

# COMMUNITY PROGRAMMING

*for all ages*

Non-Credit Opportunities for  
**PERSONAL & PROFESSIONAL DEVELOPMENT**

## **LEARNING IN RETIREMENT**

Join a Community of Lifelong Learners

## **EDUCATIONAL TRAVEL**

- Morocco
- Ireland
- Greece
- New York City
- Iceland
- Holiday Food Tour

CONTINUING EDUCATION &  
PROFESSIONAL DEVELOPMENT

**FALL 2023**

LET TODAY BE THE START OF  
**SOMETHING NEW!**

**REGISTER**  
ONLINE AT  
[CE.UWOSH.EDU](https://ce.uwosh.edu)



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**OUR CAMPUSES:**  
**Oshkosh | Fond du Lac | Fox Cities**



Continuing Education  
800 Algoma Blvd.  
Oshkosh, WI 54901  
920-424-1129



Continuing Education  
400 University Dr.  
Fond du Lac, WI 54935  
920-929-1153



Continuing Education  
1478 Midway Rd.  
Menasha, WI 54952  
920-832-2636

**FIND US ONLINE:** [uwosh.edu/conted](http://uwosh.edu/conted)

**REGISTER NOW**



**REGISTER TODAY FOR  
FALL 2023**

**2 EASY OPTIONS**

1. Register online at: [ce.uwosh.edu](http://ce.uwosh.edu)
2. Use the Registration Form at the back of this booklet.

**REFUND POLICY:** Refunds may be made if the Continuing Education Office is contacted at least 10 business days prior to the start of class. No refunds will be given after this date.

No-shows are responsible for the full registration fee. UWO reserves the right to cancel a course due to low enrollments and full refunds will be given.

In some cases, cancellation fees may apply.

Travel and other programs that involve advance purchases for food, admission, t-shirts, hotels, etc, have individual refund schedules that can be viewed online.

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



Like us on Facebook @ [UWOContinuingEducation](https://www.facebook.com/UWOContinuingEducation)

# EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.

- Nelson Mandela



## LEARNING IN RETIREMENT

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

**Join a community of lifelong learners.** UWO's Learning in Retirement (LIR) is a self-directed, membership-based association, offering learning opportunities to its members.

The LIR Membership fee of \$100 includes unlimited attendance for one academic year from July 1-June 30. Membership includes:

- Learning sessions led by experts in their fields
- Member-led interest groups
- Tours of businesses, industry, museums and gardens
- Attend music/theater performances

### Highlights for the Fall Semester:

- Day trip to Door County with fish boil
- Lunch, stories and music with Steve March-Tormé
- Trip to Clausen Family Christmas
- Wisconsin State Supreme Court Justice Jon P. Willcox
- UWO Plays
- How the Appleton Airport works
- Topics such as: finance, politics, history, technology, sustainability, current events & more.

**The new semester begins September 1.** You may join at any time. Learn more and register at [www.uwosh.edu/lir](http://www.uwosh.edu/lir) (920) 424-0876 or [lir@uwosh.edu](mailto:lir@uwosh.edu).

# Online Advanced Career Training



Our online programs can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these programs at any time and learn at your own pace.

All materials are included in the program fees. Each course has an instructor assigned to answer questions and solve student problems.

## Features:

- Self-paced, start anytime
- Textbook and materials included
- Prepare for industry certification
- Certification exam vouchers included
- Financial assistance available

## **Freight Broker / Agent Training**

Acquire the skills needed in this fast-growing industry. Learn detailed information about the freight broker sector of the transportation industry and about the brokerage process from start to finish.

## **Residential Electrician (Tools Included)**

Learn the fundamental skills needed to work with residential electrical systems, no previous experience required. By course completion, you will be prepared to pass your state's electrical licensing exam.

## **Certified Medical Administrative Assistant with Medical Billing & Coding**

This course will teach you how Administrative Medical Assistants are versatile and valuable members of the healthcare team who handle a broad range of duties. You will also be prepared for the Certified Medical Administrative Assistant (CMAA) certification exam offered by the National Healthcareer Association (NHA)

## **Human Resources Professional**

Explore the foundational aspects of HR, including human resource laws, hiring disciplines, and labor relations. Learn industry-recognized practices and prepare for the PHR certification exam.

## **Web Design Professional**

The future of retail, learning, and most other industries is online. This course will teach you foundational web design skills using HTML, CSS, and JavaScript and train you to use Adobe Photoshop, Dreamweaver and Animate.

## **Adobe Certified Professional**

There is a strong demand for Adobe Creative Suite skills. Learn five of the most often used Adobe programs: Dreamweaver, Illustrator, Photoshop, InDesign and Animate. Amaze clients and employers with your skillset.

## **Purchasing and Supply Chain Management**

Develop essential managerial skills, and learn how to effectively manage all aspects of the purchasing process, including procurement, distribution, and supply chain management.

To enroll or learn more, visit or call us at:  
(920) 832-2636  
[uwfox.trainonline.cc](http://uwfox.trainonline.cc)

Educational travel opportunities open to ALL community members regardless of location and campus affiliation.



