CONTINUING EDUCATION and PROFESSIONAL DEVELOPMENT

PROFESSIONAL DEVELOPMENT & PERSONAL ENRICHMENT

CUSTOMIZED TRAINING
Learning solutions for your organization

TRAVEL OPPORTUNITIES
Chicago for a Day - Spring 2020
New York Theater Tour - Spring 2020
Boundary Waters Canoe Expedition - Summer 2020
Portugal - Fall 2020

COURSE CATALOG – SPRING 2020
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. The Continuing Education Offices offer a number of personal enrichment, professional development, and travel/theater options for community members.

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.

Registration is easy! Call our office for assistance or go online.

Suzanne Lawrence, Director of Continuing Education for Access Campuses at the UWO-Fond du Lac and UWO-Fox Cities 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 of Continuing Education for Access 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, except for travel options.

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 check or credit card (Visa, MasterCard). 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 we will assist you with registration.

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:
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://uwosh.edu/fdl/continuing-education/online/

University of Wisconsin Oshkosh, Fox Cities Campus
https://uwosh.edu/fox/continuing-education/online-learning/
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.

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, May 16, 2020

**Fee:** $59. Museum admission fees and meals are not included in the registration fee.

**Starting at 1:30 pm**

Pick up and drop offs will be at: Corner of Rush and Superior, Chicago Art Institute, Adler Planetarium, Shedd Aquarium and the Field Museum for those who want to change their location for the afternoon.

**Starting at 4:15 p.m.**

Last pick up of any passengers at: the Chicago Art Institute, Adler Planetarium, Shedd Aquarium and the Field Museum and drop off those passengers at the corner of Rush and Superior for the evening.

7:20 pm Pick up ALL passengers at the corner of Rush and Superior.

7:30 pm Depart Chicago (Depart promptly at 7:30 pm.)

10:30 pm Arrive at UWO-FDL North Parking Lot

11:15 pm Arrive at UWO-Fox Cities

All times will vary depending on traffic and/or road construction.
Discovering Portugal
Sept. 19–28, 2020

World-renowned cuisine, historic cities, centuries-old castles, award-winning vineyards, narrow cobbled streets, rocky coasts, turquoise beaches and more! Portugal, the longest-lived of Europe's modern empires, has a rich culture and history with unforgettable sights and experiences that should be on your bucket list!

Day 1: Departure from Chicago’s O’Hare
Day 2: Arrive Porto (2 nights) | Day 3: Porto
Day 4: Porto – Coimbra – Lisbon (6 nights)
Day 5: Lisbon
Day 6: Day Trip to Sintra & Cascais
Day 7: Day Trip to Obidos & Batalha
Day 8: Day Trip to Evora
Day 9: Day Trip to Arrabida
Day 10: Depart Lisbon for Home

For pricing and full itinerary, please call (920) 929-1155.

Travel Opportunities

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

Boundary Waters Canoe Expedition

The Boundary waters in northern Minnesota is the largest wilderness area east of the Rocky Mountains and north of the Florida Everglades. The more than 1 million acres contains over 1200 miles of canoe routes and over 2000 individual campsites. Challenge yourself physically and unplug yourself mentally as you spend 6 days paddling this pristine wilderness with 2 guides who combined have completed more than 20 trips in this natural wonderland. Price includes transportation from Manitowoc, all food in the wilderness, and all necessary equipment. Personal gear excluded. Total number of participants: 6.

Dates: June 6 – 11, 2020
Fee: $800
Group Leader: Bruce Peters (retired UW-Manitowoc). Bruce has led various outdoor trips over the past 4 years as was co-advisor to the UW-Manitowoc Extreme Outdoors Club.
Register early. Max number of participants allowed: 6.

College for Kids & LEAPS!
We are re-designing our College for Kids and LEAPS! Programs.
Check our website for new updates!
Grandparents can spend quality time with their grandkids (ages 8-12) during two fun-filled days of education and exploration! Pick a major and enjoy learning together while experiencing campus life.

