

FOND DU LAC | FOX VALLEY | OSHKOSH

**CONTINUING  
EDUCATION**

*and*

**PROFESSIONAL  
DEVELOPMENT**

**PROFESSIONAL DEVELOPMENT**

**PERSONAL ENRICHMENT**

**CUSTOMIZED TRAINING**

**TRAVEL OPPORTUNITIES**

*New York Theater Tour  
Chicago's Best Foodie Street Tour  
Pacific Northwest & California*

**THEATRE**

*Dear Evan Hansen*

# COURSE CATALOG - SPRING 2019



## Lifelong Learning through the University!

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

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

Consider joining us for exciting travel opportunities to New York City or the west coast to include Seattle/Portland/San Francisco, or book your tickets today for the winner of six 2017 Tony Awards, including best musical - “Dear Evan Hansen.”

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

Registration is easy! Just call or go online.

Suzanne Lawrence, Director – Continuing Education for Access Campuses at the UW-Fond du Lac and UW-Fox Valley campuses. [suzanne.lawrence@uwc.edu](mailto:suzanne.lawrence@uwc.edu)

## CUSTOMIZED TRAINING

### Solutions that work for you!

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

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

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

Suzanne Lawrence, Director - Continuing Education for Access Campuses  
[suzanne.lawrence@uwc.edu](mailto:suzanne.lawrence@uwc.edu)

## HOW TO REGISTER

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

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

**ONLINE:** Visit the campus websites below. You can register online and pay with credit card (Visa, MasterCard, Discover).

<https://ce.uwc.edu/fond-du-lac/catalog>

<https://ce.uwc.edu/menasha/catalog>

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

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

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

**NO REFUNDS** will be given if notification is less than one week prior to class. UW-Fox Valley and UW-Fond du Lac reserve the right to cancel a course due to low enrollment with a full refund given. Some exclusions apply. See course registration page on campus website for specific refund policy.

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

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



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



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Continuing Education  
1478 Midway Rd  
Menasha, WI 54952  
(920) 832-2636  
[uwfox.uwc.edu/ce](http://uwfox.uwc.edu/ce)



## FREQUENTLY ASKED QUESTIONS

### How will I know if my class is canceled due to weather?

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

### I won't be able to attend a course for which I registered. How do I cancel my enrollment?

- If you need to cancel your enrollment, contact the corresponding campus Continuing Education department via phone. If you cancel one week or more ahead of the class start date, a refund will be issued to you. 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.
- Subject To Change Note: Prices subject to change based on tax and fuel increases. Departure/return dates subject to change based on airline scheduling.

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

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

## ONLINE COURSES

### Looking for More Class Options?

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

We've listed some popular classes throughout our catalog, but there are many more! Visit the online class website of the Northeast Region campuses for a comprehensive listing of topics offered by each campus.

**UW-Fond du Lac** <https://uwfondulac.ed4online.com/> -or- <https://www.ed2go.com/uwfdl/>

**UW-Fox Valley** <https://uwfoxvalley.ed4online.com/> -or- <https://www.ed2go.com/uwfox/>

**UW-FOND DU LAC, UW-FOX VALLEY, AND UW OSHKOSH**

## FROM MEETINGS TO CELEBRATIONS...



**UW** UNIVERSITY OF WISCONSIN  
**Fond du Lac**

A Campus of the University of Wisconsin Oshkosh

**The University Center Commons**  
**920-929-1138**

KATHY STRONG-LANGOLF, SPECIAL EVENTS COORDINATOR

## TRANSFORMABLE SPACES FOR YOUR NEXT EVENT



**UW** UNIVERSITY OF WISCONSIN  
**Fox Valley**

A Campus of the University of Wisconsin Oshkosh

*Aylward Gallery • Perry Hall • Baehman Theatre  
Kenneth F. Anderson Terrace • Thrivent Financial Lobby  
Community First Lobby • Scene Shop*

**TERRI PERKINS**  
EVENTS COORDINATOR  
**TERRI.PERKINS@UWC.EDU**



## TRAVEL OPPORTUNITIES

### New York City Theatre Tour 2020

In five adventure-filled days, you and a group of like-minded travelers will experience three outstanding Broadway performances. You'll spend four nights at the New York Marriott Hotel, located in Times Square. You'll see many of the city's most popular attractions guided by our trip leaders or you can explore the city on your own! Be a part of this year's exciting adventure in one of America's most vibrant and diverse cities. The price for the trip includes the following items:

- Coach and air transportation to Milwaukee and New York
- Three plays: two musicals and one non-musical (TBA)
- Four nights at a New York hotel
- Group tours of some of New York's many "must see" attractions with Jane Marx
- Optional excursions with your trip leaders will be offered, but at an additional charge.
- Plenty of free time to explore New York on your own

#### Travel Dates:

##### Group 1)

Wednesday, May 27– Sunday, May 31, 2020

##### Group 2)

Wednesday, June 3 - Sunday, June 7, 2020

**Location:** Departs from Manitowoc Park-and-Ride to Mitchell International Airport. Fox Valley residents will depart from UW-Fox Valley.

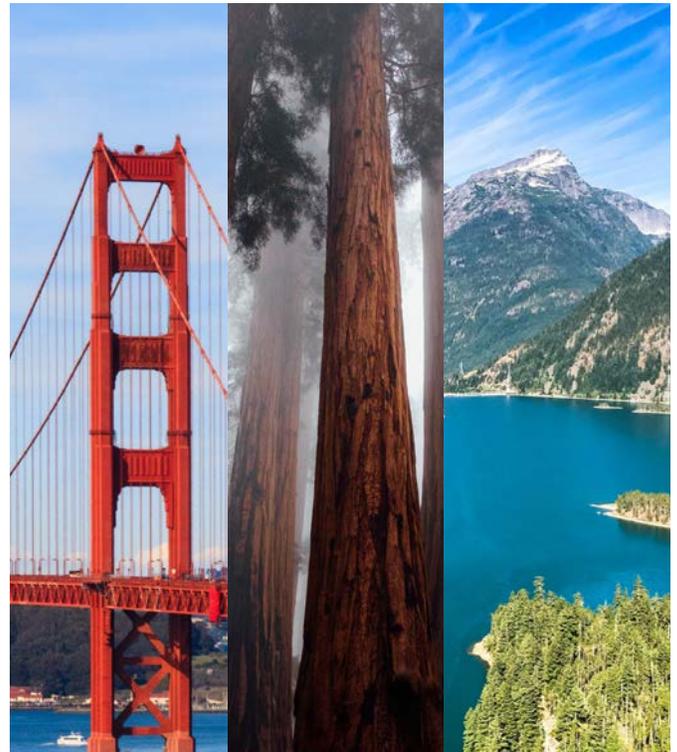
**Fee:** \$2,250 (based on double occupancy)

#### Group Leader:

**Group 1)** Susan Rabideau, UW-Fox Valley Associate Professor of Theatre and Communications Arts/Theatre Director; and Bill Stachour (New York City navigator)

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

**Register:** To reserve your spot, please contact Suzanne Lawrence, Director of Continuing Education for Access Campuses at 920-931-3415 or email [suzanne.lawrence@uwc.edu](mailto:suzanne.lawrence@uwc.edu)



### Discover the Pacific Northwest & California

*Featuring Washington, Oregon and California*

**Highlights include:** Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants, San Francisco (Choice of San Francisco Bay Cruise or City Tour of San Francisco).

**Travel Dates:** September 23-30, 2019

**Location:** Departs from Manitowoc Park-and-Ride to Mitchell International Airport. Fox Valley residents will depart from UW-Fox Valley.

**Fee:** \$3,099

**Register:** To reserve your spot, please contact Suzanne Lawrence, Director of Continuing Education for Access Campuses, at 920-931-3415 or email [suzanne.lawrence@uwc.edu](mailto:suzanne.lawrence@uwc.edu)



## TRAVEL OPPORTUNITIES

### Dear Evan Hansen

*Coming in 2019 to Chicago!*

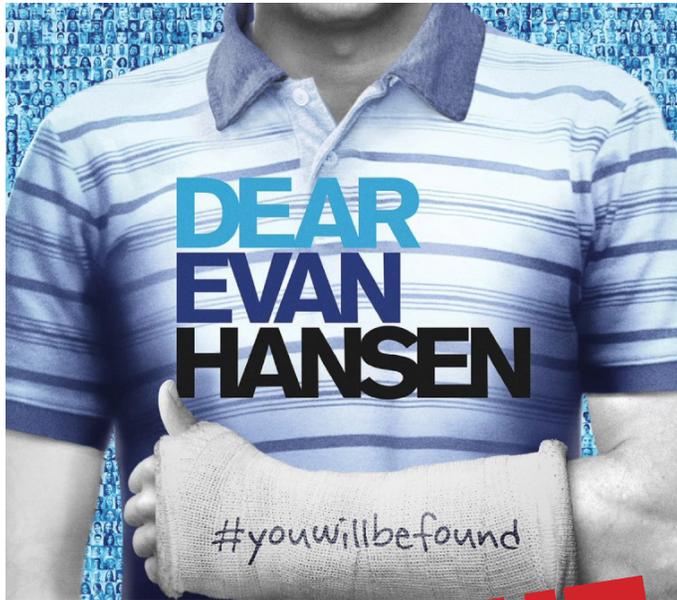
All his life, Evan Hansen has felt invisible. When a tragedy thrusts him into the center of a rapidly evolving controversy, he is given the opportunity of a lifetime: the chance to be somebody else.