## **MILWAUKEE HOLIDAY FOOD TOUR**

**DECEMBER 7, 2023**

### **Holiday Displays & Bakery Bus**

Begin with a tour of the Pabst Mansion decorated for Christmas. Enjoy a beautiful lunch at one of Milwaukee's favorite restaurants. Explore the Community Spirit Park in Cathedral Square to look at the Christmas trees. Visit four bakeries and shops and receive treats, samples, and shopping time. Enroute, receive a narrated tour of the history of Milwaukee's holiday traditions.

**Time:** 7:30 a.m.-6 p.m.

**Cost:** \$145

Pick-up/drop-offs in Menasha, Oshkosh, and Fond du Lac  
\$5 discount for UWO Alumni and UWO LIR Members  
Register at [uwo.sh/travel](https://uwo.sh/travel)



## **NEW YORK CITY HOLIDAY TOUR**

**DECEMBER 11-15, 2023**

### **Spotlight on New York City Holiday**

Experience New York alive with the holiday spirit on this spectacular tour. From Rockefeller Center to Greenwich Village, the city shines even brighter during the holiday season. See the Rockettes perform, take in a Broadway show, and visit Wall Street, 5th Avenue, the Statue of Liberty, Ellis Island, and more.



### **TO RESERVE YOUR SEAT**

**TODAY,** contact Suzanne Lawrence at 920-929-1153 or email [lawrences@uwosh.edu](mailto:lawrences@uwosh.edu).



## NEW YORK THEATER TOUR MAY 29 - JUNE 2, 2024

In five adventure-filled days, you and a group of like-minded travelers will experience three outstanding Broadway performances. 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:

- Three plays
- Four nights at a conveniently located hotel in the Theater District
- Group tours of some of New York's many "must see" attractions
- Optional excursions with your trip leader at an additional charge

**Cost:** \$2,450 (based on double occupancy). This is subject to change based on airfare and other increases to hotel, etc., for 2024. Add \$850 for single occupancy.

**Walking expectations for NY Theater Tour:** New York City is a walking city, therefore, you will be expected to be on tours that require walking 1 - 2 miles (or more) while using subways that include several flights of stairs (up and down).



## BOUNDARY WATERS CANOE EXPEDITION - SUMMER 2024

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 Menasha, all food in the wilderness, and all necessary equipment. Personal gear excluded.

**Dates:** Summer 2024, TBA

**Cost:** \$800

**Primary Group Leader:** Bruce Peters. Bruce has led various outdoor trips over the past 6 years for the Office of Continuing Education at UW Oshkosh.

**TRAVEL MAKES ONE MODEST,  
YOU SEE WHAT A TINY PLACE  
YOU OCCUPY IN THE WORLD.**

- Gustave Flaubert

**INFORMATION**

**FOR ADDITIONAL INFO,** call  
Suzanne Lawrence at 920-929-1153  
or email [lawrences@uwosh.edu](mailto:lawrences@uwosh.edu).

# GREECE 2024

Call Today! 920-929-1153



## GREECE ISLAND HOPPER

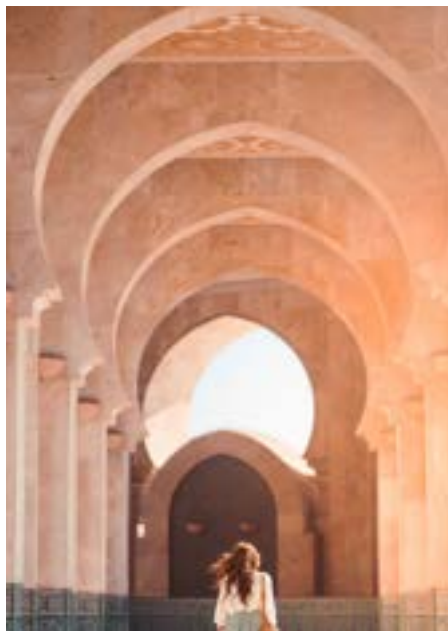
MAY 17 - 27, 2024

### Optional Three-Night Istanbul Post Tour Extension

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, an Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotiri. From the ruins of Athens to the bright rooftops of Mykonos and Santorini – embrace the country at its best.

**To reserve your seat today,** contact Suzanne Lawrence at 920-929-1153 or email: [lawrences@uwosh.edu](mailto:lawrences@uwosh.edu).





## COLORS OF MOROCCO

FEB 8 - 22, 2024

Get to know the vibrant culture and colorful backdrops that are distinctively Morocco. Explore Fes, one of the holiest cities in the world, on a walking tour in the Medina, where donkeys and mules laden with goods still walk the ancient market. Make your way to your desert camp by 4x4 Jeep and spend a full day exploring the Sahara Desert. Travel the rugged "Road of a Thousand Kasbahs" to the UNESCO World Heritage site of Kasbah Ait-Ben-Haddou. In Marrakech, get a true taste of Moroccan hospitality during an interactive cooking class at a women's cooperative. Experience Morocco's deep history, unique atmosphere and welcoming people on an unforgettable journey.

**To reserve your seat today,** contact Suzanne Lawrence at 920-929-1153 or email: [lawrences@uwosh.edu](mailto:lawrences@uwosh.edu).



