

Personal Interest

Fall 2023

ARTS, CRAFTS & HOBBIES

Pictures Galore, Organizing & More!

What do you do with the thousands of photos you've taken? We will offer some strategies for tackling the overwhelming task of getting a system in place to safely store and organize your precious memories. Also, what do you do with the dreaded box of photos buried in the closet? We'll offer many solutions. **Keyword: Pictures**



Nov. 7	T	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle		
Registration Deadline: Nov. 3		LLLX-0289-TCFCB	



Shutterfly

Are you interested in learning the basics of Shutterfly? We will take a tour of the Shutterfly site, unlock some of the best features and open a whole new world of possibilities for gift options, such as creating a photo book. Join us for a look at this popular and versatile site for photo storage and so much more. **Keyword: Shutterfly**



Nov. 9	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom		AREA-3105-TCFFA	

Digitizing Memories

Do you have envelopes full of negatives and slides? How about boxes of photos? Discover how to preserve these in a more organized form by scanning them. We will look at scanning techniques and some of the devices to make scanning easy. Discussion will involve the software necessary to scan negatives, slides and photos and look at the software "VueScan." **Keyword: Memories**



Oct. 9-23	M	6:30-7:30 p.m.	\$39
LIVE Online, Zoom	Keller	LLLX-0113-TCFCA	

Knot Your Momma's Macramé

Macramé is back and updated in a new, fresh form. You will create a wall hanging using four basic knots. From those four knots you can expand and make rugs, plant hangers, jewelry, purses, hammocks, and more. Come and enjoy unleashing your inner artist.



Bring sharp scissors and a fine-tooth comb to comb out some of the cord for an additional decorative touch. **Keyword: Macrame**

Sept. 27	W	5:30-8:30 p.m.	\$29
LIVE Online, Zoom	Conrad	AREA-2196-TCFYA	

Impasto Floral Painting

Impasto is a technique where paint is laid on thick and in layers. The beauty is in the rich visible brush strokes. When the painting is dry, it is full of so much texture that it appears to be coming out of the canvas. **Keyword: Painting**



Dec. 3	U	2-4 p.m.	\$35
LIVE Online, Zoom	Wolcott	AREA-8103-TCFPA	

Watercolor of the Fall Leaves

Enjoy the beauty of watercolor. Let the season show itself in its many colors. **Keyword: Watercolor**



Oct. 14	S	10 a.m.-Noon	\$19
LIVE Online, Zoom	Wolcott	AREA-7707-TCFPA	

Slow Stitching

Slow stitching uses embroidery and composition stitches to create a unique piece of art fabric with a needle and thread. Discover this hot new trend using new and vintage materials.



Keyword: Stitching

Nov. 4	S	3-5 p.m.	\$39
LIVE Online, Zoom	Wolcott	AREA-2617-TCFPA	

FAMILY MATTERS

The Power You Have, The Power You Give

Join us as we discuss the advantages/disadvantages of a financial power of attorney, health care power of attorney, living wills, advanced medical directives, guardianship, and conservatorship. This is important information to understand regardless of your age or life situation. **Keyword: Power**



Oct. 17	T	6:30-8:30 p.m.	\$25
LIVE Online, Zoom		AREA-5057-TCYFA	

Long-Term Care Cost Planning

Learn about the different types of long-term care such as assisted living, nursing home, home health, and hospice care. Discussion will include what each type of care encompasses and approximate cost. We will share information about insurance options available in the market and strategies used to pay for long-term care costs. This class will help you assess your individual risk of care needs, make cost estimates, and how to plan today to ensure you can pay for the care into the future. **Keyword: Long**



Oct. 10	T	6-9 p.m.	\$39
LIVE Online, Zoom	Rauert	AREA-5084-TCFYA	



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.



Welcome to Medicare

Medicare can be a complicated topic. Worse yet, misinformation can lead to decisions that may result in penalties and a delay of benefits. In order to avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider as you approach Medicare eligibility.

The Nebraska State Health Insurance Program will cover the cost of this course. **Visit doi.nebraska.gov/ship to register.** Call 402-471-2841 with questions. Registration deadline is one week prior to class date.

Webinar presentation is available on:

Oct. 5	Th	6-8 p.m.
Nov. 8	W	6-8 p.m.
Dec. 6	W	6-8 p.m.

Navigating Medicare.gov

Medicare drug plans are confusing and coverage often changes yearly affecting the cost. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will give you the tools to help make an informed decision.