Winner of six 2017 Tony Awards® including Best Musical.

**Date:** Wednesday, February 27, 2019

**Pick-up Locations:** Manitowoc and Sheboygan

**Fee:** \$185, includes show, lunch and transportation to Chicago



**SOLD OUT**  
CONTACT US TO GET ON THE WAIT LIST!

NEW

### Gateway to the West Loop™

*Discover Chicago's hottest foodie neighborhood as you taste foods from award-winning chefs & learn about West Loop's restaurant revolution.*

An introduction to the West Loop's renowned and extensive food scene. Take a short stroll down Randolph Street, which has been called, "Chicago's Best Foodie Street." This area is home to a unique mixture of James Beard Award-winning chefs, old school diners, Chicago-based breweries and eclectic dive bars. The diversity of this culinary hub allows us to feature places as amazing as a burger joint that's rated by the Food Network as having one of the best burgers in the country to an award-winning restaurant that has created over 1,500 different pizza recipes. Hungry yet?

- Visit 5 of the unique restaurants listed
- Behind the scenes, insider's look at some of Chicago's best restaurants and hot spots
- Enjoy signature foods from some of the city's best hidden gems
- We share vibrant stories of Chicago's past and an exciting view into the most transformed and revitalized neighborhood in the Second City
- When the tour is finished, the remaining time is on your own to shop and explore the area.

*NOTE: There is a lot of walking on this tour but all fitness levels are welcome. Wear comfortable clothing and shoes. Tours take place rain or shine. NO refunds, but you are welcome to check with us to see if there is anyone available from the waiting list. Or you can find a replacement.*

**Date:** Thursday, May 16, 2019

**Time:** 6:30am departure, return approximately 8:30pm

**Pick-up Locations:** UW-Fox Valley and UW-Fond du Lac

**Fee:** \$134, includes transportation and guided taste tour

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





## TRAVEL OPPORTUNITIES

### Florida Space Launch

#### *First SpaceX Mission with Astronauts Set for June 2019*



The last time the United States flew people into space was Friday, July 8, 2011. Join Alan Peche, Director of the Barlow Planetarium and your Florida tour leader, as you watch the United States, once again, send people into space. In addition to seeing the next-generation of rocket leave Earth, spend time at the Kennedy Space Center Visitor Complex with tours and presentations. In addition to seeing this historic event (during the 50th anniversary year of the first Moon landing), explore some of the other amazing science locations in Florida to include other area attractions.

*This is a trip currently in process, therefore, pricing is not yet set. If interested, contact the Office of Continuing Education to be placed on a wait list!*

### COLLEGE PREP



**Start Preparing Now!**  
Upcoming ACT Test dates:  
February 9, April 13, June 8, July 13

### ACT Online Prep Course *Self Directed*

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



### Boundary Waters Canoe Expedition

The Boundary Waters in northern Minnesota is the largest wilderness area east of the Rocky Mountains and north of the Florida Everglades. The more than 1 million acres contains over 1200 miles of canoe routes and over 2000 individual campsites. Challenge yourself physically and unplug yourself mentally as you spend 6 days paddling this pristine wilderness with two 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.

**Dates:** Summer 2019 and Summer 2020

**Fee:** \$750

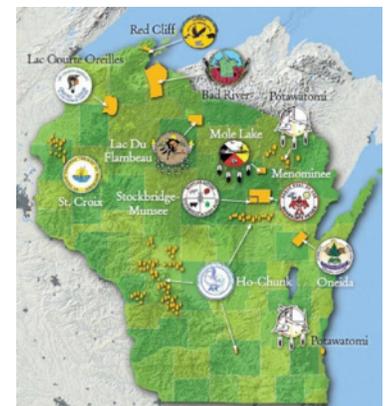
**Group Leaders:** Bruce Peters (retired UW-Manitowoc) and Jared Dalberg, (UW-Manitowoc Associate Professor, Health, Exercise Science and Athletics). Both Bruce and Jared have led various outdoor trips over the past 4 years as co-advisors to the UW-Manitowoc Extreme Outdoors Club.

Register early. Max number of participants allowed: 6.

### PROFESSIONAL DEVELOPMENT

### Wisconsin Indians Today

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



**Dates:** April 1 - 30

**Fee:** \$119

**Instructor:** Renee Gralewicz, UW-Fox Professor of Anthropology

## PROFESSIONAL DEVELOPMENT

### Online Paralegal Certificate Courses

The demand for trained legal professional has never been higher. Major corporations, healthcare facilities, insurance companies, government agencies and law offices all employ graduates of these programs. Visit our website for detailed course information including available formats, syllabi, schedules and textbooks:

<https://www.legalstudies.com/schools/>

Fond du Lac: <https://www.legalstudies.com/vendor/uwosh-fdl/>

Fox Valley: <https://www.legalstudies.com/vendor/uwosh-fox/>

### Paralegal Certificate Course<sup>®</sup> 14-weeks

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

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

Fee: \$1395

### Other Affordable Courses

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

### Advanced Paralegal Certificate Courses

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

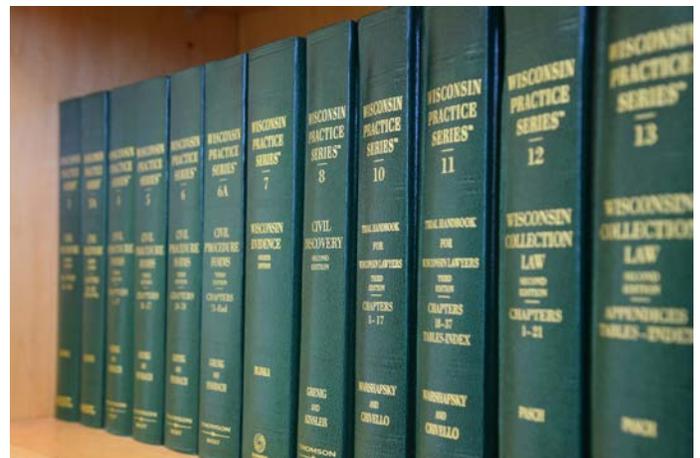
Advanced Legal Research	Education Law
Alternative Dispute Resolution	Estate Planning
Business Law	Family Law
Bankruptcy Law	Intellectual Property Law
Constitutional Law	Real Property Law
Criminal Law	Victim Advocacy
Criminal Procedure	Water Law
Immigration Law	

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

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

Textbooks and Westlaw subscriptions are not included in tuition pricing. All required materials are listed on the CLS website and can be purchased online or over the phone.

<http://www.legalstudies.com/bookstore> or 1-800-522-7737





# NEVER STOP LEARNING.

Welcoming learners of ALL ages, UW Oshkosh Continuing Education offers certificates, professional development opportunities, conferences and planning services, workshops, youth programs and much more!

Discover ways to grow, advance and never stop learning.

Visit [uwosh.edu/oce](http://uwosh.edu/oce) for more information!

## WOMEN'S WELLNESS & EDUCATION RETREAT

Grab your girlfriends and join us for a weekend of learning, relaxation and fun because you deserve it!

*Programs in October & March*

## GRANT WRITING WORKSHOP SERIES

Learn how to find grants, write successful proposals and design programs for your organization!

*\$299/session  
\$50 discount for UWO Alumni!*

## DATA ANALYSIS ONLINE CERTIFICATE

Data Analysis is becoming one of the most sought-after skills in the workplace. Get certified in just three months!

*\$499/session  
Discount if enrolled in all 5 sessions*

## FINANCIAL PLANNING

## Maximize Your Retirement!

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

**CHOOSE A SESSION**

**Date:** Mondays, March 11 and 18

**Time:** 12 Noon - 1:30pm

**Location:** Room A-219

or

**Date:** Tuesdays, March 12 and 19

**Time:** 6:00pm - 7:30pm

**Location:** Room LGI-114

**Fee:** \$49 for one person; \$69 for two

people, same household, sharing a book

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



## PERSONAL ENRICHMENT

## Stand Up, Speak Up and Know When to Sit Down – Brush Up On Your Communication Skills

This course will focus on making our communication skills better; including how to create better presentations and how to handle nerves. We will discuss our non-verbal communication and listening skills, all to increase our skills and to help us to communicate more effectively.

**Date:** Wednesday, March 20

**Time:** 6:00pm - 8:00pm

**Location:** Room UC-131

**Fee:** \$45

**Instructor:** Charles “Chip” Manthey, retiree from Fox Valley Technical College and North Central Technical College after 18 years as a communications skills instructor.



## PERSONAL ENRICHMENT

## 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.

**Date:** Tuesdays and Thursdays, February 19, 21, 26 and 28

**Time:** 6:00pm - 7:30pm

**Location:** Room A-210

**Fee:** \$45

**Instructor:** Susan Baganz. Susan is a local editor and writer, and nationally recognized speaker. She is an Editor with Pelican Group specializing in bringing great romance novels and novellas to publication.



