VIRTUAL PERSONAL ENRICHMENT & PROFESSIONAL DEVELOPMENT

CUSTOMIZED TRAINING
LEARNING SOLUTIONS FOR YOUR ORGANIZATION

VIRTUAL TRAVEL OPPORTUNITIES
Returning Summer of 2022 – New York Theater Tour!!

TRY THESE COURSES FOR FREE:
• Social Security: Your Questions Answered
• Five Money Questions for Women
• Bring Balance to Your Budget
• Video Calls for Beginners
• Skype for Beginners
• Zoom for Beginners

DON'T LIMIT YOUR CHALLENGES
CHALLENGE YOUR LIMITS

COURSE CATALOG – SPRING 2021
Continuing Your Education With Us!

As we enter the spring semester, the Offices of Continuing Education - in all three locations - will remain fully operational with our staff working remotely to support the needs of our students and faculty. Since your health, safety, and wellbeing are our highest priorities here at UW Oshkosh, spring continuing education classes will remain online with programs designed to provide a highly-interactive and engaging classroom experience.

From the safety of your home, try one of our virtual travel options that will take you to places unknown where you can tour inspiring locations and ask questions from one of our live scholars. If you’re looking to learn a new skill, try one of our many classes: Zoom for Beginners, 3 Keys to a Meaningful Life, LinkedIn/Networking, Don’t Be Fooled by Your Smartphone and more! Or engage with one of our financial experts to help build your retirement!

Whatever your goals are for the new year, we are here to serve your needs while keeping you safe.

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.

Currently, many organizations are opting to forgo in person conferences for “virtual conferences.” If you need assistance setting up your conference, contact us today and let us help!

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

Suzanne Lawrence, Director of Continuing Education for Access Campuses at the UWO-Fond du Lac and UWO-Fox Cities Campuses
lawrences@uwosh.edu or call 920-931-3415.

HOW TO REGISTER

Payment is due in full upon registration, except for travel options.

MAIL: Complete the registration form on the last page and mail with payment.

ONLINE: Visit the campus websites below: You can register online and pay with check or credit card (Visa, MasterCard)
UWO Fond du Lac: https://ce.uwc.edu/fond-du-lac/catalog
UWO Fox Cities: https://ce.uwc.edu/menasha/catalog
UWO Oshkosh: uwosh.edu/conted

IN PERSON: Please call in advance to determine if the Office of Continuing Education is open for in person registration.

PHONE: Call 920-832-2326 and we will assist you with registration.
NOTE: We do not take credit cards over the phone, but you are able to register yourself and use a credit card.

REFUNDS: Refunds will be made if the Continuing Education Office is contacted one full week prior to the start of the class. No refunds will be given after this date. This does not apply to travel opportunities where reservations need to be made further in advance. UWO reserves the right to cancel a course due to low enrollments and full refunds will then be given. Some exclusions apply.

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

COURSE CONFIRMATION:
Registration confirmation is sent one week prior to class starting (via email). If you do not receive confirmation that your class is running, please contact us at UWO, Fox Cities at 920-832-2636 or 920-931-3415.

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**FAQs**

**Will there be 'in person' classes on the Fox Cities and Fond du Lac campuses?**

A majority of Continuing Education classes will be available in a virtual format. However, some will be available ‘in person’ if conditions allow. If registering for an ‘in person’ class, an email confirmation containing Covid-19 protocol will be sent in advance of attendance.

**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.

**FREE CLASSES**

You will notice throughout this catalog that some classes are offered for free and are labeled with the green flag "Free Class" symbol. These classes fill some unique needs in our community at this time. Please note that even though there is no fee charged for these classes, registration is still required.

**ADDITIONAL VIRTUAL COURSES**

**Looking for More Online Class Options?**

Can't find what you're looking for in our regular courses? Our instructor-facilitated VIRTUAL 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**

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

**University of Wisconsin Oshkosh, Fox Cities Campus**

https://uwosh.edu/fox/continuing-education/
If you enjoy traveling, but are maintaining social distancing practices, look to our virtual tour options, which can offer you affordable family or alone time!!

VIRTUAL EDUCATIONAL TRAVEL OPPORTUNITIES

A Lovely Bubbly Breakfast – Perfect for Valentine’s Day (Ingredients Provided)
Allow us to provide all of the ingredients for a fun morning complete with a live, interactive 1.5 hour presentation focused on Valentine's Day traditions! Guests will tune in for a live, interactive 1.5 hour presentation focused on Valentine's Day traditions and Milwaukee's greatest love stories! Each guest will receive a box a few days in advance of the presentation containing:

- 2 morning buns from renowned Simma's Bakery
- 1 ounce premium hot chocolate from The Spice House
- 1/2 lb of Hawthorne Coffee Roasters coffee
- Valentine's themed chocolate treats from Ultimate Confections
- 2 oranges to make your breakfast complete (bring your own bubbly!)

