

CONTINUING EDUCATION

Live to Learn!

WINTER 2021

206.934.3705 | www.learnatnorth.org

Register Now!



Introduction to Ceramic Sculpture, page 10

What's
for Dinner?
page 13

Take a
Mind/Body Break
page 14

Birding
by Ear
page 15

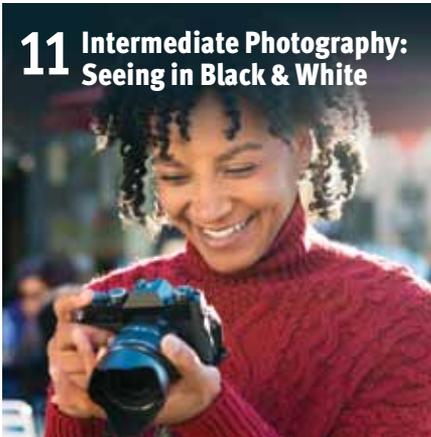
5 Business Writing Essentials



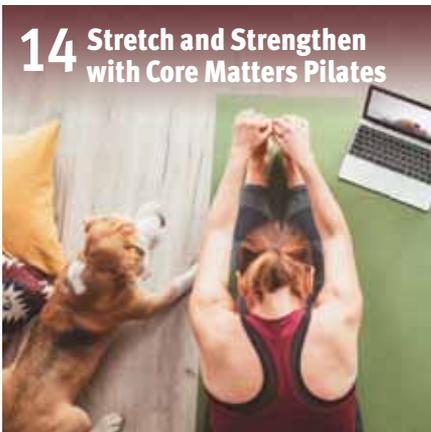
7 Starting a Legal Home Based Food Business



11 Intermediate Photography: Seeing in Black & White



14 Stretch and Strengthen with Core Matters Pilates



CONTINUING EDUCATION MISSION

We are committed to enriching lives by:

- Offering lifelong learning opportunities
- Serving community needs and interests
- Expanding horizons through quality educational experiences

Find Your Happy!



The Science of Happiness, page 18

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
<https://continuinged.northseattle.edu/about/corporate-and-customized-training>

YOUR SATISFACTION IS OUR PRIORITY

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'll do our best to provide a solution that meets your individual needs. Either email us at conted@seattlecolleges.edu or call us at 206.934.3705.

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

ONLINE www.learnatnorth.org

PHONE 206.934.3705

**Welcome to Continuing Education!
Offering New Perspectives Since 1970**

As we continue to offer classes remotely, we are looking at the silver lining. Travelling to campus on dark, cold evenings can be unappealing, even for the most engaging of classes. But there is no need to trade those fuzzy slippers for rain galoshes, scrape the ice off of your windshield or even check for snow-cancellation emails this winter. Continuing Ed will come to you, wherever you are, with real-time, virtual classes. Get ready to find your next hobby, develop your art, or upgrade your skills. In your fuzzy slippers!



“**The format of the class as a lecture, interactive breakouts and Zoom was terrific. This format really helped the materials come alive through dynamic group discussions. The class started with individuals who didn’t know one another, but ended with great new friends and contacts to engage in courageous conversations!**”

– *Paige on Race and You:
For Your Consideration
with Christina Chang*

Race and You: For Your Consideration, page 16



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COMPUTER



CLOUD COMPUTING

AWS Academy Cloud Foundations

Organizations of every type, size and industry are using the cloud for a wide variety of functions. This class is intended for students who seek an overall understanding of these cloud computing concepts. It provides a detailed overview of cloud concepts, Amazon Web Services (AWS) core services, security, architecture, pricing and support. This Foundations class is required for further AWS study in any of the specialization classes (Developer, Solutions Architect, Operations) and prepares you for Amazon's AWS Certified Cloud Practitioner exam (\$50). Optional e-book can be purchased in class. **Prerequisite: general IT technical and business knowledge plus good internet access.** The course is self-paced and online. Weekly Zoom meetings will be offered each Tuesday at 6:30 p.m. from January 26 through March 16. The instructor is available to provide assistance through the end of the quarter. Course must be completed by 3/24/2021.

7057 1/26/2021 - 3/16/2021 6:30 - 8:30PM 8 ses Tu
Bunge Online; Canvas and Zoom \$699

EXCEL

Excel 2016 – Series

Enroll in this class and receive a price discount on Excel 2016 Level 1, 2 & 3. Course materials included. Class meets on Saturday 1/23, 1/30, and 2/6/20.

7106 1/23/2021 - 2/6/2021 9:00AM - 4:00PM 3 ses Sa
Richards Online; Zoom \$425

“Jeffery’s passion for the subject and for teaching shine. He made the course easy to understand, engaging, and exciting. He made the complexities of the program seem simple and easy.”

– Josh on Excel 2016 Series with Jeffrey Richards

Excel – Level 1

Start with an introduction to Excel. Learn techniques for entering data into cells, working with data and using data tables efficiently. Discover how to navigate the help menu, as well as create and finish a workbook. Learn basic techniques for filtering and limiting data that can be entered into individual cells. Course materials included. **Not recommended for Mac users. Previous Windows experience recommended.**

7107 1/23/2021 - 1/23/2021 9:00AM - 4:00PM 1 ses Sa
Richards Online; Zoom \$179

Excel – Level 2

Build Excel skills with intermediate techniques for sorting and summarizing data. Create dynamic charts and graphs. Utilize formulas and functions and learn to collaborate with colleagues using passwords, comments and change-tracking. Course materials included. **Not recommended for Mac users. Prerequisite: Excel Level 1 or equivalent experience.**

7108 1/30/2021 - 1/30/2021 9:00AM - 4:00PM 1 ses Sa
Richards Online; Zoom \$179

Excel – Level 3

Impress your boss with your advanced skills! Class includes a basic introduction to PivotTables for versatile data analysis. Work with alternative data models and conditional formulas. Finish with a section on how to get certified in Excel. Course materials included. **Not recommended for Mac users. Prerequisite: Excel Level 2 or equivalent experience.**

7109 2/6/2021 - 2/6/2021 9:00AM - 4:00PM 1 ses Sa
Richards Online; Zoom \$179

Excel – Formulas and Functions

Solidify your expertise in Excel with an in-depth look at formulas and functions. You will begin with a refresher on basic formulas, then explore functions in detail. Focus on basic and advanced text functions, financial and array formulas and calculations through a combination of demos, lecture and hands-on practice exercises. Course materials included. **Not recommended for Mac users. Excel Level 3 or equivalent experience recommended.**

7110 2/20/2021 - 2/20/2021 9:00AM - 4:00PM 1 ses Sa
Richards Online; Zoom \$179





PROFESSIONAL



ADULT FAMILY HOME

Adult Family Home Administrator Course

This 54-hour class outlines and prepares students for the Adult Family Home licensing and inspection process. It covers the 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 Canvas test to evaluate English or submit unofficial college transcript showing successful completion of college-level English.** For additional information go to continuingeducation.northseattle.edu/afh. Questions: email afh.north@seattlecolleges.edu or call (206) 934-3619.

7018	1/8/2021 - 1/30/2021	9:00AM - 4:30PM	8 ses	F, Sa	
Schlimme	Online; Canvas and Zoom				\$699
7038	2/7/2021 - 3/28/2021	9:00AM - 4:30PM	8 ses	Su	
Putnam	Online; Canvas and Zoom				\$699
7019	3/5/2021 - 3/27/2021	9:00AM - 4:30PM	8 ses	F, Sa	
Schlimme	Online; Canvas and Zoom				\$699



Instructor-Facilitated Professional Courses

- Certified Six Sigma Black Belt
- Full Stack Software Developer
- Home Inspection Certificate
- Management for IT Professionals

conted.northseattle.edu/online-learning/online-career-training

Orientation to Adult Family Home Administration Program

DSHS instructors will provide an overview of the requirements that a prospective AFH licensee will need to meet in order to provide services and care to residents in a licensed home setting. The class will also detail 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 a.m., class starts at 9:00 a.m. No entry after 9:30 a.m.

7021	1/5/2021 - 1/5/2021	9:00AM - 4:00PM	1 ses	Tu	
DSHS Instructor	Online; Zoom				\$39
7022	2/2/2021 - 2/2/2021	9:00AM - 4:00PM	1 ses	Tu	
DSHS Instructor	Online; Zoom				\$39
7023	3/2/2021 - 3/2/2021	9:00AM - 4:00PM	1 ses	Tu	
DSHS Instructor	Online; Zoom				\$39

ALLIED HEALTH

Phlebotomy: Basic Blood Collection Techniques

This program is designed as a complimentary course for healthcare students who wish to learn basic blood collection skills and for practitioners who are responsible for blood or specimen collections. It consists of laboratory training by professional laboratory personnel and develops skills for basic blood drawing, whether for healthcare professionals or those wishing to learn phlebotomy skills as a complement to additional laboratory training. This program requires independent learning and does not include an externship. **A \$50 (approx.) materials fee is due to the instructor on first day of class.** Group training can be arranged. Contact Continuing Education at conted@seattlecolleges.edu to learn more.