## PERSONAL ENRICHMENT

### Art for All!

Art for All! is available to youth and adult participants. Create a beautiful painting to last a lifetime and beyond. No experience necessary! Our talented professional artist and instructor will guide you every step of the way as you paint your own 11" x 14" canvas. All supplies included! A great idea for a family-fun date night!

**Dates:**

Session 1: Tuesday, February 5: "Splatter Paint Hummingbirds and Fuchsias"

Session 2: Monday, March 11: "Negative and Positive Birds"; 1 color painting (participants choose their own color).

Session 3: Tuesday, April 2: Animals Hatching

Session 4: Tuesday, May 7: Purple Peony

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

**Location:** Room A-121

**Fee:** \$39 per adult, \$25 per youth participant (age 7 - 17)

**Instructor:** Camille Walters



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

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



**Dates:** Tuesdays, April 2, 9, 16 and 23

**Time:** 6:00pm - 7:30pm

**Fee:** \$59

**Location:** Room LGI-114

**Instructor:** Ahilan Sivasamy. Ahilan has been a computer science lecturer at UW Fox Valley and for UW Colleges. He is passionate about lifelong learning and about exploring new technologies to improve our daily lives and our ever changing society.

### Shake Your Family Tree!

Are you interested in your family history but don't know where to start? In this genealogy workshop you will learn tools and strategies to start shaking your family tree! 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 to shake up that family tree. Join us for this informative and interesting journey. We will meet in a computer lab, but you can bring a laptop if you have one, since much of the research is done online. Class is limited to 10.



**Dates:** Wednesdays, April 3, 10, 17, and 24

**Time:** 6:00pm - 8:00pm

**Fee:** \$59

**Location:** Room S-227 (computer lab)

**Instructor:** Rose Marie Lewis has been a Laboratory Preparation Technician at UW-Fox Valley for over 26 years, and became interested in Genealogy at age 13 on a visit to see her grandmother, and again when her son needed to do his family tree for a class project. She enjoys "the hunt" and the people she has met along the way.

Great course for social and human service professions, educators, caregivers and more!

### Compassion Fatigue

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

**Date:** Tuesday, May 14

**Time:** 6:00pm - 8:00pm

**Location:** Room A-210, Upper Level Art Building

**Fee:** \$49

**Instructor:** Jenna Finley, M.Ed.

## PERSONAL ENRICHMENT

## Cultural Humility: Working in Partnership with Individuals, Families and Communities

### Principle 1- A lifelong process of critical self-reflection and self-critique

This two-hour course will be a preview of what Cultural Humility is in relation to your interactions with others. Upon completion of this course, you should be able to 1) understand the definition and values of Cultural Humility; 2) identify primary settings where this approach may be implemented; 3) understand principle one, "critical self-reflection and self-critique," 4) understand the difference between Cultural Humility and Cultural Competence; 5) and identify your own unconscious biases as it relates to working in your career. The intent of this course is to provide participants with a framework for being reflective of how we engage with one another in daily life.

**Date:** Tuesday, April 16

**Time:** 6:00pm - 8:00pm

**Location:** Room A-210, Upper Level Art Building

**Fee:** \$49

**Instructor:** Jenna Finley, M.Ed. Graduate of National Louis University, Chicago, IL. Jenna is a training and development professional skilled

in needs assessment, strategic planning, problem solving and innovative thinking. Jenna has over 10 years of experience in early childhood education. In her present role as the Professional Development Specialist at Supporting Families Together Association she provides support to the YoungStar processes and goals toward supporting child care providers with professional development trainings, online courses in collaboration with UW-Platteville, workshops, webinars, tools, and resources to trainers, YoungStar technical consultants, childcare and school-age care professionals through-out the state of Wisconsin.



## Understanding the U.S. Economy 2008-2018 (and Beyond!)

Participants will learn relevant everyday economic concepts to help the informed citizen understand the unique economic period we are going through.

**Dates:** Wednesdays, February 20, 27; March 6, 13, 20, 27

**Time:** 6:00pm - 7:00pm

**Fee:** \$79

**Location:** Room A-211, Art Upper Level

**Instructor:** Douglas Pearson, MA, ABD

## Is Lifelong Learning the Fountain of Youth?

There are a number of good reasons to go back to school, but there is one reason that's even more compelling. You could actually live better and longer! Participants will learn the whys and hows of lifelong learning techniques in today's busy world, along with discussions and techniques for being a problem-solving, critical thinker in the face of today's complexities. The class will also include: 1) the need to be a critical thinker and lifelong learner 2) ways to be a lifelong learner in this complex busy world 3) designing your own individual education plan and 4) problem solving and critical thinking techniques and tricks applied to real world situations.

**Dates:** Mondays, April 22, 29

**Time:** 6:00pm - 7:00pm

**Fee:** \$39

**Location:** Room UC-114 (LGI Room), University Center

**Instructor:** Douglas Pearson, MA and ABD for Ph.D. graduate of UW-Madison

## Economic Development for People in a Hurry - What Every Citizen Should Know About Their Community's Economic Development

A seasoned economic development professional teaches the how and why of local Economic Development initiatives. You'll learn how to evaluate Economic Development projects, why they are important to our community's welfare, and how to be a critical thinker and informed citizen when it comes to local Economic Development.

**Dates:** Thursdays, March 7, 14, 21, 28

**Time:** 6:00pm - 7:00pm

**Fee:** \$59

**Location:** Room A-211, Art Upper Level

**Instructor:** Douglas Pearson, MA, ABD. Doug has taught applied economics and economic development at UW Madison, UW- Fond du Lac and Ripon College, as an adjunct to his 40-year career in nonprofit community development. He is a Phi Beta Kappa graduate of Grinnell College, earning his honors BA degree with a major in Economics and minor in History. Doug earned his MA in Economics and ABD of his Ph.D. in Economics at UW Madison. He is a Woodrow Wilson National Fellow and two time Ford Foundation National Fellow. He is widely regarded as an accomplished economic development professional and has been honored as a lifelong learner, critical thinker and effective problem solver.

## PERSONAL ENRICHMENT

## How to Buy or Sell Your Home: Strategies for Success

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

**Date:** Mondays, February 18, 25, and March 4

**Time:** 6:00pm - 7:30pm

**Location:** Room A-210, Art Building, Upper Level

**Fee:** \$59

**Instructor:** Brooke Boyle-Schneider with Adashun Jones Real Estate. Brooke is a full-time Realtor/Broker who has been in the real estate business for 18 years. She is a “tell-it-like-it-is,” straight forward, multi-million dollar producing agent. She has developed her own “selling” style and marketing techniques that have really taken a “current, true” to this market approach. Brooke also specializes in residential/multi-unit sales and she has sold many vacant lots and commercial properties as well. She has won multiple awards including, The Reporter’s Reader’s Choice Best Real Estate Agent two years in a row and runner up a third year. She has been featured in ‘Women’ magazine as one of 10 Realtors in Wisconsin who inspire. She is a Fond du Lac native and has been listing and selling real estate since 2000.



## Community Ballroom Dance Classes

These classes will be offered in coordination with ENG 281: From Gatsby to L.A. Cool. Continuing Education students will be joining with ENG 281 students for the dance lesson sessions.

### **Session 1: The Great Gatsby Gala**

You have been invited to Jay Gatsby’s gala at his estate on West Egg. Your gown or tuxedo is ready. You are all set to go. But wait: what do they dance at these fancy events? The waltz, the foxtrot, and that new dance that everyone is talking about: the tango! Come learn these dances so that you, too, can float over the dance floor at your next sophisticated social event!

**Dates:** Tuesdays, May 28, June 4 and 11

**Time:** 7:00pm – 8:30pm

**Location:** Commons

**Fee:** \$49

**Instructor:** Mike Mattek

### **Session 2: Swinging at the Savoy**

Do you need a jolt of energy in the middle of the week? Then take the “A” train to Harlem and the Savoy Ballroom, where they are doing those new, invigorating dances: the Charleston and the Lindy-hop! It don’t mean a thing if it ain’t got that swing . . . so Hey! Hey! Learn these dances and you, too, will be the “the bee’s knees” on the dance floor!

**Dates:** Wednesdays, May 29, June 5 and 12

**Time:** 7:00pm – 8:30pm

**Location:** Commons

**Fee:** \$49

**Instructor:** Mike Mattek

### **Session 3: Dancing at the Palladium Ballroom**

Please welcome from Havana, Cuba, the Mambo Kings, whose hot Caribbean sounds will have you dancing the Mambo, Cha-Cha, and Merengue! These energetic and fun (yet easy-to-learn) dances will keep you dancing by the pool (or at your local festival) all summer long!

**Dates:** Thursdays, May 30, June 6 and 13

**Time:** 7:00pm – 8:30pm

**Location:** Commons

**Fee:** \$49

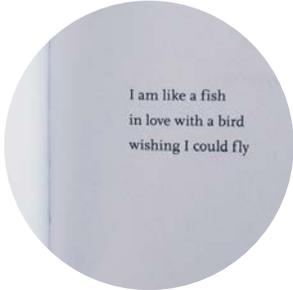
**Instructor:** Mike Mattek, current UW-Fond du Lac adjunct instructor for over 20 years.