Date: Friday, February 12. Registration in advance is required. Deadline to register: January 22.
Time: 9:00am - 10:30am for virtual viewing.
Fee: $65, includes ingredients. Participants will receive their breakfast box delivered to their door several days in advance of the tour.

Bakery Bus in a Box (Bakery Sampler Package with Educational Seminar)

In this unique time of social distancing, let us bring the sweet treats to you in the comfort of your own community with the Bakery Bus in a Box.

Included:

- Taste Milwaukee's Italian heritage with a half-pound box of Peter Sciortino's Bakery on historic Brady Street
- Delve into Mexican culture with a mini Three King's Cake from woman-owned La Flor de Trigo
- Enjoy a dozen of National Bakery's famous German pecan fingers.
- Savor 6 chocolate swirl meringue, a French delight from Greige Patisserie
- Always a favorite on the Bakery Bus, Ultimate Confections has been making homemade, hand-dipped chocolates for 30+ years. Enjoy chocolate dipped treats from this staple of the Milwaukee community.

We’ll ship the Bakery Bus in a Box complete with pastries from authentic Italian, German, Danish, Mexican and French bakeries to your home! In addition, we'll schedule a time for all of our guests to tune in for an interactive 1.5 hour discussion about Milwaukee's immigrant past and a chance to meet the makers behind the treats in the Bakery Bus in a Box.

Date: Friday, April 23. Registration in advance is required. Deadline to register: April 2.
Time: 10:00am - 11:30am for virtual viewing.
Fee: $75, includes food (enough for two) and virtual tour. Perfect for sharing with a friend!
VIRTUAL EDUCATIONAL TRAVEL OPPORTUNITIES

City of Steeples
Join us for a 1-hour virtual presentation highlighting several of Milwaukee’s churches. The presentation explores St. Francis of Assisi, the Basilica of St. Josaphat, and St. Joan of Arc Chapel in addition to the role Milwaukee's immigrants played in leading us to become the "City of Steeples."

Date: Friday, March 19.
Time: 2:30pm - 3:30pm for virtual viewing.
Fee: $20 per household (no box included in this tour / virtual viewing only)

Immigrants of Milwaukee
Join us for a 1-hour virtual presentation on the immigrants that built Milwaukee. The presentation will focus on the stories of Milwaukee's German, Polish, Irish, Italian and Mexican immigrants that made Milwaukee what it is today! We will explore the major neighborhoods of downtown Milwaukee including the Historic Third Ward, Brady Street and Old World 3rd Street and go behind-the-scenes to hear from business owners along the way all from the comfort of your home!

Participants will receive a link one week in advance of the tour.

Date: Saturday, February 27.
Time: 10:00am - 11:00am for virtual viewing.
Fee: $20 per household (no box included in this tour / virtual viewing only)

Discover the World of Virtual Travel

COMING THIS SPRING 2021!

More options coming this Spring 2021! Visit our website or like our Continuing Education Facebook page this spring to look for upcoming virtual travel opportunities with UWO, Fox Cities or Fond du Lac Campuses!
Discover Your Purpose
This life-changing online workshop provides participants greater awareness of their unique self with the goal of learning and developing personally and professionally. Understand how you add value and purpose in your life and create a vision for your future. Explore your values, strengths, talents, gifts and interests to construct a meaningful work statement that expresses your amazing self and your life purpose. Be empowered to optimize your life and become the best version of yourself!
This class has pre-work that needs to be done before the first session. Registrants will receive that information from the instructor prior to the class.
Dates: Thursdays, February 4, 11, 18, 25
Time: 6:00pm - 8:00pm
Location: VIRTUAL
Fee: $99
Instructor: Shana Farrell is the Executive Director of New Life Coaching & Consulting, LLC. She specializes in life, purpose and heart-centered leadership coaching for individuals and teams.

How Green is Your Garden?
Create a landscape that not only brightens your view and improves your health, but also builds fertile soils, conserves water, and protects biodiversity. In this three part class, we will cover why and how to apply conservation science in your own backyard.
In the first class we will cover the history of conservation ethics to understand the problems with contemporary land use. The second class delves into landscaping with native plants, combining both beauty and practicality. In the third class, we will explore sustainable backyard techniques to grow “real” food. We will learn organic methods that improve soil health and manage pests while promoting biodiversity. As time allows, we may cover the basics of beekeeping.
Dates: Wednesdays, March 3, 10, 17
Time: 6:00pm - 8:00pm
Location: VIRTUAL
Fee: $69
Instructor: Shannon Davis-Foust

3 Keys to a Meaningful Life
Have you ever thought, there’s got to be more to life? Maybe you feel as though you’re living your life on autopilot. Attend this session to gain hope, inspiration, insight and strategies to help you live a more fulfilling and meaningful life.
Date: Thursday, March 25
Time: 6:00pm - 8:00pm
Location: VIRTUAL
Fee: $39
Instructor: Shana Farrell

