



NORTH SEATTLE COLLEGE  
One of the Seattle Colleges

# CONTINUING EDUCATION

*Live to Learn!*

SPRING 2019

206.934.3705 | [www.learnatnorth.org](http://www.learnatnorth.org)



**Register Now!**

Get Your Etsy Shop Up and Running, pages 5

Speaking with an  
American Accent  
page 4

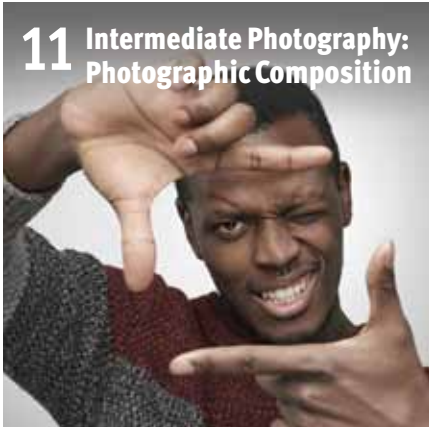
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Weekend Safari  
page 11

Philosophy and  
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page 21

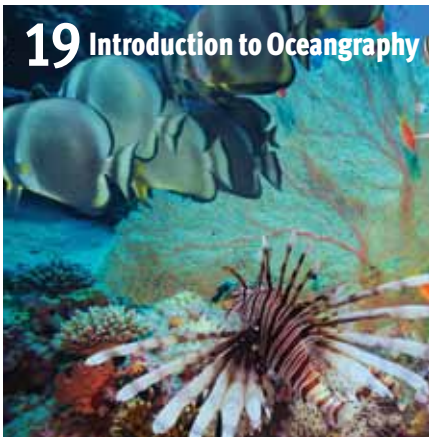
## 4 Grammar Refresher Training



## 11 Intermediate Photography: Photographic Composition



## 19 Introduction to Oceanography



## 22 The World of Poker



# CONTINUING EDUCATION MISSION

We are Committed to Enriching Lives by:

- Expanding Horizons
- Serving the Community
- Offering Opportunities for Lifelong Learning



## Command Attention

Introduction to Public Speaking, page 4

CORPORATE  
CUSTOMIZED  
**TRAINING**  
SPECIALIZED WORKFORCE TRAINING



With the resources of North Seattle College and the Seattle College District at our disposal we can provide high quality, effective and relevant training for your company or small business. Contact us to discuss your specific needs.

Christy Isaacson, Director of Continuing Education & Contract Training  
206-934-3706 | [christy.isaacson@seattlecolleges.edu](mailto:christy.isaacson@seattlecolleges.edu)  
<https://continuing.northseattle.edu/about/corporate-and-customized-training>

### 100% SATISFACTION GUARANTEE

Continuing Education at North Seattle College is dedicated to the quality of our classes, services, and instructors. If you are unsatisfied with your experience, or were unable to attend a course for reasons beyond your control, please contact us. We will do our best to provide a solution that meets your individual needs. Please either email us at [conted@seattlecolleges.edu](mailto:conted@seattlecolleges.edu) or call us at 206.934.3705.

**Registration is easy!**  
**Sign up early to ensure your spot!**

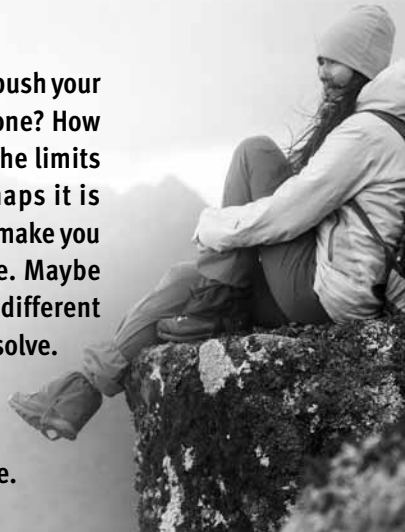
- ONLINE**    www.learnatnorth.org
- MAIL**        Fill out and mail form on page 31
- PHONE**    206.934.3705

**Welcome to Continuing Education!**  
**Encouraging Your Bravery Since 1970**

**What challenges do you seek?**

Is it a hands-on experience where you push your creative skills beyond your comfort zone? How about conditioning yourself to push the limits of your strength and stamina? Perhaps it is leveling up your professional skills to make you a stronger presence in the workplace. Maybe it is learning to see the world from a different perspective and new ways to problem solve.

This spring, let Continuing Education offer you the support you need to face those challenges and many, many more.



“ In **Something Has to Change!** (page 20) Mariko Navin demonstrated how she really knows the material. She is full of examples and has done the research to provide the class with confidence. She is also willing to do a lot of extra work to help the students who are working towards their goals. I like the idea of working on goals in a small class setting. I’ve taken **Finding the Work You Love, Finding the Life You Love** (page 21), and will be taking the **Neuroplasticity and the Eight Senses of Awareness** (page 22) next, as well as a meditation course. They all seem to complement each other well. I’m very appreciative that North Seattle College is offering these types of classes. ”

– Ryan H. on taking classes with Continuing Education

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# COMPUTER

## DESIGN

### Graphic Design from Start to Finish

Explore the graphic design process using Adobe Illustrator, Photoshop and InDesign. Create and work with vector graphics and JPG images along with typography to create documents for various type of publications. Class meets off-campus at South Seattle College, 6000 16th Avenue SW. No class on 5/25/19 due to Memorial Day.

7182 5/11/2019 - 6/8/2019 9:00AM - 12:00PM 4 ses Sa  
Blache OLY Bldg Room 102 \$239

### WordPress for Websites

Looking for a simple way to create a website? WordPress is a completely free and easy-to-use content management system for building and maintaining your website. Historically used for blogging, WordPress can also build powerful, database-driven websites for many purposes, including e-commerce. Get up and running in this exciting alternative approach to building websites. **Intermediate computer and internet browsing skills required.**

7069 4/22/2019 - 5/20/2019 6:30 - 8:30PM 5 ses M  
Miller On Campus: LB Bldg Room 3129D \$175

## EXCEL

### Excel 2016 – Series

Enroll in this class and receive a price discount on Excel 2016 Level 1, 2 & 3. Class meets on Saturday, 4/13, 4/20, and 4/27/19. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7107 4/13/2019 - 4/27/2019 9:00AM - 4:00PM 3 ses Sa  
Aldrich On Campus: LB Bldg Room 3129D \$385



### MIKEL ANNE ALDRICH

Mikel Anne has over 25 years of experience in training facilitation and instructional design. She has worked in the telecommunications and banking industries, facilitated MS Projects, and other various MS Office applications. Mikel Anne teaches at several local community colleges, and taught with the Continuing Education program at North Seattle College in the past.



### Excel 2016 – Level 1

Excel 2016 – Level 1 will give you hands-on experience working with worksheets, including formatting sheets and cells, numbers, dates and basic calculations. You will learn to rearrange data, work with rows, cells and columns. Get coached on how to manage multiple worksheets, common formulas and cell references. Data visualization with charts and images and using tools for formatting and editing will also be covered. Learn to organize large amounts of data and how to sort, freeze panes and window split. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7165 4/13/2019 - 4/13/2019 9:00AM - 4:00PM 1 ses Sa  
Aldrich On Campus: LB Bldg Room 3129D \$159

### Excel 2016 – Level 2



Excel 2016 – Level 2 covers advanced formatting, including themes, cell styles and how to customize page setup. Learn about date and time function and conditional formatting. Get exposed to advanced functions for text and analysis—IF criteria and troubleshooting formulas. Learn about the Lookup function and the Outline features. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7166 4/20/2019 - 4/20/2019 9:00AM - 4:00PM 1 ses Sa  
Aldrich On Campus: LB Bldg Room 3129D \$159

### Excel 2016 - Level 3

Excel 2016 – Level 3 begins working with tables, including calculated columns, structured references and table features. Learn about financial functions and what-if analysis, including PMT, PV and NPER functions. Begin understanding and working with PivotTables and PivotCharts. Finally, learn about Macros, Workbook Protection and Inspecting Workbooks for Compatibility. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7167 4/27/2019 - 4/27/2019 9:00AM - 4:00PM 1 ses Sa  
Aldrich On Campus: LB Bldg Room 3129D \$159

See page 33 for off-campus class locations. The  &  in class descriptions indicate the following locations:

 = Seattle Central College  = South Seattle College



## ADULT FAMILY HOME

### Orientation to Adult Family Home Administration Program

DSHS instructors will provide an overview of all the requirements that a prospective AFH licensee will need to meet so they can provide services and care to residents in a licensed home setting and the process each prospective provider will need to follow before applying for their AFH license. A short amount of time is allotted for questions and answers. Each attending student will receive a certificate after completing the class; valid for one calendar year after the date of attendance. Check-in at 8:30 am; class starts at 9:00 am. No entry after 9:30 am.

7009	4/1/2019 - 4/1/2019	9:00AM - 4:00PM	1 ses	M
DSHS Instructor	On Campus: LB Bldg Room 1141			\$39
7010	5/6/2019 - 5/6/2019	9:00AM - 4:00PM	1 Ses	M
DSHS Instructor	On Campus: LB Bldg Room 1141			\$39
7011	6/3/2019 - 6/3/2019	9:00AM - 4:00PM	1 ses	M
DSHS Instructor	On Campus: LB Bldg Room 1141			\$39

### Adult Family Home Administrator Course

This 52-hour class outlines and prepares students for the Adult Family Home licensing and inspection process. Covers roles and responsibilities of a licensed provider, business and operations' procedures, staff management, resident rights and care issues, and State and Federal laws governing Adult Family Homes. Taught by highly experienced providers/instructors. All training materials provided. **Prerequisite: take the CASAS test to evaluate English or submit unofficial college transcript showing successful completion of college level English.** For additional information go to <https://continuinged.northseattle.edu/afh>. Questions: email [afh.north@seattlecolleges.edu](mailto:afh.north@seattlecolleges.edu) or call 206.934.3619. Section 7179 meets Wednesdays, 6:00 – 9:00 pm and Saturdays, 8:00 am – 3:00 pm.

7178	4/6/2019 - 4/28/2019	9:00AM - 3:30PM	8 ses	Sa, Su
Spada	On Campus: CC Bldg Room 3345			\$679
7179	5/8/2019 - 6/15/2019	Varies	11 ses	W, Sa
lonesi	On Campus: CC Bldg Room 3349			\$679



## BUSINESS SKILLS

### Accounting and QuickBooks Series

Sign up for the Accounting and QuickBooks Series and receive a 20% price discount on Accounting for Small Business, QuickBooks–Level 1, and QuickBooks–Level 2. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. This class meets on Wednesdays, 4/17 to 6/5/2019.

7061	4/17/2019 - 6/5/2019	1:30 - 4:30PM	8 ses	W
Zeng	On Campus: LB Bldg Room 3129D			\$359

### Accounting for Small Business

Operating a small business? New to accounting? This class is for you! Discover basic accounting principles that you can apply using a simple paper ledger or as preparation for starting to use QuickBooks. Leave understanding journal entries, accounts payable, accounts receivable and more!

7058	4/17/2019 - 4/24/2019	1:30 - 4:30PM	2 ses	W
Zeng	On Campus: LB Bldg Room 3129D			\$99

### QuickBooks – Level 1

Explore everything you need to get started with QuickBooks. Learn easy ways to create a new company and build a chart of accounts. Use QuickBooks to invoice customers, enter bills, back up data and generate monthly reports. Taught in QuickBooks desktop environment. **Prerequisite: Previous Windows Experience and familiarity with Accounts Payable and Accounts Receivable.** See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7059	5/1/2019 - 5/15/2019	1:30 - 4:30PM	3 ses	W
Zeng	On Campus: LB Bldg Room 3129D			\$175

### QuickBooks – Level 2

Further your knowledge of QuickBooks and improve your skills with this robust accounting software. Leave knowing how to customize forms, track inventory, use credit cards and sales tax and create reports or graphs. Explore the payroll feature in QuickBooks and learn how to create job estimates. Taught in QuickBooks desktop environment. **Prerequisite: QuickBooks–Level 1.** See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7060	5/22/2019 - 6/5/2019	1:30 - 4:30PM	3 ses	W
Zeng	On Campus: LB Bldg Room 3129D			\$175



# PROFESSIONAL

See page 33 for off-campus class locations. The **C** & **S** in class descriptions indicate the following locations:

**C** = Seattle Central College    **S** = South Seattle College

## Introduction to Public Speaking

Would you like to reduce stage fright and gain more confidence speaking in front of a group? Whether you need to give a formal presentation or an informal presentation at a staff meeting, learning key skills will increase your effectiveness and self-confidence. Learn strategies to deal with nervousness, plan and deliver an effective presentation, and practice presentation techniques to capture audience attention. This course offers a supportive environment in which you will practice and receive feedback from the instructor and fellow participants.

7104    5/16/2019 - 5/30/2019    6:30 - 9:00PM    3 ses    Th  
Tabor    On Campus: IB Bldg Room 3327    \$99

## Foundations of Project Management **C**

Learn the essentials of project management from the standpoint of managing a single, small to medium-sized project. You'll go through the project life cycle in the same sequence you'll encounter when managing a real project in the workplace. We'll explore the entire product and project life cycle, including initiation, planning, executing, controlling and closing. This class is the first step in gaining your PMP certification. Class meets off-campus at Seattle Central College, 1701 Broadway, Seattle. **A laptop is strongly recommended for use in class.**

7172    5/2/2019 - 6/6/2019    6:00 - 9:15PM    6 ses    Th  
Stolz    Broadway Edison (BE) Bldg Room TBA    \$485

## **NEW** Grammar Refresher Training

Confused about grammar and punctuation? This fun, hands-on class will help you master the latest rules, avoid common errors and write with confidence. We'll cover apostrophes, verb tense, word usage, subject/verb agreement, commas/semicolons, style guides, how to avoid the 10 most common grammar and punctuation mistakes and more. Class includes plenty of examples and exercises to help you practice your new skills.

7174    4/10/2019 - 4/10/2019    1:00 - 4:00PM    1 ses    W  
Dubois    On Campus: CC Bldg Room 3449    \$79



## GAYLE JOHNSON

Gayle's leadership approach is considered effective, having led and coached leadership, mid-management and frontline staff on emotional intelligence and how that creates effective teams and organizations.



To support her experience as a transformational thought leader, Gayle pursued a Masters of Transformational Leadership at Seattle University. This knowledge informs her understanding with theory behind what it takes to be an effective leader, team member and staff person, and now business owner, and how to manage one's emotions while working with others.

