CONTINUING EDUCATION and PROFESSIONAL DEVELOPMENT

PROFESSIONAL DEVELOPMENT & PERSONAL ENRICHMENT

CUSTOMIZED TRAINING
Learning solutions for your organization

TRAVEL OPPORTUNITIES

Chicago for a Day - Fall 2019
New York Theater Tour 2020

THEATRE
Fort Atkinson for a Day
A Christmas Story: The Musical

COURSE CATALOG - FALL 2019

REDUCED FEES FOR MANY CLASSES!
SIGN UP TODAY!
Lifelong Learning through the University!

What is life-long learning? “Life-long learning is the continued educational experience that utilizes non-credit academic courses, educational travel, and social/cultural experiences in order to enhance our understanding of the world around us and provide us with better opportunities to improve our quality of life.”

Under the umbrella of University of Wisconsin Oshkosh, Oshkosh Campus’s Division of Online and Continuing Education, the University of Wisconsin Oshkosh, Fond du Lac Campus and University of Wisconsin Oshkosh, Fox Cities Campus Access Campuses are excited to offer a variety of options for community members throughout the region. This fall the Continuing Education Offices will offer a number of personal enrichment, professional development, and travel/theater options for community members.

Consider joining us for exciting travel and theater opportunities.

This is a combined catalog for Fond du Lac, Fox Cities and Oshkosh communities. Since many of our CE participants are located within driving distance of more than one campus, this combined catalog allows our customers more program and event options. If this is your first catalog, feel free to try a new course, join us for an exciting travel opportunity, attend a theater event, or call us with a course recommendation.

Registration is easy! Just call or go online.

Suzanne Lawrence, Director – Continuing Education for Access Campuses at the UW-Fond du Lac and UW-Fox Valley campuses. lawrences@uwosh.edu

HOW TO REGISTER

Register with the Continuing Education Department at the campus hosting the course(s) you wish to take. Payment is due in full upon registration.

MAIL: Complete the registration form on the last page and mail with payment to the campus listed below.

ONLINE: Visit the campus websites below. You can register online and pay with credit card (Visa, MasterCard, Discover). https://ce.uwc.edu/fond-du-lac/catalog https://ce.uwc.edu/menasha/catalog

IN PERSON: Stop by the campus hosting the course to register in Continuing Education. Office hours vary. Please call ahead.

PHONE: Call the campus hosting the course and register with Continuing Education.

REFUNDS: Full refunds will be made if the Office of Continuing Education is contacted one full week prior to the start of the class.

NO REFUNDS will be given if notification is less than one week prior to class. University of Wisconsin Oshkosh, Fox Cities Campus and University of Wisconsin Oshkosh, Fond du Lac Campus reserve the right to cancel a course due to low enrollment with a full refund given. Some exclusions apply. See course registration page on campus website for specific refund policy. No or limited refunds for educational travel.

NOTE: Courses, dates and fees are subject to change.

COURSE CONFIRMATION: Registration confirmation is sent one week prior to class starting. If you do not receive confirmation that your class is running, please contact us at:

Suzanne Lawrence, Director - Continuing Education for Access Campuses: lawrences@uwosh.edu

CUSTOMIZED TRAINING

Solutions that work for you!

Improve the performance, productivity, and profitability of your organization with education that is suited for you. Identify your specific needs – we’ll help you find the right course, workshop or seminar to meet your goals. Select from existing courses or let us create one for you. Customized or credit courses can stand alone or lead to a certificate or UW degree.

- Public Speaking and Presentations
- Organizational Communication
- Workplace Communication
- Personal Finance
- Leadership

Contact Continuing Education for more information about customized classes for your work site.

Suzanne Lawrence, Director - Continuing Education for Access Campuses: lawrences@uwosh.edu
FREQUENTLY ASKED QUESTIONS

How will I know if my class is canceled due to weather?
If the campus is open, we will hold classes. In the event your class session is canceled, we will make every effort to contact students with the contact information provided to us. If a student elects to not attend due to weather, no credit or refund will be given.

I won't be able to attend a course for which I registered. How do I cancel my enrollment?
- If you need to cancel your enrollment, contact the corresponding campus Continuing Education department via phone. If you cancel one week or more ahead of the class start date, a refund will be issued to you, but SOME exceptions may apply depending on the course. If less than one week notice is given, you will not be eligible to receive a refund.
- Educational Travel Policy: All travel deposits and payments are non-refundable due to mandatory deposits made on your behalf.

Do I need to purchase a textbook or any supplies for my course?
Textbook and supply information can be found on the Continuing Education registration website within the course description and will be sent via email with the class confirmation approximately one week prior to the start of your class. Students are responsible for making sure that they have all of the materials for the course prior to the start date. Texts can be purchased at a local book store or through an online venue if required for course.

ONLINE COURSES

Looking for More Class Options?
Can't find what you're looking for in our regular courses? Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. Course lengths vary depending on the topic. You can complete any of these courses entirely from your home or office at any time of the day or night! Fees vary. New sessions begin monthly.

Visit the online class websites for a comprehensive listing of topics offered by each campus.

University of Wisconsin Oshkosh, Fond du Lac Campus
https://uwfondulac.ed4online.com/-or- https://www.ed2go.com/uwfdl/
University of Wisconsin Oshkosh, Fox Cities Campus https://uwfoxvalley.ed4online.com/-or- https://www.ed2go.com/uwfox/

FROM MEETINGS TO CELEBRATIONS...

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SPECIAL EVENTS COORDINATOR
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TRANSFORMABLE SPACES
FOR YOUR NEXT EVENT

TERRI PERKINS
SPECIAL EVENTS COORDINATOR
920-832-2889

Aylward Gallery • Perry Hall • Baehman Theatre
Kenneth F. Anderson Terrace • Thrivent Financial Lobby
Community First Lobby • Scene Shop
New York City Theatre Tour 2020
In five adventure-filled days, you and a group of like-minded travelers will experience three outstanding Broadway performances. You’ll spend four nights in a conveniently located hotel on or near Times Square. You’ll be able to explore many of the city’s most popular attractions such as: Statue of Liberty, Ellis Island, Empire State Building, Brooklyn Bridge, Central Park, 9/11 Memorial and Museum, High Line, Times Square, Grand Central Terminal, Wall Street, historic neighborhoods, and numerous world famous museums.

The price for the trip includes the following items:

• Coach and air transportation to Milwaukee and New York
• Three plays
• Four nights at a conveniently located hotel on or near Times Square
• Group tours of some of New York’s many “must see” attractions
• Optional excursions with your trip leaders at an additional charge

Travel Dates:
Group 1) Wednesday, May 27– Sunday, May 31, 2020
Group 2) Wednesday, June 3 - Sunday, June 7, 2020

Fee: The 2020 price is $2,250 (based on double occupancy). The fee is subject to change based on airfare and other increases to hotel, etc. for 2020. Add $650 for single occupancy.

Register: To reserve your seat today, contact Suzanne Lawrence at (920) 931-3415 or email lawrences@uwosh.edu. Reserve your seat for a non-refundable fee of $200 per person no later than October 1, 2019, for your 2020 trip!

Chicago for a Day
Spend the day in Chicago enjoying your favorite museums, The Magnificent Mile, or downtown Chicago. The route will include The Chicago Art Institute, The Field Museum, Shedd Aquarium, Adler Planetarium and Astronomy Museum, and Water Tower Place. Register early as bus fills quickly.

Date: Saturday, November 2
Pick-up Locations: Pick up at the Fox Cities and Fond du Lac campuses
Fee: $59. Museum admission fees and meals are not included in the registration fee.

Travel Opportunities
New Educational Travel Opportunities (domestic and international) are being planned! Call us or check our website for new updates!
Fort Atkinson for a Day

Fort for a Day: The Fireside Theatre (A CHRISTMAS STORY The Musical) and Jones Dairy Farm (Jones Market)

Join us for a day in Fort Atkinson! Start with a stop at Jones Market at Jones Dairy Farm. Take some time to sample their famous meats; have an Ancora coffee, tea, Door County Cherry juice, or a Sprecher soda and shop the market. All purchases will be kept cold, if needed, in their coolers until the group is returning home.

