. Turn left onto Pride Way and drive into the third parking lot entrance. Enter the building marked Leesville Road High School.

**Note:** This is a new address, and GPS units may not accurately reflect the location of the school.



## Millbrook High School

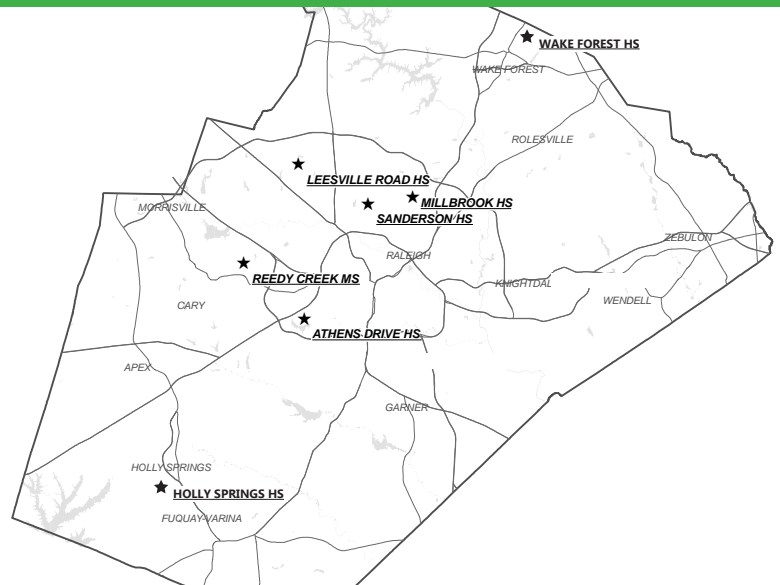
2201 Spring Forest Road  
Raleigh, NC 27615  
Site Coordinators:  
Renee Patterson and Teresa Cronin  
Hours: 6:30-9:30 PM  
Days: Monday - Thursday  
Phone: 919-850-8787  
Evening: 919-850-8804  
Email: lpatterson@wcpss.net  
tcronin@wcpss.net  
Fax: 919-850-8803

### Directions from I-440:

Take Wake Forest Road (which becomes Falls of Neuse Road) north for 3 miles. Turn right onto Spring Forest Road. The school is one mile on the left. Classes are held in the Wild Cat Academy; follow sidewalk around the front of the school and it is on the left.

### Directions from I-540:

Take exit 16 for US-1 S toward Raleigh. Turn right onto U.S. 1 S/Capital Boulevard (0.2mi). Take the 1st right onto Old Wake Forest Road (1.1mi). Continue onto Dixie Forest Road (0.2 mi). Turn right (0.2mi). Turn right (95ft). Millbrook High School is on your left. Park in the main parking lot. Take the walk through to the Wildcat Academy Building and enter through the double doors.





**Reedy Creek Middle School**

930 Reedy Creek Road  
 Cary, NC 27513  
 Site Coordinators:  
 Ambika Persad and Jim Stewart  
 Hours: 6:30-9:30 PM  
 Days: Monday - Thursday  
 Phone: 919-460-3504  
 Email: apersad@wcpss.net  
 jestewart@wcpss.net  
 Fax: 919-460-3391

**Directions from Cary:**

From I-40 W, take the Harrison Avenue exit (#287) and turn left at the exit ramp light. Proceed to the stop light at Reedy Creek Road (this is the next stop light after the Cary Academy stoplight). Turn left onto Reedy Creek Road and proceed for .3 miles. Turn left at the sign for Reedy Creek Middle School. Reedy Creek Middle is the first school on this campus.



**Sanderson High School**

5500 Dixon Drive  
 Raleigh, NC 27609  
 Site Coordinators:  
 Debra Lassiter and Frank Overstreet  
 Hours: 6:30-9:30 PM  
 Days: Monday - Thursday  
 Phone: 919-881-4800 x24803  
 Email: dlassiter1@wcpss.net  
 foverstreet@wcpss.net  
 Fax: 919-881-5006

**Directions from I-440:**

Take Six Forks Road north past North Hills shopping center for 1.5 miles. At the intersection with Millbrook Road turn left. Take a right onto Dixon Drive at the first traffic light. The school is 2 blocks ahead on your right.

**Directions from I-540:**

Take exit 11 for Six Forks Road (4.1mi). Turn right onto W Millbrook Rd (0.5mi). Turn right onto Dixon Dr (331ft). Sanderson HS on your right. Park in the main parking lot and go up the stairs on ramp into the main entrance.



**Wake Forest High School**

420 West Stadium Drive  
 Wake Forest, NC 27587  
 Site Coordinator:  
 Emily Adams  
 Hours: 6:30-9:30 PM  
 Days: Tuesday and Thursday  
 Phone: 919-554-8611  
 Email: eadams@wcpss.net



**Directions from I-440:**

Take Exit 11 for US-1 N/US-401 N/ Capital Boulevard from I-440. In 13.5 miles, turn right onto Stadium Dr. Park in the main school parking lot and enter through the front doors.

**Directions from I-540:**

Take Exit 16 via I-540 E. Drive 9 miles and turn right onto Stadium Dr. Park in the main school parking lot and enter through the front doors.