## Emotional Intelligence for Leaders and Emerging Leaders

Emotional intelligence describes the ability to understand one's own feelings, and that of groups, and how these emotions can influence motivation and behavior. Leaders who are emotionally intelligent foster safe environments, where employees feel comfortable to take calculated risks and to voice their opinions. Engage in interactive, hands-on self-evaluation and exercise to develop your emotional intelligence and become a respected and inspiring leader. **A \$10 materials fee is to due the instructor in class.**

7090    4/27/2019 - 5/11/2019    10:00AM - 12:00PM    3 ses    Sa  
Johnson    On Campus: CC Bldg Room 3343    \$89

## Leadership and Communications Excellence

This introductory leadership program is open to all stripes including business owners, sales professionals, educators or anyone seeking to motivate others while achieving effective results. Working in a supportive group environment, we'll explore techniques to improve communication skills and work toward a better understanding of how we all interact with one another. Most importantly, you'll learn what it means to create a positive and lasting self-image as a leader.

7087    4/30/2019 - 5/28/2019    6:30 - 8:30PM    5 ses    Tu  
Bohart    On Campus: CC Bldg Room 3449    \$125

## **NEW** Speaking with an American Accent

Are you a non-native English speaker who has mastered the written language, but still experiences challenges being understood? Are you already using English in your workplace or studies, but need to communicate better with colleagues or in oral presentations? If so, this is the class for you! You'll find out all you need to know to speak clear, understandable English. In this class, you learn to pronounce important vowel and consonant sounds, so you can correctly say difficult words. Most importantly, you'll learn how to produce the characteristic rhythm and melody of American English, so others may understand you better. **A \$20 materials fee is due to the instructor on the first day of class.**

7131    5/7/2019 - 5/21/2019    6:30 - 9:30PM    3 ses    Tu  
Kaup    On Campus: CC Bldg Room 3450    \$99



## Writing Effective Emails Training

Are you buried in email? Reduce your email stress and learn to use email as an effective business communication tool. In this entertaining and informative workshop, you'll learn to compose clear, powerful email messages; organize your inbox; use email more efficiently; know when (and when not) to send email and avoid embarrassing email mistakes.

7175 5/7/2019 - 5/7/2019 1:00 - 4:00PM 1 ses Tu  
Dubois On Campus: CC Bldg Room 3350 \$79

## Business Writing Essentials Training

Learn practical tips for producing professional-looking business documents, the importance of writing for a specific audience, and how to make the purpose and call to action clear. Review writing strategies for routine, persuasive, negative news and personal messages. Includes hands-on exercises that reinforce the 5 Cs of good business writing—being concrete, clear, concise, courteous and correct.

7176 6/5/2019 - 6/5/2019 1:00 - 4:00PM 1 ses W  
Dubois On Campus: CC Bldg Room 3357 \$79

## SMALL BUSINESS

### How to Start a Small Food Business

Set a strong foundation for your dream as an experienced food entrepreneur guides you through the process of starting a food business. Learn to cost products, prepare food-specific business plans and how to obtain health and other required permits. This step-by-step class will help set students up for success and to avoid making costly mistakes. Class meets on Saturday, 9:00 am - 4:00 pm and on Sunday, 9:00 am - 12:00 pm.

7114 6/8/2019 - 6/9/2019 Varies 2 ses Sa, Su  
Lewis On Campus: CC Bldg Room 3457 \$155



## WORK FOR YOURSELF

### Essentials of Entrepreneurship

Thinking of starting a business? Get an overview of the startup process beginning with common characteristics and attitudes of successful entrepreneurs. The class will also explore major planning areas as a way to reduce risk in your venture. We'll focus on practical steps, not only to determine the feasibility of your idea, but to set you up for future success. Explore ideas for getting customers in the door, working out your operations and procedures in advance for a flawless opening, and some key financial ideas necessary during the startup phase and in ongoing operation. You'll leave class with numerous resources to help you fill any skill or knowledge gaps you may have discovered along the way, and build upon what you have learned.

7093 5/1/2019 - 5/29/2019 6:30 - 9:30PM 5 ses W  
Coffey On Campus: CC Bldg Room 3353 \$225

### **NEW** Get Your Etsy Shop Up and Running

Etsy is the largest e-commerce website devoted to handmade, vintage items and supplies. Learn about Etsy from a former employee who spent seven years working with sellers. Explore Etsy's seller tools and policies, pricing strategies, getting clicks and sales, branding and trends and best practices for dealing with buyers. We'll do a product critique, photoshoot and create a prototype Etsy shop. (For U.S.-based sellers. Fiscal and legal aspects excluded.) Bring a sample of your wares and a simple digital camera or camera phone. **An \$8 materials fee is due to the instructor on the first day of class.** Class meets on Saturday, 9:00 am - 4:00 pm and on Sunday, 9:00 am - 12:00 pm.

7133 5/11/2019 - 5/12/2019 Varies 2 ses Sa, Su  
Guelmann On Campus: CC Bldg Room 3445 \$115



**Make Money Licensing Your Music**

Are you a composer, performer or songwriter? Do you have original music already recorded that's just sitting around? Learn how to pitch your music for television, film and other media. This class will give you quick and easy information on all aspects of music licensing. Leave ready to advance your career and create a new income stream from future royalties. Feel free to bring a sample of your music to class to learn which markets to explore.

7112 5/11/2019 - 5/11/2019 9:00AM - 12:00PM 1 ses Sa  
Hartman On Campus: CC Bldg Room 3345 \$65

**Sell It on eBay!**

Join the 730,000+ people who make a full or part-time living selling on eBay. Learn from an award-winning eBay expert how to set up an account, list an item and what you need to do both during and after the auction ends. After this class you will be ready to kick-off your eBay career with confidence and ease.

7111 5/16/2019 - 5/23/2019 6:00 - 9:00PM 2 ses Th  
Shebley On Campus: LB Bldg Room 3129D \$75

**Professional Voiceover Workshop**

Learn to use your speaking voice for commercials, films and videos. Discover a unique, outside-the-box way to succeed at a lucrative full or part-time career. This is a business that you can handle on your own terms, on your own turf, in your own time and with very little overhead. In our ever-expanding online marketplace, new companies are looking for fresh voices like never before. This exciting and fun class could be the career game-changer you've been looking for! Lisa Foster has done numerous local and national spots, from website narratives and computer games, to commercials like Crest Toothpaste and Oil of Olay and even comedy bits!

7001 5/20/2019 - 5/20/2019 6:30 - 8:30PM 1 ses M  
Foster On Campus: CC Bldg Room 3349 \$49



**Online Learning**

See page 30 for online courses for K-12 educators.

**LISA FOSTER**

With 18 years of experience in voiceovers and broadcasting, Lisa is one of the most versatile voices in the industry. She has written and voiced commercials for dozens of businesses and corporations including Crest Toothpaste, Oil of Olay, LA Weight Loss and more. Lisa has done numerous local and national spots, from website narratives and computer games to commercials and even comedy bits. She is a well-known on-air radio personality in the Seattle broadcast market, and with her state-of-the-art home recording studio, she is being heard all over the world.



**CLOCK HOURS AND CEUS**

**Clock Hours Fee**

Teachers can earn clock hours with the Office of Superintendent of Public Instruction for their continuing education class by registering for this fee. Pay this fee one time each quarter and earn clock hours for multiple classes. In order to grant clock hours, we need attendance verification from the instructor through a signed clock hours reporting form (provided upon registration).

7389 \$15

**Continuing Education Units (CEU) Fee**

Earn Continuing Education Units (CEUs) to verify the completion of a class. Pay this fee one time each quarter and earn CEUs for multiple classes. In order to grant a letter of completion awarding CEUs, we need attendance verification from the instructor through a signed CEU Reporting Form (provided upon registration).

7390 \$15







## WRITING

### The Secrets of Powerful Writing

Good writing doesn't have to be hard if you know the secrets. Whatever you write, professional or personal, you'll benefit from being able to express yourself clearly and directly on paper. In this hands-on class, you'll learn to clarify your message, communicate complex information, avoid common mistakes, edit and proofread your writing, use proper grammar and punctuation, communicate on social and electronic media and more.

7136 4/15/2019 - 4/29/2019 6:30 - 8:30PM 3 ses M  
Dubois On Campus: CC Bldg Room 3345 \$99

### Poetry Workshop

In this ongoing, upbeat workshop, you will receive feedback on your poems and learn to provide constructive criticism as part of a community of writers. You will also examine the work of accomplished poets in order to develop a deeper appreciation of the elements of poetry and build skills by putting those elements into practice in poems and in-class exercises. No class on 5/25/19 due to Memorial Day.

7077 4/20/2019 - 6/8/2019 11:00AM - 1:00PM 7 ses Sa  
Isaac On Campus: CC Bldg Room 3349 \$115

### Playwriting: From Page to Stage

Have you ever wanted to try your hand at playwriting? In this eight-week course, you will learn the fundamentals of crafting a play from developing compelling characters, creating intriguing conflicts and crafting strong dialogue as well as resources to market and submit your scripts. Conducted in a workshop format, students get to grow as artists, build community and learn the ropes to writing plays in a friendly and supportive environment.

7078 4/23/2019 - 6/11/2019 6:30 - 8:30PM 8 ses Tu  
Tarker On Campus: HS Bldg Room 1637A \$149

“As a writer, bringing new work for the class keeps me accountable. I liked hearing the voices of other poets. It was inspiring for me. I felt it was a safe place to stretch and write and be challenged.”

– Zachary H. on Poetry Workshop with  
Graham Isaac

### The Art of Creative Writing

Whether you are new at creative writing or have been at it for a while, this class will show you ways to improve the depth and flow of your storytelling. Explore unconventional writing exercises and visual techniques to enliven your work, whether in the description of a character, a setting, a situation, an object or an emotion. **A \$5 materials fee is due to the instructor on first day of class.**

7129 4/24/2019 - 6/12/2019 6:30 - 8:30PM 8 ses W  
Lorton On Campus: CC Bldg Room 3452 \$145

### Write Your First Book

This course will help both beginning authors and those who need a nudge with a book underway. Rather than focus on how to write a specific genre (memoir, non-fiction or fiction), the course will include: how to know a good book idea when you meet one, deciding how to tell your story, plotting an arc, the importance of re-writing and weekly exercises to get you writing and keep writing. Also, insider information on both traditional publishing and self-publishing, and how to get an agent (and if you need one). Taught by New York Times bestselling true crime author and veteran journalist Rebecca Morris.

7074 4/24/2019 - 5/15/2019 6:30 - 8:30PM 4 ses W  
Morris On Campus: CC Bldg Room 3449 \$79

### Creative Writing: Beyond the Basics

If you've written before, you've got some skills under your belt. This class is for writers who are working on, or want to develop, a specific project (i.e., a novel or biography, a collection of essays or short stories). The class will capitalize on what you already know and help you sharpen your writing skills and organize your material. You may work on your own project or tackle assignments suggested to you by the instructor or other class members. Emphasis will be on crafting well-targeted, tightly-written fact or fiction. Students will share their own work and engage in constructive critiques of each other's work.

7130 4/25/2019 - 6/13/2019 1:30 - 3:30PM 8 ses Th  
Lorton On Campus: CC Bldg Room 3360 \$145



### Writing a Short Memoir

Turn your life experiences—dramatic and everyday—into powerful short memoir. If you've wanted to write about your life but don't have time now to tackle a book project, this class is for you. Tell the story of your life in bite-sized chunks. This class will lead you step-by-step through writing a short memoir piece from selecting and reflecting on your experience, to writing and publishing your story. By the end of the class, you'll have a short memoir piece ready to publish.

7135 5/13/2019 - 5/20/2019 6:30 - 8:30PM 2 ses M  
Dubois On Campus: CC Bldg Room 3346 \$79

### Beginning Fiction: Crash Course

Improve the depth and flow of your storytelling in a class designed for new and developing creative writers. You will work step-by-step through a plan for a complete story including developing characters, mapping plot, writing dialogue and creating exciting beginnings and resolutions. **Bring pen and paper and be prepared to write; you will have lots of exercises and opportunities for feedback.** Don't spend another day NOT writing—join us and bring your stories to life. **A \$5 materials fee is due to instructor on first day of class.**

7075 5/21/2019 - 6/11/2019 6:15 - 8:15PM 4 ses Tu  
Adkins-Hall On Campus: IB Bldg Room 3325 \$95

## VISUAL ARTS

### Drawing with Confidence

This structured eight-week comprehensive course offers students an introduction to the essential skills needed for drawing anything. The course breaks down many of the elements of drawing such as careful drawing from still life objects, how to make accurate measurements and creating a composition using the useful rule of thirds. Drawing materials such as charcoal, pencil, ink, colored pencils and oil pastels will be used in depth. This class is a great way to get started drawing what you see and not what you know. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.* No class on 5/25/19 due to Memorial Day.

7020 4/13/2019 - 6/8/2019 12:30 - 2:30PM 8 ses Sa  
Schneider On Campus: AS Bldg Room 1530 \$145



### Charcoal Drawing

Experience the freedom of charcoal in this introductory class. This drawing class is designed for all levels as we explore reduction and additive techniques of charcoal drawing. Through observational drawing practices and tutorials, you'll learn to push and pull light by examining tonal values and studies in scale and proportion to create illusions of grandeur. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.*

7054 4/16/2019 - 6/4/2019 6:30 - 9:00PM 8 ses Tu  
Georger On Campus: AS Bldg Room 1532 \$189

### Figure Drawing

Experience drawing the human figure with the guidance of a skilled artist who works and teaches in the traditional, time-honored way. Hone your drawing skills as you work from short poses to longer, more considered poses. Join a community of figure drawing artists to develop your ability to capture proportion, posture, structure and movement of the human form. Practice drawing male and female models and improve the connection between what you see and what you render. This class provides an open studio learning environment with plenty of critique and practice. **Previous drawing experience is recommended.** Price includes all model fees. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.*

7013 4/19/2019 - 6/7/2019 6:00 - 8:30PM 8 ses F  
Chubotin On Campus: AS Bldg Room 1532 \$205

### Drawing Basics: Right Brain Method

Utilizing whole brain research, explore techniques that artists use to draw. Examine left hemisphere attributes (balancing a checkbook) vs right hemisphere (drawing, music), and do exercises that favor the right's visual system. Through step-by-step exercises, learn to see in an unselfconscious way that builds confidence, allowing students to create surprisingly realistic drawings. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list and textbook information.*

7022 4/30/2019 - 5/28/2019 6:00 - 9:00PM 5 ses Tu  
Wallat On Campus: CC Bldg Room 1349A \$129

### Painting and Abstraction with Acrylics

Discover the art of modern life. Learn a new way of thinking and seeing and create dynamic abstract paintings. Express your inner self in your work with this more personal and expressive mode of painting. This class is designed for all levels of experience. Class process includes discussion of contemporary issues, demonstrations of materials, style and structure and the simple concepts behind the actions. In this course you will be painting with acrylics. See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list. No class on 6/6/19.

7015 4/4/2019 - 6/13/2019 1:30 - 4:30PM 10 ses Th  
Paquette On Campus: CC Bldg Room 1349A \$239

### Painting and Abstraction with Oils and Cold Wax

Discover a new creative medium when you combine the classic rich surfaces of oil painting with the translucent depth and varied textures of cold wax. Utilizing a soft paste made with beeswax, this process is a perfect scenario for exploring the simple structures of abstraction, personal point of view and the beauty of color. See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.