## PERSONAL ENRICHMENT

## 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!



I am like a fish  
in love with a bird  
wishing I could fly

**Dates:** Wednesdays, February 20, 27, and March 6, 13, 20

**Time:** 6:00pm - 8:00pm

**Fee:** \$69

**Location:** Room A-210

**Instructor:** Troy Schoultz, UW Fox Valley Instructor. Troy is a lifelong Wisconsin resident, currently living in Oshkosh. He is a lecturer at the University of Wisconsin-Fox Valley, where he also edits the nationally recognized Fox Cry Review.

## HEALTH &amp; WELLNESS

## Mom and Dad are Old...Now What? (Caregiving for Aging Parents)

Our country is approaching what is being called the Silver Tsunami. According to the Wisconsin Department of Health Services, Fond Du Lac County is projected to see the age group 85 years and older double in the next 20 years and the 55 years and older age group already accounts for nearly a quarter of the county's population. This course is designed for adult children whose parents are aging. We will offer helpful information to promote health and wellness for the aging adult. Class topics will be applicable not only to student's parents, but also to their own lives. A general topic overview includes: fall prevention, healthy meal planning, keeping the mind active, how to start difficult conversations, and self-care for caregivers.

**Date:** Tuesdays, April 2, 9, 16

**Time:** 6:00pm - 8:00pm

**Fee:** \$39

**Location:** Room A-216

**Instructor:** Keeley Sommers, MSOT, OTR/L, a registered occupational therapist for Symbria Rehabilitation / Luther Manor. As an occupational therapist working in sub-acute rehabilitation, Keeley works with older adults and their families regarding exercise, fall prevention, chronic disease management, community resources, home modifications, and other topics.

## HEALTH &amp; WELLNESS

## The Art of Mindful Meditation

In this class we will explore healthy coping skills with an emphasis on mindfulness/meditation. You will experience how slowing down your mind and learning to breathe effectively will be a great benefit for enhancing peace of mind and joy for life.

**Dates:** Tuesdays, April 2, 9, 16, and 23

**Time:** 6:00pm - 7:00pm

**Fee:** \$59

**Location:** Room A-219

**Instructor:** Sigrun Columbia-Navis.

Sigrun has a BSN degree from Marion College and has been employed as a registered nurse at St. Agnes since 1996. She is certified in teaching Hatha yoga and meditation, certified in hypnosis and in teaching mindfulness, and has taught Hatha yoga and meditation for 20 years. In addition, Sigrun has been teaching classes

at the Behavioral Health unit for the patients at St. Agnes for 13 years. These classes encompass healthy communication skills, healthy boundaries, effective coping strategies, as well as meditation. She has also given numerous presentations to the nursing staff on mindfulness, the importance of self care, Ayurveda health model, stress management and effective communication methods. Her passion is for empowering people of all ages to achieve improved health in physical, mental and emotional aspects. She loves learning and is passionate about helping others learn. She is able to connect with and relate to people easily and implements an easy going and light hearted approach to teaching, helping people feel at ease in her classes. She says, "I feel in this age of technology it is of utmost importance to be able to balance stress with healthy, calming methods, and I have the willingness and passion to teach students how to achieve this."



## Deepening Meditation with Essential Oils – Make & Take Workshop

Essential oils can be used in a multitude of ways and are extremely nourishing for the mind, body and spirit. While we commonly think of essential oils for the mind and body, often we forget about how beneficial they can be for the spirit. Join Sara Schoenecker, CA, CAT1 as she invites you to explore 5 essential oils known to quiet the mind and deepen your meditation practice. In this make and take workshop we will delve into the energetics of essential oils and how they can be used for meditation. Participants will formulate their own meditation roller to take home and the workshop will end with a guided meditation. This is a great class for those looking to quiet their mind, are just beginning meditation, for those that are already practicing daily and for everyone in between. Class fee includes materials.

**Date:** Tuesday, March 5

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

**Fee:** \$45

**Location:** Room A-121

**Instructor:** Sara Schoenecker, Certified Aromatherapist, Certified Aromatherapy Teacher and owner of Pneuma, LLC



## Sleep Deeply with Essential Oils – Make & Take Workshop

We live in a fast-paced world. Often that reality catches up to us when it's finally time to lay our heads down at night. We may find ourselves lying in bed plagued by thoughts of what we need to do the following day or even find ourselves replaying the events of the day over and over in our heads. Are you someone who finds you have a lot of mental chatter at night? Even though you are exhausted, do you find it's hard to get to sleep? Are you looking for ways to naturally impart peace and calm prior to turning in for the night? Then this is a workshop you do not want to miss! Join Sara Schoenecker, CA, CAT1 as she soothes your senses with 5 essential oils renowned for their ability to calm the mental chatter and aid you in falling fast asleep. In this dynamic make & take workshop participants will explore how essential oils affect the brain and learn relaxation techniques to incorporate into their nightly routines. Participants will also formulate an essential oil personal inhaler to take home and use that very same night. Class fee includes materials.

**Date:** Thursday, March 28

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

**Fee:** \$45

**Location:** Room A-121

**Instructor:** Sara Schoenecker

## A Personal Promise / A Weight Management Class

You guessed it! This course is going to help you lose weight and keep it off by teaching you healthy, proven techniques for weight loss that you can personalize and begin using immediately. We will discuss Nutrition and Fad Diets and this is also the time to get motivated to move! You'll learn the differences between cardiorespiratory exercise, strength training, and lifestyle activity. Finally we will tackle stress because it has a variety of negative effects on weight management. The hormones your body releases when you feel stressed wreak havoc on your appetite, encourage the storage of abdominal fat, and ramp up the formation of fat. By the end of this course you'll have the know-how to help you enjoy weight loss for a lifetime.

**Date:** Mondays, February 11, 18

**Time:** 6:00pm - 7:30pm

**Fee:** \$49

**Location:** Room LGI-114

**Instructor:** Doug O'Loughlin has a BS in Exercise and Fitness Management from UW Oshkosh, and is a Certified Personal Trainer through the American Council of Exercise with 16 years of experience in the health and wellness industry. Current Health Coach at Three Waves Clinic in Oshkosh, WI.



## Mastering the Art of Letting Go

How can we let go of that which we have no control over? Do you find yourself stuck in the past? Do you find that you are living your life according to what everyone else thinks you should be doing? Do you find yourself "stuck" in situations that play over and over in your head? Are you a prisoner of your thoughts? Then this is a 2-week workshop you won't want to miss! This new 2-week workshop will allow participants to journey deeper into the art of letting go and also allow time for exploration, reflection and group participation. Join Sara Schoenecker as she guides you through some simple exercises so you can take control of your life and let go of that which no longer serves you.

Week 1 – Will explore the art of letting go. Participants will leave with tools they can use time and time again after class.

Week 2 – Will dive deeper into the art of letting go. Participants will explore and discuss how the week went using the tools from week 1.

Class fee includes take home materials.

**Dates:** Thursdays, April 4, 11

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

**Fee:** \$59

**Location:** Room A-210

**Instructor:** Sara Schoenecker

## COLLEGE PREP

**ACT**<sup>®</sup>**Start Preparing Now!**

Upcoming ACT Test dates:  
February 9, April 13, June 8, July 13

**ACT Strategies Prep Course**

This course is designed to assist students in time for upcoming testing dates.

- Learn from top-rated instructors from local schools.
- Take this course when you need it most, just prior to taking the actual ACT exam, so you are less likely to forget what you have learned.
- Pinpoint your strengths and weaknesses by taking a diagnostic practice test to determine what areas you need to brush-up on before taking the actual exam.
- Learn a variety of test-taking strategies that can help you increase your speed and accuracy, while alleviating test anxiety.

**Dates:** Saturdays, January 5, 12, and 19

January 5 - (Intro, Science, Math) / 8 am - 12 noon

January 12 (English, Reading, Writing) / 8 am - 12 noon

January 19 (Practice Test) / 8 am - 12 noon

**Time:** 8:00am - Noon

**Location:** Room C-241

**Fee:** \$134

**Instructor:** Liz Ruedinger and Scott Bengel, Fond du Lac School District

## YOUTH CLASSES

**Art for All!**

Art for All! is available to youth and adult participants. Create a beautiful painting to last a lifetime and beyond. No experience necessary! Our talented professional artist and instructor will guide you every step of the way as you paint your own 11" x 14" canvas. All supplies included! A great idea for a family-fun date night!

**Dates:**

Session 1: Tuesday, February 5: "Splatter paint Hummingbirds and Fuchsias"

Session 2: Monday, March 11: "Negative and Positive Birds"; 1 color painting (participants choose their own color).

Session 3: Tuesday, April 2: Animals Hatching

Session 4: Tuesday, May 7: Purple Peony

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

**Location:** Room A-121

**Fee:** \$39 per adult, \$25 per youth participant (age 7 - 17)

**Instructor:** Camille Walters



See the next page for

**LEAPS!** and  
**College for Kids**

Summer Camps!





## SUMMER CAMPS

REGISTER BY JULY 8, 2019

### College for Kids and Leaps! Summer Camps

Program goals:

- Increase interest and motivation in academics
- Experience stimulating and challenging activities
- Identify and understand natural strengths
- Develop team-building skills through collaboration
- Demonstrate creative problem solving and higher-level thinking skills
- Develop a love of learning and discovery
- Experience campus life at UW-Fond du Lac

#### Registration:

Register and pay for your camp online at [fdl.uwc.edu/ce](http://fdl.uwc.edu/ce) or by calling (920) 929-1155. Deadline to register is July 8, 2019.