Navigating Medicare.gov is provided by the Nebraska State Health Insurance Program, a member of the national SHIP network and a division of the Nebraska Department of Insurance. **Visit doi.nebraska.gov/ship to register.** Call 402-471-2841 with questions. Registration deadline is one week prior to class date.

Webinar presentations are available on:

Oct. 12	Th	6-8 p.m.
Nov. 15	W	6-8 p.m.
Dec. 13	W	6-8 p.m.



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For more information, contact us at 402-437-2700 or continuing@southeast.edu

FOODS

Crazy about Meal Prep

Discover how to prepare meals so the contents are ready when you are. You will learn recipe planning to make shopping and preparation benefit more than one meal. You will go home with a week's worth of meal prep recipes and grocery lists, including a calorie count and nutrition information on each recipe. **Keyword: Meal**



Oct. 17	T	6:30-8:30 p.m.	\$45
LIVE Online, Zoom	Potter	AREA-4467-TCFPA	

Healthy Eating for Less

Want to learn to make your food budget stretch a bit farther without sacrificing taste and nutrition? Join us as we learn tips from a professional nutritionist who will provide helpful information and resources to feed your family better for less. **Keyword: Eating**



Oct. 3	T	6-8 p.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCFNA	



NEW! From My Kitchen: Charlotte

Demonstration Class



Join Cindy in her kitchen via Zoom to see how to create a "Charlotte," one of those fancy cakes you've seen on the baking shows. We'll talk ingredients, textures, flavors, equipment, and presentation. This covers the basics of a multi-component decorative cake, perfect for your holiday family gatherings or just because!

You will receive instructions and ideas for making your own fancy cake emailed prior to class. **Keyword: Kitchen**

Oct. 27	F	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Harper	LLLX-0457-TCFCA	

Make Ahead: Freezer Meals, Tips & Tricks

Freezer meals are super handy whether you're looking for convenience, trying to eat healthy, or planning ahead. We will look at meal planning strategies, explore the various options of cooking ahead, how to safely freeze food and preserve quality, what freezes well and what doesn't, and how to store a month's worth of meals in your freezer.



A variety of freezer meal recipes will be provided along with additional resources. **Keyword: Freezer**

Oct. 24	T	6-8 p.m.	\$24
LIVE Online, Zoom	Sommerhalder	AREA-4420-TCFFA	

Air Fryer 101

Did you know the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices, and tasty recipes. **Keyword: Fryer**



Nov. 30	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom	Carr	AREA-4396-TCFFA	

Check out all classes offered at southeast.edu/continuing
Find us on Facebook® at facebook.com/SCCNeb



NEW! Let's Do Lunch: Smoker Buying Basics

The use of smokers to cook food has become increasingly popular. Join us to learn about the features to look for when making a smoker purchase. **Keyword: Smoker**



\$10

Nov. 16	Th	Noon-1 p.m.
LIVE Online, Zoom	Ruhl	AREA-6665-TCFYB

Exam Prep — CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the Certified Dietary Manager Credentialing Exam. Each course module begins with a pretest to help you identify your understanding of the content area. You will move through the course at your own pace, utilizing the interactive review materials, example calculations with tutorial videos, flashcards, and reading materials to focus your study. Practice questions include rationale for answers and explanations for calculations. The course culminates with a simulated practice CDM exam.

Contact Vicki Rethmeier at 402-437-2528 or vrethmeier@southeast.edu for registration details. Cost is \$99 per person.

Food Protection Manager Online Class

This class is accepted by the Lincoln-Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

Receive your assignments online. Upon completion of each assignment, you will complete an online quiz. The ServSafe exam is taken online at SCC locations in Lincoln, Beatrice, Falls City, Hebron, Nebraska City, and York.

Please note: You cannot access the course using an iPad or Android tablet. There is a six-hour waiting period between online registration for the class and class access. After you register online, purchase the textbook "ServSafe Manager" at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. For registration and log-in information, go to <https://bit.ly/sccfoodprotectionmanagercourse>.

