



UNIVERSITY OF WISCONSIN

OSHKOSH

OSHKOSH | FOND DU LAC | FOX CITIES

# CONTINUING EDUCATION *and* PROFESSIONAL DEVELOPMENT

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**PERSONAL ENRICHMENT**

**CUSTOMIZED TRAINING**  
LEARNING SOLUTIONS FOR YOUR ORGANIZATION

**TRAVEL**

Returning Summer of 2022 –  
New York Theater Tour!!

**TRY THESE COURSES FOR FREE:**

- Simplify Your Spending & Savings Strategies
- Social Security: Your Questions Answered
- Don't Be Fooled by Your Smart Phone
- Video Calls for Beginners
- Skype for Beginners
- Zoom for Beginners



**COURSE OPTIONS – FALL 2021**

**DON'T LIMIT YOUR CHALLENGES**  
**CHALLENGE YOUR LIMITS**

## Continuing Your Education With Us!

Welcome to the start of the fall semester!!

I hope this message finds you and your family in good health as we look forward to a year where masks, social distancing, and Covid will become a distant memory. At this time, I would like to take the opportunity to thank the many staff, faculty, and participants who pivoted quickly to accommodate a new normal during a very unusual and not so normal time. If the past year has taught us anything, we learned that family matters more than we realize, technology is here to stay, nature is our friend, and virtual travel is possible!!

On behalf of the Continuing Education Department, we will continue to work hard to bring you quality non-credit program options both on campus and virtually. As we begin a new semester, please take the opportunity to look for educational options in this catalog that meet your personal and/or professional goals. We will continue to offer classes in financial literacy, health & wellness, personal and professional enrichment, as well as offering the return of our always popular New York Theater Tour for the summer of 2022! In addition, if you are looking to upgrade your current job skills, a certificate can prepare you to advance in your career or gain the extra knowledge to stay competitive and up-to-date in your field!

Consider one of our new certificates in the following areas:

- Applied Instructional Design for Professionals
- Cybersecurity and Digital Risk Management
- Digital Communications
- Social Media
- Web Design

If you've never tried one of our classes, you may want to consider one of our FREE options this fall! Look inside for more details!

**UWO**  
UNIVERSITY OF WISCONSIN  
**OSHKOSH**

Continuing Education  
800 Algoma Blvd.  
Oshkosh, WI 54901  
920-424-1129 [uwosh.edu/conted](http://uwosh.edu/conted)

**UWO**  
UNIVERSITY OF WISCONSIN OSHKOSH  
**FOND DU LAC**

Continuing Education  
400 University Drive  
Fond du Lac, WI 54935  
920-929-1155  
[uwosh.edu/fdl/continuing-education](http://uwosh.edu/fdl/continuing-education)

**UWO**  
UNIVERSITY OF WISCONSIN OSHKOSH  
**FOX CITIES**

Continuing Education  
1478 Midway Rd  
Menasha, WI 54952  
920-832-2636  
[uwosh.edu/fox/continuing-education/](http://uwosh.edu/fox/continuing-education/)



## Office of Continuing Education on the UWO, Fox Cities Campus is Moving to a New Office Location!

This fall the Office of Continuing Education on the UWO, Fox Cities Campus will be relocating to Room 1116 in the main building.

For the closest entrance, enter through the main doors by the Barlow Planetarium and watch for signage directing you to our new home.

**REGISTER NOW**

## New Registration System for Fall

A new registration system will be ready to accept fall 2021 registrations this September through the Offices of Continuing Education on all three campuses. No information will be transferred from our current system into our new system; therefore, participants will create a new account and follow the prompts to register. If you have any difficulty registering, please contact one of our offices for assistance. Here is the new link: [ce.uwosh.edu](http://ce.uwosh.edu)

## 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](mailto:lawrences@uwosh.edu) or call 920-931-3415.

# CONTINUING EDUCATION & PROFESSIONAL DEVELOPMENT

## 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  
[uwfd.course.online](http://uwfd.course.online)

University of Wisconsin Oshkosh, Fox Cities Campus  
[uwfox.course.online](http://uwfox.course.online)

## IN-PERSON CLASSES

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.



## FREE CLASSES

FREE CLASS

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.

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REGISTER ONLINE: [CE.UWOSH.EDU](http://CE.UWOSH.EDU)



## Learning in Retirement

Are you looking for something to keep yourself sharp, active, and involved? Then join a community of lifelong learners.

Learning in Retirement (LIR) is a self-directed, membership-based association of people 50+, offering learning opportunities to its members. With over 30 programs per semester, offered in-person and virtually, LIR provides all the fun of learning without tests and homework.

Your LIR Membership fee includes:

- Attendance at 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; and
- Trips to enjoy museums, gardens, and local cuisine.

**Fee:** \$100 for the academic year  
Programming will be held virtually and in-person.  
Visit [uwosh.edu/lir](http://uwosh.edu/lir) for more details.

LIR is affiliated with UW Oshkosh's Division of Online and Continuing Education.



**EDUCATIONAL TRAVEL OPPORTUNITIES**



**Discovering Portugal  
SPRING 2022**

Portugal has a diverse mix of geography, including splendid beaches, rocky coasts and coves, fertile valleys, and arid plains dotted with groves and vineyards. Portugal’s rich culture and history draw visitors to sights and experiences that leave lasting impressions.

- 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

**Dates:** Departing March 26, 2022  
**For pricing and full itinerary, please call 920-931-3415**



**New York Theater Tours 2022**

**Tour 1: Wed, May 25 – Sunday, May 29, 2022**  
**Tour 2: Wed, June 1 – Sunday, June 5, 2022**

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/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

**Fees:** The 2022 price is \$2,250 (based on double occupancy). This is subject to change based on airfare and other increases to hotel, etc. for 2022. Add \$650 for single occupancy.

**Group Leaders:**

Group 1: Susan Rabideau, Fox Cities Campus Theater Director

Group 2: Suzanne Lawrence, Director of Continuing Education for Access Campuses

**Register:** To reserve your seat today, contact Suzanne Lawrence at (920) 931-3415 or email lawrences@uwosh.edu.



DISCOVER THE WORLD

## TRAVEL OPPORTUNITIES



### Boundary Waters Canoe Expedition - Summer 2022

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:** Summer 2022 (dates to be announced)

**Fee:** \$800

**Group Leader:** Bruce Peters (retired UW-Manitowoc). Bruce has led various outdoor trips over the past 4 years and was co-advisor to the UW-Manitowoc Outdoors Club.

