

Adult Evening EDUCATION

a publication of the Wake County Public School System



ACTIVATE YOUR SUMMER

★ SPARK your
tastebuds in one-night
culinary workshops.
page 11

★ ENERGIZE your
mind and body
with Tai Chi.
page 12

★ GENERATE income
by self-expression
through songwriting.
page 16



LIFELONG LEARNING
WITH COMMUNITY SCHOOLS

wcpss.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!



BUILD a website to grow your business.

10

Lifelong Learning Program Calendar

Summer 2018 Semester:

Monday-Thursday,
May 16-July 26

Holidays:

May 28 Memorial Day
July 4 Independence Day



HONOR, REMEMBER,
and CELEBRATE those
who have or are currently
serving the military.

9



SWEETEN your backyard
with your own beehive.

13

Inside the Catalog:



CREATE A MASTERPIECE 4



MASTER VOICE-OVERS 9



DANCE THE NIGHT AWAY 12



INCREASE RELAXATION 14

REGISTRATION INFO

- 20 Sites and Directions
- 22 FAQs
- 23 Registration Instructions

COURSES

- 4 Arts and Crafts
- 7 Career Skills
- 9 Communications
- 10 Computers
- 11 Cooking
- 12 Dance and Fitness
- 13 Decorating/Gardening
- 13 ESL
- 14 Health and Wellness
- 14 Languages
- 15 Personal Enrichment
- 16 Photo/Video
- 17 Teacher CEU/Parenting
- 19 Teens

FEATURE PROGRAMS

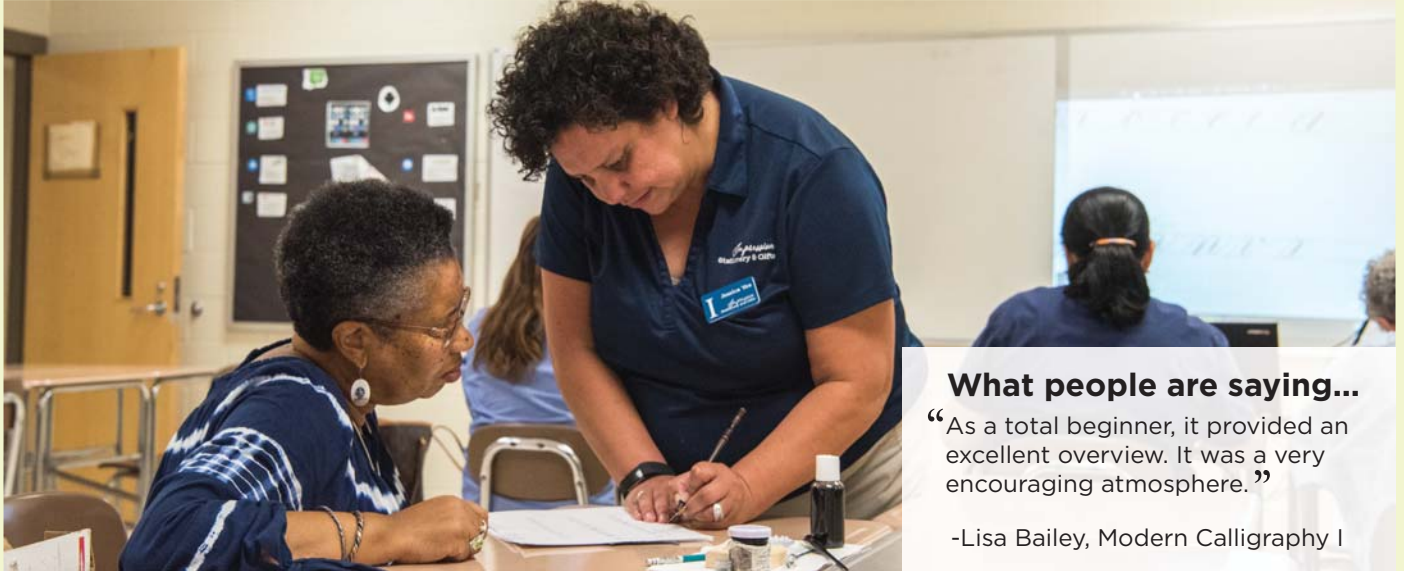
- 8 Teaching Opportunities Adult Evening Education
- 18 Teacher Certifications with NC State



FROST on your plans for a home-based bakery. 11



Spotlight



What people are saying...

“As a total beginner, it provided an excellent overview. It was a very encouraging atmosphere.”

-Lisa Bailey, Modern Calligraphy I

FLOURISH your calligraphy skills with Jessica

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 for 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 23 to register online, by phone, or mail; call the Provider, The Oblique Pen at 919-650-3135 for more information.

Fuquay-Varina MS | 7:00-9:00 PM | T | 5/22-6/26 | \$125



Modern Calligraphy I

Materials \$

Let your pen loose and join me as we explore 'What is Modern Calligraphy?' The resurgence in beautiful loose lettering styles has graced the covers of wedding magazines to cute coffee shop signs. Come learn how to create your own style of beautiful handwriting. Fee includes all supplies needed.