**Program fees include:**

- **Lodging:** An overnight stay in UWO’s Horizon Village. Each suite includes four bedrooms, two bathrooms with shared living and kitchen spaces. Each person has a separate bedroom with a twin bed.
- **Meals:** Four meals in Blackhawk Commons.
- **Courses:** Engaging majors with hands-on activities and fun evening activities.
- **Graduation:** Enjoy a Titan-inspired graduation. Take home a commemorative t-shirt, water bottle and diploma.

**Cost:**

- Adult $210
- Child $120
- Plus Lodging $80 for two guests
  $160 for three to four guests

**UWO alumni receive a $10 discount!**

Learn more and register >>>

**uwosh.edu/go/gu**

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**Firefighting Academies**

*Live the life of a firefighter.*

- Students entering grades 9-12 will perform tasks and training exercises hands on alongside local firefighters and emergency medical technicians at area fire stations and training facilities.
- Learn what it will take to pursue a career in fire and emergency response services.
- Develop leadership, problem-solving and team-building skills.
- Lodging and meals will take place on the UW Oshkosh, Oshkosh campus.

**Basic Firefighting Academy**

June 14-19, 2020

**Cost:**

$450 per academy

**Advanced Firefighting Academy**

July 12-17, 2020

Participation in Basic Academy required.

Includes all instructional materials, equipment, transportation, t-shirt, meals and lodging.

Learn more and register >>> **uwosh.edu/go/fire**

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Questions about UW Oshkosh Continuing Education programs?

conted@uwosh.edu • (920) 424-1129
Whether you are looking for your purpose at work, outside of work, in a second career or in retirement, you will be able to help identify those things that bring you joy and how to capitalize on them. This experienced-based retreat will provide opportunities for movement, healthy food, learning, hands-on activities and a trip to the spa!

Save with Friends! Suites include two bedrooms and two bathrooms. Get a group of friends or family members together because you deserve it!

### Occupancy | Cost per participant
---|---
Double | $349
Triple | $299
Quadruple | $249

*UWO alumni and Oshkosh YMCA members receive a $25 discount!*

Learn more and register >>> [uwosh.edu/go/womenswellness](http://uwosh.edu/go/womenswellness)

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### Learning in Retirement

*Are you looking for something to keep yourself sharp, active and involved?*

NEW in Spring 2020! LIR is expanding its course offerings to Fox Cities’ locations. There will be over 20 new programs throughout the Fox Cities in addition to the 50+ programs offered in Oshkosh.

Learn more and register >>> [uwosh.edu/lir](http://uwosh.edu/lir)

**Cost:** $100 for the academic year
**Try it for the spring semester for only $50!**

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### Social Worker and Professional Counselor Workshops

*Earn your required CEHs and CEUs.*

**Understanding Poverty**  Mar. 20
**Adolescent Sexual Behavior**  Apr. 24
**Trauma and Addictive Behaviors in Youth**  May 22

Learn more and register >>> [uwosh.edu/go/sw-workshop](http://uwosh.edu/go/sw-workshop)

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**Questions about UW Oshkosh Continuing Education programs?**
conted@uwosh.edu • (920) 424-1129
Take Business 231 – Personal Finance

Guardian Life Insurance of America and the UW Oshkosh, Fond du Lac Campus have partnered to bring students a Money Management for Life Scholarship Program including a personal finance course also known as BUS-231 Personal Finance. 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.

Benefits:
- Students selected will be provided free course tuition and textbooks if requirements are met
- These course credits may be used to complete graduation requirements
- 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

Application Process:
Scholarship applications will be available the first day of class and must be completed and returned by the start of the next class period in order to qualify.

Dates: Tuesdays, February 3 - May 15
Time: 4:30pm - 7:00pm

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 Student Affairs Office.

Location: This course will be located at an off-site location to be determined.

Instructor: Michael Winkler

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, February 18, 25 and March 3
or
Dates: Thursdays, February 20, 27 and March 5
Time: 6:00pm - 8:30pm
Location: TBA
Fee: FREE

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.

Foundations of Investing

Building your investor IQ starts with understanding the basics. Whether you are new to investing or need a refresher, this class will discuss the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals.