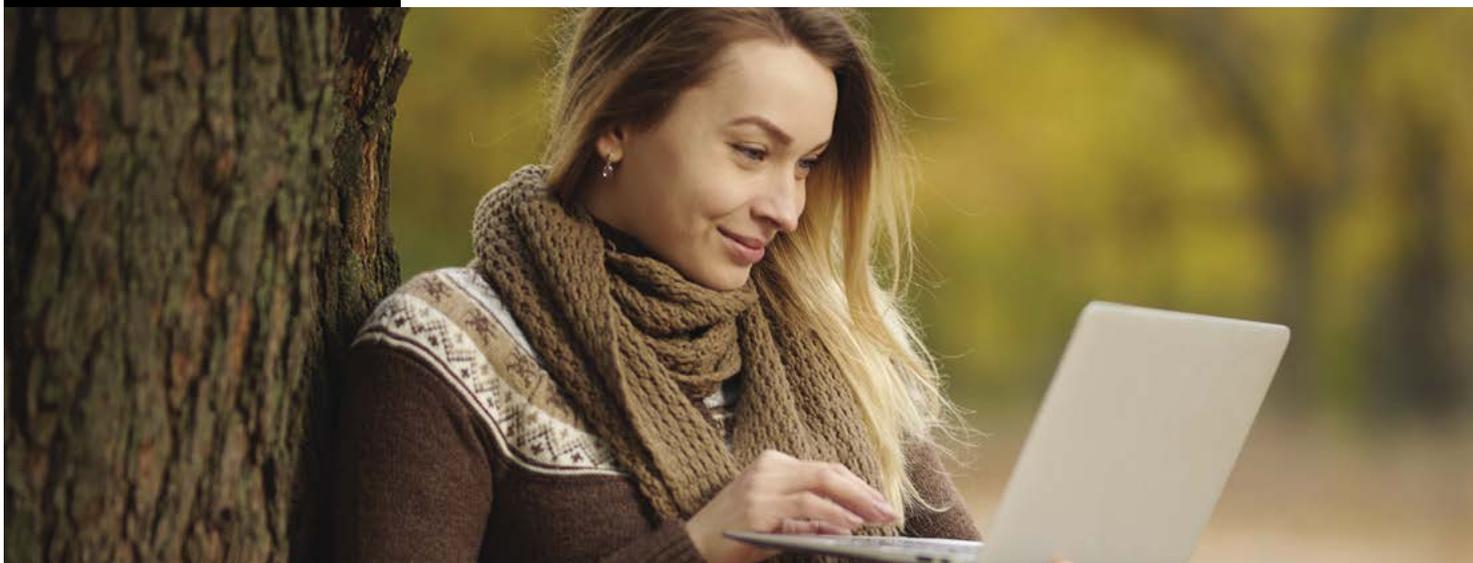


# LIFE IS SHORT

BE *Adventurous!*



# ONLINE COURSES



## FEATURES INCLUDE:

- **Self-paced, Start anytime**
- **24/7 Access**
- **Books and materials included**
- **Certificate of Completion**
- **Certification Exam cost voucher may be included**
- **Financial assistance available**
- **Student Advisors Included**
- **Industry-Recognized Certifications**
- **Counselors help match you to a training course**

TO VIEW THESE  
OR BROWSE OUR  
MANY OTHER  
ONLINE COURSES

**ENTER YOUR  
CAMPUS LINK:**

## ADVANCED CAREER TRAINING

Learn in-demand skills around your schedule. This online, self-paced training is designed to prepare you for entry or advancement in career opportunities.

### **MEDICAL BILLING AND CODING (Exam Cost Included)**

Train for an in-demand healthcare career in medical billing and coding and prepare for industry certification in this course.

### **CERTIFIED CLINICAL MEDICAL ASSISTANT**

You will learn the necessary skills to function as a vital member of the healthcare team in a hospital setting, clinic, or physician's office as you prepare for a career as a Certified Clinical Medical Assistant (CCMA), and the national certification exam.

### **THE COMPLETE PROJECT MANAGER WITH CAPM AND PMP PREP**

Expand your knowledge and application of project management concepts with this online program and get prepared for either the CAPM or PMP certifications.

### **PHARMACY TECHNICIAN (Exam Cost Included)**

Train to enter this rapidly growing field as a Pharmacy technician, supporting licensed pharmacists in providing health care to patients.

### **COMPTIA CERTIFICATION TRAINING: A+, NETWORK+, SECURITY+ (Exam Cost Included)**

Get a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and preparing you for the corresponding industry certification exams.

### **HVAC/R TECHNICIAN**

A comprehensive online training program that encompasses heating, ventilation, air conditioning, and refrigeration.

### **CERTIFIED ELECTRONIC HEALTH RECORDS SPECIALIST**

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist.

### **CERTIFIED ADMINISTRATIVE PROFESSIONAL**

This online course provides the information you'll need to know to sit for the Certified Administrative Professional (CAP) exam offered by the International Association of Administrative Professionals (IAAP).

### **HUMAN RESOURCES PROFESSIONAL**

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR certification exam.

### **CLINICAL DENTAL ASSISTANT**

After completion, you'll be ready to pursue certification as a dental assistant by passing the radiology and infection control portions of the Dental Assisting National Board examination.

### **ADOBE CERTIFIED ASSOCIATE**

This online Adobe Certified Associate course will teach you how to use Adobe software and prepare you for the Adobe Certified Associate (ACA) exams.

**FOX CITIES ONLINE COURSES: [uwfox.trainonline.cc](http://uwfox.trainonline.cc)  
FOND DU LAC ONLINE COURSES: [uwfd.trainonline.cc](http://uwfd.trainonline.cc)**

# NON-CREDIT FUNDAMENTALS ONLINE COURSES



Learn from the comfort of home!