A completed health form is required for each student who enrolls in a camp. Health forms are available at [fdl.uwc.edu/ce](http://fdl.uwc.edu/ce). Please complete and mail to: UW-Fond du Lac, ATTN: CE, 400 University Drive, Fond du Lac, WI 54935.

**Please note:** registration is not complete until health forms and payment are received. Confirmations and class information will be emailed close to the start of camp.

#### Scholarships:

Scholarships are available for students who attend school in the Fond du Lac School District and who are registering for College for Kids. Please call (920) 929-1155 for additional information.

#### Chaperones:

We are looking for parents willing to be chaperones. Duties range from teacher's aide to helping with breaks. Parents assisting with these duties will receive a reduced registration fee for their child (CFK--\$75 credit, Leaps-- \$45 credit). If you are interested in being a chaperone, please contact the UW-FDL Continuing Education Office at [fdlce@uwc.edu](mailto:fdlce@uwc.edu) and include your child's name, program name and your contact information. Background checks required.

## LEAPS! For students entering grades 2-4

**Dates:** Monday-Thursday, July 22-25

**Time:** Session 1: 9:00am - 10:15am

(Break 10:15am - 10:35am)

Session 2: 10:35am - 11:50am

Choose two courses per student to complete a camp. Camp cost is \$89 per student and includes snacks.

#### Batik for Kids

Batik is a wax-resist fabric dyeing technique that originated in Indonesia. In this art class you will learn how to achieve similar results with kid-friendly techniques. You will be impressed with the colorful and creative results! Come join the fun and bring an art shirt!

**Instructor:** Faye Kemnitz, Art Instructor, Faith Lutheran School

#### Up, Up, & Away Chemistry

Discover how the chemistry of gases can literally take you up, up, and away! In this hands-on class, you will learn about liquids and gases and amazing uses for them. The chemistry of liquids and gases is not magic, but it might seem like it sometimes!

**Instructor:** Stephanie Ballard, Science Instructor, Campbellsport School District

#### Cooking the Continents—South America

"Travel" to continents of the world and create (and eat!) some of their countries' well-known dishes while learning about the culture. This rotational class will focus on one continent per summer. The focus this year for LEAPS will be South America, featuring Brazil, Argentina, Chile, Peru, and others. Did you know that potatoes originated in South America, that South Americans LOVE cheesy breads, or that the delicious tapioca pudding you eat comes from a root? Find out more when you take this "trip" to South America!

**Instructor:** Gina Rieder, Social Studies Teacher, Sabish Middle School

#### Paint, Paint and More Paint

Explore endless ways to create your own tempera masterpieces. Use unusual tools to apply paint, mix unique colors and paint on unexpected surfaces. We will splash, spatter and saturate surfaces so make sure to bring a large shirt to protect your clothing.

**Instructor:** Alice Tzakais, Art Instructor, North Fond du Lac

### LEAPS! ALL MORNING CAMP

Monday - Thursday, July 22-25

**Time:** 9:00am - 11:50am.

Choose ONE all-day camp per student.

All-day camps are \$96 per student and include snacks.

### INTRO TO CODING AND VIDEO GAME MAKING

Do you enjoy playing games like Minecraft or Angry Birds? Are you interested in learning how to make your own games? Intro to Coding and Video Game Making will give you all the tools you'll need to start creating your own games!

**Instructor:** Justin Lloyd, Elementary Teacher, Fond du Lac School District



## College for Kids

**For students entering grades 5-8**

**Dates:** Monday-Thursday, July 15-18

**Time:** Session 1: 9:00am - 11:50am (break 10:15am-10:35am)  
Session 2: 12:20pm - 3:10pm

**Fee:** \$144 per student

Choose TWO courses per student to complete a camp. Camp cost is \$144 per student and includes snacks. Lunches are not provided, students should bring a lunch each day.

### Adventures in Paint

Unleash your creativity and learn about unique ways to use tempera paint. Mix your own colors, use unexpected tools, dance with various types of brushes and add multiple layers of pure delight. We will splash, spatter and saturate surfaces so make sure to bring a large shirt to protect your clothing.

**Instructor:** Alice Tzakais, Art Instructor, North Fond du Lac

### Architecture Adventure

Have you ever wondered what an architect does? Do you know some famous architects? Do you know what kind of training architects need? These are a few of the questions that will be discussed. We will see how architecture combines art with science, and math. Our main challenge will be designing and constructing tabletop cityscapes out of random pieces of wood, metal, plastic, and cardboard. When our relief sculptures are assembled, we'll add color and texture to make our cityscapes all the more awesome!

**Instructor:** Faye Kemnitz, Art Instructor, Faith Lutheran School

### Chemistry is Everywhere!

Chemistry is literally everywhere! From the food we eat to the TV you watch at night, nothing would be possible without chemistry. In this hands-on class, you will learn about the nature of solids, liquids, and gases, and how you can control the reactions involving these states of matter. Then, you will use your knowledge to perform tests to find out what kinds of juice have the most vitamin C and which cereals and soda have the most sugar (your parents should love that!).

**Instructor:** Stephanie Ballard, Science Instructor, Campbellsport School District

### Escape, Breakout, Beat the Clock...Continued!

Work with a team and on your own to "breakout" in a series of adventures. In this class you will do several versions of escape room activities by solving puzzles, using clues, hints, and strategy to break open a box, escape a room, solve an online mystery, and more! Do you have what it takes to escape?

There will be an opportunity for students, family, and friends to "break out" of a real escape room as a separate field trip after class one night the week of camp. Information will come home with students and via email. Separate fee required.

**Instructor:** Gina Rieder, Social Studies Teacher, Sabish Middle School

## College for Kids *courses continued*

### H2O Wild!

Did you know that 71% of the earth's surface is water and 60% of the human body is water? H2O is essential for life, but how clean our waterways? In H2O Wild!, participants will learn about aquatic ecosystems and their health through hands-on activities done in the ponds and stream located on UW- Fond du Lac's campus. Students will test and analyze these waterways for chlorine, nitrates, phosphates, dissolved oxygen, pH, and turbidity. They will also uncover the world of macroinvertebrates and learn their importance as biotic indicators of waterway health.

**Instructor:** Shawn Herkstroeter, M.Ed., Life Science teacher at Faith Lutheran School, FDL

## ADDITIONAL CLASSES BEING PLANNED!



### College for Kids ALL DAY CAMP

Monday - Thursday, July 15-18 **Time:** 9:00am - 3:10pm. Choose ONE all-day camp per student. All-day camps are \$159 per student and include snacks. Lunches are not provided, students should bring a lunch each day.

**SMART PHONE ROBOTICS:** Create a robot from scratch that can be controlled by your smart phone! You will start with a pile of parts, then assemble and wire it up. You'll write computer code to control your robots' exact behavior. This year's robot has an all new design. On the final day, each robot will attempt challenges for earning points. One robot will walk away as champion, but all will have fun and learn. Bring your own Android or Apple smart phone or tablet. If you do not have one, we will provide one for you during the class.

**Instructor:** John Papenheim, WTCS Certified Electronics & Robotics Instructor

## REGISTRATION NOW OPEN

FINANCIAL PLANNING

## 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 without LTC insurance. Tax law updates are woven into each segment. Four dynamic classes rolled into one robust course.

**Choose a Session:**

**Dates:** Tuesdays, March 5, 12, 19, and 26

**Time:** 12:00 Noon - 1:30pm

**Location:** Room 1346

OR

**Date:** Tuesdays, March 5, 12, 19, and 26

**Time:** 6:00pm - 7:30pm

**Location:** Room 1346

**Fee:** \$49 for one person; \$69 for two people, same household, sharing a book

**Instructors:** Taught by a team of professionals from Winch Financial, including President Sam Winch, CPA Donna Mullen, investment analyst Christian Peterson, CMT® and insurance specialist and advisor Matt Weyers.

## Empowered Solutions for Your Retirement

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

**Dates:** Thursdays, March 7, 14, 21, and 28

**Time:** 6:00pm - 7:30pm

**Fee:** \$49 for one person; \$69 for two people, same household, sharing a book

**Location:** Room 1346

**Instructors:** Taught by Winch Financial President Sam Winch, John Hintz, CFA®, M.B.A., and Christina Winch, CFP®.

## Wills and Trusts

Are you prepared to provide for your loved ones at death? This class will make sure your house is in order. We'll focus on types of estate plans and the advantages and disadvantages of each. You'll explore the Washington Will, irrevocable trusts, revocable trusts, and charitable remainder trusts.