Dates: Thursdays, March 19 – April 16th (No class April 9, 2019)
Time: 6:00pm - 7:00pm
Location: TBA
Fee: FREE
Instructor: Kyle D. Lukowitz

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.

Dates: Tuesdays, February 4 - 18
Time: 6:00pm - 7:30pm
Location: TBA
Fee: FREE
Instructor: Taught by a team of Winch Financial professionals.
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:** Thursday, May 7  
**Time:** 6:00pm - 7:30pm  
**Location:** TBA  
**Fee:** FREE  
**Instructor:** Kyle D. Lukowitz  

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:** Thursdays, January 16 - February 6 
**Time:** 6:00pm - 7:00pm  
**Location:** TBA  
**Fee:** FREE  
**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.

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, March 5 and 12  
**Time:** 6:00pm - 7:30pm  
**Fee:** FREE  
**Location:** TBA  
**Instructors:** Taught by a team of Winch Financial professionals.

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, February 12, 19, 26, March 4, 11, 18  
**Time:** 6:00pm - 7:00pm  
**Location:** Room A-219 (Henken)  
**Fee:** FREE  
**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 multi-million 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. She has been featured in 'Women' magazine as one of 10 Realtors in Wisconsin who inspire.

**Instructor:** Amy Jo Teifke with Adashun Jones has been in the Real Estate Industry for 17 years. Her background in appraisals adds to her experience and knowledge of market values. With nearly 18 million dollars in sales and 134 closings in just the last 2 years, she has worked her way up to become one of the top Realtors in the business. In 2019, she teamed up with Brooke Boyle-Schneider, to create Simply Sold to better serve their customers and clients. Amy is an active volunteer in the community including Big Brothers Big Sisters, Kiwanis and Fond du Lac Literacy.
Don’t Be Fooled by Your Smart Phone

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:** Thursdays, April 23, 30, May 7, 14
**Time:** 5:00pm - 7:00pm
**Fee:** $59
**Location:** Room UC-131
**Instructor:** Ahilan Sivasamy. Ahilan is a current instructor at the UW Oshkosh, Fox Cities campus. He is passionate about lifelong learning and exploring new technologies to improve our daily lives and our ever-changing society.

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, March 10, 17, 24 and April 7
**Time:** 10:00am - 12:00pm
**Fee:** $39
**Location:** Room A-219 (Henken)
**Instructor:** Mary Patricia Voell. Mary is a 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.

CBD Oil - Why is CBD Everywhere?

In recent years, CBD has hit headlines across the country and around the globe. While cannabis itself has remained a hot topic in recent political and bureaucratic news, it’s interesting to watch the integration of cannabidiol (CBD) as a retail product and medicinal alternative. Learn more about what hemp is known to help with. The intent of this class is to educate participants on the history, benefits, use of CBD Oil, as well as shedding light on your unanswered questions including:

- What is CBD and what can it do?
- Why hemp and not marijuana, what are the differences?
- What the future of the cannabis industry looks like.
- History of cannabis
- Importance of CBD and other cannabinoids and why your body wants an intake of them

**Date:** Wednesday, April 8
**Time:** 6:00pm - 8:00pm
**Fee:** $19
**Location:** TBA
**Instructor:** Ben Mueller, HempWorks Wisconsin LLC
Fiction Writer's Toolbox
This course covers the basic elements and terminology regarding fiction writing that you need to know, including: plot, developing characters, point of view, the editing process, and so much more!

Part I: Before You Write - What do you need to know before you start your story? I'll share the things I learned I didn't know when I started writing to help you make that first draft the best possible! We'll talk about essentials for success, genre, word count, point-of-view, tense, pansting vs plotting, story structure/plot, developing characters, backstory, inciting incidents and more!

Part II: As You Write - You sit down to write, what are some things you need to consider as you work your way through your story? Topics we'll discuss include: writer's block, dialogue, show vs tell, strong verbs, starts and finishes to chapters and more!

Part III: After You Write - That first draft is finished but it's a mistake to think it's ready to be published, the hard work has just begun but if you do it well, you'll have a marketable manuscript. How do you edit and revise, weasel words, overused words, adverbs and the value of making mistakes.