## MOROCCO 2024

Call Today! 920-929-1153



## ICELAND: LAND OF FIRE AND ICE

JULY 28 - AUGUST 6, 2024

An island of dramatic contrasts, uncover Iceland's natural beauty through a land forged by ice and fire. Travel the "Golden Circle" – an epicenter of natural scenic wonders. Stay overnight in a local fishing community and enjoy a picturesque cruise of the bay. Join an explorative coastline walk and visit a maritime museum that illustrates the work of Icelandic fishermen through the centuries. Soak in the mineral-rich waters of the Blue Lagoon. Discover otherworldly wonders and captivating cultures on a fascinating Icelandic journey.



## IRELAND

OCTOBER 24 - NOVEMBER 5, 2024

Experience Ireland in all its vibrant shades as you travel from the lively city of Dublin to the untamed natural beauty of Northern Ireland. Explore Dublin with a local guide. Kiss the Blarney Stone at historic Blarney Castle. See Killarney National Park on a boat ride. Experience the world-famous beauty of the Ring of Kerry. Marvel at the stunning 700-foot Cliffs of Moher. Enjoy tea and scones on a traditional family farm. Tour the walled city of Derry. Stand on the awe-inspiring Giant's Causeway. Uncover the legend of the Titanic at Belfast's famed Titanic Experience. From breathtaking nature and stunning coasts to a captivating culture and friendly locals – this is Ireland.

**INFORMATION**



**FOR ADDITIONAL INFO**, call Suzanne Lawrence, Director, at 920-929-1153 or email [lawrences@uwosh.edu](mailto:lawrences@uwosh.edu).

**TABLETS FOR BEGINNERS - FREE CLASS!**

Bring your tablet and learn the basics, as well as how to use Zoom to video chat with your family and friends!

**Class is free but registration is required.**

**Dates:** Thu, Nov 16

**Time:** 4-6 p.m.

**Location:** UWO Fox Cities Campus

**Cost:** FREE

**Instructor:** Ahilan Sivasamy

**DON'T BE FOOLED BY YOUR SMART PHONE - FREE CLASS!**

Learn how to manipulate all those tiny buttons (apps) and make your smartphone your greatest helper. Topics include understanding option menus, configuring security settings, setting up email, managing contacts, texting, and sending images, editing photos and videos and more!

**Class is free but registration is required. There will be two four-week classes, one for iPhone users and one for Android users**

**iPhone Dates:** Thu, Sep 21, 28; and Oct 5, 12

**Android Dates:** Thu, Oct 19, 26; and Nov 2, 9

**Time:** 4-6 p.m.

**Location:** UWO Fox Cities

**Cost:** FREE

**Instructor:** Ahilan Sivasamy

**HANGING WITH MY PEEPS**

Backyard chickens are becoming a popular piece for folks interested in sustainable living. Come learn the basics of keeping chickens for egg production. Meet a local egg producer, get the facts about small flock management and meet a friendly chicken to get some hands-on experience!

**Date:** Wed, Sep 20

**Time:** 6-7:30 p.m.

**Location:** UWO Fond du Lac OR

**Date:** Wed, Sep 27

**Time:** 6-7:30 p.m.

**Location:** UWO Fox Cities

**Cost:** \$25

**Instructor:** Tracy McDermott

**GENEALOGY - FIND YOUR FAMILY ROOTS**

Are you interested in your family history but don't know where to start? Learn where to begin looking for information, how to manage it, and genealogy etiquette. Join us for this informative and interesting journey.

**Dates:** Wed, Sep 27, Oct 4, 11, 18, 25

**Time:** 6-8 p.m.

**Location:** UWO Fox Cities

**Cost:** \$59

**Instructor:** Rose Marie Lewis

**CERAMIC MUGS**

Start with a piece of clay and create your own mugs. In this class, you will learn the hand building technique of slab construction, surface decoration, and glazing. You will walk away with two mugs completely designed by you.

**Dates:** Tue, Sep 26; Oct 3, 17

**Time:** 5:30-8:30 p.m.

**Location:** UWO Fox Cities

**Cost:** \$49

**Instructor:** Jaime McGuan, Master Potter



## GUITAR SERIES

Join Chad Ellis, a musician who studied in LA, and learned how to play the guitar in a small group setting. Chad will engage you in critical awareness of concepts in a hands-on approach through lectures, discussions, and critiques, and help you apply the concepts you learn through an array of musical examples. Students will be required to have their own guitar, picks and tuner to participate at each level.



## BEGINNING GUITAR

Introduces the basics of guitar and provides an overview of basic chord playing, note reading and technique.

**Dates:** Mon, Oct 2, 9, 16, 23, 30; and Nov 6, 13, 20

**Time:** 4-5:30 p.m.

**Location:** UWO Fox Cities

**Cost:** \$159

## INTERMEDIATE 2 GUITAR

Students will add upon their knowledge of chord playing, note reading and duet playing. Barre chords and advanced rhythmic concepts will be introduced.

**Dates:** Mon, Sept 18, 25; Oct 2, 9, 16, 23, 30; and Nov 6, 13, 20

**Time:** 5:30 -7 p.m.

**Location:** UWO Fox Cities

**Cost:** \$199

## ADVANCED GUITAR

Students will continue to explore the fingerboard through chord playing and note reading. Major scales and fingerpicking will be introduced.