7016 4/5/2019 - 6/7/2019 10:00AM - 1:00PM 10 ses F  
Paquette On Campus: CC Bldg Room 1349A \$239

### Abstract Watercolors

Combine the expressive, personal, object-free vision of abstraction with the smaller, particular, intimate beauty of watercolors. The focus of this class is on the elements of design, the language of color and harmony, line, shape and space to create an exciting and compelling painting that expresses a personal inner vision. Often alluding to nature or a state of mind, Abstract Watercolors will carry the painter to the beauty of feelings, spirit and imagination. See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list. No class on 6/6/19.

7014 4/4/2019 - 6/13/2019 10:00AM - 1:00PM 10 ses Th  
Paquette On Campus: CC Bldg Room 1349A \$239



#### VIRGINIA PAQUETTE

An MFA graduate in painting from the University of Washington, Virginia has worked and exhibited internationally. Her art frequently depicts a sense of movement and change, and is inspired by natural forms and phenomena. She recently completed an environmental installation celebrating regional history and education for the Washington State Arts Commission/Art in Public Places project, on the campus of Weatherwax High School in Aberdeen, WA.



### Oil Painting for Beginners

In this class students learn the fundamentals of perceptual-based painting with oils, gaining a knowledge of the materials and a range of approaches both historical and contemporary. Through assignments based in observation, students will explore basic concepts of painting such as composing with color, value, gesture, shape and line, as well as different ways of applying paint to canvas, panel and paper with brush and palette knife. Students will learn how to create and work from a still-life, self-portrait, as well as from each other. Kits will be available through Artist & Craftsman at a discounted price. See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.

7171 4/12/2019 - 6/14/2019 9:00AM - 12:00PM 10 ses F  
Norsworthy On Campus: AS Bldg Room 1532 \$239

### Watercolors for Everyone

This exciting, popular eight-week class offers complete beginners and intermediate students an energized, interactive and in-depth introduction to watercolor painting. The structured approach breaks down many of the elements of watercolor in an effort to enable students to approach an understanding of the materials, composition and effects of colors in their painting. The instructor will focus on the individual student's level of experience to enable them to gain the tools and abilities to discover their own personal style. Class time will be spent painting still life objects inspired by English and French painters. This is a fun and relaxed class and one of the best introduction courses in Seattle. See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list. No class on 5/25/19 due to Memorial Day.

7021 4/13/2019 - 6/8/2019 10:00AM - 12:00PM 8 ses Sa  
Schneider On Campus: CC Bldg Room 1349A \$145

### **NEW** The Art of Calligraphy: Expressive Calligraphy

Discover new and fun ways to create letters with a variety of writing tools. Our focus will be on creative play and expression rather than the intense study of an alphabet. We will break the rules of formal calligraphy by exploring projects designed to help develop new techniques toward your own personal style. You will even have an opportunity to make your own pen. For all levels of interest. **A \$15 materials fee is due to the instructor on the first day of class.**

7123 4/15/2019 - 5/13/2019 6:30 - 8:30PM 5 ses M  
Shiovitz On Campus: CC Bldg Room 3450 \$99

## 3D ARTS

### Beginning Ceramics

Transform a lump of clay into a piece of art. Using basic wheel throwing and hand-building methods, learn to create cups, bowls, boxes and more. Individualized instruction and demonstrations of the technical underpinnings will give you a strong foundation in the ceramic arts. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.* Includes four hours of open studio time on Saturday afternoon; additional open studio time can be purchased by enrolling in the Ceramics Open Studio Class. Class size is limited and the ceramics classes fill quickly. Register online or by phone to confirm there is space in the class. Mailed registration is not recommended.

7118 4/10/2019 - 6/12/2019 6:00 - 9:00PM 10 ses W  
Carter On Campus: AS Bldg Room 1630 \$249

### Intermediate Ceramics

Ignite your creativity and fashion objects in clay using the fundamental techniques of hand building and wheel work. Weekly demonstrations will alternate between wheel work and hand building, while exploring techniques such as adding color to your clay, altering work made on the wheel and creating bisque molds. Ceramics discovery awaits you. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.* **Some previous ceramics instruction is recommended.** Includes four hours of open studio time on Saturday afternoon; additional open studio time can be purchased by enrolling in the Ceramics Open Studio Class. Class size is limited and the ceramics classes fill quickly. Register online or by phone to confirm there is space in the class. Mailed registration is not recommended.

7121 4/14/2019 - 6/15/2019 11:00AM - 2:00PM 10 ses Sa  
Jackson On Campus: AS Bldg Room 1630 \$249



### GARY GEORGER

Gary is a studio potter who has been focused on functional pottery for over 15 years. Trained as a production potter, educated as a painter, and a recent graduate with a masters of ceramics and glass, he has exhibited in solo and group shows worldwide. He has presented workshops, curated gallery events and attended resident artist programs. He is excited to be teaching at North Seattle College and sharing his knowledge.



### Mudslingers: Advanced Ceramics

More clay, more ceramics savvy. Enhance your wheel-throwing and hand-building skills with more challenging forms, participate in group critiques and learn more about the ceramics process (e.g., loading, firing and glazes). Demos will be provided on demand and on the fly weekly. The course's pulse is the students' drive and interest in pursuit. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.* Includes four hours of open studio time on Saturday afternoon; additional open studio time can be purchased by enrolling in Ceramics Open Studio Class. Class size is limited and the ceramics classes fill quickly. Register online or by phone to confirm there is space in the class. Mailed registration is not recommended.

7119 4/11/2019 - 6/13/2019 6:00 - 9:00PM 10 ses Th  
Georger On Campus: AS Bldg Room 1630 \$249

### Ceramics Open Studio

Need extra time to work on your ceramics pieces? This open studio time is an opportunity to work in the Ceramics studio at your own pace. No demos or instruction, just self-directed work and practice time. This open studio class is only open to students who concurrently enroll in a Continuing Education ceramics class at North Seattle College. Space is limited.

7180 4/15/2019 - 5/27/2019 6:00 - 9:00PM 7 ses M  
Staff On Campus: AS Bldg Room 1630 \$49

7181 4/19/2019 - 5/31/2019 1:00 - 4:00PM 7 ses F  
Staff On Campus: AS Bldg Room 1630 \$49

### Beginning Jewelry Fabrication

Learn basic metal fabrication and silver soldering techniques used in creating finished jewelry pieces. Work with non-ferrous metals and stones to produce your own jewelry design. Price includes lab fee. *Section 7032: See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.* No class on 5/24/19. *Section 7031: Supply list will be provided at first day of class.*

7032 4/5/2019 - 6/14/2019 6:30 - 9:30PM 10 ses F  
Lowther On Campus: AS Bldg Room 1633 \$249

7031 4/9/2019 - 6/11/2019 6:30 - 9:30PM 10 ses Tu  
Graham On Campus: AS Bldg Room 1633 \$249

### Jewelry Open Studio

Practice your jewelry making skills in this open studio format. Enjoy camaraderie and artistic accomplishment by working with other experienced jewelers. **Must have taken North Seattle Beginning Jewelry class or equivalent.** No class on 5/22/19.

7030 4/10/2019 - 6/12/2019 6:30 - 9:30PM 9 ses W  
Foy On Campus: AS Bldg Room 1633 \$229

### Polymer Clay Workshop

Learn to make customized tools, polymer clay pendants, beads, earrings, buttons, sculpture, boxes, etc. Explore creating textures and patterns using rubber stamps, found objects, cookie cutters, stencils, acrylic paint, mica powders and more. Learn to prep clay, mix and blend colors, how to construct and cut items, bake, polish, and seal your clay pieces. Go home with original art ready for wear or display. **A \$10 materials fee is due to instructor on the first day of class.** See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.

7034 4/23/2019 - 6/11/2019 10:00AM - 1:00PM 8 ses Tu  
Arnold On Campus: CC Bldg Room 1349A \$199

## PHOTOGRAPHY

### Photography Basics: Techniques and Art

Learn to use your DSLR or digital mirrorless camera's full creative potential. This introductory color class will cover the basics of camera operation: f-stops, shutter speeds, iso, white balance, lenses, exposure & metering, filters, flash and more. **Bring your digital DSLR or digital mirrorless camera that can be put fully on manual to class (no point and shoot cameras; contact instructor if unsure). A tripod is recommended.** Class includes two Sunday afternoon field trips on April 7 and 14 (details given in class). Instructor's work has appeared in National Geographic publications. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7019 4/6/2019 - 4/27/2019 8:30 - 10:30AM 4 ses Sa  
Stahl On Campus: CC Bldg Room 3459 \$149

### Camera Basics: What's That Button For?

Finally. Discover how to get out of your DSLR camera's auto mode and into using your camera to its full potential. Learn how to use the manual controls on your digital camera to take phenomenal photos. This course is great for beginners who are looking to take their photography to the next level. **Bring your digital camera.**

7191 5/14/2019 - 6/4/2019 6:30 - 9:30PM 4 ses Tu  
Saber On Campus: CC Bldg Room 3459 \$179

**I liked that we were sent the weekly lesson via email. The materials given were great visual representations as well as easy to remember tricks and tips. The atmosphere was always respectful & encouraging. This class was never dull; always full of questions that encouraged our brains to understand light and ways to dance with it.**

— Jennifer L. on Camera Basics: What's That Button For? with Leslie Saber



### Intermediate Photography: Photographic Composition

Develop an eye for photographic composition that is compelling and creative. This color photography class will interest those with a digital DSLR camera or digital mirrorless camera. The class will emphasize the basic design elements of color and form (line, shape, texture and depth). **Tripod required.** Class includes two Sunday morning field trips on April 7 and 14 (details given in class). Instructor's work has appeared in National Geographic publications. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7018 4/6/2019 - 4/27/2019 10:40AM - 12:40PM 4 ses Sa  
Stahl On Campus: CC Bldg Room 3459 \$149

### NEW Advanced Lightroom for Photographers

Take your Lightroom knowledge and skills to the next level to save time and devote more energy to taking photos instead of editing them. Discover Lightroom's shortcuts, secret tools and new strategies to organize your photos in the Library module while receiving hands-on practice with the Develop module. Manage your own presets, save time by automating those adjustments you repeatedly make and customize filters superior to anything on Instagram. Learn to make beautiful black and white variations, edit portraits for beauty and explore creative landscapes. **For students with a basic understanding of Adobe Lightroom. Bring your own laptop to class with a newer version of Lightroom installed, either Adobe's Lightroom CC Classic or the numbered version of the purchased software, not the CC mobile version.** See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7177 4/20/2019 - 5/11/2019 9:00AM - 1:00PM 4 ses Sa  
Saber On Campus: CC Bldg Room 3352 \$255

### NEW Secrets of Travel Photography: Weekend Safari

Want to take great travel photos while enjoying your trip? In this weekend workshop you will learn from an award-winning professional photographer the secrets of how to best capture your trip, and then apply what you learned by traveling to an exotic Seattle location. No prior photo experience or fancy camera required. (Although it helps to have both.) Camera phones and novices are welcome. Off campus meeting location to be announced in class.

7185 6/8/2019 - 6/9/2019 9:00AM - 1:00PM 2 ses Sa,Su  
Saber On Campus: CC Bldg Room 3459 \$149



## DRAMA

### Improv for Everyone

Many of today's comedic actors from feature films and TV have one thing in common: a background in improv comedy. Whether your aspirations are for Hollywood, the stage, or just to be the funniest person in the room, Improv for Everyone is a great place to start. In this class, you will play warm-up games and learn to improvise comedic scenes with partners. No experience is necessary; just a willingness to play and have fun!

7088	4/9/2019 - 5/21/2019	7:00 - 9:00PM	7 ses	Tu
Lee	On Campus: LB Bldg Room 1132			

## MUSIC

### Beginning Guitar 1

Pick up the guitar and play. Learn chords, strum patterns, tablature and notes while learning songs. Pick up some basic theory. Learn the Blues. In this comfortable class environment, have fun while learning the fundamentals that make guitar playing rewarding. **Bring your acoustic guitar and required books to class. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. A \$10 materials fee is due to the instructor on first day of class.**

7063	4/17/2019 - 6/5/2019	7:00 - 9:00PM	8 ses	W
Zangar	On Campus: CC Bldg Room 1254A			

### Beginning Guitar 2

Take your guitar playing to the next level. This course continues with the basic techniques learned in Beginning Guitar I. More strumming patterns, picking patterns and chords useful for contemporary songs and classics as well. Learn some more Blues techniques and improvise on the form. **Prerequisite: Beginning Guitar 1 or the ability to play open chords and basic note reading skills. Bring your acoustic guitar and required books to class. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. A \$10 materials fee is due to the instructor on the first day of class. No class on 5/25/19 due to Memorial Day.**

7064	4/13/2019 - 6/8/2019	9:30 - 11:30AM	8 ses	Sa
Zangar	On Campus: CC Bldg Room 1254A			

### Beginning Piano

Anyone can learn to play Chopsticks, but wouldn't you like to learn how to play piano properly? Learn to read and play music from the very start. This class is designed for the absolute beginner as well as repeat students. New students with previous piano experience should contact the instructor at [henry\\_pet@msn.com](mailto:henry_pet@msn.com) to assess your level. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. Piano practice rooms are available for students to use during the evenings.

7071	4/9/2019 - 6/11/2019	7:00 - 8:30PM	10 ses	Tu
Henry	On Campus: LB Bldg Room 1228			

### Jazz Piano Intensive

Have you ever wanted to see the keyboard through the eyes of a professional piano player? Do you dream of the day you play like a seasoned pro? Skip years of studying music that leaves you uninspired and discover the priceless secrets of the professional jazz pianist. Aimed at students serious about jazz piano and willing to invest the time it takes to advance. For people who have taken classical piano and/or have some experience with jazz piano. **A \$25 materials fee is due to the instructor on the first day of class.** Piano practice rooms are available for students to use during the evenings. No class on 5/27/19 due to Memorial Day.

7066	4/8/2019 - 6/3/2019	7:00 - 8:30PM	8 ses	M
Willrich	On Campus: LB Bldg Room 1228			

### Jazz Ensemble

Practice and perform in concert the newest big-band arrangements which cover all styles of big-band jazz. This class combines talents of professional and student musicians in the big-band experience. Membership is by audition only; registration is required within 10 business days of the first class session.

7067	4/3/2019 - 6/5/2019	8:00 - 10:00PM	10 ses	W
Radke	On Campus: LB Bldg Room 1142			





## GARDENING

### **NEW** Bonsai for Beginners **S**

This class offers an introduction to the art of Bonsai (Penjing) gardening. You'll learn from a master how to create and maintain your first bonsai. Class covers the care required, soil, fertilization, appropriate trimming and the use of wires to control the shapes of the branches and trunks. (Bonsai plant and dish available for optional purchase for a \$30 materials fee.) Class meets off-campus at South Seattle College, 6000 16th Avenue SW.