Class will be active now through June 24, 2024. All coursework needs to be completed by June 30. **Keyword: Protection**

Online	Williams-Lamb	\$65	FSDT-3000-WBFA
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GENEALOGY

DNA Tells a Story

Whether you've taken a DNA test or are considering one, DNA can help you with your genealogy when the paper trail ends. Find out how genetics can enhance traditional genealogy research methods, solve family mysteries and take you on the next steps in your genealogical journey. DNA testing is the tool that belongs in every genealogist's toolkit. **Keyword: DNA**



Nov. 11	S	10 a.m.-Noon	\$29
LIVE Online, Zoom	Callahan	AREA-6361-TCFNA	

From Theory to Discovery: Breaking Down Your Brick Wall with Timelines

Use a timeline in your genealogical research to reveal gaps. Learn how to build a theory, pinpoint research questions, and focus your family history search to find answers in unexpected places.



Keyword: Discovery

Oct. 14	S	10 a.m.-Noon	\$29
LIVE Online, Zoom	Callahan	AREA-5052-TCFNA	

LANGUAGES

Beginning German Part 2

Prerequisite: Beginning German or experience

A continuation of Beginning German. We will be finishing the *Spektrum A1* book and learning more about daily life in Germany.

Keyword: German



Oct. 5-Nov. 30	Th	6-8 p.m.	\$80
LIVE Online, Zoom	Hanley	No class Nov. 23	AREA-6631-TCFNA

Beginning Spanish 1-B

Prerequisite: Beginning Spanish 1-A

This class will review Spanish 1-A and cover numbers, telling time, compliments, likes and dislikes, holiday greetings, dates, communication strategies, emergency Spanish, giving directions, ordering food and drink, and additional cultural tips. **Keyword: Spanish**



Sept. 6-Oct. 11	M	6:30-8:30 p.m.	\$59
LIVE Online, Zoom		AREA-6461-TCFYA	

MIND & BODY

Tool Box for Meditation

Would you like to be able to access more inner peace, and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.



Participants can sit on chairs or mats on the floor.

Keyword: Meditation

Nov. 9-16	Th	6-7 p.m.	\$19
LIVE Online, Zoom	Roseberry	AREA-6685-TCFWA	

NEW! Cardio Drumming

Join us for a new fitness trend, cardio drumming. Combining music, drumsticks and an exercise ball, create a full body workout for any fitness level. Turn simple movements and keeping a rhythm into a fun and motivating workout.



Bring a stability ball, and sticks (drumsticks, wooden spoons or a pool noodle cut in half) to class. **Keyword: Cardio**

Oct. 23-Nov. 27	M	5:15-6 p.m.	\$29
LIVE Online, Zoom		AREA-8524-TCFFA	

MONEY MATTERS

Social Security 101: Understanding This Retirement Benefit



Understanding Social Security is critical to your long-term financial well-being and retirement. This is an overview of Social Security and how it works, including eligibility and Primary Insurance Amount, filing options, the importance of timing (delayed retirement credits), and spousal benefits. Discover the implications of working after a person begins collecting benefits, and how that affects your decision making. **Keyword: Security**

Nov. 13	M	6-9 p.m.	\$29
LIVE Online, Zoom	Rauert	AREA-7035-TCFYA	

Learn the New Way to Pay: PayPal, Venmo & More . . .



Learn the very easy, safe and common ways to pay your way, whether you are paying for a marketplace item, eBay or just friends and family. We will cover new methods and technologies to pay with your mobile device or online. Discover Payday, Venmo, CashApp, ApplePay, and more. **Keyword: Pay**

Oct. 12	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1354-TCFCA	

Tired of Cable TV, Dish or Direct TV? Cut the Cord!



Take a look at all of the streaming services available to help you make a choice about whether to cut the cord or not. We will cover Hulu Live, YouTubeTV, AppleTV+, Sony Vue, Netflix, and others. **Keyword: Cable**

Oct. 26	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1154-TCFCA	



NEW! Let's Do Lunch: Understanding Credit Scores & Reports



Your credit score is important and could be confusing! Let's unravel the mystery and discover how your credit score is calculated, how to improve your score and why you should review your credit report on a regular basis. **Keyword: Credit**

Oct. 25	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCFFD	



Let's Do Lunch: Starting a Small Business



Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks. **Keyword: Business**

Dec. 6	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCFFH	

Let's Do Lunch: Tips for Adding Money to Your Budget



Discover ways to find discretionary money while on a tight budget. Practical budgeting tips will help you find that "extra" money. **Keyword: Tips**

Nov. 29	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCFFG	

Vacation Home Rental



Turn your extra space into cash. This course shares strategies used to run a successful vacation rental business and earn extra money every month. You'll learn the difference between Vrbo, Airbnb and bed and breakfast options. In addition, you'll find tips to wow your guests and get 5-Star ratings. **Keyword: Vacation**

Oct. 23	M	7-8 p.m.	\$19
LIVE Online, Zoom		AREA-7027-TCFYA	

Welcome to Medicare

Medicare can be a complicated topic. Worse yet, misinformation can lead to decisions that may result in penalties and a delay of benefits. In order to avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider as you approach Medicare eligibility.