**Dates:** Mon, Sept 18, 25; Oct 2, 9, 16, 23, 30; and Nov 6, 13, 20

**Time:** 7-8:30 p.m.

**Location:** UWO Fox Cities

**Cost:** \$199

*Do you have some experience, but you're not sure what level to start? Call us at (920) 832-2636 and we'll help you register for the right class!*

## NATIVE GARDENS ON A DIME

How would you like to grow your gardens and never pay for seeds again? In this informative, hands-on class, go seed collecting and learn how to start landscaping with beautiful native plants that will attract bees, birds and butterflies to your yard next spring.

**Date:** Wed, Oct 4

**Time:** 5-7 p.m.

**Location:** UWO Fox Cities

**Cost:** \$25

**Instructor:** Shannon Davis-Foust





### ALCOHOL INK ART

Use alcohol inks to create brilliant abstract art pieces on candle holders. Learn the unique interaction of these vibrant inks and their expressive color properties.

**Date:** Wed, Nov 8

**Time:** 6-8 p.m.

**Location:** UWO Fox Cities

**Cost:** \$35

**Instructor:** Melissa Hartzheim, The Hartzzy Haven

### SOAPS, SUDS, AND SCRUBS

Come make soaps, scrubs and bath bombs with family friendly ingredients. You get to choose the scents and designs to create a custom home spa experience.

**Date:** Sat, Sep 16

**Time:** 1-3 p.m.

OR

**Date:** Fri, Dec 8

**Time:** 5:30-7:30 p.m.

**Location:** UWO Fox Cities

**Cost:** \$49

**Instructor:** Sam Schlieve, Co-owner of Mystic Attic



### CLASSY COOKIES FOR THE HOLIDAYS

Join us for this fun session decorating holiday cookies! Choose from several shapes and designs, and our instructor will guide you so you can make your own professional-looking cookies. You'll go home with 3-4 delicious works of art, and the skills to whip up several dozen for your holiday party!

**Date:** Mon, Dec 4

**Time:** 5:30-7:30 p.m.

**Location:** UWO Fox Cities

**Cost:** \$45

**Instructor:** Krista Mantey

### PAINTING PARTY

Take a blank canvas/glass and create a polished piece in one session. Paint your own masterpiece one step at a time with Ona by Design. No experience or artistic ability is required – anyone can do it! Bring a friend and make it an event. Cost includes supplies and instruction. **Location:** Ona's Home Studio in Neenah



### Spooky Halloween Wine Glasses

Create two spooky wine glasses, various designs. Can be used as tea light holders. An opportunity to do additional glasses at an added fee.

**Date:** Wed, Oct 18

**Time:** 6 p.m. (allow 2-3 hours)

**Cost:** \$30 for two glasses



### Autumn Cardinal

12 x 12 multimedia painting.

**Date:** Wed, Nov 8

**Time:** 6 p.m. (allow 2-3 hours)

**Cost:** \$30

**DISCOVER THE MOUNTAIN IN YOU**

Have you climbed a mountain lately? If so, then you probably have vivid memories of the grandeur and majesty of mountains. Even if you haven't been to a mountain, you probably have created memories of one from a film or novel. In this class, you will actively collaborate with the creators of the "*Climate of the Mountain: Memories of the Past, Crises in the Past, Portal to a Future*" gallery exhibition. We will explore how art and science are at the heart of liberal studies and critical to our understanding of the natural world and our cultural and historical connections to mountains. We will begin with introductions in which we create a word-cloud-mountain to discover our many and varied perceptions of mountains.

In addition to a guided tour of the "*Climate of the Mountain*" gallery exhibition, you will learn about mountains, climate change, and sustainability while developing design and drawing skills for creating theme/idea-based art. No art experience or aptitude necessary (seriously!). You will create a piece of art along with a written reflection that connects your memory of mountains to the science lessons. At the end of the day, your art and reflective writing will be shared with class members in a mini pop-up exhibit. Coffee and lunch will be provided.

**Date:** Sat, Oct 7

**Time:** 8:30 a.m. - 4:00 p.m.

**Location:** UWO Fox Cities, Art Department Studios and the Aylward Gallery

**Cost:** \$50

**Instructor:** Judith Baker Waller, MFA; Beth Johnson, PhD;

Teresa Weglarz Hall, PhD; James A. Brey, PhD

# UW OSHKOSH ONLINE

## DEGREES AND CERTIFICATES

**100% ONLINE.  
NO ENTRANCE EXAMS.**

### **GRADUATE**

- PUBLIC ADMINISTRATION

### **UNDERGRADUATE**

- AVIATION MANAGEMENT
- FIRE AND EMERGENCY RESPONSE MANAGEMENT
- LEADERSHIP AND ORGANIZATIONAL STUDIES
- LIBERAL STUDIES

### **CERTIFICATES**

- AVIATION MANAGEMENT
- EMERGENCY MANAGEMENT
- FIRE SERVICE MANAGEMENT
- LEADERSHIP AND ORGANIZATIONAL STUDIES

**UWO.SH/ONLINE • OCE@UWOSH.EDU • (920) 424-0234**

# HEALTH & WELLNESS

## FIT AT FOX

Ready to get back into exercising and a healthier lifestyle but not sure where to start? Get 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. Geared toward mature adults, but open to all age levels.

Classes start the week of September 11 and run through the week of December 18 (15 weeks).