7193	4/20/2019 - 4/20/2019	10:00AM - 1:00PM	1 ses	Sa
Cho	LHO Bldg Room 3			\$49

## MAINTENANCE

### Basic Hands-On Home Repair and Maintenance

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about tools, how to work with electrical outlets, switches and lighting; plumbing, faucets and wall repair. Get an overview of door and window installation, home security, insulation, weatherization and remodeling. You will leave feeling confident in performing your own home repairs. **A \$45 materials fee is due to instructor on first day of class.** No textbooks are needed but a general home repair book (Readers Digest, Black & Decker, etc.) might enhance class demos.

7125	4/10/2019 - 4/17/2019	6:00 - 9:30PM	2 ses	W
Marx	On Campus: CC Bldg Room 1349A			\$119

See page 33 for off-campus class locations. The **C** & **S** in class descriptions indicate the following locations:

**C** = Seattle Central College    **S** = South Seattle College

### Basic Carpentry and Woodworking

Do you have power tools and want to learn to use them safely and effectively? Learn the basics of joinery, jigs, materials, methods and project design in a woodshop. After selecting your materials, apply everything you've learned to safely use hand and power tools in the construction and assemblage of a "toolbox." **A \$45 materials fee is due to the instructor on first day of class and includes use of all tools, materials and lumber for your first project.** Emailed directions will be provided a few days before the start of class. Class meets from 6:00-9:30 pm on 4/11 and from 6:00-9:00 pm on 4/18 and 4/25/19.

7126	4/11/2019 - 4/25/2019	Varies	3 ses	Th
Marx	University of Washington Art Bldg, Room 117			\$199

### Personal Organizing and Clutter Clearing

Feeling overwhelmed by objects and papers in your home? Learn to create rooms and systems that support you rather than drain you. Using Clutter Assessment clearing and organizing principles, we'll break old patterns and learn new skills. Find that letter, reclaim the counter tops and align your inner and outer worlds. We will create strategies for change and discuss concrete methods of tackling clutter and chaos.

7117	5/14/2019 - 5/21/2019	7:00 - 8:30PM	2 ses	Tu
Ross	On Campus: CC Bldg Room 3345			\$45

### A Healthy Home

Using the Whole-House Approach to energy efficiency, students will learn about the interactivity of the house's systems: plumbing, electrical, insulation, ventilation, chimneys, air sealing and more. With student house issues as a platform, we will discuss the nature of household air, water and heat to create energy and indoor air quality solutions. Students will learn to think differently about housing structure energy use and make their homes better places to live.

7113	5/23/2019 - 6/13/2019	6:30 - 8:00PM	4 ses	Th
Gregory	On Campus: CC Bldg Room 3345			\$95





## COOKING

### NEW Baking Basics: Sweet and Savory

Love to bake or wish to try but need a little help with demystifying the process? Explore specific techniques and ingredient knowledge to help you along in your baking journey—quick breads, muffins and scones, yeast doughs/focaccia/calzones, cakes, plain and fancy, European buttercreams and more. We will demystify baking terms, decipher myths and introduce you to the tools you need to jump into your own creations at home. Each class will produce a plethora of baked samples to try. **A \$40 materials fee is due to the instructor on the first day of class.**

7186 4/17/2019 - 5/1/2019 6:00 - 9:00PM 3 ses W  
Brownstein Kitchen Coach Cooking School \$135

### NEW Culinary Geographic: Northern Mediterranean

Take a culinary tour to the sunny countries of the Mediterranean: Italy, Spain, Greece and Cyprus. These are ancient cultures steeped in tradition and devoted to culinary generosity and hospitality evident in every recipe. Learn to make homemade pasta, Tapas, spreads, grilled kebobs, spice mixes and more as we create our evening meal and explore the rustic and delicious food from these countries. This is a hands-on class. **Bring an apron and your appetite, class includes a full evening meal. A \$40 materials fee is due to the instructor on the first day of class.**

7188 5/14/2019 - 5/28/2019 6:00 - 9:00PM 3 ses Tu  
Brownstein Kitchen Coach Cooking School \$135

“(W)e cooked together to practice what we just learned and the teacher was always nearby to give us advice and help. Great class!”

— Nathalia C. on Knife Skills with Debra Brownstein

### NEW Persian Cooking

Discover this delicious, healthy cuisine full of traditional bold flavors and colors. In this hands-on 3-session class, you'll prepare these popular dishes: Zereshkpolo Morgh (Saffron rice with barberry along with Chicken Kabob); Gheimh, a stew with the option of meat, as well as saffron rice and Tahdig (Golden crust); and Koofteh, Persian meatballs with a vegetarian option. You will share a wonderful meal at the end of each class. Learn which spices and seasonings make this cuisine distinctive and impress your friends and family with wonderfully delicious new dishes. **A \$35 materials fee is due to the instructor on the first day of class.**

7120 5/5/2019 - 5/19/2019 11:00AM - 1:30PM 3 ses Su  
Majedi On Campus: CC Bldg Room 1259A \$115

### Knife Skills

Julienne, chiffonade, brunoise, chop, slice, dice... learn the difference between these terms plus: parts of a knife, how to hold a knife, which knife for which task and how to care for your knives. This class will revolutionize the way you use your most important kitchen tool. **Bring an apron, a knife to sharpen and your appetite.** We will put our new skills to the test in the preparation of a dinner feast! Suitable for vegetarians. **A \$20 materials fee is due to the instructor in class; includes a meal.**

7187 5/7/2019 - 5/7/2019 6:00 - 9:00PM 1 ses Tu  
Brownstein Kitchen Coach Cooking School \$49  
7190 6/12/2019 - 6/12/2019 6:00 - 9:00PM 1 ses W  
Brownstein Kitchen Coach Cooking School \$49

## DESSERTS

### Cupcake Decorating: Flowers and Borders

Discover how to pipe great flowers and borders in buttercream to give that perfect finishing touch to your cupcakes. Flower decorations include: Sweet Pea, Rosebud, Half Rose and Sunflower. **Bring an apron, scissors, a pen or pencil, a Ziploc bag for taking home used utensils and a box/container for taking your decorated cookies home. A \$20 materials fee is due to the instructor in class.**

7040 4/27/2019 - 4/27/2019 10:00AM - 12:30PM 1 ses Sa  
Garcia On Campus: CC Bldg Room 1349A \$45







## Royal Icing Flowers Decorating

Learn to use royal icing to create wonderful flowers in a fun and decorative way. With these techniques you will be able to give your cakes, cupcakes, or cookies that perfect finishing touch. The techniques you learn can also be done with buttercream. **Bring an apron, scissors, a pen or pencil, a Ziploc bag for taking home used utensils and a container for taking your finished flowers home. A \$20 materials fee is due to the instructor in class.**

7039 6/1/2019 - 6/1/2019 10:00AM - 12:30PM 1 ses Sa  
Garcia On Campus: CC Bldg Room 1349A \$45



## WINE & SPIRITS

### Japanese Whisky

Japan has a rich whisky tradition dating back to the mid-19th Century. Originally modeling their industry after Scottish distilleries, the Japanese evolved their own whisky styles and expressions. Join us to taste a selection of Japanese whiskies and learn about their history, distillation, culture and how these beverages took the whisky world by storm. **Students must be 21+. You may wish to eat prior to class. A \$20 materials fee is due to instructor in class.**

7170 4/22/2019 - 4/22/2019 6:30 - 8:30PM 1 ses M  
Gronbeck, LeClaire The Barrel Thief Wine and Whiskey Bar \$39

“The hands-on practice was great. It let you build confidence as you went. My friends are actively looking forward to my next party.”

– Karl N. on Professional Bartending with Leianne Ronnestad

See page 33 for off-campus class locations. The **C** & **S** in class descriptions indicate the following locations:

**C** = Seattle Central College **S** = South Seattle College

### A Wine Tour of Italy

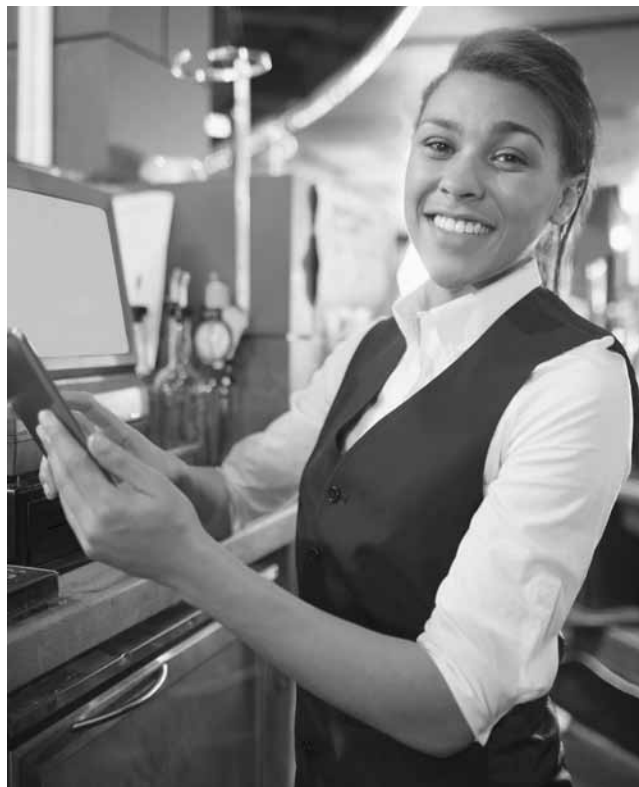
Italian wine is as beautiful and diverse the country itself! We'll taste wines from the most famous regions of Italy, as well as some more obscure wines. We'll learn about Italy's rich wine heritage, which reaches back thousands of years. **Students must be 21+. You may wish to eat prior to class. A \$20 materials fee is due to instructor in class.**

7168 5/6/2019 - 5/6/2019 6:30 - 8:30PM 1 ses M  
Gronbeck, LeClaire The Barrel Thief Wine and Whiskey Bar \$39

### Professional Bartending for Fun and Profit

Become a professional bartender. Learn how to mix, measure and master more than 400 of today's most popular cocktails—Mai Tais, Mojitos, Electric Iced Teas, Margaritas, Cosmopolitans, Martinis, Manhattans, coffee drinks and more. Fun, hands-on class. Professional pouring, shaking, layering, bartending terms, increasing tips, bar promotions, job searching and more. No prior liquor knowledge required; **must be 18+**. Home Entertainers—be the life of the party and impress your friends and co-workers with your new skills! **A \$20 materials fee is due to instructor at first class for textbook and ice.**

7089 4/25/2019 - 5/16/2019 6:00 - 9:00PM 4 ses Th  
Ronnestad On Campus: CC Bldg Room 1349A \$189



“ I really liked this class because the instructor has a contagious energy and makes you enjoy being there. She always has a smile on her face and makes you feel comfortable. She showed her knowledge about Zumba in each class. With good music in Spanish and English she motivated us in each routine. I can't wait for the summer quarter to re-enroll. ”

– Maryis M. on STRONG by Zumba® with Michelle IhlanGehman

## EXERCISE

### Core Matters Pilates for Both Men and Women – Level 1

Create strong, toned abdominals, while adding definition to your arms, legs and seat in this supportive, non-competitive workout. Pilates elongates, strengthens and aligns the muscles, joints and fascia of the body. Safely stretch those tight hips and lower back. Awaken a new sensibility to established movement patterns that may unwittingly be causing chronic pain. Your instructor is upbeat and STOTT Pilates® certified. **Bring a Pilates mat and two- or three-pound hand weights.** No class on 5/7/19.

7028 4/9/2019 - 6/18/2019 6:30 - 7:30PM 10 ses Tu  
Mattheiss Magnuson ParkView Ridge Room \$169

### Core Matters Pilates for Both Men and Women – Level 2

Level 2 Pilates builds on the endurance, flexibility and balance challenges of the Level 1 series. This efficient, varied and dynamic full body workout will tone you, energize you and improve your posture. The Spring series will incorporate the use of the Stability Ball, a portable prop that adds intensity and coordination challenges to familiar mat work exercises. Working on the ball requires muscles and fascia throughout the body to stretch and strengthen, working together to promote elasticity. Instructor is trained in the STOTT Pilates® method. **Bring a Pilates mat, stability ball and light hand weights.** No class on 5/8/19.

7029 4/10/2019 - 6/19/2019 6:30 - 7:30PM 10 ses W  
Mattheiss Magnuson ParkView Ridge Room \$169



Instructor Michelle Ihlan

### Strength and Conditioning

Come get fit and have a blast! Interval training blends strength and cardiovascular circuits using body weight, dumbbells and a variety of equipment. This 90-minute class provides full body conditioning and will target strength, balance, cardio and flexibility. This workout is loaded with functional exercises designed to give you the ultimate challenge. All levels welcome. Class includes membership to Wellness Center for the quarter. **Bring a water bottle and towel and be ready to get strong.**

7006 4/9/2019 - 6/13/2019 6:00 - 7:30PM 20 ses Tu,Th  
Ihlan On Campus: WC Bldg Room 0827D \$249

### STRONG by Zumba®

Welcome to music-led interval training! Are you looking for a challenging, high-intensity interval training workout? You've come to the right class. This class, through music, is crafted to drive the intensity in a challenging progression that provides a total body workout. The result? Total body fitness. You'll move in sync to music, making you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone and definition, and you will experience an increased afterburn. **Bring a towel and water bottle to class.** Class includes a membership to the Wellness Center. No class on 5/8/19.

7007 4/10/2019 - 6/12/2019 6:30 - 7:30PM 9 ses W  
Ihlan On Campus: WC Bldg Room 0827D \$89

### Zumba®

Zumba® is an energetic class that combines Latin dance styles with cardio for a body-sculpting workout. With easy-to-follow dance steps, the class fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat. No dance experience needed. **Bring a water bottle, comfortable athletic shoes, your energy and your smiles.** No class on 5/26/19 due to Memorial Day.

7008 4/7/2019 - 6/16/2019 9:00 - 10:00AM 10 ses Su  
Henricksen Greenwood Masonic Lodge \$120



## DANCE

### Beginning Ballroom and Swing

Move over Fred and Ginger. The perfect class for the beginning dancer or for those wishing to enhance their dancing abilities. Learn the basics and more to popular dances, including but not limited to foxtrot, tango, waltz, salsa, rumba, cha cha and swing. This course will prepare you for the social dance floor – nightclubs, weddings and parties. Singles and couples welcome. **Wear comfortable shoes.**

7027	4/18/2019 - 6/6/2019	6:30 - 8:00PM	8 ses	Th
Boarman	Magnuson Park Matthews Beach Room \$175			

### Belly Dance Blast

Get ready to sweat, shimmy and have fun. Belly Dance Blast is an electrifying dance fitness program that pairs moves with Top 40 Music hits and Modern Arabic Beats. Learn basic alignment and posture, isolations, variations of Figure 8s, shimmies and hip circles, undulations, belly rolls, graceful arms, fun dance combos and much more. Belly dance is a powerful way to be in your body, strengthen the core and embrace the dancer in you. Let's dance! **Dress in a comfortable tank top and yoga pants. Bring pen and notebook to take notes of the dance moves learned in class.** Class includes membership to Wellness Center for the quarter. No class on 5/27/19 due to Memorial Day.