7092	1/9/2021 - 1/30/2021	9:00AM - 4:00PM	4 ses	Sa	
Harrell	IB Bldg; Room 1317				\$399

J. DOUGLAS HARRELL

Doug started teaching in the Medical Assistant Program in 2006. Three years ago, he moved over to North Seattle College where he began the Emergency Department Technician Program and now serves as the Phlebotomy Program Coordinator. His 30 years of medical experience



include Trauma II Emergency, Walking Clinic, Urgent Care, Emergency Medical Technician, Cardiopulmonary Rehabilitation, ICU, Surgical, Medical/Oncology, Orthopedic, Pediatrics, and Deputy Coroner.



PROFESSIONAL



BUSINESS SKILLS

Leadership & Management Series

Whether you're a new manager or supervisor, or have been leading a team for years, this series is designed to help you strengthen your leadership skills. Register for all four interactive workshops and receive a price discount. Class meets on Wednesdays, 1/13, 1/20, 1/27 and 2/3/21.

7027 1/13/2021 - 2/3/2021 1:00 - 4:00PM 4 ses W
Johnson Online; Zoom \$275

Leadership & Management: Coaching Skills

Become an effective and productive coach! In this workshop, you'll learn a model of coaching for maximum effectiveness and the impact coaching has on a team. You'll conclude the class with an action plan for your personal growth and development as a coach.

7028 1/13/2021 - 1/13/2021 1:00 - 4:00PM 1 ses W
Johnson Online; Zoom \$89



THE CENTER FOR
LEGAL STUDIES

Instructor-Facilitated Legal Courses

- Advanced Paralegal Certificate
- Alternative Dispute Resolution Certificate
- Legal Nurse Consultant Training
- Paralegal Certificate
- Test Prep: ACT, SAT, GRE, GMA & LSAT

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

“ Gayle’s leadership classes gave me the tools I needed to improve my skills as a manager. Each session was engaging and she provided resources as well as concrete and interactive activities based in emotional intelligence to help us become better leaders. ”

– Christy on Leadership & Management Series
with Gayle Johnson

Leadership & Management: Problem-Solving Skills

Improve your problem-solving ability and innovative thinking skills so that you can generate and act on great ideas. This workshop will help you recognize roadblocks that impede innovation and understand the need for disciplined thinking to discover good ideas. By the end of the workshop, you'll have a plan for implementing the tools in your current position.

7029 1/20/2021 - 1/20/2021 1:00 - 4:00PM 1 ses W
Johnson Online; Zoom \$89

Leadership & Management: Strategic Planning

Improve the way you view strategic and scenario planning with techniques that provoke new ideas while building support for those decisions. You'll gain a variety of tools to help you evaluate problems and make decisions, assess your organization from several angles and address a variety of “what-if” situations.

7030 1/27/2021 - 1/27/2021 1:00 - 4:00PM 1 ses W
Johnson Online; Zoom \$89

Leadership & Management: Time Management

Avoid burnout in a world that is connected 24/7. This workshop will help you commit to making changes to better manage your time. Learn useful techniques for setting and achieving goals, as well how to organize your workspace for peak efficiency.

7031 2/3/2021 - 2/3/2021 1:00 - 4:00PM 1 ses W
Johnson Online; Zoom \$89





Business Writing Essentials

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.

7129	2/10/2021 - 2/10/2021	1:00 - 4:00PM	1 ses	W
Dubois	Online; Zoom			\$89

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 for recommended textbook information. This class meets on Thursdays, 1/14-2/18/21.

7087	1/14/2021 - 2/18/2021	4:00 - 6:00PM	6 ses	Th
Berger	Online; Zoom			\$215

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 using QuickBooks. Leave understanding bank reconciliations, journal entries, accounts payable, accounts receivable and more. Knowledge of Excel is helpful but not required. See www.learnatnorth.org for recommended textbook information.

7088	1/14/2021 - 1/21/2021	4:00 - 6:00PM	2 ses	Th
Berger	Online; Zoom			\$85

“ I liked the instructor and course content. She was very informative and patient. The course content was spot on to help me be productive with QuickBooks. ”

– Matthew on Accounting and QuickBooks Series
with Betsy Berger

QuickBooks – Level 1

Explore everything you need to get started with QuickBooks Desktop. Learn how easy it is to create a new company and build a chart of accounts. Use QuickBooks to invoice customers (including sales tax and discounts), enter bills, back up data and generate monthly reports. **Prerequisite: Windows experience and familiarity with Accounts Payable and Accounts Receivable.** In a remote learning environment, a second monitor may be helpful in simultaneously receiving and practicing the instruction. See www.learnatnorth.org for recommended textbook information.

7089	1/28/2021 - 2/4/2021	4:00 - 6:00PM	2 ses	Th
Berger	Online; Zoom			\$85

QuickBooks – Level 2

Further your knowledge of QuickBooks Desktop and improve your skills with this robust accounting software. Leave knowing how to customize forms, track inventory, create job estimates, use credit cards and create reports or graphs. Explore the payroll feature in QuickBooks. **Prerequisite: QuickBooks Level 1.** In a remote learning environment, a second monitor may be helpful in simultaneously receiving and practicing the instruction. See www.learnatnorth.org for recommended textbook information.

7090	2/11/2021 - 2/18/2021	4:00 - 6:00PM	2 ses	Th
Berger	Online; Zoom			\$85

CHRISTINE DUBOIS

Christine is an award-winning writer and editor who has published more than 500 articles in 45 different magazines and newspapers. She teaches writing workshops at North Seattle College, as well as for local businesses and government agencies. Her warmth, knowledge, and enthusiasm make her a popular instructor.



Christine has a degree in Communications from The University of Washington and has received numerous awards from professional communications groups for excellence in writing and editing. In 2017 she received ‘The Best Instructor Award’ from North Seattle College’s Continuing Education department. She is a member of The National Writers Union.



PROFESSIONAL

“Instructor was very knowledgeable, approachable and made efforts to improve accessibility of class utilizing chat functions, email, and break out rooms.”

– Rachel on Grantwriting 101 with Audrey Fine

Foundations of Project Management

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.

7111 2/2/2021 - 3/9/2021 6:00 - 9:15PM 6 ses Tu
Stolz Online; Canvas and Zoom \$489

SMALL BUSINESS

Grantwriting 101

Have you thought about becoming a grant writer for non-profits? Are grants a viable funding source for your organization? This class introduces you to the basics of grant writing including where to look for funding; how to write letters of inquiry, a compelling grant application and an impact report; building relationships with grant-makers including foundations, corporations and government; and crafting a budget that makes sense to the funder. **You will be doing research on the internet so good internet access is required.**

7004 1/26/2021 - 2/16/2021 6:30 - 8:00PM 4 ses Tu
Fine Online; Zoom \$99



Essentials for Starting a Small Business

Thinking of starting a small business? Get an overview of the startup process beginning with common characteristics and attitudes of successful small business owners. The class will also explore major planning areas as a way to reduce risk in your venture. From marketing, finance, operations and writing a business plan, 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. Each Wednesday, you'll receive an email with links to the week's lessons and activities which you can do at your own pace. Discussions with classmates will take place on Slack, an online chat/message site. For students who prefer interacting through live video rather than text, a casual and optional weekly video conference is offered Wednesdays at 6:30 p.m.

7047 1/13/2021 - 2/10/2021 6:30 - 7:30PM 5 ses W
Coffey Online; Other \$245

MICHAEL J. COFFEY

Michael of Ardea Coaching provides small business owners with business analysis and training for improving the effectiveness of their online presence, whether that's a website, social media, a blog, email newsletter campaigns, search engine optimization (SEO), pay-per-click ads or online trainings. He converts the mass of data about these things into meaningful insights, suggested actions and plans. If a business owner or employee wants to learn to do it themselves, he also does training and one-on-one coaching.





WORK FOR YOURSELF

Professional Voiceover Workshop

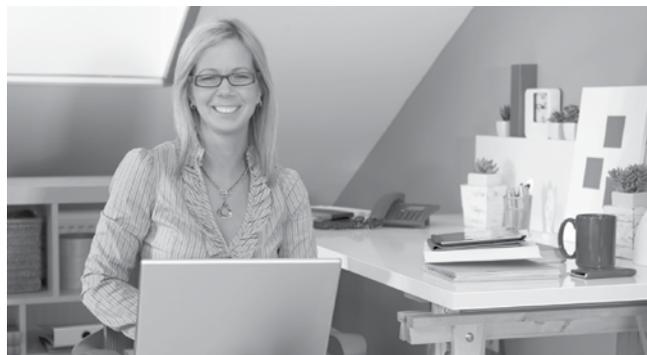
Learn to use your speaking voice for commercials, films and videos. Discover a unique, outside-the-box way to succeed at a lucrative full- or part-time career. This is a business that you can handle on your own terms, on your own turf, in your own time and with very little overhead. In our ever-expanding online marketplace, new companies are looking for fresh voices like never before. This fun and exciting 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 for brands like Crest® and Olay® and even comedy bits.