See page 23 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Reedy Crk MS | 7:00-9:00 PM | Th | 5/24-6/28 | \$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.

Spotlight

What people are saying...

“Marcelle is an excellent teacher—very encouraging and explains things well.”

- Becky McElroy
Painting Light and
Atmosphere in Landscapes



BRUSH on creativity with Marcelle

Painting Light and Atmosphere in Landscape

Materials \$

Students will learn the principals and fundamentals of what makes a landscape painting a beautiful work of art. We will concentrate on capturing light and atmosphere and will learn brush and application techniques including dry brush, wet on wet and wet on dry techniques. Also covered will be ariel and how it effects color and value; mixing greens, techniques for painting trees and the importance of edges in your painting. Students may bring an 8x10 photo for reference or they may choose from photocopies of instructor.

See page 23 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 | 5/29-7/24 | \$125



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.



Spotlight



What people are saying...

“Clear teaching of techniques and inspiring instruction.”

- Marlene Bush
Watercolor Loose and Fun

CRAFT a watercolor painting with Ryan

New Painting For Fun-Color for Design & Art

Materials \$

This six week course will focus on creating amazing colors in your paintings. Color theory will be demonstrated through different demonstrations and discussions. Students will create paintings with simplified palettes, complementary colors, and more.

See page 23 to register online, by phone, or mail; call the Provider, Ryan Fox Painting at 919-645-8345 for more information.

Sanderson HS | 7:00-9:00 PM | T | 5/22-6/26 | \$125

Watercolor Loose and Fit

Materials \$

Explore the properties of the unique watercolor medium. Learn how to paint expressively through different lessons. The class will cover numerous watercolor techniques including wet-into-wet, wet-into-dry, intentional water blossoms, and more. Designed for students of all levels.

See page 23 to register online, by phone, or mail; call the Provider, Ryan Fox Painting at 919-645-8345 for more information.

Millbrook HS | 7:00-9:00 PM | W | 5/30-7/11 | \$125



Ryan Fox is a renowned watercolorist with works displayed throughout North Carolina and beyond. His award winning watercolor paintings have appeared in the Adirondacks National Exhibition of American Watercolors, American Watercolor Society, Watercolor Society of North Carolina, Pittsburgh Watercolor Society, and Illinois Watercolor Society shows. His work has been featured in Splash 15 and 16 hardcover books published by F+W Media. Join Ryan to unlock the mystery of making beautifully layered watercolor paintings.



JUMPSTART your career

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.

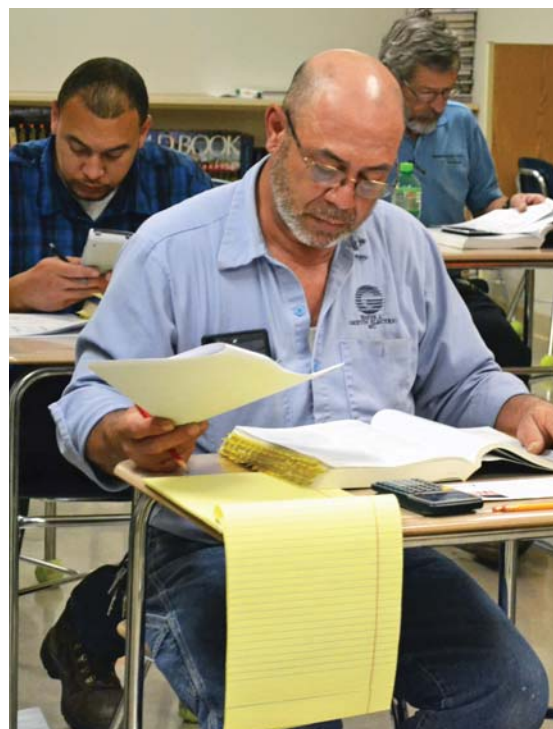
See page 23 to register online, by phone, or mail; call the Provider, Billy Morris, at 919-469-8823 for more information.

Athens Dr HS | 6:30-9:30 PM | MTh | TBD | \$300

What people are saying...

"Mr. Morris explained, in detail, questions we had and took time to discuss in further detail how what we learned would be used in the field."

-Benny Lee Currin Jr.,
Electrical Contractor's Exam Prep



Live Your Song—Alternatives to Creating a Non-Profit

Ever wished you could do work that allowed you to help others and make a difference in the world? What's stopping you? Have you gotten caught up in believing the only path available is to spend hundreds of dollars to start a non-profit? If any of this sounds like you, Live Your Song may be just what you need. More than an instructional format, it's a coaching format. Utilizing a series of worksheets and real marketing tools, you will start down the road to building a real business that can help you to 'live your passion.' Gain hands-on experience and new skills to create anything you imagine. Class fee will include one month of service for a web page you will build. Bring laptops or smartphones to the class.

See page 23 to register online, by phone, or mail; call the Provider, Triangle Solutions Alliance, Inc., at 919-671-6134 for more information.

Sanderson HS | 7:00-9:00 PM | T | 5/22-6/12 | \$124



Scope out other courses

I Want to Use Social Media to Sell a Product or Service

See Computers, page 10.

Songwriting: Express Yourself and Create Income

See Personal Enrichment, page 16.