Expert Instructor

24-Hour Access

Online Discussion Areas

6 Weeks of Instruction

Hundreds of courses

Monthly start sessions

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Prices start as low as: **\$115**

**TO VIEW THESE OR BROWSE OUR MANY OTHER ONLINE COURSES ENTER YOUR CAMPUS LINK BELOW**

## A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

## Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate

## Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

## Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

## Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

## Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

## Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

## Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

## Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

## Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

## Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

## Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

## Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

## Leadership

Gain the respect and admiration of others, exert more control over your destiny, Enjoy success in your professional and personal life.

## Performing Payroll in QuickBooks

Learn how to use QuickBooks to create paychecks, pay tax liabilities, and produce forms and reports.

## Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

**Enroll Now!**

**FOX CITIES ONLINE COURSES: [uwfox.course.online](http://uwfox.course.online)  
FOND DU LAC ONLINE COURSES: [uwfd.course.online](http://uwfd.course.online)**

**HEALTH & WELLNESS**

**Fit at Fox**



Ready to get back into exercising and a healthier lifestyle but not sure where to start?

Looking for a judgment-free class in a relaxed and enjoyable social setting? Then this is the perfect class for you! Even if you have been exercising regularly, this class provides personal attention from a qualified instructor to help you develop and maintain functional strength, balance, and flexibility. You will be using different weight equipment and cardio machines under the instructor's guidance. Making friendly connections and getting support from classmates is also an important part of the experience. Geared toward mature adults, but open to all age levels. Come join the fun!

**Classes start the week of September 13, 2021 and run through the week of December 23, 2021 (15 weeks).**

**Choose a Session:**

Mon/Wed 5:15-6:00 pm  
or

Tue/Thu 8:30-9:15 am

**Location:** Fitness Center

Fox Campus

**Fee:** \$135

**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.

**Fit at Fox Punch Card – 10 punches**

Not sure about a 15-week fitness class commitment? Get a punch card! You can attend any of the class sessions that fit your schedule, with a limit of 10 class sessions.

**Fee:** \$65

**Intro to Reiki**



Come explore Reiki! 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. Please wear comfortable clothing.

**Date:** Thu, Oct 7, 6-7 pm

**Location:** Fox Room 1332

**Fee:** \$20

**Instructor:** Cynthia Graham

**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 or jewelry), as this class will be interactive.

**Date:** Thu, Oct 14, 6-8 pm

**Location:** Fox Room 1332

**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!"*

**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. 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.

**Prerequisite for this course:**

**Understanding Chakra Energies**

**Dates:** Thu, Nov 4 and 11, 6-9 pm

**Location:** Fox Room 1332

**Fee:** \$150 Includes class session, manuals and other materials. Please wear comfortable clothing and bring a mat/blanket and pillow/towel.

**Instructor:** Cynthia Graham. Cynthia has been a certified Reiki Master and Teacher since 2003.

**FINANCIAL PLANNING**

**Simplify Your Spending and Savings Strategies**

This class is designed to help you sharpen your spending and saving strategy. You'll learn more about the basics of budgeting and the importance of managing credit and debt.

**Date:** Tues, Oct 19, 6-7 pm

**Location:** ONLINE

**Fee:** FREE

**Instructor:** Kyle Lukowitz

**FREE CLASS**

## FINANCIAL PLANNING

### What Happens After the Paychecks Stop

If you are nearing or entering retirement, this course will discuss strategies to help build an income stream and make your retirement income last. We'll explore how to budget for retirement expenses, examine potential sources of retirement income and identify ways to address potential risks.

**Dates:** Mon, Sep 20, 27, Oct 4, 11; 6-7 pm

**Location:** Virtual or In-Person Fox Room 1830

**Fee:** \$29

**Instructor:** Kyle D. Lukowitz, Edward Jones

### Let's Talk Money!

Take control of your money so it lasts even longer than you do. Enjoy the retirement you've envisioned by learning how to: maximize your Social Security, rollover your retirement account, minimize the taxable impact of your withdrawals, make wise investment choices, manage risk, and plan for long-term care expenses. Taught by a team of experienced professionals, this class is a one stop shop for everything you need to know to plan a successful retirement.

**Dates:** Tue, Oct 12, 19 and 26; 6-7:30 pm

**Location:** Virtual or In-Person Fox Room 1332

**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.

#### PAST PARTICIPANTS SAID:

*"Kyle is very knowledgeable and provided expertise in answering questions." And "Really enjoyed the class – very worthwhile"*

### Wills and Trusts

Are you prepared to provide for your loved ones at death? This class will make sure your house is in order. You'll learn how to protect the assets you've earned, understand irrevocable and revocable trusts, appoint a power of attorney for health and/or property, set up charitable remainder trusts, and avoid probate. Taught by a team of investment professionals including a CFP and a local estate planning attorney.

**Dates:** Thu, Oct 7, 12; 6-7:30 pm

**Location:** Virtual or In-Person Fox Room 1553

**Fee:** \$29. Resource Materials 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.

### 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:** Wed, Oct 13, 6-7 pm

**Location:** Virtual or In-Person Fox Room 1332

**Fee:** FREE

**Instructor:** 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.

**FREE CLASS**

### 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.

**Date:** Mon, Nov 1, 8, 15, 22; 6-7 pm

**Location:** Virtual or In-Person Fox Room 1332

**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

### Take Control of Your 401(k)

Are you secretly afraid of your 401(k) because you have no idea how it works? Do you wonder if you're paying too much in taxes or what a target date fund is? Do you worry whether you're making the right financial decisions right now for your future self? Then this is the course for you. Join us for two fun, interactive evenings and learn how to build both your financial confidence and your 401(k) – or any other retirement plan. Your retirement account is one of the biggest investments you'll make in your lifetime. It's time for you to understand how it works so you can take control of your future.

**Dates:** Tue, Nov 2, 9; 6-7:30 pm

**Location:** Virtual or In-Person Fox Room 1553

**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.

**PERSONAL ENRICHMENT**

**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:** Wed, Sep 29-Oct 27; 6-8 pm  
**Location:** Fox Room 2819  
**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.