7042 3/15/2021 - 3/15/2021 6:00 - 8:00PM 1 ses M
Foster Online; Other \$49

Starting a Legal Home Based Food Business

Did you know that it is possible to start a food business out of your own home kitchen—yes, even during a pandemic. If you've ever dreamed of turning your love for baking into a side business, this is the course for you. Taught by an experienced food entrepreneur, we will cover business licensing and health code issues specific to home-based food businesses and provide step-by-step information about food costing, sales channels and the financial aspects of making a successful start. Home-based food businesses are mainly limited to baked products. If you have any questions prior to signing up for the course as to whether or not your product ideas would be in-line with Washington's laws, contact Continuing Education at conted@seattlecolleges.edu.

7037 1/5/2021 - 2/9/2021 7:30 - 9:00PM 6 ses Tu
Lewis Online; Zoom \$145



Work at Home Jobs for Real People

Need extra income but can't figure out what opportunities are legitimate? Learn how to identify scams, promote your talents and find legitimate work-at-home jobs. Whether you need to get out of debt, save for vacation or just get food on the table, you will learn what is available to achieve your goals. **Internet/email required.**

7006 2/2/2021 - 2/4/2021 6:30 - 8:30PM 2 ses Tu, Th
Mooradian Online; Zoom \$59

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 or Certificate of Completion for online courses. *See www.learnatnorth.org for list of approved courses.* Register for this class to earn Clock Hours during Winter Quarter, 2021: January 4 through March 24, 2021.

7389 \$15

Continuing Education Units (CEU) Fee

Register for 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 issue a certificate awarding CEUs, we need attendance verification from the instructor. Register for this class to earn CEUs during Winter Quarter, 2021: January 4 through March 24, 2021.

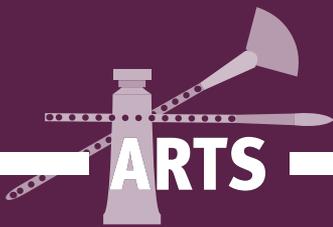
7390 \$15



Instructor-Facilitated K-12 Courses

- Generational Learning Styles
- Substitute Teacher Preparation
- Teaching Students with ASD
- Talking Circles: A Restorative Approach to Student Discipline

conted.northseattle.edu/online-learning/learn-ugotclass



WRITING

Easy Steps to Great Grammar

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.

7012 1/6/2021 - 1/20/2021 6:30 - 8:00PM 3 ses W
Dubois Online; Canvas and Zoom \$75

Creative Writing: City Fiction

Cities are spaces forever in flux. Neighborhoods change, buildings are razed and new ones take their places, people move in and out. Within this environment, the writer attempts to capture the pace, the texture and the meaning of urban living. Among the most accomplished writers in the genre are Saul Bellow, James Baldwin, James Joyce, Virginia Woolf and many others. Contemporary writers like Tommy Orange and Sayaka Murata have explored the emergence of new and forgotten identities in urban spaces. By reading excerpts and short fiction, students will learn the techniques that allow these eminent authors to create narratives that revolve around the city. These techniques will then be practiced, refined, and implemented into the students' own writing through a series of assignments.

7049 1/12/2021 - 3/2/2021 6:30 - 8:30PM 8 ses Tu
Challinor Online; Zoom \$175

NELS CHALLINOR

Nels is a writer and musician from Bainbridge Island. He holds a BA in Sociology from Boston University and a MA in Creative Writing from The University of Westminster in London. His stories have appeared in *The Wells Street Journal*, *Visual Verse*, *Wordsmith_HQ's*, and *The Purple Breakfast Review*. He will be published in the 'b Terra 2020' anthology by Brain Mill Press later this year.

Nels has participated in and led writing workshops and groups throughout his academic career. He is the editor and manager of a literary magazine for absurdist humor, called *Great Ape*.



Beginning Fiction: Crash Course

Improve the depth and flow of your storytelling in this class designed for new and developing creative writers. 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 a pen and paper and be prepared to write; you will have lots of exercises and in-class sharing.** Don't spend another day NOT writing—join us and bring your stories to life.

7041 1/26/2021 - 3/2/2021 6:00 - 8:00PM 6 ses Tu
Hall Online; Zoom \$139

Freelance Writing for Fun and Profit

Make money, influence others and express yourself with freelance writing. Learn to write compelling stories for magazines, blogs and websites. This fun, hands-on class takes you step-by-step through the writing/publishing process, from getting ideas to cashing your checks. We'll cover ideas, research, marketing, writing skills, building your platform and more.

7013 1/25/2021 - 2/8/2021 6:30 - 8:00PM 3 ses M
Dubois Online; Canvas and Zoom \$75

Poetry Workshop

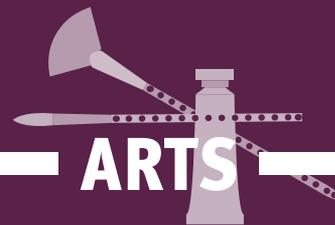
In this ongoing, upbeat workshop, you will receive feedback on your poems and learn to provide constructive criticism as part of a community of writers. You'll develop a deeper appreciation of poetic elements through studying the work of accomplished poets. Build your skills by putting those elements into practice in poems and in-class exercises.

7101 2/6/2021 - 3/20/2021 11:00AM - 1:00PM 7 ses Sa
Isaac Online; Zoom \$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) will be covered. Taught by New York Times bestselling true crime author and veteran journalist, Rebecca Morris.

7053 1/14/2021 - 2/4/2021 6:30 - 8:30PM 4 ses Th
Morris Online; Zoom \$99



Publishing Your E-Book

Reach readers and make money—without the need to find an agent or publisher—by self-publishing an e-book. Give new life to your book manuscripts, essay collections, blog posts, family histories, memoirs or poetry. Or use e-books to promote your business or profession. Class includes step-by-step instructions and plenty of examples. We'll cover formatting your manuscript, creating a cover, choosing key words, understanding pricing options, tracking sales, marketing your books and much more. It's never been easier to create and publish your own e-books.

7014 3/8/2021 - 3/22/2021 6:30 - 8:00PM 3 ses M
Dubois Online; Canvas and Zoom \$75

VISUAL ARTS

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 through 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 for supply list. No class on 1/18 or 2/15/21.

7070 1/4/2021 - 3/22/2021 6:00 - 9:00PM 10 ses M
Paquette Online; Zoom \$275

Abstract Watercolors

Combine the expressive, personal, object-free vision of abstraction with the smaller, particular, intimate beauty of watercolors. This class will focus on the elements of design, color and harmony, line and shape while creating 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 for supply list.

7069 1/7/2021 - 3/11/2021 10:00AM - 1:00PM 10 ses Th
Paquette Online; Zoom \$275



Collage and Abstraction

Collage is simply the art of pasting together bits of “found” (discarded) or painted paper to create a whole new work of art. Modern collage emerged in the early 1900s as a popular expressive medium, and is stronger and more exciting today, in fine art as well as graphic design. This class provides the space and framework to create some fun and compelling collage art through demos of design basics, painting and collaging techniques. No previous experience required. See www.learnatnorth.org for supply list.

7072 1/7/2021 - 3/11/2021 2:00 - 5:00PM 10 ses Th
Paquette Online; Zoom \$275

Abstract Oils with Cold Wax Medium

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 perfect for exploring the simple structures of abstraction, personal point of view and the beauty of color. See www.learnatnorth.org for supply list.

7071 1/8/2021 - 3/12/2021 10:00AM - 1:00PM 10 ses F
Paquette Online; Zoom \$275

Oil Painting for Beginners

Learn the fundamentals of painting with oils while 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. See www.learnatnorth.org for supply list.

7061 1/8/2021 - 3/12/2021 9:00AM - 12:00PM 10 ses F
Norsworthy Online; Zoom \$275

Introduction to Drawing

Learn the basic techniques of drawing while working from still life, places in our immediate environment and each other in this introductory drawing class. We will focus on the building blocks of drawing such as composition, measurement, line, shape, value, gesture and mark. You will become familiar with a variety of materials and approaches to drawing by studying both historical and contemporary artwork. Although instruction will be rooted in drawing from observation, we will explore the potential to abstract from what we see and experiment with working from memory. We will engage in group discussions throughout the course. See www.learnatnorth.org for supply list.

7060 1/7/2021 - 3/11/2021 6:30 - 8:30PM 10 ses Th
Norsworthy Online; Zoom \$199

It's Never Too Late to Begin Again: A Julia Cameron Journey

Each of us is creative and has something meaningful to share with others. In her recent book, *It's Never Too Late to Begin Again*, based on her groundbreaking guide *The Artist's Way*, Julia Cameron explores creativity in midlife and beyond. Retirement can be a richly rewarding experience, a time to revisit previous dreams, begin new projects and rewrite our futures. Through twelve lessons, we will kindle the creative spirit through four basic practices: daily morning pages, weekly artist dates, twice-weekly solo walks and a weekly in-class guided process to trigger and record memories. Julia Cameron says all it takes to rediscover creativity are "passion, commitment and the courage to be a beginner." Each class meeting will include time for sharing experiences, goals and individual journeys to nurture personal creativity and inspire others. See www.learnatnorth.org for textbook information.