Voice-Overs...Now Is Your Time!

See Communications, page 9.

Have a service, product, skill or talent?



INSPIRE others, 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 courses:

- Guitar
- Creative Real Estate Investing
- Floral Arranging
- Basic Auto Repair
- Stained Glass
- Sewing

Visit us at wcpss.net/adult-edu

Qualifications

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



Spotlight

LAUNCH a voice-over career



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 23 to register online, by phone, or mail; call the Provider, Such a Voice, at 802-275-0154 for more information.

Athens Dr HS | 7:00-9:00 PM | W | 6/20 | \$35

What people are saying...

"High energy and great content.
Also, great information for the price."

-Colby Hall,
Voice-Overs...Now Is Your Time!

MOTIVATE the writer from within

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

Millbrook HS | 6:30-8:00 PM | W | 5/16-7/25 | \$275

New Military Memory Books 102

Materials \$

Imagine creating a collaborative memory book to honor, remember, celebrate, or appreciate someone special who has or is currently serving in the military, living or deceased. Through class instruction, individual exercises, and reflection, select a theme, decide on the content, and collect contributions from friends and family. Ideally, individuals will have access to a computer, tablet, or smart phone and a printer. Otherwise, letters can be hand written and mailed, asking family and friends to provide information for the book. Finish the book in class with heartwarming results to give as a treasured, lifetime gift.

See page 23 to register online, by phone, or mail; call the Provider, Memory Books, LLC, at 919-632-9416 for more information.

Sanderson HS | 7:00-8:30 PM | T | 6/5-7/17 | \$50

DEVELOP your photo and video skills

New Videography, Photography, and Editing Introduction

See Photography/Videography, page 16.

New Videography, Photography, and Editing for Beginners

Materials \$

See Photography/Videography, page 16.



ENHANCE your computer skills

Become a Pro Blogger Or Just Create One For Fun

Materials \$

Let www.TeachTechU.com help you start a blogging side job or help you begin one to connect with the world in fun ways. Blogging is one of the easiest ways to express and promote your ideas, your dreams, your goals, and/or your business. Take this class and learn how to create and produce your own basic or advanced blog. Each student will leave the course with a shiny new blog that is fully formed, designed, connected to social media, and growing with content that you create each week. If you've ever wanted to blog and didn't know where to start, this is the course for you.

See page 23 to register online, by phone, or mail; call the Provider, TeachTechU at 919-916-8939 for more information.

Millbrook HS | 6:30-8:30 PM | M | 6/4-6/25 | \$175

I Want to Use Social Media to Sell a Product or Service

Materials \$

Get your business noticed on social media. Every post you make is an opportunity to connect with potential customers. You will learn how to leverage your social media to reach your target audience directly. You will facilitate and improve the communication between your brand and your customer. What are you waiting for? Sign up today!

See page 23 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 8:00-9:30 PM | W | 5/16-7/25 | \$275

Mac Computer Use for Beginners

Materials \$

Basics of the Mac operating system, it's UNIX background, Apple apps, and the most popular 3rd party apps. Remote contact methods, including Apple Mail. MAC myths debunked. How to shop for a MAC. Please bring your Mac (Two extras are available to loan).

See page 23 to register online, by phone, or mail; call the Provider, Jim Miller at 919-703-9589 for more information.

Athens Dr HS | 6:30-8:00 PM | TTh | 6/5-6/14 | \$85

PLUG into a hybrid CEU course

Creating Content and Teaching in the Digital Classroom

See Teacher CEU/Parent, page 17.

HYBRID PROGRAM

The Internet and Social Media for Beginners

Materials \$

It's Ok. Raise your hand and admit it—you are about as web savvy as someone in 1990. By the way, the world wide web hadn't even been created then. If web surfing sounds like no fun—If emailing makes no sense to you—If Facebook and Twitter seem alien—then www.TeachTechU.com has a class just for you. Come and learn how to safely negotiate websites, email services, and the scary old social media hubs like Facebook, Instagram and Twitter. This course is for brave beginners who are ready to dip their toes in and get started but have no idea where to begin. Begin here. One class. One day. You'll walk away feeling like it's...2005! Bring your laptop or other digital device.

See page 39 to register online, by phone, or mail; call the Provider, TeachTechU at 919-916-8939 for more information.

Millbrook HS | 6:30-8:30 PM | M | 7/23 | \$68

WordPress for Beginners

Materials \$

Want to build a website? Let Christopher Zirkle teach you how to build a WordPress.com website. Explore all of the dashboard functions and all advanced features. Don't know code? No worries. You won't need it. Bring a WiFi-capable laptop and the content for your website. Contact the instructor if you do not have a computer at czirkle@wcpss.net.

See page 39 to register online, by phone, or mail; call the Provider, Christopher Zirkle at 919-720-3809 for more information.

Fuquay-Varina MS | 7:00-9:00 PM | T | 6/26-7/10 | \$100





Spotlight

FILL-UP on one-night workshops with Chef Rebecca



New Greek Night

Materials \$

Take a culinary journey to Greece. Learn how to cook classic Greek favorites like souvlaki, spanakopita, baklava and many other dishes.