Off to shopping, lunch (tomato bisque soup, fresh baked breads, “Beef and Bird” beef short rib dressed with red wine demi-glaze and chicken cordon bleu, scalloped potatoes, spaghetti squash with tomato concasse, gingerbread frozen custard pie, and coffee/tea/milk), and the show at The Fireside. The show this year is A CHRISTMAS STORY The Musical. Ralphie only wants an official Red Ryder Carbine-Action 200-shot Range Model Air Rifle. This is the hilarious account of Ralphie’s desperate quest to ensure that this most perfect of gifts ends up under his tree this Christmas. It is based on the classic 1983 movie that has become a holiday tradition that millions wait for every year. Featuring a funny and heartfelt score by Benj Pasek and Justin Paul who wrote the music for the hit movie LA LA LAND, the hit Broadway show DEAR EVAN HANSEN, and the new hit movie THE GREATEST SHOWMAN. A CHRISTMAS STORY The Musical captures holiday wonder with such deliciously wicked wit that it is sure to delight children and grown-ups alike!

Feel free to bring a cooler to keep any Jones Dairy Farm or Fireside purchases cold on the way back to Fond du Lac, Oshkosh, or Menasha. There will be plenty of storage under the bus.

Date: Saturday, November 23
Pick-up Locations: Picks up at University of Wisconsin Oshkosh, Fox Cities Campus (6:45am), Oshkosh Park and Ride (7:15am), and University of Wisconsin Oshkosh, Fond du Lac Campus (7:45am). Returns approximately 6:00pm to Fond du Lac, 6:30pm to Oshkosh, and 7:00pm to Fox.
Fee: $105 includes lunch, show, bus, snack for the ride home, and all gratuities.

Start Preparing Now!
Upcoming Regional ACT Test Dates:
2019: Sept 14, Oct 26, Dec 14

ACT Online Prep Course
Self Directed

The ACT SUCCESS online Prep Course empowers students to prepare for the ACT on your own time and achieve your personal A+! It is a great option for students who want 24/7 access to prep and a more flexible schedule. This course begins with online pre-test to determine the areas in which you should focus your efforts along with instructional strategy videos explained by the Nation’s Leading ACT prep author. Students have 1 year to complete this self-paced course. From pre- and post-testing to skill builders. Strategies, and quizzes, you have everything you need to maximize your ACT score. Fee: $169
If you prefer a classroom setting, see page 11 for more info.

Wisconsin Indians Today

This course is designed to inform students about Wisconsin Indian tribes, their histories and sovereignty, and to place current and important Wisconsin tribal issues into cultural and historical context. This non-credit class does meet certain DPI standards and requirements to satisfy ACT 31. This is a four-week course offered completely online.

Dates: October 1 - 31
Fee: $119
Instructor: Renee Gralewicz, UW Oshkosh, Fox Cities Campus Professor of Anthropology
Women’s Wellness & Education Retreat

Join us Oct. 18-19, 2019 for a productive and relaxing weekend at the AAA Four Diamond Osthoff Resort! Learn more at uwosh.edu/go/womenswellness

As women, we experience times of brain-fog. Explore the Body-Brain Connection to find strategies to tame the fog and be more calm, lean and energized.

The world-renowned book, “Brain Body Diet: 40 Days to a Lean, Calm, Energized, and Happy Self” by Dr. Sara Gottfried will frame the retreat’s lessons.

This retreat will be more experienced based with the afternoon sessions focused on movement and meditation. Your retreat includes:

- A two-night stay in suite at the Osthoff Resort
- Four healthy delicious meals, and two snacks
- Exercise led by certified instructors
- Educational programming offered by experts
- 0.8 Continuing Education Units from UW Oshkosh
- Two hours in the Aspira Spa on Saturday

The 900-square foot suites are spacious and include two bathrooms and two-bedrooms. You may choose your own suite mate or one will be assigned to you. (Single suites may be available upon request.)

Save with Your Friends!

Save more by increasing the number of people who share a room. Get a group of friends or family members, and make it a weekend to remember! (Limit four per suite.)

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Double Occupancy</td>
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<tr>
<td>Triple Occupancy</td>
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<tr>
<td>Quadruple Occupancy</td>
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UW Oshkosh alumni and Oshkosh YMCA members receive a $25 discount!

Don’t miss the opportunity for this wonderful weekend away! During your down time, you can enjoy outdoor and spa activities.

Online Courses and Certificates

Employers want to hire workers who can demonstrate their skills. Boost your resume with an online certificate this fall! These bite-sized certificates and courses are a great way to catch up, keep up and get ahead in your chosen field.

Chief Officer           Cost: $499/course*
uwosh.edu/go/chief

Through six online courses, the Chief Officer Program helps officers strengthen communication and leadership skills and gain a better understanding of public administration in fire and emergency services. Upon successful completion of all six courses, you are eligible to apply for FO3 certification through ProBoard. The Chief Officer Program is a collaborative initiative between UW Oshkosh and the Wisconsin State Fire Chiefs Association (WSFCA).

Information Security    Cost: $499/course*
uwosh.edu/go/information-security

Learn how to protect your computer systems! Gain knowledge of information security through our six-part online certificate program! Enroll in all six courses, or pick the topics that are most relevant to your work and professional goals. Designed for any professional to strengthen their leadership skills and gain a better understanding of information security threats, assessment and defenses. *Register for all six courses at the time of registration for a $499 discount.

Data Analysis            Cost: $499/course**
uwosh.edu/go/data-analysis

The need to collect, analyze and report on data is a need in every industry. Learn about data collection, data mining, data visualization and analysis. You can enroll in all five courses, or pick the topics that are most relevant to your work and professional ambitions. **Register for all five courses at the time of registration for a $499 discount. Group discounts are available for three or more employees from the same organization.

Additional Course and Certificate Options
uwosh.edu/go/certificates

- Communication
- Entrepreneurship
- Game Design
- K-12 Teaching Training
- Leadership
- LEED Green Workplace
- Management
- New Media Marketing
- Paralegal
- Project Management
- Real Estate
- Social Media
- Software Training
Professional and Personal Development

Enhance your skills through our professional and personal development programs. Improve as a leader and communicator! UW Oshkosh offers several professional development programs that target youth or employees in a specific industry. Visit uwosh.edu/go/pdp to learn more about the professional development options offered by the UW Oshkosh Division of Online and Continuing Education.

Grant Writing  
Cost: $299/workshop  
uwosh.edu/go/grant-workshop

Writing Successful Grant Proposals: Beginner  
Have you always wanted to write grant proposals, but are not sure what it takes to be successful, are overwhelmed by the idea, or lack understanding of the key components of grant proposals and how to write them successfully? If so, this workshop is for you. Gain the skills you’ll need to craft a competitive grant proposal.

Writing Successful Grant Proposals: Advanced  
Learn how to plan and write a competitive government grant proposal. Government grant proposals, especially Federal, are daunting, even for those with some grant writing experience. They differ from foundation or corporate grant proposals in writing style, content, and expectations and are generally much more intensive in both planning and writing time.

Social Worker and Professional Counselor Continuing Education  
Cost: $99/workshop  
uwosh.edu/go/sw-workshop

Earn your required CEHs and CEUs with workshops sponsored by UW Oshkosh and the Northeast Wisconsin Alliance for Social Worker and Professional Counselor Continuing Education. Social workers are required to earn 30 hours, four of which must be in social work ethics and professional boundaries.

Social Work Exam Prep  
Cost: $75 current UW students ($90 non-students)  
uwosh.edu/go/sw-examprep

Prepare for licensure and professional advancement with this three-hour workshops in Oshkosh and Appleton. Understand the process of applying for national and Wisconsin social work certification, as well as the purpose, structure and content areas of the Association of Social Work Boards (ASWB) certification/licensure exam.

Apply test-taking strategies to enable you to successfully complete the level of ASWB exam you will be taking and recognize how to select the correct answer to several sample exam questions that will build your confidence for successful completion of the ASWB exam.

