

Adult Evening EDUCATION

2019 Fall Course Catalog

DISCOVER YOUR POTENTIAL



INFORMATION SESSION:

Open to All!

October 9, 2019 | 12pm-1pm

110 Corning Road | Cary, NC

■ Design
that DREAM
WEDDING

page 16

■ Simplify
the complex
process of
HOME BUYING

page 25

■ Learn Self
Defense with
KRAV MAGA

page 27

Welcome!

Adult Evening Education is a part of Wake County Public School System (WCPSS) where you can enjoy courses that are educational, recreational, cultural, civic, and social in nature. Classes are offered both on-site and online.

Check out our *Adult Evening Education (AEE)* catalog, published three times per year (fall, spring, and summer), available online, 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!



FOLLOW US

 @WCPSSAdultEdu

 fb.me/WCPSSlifelonglearning

Lifelong Learning Program Calendar

Fall 2019 Semester:

Monday-Thursday,
August 19-December 12

Holidays:

September 2 - Labor Day
November 11 - Veterans Day
November 28 - Thanksgiving Day



Instructor Spotlight—
Lisa Jacobs

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Site Coordinator Spotlight—
Michelle Parker-Van Dyke

43

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Look for our **Online** courses
throughout the catalog!



Choose from 100s of
ONLINE CLASSES **34**

Acrylic Pouring with Linda

Acrylic Pouring 101

Materials \$

Acrylic pouring has quickly become one of the top artist techniques in the country. Hone your creativity through helpful instruction, demonstrated techniques, followed by hands-on practice with this new painting technique. No artistic talent is needed, just an interest in trying something new with paint and color! The artists will be able to take their painting(s) home with a cheat sheet so they can paint more at home.

See page 47 to register online, by phone, or mail; call the Provider, Linda Long, at 704-214-6676 for more information.

Sanderson HS | 6:30-8:30 PM | Th | 9/10 | \$50

Sanderson HS | 6:30-8:30 PM | T | 11/5 | \$50

Sanderson HS | 6:30-8:30 PM | Th | 12/5 | \$50

What people are saying...

“Linda’s personalized approach to sharing her talents and animated personality throughout the class enticed me to sign up for future classes.”

-Elise Sedore
Acrylic Pouring 101

Acrylic Pouring 102

Materials \$ Pre-Rec

Further your skills, using the exciting artistic technique of acrylic pouring, intended for participants that have attended Acrylic Pouring 101 or have some experience with the pouring technique. Learn through helpful instruction and hands-on practice and walk away with your newly created treasures.

See page 47 to register online, by phone, or mail; call the Provider, Linda Long, at 704-214-6676 for more information.

Sanderson HS | 6:30-8:30 PM | T | 9/17 | \$50

Sanderson HS | 6:30-8:30 PM | T | 11/12 | \$50

Sanderson HS | 6:30-8:30 PM | Th | 12/12 | \$50



Linda Long is a retired teacher and lifelong artist. For a number of years, her main interests were in watercolor and pastel techniques. The last few years more abstract painting has piqued her interest, and that’s where the technique of acrylic pouring evolved. She is enthusiastic to share her artistic knowledge with you. Follow Linda on Instagram: uniquely Linda, or on Facebook to see the fun she has been having.

Art Journals with Lynne

New Altered Book Art Journals

Materials \$

Explore the world of altered books while creating your own altered art journal. Learn the secrets of turning an ordinary book into a blank canvas for your art journal. We will prep and prime your books so they can become a work of art ready for your journaling and artwork. Students will leave with an altered art journal that has a finished cover and samples of techniques used to create backgrounds for multiple journal spreads.

See page 47 to register online, by phone, or mail; call the Provider, Open Hearts Studio, at 919-274-2960 for more information.

Sanderson HS | 6:30-8:30 PM | W | 9/11-9/25 | \$95



Lynne Hudson is a mixed media artist, writer, teacher, and blogger who loves to learn new techniques in order to mix them all together. She loves reading, coffee, and chocolate along with cat snuggles and puppy romping. Her life as

a creative entrepreneur allows her to combine her techie and artistic brain.



Calligraphy with Jessica

Copperplate Calligraphy

Materials \$

This 12-hour beginner's calligraphy class will cover Copperplate calligraphy. Learn the history of letter styles, how to care for and adjust the penholder, as well as exercises, instructions, and practice sheets. Each letter group is covered, and letter formations and variations are discussed. 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 waitlisted for the next session. Contact the provider for a supply list.

See page 47 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Fuquay Varina MS | 6:30-8:30 PM | Th | 10/3-11/14 | \$135

What people are saying...

“The instructor does a lot of one on one teaching and makes class very interesting and encourages you to stay with it.”

Student - March 2018
Copperplate Calligraphy

Drawing with Katie

Drawing 101: Essentials

Materials \$

Did you know that you can draw? Everyone has the potential to be a great artist, all you need is to find your own style! Learn basic elements of drawing that can be applied to any type of art you want to create. Explore how to consider linework, composition, light, color, and more to make appealing drawings. Whether you want to draw realistic portraits, impressive landscapes, or fantastical comics, with either traditional or digital techniques, these principles will be essential. If you already draw regularly and want to improve, or if you're a total beginner, this class is for you!

See page 47 to register online, by phone, or mail; call the Provider, Katie Finan, at 919-345-3975 for more information.

Leesville HS | 6:30-8:30 PM | M | 9/30-11/4 | \$135



Katie Finan has been a self-taught artist since she could hold a crayon. She loves using bright, bold colors in her work, and enjoys watching her art improve from year to year. In her free time, she enjoys drawing, reading, playing video games, and spending time with her husband and their cat, Eevee.

Modern Calligraphy

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

Garner HS | 6:30-8:30 PM | T | 10/1-11/5 | \$135



Jessica Yee spends her days writing, but she is not a writer. The locally renowned calligrapher puts pen to paper masterfully spelling out names and addresses; honing her technique; and experimenting with new letter art. Jessica began studying the lettering arts thirty years ago, learning from some of the premier calligraphers and letter artists of the world. The founder of the Oblique Pen finds beauty in letters and how they are created. Jessica loves the elegant smooth and fluid scripts that a pointed pen creates. Moreover, she enjoys meeting and working with clients, sharing in their poignant moments while bringing art to life. When the married mother of four is not busy creating an artistic expression of a wonderful occasion, Jessica is heavily involved in serving the arts locally.

Drawing with Melinda

New Right-Brained Drawing Skills

Materials \$

Calling all 'left-brainers,' and those who say, 'I can't draw a stick figure!' Learn to draw on the right side of the brain and improve your skills. Based on the pioneering work of Dr. Betty Edwards, the theory of Drawing on the Right Side of the Brain, invites participants to see and think differently by tapping into the non-verbal (non-dominant) side of the brain. By learning various basic techniques and by doing practice exercises, these proven methods can make you a better artist by teaching you to use the right side of your brain to actually 'see like an artist.' Whether you believe you have rusty skills or you feel like you lack artistic ability, this class is for you!

See page 47 to register online, by phone, or mail; call the Provider, Melinda Beers, at 919-798-2787 for more information.

Fuquay Varina MS | 6:30-8:30 PM | T | 8/20-9/17 | \$150



Melinda Beers is a self-taught portrait artist with 35 years of experience in using graphite and pastels. After many years of working as a graphic designer, Melinda decided to combine her love for art and animals to create memorial portraits for families that have lost their beloved pets. Her main goal in life is to teach others to love art as much as she does.

Floral Arranging with Sandy

New DIY Fresh & Dried Floral Arrangements

Do you want to be a DIY Florist? Look no more. Learn how to make flower arrangements on a budget without breaking the bank. Make flower arrangements to brighten your loved one's day on any occasion including holiday decorations, birthdays, graduations, get well bouquets, celebrations and more. You will learn easy to follow steps and best of all materials are provided in a fun, enjoyable atmosphere. Leave with sets of arrangements to share and use immediately.

See page 47 to register online, by phone, or mail; call the Provider, Dr Sandy Nicole Mitchell, at 919-590-9361 for more information.

Sanderson HS | 7:15-8:15 PM | T | 8/20-8/27 | \$72



Dr. Sandy Nicole Mitchell, a native of Raleigh, NC, Dr. Sandy Nicole Mitchell has always had a love for being a DIY advocate. She loves decorating her home with flower arrangements and wonderful smelling potpourri on a budget without breaking the bank. She looks forward to assisting you to make flower arrangements to brighten your loved one's day on any occasion and helping families succeed in money and banking in my other class!
www.drsandymitchell.info.

Fluid Painting with Jenny

New Alcohol Inks Exploration: Holiday Edition

Materials \$

Energize your creative spirit through a fast-drying medium of alcohol inks. Create colorful works of art as gifts for your friends and family for the upcoming holidays. Create glass ornaments, ceramic coasters, and metal signs. All supplies are included except boxes to transport artwork.

See page 47 to register online, by phone, or mail; call the Provider, Artful JEM, L.L.C., at 919-323-6971 for more information.

Garner HS | 6:45-9:15 PM | T | 11/5-11/19 | \$135

Reedy Crk MS | 6:45-9:15 PM | Th | 11/7-11/21 | \$135

Fluid Acrylic Painting 101

Materials \$

Get your creative juices flowing by pouring acrylic paint onto wood painting panels. Create seasonally inspired artwork that will brighten up any space. All supplies are included except boxes to transport artwork.

See page 47 to register online, by phone, or mail; call the Provider, Artful JEM, L.L.C., at 919-323-6971 for more information.

Fuquay Varina MS | 6:45-9:15 PM | Th | 10/10-10/24 | \$135



Jenny McAllister loves to create through a variety of mediums including graphic design, videography, photography, paper, drawing, and painting. She enjoys sharing her joy and passion for art to help inspire the creativity in others.

Jewelry Making with Jill

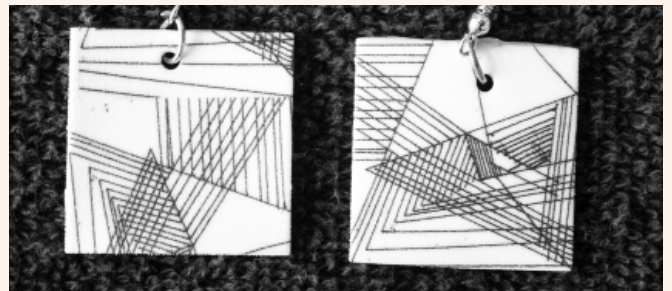
New Design Your Own Jewelry

Materials \$

Design your look by creating a beautiful piece of jewelry using shrink film. Students will learn the basic principles of visual design to create wearable art. Whether you are an experienced artist or a new beginner, you will enjoy creating mini-masterpieces as gifts for others or your own jewelry box.

See page 47 to register online, by phone, or mail; call the Provider, Jill Elizondo, at 831-419-3616 for more information.

Fuquay Varina MS | 7:00-8:30 PM | Th | 11/14-12/12 | \$125



Jill Elizondo is a California native and recent transplant to Fuquay-Varina. Jill's artwork is heavily influenced by graphic design and recently been shown at the grand opening of the FV Arts Center. In her free time, Jill enjoys travel, creating art, and time with friends and family.

Memory Books with Billy

Memory Books

Materials \$

Enjoy creating an amazing memory book! Honor that someone special on their birthday, graduation, anniversary, or retirement. Imagine making a timeless treasure that can be passed down for generations to come. Appreciate and celebrate a loved one with this gift of a lifetime, full of unforgettable memories. There will be a gap in the middle of the schedule to give time for material collection. Classes will be held on Sept. 24, Oct. 1, Oct. 29, and Nov. 5.

See page 47 to register online, by phone, or mail; call the Provider, Memory Books, LLC, at 919-632-9416 for more information.

Sanderson HS | 7:15-8:30 PM | T | 9/24-11/5 | \$37



Billy Dibbert created a memory book about his Dad who was killed in Vietnam. The letters and pictures from family and friends brought his Dad back to life. Now he is passionate about helping others make these timeless treasures to honor their loved ones, living or deceased.

Military Memory Books

Materials \$

Want to explore a clever way to pay tribute to someone who has or is serving our country? Come join us as we go on a guided discovery to honor and remember your loved one! Imagine creating a memory book, with heart-warming results. Pass this treasured keepsake on through generations to come. There will be a gap in the middle of the schedule to give time for material collection. Classes will be held on Sept. 25, Oct. 2, Oct. 30, and Nov. 6.

See page 47 to register online, by phone, or mail; call the Provider, Memory Books, LLC, at 919-632-9416 for more information.

Sanderson HS | 7:15-8:30 PM | W | 9/25-11/6 | \$37

Oil Painting with Marcelle

Classical Oil Painting Techniques

Materials \$

Elevate your oil painting skills to another level or as a beginner learn to paint people, realistic pets, and still-life. Learn timeless techniques and be amazed at your new-found skills used by the Masters in an academic approach that is easy to learn. All levels welcome. Due to drying time, oil (regular or water mixable oils) only. Students will learn how to accurately draw their subject, other drawing techniques, painting backgrounds and clothing, folds, and mixing and applying an under-painting and flesh palettes. Also covered are glazing techniques and much more. Students may bring their own 8 x 10 photograph or chose one provided by the instructor.