See page 23 to register online, by phone, or mail; call the Provider, Rebecca Smith, at 410-935-8198 for more information.

Wake Forest HS | 6:30-9:30 PM | T | 6/26 | \$49

New Taco Tuesday

Materials \$

Spice up your Taco Tuesdays. Learn how to make fresh homemade corn tortillas from scratch. Trade in your boring ground beef, lettuce and tomatoes for yummy fillings and toppings such as grilled steak, chimichurri sauce and pickled onions.

See page 23 to register online, by phone, or mail; call the Provider, Rebecca Smith, at 410-935-8198 for more information.

Wake Forest HS | 6:30-9:30 PM | T | 6/5 | \$49

SHARPEN your knife skills



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 23 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 | T | 7/24 | \$33



How to Operate A Home-Based Bakery Micro Course

How to Operate a Home-Based Bakery-Micro Course is designed for bakers who want to learn to operate a successful home-based bakery. The class curriculum will cover the Department of Agriculture's compliance regulations and the kitchen inspection process; recipe development and packaging requirements; food storage, food safety and sanitation; online sales, along with practical advertising suggestions; and strategies for marketing your home-based bakery.

See page 23 to register online, by phone, or mail; call the Provider, Foodpreneur Institute, at 919-412-9158 for more information.

Reedy Crk MS | 6:30-9:00 PM | Th | 6/5-6/26 | \$174

Dance and Fitness



Spotlight

DISCOVER Tai Chi with Howie



Beginning Tai Chi—Basics and 24 Movement Form

Materials \$

Tai Chi Chuan is an ancient Chinese Internal Martial Art that enables you to rediscover your natural flow and rhythm through movement. Classes will look at the many dimensions of Yang style Tai Chi Chuan. Explore the classical 24 movement form, and use it to build a strong core through correct structure, basic exercises, and body alignment practices. Wear cotton clothes and thin-soled, flexible shoes.

See page 23 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Reedy Crk MS | 7:00-8:30 PM | T | 5/22-6/26 | \$100

New Intermediate Tai Chi—Yang Style 24 Movement Form

Materials \$ Pre-Rec

This class is a continuation of the Beginners Tai Chi Class. A further refinement of the 24 movement Yang Style Tai Chi form, single movement exercises, basics, stances and energetics will be further detailed in this class. This class is open to anyone who has taken the Beginners Tai Chi course from Howie. If you have previous Tai Chi experience and have not taken the beginners class please contact the provider before signing up for this class.

See page 23 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Reedy Crk MS | 7:00-8:30 PM | W | 5/16-7/25 | \$165

STEP into rhythm with Dara



Introduction to Dancing Argentine Tango

Materials \$

Rich in customs, music, and graces, this 10-week course is designed to teach people of all ages and experience levels the foundations of Argentine Tango. The class will take students through the foundations of Argentine Tango by covering basic movement patterns and how to apply them to a variety of classic and modern tango tunes. Shoes with a leather or suede sole and loose, comfortable clothing are preferable. A partner is not required.

See page 23 to register online, by phone, or mail; call the Provider, Dara Ehtesham, at 919-500-8561 for more information.

Athens Dr HS | 7:00-8:30 PM | Th | 5/17-7/19 | \$95

Explore Meditation

Chair Yoga

Materials \$

See Health and Wellness, page 14.

New Relaxation Education: 4 Basics to Managing Stress

Materials \$

See Health and wellness page 14.

Decorating and Gardening

HATCH a plan for your backyard hobby



Backyard Chickens 101

Thinking about bringing home some feathered friends? This class will teach you the basics, from selecting housing and chicks to challenges such as managing illnesses. You will leave prepared to bring home your first flock!

See page 23 to register online, by phone, or mail; call the Provider, April Lee, at 252-339-6128 for more information.

Athens Dr HS | 6:30-8:30 PM | T | 5/29 | \$36
Sanderson HS | 6:30-8:30 PM | Th | 6/21 | \$36



Beekeeping for Beginners

Gain an introduction to beekeeping aimed at the backyard beekeeping hobbyist. This course will cover the basics of honeybee behavior, equipment required, local ordinances, and a hands-on practicum on handling bees using the instructor's hives. Free copy of the 'The Backyard Beekeeper' by Kim Flottum included! Plus, instructor William Cole will provide information on obtaining beekeeping equipment to start your own hive.

See page 23 to register online, by phone, or mail; call the Provider, William Cole, at 919-522-5733 for more information.

Athens Dr HS | 6:30-9:00 PM | M | 5/21-6/25 | \$105



STUDY ESL

ESL

ESL classes are for non-native English speaking adults who want to learn English to get a job or go to college. The program focuses on developing college and career readiness skills; including technology, civics and workplace skills through reading, writing, listening and speaking experiences.

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

Athens Dr HS | 6:30-9:30 PM | MTWTh | 7/9-8/30 | \$0

*New and Returning Student Registrations on 7/9 and 7/10.

There is no charge for most
ESL classes.

Call Wake Tech at 919-334-1501
for more information or visit esl.waketech.edu.