**Dates:** Thursdays, April 4, 11, 18, and 25

**Time:** 6:00pm - 7:30pm

**Fee:** \$49 for one person; \$69 for two people, same household, sharing a book

**Location:** Room 1553

**Instructors:** Winch Financial President Sam Winch, Winch Financial CEO Christina Winch, CFP®, and area attorneys.

## Foundations of Investing

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

**Dates:** Wednesdays, February 27, March 6, 13, and 20

**Time:** 6:00pm - 7:00pm

**Fee:** \$49 for one person; \$69 for two people, same household, sharing a book

**Location:** Room 1345

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



## 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:** Thursdays, April 4, 11, 18, and 25

**Time:** 6:00pm - 7:30pm

**Fee:** \$49 for one person; \$69 for two people, same household, sharing a book

**Location:** Room 1336

**Instructor:** Kyle D. Lukowitz, Financial Advisor with Edward Jones.

## Retirement Planning Today

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

### Choose a Session:

**Date:** Thursdays, March 7 and 14

**Time:** 6:30pm - 9:30pm

**Location:** Room 1346

OR

**Date:** Tuesdays, March 19 and 26

**Time:** 6:30pm - 9:30pm

**Location:** Room 1346

**Fee:** \$49 for one person; \$69 for two people, same household, sharing a book

**Instructor:** Neelam Krishnaney-Davison



## Take Business 110 – Personal Finance – For Free!

Guardian Life Insurance of America and the University of Wisconsin-Fox Valley have partnered to bring students a Money Management for Life Scholarship Program including a personal finance course also known as BUS-110 Personal Finance. This unique program will cover strategies so you can acquire the knowledge and skills to manage your money today and plan for your financial future. Additionally, the course will cover topics such as budgeting, time value of money, savings strategies, managing debt, consumer credit, and insurance, as well as career paths in the insurance and financial services industry.

### Benefits:

- Students selected will be provided free course tuition and textbooks if requirements are met
- These course credits may be used to complete graduation requirements
- Students will have opportunities to meet with Guardian executives and network for possible internship opportunities
- Students will learn about personal finance from an experienced instructor and be engaged with other highly motivated students in the realm of personal finance

### Eligibility Requirements:

- Attend a minimum of 85% of all BUS-110 Personal Finance classes
- Earn a 2.3 GPA for BUS-110 Personal Finance class

*Perfect for returning adult students, traditional students, high school students and community members.*

### Application Process:

Scholarship applications will be available the first day of class and must be completed and returned by the start of the next class period. **For more information, contact the Office of Continuing Education at UW Fox Valley at 920-832-2636**

**Dates:** Tuesdays and Thursdays – January 29 – May 14, 2019

**Time:** 4:15 pm - 5:30 pm

**Fee:** Free to qualified participants and successful completion of course

**Location:** Goodwill Industries, Menasha

**Instructor:** Andrea Butler

## HEALTH & WELLNESS

### Fit at Fox

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

**Classes start the week of January 28, 2019 and end the week of May 24, 2019 (17 weeks).**

**Choose a Session:**

Monday/Wednesday, 5:00pm - 5:45pm

Tuesday/Thursday, 8:00am - 8:45am

Tuesday/Thursday, 8:45am - 9:30am

**Fee:** \$160

**Location:** 1866 Fitness Center

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

### Fit at Fox – Punch Cards

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

**10 Sessions, Fee \$65**

**25 Sessions, Fee \$145**

**Location:** 1866 Fitness Center

**Instructor:** Thain Jones

### Community Garden Plots

Do you enjoy gardening, but don't have the space? UW-Fox Valley has a limited number of Community Garden Plots available on our campus. Please contact the Continuing Education Office at 920-832-2636 to make sure plots are still available.

**Fee:** \$20 for the season



### Introduction to Qigong

Spring Forest Qigong (SFQ) is a simple, effective system of movements and meditations that can be done anywhere, anytime, and by anyone. No equipment is needed, and thousands of practitioners worldwide have reported incredible results. Qigong techniques help integrate and harmonize the mind and body. The practice will include SFQ gentle movement, breathing techniques, meditation, acupressure, intention and visualization. This revolutionary and modernized form of qigong was developed by International Qigong Master Chunyi Lin in 1994 after years of qigong, tai chi, and martial arts practice and a whole month of intensive meditation in the legendary Qiang Cheng mountains. Limit: 20

**Dates:** Mondays, March 18, 25, April 1, 8

**Time:** 6:00pm - 7:00pm

**Fee:** \$49

**Location:** Baehman Theatre

**Instructor:** Lorrie Formella, owner of Seasons of Life Empowerment, is an Organizational Psychologist with a focus on behavioral psychology. Lorrie is a Certified Teacher of the 200-hour Institute of Integral Qigong and Tai Chi (IIQTC) program and member of the National Qigong Association. Lorrie engages people to become an empowered citizen regarding their health and wellness by providing multiple Qigong and Tai Chi workshops, retreats, and classes.



### Introduction to Yoga



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

**Date:** Tuesdays, February 26, March 5, 12, 19, April 2, 9

**Time:** 7:00pm - 8:00pm

**Fee:** \$69

**Location:** Baehman Theatre

**Instructor:** Lirong Ding

## HEALTH &amp; WELLNESS

## Beginner Tai Chi Easy

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

**Dates:** Wednesdays, March 20, 27, April 3, 10, 17, 24, May 1, 8

**Time:** 6:00pm - 7:00pm

**Fee:** \$69

**Location:** Fieldhouse

**Instructor:** Lorrie Formella

## Mindful Meditation

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

**Dates:** Mondays, April 15, 22, 29, and May 6

**Time:** 6:00pm - 7:00pm

**Fee:** \$69

**Location:** Room 1346

**Instructor:** Lorrie Formella

## Understanding Chakra Energies

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

**Dates:** Thursday, March 21

**Time:** 6:00pm - 8:00pm

**Fee:** \$25

**Location:** Room 1346

**Instructor:** Cynthia Graham

## Intro to Reiki

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

**Date:** Thursday, March 7

**Time:** 6:00pm - 7:00pm

**Fee:** \$11

**Location:** Room 1346

**Instructor:** Cynthia Graham, LCMT, RM, CNMT and Reiki Master/Teacher since 2003



## Reiki I

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

Please wear comfortable clothing and bring a mat/blanket and pillow/towel

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

**Date:** Wednesday, April 3

**Time:** 5:30pm - 9:30pm

**Fee:** \$150, includes class session, manuals and other materials

**Location:** Room 1346

**Instructor:** Cynthia Graham



## Deepening Meditation with Essential Oils – Make & Take Workshop

Essential oils can be used in a multitude of ways and are extremely nourishing for the mind, body and spirit. While we commonly think of essential oils for the mind and body, often we forget about how beneficial they can be for the spirit. Join Sara Schoenecker, CA, CAT1 as she invites you to explore 5 essential oils known to quiet the mind and deepen your meditation practice. In this make and take workshop we will delve into the energetics of essential oils and how they can be used for meditation. Participants will formulate their own meditation roller to take home and the workshop will end with a guided meditation. This is a great class for those looking to quiet their mind, are just beginning meditation, for those that are already practicing daily and for everyone in between. Class fee includes materials.

**Date:** Thursday, March 7

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

**Fee:** \$45

**Location:** Room 1335

**Instructor:** Sara Schoenecker, Certified Aromatherapist, Certified Aromatherapy Teacher and owner of Pneuma, LLC

## Sleep Deeply with Essential Oils – Make & Take Workshop NEW

We live in a fast-paced world. Often that reality catches up to us when it's finally time to lay our heads down at night. We may find ourselves lying in bed plagued by thoughts of what we need to do the following day or even find ourselves replaying the events of the day over and over in our heads. Are you someone who finds you have a lot of mental chatter at night? Even though you are exhausted, do you find it's hard to get to sleep? Are you looking for ways to naturally impart peace and calm prior to turning in for the night? Then this is a workshop you do not want to miss! Join Sara Schoenecker, CA, CAT1 as she soothes your senses with 5 essential oils renowned for their ability to calm the mental chatter and aid you in falling fast asleep. In this dynamic make & take workshop participants will explore how essential oils affect the brain and learn relaxation techniques to incorporate into their nightly routines. Participants will also formulate an essential oil personal inhaler to take home and use that very same night. Class fee includes materials.

**Date:** Tuesday, March 26

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

**Fee:** \$45

**Location:** Room 1551

**Instructor:** Sara Schoenecker



## Pickleball – Offered through City of Menasha Park and Recreation Department

Separate registration required.

We are partnering with the City of Menasha Park and Recreation Department to offer you this opportunity to try the fastest growing sport in America! It's easy to learn and fun for all ages. Paddles and balls are provided. All abilities are welcome! No charge for your first night.



**Date:** Wednesdays, January 9-March 20, 2019

**Time:** 6:00pm - 8:00pm

**Fee:** \$20 for residents of Menasha, Neenah, Fox Crossing and Appleton/ \$25 for others

**Location:** Banta Elementary School, 328 Sixth Street, Menasha (one block east of Tayco Street –enter in the back of the school)

**Registration:** Go to [www.cityofmenasha-wi.gov](http://www.cityofmenasha-wi.gov) to register online and to check out more great recreation programs or call 920-967-3640 for more information.