Skype for Beginners
You will learn the basics of Skype so that you can use this tool to connect with family and friends. Time to experiment is built into the class.
Date: Monday, March 29
Time: 4:00pm - 5:30pm
Location: VIRTUAL
Fee: NO FEE. FREE CLASS.
Instructor: Ahilan Sivasamy

3 Keys to a Meaningful Life
Have you ever thought, there’s got to be more to life? Maybe you feel as though you’re living your life on autopilot. Attend this session to gain hope, inspiration, insight and strategies to help you live a more fulfilling and meaningful life.
Date: Thursday, March 25
Time: 6:00pm - 8:00pm
Location: VIRTUAL
Fee: $39
Instructor: Shana Farrell

Video Calls for Beginners
Whether you are an Android phone user or an iPhone user, you will learn the tools available to make video calls such as Facetime (only on iPhones), WhatsApp (in both), Messenger (in both), Google Duo (in both), and Google Hangouts (in both). You will learn to use the tools and have time in class to experiment with them as well.
Date: Monday, March 1
Time: 4:00pm - 5:30pm
Location: VIRTUAL
Fee: NO FEE. FREE CLASS.
Instructor: Ahilan Sivasamy, computer science lecturer at UWO Fox Cities Campus.

Zoom for Beginners - FREE CLASS
Learn to use Zoom to connect with family and friends. Time to experiment with this fun tool, under the guidance of your instructor, is built into the class as well.
Date: Monday, March 1
Time: 4:00pm - 5:30pm
Location: VIRTUAL
Fee: NO FEE. FREE CLASS.
Instructor: Ahilan Sivasamy, computer science lecturer at UWO Fox Cities Campus.

Building Resiliency and Wellbeing
Join us for easy mind-body practices to experience serenity and peace and maximize your health, resiliency, and wellbeing. We will engage in nourishing gentle qigong and tai chi movements, breathing exercises, meditation and self-acupressure to nourish and strengthen your lungs and entire being to keep our mind, body, and spirit healthy.
Dates: Tuesdays, April 6 – May 11, 2021
Time: 6:00pm - 7:00pm
Location: VIRTUAL
Fee: $69
Instructor: Lorrie Formella, Owner of Seasons of Life Empowerment, Sherwood, WI.
PERSONAL ENRICHMENT

Don’t Be Fooled by Your Smart Phone
In this workshop, you will 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: Mondays, April 5, 12, 19, 26
Time: 4:00pm - 5:30pm
Location: VIRTUAL
Fee: $59
Instructor: Ahilan Sivasamy. Ahilan is a computer science lecturer at UWO Fox Cities Campus. He is passionate about lifelong learning and exploring new technologies to improve our daily lives.

Pollinators: What You Should Know Now
More than 700 North American bee species are in decline. Monarch butterfly numbers are down more than 80% since the 1990's. Beekeepers around the world continue to experience unusually high bee losses every year since 2007. Are these losses a biblical prophecy coming true – or is there a logical explanation? Suggested causes include cell phone towers, habitat loss, invasive species, antibiotics, climate change, genetically engineered crops, pesticides, diseases, and modern industrial beekeeping practices. Why is the cause so uncertain and how could the losses affect us? This course will also cover the basics of pollination, specific examples of plant pollinator relationships, varying worldwide responses to honey bee decline, and what you can do to help.

Dates: Wednesday, April 7
Time: 6:00pm - 8:00pm
Location: VIRTUAL
Fee: $45
Instructor: Shannon Davis-Foust, Senior Lecturer, Biology and Environmental Studies at UW Oshkosh.

Tree & Shrub Pruning Clinic
This is a one-hour classroom presentation on proper tree and shrub pruning techniques. It will be followed by an optional hands-on pruning lab where you can apply your pruning skills on the UWO Fox Cities Campus trees and shrubs before trying them on your own trees. Be prepared to have some fun while you learn! Please bring pruning tools if you have them, and gloves as well. Some pruning tools will be provided.

Date: Saturday, April 17
Time: 8:30am - 9:30 am for the classroom presentation; 9:30am - 11:30am for optional pruning lab
Location: Room 1338, UWO Fox Cities
Fee: $10
Instructor: Eamonn Lenaghan, Certified Arborist. Eamonn is a graduate of UW-Stevens Point earning a Bachelor’s degree in 2005 in Natural Resource Management with an emphasis in Urban Forestry. Eamonn has been working as an arborist for the last 15 years.

Skilled in all phases of arboriculture including: plant identification, plant biology, plant health care, planting, pruning, tree climbing, rigging, tree risk assessment, tree inventory, tree management planning, etc., Eamonn’s specialty is woody perennials (trees and shrubs). He is a certified arborist with the ISA (International Society of Arboriculture). Eamonn and his wife moved to Appleton 6 years ago with their 3 daughters.