See page 47 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 | 9/10-10/29 | \$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.

Fundamentals of Landscape Painting

Materials \$

Begin this exciting journey with the elements of good composition. You will concentrate on and practice painting clouds, water, reflections, trees, and then put it all together in the last four weeks to create a magical landscape. Included in this experience will be techniques for painting different kinds of trees, mixing greens, and so much more. Join Marcelle Hooks who will patiently guide you through the process, so you leave with a piece of artwork you will enjoy for years to come.

See page 47 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 | 11/12-12/17 | \$125

Painting Small Treasures in Oil or Acrylics

Materials \$

Experience the fun of completing a small painting in one evening using the same techniques that you use for a larger canvas (5 x 7 and smaller canvases recommended). These small treasures make wonderful gifts and decorative pieces for small wall areas. Marcelle Hooks, a celebrated instructor, will cover still life and landscape techniques with much individualized instruction.

See page 47 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 | 10/29-12/20 | \$110

Water Marbling with Zeynep and Ilknur

New Water Marbling Class

Ebru marbling is the art of creating colorful patterns by sprinkling and brushing color pigments on a pan of oily water and then transforming this pattern to paper. The special tools of the trade are brushes of horsehair bound to straight rose twigs, natural earth pigments, and cattle gall from Turkey. Each event requires preparation of water marbling material prior to the event itself. We provide everything for the workshops. You'll learn water marbling on paper, description techniques like Battal, come and go, comb, hearts, flowers, and abstract designs. Attendees keep their unique artworks. Experience the magic of colors dancing on water.

See page 47 to register online, by phone, or mail; call the Provider, Twinsies Ebru Art, at 919-579-8840 for more information.

Reedy Crk MS | 7:00-8:00 PM | W | 8/14-9/4 | \$100
Reedy Crk MS | 7:00-8:00 PM | W | 9/11-10/2 | \$100
Reedy Crk MS | 7:00-8:00 PM | W | 10/9-10/30 | \$100
Reedy Crk MS | 7:00-8:00 PM | W | 11/6-11/27 | \$100



Zeynep and Ilknur Guvenc are water marbling artists. They created Twinsies to organize water marbling workshops, classes, and water marbling parties at galleries and art studios. They would like you to join them for a magical experience where colors dance on water. The result is a mesmerizing art which you can proudly share with your family and friends.



Stay creative with these additional classes

New Digital Design Using Canva

See Computers, page 20.

New Graphic Design Re-Imagined

See Career Skills, page 11.

New Improvisation 101

See Communications, page 18.

Making Art a Living

See Career Skills, page 14.

Photography

See Photography, page 38

Vision Board & Goal Setting

See Personal Enrichment, page 37.

Discover the Benefits of Becoming an NC Notary

Why would I become a notary?

You can enhance your professional career, serve the public as a trusted public official, and earn additional income. Notaries work in a variety of professions including as court reporters, paralegals, attorneys, mobile notaries, bankers, and increasingly as signing agents within the mortgage industry.

What do NC Notaries do?

Notaries witness signatures on a variety of high value and important business and professional documents. Some specific tasks include administering oaths and affirmations related to affidavits, taking acknowledgments, inventorying abandoned safe deposit boxes, and notarizing absentee voter ballots.

Steps to becoming a notary:

STEP 1: Purchase the "2016 North Carolina Notary Public Manual."

STEP 2: Take a 6-hour notary course.
(These include the classes shown on the right)

STEP 3: Pass the final exam with at least 80%.

STEP 4: Submit a notarized application along with a \$50 fee.

STEP 5: Take the Oath of Office at the Register of Deeds office.

STEP 6: Obtain a notary seal and a notary journal.

Watch this video for more details:
https://sosnc.gov/divisions/notary/become_a_notary



Notary Public Certification!

Materials \$

Learn to perform the five notarial acts authorized in North Carolina including acknowledgments, oaths and affirmations, verifications and proofs, inventorying abandoned safe deposit boxes, and notarizing voter absentee ballots. The course is designed to equip you to take and pass the notary public examination and prepare you to serve the public with a high degree of professionalism as a notary public. Review the NC Notary website to ensure eligibility and requirements for the class. Requirements: a current state or federal picture identification and prior book purchase of 'North Carolina Notary Public Manual, 2016' ISBN: 9781560118510. Prepay for class with credit or debit card via PayPal: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=JS338K62NCNCW

- Garner HS | 6:30-9:30 PM | MT | 8/19-8/20 | \$75
- Fuquay Varina MS | 6:30-9:30 PM | TTh | 8/27-8/29 | \$75
- Sanderson HS | 6:30-9:30 PM | TTh | 9/10-9/12 | \$75
- Reedy Crk MS | 6:30-9:30 PM | MT | 9/16-9/17 | \$75
- Athens Dr HS | 6:30-9:30 PM | TTh | 9/24-9/26 | \$75
- Garner HS | 6:30-9:30 PM | TTh | 10/1-10/3 | \$75
- Fuquay Varina MS | 6:30-9:30 PM | TTh | 10/8-10/10 | \$75
- Sanderson HS | 6:30-9:30 PM | MT | 10/14-10/15 | \$75
- Reedy Crk MS | 6:30-9:30 PM | TTh | 10/22-10/24 | \$75
- Athens Dr HS | 6:30-9:30 PM | MT | 10/28-10/29 | \$75
- Garner HS | 6:30-9:30 PM | MT | 11/4-11/5 | \$75
- Fuquay Varina MS | 6:30-9:30 PM | TTh | 11/12-11/14 | \$75
- Sanderson HS | 6:30-9:30 PM | MT | 11/18-11/19 | \$75
- Reedy Crk MS | 6:30-9:30 PM | TTh | 12/3-12/5 | \$75
- Athens Dr HS | 6:30-9:30 PM | MT | 12/9-12/10 | \$75

New Electronic Notary Public Certification

The electronic notary course covers the Electronic Notary Act and provides practical applications and demonstrations of state-approved electronic notarization solutions. Students must score 80% on the exam administered onsite. Please bring a Wi-Fi capable device to take the online exam. Requirements: Bring a current ID for admission to class (Driver license, passport, state ID, etc.); Have a current N.C. notary commission; More information about the North Carolina Electronic Notary program can be found at: https://sosnc.gov/divisions/notary/e_notary

Students MUST prepay for class with credit or debit card via PayPal at the following secure link: https://www.paypal.com/cgi-bin/webscr?cmd=_s_xclick&hosted_button_id=6QSM6QXDT8G7E

- Athens Dr HS | 6:30-9:30 PM | Th | 8/22 | \$78
- Wake Forest HS | 6:30-9:30 PM | Th | 9/5 | \$78
- Reedy Crk MS | 6:30-9:30 PM | Th | 10/17 | \$78
- Fuquay Varina MS | 6:30-9:30 PM | Th | 11/7 | \$78
- Garner HS | 6:30-9:30 PM | M | 12/2 | \$78

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All courses are taught by North Carolina Certified Notary Public Instructors.

See page 47 to register online (see above), by phone, or mail; call the Provider, Xpert Notary Instruction, at 919-586-4889 or email Xpertnotary@gmail.com for more information.

New Advance Your Career Like a Boss

Having trouble advancing in your career or moving on to bigger and better things? That might be due to your antiquated 'employee' mindset. The definition of insanity is doing the same thing and expecting different results. Learn the principles of applying an entrepreneurial mindset to become a standout employee, understand how to think, communicate, and lead like a Boss. The instructor uses his 10+ years of professional development experience to share how to maximize your brand and fully take advantage of the opportunities around you. Prepare to become a Boss and change the trajectory of your career right away!

See page 47 to register online, by phone, or mail; call the Provider, Dauv Evans, at 919-271-7728 for more information.

Athens Dr HS | 6:30-8:00 PM | T | 9/3-10/1 | \$125
Reedy Crk MS | 6:30-8:00 PM | T | 10/29-11/26 | \$125



Dr. Dauv Evans has devoted over ten years of his time and talents to teaching, training, and coaching professional excellence. He is an advocate of promoting employees' mindset to that of a BOSS to produce a more productive and well-rounded team. He is the author of the book "Don't Forget to Breathe." His guide to redefining success has been well-received by professionals in various industries.

New Become a Better Networker: Training and Workshop!

This Action 4 Success business networking workshop is perfect for new businesses, entrepreneurs, small business owners, and sales professionals looking to refine their skills. Our activities for the evening will be an eye-opening experience that will increase your confidence and competence, and will make YOU a better networker!

This will be a fast-paced and interactive event filled with opportunities to learn, connect, and practice your new skills in a realistic networking environment.

See page 47 to register online, by phone, or mail; call the Provider, Dr. Larry Woods, at 919-523-5759 for more information.

Garner HS | 6:30-8:30 PM | T | 8/20 | \$68
Fuquay Varina MS | 6:30-8:30 PM | Th | 8/22 | \$68
Athens Dr HS | 6:30-8:30 PM | T | 8/27 | \$68
Reedy Crk MS | 6:30-8:30 PM | Th | 9/5 | \$68
Leesville HS | 6:30-8:30 PM | M | 9/9 | \$68
Sanderson HS | 6:30-8:30 PM | Th | 9/12 | \$68

Dr. Larry Woods is the president, CEO of Action4Success Training providing entrepreneur training, business consulting, Networking 101, Personal Branding, 212 Degrees, Skills for Success, and DISC assessments workshops. Dr. Woods is a 22-year military veteran who has served as an adjunct professor in many universities and colleges teaching business, leadership, and diversity-focused.

New Design A Stellar Brand D.N.A. For Your Next Level Of Success

Want to increase your visibility and grow your audience by building or enhancing a strong personal brand? Did you know that your brand is connected to your vision? In this seminar, we'll create a world-class presence that will take your business or personal image to the next level.

See page 47 to register online, by phone, or mail; call the Provider, Jean Garner, at 919-332-7375 for more information.

Reedy Crk MS | 6:30-9:00 PM | W | 11/6 | \$55



Jean Garner known to many as the FierceFactor, strategically assisting women, young girls, and at risk youth, in achieving an empowered fierce self-image and confident style that cultivates inner strength and positions them for holistic success personally, professionally, and spiritually. She is also, the visionary of a boutique of programs such as: GirlBYE™ (Building Your Empire) Business Mastermind, Fiercedident™ (self-esteem and etiquette) workshop, and Beauty with Benefits™ and Beauty Bootcamp, luxury skincare and makeup beauty seminars.

New Earn Supplemental Income - Teach English Online from Home

Materials \$

Learn about a rewarding supplemental income opportunity to teach English to Chinese students. You do not have to be a formal educator to be eligible. As long as you can legally work in the US or Canada, have earned a Bachelor's degree (in any subject), have a computer with a stable internet connection, and clear audio/video capacity, you are eligible! No lesson planning, great support staff, and small class sizes (one to four students). This 2-hour seminar will provide you with an overview of the plethora of competing companies currently hiring, the information you need to prepare a successful application, as well as insider tips about the industry.

See page 47 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Athens Dr HS | 6:45-8:45 PM | T | 10/15 | \$60



Dr. Susan Mosher is an online instructor and an educational consultant with over 20 years experience in the education industry. She leverages her experience with professional development and technology integration to help students and teachers discover exciting ways to authentically integrate technology into the curriculum. In addition, she has been joyfully teaching English online to students in China and providing professional development to other online teachers for over a year.



New Graphic Design Re-Imagined

Materials \$

Release your imagination and embrace technology to create your small business or personal brand with confidence!

Lauri Arntsen will explain what is needed to get from just a dream to a business campaign. Work through your ideas in real time in the classroom and become more familiar with professional design tools such as Adobe Illustrator, Indesign, and Photoshop.

See page 47 to register online, by phone, or mail; call the Provider, Lauri Arntsen, at 919-699-4221 for more information.

Wake Forest HS | 7:00-9:00 PM | T | 9/10-9/23 | \$95

Wake Forest HS | 7:00-9:00 PM | T | 10/8-10/22 | \$95

Wake Forest HS | 7:00-9:00 PM | T | 11/5-11/19 | \$95



Lauri Arntsen is a fine artist, graphic designer, and marketing professional who loves exploring new challenges. With a successful print design career and award winning fine art creations, she brings a unique perspective at blending creativity

with technology. Lauri looks forward to sharing with you her transition from an analytical mind to that of creative ingenuity and show you how to apply the same skills to your life goals!

Online How to Get Started in Game Development

There has never been a better time to start a career in the game development industry. Games can be found on computers, the Web, gaming consoles, and virtually every mobile tablet and phone. Industry forecasts indicate that gaming will be worth close to \$100 billion dollars in the next two years. Talented, creative, and enthusiastic people are in great demand in this industry. Whether you want to start your own independent game project in your basement or work with a small creative team or for a large game development studio, this course will prepare you to start developing your own games.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

How to Operate A Home-Based Bakery Micro Course

Want to have a successful bakery all from the comforts of your home kitchen? North Carolina is one of several states that allow home-based bakers to bake from home and sell their baked goods to the public for a profit. Gain a comprehensive understanding of what it takes to 'bake' your dreams come true. Examine compliance regulations and the kitchen inspection process. Understand recipe development and packaging requirements. Discover the procedure of food storage, food safety, and sanitation. Master online sales and receive practical advertising suggestions and marketing strategies. Operating a home-based bakery is one way to see if your product is ready to go from 'the kitchen to the marketplace!'

