Professional MASSAGE CLINIC
Make your health, comfort and well-being a priority! Treat yourself or someone else to professional massage at the COD massage clinic.

Bliss Massage
90 Minutes—$79 ($10 off your first session)

Full one-hour treatments
$59 ($10 off your first session)

Student Clinic
$29 per hour

Seated Chair Massage
$30 per half hour

Reserve your session today!
(630) 942-2208 or visit cod.edu/massageclinic

COSMETOLOGY PROGRAM SALON
Haircuts, Hair Color, Nails, Skin and more!

The salon at COD provides hands-on experience to students while offering a full range of salon services to members of the community at a fraction of the cost of professional salons.

All services are performed by students and/or instructors of the school. Students are supervised by instructors. Payment by credit card only.

The salon is located at 301 S. Swift Road in Addison, the north side of the Technology Center of DuPage campus, door 14.

Call to schedule your appointment today!
(630) 942-4400
The staff and faculty at College of DuPage are honored to serve you season after season through our courses, programs and events. From our Youth Academy through our Lifelong Learning offerings, our programming team strives to develop courses and programs that fit your enrichment interests and career training needs.

This spring, I would like to draw your attention to our Career Training and Professional Development courses offered through Business Solutions. Whether you are looking to launch a career, change directions, or advance within your field, we have you covered.

We offer several short-term professional healthcare programs such as Dental Assisting, Veterinary Assisting, Pharmacy Tech and Massage Therapy, which all lead to in-demand positions with competitive entry-level salaries. If the healthcare industry is not for you, we also offer dynamic programs such as the Business of Craft Beer, Cosmetology, Commercial Truck Driving and our Adjunct Faculty Training Institute, to name just a few.

In addition to our career training programs, we offer professional development opportunities for emerging and seasoned business leaders looking to advance. Complete your Business Analysis Certification, Lean Six Sigma Green Belt, ASQ Six Sigma Black Belt or your Project Management Certification in flexible formats tailored for busy adults. To see a comprehensive list of our Career Training and Professional Development options, please see pages 28-39.

As you turn the pages of our spring schedule, you may notice a few updates to the look of the catalog. While our aesthetics and programs evolve, our commitment to you remains the same. Please review the table of contents below should you need guidance in locating your favorite programming.

We are dedicated to your learning and growth. If you don’t see what you are looking for, please reach out to us to see if we can create the courses and programs that you, your children or your employees need.

Joseph C. Cassidy
Assistant Vice President, Economic Development
Dean, Continuing Education/Extended Learning
SAMPLER DAY
a day of free classes for the community

Saturday, Jan. 11, 2020,
10 a.m. to 2 p.m.
College of DuPage Continuing Education
Student Resource Center (SRC), Room 1110

Refreshments are provided.
For the complete schedule of Sampler Day classes, go to cod.edu/sampler

WE TRAIN TUTORS.
TUTORS CHANGE LIVES.

100,000 NEIGHBORS NEED YOUR HELP
More than 100,000 DuPage County residents need help improving their English skills. You can help us reach every one of them with free, customized, one-on-one or classroom based tutoring.

LITERACY IS LIFE
At Literacy DuPage, we recruit and train volunteers to teach basic but life-changing communication skills to adults who speak, read or write, little to no English. And in the classroom we tutor students in speaking, reading or math. When you become part of our big-hearted army of tutors, you’ll sit side-by-side with DuPage County adults, giving them the confidence to communicate and connect.

JOIN US!
Empowering an adult with language will change that person’s life and yours too. Whether you tutor one-on-one or in a classroom, no foreign language or teaching experience is needed. Just time, heart, and a willing spirit. Visit our website, or call or email us to get started.

Healthcare Program
RESUME WORKSHOP

Your resume is your first impression to employers. This workshop will include tips on how to format and design a resume, information on what to include on your resume, and tips on how to format it to the job you desire.

Learn how to create an effective resume
- Dental Assisting
- Veterinarian Assisting
- Pharmacy Technician
- Massage Therapy

For more information:
Healthcare@cod.edu.
Adult Education

Adult English Language Acquisition (ELA)
(Formerly ESL)
cod.edu/ela
ela@cod.edu
Free English classes can help develop your reading, writing, listening and speaking skills necessary for work, education and everyday communication. Find a course near you at one of our many locations. Classes fill up fast, register today.

Become a U.S. Citizen
Free citizenship courses prepare adults to take the test for U.S. Citizenship. Students will learn about procedures and processes involved in the path to becoming a citizen, including the application and passing the interview. Call to inquire about class times and locations.

NEW COURSE—check it out!

I-DEA ELA
Integrated Digital English Acceleration (I-DEA) courses teach ELA students English in partnership with college and career skills. Students quickly learn skills relevant to their lives and careers. Students also complete course material online to learn, practice and develop knowledge of concepts before coming to class. Limited enrollment, call today to get started.

High School Equivalency (GED)
cod.edu/HSE
hse@cod.edu
Take the first step toward your educational goals and improve your earning potential by working toward your high school equivalency. All courses are free. Classes are also available in Spanish.

Jump Start Scholarship
Eligible ELA and HSE program completers may qualify for the $500 Jump Start Scholarship, which provides tuition assistance to help you begin your career at COD.

Build Your Skills and Earn In-Demand Certifications through ICAPS at College of DuPage
cod.edu/icaps
Prepare for high demand jobs and competitive salaries with new Integrated Career and Academic Preparation System (ICAPS) program. You can earn college credit and an information technology (IT), office technology, or manufacturing certificate in as little as one year all at no cost for eligible students. A new career is just around the corner. For additional information, contact Ruta Jonusaitis at jonusait@cod.edu.

Contact Us
Schedule your registration and testing appointment today.

Adult Education
cod.edu/adult_education
(630) 942-3697
Student Resource Center (SRC), Room 1110
425 Fawell Blvd., Glen Ellyn
For ADA accommodations, call (630) 942-2141 (voice) or (630) 858-9692 (TDD). Please call two weeks in advance.

College of DuPage is an equal opportunity educator and employer. Approximately 40 percent of tuition is federally funded under Workforce Innovation and Opportunity Act (WIOA).

Instructor Spotlight
Ellen Schumacher has been with the Adult Education Department as an instructor and student success coach for over 15 years. She has been an integral part of the Mathematics division by educating and advising students who are trying to earn their High School Equivalency degrees. Ellen also works meticulously as a student success coach by providing information and assistance to students who are looking to further their education or better their employment. Currently, she is also facilitating the recruitment of students into our new ICAPS initiative courses. We could not be more pleased to have Ellen on our team!

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Acrylic Painting
Learn various techniques of using acrylic paint. Explore applying glazes, impasto and layering. Create your own masterpiece. Instructor: Pam Keller
Thursday, Jan. 30 to Feb. 27
2 to 4 p.m.
ART-0002-010, $145, Lifelong Learner $129
Student Resource Center (SRC), Room 1119

Alternative Firing Methods in Ceramics—Outdoor Firing
Explore the various surface treatments and alternative outdoor firing techniques in ceramics. Students can bring their own bisque ware or create forms to be fired. Glazes, washes and slips specific to alternative firings are explored. Focus is placed on experiencing various outdoor firings and carbonization techniques achieved in raku, pit or barrel and wood firing kilns. Instructor: Benjamin Buchenot
Saturday, Feb. 15 to March 21
9 a.m. to 2:20 p.m.
Noncredit: ART-0004-001, $135, Lifelong Learner $93.50
Credit: ART-2244-001
McAninch Arts Center (MAC), Room 166

Analyzing an Art Institute of Chicago Masterpiece Series
Study and analyze a masterpiece to uncover its hidden, underlying compositional structure by using tracing paper to create a series of analytical tracings, which isolate specific art elements and design principles used by artists to visually communicate their ideas to the viewer. Also take part in a series of experiential activities, which generate lively discussions as we interpret the inner meaning of the artwork. A supply list will be mailed before class. Instructor: Jennifer Scavone
Thursday Feb. 27 to March 19
6:30-8:30 p.m.
ART-0004-008, $99, Lifelong Learner $79
Berg Instructional Center (BIC), Room 1429

Calligraphy—Renaissance Italic
Study the script of the Renaissance era, both classic forms and contemporary variations. Learn flourishes using both pens and brushes with ink and color in gouache. The supply list will be mailed before the start of first class. Instructor: Timothy Botts
Tuesday, Jan. 21 to March 10
7 to 9 p.m.
ART-0005-001, $179
McAninch Arts Center (MAC), Room 250

Colored Pencil: Beginner and Beyond
Discover the endless possibilities of the colored pencil medium. To create vibrant drawings, each week we will explore a variety of different colored pencil techniques and tools such as stippling, hatching, crosshatching, impressed line, graffiti, blending, burnishing and colorless blending. A supply list will be mailed before class. Instructor: Jennifer Scavone
Tuesday, Jan. 21 to Feb. 18
6:30 to 8:30 p.m.
ART-0001-004, $135, Lifelong Learner $119
Berg Instructional Center (BIC), Room 1429

Color Theory: Beginners and Beyond
Discover the power of color to visually communicate ideas and express emotions in your art. Through a series of introductory painting and design exercises, you will learn the basics of color theory: color wheel, color harmony and color application. Instructor: Jennifer Scavone.
Thursday, Jan. 23 to Feb. 20
6:30 to 8:30 p.m.
ART-0002-011, $119, Lifelong Learner $109
Student Resource Center (SRC), Room 1119

Art History: Impressionism and Post-Impressionism
Explore the revolutionary use of light and color employed in France during the late 19th and early 20th centuries by groundbreaking masters of Impressionism (Monet, Degas, Renoir) and Post-Impressionism (Seurat, Cezanne, Van Gogh, Gaugin, and Lautrec). The Impressionist and Post-Impressionist styles and movements spread through most of Europe and America and we will study the magnificent works of leading artists from each of these countries. Instructor: Jennifer Scavone
Thursday Feb. 27 to March 19
6:30-8:30 p.m.
ART-0004-008, $99, Lifelong Learner $79
Berg Instructional Center (BIC), Room 1429

Marc Chagall’s Stained Glass America Windows
Tuesday, April 7 and 14
6:30 to 8:30 p.m.
ART-0002-003, $55
Student Resource Center (SRC), SRC 1119

Rembrandt’s Old Man with a Gold Chain
Tuesday, May 5 and 12
6:30 to 8:30 p.m.
ART-0002-004, $55
Student Resource Center (SRC), Room 1119
Cover Me Artist Series
What better way to learn about an artist than to emulate his or her work? Much like musicians play covers of favorite songs, students will use this teaching method to recreate a particular artist’s work. Students create a copy, or “cover,” in the artistic style of the famous artist and read the artist’s own writings to learn more about the history of the artist and style. The paintings are selected by the instructor and a supply list is mailed before the first class. Instructor: Jennifer Scavone

Paul Gauguin
Saturday, March 7
1 to 4 p.m.
ART-0002-015, $39
Student Resource Center (SRC), Room 1119

Johannes Vermeer
Saturday, April 18
1 to 4 p.m.
ART-0002-014, $39
Student Resource Center (SRC), Room 1119

Drawing Basics—Part I
Learn how to draw objective representations of the 3-dimensional world on a 2-dimensional surface through sight measuring. You will gain eye to hand technique as you learn how to draw objects from direct observation. Instructor: Jennifer Scavone
Friday, Jan. 31 to Feb. 14
2 to 4 p.m.
ART-0001-007, $79
Naperville Center (NC), Room 08

Drawing Basics—Part II
Develop the skills and techniques necessary as you master the media of pencil and charcoal to create tonal drawings that express mass, form and volume in addition to evoking mood and emotion. Instructor: Jennifer Scavone
Friday, Feb. 28 to March 13
2 to 4 p.m.
ART-0001-008, $79
Naperville Center (NC), Room 08

Drawing Basics—Part III
Learn how to produce drawings that create the illusion of 3D space on a 2D surface by following step-by-step directions as you use the Renaissance theories of a one-point and two-point linear perspective. Instructor: Jennifer Scavone
Friday, March 30 to April 3
2 to 4 p.m.
ART-0001-009, $79
Naperville Center (NC), Room 15

Drawing for Beginners
Let your artistic abilities surface and learn how to draw and sketch. This class teaches basic drawing skills such as placement, form, light and shadow and composition. A supply list will be mailed before class. Beginners welcome. Instructor: Pam Keller
Wednesday, Jan. 22 to Feb. 19
6 to 8 p.m.
ART-0001-001, $145, Lifelong Learner $129
Berg Instructional Center (BIC), Room 1437

Frida Kahlo: Her Life and Works
Explore the fascinating imaginary of Frida Kahlo derived from the artifacts and nature of Mexico as well as the biographical and historical circumstances of her life and times. Instructor: Jennifer Scavone
Tuesday, Feb. 25 to March 24
6:30 to 8:30 p.m.
ART-0004-020, $119,
Lifelong Learner $109
Berg Instructional Center (BIC), Room 1429

Frida Kahlo: Symbolic Self-Portrait
Study the self-portraits of Frida Kahlo and create your own “Symbolic Self-Portrait” in the manner of Frida Kahlo using pencil, colored pencil and/or watercolor media. Instructor: Jennifer Scavone
Thursday, April 16 to May 14
6:30 to 8:30 p.m.
ART-0004-021, $119;
Lifelong Learner $109
Student Resource Center (SRC), Room 1119
**Drawing: Beginners and Beyond**
Continue exploring the art of drawing by expanding your techniques. A supply list will be mailed before class. Instructor: Pam Keller
Wednesday, March 4 to April 1
6 to 8 p.m.
ART-0001-002, $145, Lifelong Learner $129
Berg Instructional Center (BIC), Room 1437

**Drawing Workshop: Eyes**
Learn how to draw stunningly realistic and expressive eyes in pencil. The workshop begins with students practicing step-by-step pencil drawing techniques to prepare them for drawing different views of the eyes from photographs provided by the teacher. Instructor: Jennifer Scavone
Saturday, Feb. 1
10 a.m. to noon
ART-0001-011, $39
Student Resource Center (SRC), Room 1118

**Drawing Workshop: Nose**
Learn how to draw stunningly realistic views of a nose in pencil. The workshop begins with students practicing step-by-step pencil drawing techniques to prepare them for drawing different views of the nose from photographs provided by the teacher. Instructor: Jennifer Scavone
Saturday, Feb. 22
10 a.m. to noon
ART-0001-012, $39
Berg Instructional Center (BIC), Room 1425

**Drawing Workshop: Mouth**
Learn how to draw stunningly realistic views of a mouth in pencil. The workshop begins with students practicing step-by-step pencil drawing techniques to prepare them for drawing different views of the mouth from photographs provided by the teacher. Instructor: Jennifer Scavone
Saturday, April 25
10 a.m. to noon
ART-0001-013, $39
Student Resource Center (SRC), Room 1118

**Etsy Basics**
Gain an overview of the Etsy site from the perspective of both a buyer and seller. Learn the basics of setting up an account, establishing an Etsy shop and getting it stocked. Instructor: Tiffany Simmons
Monday, March 2
6:30 to 9:30 p.m.
ART-0004-004, $29
Student Resource Center (SRC), Room 1118

**Introduction to Hand Lettering**
Learn the basics of hand lettering to help you build a foundation for future lettering success. In this course, we will use Speedball B-nibs to create smooth monoline strokes. Monoline lettering is a great way to learn new styles of lettering and to explore letter proportions, layout and design, without the added challenges of working with complicated tools. This course is appropriate for all levels of experience and is ideal for those new to hand lettering. Instructor: Matt Wright
Thursday, Feb. 6 to March 5
7 to 9 p.m.
ART-0005-003, $119
Student Resource Center (SRC), Room 1119

**Italic Calligraphy**
Learn the beautiful art of Italic Calligraphy. Italic script is an elegant style written with a broad edge pen. Letterform consistency and spacing are emphasized to help students develop their eye as well as their hand. Students will also learn some variations of Italic, as well as exploring the tools of the calligrapher. Although this class is geared towards beginner/intermediate students, all levels are welcome. A supply list will be mailed before class. Instructor: Matt Wright
Thursday, March 12 to April 23
9 a.m. to noon (no class April 2)
ART-0005-002, $119
Student Resource Center (SRC), Room 1119

**Jewelry Making: All About Earrings**
Do you love earrings and would love to learn how to make your own designs? Learn different techniques to create a variety of earrings from simple to statement. Each student will bring home their own creations. For beginning students and beyond. A supply list will be mailed before class. Instructor: Kim Andrews
Wednesday, Feb 26 to March 11
6:30 to 8:30 p.m.
ART-0004-009, $79
Student Resource Center (SRC), Room 1128

**Jewelry Making: Stringing 101**
Learn different techniques to create various styles of beaded necklaces including double stranded and crimping. For beginning students and beyond. Jewelry making supplies are included and each student will bring home their own creations. Instructor: Kim Andrews
Thursday, April 16 to 30
6:30 to 8:30 p.m.
ART-0004-010, $89
Student Resource Center (SRC), Room 1123

**NEW COURSE—check it out!**
**Kiln-Formed Glass**
Kiln forming glass is an age-old art that predates blown glass. Create your own fascinating art pieces in this beginning workshop. Students will learn glass preparation, design principles, sources, effects of different techniques, color theories and various finishing methods. Individual attention will be emphasized. Students can expect to complete up to four pieces. The first week of class will be project creation. The pieces will be finished off-site and students can pick up the following week and have their pieces assessed by the instructor. A supply list will be mailed before class. Instructor: Jason Boebinger
Saturday, April 18 and 25
9:30 a.m. to 12:30 p.m.
ART-0004-100, $139
Student Resource Center (SRC), Room 1119
Making Theater Happen: Behind the Scenes with the Buffalo Theater Ensemble

A crucial part of a live performance happens beyond the public eye. From research to production, this course includes lectures and behind the scenes experiences with the Buffalo Theatre Ensemble (BTE) at their rehearsals. Students will enhance their appreciation for theatre by examining the many elements of play mounting and production. The course is led by BTE ensemble members for the production “Naperville.” The course fee includes a script and a voucher for two tickets to the production at the MAC.

**Naperville**

Wednesday, April 15 to 29
6:30 to 8 p.m.
ART-0004-006, $129, Lifelong Learner $99
On campus in Glen Ellyn

**NEW COURSE—check it out!**

**Sequencial Art**

Through a combination of visual challenges and creating stories, students can learn effective and dynamic methods of telling a story visually. Students will utilize preferred methods of drawing to create projects including storyboards, comics and graphic novels. Students should bring supplies for their preferred method of drawing, either sketch pad and pencils or an iPad for digital drawing.

Instructor: Rick Lundeen

Saturday, March 21 to May 2
1:30 to 4 p.m. (no class April 11)
ART-0004-003, $129
Student Resource Center (SRC), Room 1118

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**Watercolor for Beginners**

Learn how to choose supplies, mix color and paint backgrounds. Discover simple painting techniques to create skies, water, trees, grass and flowers. Learn finishing techniques to make your painting come alive. A supply list will be mailed before class.

Instructor: Jennifer Scavone

Friday, Jan. 24 to March 13
6:30 to 8:30 p.m.
ART-0002-006, $185; Lifelong Learner $169
Student Resource Center (SRC), Room 1119

**Watercolor—Beginners and Beyond!**

Enjoy the next step in your watercolor exploration. Using skills acquired from previous experience, build on various wash and finishing techniques and advance your competence and confidence in the art of watercolor.

**Watercolor I**

Watercolor is an art form that is fun and easy to do. This class will begin by painting simple still-life shapes and progress to more complex shapes. We will also experiment with wet-on-wet and wet paper/dry brush techniques. This class may be taken more than once. A supply list will be mailed before class.

Instructor: Pam Keller

Tuesday, Jan. 28 to March 10
10 to 11:50 a.m.
ART-0002-020, $175; Lifelong Learner $159
Naperville Center (NC), Room 23

Thursday, Feb. 13 to March 26
11 a.m. to 1 p.m.
ART-0002-018, $175; Lifelong Learner $159
Naperville Center (NC), Room 23

Tuesday, Feb. 11 to March 24
12:30 to 2:30 p.m.
ART-0002-005, $175; Lifelong Learner $159
Riverwalk Community Center (RCC), Naperville

**Watercolor II**

Advance your competence and confidence in the art of watercolor. This class may be taken multiple times. A supply list will be mailed before class.

Instructor: Pam Keller

Thursday, April 9 to May 21
11 a.m. to 1 p.m.
ART-0002-019, $185; Lifelong Learner $159
Naperville Center (NC), Room 23

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**3D Printing Overview**

This one-day seminar showcases new advancements in 3D printing. Learn how 3D printing can be incorporated into gaming, film, media, healthcare, education and everyday life. Imagine being able to design and create your own jewelry, kitchen utensils, medical prototypes or replacement parts.

Tuesday, Jan. 21
6 to 9 p.m.
COMPT-0006-041, $59
Student Resource Center (SRC), Room 1126

**3D Modeling and Rendering**

Explore the world of 3D modeling in this introductory course to Autodesk Maya. Gain an introduction to the interface and workflow and create assignments to allow deeper exploration into Maya’s modeling toolsets. Students will need a Gmail account that they can access during class or a 16 GB USB 3.0 flash drive.

Tuesday, Feb. 4 to March 24
6 to 9 p.m.
COMPT-0006-042, $399
Student Resource Center (SRC), Room 1126

**Adobe Illustrator**

Discover how to use Adobe Illustrator to draw electronic illustrations. Learn how to trace and manipulate electronic artwork and create original art within the program. Students should have previous computer experience. A textbook may be required. Please check codbooks.com for details.

Thursday, Jan. 23 to Feb. 27
6 to 9 p.m.
COMPT-0003-008, $295
Student Resource Center (SRC), Room 1120
### Adobe InDesign
Explore Adobe InDesign, a professional-level page layout program for designing business, personal or educational page layouts with sophisticated graphics and typography. Students should have advanced word processing skills. A textbook may be required. Please check codbooks.com for details.
Wednesday, Jan. 29 to March 18
6 to 9 p.m.
COMPT-0002-005, $399
Student Resource Center (SRC), Room 1126

### Adobe Photoshop Overview
Gain an introduction to the features of Adobe Photoshop Elements, a powerful yet easy-to-use image-editing software.
Monday, March 16 and 23
6 to 9 p.m.
COMPT-0002-009, $99
Student Resource Center (SRC), Room 1134

### Adobe Photoshop Elements
Learn how to enhance old family photos and organize them in batches. Discover the perfect combination of power and simplicity of Photoshop Elements, a powerful yet easy-to-use image-editing software. Process single or multiple images for print, email and the Web. Students should have previous computer experience. A textbook may be required. Please check codbooks.com for details.
Monday, April 6 to May 11
6 to 9 p.m.
COMPT-0002-010, $295
Student Resource Center (SRC), Room 1134

### Adobe Premiere—Video Editing
Learn how to take recordings from your phone or digital camera and create a sophisticated home video. You will learn how to cut clips, piece together different recordings and edit sound to produce a cleaner video you’ll want to share with the whole family.
Tuesday, April 21 to May 12
6 to 9 p.m.
COMPT-0002-006, $199
Student Resource Center (SRC), Room 1134

### Blogging
What are blogs and why are they relevant? Discover different blogging communities and resources, discuss their strengths and weaknesses and learn how to start your own blog.
Thursday, Feb. 20
6 to 9 p.m.
COMPT-0006-012, $59
Student Resource Center (SRC), Room 1134

### Computer Privacy at Home
By using safety measures and good practices you can protect your computer, your privacy and your family. Topics covered may include email spam and scams, search engines and browsers, viruses and malware, adware and Trojans. Also explore the safe use of social networks, protecting yourself against hacking and monitoring children on the computer.
Tuesday, March 3 and 10
6 to 9 p.m.
COMPT-0006-026, $99
Student Resource Center (SRC), Room 1133

### Designing Effective Websites
Learn the basics of designing and developing an effective website. Discover the advantages of using templates and explore other affordable, easy-to-use resources to create a professional website.
Thursday, April 23 and 30
6 to 9 p.m.
COMPT-0003-051, $99
Student Resource Center (SRC), Room 1120

### Excel 2016 Basic
Learn the basics of creating an electronic spreadsheet using Excel 2016. Students should have previous computer experience. A textbook may be required. Please check codbooks.com for details.
Saturday, Jan. 25 to Feb. 8
9 a.m. to noon
COMPT-0003-017, $179
Student Resource Center (SRC), Room 1133

### Excel 2016 Intermediate
Work with large spreadsheets, 3D formulas, advanced formatting, lists, charting and auditing features. Learn how to create spreadsheets faster and share important information with others. Students should have basic Excel experience. A textbook may be required. Please check codbooks.com for details.
Saturday, Feb. 15 to 29
9 a.m. to noon
COMPT-0003-018, $179
Student Resource Center (SRC), Room 1133

### Excel 2016 Advanced
Work on advanced spreadsheet concepts in Microsoft Excel 2016, including range names, advanced functions, lists, importing and exporting data, analytical options and macros. Students should have Intermediate level Excel 2016 or equivalent experience. A textbook may be required. Please check codbooks.com for details.
Saturday, March 7 to 21
9 a.m. to noon
COMPT-0003-019, $179
Student Resource Center (SRC), Room 1133

### Excel Advanced Formulas
Use advanced Excel formulas and functions to perform complex calculations, such as absolute references, VLOOKUP, HLOOKUP and other useful functions. Students should have Intermediate level Excel 2016 or equivalent experience.
Monday, March 16
6 to 9 p.m.
COMPT-0003-034, $59
Student Resource Center (SRC), Room 1133

### Excel Charts
Learn the basics of creating chart designs, pie charts and column charts, as well as editing chart data. Basic level Microsoft Excel 2016 or equivalent experience is required.
Thursday, April 9
6 to 9 p.m.
COMPT-0003-035, $59
Student Resource Center (SRC), Room 1120

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**ADDITIONAL ENRICHMENT COURSES FOR LIFELONG LEARNERS ON PAGE 44**
Excel Formatting
Discover how to work with themes, apply table styles and format a worksheet for printing. Basic level Excel 2016 or equivalent experience is required.

Thursday, April 16
6 to 9 p.m.
COMPT-0003-036, $59
Student Resource Center (SRC), Room 1120

Excel Pivot Tables
Pivot table proficiency can give you an edge in the job market. Learn how pivot tables are used to quickly summarize and analyze large amounts of data organized in rows or columns. Intermediate level Excel 2016 or equivalent experience is required.

Thursday, March 19
6 to 9 p.m.
COMPT-0003-032, $59
Student Resource Center (SRC), Room 1120

Excel Shortcuts and Tips
Discover shortcuts and tips to skillfully navigate Excel. Areas covered may include creating tabs and groups, customizing the Quick Access Toolbar, naming and grouping sheet names, copying formulas with the fill option, using the sort and filter commands and displaying formulas for easy editing. Basic level Excel 2016 or equivalent experience is required.

Tuesday, March 17
6 to 9 p.m.
COMPT-0003-031, $59
Student Resource Center (SRC), Room 1133

Facebook Advertising
Learn how to effectively create, place and manage Facebook ads. Understand advertisement types, explore setting up advertising accounts and learn how to write, manage, bid and place ads.