**What is Community Schools?**

Community Schools, a section of Community Services of Wake County Public School System in the Communications Division, is dedicated to maximizing the use of public school buildings during non-school hours. Lifelong Learning with Community Schools provides local residents with courses and activities that are educational, recreational, cultural, civic-oriented or social, in nature. Most of the courses in this program are designed for all people, ages 16 and older; any exceptions are noted. The goal of Community Schools is to meet the needs of each individual community at the neighborhood level. A catalog containing Lifelong Learning with Community Schools courses is published three times a year.



**Community Schools Staff**

**Linda Willcox**  
 Director  
 Community Services

**Natasha Moore**  
 Senior Administrator  
 Lifelong Learning with  
 Community Schools

**Jan Ruede**  
 Lifelong Learning Coordinator  
 Lifelong Learning with  
 Community Schools

**Jenny McAllister**  
 Community Schools Technician  
 Lifelong Learning with  
 Community Schools



# FAQS ?



## Where is my class?

Room assignments for classes are posted visibly inside of the school on the first night of class. Site coordinators will greet and guide you. The schools open at 6:15 PM. Please arrive on campus after that time.

## What is the age for attendees?

Unless otherwise noted, the courses are normally for anyone 16 or older. Classes for younger people will state so in the description.

## Is childcare provided?

We regret that childcare is not available for the children of students of the Lifelong Learning program. Children and family members are not allowed on campus.

## Are Teacher Continuing Education Units (CEUs) available?

All Wake Tech Continuing Education Courses offer Continuing Education Units (CEUs). However, for specific teacher-targeted courses, see the section labeled "Teacher CEU/Parent." "CEU" will be listed next to the course description. If you have a question regarding whether or not a class is appropriate for your certification, call DPI at 1-800-577-7994, or the Licensure Specialist with the NC Department of Public Instruction at 919-807-3310, extension 3. 100% attendance is required to receive teacher CEUs.

## Where do I park?

Park in designated spaces for regular cars only. Do not park in a bus lot.



## Is smoking allowed on campus?

No. Smoking is not allowed on campus. All Wake County Public Schools' campuses are tobacco free! That includes cigarettes, chewing tobacco, and all other tobacco products.

## What if my class is canceled?

### How do I get my refund?

First, look at the course description to see if a Wake Tech phone number is listed below the course description. If it is, your refund will come from Wake Tech. Please call Wake Tech at 919-866-5800 for more information.

If the telephone number listed below the course description is not Wake Tech, it is up to the provider as to whether there are enough students to hold the class. If the provider decides to cancel the class then your refund would come from that provider. Refunds are the responsibility of the provider, not Lifelong Learning with Community Schools. To avoid classes being canceled, it is best to register early.

## What about inclement weather?

If a school is closed due to inclement weather, it will be posted on the Wake County Public Schools' website at <http://www.wcpss.net> and announced on local radio and television stations. It will be up to the providers to decide if and how they will make up the missed classes.



## How do I learn more about a class I am interested in?

If you desire additional information on a course, please call the number that is listed below the course description. For general questions about the Lifelong Learning Program, call 919-694-0559 or send an email to [lifelonglearning@wcpss.net](mailto:lifelonglearning@wcpss.net).

## Can I teach a course through Lifelong Learning?

Yes! We look for providers three times per year for fall, spring, and summer. Providers create their own courses and teach them. The provider decides the schools, dates, times, and fees for the class. For more information, send an email to [nmoore3@wcpss.net](mailto:nmoore3@wcpss.net) or call 919-694-0557.

## Can I register by 'walk-in' registration?

It is suggested that you always pre-register. However if you're unable to, call the provider and arrive at the class location at least 15 minutes prior to class.

# How to Register for Lifelong Learning Courses

LL

Look for the symbol above next to the course. Use one of these methods to register:



### Online

- Go to [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu).
- Click the course category of interest.



### Call

- Call Jan Ruede at 919-694-0559 to reserve your spot today!



### Email

- Email [lifelonglearning@wcpss.net](mailto:lifelonglearning@wcpss.net)



### Walk-in

- Call Jan Ruede at 919-694-0559 to ensure the class will run.

### Important

\*Make checks payable on the first evening of a one-night class and by the second evening of a multi-night class to the provider listed in the course description where it says, "Call the Provider..."

\*Some providers accept cash, debit/credit cards, or money orders only.



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# How to Register for Lifelong Learning Courses

WT

Look for the symbol above next to the course. Use one of these methods to register:



### Online

- Go to [ceregistration.waketech.edu](http://ceregistration.waketech.edu).



### Mail

- Mail registration form and \*payment.

Workforce Continuing Education  
Registration  
Wake Tech Community College  
9101 Fayetteville Rd  
Raleigh NC 27603

*\*Check or money order only. To protect your personal information, do not submit credit card information with your registration form.*



### In Person

Bring registration form and payment to a Workforce Continuing Education (WCE) office. Payment can be made by \*credit card, cash, check, or money order.