Health and Wellness

STRENGTHEN your healing knowledge

Chair Yoga

Materials \$

Bring awareness to postural body mechanic alignments, discover various practices of breathing techniques for concentration and relaxation, and master meditation to incorporate mind, body and spirit to center health and wellness as a whole person.

See page 23 to register online, by phone, or mail; call the Provider, My Hao Tran, at 919-210-0324 for more information.

Millbrook HS | 6:30-7:30 PM | MW | 5/16-6/13 | \$165

Sanderson HS | 6:30-7:30 PM | T | 5/22-7/10 | \$165

Millbrook HS | 6:30-7:30 PM | MW | 6/18-7/16 | \$165



New Relaxation Education: 4 Basics to Managing Stress

Master how to stay calm in the face of life's curveballs. If you been diagnosed with a stress driven illness such as high blood pressure, or have a high stress job and responsibilities, or are seeking education on basic relaxation practices, this class is for you. Stress can be often correlated to depression, anxiety and physical illness. It's really important for us to include time for ourselves daily in order to maintain a healthy balance and to promote a sense of well-being. You can't avoid all stress, but you can counteract its negative effects by learning to bring to the conscious mind healthy stress management practices.

See page 23 to register online, by phone, or mail; call the Provider, Tameko Piggee, LCSWA, MSW, at 919-625-7543 for more information.

Sanderson HS | 6:45-8:15 PM | T | 7/10 | \$58

Millbrook HS | 6:45-8:15 PM | W | 7/11 | \$58



Languages

ENGAGE with others in a different language.

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 23 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 | 5/24-7/26 | \$100



Personal Enrichment

EMBARK on a journey of self-discovery

Cats 101: Decoding the Fabulous, Fickle Feline

Cats have befuddled mere mortals for centuries. But some puzzling quirks can be explained. Like, why they often head straight for that one guest who hates cats. (There is a reason!) Or why they drink from one bowl but not another. Need to coax a shy cat from a hiding place? Find out how and about ways cat interaction benefits humans. Plus, hear about amazing, true stories of heroic cats and a real-life 'furry reaper.' Gain a deeper understanding of cats from Karen Raines' lifetime of cat ownership, pet sitting, founding a visiting cat program, and caretaking of nursing home cats. Missing out on this fun foray into feline foibles would be purrfectly cat-astrophic! Prepay the class fee at paypal.me/KarenRaines/55.

See page 23 to register online, by phone, or mail; call the Provider, Karen Raines, at 919-903-3487 for more information.

Millbrook HS | 6:30-9:00 PM | W | 5/16 | \$55

New CRAVE-Performance Workshop

Materials \$

Theater is a creative, expressive, transforming art form. Crave is designed to inspire, build confidence, explore self-expression and empowerment. The class will be creative, interactive, and exciting! This is a triple threat module combining expressive art forms such as creative writing, music and theater. Students can expect to explore a variety of acting techniques which encourages the collective. The end of the program will result in a 20 minute presentation developed by the participants.

See page 23 to register online, by phone, or mail; call the Provider, N.Y.I Productions, at 919-327-0283 for more information.

Athens Dr HS | 7:00-9:00 PM | MW | 5/21-7/9 | \$110

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

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. 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 laptop, tablet, or cell phone. Get on the road to financial success.

See page 23 to register online, by phone, or mail; call the Provider, Black Diamond Financial Group, at 919-522-4952 for more information.

Millbrook HS | 6:30-8:00 PM | T | 5/22-5/29 | \$120

Flair Image and Modeling

Materials \$

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

Athens Dr HS | 6:30-8:30 PM | Th | 5/17-6/28 | \$130

New Mindset: Even if You think You Can't, You Can!

Materials \$

Your MINDSET is your set of beliefs or way of thinking that determines your behavior, outlook, and mental attitude. Our thoughts reflect our beliefs, which in turn affect our actions and results. Mindsets can limit our success and affect our health. The science of Positive Psychology provides insights and tools for developing your healthier growth mindset. Receive teaching instruction, short videos, and group interactions while learning to use the tools. Discover the science and research behind the tools and how to use them in your daily life and future plans. Join National Board Certified Health and Wellness Coach Katherine Mackintosh.

See page 23 to register online, by phone, or mail; call the Provider, Clear Path Health Coaching, LLC, at 919-612-0245 for more information.

Millbrook HS | 7:00-9:00 PM | T | 6/5-6/19 | \$99

Take Free Vacations and More Leveraging the Secret Power of Reward and Travel Points

Go for the gold with Rewards Points! Stay knowledgeable of the latest trends in the wonderful world of rewards points. Instructor Barron Damon, who enjoys the benefits of rewards through free vacations, hotel stays, gifts, and more, calls it "The Power of the Points." Rewards programs are becoming more and more popular with American households averaging 29 loyalty memberships! In this fun, one-night workshop, you will learn about basics and strategies to turn those points into financial powerhouses and use them for everyday use. Don't just work for your money. Start making your money work for you!

See page 23 to register online, by phone, or mail; call the Provider, Business of Life CC, at 919-439-5410 for more information.