## Support Your Immune System & Beat the Winter Blues with Essential Oils

Winter in Wisconsin leaves most of us dreaming of summer sunshine and warmer days. While the snow is beautiful, the lack of sunshine can leave us feeling depleted and drained. Not to mention winter means cold and flu season has officially arrived. Everywhere you turn, someone is coughing or sneezing. Have you been wondering how you can beat the winter blues and prevent a case of the “yucks”? Join Sara Schoenecker, CA, CAT1, Owner Caterpillar Concept as she excites your senses with 5 essential oils known for their immune supporting and uplifting capabilities. In this 2hr workshop we will discuss ways to keep our spirits lifted and our immune system supported during the long winter months. In this workshop participants will custom formulate a personal inhaler to take home. Class fee includes materials and a custom personal inhaler to take home.

**Date:** Tuesday, January 29

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

**Location:** Room 1553

**Fee:** \$45

**Instructor:** Sara Schoenecker

## PERSONAL ENRICHMENT

## Monarch Miracle

Rob Zimmer, nature and garden writer and radio host will share his research, photographs and tips for helping to sustain and grow monarch populations here in our area. 2018 was a breathtaking year for monarch lovers and Rob will share planting ideas, landscaping projects, the best nectar and host plants for monarchs and other ways to help these regal butterflies thrive.

**Date:** Tuesday, February 5

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1553

**Instructor:** Rob Zimmer



## Pollinators in Decline: Why You Should “Bee” Concerned

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



**Date:** Wednesday, April 24

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1346

**Instructor:** Shannon Davis-Foust, Ph.D.

## How Green is Your Garden? Achieving Sustainability in your own Backyard

Create a landscape that not only brightens your view and improves your health, but also builds fertile soils, conserves water, and protects biodiversity. In this three part class, we will cover why and how to apply conservation science in your own backyard.

In the first class we will cover the history of conservation ethics to understand the problems with contemporary land use. We will connect residential lawn care and industrial agriculture with pollinator and human health.

The second class delves into landscaping with native plants, combining both beauty and practicality. Topics will include landscape design, site preparation, species selection, sourcing seeds and plants, planting and dispersing seeds, and maintenance including watering, mowing, burning and other organic invasive species control methods.

In the third class, we will explore sustainable backyard techniques to grow “real” food. We will learn organic methods that improve soil health and manage pests while promoting biodiversity. Topics will include “lasagna” gardening, companion planting, seed collection, and sourcing plants and seeds. As time allows, we may cover the basics of beekeeping. Case studies will be used throughout this course to illustrate the values of maintaining biodiversity and the benefits of simple living.

**Dates:** Wednesdays, April 3, 10, and 17

**Time:** 6:00pm - 8:00pm

**Fee:** \$69

**Location:** Room 1553

**Instructor:** Shannon Davis-Foust is a Land Ethic Leader through the Aldo Leopold Foundation, a former Master Gardener, a mentor for the Wild Ones Fox Valley Area Chapter, and a Wisconsin Master Naturalist, who has taught environmental issues for over 10 years at UW Oshkosh. An avid gardener, wildlife watcher, and beekeeper, Shannon has a Ph.D. in Ecology from UW Milwaukee.



PERSONAL ENRICHMENT

NEW

## Beginning Adult Group Piano Lessons **BACK BY POPULAR DEMAND**

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



It is sure to hit an enjoyable note!

Class is limited to 7 participants.

**Date:** Tuesdays, April 2, 9, 16, 23, 30

**Time:** 6:00pm - 7:30pm

**Location:** Room 1611

**Fee:** \$159, includes book which will be distributed at first class and supplemental materials

**Instructor:** Lynda Zimmerman is a retired assistant professor of music at UW-Fox Valley. She has a BME from the University of Wisconsin-Eau Claire and an MM in piano performance from Texas A & M University. She was awarded the diploma for the Outstanding Young Woman of America from Wisconsin and Outstanding Young Educator. She is an accompanist for several performing groups and an extensive number of musicals. She has taught this course many times and has always found it to be an exciting and enjoyable experience for everyone involved.

## Needle Felting: Spring Crafts

Discover the joy of a new craft! Learn the basics of needle felting and how to create a simple bird and an adorable frog. All materials needed will be provided. You will take home your finished projects as well as a foam felting pad and a felting needle. Costs of equipment and supplies are included in the class.

**Date:** Tuesdays, April 9 and 16

**Time:** 6:00pm - 8:00pm

**Fee:** \$69

**Location:** Room

**Instructor:** Kathy Gilmore, retired UW Fox Valley staff member and crafter extraordinaire.



## Beginning Drawing

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

**Date:** Thursdays, February 7, 14, 21, 28, March 7 and 14

**Time:** 6:00pm - 7:30pm

**Location:** UW-Fox Valley Art Studio

**Fee:** \$79 (cost of materials included in fee)

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



## Google!

What can Google do for you? A lot more than you might think! In this class you will gain a good general understanding of Google Products over the four weeks. We will cover tools for Getting Answers (Besides Search, Maps, Translate & Chrome), Organizing Your Stuff (Photos, Contacts, Calendar & Keep), Working Smarter (Docs, Sheets, Slides and Drive) and of course Entertainment (YouTube, Google Play Music, Movies and TV and Chromecast)!

**Dates:** Tuesdays, April 2, 9, 16, 23

**Time:** 6:00pm - 7:30pm

**Fee:** \$59

**Location:** Room 1826

**Instructor:** Ahilan Sivasamy. Ahilan has been a computer science lecturer at UW Fox Valley and for UW Colleges. He is passionate about lifelong learning and about exploring new technologies to improve our daily lives and our ever changing society.

## PERSONAL ENRICHMENT

## Stand Up, Speak Up and Know When to Sit Down – Brush Up On Your Communication Skills

This course will focus on making our communication skills better; including how to create better presentations and how to handle nerves. We will discuss our non-verbal communication and listening skills, all to increase our skills and to help us to communicate more effectively.

**Date:** Wednesday, March 27

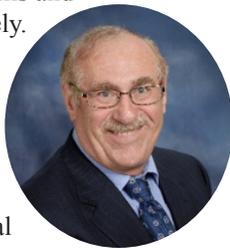
**Time:** 6:00pm - 8:00pm

**Fee:** \$45

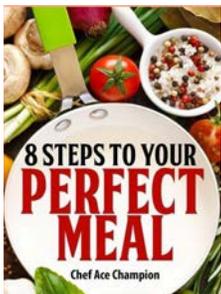
**Location:** Room 1346

**Meet Your Instructor:** Chip Manthey retired recently from Fox Valley Technical College and North Central Technical

College after 18 years as a communications skills instructor. Chip graduated from the University of Wisconsin—Oshkosh 1974 with a major in Communications – Speech—Radio TV. He spent many years in the broadcast field as a Sports Play-by-Play announcer, salesperson, sales manager. He moved into the Newspaper business as a writer, photographer, sales manager. Chip is an award-winning sports photographer covering the Green Bay Packers, Wisconsin Badgers and other college sports teams. His work has been published in several Packer books. In his free time, Chip loves to golf and spend time in Door County. Chip has worked in the communications field all his adult life.



## 8 Steps to Your Perfect Meal



Modeled after his new book, 8 Steps to Your Perfect Meal (Included with class fee), Chef Ace Champion will walk you through eight culinary principles, with two class sessions that include demonstration cooking – and food sampling. “My vision is not just to inspire those who love cooking to become great cooks, but also to inspire those who dislike cooking to discover a new sense of enjoyment.”

**Dates:** Wednesdays, March 6, 13, and 20

**Time:** 6:00pm - 8:00pm

**Fee:** \$69

**Location:** Room 1229

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

## Ballroom Dance – Latin Dances!

Be prepared to have some fun! Getting exercise during the winter and early spring months can be a challenge so why not do something that’s so fun you won’t even realizing you are getting exercise? You will also be able to amaze your friends during the upcoming wedding season. In four dynamic and fun-filled weeks, learn Latin dances, including the Merengue and Hustle. You will be able to use the skills you learn in this class over and over.

**Dates:** Thursdays, March 7, 14, 21, and 28

**Time:** 7:00pm - 8:00pm

**Fee:** \$99/couple, or two couples who sign up together register for \$89/couple

**Location:** City of Menasha Memorial Building at Smith Park, 640 Keyes Street, Menasha

**Meet Your Instructor:** Adam Foat gets rave reviews from past participants and keeps things lively and fun. Adam has been dancing since 2001. He began competing in ballroom in 2004 and started teaching his first classes in 2005. He has choreographed numerous routines for charitable and community events for the past 12 years. His passion is teaching social dance so that anyone can get out and do something on the dance floor. He loves teaching dance because it allows him to help others discover the talent they never knew they had. He is so excited to be teaching ballroom for UW Fox.



## Cooking Demonstration with Celebrity TV Chef Ace Champion!

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

**Date:** Wednesday, April 3

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1229

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



PERSONAL ENRICHMENT

## Don't Be Fooled by Your Smart Phone for iPhone Users

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



**Dates:** Tuesdays, April 2, 9, 16, and 24  
**Time:** 4:30pm - 6:30pm  
**Fee:** \$59

**Location:** Room 1551

**Instructor:** Evelyn Li. Evelyn is an academic technology specialist and computer science lecturer on campus. Her daily tasks require her to work closely with faculty, staff and students on campus or in cyberspace.

