



A Campus of the University of Wisconsin Colleges

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ADVENTURES in lifelong learning **FALL 2009**

Little Bit of Everything

SCOTLAND AND WALES Literature and History Tour

Join the University of Wisconsin-Sheboygan travelers for a visit to Scotland and Wales—the land of castles, stately homes, and ancient history. After arrival at Heathrow, we will stop in Avebury to view the Stone Circles, and tour Bath and the Roman Baths Museum before continuing to the “Land of Song” (Wales), residing in Cardiff for several days. Wales is the home of King Arthur’s legends, ancient Celtic paganism and the beginnings of the Tudor dynasty. Tour sites will include Cardiff Castle, Cathedral at Llandaff, Welsh Folk Museum, Caerphilly Castle, Tintern Abbey, the lovely Wye Valley, majestic Raglan Castle and The Big Pit Mining Museum with underground tour, then on to Scotland, with a stop at the Cathedral town of Chester. Scotland’s history spans over 8,000 years and is marked by invasions, independence and religious upheavals. We conclude with two days in Edinburgh, with an excursion to visit the medieval town of Stirling and much more.

Dates: March 18-27, 2010

Fee: \$2,998 per person

Tour includes: lodging, daily breakfasts, all entrance fees on planned sightseeing days, airfare, tour buses, and transportation to and from airports, taxes, and guides. An initial deposit of \$750 will assure your place on this trip (\$100 non-refundable).

Tour Guides: UW-Sheboygan Senior Lecturer of Philosophy Dr. Richard Edwards, who has lived in Wales and traveled to Scotland numerous times, will lead the trip with seasoned traveler UW-Sheboygan Professor of English Emeritus Dr. Joe Milicia. Both faculty members will share their expertise on the rich history and literature of Scotland and Wales.

To receive an application with complete information, please call Jane Donlon at (920) 459-6617.

Glenn Shepherd Seminar: Give Me My Money, Please

In case you haven't noticed, it's a cold, hard world out there. Business is slow, the economy stinks and, today more than ever, your company needs to collect every cent its customers owe. All of which means your job just got a lot more important - AND a whole lot harder. If you're new to collections, you will find this seminar is a real eye-opener. And even if you've been calling debtors for years you'll find strategies that will make you more effective, less stressed and a whole lot happier.

Date: Wednesday, October 28

Time: 8:30 a.m.-noon

Room: 2114 (Wombat Room) Main Building

Fee: \$147.00 (early bird discount of \$127.00 if registered by October 22)

Instructor: Author Glenn Shepard

Religion and Literature of Wales, Scotland and England

Part I: Celtic Religion and the Religious History of Scotland and Wales with Dr. Richard Edwards will discuss the Pagan and Celtic Religions of England, Wales, and Scotland of pre-Christian Great Britain. This will include the wide range of Celtic witchcraft and religious practices as well as the possible origins and uses for Stonehenge. The class will also discuss the spread of Christianity into and throughout Great Britain and the contributions of England, Wales, and Scotland to Colonial and Contemporary American Christianity. Dr. Richard Edwards teaches Philosophy and Religious Studies for the University of Wisconsin Colleges and is co-leader of Travel Abroad 2010 tour to Scotland and Wales.

Part II: The Importance of Place in Literature of England, Wales and Scotland with Dr. Joseph Milicia will study great works of English, Welsh and Scottish literature with connections to places on the itinerary of our March 2010 campus trip to Great Britain. Our first evening will visit Bath through the fiction of Jane Austen, concentrating on her novel *Persuasion*. Next we will take an in-depth look at William Wordsworth's autobiographical poem *Tintern Abbey*- a landmark of the Romantic Era-which he wrote after visiting the Wye Valley in Wales. We will also study the modern Welsh writer Dylan Thomas, both some short poems and his play *Under Milk Wood*, and complete the course with an introduction to Scottish writers associated with Edinburgh, such as Robert Burns and Walter Scott. Dr. Joseph Milicia is a Professor of English Emeritus at UW-Sheboygan and co-leader of Travel Abroad 2010 to Scotland and Wales.

Dates: Thursdays, October 22, 29; November 5, 12, 19; December 3

Time: 6:30-8:00 p.m.

Room: 3210, Main Building

Fee: \$65.00

Chicago Architectural Tour

Join us for a day trip to Chicago to view its architecture by boat! Our river boat tour sails along the Chicago River (the boat is enclosed) and allows you to spot more than 50 historic and architecturally significant buildings while enjoying lunch. Our afternoon includes three hours to enjoy Michigan Avenue and dinner on your own. Tour includes river boat tour, lunch catered by Lawry's Prime Rib Restaurant and transportation to and from Chicago. Co-leaders are UW-Manitowoc Continuing Education Director Kathy Palmer and UW-Sheboygan Continuing Education Director Valerie Graczyk.

Date: Friday, September 18

Time: 7:30 a.m.-9:00 p.m.

Fee: \$119.00

Coaching Clinic

Listen to some of the top local basketball coaches discuss offensive and defensive strategy, practice preparation, favorite drills, and other coaching tips. This one-day clinic is designed for both young and experienced coaches looking for insight into the art and science of coaching basketball. Several sessions will cover a variety of coaching topics and the day will conclude with a question-and-answer session featuring a panel of veteran coaches from around the area.

Date: Saturday, October 3

Time: 9 a.m.-4 p.m.

Room: Gymnasium, UW-Sheboygan

Fee: \$40.00

Instructor: Greg Mittlesteadt, who has more than 20 years of college coaching experience and currently serves as the Director of Basketball Operations for Higher Level Camps, Inc, one the largest youth basketball organizations in Wisconsin.

HELP WANTED

UW-Sheboygan is seeking an experienced, creative, visionary, degreed Adult Education Program Planner to work on an as-needed basis. Please call (920) 459-6661 if interested and qualified.

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Welcome!



Valerie Graczyk



Jane Donlon

Greetings from UW-Sheboygan!

Our Fall 2009 programs are bringing to you some fresh new topic areas and instructors. A few highlights include exercise classes, Zumba and Nia; our going "green" with natural gift wrapping and a seven-part Women's Fun Gathering Series. We hope you consider participating in our programs and enjoy the efforts of our many creative instructors.

Our commitment to you is to enrich your life through lifelong learning. Please share our catalog with your friends and families and join in enriching your life through Continuing Education.

Thank you and happy learning,

Valerie Graczyk
Director of Continuing Education

Jane Donlon
Coordinator of Continuing Education

Selling on eBay for Beginners

Making money on eBay doesn't have to be trial and error; it is a skill that can be learned. Our instructors will share their enthusiasm and expertise and help you sell your own items on eBay. In this three-week class, you will learn why a Paypal account is important; discover how to price your item, take usable digital photos and write good descriptions. You will also cover some of the finer points of using eBay, such as closing a sale, the importance of shipping and why feedback will make or break you as a seller or buyer. Students should be computer savvy and know how to use the Internet. You may want to set up an eBay account prior to starting this class. Both instructors are veteran eBay sellers and have extensive experience.

Dates: Wednesdays, October 21, 28; November 4
Time: 6:30-8:30 p.m.

Room: 5001, Learning Resources Building
Fee: \$75.00

Instructors: Lisa Hurley and Lori Risse have over 10 years experience as seasoned eBayers.

Using a Digital Camera for Beginners

Learn how to use your digital camera's basic features. Including tips on photo composition to improve your image shooting skills. You will learn about downloading and basic editing and printing. In addition you will learn how to organize your photos into files. You need to have some comfort using a computer. Please bring your camera and owners guide to class. Due to the wide number of different camera models you will be responsible to read your manual prior to attending class. This is a beginner class and will not go into depth on technology.

Dates: Wednesdays, September 23, 30; October 7, 14
Time: 7:00-8:30 p.m.