**Video Calls for Beginners**

**FREE CLASS**

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:** Thu, Sep 30; 4-5:30 pm  
**Location:** Virtual or In-Person Fox Room 1332  
**Fee:** NO FEE. FREE CLASS.  
**Instructor:** Ahilan Sivasamy

**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!

**Date:** Wed, Oct 6, 13, 20, 27, Nov 3; 6-8 pm  
**Location:** Fox Room 1830  
**Fee:** \$69  
**Instructor:** Troy Schoultz

**Skype for Beginners**

**FREE CLASS**

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:** Thu, Oct 7, 4-5:30 pm  
**Location:** Virtual or In-Person Fox Room 1553  
**Fee:** NO FEE. FREE CLASS.  
**Instructor:** Ahilan Sivasamy



**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:** Thu, Oct 14, 4-5:30 pm  
**Location:** Virtual or In-Person Fox Room 1332  
**Fee:** NO FEE. FREE CLASS.  
**Instructor:** Ahilan Sivasamy, computer science lecturer at UWO Fox Cities Campus.

**Don't Be Fooled by Your Smart Phone**

**FREE CLASS**

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:** Thu, Oct 28, Nov 4, 11, 18; 4-5:30 pm  
**Location:** Virtual or In-Person Fox Room 1130  
**Fee:** FREE  
**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.



**NEW THIS FALL!**

**Beginning Guitar**

Have you always wanted to play the guitar but weren't sure where to start? This class is for you!



We will focus on learning the basic chords and developing the ability to change chord shapes so you can play some of your favorite songs. Written course material will be provided. Students will be required to have their own guitar, picks, and tuner. If you need help purchasing appropriate instrument, the Instructor will contact each student prior to the start of class to talk further about what is needed.

**Dates:** Mon, Sep 27 – Nov 8; 6-7:30 pm

**Location:** Fox Room 1621

**Fee:** \$159 includes written course material

**Instructor:** Chad Ellis was born in Neenah, and since childhood has been interested in music. Starting out on the piano, he moved to violin and then guitar. In 2005 he moved to Hollywood, California, to receive his bachelor's degree at the Musicians Institute. Chad loves to share his knowledge with his students. When not teaching at Lourdes Academy in Oshkosh or teaching private lessons, he maintains an active schedule as a recording engineer and producer and continues to play live.



**PERSONAL ENRICHMENT**

**ONLINE**

**Fall Nature Hikes with Rob Zimmer**

Join popular garden writer and radio host Rob Zimmer for these guided hikes



to explore nature at its finest during our beautiful fall weather. With Rob's expertise and eye for detail, you will see interesting things that you might not see on your own and learn some interesting things along the way!

Hikes will take place rain or shine, so dress accordingly. Vehicle admission sticker is required.

**Space is limited to 20 attendees. Register today!**

**Date:** Wed, Sep 29; 10 am-noon

**Location:** Meet at the High Cliff Visitor's Center

**Fee:** \$19

**Instructor:** Rob Zimmer

**Date:** Wed, Oct 27; 10 am-noon

**Location:** Meet at the High Cliff Visitor's Center

**Fee:** \$19

**Instructor:** Rob Zimmer

**Sign up for both hikes at a discounted fee of \$35.**

**Back by Popular Demand!**



**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:** Tue and Thu, Oct 6, 8, 13, 15; 6-8 pm

**Location:** Online

**Fee:** \$59

**Instructor:** Susan Lodwick

**PROFESSIONAL DEVELOPMENT**

**Write Your Best Resume**

Updating your resume isn't always about typeface and formatting. We will look at your skills, competencies and achievements and help you highlight them in the best way to catch the eye of a future employer.



**Date:** Wed, Oct 6; 6-7:30 pm  
**Location:** Fox Room 1332  
**Fee:** \$19

**Instructor:** Tammy Brunette, M.S.E., GCDF, Senior Student Affairs Coordinator and Global Career Development Facilitator at the UWO Fox Cities Campus.

**Interview Skills**

The key to a successful interview is good preparation. Being prepared for common, frequently asked interview questions will give you the confidence to leave a great impression. This course will teach you those techniques to be successful in your interview and help you land your dream job.



**Date:** Wed, Oct 20; 6-7:30 pm  
**Location:** Fox Room 1332  
**Fee:** \$19  
**Instructor:** Tammy Brunette



**YOUTH**

**Scout Merit Badge Clinics**

Check our online catalog at [ce.uwosh.edu](http://ce.uwosh.edu) Or call our office at 920-832-2636 to find out which merit badge clinics are currently being offered.

**ACT Prep**



**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

**YOUTH**

girls engineering math science

**GEMS**  
Girls • Engineering •  
Math • Science

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

**ACT Prep Course**

Limited spots available!



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.

**Dates (choose one):**

- Oct 9 - Nov 13, 2021; 9 am-noon
- Jan 8 - Feb 12, 2022 ; 9 am-noon

**Location:** Lincoln Hall, 608 Algoma Blvd., Oshkosh, WI 54901  
**Fee:** \$200

**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](http://www.uwosh.edu/go/ahs) for complete workshop descriptions.

**Dates/Times:**

- Thu, Feb 17; 9:00 am - 4:30 pm
- Fri, Feb 18; 8:15 am - 12:00 pm

**Location:** VIRTUAL EVENT

**Fee:** \$174 early bird for an individual, group rates available.

# CONTINUING EDUCATION & PROFESSIONAL DEVELOPMENT

ONLINE

## Online GRE Test Prep Course

Variety of start dates – visit our website for details

The UW Oshkosh GRE Prep Class is 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.

Fee: \$749

## 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:** Sep 13 - Nov 5, Self-paced

**Location:** Online

**Fee:** \$335-\$435, discounts available for active and retired military.

ONLINE

## Digital Communications Certificate

While digital communication platforms have been available for many years, it wasn't until recently that we were forced to create virtual meetings, presentations and programs. Many of us are not confident in our abilities and/or we are not getting the results we would like from our virtual communications. The first half of this program will focus on creating meaningful virtual connections. Brush up on your verbal and non-verbal communications skills and tactics to be more effective virtually. The second half of this course will focus on the technology, what is available, how to best use it and how to troubleshoot common problems. This online program will get you up to speed quickly so that you may be effective in your communications and increase your influence professionally or personally.