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.

Dates: Wednesdays, April 7, 14, 21, 28
Time: 6:00pm - 8:00pm
Location: Room 2819, UWO Fox Cities
Fee: $49
Instructor: Rose Marie Lewis, a Laboratory Preparation Technician at UWO Fox Cities for 26 years, became interested in genealogy at age 13 on a visit to see her grandmother, and again when her son needed his family tree for a class project. She enjoys “the hunt” and the people she has met along the way.
Flow Yoga – Online Class
This course is for students who have never taken a yoga class before or for students who have some experience and who want a basic flow yoga class. The class will introduce the fundamental principles of alignment and breathing in a flow of postures linked together by breath. Students will learn the postures through step-by-step verbal description and demonstration.

Dates: Wednesdays February 10, 17, 24, March 3, 10, and 17
Time: 4:00pm - 4:45pm
Location: VIRTUAL
Fee: $29.
Instructor: Brooke Boyle-Schneider

PAST PARTICIPANTS SAID:
“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, March 3, 10, 17, 24
Time: 6:00pm - 8:00pm
Location: VIRTUAL
Fee: $29.
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.

Understanding Chakras 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 18
Time: 6:00pm - 8:00pm
Location: Room 1346, UWO Fox Cities
Fee: $30
Instructor: Cynthia Graham, LCMT, RM, CNMT and Reiki Master/Teacher since 2003.

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

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, April 8
Time: 6:00pm - 7:00pm
Location: Room 1346, UWO Fox Cities
Fee: $20
Instructor: Cynthia Graham

Reiki I
The Reiki energy system has been clinically proven to improve personal healing, relaxation, stress relief, depression, high blood pressure and more. But what’s great about Reiki is it’s easy to learn and can be used effectively for self-healing! This class teaches basic techniques of Reiki in order to perform hands-on healing with Usui Reiki discipline. We will also briefly discuss the chakra energy system as it relates to Reiki. Students will receive a complete self-healing session and be certified as a Reiki level one practitioner by Reiki Master Cynthia Graham LCMT, RM, CNMT. Cynthia has been a certified Reiki Master and Teacher since 2003. She practices and teaches in the Fox Valley. Over the years Cynthia had the great privilege of instructing many Reiki I and Reiki II students as well as some of Reiki Master students. Join us for this introductory exploration and use of this powerful energy.

Limit: 10
Certificate of Completion for Usui Reiki I as a Reiki I Practitioner.

Dates: Thursdays, April 22 and 29
Time: 6:00pm - 9:00pm
Location: Room 1346, UWO Fox Cities
Fee: $150 Includes class session, manuals and other materials. Please wear comfortable clothing and bring a mat/blanket and pillow/towel.
Instructor: Cynthia Graham

Social Security: Your Questions Answered
Social Security likely will be the foundation of your retirement income. Before you retire, it’s important to understand your options with Social Security and the impact your decisions have on your retirement. We discuss how Social Security fits into your retirement income plan, and when you should start taking benefits, and tax considerations.

Date: Wednesday, February 24
Time: 6:00pm - 7:00pm
Location: VIRTUAL
Fee: NO FEE. FREE CLASS.
Instructor: Kyle D. Lukowitz, Edward Jones.

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, March 3, 10, 17, 24
Time: 6:00pm - 8:00pm
Location: VIRTUAL
Fee: $29.
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.
Healthcare & Your Retirement
This class addresses the steps investors should take to prepare for health care costs (including Medicare and long-term care costs) to help ensure that their retirement savings stay healthy.

**Dates:** Mondays, March 1, 8, 15, 22  
**Time:** 6:00pm - 7:00pm  
**Location:** VIRTUAL  
**Fee:** NO FEE. FREE CLASS.  
**Instructor:** Kyle D. Lukowitz, Edward Jones.

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:** Thursdays, March 4, 11, 18, 25  
**Time:** 6:00pm - 7:00pm  
**Location:** VIRTUAL  
**Fee:** $29. Resource Materials provided by the instructor can be shared with a second participant attending from the same household at no extra cost.  
**Instructor:** Kyle D. Lukowitz, Edward Jones.

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 how to fund long term care and how to navigate Medicare. Learn the best way to rollover your retirement account to enhance returns. Three dynamic classes rolled into one robust course.

**Dates:** Tuesdays, March 9, 16, 23  
**Time:** 6:00pm - 7:30pm  
**Location:** VIRTUAL  
**Fee:** $29. Resource Materials provided by the instructor can be shared with a second participant attending from the same household at no extra cost.  
**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:** Wednesday, March 31  
**Time:** 6:00pm - 7:30pm  
**Location:** VIRTUAL  
**Fee:** NO FEE. FREE CLASS.  
**Instructor:** Kyle D. Lukowitz, Edward Jones.