See page 47 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 | 9/26-10/17 | \$174



Detra 'Denay' Davis, is a home-based baker, and cottage food operator. She founded the Foodpreneur Institute in 2009, an educational hub assisting cottage food operators across the U.S. She is the author of "How to Start a Home-based

Bakery Business," who in 2014 opened the Charlotte Pie Authority in Charlotte, NC. Today Detra travels across North Carolina sharing her knowledge and experience as a cottage food operator, helping others take their products from kitchen to market.



Online Introduction to Interior Design

Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms. Interior design takes training as well as talent, and these lessons will give you the know-how you need to design a room from floor to ceiling. You'll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you'll explore a range of careers in interior design and get insider tips for entering this exciting field.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Jumpstart your Career in the Medical Field

New Introduction to Medical Coding (I2MC)

Medical Coders are in high demand and is considered an attractive career choice. Many Medical Coders work from home, set their own work schedules, have low physical demands, and excellent salaries. Find out if medical coding is for you BEFORE you make a significant investment in a Medical Coding Program. Learn basic ICD-10-CM, CPT, HCPCS, and Modifier Coding and guidelines. These represent all of the certification testing components. At the end of this course, you will know if medical coding is for you. If you decide to become certified, the instructor will help you develop a plan to continue your instruction to become certified. * All Coding Manuals will be provided or students may use their own Coding Manuals.

See page 47 to register online, by phone, or mail; call the Provider, Absolute Medical Coding Institute, at 919-896-9384 for more information.

Wake Forest HS | 6:30-8:30 PM | T | 9/10-11/12 | \$225



'Mrs. Jay' has been coding for over 15 years, but she is commonly known for her Certified Professional Coding Exam Test Taking Techniques. Her methods for simplifying medical coding guidelines is responsible for helping many students pass

the national board certification exams. Her non-traditional teaching style is energetic and engaging. In her spare time, she enjoys playing racquetball and tennis with her husband and reading bedtime stories to her grandchildren and others on her podcast.

Medical Billing I and 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 collections. Walk away understanding insurance verification, claim submission, commercial insurance, Medicare, and Medicaid. Part two will cover claim follow-up and refunds. A certificate of completion will be provided at the culmination of class. Register online for this class and pay by cash or check.

See page 47 to register online, by phone, or mail; call the Provider, Vision Medical Billing Services, at 919-694-0559 for more information.

Sanderson HS | 6:30-9:00 PM | Th | 10/3-11/7 | \$230

Medical Office Administration

Launch your career as a Medical Office Assistant. We'll prepare you for working in a medical office setting by introducing you to essential topics like medical terminology, laws and ethics, medical office administration skills, records management, coding, and billing. Lessons also touch on basic clinical procedures, patient relations, and provider involvement.

See page 47 to register online, by phone, or mail; call the Provider, Brittney Stone, at 919-444-9595 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 9/4-10/9 | \$175



Brittney Stone is a North Carolina native with over ten years of experience in the healthcare industry. She attended the University of North Carolina at Greensboro and Colorado Technical University. With a passion for healthcare management and leading others, she finds joy in being able to share her wealth of knowledge with students who are eager and willing to learn a new industry.

Make money on eBay



Paul Apollonia has been selling and buying on eBay since 2001. He can teach the new or experienced seller how to succeed. He also specializes in working with businesses to show them how to turn excess inventory into cash using eBay. He is the founder and

facilitator of the Raleigh eBay E-Commerce Sellers Meetup Group and the Four Oaks eBay Sellers Meetup Group. Learn more about Paul at www.PaulApollonia.com.

Learn To Sell on eBay The Right Way!

Get trained by Paul, an eBay Education Specialist. Learn the right way to sell with the most up-to-date training and student materials used by eBay University. This class will cover how to make the most of eBay to increase your revenue. Avoid many of the costly mistakes that new eBay sellers make. You'll navigate through the whole process of selling an item on eBay: selling, taking photos, listing, packing, and shipping.

See page 47 to register online, by phone, or mail; call the Provider, Paul Apollonia, at 919-812-4759 for more information.

Leesville HS | 6:30-9:00 PM | Th | 9/19 | \$98

Leesville HS | 6:30-9:00 PM | Th | 10/17 | \$98

Leesville HS | 6:30-9:00 PM | Th | 11/21 | \$98



Project Management with Shere

New Budget Management - PMP Exam Prep

Being a good project manager, whatever your role, requires excellent budget management skills. Determining and controlling the cost of a project often affects its success. We have all heard that the goal is to bring a project in ahead of schedule and under-budget. Learn how to estimate the cost of the project and how you need to spend that money for the best outcomes.

See page 47 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-694-0559 for more information.

Garner HS | 6:30-8:30 PM | TTh | 11/5-11/21 | \$150

New Project Schedule Management - PMP Exam Prep

The scheduling process requires more than a calendar and a pen. Surveying the activities in your project is the key to keeping it on track and on time. In this course, we will delve deeper into how to turn your work breakdown structure into actionable activities in your project's plan.

See page 47 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-694-0559 for more information.

Garner HS | 6:30-8:30 PM | TTh | 10/8-10/24 | \$150

New Project Scope Management - PMP Exam Prep

Master the art of Project Scope Management from an industry expert with two decades of experience. Explore how to define the exact scope of work and draw a fence around your project. You'll learn to examine the scope of a project by describing, planning, understanding, and controlling the work required to fence in your project.

See page 47 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-694-0559 for more information.

Garner HS | 6:30-8:30 PM | TTh | 9/5-9/19 | \$150



Shere McClamb, Ph.D., PMP, PMI-ACP has, for more than two decades, developed new and improved existing technological features within college, university, and state organizations. She currently enjoys teaching the PMP Bootcamp modules

provided to NC state employees by the Department of Information Technology for which she works in the GDAC (Government Data Analytics Center) as a Business Intelligence Analyst.

Online Project Management Fundamentals

There are more projects occurring today than at any time in history. Organizations initiate projects to create new computer applications, erect bridges and buildings, improve processes, develop new products, and reorganize company operations. Unfortunately, most organizations do not manage projects well, creating an unprecedented demand for project management practitioners. This course and its follow-up, Project Management Applications, include essential information that will help you prepare for the Project Management Professional (PMP)[®] and the Certified Associate in Project Management (CAPM)[®] exams.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$199





Making Art a Living

You make things. You've honed your craft. I bring a professional background in making businesses and side hustles out of your creative output. I will provide you with a mix of skills, hacks, insights, and strategies for recognizing revenue opportunities for your work. While my time-tested approaches work across creative fields, I also know that it is essential to consider the specific needs and opportunities for each creative individual. I look forward to the energy and insights that develop within a group of creative people who want to create or further develop business opportunities.

See page 47 to register online, by phone, or mail; call the Provider, **Blakely Blackford**, at 917-770-8314 for more information.

Sanderson HS | 6:30-8:00 PM | W | 9/4-9/25 | \$185



Blakely Blackford is a creative person, a writer and a photographer, with a knack for business. She has a decade of professional experience plus a graduate level education in supporting creative individuals in business; more importantly, she has an

abiding passion for the arts and for working with artists as they make (create!) a living out of their art.

Non-Profit Management 101

Thinking about leading a nonprofit organization? Internationally renowned Organizational Management Leader, Doris Dzameshie provides a preface on nonprofit management and leadership. She explains how nonprofits are different from for-profits and the challenges and opportunities that come with leading them. In addition, she provides a comprehensive overview of grant-writing, talent recruiting and retention, governance, and accounting work at a nonprofit level. She also shares her insights on how to scale both your organization and the impact your organization has on the world.

See page 47 to register online, by phone, or mail; call the Provider, **Doris Dzameshie**, at 202-716-8752 for more information.

Sanderson HS | 6:30-8:30 PM | Th | 10/24 | \$49



Doris Dzameshie is a Business Consultant and Coach. She has over 12 years of organization performance improvement experience including grant writing and non-profit management. Doris Dzameshie is also an internationally recognized expert in leadership.



New Personal Branding: Creating Your Tantalizing Taglines

Using personal branding foundations, participants will create tag lines that can be used in social media platforms, networking introductions, resumes, and elevator pitches. The course will present two exercises, one individual and one group experience to create their unique phrases which will make them memorable to others. Some of the students will present their own effective hooks and get feedback from other participants. Those who take the class will be prepared to implement their tag lines and share their distinctiveness with others in business and other facets of their lives.

See page 47 to register online, by phone, or mail; call the Provider, **Realization Press**, at 919-264-9868 for more information.

Fuquay Varina MS | 6:30-9:00 PM | T | 9/10 | \$67



Drew Becker has created a personal branding course, "Purpose Powered Person." He helps business executives and others create memorable personal brands from the inside out.



James V. "JV" Miller has been working with individuals developing a unique "Tag Line" that makes them unique based upon their specific skill sets.

Online Resume Writing Workshop

Create an effective resume or improve the one you already have. Transform your resume into a powerful tool that will get you interviews. Learn different resume formats and the advantages and disadvantages of each.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Voice-Overs with Such a Voice



What people are saying...

“The class was a perfect blend of information and experience/participation.”

-Patricia Jones
Voice-Overs...Now Is Your Time!

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 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 47 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 | M | 10/21 | \$35
Sanderson HS | 7:00-9:00 PM | W | 10/23 | \$35



Justine Reiss has done looping (post production voices) on numerous Film TV projects: Leverage, Private Practice, NCIS New Orleans, and many more. She has voiced many narrations for documentaries, video games, and CD-ROMs. Justine is thrilled to share her passion for voice-over with others. Come join her for a fun-filled evening!



Become an Adult Evening Education Instructor!

Earn extra money on a schedule that works for you



Wake County Public School System's Adult Evening Education offers you the opportunity to earn extra money by creating classes and instructing students in an area that matches your skill. Class categories include career, languages, art, culinary, computers, finance, fitness, and much more.

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

- Acting and Improv
- Auto Repair
- Computer Programming
- Dance
- Interior Design
- Woodworking

Visit wcpss.net/adult-edu, email lifelonglearning@wcpss.net, or call 919-694-0557 for more info.



Instructor Profile: Lisa Jacobs

How would you describe your hometown and upbringing?

I was born and raised in Milford, DE. Milford is known as the gateway to southern Delaware, which is midway between the state capital and the Atlantic beach communities.

Describe your educational journey.

After graduating from Milford High School in 1980, I attended Delaware State College and majored in history. Go Hornets.

When did you first become interested in wedding and event planning?

As far back as I can remember I have loved the pageantry and elegance of weddings and social events. On July 29, 1981, I can remember being glued to the television as I watched Diana Spencer exchange her vows with Prince Charles! Oh, what a wedding!

When my career with the US Army ended, and my family and I relocated to Raleigh, I knew that I was ready to change my career. I was always drawn to logistics, organization, and planning, while my creative side felt at home creating designs and beautiful aesthetics. I also love people, especially people whom I can serve and support. I knew instinctively that a career as a wedding planner would be the right fit for me. I loved every minute of working with clients—this was my passion!

What people are saying...

“...Enthusiastic approachable and genuine. Lisa Jacobs is the best!”

Student - March 2017

Wedding and Event Planning 101

What motivated you to begin teaching about wedding and event planning?

After retiring as an active wedding & event planner, I still knew that I wanted to stay actively involved in the industry. I received the Adult Education magazine in the mail and applied to be a provider. The rest they say is history.

If you could give one tip about planning a wedding or event, what would that be?

My one tip to clients: create a realistic budget of what your wedding will cost and stick with it. Identify what your three “must-haves” are as a couple. Is it gorgeous wedding photos, fresh flowers, tasty food? Decide what you would like to splurge on and be cost conscious about all the other elements of your special day.

What do you enjoy most about teaching lifelong learners?

I really enjoy sharing my years of experience and pouring it into the students. I have had several who have started very successful wedding industry businesses. I am honored to have played a small part in their story.

What is one thing you haven't done that you would like to do?

Two things are on my bucket list.

1. I am a certified life coach and transformational speaker and one day I hope to meet Steve Harvey!
2. I love to travel and long to visit Hong Kong.



Wedding and Event Planning 101

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! Discover the importance of networking and vendor relations. Maneuver through the budget and the consultations process. Receive timelines and checklists for planning and coordinating the wedding rehearsal, ceremony, and reception. Grasp wedding customs and traditions and wedding etiquette and protocol. Gain insights from expert guest speakers and class project.

See page 47 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Wake Forest HS | 6:30-9:00 PM | T | 8/20-9/24 | \$150



Basic Grant Writing with Doris

Basic Grant Writing 101 (CEU=0.25)

Writing a grant is not as simple as writing a letter. Grant writing is essential for preparing effective grant proposals, and this course is about acquiring a skill that involves quite a bit of writing. Grantmaking is not about receiving charity. While most private funders are philanthropic, even they look at grantmaking as an investment. Moreover, like all investors, the funder is looking for a good return. If you have never written grant proposals before, this course will help you get over the initial panic of not knowing where to start. It will serve as your step-by-step guide and reference in developing your first proposal and many others to come. CEU=0.25

See page 47 to register online, by phone, or mail; call the Provider, Doris Dzameshie, at 202-716-8752 for more information.