Monday, March 9
6 to 9 p.m.
COMPT-0006-037, $59
Student Resource Center (SRC), Room 1120

Google Analytics
If you are not reviewing your website statistics, then you are missing several key opportunities to profit from your website traffic. This course for non-technical users takes you through all the key techniques and explains how to use website analytics using Google Analytics, a free online tool.

Tuesday, April 7 and 14
6 to 9 p.m.
COMPT-0006-034, $99
Student Resource Center (SRC), Room 1120

Google Apps
Discover the tools available by Google that allow you to access your information from any device with an Internet connection. The apps introduced include Google+, Google Play, Google Calendar, Gmail and Google Maps.

Wednesday, March 25
6 to 9 p.m.
COMPT-0006-023, $59
Student Resource Center (SRC), Room 1133

Google Drive
Explore Google’s file storage and synchronization service. Google Drive enables users to have cloud storage, file sharing and collaborative editing.

Monday, Feb. 24 and March 2
6 to 9 p.m.
COMPT-0006-018, $99
Student Resource Center (SRC), Room 1133

Internet Basics
Explore the wealth of information available on the Internet. Learn how to get online, understand basic terminology, use the toolbar and search effectively.

Thursday, April 16 and 23
6 to 8 p.m.
COMPT-0006-005, $75
Student Resource Center (SRC), Room 1133

Live Video Streaming
Learn about different live streaming platforms and how to create your own streaming channel to strengthen your business. Topics include creating a channel with professional features, how to moderate a chat room, suggested equipment and more.

Wednesday, April 8 and 15
6 to 9 p.m.
COMPT-0006-015, $99
Student Resource Center (SRC), Room 1126

LinkedIn
Gain a variety of custom communications and networking strategies that deliver great results through LinkedIn. Explore critical profile navigation sectors and drill deep into the settings to get the most from this important networking tool.

Wednesday, April 22
6 to 9 p.m.
COMPT-0006-019, $59
Student Resource Center (SRC), Room 1134

Office 2016 for New Users
Designed for those with little or no experience in operating a computer, this course introduces the student to the Internet, email, Windows, Word, PowerPoint and Excel. A textbook may be required. Please check codbooks.com for details.

Tuesday, Feb. 4 to 25
6 to 9 p.m.
COMPT-0003-039, $199
Student Resource Center (SRC), Room 1133

Introduction to the iPad
Get the most out of your iPad. Instruction includes hardware connectivity, apps, productivity, media, syncing, backup and printing. Please bring your iPad to this practical, hands-on course.

Monday, March 16
6 to 9 p.m.
COMPT-0006-021, $59
Student Resource Center (SRC), Room 1120

Keyboard Typing Basics
Learn how to type with better accuracy, break bad habits and gain proper touch-typing techniques.

Thursday, Jan. 30 to Feb. 13
6 to 8 p.m.
COMPT-0006-002, $99
Student Resource Center (SRC), Room 1133

Maintaining a Healthy PC
Get familiar with basic maintenance necessary to improve the performance and reliability of your computer. Discover how to deal with Internet viruses, spam, hoaxes and popups. Know more about when you need to upgrade, add memory or buy a new monitor.

Tuesday, March 2 and 9
6 to 9 p.m.
COMPT-0006-028, $99
Student Resource Center (SRC), Room 1134

Please check codbooks.com for details.
Office 2016
Explore features of this fully-integrated software package using Word, Excel and PowerPoint. This class is designed for those who already have some computer experience, including Windows and file management and want to learn Office 2016 for personal or work use. A textbook may be required. Please check codbooks.com for details.

Thursday, Feb. 20 to March 26
6:30 to 9 p.m.
COMPT-0003-040, $249
Student Resource Center (SRC), Room 1133

Tuesday, April 7 to May 12
6:30 to 9 p.m.
COMPT-0003-043, $249
Student Resource Center (SRC), Room 1133

Outlook 2016
Learn to use Microsoft Outlook efficiently to send and receive email, track events with a calendar, manage address books and contacts and understand how Outlook integrates with other Microsoft Office applications.

Thursday, March 5 and 12
6 to 9 p.m.
COMPT-0003-009, $99
Student Resource Center (SRC), Room 1120

PC Troubleshooting
Discover how to protect your valuable electronics and irreplaceable data from disaster. Learn how to manage power problems, memory glitches, drive/file errors and boot failure.

Wednesday, March 25
6 to 9 p.m.
COMPT-0006-027, $59
Student Resource Center (SRC), Room 1133

PowerPoint 2016
Learn how to make attention-getting presentations with Microsoft PowerPoint 2016. Produce, share and save professional-quality slides. A textbook may be required. Please check codbooks.com for details.

Monday, April 27 to May 11
6 to 9 p.m.
COMPT-0003-024, $179
Student Resource Center (SRC), Room 1120

QuickBooks I
Learn the basics of QuickBooks Desktop, including working with customer and vendor transactions, developing a banking system, setting up budgets and creating a new company entering account opening balances. A textbook may be required. Please check codbooks.com for details.

Tuesday, Jan. 28 to Feb. 25
6 to 9 p.m.
COMPT-0006-003, $249
Student Resource Center (SRC), Room 1134

QuickBooks II
Expand your knowledge of QuickBooks Desktop. Learn how to work with physical inventory, use QuickBooks for payroll and work with balance sheet accounts. Create estimates and use classes, job costing and time tracking. A textbook may be required. Please check codbooks.com for details.

Tuesday, March 10 to April 14
6 to 9 p.m. (no class March 31)
COMPT-0006-004, $249
Student Resource Center (SRC), Room 1134

Search Engine Optimization (SEO)
Learn techniques to increase your website’s visibility on search engines like Google and Bing and attract the right kind of traffic to your website.

Tuesday, March 24
6 to 9 p.m.
COMPT-0006-035, $59
Student Resource Center (SRC), Room 1133

SketchUp
SketchUp is a simple yet amazingly powerful software tool for creating, viewing and modifying 3D ideas quickly and easily. It combines the spontaneity of pencil sketching with the speed and flexibility of today’s digital media. Software can be downloaded for free at home.

Thursday, April 9 to May 7
6 to 8 p.m.
COMPT-0006-030, $189
Student Resource Center (SRC), Room 1134

Social Media—Introduction
Learn about current social media venues beyond Twitter and Facebook. Discover which tools work best to market yourself or your company. Topics include working with popular social media sites, creating a blog, Search Engine Optimization (SEO) and branding your organization.

Monday, Feb. 3 to 24
6 to 9 p.m.
COMPT-0006-009, $199
Student Resource Center (SRC), Room 1134

Twitter
Explore this popular social media site. Learn what hashtags are and why Twitter has become an increasingly popular source of information.

Wednesday, Feb. 5
6 to 9 p.m.
COMPT-0006-036, $59
Student Resource Center (SRC), Room 1120

Windows 10
Discover Microsoft’s newest operating system, Windows 10. Learn the similarities between Windows 7 and Windows 10, and explore the new features that make Windows 10 powerful and easy to use. Take control of your PC and learn to personalize it to work for you.

Wednesday, April 29 to May 13
6 to 9 p.m.
COMPT-0006-046, $179
Student Resource Center (SRC), Room 1133

Word 2016 Basic
Learn how to use the features of Microsoft Word 2016. Practice the basics of creating, editing and formatting documents, text and tables. Students should have previous computer experience. A textbook may be required. Please check codbooks.com for details.

Wednesday, April 29 to May 13
6 to 9 p.m.
COMPT-0003-044, $179
Student Resource Center (SRC), Room 1120

Word: Mail Merge
Learn how to use Microsoft Word’s Mail Merge feature to connect documents to mailing lists. This feature is especially useful for sending out cover letters during career searches.

Thursday, March 26
6 to 9 p.m.
COMPT-0003-052, $59
Student Resource Center (SRC), Room 1120

Workplace Computer Skills
Designed for individuals who need to refresh and update their computer skills before seeking employment, this course covers essential Microsoft Office programs including Word, Excel and PowerPoint. Basic internet and email skills are also introduced. A textbook may be required. Please check codbooks.com for details.

Wednesday, Feb. 26 to March 18
6 to 9 p.m.
COMPT-0003-047, $199
Student Resource Center (SRC), Room 1120

FIBER ARTS

Crocheting Basics
Learn the basics of crocheting: chain, single crochet, double crochet, simple shaping and how to read basic patterns. Bring one skein of solid, light-colored #4 medium-weight yarn and size U.S. H-8 (5mm) crochet hook to first class. Instructor: Kelly McFadden

Thursday, Feb. 20 to March 19
6:30 to 9:30 p.m.
LEISR-0045-012, $119
Berg Instructional Center (BIC) Room 2445
**Knitting**

**Beyond the Basics**

Learn new knitting techniques and create exciting and interesting projects. Students should know how to cast-on, bind-off, knit and purl. Students should bring size 8 straight needles, scissors to cut yarn and two contrasting colors of medium weight yarn in wool or acrylic (no cotton).

Instructor: Elizabeth Houlihan

**Cables, Braids and Bobbles**

Hand-knit Irish sweaters from the Aran Isles are known for their intricate designs composed of cables, braids and bobbles. These complex elements are actually quite simple. Learn these techniques by making a sample swatch.

Saturday, March 14
9 a.m. to noon
LEISR-0045-008, $49
Berg Instructional Center (BIC), Room 1429

**Fair Isle Strand Knitting**

Fair Isle sweaters are famous for their use of color and intricate patterns on flat knitting. These sweaters have been called "Poems in Color." Use a color wheel for informed color selection to create harmonious knitting with impact. Learn how to achieve even tension and avoid puckers. Master these techniques by making a sample swatch.

Tuesday, March 10 to April 28
6:30 to 9:30 p.m.
LEISR-0045-002, $199
Student Resource Center (SRC), Room 1123

**New Course—Check it out!**

**Quilt Making**

Transform fabric and thread into a gorgeous quilt. Learn how to piece the top, add borders, quilt the layers, and sew on the binding. Using fabric of your choice, you will create a beautiful quilt to showcase. This class is for beginners and beyond.

Instructor: Donna Anzalone

Thursday, March 19
6:30 to 9:30 p.m.
LEISR-0045-009, $49
Student Resource Center (SRC), Room 1123

**Brioche and Knit One Below**

Brioche knitting produces an unusual stitch structure which is very dramatic in two colors. The technique can produce a ribbed fabric with different colors on each side or a fabric with colors of color on a knit surface. This style can be knit on straight needles or circular needles with some modifications. Knit One Below is an entirely different technique that yields the same results. Students will learn 8 variations and make sample swatches.

Saturday, April 18
9 a.m. to noon
LEISR-0045-010, $49
Student Resource Center (SRC), Room 1123

**Sewing Basics I**

Eliminate the belief that you can’t sew or use a sewing machine. Learn the basics of using a pattern, reading a guide sheet, sewing seams and finishing seams. Sewing machines are available for in-class use, but you can bring your own machine along with the machine’s manual. A supply list will be mailed prior to class and materials will be discussed on the first day of program. Instructor: Donna Anzalone

Tuesday Jan. 21 to March 3
6:30 to 9:30 p.m.
LEISR-0045-004, $199
Student Resource Center (SRC), Room 1123

**Sewing Basics II**

Build on basic skills and acquire advanced techniques. Focus on simple pattern adjustments, different types of fabrics, zipper insertion and other details that may include collars, sleeves and waistbands. Construct a garment in class. Sewing machines are available for in-class use, but you can bring your own machine along with the machine’s manual. A supply list is mailed prior to class and materials will be discussed on the first day of program. Instructor: Donna Anzalone

Tuesday, March 10 to April 28
6:30 to 9:30 p.m. (no class March 31)
LEISR-0045-002, $199
Student Resource Center (SRC), Room 1123

**Complete Guide to Investing**

Learn about stocks, bonds, open and closed end mutual funds, ETFs, ETNs, MLPs, U.S. Royalty Trusts, options, commodities, annuities, real estate, REITs and asset allocation. Explore how to find, evaluate and determine whether each category is right for you. This hands-on, practical and comprehensive course gives you all the tools necessary to help guide your financial future.

Instructor: Peter Krouwer

Wednesday, Jan. 15 to Feb. 19
7 to 9:30 p.m.
PROED-0024-002, $149
Berg Instructional Center (BIC), Room 1A01

**Credit Score Management**

Late payments, job loss, foreclosure and bankruptcy can have a negative impact on your credit score. Banks and credit card companies use credit scores to determine whether to qualify applicants for loans or home purchases, as well as the rate of interest charged. Learn ways to improve your credit score and build your financial future.

Instructor: Jim Droske

Wednesday, Feb. 19
7 to 9 p.m.
PROED-0021-007, $39
Berg Instructional Center (BIC), Room 1A05

**Income and Estate Taxes: The More You Know, The Less You'll Pay**

This is not a tax preparation course, but a course designed to help you understand how the different assets you own are taxed and how those taxes can be minimized or eliminated. All dollars are not created equal when it comes to how they will be taxed. Examine ways to reduce the devastating effect taxes can have on your long-term wealth and financial success.

Instructor: John Gajkowski

Thursday, Feb. 6
7 to 9 p.m.
PROED-0021-004, $49, Lifelong Learner $29
Berg Instructional Center (BIC), Room 1A03
Know Before You Go: Become a Confident Buyer

Thinking about making a major purchase like a car or a house? Learn from an industry professional how the buying process works and gain behind-the-scenes knowledge before you go so you can make informed choices. The class will cover how and what to expect in the mortgage application and car buying process and how credit scores are used.
Instructor: Jim Droske
Wednesday, Jan. 29
7 to 9 p.m.
PROED-0021-011, $39
Berg Instructional Center (BIC), Room 1A05

Plan for a Lifetime of Income

Address investment concerns after age 50 and explore other important issues to consider as you craft a successful retirement strategy.
Instructor: John Gajkowski
Thursday, Jan. 30
7 to 9 p.m.
PROED-0021-003, $49, Lifelong Learner $29
Berg Instructional Center (BIC), Room 1A01

Resume in a Day

Create a resume to target job opportunities. Explore resume fundamentals. Identify strategies used by employers to screen potential candidates for interviews and discover ways to customize applications.
Instructor: Paul Barile
Saturday, Feb. 22
10 a.m. to 2 p.m.
PROED-0019-001, $39
Berg Instructional Center (BIC), Room 1A01

Stock Options

Use stock options to increase return, protect existing stock investments or speculate using leverage. Learn option terminology and a step-by-step approach to understand how options work. Commonly used strategies of calls, puts and spreads are covered.
Instructor: Peter Krouwer
Tuesday, Feb. 11 to March 10
7 to 9:30 p.m.
PROED-0022-001, $129
Berg Instructional Center (BIC), Room 1439

The 12 Universal Laws of Successful Investing

Discover the 12 Universal Laws which are your clues to investment success and help you protect what you have. Learn how to make your returns more predictable, investing less stressful and yourself more successful.
Thursday, March 19
7 to 9 p.m.
PROED-0021-005, $49, Lifelong Learner $29
Berg Instructional Center (BIC), Room 1A03

Top 10 IRA Mistakes

Discover the top 10 mistakes related to Individual Retirement Accounts (IRAs) and learn how to avoid them. Discussion includes information about conversion and beneficiary designation, as well as strategies to maximize value and minimize taxes.
Instructor: John Gajkowski
Thursday, March 5
7 to 9 p.m.
PROED-0021-002, $45, Lifelong Learner $29
Student Resource Center (SRC), Room 1118

Adopting an Active Lifestyle

Want to become more active but don’t know where to start? This course will provide students with the self-management skills necessary to adopt a healthy lifestyle. Through discussion and implementation of psychological interventions for increasing exercise participation and adherence, students will be empowered to make positive steps towards developing a lifelong commitment to being active.
Instructor: Tracy Stone
Saturday, Feb. 29 to March 14
10 a.m. to noon
FITN-0001-012, $69
Berg Instructional Center (BIC), Room 1A03

Fitness and Health

Ballroom Dance for Beginners

The waltz and foxtrot are two of the most popular ballroom dances. Join this introductory course for couples or singles and learn how to navigate around the dance floor while adding some more fun to your life. You are not required to sign up with a partner but are encouraged to sign up with a friend.
Instructor: Corinne Smith
Wednesday, Jan. 29 to March 4
7 to 8 p.m.
FITN-0001-007, $79
Physical Education Center (PEC), Room 135

NEW COURSE—check it out!

Chinese Internal Arts Tai Chi

Move beyond the basics and learn about the more energetic approaches to Chinese internal arts. Explore the three martial arts forms of practice: Baguazhang, Haigf Chuan and advanced Tai Chi. The format of this class is flexible, allowing you to spend the remainder of the course learning more about each form or focusing on one in particular. The small class size provides an opportunity for instructor Phil Hinton to work on a more individual level with each student. Prerequisite for this class is Beginning Tai Chi and a desire to take your practice to the next level.
Tuesday, Jan. 21 to May 12
6 to 7:30 p.m. (no class March 31)
FITN-0001-001, $199, Lifelong Learner: $169
Physical Education Center (PEC), Room 135

Beginning Tai Chi

Focus on the basics of Tai Chi and the Yang short form. This class is ideal for those new to Tai Chi, older adults and anyone interested in improving relaxation and adopting a meditative mindset. We’ll start with an easy Chi Gung set and warm ups, then learn one or two movements of the short form each week. Instructor Phil Hinton guides you through the practice of this ancient art form which can improve balance and flexibility, increase strength and improve overall immune system function.
Tuesday, Jan. 21 to May 12
6 to 7:30 p.m. (no class March 31)
FITN-0001-001, $199, Lifelong Learner: $169
Physical Education Center (PEC), Room 135

NEW COURSE—check it out!

Latin Dance for Beginners

Explore exciting new dance moves in this introductory course for couples or singles. Students will learn the popular Latin styles of the rumba and salsa. You’ll learn how to navigate around the dance floor while discovering some fun Latin dances. You are not required to sign up with a partner but are encouraged to sign up with a friend.
Instructor: Corinne Smith
Wednesday, March 11 to April 23
7 to 8 p.m. (no class April 2)
FITN-0001-008, $79
Physical Education Center (PEC), Room 135

NEW COURSE—check it out!

Chinese Internal Arts Tai Chi

Move beyond the basics and learn about the more energetic approaches to Chinese internal arts. Explore the three martial arts forms of practice: Baguazhang, Haigf Chuan and advanced Tai Chi. The format of this class is flexible, allowing you to spend the remainder of the course learning more about each form or focusing on one in particular. The small class size provides an opportunity for instructor Phil Hinton to work on a more individual level with each student. Prerequisite for this class is Beginning Tai Chi and a desire to take your practice to the next level.
Tuesday, Jan. 21 to May 12
6 to 7:30 p.m. (no class March 31)
FITN-0001-001, $199, Lifelong Learner: $169
Physical Education Center (PEC), Room 135

NEW COURSE—check it out!
Qigong and Introduction to Tai Chi
Like Tai Chi, Qigong is a form of meditation in motion. It combines the practice of repeated slow, graceful movements with controlled deep breathing to promote overall well-being and the harmony and balance of the mind, body, spirit connection. Qigong practice reduces stress and increases energy, while improving balance, strength, flexibility and agility. This class is great for beginners, with an introduction to the basic Simplified (24 Step) Yang style form. Instructor: Lisa Braatz

Monday, Jan. 27 to May 18
2 to 3 p.m. (no class March 30)
FITN-0001-005, $149; Lifelong Learner $119
Physical Education Center (PEC), Room 135

Tai Chi for Intermediate Students
This class is for students who are familiar with the Basic Simplified (24 step) form but need a bit more practice. We will also introduce Guan Bo forms and the 42 mixed style. The goal is to improve overall well-being in the mind, body, spirit connection. Meditation in Motion. Instructor: Lisa Braatz

Monday, Jan. 27 to May 18
3 to 4 p.m. (no class March 30)
FITN-0001-006, $149; Lifelong Learner $119
Physical Education Center (PEC), Room 135

Tai Chi for Advanced Students
This class is for students experienced in the Basic Simplified (24 step) form. The focus will be on the Traditional Yang style long form (88/108 step) with review of the 42 mixed style and 24 step form. The goal is to enhance the harmony and balance in the mind-body-spirit connection. Meditation in Motion. Instructor: Lisa Braatz

Wednesday, Jan. 22 to May 13
1 to 2 p.m. (no class April 1)
FITN-0001-007, $149; Lifelong Learner $119
Physical Education Center (PEC), Room 135

Say Goodbye to Antacids
If you suffer from heartburn, acid reflux, or indigestion, you may benefit from these simple and effective exercises. Learn gentle movements that have the potential to reduce or eliminate these issues. Instructor: John Robertson

Wednesday, March 11
6 to 9 p.m.
FITN-0001-020
Berg Instructional Center (BIC) 1A03

CPR: AHA Heartsaver CPR/AED
Train in adult, infant and child CPR techniques, choking emergencies and the use of an Automated External Defibrillator (AED). This course is intended for the general public. Successful completion of a skills test is required for a course completion card. A textbook is included in the cost of the course. Instructor: W. Vidmar

Monday, Feb. 3
5:30 to 9 p.m.
BHLTH-0010-001, $79
Student Resource Center (SRC), Room 1119

Monday, March 30
5:30 to 9 p.m.
BHLTH-0010-002, $79
Student Resource Center (SRC), Room 1119

Gentle Yoga
Explore the practice of the yogic system of mind and body awareness and fitness. Experience a hatha style yoga class designed to be less stressful on the joints. Asanas (poses) are chosen to emphasize flexibility and relaxation. Meditation techniques and restorative poses are emphasized.

Monday and Wednesday, Jan. 22 to May 13
11 to 11:50 a.m.
Non-credit: FITN-0001-101, $142; Lifelong Learner $73.50
Credit: PHYS-1904-001
Physical Education Center (PEC), Room 137

Tuesday and Thursday, Jan. 21 to May 14
1 to 1:50 p.m.
Non-credit: FITN-0001-102, $142; Lifelong Learner $73.50
Credit: PHYS-1904-002
Physical Education Center (PEC), Room 137

Tuesday and Thursday, Jan. 21 to May 14
5 to 5:50 p.m.
Non-credit: FITN-0001-103, $142; Lifelong Learner $73.50
Credit: PHYS-1904-003
Physical Education Center (PEC), Room 137

Monday and Wednesday, Jan. 22 to May 13
5 to 5:50 p.m.
Non-credit: FITN-0001-104, $142; Lifelong Learner $73.50
Credit: PHYS-1904-004
Physical Education Center (PEC), Room 137

Getting Started with a Plant-Based Diet
Want to add more plant-based foods to your diet while reducing your risk of lifestyle diseases and health issues caused by eating processed foods? Learn how to tweak or replace at least one meal with a plant-based option and get 5 simple strategies to help you transition from a standard American diet to a plant-based diet. Instructor: Diane Randall

Saturday, Jan. 25
9 a.m. to noon
FITN-0001-014, $49
Berg Instructional Center (BIC), Room 1A01

Nutrition Decisions—Eat Smart, Move More!
Learn how to enhance your own personal nutrition through practical ways to work immediately. Each session, new recipes and food suggestions will be explored so students can experience and reinforce the concepts of healthy eating and learn the skills needed to make eating healthy attainable no matter the circumstance. Instructor: Tracy Stone

Saturday, Feb. 1 to 15
10 a.m. to noon
FITN-0001-010, $69
Berg Instructional Center (BIC), Room 1425

Food and Beverage

Baking Basics
Get down to the basics on learning how to properly measure ingredients all while making your favorite baked goods. Hands on learning and discussion on cookies, cakes, and pies. Knife skills will be used as well. Samples are eaten in class and taken home. Instructor: Kara Tegmeyer

Tuesday, Feb. 18 to March 10
6 to 9 p.m.
LEISR-0004-003, $149
Culinary and Hospitality Center (CHC), Room 1013

Essential Knife Skills
Dice and slice like a professional. Knife skills are an essential part of everyday cooking. We will be reviewing different cutting techniques, learning how to take care of your knife and we will enjoy delicious seasonal appetizers prepared at the end of class. Instructor: Kara Tegmeyer

Wednesday, Jan. 29
6 to 9 p.m.
LEISR-0004-004, $75
Culinary and Hospitality Center (CHC), Room 1013

Fresh and Fit Cooking
Establishing skills and a routine is essential for a healthy lifestyle in 2020! Brush up on your culinary skills while learning about how to incorporate nutritious ingredients in your meals. Instructor: Kara Tegmeyer

Sunday, Jan. 26 to Feb. 9
1 to 4 p.m.
LEISR-0004-002, $129
Culinary and Hospitality Center (CHC), Room 1013

Fundamentals of Sauce Making
Sauces add flavor, color and taste to many dishes. Learn the basics of sauce pairings from meats to desserts. Participants are guided through demonstration and also work hands-on as we go through varieties of sauce basics. Instructor: Kara Tegmeyer

Sunday, April 19 to May 3
1 to 4 p.m.
LEISR-0004-009, $129
Culinary and Hospitality Center (CHC), Room 1013
Kitchen Confidence
Improve basic cooking skills and prepare simple recipes. From soups to desserts the recipes are easy, tasty and nutritious. Practice basic cooking methods of broiling, sautéing, stir-frying, steaming, chopping, cutting, mixing, folding and seasoning.
Instructor: Kara Tegmeyer
Sunday, Feb. 16 to March 29
1 to 4 p.m.
LEISR-0004-005, $289
Culinary and Hospitality Center (CHC), Room 1013

Macaron Workshop
Macarons are elegant and delicious. Gain knowledge on how to make the perfect crisp meringue; pipe it, bake it, fill it and construct it. Our instructor will guide you through every step of the technique as you learn and practice how to make delicious varieties so you can become a master macaron culinary artist.
Instructor: Kara Tegmeyer
Wednesday, March 18
6 to 9 p.m.
LEISR-0004-008, $75
Culinary and Hospitality Center (CHC), Room 1013

Pies and Tarts
A chef instructor guides participants how to make a tender, flaky pie crust and goes through the types of pie crusts and fillings before having participants make their own pie and tart. Instructor: Kara Tegmeyer
Saturday, March 14 and 21
1 to 4 p.m.
LEISR-0004-007, $99
Culinary and Hospitality Center (CHC), Room 1013

Sweet and Savory Crepes
From sweet to savory crepes, we will break down the ingredients, techniques and form when making crepes while creating delicious fillings. Students will work hands on and will make crepes into an assortment of recipes. Instructor: Kara Tegmeyer
Wednesday, Feb. 5
6 to 9 p.m.
LEISR-0004-006, $75
Culinary and Hospitality Center (CHC), Room 1013

Garden

Spring Vegetable Gardening
Get your garden ready for the Spring planting season. Learn which types of vegetables will thrive in warmer weather and proper cultivating and harvesting techniques.
Saturday, Feb. 8
9:30 a.m. to 12:30 p.m.
LEISR-0032-300, $49
Health and Science Center (HSC), Room 1135

Gardening for a Lifetime
Do you love gardening but are having increased difficulty keeping up with the maintenance and care? Learn how to adapt your garden for all ages and abilities so you can enjoy this outdoor activity for years to come.
Saturday, April 18
9:30 to 11:30 a.m.
LEISR-0032-304, $45
Health and Science Center (HSC), Room 1135

Houseplants 101
Indoor plants can improve a home’s air quality while providing added beauty. Learn how to choose the best houseplants for your environment and the most health benefits. Learn how to maintain these plants and basic propagation methods.
Wednesday, March 4
6 to 8:30 p.m.
LEISR-0032-308, $49
Student Resource Center (SRC), Room 1119

Success with Succulents
Enjoy the unique beauty of these wildly popular, low-maintenance plants by learning proper planting techniques and maintenance. Students will each receive two succulents and planting materials. Each student will need to bring their own pot or glass container.
Wednesday, Feb 26
6 to 8:30 a.m.
LEISR-0032-302, $59
Student Resource Center (SRC), Room 1119

Join instructor Marty Nachel, local beer author and educator, for these one-day workshops perfect for the home brewing hobbyist or beer enthusiast. All students must be 21 years of age to attend.