### Choose a Session:

Mon/Wed 5:15 - 6:00 p.m.

OR

Tues/Thu 8:30 - 9:15 a.m.

**Location:** UWO Fox Cities

**Cost:** \$159

**Instructor:** Thain Jones, UWO Fitness Instructor

## 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.

**Cost:** \$75

## INTRO TO REIKI

Reiki is becoming increasingly mainstream and is utilized in hospitals and wellness centers around the world. Join us to discuss a brief synopsis of Reiki and have your questions surrounding this energetic healing modality answered.

**Date:** Tue, Oct 17

**Time:** 6-7 p.m.

**Location:** UWO Fox Cities

**Cost:** \$25

**Instructor:** Cynthia Graham, LCMT, RM, CNMT and Reiki Master

## UNDERSTANDING CHAKRA ENERGIES

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.

**Date:** Tue, Oct 24

**Time:** 6-8 p.m.

**Location:** UWO Fox Cities

**Cost:** \$35

**Instructor:** Cynthia Graham, LCMT, RM, CNMT and Reiki Master

## REIKI I

Reiki improves personal healing, relaxation, stress relief, depression, high blood pressure and more. This class uses basic techniques to perform hands-on healing with Usui Reiki discipline. Students will receive a self-healing session and be certified as a Reiki level one practitioner.

**Dates:** Tues, Nov 7 and 14

**Time:** 6-9 p.m.

**Location:** UWO Fox Cities

**Cost:** \$149

**Instructor:** Cynthia Graham, LCMT, RM, CNMT and Reiki Master





**THIS FALL** we will be offering two opportunities for personal development. The first is a day retreat which will be for those looking for a day to refresh and refocus. The second is an intensive weekend study of *Daring Greatly* by Brené Brown. This rewarding study is for those who wish to dive deeper into personal improvement. Visit [uwo.sh/womenswellness](http://uwo.sh/womenswellness) for more information and registration.

### WOMEN'S WELLNESS AND EDUCATION DAY RETREAT

*Theme: JOY!*

Enjoy a day where we explore letting go and not getting caught up in our expectations and perfectionism. We will find joy in nature, travel, and everyday life. The day includes facilitation by experts in their fields, Yoga, a healthy lunch and snacks, and time outside along Oshkosh's beautiful Riverwalk.

**Date:** Sat, Oct 14

**Time:** 9 a.m.- 4 p.m. (optional social time in the evening)

**Location:** UWO Campus

**Cost:** \$99, \$10 discount for UWO Alumni

### DARING GREATLY

You are invited to an intensive, but rewarding study of *Daring Greatly*, based on the work and research of Brené Brown. *Daring Greatly* focuses on courage building, shame resilience, and uncovering the power of vulnerability. Instruction is provided by a mental health therapist who is trained and certified by Brené Brown as a Daring Way Facilitator. Friday dinner, Saturday lunch, and snacks are included.

**Dates & Times:** Fri, Nov 3, 5-8 p.m. &

Sat, Nov 4, 9 a.m.-5 p.m.

**Location:** UWO Campus

**Cost:** \$149

**Instructor:** Jennifer Olkowski, Therapist and Owner, Jenuine Courage



*"When we are willing to risk venturing into the wilderness, and even become our own wilderness, we feel the deepest connection to our true self and to what matters the most." Brené Brown*

# FINANCIAL PLANNING

**REGISTER  
ONLINE AT  
[CE.UWOSH.EDU](https://ce.uwosh.edu)**

## FOUNDATIONS OF INVESTING

Learn about the importance of developing an investment strategy, the impact of asset allocation and the influence of inflation on your long-term goals. Gain information about mutual funds, investing in stocks and the outlook for the future.

**Dates:** Tue, Sept 12, 19, 26, and Oct 3

**Time:** 6-7 p.m.

**Location:** UWO Fox Cities or Online

**Cost:** \$29

**Instructor:** Kyle Lukowitz

## RETIREMENT PLANNING FUNDAMENTALS

Whether you are nearing retirement, already retired or beginning to develop a retirement plan, you can benefit from a wealth of real-world information and strategies for retirement success. These strategies can help you make the appropriate choices when confronted by investment alternatives, insurance coverage, increasing health care costs, tax reduction methods and proper disposition of your estate at death. The course material is relevant to anyone who would like to educate themselves on sound retirement planning concepts – regardless of income, occupation or age. [uwo.sh/retirementplanning](https://uwo.sh/retirementplanning)

**Dates:** Wed, Sep 13, 20, 27

**Time:** 6-8:30 p.m.

**Location:** Online

**Cost:** \$119 per individual or couple

**Instructor:** Sulay Ringwala, CFP®, CDFA®, Roger Klumb, CFP®, and Alexandra Spangler, Financial Advisors, Private Wealth Management



## KEYS TO FINANCIAL SUCCESS

UW Credit Union is sponsoring a free class covering financial essentials! Learn how to protect your identity and assets from fraud, strengthen your credit score, analyze money borrowing options and balance your budget. Class is free, but pre-registration is required. FREE – thanks to a generous grant from the UW Credit Union!

