



NORTH SEATTLE
COLLEGE

CONTINUING EDUCATION

Live to Learn!

SPRING 2024

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**Registration Opens
February 12**

Ukulele for Beginners

Volume 18, No. 2

**Discovering the Bugs
in Your Garden**
page 1

**Introduction to
Feng Shui**
page 7

**Beginning Decoupage,
Textures, & Painting**
page 10

Welcome to Continuing Education

Celebrating Learning Since 1970

We are committed to enriching lives by:

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

Registration Begins February 12.

Register Online Anytime www.learnatnorth.org

TWO EASY WAYS TO REGISTER

- 1 **ONLINE** www.learnatnorth.org
- 2 **PHONE** 206.934.3705

Continuing Education Policies

- 100% refund if a class is cancelled by North.
To cancel a registration, contact the Continuing Education office by email at least two business days prior to the start of class. You will be refunded 100% of the class fee.
- 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.

SPRING QUARTER OFFICE HOURS

Continuing Education	SPRING QUARTER: 4/1/24 – 6/14/24
North Seattle College	OFFICE HOURS: Mon-Fri 8:30AM – 5:00PM
9600 College Way North	HOLIDAYS: 5/26/24 Memorial Day
CC Bldg Room 1152	6/19/24 Juneteenth
Seattle, WA 98103-3599	

Jazz Ensemble Concert

Join us in the Grove Dining Room on campus starting at 8 p.m. on March 13 for a live concert. The concert is free, so bring the whole family. Directed by Fred Radke and featuring Vocalist Gina Funes.

TABLE OF CONTENTS

Arts	8
Writing	8
2D Arts	8
3D Arts	11
Photography	12
Music	12

Computer	14
Design	14
Excel	14

Enrichment	4
Crafts	4
Nature & Science	4
Entertainment	5
Personal	5
Travel	7

Fitness	2
Exercise	2
Dance	3
Movement	3
Yoga	3

Food	1
Cooking	1
Desserts	2

Home and Garden	1
Home Style	1
Gardening	1

Language	12
ESL	12
French	13
Italian	13
Japanese	13
Sign Language	13
Spanish	13

Professional	14
Adult Family Home	14
Business Skills	14
Audio Engineering	15
Work for Yourself	15
Clock Hours and CEUs	15

View most recent class listings and register online at www.learnatnorth.org or call 206.934.3705.

HOME AND GARDEN

HOME STYLE

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, and more. No textbooks are needed but a general home repair book (Readers Digest, Black & Decker, etc.) might enhance class demos.

28902 4/4/2024 - 4/18/2024 6:00 - 9:00PM 3 ses Th
Marx IB Bldg Room 1308 \$229

Basic Carpentry and Woodworking ★

Learn the basics of joinery, jigs, materials, methods and project design. After selecting your materials, you'll apply everything you've learned to safely use hand and power tools in the construction and assemblage of your own toolbox, sewing box, garden box, etc. Emailed instructions will be provided a few days before the first class.

28901 5/4/2024 - 5/5/2024 10:00AM - 3:00PM 2 ses Sa, Su
Marx CC Bldg Room 1161 \$229

GARDENING

NEW Discovering the Bugs in Your Garden

This course is aimed at discovering the amazing world of insects, spiders, and other creatures that live just outside your door. Some you see all the time, like honeybees or white butterflies. But is there still more to learn about their lives, and what they contribute to yours? Others you might not have noticed yet. This course will help you discover them for the first time. A few bugs are pests; many more are beneficial or simply beautiful. We'll learn about them all as we learn to welcome them into our gardens, and to be better caretakers and citizens of the planet we share with these fascinating beings.

28911 4/10/2024 - 5/15/2024 10:00AM - 12:00PM 6 ses W
Congdon CC Bldg Room 3349 \$120



Introduction to Edible Gardening ★

Interested in growing a successful edible garden this year? This introductory class will teach you all you need to know to get started growing your own fruit, herbs, and veggies. Learn about garden placement, soils, seeds, and starts, types of garden beds/containers, and more. There will be a field trip on 4/13 (details given in class).

28662 4/11/2024 - 4/11/2024 6:00 - 8:00PM 1 ses Th
Swart Online; Zoom \$75

Edible Gardening: Spring

Springtime means gardening. Learn how to prepare your garden beds, pest prevention, and what to plant now for an abundant spring harvest. Take an in-person garden tour to reinforce the learning concepts from the class, plus get inspiration and ideas for your garden.

28663 4/18/2024 - 4/18/2024 6:00 - 8:00PM 1 ses Th
Swart Online; Zoom \$39

Edible Gardening: Summer

Home grown summer veggies are the best. Learn all about what to plant and when for a successful summer harvest of all your favorites vegetables. Discuss soil, watering, and fertility needs, and how to manage pesky garden pests. Enjoy an in-person garden tour.

28664 4/25/2024 - 4/25/2024 6:00 - 8:00PM 1 ses Th
Swart Online; Zoom \$39

FOOD

COOKING

NEW Hearty Vegetarian Bowls ★

Learn to cook hearty vegetarian bowls great for weeknight meals. We will be making a hearty Mexican black bean rice bowl with greens. Learn to cook black beans and brown rice to perfection and make a delicious Salsa Fresca for topping our hearty bowls. We will also make roasted corn salad that's great as a side dish or as an additional topping on your vegetarian bowl. For dessert, vegan cowboy cookies. Chef Michele will also provide you with an additional recipe for making a hearty Farro mushroom ragout and spinach bowl.

28646 4/14/2024 - 4/14/2024 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$70

NEW Handmade Pierogi ★

Learn how to make these delicious little pillows of dumpling goodness. In this class you will be making Pierogi dough, potato and cheddar filling, and caramelized onions for tossing our cooked Pierogi with. We will make a spring Polish inspired side salad and round our meal out with Polish butter cookies with jam.

28586 4/21/2024 - 4/21/2024 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$70

NEW Cinco de Mayo Feast ★

In this class you will learn to make handmade tortillas, fresh guacamole, and street style shrimp tacos. Chef Michele will also provide you with a Margarita recipe for those that want to sip during class.

28569 5/5/2024 - 5/5/2024 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$70

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.



NEW Croissants From Scratch ★

Learn the ins and outs of making croissants from scratch in this two day class. Chef Michele will walk you through making croissant dough from scratch, incorporating butter blocks and folding and turning the dough to create the paper thin layers of butter that make croissants so light and flakey. Recipe variations for sweet and savory croissants will also be covered. Please note this is a two day class.

28581 5/18/2024 - 5/19/2024 2:00 - 5:00PM 2 ses Sa,Su
 Sweeney Online;Zoom \$130

NEW Deep Dish Pizza ★

Learn to make deep dish pizza using a cast iron pan. We will make Chicago style pizza with sausage along with a pizzeria style salad and homemade brownies for dessert. This is a great family class. Bring your appetite.

28584 6/9/2024 - 6/9/2024 2:00 - 5:00PM 1 ses Su
 Sweeney Online;Zoom \$70

DESSERTS

The Art of Cakes ★

Learn to make one-of-a-kind creations for family and friends. In this basic class, learn to bake the perfect cake, make different types of butter cream, get step-by-step guidance in piping techniques and experience the excitement of making your cake a work of art. **There is a \$100 cash supply fee due to the instructor at the start of class. Please bring an apron and a sack lunch.**

28571 4/6/2024 - 5/11/2024 1:00 - 5:00PM 6 ses Sa
 Sweeney ED Bldg Room 2843A \$300

NEW Coffee Shop Cakes ★

If you love those loaf cake or thick coffee cake slices at your favorite coffee shop this class is for you. Learn how to take one recipe and morph it into a number of delicious pound cake options. In class we will make a moist, tender, lemony pound cake along with lemon syrup to brush on our fresh baked cake and finish the cake off with a lemon glaze. We will also make a fruit streusel coffee cake. Class includes additional recipes for turning both master recipes into other flavor combinations.

28570 4/28/2024 - 4/28/2024 2:00 - 5:00PM 1 ses Su
 Sweeney Online;Zoom \$70

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

Cookie Decorating ★

Learn how to decorate a set of sugar cookies using royal icing. Techniques include icing consistencies, outlining, flooding, and decorating cookies for any occasion. You will also learn how to make your own sprinkles and royal icing transfers to embellish your creations. This class is great for beginners and those that have taken a previous cookie decorating class and want to learn how to decorate new designs as themes change every quarter. **Bring an apron and wear comfy clothes! \$45 cash supply fee paid to instructor.**

28578 6/8/2024 - 6/8/2024 1:00 - 5:00PM 1 ses Sa
 Sweeney ED Bldg Room 2843A \$95

FITNESS

EXERCISE

Strength and Conditioning

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.