Food and Beer Pairing
Journey through the art of pairing beer and food. Learn about beer ingredients, styles and flavors. You will be led through a tasting session. Gain an understanding of how flavors in food and beer complement each other and the knowledge to the right beer to accompany your meal.
Friday, Feb. 7
6:30 to 9:30 p.m.
LEISR-0004-012, $55
Culinary and Hospitality Center (CHC), Room 1021

History of Beer
The rich history of beer spans thousands of years. This one-day workshop will take you from the middle ages to prohibition through modern-day to learn about brewing and beer history, origins and traditions.
Wednesday, April 15
6:30 to 9:30 p.m.
LEISR-0004-016, $39
Culinary and Hospitality Center (CHC), Room 1021

Understanding Beer Styles
Beer styles continue to evolve and with craft brews increasing in popularity, the varieties of beers available are endless. You will be led through a tasting session to expand your knowledge of the many styles of beer including ingredients, brewing methods, serving temperature and more.
Friday, March 6
6:30 to 9:30 p.m.
LEISR-0004-014, $55
Culinary and Hospitality Center (CHC), Room 1021

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 17
Hobby and Recreation

Auto Body Repair
Learn techniques of auto body repair to fix damaged or rusted vehicles. Students furnish hand tools and supplies for their own use while working on vehicles. Please bring pliers, screwdrivers and a set of ratchets to class. Instructor: Robert Henry
Thursday, Jan. 23 to March 26
5:30 to 9:30 p.m.
AUTO-0001-001, $379
Addison Center, Door 12

Basic Aviation I
Have you ever wondered how airplanes function or how a pilot operates an aircraft? Learn about the aerodynamics and the fundamentals of powered flight, different types of aircraft and how they are controlled and maneuvered by pilots. This course will help prepare students to take the sport pilot or private pilot FAA knowledge exams. Instructor: Dr. Alyssa Pasquale
Tuesday, Feb. 11 to March 10
6 to 8 p.m.
LEISR-0067-030, $125, Lifelong Learner $99
Berg Instructional Center (BIC), Room 1A08

Basic Aviation II
Discover how to operate aircraft in busy airport environments and how to navigate through the United States Airspace System. Explore the various certificates and ratings that pilots can obtain and how to earn them. This course will help prepare students to take the sport pilot or private pilot FAA knowledge exams. Prior enrollment in Basic Aviation I is recommended. Instructor: Dr. Alyssa Pasquale
Tuesday, April 7 to May 5
6 to 8 p.m.
LEISR-0067-032, $125, Lifelong Learner $99
Berg Instructional Center (BIC), Room 1H08

NEW COURSE—check it out!

Exploring Numismatics
Coins and currency hold a rich history, making collecting a rewarding hobby. This class will introduce the basics of collecting coins, currency, tokens and medallions. Hold history in your hands as you learn about numismatics in earlier times, geography and culture. Learn which coins and currency are collectible, storage tips, proper handling, grading, value and pricing. Students can bring coins to class for discussion. Instructor: John Kent
Thursday, Feb. 6 to 27
7 to 9 p.m.
LEISR-0067-100, $99, Lifelong Learner $79
Berg Instructional Center (BIC), Room 1A05

One-Day Workshop
Saturday, March 7
2 to 4 p.m.
LEISR-0067-103, $39
Student Resource Center (SRC), Room 1128

Contouring and Highlighting
Highlighting and contouring is for all ages and can be used to define your features naturally. Learning more about your skin and the placement of products is an easy way to take your look to the next level. We will also discuss color theory and the best colors to use based on your skin tone throughout the seasons.
Wednesday, March 11
6 to 9 p.m.
LEISR-0043-012, $49
Student Resource Center (SRC), Room 1118

Tips and Tricks for Plus 50
Look and feel your best at any age. Explore makeup and skincare, discover how to take care of your skin’s basic needs and learn how to stay fresh, natural and current. Discover time-saving tips for your busy lifestyle. This two-part series gives you an opportunity to try new techniques between classes and return to discuss and refine them.
Tuesday, Feb. 25
1 to 4 p.m.
LEISR-0043-010, $49
Student Resource Center (SRC), Room 1128

Winter Skincare and Makeup
Maintain a fresh look through the driest of seasons. Discuss skincare concerns and learn how to keep your skin healthy, hydrated and on-trend in any climate.
Saturday, Feb. 8
1 to 4 p.m.
LEISR-0043-040, $49
Berg Instructional Center (BIC), 1A01

Home Design and Maintenance

Basic Home Repair
Perform simple repairs and routine home maintenance safely and without a plumber, carpenter or electrician. Some hands-on activities are included.
Tuesday, Feb. 4 to March 10
6 to 9 p.m.
LEISR-0032-001, $249; Lifelong Learner $199
Addison Center, Door 12

Declutter and Organize Your Home
Whether you are downsizing or just want to simplify, learn the tools and resources you need to declutter like a pro. This class covers the best ways to organize your stuff to make a profit, as well as where and what to donate your items. Instructor: Cathy Feltz
Saturday, Jan. 25
9:30 a.m. to 12:30 p.m.
LEISR-0032-105, $39
Student Resource Center (SRC), Room 1118

Refresh Your Routine
Learn what skincare products you should be using that pack the most punch. If you need help developing a routine or updating your old one, this class will teach you everything you need to know and what you don’t need to buy.
Wednesday, March 4
6 to 9 p.m.
LEISR-0043-011, $49
Student Resource Center (SRC), Room 1118

Makeup

Declutter and Organize Your Home
Whether you are downsizing or just want to simplify, learn the tools and resources you need to declutter like a pro. This class covers the best ways to organize your stuff to make a profit, as well as where and what to donate your items. Instructor: Cathy Feltz
Saturday, Jan. 25
9:30 a.m. to 12:30 p.m.
LEISR-0032-105, $39
Student Resource Center (SRC), Room 1118

Winter Skincare and Makeup
Maintain a fresh look through the driest of seasons. Discuss skincare concerns and learn how to keep your skin healthy, hydrated and on-trend in any climate.
Saturday, Feb. 8
1 to 4 p.m.
LEISR-0043-040, $49
Berg Instructional Center (BIC), 1A01

CONTINUING EDUCATION SPRING 2020 | cod.edu/conted
Downsizing: The Art and Challenge of Letting Go
Looking to downsize or simplify your current home? This class can help you to declutter and organize for your current needs and lifestyle. Learn great tips on how to keep only what you love in your space for optimal function. Discover how to sift through your treasures and find the gold. Instructor: Cathy Feltz
Wednesday, April 22
1 to 3 p.m.
LEISR-0032-108, $39
Berg Instructional Center (BIC), Room 1A07

Is Professional Organizing the Career for You?
Could you spend hours color coding and labeling just for fun? Does the sight of neatly folded clothes, bedding and towels make your heart sing? Do friends and family come to you for organizing help? If so, Professional Organizing may be the career for you. Learn about the types of organizing services, where and how to get training, the first steps to setting up your own business and more. Instructor: Cathy Feltz
Saturday, Feb. 15
9:30 a.m. to 12:30 p.m.
LEISR-0032-106, $49
Berg Instructional Center (BIC), Room 1A01

Residential Plumbing
Gain knowledge of basic plumbing repair and maintenance. Learn about plumbing fixture components, replacement of piping, unclogging drainage systems, identification and location of plumbing problems and when to call a licensed plumber. Instructor: Sam Brown
Wednesday, Feb. 5 to 26
6 to 9 p.m.
LEISR-0032-014, $139
Addison Center, Door 12

Selling Your Home Now or in the Future
Be one step ahead of the competition and learn how to stage your home today. When you’re ready to put your house on the market will you know where to start? Get it ready now before calling a realtor. Course tips include: What can be done to get your house ready for little or no money, how to shorten the time on the market as well as what buyers are looking for in their new home. Instructor: GraceAnn Simoni
Saturday, Jan. 18
9:30 to 11:30 am
LEISR-0032-112, $39
Student Resource Center (SRC), Room 1128

NEW COURSE—check it out!

The Magic of Minimalism
Have you ever wondered if minimalism is the lifestyle choice for you? Take this informative class and learn minimalistic basics, the many benefits of minimalism and steps to take to begin your journey toward a more intentional and simplified life! Instructor: Cathy Feltz
Wednesday, March 11
1 to 3 p.m.
LEISR-0032-107, $45
Student Resource Center (SRC), Room 1119

Transform Your Home with Color
Don’t let the fear of color stop you from making changes or updates to anything from paint color to accessories and furniture. Learn the basics of adding color, current trends in color and how to create a color pallet. Students can bring in photos and fabric samples. Instructor: GraceAnn Simoni
Saturday, Feb. 22
9:30 to 11:30 a.m.
LEISR-0032-110, $39
Student Resource Center (SRC), Room 1128

Languages

ARABIC

Conversational Arabic I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Arabic. Recommended textbook: Read and Speak Arabic for Beginners (ISBN: 978-0-07-173966-5)
Monday, Jan. 27 to Feb. 24
6:30 to 9:30 p.m.
LANGS-0001-100, $199
Berg Instructional Center (BIC), Room 1A01

Conversational Arabic II
Add to your Arabic vocabulary and improve conversational skills through practical dialogues. Gain a deeper perspective of Arabic culture and learn to read and comprehend written Arabic. Prerequisite: Arabic I or equivalent experience. Recommended textbook: Read and Speak Arabic for Beginners (ISBN: 978-0-07-173966-5)
Monday, March 2 to March 30
6:30 to 9:30 p.m.
LANGS-0001-002, $199
Berg Instructional Center (BIC), Room 1463

Conversational Mandarin Chinese I
Tuesday, Jan. 21 to Feb. 18
6:30 to 9:30 p.m.
LANGS-0001-101, $199
Berg Instructional Center (BIC), Room 1426

Conversational Mandarin Chinese II
Tuesday, Feb. 25 to March 24
6:30 to 9:30 p.m.
LANGS-0001-102, $199
Berg Instructional Center (BIC), Room 1425

Conversational Mandarin Chinese III
Tuesday, April 7 to May 5
6:30 to 9:30 p.m.
LANGS-0001-103, $199
Berg Instructional Center (BIC), Room 1A03

FRENCH

Conversational French I
Tuesday, Jan. 28 to Feb. 25
6:30 to 9:30 p.m.
LANGS-0001-001, $199
Berg Instructional Center (BIC), Room 1A01
Conversational French II
Add to your French vocabulary and improve conversational skills through practical dialogues. Gain a deeper perspective of French culture and learn to read and comprehend written French. Prerequisite: French I or equivalent experience. Recommended textbook: Living Language French, Complete Edition (ISBN: 978-0307478436)
Tuesday, March 3 to 31
6:30 to 9:30 p.m.
LANGS-0001-201, $199
Berg Instructional Center (BIC), Room 1475

French Conversation and Grammar
This class is for those with an intermediate knowledge of French looking to further improve their conversation skills. Build confidence in oral and written communication. Recommended textbook: Practice Makes Perfect: Advanced French Grammar (ISBN: 978-0071476959)
Tuesday, April 28 to May 26
6:30 to 9:30 p.m.
LANGS-0001-203, $199
Berg Instructional Center (BIC), Room 1H07

ITALIAN
Conversational Italian I
Learn how to read and write in Italian in a relaxed and informal atmosphere. Learn practical vocabulary including numbers and days of the week. The class will help you introduce yourself, describe how your feeling and engage in conversations regarding your personal life. Participants will learn correct pronunciation and basic sentence structure necessary to understand and begin to formulate conversations in Italian. There is no book requirement for this course.
Monday, Jan. 27-Feb. 24
6:30-9:30 p.m.
LANGS-0001-400, $199
Berg Instructional Center (BIC), Room 1426

Conversational Italian II
Add to your Italian vocabulary and improve conversational skills through practical dialogues. Gain a deeper perspective of Italian culture and learn to read and comprehend written Italian. Prerequisite: Italian I or equivalent experience. There is no book requirement for this course.
Monday, March 9 to April 13
6:30 to 9:30 p.m. (no class March 30)
LANGS-0001-401, $199
Berg Instructional Center (BIC), Room 1439

Conversational Italian III
Deepen your perspective of the Italian culture and converse on useful topics and themes encountered in everyday life. Actively increase your past tense vocabulary, listening comprehension, oral proficiency and grammar skills. Conversational skills will expand to include fashion culture. Participants are required to have an intermediate knowledge of the conversational topics covered in Italian 1 and 2 as well as the present and future tense.
Monday, April 13 to May 11
6:30 to 9:30 p.m.
LANGS-0001-408, $199
Student Resource Center (SRC), Room 1123

Conversational Italian IV
Building on conversational Italian III this course cements participants in advancing their conversational skills for daily routines with families and meal planning. No textbook is required.
Thursday, Jan. 30 to Feb. 27
6:30 to 9:30 p.m.
LANGS-0001-402, $199
Berg Instructional Center (BIC), Room 1A07

Interested in participating in higher Italian level classes?
Contact CE Language Coordinator at: (630) 942.2208

JAPANESE
NEW COURSE—check it out!

Conversational Japanese I
Students will learn practical, elementary conversational skills based on comprehension of basic grammar and correct pronunciation. This level is for students who have not studied Japanese before. You will learn basic conversational skills such as greetings, counting and simple everyday phrases. You will learn to read and recognize hiragana characters.
The goal of the class is to begin to speak Japanese and enjoy the process of learning Required book: Japanese for Busy People (ISBN: 978-1568363844)
Saturday, Feb. 1 to March 14
1 to 4 p.m.
LANGS-0001-810, $299
Berg Instructional Center (BIC), Room 1A03

Conversational Japanese II
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and basic sentence structure necessary to understand and begin to formulate conversations in Japanese. There is no book requirement for this course.
Monday, Jan. 27-Feb. 24
6:30-9:30 p.m.
LANGS-0001-810, $199

PRACTICAL

Conversational Polish I
Add to your Polish vocabulary and improve conversational skills through practical dialogues. Gain a deeper perspective of Polish culture and learn to read and comprehend written Polish. Prerequisite: Polish I or equivalent experience. Recommended textbook: Polish Doesn't Bite! ISBN: 9788362482733
Thursday, Jan. 23 to Feb. 20
6:30 to 9:30 p.m.
LANGS-0001-100, $199
Berg Instructional Center (BIC), Room 1H07

Conversational Polish II
Add to your Polish vocabulary and improve conversational skills through practical dialogues. Gain a deeper perspective of Polish culture and learn to read and comprehend written Polish. Prerequisite: Polish I or equivalent experience. Recommended textbook: Polish Doesn’t Bite! ISBN: 9788362482733
Thursday, Feb. 27 to March 26
6:30 to 9:30 p.m.
LANGS-0001-011, $199
Berg Instructional Center (BIC), Room 1A01

Conversational Polish III
This class is for those with an intermediate knowledge of Polish looking to further improve their conversation skills. Build confidence in oral and written communication. Recommended textbook: Polish Doesn’t Bite! ISBN: 9788362482733
Thursday, April 9 to May 7
6:30 to 9:30 p.m.
LANGS-0001-016, $199
Berg Instructional Center (BIC), Room 1425
RUSSIAN

Conversational Russian I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Russian. Recommended textbook: Living Language Russian, Complete Edition (ISBN: 978-0307972101)
Wednesday, Feb. 12 to March 11
6:30 to 9:30 p.m.
LANGS-0001-650, $199
Berg Instructional Center (BIC), Room 1G04

Conversational Russian II
Add to your Russian vocabulary and improve conversational skills through practical dialogues. Gain a deeper perspective of Russian culture and learn to read and comprehend written Russian. Prerequisite: Russian I or equivalent experience. Recommended textbook: Living Language Russian, Complete Edition (ISBN: 978-0307972101)
Wednesday, March 18 to April 22 (no class April 1)
6:30 to 9:30 p.m.
LANGS-0001-651, $199
Berg Instructional Center (BIC), Room 1455

SIGN LANGUAGE

Sign Language Level I
Tuesday, Jan. 22 to Feb. 19
6:30 to 9:30 p.m.
LANGS-0001-600, $199
Berg Instructional Center (BIC), Room 1A03

Sign Language Level II
Tuesday, Feb. 25 to March 24
6:30 to 9:30 p.m.
LANGS-0001-601, $199
Berg Instructional Center (BIC), Room 1H07

Sign Language Level III
Wednesday, Feb. 26 to March 25
6:30 to 9:30 p.m.
LANGS-0001-602, $199
Berg Instructional Center (BIC), Room 2501

Conversational Spanish I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish.
Tuesday, Jan. 21 to Feb. 18
6:30 to 9:30 p.m.
LANGS-0001-700, $199
Berg Instructional Center (BIC), Room 1475
Saturday, Jan. 25 to Feb. 22
9 a.m. to noon
LANGS-0001-701, $199
Berg Instructional Center (BIC), Room 1447

Conversational Spanish II
Add to your Spanish vocabulary and improve conversational skills through practical dialogues. Gain a deeper perspective of Spanish culture and learn to read and comprehend written Spanish. Prerequisite: Spanish I or equivalent experience
Tuesday, Feb. 25 to March 24
6:30 to 9:30 p.m.
LANGS-0001-704, $199
Berg Instructional Center (BIC), Room 1426
Saturday, Feb. 29 to March 28
9 a.m. to noon
LANGS-0001-706, $199
Berg Instructional Center (BIC), Room 1426

Conversational Spanish III
Interactive activities help expand your Spanish conversation skills learned in previous levels. Focus on additional grammar concepts to improve reading and writing skills while exploring this fascinating culture. Prerequisite: Spanish II or equivalent experience
Tuesday, April 7 to May 5
6:30 to 9:30 p.m.
LANGS-0001-707, $199
Berg Instructional Center (BIC), Room 1426
Saturday, April 4 to May 2
9 a.m. to noon
LANGS-0001-123, $199
Berg Instructional Center (BIC), Room 1426

SPANISH

Conversational Spanish IV
Wednesday, April 8 to May 6
6:30 to 9:30 p.m.
LANGS-0001-603, $199
Berg Instructional Center (BIC), Room 1A03

For more information, call (630) 942-2208 | Register Online at myaccess.cod.edu

Conversational Mandarin Chinese I
Wednesday, Jan. 22 to Feb. 19
6:30 to 9:30 p.m.
LANGS-0001-910, $199
The Abbey, Elmhurst

Sushi Making
Be your own sushi master. Learn the skills to prepare restaurant quality sushi. Techniques include: preparing and seasoning sushi rice, knife skills, purchasing and handling sushi grade fish and assembling different types of sushi. Participants will be able to create, sample, and take home samples. Instructor: Kara Tegmeyer
Wednesday, March 25
6 to 9 p.m.
LEISR-0004-010, $79
The Abbey, Elmhurst

Living Mindfully
Learn the basics of mindfulness and how to cultivate intentional and skillful ways to be more in the present moment and live more fully in our lives through thoughts, feelings and body sensations. Utilizing lecture, practice of meditation and group discussions, learn how to use mindfulness in everyday situations. Instructor Chris George
Saturday, Feb. 1 to March 7
10 to 11:30 a.m.
LEISR-0061-010, $99
Berg Instructional Center (BIC), Room 1435

Mind Mapping
Learn how to utilize this creative, visual tool for “mapping out” ideas. This fun tool uses diagrams to organize ideas and better solve problems. Mapping can be applied to job searches, personal planning and many other topics. Instructor: Dr. Nancy Kratz
Tuesday, March 3 and 10
6 to 8:30 p.m.
LEISR-0061-100, $79
Berg Instructional Center (BIC), Room 1A03

Mindfulness Meditation
Train your mind the way you train your body for the perfect way to stay centered. Learn centuries-old meditation techniques to relax and increase your overall sense of well-being. Explore the benefits of developing a regular meditation practice to improve health, strengthen the immune system and release stress and anxiety. A textbook is recommended, but not required. Instructor: Stephanie Frantz
Tuesday, Jan. 14 to Feb. 4
Noon to 1 p.m.
LEISR-0061-001, $55
Berg Instructional Center (BIC), Room 2455

Reiki I
Introduce yourself to the healing principles of Reiki under the guidance of a Reiki master teacher. Practice hands-on healing techniques to re-establish balance and harmony on the physical, emotional and spiritual planes. Restore the natural function of the body and activate its ability to heal itself. A Reiki stone, a student manual and an award of completion are included. Instructor: John Robertson
Saturday, April 18
9:30 a.m. to 4:30 p.m.
LEISR-0061-008, $129, Lifelong Learner $99
Student Resource Center (SRC), Room 1125

Secrets to Living a Long Life
Learn sound dietary habits and balanced, healthy lifestyles that can lengthen your life. Inspired by the best-selling book, this program summarizes the nutrition and lifestyles of the world’s five most remarkable longevity hotspots. Instructor: John Robertson
Wednesday, March 18
6 to 9 p.m.
LEISR-0067-003, $49
Berg Instructional Center (BIC), Room 1A03

Mind, Body and Spirit

Create the Life You Want
This is a fun, engaging class that offers powerfully effective techniques for creating success in any area of your life. You will design affirmations, an ideal scene and a living vision for the area of your life you want to change now. You will identify the blocks that keep you stuck, and take inspired actions that will ensure your success and allow you to soar. Instructor: Diane Randall
Saturday, April 4
9 to 11 a.m.
LEISR-0067-106, $39
Berg Instructional Center (BIC), Room 1A01

Don't Let Stress, Stress You Out!
Feelings of anxiety or stress are never pleasant and many of us have varying interpretations of what stress is. Knowing how to handle stress and challenges prevents mental and physical harm to our bodies. We look at different methods of stress reduction and relaxation, including the use of exercise, meditation, labyrinths, mandalas, Qigong and Tai Chi. Instructor: John Robertson
Wednesday, Feb. 5
6 to 9 p.m.
LEISR-0067-005, $49
Berg Instructional Center (BIC), Room 1A05

Meridian Hand Exercises
Discover secrets of meridian health balls, an exercise system developed in China that has been in use for 2,000 years. Through exercises you may improve strength, flexibility, dexterity and circulation in the fingers, hands and wrists as well as relieve joint stiffness and soreness. Reduce the risk of carpal tunnel, rheumatism and arthritis. These hand exercises can be deeply relaxing and may improve overall health, stimulate the mind and reduce your risk of cognitive decline. Instructor: John Robertson
Wednesday, March 4
6 to 9 p.m.
LEISR-0067-002, $79; Lifelong Learner $59
Naperville Center (NC), Room 22

Berg Instructional Center (BIC), Room 1A03
Private Lessons

Harmonica
Private lessons are available for the harmonica with instructor David Kachalon. One-on-one, lessons are offered at COD’s main campus. Your schedule is arranged with the instructor. Please contact (630) 942-2208 to register.

Music Quest
Whether your skills have grown a bit rusty or you want to learn a new instrument, Music Quest classes offer weekly, one-on-one, 30-minute lessons in COD’s beautiful McAninch Arts Center (MAC). Lessons are available on piano, organ, guitar, voice and all traditional band and orchestra instruments. Each of our applied music faculty has an advanced degree in performance and/or pedagogy and has the experience to work successfully with students of all ages and abilities. Music Quest lessons are offered in a variety of musical styles, ranging from classical to jazz and blues to contemporary.

Music Masters
This level is for intermediate or advanced students who want to take their performance skills to a higher level. Arrange weekly private lessons at a length that works for you and study with passionate musicians who are active throughout Chicagoland as recitalists, soloists, recording artists, composers and performers. Professional bio can be viewed online either at AtTheMac.org/private-lessons or cod.edu/musicacademy.

Group Lessons

Beginning Harmonica
Come have fun learning tricks and techniques to playing the harmonica. Learn simple songs, proper breathing and basic blow/draw patterns. This course introduces and works entirely in First Position. Students should bring a 10-hole diatonic harmonica in the key of C. No prior music or harmonica experience is necessary. Instructor David Kachalon

Sunday, Feb 9 to March 29
1 to 2:30 p.m.
MUSIC-0001-006, $149
Student Resource Center (SRC), Room 1128

Learn to Play the Ukulele
Enjoy the ease of learning and playing the ukulele. This versatile instrument can be used for all kinds of music, from classical to pop. Learn about the ukulele and how to play it, starting with basic chords and common songs, moving up to basic pop tunes. You don’t need to have previous musical instrument training. The course fee includes a ukulele, pitch pipe and song book.

Saturday, Feb. 22
9 a.m. to noon
MUSIC-0001-004, $135
Berg Instructional Center (BIC), Room 1425

Piano Discovery
Come experience a basic introduction of beginning piano skills for non-pianists. Learn background elements which include note identification, basic keyboard understanding, elementary technique, rhythmic and harmonic understanding. Recommended textbook: Adult Piano Adventures (ISBN 978-1-61677-302-1). Instructor: Dr. Karol Sue Reddington

Saturday, Feb. 8 to 29
9:30 to 11:30 a.m.
MUSIC-0001-015, $129
McAninch Arts Center (MAC), Room 288

Popular Songwriting
You don’t have to be a musician to enjoy this class, you just need a love of good music. Using examples from blues, pop, rock and country, we examine what goes into making a good song. Discuss lyrical structure, chord progressions and arrangements and use this class as a springboard to your songwriting endeavors.

Saturday, March 7 and 14
Noon to 3 p.m.
MUSIC-0001-001, $99
Student Resource Center (SRC), Room 1118

Next Step Ukulele
Enjoy the next level of instruction with the ukulele. This versatile instrument can be used for all kinds of music from classical to pop. Students should know the basic chords and will learn more advanced songs and group jamming. Bring a tuned ukulele and pitch pipe. A new song book will be provided.

Saturday, April 18
9 a.m. to noon
MUSIC-0001-005, $69
Student Resource Center (SRC), Room 1118

Featured Classes

We now offer non-credit opportunities to participate in College music courses. All classes take place on campus in the McAninch Arts Center (MAC). No classes will meet the week of March 30-April 5. For more information, visit cod.edu/musicacademy.