**Dates:** Mon, Oct 2, 9, 16, and 23

**Time:** 5-6:30 p.m.

**Location:** UWO Fox Cities

**Cost:** FREE

**Instructors:** Tara Zochert and Josh Webb, UW Credit Union



## NAVIGATING SOCIAL SECURITY

Make sure that you get the most out of your Social Security benefits. Learn how to defer benefits to maximize your dollar amount, what to do in the event of your partner's passing or a divorce and how to lower your Medicare premium with IRMAA.

**Date:** Tue, Oct 10

**Time:** 6-7:30 p.m.

**Location:** UWO Fox Cities or Online

**Cost:** \$29

**Instructor:** Rhonda Whitenack, Social Security Administration

## LET'S TALK MONEY!

Maximize Social Security withdrawals, analyze the 4% rule and gauge whether your money will last through retirement. Analyze the pros and cons of annuities and learn how to fund long term care and how to navigate Medicare. Learn the best way to rollover your retirement account to enhance returns.

**Dates:** Wed, Oct 11, 18, and 25

**Time:** 6-7:30 p.m.

**Location:** UWO Fox Cities or Online

**Cost:** \$29

**Instructor:** Winch Financial



## WILLS AND TRUSTS

Are you prepared to provide for your loved ones at death? 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:** Wed, Nov 1 and 8

**Time:** 6-7:30 p.m.

**Location:** UWO Fox Cities or Online

**Cost:** \$29

**Instructor:** Winch Financial

## THE HIDDEN COST OF CONFLICT IN THE WORKPLACE

Unproductive or unresolved conflict in the workplace can lead to wasted time, lower motivation, increased turnover, and disruptive restructuring. These contribute to tangible costs like turnover, increased health care costs, theft/sabotage/vandalism/violence, grievances or even lawsuits.

### You will learn:

- An overview of the results impacted by workplace conflict
- A tool to estimate the cost of conflict in your workplace
- Strategies to encourage conflict is resolved at the lowest level possible

### Cost of Conflict:

- Wasted time
- Organizational productivity
- Bad decisions
- Manager and Employee turnover
- Unnecessary restructuring
- Sabotage, theft, damage
- Creativity and decision-making
- Lowered job motivation
- Lost work time
- Health costs
- Legal costs

### Risks of Conflict:

- Workplace violence, vandalism
- Unionization, labor strikes
- Malicious whistle-blowing
- Retaliatory lawsuits

### Attend one of the following ONLINE sessions:

Tue, Sep 19 / 8:30–10:00 a.m.

Mon, Sep 25 / 11:30–1:00 p.m.

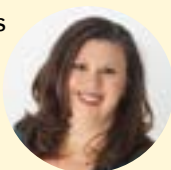
Wed, Oct 4 / 1:00–2:30 p.m.

Thu, Oct 12 / 3:00–4:30 p.m.

**Location:** Online

**Cost:** \$25

**Instructor:** Jennifer Buchholz is a highly accomplished professional in the field of conflict resolution and negotiation. Jennifer has extensive experience working with individuals and organizations to help them resolve disputes and negotiate solutions to complex problems. As a lecturer at the University of Wisconsin-Oshkosh, Jennifer has taught courses in conflict resolution, negotiation, and communication. Jennifer is known for her ability to effectively navigate challenging situations and find creative solutions that meet the needs of all parties involved.



**Research studies show that up to 42% of employees' time is spent engaging in or attempting to resolve conflict.**

# PROFESSIONAL DEVELOPMENT

**REGISTER  
ONLINE AT  
[CE.UWOSH.EDU](https://ce.uwosh.edu)**

## CYBERSECURITY AND DIGITAL RISK MANAGEMENT CERTIFICATE

Provides learners with foundational knowledge of Cybersecurity concepts, threats, and risk management practices to help support a more secure organizational environment. A general understanding of technology is recommended; however, the coursework is designed to be approachable for all levels of learners who want to gain a better understanding of the Cybersecurity landscape.

**Duration:** Up to 16 weeks, divided into seven modules

**Modality:** Online, self-paced with access to the instructor at any time, non-credit

**Technology:** The course will be instructed using the Canvas platform, including readings, videos, discussions and quizzes.

**Time:** Students should anticipate eight to 10 hours of coursework per module.

**Materials:** All content is included in the course modules, no textbook is required. Login information will be provided approximately one week prior to the course start date.

**Additional Information:** The seven modules must be completed in sequence. A certificate of completion will be issued upon the conclusion of Module 7.

Visit [uwo.sh/ce-cybersecurity](https://uwo.sh/ce-cybersecurity) for detailed information and to register.

**Dates:** Sep 5 - Dec 31

**Location:** Online

**Cost:** Register before Sep 5: \$949 for the full certificate (\$150 savings)

Register on or after Sep 5, 2023: \$1099 for the full certificate.



## DIGITAL COMMUNICATIONS CERTIFICATE

Focus on creating meaningful virtual connections. Brush up on your verbal and non-verbal communications skills and receive tactics to be more effective. Learn about the technology, available, how to use it and how to troubleshoot common problems. Get up to speed quickly so that you may communicate more effectively and increase your influence professionally & personally. Flexible, self-paced, online, certificate.

**Location:** Online

**Cost:** \$299

**Instructors:** Kristin Bock is a certified body language specialist and holds a Bachelor of Arts degree in Psychology. Michael Patton is a Lecturer in the Information Systems department within the UWO College of Business.