27484 4/9/2024 - 6/11/2024 6:00 - 7:30PM 10 ses Tu
 Brenith WC Bldg Room 0827D \$180

Adaptive Fitness

A gentle approach to exercise, this class improves strength and flexibility though mild to moderate exertion. We will complete a workout in class. While all students will work the same muscle group at the same time for comradery, each student will perform custom exercises. Options for exercise standing, seated and laying down are provided, and the instructor will work directly with students to find the most comfortable option for them. A good class for those who want hands on adjustments and one on one attention from a fitness professional. Those with past balance or injury troubles welcome.

27485 4/10/2024 - 5/29/2024 6:00 - 7:00PM 8 ses W
 Brenith WC Bldg Room 0827D \$97

CAROLYN BRENITH

A former NCAA athlete and current Washington licensed massage therapist, Carrie is committed to helping people feel great in their bodies. Grounded in the belief that bodies were made to move, Carrie tailors classes to the needs of each student. Carrie became a massage therapist after experiencing therapeutic massage as a patient. She was continually impressed by how massage can relieve pain, improve posture and increase athletic performance. She continues to be fascinated by how touch and physical manipulation can help the body.



BLAKE CISNEROS

Blake is patient, thorough, and engaging. He is able to adapt his teaching to maximize student learning and create the highest and best outcome for each and every participant in his classes.



Blake Cisneros is the Founder, Director and Lead Teacher of Yanvalou Drum School, and Aguacero: Contemporary Ritual Drum and Dance. Blake has been involved in African and Afro-Caribbean drum and dance for 25 years. He has studied intensively with drummers and dancers from Cuba, Haiti, West Africa, and Brazil.

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.

27513 4/13/2024 - 5/18/2024 9:00 - 10:00AM 6 ses Sa
 Henriksen Off Campus - Greenwood Masonic Lodge \$100

DANCE

Ballroom Basics and Beyond

Improve your dance skills or learn to step out onto the dance floor. Move to the upbeat Latin rhythms of the nightclub dance, salsa; then dance the dramatic tango. Perfect for the beginner or for continuing learners. This price is for one person.

27486 4/18/2024 - 6/6/2024 6:30 - 7:30PM 8 ses Th
 Boarman WC Bldg Room 0827D \$125

West Coast Swing

West Coast Swing is a slower swing created for busy dance floors and danced to a variety of music from Blues to Motown to Country. Perfect for beginners and those wishing to brush up on technique and learn a few more moves. This price is for one person.

27488 4/18/2024 - 6/6/2024 7:35 - 8:35PM 8 ses Th
 Boarman WC Bldg Room 0827D \$125

Introduction to Traditional Clogging

Members of the Eclectic Cloggers of Seattle will introduce you to the basics of this truly American percussive folk dance. Learn to listen to and move with the music of Southwest Appalachia. Over our weeks together, you will learn individual steps and an entire routine, plus we will spend time each week just free-styling, making rhythms with our feet to accompany live and lively mountain music. You will work up a sweat, this is active, engaging, social exercise and such great fun.

28471 4/30/2024 - 6/4/2024 7:00 - 8:00PM 6 ses Tu
 Davidson Off Campus: Phinney Neighborhood Center Room 3 \$100

NEW Introduction to Afro-Caribbean Drum & Dance

Come explore the mystery, power, and elegance of Afro-Caribbean drumming and dancing. This all-levels workshop will provide you with a great introduction to Afro-Caribbean rhythms and further develop your rhythmic skills. Perfect for the beginning to intermediate drummer. We explore hand technique, timing, and fun to play polyrhythms. We'll also explore songs that go with the drumming and some beginning dance moves that correspond directly to the polyrhythms. Drums provided, includes notes on the rhythms and songs.

28913 5/1/2024 - 5/22/2024 7:00 - 8:30PM 4 ses W
 Cisneros CC Bldg Room 1161 \$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. There will be no class on 5/25.

27506 4/6/2024 - 6/15/2024 9:10 - 10:40AM 10 ses Sa
 Sharp WC Bldg Room 0827D \$165

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. There will be no class on 5/25.

27507 4/6/2024 - 6/15/2024 10:45AM - 12:15PM 10 ses Sa
 Sharp WC Bldg Room 0827D \$165

Tai Chi Ruler: Simple Exercises for Health and Longevity

Tai Chi Ruler (Chih) is a form of Taoist Yoga (Dao-yin) that features 12 easy-to-learn exercises and is easier to learn than Tai Chi. Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation and enhances neuro-muscular coordination.

27505 4/9/2024 - 6/11/2024 10:00 - 10:55AM 10 ses Tu
 Sharp WC Bldg Room 0829F \$112

Sustaining Vitality: Qigong

Increase vitality, give your immune system a boost, and feel more energetic. Qigong is based on the principle of balancing your body's natural energy (Qi) through meditation, breathing, and movement exercises that are easy to learn and put into practice.

27508 4/11/2024 - 6/13/2024 10:00 - 10:55AM 10 ses Th
 Sharp WC Bldg Room 0829F \$112

Learning in Action: Introduction to the Alexander Technique

Developed by F.M. Alexander, this educational process helps you undo adverse postural habits and avoid unneeded muscular and mental tension. Through delicate guidance discover efficient, effective, and more fun ways of doing daily, professional and recreational activities.

28821 4/9/2024 - 4/23/2024 7:00 - 8:30PM 3 ses Tu
 Gehman CC Bldg Room 3343 \$48

NEW Learning in Action: A Deepening Application

of Alexander Technique

Intended for students with previous experience with the Alexander Technique, this class series will help you develop your capacity to apply what you have learned to continuously improve your ability to find more efficient, effective, and fun ways of doing your daily, professional, and recreational activities.

28906 5/7/2024-5/28/2024 7:00-8:30PM 4 ses Tu
 Gehman CC Bldg Room 3343 \$66

YOGA

Philosophy of Yoga Through Posture Practice

Understanding the definition of Yoga alongside performing the posture can fire-up and deepen what you already know about Yoga. Learn various postures including standing, seated twisting, back bending, and restoratives. Students will learn Yoga postures and breath exercises progressively, accurately and safely.

28814 4/3/2024 - 5/8/2024 6:00 - 7:00PM 6 ses W
 Bernstein CC Bldg Room 3346 \$75

Pranayama Yoga

During this class The Yoga breathing technique known as Pranayama will be introduced along with preparatory postures. Pranayama is the vital energy force that nourishes the body. With the use of postures, this class will introduce simple breathing exercises and the mechanics of a full deep breath. Open to yoga practitioners as well as those who have never practiced yoga postures.

28813	4/3/2024 - 5/8/2024	4:00 - 5:00PM	6 ses	W
Bernstein	WC Bldg Room 0827D			\$75

Gentle Yoga for Beginners

This is basically yoga for individuals with little or no experience and for those who might have some physical limitations. It will be a slow, meditative course, including breathing and gentle yoga positions, to encourage a feeling of well-being and calm, and hopefully lead to a sense of personal empowerment and joy. Students must sign a waiver before participation. There will be no class on 5/27.

28811	4/22/2024 - 6/3/2024	10:00AM - 11:00AM	6 ses	M
John	WC Bldg Room 0827D			\$138

ENRICHMENT

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 re-decorate your home, make crafts or clothes, we'll get you stitching in the right direction. You will sew three projects in class; fabric and patterns for each project provided by the instructor. Please bring a sewing machine in good working order, power cord, foot control, bobbins, operator's manual (if available), sharp scissors, tape measure, and straight pins. This class is not open to students under the age of 18. There is a \$35 cash supply fee due to the instructor at the start of class.

Recycle and Reuse Your Textiles ★

Re-purpose existing textile items into a great new look. With just a few measurements, cuts and stitch lines, you will learn to sew a new look. Bring textiles that you are dying to get rid of and we will turn them into great designs. This class is not open to students under the age of 18. There is a \$30 cash supply fee due to the instructor at the start of class.

NEW No Serger - No Problem! Sewing Knits with Your Sewing Machine ★

Don't have a serger? No problem. You'll learn what the "SS" stitches are all about. With just a few tips, tricks, and hacks, you will sew a fashion garment using a seasonal knit fabric to add even more flare to your wardrobe. Project kit including knit fabric, pattern, thread for knit fabric, ball point needles, and fabric tapes are provided. This class is not open to students under the age of 18. There is a \$30 cash supply fee due to the instructor at the start of class.

28909	4/29/2024 - 5/20/2024	6:30 - 9:00PM	4 ses	M
Johnson	CC Bldg Room 1254B			\$110

★ Visit class website page for information on textbook, supply list or materials fee.