Part IV: Getting Published - You've written, edited, revised and now you're ready to look for an editor, agent or publishing house for your story... or perhaps to self-publish. What are some basics you need to know as you head into this part of your journey? I'll share some key things to help you move ahead with confidence.

Dates: Mondays and Wednesdays, April 6, 8 and April 20, 27
(No classes April 13 and 15)
Time: 6:00pm - 7:30pm
Fee: $59
Location: TBA
Instructor: Susan Baganz

The Final Word
We hope to have a long life ahead of us, but there will be a day when that life is behind us. That’s why it’s important to write your obituary now. After all, you know your life best, and you never know what someone else might put in your obituary! In this class, you can take the time now to decide what your legacy will be. You will review the legacy you have established and write your obituary. The instructor brings humor and fun to this thought-provoking topic.

Dates: Monday, May 11
Time: 6:00pm - 8:00pm
Fee: $20
Location: TBA
Instructor: Dave Moscinski

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: 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: University of Wisconsin Oshkosh, Fond du Lac Campus.
Instructor: Liz Ruedinger and Scott Bengel, Fond du Lac School District

ACT Online Prep Course
Self Directed
This 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 an online pre-test to determine the areas in which you should focus your efforts, along with instructional strategy videos. Students have one 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
Take Business 231 – Personal Finance

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Benefits:
• Students selected will be provided free course tuition and textbooks if requirements are met
• These course credits may be used to complete graduation requirements
• Students will 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

Application Process:
Scholarship applications will be available the first day of class and must be completed and returned by the start of the next class period in order to qualify.

For more information, contact the Office of Continuing Education at UW Fox Valley at 920-832-2636

Dates: Wednesdays, February 5 - May 13
Time: 4:30pm - 7:00pm
Fee: Free to Qualified Participants
Location: Goodwill Industries, Menasha
Instructor: Michael Winkler

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, March 5 and 12
Time: 6:30pm - 9:30pm
Location: TBA

OR

Dates: Tuesdays, March 17 and 24
Time: 6:30pm - 9:30pm
Location: TBA
Fee: FREE
Instructor: Neelam Krishnaney-Davison

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, April 21, 28, May 5 and 12
Time: 6:00pm - 7:00pm
Location: TBA
Fee: FREE
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.

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.

Dates: Mondays, February 24, March 2, 9
Time: 6:00pm - 7:30pm
Location: TBA
Fee: FREE
Instructors: Taught by a team of Winch Financial professionals.
Solving Your Retirement Puzzle

This class, taught by a team of CPAs, CFPs 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 long-term care.

Dates: Thursdays, March 19, 26 and April 2
Time: 6:00pm - 7:30pm
Fee: FREE
Location: TBA
Instructors: Taught by a team of Winch Financial professionals.

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, April 23, 30 and May 7
Time: 6:00pm - 7:30pm
Fee: FREE
Location: TBA
Instructors: Taught by a team of Winch Financial professionals.

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: Tuesdays, March 17, 24, 31 and April 7
Time: 6:00pm - 7:00pm
Fee: FREE
Location: TBA
Instructor: Kyle D. Lukowitz, Edward Jones.

Girls, Engineering, Math, and Science – SAVE THE DATE!

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 grade 6-8. Registration is required and will open mid summer. Check our online catalog to register.

Date: Saturday, October 17, 2020
Time: 8:30am - 12:00pm
Fee: $25
Location: UW Oshkosh, Fox Cities Campus, 1478 Midway Road, Menasha
Instructor: Various UW Fox faculty and community members will share their talents.

Genealogy – 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 participants.

Dates: Wednesdays, April 1, 8, 15, 22
Time: 6:00pm - 8:00pm
Fee: $49
Location: TBA
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.

PAST PARTICIPANTS SAID: "Kyle is very knowledgeable and provided expertise in answering questions." "Really enjoyed the class – very worthwhile."
**Passionate About Poetry**

Whether your goal is to pursue poetry as a serious practice or a hobby, you will be provided the tools to raise your work to a higher level in this course. Through theory, practice and critique, beginning and seasoned poets alike will strengthen their work like iron forged in fire. Class discussion will include poetic traditions, generating subject matter, and the elimination of writer’s block. Be prepared for a head-on dive into the poetic craft!