Room: 5001, Acuity Technology Center, UW-Sheboygan
Fee: \$59.00

Instructor: Keary Kautzer, Director of WSCS

World Around You

Perspectives on India

New!

UW-Sheboygan Professor Bruce Browne, who was raised in India, leads this four-week course on Indian culture and history, focusing on India since independence in 1945. Students will also learn about the geography, political changes, industrialization, and social change in the world's largest democracy. Two books will be used for the course-*The Death of Vishnu*, a novel about living in modern-day India, reveals many facets of life in large cities. *Indian Summer*, explores the creation of modern India and Pakistan from what was once the British Raj. Gandhi, Nehru, and the Mountbatten come into clearer focus in this newly-published history, which makes excellent reading as well.

Date: Mondays, September 14, 21, 28; October 5
Time: 7:00-8:45 p.m.

Room: 3202, Main Building

Fee: \$65.00 (includes both books)

Instructor: UW-Sheboygan Professor of English Bruce Browne has presented a previous course for CE on India, and also presents courses on Afghanistan and Iran.

The Global Crisis

New!

Resource depletion, climate change, economic collapse, and other major factors are transforming our world. How might our lives change in the years ahead? Is civilization entering a new period of history? This seminar will help participants develop a "big picture" view of what's happening today. Participants will be encouraged to form their own ideas and to share them in group discussions.

Dates: Tuesdays, October 6, 13, 20, 27

Time: 7:00-8:30 p.m.

Room: 3201, Main Building

Fee: \$65.00

Instructor: Regan Haulotte is a counselor in the Sheboygan Area School District. In the past, he has taught Social Studies and Philosophy to high school students and adults.

Enjoying Life!

Photographic Composition

Are your photographs works of art or just snapshots? Understanding photographic composition and how to attain it with our camera is essential. Seldom are good photos the result of special techniques or equipment. Learn how to see as your camera sees and how to use photographic composition to shoot those winning photographs.

Dates: Wednesdays, October 28; November 4, 11, 18
Time: 6:30-9:00 p.m.

Room: 5001, Learning Resources Building

Fee: \$59.00

Instructor: Sam Arendt, professional freelance photographer.

The Seven Wonders of Sheboygan County

New!

Join geography aficionado John Hill in discovering the seven "wonders," unique glacial geography and Native American features of Sheboygan County and eastern Fond du Lac County. These features are found in few, if any, other places in the world. The field trip will include visits to the Henry Reuss Ice Age Center west of Dundee; the Parnell Esker and Butler Lake, a kettle lake; four moulin kames east of Long Lake; the Greenbush Kettle; the Sheboygan Marsh and the Henschel Indian Museum. Not included in the field trip would be the other two "wonders," Lake Michigan and the Spruce Lake Bog, where wild orchids bloom in spring.

Dates: Thursday, October 15

Time: 6:30 p.m.-8:00 p.m., PLUS field trip to at least five of these sites on Saturday, October 17, 9:30 a.m.-1 p.m.

Room: 3202, Main Building

Fee: \$49.00

Instructor: John Hill, former editorial page editor of *The Sheboygan Press* has experience in environmental issues and has received an award for Outstanding Environmental Journalism from the Wisconsin Chapter of the Sierra Club. Hill has a master's degree in Geography and has enjoyed Sheboygan County's recreational offerings for more than 20 years.

"Green" Holiday Gift Wrapping

New!

This class is a low cost way to decorate any package and make it look invitingly festive. It is somewhat of a green experience utilizing naturally discarded pieces of shrubbery, trees, and anything else around. Keep it at home - recyclable items are used for the foundation. This is a two-hour "hands-on" class that utilizes natural items and recyclable items to festively wrap gifts. At least 15 creative ideas will be presented in written form with many of them demonstrated in class with attendees' participation.

Date: Wednesday, December 2

Time: 6:30-8:30 p.m.

Room: 3107, Main Building

Fee: \$19.00 + \$5 the night of class for supplies

Instructor: Georgiann M. Pasbrig is a certified Zumba instructor and small business owner.

Fall Herbal Series: Roots, Seeds, Berries and More!

Fall is an inspiring time of the year in the plant world. It is the time to harvest seeds, roots, and berries for the winter months. Join herbalist Linda Conroy for this four-week series, which will offer participants the opportunity to learn about the lore and history of herbs that promote health, provide relief from winter ailments and promote healing of cuts, scrapes and more! We will go on plant walks to identify the plants of the season, make herbal preparations for topical use: poultices as well as salves learn to make nourishing herbal beverages as well as cold and cough remedies. You will take home some of our creations as well as recipes for the future.

Dates: Tuesdays, October 13, 20, 27; November 3
Time: 6:00-8:30 pm

Room: 1202, Acuity Technology Center, UW-Sheboygan

Fee: \$68.00 (plus \$10 supply fee paid on the first night of class)

Instructor: Linda Conroy, Herbalist.

Box-making Workshop

New!

Give wings to your creative spirit by attending this box-making workshop where you will take a whimsical look at yourself—who you are, who you want to become, what your dreams are, what memories you carry—not the you everyone has told you that you are. Whether you're an artist or just want to color outside the lines, whether you like writing, pottery, dancing, poetry, gardening, or music—you will be enriched by opening up new ways of accessing the flow of creativity. Be willing to be messy, colorful, and carefree as you embrace your journey. Most supplies will be furnished, but please bring scissors. Also, consider bringing hand-made paper, origami paper, fabric, trim, or any personal items you wish to add to make the box uniquely yours. Just scout around the house and find small pictures, poems, totems, icons and/or sacred symbols that are meaningful to you.

Dates: Wednesdays, October 7, 14

Time: 6:00 p.m.-8:00 p.m.

Room: 3107, Main Building

Fee: \$24.00

Instructor: Lynn Gordon is a book restorer and artist who has been constructing one-of-a-kind boxes since 2004.

Enjoying Life!

New!

WOMEN'S GATHERING: TAKE TIME FOR YOU

The University of Wisconsin-Sheboygan Continuing Education offers a monthly workshop on the first Saturday of the month (second Saturday in January and April) October through April from 1:00 to 3:00 p.m. "Women's Gathering: Take Time for You" creates a time, place, and space for women of all ages and walks of life to come together, connect with each other, and enjoy themselves. As women, we give much of our time and energy to work, family, aging parents, etc. Often we don't take time out of our busy schedules to have fun with our "girl-friends." These workshops are an opportunity to come to campus to learn something new with groups of women who are fun, supportive, and a vibrant source of much needed energy. You will laugh, share, explore, and grow. Come with a friend or come alone and meet new friends. Treat yourself to one afternoon a month. Rejuvenate and celebrate! Say "Yes!" Attend several of the workshops or attend them all.

Fee: \$24.00 per session or, pay for six and receive the seventh FREE for a total of \$144.00.

Tai Chi

The ancient art of tai chi involves gentle flowing movements, which anyone, regardless of age or physical ability, can perform. The benefits of tai chi include reduced stress, increased flexibility, and improved muscle strength—more energy, stamina, and agility. Come to move your chi and improve your health and well-being.

Date: Saturday, October 3

Time: 1:00-3:00 p.m.

Room: 2114 (Wombat Room), Main Building

Instructor: Galina Petrich is a certified Tai Chi and Qigong instructor who received her training in Yangshuo, China.

Meditation

Meditate for insight, peace, and healing: This two-hour program is designed to be educational as well as interactive. Marianne will provide highlights from past and current thinkers in the field of mind-body medicine that support the belief that practicing meditation daily is life enhancing, spiritually enlightening, and mentally healing. Included in this presentation are mindfulness meditation, guided imagery, and relaxed breath awareness. The styles of meditations taught during this program emphasize the importance of breath work and the processing of personal experiences. Please bring a notebook, blanket, and pillow.