Beginning Sewing II ★

Using a commercial home sewing pattern, learn to create a professional-looking garment from start to finish, using more design elements including collars, sleeves, buttonholes, seam finishes, and much more. For inspiration, feel free to bring a few photos of designs you've been dying to sew; we'll use applications and techniques employed in the ready-to-wear garment industry to make your garment come alive. Please 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. You will make a garment in class using a provided pattern and take a second pattern with you. Fabric and trims will be provided. Previous sewing experience and sewing machine knowledge/operation is required. There will be a \$35 material fee due to the instructor at the first session. This class is not open to students under the age of 18. There will be no class on 5/25.

28672	5/11/2024 - 6/8/2024	9:00AM - 2:00PM	4 ses	Sa
Johnson	CC Bldg Room 1254B			\$210

NATURE & SCIENCE

NEW 20 Great Geological Features in Oregon

Volcanoes, caves, huge crack and giant holes, and so much more. Oregon's geology is spectacular by any standard. Here we will look at the top 20 features and learn what they are and how they got there. If you are into geology you have got to see this presentation. Handouts are provided.

31251	4/17/2024 - 4/17/2024	6:30 - 8:30PM	1 ses	W
Kaynor	Online; Zoom			\$39

NEW Lewis & Clark Trail - Washington and Idaho

Explore the Lewis and Clark Trail through Washington. We will be visiting sites where the Expedition of Discovery stopped throughout their passage in Washington and Idaho. Visual aids and handouts provided.

31257	4/22/2024 - 4/22/2024	6:30 - 8:30PM	1 ses	M
Kaynor	Online; Zoom			\$39

NEW Washington State History & Burke Museum

We will explore Washington's premier history museum in Tacoma. We will see everything from a Native American longhouse, frontier towns to the industries that helped build Washington State. Next, we will talk about the Burke Museum which is the official natural history museum in the state. The Burke celebrates Biology, Paleontology, Geology, Archeology, and Sociology of the cultures of the Pacific Rim. Visual aids and handouts provided.

31272	5/6/2024 - 5/6/2024	6:30 - 8:30PM	1 ses	M
Kaynor	Online; Zoom			\$39



View most recent class listings and register online at www.learnatnorth.org or call 206.934.3705.

Spring Common Western Washington Birds

Join us for a look at 30 of the most common bird species that are found in Wester Washington State in the spring. Lots of fun facts about each species. This class is suitable for anyone who loves birds.

31248	4/9/2024 - 4/9/2024	6:30 - 8:30PM	1 ses	T
Kaynor	Online; Zoom			\$39

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. There will be two field trips on 5/4 and 5/5 (details given in class).

28916	5/2/2024 - 5/2/2024	6:00 - 8:00PM	1 ses	Thu
Rose	Online; Zoom			\$155

NEW Jewels of Puget Sound - Birds and Parks

Learn how to identify bird species in some of the premier parks in the Puget Sound Region. We will spend three intense early mornings exploring a variety of habitats in delightful green spaces north, south and east of Seattle. Early June is the peak season for nesting and fledglings and active adults allowing for a more intimate and productive birding experience.

28916	6/8/2024 - 6/10/2024	7:00 - 11:00AM	3 ses	Sa, Su, M
Rose	OFFSITE			\$155

ENTERTAINMENT

Flying Saucer Cinema

This classic science fiction film appreciation class showcases beloved films that cry out for viewing in a group setting the way they were first presented to the world. Each week will bring something new, films ranging from Golden Age sci-fi of the 1950s and 60s to the dystopian science fiction of the 1970s and occasional forays beyond. Co-hosts Eric Cohen and Mark Daniels will be your guides and provide you with film information, trivia, and lively post-screening discussion every week. If you love Kaiju and Raymond Burr, you'll dig our first entry of the quarter, Godzilla, King of the Monsters. We then leave Japan and head for Merrie Olde England for fun with Professor Quatermass in Hammer Films' Five Million Years to Earth. Our next film features an energy thief from another world in—you guessed it—Kronos. We wrap the quarter up with a dose of vampire bats and nuclear holocaust in Chosen Survivors. Whether you are a seasoned science fiction film buff or simply want to put your head in a different place for a couple of hours every week, this will be an engaging, fun adventure of a class you won't want to miss.

28903	4/12/2024 - 5/3/2024	7:00 - 9:00PM	4 ses	F
Cohen, Daniels	LB Bldg Room 1207			\$79

PERSONAL

Don't Be Fooled - Critical Thinking 101

How do we separate fact from fiction when hearing about health products, conspiracies, events, and unusual ideas? A little healthy skepticism works wonders. Using entertaining examples, we'll uncover simple tools to evaluate the flood of information that hits us every day.

27497	4/6/2024 - 4/13/2024	1:00 - 3:00PM	2 ses	Sa
Green	CC Bldg Room 3345			\$60

★ Visit class website page for information on textbook, supply list or materials fee.

Forest Bathing

Inspired by Shinrin-yoku, the Japanese practice of "Forest Bathing" supports health and wellness through immersion in natural environments. This experience will guide you through a sequence of invitations to slow down and use your senses to interact with the natural world. Invitations are open-ended. There is no expectation for what participants should experience or receive, though often mentioned is a reduction in stress, as well as increased feelings of overall well-being, creativity, a sense of calm and stillness while also feeling more alive. This is not a hike or meditation, but best described as a slow meander. This experience is ideal for people who are comfortable traveling on uneven, unpaved terrain; though we can easily adapt for anyone with more limited mobility (fatigue, uneven gait, use of walker or cane). Class will meet in the north parking lot on campus near the John Lewis Memorial Pedestrian Bridge.

31927	4/6/2024 - 4/6/2024	10:00AM - 12:00PM	1 ses	Sa
Huljev	OFFSITE			\$50

People and Money - Rock Your Retirement

This class teaches financial literacy. The goal of this class is to enable you to develop an investment strategy that you confidently control and manage to meet future financial needs. Learn how the stock market works and how to use it to help fund your retirement. The same knowledge can help you understand how to choose a life insurance plan, prepare your children's college tuition funding, use health saving accounts, buy a home, and plan your estate. Rock Your Retirement will cover real-life investment products and strategies. Every investment choice involves risk. Therefore, you will also take time to understand your own priorities and concerns better. What makes one investment choice more appropriate than another? What do you need to thrive in retirement? How do you handle financial emergencies? What current and future obligations might impact your decisions? People of all backgrounds are welcome.

27509	4/10/2024 - 5/8/2024	6:30 - 8:00PM	5 ses	W
Kim	CC Bldg Room 3349			\$115

EUGENE KIM

Eugene Kim has 25 years of experience in technology and finance. He has worked or consulted in trading, IT and operational roles at several investment banks in New York and Hong Kong including Morgan Stanley and Nasdaq.



Eugene has a BA in economics from Dartmouth College and an MBA from INSEAD, France.

The goal with the "Rock Your Retirement" class is to show people how they can invest in the stock market to prepare their retirements. Kim aims to publish people-friendly, open-access financial literacy courses that are free to be used, copied and improved. We will study and evaluate real-life financial products including mutual funds, insurance policies, 401(k)s, IRAs and annuities.

Eugene's longer-term focus is on young people and low-income households and believe that financial literacy combined with the wealth creation power of the stock market can help end poverty.



Homeschool Nuts and Bolts

Interested in homeschooling but don't know where to start? This course will provide you with important information and potentially money-saving resources to effectively teach your child. You'll learn to work with your child's uniqueness and learning style to develop lifelong skills and a love of learning. Also, successful completion of this engaging, affordably priced class meets the Washington state legal requirements as a "Qualifying Course" for parents who choose to provide home-based instruction for their children. For information about class content or requirements, contact the instructor at 206-954-4394.

34903 4/9/2024 – 4/11/2024 6:00-9:00PM 3 ses Tu,W,Th
 Rosenzweig Online; Zoom \$119

Ukrainian History and Culture

Explore the Ukrainian turbulent history, cuisine, and visual arts along with Ukrainian fairy tales and short stories. This course is designed to awaken one's curiosity about a fascinating place between East and West. New and returning students welcome.

28844 4/13/2024 - 5/18/2024 10:30 - 11:30AM 6 ses Sa
 Rzhondkovsky Online; Zoom \$75

Calm in the Chaos: Strategies for Enhancing Stress Resilience

In this evidence-based, interactive class, participants discuss stressors applicable to them, learn about the physical, emotional and psychological effects of chronic stress, and how to make choices that will improve their resilience. This class includes guided exercises that participants can implement immediately into their daily lives to promote a healthy stress response and alter the structure and function of their brain to create lasting benefits.