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Dec. 6	W	6-8 p.m.

Navigating Medicare.gov

Medicare drug plans are confusing and coverage often changes yearly affecting the cost. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will give you the tools to help make an informed decision.

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Nov. 15	W	6-8 p.m.
Dec. 13	W	6-8 p.m.



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PHOTOGRAPHY

NEW! Let's Do Lunch: Camera Buying Basics

Confused about which camera is best for you? Join us to learn about different types of cameras and their features.

Keyword: Camera

Nov. 2	Th	Noon-1 p.m.	
LIVE Online, Zoom	Rood	AREA-6665-TCFYA	\$10



Cell Phone & Tablet Photography

Techniques in photography, useful apps and editing, along with super-handly gadgets for your cell or tablet, will be explored.

Before the first class, download Snapseed for photo processing on your device. Snapseed is free. Have your mobile device handy as you log into this zoom class from your desktop or laptop.

Keyword: Photography

Oct. 12-26	Th	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0080-TCFCA	



Pictures Galore, Organizing & More!

What do you do with the thousands of photos you've taken? We will offer some strategies for tackling the overwhelming task of getting a system in place to safely store and organize your precious memories. Also, what do you do with the dreaded box of photos buried in the closet? We'll offer many solutions. **Keyword: Pictures**

Nov. 7	T	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle		
Registration Deadline: Nov. 3			
		LLLX-0289-TCFCB	



Shutterfly

Are you interested in learning the basics of Shutterfly? We will take a tour of the Shutterfly site, unlock some of the best features and open a whole new world of possibilities for gift options, such as creating a photo book. Join us for a look at this popular and versatile site for photo storage and so much more. **Keyword: Shutterfly**

Nov. 9	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom		AREA-3105-TCFFA	



Digitizing Memories

Do you have envelopes full of negatives and slides? How about boxes of photos? Discover how to preserve these in a more organized form by scanning them. We will look at scanning techniques and some of the devices to make scanning easy. Discussion will involve the software necessary to scan negatives, slides and photos and look at the software "VueScan." **Keyword: Memories**

Oct. 9-23	M	6:30-7:30 p.m.	\$39
LIVE Online, Zoom	Keller	LLLX-0113-TCFCA	



SPECIAL INTEREST

NEW! Streaming on Facebook® Live & Creating YouTube Videos

Going live on Facebook® or posting videos on YouTube provides engagement and can help increase exposure and build a valuable connection with your potential audience. Both platforms have nuances you will want to be familiar with if you want to get the most out of your posting. For those who are new to these platforms, let's get you started in the right direction. **Keyword: Streaming**

Nov. 2	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1417-TCFCA	



Gratitude, Gimmicks & Going the Extra Mile

The real joy is in the giving. Gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, you will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others!

Keyword: Gratitude

Dec. 12	T	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCFCB	



Put the Tech in Traveling

Interested in planning your own road trip or just using technology on the go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Topics include airline e-tickets,



virtual wallet, Lyft, Uber, and Airbnb. **Keyword: Traveling**

Oct. 19	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1353-TCFCA	

Vacation Home Rental

Turn your extra space into cash. This course shares strategies used to run a successful vacation rental business and earn extra money every month. You'll learn the difference between Vrbo, Airbnb and bed and breakfast options. In addition, you'll find tips to wow your guests and get 5-Star ratings. **Keyword: Vacation**



Oct. 23	M	7-8 p.m.	\$19
LIVE Online, Zoom		AREA-7027-TCFYA	



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Check out all classes offered at southeast.edu/continuing
Find us on Facebook® at [facebook.com/SCCneb](https://www.facebook.com/SCCneb)

The Art of Communication

Communication is an important set of skills which impacts our personal and professional life. With texts, emails and Facebook® taking over our social lives, some might find it difficult to engage in normal conversation because of lack of face-to-face interactions. You will discover different communication styles, techniques, non-verbal signals, and responses to build and strengthen your communication skills. **Keyword: Communication**



Oct. 9-23 M 6-8 p.m. \$59
LIVE Online, Zoom Ord AREA-6835-TCFWA

How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Some days we all feel like a dragon. But that's okay so long as you know how to put yourself back on a leash. Coping skills will be explored along with their triggers. Different management strategies, techniques and tools will be presented and discussed.