7026	4/8/2019 - 6/3/2019	6:30 - 7:45PM	8 ses	M
Jovan	On Campus: WC Bldg Room 0829F \$125			

### **NEW** Single and Triple Time Swing

Love to dance and want to Swing? In this beginning class you'll learn the basics of Single and Triple Time Swing plus styling moves perfect for its moderate tempo music. Learn and practice fun and exciting moves. We'll break down each move so it's easy to learn. **Wear comfortable shoes.** No previous experience or partner required.

7017	4/18/2019 - 5/23/2019	6:30 - 7:30PM	6 ses	Th
Lykes	Phinney Neighborhood Center Room 2 \$75			

### Argentine Tango: Experience the Passion!

Learn how to dance Argentine Tango with one of Seattle's most experienced dance teachers. Come learn about the culture of Tango, get comfortable social dancing, meet great people and have lots of fun. No experience or partner required. **Wear casual, comfortable clothing and clean, flat or low-heeled shoes.**

7094	4/23/2019 - 5/28/2019	6:30 - 7:30PM	6 ses	Tu
Badion	Suenos De Salsa Dance Studio \$75			

## MOVEMENT

### Beginning Tai Chi (Grasping the Sparrow's Tail)

Learn one of the best forms of low impact exercise for health and longevity. Increase flexibility and strength by learning this slow flowing movement meditation. Experience deeper self-awareness, improved balance and mental concentration, as well as increased physical energy. Tai Chi is beneficial for all. All students of Beginning Tai Chi are required to complete Section One of the solo form, before advancing to the Continuing class. Class includes membership in the Wellness Center for the quarter. No class on 5/25 due to Memorial Day.

7003	4/6/2019 - 6/15/2019	9:10 - 10:40AM	10 ses	Sa
Sharp	On Campus: WC Bldg Room 0827D \$135			

### Continuing Tai Chi (Grasping the Sparrow's Tail 2)

Our focus is to complete and refine the long form, which consists of four sections containing about 45 postures each. Partner drills and beginning pushing hands enhance each student's comprehension of the subtle and profound nature of Tai Chi Chuan. **For students who have completed Beginning Tai Chi and wish to learn more.** Class includes membership in the Wellness Center for the quarter. No class on 5/25 due to Memorial Day.

7004	4/6/2019 - 6/15/2019	10:45AM - 12:15PM	10 ses	Sa
Sharp	On Campus: WC Bldg Room 0827D \$135			





### Sustaining Vitality Qigong: Gathering Qi from Nature

Feel better and more energetic by practicing daily exercises that nourish health and vitality. Spring is the time to wake up the sleeping energy of Winter with Qigong. Qigong is the study of breathing, meditation and movement exercises that have been practiced by the Chinese people since ancient times to maintain their health and vitality. Learn to tap into the resources of nature to increase physical strength, flexibility and vitality, in this fun and informative class. Qigong is appropriate for most age groups and abilities.

7002 4/9/2019 - 5/28/2019 7:00 - 9:00PM 8 ses Tu  
Sharp Phinney Neighborhood Center Room 5 \$129

### Self-Healing Qigong and Meditation

Learn the healing movements of Sheng Zhen (“shung jen”), a dynamic meditation and energy cultivation practice for opening the heart and connecting your own life force with unconditional love and the qi (“chee”) of the whole universe. Through this meditation in motion, we release stagnant, murky qi (life-force energy) and bring in fresh pure healing energy for greater health and well-being. In addition to physical benefits, you will discover emotional benefits such as feeling happier and more at peace. There are ten movements, all of which can be modified to fit your fitness and comfort level. **Wear comfortable clothing and bring a bottle of water.**

7035 4/24/2019 - 6/12/2019 10:00 - 11:15AM 8 ses W  
Gould On Campus: CC Bldg Room 1353A \$89

“ I really appreciated the instructor’s deep knowledge regarding this subject and his personable method of presenting a rather intuitive and fluid subject in an understandable manner. He is also a very gentle person, which encouraged open friendly class participation. Oh, did I mention, I gained a valuable new awareness of how I use my body to encourage health and reduce stress. ”

– Susan W. on Learning in Action – An Introduction to the Alexander Technique with Stacy Gehman

### Learning in Action – An Introduction to the Alexander Technique

Developed by FM Alexander, this educational process helps you undo adverse postural habits and avoid unneeded muscular and mental tension. Through delicate guidance in activities of their choosing, students will discover efficient, effective and more fun ways of doing their daily, professional and recreational activities. Students will gain a greater understanding of themselves— anatomically, in movement and how to use awareness and constructive thinking to make ongoing personal improvements.

**Wear comfortable clothing.** No class on 5/2/19.

7038 4/11/2019 - 5/23/2019 7:00 - 8:30PM 6 ses Th  
Gehman On Campus: CC Bldg Room 3349 \$89

## YOGA

### NEW Yoga for Everyone

Fix, refine and sustain the body you have. Practice yoga poses that energize the organic body by heating up the muscles and moving the joints. Feel encouraged and supported while immersing yourself in a physically challenging, progressive and well-paced process. Physical limitations and challenges will be addressed. This class is ideal for beginning and continuing yoga students. **Bring a yoga mat to class.** Class includes membership to Wellness Center for the quarter. No class on 5/2/19.

7189 4/11/2019 - 6/6/2019 8:00 - 9:15AM 8 ses Th  
Bernstein On Campus: WC Bldg Room 0827D \$135



### TARA BERNSTEIN

Before turning to Yoga, Tara pursued a career in dance choreography for 20 years. Upon discovering Yoga, she traveled to India and attended the Iyengar Yoga institute in Pune. She began teaching yoga at Seattle’s University Family YMCA and presently is the Director of University District Yoga. Encouraging students to connect the mind to the body is one of her teaching goals, as well as sharing the art, science and philosophy of yoga.



## CRAFTS

### Beginning Sewing

No more struggling through sewing projects; learn to sew the fun and easy way. Practice pattern reading, choosing the right fabrics and laying out fabric to create a finished piece you can be proud of. Whether you want to redecorate your home, make crafts or clothes, we'll get you stitching in the right direction. Fabric and patterns provided for the first two projects. **At the first session, instructor will provide a guide to assist in the fabric purchase for the final apparel project; students are responsible for purchasing fabric for this final project. Bring your sewing machine in good working order, power cord, foot control, bobbins and operators manual (if available), sharp scissors, tape measure and straight pins. A \$25 materials fee is due to instructor on first day of class. See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.** No class on 5/27/19 due to Memorial Day.

7024	4/15/2019 - 6/10/2019	6:30 - 9:00PM	8 ses	M
Johnson	On Campus: CC Bldg Room 1360			\$179

### **NEW** Make Spring Gifts with Aromatherapy and Essential Oils

Learn to create sumptuous gifts for springtime: sweet orange and cocoa butter lip balm, foaming hand soap, healing Helichrysum facial serum, floral perfume, vanilla coffee body scrub and coconut and lime body balm. These are the perfect self-care gifts—to give or to keep!

7164	4/20/2019 - 4/20/2019	10:00AM - 2:00PM	1 ses	Sa
Buck	On Campus: CC Bldg Room 1349A			\$55

### **NEW** Make Your Own Mineral Foundation

Learn how to make your own clean beauty mineral foundation powder. Use minerals and pigments to create the perfect shade of foundation to match your unique skin tone. Learn about the ingredients used in mineral foundation and all the tricks and trade secrets of blending and using mineral foundation. **A \$10 materials fee is due to the instructor in class.** You will leave with a mini custom-made foundation powder.

7128	5/18/2019 - 5/18/2019	1:00 - 3:00PM	1 ses	Sa
Buck	On Campus: CC Bldg Room 1442			\$29

## NATURE & SCIENCE

### Birdwatching: Welcome Back the Migrants!

May is the month of migration. Thousands of colorful birds are returning to the Pacific Northwest from their winter hiatus in the South. Their songs and colors will rain down from the trees. This is your opportunity to develop a deeper understanding of the skills employed in birding and learn to identify common species of Pacific Northwest migratory birds by sight and sound. Class meets on campus on Thursday 5/16 from 6:30-9:00 pm and the carpooling field trip is on Sunday, 5/19 (details given in Thursday class). Travel related expenses will be shared among driver and passengers.

7101	5/16/2019 - 5/19/2019	Varies	2 ses	Th, Su
Rose	On Campus: CC Bldg Room 3345			\$99

### Geology Adventuring in the Puget Sound Region

The Seattle landscape supports a rich geologic past that includes huge ice sheets, mega-earthquakes, explosive volcanoes and massive floods that left their signature on our mountains, hillsides, shorelines and the ground beneath our feet. Join us for a user-friendly introduction to the geology in our neighborhoods and skylines. Learn how to identify our rocks and fossils and what they tell us about Seattle's past, present and future. Then take your new expertise for a test run with a field trip to the beautiful cliffs of Discovery Park to interpret and appreciate the dynamic scenery left behind by recent ice ages. Class meets on campus on Thursday, 6:00-9:30 pm with a field trip on Saturday to Discovery Park (subject to change; details given in Thursday class). **The field trip includes a short hike down to the beach at the park.**

7012	5/16/2019 - 5/18/2019	6:00 - 9:30PM	2 ses	Th, Sa
Braziunas	On Campus: CC Bldg Room 3353			\$79

### **NEW** Introduction to Oceanography

Explore the unique physical and biological properties of the world's oceans with this basic survey of oceanography. We'll cover the history of ocean exploration, the geology of the ocean floor, lives of marine organisms, the weird properties of water, currents, waves and tides and ocean pollution. Class includes an optional two-hour field trip to the Seattle Aquarium on Saturday morning 5/18 (**entry fee not included**).

7132	4/17/2019 - 5/22/2019	6:30 - 8:00PM	6 ses	W
Easterday	On Campus: CC Bldg Room 3345			\$105





## PERSONAL

### Self Defense 101 for Women

Research shows that women who have successfully defended themselves, quickly recognized threatening situations and enforced their boundaries, using physical means if necessary. During this comprehensive self-defense course, you'll learn to recognize ploys and manipulation, releases from common grabs, use your body language and voice to deter attacks, assess risks and more. Price includes materials fee. Class meets off-campus at Seattle Central College, 1701 Broadway.

7173	4/15/2019 - 5/20/2019	7:00 - 9:00PM	6 ses	M
Factor	Broadway Edison (BE) Bldg Room TBA			\$189

### Mindfulness Meditation for Busy Working People

Freedom from anxiety and worry can come from incorporating small moments of stillness into your everyday life. Join a supportive environment offering proven practices like mindful breathing, standing and walking that engage all of your senses for energy and joy. We'll enjoy self-compassion practices that allow you to step out of negative thoughts and bring deep care to yourself and others. Based on the classic Kabat-Zinn Mindfulness-Based Stress Reduction (MBSR) course, instructor Andrea D'Asaro offers a streamlined course for people in high-stress jobs such as nurses, doctors, parents and teachers—or for anyone who needs more moments of calm in their daily lives. **Bring a snack and a cushion or yoga mat.**

7081	4/9/2019 - 4/30/2019	6:30 - 8:30PM	4 ses	Tu
D'Asaro	On Campus: CC Bldg Room 1360			\$79

See page 33 for off-campus class locations. The & in class descriptions indicate the following locations:

= Seattle Central College    = South Seattle College

“The instructor is highly qualified to teach this class, not only for her knowledge of mindfulness, but for the warmth of personality, creating a secure and calm learning experience.”

– Dan B. on *Mindfulness for Busy Working People* with Andrea D'Asaro

### Something Has to Change!

Do you find yourself repeating the same patterns in life? Do you wish you could change? Do you ask yourself, “Why is it so hard to make the changes I want to make?” You have tried, but determination and willpower don't seem to work. That's because we possess a hidden, internal dynamic that insists on “protecting” us from change—particularly those changes we want to make for the better. This class uses Immunity to Change™, a fascinating new life-coaching method developed by Harvard faculty and championed by the world's leading coaches. Take a close look at how to start overturning your “immune system” and go from feeling stuck to feeling free. Course is offered in a small group coaching format and requires time for “homework” outside of class (minimum half hour per week). On 4/23 class meets 6:30-9:30 pm. All other class times are 6:30-8:30 pm.

7137	4/16/2019 - 6/4/2019	Varies	8 ses	Tu
Navin	On Campus: CC Bldg Room 3460			\$205

### Investment Basics: Finding Your “Inner Investor”

In many ways, professionals on Wall Street are a lot like the Wizard of Oz. Go behind the curtain and understand what is really going on in the bewildering world of investing. Study fundamental and technical analysis strategies and techniques, bonds, mutual funds, options, futures and winning strategies for retirement. No prior financial/investing experience or accounting background is needed. Leave with the knowledge and confidence to manage your own investments.

7023	4/18/2019 - 5/23/2019	6:30 - 8:30PM	6 ses	Th
Goodwin	On Campus: CC Bldg Room 3449			\$149



### HANNAH SMITH

Hannah is a Licensed Mental Health Therapist and Certified Group Psychotherapist with nearly 20 years of experience and Master's degrees in Special Education and Counseling Psychology. She has an engaging communication style and can convey difficult information in a compassionate and understandable manner.