Chamber Orchestra
Tuesday, Jan. 21 to May 12
7 to 9:50 p.m.
MUSIC-0001-141, $161; Lifelong Learner $93
Credit: MUSIC-1141-001

Community Band
Monday, Jan. 27 to May 18
7 to 9:50 p.m.
MUSIC-0001-180, $161; Lifelong Learner $93
Credit: MUSIC-1180-001

DuPage Chorale
Monday, Jan. 27 to May 18
7 to 9:50 p.m.
MUSIC-0001-150, $161; Lifelong Learner $93
Credit: MUSIC-1150-001

DuPage Community Jazz Ensemble
Wednesday, Jan. 22 to May 13
7 to 9:50 p.m.
MUSIC-0001-181, $161; Lifelong Learner $93
Credit: MUSIC-1181-001

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 23
The Wired Family Workshop
Feel like technology and media have overtaken your family? Wonder how technology is affecting your kids and how to intervene? Learn what experts say about the impact of technology on child development and what they advise and create a workable family technology plan to regain your peace of mind. Instructor: Dr. Nancy Kratz
Thursday, Feb 6
6:30 to 9:00 p.m.
LEISR-0061-102, $39
Berg Instructional Center (BIC), Room 1A01

NEW COURSE—check it out!

The Wired Grandparent
Grandparents are often bewildered by their grandchildren's use of technology. This class will update you on popular media, ways to engage with kids and their devices and how to talk about media use. Instructor: Dr. Nancy Kratz
Thursday, Feb. 20 and 27
10 to 11:30 a.m.
LEISR-0061-104, $45
Student Resource Center (SRC), Room 1123

Photography

Beginning Photography
Bring your camera and explore basic topics such as camera function, lighting, composition, lenses, filters and specialized photography. Assignments include shooting digitally or with film. Instructor: Erica Benson
Tuesday, Jan. 28 to March 10
6:30 to 9 p.m.
PHOTO-0001-001, $185
Berg Instructional Center (BIC), Room 1453

Beyond Beginning Photography
Sharpen your camera skills as you develop your ability to see photographically and compose better images. In-class and out-of-class shooting projects help you better understand your camera. Bring a digital or film single-lens-reflex camera. Instructor: Erica Benson
Tuesday, March 24 to May 5
6:30 to 9 p.m.
PHOTO-0001-003, $185
Berg Instructional Center (BIC), Room 1A06

Capturing Family Memories
Develop your photography skills while recording family memories. Explore taking family pictures at parties, and practice portraits and candid shots. Common settings for digital cameras are also covered.
Thursday, March 19 to April 9
7 to 9 p.m.
PHOTO-0001-009, $95
Berg Instructional Center (BIC), Room 1A05

NEW COURSE—check it out!

Color Versus Black and White Photography
Explore color theory and use techniques to establish mood and add intrigue to your images. Discover the effects of black and white photography to enhance your images. Instructor: Erica Benson
Thursday, Feb. 13 to March 26
6:30 to 9 p.m.
PHOTO-0001-011, $185
Berg Instructional Center (BIC), Room 1A06

Digital Camera Operation
Learn how to use the functions and features of your digital camera. Topics include downloading photos, image resolution and compression, locking focus and built-in scene or shooting modes. Bring a digital camera, batteries and your camera manual. Instructor: Kate Quinn
Wednesday, Jan. 22 to March 11
7 to 9 p.m.
PHOTO-0001-002, $185
Berg Instructional Center (BIC), Room 1H09

Digital Camera Operation—Beyond Basics
Explore further into the use and functions of your digital camera with increased confidence and skill. Bring a digital camera, batteries and your camera manual. Instructor: Kate Quinn
Wednesday, March 18 to May 6
7 to 9 p.m.
PHOTO-0001-004, $185
Berg Instructional Center (BIC), Room 1A05

Natural Beauty—Spring Photography
Capture the beauty of spring. Explore camera and composition techniques to photograph leaves, trees, landscapes, insects and weather. Understand the performance of proper exposures to gain skills with the use of hands-on demonstrations, classroom lectures and practice in off-site locations, including forest preserves. Instructor: Erica Benson
Saturday, March 28 to May 9
9 to 11:30 a.m.
PHOTO-0001-007, $185
Berg Instructional Center (BIC), Room 1425

Photography Workshop: Secrets of Lighting
Learn the disciplines of lighting and discover how to use studio lighting equipment in a hands-on environment. Lighting equipment is provided for student use. Please bring your own camera. Instructor: Erica Benson
Saturday, April 25 and May 2
1 to 3 p.m.
PHOTO-0001-005, $59
Student Resource Center (SRC), Room 1119

Photography Workshop: Photo Editing
Learn how to use Photoshop and apply techniques to make your photos look more creative. Please bring digital images on a flash drive or via camera hookup to his hands-on workshop. Instructor: Erica Benson
Saturday, Feb. 22 and 29
1 to 3 p.m.
PHOTO-0001-006, $59
Student Resource Center (SRC), Room 1120

Sports Photography
Learn how to capture action shots of your favorite sports and events. Learn the difference between candid and posed photographs and how to get the best results for each situation. Students are encouraged to practice techniques mentioned in class and bring their work in to discuss. It is recommended that students own a camera with a Stop Action setting. Instructor: Erica Benson
Saturday, April 11 and 18
1 to 3 p.m.
PHOTO-0001-010, $59
Berg Instructional Center (BIC), Room 1425

Travel Photography
Document your life’s adventures. Develop the skills to capture the architecture, events and people you encounter on your travels and explorations.
Thursday, April 16 to May 7
7 to 9 p.m.
PHOTO-0001-008, $95
Berg Instructional Center (BIC), Room 1465

Writing

COD Writers’ Group
Get the inspiration and support you need to achieve your writing dreams. Join a community of writers of all ages, backgrounds and experience, working in a wide range of genres—short story, novel, poetry, flash fiction, creative nonfiction and scriptwriting, plus blogging and other online styles. Enjoy friendly feedback and encouragement as well as regular goals that help you turn your ideas into reality.
Thursday, Jan. 23 to March 12
7 to 9 p.m.
HUMNT-0002-102, $179; Lifelong Learner $149
Berg Instructional Center (BIC), Room 1453

Creative Writing
You love to write and arrange words on a page, but you aren’t sure what you want to write. Paul Barile—published novelist/playwright/poet—guides you through a series of exercises designed to unlock the writer within. Explore a different genre of writing each week and discover which appeals to you and your writing style. Instructor: Paul Barile
Monday, Feb. 3 to March 9
11 a.m. to 1 p.m.
HUMNT-0002-104; $159; Lifelong Learner $119
On campus in Glen Ellyn
Memoir Writing
We all have a story of a life lived among family and friends. Learn how to tell yours with Chicago writer and actor Paul Barile. Using a variety of tools and prompts, create a piece of literary non-fiction that reflects who you are and what makes your experience unique. Through the course of the day, identify the most important moments of your life and turn them into stories for readers. There is no topic too marginal or too grand. You might be amazed at how many people would be interested in hearing your story. Instructor: Paul Barile
Monday, March 16 and 23
6 to 9 p.m.
HUMNT-0002-105; $79; Lifelong Learner $59
Student Resource Center (SRC) , Room 1123

Short Story Writing
The short story is a time-honored tradition for writers. The challenge for the writer is to pack all of the essential elements into a story that is just a few pages long. Using a combination of writing prompts, in-class writing and discussion students will complete this session with a draft of a short story as well as direction in marketing it. Writer and Instructor Paul Barile has had short stories published in a variety of magazines and ‘zines.’
Instructor: Paul Barile
Monday, April 20 to May 4
6 to 9 p.m.
HUMNT-0002-107; $119; Lifelong Learner $89
Berg Instructional Center (BIC), Room 1A01

Writing Fiction—Get Started
Fiction writers develop the tools needed to write a compelling story or begin a gripping novel. Read short works of fiction for inspiration, explore techniques to unleash creativity during in-class assignments and learn reader-centered writing through our sessions.
Tuesday, March 17 to April 21
4 to 6 p.m.
HUMNT-0002-304, $109
Berg Instructional Center (BIC), Room 1A03

Writing Workshop
Meet like-minded writers working in a variety of genres, including short story, novel, poetry, flash fiction, screenplay and creative nonfiction. Get friendly support, critique, encouragement, regular assignments and deadlines to help get the work done. Instructor: Mardelle Fortier
Tuesday, Feb. 4 to March 10 (no class March 31)
10 a.m. to 1 p.m.
HUMNT-0002-100, $239; Lifelong Learner $199
On campus in Glen Ellyn
Tuesday, March 24 to May 5
10 a.m. to 1 p.m.
HUMNT-0002-101, $239; Lifelong Learner $199
On campus in Glen Ellyn

STEMinar Series Spring 2020

Artificial Intelligence for Science
Wednesday, March 18
4:30 to 6 p.m.
Student Resource Center (SRC)
Room 2000

Prasanna Balaprakash
Computer Scientist
Argonne National Laboratory

What is Artificial Intelligence? How can it revolutionize scientific discovery? Join us as Argonne Computer Scientist Prasanna Balaprakash explains the development, role and importance of AI in science, our understanding of the world and the development of beneficial, advanced technologies.

For more information on upcoming lectures, visit cod.edu/steminar.

For ADA accommodations, call (630) 942-2141 (voice) or (630) 858-9692 (TDD). Please call two weeks in advance.
TAP INTO THE POWER OF WE

Helping startups and entrepreneurs through:

- Business development workshops
- Mentoring and support services
- Collaborative coworking space and more...

Follow us:

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Contact us:

(630) 942-3340
InnovationDuPage.org
PROFESSIONAL DEVELOPMENT OPEN HOUSE

Wednesday, Jan. 15
3 to 7 p.m.
Student Resource Center (SRC)
Room 1111

Join the Business Solutions team to learn how courses from College of DuPage can add value to your career.

RSVP to BSolutions@cod.edu or (630) 942-2770.

MUSIC FRIDAYS!

Music Fridays@Noon is a series of free programs featuring the College of DuPage Music department with performances and presentations by COD faculty, students and guests. All events are free and begin at noon in the MAC, Room 140. For more information, contact Lee Kesselman at kesselma@cod.edu. For a current schedule, visit atthemac.org/music-fridays.

JAZZ BLUES NEWS

and much, much more!

www.WDCB.org
For a complimentary Program Schedule, call (630) 942-4200.
Career Training and Professional Development

Careers in personal beauty celebrate creativity, artistry, passion and a desire to help others. Let COD prepare you for an exciting and rewarding career in cosmetology and learn the trends and techniques necessary to excel in the ever-changing field. Unleash your imagination, creativity and expertise in the Cosmetology program. Expert faculty and staff will prepare you for a stimulating and rewarding career, whether you are pursuing a degree or certificate.

Program graduates are employed in the following fields.

- Hairdresser, Hairstylists, and Cosmetologists
- Makeup Artists, Theatrical and Performance
- Manicurists and Pedicurists
- Skincare Specialists

For more information about the Cosmetology program please contact codcosmetology@cod.edu or cod.edu/cosmetology

Lisa Saltiel, Program Support Specialist
(630) 942-3303
saltiell@cod.edu

Emergency Medical Service/Fire Science

The College of DuPage EMS/Fire Science Division offers training programs for licensure through the Illinois Department of Public Health and National Registry of Emergency Medical Technicians that include Emergency Medical Responder (EMR) and Emergency Medical Technician (EMT). If you are already licensed as an EMT and want to prepare for the rigors of Paramedic Training, we offer four Emergency Medical Services courses that follow national/international curriculums.

The College of DuPage is affiliated with all the hospital-based Paramedic Training programs in our region through Northwestern Central DuPage Hospital, Edward Hospital, Advocate Good Samaritan Hospital and Loyola University Medical Center.

Students can select either the Associates of Applied Science (AAS) in Fire Science or Emergency Medical Services. Both degrees are very similar and both can be obtained. Office of the State Fire Marshal Certifications, Illinois Department of Public Health Licenses, and certain EMS related Certifications can be submitted for Proficiency Credit toward degree requirements making it much easier to obtain your degree.

Learn more at cod.edu/fire or contact Daniel Krakora at (630) 942-2107 or krakora@cod.edu.

Fitness

WITS: Certified Personal Trainer Program

Become a Certified Personal Trainer in this comprehensive program offered through World Instructor Training Schools (WITS) at College of DuPage. This challenging course includes 15 hours of live instruction and 15 hours of in-depth, hands-on practical labs to prepare you to master the skills and knowledge you need for a successful career as a personal trainer. Key lecture topics include biomechanics, exercise physiology, fitness testing, equipment usage and health assessments to create a solid program for your client. Hands-on practical training labs include role playing drills on assessing clients, programming, performing proper exercises and presentation skills.

You’ll receive a 200-page student workbook, access to online student study tools and test vouchers to take the Certified Personal Trainer exams at no additional cost. After successfully passing exams and providing proof of CPR/AED training, you’ll receive your Level One Certified Personal Trainer certificate and you can get right to work as a personal trainer.

An additional benefit of the program is the 30-hour employer internship made available to you. Upon successful completion of the internship, you’ll be awarded our advanced Level Two Certified Personal Trainer credential at no additional cost.

Tuesday and Thursday, Feb. 25 to April 23
6:30 to 8:30 p.m.
BSCPT-0100-001, $799
Tuesday on campus in Glen Ellyn
Thursday at local health club

Thursday, Feb. 27 to April 23
6:30 to 8:30 p.m.
BSCPT-0100-002, $799
Online, Self-paced curriculum, starting on Feb. 27
BSWPT-0100-002, $799
The Adjunct Faculty Training Institute (AFTI) at College of DuPage provides online professional development for adjunct faculty at colleges and universities nationwide. The courses are designed to improve your teaching proficiency by providing best-practice teaching strategies and relevant course work to help you increase student success. Learn strategies that will translate into increased student achievement and reduced course withdrawal by students. Visit our webpage to see course descriptions and view our instructor bios: cod.edu/adjunct_training

We will offer an information session for our Introduction to Teaching Course:
Monday, Jan. 13
Seaton Computing Center (SCC), Room 115

Introduction to College Teaching
For those interested in becoming an adjunct faculty or those new to the field, this program provides basic and advanced techniques for professional development. Instruction includes syllabi preparation, classroom management, and formative and summative assessments. This hybrid online course has two on-campus meeting dates, Jan. 27 and April 20. The online curriculum is on your own schedule each week. Please have required textbook by first day of class: Teaching at Its Best: A Research-Based Resource for College Instructors, 4th edition, by Linda Nilson. ISBN: 978-1119096320
Monday, Jan. 27 to April 20, 6 to 9 p.m.
BSFPD-0200-HYB01, $495
Two on-campus meeting days, Monday, Jan. 27 and Monday, April 20 the rest is online
Student Resource Center (SRC), Room 3020

New Online Option!
Monday Jan 27 to April 20
BSFPD-0200-NET01, $495 , Online

Learner-Centered Teaching
This advanced teaching course is designed to support faculty in transforming students from passive listeners to active learners while improving learning outcomes and deepening understanding. You will leave the session with strategies and techniques that can be used in your face-to-face, hybrid and online courses. This is an advanced course designed for current adjunct faculty at any institution. Please have required textbook by first day of class: Developing Learner-Centered Teaching, A Practical Guide for Faculty, by Phyllis Blumburg, ISBN-13: 978-0787996888
Monday, Jan. 6 to Feb. 14
BSFPD-0300-NET01, $240, online
Monday, Feb. 10 to March 20
BSFPD-0300-NET02, $240, online

Diversity, Social Justice and Inclusion in the Classroom
This module explores diversity and social justice, specifically in the context of the college environment. Concepts covered include race/ethnicity, gender, class, and individual and group experiences. You will discuss equity in education, access and inclusion and diversity in the classroom and beyond. You will explore strategies for mitigating the problems faced by marginalized groups, particularly in regards to educational settings.
Monday, Feb. 10 to March 22
BSFPD-0310-NET01, $240, online

Assessment of Student Learning
This course focuses on student learning as the central goal of quality instruction. Instructors will learn strategies to measure the degree to which students are meeting course objectives. Colleges and universities are being called upon to measure learning outcomes and utilize data for continuous improvement as a requirement for accreditation. You will learn to align your instructional activities to the learning objectives of your program. You will learn and implement multiple direct and indirect assessment methods. You will examine elements of an effective assessment plan as well as strategies for teaching and learning through a lens of core questions: “What will students be able to know or do?” and “How will I know that they can do it?”
Monday, Feb. 10 to March 20
BSFPD-0320-NET01, $240, online

The Adjunct Faculty Training Institute has been awarded a Resource for Excellence Grant by the College of DuPage Foundation. Scholarships may be available to participants that successfully complete an AFTI course.

College of DuPage
F O U N D A T I O N
The craft beer industry is booming with a thriving community in the area. Illinois breweries continue to expand and gain a stronger foothold in the craft beer scene. Continuing Education offers the Business of Craft Beer program. Focusing on the business of the industry, this program features hands-on courses conducted at local breweries and at College of DuPage.

Courses in the Business of Craft Beer program are pass/fail with homework assigned. Sampling is included with the courses; students must be 21 years of age to attend. Classes may visit area businesses; students are responsible for their own transportation. Those with extensive experience in the industry may contact the program manager to discuss specialized program sequence options.

Visit cod.edu/craftbeer or call us at (630) 942-2412 to learn more.

Register now!
College of DuPage
Continuing Education
425 Fawell Blvd., Glen Ellyn, IL
Student Resource Center (SRC), Room 1110
(630) 942-2208
ce@cod.edu

Advisory Board
Key figures from the Chicago area serve on the advisory board to identify course content, develop curriculum and instruct courses. Learn more today. Contact Danielle Kuglin Seago, program manager, at (630) 942-2412.

Craft Beer Program Tracks
Two specialized program tracks are offered during the spring term: Craft Beer Industry Professional and Craft Beer Entrepreneurship.

Students can choose to take all courses within one track in a single term or take specific courses at their own pace. A total of five courses must be completed to complete a track.

Required Courses for Both Program Tracks:

Foundations of Beer (Prerequisite)
Designed primarily for the weekend beer hobbyist and the budding enthusiast, Foundations of Beer covers an overview of brewing, beer history and tradition, beer styles, vocabulary and an introduction to food and beer pairing ideas.
Thursday and Tuesday, Jan. 23 to 30
6 to 9 p.m.
PROED-0011-581, $149
Student Resource Center (SRC), Room 1119

Introduction to the Craft Beer Industry
This course features an overview of the craft beer industry, including the various roles involved and how they work together. Cover all of the basics of beer, from brewing history and beer ingredients to how beer is brewed. Also explore beer styles, off-flavor tastings, beer evaluation, terminology and equipment. Students who pass this foundational course will be well prepared to progress into the other courses. Students who complete the Introductory course will be eligible to take the Certified Beer Server® exam at a discounted rate of $29. This course is not affiliated with or endorsed by the Cicerone® Certification Program.
Tuesday and Thursday, Feb. 4 to 27
6 to 9 p.m.
PROED-0011-550, $349
Student Resource Center (SRC), Room 1128
Craft Beer Industry Professional Program Track

18 weeks, two nights per week
Jan. 23 to May 31, two nights per week
6 to 9 p.m.
$1,599, Call to register and receive the bundled fee at (630) 942-2208.

Courses Include:
• Foundations of Beer
• Introduction to the Craft Beer Industry
• Promoting Beer
• Front of House Beer Management
• Elective: Food and Beer Pairing
• Capstone Course

Specialized Courses For The Craft Beer Industry Professional Track

Front-of-House Beer Management
Cover front-of-house management topics related to craft beer. Instruction includes logistics of technical brewing knowledge and quality, hospitality industry and draught maintenance.

Monday, April 13 to May 18
6 to 9 p.m.
PROED-0011-553, $299
Skeleton Key Brewery, Woodridge, IL

Food and Beer Pairing
(Elective)
Join us on a four-week journey through the art of pairing beer and food. Learn about beer ingredients, styles and flavors. Each week, you will be led through a tasting session. By the end of the course, gain an understanding of how flavors in food and beer complement each other, and the knowledge to choose the right beer to accompany your meal.

Tuesday, March 16 to April 20
6 to 9 p.m.
PROED-0011-557, $299
On campus in Glen Ellyn

Promoting Beer
Gain a working knowledge of social media and promotions. Develop skills you can use in the taproom, at events and online. Discuss branding, messaging, audience, social media platforms, basic strategy and image and video creation.

Thursday, March 5 to April 9
6 to 9 p.m.
PROED-0011-552, $299
Berg Instructional Center (BIC), Room 1A07

Craft Beer Entrepreneurship Program Track

18 weeks, two nights per week
Jan. 24 to May 31, two nights per week
6 to 9 p.m.
$1,599, Call to register and receive the bundled fee at (630) 942-2208.

Details at cod.edu/craftbeer

Courses Include:
• Foundations of Beer
• Introduction to the Craft Beer Industry
• The Real Business of Craft Beer
• Craft Beer Entrepreneurship
• Beer Production
• Capstone Course

Information Session
Explore Professional and Entrepreneurship program tracks at an information session. Learn more about the instructors, courses, advisory board members and alumni from the program.

Thursday, Jan. 16, 2020
6 p.m.
On campus in Glen Ellyn

Register at cod.edu/craftbeer

Business of Craft Beer Capstone
Complete your training with this final capstone course, which will synthesize previous coursework into a final product. Gain hands-on experience in the industry, showcase your knowledge and display your abilities. Network with industry professionals and prepare for potential employment opportunities. Volunteer opportunities included as a part of Illinois Craft Beer Week. Please note: Prior to enrollment in this course, you must complete four of the required courses or have permission from the program manager.

Wednesday, April 15 to May 27
6 to 9 p.m.
PROED-0011-560, $299
Berg Instructional Center (BIC), Room 1439

Specialized Courses For the Craft Beer Entrepreneurship Program Track

The Real Business of Craft Beer
Focus on the intricacies of the three-tier system of craft beer. The course helps participants navigate and discern Illinois liquor laws and regulations, margins and inventory, supplier management and brands and sales strategy.

Tuesday, March 3 to April 7
6 to 9 p.m.
PROED-0011-551, $299
Student Resource Center (SRC), Room 1128

Craft Beer Entrepreneurship
Learn from experienced entrepreneurs in the industry about what is needed to start your own craft beer-focused business.

Thursday, March 5 to April 9
7 to 9 p.m.
PROED-0011-559, $299
Student Resource Center (SRC), Room 1128

Beer Production
Learn about the production of beer, from material management, to brewing schedules, packaging product and managing product distribution. This course will help to navigate the many processes involved with operations for creating beer and getting it out to your consumer.

Monday, April 13 to May 18
6 to 9 p.m.
PROED-0011-563, $299
Berg Instructional Center (BIC), Room 1426

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 31
**Food and Beverage**

**Bartending**

Acquire the skills necessary for full or part-time employment as a professional bartender. Learn to mix and serve alcoholic beverages and stock and maintain a bar. Students must be at least 21 years of age to enroll.

Saturday, Jan. 25 to March 21  
9 a.m. to noon  
PROED-0001-001, $369  
Student Resource Center (SRC), Room 1119

Thursday, Jan. 23 to March 19  
6 to 9 p.m.  
PROED-0001-002, $369  
Student Resource Center (SRC), Room 1119

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**Healthcare**

**Dental Assistant Program**

Dental assistants provide quality preventive and corrective dental care under the direct supervision of the dentist or dental hygienist. The dental assistant is responsible for assisting dentists and dental hygienists with patient care, as well as providing certain administrative support to the office. This 240-hour hybrid course prepares you for a job in the field through a variety of teaching methods and externship skills in the lab and provides the opportunity to practice your skills in the state-of-the-art dental hygiene clinic. Gain real-world experience through a 120-hour externship,* while engaging with peers and instructors through an online platform. Student prerequisite is a high school diploma or equivalency. Students must purchase course textbooks and class supplies, and have BLS CPR certification before externship placement. A supply list will be provided.

*Extinction hours are scheduled to best fit student needs within site availability. Students need to be available March 28 to May 22 to complete the externship.

Tuesday and Thursday, Feb. 4 to May 28  
5 to 9 p.m.  
Health Science Center (HSC), Room 1135  
and Saturday, Feb. 8 to March 28  
9 a.m. to 1 p.m.  
Health Science Center (HSC), Room 1122  
BDENT-0100-001, $2,999

This program is eligible for WIOA funding.

**Dental Assistant Information Session**

Students are required to attend this introduction before registering for the Dental Assistant course. Topics covered include course logistics, expectations and an overview of dental curriculum. The information session is free and registration is preferred: cod.edu/dentalassistant.

Tuesday, Jan. 28  
6 to 8 p.m.  
Health Science Center (HSC), Room 1114

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**Massage Therapy**

**Hands-on training that prepares you for real-world career opportunities**

This comprehensive 750-hour, one-year program includes both lecture and hands-on training in the theory and practice of various modalities of massage; human anatomy, physiology, pathology and kinesiology (the study of muscles and movement). The program also includes business principles, communication, ethics and clinical studies. Students receive comprehensive exam preparation and clinical experience. **Register now!**

**Contact Us:**  
College of DuPage  
Continuing Education  
On campus in Glen Ellyn  
Student Resource Center (SRC), Room 1110  
(630) 942-2208 • ce@cod.edu

**Information Sessions**

Massage Therapy information sessions will be held on campus in Glen Ellyn in the Student Resource Center (SRC), Room 1110.  
Nov. 20, 6 p.m.  
Jan 7, 6 p.m.  
April 22, 6 p.m.

Upon successful completion of the College of DuPage Massage Therapy program, you will be prepared to take the MBLex exam for Illinois state licensure. Pass rate is 95%.

We offer morning and evening classes to meet your scheduling needs. Take the first step toward licensure and enroll today.

**CEUs for Professional Massage Therapists**  
Please see page 38 for full details.

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**Spring 2020 Program Courses for Incoming Students**

**MT Wellness Terminology**

Gain an introduction to healthcare terms and abbreviations and develop a wellness model for career longevity. This course is a prerequisite of Anatomy and Physiology for Massage Therapy.

Tuesday and Thursday, Feb. 4 to May 14  
2 to 4:15 p.m.  
BMAST-0101-001

Tuesday and Thursday, Feb. 4 to May 14  
6 to 8:15 p.m.  
BMAST-0101-002

**Massage Therapy Techniques I**

This course covers body mechanics, sanitation and infection control and draping techniques. You will also learn about the purpose, effects and application of massage strokes and the development of a basic Swedish/wellness massage sequence. Other topics include endangerment sites, contraindications and cautions. This course is a prerequisite of Massage Therapy Techniques II.

Monday and Wednesday, Feb. 3 to May 13  
8:30 to 11:45 a.m.  
BMAST-0105-001  
On campus in Glen Ellyn

Monday and Wednesday, Feb. 3 to May 13  
6 to 9:15 p.m.  
BMAST-0105-002  
On campus in Glen Ellyn

For complete program overview visit cod.edu
Pharmacy Technician Program
This 80-hour program is designed to provide students with the knowledge and skills necessary to work in a community or hospital pharmacy setting. Students will be prepared to assist the pharmacist in all daily pharmacy tasks and gain the communication skills necessary for interactions with patients and other healthcare professionals. The course includes classroom and online instruction for retail and institutional pharmacy practices. Students will have an optional externship component in a retail pharmacy location available as a part of the course fee. Student prerequisite is a high school diploma or equivalency. Students must purchase course textbooks, acquire an Illinois Technician License and successfully complete drug screening and background check before externship placement.