Sanderson HS | 6:30-9:30 PM | T | 5/29 | \$58

Spotlight

NAVIGATE your songwriting journey with Wendy

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

Athens Dr HS | 7:00-8:45 PM | W | 5/23 | \$38



Now What? Understanding the Steps to Selling Your Music

This course designed to provide an introduction to individuals interested in exploring the various ways to make money with their music, tagging music, collaborating with others to develop that masterpiece and exposing your product to get fans and customers. Components include the power of music in our lives, structure of music, music hooks, lyrics and the music as a business. Students are encouraged to share songs they have created, song concepts and their music goals.

See page 23 to register online, by phone, or mail; call the Provider, Wendy Elston-Davis, at 919-649-3697 for more information.

Athens Dr HS | 7:00-9:00 PM | W | 6/13 | \$40

Photo/Video

CAPTURE something new

New Videography, Photography, and Editing Introduction

Have you ever thought about becoming a videographer or photographer and don't know where to start? Discover the different purchase options for a camera, software, and other required equipment. Learn the basics of operating your DSLR camera for both photo and video settings. Understand the basic fundamentals of video editing, record external audio and how to publish it to the web.

See page 23 to register online, by phone, or mail; call the Provider, Christopher Zirkle, at 919-720-3809 for more information.

Fuquay Varina MS | 7:00-9:00 PM | T | 5/22-5/29 | \$75

New Videography, Photography, and Editing for Beginners

Materials \$

Explore the world of photography and videography in-depth with hands-on learning. Learn settings on your DSLR camera for video and photo with your DSLR camera. Build upon your basic video editing knowledge and create something you can't wait to share with others. Please contact the provider for required materials to bring to class.

See page 23 to register online, by phone, or mail; call the Provider, Christopher Zirkle, at 919-720-3809 for more information.

Fuquay Varina MS | 7:00-9:00 PM | T | 6/5-6/19 | \$125

GAIN the knowledge to help others

Creating Content and Teaching in the Digital Classroom

Materials \$

This is a hybrid program, conducted the first night in class and thereafter online. Required June 14 meeting for technology access codes and instructions. Earn CEU's and learn at your own pace. In this course, you will learn how to use technology in your classroom, even if your school technological resources are limited. Each module teaches a new technology platform and allows for practice on creating digital content and lesson plans. Bulletin board access for student collaboration and instructor feedback. You will learn how to take your own curriculum materials and convert them into digital lessons. This course is particularly helpful for teachers who need to boost their knowledge and confidence with digital tools. NC teachers **MUST** be ready for the digital competencies required for continued licensing. Learn the tools to make your content, classroom management, and work/life balance more efficient. Completion Certificate. **CEUs=1.0**

See page 23 to register online, by phone, or mail; call the Provider, TeachTechU at 919-916-8939 for more information.

Millbrook HS | 7:00-9:00 PM | Th | 6/14-7/26 | \$175



Family Stabilization: A Trauma Sensitive Curriculum

Obviously children don't come with instructions but there are many resources that will help guide a parent through the most difficult issues that arise with children. This class is geared towards pre-adoptive families, foster parents, kinship care or parents of a child who has experienced a trauma. Trauma is defined as a stressful or life threatening event. The goal of this class is to strengthen your trauma sensitivity, learn to help children heal, minimize unintended harm, and to decrease disruptions. All workshops include hands-on practice, brief instructor presentations, exercises, and small group discussion.

See page 23 to register online, by phone, or mail; call the Provider, Tameko Piggee, LCSWA, MSW, at 919-625-7543 for more information.

Millbrook HS | 6:30-9:30 PM | M | 6/25 | \$68
Reedy Crk MS | 6:30-9:30 PM | Th | 6/28 | \$68



New I want to Teach ESL Students in China

Want to earn extra money by teaching 1-on-1 online full immersion English classes based on the US Common Core State Standards to students in China? If you are eligible to work in the US or Canada, have a bachelor's degree in any field, 1 school year of traditional teaching experience or the equivalent in mentoring, tutoring, or alternative education, and have a computer with good internet access you could earn an additional \$14-\$18/hour. This opportunity is ideal for teachers looking to supplement their income.

See page 23 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 6:30-8:00 PM | Th | 5/17-5/31 | \$125



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*Sources: U.S. News & World Report and Value Colleges



What people are saying...

“Homework and classwork helped me understand the type of content on the SAT and where to use my time wisely.”

-Yashmitha Lenin,
SAT and ACT Preparation Program



STRENGTHEN your ACT/SAT scores

ACT Prep: Turn your scores into scholarships

Wonder if the ACT is a better fit? This course provides dynamic, data-driven instruction in English, math, reading, science, and writing. Students learn academic skills necessary for higher scores and greater academic success. This technology-infused course provides students' real-time assessment on their practice and includes a focus on how students can use ACT scores to earn scholarships: our top three Aplus Class of 2016 scholarship recipients alone earned over \$1 million in scholarships! Join us and see where the path of college preparation can take you. Tuition includes workbook. For more information, visit www.aplushigherscores.com or email aplus@aplushigherscores.com. Ages 14+

See page 23 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Millbrook HS | 6:30-8:30 PM | MW | 6/18-7/11 | \$395