Registered Sanitarian Exam Prep Cost: $435  
uwosh.edu/go/sanitarian

Make the most of your study time by targeting your efforts on relevant information for the

Registered Environmental Health Specialist/ Registered Sanitarian (REHS/RS) exam during this eight-week, 16-hour, online prep course. Broken down by exam topic areas, this preparation course will give you the resources you need to pass the exam. Study the various topics you need to know, and gain the depth of knowledge you’ll need to be successful.

ACT Exam Prep Cost: $200  
uwosh.edu/go/actprep

The ACT contains four curriculum-based tests that measure academic achievement in English, reading, math and science reasoning. You will strengthen your academic skills and learn test-taking strategies that will prepare you. The course is offered this fall through ACT SUCCESS

Online or on Saturday mornings on the UW Oshkosh campus.
Take Business 231 – Personal Finance

Guardian Life Insurance Company of America and the University of Wisconsin Oshkosh, Fond du Lac Campus have partnered to bring students a Money Management for Life Scholarship Program including a personal finance course known as BUS-231 Personal Finance—for free!

This unique program will cover strategies so you can acquire the knowledge and skills to manage your money today and plan for your financial future. Additionally, the course will cover topics such as budgeting, time value of money, savings strategies, managing debt, consumer credit, and insurance as well as career paths in the insurance and financial services industry.

Available this fall!

Benefits:
- Students selected will be provided free course tuition and textbook for the 3 credit, BUS 231 Personal Finance course.
- These course credits are transferable to many of the University of Wisconsin 4-year schools.
- Students may have opportunities to meet with Guardian executives and network for possible internship opportunities.
- Students will learn about personal finance from an experienced instructor and be engaged with other highly motivated students in the realm of personal finance.

Eligibility Requirements:
- Attend a minimum of 85% of all BUS-231 Personal Finance classes
- Earn a 2.3 GPA for BUS-231 Personal Finance class

Dates: Tuesdays, September 10 – December 10
Time: 5:00pm - 8:10pm

Fee: This course is eligible for tuition reimbursement (including textbooks) upon successful completion of the course. Tuition assistance provided by The Guardian Life Insurance of American Money Management for Life Program. For more information contact the Office of Continuing Education!

Location: This course will be located at an offsite location to be determined.

Instructor: Michael Winkler

Maximize Your Retirement!

Are you proactively planning to Maximize Your Retirement? Join the professional team from Endowment Wealth Management in learning how successful retirees can maximize their retirement years. We will discuss the strategies available to maximize Social Security, minimize taxes, plan for LTC costs, and create an investment portfolio built to generate the income that will help you maximize your enjoyment and happiness. This course will be helpful to those nearing retirement or already retired, to gain the confidence to Maximize Your Retirement!

CHOOSE A SESSION
Date: September 23
Time: 5:00pm - 7:00pm
Location: Room A-219 (Henken)
or
Date: September 30
Time: 5:00pm - 7:00pm
Location: Room A-219 (Henken)

Fee: $19 for one person; $24 for two people, same household, sharing a book. Financial planning course fees reduced due to the generous support from Guardian Life Insurance Company of America.

Instructor: Taught by the professional team at Endowment Wealth Management, including CEO Rob Riedl, CPA, CFP®, AWMA®, Wealth Advisor John Weninger, CFP® & Wealth Advisor Sam Moore.

Social Security and Retirement Planning 101

Optimize your Social Security Benefits and Plan for a Successful Retirement. This three-night course will break down the major financial roadblocks many are facing today. Learn how to prepare, plan and protect your money through all phases of life.

Dates: Tuesdays, September 17, September 24, October 1
or
Dates: Thursday, September 19, September 26, and October 3

Time: 6:00pm - 8:30pm

Location: Room A-219 (Henken)

Fee: $29, includes instruction for one individual and one course manual. $39, includes instruction for two individuals living in same household and one course manual. Financial planning course fees reduced due to the generous support from Guardian Life Insurance Company of America.

Instructor: Jacob K. Merk, CPA, CFP Active member of the Winnebago Estate Planning Council and Propel Oshkosh. He holds a Bachelor of Science degree in Accounting and Finance from the University of Wisconsin La Crosse. Jacob’s specific training in tax and financial planning offers clients a unique experience that helps minimize the impact of taxes on their investments while building a detailed plan for their financial future.
Compassion Fatigue

The focus of this course is to provide a clear understanding of what burnout and compassion fatigue is as it relates to the teaching and care-taking professions. Course outcomes include:
1) understand the difference between burn-out and compassion fatigue;
2) identify the stages and symptoms of burnout;
3) identify compassion fatigue and the symptoms;
4) explore strategies to manage burn-out and compassion fatigue, while becoming better skilled at setting professional boundaries and understanding limitations;
5) design a self-care plan;
6) provide resources to programs and families regarding burnout and compassion fatigue. This course experience will allow participants time to personally reflect, identify the symptoms, and design a self-care plan that will fit their needs.

**Date:** Wednesday, October 16

**Time:** 5:30pm - 7:30pm

**Location:** Room A-219 (Henken)

**Fee:** $24

**Instructor:** Jenna Finley, M.Ed.
Cultural Humility: Working in Partnership with Individuals, Families and Communities

A lifelong process of critical self-reflection and self-critique. This two-hour course will be a preview of what Cultural Humility is in relation to your interactions with others. Upon completion of this course, you should be able to 1) define Cultural Humility; 2) Growth Model: Stretch beyond the boundaries of personal comfort 3) understand principle one, “critical self-reflection and self-critique,” 4) identify primary settings where this approach may be implemented; 5) examine the relationship between Cultural Humility and Cultural Competence. The intent of this course is to provide participants with the first step of the Cultural Humility framework.

Date: Wednesday, September 18
Time: 5:30pm - 7:30pm
Location: Room A-219 (Henken)
Fee: $29

Instructor: Jenna Finley, M.Ed UW-Milwaukee, BS Educational Studies-Focus on Early Childhood, National Louis University MED Teaching Learning and Assessment Training and Inclusion Specialist SFTA- Supporting Families Together Association.

Jenna Finley has over 10 years of experience in early childhood education. In her present role as the Training and Inclusion Specialist at Supporting Families Together Association creating, developing, maintaining, and revision training curriculum. Sustaining the YoungStar processes and goals toward supporting child care providers with training delivery, online training conversion, including collaborating with Childcare Resource and Referral agencies throughout the state of Wisconsin and UW-Platteville. Jenna is a Cultural Humility Trainer and is also an Intercultural Development Inventory (IDI) Qualified Administrator. Providing coaching to increase intercultural competence for individuals, teams, and organizations.

How to Buy or Sell Your Home: Strategies for Success

Is there a home sale in your near future? Are you looking to buy? Looking to sell? Thinking about listing as a “for sale by owner?” There are many steps to each side of the process and there are many things to consider. It can be a stressful and difficult process if you are unsure of what to do! Topics that will be covered include: selling your home by owner, repairs, inspections, radon, appraisals, pricing your home, the listing contract, offer to purchase and other addendums, marketing, preparing for showings and open houses, negotiating, title insurance, closing costs and more! Along with the instructor, guest speakers in various fields of expertise will provide ample opportunity to get all your questions answered.

Dates: Wednesdays, September 25, October 2, 9
Time: 6:00pm - 7:30pm
Location: Room A-219 (Henken)
Fee: $29. Course fee reduced due to the generous support from Guardian Life Insurance Company of America.

Instructor: Brooke Boyle-Schneider with Adashun Jones Real Estate is a full-time Realtor/Broker who has been in the real estate business for 18 years. She is a multimillion dollar producing agent who has developed her own "selling" style and marketing techniques. She specializes in residential/multi-unit sales and has sold many vacant lots and commercial properties. Recipient of The Reporter's Reader's Choice Best Real Estate Agent two years in a row. She has been featured in 'Women' magazine as one of 10 Realtors in Wisconsin who inspire.