Date: Saturday, November 7

Time: 1:00-3:00 p.m.

Room: 2114 (Wombat Room), Main Building

Instructor: Marianne Helm founded The Wholistic Health Center in 1986 and is the author of *Welcome to My World: Two Perspectives On One Life Lived*.

The Power of Laughter

Be your own fairy godmother, pick up the magic wand of silly creativity, and transform yourself from a serious, stressed-out woman, into your own version of Cinderella. Why would you want to do that? Because, we usually give priority to others, which leaves little time and energy for ourselves to step away from all that seriousness into a world of fun. And, because we all have beautiful clothes that haven't been worn since whenever-bridal, bridesmaid, prom, mother-of-the-bride dresses, etc., dresses we swore we would shorten and wear again but somehow haven't gotten around to. They are beautiful clothes, clothes we felt beautiful in. Here's your chance to wear those favorites—even without the shortening. You didn't save them? It doesn't matter. Think Salvation Army, Bethesda, or Good Will, or dig deep into your dress-up chest or closet and revive one of your prettiest frocks. Wear what you feel beautiful in and then laugh with other women. Loosen up and take on everything life has to offer with skill, chutzpah, and a sense of humor. Don't just sit there like a pumpkin, live with gusto, and gather up your women friends to join you in an afternoon that adds laughter to your life's journey. Show up for the fun and leave with useful advice. Who knows? You may be the one leaving with the door prize.

Date: Saturday, December 5

Time: 1:00-3:00 p.m.

Room: 2114 (Wombat Room), Main Building

Instructor: Suzanne Grimm is a clinical psychiatrist with 15 years of experience in Sheboygan and currently practicing at The Wholistic Health Center. She is Board Certified in Psychiatry by the American Board of Psychiatry and Neurology.

Silk Scarf Painting

Join us for an afternoon of creating a beautiful, stunning, silk scarf that you will design. The paint and dye colors take on a life of their own, swirling, turning, and merging into wonderful contortions on wet silk. The result is textural surprise and delight. This is an opportunity to paint spring into a gloomy winter day. You will be guided through the process with support and kindness. Play with color and see what happens.

Date: Saturday, January 9, 2010

Time: 1:00-3:00 p.m.

Room: 2114 (Wombat Room), Main Building

Instructor: Patti Aker has taken classes at Milwaukee Institute of Art and Design and the University of Wisconsin-Sheboygan.

Zumba®

Zumba® fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! We will dance up a storm! Please wear supportive footwear.

Date: Saturday, February 6, 2010

Time: 1:00-3:00 p.m.

Room: 2114 (Wombat Room), Main Building

Instructor: Lynn Gordon is a certified Zumba and NIA instructor.

Art from the Heart: Art Sampler

This workshop will encourage you to incorporate your personal style and touches into a unique, completed art piece. Each technique—paper weaving, needle felting, sculpey clay, shaving-cream marbling, collage—will be done twice and then artfully glued onto a prepared board. The relaxed setting will allow participants to explore creatively, develop a new perspective on their artistic talent, and leave with a completed piece of art ready to frame. Most supplies will be furnished, but please bring a pair of scissors.

Date: Saturday, March 6, 2010

Time: 1:00-3:00 p.m.

Room: 2114 (Wombat Room), Main Building

Instructor: Lynn Gordon is a bookbinder/artist.

Dance Socials

Here is your opportunity to try out your new dance steps in a fun, no stress environment. Enjoy a free lesson with dance instructor Rey Santana and refreshments while dancing the night away.

Dates: Sundays, September 13, 27; October 11, 25; November 8, 22

Room: Commons, UW-Sheboygan

Time: 1:00-4:00 p.m.

Fee: \$10.00 per person, per session (pre-registration is required)

Ballroom Dancing

Make Wednesday nights your social night! Join Rey and Susan Santana, dance instructors, and join the ballroom dancing craze. Six-week sessions will have you ready to "Dance with the Stars" or at least have as much fun.

Section A: Waltz Beginner

Dates: Wednesdays, August 19, 26; September 2, 9, 16, 23

Time: 5:45-6:30 p.m.

Room: Commons

Fee: \$42.00

Section B: Beginners Salsa

Dates: Wednesdays, August 19, 26; September 2, 9, 16, 23

Time: 6:30-7:15

Room: Commons

Fee: \$42.00

Section C: Beginners Retro Swing

Dates: Wednesdays, August 19, 26; September 2, 9, 16, 23

Time: 7:15-8:00 p.m.

Room: Commons

Fee: \$42.00

Section D: Beginners Cha-Cha-Cha

Dates: Wednesdays, August 19, 26; September 2, 9, 16, 23

Time: 8:00-8:45 p.m.

Room: Commons

Fee: \$42.00

Section E: Intermediate Ballroom

Dates: Wednesdays, August 19, 26; September 2, 9, 16, 23

Time: 8:45-9:15 p.m.

Room: Commons

Fee: \$42.00

Section F: Beginners East Coast Swing

Dates: Wednesdays, September 30; October 7, 14, 21, 28; November 4

Time: 5:45-6:30 p.m.

Room: Commons

Fee: \$42.00

Section G: Beginners Cumbia

Dates: Wednesdays, September 30; October 7, 14, 21, 28; November 4

Time: 6:30-7:15 p.m.

Room: Commons

Fee: \$42.00

(continued on page 4)

A Touch of Spring: Container Gardening

Be prepared to get your hands dirty. Growing plants in containers can extend your gardening horizons allowing you to try plants you don't have the space or the climate to grow in the yard. Bring your garden right onto your patio, deck, or bedroom windowsill. Whether you are a dabbler or an enthusiast, this workshop will help you along the way. Please bring a container for plants and gardening gloves.

Date: Saturday, April 10, 2010

Time: 1:00 to 3:00 p.m.

Room: 2114 (Wombat Room), Main Building

Instructor: Barbara Caan is from Caan's Floral and Greenhouse.

PRIVATE DANCE LESSONS



Four to six hours of concentrated lessons by Rey and Susan Santana, experienced social dance instructors. Minimum of four participants. Fee: \$52.00 per person

Call **Jane Donlon**, UW-Sheboygan Continuing Education, at **(920) 459-6617** for more information.

3

Health and Well-Being

Reiki for Health Care Professionals - Level I

.8 CEUs

Reiki is a Japanese form of stress reduction and deep relaxation which helps strengthen the immune system and promotes healing. Reiki is a type of hands-on healing that is effective for the treatment of any emotional, mental and physical health issues. Reiki is currently practiced in 54 hospitals and clinics throughout the United States and its credibility and popularity continue to grow. It is also offered in many long-term health care facilities.

This workshop is for individuals and professionals who want to be Level I Reiki Practitioners. Students will receive a Level I Reiki attunement, which enables them to utilize Reiki energy. By the end of the workshop, students are able to give a Reiki session to a client and are also able to perform self-healing. Upon completion of the workshop, students will receive Level I Reiki Certification.

Please wear comfortable clothing and bring a mat/blanket and pillow/towel. (If you own a massage table, you may bring it with you.) A "highlighter" marker will be helpful. Bring a lunch, or plan to visit a nearby restaurant.

Date: Saturday, October 10

Time: 7:30 a.m.-4:30 p.m. (Lunch will be on your own)

Room: 2114 (Wombat Room), Main Building

Fee: \$165.00 + \$20 for training manual

Instructor: John Oestreicher, Reiki Instructor.

Training Manual: "Reiki: The Healing Touch (First & Second Degree Manual)" by William Lee Rand, please read chapters 1-4 and 6-8 prior to class. The manual is available at the UW-Sheboygan Continuing Education office after September 1. Prior to September 1, students may purchase the manual by calling the instructor at (920) 946-0363.