Keyword: Learning

Dec. 4 M 6-8 p.m. \$19
LIVE Online, Zoom Ord AREA-6680-TCFWA

Resumes & Interviews: Create Your Toolkit

You get one chance to impress a potential employer. Learn best practices of writing your resume and preparing for your interview. Everyone will produce a resume for professional review and participate in a mock interview either in-person or via Zoom.



Keyword: Resumes

Oct. 3-10 T 6-8 p.m. \$59
LIVE Online, Zoom Sommerhalder AREA-6745-TCFFA



Creative Writing

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and group discussions.



Keyword: Writing

Nov. 6-20 M 6-7:30 p.m. \$45
LIVE Online, Zoom Ord AREA-9050-TCFWB



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LET'S DO LUNCH SERIES

NEW! LDL: Camera Buying Basics

Confused about which camera is best for you? Join us to learn about different types of cameras and their features.



Keyword: Camera

Nov. 2 Th Noon-1 p.m. \$10
LIVE Online, Zoom Rood AREA-6665-TCFYA



NEW! LDL: Understanding Credit Scores & Reports

Your credit score is important and could be confusing! Let's unravel the mystery and discover how your credit score is calculated, how to improve your score and why you should review your credit report on a regular basis. **Keyword: Credit**



Oct. 25 W Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCFFD



NEW! LDL: Smoker Buying Basics

The use of smokers to cook food has become increasingly popular. Join us to learn about the features to look for when making a smoker purchase. **Keyword: Smoker**



Nov. 16 Th Noon-1 p.m. \$10
LIVE Online, Zoom Ruhl AREA-6665-TCFYB

LDL: Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard. **Keyword: Bird**



Nov. 1 W Noon-1 p.m. \$10
LIVE Online, Zoom Andrew AREA-6665-TCFFE

LDL: Bird Watching for Beginners

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds. **Keyword: Bird**

Nov. 15	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCFFF	



Let's Do Lunch: Backyard Bird Feeding

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard. **Keyword: Bird**

Nov. 1	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCFFF	



LDL: Tips for Adding Money to Your Budget

Discover ways to find discretionary money while on a tight budget. Practical budgeting tips will help you find that "extra" money. **Keyword: Tips**

Nov. 29	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCFFG	



LDL: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks. **Keyword: Business**

Dec. 6	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrew	AREA-6665-TCFFF	



LDL: Business Networking for Introverts

Are you an introvert and find business networking difficult? Join us for an opportunity to learn networking tips and ideas while connecting with other introverts in southeast Nebraska. **Keyword: Networking**

Oct. 11	W	Noon-1 p.m.	\$10
LIVE Online, Zoom	Andrews	AREA-6665-TCFFC	



Let's Do Lunch: Bird Watching for Beginners

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We offer a wide range of highly interactive non-credit courses that you can take entirely over the internet. All of our courses include expert instructors, many of whom are nationally known authors. All courses are 6 weeks long unless specified. Our online courses are affordable, fun, fast, convenient, and geared just for you. Ready to explore our catalog?

ed2go.com/scce

BROWSE COURSES IN

Accounting and Finance

Language and Arts

Business

Law and Legal

College Readiness

Personal Development

Computer Applications

Teaching and Education

Design and Composition

Technology

Health Care and Medical

Writing and Publishing

SPORTS, RECREATION & FITNESS

NEW! Cardio Drumming

Join us for a new fitness trend, cardio drumming. Combining music, drumsticks and an exercise ball, create a full body workout for any fitness level. Turn simple movements and keeping a rhythm into a fun and motivating workout.

Bring a stability ball, and sticks (drumsticks, wooden spoons or a pool noodle cut in half) to class. **Keyword: Cardio**

Oct. 23-Nov. 27	M	5:15-6 p.m.	\$29
LIVE Online, Zoom		AREA-8524-TCFFA	

For more information, contact us at 402-437-2700 or continuinged@southeast.edu

Traffic Safety & Licensing

Fall 2023

Driver Education

Instruction consists of face-to-face or online lecture and behind-the-wheel training (lab) that meets separately.