27512 4/17/2024 - 4/17/2024 6:30 - 8:30PM 1 ses W
 Blackie HS Bldg Room 2634A \$65

Welcome to Medicare

Need help understanding Medicare? Current and new beneficiaries, those who are soon eligible and anyone who wants to learn more about Medicare health coverage should sign up. Various plan options, prescription drug coverage, supplements, and ways to get help paying for Medicare will be discussed.

28822 4/20/2024 - 4/20/2024 9:30 - 11:30AM 1 ses Sa
 SHIBA Instructor Online; Zoom \$0

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

Before You Go - End of Life Planning Workshop

"We're all going to die and we don't know when..." so says my friend and mentor Rev. Bodhi Be who runs perhaps the only non-profit Funeral Home. Given that important and poignant truth, there are many things we can do to prepare ourselves and to save our loved ones time and stress when that time comes for all of us. In this class, we will consider together the myriad choices, documentation, records, etc. one can prepare ahead of time and get a good start on those preparations. There are many similar and excellent courses available. However, in this class, we will explore not only the legal documentation, but practical considerations, relational networks, wishes for your memorial and your body's disposition, and much more. All of this information is valuable to anyone regardless of age or state of health. These come in three sometimes overlapping categories (legal, practical, relational) and the class will provide introductions to each, as well as resources for free or inexpensive tools to help you complete them and keep them current.

34896 4/20/2024 – 5/4/2024 11:00AM- 12:00 PM 3 ses S
 Matthews Online; Zoom \$39

CSI - Myth vs. Fact ★

Enjoy CSI shows? Join a Forensic Scientist to learn how they process crime scenes. Look at photos of the real crime scene to determine what the evidence revealed. Test your knowledge of behind-the-scenes facts of a crime scene survey via game play and more.

28476 4/30/2024 - 4/30/2024 6:00 - 9:00PM 1 ses Tu
 Dean Online; Zoom \$45

Understanding Trauma-Critical Foundations to Know

From being overwhelmed to acute stress disorder to PTSD, complex trauma and dissociation, trauma is as much part of the human experience as is loss, grief and identity. Like these other fundamental elements trauma's power and influence cannot be overstated. The history of trauma understanding, and intervention has been filled with avoidance, misunderstanding and hype. "Trauma" has become a buzz word and in today's environment there is a lot of confusion, conflicting information, over-simplification and just plain misinformation at personal and professional levels. In this course we will look in depth at critical dynamics of trauma and how these dynamics impact us and integrate into our daily lives. We will look at interventions for healing (options, risks, outcomes) and how important the "contexts" of the trauma experience are in influencing our lives and how crucial is the "human element" for recovery and healing. The goal of this course is to provide an overall framework for understanding trauma with the full range of trauma addressed and providing "functional" and helpful information for attendees. This course has been found to be of value for people from all backgrounds (professional and personal).

28661 5/9/2024 - 6/13/2024 6:30 - 8:30PM 6 ses Th
 Sideman Online; Zoom \$175



ALBERT SO

Dr. Albert So is an electrical engineer and professor. He has been studying Chinese Feng Shui for over twenty years and has published quite a number of papers on international journals. His main contributions in Feng Shui study are the three books available on Amazon.com, namely *Research in Scientific Feng Shui and the Built Environment*, *Scientific Feng Shui for the Built Environment – Fundamental and Case Studies*, and *Scientific Feng Shui for the Built Environment: Theories and Applications* (Enhanced New Edition), all published by City University of Hong Kong Press.



NEW Introduction to Feng Shui

There was no formal architectural study in ancient China. Feng Shui was the school of study and practice in architecture. Almost all constructions in ancient China were site selected, designed, and built according to Feng Shui rules, as small as a domestic house and as large as a capital city. Since the 60s of the last century, the study of Feng Shui has become popular in the western world with lots of books published in English and other languages. Basically, Feng Shui is categorized in two schools, namely the Form School and the Compass School. The Form School deals with the natural landscape and environment while the Compass School deals with time and direction. Feng Shui is neither religious nor superstitious, which can be studied in a very logical manner. This course is a very brief introduction when participants will learn about the underpinning elements of Feng Shui principles, such as Tai Ji, trigrams, He Tu, Lo Shu, I Jing, five elements, heavenly stems and earthly branches etc. and then knock on the doors of the two schools of Feng Shui. The whole class will be conducted with emphasis on science and logic. After this course is completed, a more comprehensive course on Feng Shui techniques will be organized, depending on the interest and enthusiasm of the participants.

28914 5/18/2024 - 5/18/2024 2:00 - 5:00PM 1 ses Sa
 So HS Bldg Room 2634A \$70

Mindfulness Meditation for Stressful Situations

Find freedom from anxiety and worry by bringing moments of stillness into your everyday life. Join a supportive community for practices that increase energy and joy like mindful breathing, gentle movement, mindful eating and doodling that engage your senses and help overcome trauma. Enjoy self-compassion practices that allow you to step out of rumination and bring deep care to yourself and others. Based on Mindfulness-Based Stress Reduction (MBSR), instructor Andrea D'Asaro offers a streamlined course for people in high-stress jobs and anyone who needs moments of calm in their daily lives.

27461 5/18/2024 - 5/18/2024 10:00AM - 12:30PM 1 ses Sa
 D'Asaro HS Bldg Room 2634A \$50

Credit Tips for Homebuyers

Can you pay cash to buy a house? Few people can, so you will need a loan to buy that house. But to qualify for that loan, you must have good credit or a history of managing your money responsibly. If you are recovering from divorce, foreclosure or bankruptcy, buying that home can seem like a dream. But it need not be. Learn from a mortgage planner what actions you can take to improve your credit and your chances of getting a home loan.

28817 6/1/2024 - 6/1/2024 1:00 - 4:30PM 1 ses Sa
 Remilien Online; Zoom \$60

NEW First Time Homebuyers Class

Join us as we demystify the entire home buying process from A to Z and learn what it truly takes to win a deal in this rapidly changing housing market. Whether you are brand new to the process or have been around the block, this class will teach you how to gather data points, analyze a property, and know what to expect from the process. Educate yourself with the tools to win.

28912 6/8/2024 - 6/8/2024 1:00 - 2:30PM 1 ses Sa
 Cisneros HS Bldg Room 2634A \$50

NEW Introduction to Human Design

Unlock the details of your unique energetic blueprint—your Human Design. Learn the core elements of Human Design, including your aura type and strategy, inner authority for decision-making, and the significance of your nine energy centers, based on the Chakra system. Decode your unique interpersonal communication style using the six profile lines drawn from the I'Ching, and learn how to align your energy with the universe, shedding societal conditioning to lead a more authentic life. Plus, use your Human Design to complement your astrological natal chart for a holistic self-discovery experience. Unveil your true potential and gain profound self-awareness in this transformative journey of personal development.

28915 6/8/2024 - 6/8/2024 11:00AM - 1:00PM 1 ses Sa
 Paige HS Bldg Room 2536A \$50

TRAVEL

NEW Camino de Santiago (St. James Way) Walking Ancient Sites of Europe

Whether you like learning about other people, their language, history, or culture this class featuring Camino de Santiago (St. James Way) just might be for you. Learn the ins and outs for exploring this European vacation destination. From selecting the right equipment for light travel to identifying and navigating the route that suits you and the best places to visit, eat and more will be covered.

29034 4/13/2024 - 5/18/2024 9:00 - 10:00AM 6 ses Sa
 Rzhondkovsky Online; Zoom \$75

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.

28660 5/6/2024 - 5/20/2024 6:30 - 8:30PM 3 ses M
 Major Online; Zoom \$80





ARTS

WRITING

Writing A Short Memoir

Turn your life experiences—dramatic and everyda—into a powerful short memoir. Tell the story of your life in bite-sized chunks. Learn the process of writing a short memoir piece: from selecting and reflecting on your experience, to writing and publishing your story.

27495	4/8/2024 - 4/22/2024	6:30 - 8:30PM	3 ses	M
Dubois	Online; Zoom			\$120

Guided Autobiography

This course is designed to help you tap into your life experiences and transform them into compelling stories. Guided Autobiography (GAB) is a unique approach to writing a memoir that combines the power of guided reminiscence with writing exercises. Whether you are a seasoned writer or just starting out, GAB offers a structured, supportive environment to explore your memories, reflect on your life, and create meaningful narratives.

27457	4/11/2024 - 6/6/2024	10:00AM - 12:30PM	9 ses	Th
Chen	CC Bldg 3345			\$270

Free-Writing Workshop

Discover a gentle, safely supportive approach to writing. With creative writing tips and prompts focused on healing through writing, we will free-write together for about 12-minute sessions without worrying about grammar, punctuation or spelling. Then participants read out loud what they wrote if they want, and participants respond with only supportive feedback regarding what they liked best and why. Writing can be in first or third person, nonfiction, or fiction. Beginning and ongoing writers are all welcome.