**Dates:** Wednesdays, April 1, 8, 15, 22, 29  
**Time:** 6:00pm - 8:00pm  
**Fee:** $59  
**Location:** TBA  
**Instructor:** Troy Schoultz. Troy is a lifelong Wisconsin resident, currently living in Oshkosh. He is a lecturer at the University of Wisconsin Oshkosh, Fox Cities Campus, where he also edits the nationally recognized Fox Cry Review.

**PAST PARTICIPANTS SAID:** “Very enjoyable class!”  
“I enjoyed the class – it motivates me to keep writing and reading poetry.”

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**Beginning Adult Group Piano Lessons**

Have fun and learn some new skills! Enjoy a relaxed, comfortable learning atmosphere and informal class experience while learning to play the piano. This course is designed to provide a concentrated study in beginning piano for the adult with little or no piano experience. At the conclusion of the course, the student will have learned key signatures, meter signatures, names and values of notes, major and minor scales, melodies hands together, and melodies with primary chords as accompaniment. It is sure to hit an enjoyable note!

**Dates:** Tuesdays, April 7, 14, 21, 28, May 5  
**Time:** 6:00pm - 7:30pm  
**Fee:** Includes book, which will be distributed at first class, and supplemental materials  
**Location:** Room 1611  
**Instructor:** Lynda Zimmerman is a retired assistant professor of music at UWO-Fox Cities. She has a BME from the University of Wisconsin-Eau Claire and an MM in piano performance from Texas A & M University. She was awarded the diploma for the Outstanding Young Woman of America from Wisconsin and Outstanding Young Educator. She is an accompanist for several performing groups and an extensive number of musicals. She has taught this course many times and has always found it to be an exciting and enjoyable experience for everyone involved.

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**Fiction Writer's Toolbox**

This course covers the basic elements and terminology regarding fiction writing that you need to know, including: plot, developing characters, point of view, the editing process, and so much more!

**Part I: Before You Write** - What do you need to know before you start your story? I'll share the things I learned I didn't know when I started writing to help you make that first draft the best possible! We'll talk about essentials for success, genre, word count, point-of-view, tense, pansting vs plotting, story structure/plot, developing characters, backstory, inciting incidents and more!

**Part II: As You Write** - You sit down to write, what are some things you need to consider as you work your way through your story? Topics we'll discuss include: writer's block, dialogue, show vs tell, strong verbs, starts and finishes to chapters and more!

**Part III: After You Write** - That first draft is finished but it's a mistake to think it's ready to be published, the hard work has just begun but if you do it well, you'll have a marketable manuscript. How do you edit and revise, weasel words, overused words, adverbs and the value of making mistakes.

**Part IV: Getting Published** - You've written, edited, revised and now you're ready to look for an editor, agent or publishing house for your story... or perhaps to self-publish. What are some basics you need to know as you head into this part of your journey? I'll share some key things to help you move ahead with confidence.

**Dates:** Tuesdays and Thursdays, March 3, 5, 10 and 12  
**Time:** 6:00pm - 8:00pm  
**Fee:** $59  
**Location:** TBA  
**Instructor:** Susan Baganz

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**Make a Front Door “Hello” Sign**

Add to that Pinterest-perfect entryway you’ve always dreamed of with a trendy Front Door Welcome Sign! This class is suitable for all skill levels, and you will leave with a project that you'll love. You will not only go home with your beautiful sign, but you might have a hard time not keeping it for yourself! You will not only go home with your beautiful sign, but also with the understanding of the techniques needed to make many DIY craft projects.