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:** Wednesdays, April 7, 14, 21, 28  
**Time:** 6:00pm - 7:00pm  
**Location:** VIRTUAL  
**Fee:** NO FEE. FREE CLASS.  
**Instructor:** Kyle D. Lukowitz, Edward Jones.

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 15, 22  
**Time:** 6:00pm - 7:30pm  
**Location:** VIRTUAL  
**Fee:** $29. Resource Materials can be shared with a second participant attending from the same household at no extra cost.  
**Instructor:** Tanya Winch is a licensed financial advisor who sees clients in both Austin, Texas and Appleton, Wisconsin.
**The 12 Secrets for Leadership Success**

This motivational and empowering 2-day session provides leaders with an overview of the 12 daily life practices that guarantee tomorrow’s success, based on leadership legend John Maxwell’s best-selling book, *Today Matters.* Learn about: Attitude, Priorities, Health, Family, Thinking, Commitment, Finances, Spirituality, Relationships, Generosity, Values, Growth. **This class has pre-work that needs to be done before the first session. Registrants will receive that information from the instructor prior to the class.**

**Dates:** Wednesdays, January 20, 27  
**Time:** 6:00pm - 8:00pm  
**Location:** VIRTUAL  
**Fee:** $49  
**Instructor:** Shana Farrell is the Executive Director of New Life Coaching & Consulting, LLC. She specializes in life, purpose and heart-centered leadership coaching for individuals and teams.

**Career / Industry Exploration**

With all the recent changes to work environments around the globe, all of us are impacted. Whether you are newly entering the job market, looking to re-enter, or switching careers, it is important to research and understand the industry and opportunities available. This course will provide a brief overview of where to find and how to understand this information. Topics also included: how to utilize your existing skills and education to break into an industry, what the job outlook is for that field/position, and how to find out what key skills you may yet need to become a more competitive candidate. Time will be provided at the end of the class for questions and answers.

**Date:** Wednesday, February 10  
**Time:** 6:00pm - 8:00pm  
**Location:** VIRTUAL  
**Fee:** $29  
**Instructor:** Emily Hoffmann, Career Advisor, UW Oshkosh.

**LinkedIn / Networking**

You are ready to enter an industry, make a career change, or grow in your current company/field with professional development opportunities. But did you know studies show anywhere between 70-80% of positions are found through networking and not just submitting your job application and resume? This course will explore a variety of networking opportunities and skills. Topics included: basic networking skills, where and how to effectively network, developing your elevator pitch, what is LinkedIn, why should YOU be on it, and how to make it work for you. Time will be provided at the end of the class for questions and answers.

**Date:** Wednesday, March 3  
**Time:** 6:00pm - 8:00pm  
**Location:** VIRTUAL  
**Fee:** $29  
**Instructor:** Emily Hoffmann, Career Advisor, UW Oshkosh.

**Writing Resumes and Cover Letters**

So you already know what job or career you want, but how do you get it? Professional communication is vital regardless of industry and to get past the software systems and hiring managers, your documents must reflect the best version of yourself. This course will provide a brief overview on cover letters, resumes, references, and thank you notes. Class will be packed with lots of information—so be sure to have your laptop or pen and paper ready to take notes!! Time will be provided at the end of the class for questions and answers.

**Date:** Wednesday, March 10  
**Time:** 6:00pm - 8:00pm  
**Location:** VIRTUAL  
**Fee:** $29  
**Instructor:** Emily Hoffmann, Career Advisor, UW Oshkosh.

**Phone & Virtual Interview Skills**

Even before the world went virtual, phone interviews were the first round of candidate eliminations. This course will review all the necessary components of a successful phone interview. Topics include: how to handle the phone interview offer, company research and prep, what to do the day of, and follow up expectations. Time will be provided at the end of the class for questions and answers.

**Date:** Wednesday, March 17  
**Time:** 6:00pm - 8:00pm  
**Location:** VIRTUAL  
**Fee:** $29  
**Instructor:** Emily Hoffmann, Career Advisor, UW Oshkosh.

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**YOUTH**

**GEMS**

Girls • Engineering • Math • Science

**Save the Date:**
Saturday, October 16, 2021
PROFESSIONAL DEVELOPMENT

Update your Resume for the Changing Job Market

Our world has changed – and the new economy requires you to come up with creative ideas and inventive solutions for making yourself more marketable. Have you updated your resume lately? Are your recent achievements listed? Remote work assignments mentioned? Updating your resume isn’t always about typeface and formatting. In this class, we’ll take a look at skills, competencies, and achievements. We’ll help you create new ones and help you improve upon what you have accomplished. Better content equals better responses.