### **NEW** Neuroscience, Memory and Emotion

Many of us struggle with our emotions and are often left feeling overwhelmed, empty or helpless. Learn cutting-edge brain science and understand the impact of memory and emotions on well-being. We will take a close look at the impact of neurobiological influences as well as whole-body approaches to managing emotions. This dynamic and interactive workshop will enhance your understanding of why we do what we do and improve your ability to make healthy choices. Unpack the complicated relationship between neurobiology and our emotions in understandable terms while gaining greater insight into yourself as a whole person. This class offers up to 9 CEUs for licensed therapists, social workers and LMFTs. **A \$5 materials fee is due to the instructor on the first day of class.**

7192 4/23/2019 - 5/7/2019 6:00 - 9:00PM 3 ses Tu  
Smith On Campus: CC Bldg Room 3345 \$125

### Finding the Work You Love, Finding the Life You Love

Finding the Work You Love is about finding YOU—your creativity and zest for life. Find what makes your heart sing and build your life around it. This course delves into four explorations: How to discover what fulfills you? How to translate what you enjoy into real-life opportunities? What obstacles stop you from pursuing your dreams? And how do you deal with these obstacles? **A \$15 materials fee is due to the instructor on first day of class.**

7036 4/24/2019 - 6/12/2019 7:00 - 9:00PM 8 ses W  
Schenker On Campus: CC Bldg Room 3350 \$145

### **NEW** Therapeutic Massage for Couples

Designed for partners looking to aid themselves and their intimates with basic massage techniques to relieve stress, improve physical comfort and foster intimacy. Gain experience in proper body mechanics for injury prevention. Taught by a licensed massage therapist, you will explore traditional Swedish massage techniques to care for another person through touch, including the three basics approaches: Effleurage, Petrissage and Tapotement. **Bring a yoga mat, three pillows and wear comfortable, loose-fitting clothing.** Massage will be done fully clothed. Learn by observing instructor demonstrations and Q&A practice time with hands-on corrections as requested. You will receive printed reference material along with sample massage lotions and oils. **A \$5 materials fee is due to the instructor on first day of class. Please note: each person in the pair is required to register and pay for the class.**

7169 4/27/2019 - 5/11/2019 10:00 - 11:30AM 3 ses Sa  
Brenth On Campus: CC Bldg Room 1353A \$89

### 8 Steps to Peace of Mind: A Journey into Meditation

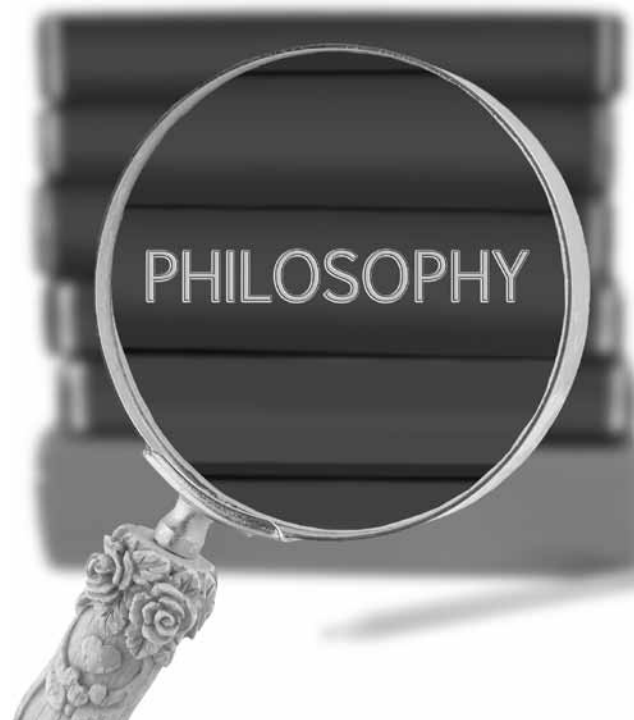
Is your mind too active, producing worries and anxiety? Behind the chatter, there is silence and stillness waiting for you. It is like “coming home” to who you really are without the mind’s interference. Learn easy ways to move into spaces of relaxation, self-acceptance and awareness. Explore eight steps that help connect you to your heart and your being. Beginners and seasoned meditators welcomed! Taught by a certified meditation facilitator with over 38 years experience. **Bring a pen and notebook to class for writing exercises and notes. Starting with the third class, you will need a mat or large towel and a pillow for meditations on the floor. A \$15 materials fee is due to the instructor on first day of class.**

7037 4/30/2019 - 6/11/2019 7:00 - 9:00PM 7 ses Tu  
Schenker On Campus: CC Bldg Room 1254B \$125

### **NEW** Philosophy and Everyday Life

In our culture, solutions to life’s challenges range from coffee with a friend to seeing a therapist. Three thousand years before clinical therapy ever existed, people turned to philosophy. It was a call to think clearly about the relationship between our beliefs and our emotions. Or as Socrates asked: “How should we live our lives?” In this fun, discussion-based class, we won’t devote time to studying the works of dead philosophers. Instead, we’ll strive to take on the philosopher’s role ourselves by making a coherent map of what we know (and don’t know). We’ll explore our values while discovering tools to better handle difficulties and solve problems in our own daily lives. **A \$2 materials fee is due to the instructor on the first day of class. Bring your brain and a pen.**

7134 5/7/2019 - 5/21/2019 6:30 - 9:00PM 3 ses Tu  
Farr On Campus: CC Bldg Room 3353 \$99



See page 33 for off-campus class locations. The **C** & **S** in class descriptions indicate the following locations:

**C** = Seattle Central College    **S** = South Seattle College



### Life Planning for You and Those You Love

Baby Boomers can expect to live another 20 years or more. If you are a Boomer (or close enough) and want to make the most of the coming years, now is the perfect time to create a life plan and implement it. This class will show you how. We will look at the key parts of a well-lived life and decide what needs your attention as you age. Drawing on the experiences of your fellow students and the instructor, you will leave class with a greater appreciation for what you need to create your best life plus have an action plan to start the process. **A \$5 materials fee is due to the instructor in class.**

7096    5/11/2019 - 5/11/2019    9:00AM - 12:00PM    1 ses    Sa  
Kennedy    On Campus: CC Bldg Room 3350    \$39

### Welcome to Medicare

Need help understanding Medicare? This workshop is for current and new beneficiaries, those who will soon be eligible and anyone who wants to learn more about Medicare health coverage. Various plan options, prescription drug coverage, supplements and ways to get help paying for Medicare are discussed. This class is taught by a trained SHIBA advisor (Statewide Health Insurance Benefits Advisors). The SHIBA program provides free, unbiased and confidential assistance with health care choices.

7073    5/11/2019 - 5/11/2019    9:30 - 11:30AM    1 ses    Sa  
SHIBA Instructor    On Campus: CC Bldg Room 1161    Free

### Neuroplasticity and the Eight Senses of Awareness

Learn how to tame your overstimulated mind, increase your effectiveness and fulfillment and experience more connection to others and yourself through the 5-step Neurosculpting® process. Instructor is a Certified Neurosculpting® facilitator trained to explain the science behind neuroplasticity as well as lead you through simple techniques that will allow you to experience the amazing benefits of the Neurosculpting® process and the Eight Senses of Awareness.

7115    5/13/2019 - 5/20/2019    7:00 - 8:30PM    2 ses    M  
Rogozina    On Campus: CC Bldg Room 3345    \$39

## ENTERTAINMENT

### Marine Electric Fundamentals for the Recreational Boater **C**

Learn the fundamentals of electricity as it relates to recreational boats. We'll investigate small boat wiring methods and practices; explore troubleshooting and electrical fault prevention; learn about basic DC theory, Series and Parallel circuits, and voltmeter operation; get tips on best wiring practices; learn about circuit breaker and fuse applications; gain insight into battery selection, sizing, and battery chargers; learn about circuit identification, schematics, and troubleshooting.

7184    4/3/2019 - 5/15/2019    6:00-9:00 pm    5 ses    W  
Bruce    Seattle Maritime Academy, Room TBA    \$275

### Intro to Chess: Exercising Your Brain

A healthy lifestyle includes physical and mental fitness. Playing chess stimulates neural growth, memory, concentration, math skills, raises IQ, helps prevent Alzheimer's and speeds recovery from stroke. Students learn to play chess or improve their game. We review chess strategies, tactics, openings, middlegame, endgame, notation, popular variants and history. Students may bring their own chess sets. *See [www.learnatnorth.org](http://www.learnatnorth.org) for supply list.* No class on 5/25/19 due to Memorial Day.

7095    4/6/2019 - 6/15/2019    9:30 - 11:00AM    10 ses    Sa  
Easterday    On Campus: CC Bldg Room 3353    \$149

### The World of Poker

This class is designed for those who have never played poker, as well as those folks who want to learn more about the game. It's easy to learn and is great fun. We'll go over a variety of games that are played socially, where the dealer "calls" the game, including the many variety of draw and stud games. We'll also go over the ever increasing popular game of Texas Hold 'Em and Omaha, games that are played in card rooms and seen on television. Learn the different betting structures and some cool strategies. All of the games can be played socially with a group of friends. Come join us and meet new people with a similar interest.

7085    4/23/2019 - 5/28/2019    7:15 - 9:30PM    6 ses    Tu  
Lazar    On Campus: CC Bldg Room 3349    \$135







### FRED HOPKINS

In 1971, while a student at the University of Washington, Fred was one of the founders of “The Vintage American Cinema Society,” the first film group to show overlooked B and horror films from the 40s and 50s to an audience of students who had never been exposed to these kinds of films. Throughout the 1980s, Fred and a partner premiered such films as *Plan 9 From Outer Space* and *Frankenstein Meets The Space Monster* at nightclubs throughout the Seattle area. He also wrote a syndicated weekly column entitled “Mondo Video” (reviewing the oddest films ever made) in *The Rocket* in Seattle and in many college newspapers on the East Coast.

### Beginning Bridge

Welcome to the world of bridge. It’s a fun and exciting game full of challenge and intrigue. This class is designed for those who have little or no experience with the game, as well as those who used to play and want to brush up on their game. You will learn the fundamentals of the game: bidding, declarer play and defense. Following the class there is opportunity to join a social bridge group to get more experience. Come and stimulate those brain cells. **A \$17 materials fee due to the instructor on first day of class.**

7084 4/24/2019 - 6/12/2019 7:15 - 9:30PM 8 ses W  
Lazar On Campus: CC Bldg Room 3446 \$179

### **NEW** Schlock Cinema: Run, Run Away

This spring our batch of fractured flicks kicks off with a young Robert Reed (*The Brady Bunch*) pursued in a most dangerous game in *Bloodlust!* (1961). In *Dead Men Walk* (1943) George Zucco stars as a murderous twin who slays his sibling over the other’s commitment to the occult. The film typecast lackey Dwight Frye (Renfield in Universal’s *Dracula* and Fritz in *Frankenstein*) whom Alice Cooper later honored with “The Ballad of Dwight Frye.” Next, Lionel Barrymore stars as a wrongly convicted banker who pairs with a scientist who has perfected a shrinking formula in *The Devil Doll* (1936). Talk about your reductive thinking. Then we chill out with *The Day the Earth Froze* (AKA *Sampo*) (1959) a co-pro from Finland and the USSR based on the epic poem *Kalevala*, retitled and redubbed by Roger Corman and heavily edited by an uncredited Francis Ford Coppola. Lastly, Susan Cabot is the victim of her own vanity when she attempts to ward off the aging process by ingesting queen bee secretions only to find herself transformed into *The Wasp Woman* (1960). That’s the buzz, please join us.

7102 5/16/2019 - 6/13/2019 7:00 - 9:00PM 5 ses Th  
Hopkins On Campus: LB Bldg Room 1131 \$79

“What I like best about the class is the instructor’s knowledge and passion about the subject. He makes you feel like you’re are at home with a bunch of your friends.”

– Eric C. on Schlock Cinema with Prof Fred Hopkins

## TRAVEL

### Travel the World Volunteering

Ready to help in another country by working with local communities that need your skills or support with existing projects? Want to teach English, work with children, help wildlife, support conservation or share your expertise? Learn how to combine inexpensive travel with life-changing experiences as you travel the world as a volunteer. Volunteer travel is not just for the young.

7110 4/29/2019 - 5/13/2019 6:30 - 8:30PM 3 ses M  
Major On Campus: CC Bldg Room 3349 \$65



## Global Impact



This summer take your learning beyond the classroom and join Seattle Colleges on our global health trips to places like Laos and Peru!

Application deadline is June 1, 2019

[www.seattlecolleges.edu/globalimpact](http://www.seattlecolleges.edu/globalimpact)



## SPANISH

### Spanish for Fun and Travel – Level 1

Learn the basics of Spanish in a practical and enjoyable way with an experienced, fluent instructor. Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation and pronunciation. The class is a perfect introduction or a refresher for those planning a trip to a Spanish-speaking region. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. No class on 5/27/19 due to Memorial Day.

7041	4/15/2019 - 6/10/2019	6:30 - 8:30PM	8 ses	M
Miranda	On Campus: CC Bldg Room 3343			\$149
7042	4/16/2019 - 6/4/2019	6:30 - 8:30PM	8 ses	Tu
Miranda	On Campus: IB Bldg Room 3315			\$149

### Spanish for Fun and Travel – Level 2

A continuation of Spanish for Fun and Travel – Level 1. Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation and pronunciation. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7043	4/18/2019 - 6/6/2019	6:30 - 8:30PM	8 ses	Th
Miranda	On Campus: CC Bldg Room 3460			\$149

### Spanish for Fun and Travel – Level 3

A continuation of Spanish for Fun and Travel – Level 2. Learn vocabulary through activities, stories, interviews and reading. Grammar structures will be introduced and some homework will be assigned. Great for those who already converse in Spanish, but want to increase fluency. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7044	4/17/2019 - 6/5/2019	6:30 - 8:30PM	8 ses	W
Miranda	On Campus: CC Bldg Room 3443			\$149

### Spanish I Accelerated

If you want to refresh what you learned in Spanish I or study Spanish at a faster pace and cover more material, this class is designed for you. Start with a review of pronunciation, vocabulary and the present tense. Learn pronouns, reflexive verbs, past tense, asking questions in past and present and expressing likes or dislikes. **A \$15 materials fee is due to the instructor on first day of class.**

7049	4/16/2019 - 6/4/2019	11:00AM - 1:00PM	8 ses	Tu
Rzhondkovsky	On Campus: CC Bldg Room 3452			\$149

### Spanish II Accelerated

Continue your Spanish learning at a faster pace. Perfect for students who have taken Spanish I Accelerated or have beginning Spanish conversational skills. Starts with a review of pronunciation and covers common nouns and basic verb tenses. A variety of materials will be used to increase students' vocabulary. Special attention will be given to improve speaking and listening comprehension. **A \$15 materials fee is due to the instructor on first day of class.**

7050	4/16/2019 - 6/4/2019	3:00 - 5:00PM	8 ses	Tu
Rzhondkovsky	On Campus: IB Bldg Room 3325			\$149

### Spanish Conversation for Beginners 1

Do you want to practice your conversational skills to increase your fluency and confidence using the skills you have learned in previous classes? This conversational practice class is taught by an experienced native Spanish-speaking teacher who will encourage and guide students' discussions in a relaxed environment incorporating different topics, such as Latin American and Spanish poetry, literature, history, music and the arts and the occasional field trip. ¡Nos vemos en clase! **Spanish Level 1 is a prerequisite or at least six months of Spanish classes.** See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. No class on 5/27/19 due to Memorial Day.

7056	4/15/2019 - 6/10/2019	4:30 - 6:20PM	8 ses	M
Ramon	On Campus: CC Bldg Room 3360			\$149

### **NEW** Spanish Conversation for Beginners 2

Advance the conversational Spanish skills established in Spanish Conversation for Beginners 1. Build your confidence in speaking and listening while refining your vocabulary. Learn about Latin American culture (history, music, poetry and arts) from a native Spanish speaker. Practice words you already know and apply them to social situations. Learn to order food, have informal conversations about your favorite books or movies, discuss current events using newspaper articles written in Spanish, listen to songs to help identify and practice new and old vocabulary and enjoy an immersion field trip at the end of the quarter. **This class is conducted in Spanish and requires an intermediate level of conversational experience.** See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. No class on 5/27/19 due to Memorial Day.