7067 1/26/2021 - 3/2/2021 6:30 - 8:30PM 6 ses Tu
John Online; Zoom \$129



VICTORIA JOHN

Victoria is passionate about art and teaching. She values making connections between the arts, enjoys linking course content to students' life experiences, and creates a meaningful and entertaining educational experience, as well as a relaxed environment for learning. She has taught all levels for over 35 years but especially appreciates the rich interaction inspired by the combined energy and wisdom of adult learners. She has a Master's Degree in Liberal Arts from Southern Methodist University, with post-graduate study in Italy, and a Bachelor's Degree in Arts and Sciences from Indiana University.



Twentieth Century Art: The Growth of Abstraction

The twentieth century art world was exciting and controversial. Artists moved away from representational to abstract work. Why? Starting with the Armory Show of 1913 in which New York was introduced to the American and European avant garde, we'll study major art movements including Fauvism, Cubism, Futurism, Abstract Expressionism, De Stijl as well as contemporary art. We'll focus on traditional as well as fringe artists, examining their work in relation to concurrent historical, musical, scientific and technological events—Picasso, Kandinsky, Mondrian, O'Keeffe and Kahlo. In addition, we will discuss the terminology and language of abstraction to better describe, understand and analyze the works we study. See www.learnatnorth.org for textbook information.

7068 1/27/2021 - 3/3/2021 6:30 - 8:30PM 6 ses W
John Online; Zoom \$129

3D ARTS

Ceramics for All

Explore the basics of working with clay or advance your love of ceramics using the fundamental building techniques of coils, pinch pots and slab building. Learn from each other and the instructor as you participate in group critiques. Class will be structured around projects or themes that include weekly demos. We'll focus on three to four small-scale projects. Students will deliver and pick up their work for firing. See www.learnatnorth.org for supply list.

7102 1/12/2021 - 3/16/2021 7:00 - 9:00PM 10 ses Tu
Georger Online; Canvas and Zoom \$265

Introduction to Ceramic Sculpture

Learn all the essentials of building sculptures with clay, such as coil- and slab-building, as well as decorating and finishing techniques. We will work on several small projects, allowing us to focus on technique and execution. This is a great class for those new to clay as well as those who are more experienced. Students will deliver and pick up their work for firing. See www.learnatnorth.org for supply list.

7103 1/13/2021 - 3/17/2021 6:00 - 8:00PM 10 ses W
Duarte Online; Canvas and Zoom \$265

Beginning Jewelry Fabrication

Learn how to produce your own jewelry design. We'll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces. Students must purchase tools for the first week of class before class starts. See www.learnatnorth.org for supply list.

7104 1/14/2021 - 3/18/2021 6:30 - 9:30PM 10 ses Th
Street Online; Canvas and Zoom \$275

PHOTOGRAPHY

Photography Basics: Techniques and Art

Have you been using your digital DSLR or digital mirrorless camera on automatic but want to learn how to use its 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.** Instructor will provide suggestions in class for three student field trips to be taken on your own. Instructor's work has appeared in National Geographic publications. See www.learnatnorth.org for textbook information.

7058 1/6/2021 - 1/27/2021 7:00 - 9:00PM 4 ses W
Stahl Online; Zoom \$149

Intermediate Photography: Seeing in Black & White

This course in black and white photography will explore the relationship between the fundamental elements of line, shape, texture and perspective. By learning how to see and compose with shades of gray, one can use light to create gradations of tone and value. The notions of simplicity and minimalism will be emphasized. We will also cover how to create black and white digital files from color. **Tripod required.** Instructor will provide suggestions in class for three student field trips to be taken on your own. Instructor's work has appeared in National Geographic publications. See www.learnatnorth.org for textbook information.

7059 1/9/2021 - 1/30/2021 9:00 - 11:00AM 4 ses Sa
Stahl Online; Zoom \$149



DRAMA

You Can Tell Stories!

Join others who are finding their voice, collecting their words, standing up and telling stories. Whether you want to use storytelling in your work or for personal enjoyment, this fun and supportive class will help you develop and practice your oratory talents and stage presence. We begin by learning methods of telling stories without memorization, cover story structure and skills for telling through small group work and weekly presentations by students. By the final class, you will be putting those skills to work and polishing a ten-minute presentation. By participating in the class, all students will earn a year's membership in the Seattle Storytellers Guild.

7112 1/12/2021 - 3/2/2021 7:00 - 9:00PM 8 ses Tu
Irwin Online; Zoom \$175

MUSIC

NEW The History of Jazz: The Roots of Jazz to 1950

Jazz: truly America's art form. Gain a broader understanding of jazz genres and historical icons from a musician who's worked with many of the greats in venues all over the world. With this class, we start with the very early roots of jazz and consider its growth into an iconic American cultural phenomenon that spread around the world.

7025 1/6/2021 - 3/10/2021 7:00 - 8:30PM 10 ses W
Radke Online; Zoom \$155

Beginning Guitar 1

Pick up the guitar and play. Learn chords, strum patterns, tablature and notes while learning songs. Pick up some basic theory. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment. **Bring your acoustic guitar and required books to class.** See www.learnatnorth.org for textbook information.

7020 1/13/2021 - 3/3/2021 7:00 - 9:00PM 8 ses W
Zangar Online; Zoom \$179

Beginning Ukulele

Start strumming right away as you learn to play the ukulele in a relaxed and fun atmosphere. Curriculum includes traditional and contemporary Hawaiian music as well as popular songs. Focus will be on basic strums and chords set to new songs each week. **Bring a soprano, concert or tenor ukulele to class.** One may be provided, but we have only a limited number for in-class use. Start making music.

7052 1/26/2021 - 3/16/2021 6:30 - 8:30PM 8 ses Tu
Klopich Online; Zoom \$179

Play Blues Harmonica!

If you've ever been curious about learning to play this expressive instrument, this is the course for you. Learn to play harmonica in a safe, fun environment where attention is paid to each student's individual progress. Learn simple songs, riffs and improvisation on the harmonica with an emphasis on the Blues. Classes will focus on correct harp handling, proper breathing, basic blow/draw patterns and bending notes, acoustic vs. amplified playing and instrument care. Basic music theory is discussed and used. No prior experience or knowledge of music theory is needed. **A 10-hole diatonic harmonica in the key of C is required for the class.**

7095 1/14/2021 - 3/4/2021 7:00 - 8:30PM 8 ses Th
Wilde Online; Zoom \$129



NEW Individual Trumpet Study with Fred Radke

Work on all aspects of your trumpet technique through individual study with one of the trumpet greats. Ten weekly, one-hour sessions to be arranged with instructor. Scholarships available; contact conted@seattlecolleges.edu to learn more.

7026 1/4/2021 - 3/24/2021 Arranged
Radke Online; Zoom \$500

NEW Vocal Performance and Stage Technique Workshop

Learn more about vocal performance, techniques and stage presence in individual study with well-known singer and recording artist, Gina Funes. You will have a piano accompanist, and a recital is performed at the end of each quarter with the pianist and an option to perform with big band accompaniment. Ten weekly, one-hour sessions to be arranged with instructor. Scholarships available; contact conted@seattlecolleges.edu to learn more.

7032 1/4/2021 - 3/24/2021 Arranged
Funes Online; Zoom \$500

Jazz Piano Pro Essentials

Jazz Piano Pro Essentials is a twelve-hour online course that teaches you the essential techniques necessary to perform jazz music on the piano. Students will work in a self-paced format—login at any time to do your lessons. This is a self-paced course that does not meet at a specific time. Students may start the class at any time between January 4 and March 24.

7015 1/4/2021 - 3/24/2021 Self-paced
Willrich Online; Other \$250

“Darrius knows jazz very well! I feel like I now have the tools needed to improve my piano playing and eventually get better at jazz-style playing.”

– Nick on Jazz Piano Pro Essentials
with Darrius Willrich

MAINTENANCE

Home Remodeling 101

Planning on a remodeling project or dreaming about a new kitchen, but don't know which way to turn? This class is for you. Learn what comes first (second and third) and how to establish a project budget, specifications, bid procurement and contractor hiring. Basic house construction and remodeling dos and don'ts will be covered. The second session will include cabinet choices, kitchen, and bathroom planning, style and installation. Also covered: remodeling of bedrooms, basements and other rooms.

7080 3/15/2021 - 3/16/2021 7:00 - 8:30PM 2 ses M, Tu
Marx Online; Zoom \$75

Personal Organizing and Clutter Clearing

Feeling overwhelmed by objects and papers? 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'll create strategies for change and discuss methods of tackling clutter and chaos.

7054 1/5/2021 - 1/12/2021 7:00 - 8:30PM 2 ses Tu
Ross Online; Zoom \$45

COOKING

NEW What's For Dinner?

Join the fun as you learn to prepare a new meal for yourself and your loved ones. You'll get recipes to make a complete dinner, and we'll cook together on Zoom. Learn what things to always have on hand so you can whip up a great meal without shopping; leave with new skills, recipes and an answer to "What's for Dinner?"

7113 1/14/2021 - 1/14/2021 4:30 - 6:00PM 1 ses Th
Brownstein Online; Zoom \$35

Knife Skills

Julienne, chiffonade, brunoise, chop, slice, dice, mince... Learn different knife cuts as well as parts of a knife, knife grips, which knife for which task, how to care for your knives and most importantly how to keep your knives razor sharp. This class will revolutionize the way you use your most important kitchen tool. **Bring an apron (optional) and a knife to sharpen.** Class meets off-campus at the Kitchen Coach Cooking School, 850 NE 88th St, Seattle.