Simply Feng Shui

This course offers an approach to Feng Shui that is easy, fun and remarkably effective. You will learn everything you need to begin applying the ancient Chinese art of placement and design to your home and workplace. Course includes a brief overview, practical solutions for everyday "problems" and a how-to guide.

Dates: Tuesdays, September 15, 22, 29

Time: 7:00-9:00 p.m.

Room: 3204, Main Building

Fee: \$55.00

Instructor: Pamela Oestreicher, Feng Shui practitioner.

Reiki for Health Care Professionals - Level II

.7 CEUs

This workshop is designed for those individuals who would like to become Level II Reiki Practitioners. Students will receive a Level II Reiki attunement, which increases their ability to receive and utilize the Reiki energy. Students will fine tune their skills as practitioners, learn to feel high and low energy frequencies, practice distance healing, understand the use of symbols, perform body scanning and beaming. Upon completion, students will receive Reiki Level II Certification.

Participants must have received Level I Reiki training and provide their Reiki Level I Certificate prior to taking this workshop.

Please wear comfortable clothing and bring a mat/blanket and pillow/towel. (If you own a massage table, you may bring it with you.) A "highlighter" marker will be helpful. Bring a lunch, or plan to visit a nearby restaurant.

Date: Saturday, October 24

Time: 7:30 a.m.-4:00 p.m. (Lunch will be on your own)

Room: 2114 (Wombat Room), Main Building

Fee: \$250.00

Instructor: John Oestreicher, Reiki Instructor.

Training Manual: "Reiki: The Healing Touch (First & Second Degree Manual)" by William Lee Rand, please read chapters 5, 7 and 9 prior to class.

New!

Recreational Piano Lessons for Adults

This class will allow adult students to learn piano basics in a relaxed group setting. Taught at the UW-Sheboygan campus class piano facility, it is geared for those who have played a modest amount, or perhaps earlier in life. Class sessions will include "group" playing, either together or individually via head-sets. Registration limited to 10 students due to facility accommodations.

Date: Tuesdays, September 22-November 10

Time: 7:00-8:00 p.m.

Room: Music Room, Fine Arts Building (lower level)

Fee: \$79.00 plus \$20.00 book fee

Instructor: David Hein, of Sheboygan, teaches piano and voice, is the organist at St. Paul's UCC, and the artistic director of the Fond du Lac Children's Chorale. He has a degree in music education from St. Olaf College and a Master of Music degree from Michigan State University.

Endless Possibilities: Applied Techniques for Balance and Well-Being

Students apply concepts presented in our previous courses to their everyday lives. Using focused visualization techniques and real-life examples, we examine mental, physical and emotional health, rewarding careers, family and relationships, personal wealth, improving self-worth, aligning actions with priorities and exploring all that's truly possible.

Dates: Mondays, November 16, 23, 30

Time: 7:00-9:00 p.m.

Room: 3204, Main Building

Fee: \$55.00

Instructors: John Oestreicher, Reiki instructor; and Pamela Oestreicher, Feng Shui practitioner.

Empowered Living

If you enjoyed *The Secret* or books by authors like Wayne Dyer, Deepak Chopra, and Jerry and Esther Hicks, this class is for you. Drawing from their own experiences, students participate in exercises and discussions to expand awareness and maximize results. This class is guaranteed to make you rethink ideas and have fun at the same time. Topics include: Enhanced Health, Understanding Relationships, How to Identify and Achieve Everything You Want, Exploring Popular Beliefs, and more.

Dates: Thursdays, October 15, 22, 29; November 5, 12, 19

Time: 7:00-8:30 p.m.

Room: 3204, Main Building

Fee: \$65.00

Instructors: John Oestreicher, Reiki instructor; and Pamela Oestreicher, Feng Shui practitioner.

Holistic Living

This class examines tools and techniques to help you live a more relaxed, balanced life. Each session includes the overview of an approach, followed by "hands on" experiences and exercises you can do on your own. Topics include Visualization, Aromatherapy, Chakras & Auras, Oracles and Crystals, Gems & Stones.

Dates: Thursdays, September 3, 10, 17, 24; October 1, 8

Time: 7:00-8:30 p.m.

Room: 3204, Main Building

Fee: \$65.00

Instructors: John Oestreicher, Reiki instructor; and Pamela Oestreicher, Feng Shui practitioner.

Zumba®

Zumba® fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! We will dance up a storm! Please wear supportive footwear.

Date: Wednesdays, October 14, 21, 28; November 4, 11, 18

Time: 6:30-7:30 p.m.

Room: 2114 (Wombat Room) and Gymnasium

Fee: \$54.00

Instructor: Georgiann M. Pasbrig is a certified Zumba instructor and small business owner.

Nia

Nia stands for Neuro-Muscular Integrative Action, which is a cardio-vascular program that uses whole body expressive, grounded movements rather than repetitive jogging or lifting for conditioning. The Nia Technique tones and trims the body, is kind to the joints, and is usually done barefoot. Nia is adaptable to every level of fitness, every age and type of body, even those with limitations. Fitness is gained by using the body's weight with varying intensity, range of motion and speed. Benefits of Nia include cardiovascular conditioning, flexibility, strength, balance, endurance, and relaxation.

Session A: Tuesdays, October, 6, 13, 20, 27

Session B: Tuesdays, November 3, 10, 17, 24

Time: 5:30-6:30 p.m.

Fee: \$39.00 per session

Room: 2114 (Wombat Room), UW-Sheboygan
Instructor: Lynn Gordon, Certified Nia Instructor

Enjoying Life!

Ballroom Dancing (continued from page 4)

Section H: Beginners Foxtrot

Dates: Wednesdays, September 30; October 7, 14, 21, 28; November 4

Time: 7:15-8:00 p.m.

Room: Commons

Fee: \$42.00

Section I: Beginner Rumba

Dates: Wednesdays, September 30; October 7, 14, 21, 28; November 4

Time: 8:00-8:45 p.m.

Room: Commons

Fee: \$42.00

Section J: Intermediate Latin

Dates: Wednesdays, September 30; October 7, 14, 21, 28; November 4

Time: 8:45-9:30 p.m.

Room: Commons

Fee: \$42.00

Section K: Beginners Disco/Hustle

Dates: Wednesdays, November 11, 18, 25; December 2, 9, 16

Time: 5:45-6:30 p.m.

Room: Commons

Fee: \$42.00

Section L: Beginners Foxtrot

Dates: Wednesdays, November 11, 18, 25; December 2, 9, 16

Time: 6:30-7:15 p.m.

Room: Commons

Fee: \$42.00

Section M: Beginners Merengue

Dates: Wednesdays, November 11, 18, 25; December 2, 9, 16

Time: 7:15-8:00 p.m.

Room: Commons

Fee: \$42.00

Section N: Beginners American Tango

Dates: Wednesdays, November 11, 18, 25; December 2, 9, 16

Time: 8:00-8:45 p.m.

Room: Commons

Fee: \$42.00

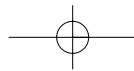
Section O: Beginners Samba

Dates: Wednesdays, November 11, 18, 25; December 2, 9, 16

Time: 8:45-9:30 p.m.

Room: Commons

Fee: \$42.00



Business

Investment Basics

Learn the pros and cons of different investment opportunities: Stocks, bonds, mutual funds and non-liquid assets. Explore risk factors associated with investing - or not investing - as well as your own risk tolerance. Compare common investor mistakes with your own investment behaviors.

Date: Tuesday, October 27

Time: 6:30- 8:30 p.m.

Room: 3202, Main Building

Fee: \$32.00

Instructor: Roberta Filicky-Peneski, Vice-President and Senior Investment Consultant, has 17 years of experience as an advisor at Robert W. Baird & Co, Inc.

Stock Market Basics

What's NASDAQ, a P/E, a beta, and an IPO? Are they important? What are some of the tools that investors and investment professionals use to analyze stocks? How are different portfolios managed for different risk factors?