Through the Lens of a Sports Photographer

An informative and fun presentation of what it’s like to be a Sports Photographer, specifically shooting Green Bay Packer Football for various newspapers and publications. Chip has spent over 26 years on the sidelines of Lambeau Field and will have a slide show. Sports fans and aspiring sports photographers alike will enjoy this presentation.

Date: Tuesday, November 12
Time: 6:00pm - 8:00pm
Location: Room UC-114 (LGI)
Fee: $29

Instructor: Charles “Chip” Manthey. Prior to being a college professor, Chip spent over twenty years in the broadcast field as a radio play-by-play announcer for several local sports teams, and also worked in the newspaper business as a writer, photographer and sales manager. He is an award-winning photographer with the Green Bay Packers and Wisconsin Badgers.
The Making of a Family Historian

There's no time to lose capturing a life or family story. There is healing and celebration, discovery and closure in this timeless expedition. This beginning course provides the framework and tools to tackle family history projects of all kinds. Beginning by creating order from chaos through organizational techniques, unraveling old school and new school approaches to family research, and taking the first steps toward writing your narrative, story-by-story, The Making of a Family Historian takes family members from inspiration to celebration.

**Dates:** Tuesdays, September 17 – October 15  
**Time:** 10:00am - 12:00pm  
**Fee:** $39  
**Location:** Room A-219 (Henken)  
**Instructor:** Mary Patricia Voell. Resident of Fond du Lac and founder and owner of Legacies, LLC | Personal, Family & Organizational Historians whose sole mission is to help others capture and preserve stories. With advanced degrees from UW-Milwaukee, plus coursework in Life Review and Reminiscence from UW-Superior and Guided Autobiography, Mary taught in the School of Business and Communication Departments along with corporate training clients at Milwaukee School of Engineering and Marquette University.

Youth Gymnastics

**BACK BY POPULAR DEMAND!**

**Dates for all classes:** Saturdays, September 7, 14, October 5, 19  
**Location:** PE-145 (Gymnasium)

**Parent, Infant & Toddlers in Motion (Ages 1-3 years)**

Parents join in on the fun as your child learns about balance, coordination, rhythm and more. Your child will experience music and movement activities, learn how to jump, climb and land safely as your child explores the world around them.

**Time:** 8:30am - 9:00am  
**Fee:** $39

**Run, Jump and Tumble (Ages 3-4 Years)**

Bring your friends and get ready to run, jump and tumble! This beginner gymnastics program is sure to excite your preschool aged child. With music, exploratory movement and basic gymnastics, this class will offer the opportunity for your child to increase his/her attention span, balance and coordination while meeting new friends and having fun!

**Time:** 9:10am - 10:00am  
**Fee:** $49

**Tiny Tumblers (Ages 5-6 Years)**

Let’s get ready to tumble! Does your child like to climb, flip, roll and run? Then this exciting class of basic gymnastics is for you. This program uses gymnastics to teach balance, coordination and flexibility while meeting new friends and having fun! Children will have the opportunity to explore gymnastics equipment and physical activity in creative ways that keep them motivated and excited for more!

**Time:** 10:10am - 11:10am  
**Fee:** $59

**Youth Gymnastics (Ages 7-12 Years)**

Gymnastics is taken a step further in this program. Participants will explore gymnastics equipment while learning intermediate skills and tricks, in addition to gaining strength, balance, flexibility and coordination. Gymnastics is a fantastic way to gain self-esteem and meet new friends. This class gets kids moving, while challenging them to learn the amazing physical capabilities of their bodies! Join us for the fun!

**Time:** 11:20am - 12:20pm  
**Fee:** $59

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ACT Strategies Prep Course

This course is designed to assist students in time for upcoming testing dates. Learn from top-rated instructors from local schools. Learn a variety of test-taking strategies that can help you increase your speed and accuracy, while alleviating test anxiety. Pinpoint your strengths and weaknesses by taking a diagnostic practice test to determine what areas you need to brush-up on before taking the actual exam. Take this course when you need it most, just prior to taking the actual ACT exam, so you are less likely to forget what you have learned.  
**Fee:** $134

**Dates:** Saturdays, October 5, 12, 19 OR January 4, 11, 18  
**October 5 - (Intro, Science, Math) / 8 am - 12 noon  
October 12 - (English, Reading, Writing) / 8 am - 12 noon  
October 19 - (Practice Test) / 8 am - 12 noon  
**OR**  
**January 4 - (Intro, Science, Math) / 8 am - 12 noon  
January 11 - (English, Reading, Writing) / 8 am - 12 noon  
January 18 - (Practice Test) / 8 am - 12 noon  
**Location:** Room C-243 and C-246 University of Wisconsin Oshkosh, Fond du Lac Campus.  
**Instructor:** Liz Ruedinger and Scott Bengel, Fond du Lac School District

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**COLLEGE PREP**

**Start Preparing Now!**

2019 Regional ACT Test Dates: Sept 14, Oct 26, Dec 14
Scout Merit Badge Clinics
Check our online catalog at https://ce.uwc.edu/menasha/catalog or call our office at 920-832-2636 to find out which merit badge clinics are currently being offered.

Girls, Engineering, Math, and Science

FOR GIRLS IN GRADES 6-8. A dynamic and educational half-day event filled with interactive workshops and activities geared toward light career-exploration in the engineering, math and science fields for girls in grades 6-8. Registration is required.

Date: Saturday, October 19
Time: 8:30am - 12:00pm
Fee: $25
Location: UW Oshkosh, Fox Cities Campus, Menasha
Instructor: Various University of Wisconsin Oshkosh, Fox Cities Campus faculty and community members will share their talents.

Come for GEMS and stay for the STEM expo in the afternoon! Separate registration required for each program

STEM Expo!

FOR BOYS & GIRLS IN GRADES 6-8. The new STEM Expo at University of Wisconsin Oshkosh, Fox Cities Campus is open to all students in grades 6-8. Participants will experience engineering, engineering technology, mathematics, and science up close through hands-on activities, all designed to provide a glimpse into the exciting world of STEM! Throughout this event, middle school students (boys and girls) will have the opportunity to interact with college students and faculty from UW-Platteville, UW-Oshkosh, and University of Wisconsin Oshkosh, Fox Cities Campus, Menasha.

Date: Saturday, October 19
Time: 12:00pm - 12:30pm Lunch provided
12:30pm - 2:30pm Expo
Fee: Registration is FREE. Boys and Girls in grades 6-8 who plan to attend must complete Participant Registration by going to the Continuing Education website at: https://ce.uwc.edu/menasha/catalog
Location: University of Wisconsin Oshkosh, Fox Cities Campus, Fieldhouse
For additional information contact the Office of Continuing Education at 920-832-2636.

A Manager’s Guide to Improving Employee Performance

How often do you encounter situations where team members struggle with an assignment, fail to deliver on commitments, or make costly mistakes? How much time do you spend coaching such performance issues? What’s the true impact to your customers, your productivity, and your organization? What would it be worth if you possessed the skill, insight and tools to successfully diagnose and resolve costly, energy sapping performance issues?

In this dynamic, hands-on workshop, you will learn about the “will, skill, and hill” factors that affect performance. With the help of a skilled coach, you will practice examining reoccurring performance issues of your choosing. Through the workshop you will become skilled at diagnosing their root cause and identifying effective solutions that cost less than the problem itself.

In addition to the tools and skills above, you will leave this workshop with:

• A copy of the text “What Every Manager Should Know About Training”
• Supporting worksheets for doing analysis work during the sessions
• Actual experience and coaching with implementing your own performance improvement solutions

This is an investment that will definitely pay off! Class is limited to 16, to allow for optimal coaching and feedback, so register early!

Dates: Mondays, September 16, 23, 30
Times:
8:00am - 8:30am Light Continental Breakfast and Networking
8:30am - 10:30am Workshop
Location: Room 1346
Fee: $169 (includes materials and refreshments)
Instructor: For 30 plus years, Scott Valitchka has led global award-winning projects resulting in dramatic improvement in productivity. Additionally, he has led organizational development work resulting in highly successful performance management and coaching program launches. Through his work, Scott has seen how organizations with the best equipment struggle when they lack the right team members or fail to provide employees with the leadership, tools, and support to achieve business goals. Today, Scott is taking years of experience in transforming how organizations achieve peak performance and is working to enable companies large and small to consistently, reliably take the guesswork out of employee selection and development.
Take Business 231 – Personal Finance

Guardian Life Insurance Company of America and the University of Wisconsin Oshkosh, Fox Cities Campus have partnered to bring students a Money Management for Life Scholarship Program including a personal finance course known as BUS-231 Personal Finance—for free!