**Earn Continuing Education Units (CEU) and a Shareable Certificate**

**Dates:** Flexible, four-to-eight weeks. Mon, Sep 27 – Fri, Nov 12

**Location:** 100% Online Learning

**Cost:** TBD visit [uwosh.edu/conted](http://uwosh.edu/conted) for more information.

## Northeast Wisconsin Suicide Prevention Summit

Topics to include: Law enforcement/public safety, video gaming & mental health, social media, support acupuncture/yoga, faith & suicide, eating for a healthy mind, farmers, holistic ways to deal with suicide, mindfulness, suicide in elderly, resilience training, addictive behaviors/alcohol & drug abuse. Visit our website for more information!  
CEH/CEU: 6 CEHs/0.6 CEUs

**Date:** Oct 21; 8:30 am-4:00 pm

**Location:** Online

**Fee:** \$129, special \$35 rate available for UW students.

ONLINE



## Women's Wellness and Education Day Retreat

**Theme: *The Strong and Resilient Woman: How to adjust in difficult times***

This year we are planning a wonderful one-day retreat focused on you. Spend the day with like-minded women to learn, grow and live a more balanced life because you are worth it!



**The day includes:**

- Yoga – adapted for all skill levels;
- Educational programming offered by experts focused on well-being and gut health;
- An hour of Sound Massage;
- Healthy and delicious lunch and two snacks;
- Time for a walk along Oshkosh's Riverwalk;
- A fun, two-hour boat cruise along the Fox River (On the Loos Cruise); and
- Opportunity to stay at Oshkosh's Best Western Premier at the UWO Rate.
- COVID protocols will be followed to ensure safety at this event.

**Date:** Sat, Oct 9; 9 am-6 pm (4-6 pm cruise along the Fox River)

**Location:** Oshkosh Convention Center, 2 North Main Street, Oshkosh, WI 54901

**Fee:** \$99

**Maximum Capacity:** 35  
Register by Friday, Sep 24.

For more information and to register visit [www.uwosh.edu/go/womenswellness](http://www.uwosh.edu/go/womenswellness)



**ONLINE**

# Women's Wellness Programming: Fall 2021

**#WellnessWednesdays, Lunch-Hour**  
**Wednesdays, 9/29, 10/20, 11/10, 12 – 1 pm\***  
**Cost: \$25 each or \$60 for all series of 4 programs**  
**(\$15 discount to register for all 3!)**

These lunch-hour presentations will touch on the hot topics affecting women's wellness: Lyme Disease, Hormone Fluctuations, and Detoxing. You may take some or all sessions. \*Programs are virtual and recorded so you may access them at a different time if you are not available at that day/time.

## Living with Lyme Disease

Did you know that the prevalence of Lyme disease is very high in Wisconsin and its symptoms are often things like anxiety, depressions, joint pain, and lack of concentration? You can have Lyme disease without ever knowing you were bit by a tick. Learn more about Lyme disease and the associated co-infections, what it is, where it is, what it does, and how it is treated. Myths about ticks and Lyme disease will be discussed and dispelled.

**Date: Wed, Sep 29; 12-1 pm**  
**Cost: \$25 or \$60 for all three**  
**Instructor:** Evelyn Andersen, APNP and Certified Sports Nutritionist. Evelyn is a Family Nurse Practitioner by the American Association of Nurse Practitioners, a Certified Sports Nutritionist with the International Society of Sports Nutrition and holds certifications in nutritional biochemistry from Metabolic Fitness as well as Peptide Certification through the American Academy of Anti-Aging Medicine. She holds a bachelor's degree in health promotion and wellness from the UW-Stevens Point, a Bachelor of Science in Nursing from the UW-Madison and a Master of Science in Nursing from Maryville University. Evelyn is currently a Family Nurse Practitioner at Green Medicine of Wisconsin, located in Oshkosh. She is a "Functional FNP", integrating traditional and holistic approaches with her patients. As each patient is unique, she treats each individually, with a strong emphasis on nutrition, lifestyle modifications, health education, and prevention.



## Happy Hormones, Happy You!

Better understand how hormones work, what it feels like when hormones are in balance and how to detect when they might be out of balance. Learn ways to support the rebalancing of hormones through nutrition, herbal medicine and lifestyle practices.

**Date: Wed, Oct 20; 12-1 pm**  
**Cost: \$25 or \$60 for all three**  
**Instructor:** Rebecca Aldag, MBA, MS, CNS, RH with Functional Nutrition of Wisconsin. 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 Functional Nutrition of Wisconsin. Functional Nutrition 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. They also have crafted a proprietary line of herbal teas and liquids to meet the special needs of their female clients.



## Why Detox?

While it's true that you are perfectly capable of removing toxins naturally, most people aren't doing it effectively, and certainly not optimally. We are overburdened with external toxins but not nourished with the right nutrients to support optimal detoxification on a daily basis. This double whammy can overwhelm the system making it challenging for it to do the things you want it to do, like shedding weight and generating energy levels!

**Date: Wed, Nov 10; 12-1 pm**  
**Cost: \$25 or \$60 for all three**  
**Instructor:** Kristie Butler, BS, RD at Functional Nutrition of Wisconsin. Kristie is a Registered, Licensed Dietitian with a special interest and fellowship training in pediatric nutrition. Kristie completed her bachelor's degree through the University of Florida and Dietetic Internship through Vanderbilt University Medical Center. She is also a graduate of the Pediatric Nutrition Fellowship Program at Indiana University Purdue University which focuses on nutritional care for infants, adolescents, and teens with special health needs, feeding concerns, metabolic conditions, food allergies, and weight management. Kristie is the co-founder of Functional Nutrition of Wisconsin. She enjoys sharing her knowledge and passion for nutrition while helping her patients incorporate realistic and fun solutions that fit their individual lifestyles.