At the end of session one, be prepared to ask questions about your own stocks and/or funds. In session two, use the tools and information from session one to study your stocks or funds, in class, and report your findings to the group.

Date: Tuesdays, November 3, 10

Time: 6:30-8:30 p.m.

Room: 3202, Main Building

Fee: \$59.00

Instructor: Roberta Filicky-Peneski, Vice-President and Senior Investment Consultant, has 17 years of experience as an advisor at Robert W. Baird & Co, Inc.

QuickBooks Accounting Introduction Workshop

Learn to use QuickBooks for invoicing, bill payment, bank reconciliation, customers, vendors, and employee information, payroll, financial reporting and more. This class features hands-on computer instruction including the accounting needed to work with QuickBooks correctly. A 150+ page manual is included.

Prerequisite: Windows or working knowledge of the environment

Date: Thursday, October 8

Time: 8:30 a.m.-4:30 p.m. (lunch on own)

Room: 5001, Learning Resources Building

Fee: \$149.00 when paid/postmarked before

September 17 or \$169.00 after

Instructor: Fay Hoogstra-Uraynar is a CPA and QuickBooks Pro Advisor.

QuickBooks Accounting Intermediate Workshop

Learn time saving techniques. Customize the system for your industry and organizations needs, use inventory and non-inventory items, full payroll feature, advanced reporting including aging reports and five-minute books for owners. Common problems and tricky transactions will also be included. This class features hands-on computer instruction. An intermediate 150+ page manual is included. This class is fitted to the needs of the participants.

Date: Thursday, November 5

Time: 8:30 a.m.-4:30 p.m. (lunch on own)

Room: 5001, Learning Resources Building

Fee: \$149.00 when paid/postmarked before October

15 or \$169.00 after

Instructor: Fay Hoogstra-Uraynar is a CPA and QuickBooks Pro Advisor.

I Want a Website... Where Do I Begin?

New!

Target: Individuals, self-employed people, small businesses who want to understand the process of developing a web site, and who want hands-on involvement in the process. This is "kindergarten" for people, who are thinking about creating a web presence, and want to understand the basics of domain registration, developing a site, and hosting. We'll begin with the importance and process of choosing and registering a domain name, and explain various options for creating and hosting a web site. We'll discuss and demonstrate online services that provide both the tools to build a site and to provide hosting. In addition to the online services that provide both design tools and hosting, we'll discuss and demonstrate one or more web authoring software packages you can download and install on your own computer, using all features for a specified period of time.

Requirements: Strong familiarity with use of web, understanding of what you want your website to do, desire to be personally involved in setting up and maintaining your site.

Date: Tuesday, October 13

Time: 6:00-9:00 p.m.

Room: 5001, Learning Resources Building

Fee: \$49.00

Instructor: Ken Anderson has worked as an Information Systems Consultant and Developer for the past 20 years; he also is a Web Developer and Webmaster.

Google Docs & Open Office: Cloud Computing and Open Source Software

New!

This is an intro to a new generation of software tools and services that have been on the horizon for some time, but which have gained popularity and credibility with such industry heavyweights as Google and Sun Microsystems as major players. It is assumed that students already know how to use common applications such as word processors, spreadsheets, and presentation software. This won't be a "how to" session on these kinds of applications, rather it will focus on benefits of the fully-online ("cloud computing") world, including shared access and editing, translation tools, and the world of free "open source" (non-proprietary) word processing, spreadsheet, and presentation software.

Requirements: Strong familiarity with common software applications, browsers, free Google account (will set up in class if student hasn't already done so)

Date: Tuesdays, October 20, 27

Time: 7:00-9:00 p.m.

Room: 5001, Learning Resources Building

Fee: \$56.00

Instructor: Ken Anderson has worked as an Information Systems Consultant and Developer for the past 20 years; he also is a Web Developer and Webmaster.

Basic Grant Writing Workshop for Non-Profit Organizations and Educators

Gain the tools necessary to prepare quality grant proposals. This hands-on workshop will help you design a grant project. Topics include project design, searching for grants, information to include in a grant, writing techniques, preparing the budget, logic model and outcomes and more.

Date: Thursday, March 4, 2010

Time: 9:00 a.m.-3:00 p.m.

Room: 1202, Main Building

Fee: \$79.00

Instructor: Eric Smith, UW Grant Officer

Entrepreneurial Training

Have you got the next great business idea or innovation? The Wisconsin Small Business Development Center Network will be offering a 10-week course beginning the first week in February focused on what it takes to successfully start a high growth business. UW Oshkosh and UW-Sheboygan will jointly offer you a program designed to help you discover the potential of your business ideas and learn from people who have successfully started their own businesses. Participants will also receive one-on-one assistance from successful entrepreneurs during the ten weeks, and walk away with an investor-ready business plan and a strategy for securing startup financing.

Date: First week in February 2010

Fee: \$250.00 if eligible for a Wisconsin Entrepreneurial Training Program grant which will refund \$750 of the course price if a business plan that meets the requirements of the grant is submitted following successful completion of the class - without refund total cost is \$1,000.00.

Room: TBD, UW-Sheboygan

Instructor: Robert O'Donnell from UW Oshkosh Center, Wisconsin Small Business Development Center Network

Business Communications Certificate



Here is a certificate that offers you the opportunity to build valuable communication skills that will help you succeed! Each instructor-led online course runs for six weeks with a minimum of six lessons per course. Interactive quizzes, assignments, tutorials and online discussion areas supplement the lessons and all materials are available to you online. Read your lessons and ask questions of your instructor at times most convenient for you! Feel free to enroll in one, two, or three six week courses of your choice OR complete all five core courses and at least one elective course to earn the Business Communications Certificate. Requirements can be completed in one year.

Fall 2009 Courses:

Leading Others Whether or Not You're the Boss...Oct. 12
Constructing Clear Messages.....Nov. 9
Problem Solving and Decision Making.....Dec. 14

Start Date:

Spring 2010 Courses:

Creating a Motivating Environment (Elective)Jan. 11
Understanding and Managing ConflictFeb. 8
Effective Business Writing.....Mar. 8
Building and Sustaining Teamwork (Elective)Apr. 12

Start Date:

Fee: \$89.00 per course or \$475.00 for certificate program (\$59.00 savings)

To Register: Contact Kathy Palmer at 1-800-859-8334 or visit www.uwmanitowoc.uwc.edu and click on Continuing Education link on the left hand side of the screen to download a brochure with full course descriptions and instructor biographies.

Microsoft Word

.7 CEUs

This course will teach you how to create letters and a variety of documents using this popular software package from Microsoft. You will learn how to use standard techniques, as well as shortcuts to change the appearance of text, save and print, spell check and much more. After finishing this class you should be comfortable using the features and time savers that have continually put this program in the top of its class.

Prerequisite: Windows or a working knowledge of the environment.

Section A: (taught in MS Office 2003) Wednesday & Thursday, October 7 & 8, 8:30 a.m.-Noon

Section B: (taught in MS Office 2007) Wednesday & Thursday, November 4 & 5, 8:30 a.m.-Noon

Room: 5001, Learning Resources Building

Fee: \$129.00

Instructor: Cathy Lambries, B.A. in Business Education, M.A. in Education, 34 years teaching computers and business classes.

CUSTOM COMPUTER CLASSES

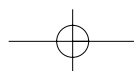
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INSTRUCTORS NEEDED!

UW-Sheboygan Continuing Education is always looking for great instructors in their area of expertise. We welcome your program ideas. In addition, we currently are in need of **experienced computer instructors** available during the day to teach for business clients.