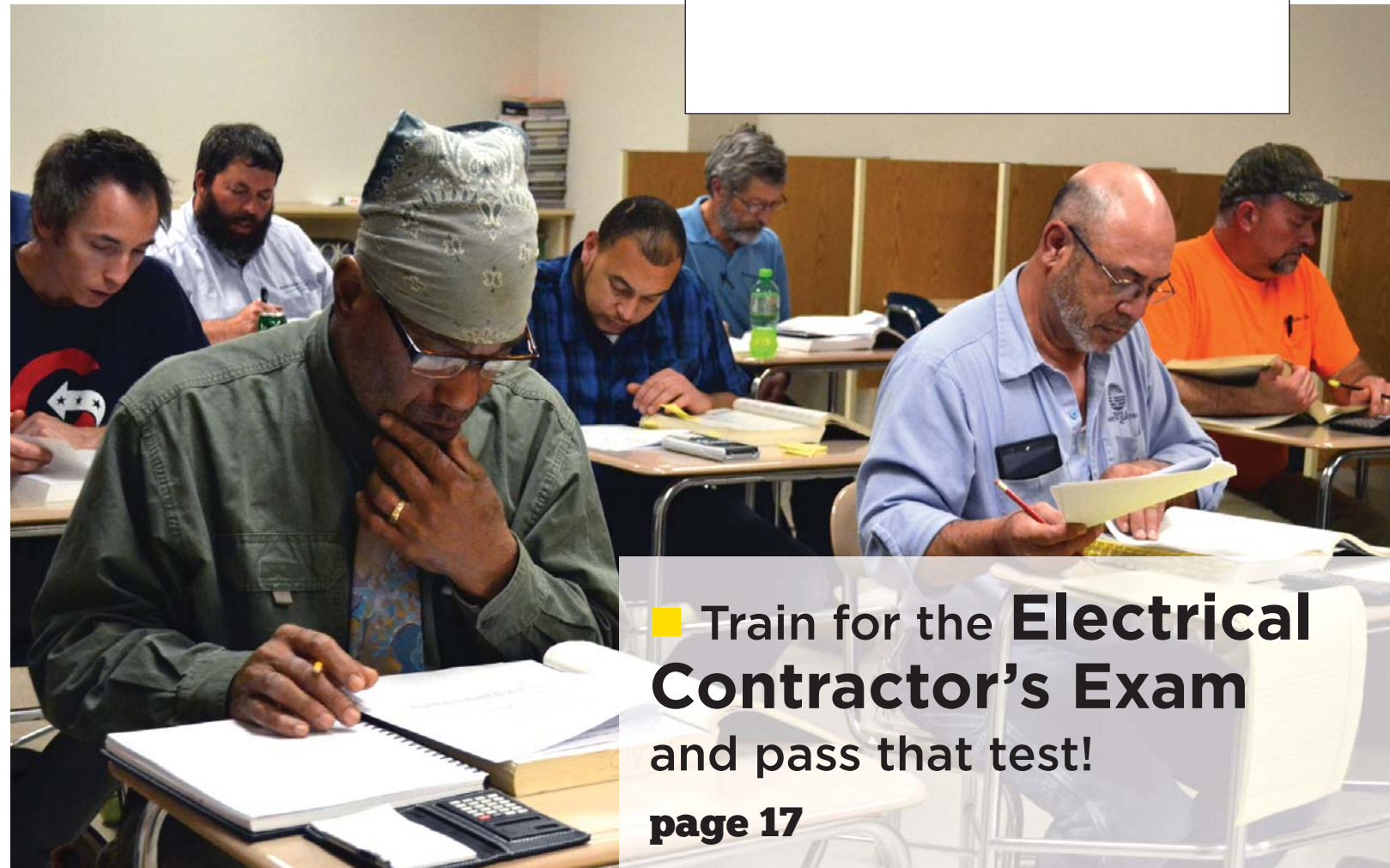
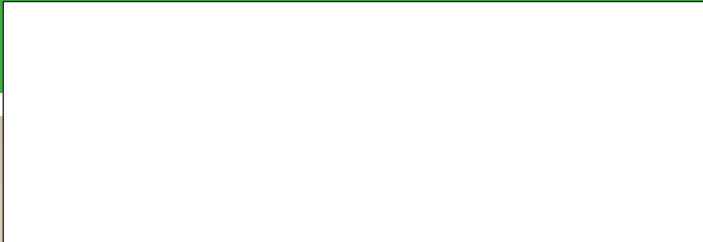
*\*Credit card and cash payments are accepted only at Health Sciences, Main, Northern Wake, Public Safety Education, and Western Wake campuses when cashier services are available.*



**WAKE COUNTY**  
PUBLIC SCHOOL SYSTEM

COMMUNITY SERVICES  
110 CORNING ROAD CROSSROADS II  
CARY NC 27518-9927

NON-PROFIT ORG.  
US POSTAGE



■ Train for the **Electrical Contractor's Exam** and pass that test!

**page 17**

■ Maximize your writing capacity in technical writing.

**page 15**

■ Drum to the beat for a full body workout.

**page 21**

■ Fast-track your career path with Medical Billing.

**page 10**

**919-694-0559**

@WCPSSAdultEdu

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