7127	4/15/2019 - 6/10/2019	6:30 - 8:30PM	8 ses	M
Ramon	On Campus: CC Bldg Room 3350			\$149

#### TERESA RAMON

Teresa is a native of Lima, Peru, and began teaching ESL in 1998, and Spanish in 2001. For over 15 years she has worked in the field as a Spanish Translator. During her free time, she enjoys practicing and teaching yoga. She loves to travel and lived in Berlin, Paris, Rosario and Toronto. This is her seventh year in Seattle and it feels like home.





### Spanish for Medical Professionals – Online

Bridge the communication gap between you and your Spanish-speaking patients in this class designed specifically for healthcare professionals. You will practice practical language skills needed to effectively communicate while learning the basics of the language, culture, and how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish at all, you will gain the real-world knowledge you need to effectively work with patients.

7143 4/1/2019 - 5/24/2019 Sempe \$290

## ASIAN LANGUAGES

### Conversational Japanese I

This conversational class is for beginners with little or no Japanese background and for those who want to brush up on Japanese speaking skills. Covers useful phrases, pronunciation, vocabulary, some numbers, the ko-so-a-do words and grammar. Students also experience Japan's unique culture and customs through class activities. **A \$15 textbook fee is due to instructor on first day of class.** No class on 5/30/19.

7052 4/11/2019 - 6/6/2019 7:00 - 9:00PM 8 ses Th  
Nakamura-Lambert On Campus: CC Bldg Room 3450 \$149

### Conversational Japanese II

Continue to have fun and expand your skills while making plans, asking for permission, practicing phone conversation and learning about Japanese customs and culture. Verb conjugations in phrases and sentences are also covered. **Prerequisite: Conversational Japanese I or permission of instructor. A \$15 textbook fee is due to the instructor on first day of class.** No class on 5/28/19.

7124 4/9/2019 - 5/28/2019 7:00 - 9:00PM 8 ses Tu  
Nakamura-Lambert On Campus: IB Bldg Room 3330 \$149

## ESL

### Intermediate and Advanced ESL: Reading & Writing

In a relaxed setting, non-native speakers will bring their written expression up to par with accepted North American English. Emphasis will be placed on sentence structure and sequence of grammatical forms, register of language, paragraph structure and correcting many frequently made mistakes. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7062 4/9/2019 - 5/30/2019 7:00 - 9:00PM 16 ses Tu, Th  
Morehead On Campus: CC Bldg Room 3452 \$275

### Intermediate ESL Workshop: Speaking and Listening

This course is designed to help non-native speakers improve their North American English oral communication skills, accent and pronunciation. We will review and learn to use various grammatical forms and develop contextual conversation skills for use in everyday communication. Class sessions will consist of listening or watching video clips, class discussion, games and role play. Learn new vocabulary in context, work on pronunciation and deepen your knowledge of North American grammar. **A \$15 materials fee is due to the instructor on first day of class.** No class on 5/25/19 due to Memorial Day.

7053 5/4/2019 - 6/8/2019 10:00AM - 2:00PM 5 ses Sa  
Markova On Campus: CC Bldg Room 3346 \$175

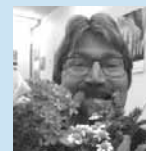
### Everyday English Conversation

Join a friendly and relaxed atmosphere where you'll have the opportunity to practice casual English and learn more about life in this culture. This is the perfect class for students who can comfortably read, write and speak English as their second language but want to build confidence and experience in using it. Plus learn things not found in books like American idioms and slang. No class on 5/28/19 due to Memorial Day.

7055 4/29/2019 - 6/10/2019 6:00 - 7:30PM 12 ses M, W  
O'Connor On Campus: CC Bldg Room 3357 \$159

### KEVIN O'CONNOR

Kevin teaches English at North Seattle College. As well as teaching in North's Continuing Education program he also regularly teaches English in the International Education Program (IEP) and immigrant and refugee Adult Basic Education (ABE) programs. As a Continuing Education teacher, Kevin specializes in creative lessons to improve students' English and leads culturally rich activities in and out of the classroom. He has lived in Seattle for over 30 years with his family and went to graduate school here. While teaching is his vocation he is also a musician who plays in and around Seattle with YAAMBA marimba ensemble and he also sings with the Seattle Peace Chorus.



# LANGUAGE

**NEW A Cultural Exploration of Seattle**

Improve your English while exploring the sights of Seattle. The lessons and excursions will introduce students to Seattle's culturally and ethnically diverse communities. This intensive ESL workshop will take students throughout the city—from Discovery Park, to Bainbridge Island, Beacon Hill and Ballard. **Ferry ride to Bainbridge Island is included in cost of the course; all other expenses will be paid directly by student (approximately \$35 plus lunch and snacks).** Thursday evening class meets on campus, 6:30 - 8:30 pm. Friday field trip is 10:00 am - 2:00 pm and Saturday field trip is 10:00 am - 4:00 pm. Students will need to make arrangements to meet at each of the field trip locations; details will be given in class on Thursday.

7070 6/6/2019 - 6/8/2019 Varies 3 ses Th, F, Sa  
O'Connor On Campus: CC Bldg Room 3343 \$105

## FRENCH

### French for Beginners I

Whether you are planning a trip or staying close to home, beginners with little or no French background will gain practical knowledge in this interactive class. You'll be inspired to dive into the language by learning basic vocabulary, speech patterns and common expressions, along with French customs and culture. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7047 4/17/2019 - 6/5/2019 7:00 - 9:00PM 8 ses W  
Morehead On Campus: CC Bldg Room 3352 \$149

### Continuing French: Critical Thinking

For French learners of all levels eager to expand their speaking skills and reinforce their language usage and terminology. Each class will hinge on a language lesson and topical exploration. The language lesson will consist of a verb tense review or the use of comparisons, while the topical exploration will include expressing a preference or an opinion of a subject and supporting it. We'll entertain topics of interest suggested by class members and instructor. Group participation will play an important role in how we learn together. **Prerequisites: French I, French I: Encore!, French for Beginners I or equivalent.** See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information. No class on 5/27/19 due to Memorial Day.

7048 4/15/2019 - 6/10/2019 7:00 - 9:00PM 8 ses M  
Morehead On Campus: CC Bldg Room 3352 \$149

### French Travel Essentials

Get ready for your trip to France with this course. Learn some basic French including key words that you'll encounter during your trip. Practice asking for information, directions and items you might need well as sharing information about yourself with those you meet. You'll find that people in France will appreciate your effort to communicate and your travel experience will be enriched. See [www.learnatnorth.org](http://www.learnatnorth.org) for textbook information.

7045 4/11/2019 - 5/30/2019 1:00 - 3:00PM 8 ses Th  
Brown On Campus: CC Bldg Room 3449 \$149

## ITALIAN

### Italian I

Benvenuto! Welcome to the beautiful language of Italy. This basic introduction to the Italian language includes conversation, grammar and pronunciation. **A \$15 materials fee is due to the instructor on first day of class.**

7051 4/18/2019 - 6/6/2019 3:00 - 5:00PM 8 ses Th  
Rzhondkovsky On Campus: IB Bldg Room 3313 \$149

### Italian Travel Essentials

Don't feel that everything is foreign when you go to Italy. Prepare for your holiday by learning some basic Italian and the key words that you'll encounter during your trip abroad. Practice asking for information and things you need, and telling people a bit about yourself. You'll find that people in Italy will appreciate your efforts and your holiday will be enriched. See [www.learnatnorth.org](http://www.learnatnorth.org) for required textbook.

7046 4/11/2019 - 5/30/2019 6:30 - 8:30PM 8 ses Th  
Brown On Campus: IB Bldg Room 3316 \$149

## SIGN LANGUAGE

### Basic Sign Language

Open the doors of communication and explore basic conversational sign language. You will quickly learn finger spelling, develop a basic vocabulary and grasp general concepts and structure of sign language communication. Consistently top-rated instructor will help you gain a solid foundation in ASL in a fun and welcoming environment.

7057 4/16/2019 - 6/4/2019 6:30 - 8:30PM 8 ses Tu  
Jordan On Campus: CC Bldg Room 3357 \$149

### Sign Language – Level 2

This class is a continuation of Basic Sign Language. You will be exposed to increased development of communication strategies with emphasis on expanding vocabulary and grammatical understanding.

7079 4/18/2019 - 6/6/2019 6:30 - 8:30PM 8 ses Th  
Jordan On Campus: CC Bldg Room 3357 \$149





# ONLINE CLASSES



## BUSINESS SKILLS

### Certificate in Accounting & Finance for Non-Financial Managers

Every successful person in the workplace utilizes financial information to aid effective decision making. Get a foundation to understand the seven steps in the accounting cycle and how to use financial information in decision making. Discover how to maximize cash-flow, learn the importance of cash and find out your role in cash-flow success. See how business reports are assessed and analyzed, and learn to make smart decisions when it comes to budgeting, setting goals and assessing performance within your own area of influence. Come away with the knowledge to analyze resource allocation and evaluate financial performance.

7138 4/1/2019 - 6/28/2019 \$495

### Certificate in Business Writing

Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Successful communicators in the workplace move forward, others move back. Enhance your career by improving this critical communication skill. Help your organization stand out with your new skills in business writing. This certificate will take you to the next level where business writing is a skill for personal and organizational success.

7141 4/1/2019 - 6/28/2019 \$495

### Certificate in Data Analysis

Data analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills. Whether your business is home-based or a large company, this certificate will take you to the next level where important decision-making is concerned.

7139 4/1/2019 - 6/28/2019 \$495

### Certificate in Leadership Development

Designed for future leaders in the Gen Y generation (born 1980-1999), this certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society. Upon completing this three course certificate you will come away with a new toolbox of skills and all the information you need to move your leadership development into high gear.

7144 4/1/2019 - 6/28/2019 \$395

### Certificate in Project Management

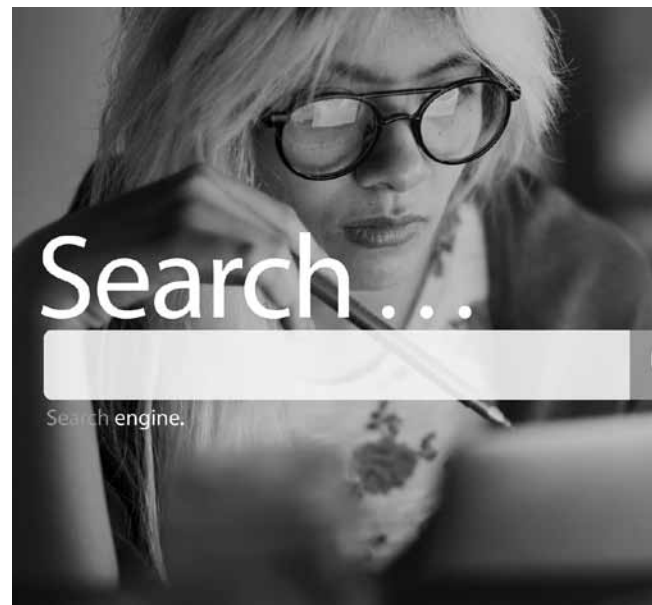
In today's business environment, there is a need for good project management. It provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. Gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. You'll also acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide.

7145 4/1/2019 - 6/28/2019 \$495

### Digital Marketing Certificate

Make advances by discovering the fundamentals of eMarketing. Improve email promotions, analyze your website traffic, boost search engine optimization and successfully employ online advertising. Relevant for any type of organization. No eMarketing experience or expertise is necessary. Even if you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer tough questions.

7152 4/1/2019 - 6/28/2019 \$495



# ONLINE CLASSES



## Instructor-facilitated courses

### FEATURED CERTIFICATES AND COURSES

- Certificate in Teaching Adults
- Change in the Workplace
- Collaborative Management
- Entrepreneurship Certificate
- Instagram for Business
- Productivity & Time Management

[continuinged.northseattle.edu/  
online-learning/lern-ugotclass](http://continuinged.northseattle.edu/online-learning/lern-ugotclass)

### Entrepreneurship Certificate

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Learn how to create a business plan, including assessing business feasibility and prepare the management and financial plans. Take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand.

7140 4/1/2019 - 6/28/2019 \$495

### Leading and Managing Virtual Teams Certificate

Almost every business in North America uses virtual teams. As the move to virtually teaming accelerates, gain the knowledge and skills to develop high performance virtual teams and contribute to their success. The certificate is designed to benefit anyone who is a leader or member of a team that leverages virtual meeting and collaboration tools. If you are the formal leader of a virtual team, an informal leader or want to become one, you will learn how to lead a virtual team, leverage virtual meeting tools and help lead that team to a higher level of performance. At the end of this three-course certificate, come away with an in-depth knowledge of what you can do to make a difference on your teams. Take away actionable skills, tips and processes that you can apply with your virtual team.

7147 4/1/2019 - 6/28/2019 \$495

### Management Certificate

Nothing creates success like a solid foundation. Enhance your management skills through this program for supervisors, managers and emerging leaders. Discover the keys for effectively managing your employees as you learn to create clear expectations, engage and motivate multi-generational employees and increase your effectiveness. Time is even more valuable in this century than in the last. Get tips and techniques to improve your management of time and productivity.

7146 4/1/2019 - 6/28/2019 \$595

### Managing Social Change Certificate

Discover proven strategies for moving your efforts, and those of others, from advocacy to managing and achieving social change within the workplace and/or community. First, learn to strategically apply various disciplines to cause organizational change as well as develop the personal skills and attitudes organizations need for implementing change. Then find out how to address change in the workplace, including addressing the resistance to change. Finally, leaders from elected officials to the CEO of Apple are encouraging people in the workplace to participate in community and social change. Learn different change strategies to improve your community and society for all.

7148 4/1/2019 - 6/28/2019 \$495

### Six Sigma Black Belt Certificate

Lean and Six Sigma is changing the way organizations operate. Leading the change are Six Sigma Black Belts. LERN's Black Belt training builds on the Green Belt certification and teaches candidates advanced problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Black Belts serve their organizations as trained specialists able to lead Six Sigma projects in their organizations. Participants are required to complete a project and to demonstrate ability to use the tools taught in the course. The instructor works closely with the class to not only teach the material, but to guide and mentor candidates as they work projects. This course is no cake walk.

7150 4/1/2019 - 6/28/2019 \$495

### Six Sigma Green Belt Certificate

Six Sigma professionals are in strong demand by organizations around the world. This Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as trained specialists able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work on projects.