This unique program will cover strategies so you can acquire the knowledge and skills to manage your money today and plan for your financial future. Additionally, the course will cover topics such as budgeting, time value of money, savings strategies, managing debt, consumer credit, and insurance as well as career paths in the insurance and financial services industry.

Available this fall!

Benefits:

• Students selected will be provided free course tuition and textbook for the 3 credit, BUS 231 Personal Finance course.
• These course credits are transferable to many of the University of Wisconsin 4-year schools.
• Students may have opportunities to meet with Guardian executives and network for possible internship opportunities.
• Students will learn about personal finance from an experienced instructor and be engaged with other highly motivated students in the realm of personal finance.

Eligibility Requirements:

• Attend a minimum of 85% of all BUS-231 Personal Finance classes
• Earn a 2.3 GPA for BUS-231 Personal Finance class

Dates: Tuesdays and Thursdays, September 5 – December 12
Time: 3:15pm - 4:45pm
Fee: This course is eligible for tuition reimbursement (including textbooks) upon successful completion of the course. Tuition assistance provided by The Guardian Life Insurance of American Money Management for Life Program. For more information contact the Office of Continuing Education at University of Wisconsin Oshkosh, Fox Cities Campus, 920-832-2626.
Location: Goodwill Industries, Menasha. Room to be determined.
Instructor: Andi Butler

Maximize Your Retirement Income

This class will teach you everything you need to know to retire on your own terms and avoid outliving your money. You’ll learn how to:

• Get the most out of your Social Security
• Withdraw from your retirement accounts
• Minimize the taxable impact of your withdrawals
• Avoid loss of income due to disability
• Cover the costs of Long Term Care
• Protect your assets from market volatility
• Make your money last your whole life

Sign up today for this interactive, educational seminar and take the first step toward feeling more confident in your ability to enjoy the retirement of your dreams.

Date: Tuesday, September 10
Time: 6:00pm - 8:00pm
Fee: $15 for one person, $20 for two people, same household, sharing a book. Financial planning course fees reduced due to the generous support from Guardian Life Insurance Company of America.
Location: Room 1338
Instructor: Taught by a team of professionals from Winch Financial

Retirement Planning Today

NOW is the time to develop your retirement plan! Building a solid future takes: *Financial Education, *Life Planning, *Alignment of Lifestyle Goals with Financial Reality (know when you have enough wealth), and *Building your "nest egg," protecting assets, and creating a solid retirement foundation. Course geared toward new or pre-retirees.

CHOOSE A SESSION:

Dates: Thursdays, October 10 and 17
Time: 6:30pm - 9:30pm
Location: Room 1346

OR

Dates: Tuesdays, October 22 and 29
Time: 6:30pm - 9:30pm
Location: Room 1346
Fee: $29 for one person, $39 for two people, same household, sharing a book. Financial planning course fees reduced due to the generous support from Guardian Life Insurance Company of America.
Instructor: Neelam Krishnaney-Davison
Empowered Solutions for Your Retirement

This class, taught by a team of CFPs, CMTs and licensed investment advisors, is a one stop shop for everything you need to know to plan a successful retirement. This course will benefit you even if you are already retired. From investing to estate planning, this course will teach you how to maximize your 401(k), 403(b), IRA and Roth IRAs, how to maximize your Social Security and how to pay for LTC.

Dates: Thursdays, October 3, 10, 17
Time: 6:00pm - 8:00pm
Fee: $29 for one person, $39 for two people, same household, sharing a book. Course fee reduced due to the generous support from Guardian Life Insurance Company of America.
Location: Room 1551
Instructors: Taught by a team of Winch Financial professionals.

Five Money Questions for Women

Women face unique financial circumstances. A strong financial strategy is vital. Ensure your financial strategy fits your lifestyle and needs. During this course, we explore five critical money questions for women.

Dates: Tuesdays, September 17, 24, October 1, 8
Time: 6:00pm - 7:00pm
Location: Room 1346
Fee: $29 for one person; $39 for two people, same household, sharing a book. Course fee reduced due to the generous support from Guardian Life Insurance Company of America.
Instructors: Kyle D. Lukowitz, is a Financial Advisor with Edward Jones. Kyle has been with Edward Jones since 2013 and is a 2002 graduate of St. Norbert College with a bachelor’s degree in business administration. He is active in business and civic affairs in the Fox Valley.

Bring Balance to Your Budget

Take control of your financial future by learning to sharpen your spending and saving strategies. You will learn to set personal financial goals, balance saving, spending and borrowing, along with strategies to control debt and improve credit scores. You will also learn practical savings options from now to retirement.

Date: Tuesday, October 15
Time: 6:00pm - 7:30pm
Fee: $10 for one person, $12 for two people, same household, sharing a book. Course fee reduced due to the generous support from Guardian Life Insurance Company of America.
Location: Room 1346
Instructor: Kyle D. Lukowitz

Foundations of Investing

Whether you are new to investing or need a refresher, this class will help you learn about the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long term goals. In four weeks, you will gain information about the foundations of investing; mutual funds; basics of investing in stocks; and the outlook and opportunity for the future.

Dates: Tuesday, November 12, 19 (no class on November 26), December 3, 10
Time: 6:00pm - 7:00pm
Fee: $29 for one person; $39 for two people, same household, sharing a book. Course fee reduced due to the generous support from Guardian Life Insurance Company of America.
Location: Room 1352
Instructor: Kyle D. Lukowitz

Wills and Trusts

Are you prepared to provide for your loved ones at death? This class will make sure your house is in order. We’ll focus on types of estate plans and the advantages and disadvantages of each. You’ll learn ways to avoid probate, understand irrevocable and revocable trusts, why you want to appoint a Power of Attorney, and how to set up charitable remainder trusts.

Dates: Thursdays, October 24, 31, November 7
Time: 6:00pm - 8:00pm
Fee: $29 for one person, $39 for two people, same household, sharing a book. Course fee reduced due to the generous support from Guardian Life Insurance Company of America.
Location: Room 1346
Instructors: Taught by a team of Winch Financial professionals.

"PAST PARTICIPANTS SAID: "Kyle is very knowledgeable and provided expertise in answering questions." “Really enjoyed the class – very worthwhile."
Let’s Talk Money!
Maximize Social Security withdrawals, analyze the 4% rule and gauge whether your money will last through retirement. Analyze the pros and cons of annuities and learn how to fund long term care and how to navigate Medicare. Learn the best way to rollover your retirement account to enhance returns.

Choose a Session:

**Dates:** Mondays, November 11, 18, 25  
**Time:** 11:30am - 1:30pm  
**Location:** Room 1346

OR

**Dates:** Tuesdays, November 12, 19, 26  
**Time:** 6:00pm - 8:00pm  
**Location:** Room 1551

**Fee:** $29 for one person, $39 for two people, same household, sharing a book. *Course fee reduced due to the generous support from Guardian Life Insurance Company of America.*

**Instructors:** Taught by a team of Winch Financial professionals.

Through the Lens of a Sports Photographer
Join Chip Manthey for an informative and fun presentation of what it’s like to be a Sports Photographer, specifically shooting Green Bay Packer Football for various newspapers and publications. Chip has spent over 26 years on the sidelines of Lambeau Field and will have a slide show. Sports fans and aspiring sports photographers alike will enjoy this presentation.

**Date:** Tuesday, October 8
**Time:** 6:00pm - 8:00pm
**Location:** Room 1352
**Fee:** $29

**Instructor:** Charles “Chip” Manthey. Prior to being a college professor, Chip spent over twenty years in the broadcast field as a radio play-by-play announcer for several local sports teams, and also worked in the newspaper business as a writer, photographer and sales manager. You may have spotted Charles on the sideline of your favorite team. He is an award-winning photographer with the Green Bay Packers and Wisconsin Badgers amongst the dozens of schools and sports he’s chronicled with a camera since he was a teenager. In his free time, Chip loves to golf and tour Door County.