Participation in an orientation is required before each class. A Zoom link will be sent to the student's email one week prior to the orientation.

Required Orientations via Zoom:

☞ Thurs., Aug. 31

♣ Thurs., Oct. 12

Student must have a school or learner permit before registering for any upcoming Driver Education course. Students must complete both the lecture and drive labs to be eligible for documentation for the provisional operators permit (POP) and/or insurance requirements.

📄 (2.6 CEUs) For a detailed brochure, complete with Driver Education & Safety classes for 2023, contact us at

continuinged@southeast.edu, 402-437-2700 or 800-828-0072. NOTE: Attendance is critical to the student's success. Each class and lab must be attended as scheduled. Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. Driver Education course requires a minimum of one-week advance notice to receive a full refund or to transfer. **Keyword: Driver**

Lincoln SCC

(All lectures have an online option.)

Sept. 12-Oct. 21	T, Th	6:30-8:30 p.m.	\$369
Lincoln, LNK, S-1		TRAN-3398-LNFA ☞	

Oct. 23-Oct. 9	M, W	6:30-8:30 p.m.	\$369
Lincoln, LNK, S-1		TRAN-3398-LNFE ♣	

Lincoln East High School

Sept. 12-Oct. 21	T, Th	3:30-5:30 p.m.	\$369
Lincoln, EHS, 121		TRAN-3398-OCFC ☞	

Lincoln High School

Oct. 23-Oct. 9	Online Lecture Only		\$369
Lincoln, LHS		TRAN-3398-OCFG ♣	

Lincoln North Star High School

Sept. 12-Oct. 21	Online Lecture Only		\$369
Lincoln, LNS		TRAN-3398-OCFD ☞	

Lincoln Northeast High School

Oct. 23-Oct. 9	M, W	6:30-8:30 p.m.	\$369
Lincoln, LNE, 043		TRAN-3398-OCFI ♣	

Lincoln Southeast High School

Oct. 23-Oct. 9	Online Lecture Only		\$369
Lincoln, LSE		TRAN-3398-OCFH ♣	

Lincoln Southwest High School

Sept. 12-Oct. 21	Online Lecture Only		\$369
Lincoln, LSW		TRAN-3398-OCFB ☞	

Oct. 23-Oct. 9	Online Lecture Only		\$369
Lincoln, LSW		TRAN-3398-OCFF ♣	

Lincoln Drive Lab Schedule

(Times are subject to change.)

Lecture will meet twice each week or online for five weeks. The two-hour drive lab meets once a week for six weeks. Drive labs are offered Monday through Friday, with a starting time of 3:30 or 5:45 p.m., or on Saturday starting at 8 a.m., 10:15 a.m., 1 p.m., or 3:15 p.m. The student could possibly attend the first drive lab before the first lecture meets. The drive lab continues one week past the completion of lecture.

Four-Hour STOP Class

Diversion for minor traffic violations in Seward, Thayer and York counties.

Contact us at STOP@southeast.edu for scheduling details and cost.

Driver Education Instructor Training

Prerequisite: Must be at least 21 years of age, have a high school diploma or equivalent, valid operator's license held in state of residence for two consecutive years, clean driving record (for the prior five years, the instructor candidate must have no violation on record for which five or more points might be assessed, including probation or other situations in which no points were actually assessed for the violation. You must have no suspensions or revocations on record within the last five years, including no convictions for DWI or any related alcohol or drug offense in connection with motor vehicle use. DMV Title 247.)

This is a Department of Motor Vehicles-approved course for the certification of instructors to teach driver education in a non-credit format. Focus is on fundamental driver education, curriculum development and presentation skills. The intent of this class is for those individuals who want to teach outside the K-12 system.

📄 Required books are available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. **Keyword: Instructor**

Oct. 9-Nov. 18	Online	\$499
Lincoln, LNK, Arranged	TRAN-3393-HBFA	

MOTORCYCLE SAFETY

Motorcycle Safety: Beginning Riders Course

Prerequisites: You must be at least 16 and able to balance and ride a bicycle. If you are ages 16 or 17, a waiver must be signed by a parent or guardian. Failure to provide will disqualify participation in class, and a refund will not be available.

This 18-hour course is intended for beginning riders 16 years and older and is designed to teach safe motorcycle operation.