SAT/ACT Preparation Program

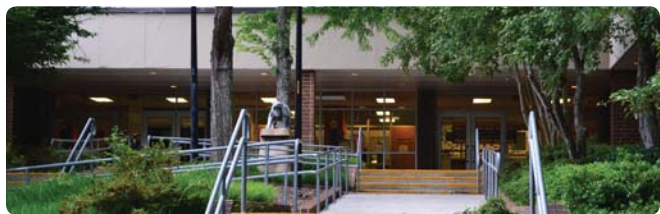
Educational Services Center's test preparation program divides each three-hour class into math and verbal sessions. The math section reviews basic mathematical concepts and basic and advanced algebra and geometry. The verbal review includes evidence-based reading, writing (grammar, punctuation, structure, 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. For more information or to enroll, please visit www.esctestprep.com. Ages 14+

See page 23 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Reedy Crk MS | 6:30-9:30 PM | MW | 6/25-7/25 | \$400

Wake Forest HS | 6:30-9:30 PM | TTh | 6/28-7/28 | \$400

Sites and Directions



Athens Drive High School

1420 Athens Drive
Raleigh, NC 27606
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinator:
Krista McGivern
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. Enter the library entrance.

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. Enter the library entrance.



Reedy Creek Middle School

930 Reedy Creek Road
Cary, NC 27513
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinators:
Ambika Persad and Jim Stewart
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.



Millbrook High School

2201 Spring Forest Road
Raleigh, NC 27615
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinators:
Renee Patterson and Teresa Cronin
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 (0.2 mi). Take the 1st right onto Old Wake Forest Road (1.1 mi). Continue onto Dixie Forest Road (0.2 mi). Turn right (0.2 mi). Turn right (95 ft). 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.

Start a new
adventure
today! Summer
courses offered
across Wake
County at six
different sites!



Wake Forest High School

420 West Stadium Drive
Wake Forest, NC 27587
Hours: 6:30-9:30 PM
Days: Tuesday and Thursday

Site Coordinator:
Emily Adams
Phone: 919-554-8611 x23681
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.



Sanderson High School

5500 Dixon Drive
Raleigh, NC 27609
Hours: 6:30-9:30 PM
Days: Tuesday and Thursday

Site Coordinators:
Rashunda Jennings and
Lisa Messick
Phone: 919-881-4800
Email: rjennings@wcpss.net
lmessick@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.



New Location!

Fuquay-Varina Middle School

109 N Ennis Street
Fuquay-Varina, NC 27526
Hours: 6:30-9:30 PM
Days: Tuesday

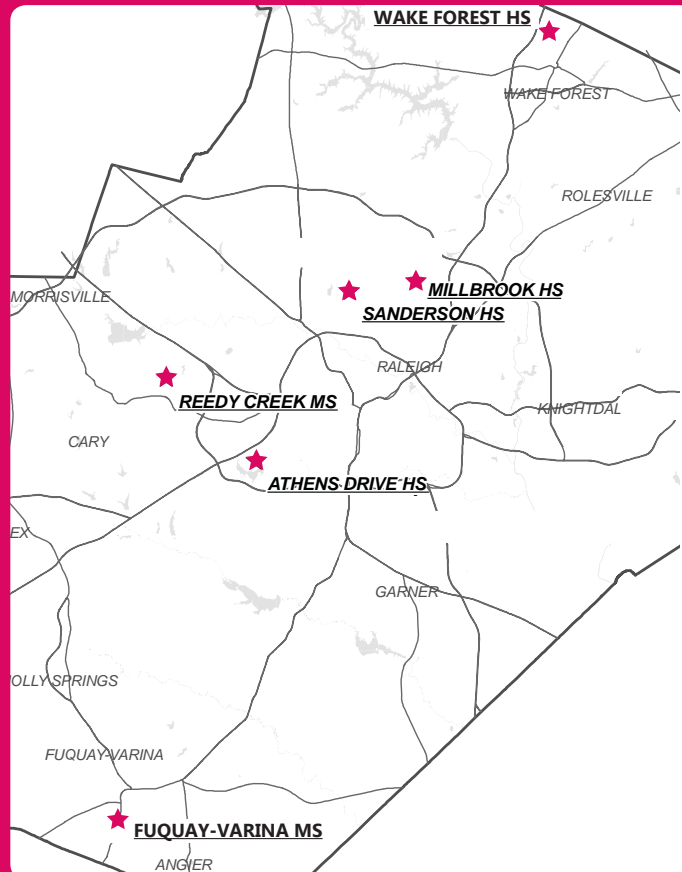
Site Coordinator:
Justin Viens
Phone: 919-557-2727 x24120
Email: jviens@wcpss.net

Directions from I-540:

Take the last exit on 540 East for Holly Springs/Fuquay-Varina, turning on NC55-E. Follow 55-E through downtown Fuquay. Turn Right on North Ennis St, crossing the railroad tracks and through the light (across Main Street). Once you pass the athletic fields on the right side, turn into the parking lot at the intersection, or next to the cafeteria. The entrance is next to the cafeteria.