Communicate For Success
If you want to enrich your personal and professional relationships or upgrade your presentation skills, this workshop will help improve your communications skills. You will learn to understand and respond to body language and other nonverbal cues, improve your listening skills and give fabulous presentations!

**Date:** Wednesday, October 23
**Time:** 6:00pm - 8:00pm
**Fee:** $29
**Location:** Room 1346

**Instructor:** Charles “Chip” Manthey. Native Wisconsinite Charles “Chip” Manthey has spent his entire career inspiring audiences and classrooms alike. After graduating from The University of Wisconsin-Oshkosh with a Bachelor of Arts Degree in Communications (majoring in Speech and Radio/Television/Film), he spent nearly two decades as a Communications Skills Instructor at Fox Valley Technical College and North Central Technical College.

PASS PARTICIPANTS SAID: “Very enjoyable class!”
“I enjoyed the class – it motivates me to keep writing and reading poetry.”
Three of the Greatest American Movies of All Time
Register for one, two, or all three!

**Instructor:** Walt Ulbricht, MA

The American Film Institute (AFI), based in Los Angeles, conducted a poll about a decade ago with a group of 500 professional film artists and historians to determine the 25 greatest movie musicals. In this three-session class, the AFI top-ranked film musical “Singin’ in the Rain,” the fourth-ranked production “The Sound of Music” and the fifth-ranked musical movie “Cabaret” will be presented. Each represents the creative style and social values of three different decades. Through an introductory presentation and complete viewing of these superb movies learn more about their origins, significant personalities, technical achievements and enduring legacies.

**Singin’ in the Rain**
Released in 1952, this film represents a 20-year summit of the dazzling parade of MGM movie musicals. Directed and choreographed by both Gene Kelly and Stanley Donen, it stars Gene Kelly, Donald O’Connor and young actress, Debbie Reynolds, in her break-out performance. The plot is based on the key era for Hollywood in the late 1920s when sound films displaced the silent movies – and many vocally-challenged actors with them. Nominated for two Academy Awards.

**Date:** Monday, October 21  
**Time:** 6:00pm - 9:00pm  
**Fee:** $10 per person  
**Location:** Room 1229

**The Sound of Music**
A 1965 musical drama, the film was produced and directed by Robert Wise, starring Julie Andrews and Christopher Plummer. It is an adaptation of the highly successful 1959 Broadway musical composed by Richard Rodgers with lyrics by Oscar Hammerstein II. The film’s songs are enduring favorites for multiple generations more than 50 years after its release. Enjoy a rousing sing-along in the Austrian alps. Nominated for ten Academy Awards.

**Date:** Monday, October 28  
**Time:** 6:00pm - 9:00pm  
**Fee:** $10 per person  
**Location:** Room 1229

**Cabaret**
This revolutionary movie musical released in 1972 defied Hollywood traditions by presenting bold political and sexual themes in the highly stylized cabaret world in Berlin, Germany in 1931 during the rise of Nazism. Directed by Bob Fosse, whose bold choreography disturbed many audiences at that time, this film redefined the artistic range of movie musicals. It stars Liza Minnelli, Michael York and Joel Gray. Nominated for ten Academy Awards.

**Date:** Monday, November 4  
**Time:** 6:00pm - 9:00pm  
**Fee:** $10 per person  
**Location:** Room 1229

**Meet Your Instructor:** Walt Ulbricht received a BA in honors in English from the University of Wisconsin-Parkside in Kenosha and MA in Film Studies from the University of Wisconsin-Madison. He taught film studies full-time for four years at the University of Wisconsin-Parkside. He later developed a 25-year career in marketing communications in higher education as a senior director at five universities and colleges in the Midwest and Northeast. Walt also served as a part-time film studies instructor for the Osher Lifelong Learning Institute – OLLI – at Eckerd College in St. Petersburg, FL.

**Find Your Family Roots**
Are you interested in your family history but don’t know where to start? In this genealogy workshop you will learn some tools and strategies to help you begin. We will talk about where to start looking for information, and how to manage the information once you find it, as well as Genealogy Etiquette and some specialty topics. Join us for this informative and interesting journey. We will meet in a computer lab, but you can bring a laptop if you have one, since much of the research is done online. Class is limited to 10.

**Dates:** Wednesdays, October 30, November 6, 13, 20  
**Time:** 6:00pm - 8:00pm  
**Fee:** $49  
**Location:** Room 1826

**Instructor:** Rose Marie Lewis has been a Laboratory Preparation Technician at University of Wisconsin Oshkosh, Fox Cities Campus for over 26 years and became interested in genealogy at age 13 on a visit to see her grandmother, and again when her son needed to do his family tree for a class project. She enjoys “the hunt” and the people she has met along the way.
Fall Nature Hike Series with Rob Zimmer

Join popular garden writer and radio host Rob Zimmer for a series of guided hikes to explore nature at its finest during our beautiful fall weather. With Rob’s expertise and eye for detail, you will see interesting things that you might not see on your own, and learn some interesting things along the way! Space is limited to 20 people per hike, so sign up now!

Wildflowers and Wings at High Cliff State Park

We will meet at the visitor center at High Cliff State Park for a fall stroll along the trails seeking out amazing fall wildflowers, plants, birds, butterflies and dragonflies. Vehicle admission sticker is required. Dress appropriately for the weather. Rain or shine.

Sign up early! Class size limited to 20 participants.

Date: Wednesday, September 11
Time: 10:00am - 12:00pm
Fee: $20
Location: Meet in the visitor center at High Cliff State Park
Instructor: Rob Zimmer

Wildflowers and Wings at Brillion Nature Center

We will meet in the parking lot at Brillion Nature Center for a walk along beautiful trails looking at fall wildflower, fall butterflies, dragonflies, migrating birds and more surprises. Dress appropriately for the weather. Rain or shine.

Sign up early! Class size limited to 20 participants.

Date: Thursday, September 19
Time: 10:00am - 12:00pm
Fee: $20
Location: Meet in the parking lot at Brillion Nature Center
Instructor: Rob Zimmer

Fall Color and Fascinating Fungi at Brillion Nature Center

We will meet in the parking lot at Brillion Nature Center for a walk along the trails enjoying the beautiful fall color and seeking out fascinating fall fungi. Dress appropriately for the weather. Rain or shine.

Sign up early! Class size limited to 20 participants.

Date: Tuesday, October 8
Time: 10:00am - 12:00pm
Fee: $20
Location: Meet in the parking lot at Brillion Nature Center
Instructor: Rob Zimmer

Winter Destinations for Nature Lovers

Enjoy a virtual road trip across the state to some of the best outdoor destinations to enjoy in the coming winter. From frozen waterfalls and caves of ice to winter birdwatching hot spots and pristine hiking trails, you’ll find enough enjoyment to fill the entire winter with outdoor beauty and fun.

Date: Tuesday, November 12
Time: 6:30pm - 8:30pm
Fee: $20
Location: Room 1346
Instructor: Rob Zimmer

What’s New in Gardening for 2020

Discover what’s new in the garden for the coming year including all the dirt on amazing new plant, gardening trends, featured plants of the year, and hot new garden products. You won’t want to miss this colorful, fun and informative program!

Date: Tuesday, December 10
Time: 6:30pm - 8:30pm
Fee: $20
Location: Room 1346
Instructor: Rob Zimmer

Meet Your Instructor: Rob Zimmer is an award-winning nature and garden author, columnist, photographer and radio host who has written for many daily newspapers throughout Wisconsin such as the Appleton Post-Crescent, Green Bay Press-Gazette, Oshkosh Northwestern. He is also the author of several books, including children’s books, and has had his writings and photographs published in a number of magazines. Outdoors with Rob Zimmer can be heard locally on WHBY.
Don’t Be Fooled by Your Smart Phone for iPhone Users

A smartphone is like a mini computer. In this workshop, learn how to manipulate all those tiny buttons (apps) and make your smartphone your greatest helper. Topics include: Understanding Option Menu, configuring security, settings, setting up email, managing contacts, texting and sending images, editing photos and videos, and more! Limit: 20

Dates: Tuesdays, October 15, 22, 29, November 5
Time: 4:30pm - 6:30pm

These dates and times may be subject to change. Please check our online catalog at https://ce.uwc.edu/menasha/catalog or call our office for updates before registering.