Sanderson HS | 6:30-8:30 PM | Th | 10/10 | \$49

What people are saying...

“The instructor is very knowledgeable, answers all my questions.”

Student - September 2017
Basic Grant Writing 101

Online Achieving Success with Difficult People

Learn how to see things from others' viewpoints based on their needs, values, beliefs, experiences, skills, knowledge, and self-interests. You will learn to approach difficult situations by answering the questions: who? what? where? when? how? and why? And by answering these questions, you will understand who your difficult people are, what they're like, how you react to them, and their response to your actions.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

New Become an Amateur Radio Operator

Materials \$

Thought of joining the large community of amateur "ham" radio operators across the world but didn't know how? Learn everything that is needed to earn the Technician Class Ham Radio License and begin enjoying the hobby of Amateur Radio.

See page 47 to register online, by phone, or mail; call the Provider, CDavis, at 919-322-5169 for more information.

Sanderson HS | 7:00-9:00 PM | W | 10/2-11/6 | \$30



Carl Davis has been an Amateur Radio Operator for 25 years and has held the highest class of Amateur Radio License since 1995. He got into the hobby of ham radio after being introduced to it by a high school teacher who had a ham station in his classroom.

Flair Image and Modeling

Achieving the dream of being a model takes time and effort. We're here to help you reach the stars. Join us and learn modern etiquette tips, image development/self-esteem, and modeling techniques.

See page 47 to register online, by phone, or mail; call the Provider, Linda Millner, at 410-591-6655 for more information.

Athens Dr HS | 7:00-9:00 PM | Th | 8/22-10/3 | \$100



Linda Millner — Flair has recently relocated to the Triangle from the Washington DC Metro area where she has had the opportunity to partner with area organizations with her Flair Image and Modeling program. Flair is a fashion show commentator and coordinator. For over 20 years, she has been developing young ladies with her hands-on workshops of fashion and runway modeling techniques. Join her and reach for the stars as you strut the runway — for you are fearfully and wonderfully made!

New Improvisation 101

Need more creativity, spontaneity, laughter, and fun in your life? Want to improve your one-on-one interactions by sharpening your listening skills? Then, it's time to get out of your head! Join us as we learn the basics of improv. Come prepared to laugh as we tackle improv games and learn to work as a team. No experience necessary. All you need is an open mind.

See page 47 to register online, by phone, or mail; call the Provider, Michelle Corbitt, at 714-421-3390 for more information.

Athens Dr HS | 6:30-8:30 PM | Th | 8/22- 9/26 | \$125



Michelle Corbitt has been performing improvisation in the triangle for over ten years. Her strengths are in developing relationships and making connections within the scene. She enjoys witnessing students discover their own strengths and confidence as they explore the world of improvisation.

**Online Interpersonal Communication**

Communicating successfully depends on the effective use of communication strategies and behaviors. Words, facial and body movements, tone of voice, even clothing and situation, all form an intricate symbol system that must be quickly translated by those who want to communicate. This course will show you how to manage the conscious and unconscious codes of meaning we send to each other and to respond with appropriate codes in turn.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$100

Online Mastering Public Speaking

You can become an effective public speaker! In this course, you will discover how to talk confidently and persuasively to both large audiences and small groups. You will also learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers—fear.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

**Elevate Your Career Skills****New Design A Stellar Brand D.N.A. For Your Next Level Of Success**

See Career Skills, page 10.

New Personal Branding: Creating Your Tantalizing Taglines

See Career Skills, page 14.

Voice-Overs...Now Is Your Time!

See Career Skills, page 15.

Refine your Writing Skills

New Technical Writing Workshop - Writing The Way It Should Be

The best writing lets the audience forget they are reading. Don't leave your message to conjecture. Eliminate the guesswork so your ideas are understood properly. Learn practical skills that you can apply immediately. From emails to budget proposals, improve your day-to-day communication across all professions. Don't write words. Share ideas.

See page 47 to register online, by phone, or mail; call the Provider, William Perkinson, at 919-244-0905 for more information.

Garner HS | 6:30-8:00 PM | M | 9/2-9/23 | \$150



Dalton Perkinson is a public school teacher and writing consultant based in North Carolina. His love for creative writing and his nerdy personality inspired the co-authorship of his first book, "Teaching Harry Potter to Creative Writers."

Perkinson hopes to share practical tips and tricks to improve your writing in any profession.

Online Write Fiction Like a Pro

Professionals know how to structure novels and stories for maximum dramatic effect. This course helps you develop the same story structuring skills the pros use. You will understand how your passion, theme, premise, and characters help you create the structure of your story, and discover how viewpoint, dialogue, pacing, and many other techniques are used to build scenes and move your story from beginning to end.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$100

Writing with Natalie

Memoir Writing

It doesn't matter if you're a famous politician, suburban homemaker or someone in between, the fact is you have a personal story worth telling. Whether you want to honor someone who's made a difference in your life, heal old wounds, document unique experiences, record your family history, or leave a legacy to future generations, "Memoir Writing" is a comprehensive step-by-step guide that will demystify the process of finally putting your story on paper. Through varied writing exercises, sharpen your instincts and hone your storytelling. The course will cover voice, character, scene development, structure, editing, and incorporating feedback. Receive individualized 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 47 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS | 6:45-8:45 PM | W | 10/16-10/30 | \$89

Writing to Heal

Instructor Natalie Hill used therapeutic writing to help her overcome a cancer diagnosis. You, too, can use writing to release stress, pent-up emotions, and to confront fears about illnesses. Therapeutic writing dissolves buried pain to heal the body, build the immune system, and invigorate mental stimulation. Through writing, you can have epiphanies about the choices you've made and how they have impacted where you are today. Be free of the emotional and physical scars that are masking your inner beauty. Create a positive outlook to overcome any challenge you face.

See page 47 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 9/19-9/26 | \$75



Natalie Hill has been a writer, editor, and educator for over 25 years. Her love of writing led her to careers in public relations, marketing, advertising, video scripting, song writing, and publishing. She currently teaches English at a local

university. She's helped several local writers achieve recognition for their writing. Natalie most enjoys helping people find their voices by assisting them in crafting their fascinating life stories into the art of memoir.



Online CompTIA Security+ Certification Prep 1 & 2

The U.S. Department of Labor forecasts that information security analysts will be among the fastest-growing occupations through 2022. CompTIA's Security+ certificate is widely regarded as the entry-level certificate for this fast-growing field. Getting that certificate requires passing CompTIA's challenging SY0-501 exam. This course covers the key terminology and concepts you need to know to ace the exam, all in a condensed format for rapid reading.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$150

Chromebook 101, The What, Why, and How about Chromebooks

Materials \$

A Chromebook is not your ordinary laptop. Instead of running Windows 10 or MacOS, it runs Google Chrome OS and Google Services. They are meant to be used primarily on the Internet (Wi-Fi), with your data (docs, etc.) stored in the cloud. Their low price, long battery life, and ease of use makes it an ideal computer for students, senior citizens, and anyone who spends most of their time in the Chrome OS Browser. Learn what a Chromebook is and why is it different than other computers, what you can and cannot do on a Chromebook, and much more.

See page 47 to register online, by phone, or mail; call the Provider, Paul Apollonia, at 919-812-4759 for more information.

Leesville HS | 6:30-9:00 PM | M | 9/16 | \$98

Leesville HS | 6:30-9:00 PM | M | 10/14 | \$98

Leesville HS | 6:30-9:00 PM | M | 11/18 | \$98

Online Creating Web Pages

Create and post your very own website on the Internet using HTML in this extensive workshop. Learn about the capabilities of the World Wide Web and the fundamentals of web design.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Garner HS | Instructor-Led | \$115

New Digital Design Using Canva

Materials \$

Create stunning designs to share online or in person. Use the free account for Canva to unleash your inner graphic designer. Design graphics that pop with your own images. Each student will leave the course with a working knowledge of how to create posts for social media, posters, infographics and basic designs for digital or print communication. This is a great tool for teachers, entrepreneurs, and students alike! Students will need to bring a laptop with working wifi access.

See page 47 to register online, by phone, or mail; call the Provider, Open Hearts Studio, at 919-274-2960 for more information. See instructor bio on page 4

Sanderson HS | 6:30-8:30 PM | W | 10/2-10/23 | \$125

Graphic Design for Business

New Graphic Design Re-Imagined

See Career Skills, page 11.



Google Tools for Beginners (CEUs: 1.0)

Materials \$

Explore the educational potential of Google tools. Participants go beyond the basic Google search with advanced searching and hands-on practice with Google Calendar, Drive, Docs, Sheets, Slides, Sites, Forms, and more. In addition, teachers will learn strategies for using Google tools to challenge and engage students, as well as improve parent-student-teacher communication. Bring a Wi-Fi enabled laptop. Taught by Dr. Susan Mosher. CEUs: 1.0

See page 47 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Athens Dr HS | 6:45-9:00 PM | Th | 10/3-10/24 | \$125



Online SQL Series

Grasp the intricacies of navigating and using Structured Query Language (SQL) in this two course series. You'll start learning the key concepts of SQL, and gain a solid working knowledge of this powerful and universal database programming language. You'll then learn advanced techniques that will enable you to write powerful queries that perform complicated searches and sorts on your data. By the end of this course, you'll be able to use a wide range of advanced SQL techniques with confidence.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$119



Master Microsoft Excel 2016

Online Introduction to Microsoft Excel 2016

If you work with numbers, you need to master Microsoft Excel 2016! Learn dozens of shortcuts and tricks for setting up fully-formatted worksheets quickly and efficiently.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$129

Online Microsoft Excel - Pivot Tables

Wouldn't it be great to learn how to effectively use all the advanced Excel pivot table features? In this practical and information-packed course, you will learn how to maximize this program's functions and capabilities.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

Cooking

French Macarons with Chef Angela

French Macarons

Materials \$

In one night, explore the techniques of mixing, baking, and decorating macarons. Compose a delicate balance with the addition of delectable fillings, like buttercream and ganache infused with different flavors.

See page 47 to register online, by phone, or mail; call the Provider, Mable's Sweet Table, at 443-629-0348 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 9/12 | \$68

Wake Forest HS | 6:30-9:30 PM | Th | 10/17 | \$68

Garner HS | 6:30-9:30 PM | Th | 11/7 | \$68



Angela Daniel has over 15 years of baking experience and has taught baking and cake decorating through Wake County Public School System as a guest Chef. She found her love of baking while making extravagant cakes for her family. She realized that she had a talent when friends started asking her

to bake for their family events. With the passion for baking, she will get you ready to make lovely and delicious tasting French Macarons in your own home with professional results.

What people are saying...

“French Macaron class was just what I needed! Time away, French baking, sugar, butter...what could be better?!”

-Meredith Johnston

French Macarons

Baking with Shanika



Shanika Ruffin has been baking for over five years in her online bakery, LiLi's Sweet Shop. She specializes in bite-size desserts, cake pops, sugar cookies, and caramel apples for every special occasion. With her passion for baking and teaching, she will

get you ready to make great tasting and cute desserts.

New Cake Pop Basics

Materials \$

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. Have fun making 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 47 to register online, by phone, or mail; call the Provider, Shanika Ruffin, at 443-629-0348 for more information.

Wake Forest HS | 6:30-8:30 PM | T | 9/17 | \$68

New Caramel Apple Class

Materials \$

Learn how to prep and make the tasty American treat of caramel apples. Apple prepping techniques, dipping, decorating, packaging, and more are covered. Each student will dip an apple into the caramel and decorate it. Each student will receive a written instruction sheet, supply list, and list of where to purchase supplies.

See page 47 to register online, by phone, or mail; call the Provider, Shanika Ruffin, at 443-629-0348 for more information.

Wake Forest HS | 6:30-9:00 PM | T | 9/24 | \$78



Online Luscious, Low-Fat, Lightning-Quick Meals

Learn how to reduce fat in recipes without sacrificing flavor or texture. Explore how to use flavor profiling to expand your culinary horizons. Learn how to prepare casseroles, crock-pot dishes, vegan dishes, oven-fried foods, meat-based meals, and many other entrees that are both nutritious and delicious!

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Create Your Own Home-Based Bakery

How to Operate A Home-Based Bakery Micro Course

See Career Skills, page 11.



Study English as a Second Language

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.

Garner HS | 6:30-9:30 PM | MTWTh | 9/9-12/5 | \$0

*New and Continuing students register on 9/9 and 10/7.

Athens Dr HS | 6:30-9:30 PM | MTWTh | 9/10-12/5 | \$0

*New and Continuing students register on 9/10, 9/11, and 9/30

ESL/ABE

ESL/Adult Basic Education (ABE) classes are for students that have tested out of ESL, and need to increase their literacy skills. Students develop foundational reading and vocabulary skills for college and career readiness. This class prepares students for their next academic step; including a High School Equivalency Preparation program or a college or university curriculum program.

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

Athens Dr HS | 6:30-9:30 PM | MTWTh | 9/10-12/5 | \$0

*New and Continuing students register on 9/10, 9/11, and 9/30.

ESL classes are free.