Tuesday and Thursday, Feb. 11 to May 7
5:30 to 8:30 p.m.
BPHRM-0100-001, $1,499
Student Resource Center (SRC), Room 1127

Saturday, Feb. 8 to May 9
8 a.m. to 2 p.m. (no class April 20)
BPHRM-0100-002, $1,499
Student Resource Center (SRC), Room 1127

Pharmacy Technician Information Session
Students are required to attend this introduction before registering for the Pharmacy Technician course. Topics covered include course logistics, expectations, and an overview of curriculum, including examples of mathematics used in the field. The information session is free and registration is preferred: cod.edu/pharmacytech.

Thursday, Jan. 30
6 to 8 p.m.
Student Resource Center (SRC), Room 1127

Veterinary Assistant Program
Veterinary assistants are an important part of the veterinary team, working with veterinarians and veterinary technicians to provide medical care to animals. Students interested in this field can learn knowledge and skills through this course of 150 hours of hybrid learning, including 80 hours of classroom and online instruction. Students engage in the classroom with knowledgeable and experienced instructors and learn hands-on skills through lab stations. Students gain real-world experiences through a 70-hour externship and engage with peers and instructors through an online platform. Student prerequisite is a high school diploma or equivalency and some basic knowledge of algebra is suggested.

*Externship hours are scheduled to best fit student needs within site availability. Students need to be available March 20 to May 8 to complete the externship.

Tuesday and Thursday, Feb. 4 to May 21
6 to 9 p.m.
and Saturday, March 14
9 a.m. to 2 p.m.
BVETA-0100-001, $1,999
On campus in Glen Ellyn
This program is eligible for WIOA funding.

Veterinary Assistant Information Session
Students are required to attend this introduction before registering for the Veterinary Assistant Program. Topics covered include course logistics, expectations, as well as an overview of curriculum, mathematics used in the field, ethics and physical expectations. The information session is free and registration is preferred: cod.edu/vetassist.

Thursday, Jan. 23, 6 to 9 p.m.
Student Resource Center (SRC), Room 1127

Real Estate

Earn Your Real Estate Broker License
If you have been thinking of getting a broker license, now is the time to enroll to prepare for the Illinois Real Estate Broker License Examination.
- Courses available as non-credit or for credit
- Convenient short-term schedule
- Low tuition

Real Estate 1130
Gain an introduction to real estate topics, including license law, real property, agency, seller and buyer relationships, state and federal laws, marketing and advertising, market analysis and appraisal, financing, contracts, employment agreements and career paths. This is a 75-hour required course to take the Illinois Real Estate Broker License Examination.

Monday and Wednesday, Jan. 22 to April 22
10 a.m. to 12:50 p.m.
Credit: REALE-1130-003, $685
Those out of district should sign up for the non-credit section: PROED-1130-003, $685
Berg Instructional Center (BIC), Room 3515

Tuesday and Thursday, Jan. 21 to April 21
6 to 8:50 p.m.
Credit: REALE-1130-005, $685
Those out of district should sign up for the non-credit section at PROED-1130-005, $685
Berg Instructional Center (BIC), Room 2525

Real Estate 1131
Apply real estate broker pre-license topics to the practice of real estate brokerage. Participate in situational and case studies, role playing and demonstrations of real estate activities. This is a 15-hour required course to take the Illinois Real Estate Broker License Examination. Prerequisite: Real Estate 1130 with a grade of 75 percent or better.

Monday and Wednesday, April 27 to May 13
10 a.m. to 12:35 p.m.
Credit: REALE-1131-003, $137
Those out of district should sign up for the non-credit section at PROED-1131-003, $137
Berg Instructional Center (BIC), Room 3515

Tuesday and Thursday, April 28 to May 14
6 to 8:35 p.m.
Credit: REALE-1131-005, $137
Those out of district should sign up for the non-credit section at PROED-1131-005, $137
Berg Instructional Center (BIC), Room 2525

Real Estate Courses
Coming Spring 2020
Check website for updates!

Transportation

Beginning Forklift Training
OSHA Compliance Operator Safety Training
This program is geared toward the new forklift operator with little or no experience. Through practical, hands-on training and a full operator’s evaluation, gain the needed skills to meet OSHA compliance. Courses are offered in partnership with Equipment Depot. Course may be eligible for WIOA Funding.

Tuesday, Feb. 4
8 a.m. to 2:30 p.m.
PROED-0011-925, $225
751 Expressway Drive, Itasca, IL

Tuesday, March 3
8 a.m. to 2:30 p.m.
PROED-0011-926, $225
751 Expressway Drive, Itasca, IL

Tuesday, April 7
8 a.m. to 2:30 p.m.
PROED-0011-927, $225
751 Expressway Drive, Itasca, IL

Tuesday, May 5
8 a.m. to 2:30 p.m.
PROED-0011-928, $225
751 Expressway Drive, Itasca, IL

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 33
TRUCK DRIVING SCHOOL

Get ready to roll: Commercial Driver’s License Courses

The program prepares students to complete the permitting process. It offers classroom instruction and pre-trip experience, with substantial behind-the-wheel skills training and on-the-road driving.

- More than 500 graduates
- 100 percent job placement
- New funding options available

160- AND 240-HOUR COURSE
160- and 240-Hour Course
These programs meet all the Illinois Secretary of State’s requirements and all examiner testing is done on-site. Job placement assistance is available upon successful completion.

Upcoming daytime classes are tentatively scheduled to begin:
- Jan. 6
- Feb. 10
- March 16
- April 20

GET READY TO ROLL TODAY
You must be 18 years old, hold a current Illinois driver’s license, be fluent in English, meet medical requirements of the Federal Motor Carrier Safety Association Regulations and meet standards of the trucking industry.

Contact us for details on how to get on the road to a trucking career, including meeting with the program manager and attending a CDL informational session. Classes and exams are held at the College of DuPage Addison Center.

COLLEGE OF DUPAGE
TRUCK DRIVING SCHOOL
Addison Center
301 S. Swift Road, #6, Addison, IL
(630) 942-2275

cdl@cod.edu
cod.edu/cdl
Professional Development

Continuing Education for Business, Healthcare and other Professionals

Business Analysis

This program series introduces participants to the International Institute of Business Analysis (IIBA) and the "A Guide to the Business Analysis Body of Knowledge® (BABOK® Guide)" that is required for gaining certification.

NEW COURSE—check it out!

Business Analysis Certification Preparation

Comprehensive Study introduces participants to the IIBA, the certification levels and the BABOK® Guide. It then explores in depth the knowledge areas of the business analysis profession that support the IIBA certification process. The comprehensive study enables participants to prepare for the ECBA™, CCBA™ and CBAP™ examinations and contributes 21 hours of professional development.

IIBA exam fee and required textbook not included.

Saturday, March 7, 14 and 21
8 a.m. to 4 p.m.
BSANA-0230-001, $897
Berg Instructional Center (BIC), Room 1453

Please note: 21—Business Analysis education hours are required to sit for the ECBA™, CCBA™ and CBAP™ examinations. These hours are met by registering for the Business Analysis Certification Preparation Comprehensive Study course (21 hours).

NEW COURSE—check it out!

Business Analysis Advanced Certification Preparation

This course expands the level of knowledge of the BABOK® Guide to enable the advanced certification requirements of the CCBA™ and CBAP™. This session contributes 14 additional hours of professional development. IIBA exam fee and required textbook not included.

Saturday, April 11 and 18
8 a.m. to 4 p.m.
BSANA-0230-002, $598
Berg Instructional Center (BIC), Room 1453

Please note: 35—Business Analysis education hours are required to sit for the CCBA™ and CBAP™ examinations. These hours are met by registering for the Business Analysis Certification Preparation Comprehensive Study (21 hours) and Business Analysis Advanced Certification Preparation course (14 hours). Business Analysis courses are eligible for WIOA funding.

Registration Information

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208
Coronal Polishing and Fissure Sealant for Dental Assistants
If you have more than 1,000 hours of clinical assisting experience, you qualify to register for the Coronal Polishing and Fissure Sealant program. Following the guidelines of the Illinois Dental Practice Act, this course is designed to provide participating dental assistants with the proper background knowledge and clinical experience in coronal polishing to enable them to perform this procedure in a dental practice setting. Instruction includes didactic study of anatomy, physiology, pharmacology and dental emergencies. Additional focus is placed on knowledge and skills required to successfully apply sealants in a clinical setting. Other topics covered include tooth anatomy and physiology, tooth morphology, sealant contraindications and the sequence of bonding and sealant placement. A written exam is required for completion. Participants must agree to act as a patient for coronal polishing. Each participant must follow OSHA guidelines for infection control and use of clinical Personal Protective Equipment (mask, gloves, eyewear and clinic gown or lab coat).

Sunday, April 5 7:30 a.m. to 6:30 p.m.
BDENT-0200-001, $495
Health Science Center (HSC), Room 1122

Local Anesthesia Clinical Course for Dental Hygienists
This four-day course satisfies the State of Illinois requirements allowing dental hygienists to administer local anesthesia under the general supervision of a licensed dentist. Learn the skills and knowledge for safe and effective administration of local anesthesia in dental hygiene practice. Students must agree to receive, as well as administer injections. Hygienists who are in the first trimester of pregnancy or at medical risk for any other reasons should seek the consent of their primary physician before registering. Any handouts and learning techniques are presented based on published materials. The guidelines for this course follow the Illinois Dental Practice Act. Instructor: Gerry Halligan

Saturday and Sunday, April 18, 19 and May 2, 3 8 a.m. to 5 p.m.
BDENT-0310-001, $999
Health Science Center (HSC), Room 1122

Phlebotomy Exam Review
Comprehensive review and update of phlebotomy practice to include theory and procedures, as well as preparation for the certifying exam.

Thursday, May 7 and 14 11 a.m. to 4 p.m.
BHLTH-0400-001, $135
On campus in Glen Ellyn

Radiography Registry Review Seminar
This program is an overview of Radiography coursework in preparation for the national certification examination of the American Registry of Radiologic Technologists (ARRT) based on the current content specifications. Content areas included are: radiation physics, radiobiology, radiation protection, equipment operation and quality assurance, image acquisition and technical evaluation, radiographic procedures and patient care interactions and management. Strategies in testing, test anxiety, and the computer-based test are included in the course.

Saturday, April 25 and May 2 8 a.m. to 4:30 p.m.
BHLTH-0210-001, $99
On campus in Glen Ellyn

RN 16-Week Refresher
Designed for Illinois Registered Nurses (RNs) who have not actively practiced nursing in recent years, have an active Illinois RN license and wish to return to clinical practice, this course includes didactic, lab and clinical components. A current BLS CPR card is required and all current clinical health requirements (including physical, titers, background check and drug screen) must be met prior to the first day of the clinical.

The program meets:
Tuesday and Wednesday, Feb. 4 to May 27
Classroom, Feb. 4 to April 1 4:30 to 9:30 p.m.
Health Science Center
Clinical, April 7 to May 6 2:30 to 9:30 p.m.
Elmhurst Memorial Hospital
Clinical, May 12 to 27 2:30 to 11 p.m.
Elmhurst Memorial Hospital
BNURS-0340-001, $2,499

Train the Trainer—Certified Nurse Aide Instructor Course for RNs
Successful completion of this IDPH-approved course qualifies registered nurses (RNs) licensed in Illinois to develop and teach a Basic Nursing Assistant Training Program (BNATP). Eligibility requirements include a current Illinois RN license, a minimum of two years of nursing experience and at least one year of experience caring for the elderly or chronically ill of any age. Participants are required to present a training simulation module. This course includes the Alzheimer’s program and IDPH Approved Evaluator Workshop. For more information and permission to register email your current resume to healthcare@cod.edu. Instructor: G. Kas

Monday to Friday, Jan. 13 to 17 7 a.m. to 3 p.m.
$599
DuPage County Care Center, Wheaton

Monday to Friday, March 16 to 20 7 a.m. to 3 p.m.
$599
DuPage County Care Center, Wheaton

Start your path to certification as a Certified Dementia Care Practitioner®
Learn the fundamentals of dementia and how to care for people with this progressive syndrome, which affects memory, thinking and behavior. Increase your knowledge in alternative activity interventions, enhancing the quality of life and techniques to prevent or reduce difficult care situations.

This course is ideal for caregivers, activity directors, health care employees, front line staff and first responders. Successful completion of this course is the first step to becoming a Certified Dementia Care Practitioner® with NCCDP (see nccdp.org).

Alzheimer’s Disease and Dementia Care Seminar
Saturday, April 18 8 a.m. to 5 p.m.
BHLTH-0500-001, $215
On campus in Glen Ellyn

Six Sigma Certified Green Belt
Designed for any level professional in any industry that wants to improve processes at their workplace, this workshop is a unique and intensive learning experience in problem-solving with a 97 percent certification rate. Instruction covers the integrated DMAIC-Lean method for process improvement, based on a company case with individualized problem-solving tasks, and includes MS Excel-based numerical and statistical analyses of performance, as well as financial analysis of business results. Upon successful completion of the program, participants will earn the Lean Six Sigma Green Belt certificate granted by the Six Sigma Masters. Fee includes all materials, project review and certification exam. This workshop is presented in partnership with IlkID, Quality and Six Sigma Masters.

Monday and Wednesday, Feb. 3 to March 4 6 to 9:30 p.m.
BSLEN-0200-001, $1,550
Berg Instructional Center (BIC), Room 1A03
This course is eligible for WIOA funding.
ASQ Six Sigma Black Belt—Exam Prep Course

The American Society for Quality (ASQ) offers a direct way to earn the valuable Six Sigma Black Belt certification and this custom-designed course prepares you for success in the certification exam. Review the body of knowledge for ASQ black belts and practice exam questions in an automated environment to achieve high exam-taking performance. A Six Sigma Black Belt is a professional capable of leading six sigma improvement projects, streamlining processes, and creating savings. Black Belts are employed in sectors such as manufacturing, supply chain, insurance, and health care. The Black Belt certification can boost your income: glassdoor.com reports an average salary of $108,488 in 2018. ASQ exam fee and required textbook not included.

Certified SCRUM Master

A Certified ScrumMaster® helps project teams properly use Scrum, increasing the likelihood of the project’s overall success. CSMS understand Scrum values, practices and applications and provide a level of knowledge and expertise above and beyond that of typical project managers. CSMs act as “servant leaders,” helping the rest of the Scrum team work together and learn the Scrum framework. CSMs also protect the team from both internal and external distractions.

Friday and Saturday, Jan 24 and 25
8 a.m. to 4 p.m.
BSBUS-0300-001, $1000
On campus in Glen Ellyn
Scrum eligible for WIOA Funding.

Essentials of Project Management

Project managers continue to be in demand in the workforce. Improve your skill set or the productivity of your workforce through project management training offered at College of DuPage. This two-day, hands-on course, led by a certified Project Management Professional (PMP®), gives you the opportunity to work toward PMP® or CAPM® certification while learning to deliver projects on time, reliably and within your budget. If you are already certified, this course is a great way to earn 14 PDUs.

Thursday, Feb 6 and 13
8 a.m. to 4 p.m.
BSPMP-0200-001, $575
Student Resource Center (SRC), Room 1127

Foundations of Agile Project Management

Agile projects are characterized by short work iterations and incremental development of products, made possible by focusing on business priorities and customer value. By producing smaller deliverables more frequently and efficiently, agile practices can be an excellent choice for teams that work in product development, programming, business analysis and other collaborative areas. This excellent next step for trained project managers is aligned with the Agile Certified Practitioner exam objectives developed by Project Management Institute. 14 PDUs are certified Project Management Professionals (PMP®). Required textbook not included: Agile Practice Guide, Project Management Institute

Thursday, April 9
8 a.m. to 4 p.m.
BSPMP-0500-010, $295
Student Resource Center (SRC), Room 1127

PMI-ACP Certification Prep Course

For those who have already earned their Project Management Professional (PMP®) credential, this course qualified for an additional 7 PDUs and prepares you for the exam. Make this the year you get serious about understanding agile and demonstrating that knowledge by earning the Project Management Institute’s fastest growing certification: the PMI-ACP®. Required textbook not included: PMI-ACP Exam Prep, Updated Second Edition: A Course in a Book for Passing the PMI Agile Certified Practitioner (PMI-ACP®) Exam

Thursday and Friday, April 23 and 24
8 a.m. to 4 p.m.
BSBUS-0300-011, $575
Student Resource Center (SRC), Room 1127

Look Before You Leap

This insightful workshop is for highly skilled IT professionals with several years of relevant industry experience who want to trade on this valuable experience to develop a career as an independent contractor. Learn the absolute truths about independent contracting through non-biased opinions, lessons learned, and insider secrets not typically revealed early on in a career. Get insights that will allow you to gain a clear picture of IT independent contracting and your potential for success.

Instructor: Diane Randall
Saturday, March 7
Noon to 1 p.m.
LEISR-0067-105, $49
Berg Instructional Center (BIC), Room 1A01

CSMs also protect the team from both internal and external distractions.

Prep Course

CSMs act as “servant leaders,” helping the rest of the Scrum team work together and learn the Scrum framework. CSMs also protect the team from both internal and external distractions.

Student Resource Center (SRC), Room 1127

Project Management Certification Prep

Take the next step in your career and work toward certification as a Project Management Professional (PMP®) or Certified Associate in Project Management (CAPM®) certification. This one-day course reviews the principles of project management and, along with the other classes in our series, prepares you for the certification exam. Test prep materials are included: PMP Project Management Professional Exam Study Guide, A Guide to the Project Management of Knowledge (PMBOK® Guide) and Rita Mulcahy’s PMP Exam Prep. 7 PDUs.

Thursday, March 5
8 a.m. to 4 p.m.
BSPMP-0220-001, $495
Student Resource Center (SRC), Room 1127

Please note: 35 project management education hours are required to sit for the PMP® exam. These hours are met by registering for Essentials (14 hours), Advanced (14 hours) and Cert Prep (7 hours). Project Management courses are eligible for WIOA funding.

Don’t put off your Project Management (PMP®) or Certified Associate in Project Management (CAPM®) certification any longer. Now is the perfect time to prepare for your certification exam at College of DuPage. Our exam preparation series arms you with the knowledge and confidence required to get your project management certification. If you already have your certification join us to earn your required PDUs. Instructor: A. Kaufman

Advanced Project Management

Receive in-depth instruction on advanced topics such as earned value, procurement management, stakeholder relationship management, quality management and team leadership. This course helps project managers improve their project outcomes and successfully deliver complex projects. 14 PDUs.

Thursday, Feb 20 and 27
8 a.m. to 4 p.m.
BSPMP-0210-001, $575
Student Resource Center (SRC), Room 1127

Project and Professional Career

NEW COURSE—check it out!

LEISR-0067-105, $49
Berg Instructional Center (BIC), Room 1A01

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8 a.m. to 4 p.m.
BSPMP-0220-001, $495
Student Resource Center (SRC), Room 1127

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Massage Therapy

2020 is a License Renewal Year
COD is partnering with Whitney Lowe and Doug Nelson to offer a specialty certificate in Clinical Rehabilitative Massage. These classes are approved for PTs, PTAs and LMTs. Approved by NCBTMB and APTA.

Three Key Components:
1. Clinical Orthopedic Massage online courses (approximately 130 hours)
2. The classroom/hands-on massage training—Available at COD, taught by Doug Nelson,
3. The NCBTMB Specialty Exam (online; 140 questions)

PNMT—Shoulder
The shoulder is the most complicated joint in the human body. This class will cover assessment and treatment of the complex relationships of the muscles that affect movement of the scapula and humerus. Learn to measure and treat ROM restrictions using various tests and assessment techniques. PNMT treatment techniques are flexible, targeted, effective and very efficient and can achieve immediate results. 8 CE hours
Saturday, Feb. 22
8:30 a.m. to 5 p.m.
BMAST 0520 001, $225
HTC 1001AB

PNMT—Arm/Hand
Clients with pain and discomfort in the arms and hands are in search of treatment options that are thorough, precise and effective. Increase your problem-solving skills and move from technician to clinical mastery. 8 CE hours
Sunday, Feb. 23
8:30 a.m. to 5 p.m.
BMAST 0521 001, $225
HTC 1001AB
Take both PNMT Shoulder and PNMT Arm/Hand
BMAST-0530-001, $400

PNMT—Hip
The role of the hip in healthy movement is often overlooked affecting areas both above and below the joint. The focus of this seminar is on accurate assessment and effective treatment. 8 CE hours
Saturday, May 16
8:30 a.m. to 5 p.m.
BMAST 0522 001, $225
HTC 1001AB

PNMT—Leg/Foot
Explore soft tissue conditions of the knee that cause medial and lateral pain as they relate to muscles, ligaments and more serious intra-joint issues. Leave with clear clinical reasoning skills to determine the source of pain and the technical skills to affect that pain. 8 CE hours
Sunday, May 17
8:30 a.m. to 5 p.m.
BMAST 0523 001, $225
HTC 1001AB
Take both PNMT Hip and PNMT Leg/Foot
BMAST-0540-001, $400

Change Up Chair Massage
Take your chair massage to a new level. Learn a variety of techniques from a combination of modalities adapted to be chair friendly. 6 CE hours
Sunday, March 8
11 a.m. to 5:30 p.m.
BMAST-0504-001, $130

Honoring Boundaries:
Massage Therapy Ethics
We all face difficult situations from time to time, when we’re not sure what to say or how to respond to clients. Discuss recent experience, share support and learn new ideas for an empowering and professional massage practice. 3 CE hours
Sunday, March 22
2 to 5 p.m.
BMAST- 0505-001, $75

Reflexology: Easy Feet
Spend a day on your feet. Examine the basics of reflexology, learn the history and techniques, study the hand and foot charts and learn the precautions to safely construct reflexology protocols for common ailments. Includes laminated bone chart. 7 CE hours
Sunday, April 5
10 a.m. to 5:30 p.m.
BMAST-0503-001, $175

Douglas Nelson, NCBTMB Board Certified Massage Therapist, is the founder of Precision Neuromuscular Therapy and has taught hundreds of seminars to various populations from physician’s conferences to educational seminars for lay people. In practice since 1977, he has treated thousands of clients including professional athletes from the NFL, and NBA, professional musicians and entertainers. Elected to the Massage Therapy Hall of Fame in 2018, he is President of the Massage Therapy Foundation and member of the International Myofascial Assoc. and International Assoc. for the Study of Pain. Doug has also authored three books on the subject of musculoskeletal pain.

Table Thai—Prone
Explore this ancient massage modality that continues to gain popularity. The focus is on techniques that can be performed on a massage table, making it easy to perform without dedicated mat space or extra equipment. Thai covers techniques for clients in the prone position. 15 CE hours
Sunday, Jan. 26 to Feb. 9
1 to 6:30 p.m.
BMAST-0501-001, $300

Table Thai—Supine
A continuation of Thai Massage I, focusing on techniques performed in the supine position. 15 CE hours
Sunday, April 19 to May 3
1 to 6:30 p.m.
BMAST-0502-001, $300
Nonprofit

Board Member Essentials
This class prepares you to be an educated and impactful board member. Know your legal responsibilities, understand the importance of an effective board and learn what distinguishes an outstanding board from an average board. At the end of this interactive class, know what questions to ask before you join a board and gain a deeper understanding of how your service as a board member impacts your community.
Tuesday, April 7
8:30 to 11:30 a.m.
BSPSI-0200-001, $95
On campus in Glen Ellyn

Effectively Communicating Your Mission and Impact for Nonprofits
Communications and marketing are necessary for raising awareness about an organization and its mission. Effective communication promotes your mission and connects you with your constituents, funders and other stakeholders, has measurable outcomes and is sustainable. In this session, you will create a communication plan for your organization by: Identifying key stakeholders and their communication needs, creating key messages, choosing the most impactful communication channels/vehicles and determining measurable outcomes (ROI).
Wednesday, March 4
8:30 to 11:30 a.m.
BSPSI-0220-001, $95
On campus in Glen Ellyn

Fundraising Essentials
Successful non-profits take a strategic and comprehensive approach to create and maintain their fundraising program. Explore developing a culture of fundraising, identifying potential funding sources, and developing relationships with potential donors. Make your case, organize fundraising work and emphasize cultivating individuals. Implement your plans with evaluation strategies.
Thursday, March 19
8:30 to 11:30 a.m.
BSPSI-0210-001, $95
Berg Instructional Center (BIC), Room 2529

Public Service Institute at College of DuPage

The goal of the Public Service Institute (PSI) is to provide professional development and comprehensive training for the ongoing success of local government and their employees.

Leadership Excellence and Development (LEAD) Program
The LEAD program is a professional development program offered as part of the Public Service Institute at College of DuPage. The program focuses on key topics and best practices in public service.
The LEAD Program is comprised of the following series:
• Engaging Employees I and II
• Leading Teams I and II
• Organizational Leadership I and II
(Coming Fall 2020)

Engaging Employees II
Public focus on government effectiveness has placed public sector leaders under enormous pressure to maintain and improve performance, while simultaneously doing more with less. You will be provided tools and resources to improve workforce commitment and develop a culture of inclusion and collaboration. You will share best practices, improve performance, and develop core skills needed to address the change in the public sector.
Thursday, April 2 to 30
8:30 to 11:30 a.m.
BSPSI-0710-100, $495
CHC Room 2001, refreshments provided

How To Get Started And What To Expect:
You will receive login information via email from Cambridge Educational Services within 48 hours of enrollment. You will also receive supplemental materials in the mail, including retired tests and a practice book of real exam questions. Please be sure to provide accurate contact information at the time of enrollment, in order to receive all materials. You will have five months from first log-in to complete the online course.

ONLINE TEST PREPARATION COURSES, $500
Graduate Management Admissions Test (GMAT)
Graduate Record Examinations (GRE)
Law School Admissions Test (LSAT)

Please call to register: (630) 942-2208
Developmental Education

Programming for Young Adults with Developmental Disabilities

College of DuPage Continuing Education offers a variety of programming for adults with mild to moderate developmental disabilities who can independently and safely find their way to classes. No transportation is provided. Programs include: COACH, Literacy, Reach Out and Vocational Skills.

Once enrolled in a Literacy, Reach Out or Vocational Skills class, students must complete the Developmental Education Information Form in order to assist staff with providing appropriate instructional experiences. This form will be sent to each student after enrollment in an applicable course and must be returned prior to the first day of class. For more information please email VocSkills@cod.edu.

COACH is designed to provide post-transition students with additional educational training aimed at preparing them for meaningful employment. Students are enrolled in programming three days a week from 9 a.m. to 3:00 p.m. The tuition for COACH is $2,499 per semester and an application process is also required. For more information or to inquire about availability for this fall, contact Tracy Kline at (630) 942-3779 or klinet940@cod.edu. You may also visit cod.edu/COACH for general information.

LITERACY

In a small group setting based on ability level, students develop reading and writing skills and have the opportunity to advance through the classes. The courses complement other offerings within College of DuPage.