7149 4/1/2019 - 6/28/2019 \$495



## Instructor-facilitated courses

### FEATURED CAREER TRAINING PROGRAMS

- How to Get Started in Game Development
- Integrating Technology in the Classroom
- LPI Linux Essentials Exam Prep
- Music Made Easy
- Publish and Sell Your E-Books

[continuinged.northseattle.edu/online-learning/ed2go](http://continuinged.northseattle.edu/online-learning/ed2go)

# ONLINE CLASSES



## Social Media for Business Certificate

Get in on this exciting and growing way to communicate, market and serve your customers and clients. From Facebook to Twitter, blogging, YouTube, LinkedIn and more, discover the new principles of communication that apply across all networks. Whether you are new to social networks or already involved, you will come away with a plan to integrate social networks into your communication and marketing and practical, how-to techniques to use in your organization or business.

7153                      4/1/2019 - 6/28/2019                      \$495

## Spanish for Medical Professionals

Bridge the communication gap between you and your Spanish-speaking patients in this class designed specifically for healthcare professionals. You will practice practical language skills needed to effectively communicate while learning the basics of the language, culture and how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish at all, you will gain the real-world knowledge you need to effectively work with patients.

7143                      4/1/2019 - 5/24/2019                      \$290

## COMPUTER BASICS

### Certificate in Mastering Microsoft Excel

A must-have skill to succeed in business is the ability to create, edit and manage spreadsheets. Stay current with this class, as it is always up-to-date and will change as the features of Excel change over time. Examine the life of an Excel worksheet and workbook, from creation to presentation. Learn how an Excel worksheet is constructed, populated with content and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia. You will leave class with a set of skills that are in high demand.

7154                      4/1/2019 - 6/28/2019                      \$495



THE CENTER FOR  
LEGAL STUDIES

### Seven week long instructor-facilitated courses

#### FEATURED CLASSES

- Advanced Legal Research and Writing
- Legal Investigation Certificate
- Legal Nurse Consultant Training
- LSAT Preparation
- Victim Advocacy Certificate

[continuinged.northseattle.edu/CLS](http://continuinged.northseattle.edu/CLS)

## DESIGN

### Certificate in Web Design

Online users say a website's design is the number one criteria for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's market of highly saturated digital competition. Discover the basics of web design using HTML and CSS and find out how to create effective and dynamic websites/applications. Take away a functioning web application hosted on a web server that is both accessible and Search Engine Optimized.

7155                      4/1/2019 - 6/28/2019                      \$595

### Coding Certificate

Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one's chances for becoming a higher value to organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. Learn the relationship between these two industry-standard web page coding languages and the step-by-step process of hand coding and building web pages. Finally, discover the advanced features of CSS and learn how to use this very powerful language.

7156                      4/1/2019 - 6/28/2019                      \$595



# ONLINE CLASSES



## Graphic Design Software Essentials Certificate

The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers and masks to edit, retouch and enhance existing images or create your own composite digital art work. Access to the Adobe software tools required.

7157 4/1/2019 - 6/28/2019 \$545

## Programming for Non Programmers Certificate

With virtually every organization now involved or even dependent on programming, managing or working with programmers is now an important part of your toolkit. If you wish to communicate technically with programming teams or wish to code a bit yourself, this certificate is for you. Begin by learning about how programming works, including processes, timelines and how projects are planned. Then learn the basic concepts of programming, so you can communicate more effectively with programmers and techies. Finally, pick up the communication strategies to make your projects more successful, creating a win-win situation for both you and your programmers.

7158 4/1/2019 - 6/28/2019 495

## WordPress Certificate

WordPress is the most popular content management system (CMS) for website and blog design. Learn or refresh your knowledge of all the initial steps and the required elements for having a website. Topics include introduction to CMS, WordPress installation and setup, page and content creation, administration, themes, working with widgets and plugins and more. Advance to modify WordPress web, learn about simple yet effective search engine optimization (SEO) techniques and customize your WordPress site by hand-coding HTML, CSS, PHP and more.

7159 4/1/2019 - 6/28/2019 \$495

## K-12 EDUCATORS

### Generational Learning Styles

Increase your understanding of how your current students learn and what your future students might need by examining the influence of generational characteristics on learning styles. We will explore fascinating information about the brain and how each generation has responded to their unique "cohort experience." Acquire the skills and information needed to facilitate Gen Y and the emerging generation of learners. Come away with the top 20 generational techniques for helping your students learn more. Class earns 16 clock hours.

7160 4/1/2019 - 4/26/2019 \$145

### Substitute Teacher Preparation

To be a substitute today takes student respect, skills and a portfolio of ideas and workable presentations. You may get the first call, but the successful substitute gets the second and third call to report. With information applicable to any U.S. state, you'll gain the working knowledge you need to be successful at any level and start with a portfolio of ideas to use the day you enter a new teaching environment. Learn what is expected of a substitute and how to maximize your value to a school. Find out how to develop a sub notebook, understand classroom management, the latest techniques in developing lesson plans, how to use your own portfolio to assist in teaching and much more. Class earns 16 clock hours.

7161 5/6/2019 - 5/31/2019 \$145

### Using Cell Phones in the Classroom

Class, turn your cell phones—on. Most of your students have cell phones, and now you can use this valuable tool in your classroom to engage and involve your students more in their learning. Discover how to implement cell phones in your classroom from a teacher who has done it successfully. Come away with a step-by-step how-to plan on enhancing your students' learning, and your teaching. Class earns 16 clock hours.

7162 4/1/2019 - 4/26/2019 \$145



## Four week long instructor-facilitated courses

### FEATURED K-12 CLASSES

- Enhancing Language Development in Childhood
- Introduction to Algebra
- Teaching Students with ADHD
- Teaching Writing: Grades K-3
- Understanding Adolescents

[continuinged.northseattle.edu/  
online-learning/ed2go](http://continuinged.northseattle.edu/online-learning/ed2go)



# REGISTRATION & GENERAL INFORMATION

Registration Begins February 19.

To register call  
**206.934.3705**

Due to the popularity of some classes, call us regarding availability before mailing your registration form.

## FOUR EASY WAYS TO REGISTER

**1 IN PERSON**

**2 ONLINE** [www.learnatnorth.org](http://www.learnatnorth.org)

**3 MAIL** Continuing Education  
North Seattle College  
9600 College Way North  
Seattle, WA 98103-3599

**4 PHONE** 206.934.3705

Please have the following information ready:

- Your name or the name of the person enrolling
- Birth date required for Identification
- Email
- Home address
- Day and evening phone numbers
- Name and number of class
- VISA, Mastercard, American Express or Discover card number
- Credit card expiration date

### Continuing Education Policies

- 100% refund if a class is cancelled by North.
- To cancel a registration, contact the Continuing Education office by phone or email at least **two business days** prior to the start of class.
- You will be refunded 100% of the class fee minus a \$6 processing fee. This fee will be waived if you transfer to another Continuing Education class.
- Students under 18 years must obtain permission to enroll.
- Payment is due upon registration.

### Inclement Weather and School Closure

- If we must cancel sessions due to weather or other emergency-related events beyond our control, we'll make every effort to reschedule. However, we cannot guarantee makeup hours for classes cancelled as a result, nor can we provide refunds.
- Register for the Campus Alert system at [www.getrave.com/login/seattlecolleges](http://www.getrave.com/login/seattlecolleges). Click register button, then create an account and opt-in to receive text messages.
- You may also contact us at 206.934.3705 for updates or check for North closure announcements at [www.learnatnorth.org](http://www.learnatnorth.org).

## Spring 2019 Continuing Education Noncredit Registration Form

Name \_\_\_\_\_

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_  
Day Evening

Email \_\_\_\_\_ Gender \_\_\_\_\_

Student I.D. # \_\_\_\_\_ Birthdate \_\_\_\_\_  
No I.D. number? One will be assigned. Required to verify your I.D.

CLASS #	CLASS TITLE	START DATE	FEE

**Payment Method** (check one) **Total** \_\_\_\_\_

VISA   
  Master Card   
  Discover   
  AmEx  
 Personal check payable to North Seattle College

**Credit Card Information**

Name on card \_\_\_\_\_

Account # \_\_\_\_\_

Expiration Date \_\_\_\_\_

### 100% Satisfaction Guarantee

Continuing Education at North Seattle College is dedicated to the quality of our classes, services, and instructors. If you are unsatisfied with your experience, or were unable to attend a course for reasons beyond your control, please contact us. We will do our best to provide a solution that meets your individual needs. Contact us at [conted@seattlecolleges.edu](mailto:conted@seattlecolleges.edu) or 206.934.3705.

### Continuing Education Student Resources

FIND MORE INFORMATION ABOUT:

- Textbook and supply lists
- CE policies
- Credits for au pairs
- Underage students
- Clock hours
- Campus resources

[continuinged.northseattle.edu/student-resources](http://continuinged.northseattle.edu/student-resources)

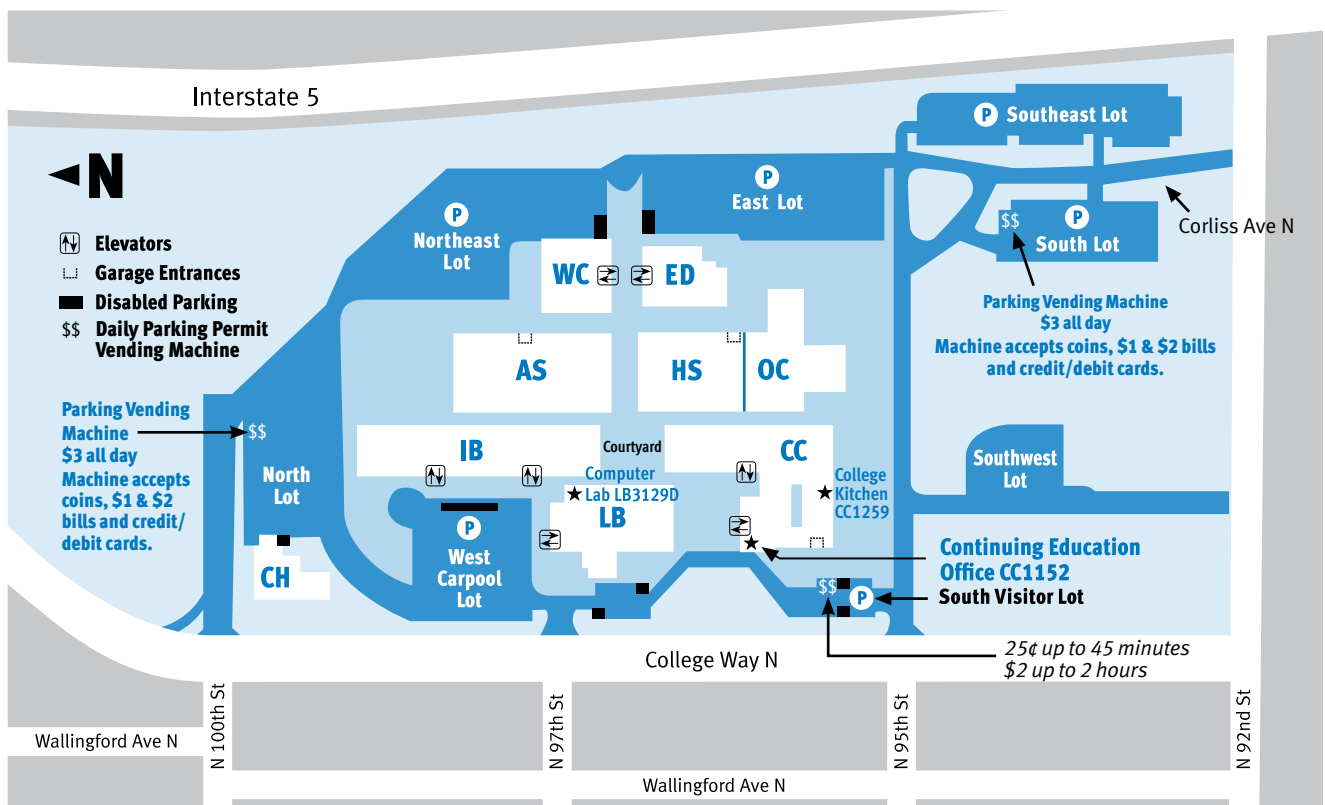
## Online learning. Anytime. Anywhere.





[continuinged.northseattle.edu/online-learning](http://continuinged.northseattle.edu/online-learning)

# North Seattle College Information



- |                                 |                         |   |                         |
|---------------------------------|-------------------------|---|-------------------------|
| AS – Arts and Sciences Building | CH – Childcare Center   | LB – Library Building                             | OC – Opportunity Center |
| CC – College Center Building    | ED – Education Building | HS – Health Sciences & Student Resources Building | WC – Wellness Center    |
| IB – Instruction Building       |                         |   |                         |

EACH COURSE DESCRIPTION PROVIDES LOCATION INFORMATION

## PARKING INFORMATION

A Continuing Education parking permit is required to park on campus anytime Monday through Friday. For your convenience, parking for classes held at North Seattle College is included in the cost of tuition (with some exceptions). Please print and place on your dashboard. Parking permits cover your class time and are for use in any parking lot except for visitor lots. You may park in the Garage and the Southwest Lot only in the evenings after 5 pm. Parking is free on weekends.

**NOTE:** Parking is not included for off-campus classes, including classes held at Seattle Central College and South Seattle College and the Adult Family Home Orientation classes.

## OFFICE HOURS

**9 AM–5:30 PM Monday–Friday**  
**Spring Quarter: 4/1/2019–6/14/2019**

## HOLIDAYS

**Monday, 5/27/2019 Memorial Day**

## LOCATION

**CC 1152, 1st Floor**  
**College Center Building**

Continuing Education (USPS 20-715) is published quarterly by North Seattle College  
 9600 College Way N  
 Seattle, WA 98103-3599  
 Periodicals postage paid at Seattle, WA

**POSTMASTER**  
 Send address corrections to  
 Continuing Education  
 North Seattle College  
 9600 College Way N  
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Designed by Paulette Eickman & Printed by Consolidated Press.

# CLASS LOCATIONS



## PRIMARY CLASS LOCATIONS

- North Seattle College, 9600 College Way N
- The Barrel Thief, 3417 Evanston Ave N, #102
- The Brig at Magnuson Park, 6344 NE 74th St
- Kitchen Coach Cooking School, 850 NE 88th St
- C Seattle Central College, 1625 Broadway, Seattle 98122
- S South Seattle College, 6000 16th Avenue SW, Seattle 98106

## ADDITIONAL LOCATIONS

- Greenwood Masonic Lodge, 7910 Greenwood Ave N, Seattle 98103
- Phinney Neighborhood Center, 6532 Phinney Ave N, Seattle 98103
- Seattle Maritime Academy, 4455 Shilshole Avenue NW, Seattle 98107
- Studio Steel, 3600 E Marginal Way S, Seattle 98134
- Suenos De Salsa Dance Studio, 12524 Lake City Way NE, Seattle WA 98125
- University of Washington, Art Building, 4000 15th Ave NE, Seattle 98195

**For driving directions call 206.934.3705.**

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