Fee: $59
Location: Room 1551
Instructor: Ahilan Sivasamy.

Stay Connected with Family and Friends Using Social Media

Learn to effectively use social media platforms such as Facebook, FaceTime, Skype and Instagram to stay connected with family and friends. We will address privacy and security issues while communicating with others over social media as well. We will have fun learning new things and enhancing our skills! Make sure to bring your smartphone or tablet to class!

Dates: Thursdays, October 17, 24, 31
Time: 4:30pm - 6:30pm

These dates and times may be subject to change. Please check our online catalog at https://ce.uwc.edu/menasha/catalog or call our office for updates before registering.

Fee: $49
Location: Room 1826
Instructor: Ahilan Sivasamy

Don’t Be Fooled by Your Smart Phone for Android Phone Users

A smartphone is like a mini computer. In this workshop, learn how to manipulate all those tiny buttons (apps) and make your smartphone your greatest helper. Topics include: Understanding Option Menu, configuring security, settings, setting up email, managing contacts, texting and sending images, editing photos and videos, and more! Limit: 20

Dates: Tuesdays, September 17, 24, October 1, 8
Time: 4:30pm - 6:30pm

These dates and times may be subject to change. Please check our online catalog at https://ce.uwc.edu/menasha/catalog or call our office for updates before registering.

Fee: $59
Location: Room 1551
Instructor: Ahilan Sivasamy.

Beginning Drawing

Dive into the basics of representational drawing by learning skills to measure, compose and create drawings to resemble the real world in front of you! You will have the opportunity to be exposed to different drawing mediums and different art elements such as space, composition, and line. You will leave each class with one drawing to showcase your new skills. Materials will be provided.

Dates: Thursdays, September 26, October 3, 10, 17, 24 and 31
Time: 6:00pm - 7:30pm

Location: University of Wisconsin Oshkosh, Fox Cities Campus Art Studio Room 1629
Fee: $79 (cost of materials included in fee)
Instructor: Kemery Zetzman. Kemery is a graduate of UW-Fox Valley where she earned an Associate degree in Art Education. She is currently Artist in Residence at the Refuge Foundation for the Arts in Appleton, where she has a studio to create her personal work, mostly in drawing painting and ceramics, and participates in multiple shows and events. In addition, Kemery has been an art instructor at The Fire Art Studio in Appleton where she teaches glass fusing, glazing pottery, mosaic and silver metal clay jewelry. This past summer she was commissioned to do a mural for the exterior the Little Chute Public Library, and in the spring was a visiting artist at Xavier High School.

PAST PARTICIPANTS SAID:
“Teacher was very good. Fun class!”
Green Living Ideas and Inspiration

Do you sometimes wonder if there is more you could do to help our beautiful earth?

This course will introduce you to ideas and specific actions to inspire you to make green living choices in four focus areas: waste management, energy efficiency, water quality and water conservation. You will learn how to reduce household waste, improve home energy efficiency, calculate your personal carbon footprint, save water and improve water quality. We will also learn more about where we live and discuss how we impact our communities and vice versa.

Dates: Wednesdays, October 2 and 9
Time: 6:30pm - 8:30pm
Fee: $39
Location: Room 1346
Instructor: Jeanine Knapp has more than 20 years of experience in the environmental industry including waste management, Great Lakes water quality, and energy management. She holds a Master of Public Affairs degree from the La Follette Institute at UW-Madison with certification in Energy Analysis and Policy from the Nelson Institute of Environmental Studies. Jeanine currently works in health care where, like all organizations, operational choices impact human health.

Understanding Chakra Energies

Chakras are the body’s energy centers. Our energy centers (chakras), affect all we experience, including love, happiness, peace, and abundance. In this class, we will learn about the first 7 chakras, how they affect us, what they govern, how to detect blockages, and how to open and balance the energy channels. Dress in loose, comfortable clothing (no jeans) and no jewelry, as this class will be interactive.

Date: Thursday, November 7
Time: 6:00pm - 8:00pm
Fee: $30
Location: Room 1551
Instructor: Cynthia Graham

“RATING HIS CLASSES CONSISTENTLY AS EXCELLENT, PAST PARTICIPANTS HAVE COMMENTED:

“I loved Chef Champion’s inspirational messages as well!”
“Excellent presentation and very engaging!”
“I had a wonderful time. Learned a lot”

PAST PARTICIPANTS SAID: “Cynthia was a wonderful instructor. Please offer more classes!”
HEALTH & WELLNESS

Fit at Fox
This class provides personal attention from a qualified instructor to help you develop and maintain functional strength in a relaxed and enjoyable social setting. We work on balance, nutrition, and flexibility, along with the mainstays of aerobic and resistance training. Making friendly connections and getting support from fellow classmates is also part of this program. Instructor-led class with audience favorite, Thain Jones. Geared toward mature adults, but open to all age levels. Come join the fun!

**Classes start the week of September 3, 2019 and run through the week of January 24, 2020 (21 weeks).**

**Choose a Session:**
- Monday/Wednesday, 5:00pm - 5:45pm
- Tuesday/Thursday, 8:00am - 8:45am
- Tuesday/Thursday, 8:45am - 9:30am

**Fee:** $185
**Location:** 1866 Fitness Center
**Instructor:** Thain Jones, a UW Oshkosh, Fox Cities Fitness instructor since 1986, has a BS in Physical Education and Biology and is a well-respected and successful high school track/cross country coach. Thain was recently named the U.S. Track and Field and Cross Country Coaches Association COACH OF THE YEAR for Wisconsin after leading the Freedom Irish to the WIAA Division 2 state track and field title in June.

Fit at Fox – Punch Cards
Not sure about a 21 week fitness class commitment? Get a punch card! These fitness plans are best for those who need a flexible schedule. Individuals utilizing punch cards will have access to the fitness center anytime the instructor is present (all three sessions available). Choose to take 10 or 25 sessions. This is still an instructor-led class, but on your schedule. Punch cards are good for one year from date of issue and are not transferrable.

- **10 Sessions, Fee $65**
- **25 Sessions, Fee $145**
**Location:** 1866 Fitness Center
**Instructor:** Thain Jones

What’s Your Dosha?
The beginning points of ayurvedic healing start with determining your “type”, or Dosha. Come take a quiz to find out where you are on the Dosha scale and what it means! You will go home with a little insight into yourself that perhaps you didn't know before. And we always strive to have a little fun along the way!

**Date:** Thursday, October 24
**Time:** 6:00pm - 8:00pm
**Fee:** $30
**Location:** Room 1551
**Instructor:** Cynthia Graham

Flow Yoga
This course is for students who have never taken a yoga class before or students wanting a basic flow yoga class. The class will introduce the fundamental principles of alignment and breath work in a flow of postures linked together by breath. Students will learn the postures through step-by-step verbal description, demonstration, and hands on help.

**Dates:**
- **Session 1:** Mondays, September 16, 23, 30, October 7, 14, 21
- **Session 2:** Mondays, October 28, November 4, 11, 18, December 2, 9 (Skip the week of Thanksgiving)

**Time:** 7:00pm - 8:00pm
**Fee:** $49 per six-week session
**Location:** Community Arts Center Upstairs Lobby
**Instructor:** Lirong Ding

Introduction to Qigong
Spring Forest Qigong (SFQ) is a simple, effective system of movements and meditations that can be done anywhere, anytime, and by anyone. No equipment is needed, and thousands of practitioners worldwide have reported incredible results. Qigong techniques help integrate and harmonize the mind and body. The practice will include SFQ gentle movement, breathing techniques, meditation, acupressure, intention and visualization.