Call today! **(920) 459-6661**



Business

Microsoft Excel

.7 CEUs

This course will help you become more comfortable with this powerful spreadsheet program from Microsoft. Learn to enter and manipulate data, save and retrieve work, use formulas and functions, create charts, print spreadsheets and much more. Learn to create budgets and forecasts, manage lists of information and produce attractive graphs to summarize your data.

Prerequisite: Windows or working knowledge of the environment.

Section A: (taught in MS Office 2003) Wednesday & Thursday, October 21 & 22, 8:30 a.m.-Noon

Section B: (taught in MS Office 2007) Wednesday & Thursday, November 18 & 19, 8:30 a.m.-Noon

Room: 5001, Learning Resources Building

Fee: \$129.00

Instructor: Cathy Lambries, B.A. in Business Education, M.A. in Education, 34 years teaching computers and business classes.

Microsoft Excel (Next Step)

.6 CEUs

This course teaches Excel users how to maximize the potential of their software. Learn advanced charting techniques. Experience the magic of the Pivot Table Wizard. Use advanced functions to enhance your analytical ability. Protect cells from being overwritten. Learn to group sheets, as well as link sheets and files together, with formulas and functions. Consolidate sheets based on common column and row headings. Create custom templates and macros. Add Pizzazz to your worksheets with advanced graphic features.

Prerequisite: Excel or working knowledge of the software.

Section A: (taught in MS Office 2007) Thursdays, October 15 & 22, 6:00-9:00 p.m.

Section B: (taught in MS Office 2003) Tuesdays, November 10 & 17, 6:00-9:00 p.m.

Room: 5001, Learning Resources Building

Fee: \$129.00

Instructor: Graig Stone, Business Education/Information Technology Instructor at Sheboygan Falls High School, B.S.E. from UW-Whitewater and M.S. from UW-Green Bay.

Microsoft PowerPoint

.6 CEUs

PowerPoint can serve as a valuable tool form making presentations to small, medium or large groups. Learn guidelines for creating slides and understand the power of templates. Change the background of slides and add clip art, pictures and other objects. Learn some tricks of the professionals and dazzle your audience with electronic presentations on your computer or projected on a display screen.

Prerequisite: Windows or working knowledge of the environment.

Dates: (taught in MS Office 2003) Thursday, November 12 & 19, 6:00-9:00 p.m.

Room: 5001, Learning Resources Building

Fee: \$129.00

Instructor: Graig Stone, Business Education/Information Technology Instructor at Sheboygan Falls High School, B.S.E. from UW-Whitewater and M.S. from UW-Green Bay.

How to Get Started:

1. Visit our Online Instruction Center: www.ed2go.com/uwsheb
2. Click the **courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.



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Requirements:

All classes require internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Learn More...

Expert Instructor, 24-Hour Access, Online Discussion Area, 6 Weeks of Instruction, and more!

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively discussion areas. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

Assisting Aging Parents

Are your parents in their golden years? Learning how to help parents or other loved ones through their transition can prepare us for our own. This compassionate and comprehensive class will give you the tools, techniques, and insights for this passage. Growing older is a part of life. Some aspects are joyful, some bittersweet, some frustrating, some frightening. You will learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help. You'll understand the impact of retirement, learn how to choose a nursing home, and be prepared to deal with death. You'll learn about financial and legal considerations, health issues, and family interpersonal relationships. You'll be introduced to special communication skills, observation methods, and coping mechanisms to ease the burden for everyone involved. You'll learn to handle most of the challenges you will face while coming to appreciate and cherish the privilege of the journey.

Instructor: Marsiea Warren

Get Assertive!

Are you tired of being intimidated and treated badly by others? Get the assertiveness training you need in order to be more confident and powerful with family members, friends, bosses, co-workers, professionals, service people, and even total strangers. Discover how you lose your power when you talk and what you can do to get it back. Learn how to deal with anger and criticism effectively. It's your turn to speak out!

Instructor: Vivian Harte

Outdoor Survival Techniques

Learn the essential skills you need to survive in a remote and/or stranded condition. In this course, you will learn how to shape your attitudes so you react appropriately during emergencies. You will develop a survival kit; learn the proper usage of a map and a compass; discover the secret to making fire without matches or lighters; share in the construction of a solar still; learn how to purify any water source; understand how to construct shelter; identify a wide variety of wild plants that can be used as survival foods; find out how to fish, hunt, and trap for protein; understand a variety of effective uses of cordage; and more.

Instructor: David Eyster

Medical Coding

Take your first step toward a lucrative career as a medical coder! In this course, you'll learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure. This knowledge will help prepare you to work almost anywhere in the medical field-doctors' offices, clinics, public health facilities, hospitals, labs, nursing homes, insurance agencies, or even the comfort of your own home.

We'll go through each of the main systems of the human body-integumentary (skin), musculoskeletal, respiratory, cardiovascular, gastrointestinal, endocrine, and male and female genitourinary-outlining the medical terminology, conditions, diseases, injuries, treatments, and procedures you'll see most often in each of those systems.

Along the way, we'll go through lots of real-world examples and coding exercises to get you using your coding tools in conjunction with your analytical skills to come up with just the right codes to describe any medical situation. In the process, you'll get all the hands-on experience you'll need to code medical insurance claims with confidence. By the end of this course, you'll know how to find your way through both the CPT manual and the ICD-9-CM manual, and you'll be well on your way to a career as a medical coder!

Instructor: Jennifer Della'Zanna

Luscious, Low-Fat, Lightning-Quick Meals

Have you ever wished you had a personal chef preparing luscious, low-fat meals for you? This course is the next best thing! You'll learn how to ferret out fat in recipes, and discover how to reduce fat 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!

You'll discover how to get in and out of the kitchen faster, including tips for grocery shopping, menu planning, food preparation, and quicker cooking. You'll also learn a dietitian's tricks of the trade for encouraging reluctant family members to eat more healthfully. You'll have the chance to try out over 50 exciting and easy lowered-fat recipes for tasty entrees, side dishes, desserts, and garnishes, with each recipe demonstrating a topic that's covered in the lessons.

Instructor: Donna Acosta

Business Law for the Small Business Owner

Learn how to successfully protect your small business and solve most of the legal problems that may arise. In this six-week online course, you'll see how to avoid the costly legal problems that many small business owners make when setting up and operating their businesses. You'll learn how to deal with issues such as contracts, employee relations, customer relations, and choosing the right business model.

You'll also find out how to deal with government licensing requirements and regulations, as well as problems with tax collectors. And we'll go over special considerations for home-based and Internet-based businesses. You'll discover how to handle many minor legal disputes, such as collection issues and small claims, on your own, without spending a lot of money for legal counsel. The information in this course will allow you to spend more of your valuable time running your business and making money.

Instructor: Michael Connelly.

Marketing Your Business on the Internet

Find out how to market your business on the Internet from an e-commerce expert, even if you have little or no money to spend. In this practical, hands-on course, you'll learn little-understood secrets about the types of businesses that thrive on the Web. Then, you'll discover proven methods that will help you establish an Internet presence and build an online brand identity. You'll even learn several low-cost promotion strategies that you can use to drive visitors to your site, and you'll find out how a media kit can help you earn extra revenue by selling advertising space on your site.

Throughout the course, you'll learn to think strategically about marketing your Web site, products, and services using Internet technologies. You'll know how to use an Internet marketing checklist and other tools and materials to develop a sound online business strategy. Before you know it, you'll have the skills and knowledge you need to develop a winning Internet marketing plan for your own business.

Instructor: Patricia Franks

Languages

French I

1.6 CEUs

The introductory sessions have a strong focus on pronunciation. After completion of the class, students will be able give basic information about themselves, including what they like, and ask and give information about others. Students will learn vocabulary to describe themselves and others. They will learn the days of the week, numbers, colors, and telling time. The grammar taught will be noun-adjective agreement and how to conjugate important verbs in the present tense using the subject pronouns, among others. Classes allow for active participation in speaking, listening to, reading, and writing French. Written work will be given from the exercise book provided. It is recommended to study 30 minutes to an hour daily.