In this online resume class, we will cover:

• How to customize your resume for the job you want
• How to position your background as "perfect" for the job you are seeking
• How to catch the eye of recruiters and headhunters
• How to pack your resume with quantifiable achievements

Whether you have recently lost your job or are just looking to make a change in your career, be sure to attend this VIRTUAL class to update your resume for the new economy!

**Dates:** Wednesdays, March 31, April 7, and April 14
**Time:** 6:00pm - 7:30pm
**Location:** VIRTUAL
**Fee:** $39
**Instructor:** Tammy Brunette, M.S.E., GCDF, Senior Student Affairs Coordinator and Global Career Development Facilitator at the UWO Fox Cities Campus.

Successful Interviewing Techniques

Being well prepared for an interview will help you be confident and impress the interviewer(s). The key to a successful interview is adequate preparation. Most employers ask the same basic questions, therefore, advanced preparation will prepare you for success! We will work through common, frequently asked questions by employers, with some ideas on how you might answer. Become confident about what you will say so that you can leave a positive first impression.

Whether you love your job and are up for a promotion or maybe it's time to take the leap to find a new career, this course will teach you techniques to be successful in your interview as you apply for your dream job.

**Dates:** Mondays, March 29, April 5, 12
**Time:** 6:00pm - 7:30pm
**Location:** VIRTUAL
**Fee:** $39
**Instructor:** Tammy Brunette, M.S.E., GCDF, Senior Student Affairs Coordinator and Global Career Development Facilitator at the UWO Fox Cities Campus.

YOUTH

Scout Merit Badge Clinics

**Genealogy**
**Dates:** Saturday, January 23
**Time:** 12:00pm – 4:00pm
**Location:** VIRTUAL
**Fee:** $10
**Instructor:** Rose Marie Lewis

**Citizenship in the Community**
**Dates:** Saturday, February 6
**Time:** 8:30am – 3:30pm (a lunch break will be provided)
**Location:** VIRTUAL
**Fee:** $25
**Instructor:** Rose Marie Lewis

**Citizenship in the Nation**
**Dates:** Saturday, February 20
**Time:** 8:30am – 3:30pm (a lunch break will be provided)
**Location:** VIRTUAL
**Fee:** $15
**Instructor:** Rose Marie Lewis

**Citizenship in the World**
**Dates:** Saturday, March 6
**Time:** 8:30am – 3:30pm (a lunch break will be provided)
**Location:** VIRTUAL
**Fee:** $15
**Instructor:** Rose Marie Lewis

**Mammal Study and Nature Study**
**Dates:** Saturday, February 27, with an additional outdoor observation day to be scheduled
**Mammal Study** – 8:30am – 12:30pm
**Nature Study** – 1:00pm – 4:00pm
**Location:** VIRTUAL
**Fee:** $15 to attend one; $25 to attend both
**Instructor:** Rose Marie Lewis

**Bird Study**
**Dates:** Saturday, March 13, with an additional outdoor observation day to be scheduled
**Time:** 8:30am – 3:30pm
**Location:** VIRTUAL
**Fee:** $25
**Instructor:** Rose Marie Lewis

Visit our online catalog at: [https://ce.uwc.edu/menasha/catalog](https://ce.uwc.edu/menasha/catalog) for additional merit badge clinics or call our office at 920-832-2636.
#WellnessWednesdays - Lunch Hour Sessions

These lunch-hour presentations will teach you how to eat and move to increase your immunity, boost your brain health and improve your overall wellness. The series is taught by an expert in the field of nutrition, herbs and exercise. You may take some or all sessions. Program materials will be emailed to you in advance of each program.

**Dates:** January 27, February 17, March 17, April 21  
**Time:** 12:00pm - 1:00pm*  
**Location:** VIRTUAL  
**Fee:** $25 each, or $80 for series of 4 programs ($20 discount to register for all 4!)

### Boost Immunity & Create Vitality with Herbs
**Date:** Wednesday, January 27
Learn how to safely and purposefully incorporate herbs into your daily routine to nourish your body, boost immunity, and cultivate a newfound level of vitality! Culinary herbs, teas, powders, capsules, tinctures and topicals…find out which herb may be best for you, and how to take it. Discover how herbs accompanied by subtle lifestyle shifts can awaken your soul, rejuvenating your mind and body.

### Protein, Fats & Carbs -- Oh My!
**Date:** Wednesday, February 17
This workshop will highlight why you should be eating certain foods and food groups every day for optimal health. The concept of Personalized Nutrition will be introduced, and the benefits of knowing how your body responds to the different macronutrients: proteins, fats, and carbohydrates. When we know how our genetic makeup dictates our response to food, we can target ways of eating that will reduce inflammation, improve our physiology, and support weight loss.

### Increase your Mobility & Range of Motion
**Date:** Wednesday, March 17
We will learn drills that can be done daily to improve our mobility and range of motion. Improving mobility enables us to minimize injuries when working out and performing daily tasks. We will also learn the benefits of different types of crawling, that help to integrate our neuromuscular function. All fitness levels welcome!