7091 3/9/2021 - 3/9/2021 6:00 - 9:00PM 1 ses Tu
Brownstein Kitchen Coach Cooking School \$59



NEW Kitchen Kicks: Sweet and Savory Sessions with Chef Michele

Attention all sweet and savory food lovers, we have a new series of kitchen classes for you. Whether you're new to cooking and baking or an enthusiast, our session classes will teach you how to create new dishes in the comfort of your own kitchen! Join Michele Sweeney for fun, hands-on and real-time classes that cover everything from baking to cooking. Each week we'll offer you a new sweet or savory experience. Sign up is simple; pick the sessions you want, pay the per session fee and receive your prep packet for each class. The session fee is per household so you can have as many cooks in your kitchen as you like. Classes are two to three hours, unless otherwise noted. Each class is a password-protected Zoom session and you'll receive an email with a session ID and password 30 minutes prior to your class. Classes are recorded so you will have access to the re-play as well. See www.learnatnorth.org for individual session descriptions.

The Art of Pie				\$59
7116	1/9/2021 - 1/9/2021	10:00AM - 1:00PM	1 ses	Sa
Family Pizza Night				\$59
7117	1/16/2021 - 1/16/2021	10:00AM - 1:00PM	1 ses	Sa
Touch Down Bites				\$59
7118	1/23/2021 - 1/23/2021	10:00AM - 1:00PM	1 ses	Sa
Winter Gnocchi				\$59
7119	1/30/2021 - 1/30/2021	10:00AM - 1:00PM	1 ses	Sa
Simply Delicious Doughnuts				\$59
7120	2/6/2021 - 2/6/2021	10:00AM - 1:00PM	1 ses	Sa
Gorgeous Valentine's Day Cookies				\$59
7122	2/13/2021 - 2/13/2021	10:00AM - 1:00PM	1 ses	Sa
Sweet and Savory Charcuterie Boards				\$59
7121	2/20/2021 - 2/20/2021	10:00AM - 1:00PM	1 ses	Sa
Homemade/Handmade Pasta and Sauce				\$59
7123	2/27/2021 - 2/27/2021	10:00AM - 1:00PM	1 ses	Sa
The Art of Quick Bread				\$59
7127	3/6/2021 - 3/6/2021	10:00AM - 1:00PM	1 ses	Sa
Cake Trends and Essentials				\$59
7126	3/13/2021 - 3/13/2021	10:00AM - 1:00PM	1 ses	Sa
The Art of Risotto				\$59
7125	3/20/2021 - 3/20/2021	10:00AM - 1:00PM	1 ses	Sa
Chocolate Without a Temper				\$59
7124	3/27/2021 - 3/27/2021	10:00AM - 1:00PM	1 ses	Sa
Bunny Cake Fun				\$59
7128	4/3/2021 - 4/3/2021	10:00AM - 1:00PM	1 ses	Sa

EXERCISE

Stronger Together: A Partners Workout

Get fit and have a blast in this fitness class where your partner is your equipment. Join forces with another person from your household for a fun workout that focuses on both strength and flexibility. Challenge and support one another as we do exercises using each other's weight as resistance. This class is great for couples, roommates and parents. If participating with a child it is recommended that they weigh a minimum of 90 lbs. Price is for two people; only one person is required to register. No class 1/18 or 2/15/21.

7009 1/11/2021 - 3/15/2021 6:00 - 7:00PM 8 ses M
Brenith Online; Zoom \$249

Fitness at Home

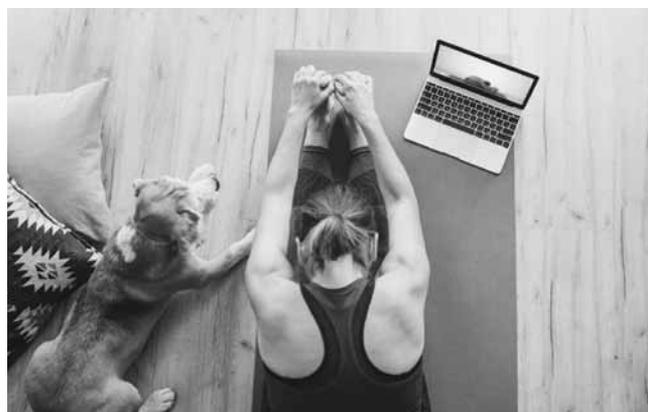
Get fit and have a blast! Using your body weight, this instructor-led, real-time workout offers community and accountability to meet your fitness goals. Each class is loaded with functional exercises designed to give you the ultimate challenge. You'll get full-body conditioning to help develop strength, balance and flexibility. All levels welcome. Grab a water bottle, a towel and be ready to get strong. No class on 3/4/2021.

7008 1/12/2021 - 3/16/2021 7:00 - 8:00PM 18 ses Tu, Th
Brenith Online; Zoom \$235

Stretch and Strengthen with Core Matters Pilates

Here's a joint friendly, full body workout designed for the times. Weekly classes will keep you accountable as you tone, revitalize your energy and improve your posture. Safely stretch those tight hips and low back. Work those abs and spinal stabilizers, glutes and shoulders. Finish each class feeling taller and more relaxed. Practicing Pilates aids in the prevention of injury and brings awareness to movement patterns that may unwittingly be contributing to chronic pain. Class is taught in a supportive, upbeat atmosphere with plenty of modifications to accommodate varying abilities. **You'll need a mat or carpet under you, light two to three pound weights (soup cans or water bottles in a pinch) and enough space that you can spread your arms and legs.**

7097 1/12/2021 - 3/16/2021 6:30 - 7:30PM 10 ses Tu
Mattheiss Online; Zoom \$165



Zumba®

Zumba® is an energetic class that combines Latin dance styles with cardio for a body-sculpting workout. With easy-to-follow dance steps, this 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.** New and experienced students welcome in this continuous class.

7033 1/10/2021 - 3/14/2021 9:00 - 10:00AM 10 ses Su
Henricksen Online; Zoom \$125

7034 1/12/2021 - 3/18/2021 9:30 - 10:30AM 20 ses Tu, Th
Henricksen Online; Zoom \$235

MOVEMENT

NEW Take a Mind/Body Break

Take a break from sitting at your desk and enjoy the pleasure of moving. Ground yourself in your body and enliven your spine in this 45-minute movement class taught by a teacher certified in Brain Compatible Dance Education. You'll warm up with the BrainDance—a centering body/brain movement tool—and explore various activities designed to invite lightness and ease into the body. No prior experience required. **Wear clothes that you can easily move in.** No class on 1/18 or 2/15/21.

7082 1/4/2021 - 3/22/2021 3:30 - 4:15PM 10 ses M
Wilson Online; Zoom \$75

Awakening the Soul – Seated Qigong and Meditation

Awakening the Soul is a form of Sheng Zhen Meditation—in Motion and Stillness. This seated, meditative movement practice opens the heart, to cultivate unconditional love and connect your own life force with the qi, or energy, of the whole universe. The movements are accompanied by inspirational, poetic contemplations to help you feel more optimistic and at peace. As this form has eight movements, it's an easy process to learn and a practice that takes less than 20 minutes. Students will have plenty of class time to learn through repetition. Gathering Qi, a simple standing qigong practice, will also be taught. Suitable for any fitness level. **Wear comfortable clothing.**

7098 1/21/2021 - 3/11/2021 5:30 - 6:30PM 8 ses Th
Gould Online; Zoom \$79

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, operator's manual (if available), sharp scissors, tape measure and straight pins.** See www.learnatnorth.org for supply list. No class on 1/18 or 2/15/21.

7050 1/4/2021 - 3/8/2021 6:30 - 9:00PM 8 ses M
Johnson Online; Zoom \$205

Introduction to Upholstery

Transform a stuffed chair with fresh fabric and piping into a snazzy new addition to your home. We'll work through the steps of reupholstering by removing the old fabric, adding new foam (if necessary), sewing the piping and seat cushion and applying the new fabric. I will be using a staple gun, rather than old school upholstery tacks. **You will need a sewing machine, pliers, staple gun, chair, enough fabric to cover the chair and any necessary new foam or batting.** The first session will cover removal, pattern making, addition of foam and making your own piping. The second session will cover sewing the bottom cushion (and any other sewn details) and reupholstery of the remaining surfaces. **Basic sewing skills recommended.**

7062 1/9/2021 - 1/16/2021 10:00AM - 2:00PM 2 ses Sa
Norsworthy Online; Zoom \$85

PENNY ROSE

Penny has worked as a Naturalist and Education Specialist with The City of Seattle, Parks and Recreation Department at Discovery Park for a number of years. As a Master Birder, she has served on Seattle Audubon's Education and Classes Committee, led numerous field trips, participated in the 'Christmas Bird Count 20 years and initiated and coordinated The Discovery Park Monthly Neighborhood Bird Project'. She has conducted two routes for the 'USGS North American Breeding Bird Survey' in Okanogan County for the past 14 years. In addition, she served on the board of the Washington Ornithological Society for six years as Vice President and President.