(1.8 CEUs) Approximately three weeks before the start date of the course, an email and letter will be sent with instructions on how to access the eCourse. The eCourse is to be successfully completed one week prior to the start of the Friday evening classroom session. You must successfully complete the online eCourse and the written and driving exams to receive documentation for the motorcycle endorsement. You will provide your own protective riding apparel, including Nebraska Department of Transportation-approved helmet and eye protection, over-the-ankle footwear, long-sleeve shirt or jacket, long non-flare denim pants or equivalent, and full-fingered gloves, preferably leather. *Motorcycle Safety course requires a minimum of one-week advance notice to receive a full refund or to transfer.*

♣ Class is held on Friday from 6-8:30 p.m., Saturday from 8 a.m.-4:30 p.m. and Sunday from 8 a.m.-1 p.m. **Keyword: Motorcycle**

Sept. 8-10	F, S, U	See Desc.	\$279
Lincoln, LNK, S-1		TRAN-3378-HBFLB ♣	
Sept. 15-17	F, S, U	See Desc.	\$279
Lincoln, LNK, S-1		TRAN-3378-HBFLC ♣	
Sept. 22-24	F, S, U	See Desc.	\$279
Milford, JDIT, 109		TRAN-3378-HBFMD ♣	
Oct. 6-8	F, S, U	See Desc.	\$279
Lincoln, LNK, S-1		TRAN-3378-HBFLE ♣	

Check out all classes offered at
southeast.edu/continuing

Find us on Facebook® at facebook.com/SCCNeb

For more information, contact us at 800-828-0072 or
continuinged@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

Computers & Technology

Summer 2023

INTRODUCTORY CLASSES



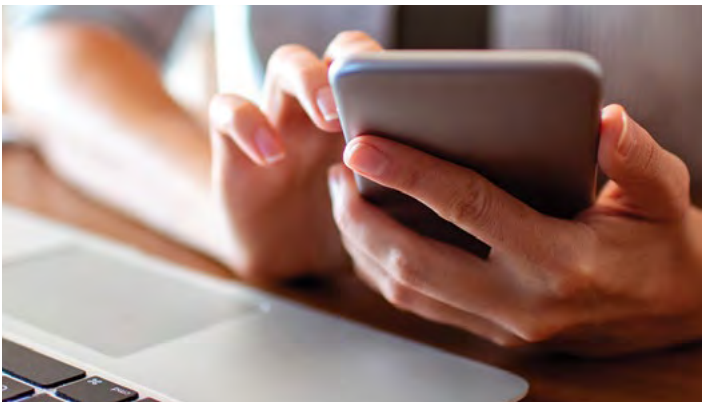
Get Started with Computers

This hands-on class is for the person who has little to no knowledge about computers, but wants to learn. Find out about using Windows, creating and saving documents, getting started with email, and much more. **Keyword: Computer**

Nov. 29	W	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-0928-TCFFA	



SMART DEVICES



Smartphone Basics: iPhone

We will teach you about icons, apps and other features on your iPhone.

Bring your phone fully charged so you can practice using your smartphone. If you don't own a smartphone yet, come anyway.

Keyword: Smartphone

Oct. 17	T	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1393-TCFFA	



Smartphone Basics: Android

We will teach you about icons, apps and other features on your Android.

Bring your phone fully charged so you can practice using your smartphone. If you don't own a smartphone yet, come anyway.

Keyword: Smartphone

Oct. 19	Th	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1394-TCFFA	



Smartphone Next Level

Suggested Prerequisite: Smartphone Basics

This Next Level class will review where we left off at the Smartphone Basics class. Bring your questions and we will dig deeper into topics like managing your phone, how to reset it using apps and continual learning about calling and texting. Don't have a smartphone? Come anyway.

Have your phone fully charged with access to your Gmail (Android) or Apple ID (iPhone). **Keyword: Smartphone**

For iPhone

Nov. 14	T	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1396-TCFFA	

For Android

Nov. 16	Th	5:30-8 p.m.	\$29
LIVE Online, Zoom	Steinhauser	AREA-1396-TCFFB	



All Things Apple

We will touch on some of the more useful features of Apple's amazing products. Mac computers, iPad, iPhone, and Apple watch can be fun and easy to use. Make your life easier with the practical features and apps. **Keyword: Apple**

Oct. 30-Nov. 13	M	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0663-TCFCA	



Cell Phone & Tablet Photography

Techniques in photography, useful apps and editing, along with super-handly gadgets for your cell or tablet, will be explored.