27465	4/18/2024 - 6/6/2024	6:30 - 8:30PM	8 ses	Th
Peizer	Online; Zoom			\$185

The Secrets of Powerful Writing

Whatever you write, professional or personal, you'll benefit from expressing yourself clearly and directly. 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.

27492	5/6/2024 - 5/20/2024	6:30 - 8:00PM	3 ses	M
Dubois	Online; Zoom			\$105

Dazzling Drafts: Fiction Works in Progress

Hone your story ideas and refine your writing skills in this hands-on class for fiction writers. Attendees will get support during the writing process and learn how to give and receive helpful feedback, plus have class time to work on specific problem areas. In-class assignments will help strengthen scenes and better develop characters, helping writers move forward on their draft. Class will also cover basic fiction techniques and rewriting/editing tips. Designed as an open forum to improve works-in-progress and ask questions about writing and publication. For students who have taken a previous fiction writing class and/or have completed a short story or part of a novel.

28475	5/8/2024 - 6/5/2024	6:30 - 8:30PM	5 ses	W
Hall	Online; Zoom			\$125

The Craft of Character and Story Structure

Focus on the craft of character development, story structure, and scene writing, as well as publishing strategies and goals. This class is for people at every stage of the writing process, whether you are brainstorming ideas for a story, just beginning to structure a novel, or have a draft to revise. We will focus on helping you develop your own voice and vision for your story within a supportive and responsive writing community.

28654	5/15/2024 - 6/5/2024	6:30 - 8:30PM	4 ses	W
Scheuer	CC Bldg Room 3345			\$140

2D ARTS

Explore the Mysteries of Color

Are you an artist, designer, or homeowner choosing new paint colors? Does color fascinate or intimidate you? Learn how and why colors change, disappear, vibrate, and enhance each other and why some don't. Expand your color choices and confidence.

29785	4/2/2024 - 5/14/2024	6:30 - 9:00PM	7 ses	Tu
McNair	CC Bldg Room 3350			\$185

Exploring Color Theory Through Watercolor

Want to become more confident with color? Color can be a complex subject matter but with a few essential rules it can be broken down. In this class students will get to explore the basics of color theory with watercolor. Students will start off by exploring the color wheel and principles of color theory. Next, they'll develop a few dynamic color palettes, experiment with mixing watercolor, and learn how to use color theory in paintings. Students will leave class with self-colored charts, diagrams, and confidence with color. This class is open to any skill level.

28887	4/3/2024 - 4/24/2024	6:30 - 9:00PM	4 ses	W
Bundi	ED Bldg Room 2843A			\$105

CHRISTY SCHEUER

Christina Scheuer is a Seattle-based editor, writer, and teacher who is passionate about helping writers at every stage of their process. She taught composition, literature, and technical writing at the University of Urbana-Champaign and North Seattle College and has worked as a news editor for KUOW, Seattle's NPR affiliate. She now works with novelists as a developmental editor and book coach. Christina loves the process of collaborating with writers, of diving into the world they've created and getting to know their characters' motivations and fears. As an editor, she focuses on giving writer-centered feedback that helps writers develop their voice and make exciting discoveries about their work.



Watercolors for Beginners

Expand your creative expression by learning how to paint with watercolors. Learn the basics of traditional watercolor techniques while exploring how to combine watercolor with other media and materials such as ink and graphite. Explore and get inspiration from great art.

28802	4/6/2024 - 4/20/2024	11:00AM - 1:00PM	3 ses	Sa
Chubotin	AS Bldg Room 1530			\$80

NEW Collage with Acrylic Paint

Ready to play and get messy? In this class we'll combine acrylic painting and mediums with collaged images and objects. Acrylic is an amazing painting medium that can be used like watercolor and oil, plus it can act like glue, which makes it particularly wonderful for collage. Using elements and principles of design, students will learn to create aesthetically pleasing, textural abstractions. This class is perfect for anyone, beginners to advanced painters, who are curious about or looking for guidance with abstraction or adding collage elements to their practice. There will be no class on 5/27.

28990	4/8/2024 - 6/10/2024	10:00AM - 1:00PM	9 ses	M
Arnitz	North Campus Continuing Ed 3201			\$279

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. There will be no class on 5/27.

28851	4/8/2024 - 6/10/2024	6:00 - 8:00PM	9 ses	M
Norsworthy	North Campus Continuing Ed 3201			\$190

Introduction to Drawing II

Get creative while developing skills learned in an Introduction to Drawing course. We will advance our approaches to creating still-life's, as well as working from the landscape and the figure, both from observation (if possible) and from memory. Students will explore concepts of space, light, and form through previous knowledge of materials such as graphite, charcoal, and ink.

28859	4/11/2024 - 6/13/2024	6:00 - 9:00PM	10 ses	Th
Norsworthy	North Campus Continuing Ed 3201			\$315

Charcoal Drawing

Learn the basics of charcoal in this introductory drawing class. We will explore reduction and additive techniques while working from observation and still lifes. Learn to push and pull light by examining tonal values. We will focus on the building blocks of drawing including composition, line, shape, value, proportion, and gesture. This class is designed for all levels. There will be no class on 5/25.

28804	4/6/2024 - 6/8/2024	2:00 - 4:00PM	9 ses	Sa
Norsworthy	AS Bldg Room 1532			\$190

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.

28864	4/9/2024 - 6/11/2024	6:00 - 9:00PM	10 ses	Tu
Hamburger	North Campus Continuing Ed 3201			\$315

Advanced Abstract Watercolor

Continuing our journey in self-expression through Abstract Watercolor we will explore additional techniques such as using masking fluid and salt to expand our expressive toolboxes. We will also start to explore working in bodies of work to explore concepts in more depth. Class discussions will include framing and display options. **Prerequisite: some watercolor experience and knowledge of color theory will be helpful.**

28865	4/9/2024 - 6/11/2024	10:00AM - 1:00PM	10 ses	Tu
Hamburger	CC Bldg Room 1161		\$315	

SARAH NORSWORTHY

Sarah is an artist born in Anchorage, Alaska. She earned her B.A. in Studio Art at Dartmouth College in 2002 with a minor in English, and her MFA from The University of Washington in Painting and Drawing in 2015. As an artist she has worked in response to her experiences exploring the landscapes of Washington, Arkansas and Vermont through painting, drawing, fiber arts, and sculptural environment. She was a staff artist at The Vermont Studio Center in 2007-2008, and worked for three years teaching art to developmentally disabled adults in Fayetteville, Arkansas prior to her return to Seattle for graduate school. She currently lives in Seattle where she is working as a Seamstress/Tailor for a small clothier.



Oil Painting for Beginners

Learn the fundamentals of painting with oils, knowledge of the materials and a range of approaches both historical and contemporary. Learn how to create and work from a still-life, self-portrait, as well as from each other.

28858	4/9/2024 - 6/11/2024	6:00 - 9:00PM	10 ses	Tu
Norsworthy	AS Bldg Room 1532			\$315

Oil Painting II

Enjoy continued exploration of oil paint as a medium, having taken Oil Painting for Beginners, or having some experience working with oils previously. We will explore abstracting from observation, developing a personal narrative, working from memory, as well as some painting in the landscape.

28860	4/11/2024 - 6/13/2024	6:00 - 9:00PM	10 ses	Th
Norsworthy	North Campus Continuing Ed 3201			\$315

Mixed Media Self Abstraction

Explore multiple mediums and new techniques to aid in self-expression. Learn to combine mediums: watercolor, acrylic, collage, pencil, oil pastel, and ink. Explore the use of symbols, written words, texture, drawing, and the use of representational images. 2D abstract class experience is helpful.

28866	4/10/2024 - 6/12/2024	10:00AM - 1:00PM	10 ses	W
Hamburger	North Campus Continuing Ed 3201			\$315

Acrylic Painting

In Acrylic Painting, students will discover a variety of techniques using this versatile medium. We'll learn about the application of paint, color mixing, mediums, collage, and ways to make acrylic look as thin as watercolor and opaque textural as oil. This course is perfect for those new to acrylic or those who want to expand their skills.

28891	4/11/2024 - 6/13/2024	10:00AM - 1:00PM	10 ses	Th
Arnitz	North Campus Continuing Ed 3201			\$310

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

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 20-minute poses. Join a community of figure drawing artists to practice proportion, posture, structure, and movement of the human form. Draw 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.** There will be no class on 5/24.

27455 4/12/2024 - 6/7/2024 6:30 - 8:30PM 8 ses F
 Chubotin AS Bldg Room 1532 \$205

NEW Landscapes in Acrylic Paint ★

Students will learn to paint beautiful landscapes in this beginner to intermediate acrylic class. The class will cover acrylic techniques, atmospheric perspective (how to create depth in landscape), foliage, plus some fun, alternative ways to approach landscape that may surprise you.