# Degrees Designed for Working Adults

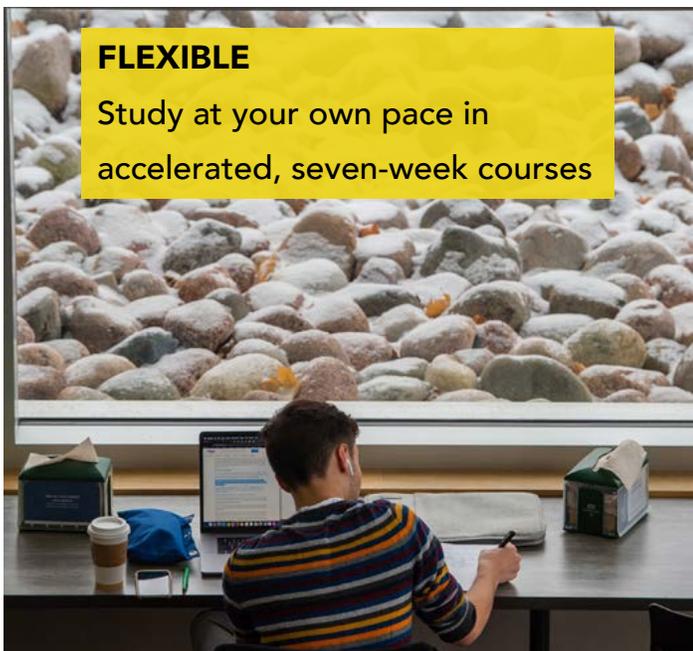
CREATE A NEW CAREER PATH ONLINE

## UW OSHKOSH ASSOCIATE OF ARTS AND SCIENCES DEGREE

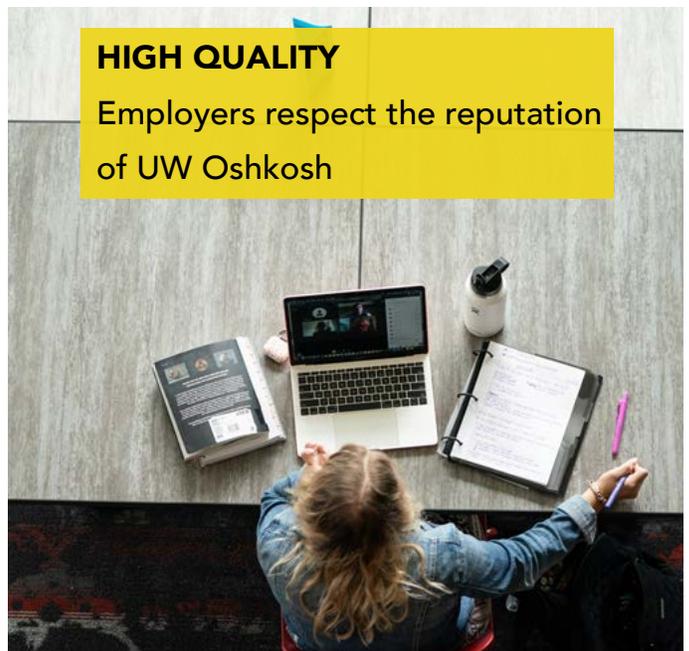
If you want to earn your associate degree first, have prerequisites you need to fulfill or are looking to supplement your current coursework to complete your degree faster, the **100% online University of Wisconsin Oshkosh Associate of Arts and Sciences degree** puts you on the path to achieving your academic goals.



**AFFORDABLE**  
\$220 per credit



**FLEXIBLE**  
Study at your own pace in accelerated, seven-week courses



**HIGH QUALITY**  
Employers respect the reputation of UW Oshkosh

[UWO.SH/ONLINE](http://UWO.SH/ONLINE)

[OCE@UWOSH.EDU](mailto:OCE@UWOSH.EDU)

(920) 424-0234

## Chief / Company Officer Certificate Program

**AVAILABLE 2022**

In the UW Oshkosh Company/Chief Officer Certificate program, you will learn from a diverse group of instructors who will provide first-hand perspective on the issues that you will face in the field and help you make an impact in your department.

The Chief/Company Officer Program (COP) is a collaborative initiative between UW Oshkosh and the Wisconsin State Fire Chiefs Association (WSFCA), providing students with broad perspectives on various facets of fire and emergency services administration.

Through six online educational courses, the COP framework helps officers strengthen their communication and leadership skills and gain a better understanding of public administration in fire and emergency services.

Upon successful completion of all six courses and having met the prerequisites for Fire Officer II, you are eligible to apply for Fire Officer III certification through ProBoard.

### Admission Requirements

- One letter or reference from either your supervisor, fire chief, police and fire commission, city board or elected official
- Documentation of at least three years of experience as a fire officer or five years of experience working in a fire, EMS or EM department \* Certificates are only required if you are seeking the Fire Officer III certification
- Copy of current Fire Officer I certificate\*
- Copy of current Fire Officer II certificate\*



### Registration Information

Courses are offered throughout the year. The cost of each course is \$499. Participants will need to purchase the required textbook, "Chief Officer, Principles and Practice" (4th Edition) by David J. Purchase, published by Jones and Bartlett. The textbook will be used throughout all six courses.



## Adult Student Recruitment & Retention Conference

In the field of higher education, each institution sometimes stands alone in their efforts to reach, recruit and retain adult learners. Break down the walls and learn from others' successes at the ASRR Conference. Each year, we bring together experts in the field and discuss a variety of topics that address student service needs.

Conference participants range from administrators who are very experienced in serving the adult student population to adult student services staff who are just starting to establish their recruitment and retention efforts.

This program is specifically designed for higher education staff and faculty who work with adult nontraditional students, including Admissions, Adult Student Services, Advising, Career Services, Counseling Centers, Distance and Online Programs, Diversity Affairs, Faculty, Financial Aid, Graduate Schools, Marketing, Outreach, Recruitment, Registrar's Office, and Veteran's Office.

Visit our website for more info!