Tuesday and Thursday, Feb. 4 to April 16
11 to 11:50 a.m. (no class March 31 and April 2)
LEISR-0070-010, $225
Student Resource Center (SRC), Room 1128

Tuesday and Thursday, Feb. 4 to April 16
Noon to 12:50 p.m. (no class March 31 and April 2)
LEISR-0070-015, $225
Student Resource Center (SRC), Room 1119

Tuesday and Thursday, Feb. 4 to April 16
5 to 5:50 p.m. (no class March 31 and April 2)
LEISR-0070-020, $225
Student Resource Center (SRC), Room 1128

Tuesday and Thursday, Feb. 4 to April 16
6 to 6:50 p.m. (no class March 31 and April 2)
LEISR-0070-025, $225
Student Resource Center (SRC), Room 1118

Reach Out

These classes complement the Vocational Skills courses. Classes may be taken multiple times as new information is introduced. Reach Out courses are designed for 21 to 40-year-old students, and classes are limited to 12 students.

NEW COURSE—check it out!

Basic Civics

This class focuses on the basic concepts associated with local, state and federal governments. Students will learn about legislative processes and about the importance of being active participants in our democracy.

Monday, Feb. 3 to April 13
1 to 2:30 p.m. (no class March 30)
LEISR-0070-030, $199
Student Resource Center (SRC), Room 1128
Child Care and Development
This course provides a basic understanding of ways to manage child care and development. Students will discuss the developmental expectations of young babies and children as well as their physical, intellectual and emotional needs. In addition, we will address the topics of abuse and explore options for selecting appropriate child care.
Thursday, Feb. 6 to April 16
1 to 2:30 p.m., (no class April 2)
LEISR-0070-055, $199
Berg Instructional Center (BIC), Room 2437

Money Management
Students gain a basic understanding of ways to manage money, including topics such as cash, ATM’s, credit and debit cards, shopping, budgeting, pricing and avoiding debt. A simple budget will be developed by each student which will address basic expenditures, savings and discretionary spending.
Tuesday, Feb. 4 to April 14
1 to 2:30 p.m., (no class March 31)
LEISR-0070-050, $199
Student Resource Center (SRC), Room 1123

Vocational Skills Program
These developmental-level, non-credit courses are designed to develop life and vocational skills that can lead to competitive, entry-level employment and enhance everyday living skills. Most courses meet for eight weeks, meeting twice each week for two hours. These classes can be repeated up to five times. Classes are held on campus in Glen Ellyn.

Computer Skills II
A continuation of Computer Skills I, this course includes work processing, text editing, margins, text alignment, tabs, bullet lists, envelopes and labels. Recommended preparation: Computer Skills I.
Tuesday and Thursday, Feb. 25 to April 23
Noon to 1:50 p.m. (no class March 31 and April 2)
VOCSK-0002-001, $299
Student Resource Center (SRC), Room 1120

General Office Skills
This is an introduction to basic office tasks and operation of office machines for adults with cognitive disabilities. Topics include filing, mailing, copying, faxing and time management skills.
Tuesday and Thursday, Feb. 25 to April 23
9 to 10:50 a.m. (no class March 31 and April 2)
VOCSK-0025-001, $299
Student Resource Center (SRC), Room 1128

Developmental Education
Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 41
Community Workshops

Crime Prevention Workshop
This free two-hour workshop is entitled “Current Frauds and Scams Targeting the Elderly.” This workshop will provide information on current frauds and scams that target the elderly. Prevention efforts will be highlighted which will provide seniors with the tools they need to fight back against fraudsters. While likely under-reported, estimates of elder financial abuse and fraud costs to older Americans range from $2.9 billion to 36.5 billion annually. Please join us for this informative workshop. Remember, it is easier to prevent a crime than it is to solve one.

Thursday, March 19
HSTI-0011-120, Free
1 to 3 p.m.
SSG Miller Homeland Security Education Center (HEC)

Cyber Security
This two-hour course is designed as an introductory course for Public. Students will learn about the evolution of computer security. Emphasis of this course is access control, security reviews, real-time analytics and computer security. After attending this course students will be able to identify types of security threats, characteristics of malware infections and intrusion prevention.

Thursday, April 16
HSTI-0011-122, Free
1 to 3 p.m.
SSG Miller Homeland Security Education Center (HEC)

Emergency First Aid
This four-hour first aid course is designed for anyone who wants to know what to do in case of a critical medical emergency. Students will learn how to apply Critical First Aid procedures while involved in intense situations such as an active shooter or vehicular accident. The emphasis of this course is to teach students to recognize the right time to render appropriate care as well as the skills needed to effectively increase survivability to self and others.

Multiple Dates available
check www.cod.edu/HSTI
HSTI-0008-740, $75
SSG Miller Homeland Security Education Center (HEC)

Gypsies Scam
In this two-hour course, Detective Chiesa from the DuPage County Sheriff’s Office will cover various scams used by Gypsies. Deputy Chiesa will also review specific cases he has investigated. This course will cover methodology used to solve these cases and how to contact your local authorities to report a crime.

Thursday, May 14
HSTI-0011-121, Free
1 to 3 p.m.
SSG Miller Homeland Security Education Center (HEC)

Piloting Drones
This one-day course familiarizes students with the basics of operating a small unmanned aerial vehicle (UAV). Through classroom and hands-on flying exercises, participants will cover topics such as: FAA rules, air traffic control (ATC) airspace, weather, tactical operations, flight control, accuracy and business uses of the UAV. In the final hour of class, students will put their skills to work in a UAV challenge.

Saturday, March 7
HSTI-0010-100, $99
8 a.m. to 4:30 p.m.
Homeland Security Training Center (HTC)

Saturday, April 2
HSTI-0010-110, $99
8 a.m. to 4:30 p.m.
Homeland Security Training Center (HTC)

For more information
Homeland Security Training Institute
425 Fawell Blvd.
Glen Ellyn, IL 60137
(630) 942-3723
cod.edu/hsti
The Center for Entrepreneurship strives to advance the practice of entrepreneurship to stimulate economic growth and development through new company formation and business growth. The Center is committed to the small business community with programming and promotion of entrepreneurial activities through varied programs, customized advising and high quality training.

There are three core programs offered under the Center for Entrepreneurship:

**SMALL BUSINESS DEVELOPMENT CENTER (SBDC)**
Offers counseling, advising and training on small business management, business planning, financial analysis, financing, acquisitions, franchises and marketing.

**INTERNATIONAL TRADE CENTER (ITC)**
Offers counseling, advising and training to companies interested in exporting their products or services and help the business to be “export ready.”

**PROCUREMENT TECHNICAL ASSISTANCE CENTER (PTAC)**
Offers counseling, advising and training on governmental contracting, governmental registration, customized bid matching, proposal preparation, contract analysis and certification assistance.

Business Solutions at College of DuPage is designed to improve the performance of your organization through focused, customized and cost-effective training to meet your unique business needs. Training can take place at your location or at any College of DuPage location, including the state-of-the-art Glen Ellyn campus.

To learn more about employee training opportunities, email bsolutions@cod.edu or call (630) 942-2770.

Courses may include:
- Computer/IT Training
- Leadership/Management Development
- Process Improvement
- Professional/Staff Development
- Specialized/Industrial Skills
LIFELONG LEARNING

These classes are designed for students of any age who would like to pursue interests that enhance and energize. The reduced lifelong learner fee is for ages 55 and over. Contact us at (630) 942-2208 to learn about special scholarships and grants. See special class features at cod.edu/lifelong.

Bridge

Beginner’s Bridge
Learn the basics in playing of the hand, scoring and common bidding conventions. Engage in hands-on practice, setting up and playing as many hands as time allows. Instructor: Bob Kucaba
Tuesday, Jan. 21 to March 10
7 to 9 p.m.
HUMNT-0001-004, $169; Lifelong Learner $129
On campus in Glen Ellyn

Bridge: Beyond Beginners
If you already play bridge and know basic bidding and card play, join us to improve your game. Learn useful bidding conventions and hints for better card play in this class. If there are bidding conventions that you would like to cover, instructor Bob Kucaba will be happy to address specific bidding and playing systems that are of interest to the class.
Tuesday, Jan. 21 to March 10
1:30 to 3:30 p.m.
HUMNT-0001-005, $169; Lifelong Learner $129
On campus in Glen Ellyn

Computers and Technology

Beginning Computer Skills for Plus 50
Tailored to adult learners aged 50 and over, this course helps enhance your confidence and competence through patient, hands-on instruction and review.
Tuesday, Jan. 28 to March 17
1 to 3 p.m.
COMPT-0001-010; $179; Lifelong Learner $139
Student Resource Center (SRC), Room 1133

Continued Computer Skills for Plus 50
This is the second part to the introduction of computer skills designed for older adult students. Building on skills learned in Beginning Computer Skills for Plus 50, students gain confidence and competence through patient, hands-on instruction.
Tuesday, March 24 to May 12
1 to 3 p.m.
COMPT-0001-012; $179; Lifelong Learner $139
Student Resource Center (SRC), Room 1134

Intermediate Computer Skills for Plus 50
This is the third part of the Computer Skills series and introduces students to word processing principles and techniques. How to accomplish document compilation and editing is presented. In addition, students continue to browse the web and conduct advanced searches with various search engines.
Wednesday, Jan. 22 to March 11
1 to 3 p.m.
COMPT-0001-013; $179; Lifelong Learner $139
Student Resource Center (SRC), Room 1133

Intro to Mac for Plus 50
This course is designed for Apple computer users who wish to explore the capabilities of their Mac. Computer terminology, as well as basic word processing, spreadsheet and an Internet browser will be covered.
Thursday, Feb. 27 to May 19
1 to 3 p.m.
COMPT-0001-015; $119; Lifelong Learner $89
Student Resource Center (SRC), Room 1126

Using Gmail for Plus 50
Work with the instructor to set up a Gmail account, learn the basics and explore the features.
Wednesday, April 15 to 29
1 to 3 p.m.
COMPT-0001-016; $109; Lifelong Learner $69
Student Resource Center (SRC), Room 1133
Using iPad and iPhone for Plus 50
Get the most from your new device. Work with the instructor to learn the basics and get comfortable exploring the world of your iPad or iPhone.
Wednesday, March 18 to April 8
1 to 3 p.m.
COMPT-0001-014; $129; Lifelong Learner $89
On campus in Glen Ellyn

Earth and Natural Sciences

Backyard Wildlife
We share our yards and neighborhoods with literally hundreds of wild animals. Learn who these creatures are and how their behavior affects humans and vice versa. Instructor: Jack MacRae
Friday, Feb. 7 to March 13
10 a.m. to noon
HUMNT-0001-088, $159; Lifelong Learner $119
Student Recourse Center (SRC), Room 1118

Planting a Pollinator Garden
It is not difficult to have a garden filled with butterflies and hummingbirds. Learn the basics of pollinator gardening, the best plants for attracting pollinators and how to share your yard with this highly important group of animals. Instructor: Jack MacRae
Monday, March 2 and 9
10 a.m. to noon
HUMNT-0001-090, $59; Lifelong Learner $39
Student Recourse Center (SRC), Room 1123

Film

Celebration of Cuisine in Film
Join in for screenings of some of the most delectable combinations of film and food. Engage in lively discussions about theme, imagery and characters as well as larger topics of food in art—and food in life.
Thursday, April 16 to May 7
2 to 5 p.m.
HUMNT-0001-032, $129; Lifelong Learner $89
Berg Instructional Center (BIC), Room 1439

Great Films
Combine the viewing of meaningful films with thematically related short readings to investigate timeless questions. The Great Books method of shared inquiry is used with group discussion about ethical questions such as the nature of good and evil, law and justice, individuality, courage, art, beauty and happiness. Each class session focuses on one theme and includes a film viewing, a related reading and lively discussion. Come to class with a notebook for journaling. Instructor: Vicky Edwards
Tuesday, March 31 to April 5
1 to 4 p.m.
HUMNT-0001-108, $229; Lifelong Learner $169
Berg Instructional Center (BIC), Room 1439

Hollywood and WWII
Discuss the World War II era and how Hollywood addressed it both behind the scenes and on film. Watch movies from the era that cover various aspects of this war, including “The Mortal Storm,” “The Story of G.I. Joe” and “The Best Years of Our Lives.” Instructor: Brian Kleemann
Tuesday, April 7 to May 12
6 to 9 p.m.
HUMNT-0001-010, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1475

The Twilight Zone: Tropes and Tales
Rod Serling’s “Twilight Zone:” A turning point in TV content and a high point in the use of TV to challenge social and political mores. Using videos of the 1959-64 series, research and interviews with many associated with the series, we will discuss the cautionary tales within and their impact on society. All new episodes for 2020. Instructor: Michael Lynn
Wednesday, Feb. 5 to 26
1 to 3 p.m.
HUMNT-0001-065, $119; Lifelong Learner $79
Student Recourse Center (SRC), Room 1123

Global Exploration

Ciao Bella Italia
Explore beautiful Italy. Learn the customs, basic language and major cities that comprise the Italian peninsula. Discuss travel, tourism and how to get around. This engaging class is highly personalized with new and fresh insights. Instructor: Ilio Andreuccetti
Friday, May 8 to 29
1 to 3 p.m.
HUMNT-0001-011, $119; Lifelong Learner $79
Berg Instructional Center (BIC), Room 1401

NEW COURSE—check it out!

Vienna: A History of Europe’s Imperial City
For centuries the cultural capital of Europe, the center of the classical music world and long before that the Roman military camp called Vindobona, today’s Vienna has changed little since the 19th century. Historian and frequent visitor to Vienna, Marcus Sanghera, describes the rich history, spectacular sights and scintillating sounds of the city the Austrians love to call Wien.
Monday, March 2 to April 20
1 to 3 p.m.
HUMNT-0001-041, $179; Lifelong Learner $139
Berg Instructional Center (BIC), Room 1439

Chicago’s Modern Architecture Series
Explore the architects who designed Chicago’s architectural masterpieces. Study architectural gems in our favorite city where the skyscraper and modern architecture were born.
All sessions meet Tuesday evenings, from 4 to 6 p.m., on campus in Glen Ellyn.
Burnham’s Columbian Exposition: The White City
Feb. 11 and 18
HUMNT-0001-080, $59; LL $39

H. H. Richardson: Romanesque Revival
Feb. 25 and March 3
HUMNT-0001-082, $59; LL $39

Louis Sullivan: Form Follows Function
March 10 and 17
HUMNT-0001-083, $59; LL $39

Frank Lloyd Wright: The Prairie School
March 24 and 31
HUMNT-0001-084, $59; LL $39

Mies Van Der Rohe: Less is More
April 7 and 14
HUMNT-0001-085, $59; LL $39

Skidmore Owings and Merrill: Kahn’s Bundled Tube
April 21
HUMNT-0001-086, $29; LL $19

Helmut Jahn: “Flash Gordon”
April 28
HUMNT-0001-087, $29; LL $19

Millennium Park and Gehry: Post-Modernism
May 5 and 12
HUMNT-0001-087, $59; LL $39

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 45
NEW COURSE—check it out!

**All of Us Are SPIES**
The Social, Physical, Intellectual, Emotional and Spiritual are all aspects of the human experience. This seminar explores the broadly accepted five domains that constitute the human being, examining the dimensions of each area, and discussing the experiences that individuals have had. Hear what others have been experiencing in those five life sectors. Instructor: Ron Jerak

Wednesday, Feb. 19
9 a.m. to noon
HUMNT-0001-033, $29; Lifelong Learner $19
Student Resource Center (SRC), Room 1123

NEW COURSE—check it out!

**Ancestry and Family History**
Learn how to conduct an oral history interview and then create your own family history project with historical documents, a photobook, digital slide shows and a DVD for each family member. Give the gift of memories to your family. Instructor: Anne Shimojima

Monday, April 6
1 to 3 p.m.
HUMNT-0001-066, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1A07

NEW COURSE—check it out!

**The Ascent of Women**
Based on the groundbreaking documentary series, this course charts the role of women in society over the course of 10,000 years. Is the history of women a straight line from Eve’s apple to Margaret Sanger’s Pill or does it veer between extremes of freedom and oppression, inclusion and exclusion? Instructor: Joan Krawitz

Thursday, Feb. 13 to March 19
1 to 3 p.m.
HUMNT-0001-015, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1455

NEW COURSE—check it out!

**Christianity and Islam: A Comparative Study**
Outline the roots of Christianity and Islam, explore their shared history and examine current conflicts, including the avenues for reconciliation and cooperation. We start by looking at the growth of Christianity and Islam and the historical relationship between the two. From there, we examine various aspects of their contemporary encounter, including legal issues, proselytism, persecution, violence and peacemaking. In the end, we explore what hope there might be for the future. Instructor: Hesham Shehab

Thursday, Jan. 30 to March 5
1 to 3 p.m.
HUMNT-0001-019, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1H09

NEW COURSE—check it out!

**Coffee, Tea, and Chocolate: A History of Caffeinated Drinks in the Western World**
The ubiquity of coffee, tea, and chocolate obscures their past at the center of geographical exploration, religious debate, and medical observation. Explore topics like the medical properties of chocolate and immorality in early modern coffeehouses. Instructor: Dr. Sarah Keman

Monday, April 6 to May 4
1 to 3 p.m.
HUMNT-0001-034, $139; Lifelong Learner $99
Berg Instructional Center (BIC), Room 1453

NEW COURSE—check it out!

**D-Day and the Battle for Normandy**
In honor of the 75th anniversary of D-Day, this class will trace the plans, preparation, and execution of the greatest amphibious operation in military history at that time. We will discuss strategic, operational, and tactical decisions regarding both the landing and subsequent operations throughout Normandy. We will also analyze conflicts between American and British commands as well as note many of the most significant characters engaged in the battle. Instructor: Tim Dailey

Tuesday, Feb. 11 to March 17
10 a.m. to noon
HUMNT-0001-035, $119; Lifelong Learner $79
Student Resource Center (SRC), Room 1118

NEW COURSE—check it out!

**Eleanor of Aquitaine: The Life of Medieval Europe’s Most Remarkable Woman**
She came from the Ramnulfids and a bloodline of prominent medieval women, inherited the wealthiest duchy in Europe in her own right, avoided violent abduction by proposing her own marriage, married two kings, had ten children (two of whom became kings), was co-leader in the disastrous Second Crusade, became a nun and died in her eighties. Historian Marcus Sanghera reveals the long and colorful life of Alienor d’Aquitaine.

Wednesday, March 4 to April 22
1 to 3 p.m.
HUMNT-0001-040, $179; Lifelong Learner $139
Berg Instructional Center (BIC), Room 1426

NEW COURSE—check it out!

**Elizabeth Tudor: The Princess Years, 1533-1558**
Tudor historian Marcus Sanghera recounts the life of Elizabeth from the year of her birth to the moment she became England’s second queen, including the death of her mother, the painful years of illegitimacy, and the dangerous years as ‘heir presumptive’ to her Catholic-crazed half-sister Mary.

Thursday, Feb. 6 to March 19
10 a.m. to noon
HUMNT-0001-051, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1118

NEW COURSE—check it out!

**Elizabeth Tudor: The Promising Years, 1558-1573**
The first third of Elizabeth’s reign was the best and happiest for the abused daughter of Henry VIII. It was during this time when she fell in love with the dark and dangerous Robert Dudley, almost died with smallpox and was at her most alluring before losing her hair and teeth. Tudor historian Marcus Sanghera continues the story.

Thursday, April 2 to May 14
10 a.m. to noon
HUMNT-0001-052, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 2529

NEW COURSE—check it out!

**Eliza Jumel: From the Bottom to the Top**
“Rags to riches” stories are common in American history, but this one is exceptional. Eliza Jumel was born in a brothel in the year that the Revolutionary War broke out. She went on to become one of the richest women in New York City. She made a killing in business, befriended Napoleon Bonaparte and married and divorced Aaron Burr. Her remarkable rise shows just how much was possible in the young United States. Instructor: Joyce Haworth

Monday, March 23
1 to 3 p.m.
HUMNT-0001-062, $29; Lifelong Learner $19
On campus in Glen Ellyn
England’s Kings: Invasion to Revolution, 1066-1485

Starting with the ‘Conqueror’ the first Norman king, historian Marcus Sanghera recounts the gritty story of England’s monarchs, including all 14 Plantagenet kings and their costly wars and rebellions, uprisings and usurpations, murders and messy marriages.

Monday, Feb. 3 to March 16
10 a.m. to noon
HUMNT-0001-053, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1118

England’s Kings: Invasion to Revolution, 1485-1668

In Part II of England’s Kings, historian Marcus Sanghera will teach about the first Tudor Henry VII, his colorful but demented son Henry VIII, the perplexing propaganda misfit Elizabeth I, the civil war of Charles I, to the last ‘legal’ Stuart and English James II (all other monarchs, including James’ protestant daughters Mary and Anne, were crowned by right of parliamentary statute based on religious denomination, not genuine legal inheritance).

Monday, March 30 to May 11
10 a.m. to noon
HUMNT-0001-054, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1123

Evel Knieval: Death-Defying Daredevil

Explore the legend who risked life and limb for thrills and fame by jumping his motorcycles over long lines of cars and busses—and not always successfully. A true pioneer and showman, Evel’s courage and fortitude have inspired multiple generations to get back on their feet when they’ve been knocked down. This session takes a look through interviews, film clips and facts of the heroic heights and tragic lows of this man who captured the nation’s imagination.

Instructor: Michael McCann
Saturday, Feb. 8
10 a.m. to noon
HUMNT-0001-055, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1123

The Fifties: Inventing the American Dream

If the 20th century was the American century, the fifties are often thought of as the archetypal American Decade. And for many, the proverbial “good old days.” We’ll explore the challenges, opportunities and changes that influenced how America lived, worked, and thought in the decade that invented The American Dream.

Instructor: Joan Krawitz
Wednesday, Feb. 12 to March 18
1 to 3 p.m.
HUMNT-0001-016, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1118

The Forties: The Homefront Goes to War

When the US entered WWII, the entire country went to war. Factories converted to military use. Women joined the workforce as aircraft welders, tank builders, codebreakers and more. Everyone was part of the war effort. Learn how opportunities and sacrifices changed America forever.

Instructor: Joan Krawitz
Thursday, March 26 to May 7
1 to 3 p.m. (no class April 9)
HUMNT-0001-012, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1123

History of Paris

This class will trace the development of Paris as one of the greatest cities in the world from its beginnings as a small settlement on the banks of the Seine River. Among other periods, we will look at Roman occupation, Viking raids, Middle-Age feudal society and the development of France as the greatest power in Europe during the 17th century. We will describe the growth of the city on the island and both banks; we will also trace the origins of Notre Dame, the Louvre, the Champs Elysee and many more. Our survey will end with the liberation of Paris in 1944.

Instructor: Tim Dailey
Tuesday, Feb. 11 to March 17
1 to 3 p.m.
HUMNT-0001-036, $119; Lifelong Learner $79
Villa St. Benedict, Lisle
(please enter from Subiaco Drive.)

Hidden Memory: An American Story

Listen to the story of one family’s journey from Japan to the United States and through the incarceration camps of World War II. Storyteller Anne Shimojima illustrates her talk with photos from her family and the National Archives, showing a family whose only crime was looking like the enemy.

Thursday, April 2
1 to 2:30 p.m.
HUMNT-0001-067, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1415

A Game of Queens: Six Women Who Changed the Course of English History

Were the queens of the Wars of the Roses really meddlers, schemers and witches of Shakespeare’s history plays? We’ll pull back the curtain of history to reveal six fascinatingly real women, and the deadly Game of Queens that set the stage for the improbable rise of the Tudor dynasty.

Instructor: Joan Krawitz
Tuesday, Jan. 28 to March 17
1 to 3 p.m.
HUMNT-0001-017, $179; Lifelong Learner $139
Berg Instructional Center (BIC), Room 1439

Hanging with the Habsburgs Part I

A History of Europe’s Most Colorful Royal Family.

There were 38 of them in total - Rudolfs, Albrechts, Friederichs, Leopoldis, Maximilians, Charles’ Ferdinands, Josephs, Francis’s, and one woman, Maria Theresia. Rudolf IV ‘founded’ the Habsburg dynasty, and for six centuries his descendants ruled Austria and much of Europe. Historian Marcus Sanghera reveals the scoop on this mesmerizingly dysfunctional imperial family.

Wednesday, Feb. 5 to March 18
10 a.m. to noon
HUMNT-0001-045, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1118

Hanging with the Habsburgs Part II

A History of Europe’s Most Colorful Royal Family.

Historian Marcus Sanghera continues his epic history of the imperial family famous for their consanguineous marriages, Napoleon Bonaparte, anachronism and World War I.

Wednesday, April 1 to May 13
10 a.m. to noon
HUMNT-0001-046, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1A01

Who Changed the Course of English History

Explore the legend who risked life and limb for thrills and fame by jumping his motorcycles over long lines of cars and busses—and not always successfully. A true pioneer and showman, Evel’s courage and fortitude have inspired multiple generations to get back on their feet when they’ve been knocked down. This session takes a look through interviews, film clips and facts of the heroic heights and tragic lows of this man who captured the nation’s imagination.

Instructor: Michael McCann
Tuesday, Jan. 28 to March 17
1 to 3 p.m.
HUMNT-0001-017, $179; Lifelong Learner $139
Berg Instructional Center (BIC), Room 1439

Death-Defying Daredevil

Explore the legend who risked life and limb for thrills and fame by jumping his motorcycles over long lines of cars and busses—and not always successfully. A true pioneer and showman, Evel’s courage and fortitude have inspired multiple generations to get back on their feet when they’ve been knocked down. This session takes a look through interviews, film clips and facts of the heroic heights and tragic lows of this man who captured the nation’s imagination.

Instructor: Michael McCann
Saturday, Feb. 8
10 a.m. to noon
HUMNT-0001-055, $29; Lifelong Learner $19
Student Resource Center (SRC), Room 1123

An American Story

Listen to the story of one family’s journey from Japan to the United States and through the incarceration camps of World War II. Storyteller Anne Shimojima illustrates her talk with photos from her family and the National Archives, showing a family whose only crime was looking like the enemy.

Thursday, April 2
1 to 2:30 p.m.
HUMNT-0001-067, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1415

Who Changed the Course of English History

Were the queens of the Wars of the Roses really meddlers, schemers and witches of Shakespeare’s history plays? We’ll pull back the curtain of history to reveal six fascinatingly real women, and the deadly Game of Queens that set the stage for the improbable rise of the Tudor dynasty.

Instructor: Joan Krawitz
Tuesday, Jan. 28 to March 17
1 to 3 p.m.
HUMNT-0001-017, $179; Lifelong Learner $139
Berg Instructional Center (BIC), Room 1439

NEW COURSE—check it out!

A History of St. Patrick’s Day

Learn about the heroes, monsters, myths and stories of Ireland. Stories include: St. Patrick’s Day, Finn McCool and Leprechauns, and even how Halloween is from Ireland.

Instructor: Michael McCann
Saturday, March 7
10 a.m. to noon
HUMNT-0001-056, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1A05

History’s Greatest Warriors

Who were the real historical heroes of ancient myth and how do they shape our modern heroes of today? Learn about champions of ancient times, King Arthur, Robin Hood, Three Musketeers, pirates, and superheroes. What is the hero’s journey and why do we gravitate toward it?