NATURE & SCIENCE

NEW Hawks, Eagles, Falcons and More

Winter is the best time for hawks in the Pacific Northwest. Many species spend their winter months in our landscape. Learn the basics of raptor identification, behavior and ideal places to look for these avian wonders.

7114 1/21/2021 - 1/28/2021 6:30 - 8:30PM 2 ses Th
Rose Online; Zoom \$49

Birding by Ear

Discover the hidden world of bird language where identification, behavior and music come alive. This class will explore the use of bird songs and calls as a form of identification of bird species. We will introduce tools, apps and methods of learning birding by ear and then practice these skills in the field where theory becomes reality.

7115 3/4/2021 - 3/11/2021 6:30 - 8:30PM 2 ses Th
Rose Online; Zoom \$49

PERSONAL

How to Be an Antiracist

You already know of Dr. Ibram Kendi's bestselling book *How to Be an Antiracist*. Dr. Kendi also wrote a board book for parents called *Antiracist Baby*. It is a deceptively simple rhyming book with nine steps to make equity a reality. We will focus on each step in turn. **Please purchase both books by Ibram Kendi: *Antiracist Baby* and *How to Be an Antiracist*. We will be journaling in and out of class, so please have a dedicated journal for the class.** "Antiracist baby is bred, not born. Antiracist baby is raised to make society transform." See www.learnatnorth.org for textbook information.

7010 1/6/2021 - 2/3/2021 5:30 - 7:00PM 5 ses W
Chang Online; Zoom \$85



NEW The African American Experience Through Film

American films are a powerful medium for producing a collective understanding about our country’s past, present and ever-changing values. Often though, they create a vision of America that fails to capture an honest portrayal of non-white life. This class will examine the counter-narratives of black filmmakers in the hopes of better understanding how cinema serves as an expression of humanity, and more importantly, a better understanding of the humanity within the African-American community. Join filmmaker and educator Ben Abel-Bey as you explore fictional narratives, documentaries and television episodes across multiple themes and genres. While some film theory will be discussed, this course is ultimately an examination of American history, society and culture through the work of filmmakers of color. Films discussed will include *Do the Right Thing*, *The Hate U Give* and more. Short clips of films and television episodes will be screened and discussed in class, but students are expected to view films outside of class each week as well. **Note that some movie rental fees may apply in addition to the cost of the course.**

7105 1/6/2021 - 2/24/2021 6:00 - 8:00PM 8 ses W
Abel-Bey Online; Canvas \$179

Race and You: For Your Consideration

Explore diversity, equity and inclusion as it applies to your own values, beliefs and biases. Working within two frameworks, Hollins’s Cultural Competence and Singleton’s Norms for Courageous Conversations, we will seek a deeper engagement with our own values, belief systems, biases and attitude toward others. Gain valuable insight into the destructive systems of race and privilege in America, and how you can work against them.

7011 2/11/2021 - 3/4/2021 6:30 - 9:00PM 4 ses Th
Chang Online; Zoom \$109

“It’s a topic that is much on my mind, and has been for years—race, and in particular blackness. I really appreciated being able to have small group discussions where we could share our experiences and perspectives.”

– Debra on *Race and You: For Your Consideration* with Christina Chang

Create Your Rapid Exit Plan

What would you grab if you had to leave your home unexpectedly because of a medical emergency or a house fire? How can you make the most of the time you have—and reduce regrets? We’ll help you organize your important information, preserve what’s most important and think through your exit strategy.

7002 1/9/2021 - 1/9/2021 10:00 - 11:45AM 1 ses Sa
Forrest Online; Zoom \$29

Earthquake Preparedness

Feeling overwhelmed by the idea of preparing for an earthquake? Maybe you have started but don’t know where to go next. We will discuss practical, low-cost and high-value actions. It’s not about buying stuff (that’s the easy part), it’s about thinking through what might work for your situation. Topics covered include staying safe during the shaking, what to expect after an earthquake, communicating with loved ones, valuable tech tools, the psychological impact of a disaster, the city’s disaster plans and so much more. Increase your resiliency by decreasing your fear of the unknown. Optional second class to discuss concerns that came up during the week, or to ask clarifying questions once you’ve had a chance to evaluate your particular situation.

7003 1/23/2021 - 2/6/2021 9:00AM - 1:00PM 2 ses Sa
Forrest Online; Zoom \$29

ANN FORREST

Ann first became interested in emergency preparedness while living in Sicily at the base of Mt. Etna in 2011. During her 20-year career as a Navy Nurse Corps Officer, she taught many healthcare-related classes: Basic and Pediatric Life Support, Advanced Cardiac Life Support, breast self-exam, etc.



Ann moved to Seattle the fall of 2014 and has been involved in the community ever since. In 2016 Ann was elected President of her local community council, established an Emergency Communication Hub that same year, and gathered the NE Seattle Hubs together to support one another and share best practices in April 2018. Ann currently teach classes for Seattle's Office of Emergency Management and "Stop The Bleed" for a non-profit in Lake City. Her current large project is to coordinate and beef up the social media presence for all 44 of the Seattle Emergency Communication Hubs.



Investment Basics: Needed Now More Than Ever

Learn to understand what is really going on in the bewildering world of investing. Study the psychology of investing; fundamental and technical analysis strategies and techniques; debt securities, mutual funds and winning strategies for retirement. Students often say they wish they'd learned all of this earlier in life. No prior investing experience or accounting background required. Leave with the knowledge and confidence to manage your own investments. This class will be a hybrid of videoconference and self-study. Handouts will be emailed ahead of time before the instructor-led online discussion. No class 1/26 and 1/28/21.

7048 1/12/2021 - 2/25/2021 7:00 - 8:00PM 12 ses Tu, Th
Goodwin Online; Zoom \$205

Understanding Trauma: Dynamics, Impacts and Interventions

Through lecture, discussion, and group interaction, students will gain a greater understanding of what trauma is and how it affects people. We will set the historical context of trauma before looking at current clinical definitions along with a very concrete, functional definition. The course will cover short- and long-term impacts of severe trauma, recognizing the signs of significant trauma, and the fundamentals of providing support for persons impacted by trauma. This is not a trauma therapy course. However, understanding trauma from a very functional perspective will be of value for those from a variety of backgrounds: people interested in learning more about trauma, teachers, mediators, counselors and professionals who may work with trauma-impacted persons. We will look at the most prominent treatment approaches for severe trauma (PTSD and beyond), along with the pros and cons of those approaches. The course will also cover de-escalation steps and one form of critical incident processing. Depending on class interest and time we may cover historical, systemic and cultural trauma. This class has a limited size so that we may identify and address specific student goals.

7045 1/14/2021 - 2/18/2021 6:30 - 8:30PM 6 ses Th
Sideman Online; Zoom \$175



Instructor-Facilitated Certificates

- Certificate in Integrative Mental Health
- Certificate in Mindful Relationships
- Certificate in Mediation
- Certificate in Spirituality, Health and Healing
- Certificate in Wellness and Environment

conted.northseattle.edu/online-learning/ed2go

What's News: Media Literacy

Are we living in a "post-fact" era? Facts still exist but they can be tricky to separate from fiction, satire, lies and other non-fact information out there. It is crucial, in light of current events, to go beyond just trusting certain sources and actually investigate. We'll assess how likely something is to be true, evaluate sources for ulterior motives or biases, use research tools to check on things we're not sure about and more. Many sessions will involve using a computer for research. Each Thursday, you'll receive an email with links to the week's lessons and activities which you can do at your own pace. Discussions with classmates will take place on Slack, an online chat/message site. For students who prefer interacting through live video rather than text, a casual and optional weekly video conference is offered Thursdays at 6:30 p.m.

7094 2/18/2021 - 3/11/2021 6:30 - 8:30PM 4 ses Th
Coffey Online; Other \$79



“It was extremely practical and useful information presented in an accessible, thorough and well-organized manner. The teacher was approachable, kind and clearly an expert in his field.”

– Victoria on *Understanding Trauma: Dynamics, Impacts and Interventions* with Mark Sideman

“ The instructors were wonderful and the activities were thoughtful. There was such an unexpectedly wonderful community of learners through this Zoom class. ”

– Carrie on Mindfulness Meditation class
with Andrea D’Asaro

Women and Mythology

Ushered into the mainstream by Joseph Campbell, mythic narratives have the power to enliven and enrich our day-to-day experiences and dreams. Come journey to the African crossroads, learn about Greek goddesses, gather around for a folktale, watch a film by Maya Deren, sit in Frida Kahlo’s garden or be mesmerized by mystic poets. We will explore the literary, psychological, spiritual and cultural significance of an array of female-centric mythological narratives, images and historical persons. Each class focuses on storytelling as personal inspiration for writing and/or artwork. Bodywork, collage, music, meditation and optional group presentation will be explored. *See www.learnatnorth.org for textbook information.*

7001 1/12/2021 - 2/16/2021 6:30 - 8:30PM 6 ses Tu
Sells Online; Zoom \$129

The Science of Happiness

This course in the fundamentals of happiness and well-being will provide you with key theories, research and ways to explore their application both in your personal and professional life. Our main objective is to explore how humans can become happier and translate those ideas into daily practice. Learn how to connect with yourself and increase meaning while gaining a healthier perspective to help you better deal with stressful situations and challenges.