Before the first class, download Snapseed for photo processing on your device. Snapseed is free. Have your mobile device handy as you log into this zoom class from your desktop or laptop.

Keyword: Photography

Oct. 12-26	Th	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0080-TCFCA	



Learn the New Way to Pay: PayPal, Venmo & More ...

Learn the very easy, safe and common ways to pay your way, whether you are paying for a marketplace item, eBay or just friends and family. We will cover new methods and technologies to pay with your mobile device or online. Discover Payday, Venmo, CashApp, ApplePay, and more. **Keyword: Pay**

Oct. 12	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1354-TCFCA	



For more information, contact us at 402-437-2700 or continuinged@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.



Put the Tech in Traveling

Interested in planning your own road trip or just using technology on the go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Topics include airline e-tickets, virtual wallet, Lyft, Uber, and Airbnb.

Keyword: Traveling

Oct. 19	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1353-TCFCA	



Digitizing Memories

Do you have envelopes full of negatives and slides? How about boxes of photos? Discover how to preserve these in a more organized form by scanning them. We will look at scanning techniques and some of the devices to make scanning easy. Discussion will involve the software necessary to scan negatives, slides and photos and look at the software "VueScan." **Keyword: Memories**

Oct. 9-23	M	6:30-7:30 p.m.	\$39
LIVE Online, Zoom	Keller	LLLX-0113-TCFCA	



NEW! Streaming on Facebook® Live & Creating YouTube Videos

Going live on Facebook® or posting videos on YouTube provides engagement and can help increase exposure and build a valuable connection with your potential audience. Both platforms have nuances you will want to be familiar with if you want to get the most out of your posting. For those who are new to these platforms, let's get you started in the right direction. **Keyword: Streaming**

Nov. 2	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1417-TCFCA	



INTERNET

Creating a Photo Highlights Slideshow

A slideshow showcasing photos of your memories is the highlight of any event. Discover how to quickly and easily upload photos for a beautiful slideshow (with or without music) for graduations, weddings, funerals, or other events. **Keyword: Photo**

Oct. 24	T	6-8 p.m.	\$19
LIVE Online, Zoom		AREA-8229-TCFFA	



SOCIAL MEDIA

Zoom: Everyone's Doing It!

Learn why Zoom is being used by millions to hold one-on-one meetings or group conversations. Zoom provides a fun, easy way to connect with family, friends or colleagues with the click of a button. You can see and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom!

Keyword: Zoom

Nov. 14	T	6-9 p.m.	\$49
LIVE Online, Zoom	Meyer	AREA-0934-TCFPB	



Zoom: Everyone's Doing It!

Learn why Zoom is being used by millions to hold one-on-one meetings or group conversations. Zoom provides a fun, easy way to connect with family, friends or colleagues with the click of a button. You can see and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom!

Keyword: Zoom

Nov. 14	T	6-9 p.m.	\$49
LIVE Online, Zoom	Meyer	AREA-0934-TCFPB	



NEW! Streaming on Facebook® Live & Creating YouTube Videos

Going live on Facebook® or posting videos on YouTube provides engagement and can help increase exposure and build a valuable connection with your potential audience. Both platforms have nuances you will want to be familiar with if you want to get the most out of your posting. For those who are new to these platforms, let's get you started in the right direction. **Keyword: Streaming**

Nov. 2	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1417-TCFCA	



The Art of Communication

Communication is an important set of skills which impacts our personal and professional life. With texts, emails and Facebook® taking over our social lives, some might find it difficult to engage in normal conversation because of lack of face-to-face interactions. You will discover different communication styles, techniques, non-verbal signals, and responses to build and strengthen your communication skills. **Keyword: Communication**

Oct. 9-23	M	6-8 p.m.	\$59
LIVE Online, Zoom	Ord	AREA-6835-TCFWA	



Learn the New Way to Pay: PayPal, Venmo & More . . .

Learn the very easy, safe and common ways to pay your way, whether you are paying for a marketplace item, eBay or just friends and family. We will cover new methods and technologies to pay with your mobile device or online. Discover Payday, Venmo, CashApp, ApplePay, and more. **Keyword: Pay**

Oct. 12	Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1354-TCFCA	



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/academics/college-catalog.php for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone		<input type="checkbox"/> Home <input type="checkbox"/> Business Phone	
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (**INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD**)
For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver	()
TOTAL DUE	

FOR OFFICE USE ONLY
ID# _____
DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php * The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.