This revolutionary and modernized form of Qigong was developed by International Qigong Master Chunyi Lin in 1994 after years of Qigong, Tai Chi, and martial arts practice and a whole month of intensive meditation in the legendary Qiang Cheng Mountains. Limit: 20

**Dates:** Wednesdays, October 2, 9, 16, 23
**Time:** 4:30pm - 5:30pm
**Fee:** $49
**Location:** To be determined
**Instructor:** Lorrie Formella, owner of Seasons of Life Empowerment, is an Organizational Psychologist with a focus on behavioral psychology. Lorrie is a Certified Teacher of the 200-hour Institute of Integral Qigong and Tai Chi (IIQTC) program and member of the National Qigong Association. Lorrie engages people to become an empowered citizen regarding their health and wellness by providing multiple Qigong and Tai Chi workshops, retreats, and classes.

PAST PARTICIPANTS SAID: "Well worth taking."
"First time I've taken a course in Yoga and I enjoyed it very much!"
**Intro to Reiki**

Come explore what Reiki is (and is not). This class is designed to discuss a brief synopsis of Reiki and answer questions that participants have surrounding this energetic healing modality. Reiki is becoming more and more mainstream and is utilized in hospitals and wellness centers around the world. Ask the questions you have always wanted to ask. Participants will receive a handout. Please wear comfortable clothing.

**Date:** Thursday, October 17  
**Time:** 6:00pm - 7:00pm  
**Fee:** $20  
**Location:** Room 1352  
**Instructor:** Cynthia Graham, LCMT, RM, CNMT and Reiki Master/Teacher since 2003

Reiki I

Reiki is an easy-to-learn system for relaxation, personal healing, stress relief and more! The Usui system of Reiki is one of the easiest natural healing systems known today. It is also the most effective way to transfer Universal Life Energy. This class teaches basic aspects of Reiki in order to perform hands-on healing with Reiki Ray. The history, principles and ethics of Reiki are discussed and the chakra system is also examined. Students are attuned to Reiki I in a four step process. Students will have hands-on practice time. Join us for this introductory exploration of this powerful energy. Limit: 10

**Certification:** Certificate of Completion for Usui Reiki I as a Reiki I Practitioner.

**Date:** Thursday, November 14  
**Time:** 5:30pm - 9:30pm  
**Fee:** $150, includes class session, manuals and other materials  
Please wear comfortable clothing and bring a mat/blanket and pillow/towel  
**Location:** Room 1346  
**Instructor:** Cynthia Graham

**Healing Stones**

Come join us in the adventure of stone energies! In this class, you will learn many of the more common stones used to clear spaces, absorb and stave away negative energies, balance energetic space, and heal in many different ways. We will have fun touching and holding different rocks as well as learning a bit as we go.

**Date:** Thursday, October 10  
**Time:** 6:00pm - 8:00pm  
**Fee:** $30  
**Location:** Room 1352  
**Instructor:** Cynthia Graham

**Beginner Tai Chi Easy**

This course consists of both Tai Chi and Qigong movements – a warm up and a cool down, self-massage, breath exercises, and meditation. Participants develop their abilities to focus and concentrate in a deep state of relaxation through breath practices, movement, meditation and self-massage providing simple, effective self-care skills that can be used throughout life and well into the “successful aging” process. Consistently practicing Tai Chi and Qigong can help you manage stress and pain, reduce anxiety, improve sleep, mood, balance, and stamina. Limit: 20

**Dates:** Wednesdays, October 2, 9, 16, 23, 30, November 6, 13, 20  
**Time:** 5:45pm - 6:45pm  
**Fee:** $69  
**Location:** To be determined  
**Instructor:** Lorrie Formella

**Mindful Meditation**

Research has linked the regular practice of meditation to reduced levels of anxiety and stress. In this class you will learn what meditation is and practice various meditation processes. You will define your intention and set an action plan to get there. As you develop your own meditation program, you will be able to track the benefits for yourself from changes in your reactions, to improvements in your energy and clarity. At the end of this program, you will know what meditation practices work best for you and have an action plan to move forward on your own to attain more peace and calm.

**Dates:** Wednesdays, October 30, November 6, 13, 20  
**Time:** 4:30pm - 5:30pm  
**Fee:** $69  
**Location:** Room 1346  
**Instructor:** Lorrie Formella

**PAST PARTICIPANTS SAID:** “Wonderful course – lots of ideas to take and use going forward.” “Learned a lot about meditation in a useful way – appreciate the diversity. Thank you, Lorrie.”
Online Paralegal Certificate Courses

The demand for trained legal professional has never been higher. Major corporations, healthcare facilities, insurance companies, government agencies and law offices all employ graduates of these programs. Visit our website for detailed course information including available formats, syllabi, schedules and textbooks: [https://www.legalstudies.com/schools/](https://www.legalstudies.com/schools/)
Fond du Lac: [https://www.legalstudies.com/vendor/uwosh-fdl/](https://www.legalstudies.com/vendor/uwosh-fdl/)
Fox Valley: [https://www.legalstudies.com/vendor/uwosh-fox/](https://www.legalstudies.com/vendor/uwosh-fox/)

Paralegal Certificate Course© 14-weeks

This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Students will be trained to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of law in which paralegals are in most demand. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session. This program will help students increase their office's efficiency, productivity, and billable hours as well as learn new marketable job skills.

Curriculum is available in an Instructor-led Online, Live Lecture and Independent Study Formats. Students are able to log on anytime anywhere to complete weekly assignments, tests and quizzes.

Fee: $1395

Advanced Paralegal Certificate Courses

These advanced topics build upon the nationally acclaimed Paralegal Certificate Course©. These classes allow students to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Students complete six topics to earn the Advanced Paralegal Certificate.

Advanced Legal Research $729  Education Law $729
Alternative Dispute Resolution $729  Estate Planning $729
Business Law $729  Family Law $729
Bankruptcy Law $729  Intellectual Property Law $729
Constitutional Law $729  Real Property Law $729
Criminal Law $729  Victim Advocacy $729
Criminal Procedure $729  Water Law $729
Immigration Law $729

Curriculum is available in an Instructor-led Online, Live Lecture and Independent Study Formats. Students are able to log on anytime anywhere to complete weekly assignments, tests and quizzes.

Fee: $2100 ($350 each for six topics)

Textbooks and Westlaw subscriptions are not included in tuition pricing. All required materials are listed on the CLS website and can be purchased online or over the phone.
[http://www.legalstudies.com/bookstore](http://www.legalstudies.com/bookstore) or 1-800-522-7737

Other Affordable Courses

- Legal Nurse Consultant $895
- Software Essentials $729
- Advanced Legal Research & Writing $729
- Personal Injury $729
- Employment Law $729
- Intellectual Property Law for Engineers $729
- Legal Secretary $729
- Legal Investigation $729
- Alternative Dispute Resolution $729
- Victim Advocacy $729
REGISTRATION FORM

ALL information MUST be completed for your registration to be processed. Mail completed form along with payment for selected courses to the corresponding University of Oshkosh Campus that is hosting your selected courses.

SELECT WHICH CAMPUS YOU WILL ATTEND:

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<td>400 University Drive</td>
<td>1478 Midway Rd</td>
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<tr>
<td>Fond du Lac, WI 54935</td>
<td>Menasha, WI 54952</td>
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<tr>
<td>(920) 929-1155</td>
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How did you hear about us? If you have a course catalog, where did you get the catalog (i.e. in the mail, at the library or senior center)?

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FEES ARE DUE WITH REGISTRATION

PAYMENT METHOD: Call the Continuing Education Office of the campus you wish to attend to pay by debit/credit card, or make check payable to University of Wisconsin Oshkosh, Oshkosh Campus and remit with this form to the corresponding address above.

Need another registration form? Feel free to make a copy!

Suzanne Lawrence, Director - Continuing Education for Access Campuses | lawrences@uwosh.edu
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New York City Theatre Tour

Group 1) Wednesday, May 27 – Sunday, May 31, 2020
Group 2) Wednesday, June 3 - Sunday, June 7, 2020