7000 1/14/2021 - 2/4/2021 7:00 - 9:00PM 4 ses Th
Maturen Online; Zoom \$109



TARA BERNSTEIN

Tara 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.

Introduction to Yoga Philosophy

There is much more to yoga than the physical poses. The eight philosophical limbs of yoga, or the eightfold path, offers opportunities to develop insight, calm and resilience. We will explore these eight limbs as explained in The Yoga Sutras of Sage Patanjali in the second chapter on practice written approximately 1,500 years ago. We will view them through the lens of yoga postures and *The Tree of Yoga* written by BKS Iyengar while journaling and learning simple relaxation techniques to quiet the mind. This course is open to yoga practitioners as well as those who have never practiced yoga postures. Handouts will be provided. You will walk away with a solid understanding of the eight limbs of yoga and of the Sage Pantajali, as well as a better understanding of how yoga practice can involve these philosophical limbs.

7063 1/14/2021 - 3/4/2021 4:30 - 5:30PM 8 ses Th
Bernstein Online; Zoom \$95

Mindfulness Meditation for Stressful Situations

Freedom from anxiety and worry evolves from incorporating small moments of stillness into your everyday life. Join a supportive community to enjoy practices proven to increase energy and joy like mindful breathing and walking that engages all of your senses. Discover 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 moments of calm in their daily lives. **Bring a snack and a cushion or yoga mat.**

7086 1/26/2021 - 2/9/2021 6:30 - 8:30PM 3 ses Tu
D’Asaro Online; Zoom \$65

NEW Astrology for Personal Growth Part 2

Continue exploring astrology as a tool for greater understanding of ourselves and the world around us. Astrology is broad and fluid enough to contain the complexity of our experiences and yet concrete enough to provide structure and practicality. Understand how to work with your natal chart as a living map and tool for social consciousness. We'll use lectures, guided visualizations, imagery, storytelling and many other tools. **Students should have taken Astrology for Personal Growth Part 1, or have knowledge of planets, signs, houses and aspects.** We will cover how the chart comes alive: transits; lunar phases; the progressed Sun and Moon; chart interpretation and experiential astrology.

7099 1/28/2021 - 3/4/2021 7:00 - 9:00PM 6 ses Th
Moreno Online; Zoom \$115

Neuroplasticity and the Eight Senses of Awareness

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

7096 2/1/2021 - 2/8/2021 7:00 - 8:30PM 2 ses M
Rogozina Online; Zoom \$45

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 basic approaches: Effleurage, Petrissage and Tapotement. **Bring a yoga mat, three pillows and wear comfortable, loose-fitting clothing. You should bring a small bottle of oil, such as coconut oil, or lotion.** Massage will be done fully clothed. Learn by observing instructor demonstrations and Q&A followed by practice time. Reference material will be emailed to you. Note: Class price is for two people; only one person in the pair is required to register and pay for the class.

7007 1/23/2021 - 2/6/2021 10:00 - 11:30AM 3 ses Sa
Brenith Online; Zoom \$175



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 will be 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. This class is intended for anyone who is eligible or soon to be eligible for Medicare benefits. Au pairs may not take this workshop for hours unless given permission; contact the Continuing Education Director at conted@seattlecolleges.edu.

7100 2/6/2021 - 2/6/2021 9:30 - 11:30AM 1 ses Sa
SHIBA Online; Zoom Free

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 plan to travel the world as a volunteer. Volunteer travel is not just for the young.

7093 3/1/2021 - 3/15/2021 6:30 - 8:30PM 3 ses M
Major Online; Zoom \$69

“ The instructor was thorough, professional and personable. The couples massages forced me to connect with my partner on a more intimate level and now we apply our skills to carve out more time for physical connection. ”
— Aria on Therapeutic Massage for Couples with Carolyn Brenith



LANGUAGE



ESL

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 using it. In addition, you'll learn things not found in books like American idioms and slang. No class on 1/18 or 2/15/21.

7040 1/11/2021 - 3/24/2021 7:30 - 9:00PM 20 ses M, W
O'Connor Online; Zoom \$295

Intermediate ESL Workshop: Speaking & 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 practice various grammatical forms and develop 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.

7044 1/12/2021 - 3/4/2021 7:00 - 9:00PM 16 ses Tu, Th
Markova Online; Zoom \$299

TOEFL Preparation

If you are planning to take TOEFL (Test of English as a Foreign Language) or want to improve your reading and listening comprehension of academic materials, this test prep class is for you. This class focuses on English language skills development and test-taking techniques. Build reading and listening strategies that you can use on any ESL/EFL placement test. Learn tips to read faster in order to find the right answers and give well-organized oral responses within a required time limit. There will be in-class timed practice, self-paced homework assignments and a complete reading/listening practice test to help you get familiar with the types of exercises and time given for each task. See www.learnatnorth.org for the textbook information.

7039 1/30/2021 - 3/6/2021 9:00AM - 12:00PM 6 ses Sa
O'Connor Online; Zoom \$255

FRENCH

French 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, as well as items you might need and 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 for textbook information.

7035 1/12/2021 - 3/2/2021 6:30 - 8:30PM 8 ses Tu
Brown Online; Zoom \$169

Continuing French: Critical Thinking

For French learners eager to expand their speaking skills and reinforce their language usage and terminology. Each session 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, alike. 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 for textbook information. No class on 1/18 or 2/15/21.

7043 1/4/2021 - 3/8/2021 7:00 - 9:00PM 8 ses M
Morehead Online; Zoom \$169

ITALIAN

Italian I

Benvenuto! Welcome to the beautiful language of Italy. This engaging class uses a variety of materials to increase your vocabulary. You'll get a basic introduction to the Italian language which includes conversation, grammar and pronunciation.

7081 1/9/2021 - 2/27/2021 9:00 - 11:00AM 8 ses Sa
Rzhondkovsky Online; Zoom \$169

VSEVOLOD (SEVA) RZHONDKOVSKY

Seva has been teaching individuals and groups since 1995. He holds a BA from the University of California, Berkeley and a MA from the University of Washington. A longtime resident of Mexico, he took courses at the Universidad Nacional de Mexico. He also lived in Italy and studied at the Dante Alighieri Institute and the Università di Perugia. He has traveled extensively in Mexico, Italy, Portugal, Colombia, Turkey and Brazil. Seva is a certified interpreter of both Russian and Spanish.





Italian Essentials

Don't feel that everything is foreign when you (finally) go to Italy. Prepare now for your next 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, as well as 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 for textbook information.

7036 1/14/2021 - 3/4/2021 6:30 - 8:30PM 8 ses Th
Brown Online; Zoom \$169

JAPANESE

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. We will cover 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 will be collected by the instructor.**

7055 1/14/2021 - 3/4/2021 7:00 - 9:00PM 8 ses Th
Nakamura-Lambert Online; Zoom \$169

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. This consistently top-rated instructor will help you gain a solid ASL foundation in a fun and welcoming environment.

7016 1/12/2021 - 3/2/2021 6:30 - 8:30PM 8 ses Tu
Jordan Online; Zoom \$169

Sign Language – Level 2

This class is a continuation of Basic Sign Language. You will further develop and increase your communication skills with an emphasis on expanding vocabulary and grammatical understanding.

7017 1/14/2021 - 3/4/2021 6:30 - 8:30PM 8 ses Th
Jordan Online; Zoom \$169

SPANISH

Spanish Conversation for Beginners 1

Do you want to practice your conversational skills to increase your fluency and confidence while using what 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. A variety of topics will be introduced such as Latin American and Spanish poetry, literature, history, music and the arts. ¡Nos vemos en clase! See www.learnatnorth.org for textbook information. No class 1/18 and 2/15/21.

7064 1/4/2021 - 3/22/2021 7:15 - 9:15PM 10 ses M
Ramón Online; Zoom \$215

Intermediate Spanish Conversation 1

Enhance your Spanish listening, speaking and reading skills to better communicate in a wide variety of daily situations such as renting an apartment, planning a trip and more. Learn to speak and write sentences using the imperfect and preterit tenses and be introduced to the subjunctive mood. Feel confident interacting with native speakers by exploring different Spanish-speaking countries through their history, music, geography, culture and current events. Learn from a native speaker with over 15 years of experience teaching Spanish as a second language. This is an immersive class conducted in Spanish and ideal for low level, intermediate students. Note: Take self-test to see if you are ready for this level. See www.learnatnorth.org for textbook information and self-test. No class on 1/18 and 2/15/21.

7065 1/4/2021 - 3/22/2021 5:00 - 7:00PM 10 ses M
Ramón Online; Zoom \$215



LANGUAGE

“ Teresa was an outstanding instructor. She taught via Zoom as if she had been doing it for years. She was truly an excellent teacher. ”

– Kristin on Intermediate Spanish Conversation 2 with Teresa Ramón

NEW Advanced Spanish Conversation 1

Refine your Spanish speaking and listening skills in a relaxed learning environment. Watch short films, participate in an informal reading club and share your comments on short essays, stories and plays. Review the uses of ser and estar, prepositions and the indicative past tenses. As always, we will include a cultural component that explores Latin American literature, history, music and current events. Learn from a native speaker with over 15 years of experience teaching Spanish as a second language. This immersive class, conducted entirely in Spanish, is ideal for high intermediate or advanced students. First in a series of three classes. **Prerequisite: 120 hours of Spanish instruction or equivalent.** Note: Take the self-test to see if you are ready for this level. See www.learnatnorth.org for textbook information and self-test.