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



Transitioning to Middle School

If your child is headed to middle school, don't panic! The family will learn what to expect and what steps to take to ensure their child is ready for a smooth transition. They will also learn about the day-to-day school routine, extracurricular activities options, and how to access the Home Base Parent Portal.

See page 47 to register online, by phone, or mail; call the Provider, WCPSS Family Academy, at 919-533-7180 for more information.

Reedy Crk MS | 6:30-8:00 PM | Th | 9/12 | \$0

Developing Good Homework Habits

One of the most important things parents can do is encourage their children to develop good study habits. In this workshop, parents will learn how to develop good homework habits in their children and to make it a positive learning experience.

See page 47 to register online, by phone, or mail; call the Provider, WCPSS Family Academy, at 919-533-7180 for more information.

Reedy Crk MS | 6:30-8:00 PM | Th | 10/10 | \$0

Reading is Fundamental! (K-5)

Reading is fundamental to function in today's society and in developing a good self-image. One of the most effective approaches to help a child develop literacy skills is having a home environment that encourages reading in daily life. The parents will learn how to support the development of their child's literacy at home.

See page 47 to register online, by phone, or mail; call the Provider, WCPSS Family Academy, at 919-533-7180 for more information.

Sanderson HS | 6:30-8:00 PM | T | 10/15 | \$0

¡La lectura es fundamental! (K-5to)

La lectura es fundamental para funcionar en la sociedad actual y en el desarrollo de nuestra imagen. Uno de los enfoques más eficaces para ayudar a los niños pequeños a desarrollar habilidades de alfabetización es tener un ambiente familiar que fomente la lectura en la vida cotidiana. Los padres aprenderán las formas de apoyar al desarrollo de la alfabetización de sus hijos en el hogar.

Para registrarse en línea, por teléfono o por correo electrónico, consulte la página 47; para obtener más información llame al proveedor, WCPSS Family Academy al 919-533-7180.

Sanderson HS | 6:30-8:00 PM | T | 10/15 | \$0



**FAMILY
ACADEMY**
Academia Familiar

Teaching Your Child How to Deal with Peer Pressure

Every day your child makes decisions based on what his peers say and do. Parents will learn how to help their child make good decisions, to say "yes" to positive peer pressures, which help them become better individuals, and "no" to negative peer pressure.

See page 47 to register online, by phone, or mail; call the Provider, WCPSS Family Academy, at 919-533-7180 for more information.

Sanderson HS | 6:30-8:00 PM | T | 11/12 | \$0

Enseñando a su hijo a lidiar con la presión de sus compañeros

Todos los días su hijo toma decisiones basadas en lo que sus compañeros dicen y hacen. Los padres aprenderán cómo ayudar a su hijo a tomar buenas decisiones, a decir "sí" a las presiones positivas de sus compañeros, las cuales les ayudan a convertirse en mejores individuos y "no" a las presiones negativas.

Para registrarse en línea, por teléfono o por correo electrónico, consulte la página 47; para obtener más información llame al proveedor, WCPSS Family Academy al 919-533-7180.

Sanderson HS | 6:30-8:00 PM | T | 11/12 | \$0

*We regret that childcare is not available for the children of students of the Lifelong Learning program.

Basic Stock Options Wealth Builder

Materials \$

Accelerate and build your wealth in the stock market through the time-tested Fort Knox Trading System. Discover powerful techniques to transform your portfolio with profitable trades. Within reason, repair most stocks that have lost value. Generate monthly income, even if your stock pays no dividend. Capture the potential upside appreciation in a stock. Bulletproof your stocks for a guaranteed price, if the stock drops in value. Master these techniques to manage your personal and retirement accounts without any outside help. Bring a pocket calculator and laptop (optional) to class. Discounted Class Fee of \$175.00, for seniors, clergy, Active and Retired Police Officers, Firefighters, Medics, Military, and Government Employees, and two people from the same household.

See page 47 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 | T | 11/5-12/10 | \$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. Since 2016 he has been teaching his very informative course through Wake County Public School System's Adult Evening Education program with great success.

New Money & Banking @ Home

From the invention of coins by the ancient Lydians to the 21st-century Eurozone, human history tells the story of creative financial systems and the never-ending quest for economic solutions. But one thing remains clear: Money and banking plays a deep fundamental role in your life especially when you're managing a family. In this course, learn strategies on how to save money with higher interest rates, create a BOSS Budget and leave with an electronic budget and debt elimination template file.

See page 47 to register online, by phone, or mail; call the Provider, Dr Sandy Nicole Mitchell, at 919-590-9361 for more information.

Sanderson HS | 6:45-9:15 PM | Th | 8/29 | \$97



Dr. Sandy Nicole Mitchell, a business professional and educator (Mathematics, Business & Technology) who has failed and learned greatly with personal finances, wants to assist you with planning your finances and money goals

better. She looks forward to helping families succeed in money and banking to be the B.O.S.S. of your cash! www.drSandymitchell.info. Register through Adult Evening Education and make payment using this link: <https://cash.me/app/HTNXGPV> (\$drsandymitchell)



Mortgage with Alison

New Mortgage 101 - Homebuyers Seminar

First-time home buyer? Don't understand how the whole home buying process works? Join an industry expert as she shares the mortgage loan process including types of mortgages, credit tips, and the financials involved. You'll also explore down payment assistance programs. Don't miss this informative seminar!

See page 47 to register online, by phone, or mail; call the Provider, Alison Kudlak, at 910-286-5308 for more information.

Reedy Crk MS | 7:00-9:00 PM | T | 10/8 | \$50



Online Personal Finance

Do you know how to keep good financial records? This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

New Retired or Almost Retired? Plan Your Financial Future Now!

Discover strategies to enrich your life in retirement by a Certified Financial Planner, CFP®. Build financial foundations you can take home and apply. This exciting knowledge will help you define and achieve your goals. Financial Life Planning covers all financial aspects of retirement planning as well as more life-centered approaches such as defining how you want to live your life while retired. Income Tax, Estate, Retirement Income, Protection, and Investments will be covered in-depth. This engaging course is intended for people ages 50-70 who are approaching or in the early years of retirement.

See page 47 to register online, by phone, or mail; call the Provider, Financial Success Guide, at 919-781-4167 for more information.

Sanderson HS | 6:30-9:30 PM | Th | 10/10-10/17 | \$25

Sanderson HS | 6:30-9:30 PM | T | 10/15-10/22 | \$25



Gray Pendleton is a local financial planner who has been recognized by the Triangle Business Journal and News and Observer for his work. He specializes in working with Retirees and those close to it. In his free time, he enjoys spending time with his wife, their two children, and their dog Walter.

Online Stocks, Bonds, and Investing: Oh, My!

Learn the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$100

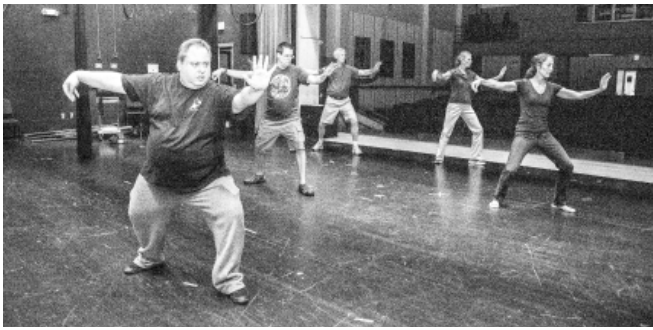
New Super Saving Hacks: Coupons, Rebates, and Deals, Oh My!

Do you want to learn how to maximize your money, and save from 20% to 90% on what you buy? Of course you do! I will show you how! Discover how to save over half of your shopping bills using strategic tips and hacks. Master how to ethically pay less than full retail, and stop throwing money away! Learn couponing basics, couponing lingo, couponing etiquette (yes, it is a thing!), finding coupons, organizing coupons, using coupons for items you already purchased, and much more. You'll gain a course handout, play games, get freebies, and have a great time learning how to get the best deals!

See page 47 to register online, by phone, or mail; call the Provider, Mardi Barton, at 919-395-3511 for more information.

Athens Dr HS | 6:30-8:00 PM | M | 8/19 | \$50

Mardi Barton is a local human resources and recruiting professional who has put her insights into action over the past 25 years. She has experience in the fields of human resources, workforce development, leadership, community growth, and more. She thrives on learning hacks and strategies to improve life and then sharing that with others to help improve their own lives.



Tai Chi with Howie

Beginning Yang Style Tai Chi Basics and 24 Movement Form

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 to transform the body, mind, and spirit through the practice of the 24 movement form, and use it to build a strong core through correct body structure, basic exercises, qigong, and body alignment practices. Tai Chi is known to greatly enhance health, flexibility, relaxation, and well being.

See page 47 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Athens Dr HS | 7:00-8:30 PM | T | 9/24-12/10 | \$200

Intermediate Yang Style Tai Chi Principles and Form Refinement

Pre-Rec

A continuation of the Beginning Tai Chi Class and refinement of the 24 movement Yang Style Tai Chi form. To help deepen the study of Tai Chi; form corrections, single movement exercises, Tai Chi principles, qigong, and energetics will be examined in greater detail. This session is open to anyone who has completed the beginners Tai Chi course from me. If you have previous Tai Chi experience, please contact the teacher before signing up for this class. Classes will meet every other week. The dates are as follows: 9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4

See page 47 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 | 9/11-12/4 | \$175



Howie Gottfried has been practicing Tai Chi Chuan for over 27 years and has studied with several high-level teachers. Through Tai Chi, he has helped students regain health, balance, flexibility, and manage stress while gaining a sense of peace and calm in daily life.

Krav Maga Self-Defense with Quintin



Quintin Byrd has dedicated nearly 10 years serving the community, from training law enforcement, and military, to training business professionals. Quintin has used Krav Maga as a means to empower and equip people with life skills.

Krav Maga Self Defense - Be Your Own Super Hero!

Get Fit and Go Home Safe! Learn the world's best self-defense techniques to protect yourself and your family! Along with the most effective self-defense techniques in the world, you will burn calories, increase flexibility, speed, and muscle strength while feeling all around healthier and more empowered. Learn to recognize, avoid danger - and when forced - be able to defend yourself or your loved ones aggressively and effectively. Please wear workout clothes, athletic shoes, and bring some water. No jewelry. Register for class on Adult Evening Education site. To confirm your spot please make payment at this link here: <http://kravmagaraleigh.com/home/event/4699>. Not accepting checks. Payment must be done online for this class.

See page 47 to register online, by phone, or mail; call the Provider, Krav Maga Raleigh, at 919-455-6079 for more information.

Athens Dr HS | 6:30-8:30 PM | Th | 10/3 | \$49

Restorative Yoga with Rachel Popov

Restorative Yoga

Materials \$

Restorative yoga relieves stress, increases flexibility, calms the mind, and strengthens the body. Poses offer deep relaxation to the mind and body using slow movements linked with breath. Students are guided through poses and meditations and provided with tips to make their practice sustainable long after the class has ended. This class is intended for the beginner, but all are welcome to experience the joy that yoga can bring to your life! Please bring your own mat.

See page 47 to register online, by phone, or mail; call the Provider, Rachel Popov, at 919-332-2448 for more information.

Sanderson HS | 6:30-7:30 PM | T | 9/10-10/15 | \$115

Sanderson HS | 6:30-7:30 PM | T | 10/29-12/3 | \$115



Rachel Popov started practicing yoga over 10 years ago and since 2015 has taught both groups and individuals in the Raleigh area. She loves to teach yoga to newcomers and share all the benefits including increased flexibility (both mentally and physically), increased muscle tone and strength, improved respiration, energy, and vitality. She looks forward to meeting you where you are, on your mat.

Online Prepare for Your NASM Certified Personal Trainer Exam (Vouchers Included)

Want to become a leading fitness industry professional and start an exciting career helping others achieve their fitness goals? The National Academy of Sports Medicine (NASM) Certified Personal Trainer and Exam Preparation is a unique online training program that prepares for the NASM exam, to earn one of the most respected and in-demand certifications in the health and fitness industry. You will use a robust set of available resources (videos, presentations, readings, quizzes, activities) to master health and fitness topics, including nutrition, program design, human movement science, fitness assessments, among others.

This program includes exam preparation, all study materials, as well as the certification exam fee. The NCCA accredited NASM CPT Personal Trainer Exam is taken at a local testing center (PSI), and you can schedule your exam date after completion of the program.

Visit www.wcpss.net/AdultEd-Career or call 855.520.6806 to Register

Online | Instructor-led | Tuition Assistance Available - \$1,295





Online Growing Plants for Fun and Profit

Turn your love of plants into an enjoyable and profitable home business. Learn how to grow and market plants on a small scale without major capital investment. In an area as small as 1000 sq. ft., you can generate thousands of dollars' worth of plant material in a single growing season.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Online Start Your Own Edible Garden

Grow delicious, nutritious fruit and vegetables in your own backyard! Learn how to give your garden a healthy start and keep it growing strong all season. Whether you want to provide your family with nutritious food, save money, get some exercise, or just be more self-sufficient, this course will give you the skills and knowledge you need to be on your way to a successful harvest.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115



Create Floral Arrangements for Family and Friends

New DIY Fresh & Dried Floral Arrangements

See Arts and Crafts, page 6.