28988 4/12/2024 - 6/14/2024 10:00AM - 1:00PM 10 ses F
 Arnitz North Campus Continuing Ed 3201 \$310

Learn Graphic Design Basics ★

Want to learn the basics of graphic design for your personal or work projects? Then this course is for you. This class is totally “unplugged” with no computer programs required. Each week you’ll work towards the end product: an 11x17 poster. You’ll learn about the creative process through ideation and sketching all leading toward a poster that will show off what you learned. Drawing skills are not required in this fun, positive, absolutely no-stress-allowed class. **Please bring a Sketchbook at least 8 1/2 x 11 unlined.**

29065 4/22/2024 - 5/20/2024 6:30 - 9:00PM 5 ses M
 Peck CC Bldg Room 3349 \$190

Spring at Seattle Art Galleries

What better way to celebrate the lush imagery of spring than to explore the art galleries in Seattle. We will meet weekly at local art galleries to hear talks, tour the space, and ask questions about the work. Following each visit, we will gather for afternoon tea or coffee to discuss the art and share interests. A sampling of galleries includes Greg Kucera, Foster/White, ArtX Contemporary, Gray Sky, Azuma, Davidson, Patricia Rovzar, Harris Harvey, and Steinbrueck Native Gallery. Whether you are a seasoned gallery visitor or a newcomer, please join us for this harbinger of spring as you experience the art scene in Seattle.

28805 4/24/2024 - 5/29/2024 12:30 - 2:30PM 6 ses W
 John OFFSITE \$138

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.



NEW Landscapes in Watercolor ★

Elevate your watercolor skills and embark on a captivating journey through the world of landscape painting in this intermediate class! Dive into the exploration of texture, colors, and compositional challenges. Through hands-on exercises, you’ll practice watercolor techniques, ultimately discovering your personal direction in the realm of watercolor landscapes.

29030 4/27/2024 - 5/11/2024 11:00AM - 1:00PM 3 ses Sa
 Chubotin AS Bldg Room 1530 \$80

Watercoloring Spring Florals ★

Nature is waking up from its winter slumber. In this beginner to intermediate level class learn techniques to produce realistic and accurate spring flower inspired watercolor paintings. Students leave with finished watercolor pieces of spring specimens and the confidence to paint other subject matter! There will be no class on 5/27.

28890 4/29/2024 - 6/10/2024 6:30 - 9:00PM 6 ses M
 Bundi ED Bldg Room 2843A \$160

Calligraphy for Beginners and Beyond ★

Learn to use calligraphy pen and inks, and practice a simple, classic lettering style. Some historical background and information on additional tools and materials will be included. Simple design techniques will be included as lettering skills progress. This is a beginning class: no previous instruction or experience with calligraphy is needed. A learning kit will be available to purchase from the instructor. Some practice time outside of class will be encouraged.

28904 5/4/2024 - 5/18/2024 10:00AM - 1:00PM 3 ses Sa
 Callaghan Huston HS Bldg Room 2536A \$120

NEW Shibori Rust Dyeing with Stencils ★

Shibori is a Japanese resist dyeing technique which produces patterns on fabric when it is bound, folded, twisted, compressed, stitched, clamped, or knotted. Although Shibori is often associated with the famous style of fabric dyeing particular to Japan, its tradition has been practiced for centuries around the globe. In this workshop, we’ll learn how to create one of kind surface design pieces using only heat, rusty objects such as nails, rubber bands and cotton fabric. Each participant will leave the workshop with fabric pieces suitable for collage, wearable art or wall hanging. All materials will be provided, but participants are encouraged to bring any small rusty objects (ie: screws, small pieces of metal, wire, etc) they may have for experimentation. TIP: Anything galvanized will not work.

28908 5/13/2024 - 5/14/2024 6:30 - 8:30PM 2 ses M, Tu
 St-Pierre CC Bldg Room 3346 \$95

NEW Decoupage, Texture & Painting Technique for Beginners ★

Learn how to decoupage a photo, creating texture with modeling paste and they will learn color wash and pallet knife painting techniques. All students will do a project and take it home.

28949 5/18/2024 - 5/18/2024 10:00AM - 4:00PM 1 ses Sa
 Shojaie Barjuei North Campus Continuing Ed 3201 \$85

Pens, Ink and Art ★

Pen and ink are still one of the favorite tools of nowadays artists. Students will be introduced to and practice basic steps and a variety of pen techniques. Learn about a variety of ink drawing tools, including dip pens, and practice using them. There will be no class on 5/25.

28803 5/18/2024 - 6/8/2024 11:00AM - 1:00PM 3 ses Sa
 Chubotin AS Bldg Room 1530 \$80

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

Tataki Zome: Plant Portraits with a Hammer ★

Tataki Zome is a Japanese phrase for the method of creating prints by hammering botanicals onto paper. In this workshop you will learn this easy and fun botanical printing process and make a unique piece of botanical art for yourself or someone special using only flower blooms, leaves, and a hammer. Each participant will leave the workshop with botanically printed pieces of paper ready to turn into greeting cards, bookmarks, wall art, etc. plus ideas for how to enhance their prints further with watercolors, pens, or stitching. All levels welcome. No experience necessary.

28674 6/3/2024 - 6/3/2024 6:30 - 8:30PM 1 ses M
 St-Pierre IB Bldg Room 1308 \$55

Linocut Printmaking Workshop for Beginners ★

Explore linocut relief printmaking and print multiple copies of an image. Students will learn the fundamentals of making black-and-white relief prints. This workshop will cover block preparation, transferring an image onto the block, carving techniques, and the printing process. Participants will leave with prints and with a carved linoleum block which can be used to make more prints. No experience necessary.

28861 6/10/2024 - 6/10/2024 6:00 - 9:00PM 1 ses M
 Shojaie Barjuei AS Bldg Room 1530 \$75

NEW Best Practices for Acrylic Paint Workshop ★

Ready to level up your acrylic studio practice? In this workshop we’ll discuss behind the scenes necessities for creating and preserving your acrylic paintings including: stretching, gessoing, and wiring canvases; different types of surfaces for acrylic (canvas, panel, paper); brands of paints and how to read their labels; varnishing; and correctly packing your painting for shipping. You’re highly encouraged to bring your own canvas to prepare and a finished painting with shipping supplies; but you can also just watch the demos and take notes.

29035 6/15/2024 - 6/15/2024 10:00AM - 12:00PM 1 ses Sa
 Arnitz North Campus Continuing Ed 3201 \$40

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.

There will be no class on 5/25.
 28665 4/6/2024 - 6/15/2024 10:00AM - 1:00PM 10 ses Sa
 Hong AS Bldg Room 1630 \$430

There will be no class on 5/25.
 28666 4/6/2024 - 6/15/2024 2:00 - 5:00PM 10 ses Sa
 Hong AS Bldg Room 1630 \$430



ALTHEA FULTZ

Althea Fultz comes from Southern California. She got her BFA in ceramics at CalState Long Beach, where she also fabricated work for various artists in relation to the Center for Contemporary Ceramics. She got her MFA from the University of Washington in Sculpture, and since then has been teaching ceramics and making objects of MUCH Mystery.



Intermediate and Advanced Ceramics ★

Take your ceramic exploration to the next level and improve your wheel throwing and hand building skills. Improve technique with more challenging forms, participate in group critiques, and learn more about the ceramics process like loading, firing, and glaze varieties.

29040 4/10/2024 - 6/12/2024 6:00 - 9:00PM 10 ses W
 Fultz AS Bldg Room 1630 \$430

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.

28481 4/10/2024 - 6/12/2024 6:00 - 9:00PM 10 ses W
 Quarles AS Bldg Room 1633 \$430

Intermediate and Advanced Jewelry ★

Take your jewelry design skills to the next level. Tackle ideas and complex projects and advance your skills in a supportive environment. Learn multi-step soldering, stone setting, forming and finishing techniques that will help make your elaborate jewelry design ideas a reality.

29037 4/9/2024 - 6/11/2024 6:30 - 9:30PM 10 ses Tu
 Foy AS Bldg Room 1633 \$430

Stone Setting ★

This six-week intensive will be focused on the necessary skills to complete various stone setting and highly technical soldering techniques. This includes but is not limited to: bezel setting cabochons, flush setting, combination bezel and prong setting, and constructed prong settings for faceted stones. We will be soldering all settings for stones ranging in size from .5mm-1cm. Some soldering experience is encouraged but no stone setting experience is required. Our main focus is to spend time learning these techniques while also spending adequate time in class to practice each style with instructional support. Some supplies in copper and brass will be provided, however, students are encouraged but not required to purchase their own materials in silver.