**PARTICIPANT FEEDBACK:** "It was very helpful and has impacted how I interact with people over Zoom!"

# FOR EDUCATORS, GUARDIANS AND OTHERS WHO WORK WITH YOUTH:

## HELPING STRUGGLING READERS: THE SCIENCE OF READING & DYSLLEXIA

Scientific research across multiple fields has shown consistent and converging evidence about why some students have trouble with reading, writing, and spelling. As a result of this research the term "Science of Reading" (SOR) has been coined. SOR studies how our brains learn to read, write, and spell. This workshop will introduce participants to the SOR, dyslexia, and support systems for struggling readers.

**Dates:** Wed, Sep 27; Oct 4 and 11

**Time:** 5:15-6:30 p.m.

**Location:** Online

**Cost:** \$59

**Instructor:** Kelly Steinke, MA Ed.

## WORD ANALYSIS VIA DICTIONARY TRAINING

This 32-hour synchronous online course for educators, administrators, paraprofessionals, parents, and students offers participants access to literacy content and low-cost, high impact activities grounded in evidence-based practices known as the Science of Reading. The instructional technique taught has been used successfully with adolescents and adults with dyslexia since 1979 in the award-winning Project Success program at UW Oshkosh.

**Dates:** Mon and Wed, Oct 2-Nov 20

**Time:** 5:30-7:30 p.m.

**Location:** Online

**Cost:** \$599/person

**Instructor:** Shawn Robinson, PhD

*If you are interested in a private group professional development session for any of our programs, please reach out to us at (920) 832-2636. We can schedule an independent training that works with your team's schedule.*

## ADOLESCENT HEALTH SYMPOSIUM

Join a diverse community of lifelong learners and discover 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. Topics include risk factors, health promotion and protective factors, and emerging health issues. This opportunity is perfect for educators, health providers, social service workers, parents and more.

Up to 0.9 CEUs can be awarded for symposium participation.

Visit [uwo.sh/ahs](http://uwo.sh/ahs) for workshop descriptions.

**Dates:** Feb 15 - 16, 2024

**Location:** Online

**Cost:** \$174 early bird. Group and student rates available.



## CALMING THE ANXIOUS BRAIN

Learn about the four youth personalities that professionals struggle with in the classroom and beyond. Become confident in utilizing healthy and wholistic strategies to calm youth with trauma and determine common triggers for youth and professionals.

**Dates:** Tue, Oct 3 and 10

**Time:** 5:30-7:30 p.m.

**Location:** UWO Fox Cities Campus

**Cost:** \$39

**Instructor:** Tammy J. Ladwig, PhD.

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

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Gain a marketable new skill by learning the basics of double-entry bookkeeping and financial reporting.

## **Medical Terminology: A Word Association Approach**

If you have ever had trouble memorizing medical terms, this course is for you. You'll learn medical terminology from an anatomical approach by looking at each root term, its origin, a combined form, and an example of non-medical everyday usage.

## **Introduction to Microsoft Excel 2019**

If you work with data of any kind, knowing how to create a spreadsheet is key to effectively managing information. This course will teach you to use this powerful software.

## **Project Management Fundamentals**

Master the essentials of project management with an experienced Project Management Professional as your guide. This course provides the concepts you need to plan, implement, control and close any type of project.

## **Real Estate Investing**

Discover how to make money in real estate, even if you have little to start with. This course includes specially designed worksheets and hands-on activities to take the guesswork out of investing in the real estate market.

## **Start Your Own Small Business**

Learn how to transform your passion and talent into a viable small business. This course will teach you about financing, marketing, employee management, policy writing, and time management - everything you need to know to start your very own small business.

## **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. This course will help you identify gaps and eliminate problem areas in your writing skills.

**To enroll or learn more, visit or call us at:**

**(920) 832-2636**

**uwfox.course.online**

## FOR SOCIAL WORKERS, PROFESSIONAL COUNSELORS, AND MARRIAGE AND FAMILY THERAPISTS:

### MANAGING ETHICS AND BOUNDARIES WITH A CLINICAL LENS

The management of professional ethics and boundaries can be challenging in clinical work, especially as we have become more dependent on the use of technology. This workshop will address the unique issues encountered during the provision of clinical services and will discuss best practice approaches to these challenges.

CEH/CEUs: 4.5 CEHs/0.4 CEUs

**Date:** Fri, Sep 22; 9 a.m.-1 p.m.

**Location:** Virtual via Zoom

**Cost:** \$99, discounts available for current UWO students

**Instructor:** Jeanne Wagner, MSW, LCSW, ACSW

### HARM REDUCTION: CHALLENGING MYTHS IN HEALING ADDICTION

In this seminar we will review historical approaches to addictions and explore in depth the most powerful yet misunderstood approach: harm reduction. Harm reduction is an evidence-based set of practical strategies with the goal of reducing harm associated with substance use. It is also a set of principles built on the belief in and support for people who use drugs. Using illustrative case studies throughout this four-hour seminar, we will challenge myths about harm reduction and healing addiction, discuss effective harm reduction approaches and how you can begin to employ harm reduction strategies in your own community, both professionally and personally.