Caregiving with Judith

New Advance Care Planning: Share your Wishes

Does discussing healthcare decision making, Advance Directives, Healthcare Surrogate assignment make you uncomfortable? What does all this mean for me and my loved ones? Critical topics associated with making your wishes known, the role of the caregiver and available resources and supports will be discussed. A copy of "Home Hospice Navigation: The Caregiver's Guide" will be provided as part of the tuition.

See page 47 to register online, by phone, or mail; call the Provider, Judith R. Sands, at 954-663-3580 for more information.

Sanderson HS | 7:00-9:30 PM | T | 9/10-9/17 | \$59



Judith Sands has over 30 years of experience as a healthcare professional and is a recognized authority in the areas of care coordination, quality, risk management, and patient safety. She earned a Bachelor of Science in Nursing

from the University of Florida and a Master of Science in Leadership from Nova Southeastern University. Judith is a registered nurse, holding state and national certifications in case, quality, and risk management. Ms. Sands has been a speaker at various local and national conferences. Her current focus is on ensuring patient safety, care coordination, and bringing dignity to end-of-life care.



New Practical Caregiving: Thriving Under Pressure

Do you know what it takes to ensure that you and your loved one have a positive home caregiving experience? Caregiving for your loved one at home can be a complicated journey filled with challenges and surprises. Navigating the caregiving and coordination activities takes knowledge and resources. Critical topics of Advance Directives, financial and insurance implications, essential considerations of caregiving, communication strategies, tools, and resources and tips to simplify caregiving will be discussed. A copy of Navigating Home Hospice: The Caregiver's Guide will be provided, as part of the tuition. No checks, Cash, Money Order, or Venmo payments accepted.

See page 47 to register online, by phone, or mail; call the Provider, Judith R. Sands, at 954-663-3580 for more information.

Sanderson HS | 7:00-9:30 PM | T | 10/22-10/29 | \$59

Healthy Habits with Wendi



Dr. Wendi Jones is a pharmacist who loves to help people gain control of their health. She volunteers regularly with her church and with Rotary International. She is a homeschool mother of four with one left to graduate.

New Eat Healthy - Be Active Workshops

Everyone wants to be healthy. The question is how? With over 39.8% of Americans being obese, now is the best time to make smart choices. 'Eat Healthy, Be Active' uses the Office of Disease Prevention and Health Promotion Dietary Guidelines for Americans and Physical Activity Guidelines for Americans to point you in the right direction. Dr. Wendi Jones, a pharmacist, will help you gain control of your life and your health.

See page 47 to register online, by phone, or mail; call the Provider, Inside Health Consulting, at 919-602-1400 for more information.

Fuquay Varina MS | 7:15-8:15 PM | T | 8/20-9/24 | \$50



Online Certificate in Women's Health Issues

Learn key health issues facing women, both globally and nationally. You will become proficient about the physical and mental health issues for women; effective and empowering communication; and self-care for health and well-being.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$84

Online Happy and Healthy Pregnancy

Without a doubt, having a baby is a life-changing experience. And it can sometimes feel overwhelming as you prepare for the many changes you'll face. By learning all about pregnancy, childbirth, and the basics of newborn care, you'll feel better prepared and ready for the challenges ahead.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Online Introduction to Natural Health and Healing

Would you like to learn more about natural health but don't know where to start? In this course, we'll discuss the various stages of health and illness, and you'll discover that true health means wholeness of the mind, body, and spirit.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$100

Register Today!

Additional Health Classes

Medical Billing I and II

See Career Skills, page 12.

Writing to Heal

See Communications, page 19.

Languages

American Sign Language with Jennifer

American Sign Language for Beginners and Beyond (ASL)

Interested in learning key elements of American Sign Language? Join me and together we will engage in interactive lessons and practice to put our communication skills to use. Learning through practice is the best way to learn! Beginners interested in sign language or those looking to expand their skills are invited. Signs can be catered to the needs and skill level of the group.

See page 47 to register online, by phone, or mail; call the Provider, Jennifer Walczak (WCPSS), at 716-870-4226 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 8/21-9/25 | \$150



Jennifer Walczak is a Teacher of the Deaf with Wake County Public School System. She loves teaching and enjoying time with students during the day. She is a twin mom that spends her spare time with her boys and husband.

Esperanto with Charles

Esperanto for English Speakers

For over one hundred years the Esperanto language has been used to bridge the communication gap between people that speak different languages. If you are interested in learning Esperanto and you are taking 'Esperanto for English Speakers' on the free language website [www. Duolingo.com](http://www.Duolingo.com), this class is for you. The course includes an introduction to the Esperanto community, history, Internet resources, and the global culture. The focus is on speaking and understanding and building vocabulary by playing games, singing, and using clever ways to remember new words. Experience a new way to communicate.

See page 47 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 | 8/22-10/24 | \$100



Charles Mays is fascinated by the Esperanto speaking community which is tolerant and filled with interesting people who value a world that is equitable. Teaching Esperanto is my way of making the world a little bit better.



French with Christina

New Beginning French

Have you ever looked longingly at the Eiffel Tower? Whether you've already purchased plane tickets to Paris or just want to try something new, dipping your toes into a study of French will give you a better understanding of your own language and culture as well as the foundation on which to build an exciting new skill. During our 7-week class, we will focus on small amounts of attainable grammar as well as immediately usable vocabulary and phrases presented in a light-hearted, fun way so that each class is an enjoyable experience.

See page 47 to register online, by phone, or mail; call the Provider, Christina Krauss, at 919-247-7388 for more information.

Wake Forest HS | 7:00-8:30 PM | T | 9/10-10/22 | \$150



Christina Krauss has taught all ages from kindergarteners to adults. Because of her love of the French language she particularly enjoys making it accessible and fun for those who previously found it difficult. A mother of three, she fills her spare time with roller skating and activities at the Alliance Française.

French Online

Online Beginning Conversational French

Proper pronunciation is important to good communication. Beginning Conversational French will help you master the best pronunciations. Simply click on each word to hear it spoken. Every word and sentence is also written out phonetically. You will be pleased with your quick progress, and you will be prepared for your next trip!

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$100



Italian Online

Online Instant Italian

Learn how to express yourself comfortably in Italian. You'll learn practical, everyday words. You'll read, hear, and practice dialogues based on typical situations that you're likely to encounter if you plan to vacation in Italy.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100



Japanese Online

Online Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. Guided by a native Japanese instructor, you'll also gain cultural knowledge only an insider has.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Adult Evening Education — Fall 2019



Spanish with Kelly

Basic Conversational Spanish

Did you know that Spanish is the official language of 21 countries? That's 21 different countries to start planning a getaway! You will learn how to navigate key conversations that are relevant to your life such as common greetings and sayings, describing interests, and more. Of course, topics like food, art, sports, and music will be involved! Join the adventure in a comfortable environment where you can learn basic Spanish while having fun and not being afraid to make mistakes along the way! Ole! Cash, Paypal, or Venmo accepted.

See page 47 to register online, by phone, or mail; call the Provider, Kelly Eichenlaub, at 724-923-8911 for more information.

Sanderson HS | 6:30-8:00 PM | W | 9/25-10/30 | \$145



Kelly Eichenlaub is currently in her fifth year of teaching Spanish at Rolesville Middle School. She looks forward to bringing Spanish to life through a culturally immersive classroom. Come and learn basic conversational Spanish and become

confident when traveling somewhere new or conversing with new friends!

What people are saying...

“Excellent instructor in a comfortable and fun setting with a variety of people- all interesting - a great learning environment.”

Student - March 2019

Basic Conversational Spanish

Spanish Online

Online Speed Spanish

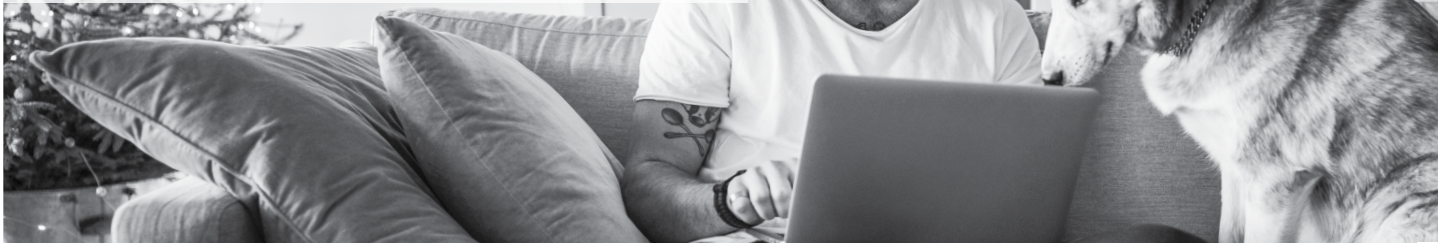
Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish. This course is designed for anyone who wants to learn Spanish pronto. You will learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you will be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

Online Classes

Prefer the convenience of **ONLINE CLASSES?**



Adult Evening Education now offers a multitude of instructor-led and self-paced online classes. We offer classes in business, design, law, technology, and more. Earn a **CERTIFICATE** in drafting, wedding planning, healthcare, real estate, and more. Whatever your need, we have you covered.

Instructor-Led: Start Dates - 9/11, 10/16, 11/13, and 12/11

Self-Paced: Open Enrollment

ONLINE CLASSES



Personal & Professional Enrichment

wcpss.net/AdultEd-Online

- * Accounting and Finance
- * Business
- * College Readiness
- * Computer Applications
- * Design and Composition
- * Healthcare and Medical
- * Language and Arts
- * Law and Legal
- * Personal Development
- * Teaching and Education
- * Technology
- * Writing and Publishing



Career Training & Certificates

wcpss.net/AdultEd-Career

- * Arts and Design
- * Business
- * Computer Applications
- * Computer Programming
- * Construction and Trades
- * Health and Fitness
- * Hospitality
- * Information Technology
- * Language
- * Legal
- * Teacher Professional Development
- * Writing



Teachers! Need CEUs?



Earn CEUs through our in-person, online instructor-led, or online self-paced classes. Just pick your classes, follow the procedure below, and reap the rewards of learning something new that you can directly utilize in the classroom. The general policy is 1 CEU for every ten hours of seat time. Most classes offer 2.4 CEUs.

CEU PROCEDURE

1. Turn in the prior approval form to the appropriate school personnel.
2. Take the course.
3. Obtain a certificate of completion from the instructor or download when online.
4. Give the certificate of completion to the Staff Development Contact at your school. At the elementary level it is the Instructional Resource Teacher (IRT). At the Middle/High School level it is often an Assistant Principal or IRT.
5. Check to ensure that your information has been updated in WakeLearns.



Master your mindset with Terrence

New Life Mastery Mini-Series

Indulge in soul searching activities that will shift your mindset, expand your thinking, understand your mission, and clarity of purpose. Master your life's journey and reach back to help others realize theirs. Each mastery course comes with one of my mastery guidebooks and a certificate of participation.

See page 47 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS | 6:45-8:45 PM | TTh | 10/1-10/17 | \$60

New Personal Power Mastery Mini-Series

Learn to radiate and exude magnetism through confidence and self-worth. True personal power comes through the God within you. Understanding your spiritual gifts in serving the community through those gifts, talents, abilities, and experiences will change your life forever. At the end of this course, you will recognize how to impact the world utilizing true deep personal power.

See page 47 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS | 6:45-8:45 PM | TTh | 9/5-9/24 | \$55

New Self-Mastery Mini-Series

Do you know yourself and why you do the things you do? As a result of participating in this class, you will get a better idea of how mastery over your life leads to better health, wealth, and happiness. You will gain clarity of purpose, greater self-discovery of who you are, and what you can become.

See page 47 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS | 7:00-8:45 PM | TTh | 8/20-9/29 | \$54



Terrence Perry has been giving back to the community through causes and non-profits for many years. He facilitates classes with Justice Served, Inc. and Fathers Forever, Inc. where he helps adults understand the justice system and what it takes to stay out of the courtroom. Terrence is a powerhouse in the community and leader in the streets never forgetting to offer a helping hand to those in need.

Reclaim your space with Lisa

New How to Get Organized in 3 Simple Steps

Are you overwhelmed by the clutter in your home? Does it seem impossible to get your home organized and keep it that way? I can show you some simple steps to attack the clutter, reclaim your space, and make it more functional and sustainable for your whole family. I will debunk some of the common myths about getting organized and take the fear out of taking that first step.

See page 47 to register online, by phone, or mail; call the Provider, SOS by Lisa, at 919-346-3626 for more information.

Fuquay Varina MS | 7:00-9:00 PM | Th | 9/26 | \$60
Fuquay Varina MS | 7:00-9:00 PM | Th | 11/7 | \$60



Lisa Menees is a home organizer with a passion for helping people sort, organize and simplify their spaces. She has helped many clients get free from the weight of clutter, and looks forward to sharing her tips and strategies to help you finally get organized, and keep it that way once and for all.