28482 4/8/2024 - 5/13/2024 6:00 - 9:00PM 6 ses M
 Quarles AS Bldg Room 1633 \$230

Spoon Carving for Beginners ★

In this workshop, students will carve a simple kitchen spoon and a love spoon. Students will also learn basic knowledge and techniques of wood carving such as wood selection, carving characteristics, preparing blanks, basic carving techniques, and traditional oil finish, which are essential to know for their future word carving projects. No previous wood carving experience required.

28862 5/6/2024 - 5/20/2024 6:00 - 9:00PM 3 ses M
 Shojaie Barjuei IB Bldg Room 1308 \$275

3D Wood Carving for Beginners ★

During this class you will carve two three-dimensional figures or objects. The instructor has been practicing the art of wood carving for many years and will show you how to go about it. He will show you the different tools to use and what woods to choose for your two projects. This is the perfect place to start as a beginning wood carver.

28863 5/14/2024 - 5/28/2024 6:00 - 9:00PM 3 ses Tu
Shojaie Barjuei IB Bldg Room 1308 \$156

NEW Oaxacan Carving ★

Anyone who has been to Mexico has seen these wildly painted carved animal figurines. In this introductory carving class Saman will teach the student how to carve and paint them for themselves. During the class, Saman will discuss and demonstrate tool use, as well as sharpening and honing techniques to keep your tool edges razor sharp. Once the carving is complete the real fun begins as your imagination is free to paint the figures as brightly and wildly as you like. Saman also happens to be an excellent painter and will show the students various ways to make their creations unique.

28982 4/8/2024 - 4/29/2024 6:00 - 9:00PM 4 ses M
Shojaie Barjuei IB Bldg Room 1308 \$180

PHOTOGRAPHY

Photography Basics: Techniques and Art ★

Have you used your digital DSLR or digital mirrorless camera automatically, but want to learn how to use its full creative potential? Learn the basics of camera operation: f-stops, shutter speeds, iso, white balance, lenses, exposure metering, filters, flash, in this introductory color class. Class includes two Sunday field trips with instructor 4/14 and 4/21 (details given in class).

28892 4/10/2024 - 5/1/2024 7:00 - 9:00PM 4 ses W
Stahl Online; Zoom \$150

All About Color: Intermediate Photography ★

This intermediate class will consider the ways color can work with exposure and composition to create compelling imagery. Also examined will be how different colors interact and shape our perception of a photograph. We will see how the color of light affects our reaction to an image. The families of color will round out our look at this important topic. Tripod required. Class includes two Sunday morning field trips with instructor (details given in class). Instructor's work has appeared in National Geographic publications. Class includes two Sunday field trips with instructor 4/21 and 4/28 (details given in class).

28897 4/13/2024 - 5/4/2024 9:00 - 11:00AM 4 ses Sa
Stahl Online; Zoom \$150

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. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment.

27510 4/9/2024 - 5/28/2024 7:00 - 9:00PM 8 ses Tu
Kohl HS Bldg Room 2634A \$185

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.

27511 4/10/2024 - 6/12/2024 8:00 - 10:00PM 10 ses W
Radke \$200

NEW Ukulele for Beginners

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 your soprano, concert, or tenor ukulele to class. Start making music. A few ukuleles are available to rent; see supply sheet for details.

28910 4/24/2024 - 6/12/2024 6:30 - 8:30PM 8 ses W
Klopich HS Bldg Room 2634A \$185



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.

29067 4/1/2024 - 6/14/2024 12:00 - 12:00AM 10 ses Wed
Funes Online; Zoom \$500

LANGUAGE

ESL

Everyday English and Life Skills

In this class we will learn real-life, spoken English with an emphasis on phrasal verbs, idiomatic language, pronunciation, and intonation. We will also learn about some life skills including directional language (driving), navigating public transportation, health safety, personal safety, internet safety, inter-personal communication, gender identity language, United States regionality & customs, the Pacific Northwest and local cultural festivals. This class will meet on-campus (about 75%) and on-line (about 25%). No class on 5/27.

28816 4/8/2024 - 6/10/2024 6:30 - 9:30PM 9 ses M
Chai CC Bldg Room 3343 \$428

TOEFL Preparation

This class is for those who want to take the Test of English as a Foreign Language (TOEFL) or who want to build academic skills. Our focus will be on: (1) integrated speaking, (2) integrated writing, (3) note-taking for academic lectures, (4) writing for academic discussion, and (5) reading comprehension. Skills learned here will also help with taking ESL/EFL placement tests. No textbook is required.

28815 4/10/2024 - 5/29/2024 6:30 - 9:30PM 8 ses W
Chai CC Bldg Room 3343 \$260

Intermediate ESL Workshop: Speaking and Listening

Designed to help non-native speakers improve their oral communication skills, accent and pronunciation. We will review and practice various grammatical forms and develop conversation skills for use in everyday communication. Listen and watch video clips, participate in class discussion, games and role play. No class 5/27.

29688 4/15/2024 - 6/10/2024 7:00 - 9:00PM 16 ses M, W
Markova CC Bldg Room 3352 \$330

FRENCH

French for Beginners ★

Get a solid foundation in learning French. This course will guide you through how the language works and prepare you either for your vacation trip or for further study. Develop a sound understanding of grammar and a broad knowledge of essential vocabulary.

27514 4/9/2024 - 5/7/2024 6:30 - 8:30PM 5 ses Tu
Brown CC Bldg Room 3345 \$115

French II ★

Bonjour! Alors vous voulez apprendre le francais? Rien de plus simple.. Ease into French 2 cette belle saison with an easy-to-use textbook as well as learning how French people "really" speak. We will continue the fun applying the knowledge we've gained in French 1 by discussing simple topics. On va s'amuser, vous allez voir. There will be no class on 5/25.

31174 4/20/2024 - 6/8/2024 10:00AM - 12:00PM 7 ses Sa
Morehead Online; Zoom \$165

ITALIAN

Italian for Beginners ★

Get a solid foundation in learning Italian. This course will guide you through how the language works and prepare you either for your vacation trip or for further study. Develop a sound understanding of grammar and a broad knowledge of essential vocabulary.

27515 5/14/2024 - 6/11/2024 6:30 - 8:30PM 5 ses Tu
Brown CC Bldg Room 3345 \$115

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. Covers useful phrases, pronunciation, vocabulary, some numbers, the ko-so-a-do words, and grammar.

28898 4/18/2024 - 6/6/2024 7:00 - 9:00PM 8 ses Th
Nakamura-Lambert Online; Zoom \$179

Conversational Japanese II ★

Continue to have fun and expand your skills while making plans, asking for permission, expressing like/dislike, and learning about Japanese customs and culture. Verb conjugations in phrases and sentences are also covered. **Prerequisite: Conversational Japanese I or permission of instructor.**

28899 4/16/2024 - 6/4/2024 7:00 - 9:00PM 8 ses Tu
Nakamura-Lambert Online; Zoom \$179

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 the general concepts and structure of sign language communication. Consistently top-rated instructor will help you gain a solid ASL foundation.

28655 4/23/2024 - 6/11/2024 6:30 - 8:30PM 8 ses Tu
Jordan CC Bldg Room 3452 \$172

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.

28656 4/25/2024 - 6/13/2024 6:30 - 8:30PM 8 ses Th
Jordan CC Bldg Room 3452 \$172

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. There will be no class on 5/27.

27467 4/10/2024 - 5/29/2024 6:30 - 8:30PM 8 ses W
Robertson HS Bldg Room 2536A \$179

BECKY ROBERTSON

Did you know that Spanish is the second most spoken language in the world, second only to Mandarin? Did you know that the United States is the second country in the world where the most Spanish speakers live, second only to our neighbor, Mexico? My life has only been enriched by learning the Spanish language, and I am passionate about helping others to speak and understand it.



When I am in the classroom with people who are interested in learning this beautiful language, there is no other place I would rather be. I have been teaching Spanish in the Seattle area since 1996 when I started my master's program at the University of Washington. While there, I taught 100 and 200-level classes. Upon receiving my master's degree, I started working at Shoreline Community College, where I have worked for 23 years. I have also taught Spanish at other two-year colleges like Seattle Central College and Lake Washington Institute of Technology. My wish is to inspire others and be part of their journey of acquiring the skills and tools they need to go with confidence out into the Spanish speaking world.

When I am not in the classroom, I am reading, walking, and spending time with family and friends. I love to read historical fiction in Spanish, go for long walk in the beautiful neighborhoods of Seattle, and have coffee on rainy days with my friends. I also love to cook and have friends over for meals.

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

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.