Instructor: Michael McCann
Saturday, March 28
10 a.m. to noon
HUMNT-0001-057, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1A01

NEW COURSE—check it out!

History of St. Patrick’s Day

Learn about the heroes, monsters, myths and stories of Ireland. Stories include: St. Patrick’s Day, Finn McCool and Leprechauns, and even how Halloween is from Ireland.

Instructor: Michael McCann
Saturday, March 7
10 a.m. to noon
HUMNT-0001-056, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1A05

History’s Greatest Warriors

Who were the real historical heroes of ancient myth and how do they shape our modern heroes of today? Learn about champions of ancient times, King Arthur, Robin Hood, Three Musketeers, pirates, and superheroes. What is the hero’s journey and why do we gravitate toward it?

Instructor: Michael McCann
Saturday, March 28
10 a.m. to noon
HUMNT-0001-057, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1A01
NEW COURSE—check it out!

LGBTQ Lives of the Rich and Famous
Monday, April 20 to May 11
10 a.m. to noon
HUMNT-0001-023, $119; Lifelong Learner $79
Student Resource Center (SRC), Room 1118

NEW COURSE—check it out!

The Life and Adventures of Rene-Robert Cavalier, Sieur de LaSalle
LaSalle was one of the history's greatest explorers and his adventures had monumental impact on today's world. This class will look at his legendary life and extraordinary accomplishments. Instructor: Jack MacRae
Thursday, Jan. 23 to Feb. 6
10 a.m. to noon
HUMNT-0001-089, $79; Lifelong Learner $59
Student Resource Center (SRC), Room 1123

NEW COURSE—check it out!

The Pioneer Families of the Chicago Suburbs
The names of many communities and villages come from 19th century settlers and founding families. This class will look at the lives and journeys of the Napers, the Wheatons, the Downers, the Warrens and other pioneers. Instructor: Jack MacRae
Monday, Feb. 10 to 24
10 a.m. to noon
HUMNT-0001-091, $79; Lifelong Learner $59
Student Resource Center (SRC), Room 1123

NEW COURSE—check it out!

Roger Williams and the Rights of the Native Americans
Did any of America's colonial settlers actually care about the rights of Native Americans? Roger Williams did. Best known as the founder of Rhode Island and the first advocate of religious liberty, Williams was also an early advocate of Indian land rights. After he was expelled the Massachusetts Bay Colony he hoped to create a new colony where different races and cultures could live together in peace—a vision that ultimately proved to be an illusion. Instructor: Joyce Haworth
Monday, Feb. 10
1 to 3 p.m.
HUMNT-0001-061, $29; Lifelong Learner $19
Student Resource Center (SRC), Room 1A03

Sakura Tales: Stories from the Land of the Rising Sun
Japanese stories sparkle with magic, wisdom and humor. Learn about Japanese folklore and culture as you listen to storyteller Anne Shimojima tell stories of the oral tradition that have been passed down through the years to delight listeners today.
Thursday, April 16
1 to 2:30 p.m.
HUMNT-0001-068, $29; Lifelong Learner $19
Student Resource Center (SRC), Room 1118

The Sixties: A Decade in Conflict with Ourselves
In the 1960s, postwar American idealism met an onslaught of calamity and controversy. Assassinations, war and riots, civil rights, peace marches, teach ins, a summer of love and violence. We'll use PBS and CNN to discuss and try to make sense of the decade 50 years ago that still resonates today. Instructor: Joan Krawitz
Wednesday, March 25 to May 13
1 to 3 p.m.
HUMNT-0001-014, $179; Lifelong Learner $139
Berg Instructional Center (BIC), Room 1H08

Time Traveler's Guide to Elizabethan England
The Elizabethan Age—Shakespeare, the Spanish Armada and the Queen herself. Travel back in time and experience it for yourself. Step into the shoes of people from all walks of life: how they live, what they believe, the dangers they face. What are their rules, customs and attitudes? How would you do in their world? Instructor: Joan Krawitz
Tuesday, March 24 to April 28
1 to 3 p.m.
HUMNT-0001-013, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1426

Women of Power and Intrigue in Chinese History
Examine the lives of three powerful women who influenced and changed the course of history in China: Empress Wu Zetian of the Tang Dynasty (624-705), Empress Dowager Cixi of the late Qing Dynasty (1835-1908) and Madame Chiang Kai Shek of the Republic (1898-2003). Instructor: Nancy Chen
Monday, March 2 to 16
1 to 3 p.m.
HUMNT-0001-069, $79; Lifelong Learner $59
Berg Instructional Center (BIC), Room 1A07

The Holy Roman Empire Part I
The Empire lasted for more than a millennium, twice as long as imperial Rome and encompassed much of the continent, including Germany and ten other modern countries. The HRE tells the story of Europe better than the histories of individual nation-states, a legacy seen today in debates over the nature of the European Union. Historian Marcus Sanghera traces the Empire from its origins within Charlemagne's kingdom in 800 to its demise in 1806 after the crushing defeat by Napoleon at Austerlitz.
Tuesday, Feb. 4 to March 17
1 to 3 p.m.
HUMNT-0001-047, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1447

The Holy Roman Empire Part II
Historian Marcus Sanghera continues the story of the HRE from its mid-10th century core in the German kingdom to its peak of territorial expansion stretching from France and Denmark to Italy and Poland.
Tuesday, March 31 to May 12
1 to 3 p.m.
HUMNT-0001-048, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1447

An Introduction to Islam
Gain an introduction to the core theological, ritual, legal, textual, cultural and historical components of Islam, as well as Islam's impact on the West and the Judeo-Christian culture. Begin with an examination of the pre-Islamic Middle East, the advent of Prophet Muhammad, his life in Mecca and Medina and the Arab conquests. Throughout the course, a comparative study explores the relationship between the Judeo-Christian religious values and Islam. The conflict between Islam and the West is discussed from historical, political and cultural perspectives. Instructor: Hesham Shehab
Thursday, March 12 to April 16
1 to 3 p.m.
HUMNT-0001-020, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 3451

Jesse James: American Outlaw
Outlaw Jesse James has become a legend in American Folklore. This program will take a look at this Murderer, Organized Crime Boss, Train Robber and discuss how and why he is considered an anti-hero and legend. Instructor: Michael McCann
Saturday, Feb. 22
10 a.m. to noon
HUMNT-0001-058, $29; Lifelong Learner $19
Berg Instructional Center (BIC), Room 1A06

Chicago Suburbs
This class will look at the lives and journeys of the Napers, the Wheatons, the Downers, the Warrens and other pioneers. Instructor: Jack MacRae
Monday, Feb. 10 to 24
10 a.m. to noon
HUMNT-0001-091, $79; Lifelong Learner $59
Student Resource Center (SRC), Room 1123

The Pioneer Families the Chicago Suburbs
The names of many communities and villages come from 19th century settlers and founding families. This class will look at the lives and journeys of the Napers, the Wheatons, the Downers, the Warrens and other pioneers. Instructor: Jack MacRae
Monday, Feb. 10 to 24
10 a.m. to noon
HUMNT-0001-091, $79; Lifelong Learner $59
Student Resource Center (SRC), Room 1123

Women of Power and Intrigue in Chinese History
Examine the lives of three powerful women who influenced and changed the course of history in China: Empress Wu Zetian of the Tang Dynasty (624-705), Empress Dowager Cixi of the late Qing Dynasty (1835-1908) and Madame Chiang Kai Shek of the Republic (1898-2003). Instructor: Nancy Chen
Monday, March 2 to 16
1 to 3 p.m.
HUMNT-0001-069, $79; Lifelong Learner $59
Berg Instructional Center (BIC), Room 1A07
NEW COURSE—check it out!

Absurd Shakespeare Part I
Swirls of misinformation circulate Shakespeare and his literary ability, his reasons for writing, his subjects and sources, language and spelling, and particularly who he really was. Much of what is believed about him is absurd nonsense and propaganda-driven hagiography. His mistaken identity hotly debated for more than 200 years, is now part of mainstream thought and academic enquiry. Historian Marcus Sanghera expounds upon history's biggest literary 'whodunit.'

Thursday, Feb. 6 to March 19
1 to 3 p.m.
HUMNT-0001-049, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1439

NEW COURSE—check it out!

Absurd Shakespeare Part II
Historian Marcus Sanghera continues his enquiry into the identity of 16th century writer William Shakespeare, and the misinformation and deception surrounding the western world's greatest historical-political playwright and compelling commentator on the human condition.

Thursday, April 2 to May 14
1 to 3 p.m.
HUMNT-0001-050, $159; Lifelong Learner $119
Berg Instructional Center (BIC), Room 1447

The Beatles: A Magical, History Tour
As a musical entity, the Beatles have not existed for close to 50 years, yet their story, their personalities and most importantly their music continues to influence our culture and our expectations of popular music. With the use of audio and visual content, we'll trace the arc of the Beatles career from their development in Liverpool, through Beatlemania into their psychedelic phase and finally their dissolution. Participants will have an appreciation for the Beatles incredible productivity, their musical and lyrical maturity and their cultural impact. Instructor: Gary Wenstrup

Thursday, March 5 to April 9
1:30 to 3 p.m.
HUMNT-0001-027, $139; Lifelong Learner $89
Berg Instructional Center (BIC), Room 1475

Homeric Odyssey Part I
Historian Marcus Sanghera discusses in a series of lectures this enduring masterpiece of world literature and its lasting influence on modern culture. Meet the Greek hero Odysseus as he struggles to return home to his wife and son after the great Trojan War and a further 10 years of fantastical adventures. (Text required: E.V. Rieu translation preferred.)

Tuesday, Feb. 4 to March 17
10 a.m. to noon
HUMNT-0001-043, $159; Lifelong Learner $119
On campus in Glen Ellyn

Homeric Odyssey Part II
In this course, historian Marcus Sanghera delves into a deep textual explication of the Odyssey, using the Penguin Classics No.1 in the series from 1946, the greatly admired and beloved translation by Oxford scholar and Penguin Classics general editor E.V. Rieu.

Tuesday, March 31 to May 12
10 a.m. to noon
HUMNT-0001-044, $159; Lifelong Learner $119
On campus in Glen Ellyn

John, Paul, George and Ringo: The Solo Years 1970-1980
After the Beatles disbanded one question echoed all over the world: when will the Beatles get back together? They never did of course, but the 10-year period following their break up was very eventful and produced such timeless songs as "Imagine," "My Sweet Lord," and "Band On The Run." With the use of audio and visual content we'll explore the highs and lows of their music, lawsuits and their relationships with each other. Instructor: Gary Wenstrup

Thursday, April 16 to 30
1:30 to 3 p.m.
HUMNT-0001-028, $69; Lifelong Learner $49
Berg Instructional Center (BIC), Room 1475

Loaded Language: The Power of the Word
Words dominate our lives in many forms and combinations. There are buzzwords and labels, double-edged words and neologisms. Language is constantly evolving as too are our dictionaries. Join historian Marcus Sanghera in an exploration of culturally fascinating, obscure, relevant, and perhaps irreverent, words. The word for week 1 is ‘Brobdingnagian.’ Class participation required.

Friday, Feb. 14 to April 3
10 a.m. to noon
HUMNT-0001-042, $179; Lifelong Learner $139
Berg Instructional Center (BIC), Room 1426

Motown: The Music That Moved the World
In Detroit in the 1960s, Motown Records produced hits as efficiently as the Ford Motor Company produced automobiles - 110 Top Ten hits to be exact. It was the “Sound of Young America,” sung by performers like The Supremes, The Temptations, Marvin Gaye and Stevie Wonder. Using audio and visual content, we'll trace the amazing musical journey from the power soul of “Dancing In The Streets,” and “I Heard It Through the Grapevine,” to the psychedelic soul of “Cloud Nine,” and “What’s Going On,” to the pop soul of The Jackson 5. Timeless music that moved us then and moves us now.

Instructor: Gary Wenstrup

Wednesday, Feb. 12 to 26
2 to 3:30 p.m.
HUMNT-0001-029, $69; Lifelong Learner $49
Naperville Center, Room 15

Walt Whitman: An American
The Poetry Foundation calls Walt Whitman “the first writer of a truly American poetry.” Whitman quit school at age 11, became a journalist and then self-published Leaves of Grass (1855), his innovative and influential collection of poems. Whitman’s use of free verse, affirmation of individual freedom and broad-mindedness of sexuality, created both controversy and admiration. Join us as we examine this great American literary figure and explore the intricacies and influence of his work. Instructor: Frank Serafino

Wednesday April 8 to 29
10 a.m. to noon
HUMNT-0001-024, $119; Lifelong Learner $79
Student Resource Center (SRC), Room 1118

World’s Greatest Love Stories
Explore love stories across time and cultures and share your own favorites. Discuss love themes in literature in American classics, non-western classics, and contemporary love stories. What makes these stories so compelling to generations of readers? Instructor: Mardelle Fortier

Thursday, Feb. 20 to April 2
10 a.m. to noon
HUMNT-0001-025, $169; Lifelong Learner $129
On campus in Glen Ellyn

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 49
NEW COURSE—check it out!

V-Discs – A Fascinating Musical History

“V” for Victory, was a record label formed in 1943 to provide records for U.S. military personnel during WWII as a morale boosting initiative. The discs included big band hits, classical performances, jazz and military marches. Per the agreement with the record companies, in 1949 audio masters were destroyed and leftover V-Discs were discarded. Later recognized as an invaluable historical record of popular music at the time, the recordings have been saved and re-issued. We will explore the historical context of the recordings, listen to some rare music and experience the incomparable art of the V-Disc performers. Instructor: Gerald Horan.

Monday, May 4 and 11
9 to 11 a.m.
HUMNT-0001-008, $59; Lifelong Learner $39
On campus in Glen Ellyn

Politics and Policy

China, the U.S. and the South China Sea – A Geopolitical Hot Spot!

The rise of China has put tension on the international system. The U.S. has experienced direct confrontation with China in the South China Sea in recent years. How this problem is or is not solved may have a direct bearing on our ability to deal with a rising power like China. Until disputes are behind us, the South China Sea promises to remain a fulcrum upon which the geopolitics of trade and the global economy pivot. Let’s discuss how the problem evolved and how it’s likely to be handled. Instructor: Pat deRosset

Tuesday, March 24
1 to 3 p.m.
HUMNT-0001-071, $29; Lifelong Learner $19
On campus in Glen Ellyn


Citizens United changed the landscape of campaign financing and created outrage in many corners. Is Citizens United really about political spending or a dispute about the meaning of the First Amendment and its role in elections? Let’s look at campaign finance through the lens of Citizens United and discuss where we are and where we go from here. What policy choices do we have? Instructor: Pat deRosset

Tuesday, May 5
1 to 3 p.m.
HUMNT-0001-072, $29; Lifelong Learner $19
On campus in Glen Ellyn

Get Connected to the MAC

Classical Music Appreciation

Get an introduction to the music and style of great classical composers Bach, Beethoven and Mozart to Chopin, Liszt and Rachmaninoff. Engage in discussion of their most inspired and popular compositions, while also exploring the genre as a whole. Instructor: Bob Kucaba

Tuesday, April 7 to May 12
10 a.m. to noon
HUMNT-0001-026, $159; Lifelong Learner $119
On campus in Glen Ellyn

Four American Artists Part II

In a continuing series this class examines the lives, work and impact of four American artists whose works span the end of the 18th century through the 20th century: John Singleton Copley, Albert Bierstadt, Mary Cassatt and Ed Hopper. Instructor Ruth Nelson prepares you for your next trip to the Art Institute where paintings by these artists are on display. Courses do not need to be taken in sequence. Instructor: Ruth Nelson

Wednesday, April 1 to 22
7 to 9 p.m.
HUMNT-0001-059, $119; Lifelong Learner $79
Villa St. Benedict, Lisle
(please enter from Subiaco Drive.)

NEW COURSE—check it out!

Four American Artists Part IV

Continuing our series on American artists this module will focus on Gilbert Stuart, one of America’s foremost portraitists, Henry Ossawa Tanner, the first African-American artist to gain international fame, Thomas Hart Benton, a leader of the Regionalist movement and Mark Rothko, an abstract expressionist whose “multi-forms” remain hugely popular. Courses do not need to be taken in sequence. Instructor: Ruth Nelson

Wednesday, March 4 to 25
7 to 9 p.m.
HUMNT-0001-079, $119; Lifelong Learner $79
Student Resource Center (SRC), Room 1118

NEW COURSE—check it out!

Trompe-l’oeil in American Still Life Painting

We will explore the rich trompe-l’oeil (fool the eye) tradition in American still life painting. Especially strong during the last quarter of the 19th century, we will also look at contemporary artists who bring a fresh take to this art tradition. Instructor: Ruth Nelson

Wednesday, Feb. 19
7 to 9 p.m.
HUMNT-0001-078, $29; Lifelong Learner $19
Student Resource Center (SRC), Room 1118

WISDOM, WONDER AND WELLNESS

Senior Expo • Sunday, April 5, 2020 • Noon to 4 p.m.
See back cover for more information.
NEW COURSE—check it out!

Reform in America
Reform movements in American history have had social, economic and political origins and have dominated every period of American history. From the religious revivals of the 18th century to environmental reforms of the 1970s, every aspect of American life in some way has been impacted by the zeal and vigor of those who fought to mold America into what they believed would be a better place to live. Alcohol, working conditions, women’s suffrage, education, banking, suffrage and religious reforms are among those to be discussed in this course.

Instructor: Kathleen Mullin
Wednesday, Jan. 29 to March 18
1 to 3 p.m.
HUMNT-0001-006, $189; Lifelong Learner $139
Roselle Public Library
Thursday, Jan. 30 to March 19
9 to 11 a.m.
HUMNT-0001-0007, $189; Lifelong Learner $139
On campus in Glen Ellyn

The Rise of Political Islam
This course seeks to introduce the core theological, ritual, legal, textual, cultural and historical components of Islam and their relation to the rise of religious and political influence.

Instructor: Hesham Shehab
Tuesday, Feb. 25 to March 31
1 to 3 p.m.
HUMNT-0001-021, $159; Lifelong Learner $119
Student Resource Center (SRC), Room 1118

Top Ten Supreme Court Decisions That Changed U.S. History
One Chief Justice and eight associate justices who are unelected and appointed for life have had a large impact - both positive and negative - on U.S. history. Landmark Supreme Court opinions have changed the way we look at our Constitution and the way we interpret it. This course will present ten Supreme Court decisions that have had a profound impact on our government, our way of life and our history.

Instructor: Pat deRosset
Tuesday, Jan. 21 to Feb. 11
1 to 3 p.m.
HUMNT-0001-070, $119; Lifelong Learner $79
On campus in Glen Ellyn

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 51

LIVING WELL Series

Special Programming for Community Members Over 50

In partnership with Advocates for Aging Well, Continuing Education is proud to offer a series of programs designed to meet the growing needs of our Plus 50 community. These workshops and courses cover a variety of topics, including estate planning, memory, health and cognition. Additional information is available by calling (630) 942-2208.

All About the Journey for Plus 50
There are many legal issues we need to be aware of on our life’s journey. Attorney Nancie Dorjath uses engaging presentations to discuss estate plans, trusts and five key documents everyone should have in place.

Wednesday, April 8 to 22
6 to 8 p.m.
HUMNT-0001-603, $25
Berg Instructional Center (BIC), Room 1A01

Explorations of the Brain and Memory for Plus 50
Discuss several topics on memory and the brain—from fun, interactive programs designed to help keep you sharp, to more in-depth discussions on how to identify and work with memory loss. Explore how to navigate and maintain healthy brain function.

Thursday, Feb. 27 to March 5
1 to 3 p.m.
HUMNT-0001-601, $19
Berg Instructional Center (BIC), Room 1447

Healthy at Home for Plus 50
Whether you are downsizing or staying in your forever home, learning the tricks of the trade to stay organized can be an enormous help. Learn how to declutter, discover estate sale secrets and explore home modification musts.

Thursday, April 16
1 to 3 p.m.
HUMNT-0001-604, free. Registration is required.
Berg Instructional Center (BIC), Room 1453

Medicare and Medicaid Workshop for Plus 50
What is the difference between Medicare and Medicaid? In this lively and educational session, learn what you need to know about these two important government programs and why. Break down the four sections of Medicare to help you determine the proper Medicare plan for you and discuss the pros and cons of Medicare Advantage programs. Join us to demystify the Medicaid program and discuss different ways for you to plan for the future.

Thursday, Feb. 13
6 to 8 p.m.
HUMNT-0001-600, free. Space is limited
On campus in Glen Ellyn
Lifelong Learning Scholarship Fund

Continuing Education is happy to announce scholarship funds specifically for our lifelong learners. Please call (630) 942-2208 for application details and to learn about how to donate. If you would like to donate to the fund, call (630) 942-2462 or visit foundation.cod.edu.

Plus 50 Series

Special Programming for Community Members Over 50

Many older adults are choosing to return to the workforce and Continuing Education is proud to offer several programs to help prepare for the next step. These are no-nonsense, streamlined classes designed for career search, work retraining or to meet other goals. From a workshop designed to evaluate an individual’s past and present to the skill-based classes aligned with specific educational and career goals, this series will prove useful to people age 50 and over as they re-evaluate midlife. Additional information is available by calling (630) 942-2208.

Career Search for Plus 50

To help individuals aged 50 and older transition to new career and training opportunities, College of DuPage offers a specialized career-readiness workshop. Under the guidance of an expert career coach, update your resume, practice interviewing and negotiating skills and develop a professional LinkedIn profile. Learn about the resources available to you at College of DuPage and within the broader community. This class is offered at a minimal charge to students age 50 and over only. Registration is required.

Monday, Jan. 27 to March 2
6 to 8:30 p.m.
HUMNT-0001-150, $45
On campus in Glen Ellyn

Computer Skills Camp Plus 50

In this specially-priced two-day computer camp, students evaluate their computer skills under the guidance of an experienced and patient instructor. Determine if further study and practice is for you as you build confidence and competence. Set clear goals for where you want your skills to be and develop a plan for how to get there.

Friday and Saturday, Feb. 21 and 22
9 to 11 a.m.
HUMNT-0001-135, $50
Seaton Computing Center (SCC), Room 115

Job Search Websites for Plus 50

This class introduces websites that you should use during your job search. Sites explored will include those that are local to the Chicagoland area, as well as general job search sites such as CareerBuilder, Indeed and LinkedIn. We’ll discuss the pros and cons of each one, and explore how you can use these sites to your career advantage.

Thursday, April 16 to 30
6 to 8 p.m.
HUMNT-0001-151, $35
Seaton Computing Center (SCC), Room 119

Self-Discovery for Plus 50

During this class, you’ll take inventory of your accomplishments, interests and skills in a friendly and supportive environment. This is designed for the adult who is returning to school, experiencing a career shift or exploring volunteer opportunities. We’ll utilize writing exercises, computerized assessments, class discussion and a best-selling, personal assessment book to help you uncover your true interests. Class time will also be spent developing and committing to short and long-term goals that will get you to your next steps.

Wednesday, April 15 to 29
6 to 8 p.m.
HUMNT-0001-117, $35
Seaton Computing Center (SCC), Room 113

Volunteerism in DuPage County

DuPage County offers a multitude of opportunities for you to give back to the community and some of these placements even pay a wage. Come learn what’s out there, who needs your help and where to start this rewarding endeavor. Giving DuPage presents this informative session.

Friday, March 6
1 to 3 p.m.
HUMNT-0001-115, free. Space is limited.
Registration is required.
On campus in Glen Ellyn
Seating is limited and registration is required.

Continuing Education presents engaging topics in enrichment courses, taught by subject experts in the community who want to share their experience, passion and knowledge. Sage Series presentations are offered free of charge to community members aged 50 and over. Registration is required. See the Lifelong Learning website, cod.edu/lifelong, for a full schedule of Sage Series courses. Please let us know if you are interested in teaching for the Sage Series.

**Behind the Scenes at WDCB**
**Public Radio with Station Manager Dan Bindert**
Explore COD’s very own public radio jazz station, WDCB and get an inside look at the fascinating world of radio. Join us for a personalized tour of the station and learn about all of the exciting programs and music that have been broadcasting from COD since 1977. Meet in the south atrium of the Student Resource Center (SRC) at 10 a.m.

Friday, May 1
10 to 11:30 a.m.
HUMNT-0001-211, Free. Registration is required.

**Introduction on Chinese Painting and Discussion**
Join instructor Nancy Chen to discover the world of Chinese Painting as we discusses various styles of paintings and identifies several famous artists and their paintings throughout the Chinese history. The focus is on a thousand-year-old painting entitled “Along the River during the Spring Festival,” which is considered the most renowned national treasure. In addition to the original artwork, view a digitized version of this ancient painting.

Friday, Feb. 21
1 to 3 p.m.
HUMNT-0001-202, free. Registration is required.
Berg Instructional Center (BIC), Room 1A01

**Inside Innovation DuPage**
Explore IDHQ, DuPage County’s small business incubator and accelerator. With its grand opening in spring 2019, Innovation DuPage works with entrepreneurs and growing businesses to transform good ideas into strong businesses, strong businesses into winning brands and winning brands into a collaborative community. Join us as we tour the downtown Glen Ellyn office and get a sneak peek into the next generation of small business. Registration is necessary for this free tour.

Friday, April 3
10 to 11:30 a.m.
HUMNT-0001-210, free. Registration is required.
Glen Ellyn Civic Center, downtown Glen Ellyn

**The View from Earth: 400 Years of Astronomical Discovery**
Humans have always looked up at the night sky and wondered, but the invention of the telescope 400 years ago completely changed our view of the cosmos. This presentation will provide an overview of the numerous, incredible discoveries such as planets, stars and galaxies made possible by the most important astronomical invention ever created.

Instructor: Joe DalSanto
Saturday, Feb. 22
7:30 to 9 p.m.
HUMNT-0001-201, free. Registration is required.
Student Resource Center (SRC), Room 2000

**Inside COD’s Culinary & Hospitality Center**
If you’ve ever wanted to get inside a state-of-the-art kitchen in action, now is your chance. Explore the College’s Culinary & Hospitality Center from the Culinary Market and Bake Shop to the full-service restaurant. Explore skills kitchens, the chocolate room and the College’s own boutique hotel. You are in for a treat in more ways than one. Registration is necessary for this free tour which ends just in time for lunch service at the Waterleaf. Please make reservations in advance on OpenTable if you plan to stay for lunch.

Thursday, Feb. 27
10 to 11:30 a.m.
HUMNT-0001-205, free. Registration is required.
Lunch is optional and is not included in the course.
Culinary & Hospitality Center (CHC) Lobby

**Film: Frida**
Let’s get ready for the Frida Kahlo exhibit this summer by watching and discussing the 2002 film “Frida.” The biopic stars Salma Hayek, who received an Academy Award nomination for her portrayal of the artist. The film is a visually rich portrayal based on a biography of the Mexican painter including her childhood during the chaos of the Mexican Revolution, her art, and her relationships with Diego Rivera (Alfred Molina) and Leon Trotsky (Geoffrey Rush). It’s been 18 years since Julie Taymor directed this important film so if you saw it when it came out, it’s a good time to see it again. Instructor: Vicky Edwards

Friday, April 17
1 to 4 p.m.
HUMNT-0001-207, free. Registration is required.
On campus in Glen Ellyn

**The Twilight Zone: Six Degrees of Separation**
Using video from the 1959–64 series, we will explore the connections with other shows, movies and media. Join us as we explore this influential science fiction series.