Online Healthy Relationships Suite

Learn the Keys to Success in Marriage and Relationships, which targets how to build a solid foundation for your relationship that is lasting. Interpersonal Communication will show you how to manage the conscious and unconscious codes we send to each other, and how to respond. Lastly in this course bundle, you will learn Individual Excellence which develops career-enhancing skills, creative abilities, confidence and personal organization.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Online Listen to Your Heart, and Success Will Follow

With a complete understanding of your own interests, values, needs and abilities, you'll learn how you can use work to express yourself and share your interests and talents. Your every day will be filled with joy and inspiration, and a greater depth of meaning will be added to everything you do.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100



New Rise Up & Rock: Creating a Mindset for Success

Is lack of confidence holding your back? Are you second-guessing yourself all the time? Do you keep going in circles? Are you hiding your gifts and playing small? Nearly all of my private coaching clients thought they just needed some quick biz tips. They needed to go deeper and do some groundwork first, so they didn't repeat old patterns. This 4-week class will help you: boost your confidence and mindset, boost your personal brand, attract more clients or fans so you boost your bank account, and discover how to use the gifts you've been given. Isn't it time to rise up and rock?

See page 47 to register online, by phone, or mail; call the Provider, Rock the Next Stage, at 919-906-7842 for more information.

Fuquay Varina MS | 7:00-8:00 PM | T | 9/3-9/24 | \$200



Dori Staehle combined her skills as a mentor and musician and turned her hobby into a very unusual business. She has since helped many kids and adults focus, find their purpose, and move forward FAST! Dori is a best-selling author and is an expert in entrepreneurship, ADHD...and bouncing back.

New Take Your Wardrobe from Whoa to Wow under \$100

Are you ready for your wardrobe to go from "whispers" to compliments by simply changing a few items? Then this style workshop is for you. We will update your existing wardrobe, share styling techniques, and redesign a look that's fun, classy, and signature to you. All under \$100!

See page 47 to register online, by phone, or mail; call the Provider, Jean Garner, at 919-332-7375 for more information.

Reedy Crk MS | 6:30-8:45 PM | W | 9/11 | \$45

Triangle Wind Ensemble

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

See page 47 to register online, by phone, or mail; call the Provider, Triangle Wind Ensemble, at 919-924-6330 for more information.

Sanderson HS | 7:30-9:00 PM | T | 9/3-12/10 | \$85



Vision Board and Goal Setting with Nefateria

New Create Your Life Vision Board Workshop

Materials \$

Oprah says that Vision Boards have changed her life. Have you ever wanted to create a vision board, know what the hype was about, see if they could change your life? Imagine having the time to create your own vision board, so you can experience the huge difference that it will make. That's the exact reason I am offering Create Your Life Vision Board Workshop to take you from just dreaming about your vision to actually creating it, so you can start living your best life. Register Now!

See page 47 to register online, by phone, or mail; call the Provider, Go Get It, Inc., at 919-937-2633 for more information.

Leesville HS | 6:30-8:30 PM | Th | 9/12 | \$40

Leesville HS | 6:30-8:30 PM | Th | 10/10 | \$40

Leesville HS | 6:30-8:30 PM | Th | 11/7 | \$40

Leesville HS | 6:30-8:30 PM | Th | 12/5 | \$40

New Vision Board & Goal Setting

Materials \$

Create a vision board to unleash the greatness in you! Set goals and live a life of passion and purpose. Certified Life Coach and Vision Strategist, Lisa D. Jacobs, will take you on a journey to help you unlock your dreams, set BIG goals and gain success! Lisa will help you pay attention to your intentions and start your journey to living your best life now. Lisa will provide poster board, glue, and scissors. You will need to bring your favorite magazines, personal pictures, and mementos. Get set for a GREAT new year!

See page 47 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Wake Forest HS | 6:30-9:00 PM | Th | 9/26 | \$50

New Goals Gone Wild in the 4th Quarter!

Materials \$

Are you ready to accelerate your goals? This class is a goal and vision board workshop that will give you a quantum leap, in your life and business. We're going into the 4th quarter with strategies to end the year and begin 2020 on a high note. It's time to set G.O.A.L.s that are Going Over and Above the Limits.

See page 47 to register online, by phone, or mail; call the Provider, Jean Garner, at 919-332-7375 for more information.

Reedy Crk MS | 6:30-9:00 PM | W | 10/2 | \$45



Nefateria Robinson, Online CEO of Go Get It, Inc., has been creating her own vision boards and facilitating vision board workshops for several years for groups and organizations who are looking for a fun and powerful, interactive activity, that will help their participants visualize their goals. Contact her to have a Vision Board Workshop for your group or organization.

Check out these additional classes

New Become a Better Networker: Training and Workshop!

See Career Skills, page 10.

New Design A Stellar Brand D.N.A. For Your Next Level Of Success

See Career Skills, page 10.

Flair Image and Modeling

See Communications, page 17.

Krav Maga Self Defense- Be Your Own Super Hero!

See Fitness, page 27.

New Super Saving Hacks: Coupons, Rebates, and Deals, Oh My!

See Finance, page 26.

Writing to Heal

See Communications, page 19.

Photography

Online Discover Digital Photography

Designed for the novice photographer with no previous experience with digital cameras this course will teach you all about digital cameras, from DSLRs to smartphone cameras and what different equipment is used for. You will learn about different display methods for your camera, including sizing, print options, online storage, and how social media factors into digital photography.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$100

Online Introduction to Lightroom Classic CC

Do you have a lot of images to manage? Adobe Photoshop Lightroom is a fantastic tool for digital photographers at any skill level who need to manipulate and organize photos and images.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Online Introduction to Photoshop CC

Photoshop CC has a host of impressive new features for photographers, and you will encounter a number of them in an introduction to the Photoshop environment. Next, you will learn how to create simple digital paintings. Then you will be editing your own photographs to get rid of dust and scratches, fix the color, and correct image exposure. You will master techniques for switching the backgrounds on images and removing wrinkles and blemishes from photos, just like they do in magazines.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

Online Photographing Nature with Your Digital Camera

Nature photography can be a fun, relaxing, and exciting hobby! In this course, you'll learn about the many aspects of outdoor photography as well as how to master your digital camera's controls and features. With the knowledge you gain in this course, you'll be taking exceptional nature photos in no time.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100



Online Photographing People With Your Digital Camera

Photographing people can be fun, exciting---and complicated! This course will make taking beautiful pictures of adults, children, and babies simple. You will start with the basic principles you need to know in order to become a people photographer. You will discover the best way to shoot faces, fix common close-up problems, and use digital photo editing techniques to retouch your photos and make other improvements.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Online Secrets of Better Photography

Whether you use a DSLR, a point-and-shoot camera, or your phone for your photography, you will learn how to get the best results from your camera. This hands-on course will teach you how to choose the right photographic equipment to compose images with style.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Online Travel Photography for the Digital Photographer

Come and discover the fascinating world through a photographer's eye. This course will teach you what you need to capture scenes from around the world and bring them back to your home. You will discover tips for digital photographers, and how to use both traditional techniques, as well as those unique to digital equipment.

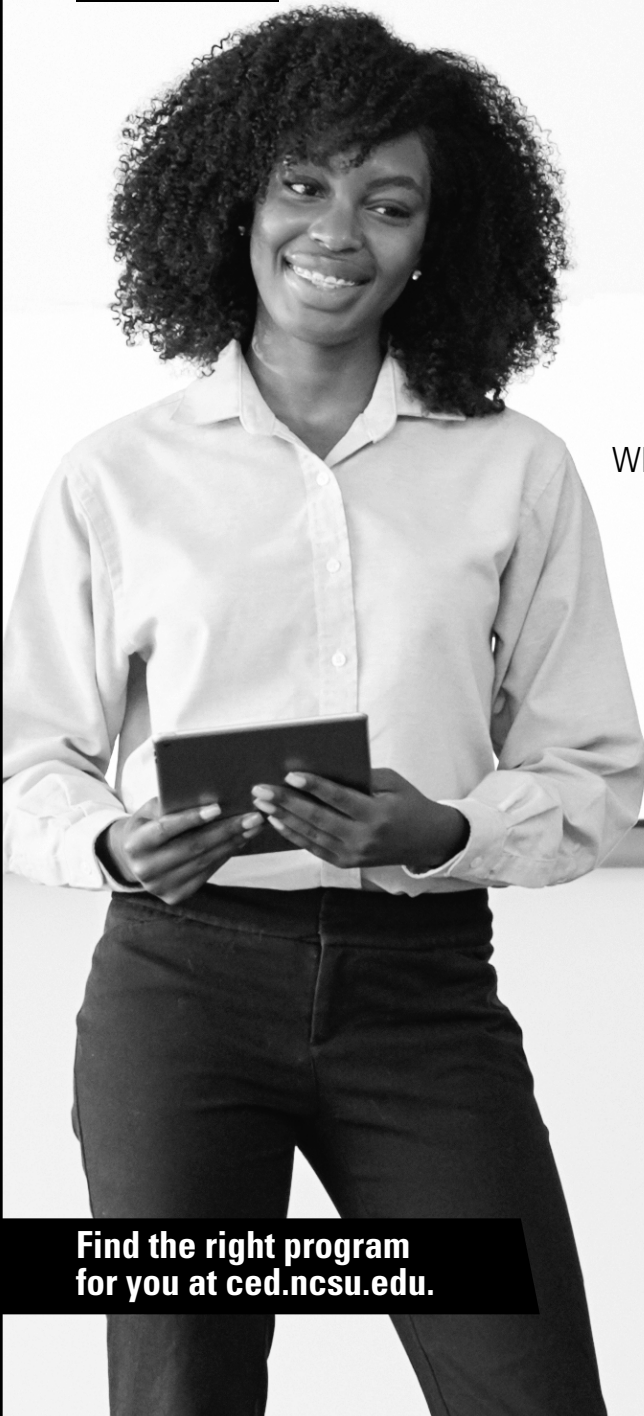
See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$100

Prepare to Lead. Improve Educational Outcomes. And Change Lives.

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Whether you're an experienced educator or new to the profession, and whatever your background and interests, we have a program that will enhance your ability to transform lives, schools and communities. We offer 40+ flexible master's and doctoral degrees that cover the spectrum — from elementary education and counselor education to educational leadership and policy.



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for you at ced.ncsu.edu.

Our programs offer:



Convenience | Take courses online, in-person in the evening, or through a mix of both



Quality | Learn from some of the nation's best faculty and researchers in the field of education



Value | Earn a degree at one of the nation's best values among public universities



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When you join the NC State College of Education, you join the leading college of education in North Carolina.



#1 Performing*
Teaching Alumni on
Statewide Performance Measures



#1 In Education Research*
Productivity by Faculty in N.C.



#1 Ranked*
Value of Online Graduate
Education Programs in N.C.

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

New Curriculum Engaging, Skill-Building Math Games (0.15 CEUs)

Playing math games has emerged to make learning in the classroom more engaging, but you must ensure these activities build skills and reinforce the curriculum content. Just like the many helpful math websites, there are online and offline games suited to develop your students' math skills to the next level. These math games can act as a customizable warm-up and lesson closure, as well as mid-class activities. In this course, teachers involved with 1st to 8th grade, you will learn over 15 math games for students you can play with and without computers.

See page 47 to register online, by phone, or mail; call the Provider, Dr Sandy Nicole Mitchell, at 919-590-9361 for more information.

Reedy Crk MS | 6:45-8:15 PM | Th | 9/5 | \$63



Learn how to integrate coding into your lessons

New Integrating Coding into Your Curriculum (0.25 CEUs)

What if I told you that there was a simple way to work programming into your English class? That coding and social studies could go hand-in-hand? It's true—programming lessons aren't just for math and science classes. In this seminar, you will learn various ways to get kids coding across the curriculum in easy and engaging ways.

See page 47 to register online, by phone, or mail; call the Provider, Dr Sandy Nicole Mitchell, at 919-590-9361 for more information.