### Dates/Times:

Tue, Nov 8; 9:30 am - 4:30 pm

Wed, Nov 9, 8:15 am - 12:00 pm

**Location:** Madison Concourse Hotel, 1 W. Dayton St., Madison, WI  
**Fee:** \$255 early bird for an individual, group rates available





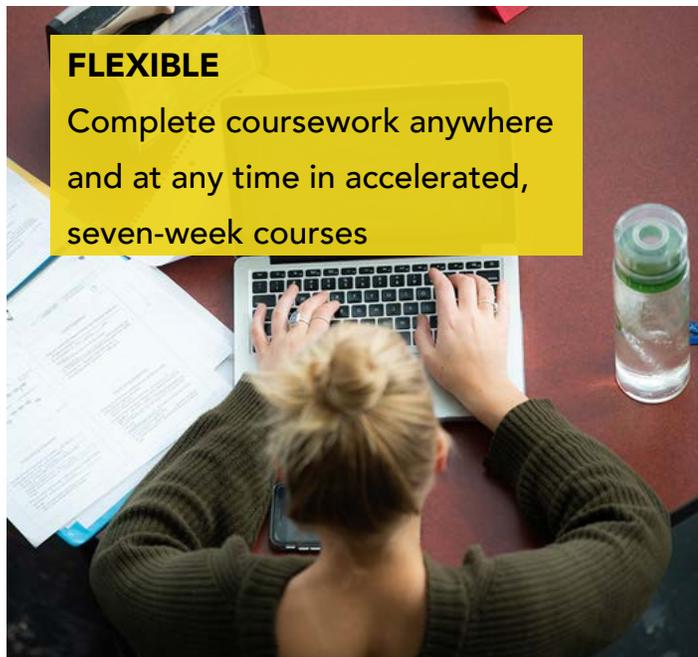
# Discover Flexible Options at UWO

## EARN YOUR DEGREE 100% ONLINE

### UW OSHKOSH ONLINE

Discover affordable, flexible and high-quality options through **University of Wisconsin Oshkosh Online!** Whether you are exploring a career change or are a middle-management professional looking to earn a promotion, UW Oshkosh provides the quality of a bachelor's degree from a University of Wisconsin System institution in an affordable and flexible learning environment.

**HIGH QUALITY**  
As part of the University of Wisconsin System, employers will be impressed by your UW Oshkosh diploma



**FLEXIBLE**  
Complete coursework anywhere and at any time in accelerated, seven-week courses



**AFFORDABLE**  
\$360 per credit

**FOR SOCIAL WORKERS AND PROFESSIONAL COUNSELORS:**

**How Y'all Doing?:  
Resiliency Re-check**

Life has been incredibly challenging for all of us over the past year and a half, professionally and personally. This has been especially true for social workers, clinicians, and those in the service fields. Caregivers have been pushed to their limits as they adapted to the pandemic and on-going changes, restrictions, and emotional demands. How are we to continue taking care of others without processing what has happened to us and others? In this workshop we will examine the numerous challenges we have faced, begin to address the toll it has taken, and find ways to make meaning of these stressful experiences in order to heal and move through this.



CEH/CEU: 4.5 CEHs/0.4 CEUs  
**Date:** Fri, Sep 17; 9 am-1 pm  
**Location:** James P. Coughlin Center, 625 E. County Rd. Y, Oshkosh, WI  
**Fee:** \$99, discounts available for students  
**Instructor:** Stacey Otto, LCSW, IMH-E, and Elizabeth Pupeter, MT-BC, WMTR

**Self-Paced Short Courses**

The following self-paced, short courses are being offered virtually. Visit our website for full descriptions. Sign up anytime!

- Approaches to Difficult Situations
- Harm Reduction
- Helper as a Person
- Multiculturalism
- Reducing Stress Through Self Care
- Service Planning
- Stages of Change
- Therapeutic Communication

**ONLINE**

More programs are being added!  
 Visit [www.uwosh.edu/go/sw-workshop](http://www.uwosh.edu/go/sw-workshop) for additional training opportunities.

**Ethics and Boundaries in a World of Technology**

Participants will gain an enhanced awareness of the complicated nature of technology and social media as it interfaces with the provision of services within human service organizations. Participants will learn techniques for ethical decision making in situations where technology or social media is utilized. This program is designed to be interactive as participants share challenging ethical issues encountered in their practice. Internet-based services including counseling, education, therapy groups and other social services utilizing technology will be addressed. The establishment of professional boundaries while using social media and providing services in a virtual world will be addressed. The content will also cover the concerns related to online investigation resources.



CEH/CEU: 4.5 CEHs/0.4 CEUs  
**Date:** Fri, Oct 29; 9 am-1 pm  
**Location:** Oak Park Place, 2205 Midway Rd., Menasha, WI 54952  
**Fee:** \$99, discounts available for students  
**Instructor:** Jeanne Wagner, MSW, LCSW, ACSW



**Suicide Prevention:  
Increasing Awareness and Action**

Suicide is a major public health concern. According to the National Institute of Mental Health (NIMH) over 48,000 people died by suicide in the United States in 2018; it is the 10th leading cause of death overall. Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives. This workshop will provide information on the signs, symptoms, and behaviors of what to look for in someone who may be suicidal. In addition, it will identify risk factors and characteristics that may contribute to someone making a suicide attempt. Content will also identify those groups that may be at a heightened risk for suicide. This workshop will discuss methods to screen, assess and provide brief interventions to those at risk for suicide and will share resources available for clients and mental health providers to access in the community.



CEH/CEU: 4.5 CEHs/0.4 CEUs  
**Date:** Fri, Nov 19; 9 am-1 pm  
**Location:** UW Oshkosh Appleton Executive Education Center, 2323 E. Capitol Dr., Appleton, WI 54911  
**Fee:** \$99, discounts available for students  
**Instructor:** Carol Thomas, MSSW



**ONLINE SOCIAL MEDIA AND WEB DESIGN CERTIFICATES**

- \$360 per credit
- Accelerated seven-week courses
- Small class sizes
- Open to students in all majors
- Both certificates can be part of a pathway to a bachelor's degree in Interactive Web Management



**SOCIAL MEDIA**

- Build a base of journalistic writing fundamentals then expand your knowledge base before applying theory in practice for a real-world client.
- Three courses (Nine credits)
  - JOUR 221 Writing for Media
  - JOUR 340 New and Emerging Media
  - JOUR 440 Application of New and Emerging Media

**WEB DESIGN**

- Create responsive websites and use specific programming language to master programming concepts before designing to enhance usability.
- Three courses (Nine credits)
  - CS 125 Web Site Development
  - CS 142 Introduction to Computer Science and Programming
  - CS 247 Introduction to Usability



**OCTOBER:**

**The 4 Lies That Are Making You Miserable**

**ONLINE**

If you have a kid who's struggling with their mental health, then you know what it's like to be overwhelmed with worry, feel lost, and discover how difficult it is to find help. This presentation will present 4 lies that you are probably telling yourself that are making you miserable. We will challenge these 4 common beliefs, and then we will provide some tools to overcome them.