## Don't Be Fooled by Your Smart Phone for Android Phone Users

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



**Dates:** Tuesdays, February 26, March 5, 12, 19  
**Time:** 4:30pm - 6:00pm  
**Fee:** \$59

**Location:** Room 1342

**Instructor:** Ahilan Sivasamy



## Clear Your Clutter!

Learn how to conquer your clutter and gain valuable insight into maintaining your home and office. Being organized means you spend less time searching for needed items but how do we get there? Jennifer will teach you the steps she uses with her clients to clear the junk. She will also teach you how important the maintenance part of the process truly is. Throughout, you will focus on thinking of simple solutions to make your space easier to keep organized.

**Dates:** Tuesday, February 26

**Time:** 6:00pm - 8:30pm (last half hour for optional Q&A)

**Fee:** \$45

**Location:** Room 1551

**Instructor:** Jennifer Strachan, owner and professional organizer of In Its Place Organizing Services works with people who feel overwhelmed about their cluttered spaces. She helps them go from "I don't know where to start!" to "I can do this!" Jennifer works with individuals to help reduce unused and unneeded belongings then helps organize what is left. She



teaches her clients basic organizing principles so they can easily maintain their homes and offices. From cluttered, cramped spaces to chronic hoarding situations, Jennifer has worked in many unique situations which have taught her that people need SIMPLE solutions to maintain their space. Jennifer is a member of the Institute for Challenging Disorganization and is a level II Chronic Disorganization Specialist. She is an accomplished speaker having presented on various organizing topics at events for the past 10 years. She is a member of Toastmasters International a public speaking organization and was recently awarded the highest educational achievement of Distinguished Toastmaster. She has a B.S. in Psychology which, for some reason, her clients find amusing.

## Wild Feast



Join garden and nature writer and radio host Rob Zimmer for this fun and inspiring journey into edible wild plants of our area. You'll learn surprising ways to enjoy the flavors and richness of many wild plants found in our area. You'll never look at weeds the same way again.

**Date:** Tuesday, April 16

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1553

**Instructor:** Rob Zimmer



## PERSONAL ENRICHMENT

**Companion Planting**

Garden writer and radio host Rob Zimmer will share an interesting and informative program on using plants that benefit each other in the garden. For protection from plant pests, improved flavor, soil improvement add more, you'll learn the whys and hows of planting specific varieties together for mutual benefit in the garden. Companion planting is done for many reasons and Rob will share many surprising combinations.

**Date:** Tuesday, February 19

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1553

**Instructor:** Rob Zimmer

**Nature Lover's Guide to Spring and Summer in Wisconsin**

Discover many of Wisconsin's spectacular natural areas and parks to enjoy the glory of spring and summer. You'll be inspired to get out and explore many outstanding natural wonders at the height of the spring and summer seasons.

**Date:** Tuesday, March 5

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1553

**Instructor:** Rob Zimmer

**What's New in Gardening for 2019**

Radio host, nature and garden writer Rob Zimmer will cover all of the latest gardening trends for the new year, the newest products and share all of the exciting new varieties of annuals, perennials, shrubs and more for 2019's growing season. You won't want to miss this colorful, fun and informative program.

**Date:** Tuesday, April 2

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1553

**Instructor:** Rob Zimmer

**All About Hydrangeas and Other Flowering Shrubs for Wisconsin Gardens**

Join Rob Zimmer for this informative and interesting program on selecting and caring for the best hydrangeas for northern gardens here in Wisconsin. Rob will also cover the spectrum of flowering shrubs for gardens here in our area. Proper care is important to maximize the flowering potential of these wonderful blooming shrubs and Rob will cover the best tips and practices for ensuring beautiful blooms each year.

**Date:** Tuesday, March 19

**Time:** 6:00pm - 8:00pm

**Fee:** \$45

**Location:** Room 1553

**Instructor:** Rob Zimmer

**Passionate About Poetry**

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

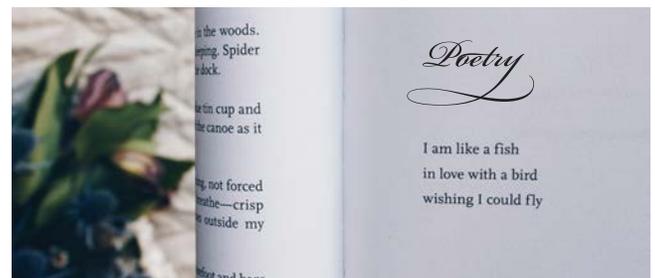
**Dates:** Wednesdays, April 3, 10, 17, 24 and May 1

**Time:** 6:00pm - 8:00pm

**Fee:** \$69

**Location:** Room 1332

**Instructor:** Troy Schoultz, UW Fox Valley Instructor. Troy is a lifelong Wisconsin resident, currently living in Oshkosh. He is a lecturer at the University of Wisconsin-Fox Valley, where he also edits the nationally recognized Fox Cry Review.



PERSONAL ENRICHMENT

### 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.

**Date:** Tuesdays and Thursdays, March 5, 7, 12, 14

**Time:** 6:00pm - 7:30pm

**Location:** Room 1329

**Fee:** \$59

**Instructor:** Susan Baganz. Susan is a local editor and writer, and nationally recognized speaker. She is an Editor with Pelican Group specializing in bringing great romance novels and novellas to publication.



### Shake Your Family Tree!

Are you interested in your family history but don't know where to start? In this genealogy workshop you will learn tools and strategies to start shaking your family tree!

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 to shake up that family tree. 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.

**Date:** Tuesday, February 12, 19, 26 and March 5

**Time:** 6:30 pm – 8:30 pm

**Location:** Room 1826

**Fee:** \$59

**Instructor:** Rose Marie Lewis has been a Laboratory Preparation Technician at UW–Fox Valley for over 26 years, and became interested in Genealogy at age 13 on a visit to see her grandmother, and again when her son needed to do his family tree for a class project. She enjoys “the hunt” and the people she has met along the way.

### YOUTH

### G.E.M.S.

### Girls. Engineering. Math. Science.



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

**SAVE THE DATE**

**Date:** Saturday, October 19, 2019

**Time:** 8:30am - 12:00pm

**Location:** UW-Fox Valley

**Fee:** \$25

**Instructor:** Various UW-Fox Valley faculty and community members will share their talents

## YOUTH

## PROFESSIONAL DEVELOPMENT

## Boy Scout Merit Badge – Electricity and Electronics

Attend this clinic to work on the requirements needed for both the Electricity and Electronics Merit Badges. There are requirements that scouts will need to complete independently, prior to attending the workshop. Information will be provided upon registration. Limited to 20 participants.



**Date:** Saturday, January 12

**Time:** 8:00am - 4:00pm

**Location:** Room 1069

**Fee:** \$25

## Boy Scout Merit Badge – Sculpture

This clinic will work on the requirement needed for the Sculpture Merit Badge. This badge introduces scouts to the art form of Sculpture. It allows the scout to express what they see and feel using three dimensions by shaping materials like clay, but can be advanced towards wood, stone, and even metal. This will be a hands-on merit badge with a lot of free expression available. Limited to 12 participants.



**Date:** Saturday, January 19

**Time:** 8:00am - 12:00 Noon

**Location:** Room 1040

**Fee:** \$25

## Boy Scout Merit Badge – Digital Technology

Digital technology has come a long, long way since the first computer chip. This merit badge will teach scouts about the current technology available in the digital age. From the history of computers, and safety on the internet to malware on computers. Scouts will learn how all the information is stored in the computer, including photographs, graphics, games, and software programs used daily. What would life be like without our digital technology? Limited to 15 participants.



**Date:** Saturday, January 26

**Time:** 8:00am - 12:00 Noon

**Location:** TBD

## What Every Manager Should Know about Improving Performance

In this dynamic and hands-on workshop, you will learn the key factors of “will, skill and hill” that shape and affect human performance. You will practice completing a performance analysis worksheet on an issue of your choosing. With peer and instructor coaching, you will identify performance improvement solutions and develop an implantation plan. We will give you some great tools to take back with you including worksheets and the book “What Every Manager Should Know about Training”. At the end of the course, you will have the skills and confidence to use performance analysis to help your team maximize their performance and achieve desired results.

**Date:** Mondays, February 25, March 4 and 11

**Time:** 6:30 pm – 8:30 pm

**Location:** Room 1346

**Fee:** \$159 (includes materials)

**Instructor:** Scott Valitchka has three decades of consumer products manufacturing, corporate organizational development, process improvement and consulting experience with James River / Fort James, Kimberly-Clark and Kompas Business Partners LLC. In January 2015, Scott formed Kompas Business Partners LLC which provides Total Productive Manufacturing, organizational development, training, employee selection and talent management services to clients in the manufacturing and supply chain arena. In October 2018, Scott became a founding member of NQRV Partners, LLC. NQRV is focused on taking the Nowlin Selection Procedure, a widely used paper industry employee selection process, and making it available to small and medium sized businesses in the manufacturing and service areas. Scott graduated from the University of Wisconsin-Green Bay with double majors in Science and Environmental Change and Earth Science. Through his work, he has acquired certifications in Criterion-Referenced Instruction, Instructional Module Development, Process Mapping, and Total Productive Manufacturing implementation.



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**Group 1)** Wednesday, May 27– Sunday, May 31, 2020

**Group 2)** Wednesday, June 3 - Sunday, June 7, 2020