Directions from 401 or I-40:

Take 401-S through Raleigh and Garner. Once in Fuquay, turn left onto Judd Parkway, then a right onto East Academy St (right before the big Methodist Church). At the next stoplight turn right on North Ennis Street. Park in the lot at the intersection, or next to the cafeteria. The entrance is next to the cafeteria.



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?

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?

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 wcpss.net and the Community Schools' website at cs.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.

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 lifelonglearning@wcpss.net.

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 15 minutes prior to class.

How to Register for Lifelong Learning Courses

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



Online

- Go to 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.



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.

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

Jan Ruede

Lifelong Learning Coordinator
Lifelong Learning with Community Schools

Jenny McAllister

Community Schools Technician
Lifelong Learning with Community Schools

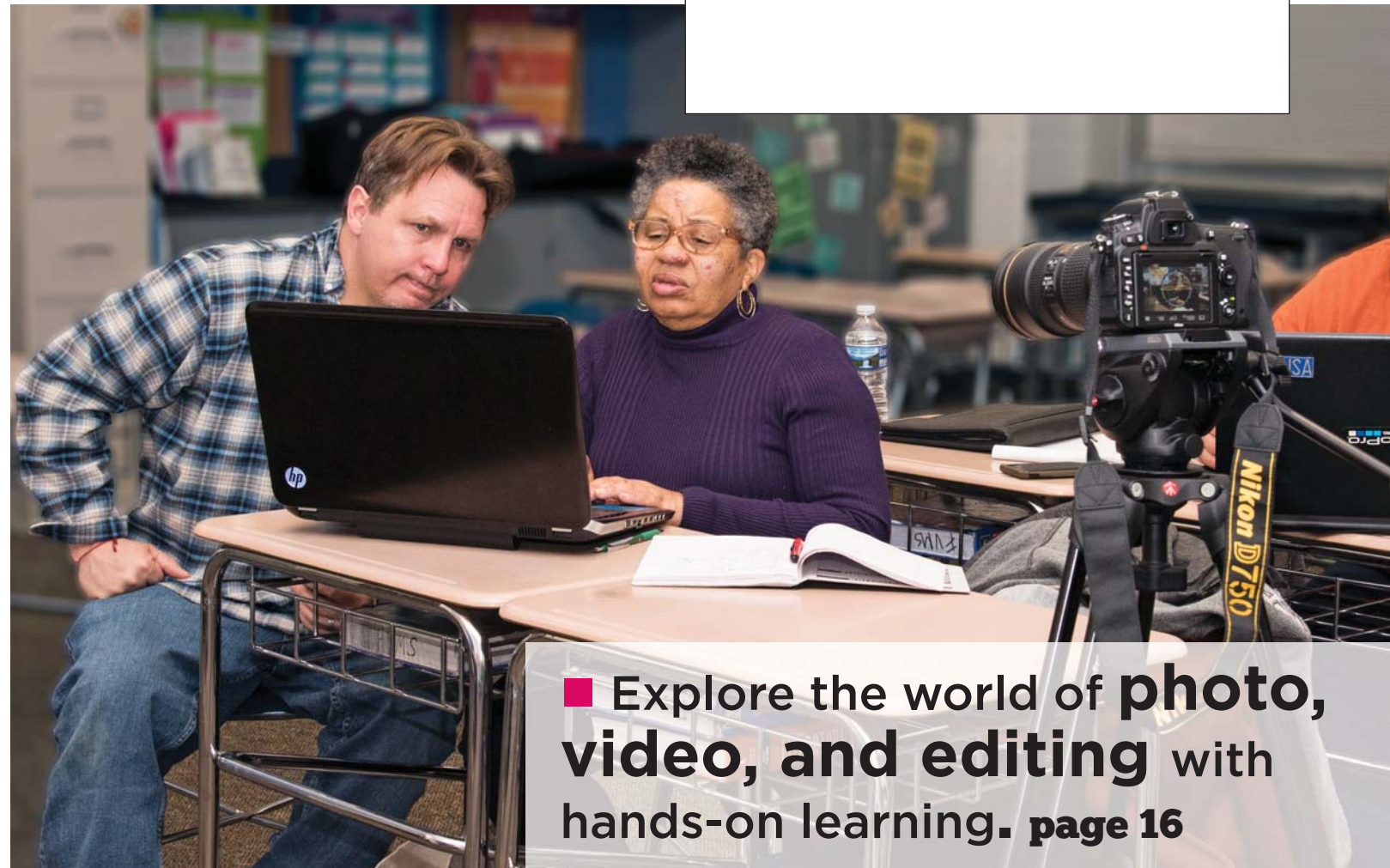
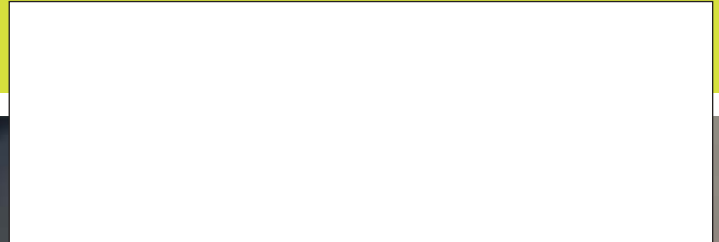




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919-694-0559

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