Section A (Chapter 0-4): Wednesdays, October 7, 14, 21, 28; November 4, 11, 18, 25

Time: 6:00-8:00 p.m.

Room: 3109, Main Building

Fee: \$145.00 plus materials (\$60.00 if you do not have the text)

Instructor: Debra Desmoulin, certified high school French teacher who has taught in the Sheboygan Area School District. She lived in France for 15 years and is enthusiastic about the language and its culture.

Continuing French

1.6 CEUs

Students will participate in creative activities using a diversity of vocabulary to increase their fluency while obtaining the grammar tools necessary to express themselves. They will learn how to shop for food at the market, including the words for food items, prices and quantities. They will be able to order a meal in a restaurant and express their food preferences. Students will be able to talk about their families, gifts, holidays, and clothes. After completion of the class, students will have a solid foundation and be confident in their ability to communicate in French.

Section C (Chapters 9-12): Thursdays, October 8, 15, 22, 29; November 5, 12, 19, 26

Time: 6:00-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$145.00 plus materials (\$60.00 if you do not have the text)

Instructor: Debra Desmoulin, certified high school French teacher who has taught in the Sheboygan Area School District. She lived in France for 15 years and is enthusiastic about the language and its culture.

Spanish I

3.0 CEUs

This course is an introduction to the Spanish language for the beginning student who has never studied the language before and serves a refresher course for the student wanting a basic review. The course focuses on the first half of an introductory Spanish workbook that serves as a prelude to the remaining Spanish courses. Spanish I is offered only in the fall. The workbook, "Asi Escribimos," is required and will be distributed at the first class session. Payment for the workbook and answer key should be sent with your registration.

Section A: Tuesdays, September 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24; December 1, 8 (12 weeks)

Time: 5:30-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00 includes workbook, answer key, dictionary and photocopying)

Instructor: Susan Allison

Section B: Wednesdays, September 23, 30; October 7, 14, 21, 28; November 4, 11, 18, 25; December 2, 9 (12 weeks)

Time: 5:30-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00 includes workbook, answer key, dictionary and photocopying)

Instructor: Susan Allison

Spanish II (Winter Session)

2.5 CEUs

This continuation to the Spanish I course allows for progression within the Spanish series. The class is geared toward the beginning Spanish student and will include a basic review of material covered in the first course and then focuses on completing the workbook, "Asi Escribimos," and beginning the workbook "Ya Escribimos." New students with some prior exposure to the language may be ready to begin their study at this level. New students who wish to be evaluated for proper placement in this class may call Susan Allison at 467-3948. Both workbooks are required for participation in this course and will be distributed as needed during class. If you need one or both workbooks, payment should accompany your registration.

Section A: Tuesdays, January 12, 19, 26; February 2, 9, 16, 23; March 2, 9, 16 (10 weeks)

Time: 5:30-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Susan Allison

Section B: Wednesdays, January 13, 20, 27; February 3, 10, 17, 24; March 3, 10, 17 (10 weeks)

Time: 5:30-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Susan Allison

Spanish III

2.5 CEUs

This course is designed for serious Spanish students at an intermediate level of study. The class will offer continuing study and application of the Spanish language for those who have completed the Spanish I and II courses, or who have a general understanding of the language's grammar structure and could join at this level. The emphasis will be on grammar, conversation and listening comprehension and will include both review and application of the present tense, with introduction to past tense and other main grammar concepts. Study continues in the workbook "Ya Escribimos," that will be distributed at the first class session. Payment for the workbook (if needed) should accompany your registration.

Section A: Tuesdays, March 30; April 6, 13, 20, 27; May 4, 11, 18, 25; June 1 (10 weeks)

Time: 5:30-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Susan Allison

Section B: Wednesdays, March 31; April 7, 14, 21, 28; May 5, 12, 19, 26; June 2 (10 weeks)

Time: 5:30-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Susan Allison

Spanish IV

2.5 CEUs

This course is designed for serious Spanish students ready to complete their study of grammar concepts and strengthen conversational skills. The emphasis will be on advanced grammar and will include reinforcement of present and past tense while introducing future, conditional and subjunctive tenses. Study will focus on completing the workbook "A Escribir," which is required for participation in this course and will be distributed, if needed, at the first class session.

Dates: Tuesdays, June 8 - August 25, 2010 (10 weeks), (Note: there will be a two week break during this session)

Time: 5:30-8:00 p.m.

Room: 5002, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Susan Allison

CUSTOM FOREIGN LANGUAGE PROGRAMS

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Conversational Spanish

1.5 CEUs

This course, facilitated by native speakers, is for those who have completed all four of the non-credit Spanish classes through UW- Sheboygan Continuing Education. Outside students may join at this level if they have studied the Spanish language, including all grammar tenses. This total immersion course is designed to stimulate conversation and expand vocabulary. Students will use an advanced Spanish grammar text as a self-teaching guide to reinforce grammar structures previously presented in the Introductory Spanish courses. If purchasing a text, payment must accompany your registration.

Dates: Tuesdays, September 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24; December 1, 8

Time: 5:30-7:00 p.m.

Room: 5003, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Jose Araujo

(Winter Session)

Dates: Tuesdays, January 12, 19, 26; February 2, 9, 16, 23; March 2, 9, 16, 2010

Time: 5:30-7:00 p.m.

Room: 5003, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Jose Araujo

(Spring Session)

Dates: Tuesdays, March 30; April 6, 13, 20, 27; May 4, 11, 18, 25; June 1, 2010

Time: 5:30-7:00 p.m.

Room: 5003, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Jose Araujo

(Summer Session)

Dates: Weeks of June 8-August 24, 2010

Time: 5:30-7:00 p.m.

Room: 5003, Learning Resources Building

Fee: \$140.00 plus materials (\$30.00)

Instructor: Jose Araujo

Transitional Spanish Conversation 2.4 CEUs

This course is for students who have completed all four sessions of the Introductory Spanish classes. It is designed to help students transition to a full immersion conversation class. The objective is to bridge the gap for students going from a structured grammar class into full immersion. Students will be instructed on what they need to do outside of the classroom to assure continued progress towards their conversational goals. The two-hour class will devote one hour each to advanced grammar study as warm-up to a variety of weekly planned conversational activities.

Dates: Mondays, September 21, 28; October 5, 12, 19, 26; November 2, 9, 16, 23, 30; December 7

Time: 5:30-7:30 p.m.

Room: 5002, Learning Resources Building

Fee: \$190.00 plus materials (\$30.00)

Instructor: Susan Allison

AFTER-SCHOOL Spanish

The Continuing Education Office offers a six-week After-School Spanish class at the following schools in the Sheboygan area. All classes run **October 1 - November 18**. Watch for a flyer with details to be sent home with students.

Jackson Elementary
Grant Elementary
Lincoln-Erdman Elementary
Northview Elementary
Cooper Elementary
Pigeon River Elementary
Wilson Elementary
Sheboygan Falls Elementary

Cost per child is \$54.00

For details or to register, call the UW-Sheboygan Continuing Education Office at **(920) 459-6617**.

Registration

Continuing Education Staff & Office Hours

Valerie Graczyk
 Director
 Phone: 920-459-6661
 E-mail: valerie.graczyk@uwc.edu

Jane Donlon
 Program Assistant
 Phone: 920-459-6617
 E-mail: jane.donlon@uwc.edu

Susan Allison, Foreign Language Coordinator
 Phone: 920-467-3948
 E-mail: sallison@excel.net

Lisa Herman, After School Spanish Coordinator

Web: <http://www.sheboygan.uwc.edu/continuinged/>

Office Hours: 8:30 a.m. - 2:00 p.m., Monday - Thursday, or by appointment

How to Register

Registration and payment are due in the Continuing Education Office no later than one week before the first class session. **You may call to reserve a spot in any class, but payment must follow within five working days to hold the reservation.** Early registration is recommended. Register by phone, fax, mail, online or in-person. A registration form provided below or can be printed from the Web site.