27479 4/9/2024 - 5/28/2024 6:30 - 8:30PM 8 ses Tu
Robertson HS Bldg Room 2536A \$179

Intermediate Spanish Conversation 2 ★

Continue to enhance your Spanish speaking skills and feel more confident when communicating with native speakers. Build vocabulary for a wide variety of situations related to shopping for clothes, college activities and careers, and health problems. Practice the subjunctive mode; speak and write using tenses such as the present perfect, past perfect, future, future perfect, and the conditional perfect. As always, we will include a cultural exploration of Latin American history, music, geography, 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 intermediate students.

28812 4/24/2024 - 6/5/2024 6:00 - 8:00PM 7 ses W
Ramón Joffre CC Bldg Room 3353 \$157

COMPUTER

DESIGN

Canva for Beginners ★

Learn the ins and outs of this design platform for creating graphics for social media, blogs, websites, and other visual content such as presentations and even book publishing. We will also cover built-in video creation and AI tools. Utilize this platform effectively for both personal and professional content needs. No graphic design background required. **Students need a paid Canva Pro account.** This is a hands-on class.

28905 4/23/2024 - 5/21/2024 6:00 - 8:30PM 5 ses Tu
Sweeney IB Bldg Room 3408 \$240

EXCEL

Excel Level I: Excel in Your World! The Exploration of Spreadsheets

Excel is an amazing, powerhouse program that can be used in many parts of our daily lives. Learn how Excel is set up, enter and format data, execute basic formulas, and then get into working with some of the powerful functions available in Excel. Required: Access to MS Office Excel for Windows (version 2016 or higher).

34904 4/18/2024-5/2/2024 6:00-8:00PM 3 ses Th
Simerly Online; Zoom \$75

Excel Level II: Pivots & Formulas

Continue your Excel journey in the second class in the series and enhance your comfort level when working with data. Learn how to work with more functions, sort and filter data, apply conditional formatting, and work with PivotTables. Prerequisite: Excel I or working knowledge of topics covered in Excel 1. Must have access to MS Office Excel for Windows (version 2016 or higher).

34905 5/9/2024-5/23/2024 6:00-8:00PM 3 ses Th
Simerly Online; Zoom \$75

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 English proficiency 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 or call (206) 934-3619.

29300 4/19/2024 - 5/11/2024 9:00AM - 4:30PM 8 ses F, Sa
Schlimme Online, Canvas \$739
28658 4/23/2024 - 6/11/2024 9:00AM - 4:30PM 8 ses Tu
Spada Online, Canvas \$739
28659 5/31/2024 - 6/22/2024 9:00AM - 4:30PM 8 ses F, Sa
Spada Online, Canvas \$739

BUSINESS SKILLS

Business Writing ★

This practical writing workshop is designed for students with intermediate or advanced level of English. It will help the participants understand and practice professional writing for an international English-speaking business audience. The class offers practical exercises and realistic scenarios that aim to empower participants to confidently engage with the business environment. Students will learn to communicate professionally through email, letters, and reports, introduce themselves and send requests and inquiries in business emails and letters, make arrangements and use business-appropriate terms, and tone.

28487 4/9/2024 - 6/11/2024 6:30 - 8:30PM 10 ses Tu
Markova Online; Zoom \$220

MARIANA MARKOVA

Mariana has over ten years of experience teaching English and Social Sciences to international students. She has worked as an English teacher in three countries - Russia, Bulgaria and the US. Before coming to Seattle to do a Doctorate in Anthropology, she worked as Project Manager and Researcher at major international organizations such as the UN, World Bank, and Doctors Without Borders. She has keen interest in world languages and cultures. Her hobbies are hiking, international movies and theater



JENNIFER LEWIS

Jennifer Lewis founded her small food company, Petit Four Legs, after years of working as a Pastry Chef for a luxury hotel. In addition to a culinary degree, Jennifer holds an MBA from Northwestern University's Kellogg School of Management. Jennifer is the author of *Starting A Part-time Food Business: Everything You Need to Know to Turn Your Love For Food Into A Successful Business Without Necessarily Quitting Your Day Job* and *Food On Wheels: The Complete Guide To Starting A Food Truck, Food Cart, Or Other Mobile Food Business*.



Introduction to Public Speaking

Would you like to reduce stage fright and gain more confidence speaking in front of a group? Learn key skills and strategies to deal with nervousness, plan and deliver an effective presentation, and practice presentation techniques to capture audience attention.

28675 4/30/2024 - 5/14/2024 6:30 - 8:30PM 3 ses Tu
Tabor CC Bldg Room 3450 \$95

Toot Your Own Horn: Communicate Your Strengths

Would you like to have a deeper awareness of your strengths and be able to express them more clearly when interviewing for a job or networking? Many of us have an idea of our strengths, but we feel unsure about how to express them with others. Others may be unaware of their strengths and don't even know where to begin. In this highly interactive workshop, you will identify and clarify your key strengths, your talents, skills and abilities. By the end of this class, you will walk away with a deepened awareness of your key strengths and express them with passion, clarity and confidence.

28676 5/21/2024 - 5/28/2024 6:30 - 8:30PM 2 ses Tu
Tabor CC Bldg Room 3450 \$70

AUDIO ENGINEERING

Audio Engineering: Mixing 101 ★

An introduction to mixing music with a focus on the basics of audio signal processing and its practical and creative applications; plug-ins; in the box vs. analog. We will be learning everything from building a session to achieving a final mix as we work with multitracks to build your portfolio. A DAW tool subscription is required for this class. Options which will be discussed at the first class.

29389 4/23/2024 - 6/11/2024 6:30 - 8:30PM 8 ses Tu
Dane Online; Zoom \$299

WORK FOR YOURSELF

Starting a Legal Home-Based Food Business

Dream of turning your love for baking into a side business? Learn about business licensing requirements, health code issues specific to home-based food businesses and step-by-step information about food costing, sales channels, and the financial aspects of making a successful start.

28657 4/18/2024 - 5/23/2024 7:00 - 9:00PM 6 ses Th
Lewis Online; Zoom \$175

Intro to Audiobook Narration and Production at Home

Have you ever wondered how narrators get gigs performing all of the characters and narration in your favorite books? Do you enjoy acting but also enjoy the freedom of working from home? Are you self-motivated, detail oriented, and somewhat tech savvy? And most of all, do you like to read? This class will cover everything you need to get started narrating and producing audiobooks. For this online course, you will need a computer with the ability to download free software (Audacity), as well as a working microphone, a large screen phone or a tablet to read from, and a quiet place to record.

28900 4/20/2024 - 5/18/2024 10:00AM - 12:00PM 5 ses Sa
Lee Online; Zoom \$130

Podcasting 101

Learn podcasting from Anthem Award-winning podcast producer John Yeager. The course will include a background to podcasting, trends in the podcasting industry, and a discussion on why you should or shouldn't produce a podcast. Each class will feature a guest speaker with real-world podcasting experience, along with time for questions.

34900 4/20/2024-5/4/2024 1 0:00AM-12:00PM 3 ses Sa
Yeager Online; Zoom \$79

Don't Throw It Away- Sell It Online

Get rid of your "stuff" and get paid. There are several apps and platforms that provide an excellent way for you to generate revenue by selling your unwanted used items or by creating a new e-commerce business. This class presents the most popular yet easy to use apps for each of the top categories including Furniture, Electronics, Clothing, Books, Art, and more. Learn which used items sell best and what can't be sold. Includes photography tips, pros and cons, dos and don'ts, tips and strategies, costs, and how you get paid. So, determine which apps are the best match for the items you want to sell.

28474 5/9/2024 - 5/9/2024 6:00 - 9:00PM 1 ses Th
Boyd Online; Zoom \$69

CLOCK HOURS AND CEUS

Clock Hours Fee

Teachers who would like to earn Clock Hours with the Office of Superintendent of Public Instruction for their Continuing Education class can do so by registering for this Clock Hours 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 course instructor through a signed Clock Hours Reporting Form (provided upon registration) or Certificate of Completion for online courses. *Online courses must be instructor-led. Self-paced courses are NOT approved for clock hours. See Clock Hours for more information and list of approved courses. Au pairs who need credits should sign up for the CEU fee, NOT the Clock Hours fee.

28670 6/14/2024 - 6/14/2024 12:00 - 12:00AM 1 ses F
Kaha TBA \$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 through a signed CEU Reporting Form (provided upon registration).

28669 6/14/2024 - 6/14/2024 12:00 - 12:00AM 1 ses F
Kaha TBA \$15

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

CONTINUING EDUCATION

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

Podcast 101, page 15



Handmade Pierogi, page 1



Shibori Rust Dyeing with Stencils, page 10



First Time Homebuyers Class, page 7



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