**Date:** Thursday, April 16  
**Time:** 5:30pm - 8:30pm  
**Fee:** $69 – All materials and supplies included!  
**Location:** TBA  
**Instructor:** Jackie Connell. Jackie has been a crafter her entire life, and loves helping others unleash their creativity. She truly believes that everyone has the ability to make beautiful things, even if they need a little help along the way!
Spring Nature Hike Series with Rob Zimmer

Join author and radio host Rob Zimmer for any or all of these fun and educational hikes exploring High Cliff State Park. Spring wildflowers, spring mushrooms, migrating warblers, thrushes, tanagers, water birds and more can all be expected on these one of a kind hikes along the Niagara Escarpment. Each month we will encounter something exciting and new. You'll enjoy watching as the season explodes before your very eyes. From spring, right into the summer season, Rob will introduce you to the wildlife and plants found right here in our own backyard. Along the way, you'll learn about invasive species, edible wild plants, listen to singing frog and toad, enjoy colorful warblers and other spring migrating birds, as well as the explosion of spring ephemeral wildflowers. Each hike brings something new and exciting. Hikes will take place rain or shine, be sure to dress accordingly. Insect repellent is encouraged. **Space is limited to 20 people per hike, so sign up now!**

**Date:** Tuesday, March 24  
**Time:** 10:00am - 12:00pm  
**Fee:** $20  
**Location:** Meet at the visitor center High Cliff State Park

**Date:** Tuesday, April 28  
**Time:** 10:00am - 12:00pm  
**Fee:** $20  
**Location:** Meet at the visitor center High Cliff State Park

**Date:** Tuesday, May 5  
**Time:** 10:00am - 12:00pm  
**Fee:** $20  
**Location:** Meet at the visitor center High Cliff State Park

**Date:** Tuesday, May 19  
**Time:** 10:00am - 12:00pm  
**Fee:** $20  
**Location:** Meet at the visitor center High Cliff State Park

**Date:** Tuesday, June 23  
**Time:** 10:00am - 12:00pm  
**Fee:** $20  
**Location:** Meet at the visitor center High Cliff State Park

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.

Cooking Demonstration with Celebrity TV Chef Ace Champion!

Chef Champion will not only prepare and teach healthy, delicious food, he will also give you the motivation and mental clarity that will make you a better cook instantly. In each one-night class, Chef Champion will demonstrate techniques and two recipes. You will get to sample the food and go home with the recipes. Come join us!

**Instructor:** TV Chef and 12-time award winner, Ace Champion. His “Cook like A. Champion” TV show airs on local CW14 and Channel 10 every Saturday at 12:30 pm.

**Mardi Gras in the Fox Cities**  
**Date:** Tuesday, February 18  
**Time:** 6:00pm - 8:00pm  
**Location:** TBA  
**Fee:** $45

**Soups**  
**Date:** Tuesday, March 3  
**Time:** 6:00pm - 8:00pm  
**Location:** TBA  
**Fee:** $45

**Just Desserts**  
**Date:** Tuesday, March 17  
**Time:** 6:00pm - 8:00pm  
**Location:** TBA  
**Fee:** $45

Don’t Be Fooled by Your Smart Phone

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 participants.

**Dates:** Wednesdays, April 22, 29, May 6 and 13  
**Time:** 5:30pm - 7:30pm  
**Location:** TBA  
**Fee:** $59

Meet Your Instructor: Ahilan Sivasamy. Ahilan is a current instructor at the UW Oshkosh, Fox Cities campus. He is passionate about lifelong learning and about exploring new technologies to improve our daily lives and our ever changing society.
The Final Word
We hope to have a long life ahead of us, but there will be a day when that life is behind us. That’s why it’s important to write your obituary now. After all, you know your life best, and you never know what someone else might put in your obituary! In this class, you can take the time now to decide what your legacy will be. You will review the legacy you have established and write your obituary. The instructor brings humor and fun to this thought-provoking topic.
**Dates:** Wednesday, May 6  
**Time:** 6:00pm - 8:00pm  
**Fee:** $20  
**Location:** TBA  
**Instructor:** Dave Moscinski

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, March 5  
**Time:** 6:00pm - 8:00pm  
**Fee:** $30  
**Location:** TBA  
**Instructor:** Cynthia Graham