- Register by phone: 920-459-6617
- Register by fax: 920-459-6602
- Register and pay online: sheboygan.uwc.edu/continuinged/
- Register by mail: Continuing Education Office, UW-Sheboygan, One University Drive, Sheboygan, WI 53081-4789
- Register in person: Continuing Education Office, Room 2221, Main Building, UW-Sheboygan

Make checks payable to: UW-Sheboygan

Now accepting VISA & MASTERCARD online!

Confirmation Policy

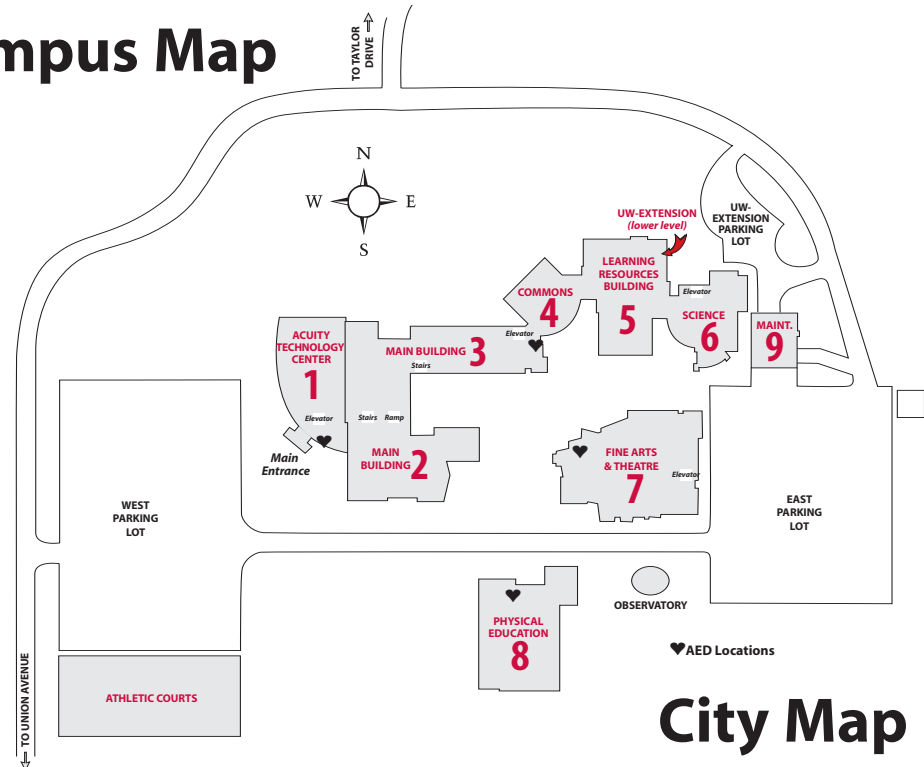
Normally, confirmation notices will not be sent. We reserve the right to cancel classes with low enrollment. You will be notified only if a class is canceled. You may call the Continuing Education Office at 920-459-6617 to confirm your registration.

Refund Policy

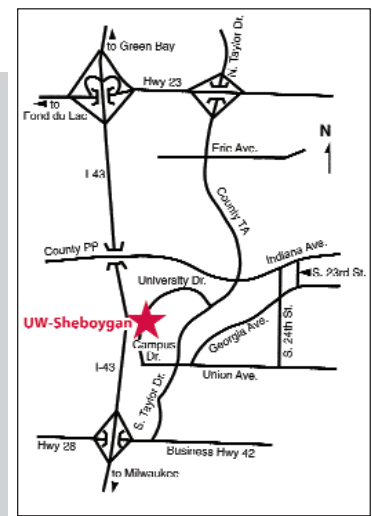
A refund will automatically be issued if a class is canceled for any reason.

Unless otherwise noted on specific class descriptions or cultural travel packages, registrants may request refunds as follows: Full refunds may be requested up to five days before the first class session. Refunds can be requested by contacting the Continuing Education Office at 920-459-6617. Partial refunds may be available for cancellations received within five days before the first session.

Campus Map



City Map



Key

- 1 - Acuity Technology Center**
(Offices 1000 - 1299)
- 2 - Main Building**
(Offices and classrooms 2000 - 2999)
- 3 - Main Building Classrooms**
(Offices and classrooms 3000 - 3999)
- 4 - Student Commons**
(Offices and classrooms 4000 - 4999)
- 5 - Learning Resources Building**
(Offices and classrooms 5000 - 5999)
- 6 - Brotz Science Building**
(Offices and classrooms 6000 - 6999)
- 7 - Fine Arts Building**
(Offices and classrooms 7000 - 7999)
- 8 - Physical Education Building**
(Offices and classrooms 8000 - 8999)

Save the Dates!
COLLEGE FOR KIDS & MIDDLE SCHOOL UNIVERSITY June 28-July 2
SPECIAL ENRICHMENT CAMPS August 2-6
Sports, Drama, Science, Robotics, Languages and more!
 For more information or to be added to our mailing list, call UW-Sheboygan Continuing Education at (920) 459-6617.

ATTENTION: JUNIORS & SENIORS

ACT prep courses

Learn the skills necessary to do well on your ACT exam with the help of top-notch professors and instructors!

Dates available at UW-Sheboygan:

October 10 & November 28, 2009
January 23, March 27 & May 29, 2010

All courses will be held from 8:30 a.m. - 3:30 p.m. in the UW-S Brotz Science Building, Room 6001. Please register no later than two weeks prior to chosen date to reserve a place. Fee: \$69.00

Students will learn:

- Strategies in test taking
- Strategies in solving math problems—algebra, geometry and trigonometry
- Proper usage of English—rhetorical skills and mechanics
- Analysis and interpretation of scientific research summaries and conflicting hypotheses

To register, call (920) 459-6617 or register online at sheboygan.uwc.edu/continuing_education

CE REGISTRATION FORM - FALL 2009

Please check if this is a new or corrected address.

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____
 Email: _____

Course Name _____ Section _____ Fee _____
 Course Name _____ Section _____ Fee _____
 Course Name _____ Section _____ Fee _____

Total Amount Enclosed: _____ Check #: _____

Or pay by: VISA MASTERCARD
 Card #: _____
 Expiration Date: ____ / ____ Three Digit Security Code: _____
 Cardholder Name: _____
 Cardholder Address: _____
 Cardholder Signature: _____
 Where have you heard about us? _____

Check if you need special accommodations and call our office at 920-459-6617.

The following optional demographic information will enhance programming efforts:

Gender: Male Female

Age: Under 18 18-34 35-49 50-64 65+

Ethnic Background: Black (not of Hispanic Origin)
 Asian or Pacific Islander
 American Indian or Alaskan Native
 Hispanic/Latin
 White (Other)

Check the box that most closely matches your occupation:

<input type="checkbox"/> Agriculture/Forestry	<input type="checkbox"/> Educational Services
<input type="checkbox"/> Finance/Insurance/Real Estate	<input type="checkbox"/> Retail Trade
<input type="checkbox"/> Health Care	<input type="checkbox"/> Manufacturing
<input type="checkbox"/> Protective Services	<input type="checkbox"/> Public Administration/ Government
<input type="checkbox"/> Social/Recreation/Religious Services	<input type="checkbox"/> Wholesale Trade
<input type="checkbox"/> Engineering/Architecture/Surveying	<input type="checkbox"/> Other
<input type="checkbox"/> Transportation/Communications/Utilities	