### Optimize your Brain Health
**Date:** Wednesday, April 21
Learn how to support your brain with simple changes to your dietary and lifestyle habits. Discover why lowering your carbohydrate intake and/or a ketogenic diet, can significantly improve mental clarity and focus. Dietary changes combined with daily movement, de-stressing techniques and self-care can be powerful ways to proactively take care of this essential organ. Find out which supplements support brain health, when and why you should take them.

Instructor: Rebecca Aldag, MS, CNS, RH (AHG), SFG 2. Rebecca is a Certified Nutrition Specialist, Registered Herbalist, and Certified Kettlebell Instructor. She specializes in ketogenic and low carb nutrition programs, paired with herbal medicine to maintain optimal health for her clients. She also teaches kettlebell strength training to women in their 40s, 50s, & 60s, who achieve their strongest bodies ever! Rebecca is the co-founder of Herb and Tonic, LLC. Herb and Tonic guides women who are frustrated with their health and weight, back to feeling and looking great at any age, by helping them create an effortless and healthy lifestyle. Herb and Tonic has crafted a proprietary line of herbal teas and liquids to meet the special needs of their female clients.

*These programs will be provided virtually and will be recorded if you wish to access them at a different time. For more information or to register for any of the #WellnessWednesday programs, please visit: uwosh.edu/go/womenswellness or email conted@uwosh.edu.*
Trauma and Addictive Behaviors in Youth: Intervention Strategies for Human Service Providers

This is an educational and case illustrative based workshop for human service providers who want to increase their knowledge of how trauma and addictive behaviors affect an individual’s mental, emotional and physical health. Participants will use their newly developed knowledge of the trauma-informed approach to adverse childhood experiences and addiction as a foundation to understand the client’s strengths and behaviors—a shift in the medical-model-deficit-based framework.

CEH/CEU: 4.5 CEHs/0.4 CEUs

Dates: Friday, January 15
Time: 9:00am - 1:00pm
Location: VIRTUAL
Fee: $99, discounts available for students.
Instructor: Courtney Steuer, LCSW, CSAC

Ethics and Boundaries for In-Home Services

The management of ethics, boundaries and confidentiality is especially challenging for human service professionals who provide services in the client’s living environment including the client’s home, residential programs, emergency shelters, transitional living centers, skilled care facilities, assisted and supported living centers and Hospice facilities. This workshop will address the unique issues encountered during the provision of these in-home services and will provide a framework for ethical decision-making.

CEH/CEU: 4.5 CEHs/0.4 CEUs

Date: Friday, February 12
Time: 9:00am - 1:00pm
Location: VIRTUAL
Fee: $99, discounts available for students
Instructor: Jeanne Wagner, MSW, LCSW, ACSW

Adolescent Health Symposium

Join a diverse community of lifelong learners and return to your organization with new and exciting strategies for working with youth! Each year, we bring together experts in the field and discuss a variety of trending topics in the areas of health education and adolescent wellness. This year’s topics include:
• Track 1: Risk Factors
• Track 2: Health Promotion and Protective Factors
• Track 3: Emerging Issues
Credit options are available! Visit www.uwosh.edu/go/ahs for complete workshop descriptions.

Dates: February 18, 19
Location: VIRTUAL
Fee: $214 for an individual, group rates are available.

Understanding Poverty

When people think of poverty, class, and wealth, they generally think about how much money and assets someone has or does not have. This workshop will be looking at socioeconomic status through a cultural rather than financial lens. The program activities seek to promote sensitivity to and knowledge about oppression and cultural ethnic diversity.

CEH/CEU: 4.5 CEHs/0.4 CEUs

Date: Friday, January 29
Time: 9:00am - 1:00pm
Location: VIRTUAL
Fee: $99, discounts available for students.
Instructor: Al Rolph, MSW, CSW

Registered Environmental Health Specialist/Registered Sanitarian Exam Online Prep Course

Prepare for the Registered Environmental Health Specialist/Registered Sanitarian (REHS/RS) exam with 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. Make the most of your study time by targeting your efforts on relevant information.

The course includes:
• 100% online instruction
• A comprehensive study guide
• Opportunities to study with peers
• Sample exam questions
• Overview of the application process

Dates: March 29 – May 21, 2021
Location: VIRTUAL
Fee: $335-435, discounts available for active and retired military.

Online GRE Test Prep Course

Ideal for those seeking to begin an advanced degree from a wide range of fields. Our GRE preparation curriculum is a program developed by a test-preparation experts. You’ll receive 24 hours of targeted instruction to help you fully prepare for the GRE. In addition, the GRE Prep Class course materials include GRE practice tests, so you can practice the skills and strategies you are learning in class on real test questions. You’ll master strategies to improve your GRE score with the help of experienced GRE instructors who care about your success.