TaijiFit - Real.Simple. Easy to Follow Tai Chi
Taijifiit is a revolution in mind body exercise practice. It is a transformational experience meant to help us in the process of change and evolution. Taijifiit makes tai chi easy to experience and a joy to follow, making it easier for you to gain the benefits of tai chi including better health, youthful vitality, inner peace and tranquility and more. The practice is all about connecting to your FLOW. FLOW is the moment when self-consciousness, fear, resistance, pain and negativity disappear- only joy and authenticity remain. Come and FLOW with us. No experience necessary ever!
**Dates:** Wednesdays, April 1 – May 20  
**Time:** 4:15pm – 5:15pm  
**Fee:** $69  
**Location:** Fieldhouse  
**Instructor:** Lorrie Formella

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, April 2  
**Time:** 6:00pm - 8:00pm  
**Fee:** $30  
**Location:** TBA  
**Instructor:** Cynthia Graham
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 January 27, 2020 and run through the week of May 22, 2020 (17 weeks).

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

Fee: $160

Location: 1866 Fitness Center
Instructor: Thain Jones, a UW Fox Fitness instructor since 1986. Thain has a BS in Physical Education and Biology and is a well-respected and successful high school track/cross country coach.

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: Wednesdays February 12, 19, 26, March 4, 11, 18
Session 2: Wednesdays, April 1, 8, 15, 22, 29, May 6.

Time: 9:00am - 10:00am
Fee: $49 per six-week session

Location: Field House
Instructor: Lirong Ding

Flow Yoga – 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 transferable.  

10 Sessions, Fee $65
25 Sessions, Fee $145

Location: 1866 Fitness Center
Instructor: Lirong Ding

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, February 27
Time: 6:00pm - 8:00pm
Fee: $30
Location: TBA
Instructor: Cynthia Graham

Introduction to Qigong
Join us to learn about the history, purpose and benefits of qigong and the significant role we can play in our own self-care. Learn simple yet profound practices that you can apply to create radiant health and longevity. In this class you will experience:

• Empowering movement and breath practices that bathe you in life-force energy.
• Self-massage that benefits your organs, musculature and especially your autonomic nervous system.
• Daily movement, breath, mind and meditation practice to optimize your health, focus, empowerment, vitality and creative potential.

No experience necessary.

Dates: Wednesdays, April 1 - May 20
Time: 5:30pm - 6:30pm
Fee: $69
Location: TBA
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 (IQTC) 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.
Online Paralegal Certificate Courses

The demand for trained legal professionals 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/
Fond du Lac: https://uwosh.edu/fdl/continuing-education/online/
Fox Valley: https://uwosh.edu/fox/continuing-education/online-learning/

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.

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

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 or 1-800-522-7737

Other Affordable Courses

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<td>Legal Nurse Consultant</td>
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<td>Software Essentials</td>
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<td>Advanced Legal Research &amp; Writing</td>
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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:

- **UWO - UNIVERSITY OF WISCONSIN OSHKOSH**
  - Fond du Lac
  - Continuing Education
  - 400 University Drive
  - Fond du Lac, WI 54935
  - (920) 929-1155

- **UWO - UNIVERSITY OF WISCONSIN OSHKOSH**
  - Fox Cities
  - Continuing Education
  - 1478 Midway Rd
  - Menasha, WI 54952
  - (920) 832-2636

Please Print

**NAME**

**ADDRESS**

**CITY**

**STATE**  **ZIP**

**DAY / CELL PHONE**

**EVENING PHONE**

**EMAIL**

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

**TOTAL FEES**

**PAYMENT METHOD:** Login online to pay by debit/credit card, or make check payable to UWO-Fond du Lac or UWO-Fox Cities and remit with this form to the corresponding address above.

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

Suzanne Lawrence, Director of Continuing Education for Access Campuses | lawrences@uwosh.edu
Discovering Portugal
Sept. 19–28, 2020

World-renowned cuisine, historic cities, centuries-old castles, award-winning vineyards, narrow cobbled streets, rocky coasts, turquoise beaches and more! Portugal, the longest-lived of Europe's modern empires, has a rich culture and history with unforgettable sights and experiences that should be on your bucket list!

New York City Theatre Tour

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