Instructor: Michael Lynn
Friday, March 6
1 to 3 p.m.
HUMNT-0001-209, free. Registration is required.
Berg Instructional Center (BIC) , Room 1A01

**Are you interested in teaching for the Sage Series?**
Email ce@cod.edu or call (630) 942-2208.
Lunch Break Lectures

Enjoy the topics and the company!
Join us for free lectures on engaging topics presented by Continuing Education subject experts. Lectures are scheduled on Wednesday from noon to 1 p.m. in the Student Resource Center (SRC). Registration is requested. For up-to-date lecture details, go to cod.edu/lifelong

The Ascent of Woman
Jan. 8
Joan Krawitz
HUMNT-0001-500

The Life of Lord Byron
Jan. 22
Marcus Sanghera
HUMNT-0001-501

John Lennon: The Solo Years
Feb. 5
Gary Wenstrup
HUMNT-0001-502

Twenty Backyard Birds Everyone Should Know
Feb. 19
Jack MacRae
HUMNT-0001-503

The Normans
March 4
Marcus Sanghera
HUMNT-0001-505

Fleetwood Mac: The Chain...Broken
March 18
Gary Wenstrup
HUMNT-0001-506

The Legacy of Shabbona
April 1
Jack MacRae
HUMNT-0001-507

Behind the Scenes with BTE’s Naperville
April 15
HUMNT-0001-508

Thoroughbreds, Racing and the Kentucky Derby
April 29
Pat deRosset
HUMNT-0001-509

The Stuarts
May 13
Marcus Sanghera
HUMNT-0001-510

Special Interest Groups

Lifelong Learning at COD introduces Special Interest Groups (SIGs) for the spring semester. SIGs are a great way for community members to continue lifelong learning beyond the classroom. Meeting regularly and free to join, SIGs provide new and enriching opportunities to form friendships with other members while exploring a specific topic area. A SIG is formed by a collective of people with a special interest in the same subject who want to participate as active learners. Special Interest Groups are independent and self-directed, with members deciding where and when to meet and how the group will function.

The Forum: Dialog to Challenge our Thinking
Meets the first Monday of each month from 1 to 3 p.m. beginning Feb. 3
Current political, social and economic issues that influence all of us are changing faster than ever before. This SIG is designed to challenge our thinking through an active investigation into the world’s happenings. A free-flowing dialogue designed to enrich and expand participants’ thinking on topics ranging from changing demographics of retirees to nuclear disarmament and climate change.

The Joys and Challenges of Grandparents
Meets from 10 a.m. to noon the first Friday of the month beginning Feb. 7
This group is dedicated to intergenerational learning in all forms. From sharing your own experiences as Grandparents with like-minded community members to exploring ways to connect and share your experiences and talent thought mentorship, this group is dedicated to the idea that older adults can be a great gift that shapes the lives of young children.

Students interested in joining should contact the Lifelong Learning Program Coordinator, Julie Konczyk at konczykj@cod.edu for more information.
COD Continuing Education offers online options for an adult’s active schedule. We partner with national leaders in online education to offer a comprehensive selection of non-credit coursework designed to build skills, enhance your life and career or prepare for industry-recognized certifications. The content is interactive and engaging and the courses are accessible, affordable and flexible.

To learn more about individual courses and other online options, visit cod.edu/ceonline

- Bookkeeping
- Business Coaching
- Business Writing
- CBAP/CCBA Certified Business Analysis
- Coding
- Credit Derivatives Training
- Date Analysis
- Digital Marketing
- Digital and Social Selling
- Entrepreneurial Marketing
- Financial Planning and Wealth Management
- Financial Risk Manager
- Foundations of Supply Chain Sales
- Game Design
- Global Capital Markets
- Google Analytics
- ISC2 CISSP Study Guide, 8th Edition
- Leadership Development
- Legal Court Interpreter
- Legal Transcriptionist Prep
- Managing Virtual Teams
- Managing Social Change
- Operational Risk Management
- Personality Types Among Us
- PHR: Professional in Human Resources
- PHR/SPHR: Professional in Human Resources
- PMI-RMP: Risk Management Professional
- Principles of Time Management
- Productivity and Time Management
- Professional Risk Manager
- Programming for Non-Programmers
- Social Media for Business
- Spanish for Educators
- Spanish in the Workplace
- Workplace Communication
- Workplace Conflict Solutions

THE PROGRAM SERIES
Enroll in the series and receive an award of completion from COD Continuing Education when you have successfully finished all coursework.

Accounting and Finance for Non-Financial Managers—Online
Increase your effectiveness and your career through practical techniques, financial concepts and common business accounting processes. Learn to utilize financial information to aid effective decision making when it comes to budgeting, setting goals and assessing performance. Understand the seven steps in the accounting cycle, learn about handling cash and acquire advanced information for how to analyze and assess business reports.

- • Accounting and Finance for Non-Financial Managers
- • Cash is King
- • Financial Analysis and Planning for Non-Financial Managers

Feb. 4 to April 24, PROED-0003-NET01, $495
March 30 to June 28, PROED-0003-NET02, $495

Data Analysis Program—Online
Data analysis is quickly becoming one of the most sought after skills in the workplace. Companies have increasingly large amounts of data, but need people with the ability to analyze that data to see trends and form predictions and make decisions. Add a new skill set to your portfolio and make a big difference in the success of your organization by acquiring data analysis skills.

- • Introduction to Data Analysis
- • Intermediate Data Analysis
- • Advanced Data Analysis

Feb. 4 to April 24, PROED-0006-NET01, $495
March 30 to June 28, PROED-0006-NET02, $495

Management Skills Program—Online
Enhance your management skills and discover the keys for effectively managing your employees. Learn how to create clear expectations, engage and motivate employees and increase your effectiveness. Explore the principles of collaborative management and gain insight on how to expand your collaborative skills for the success of your team or organization. Finally, get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to and what messages they value.

- • Management Boot Camp
- • Collaborative Management
- • Managing Generations in the Workplace

Feb. 4 to April 24, PROED-0011-NET01, $595
March 30 to June 28, PROED-0011-NET02, $595

Online Classes
College of DuPage Continuing Education presents online, skill-building programs to advance or enhance your career. Participate when you want—the online classroom is open 24 hours a day, 7 days a week. The content includes readings, audio lectures, slides, a discussion group and self-quizzes, all accessible for the duration of the course so you can work ahead or go back and review at your convenience.

Register today
Log into myaccess.cod.edu or call (630) 942-2208

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 55
Online Healthcare and Professional Programs
https://partner.careerstep.com/edu

College of DuPage Continuing Education in partnership with Career Step, offers online healthcare and computer training programs to help you enhance your skills and employment opportunities. Career Step is a leading online education company with more than 20 years of experience in providing training specially designed to help students gain knowledge and skills needed to quickly transition to a career in the healthcare field. Programs are 100 percent online, allowing you to work on them as your schedule allows. You’ll have one-on-one support from experienced instructors every step of the way. Course registration for all programs is ongoing. Begin and end the class on your schedule.

With Career Step, students have the opportunity to successfully prepare for a rewarding career in a growing industry, while employers have a key resource to quickly find quality employees. Upon program completion, 90 percent of Career Step medical transcription students get hired in the field.

Find further details about these courses at partner.careerstep.com/com

Featured Courses
Online Medical Transcription Editor
Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences and editing theory. Enrollment includes e-books, a transcription foot pedal, an AHDI membership and a voucher to take the RHDS exam.
BCAST-0700-001, $3,199

Medical Transcription Career Benefits
Opportunity to work from home
Flexible work schedules
Productivity-based income: the more you work, the more you can earn. U.S. Department of Labor reports that the middle 50 percent of medical transcriptionists earn between $27,810 and $42,690 a year.

Additional Courses
Online Veterinary Assisting with Medical Office Administration
Develop the knowledge and skills needed to work as a veterinary assistant or medical office assistant. Topics include office and exam room procedures, communication and client relations, and small and large animal nursing. Enrollment includes a CMAA exam voucher.
BCAST-0730-001, $3,899

Online Microsoft Office 2016 Bundle
Prepare to earn the Microsoft Office Specialist Master certification with training on Microsoft Word, Excel, PowerPoint, Outlook and Access. Work through beginning and advanced concepts and complete a variety of hands-on exercises. Enrollment includes ebooks as well as five quick-reference cards.
BCAST-0800-001, $499

More online courses include:
Online Microsoft Access
BCAST-0810-001, $149
Online Microsoft Excel
BCAST-0820-001, $149
Online Microsoft Outlook
BCAST-0830-001, $149
Online Microsoft PowerPoint
BCAST-0840-001, $149
Online Microsoft Word
BCAST-0850-001, $149
Online Pharmacy Technician
BCAST-0710-001, $1,999
Online Veterinary Assistant
BCAST-0720-001, $1,999

Career Training
careertraining.ed2go.com/dupage

Online career training programs can start you on a path to an in-demand profession. You can begin these programs at any time and learn at your own pace.

• 6-12 month programs
• More than 100 programs available
• Many approved by national certifying bodies and prepare students for national certifying exams
• Helpful student support staff to help with program completion

Registration is easy:
1. Find a course or view a demo at: careertraining.ed2go.com/dupage
2. Choose the department and course title you are interested in, and select ‘Enroll Now.’
3. Follow the instructions to enroll and pay for your course.
4. Print out your confirmation notice.
GRADERS 6 TO 8

Exploring Geometry through M.C. Escher’s Art
Discover the mathematics inside M.C. Escher’s artwork and optical illusions. Students will explore geometric concepts such as symmetry, concavity, dilation, spheres and more. Instructor: Ayesha Ahmed
Thursday, April 9 to 30
4:30 to 6 p.m.
YEMS-0003-001, $75
Student Resource Center (SRC), Room 1119

Public Speaking
Become a poised and confident speaker as you practice writing and presenting several types of speeches. Speech team basics and impromptu speaking are also covered. Instructor: Jennifer O’Donnell
Wednesday, March 4 to April 15
4 to 5:30 p.m. (no class April 1)
YEMS-0001-002, $99
NEW LOCATION: Naperville Center, Room 02

Saturday Morning Classes

GRADERS 4 TO 6

Sir Cumference and Medieval Geometry
Explore geometric topics through the fun math adventure books by Neuschwander and Geehan. Students will discover exciting ways to understand and remember concepts such as coordinate planes, parts of a circle, the ratio of pi and more. Students should have a basic understanding of the four fundamental operations with whole numbers (addition, subtraction, multiplication and division). Instructor: Ayesha Ahmed
Wednesday, March 4 to 25
4 to 5:30 p.m.
YEMS-0004-001, $75
Student Resource Center (SRC), Room 1119

Public Speaking
Become a poised and confident speaker as you practice writing and presenting several types of speeches. Speech team basics and impromptu speaking are also covered. Instructor: Jennifer O’Donnell
Wednesday, March 4 to April 15
4 to 5:30 p.m. (no class April 1)
YEMS-0001-002, $99
NEW LOCATION: Naperville Center, Room 02

Interested in a specific class for your scout troop, homeschool co-op or other group of young students?

Contact the Youth Academy Coordinator at youthacademy@cod.edu to discuss the possibilities. Classes could be academic or enrichment—from LEGO robotics to sewing, pre-algebra to creative writing, the options are endless!

Please note: We may not be able to accommodate all requests. Minimum student counts apply. Contact our office for additional details.
Kids in the Garden
Do you love to get your hands dirty? Come explore the fun of growing your own food. Get a hands-on introduction to planting and harvesting a garden. Learn the basics of gardening such as how to start plants with seeds, how bees can help your garden, how to compost and more. Students will have the opportunity to taste some of what they grow.
Instructor: Molly Scranton
Saturday, April 11 to 25
10 a.m. to noon
YEEL-0002-002, $75
Health and Science Center (HSC), Room 1109

Grades 6 to 8
Junior Med Lab
Scrub up for dissections, microscope work and lab tests as you are introduced to medical science, the latest biomedical technologies and careers in medicine. Learn basic first aid and how to take vital signs. Instructor: John Linardakis
Saturday, March 14 to April 25
9:30 to 11:30 a.m. (no class April 4)
YEMS-0005-001, $149
Student Resource Center (SRC), Room 1128

Literary Analysis and Writing Skills
Looking to have a blast analyzing literature with peers and become the best of the best at writing? Then this is your class. Improve your essay writing, reading comprehension and critical thinking skills. Students will read and analyze a novel from start to finish, then use their annotations to write a literary analysis essay. Instructor: Jacqueline Reid
Saturday, March 7 to May 16
9:30 to 11:30 a.m. (no class April 4)
YEMS-0001-001, $199
Student Resource Center (SRC), Room 1118

Spring Break Classes
School may be out, but Youth Academy is in session!
Monday, March 30 to Friday, April 3

Grades 6 to 8
Dungeons and Dragons
Join us on a week-long quest for adventure and monster destruction. Use your imagination, create your own character, work as a team and develop group problem solving skills as you attempt to complete a quest led by the Dungeon Master, Mr. Morty. Instructor: Richard Morton
10 a.m. to 12:30 p.m.
YEMS-0002-002, $149
Student Resource Center (SRC), Room 1128

Lunch Supervision
Students registered for both Dungeons & Dragons and Video Game Design are eligible to stay on campus between classes and eat lunch while under the supervision of Youth Academy staff. Registration is required. The cafeteria will be closed, students should bring a sack lunch.
12:30 to 1 p.m.
YEMS-0005-002, $10

Video Game Design
Learn how to master the power of the Unreal Engine 4 game engine to create an epic side scrolling adventure. Discover how the pros create games all while using the same techniques and tools to make your own unique game. Class includes a blueprint kit that has everything needed to have a completed game by the end of the course. Instructor: Richard Morton
1 to 3:30 p.m.
YEMS-0002-001, $149
Student Resource Center (SRC), Room 1126

High School Programs

Incoming 9-12 grade students
*Rising seventh and eighth grade students are welcome for program. Please contact our office for acceptance requirements at (630) - 942- 2208.

Success Series
Explore classes aimed at finessing your interpersonal skills by registering for the below programs to ease the college transition or better prepare your rising student for their next academic chapter.

Time Management
Learn to manage your time, class workload and enrichment activities for your high school life. Gain control of most of your time now and for the rest of your life with schedule strategies. Learning work/life balance and gain a successful path to high school success.
Sunday, Jan. 19
Noon to 2 p.m.
YEHSC-0004-200, $99
Student Resource Center (SRC), Room 1118

Sunday, Feb. 9
Noon to 2 p.m.
YEHSC-0004-201, $99
Student Resource Center (SRC) 1118

Sunday, March 15
Noon to 2 p.m.
YEHSC-0004-202, $99
Student Resource Center (SRC) , Room 1118

Email Etiquette and Letters of Recommendation
Work on your soft skills and master the art of email etiquette as well as navigate requests for letters of recommendations. Participants learn the basics of email tone, vetting the right person for recommendations and much more.
Sunday, Jan. 26
Noon to 2 p.m.
YEHSC-0004-210, $99
Student Resource Center (SRC), Room 1118

Sunday, Feb. 16
Noon to 2 p.m.
YEHSC-0004-211, $99
Student Resource Center (SRC) , Room 1118

Sunday, March 22
Noon to 2 p.m.
YEHSC-0004-212, $99
Student Resource Center (SRC), Room 1118

Attend our Youth Open House on March 19, 5:30 to 7:30 p.m.
Orientation to Business and Personal Finance
Gain an understanding of the business world and personal finances in this series. Topics include the individual consumer in the marketplace, money management, consumer credit, food, transportation, clothing, health services, drugs and cosmetics, recreation, furnishings and appliances, insurance, savings and investments, taxes and the consumer in our economy. Other topics include banking services, the stock market, basic marketing principles and career investigation.

Sunday, Feb. 9 to March 1 noon to 2 p.m. 
YEHSC-0004-220, $179
Student Resource Center (SRC), Room 1123

Common App Essay Workshops
Get help with your college applications by creating a working draft of your Common App essay in this writing workshop. Address this year’s prompts, develop a draft and begin the editing process in a comfortable, supportive setting. Work one-on-one with the instructor and with your peers to create this important personal essay. Leave the class with a working draft that’s ready for a final review by a parent, teacher or counselor. Time permitting you may also workshop supplement essays. Students are encouraged to bring a rough draft or outline of ideas to class.

Saturday and Sunday, Jan. 18 to 19
9 a.m. to noon
YEHSC-0004-114, $159
Berg Instructional Center (BIC), Room 1447

Saturday and Sunday, Feb. 22 and 23
9 am to noon
YEHSC-0004-115, $159
Berg Instructional Center (BIC), 1A03

TEST PREPARATION
High School students can benefit from taking one of our test prep classes to learn the best practices for the SAT and ACT exams. Students must bring a sack lunch to class.

ACT Test Dates
• Feb. 8, 2020
• April 4, 2020

SAT Test Dates
• March 14, 2020
• May 2, 2020

ACT Weekend Intensive
Scheduled close to the weekend of the ACT Examination, this crash course provides students with strategies to prepare for the test. Test taking skills are emphasized with a brief overview of the math, science reasoning, reading and English usage. Please bring a sack lunch. Textbook is included.

Saturday and Sunday, Feb. 1 and 2
9 a.m. to 3:30 p.m.
YEHSC-0004-110, $249
Berg Instructional Center (BIC), Room 1H09

Saturday and Sunday, March 28 and 29
9 a.m. to 3:30 p.m.
YEHSC-0004-111, $249
Berg Instructional Center (BIC), Room 1447

SAT Weekend Intensive
Scheduled close to the weekend of the SAT Examination, this crash course provides students with strategies to prepare for the test. Test taking skills are emphasized with a brief overview of the math, reading and English usage. Please bring a sack lunch. Textbook is included.

Saturday and Sunday, March 7 and 8
9 a.m. to 3:30 p.m.
YEHSC-0004-112, $249
Berg Instructional Center (BIC), Room 1447

Saturday and Sunday, April 25 and 26
9 a.m. to 3:30 p.m.
YEHSC-0004-113, $249
Berg Instructional Center (BIC), Room 1447

TUTORING
Continuing Education offers private, professional tutoring in the following subject areas:

- Algebra
- English/Reading Comprehension
- Foreign Language
- Geometry
- Standardized test preparation
- Trigonometry

All tutors hold a minimum of a bachelor’s degree and have been selected for their tutoring skills, knowledge and sensitivity to individual needs. You must contact our office to register for tutoring. If you don’t see your topic listed here, please inquire about additional subjects and all efforts will be made to find an appropriate tutor. Call (630) 942-2208 for details.

Please note: A 48-hour cancellation to your tutor or the Continuing Education department is required when cancelling any tutoring sessions. Otherwise, your session(s) will be cancelled without a refund.

Two hours—$119
Four hours—$225
Six hours—$299

Private Computer Tutoring
Receive customized, hands-on, one-on-one tutoring in Microsoft Word, PowerPoint, Excel or Access.

Three hours—$209
Six hours—$359

Standardized Test Preparation Tutoring
Prepare for the ACT or SAT exam in a way that best suits your needs. Concentrate on specific subject areas of your choosing, practice under simulated testing conditions with authentic ACT/SAT questions and benefit from one-on-one instruction. Tutoring sessions take place in a public location.

Four hours—$325
Six hours—$399
Get a head start on your summer plans!

**YOUTH ACADEMY OPEN HOUSE**

Thursday, March 19, 5:30 to 7:30 p.m.
Student Resource Center (SRC), Room 1110

cod.edu/youth

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**FREE ENGLISH CLASSES**

Classes begin Jan. 18
Las clases de primavera comienzan el 18 de enero

Develop the English language skills you need for work, education and everyday communications through the free English Language Acquisition (ELA) program at College of DuPage. Classes offered at more than 25 locations, including: Addison, Bensenville, Lombard, Naperville, West Chicago and Westmont.

**Jump Start Scholarship**
Eligible ELA and HSE/GED® Program completers may qualify for the $500 Jump Start Scholarship, which provides tuition assistance to help you begin your studies at COD.

Start today! / ¡Programe su cita de inscripción hoy mismo!
(630) 942-3697 or email ELA@cod.edu

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**Testing Dates and Locations**
**Fechas y locaciones para los exámenes de ubicación**

**Glen Ellyn—College of DuPage Campus**
425 Fawell Blvd., Glen Ellyn - SRC 1124
Monday, Dec. 9 through Thursday Dec. 12
9 a.m. and 6 p.m.
Monday and Tuesday, Dec. 16 and 17
9 a.m. and 6 p.m.
Saturday, Jan. 11 9 a.m.
Monday, Jan. 13 through Thursday, Jan. 16
9 a.m. and 6 p.m.
Friday, Jan. 17 and Saturday, Jan. 18 at
9 a.m.
Tuesday Jan. 21 and Wednesday Jan. 22
9 a.m. and 5 p.m.
Saturday, Jan. 25, 9 a.m.
Saturday, Feb. 1, 9 a.m.

**Addison Center**
301 S. Swift Road, Addison
Monday, Jan. 6, 10 a.m. or 5 p.m.

**Carol Stream Center**
500 Kuhn Road, Carol Stream
Tuesday, Jan. 7, 10 a.m. or 5 p.m.

**Naperville Center**
1223 Rickert Drive, Naperville
Thursday, Jan. 9, 10 a.m. or 5 p.m.

**Westmont Center**
650 Pasquinelli Drive, Westmont
Wednesday, Jan. 8, 10 a.m. or 5 p.m.
Maps and Locations

For more maps and related information, visit cod.edu/maps.

College of DuPage Campus – Glen Ellyn

Building

- BIC: Rodney K. Berg Instructional Center
- CIC: Culinary & Hospitality Center
- GH: Greenhouse
- HEC: Robert J. Miller Homeland Security Education Center
- HSC: Health and Science Center
- HTC: Homeland Security Training Center
- IRC: Institutional Resource Center
- MAC: Harold D. McAninch Arts Center
- PEC: Physical Education and Community Recreation Center
- SCC: Seaton Computing Center
- SRC: Student Resource Center
- SSC: Student Services Center
- TEC: Technical Education Center

Parking

- Accessible
- Bus Stop
- Employee
- Guest/30-Minute
- Motorcycle
- Shipping and Receiving
- Electric Car Charging Station

Off Campus

Addison Center
301 S. Swift Road, Addison

Bolingbrook Training Center
479 Quadrangle Drive, Bolingbrook

Brookdale Senior Center Living
60 N. Nicoll Ave., Glen Ellyn

Carol Stream Center
500 Kuhn Road, Carol Stream

DuPage County Convalescent Center
421 N. County Farm Road, Wheaton

Elmhurst Memorial Hospital
155 E. Brush Hill Road, Elmhurst

Equipment Depot
751 Expressway Drive, Itasca

Grace Lutheran Church
200 N. Catherine Ave., La Grange

Naperville Center
1223 Rickert Drive, Naperville

Riverwalk Community Center
305 W. Jackson Ave., Naperville

Villa St. Benedict
1920 Maple Ave., Lisle

Westmont Center
650 Pasquinelli Drive, Westmont

College of DuPage is Tobacco Free
College of DuPage prohibits the use of all tobacco products, including cigarettes, cigars, pipes, smokeless tobacco and electronic cigarettes on College of DuPage campus and satellite campuses. In addition to all buildings, it applies to all outside property and grounds and College owned vehicles.

Individuals may smoke inside their own vehicles as long as the doors and windows of the vehicle remain closed.

Register Online at myaccess.cod.edu | For more information, call (630) 942-2208 | 61
How to Register

You will receive a confirmation letter within three to four business days after enrollment is received and payment is processed.

Fax
(630) 942-3785

Online
myaccess.cod.edu

Mail
Continuing Education
College of DuPage
425 Fawell Blvd.,
Glen Ellyn, IL 60137

On campus in
Glen Ellyn:
Student Resource
Center (SRC),
Room 1110

College of DuPage Policies

ADA
For College of DuPage classes, every effort will be made to provide reasonable accommodations to students with disabilities. This is done in coordination with our Center for Access and Accommodations, which can be reached at (630) 942-2154 (voice) or (630) 858-9692 (TDD). Personal assistance with using the restroom, mobility around campus or eating is not provided. Students requesting accommodations should be in contact with Access and Accommodations 30 days prior to the start of programs. An intake session will be performed on an individual basis to determine a student’s needs. On rare occasions, it may be determined that a student’s needs cannot be met in our environment.

CANCELLATIONS
We encourage you to enroll as early as possible to ensure you can get into the courses you choose. If your program cancels, we encourage you to select another program or activity, or we can provide you with a refund. Notification and confirmation of cancellation must be processed by 5 p.m. on the day before the first class session.

REFUNDS
A 100 percent refund is given up to one (1) business day before the start of class. Please note that non-attendance does not count as a withdrawal. If you are requesting a refund after the deadline, call (630) 942-2208 for necessary form.

TEACH WITH CONTINUING EDUCATION
To learn more about teaching a course with College of DuPage Continuing Education, please visit cod.edu/conted or email CEprograms@cod.edu.

COD ALERTS
To find out information about College closures due to weather or emergencies, you can sign up for COD Alerts. This notification system is for all students and staff of COD. For details on how to register for alerts go to cod.edu/it/labs/pages/faq.html. You may also find out information from local TV and radio stations.

Continuing Education programs and course schedules are subject to change.

CHAPARRAL SHUTTLE SERVICE

Save time trying to find a parking space and take the Chaparral Shuttle! The shuttle service connects students from east to west campus, stopping in College Lot 6, located at the northwest corner of College and Lambert roads, and at the south entrance of the Student Resource Center (SRC).

The Chaparral Shuttle runs Mondays to Fridays, 8:30 a.m. to 3:30 p.m., throughout the fall and spring terms when classes are in session. Shuttle pick-ups are approximately every seven minutes. For more information, please call (630) 942-4063.
Registration

Student First Name     Student Last Name

Birthdate        Student ID# (if known)

Street      City     State     ZIP

Home Phone Work/Cell Phone

Email (for Youth Education students, please provide a parent's email):

FOR YOUTH EDUCATION STUDENTS

Current Grade Level School student will attend in SPRING 2020

COURSE TITLE      COURSE NUMBER    FEE

PAYMENT
Your registration is not official until payment is received.

- Check Enclosed (to College of DuPage)
- Credit Card (Please call (630) 942-2208.)

TOTAL

cod.edu/conted
facebook.com/CEatCOD
twitter.com/CEatCOD
instagram.com/CEatCOD
WISDOM, WONDER AND WELLNESS
Senior Expo

Sunday, April 5, 2020, Noon to 4 p.m.
College of DuPage
Robert J. Miller Homeland Security Education Center (HEC), Room 1022

The COD Senior Expo is a free event with more than 20 seminars and classes to enrich and entertain. This year’s expo aligns with Money Smart Week® with a special focus on financial literacy.

Keynote—Take Control of Your Life: Decluttering Can Be Fun
Jennifer Prell —President of Paxem, Inc. and Elderwerks Educational Services

cod.edu/seniorexpo