Date: Variety of start dates – visit our website for details uwosh.edu
Location: VIRTUAL
Fee: $749
Grandparents University®
Make memories at UW Oshkosh
July 2021

Hands-on learning and fun!
Grandparent’s University® is a summer academy that brings grandparents and their grandkids (ages 8-12) together for education and exploration. Pick a major and enjoy learning together while experiencing campus life.
For details and updates visit the website at uwosh.edu/go/gu or email conted@uwosh.edu.

Live the life of a firefighter,
Coming: Summer of 2022
Join us for one of our outstanding firefighting programs for high school students. Get hands-on experiences by performing tasks and training exercises alongside local firefighters and emergency medical technicians at area fire stations and training facilities. Participants will gain knowledge about careers in fire and emergency response services; develop leadership skills, problem-solving and team-building skills.
For details and updates visit the website at uwosh.edu/go/fire
Or email conted@uwosh.edu.

Scholarships are available.

ACT Prep Course
This program provides 12 hours of instruction in the four academic areas and teaches writing strategies to assist students in the essay part of the ACT exam. Participants will receive an orientation to the ACT and the opportunity to take two official retired ACT tests, as well as additional quizzes. The instructors will teach test-taking strategies for each of the components and for the entire test, and students will practice with printed materials where test-taking tips can be applied and reinforced. Finally, students will complete interactive skill drills in their individual deficit areas, which are measured by the diagnostic test.
Limited spots available!
 Dates: Saturdays, Jan. 9 – Feb. 13, 2021
 Time: 9:00am - 12:00pm
 Location: Lincoln Hall, 608 Algoma Blvd., Oshkosh, WI 54901
 Fee: $200
 Visit our website for more information: uwosh.edu/conted

Learning in Retirement
Are you looking for something to keep yourself sharp, active and involved?
Learning in Retirement (LIR) is a self-directed, membership-based association of people 50+, offering learning opportunities to its members.

Your LIR Membership fee includes:
Attendance with unlimited programs for one academic year, including:
• Learning sessions led by experts;
• Peer teaching;
• Member-led interest groups;
• Tours of local business and industry;
• Theater and Music Performances;
• Trips to enjoy museums, gardens, and local cuisine.

LIR continues to provide all programs virtually. Staff are available to assist you. Watch and listen from the comfort of your home on an electronic device. Join from anywhere virtually.

Try it for the spring semester for only $50!
For more information and to register, visit: uwosh.edu/lir
or email: lir@uwosh.edu

Save the *NEW* date for the
Adult Student Recruitment & Retention Conference – Nov. 8-9, 2021
Visit our website for more information: uwosh.edu/conted

Regarding our summer programs: While current programming is suspended for off-campus participants, our staff continues to plan programming. We welcome your registration for upcoming summer programs. Your health and safety are our top priorities. Therefore, final decisions about holding summer programs will be made in coordination with the mandates put forth by Governor Tony Evers, the UW System, and UW Oshkosh, and will be communicated to all registered and on the interest list. Full refunds will be made if we are not able to host the programs.
REGISTRATION FORM

ALL information MUST be completed for your registration to be processed.
Mail completed form along with payment for selected courses.

All UWO-Fox Cities, and UWO-Fond du Lac registrations will be mailed to the Menasha campus. **To register for any classes on pages 4 - 11**, mail completed form along with payment for selected courses to:

UWO-Fox Cities
Continuing Education
1478 Midway Rd
Menasha, WI 54952
920- 832-2636

All UWO Oshkosh registrations will be mailed to the Oshkosh campus. **To register for any classes on pages 12 - 14**, mail completed form along with payment for selected courses to:

UWO
University of Wisconsin Oshkosh
800 Algoma Blvd.
Oshkosh, WI 54901
920-424-1129
uwosh.edu/conted

Please Print

NAME

ADDRESS

CITY

STATE                ZIP

DAY / CELL PHONE

EVENING PHONE

EMAIL (Please provide email address. This will be our main method of communicating with you).

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:** Login online to pay by debit/credit, or make check payable to UW Oshkosh and remit with this form to the 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
Currently: Sept. 19-29, 2021
(Dates will be changed based on Covid-19 travel protocol)
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!

CALL FOR DETAILS!

If you are attending classes on the campus, your health and safety is our #1 priority!
Your commitment to adhering to these guidelines will be essential to protect and maintain the health of our entire community. Thank you!

WHAT YOU CAN EXPECT FROM US
- Enhanced cleaning of high traffic areas & classrooms
- Hand sanitizer stations
- Classrooms set up to reinforce social distancing
- Online offerings to support your learning needs

WHAT WE EXPECT OF YOU
- Wear a face mask when around others
- Maintain social distance from others
- Frequently wash or sanitize hands
- Avoid crowded spaces
- Stay home if you are ill