7066 1/6/2021 - 3/10/2021 7:15 - 9:15PM 10 ses W
Ramón Online; Zoom \$215

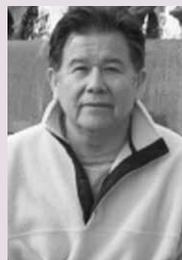
Spanish for Fun and Travel – Level 1

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 for textbook information. No class 1/18 and 2/15/21.

7083 1/11/2021 - 3/15/2021 6:30 - 8:30PM 8 ses M
Miranda Online; Zoom \$169

JUAN A. MIRANDA

Juan has been an instructor since 1985 for the Continuing Education Program at North Seattle College. A graduate of Western Washington University with a Bachelor of Arts in Education and Human Resources, Juan received a Master's degree in Urban Planning from The University of Washington.



For the past 32 years, Juan has been a resident of Seattle. He has a multi-cultural background, and speaks four languages: English, Spanish, Italian and Cantonese.

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 for textbook information.

7084 1/14/2021 - 3/4/2021 6:30 - 8:30PM 8 ses Th
Miranda Online; Zoom \$169

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 for textbook information.

7085 1/13/2021 - 3/3/2021 6:30 - 8:30PM 8 ses W
Miranda Online; Zoom \$169



REGISTRATION & GENERAL INFORMATION

Registration Begins November 9.

To register call
206.934.3705

Due to on-going remote operations and staff working off-campus, mailed registration is not recommended.

THREE EASY WAYS TO REGISTER

1 **ONLINE** www.learnatnorth.org

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

3 **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. 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.

Winter 2021 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 _____

YOUR SATISFACTION IS OUR PRIORITY

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'll do our best to provide a solution that meets your individual needs. Either email us at conted@seattlecolleges.edu or call us at 206.934.3705.

Continuing Education Student Resources

FIND MORE INFORMATION ABOUT:

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

continuinged.northseattle.edu/student-resources

Online learning. Anytime. Anywhere.



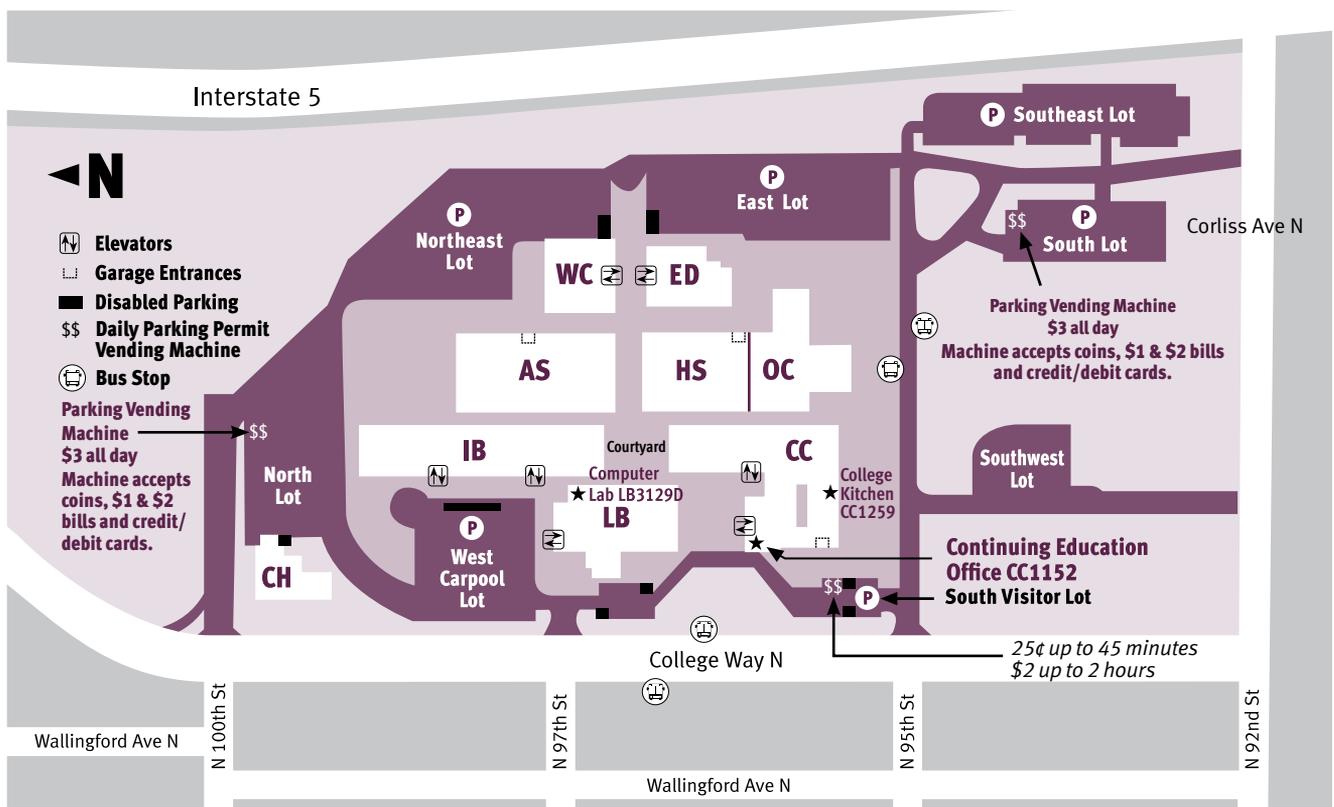
UGotClass
Online Certificates and Courses



THE CENTER FOR
LEGAL STUDIES

continuinged.northseattle.edu/online-learning

North Seattle College Information



AS – Arts and Sciences Building
CC – College Center Building

CH – Childcare Center
ED – Education Building
IB – Instruction Building

LB – Library Building
HS – Health Sciences & Student Resources Building

OC – Opportunity Center
WC – Wellness Center

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. *To ensure you receive our emails, add us to your address book.* If you do not get your parking permit, check your spam folder and/or email us at conted@seattlecolleges.edu.

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

OFFICE HOURS

Remote Operations 8:00AM–4:30PM
Winter Quarter: 1/4/2021–3/24/2021

HOLIDAYS

Mon 1/18/21 Martin Luther King Jr. Day
Mon 2/15/21 Presidents Day

LOCATION

CC 1152, 1st Floor

College Center Building

Please check website regarding campus entry.

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ONLINE LEARNING TIPS

As we enter fall quarter, we want to offer you support for online learning. Here's how to log in to your online course:

Log In to Canvas

Visit canvas.northseattle.edu/login/canvas
Enter your Student ID (SID) and your password.

- You receive your SID when you register for your course. You can find your SID in your confirmation order email from conted@seattlecolleges.edu. If you don't see it, check your junk/spam folder.
- Your password is the first eight characters of your last name in all lowercase letters, excluding any punctuation or spaces.
- If your last name has fewer than eight letters, repeat from the start until you have entered eight characters and then click Login.

Example 1: Your Student ID is 925110000;
your last name is Washington

- Use 925110000 for the Username.
- Use washingt (lower case) for the Password.

Example 2: Your SID is 925110000;
your last name is Park

- Use 925110000 for the Username.
- Use parkpark for the Password

Be sure that your contact information, including email address, is correct and up to date in Canvas.

Log In to Zoom

You will receive a confirmation email for your class with a link to a scheduled Zoom meeting from conted@seattlecolleges.edu. If you don't see it, check your junk/spam folder.

When you come to the meeting/classroom, you may be in a waiting room. No one can see or hear you. Please try to arrive at least five minutes before the class start time. When you join the meeting your camera (video) and audio will be muted.

Download Zoom in advance and start to familiarize with it: <https://zoom.us/>

Here are a few additional tips to help make your online learning experience as smooth as possible:

- If you can, try to create a dedicated study space that's quiet, organized and comfortable.
- Keep water and healthy snacks on hand to keep your brain and body fueled.
- Take breaks when you need it. Move your body, take some deep breaths or step outside for a breath of fresh air.
- Be patient with yourself—adjusting to online learning is a big change. Give yourself the freedom to experience some bumps along the way; your classmates and instructors are likely experiencing the same challenges.

If you need additional help, check out the links below.

Online Tutoring

northseattle.edu/tutoring/e-tutoring

Contact the IT Department

itservices.seattlecolleges.edu/contact-it-help-desk

More Information on Canvas

elearning.northseattle.edu/

Thank you for your patience as we navigate this situation together. Please reach out with any questions and concerns.

ECRWSS RESIDENTIAL CUSTOMER

CONTINUING EDUCATION

www.learnatnorth.org • 206.934.3705 • conted@seattlecolleges.edu

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with Chef Michele, page 13**



**It's Never Too Late to Begin Again:
A Julia Cameron Journey, page 10**



Grantwriting 101, page 6



Individual Trumpet Study with Fred Radke, page 12

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