**These tools will allow you to:**

- Speak in a way your teen/young adult can hear you.
- De-escalate tension.
- Challenge your own perceptions around parenting to become more effective.
- Emotionally regulate yourself so you can handle crisis well.

**This program is for parents who:**

- Feel lost or unsure of how to parent.
- Find themselves walking on eggshells.
- Experience a sense of embarrassment, shame or guilt.
- Fear they have done/are doing something wrong.

**Date:** Fri, Oct 1; 10 am-noon

**Location:** Virtual, materials will be emailed to you in advance

**Fee:** \$49

**Instructor:** Allison Garner. Allison runs a Leadership Experience Boutique for stoic leaders who are visionaries and challengers of the status quo.



Their experiences with Allison illuminate their blindspots, interrupt their repeated patterns, and open a new pathway for forward progression. She was a selected TedX Oshkosh speaker in 2019 and published author of *"Think Possible: The Light and Dark Side of Never Running Out of Ideas"* and *"Unconditional: Learning How to Navigate and Reframe Mental Illness - Together"*.

**NOVEMBER:**

**Handling Difficult Conversations: How to Say the Thing**

**ONLINE**

Learn the tools you need to have the tough conversations with your family, friends or teammates. Practice those skills so you may put them to work today! Delve into real-life topics so that you may tackle the problems that are brought to your attention, deal with strong personalities, and create accountability. You will leave with three tools to:

- Learn to empower your family/team to handle difficult situations.
- Establish how to set appropriate boundaries.
- Obtain the skills to have the difficult conversations.

**Date:** Fri, Nov 5; 10:00 am - Noon

**Location:** Virtual, materials will be emailed to you in advance

**Fee:** \$49

**Instructor:** Allison Garner

**DECEMBER:**

**Discovering Your Purpose**

**ONLINE**

Make a plan for 2022! Research shows that people who know their purpose live up to seven years longer than those who do not. Individuals who understand what brings them joy and happiness tend to surround themselves in the right communities and engage in activities that they find rewarding and gratifying. You will be led through a number of exercises to identify your values and passions to discover your purpose. End with everything you need to create a vision and plan for your future.

**Date:** Fri, Dec 3; 9 am-noon

**Location:** Virtual or in-person options available

**Fee:** \$49

**Instructor:** Nina Brandes moved to Oshkosh, Wisconsin the summer of 2017 and asked herself what's next. Nina took her experience from her 17 years in human service leading teams and supporting staff and her recent coaching background and started her own business: ACT Life and Leadership Coaching, LLC. Nina discovered that the way we show up in life and work can take us to new peaks when focus is put on vision, desires and abilities. Nina enjoys working alongside individuals as they focus on empowering themselves to be brave, strong, and confident as they move forward finding and reaching their dreams.



COMING THIS FALL



# Degrees Designed for Working Adults

## CREATE A NEW CAREER PATH ONLINE

### UW EXTENDED CAMPUS COLLABORATIVE DEGREES

University of Wisconsin Oshkosh Online partners with the University of Wisconsin Extended Campus to offer uniquely designed degrees for working adults that will hone your expertise and advance your career.



#### GRADUATE

- Applied Biotechnology
- Cybersecurity
- Data Science
- IT Management
- Sustainable Management

#### UNDERGRADUATE

- Applied Computing

#### CERTIFICATES

- Bioinformatics
- Cybersecurity
- Data Analysis
- Digital Communications



## **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:** [CE.UWOSH.EDU](http://CE.UWOSH.EDU)

You can register online and pay with check or credit card (Visa, MasterCard, or Discover)

**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.

## **FAQs**

### **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 participants with the contact information provided to us. If a participant 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 and specific campus refund policy. 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.

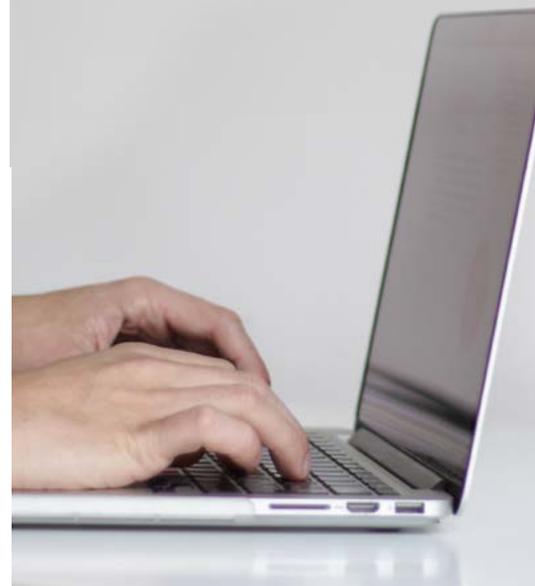
### **Do I need to purchase a textbook or any supplies for my course?**

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. If texts are required, you will be notified in advance. Required texts can be purchased at a local book store or through an online venue.

**DON'T LIMIT YOUR CHALLENGES CHALLENGE YOUR LIMITS**



**REGISTER TODAY FOR FALL 2021**



# EXPRESS SIGN UP

REGISTER ONLINE [CE.UWOSH.EDU](http://CE.UWOSH.EDU)  
or complete and submit the form below

**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 - 12**, mail completed form along with payment for selected courses to:

All UWO Oshkosh registrations will be mailed to the Oshkosh campus. **To register for any classes on pages 13 - 21**, mail completed form along with payment for selected courses to:



UWO-Fox Cities  
Continuing Education  
1478 Midway Rd  
Menasha, WI 54952  
920- 832-2636  
[uwosh.edu/fox/continuing-education](http://uwosh.edu/fox/continuing-education)



Continuing Education  
800 Algoma Blvd.  
Oshkosh, WI 54901  
920-424-1129  
[uwosh.edu/conted](http://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 options booklet, from where did you get it (i.e. in the mail, at the library or senior center)?*

COURSE TITLE	CAMPUS	FEE
FEES ARE DUE WITH REGISTRATION	TOTAL FEES	

*PAYMENT METHOD: Login online to pay by debit/credit, or make check payable to UW Oshkosh and remit with this form to the address of the corresponding campus above.*



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

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