Sanderson HS | 6:45-9:15 PM | Th | 8/22 | \$33

Online Guided Reading and Writing: Strategies for Maximum Student Achievement (2.4 CEUs)

Around 30% of students in sixth grade already have trouble with basic reading and writing. These literacy problems affect performance across subject areas, and they often leave teachers wondering how to help. In this course, you will examine the reasons reading and writing are so difficult for students. Then you will encounter the total literacy framework and see what it does to mitigate literacy problems. Since this framework is based on guided reading lessons that flow naturally into writing challenges, you will learn to successfully transition from guided readings to writing lessons.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

Online Integrating Technology in the Classroom (2.4 CEUs)

In this teacher professional development course, you will learn the secrets of technology integration in the classroom, gaining the skills educators need to use tools such as wikis, podcasts, and blogs effectively. You will discover simple ways to integrate technology to enhance your subject material and meet your Common Core standards and other course goals.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

Online Response to Intervention: Reading Strategies That Work (2.4 CEUs)

Whether you're working with struggling readers in kindergarten or 12th grade, you will find that these strategies work with a full 80% of students, without the need for special pull-outs or extra IEP intervention. Why? Because RTI gets to the root of the problem—quickly. If you're eager to learn the right ways to help your struggling readers make steady progress throughout the year, you will find that this course gives you the power to teach flexibly and creatively, without the need for extra training in literacy or fluency. As an added bonus, there's nothing quite like helping students discover the pleasures of reading.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$100

Online Solving Classroom Discipline Problems (2.4 CEUs)

Why do some teachers enjoy peaceful, orderly classrooms while other teachers face daily discipline battles? The answer is that many teachers have not been taught the secrets to solving discipline problems. This course reveals those secrets and presents a step-by-step approach to effective, positive classroom discipline. Teachers continually rate this course one of the most valuable they have ever taken.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

Online Spanish in the Classroom (2.4 CEUs)

Whether you took a Spanish class 20 years ago and just want to brush up a bit, or you have never taken a Spanish class, you'll learn essential Spanish for teachers and bridge the communication gap with your Spanish-speaking students and parents. Rest assured that this won't be anything like your typical high school Spanish course. We'll skip the frills and focus on "survival Spanish" you can put to work immediately. We've tossed out long vocabulary lists and complex grammar rules and replaced them with games and stories to make learning easy, painless, and even fun.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Online Survival Kit for New Teachers (2.4 CEUs)

Feel a little trepidation before entering your classroom? You're not alone! Whether you're already teaching, a newly credentialed graduate, or a substitute looking to transition to full-time, this course will provide you with proven tools, tips, and tricks to make your early years in the classroom a breeze.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Online Teaching High School Students (2.4 CEUs)

How can you reach students in the high school class? What can you do to motivate and teach so that your students are ready to succeed in life as well as school? In this course, you'll learn about the latest teaching strategies and techniques that can help your secondary students achieve academically and behave responsibly.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Online Teaching Students With Autism: Strategies for Success (2.4 CEUs)

If you've ever had a student who blurted out in class, screamed when someone patted their shoulder, or rocked back and forth in the chair, you will appreciate the lessons ahead. In this course, you will discover the neurobiology behind these disorders and the way it affects students' behavior, learning, and thinking. Most important, you will learn creative, easy, low-budget strategies to help your students with Autism succeed in the classroom and beyond.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$115

Online The Creative Classroom (2.4 CEUs)

Creativity will abound in your classroom as you tap your students' hidden talents. Learn how to use creativity to teach reading, writing, visual arts, performing arts, social studies, science, mathematics, and physical and health education. Develop creative new approaches to field trips, learning labs, activities, exercises, assignments, and evaluation methods. Think beyond the textbook and challenge your students by making your classroom a creative classroom!

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Online Using the Internet in the Classroom (2.4 CEUs)

Harness the power of the Internet to make your textbooks and lessons come alive! Teach your students how to locate and evaluate Internet resources. Improve the caliber and amount of discussion through the use of e-mail and discussion boards. Learn how to safeguard your students and their personal information while they are using the Internet. The Internet can make teaching easier--this course will show you how.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Additional CEU Classes

Basic Grant Writing 101 (CEU=0.25)

See Communications, page 17.

Google Tools for Beginners (CEUs: 1.0)

See Computers, page 21.

Strengthen your ACT/SAT scores

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, basic and advanced algebra, and geometry. The verbal review includes evidence-based reading, writing skills (grammar, punctuation, structure, style), and essay writing. Students are taught to work strategically, effectively eliminate wrong answer choices, and understand the pattern of both exams (SAT & ACT) to their advantage. Students are fully prepared for both exams by the end of the course. Ages 14+

See page 47 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Garner HS | 6:30-9:30 PM | MW | 9/9-10/2 | \$395
 Athens Dr HS | 6:30-9:30 PM | TTh | 9/10-10/3 | \$395
 Fuquay Varina MS | 6:30-9:30 PM | TTh | 9/12-10/24 | \$395

Online SAT/ACT Prep Course - Part 1

Learn all the information you need to do well on the math questions of the ACT and the new SAT. The ACT math tests your knowledge of arithmetic, algebra, geometry, trigonometry, and basic statistics. This course provides you with a complete math review of all these subjects.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Self-paced and Instructor-led | \$119

Online SAT/ACT Prep Course - Part 2

Learn all the information you need to do well on the verbal questions of the ACT and the new SAT. The ACT verbal sections are called the Reading Test, the English Test, and the Science Test. The Reading Test and the English Test assess your knowledge of English usage, grammar, and reading comprehension.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$119

Online Skills for Making Great Decisions

Learn how to make excellent everyday decisions from an experienced counselor and life coach. Learn about some wonderful abilities we're born with for figuring things out and making good decisions. You'll discover the steps necessary to achieve your goals, as well as the power that ordinary, everyday decisions can have over the quality of your life.

See page 47 to register online or by phone; call 919-694-0559 for more information.

Online | Instructor-led | \$115

Play Music

See page 47 to register online, by phone, or mail; call the Provider, Philharmonic Association, at 919-645-8434 for more information.



Triangle Youth Orchestra

Leesville HS | 6:30-8:15 PM | M | 9/9-12/9 | \$215

Triangle Youth Philharmonic

Athens Dr HS | 6:30-8:30 PM | T | 9/10-12/10 | \$215

Triangle Youth String Sinfonia

Reedy Crk MS | 6:45-8:30 PM | Th | 9/5-12/12 | \$195

Triangle Youth Symphony

Athens Dr HS | 6:30-8:30 PM | M | 9/9-12/9 | \$215

Site Coordinator Profile: Michelle Parker-Van Dyke

Where did you grow up and what was it like growing up there?

As a military brat (Air Force), I grew up between southern Illinois, New Jersey, and Johnston County, NC. I really enjoyed living in all of the different places and all of the different people I got to meet. One of the cool parts about living in Johnston County was that I got to grow up on my grandparent's farm. I kept chickens and learned how to grow all kinds of fruits and vegetables like pears, corn, strawberries, squash, and tomatoes.

What would you describe as your defining moment growing up?

I joined the marching band at my local high school during 8th grade, and I loved being a part of a group that was able to go out and play for the community. I spent the entire summer traveling around southern Illinois and Missouri playing in parades and getting to feel like a rock star just for playing the trumpet, something that I already loved. Joining marching band gave me a place to feel like I belonged and a family of friends to support me through middle and high school.

Where did you go to college and describe your college experience?

I went to NC State University for my undergrad in Middle Grades Education. I had a concentration of Language Arts and Social Studies, so my cohort was a small group of 20 students that felt like my family on such a big campus. During my time at NC State, I was also a member of the Marching Band and Pep Band where I attended every home football and basketball game, men's and women's. The most exciting part was getting to travel with the Men's Basketball Team to the Sweet 16 in 2012. It was in St. Louis which is where I used to live! So, it was cool to see the city again and cheer on my team.

I just finished my master's degree in theatre from Regent University last spring. I attended the University online so that I was able to keep teaching and running Reedy Creek's drama program while obtaining my degree. My favorite part of my graduate schooling was traveling to Virginia Beach for graduation and then celebrating with a trip to Busch Gardens!

"If I need to know something or do something, I can always learn, and it isn't something from which to be overwhelmed."



Do you have one person that influenced your life for the better? If so, explain.

My mom has to be the most significant influence on my life in such a big way. As an Air Force wife, she had to spend a lot of time being Mom and Dad as my dad would be away on missions. She taught me how to cook, sew, craft, read, and more! I can't thank her enough for teaching me how to do all of those things, but also how to find things out for myself. If I need to know something or do something, I can always learn, and it isn't something from which to be overwhelmed. She taught me how to be self-sufficient, and while it may have been annoying as a kid, it has been immeasurable as an adult.

As you know, we are always growing and learning. Is there any one thing you would like to take the time to learn?

I am always finding a new craft, skill, or recipe to try out. Last year I tackled learning how to make macarons and how to hand letter. Next, I'd like to learn how to sew better to make my own dresses and alter clothes I already own.

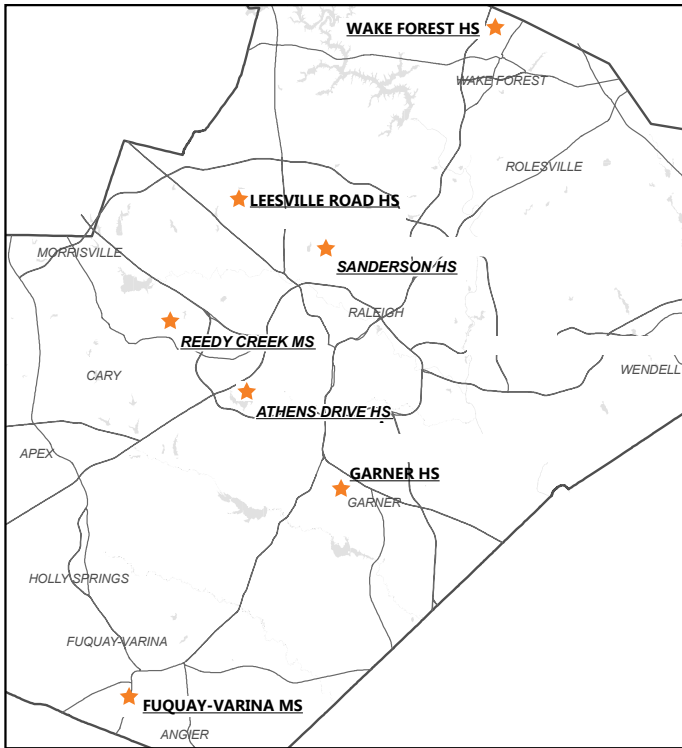
Describe a typical evening as a Site Coordinator for Adult Evening Education.

I check the schedule for the night to make sure I know which classes are happening and open up the classrooms for those classes. As each class begins, I greet the instructors and students to make sure they're having a great evening. Once all of the classes have started, I work on any necessary paperwork and make my rounds to check on the classes and see all of the interesting things that are going on. At the end of the night, I bid the students goodnight and lock up the school building.

If you could share one bit of advice you've learned in life, what would it be?

I really appreciate the saying, if it won't matter in five years, don't spend more than five minutes being angry over it. It helps to remind me not to sweat the small stuff and to keep the big picture in perspective!

Sites and Directions



Seven Adult Evening Education Sites Across Wake County

Athens Drive Magnet 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.

Fuquay-Varina Middle School

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

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.

Garner Magnet High School

2101 Spring Drive
Garner, NC 27529
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinator:
Darla Baker
Phone: 919-662-2379
EXT. 23612
Email: djbaker@wcpss.net

Directions from I-440:

Take I-440/Beltline to exit 299 - Hammond Rd. Turn left onto Hammond Rd. Continue onto Timber Dr. Use the 2nd from the left lane to turn left onto US-70E. Turn right onto Loop Rd. Continue onto Coldwater Dr. Turn right onto Spring Dr.

Directions from 40:

Take I-40 to exit 298A - S. Saunders St. Continue on US-70E. Turn right onto Loop Rd. Continue onto Coldwater Dr. Turn right onto Spring Dr.

Leesville Road High School

8410 Pride Way
Raleigh, NC 27613
Hours: 6:30-9:30 PM
Days: Monday and Thursday

Site Coordinators:
TBD
Phone: 919-870-4250

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.

Reedy Creek Magnet Middle School

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

Site Coordinators:
Michelle Parker-Van Dyke
Rachel Menegos
Phone: 919-460-3504
Email: mparkervandyke@wcpss.net
rmenego@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
Hours: 6:30-9:30 PM
Days: Monday - 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.

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.



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 Adult Evening Education Program 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 Adult Evening Education courses is published three times a year.

Community Schools Staff

Linda Willcox

Director
Community Services

Brian Thacker

Senior Administrator
Lifelong Learning with Community Schools

Krista McGivern

Administrator
Lifelong Learning with Community Schools

Jan Ruede

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? 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, vaping, 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 Adult Evening Education Classes



Onsite Classes

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.



Online Classes



Online

- Go to www.wcpss.net/adult-edu and select the 'Online' icon.
- Select categories under Personal/Professional Enrichment or Professional Certificates depending on your need.
- Search for the classes you'd like to take.
- Add them to your cart by clicking 'Add To Cart'.
- When ready to check out, click 'My Cart' in the top right corner.
- Follow instructions for registering and payment through our partner Ed2Go.



Need Assistance

- Call Jan Reude at 919-694-0559.

What Are Self-Paced Tutorials?

If you want to quickly build industry skills or earn continuing education credits, these independent study tutorials are for you! They cover a wide variety of fields, and you can start anytime and work at your own pace. You'll have access to all course material and assessments from day one, and many tutorials can be completed in just a few hours. You'll enjoy content developed by industry leaders and get helpful student support whenever you need it. Upon finishing your tutorial with a passing score, you'll receive a certificate of completion.

What Are Instructor-Led Courses?

Whether you're looking for personal enrichment or professional development, these six-week online courses are the perfect way to learn a new skill or enhance your existing ones. You'll spend roughly two to four hours each week completing two engaging lessons in an enjoyable, interactive learning environment. Expert instructors develop and lead every course, and you'll be able to interact with them and with fellow students in lively online Discussion Areas. New sessions start every month, so you can sign up anytime. Upon completing a course with a passing score, you'll get confirmation of completion from your learning institution.



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PUBLIC SCHOOL SYSTEM**

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- Payment plans available.

Online Freight Broker/Agent Training

Online Pharmacy Technician

Online Medical Coding and Billing

Online Project Management

Online Medical Transcription

Online Six Sigma Black Belt

Online Veterinary Assistant

*GO ONLINE TO SEE TRAINING COURSES IN ADDITIONAL AREAS.

Contact Us in 3 Easy Ways:

1 wcpss.net/adult-edu

2 919-694-0559

3 lifelonglearning@wcpss.net