CEH/CEUs: 4.5 CEHs/0.4 CEUs

**Date:** Fri, Oct 6; 9 a.m.-1 p.m.

**Location:** Virtual via Zoom

**Cost:** \$99, discounts available for current UWO students

**Instructor:** Marian Frick Rigsbee, LCSW, MAC

### DIFFICULT CONVERSATIONS: BEYOND BASIC MOTIVATIONAL INTERVIEWING

Motivational Interviewing (MI) is an evidence-based therapeutic approach for therapists and non-therapist direct care staff. Learn practical application of foundational MI concepts and approaches that you can implement immediately. These approaches assist in efficiently and effectively developing rapport, meeting the client where they are, and supporting mandated and voluntary clients toward behavior change.

CEH/CEUs: 4.5 CEHs/0.4 CEUs

**Date:** Fri, Nov 17; 9 a.m.-1 p.m.

**Location:** Virtual via Zoom

**Cost:** \$99, discounts available for current UWO students

**Instructor:** Melinda Marasch, LCSW

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

Visit [uwo.sh/sw-workshop](http://uwo.sh/sw-workshop) for more information and to register.

### SAVE THE DATE FOR THE NORTHEAST WISCONSIN SUICIDE PREVENTION SUMMIT

The theme is going to be, *"Adjusting our sails to a changing world"*. This program is a collaboration with UW-Green Bay and the Center for Suicide Awareness. Visit our website for more information.

CEH/CEUs: 6 CEHs/0.6 CEUs

**Dates:** Returning Spring 2024 - look for dates in our spring catalog.

**Location:** Virtual via Zoom

**Cost:** \$99 for professionals, \$25 for students



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# TESTPREP

## ACT PREP COURSE

This program provides 12 hours of instruction in the four academic areas of the ACT exam (Reading, English, Math, and Science). 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.

**Dates:** Saturdays, Oct 7 - Nov 18

**Time:** 9 a.m.-12 p.m.

OR

**Dates:** Saturdays, Jan 6 - Feb 10

**Time:** 9 a.m.-12 p.m.

**Location:** UWO Campus

*Also available online – start anytime!*

**Cost:** \$230

[uwo.sh/actprep](http://uwo.sh/actprep)

## REGISTERED ENVIRONMENTAL HEALTH SPECIALIST/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. This program is for individuals who are interested in obtaining their REHS/RS credential. The course includes: a comprehensive study guide; opportunities to study with peers; sample exam questions; overview of the application process

**Dates:** Sep 11 - Nov 3

**Cost:** \$350-490, discounts available for active and retired military

[uwo.sh/sanitarian](http://uwo.sh/sanitarian)

## ONLINE GMAT TEST PREP COURSE

Receive 24 hours of expert classroom instruction on the Quantitative, Verbal, Integrated Reasoning, and Analytical Writing sections of the GMAT. This comprehensive course includes a review of the mathematical and verbal concepts tested on the GMAT and prepares you for the questions typically seen on this test. You will also strengthen the critical thinking skills tested in both the Integrated Reasoning and Analytical Writing sections. This session is good for individuals preparing for admission into graduate programs in any business school or college, including current university juniors and seniors as well as people who have been in the business world and are considering returning to the university for any graduate business program.

**Variety of start dates – visit our website for details**

**Cost:** \$749

[uwo.sh/gmat-prep](http://uwo.sh/gmat-prep)

## ONLINE GRE TEST PREP COURSE

The UW Oshkosh GRE Prep Class is ideal for those seeking to begin an advanced degree from a wide range of fields. 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.

**Variety of start dates – visit our website for details**

**Cost:** \$749

[uwo.sh/gre-prep](http://uwo.sh/gre-prep)

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## Data Analytics Boot Camp

Fall Cohort: Sept 25, 2023 - Mar 26, 2024

## Coding Boot Camp

Early Fall Cohort: Aug 28, 2023 - Feb 29, 2024

Late Fall Cohort: Nov 13, 2023 - May 13, 2024

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**- CARLOS C., TRILOGY-POWERED BOOT CAMP LEARNER**

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FALL 2023 | 26

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COURSE TITLE	DATE	FEE
FEES ARE DUE WITH REGISTRATION		TOTAL FEES

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1478 Midway Rd.  
Menasha, WI 54952  
920-424-1129  
[uwosh.edu/conted](http://uwosh.edu/conted)

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

Suzanne Lawrence, Director of Continuing Education | [conted@uwosh.edu](mailto:conted@uwosh.edu)

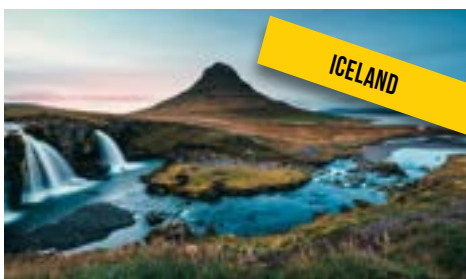
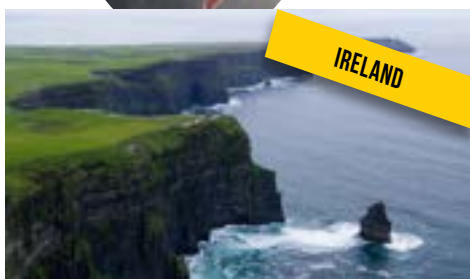
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## EDUCATIONAL TRAVEL PAGES 6-10



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