



NORTH SEATTLE
COLLEGE

CONTINUING EDUCATION

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FALL 2024

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**Registration Opens
August 5**



Forest Bathing

Volume 18, No. 4

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and Collage**
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and Rebellion**
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**Harmonic Flow: Slow Flow Yoga
and Sound Bath Meditation**
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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 August 5.

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.

FALL QUARTER OFFICE HOURS

Continuing Education
North Seattle College
9600 College Way North
CC Bldg Room 1152
Seattle, WA 98103-3599

FALL QUARTER: 9/23/2024 – 12/11/2024
OFFICE HOURS: Mon-Fri 8:30AM – 5:00PM
HOLIDAYS: 11/11/2024 Veterans Day
11/28/2024 Thanksgiving Day
11/29/2024 Native American
Heritage Day

Music Scholarships

Scholarships are available for many of our music courses. Scholarship funds can be applied towards tuition and some materials such as sheet music. If you are interested in finding out more about our music scholarships, please contact conted@seattlecolleges.edu.

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ROBIN ARNITZ

Robin's work deals with themes of power struggles, gender, and expressive mark-making through painting. She learned how to further incorporate storytelling into her work at a residency in Bali. Arnitz currently shows at Shift Gallery in Seattle and her work has been included in the Seattle Art Fair through Shift. Arnitz has also shown in cities and towns nationally including Detroit, Washington DC, Baltimore, and Chicago. Her work has also been featured in publications including New American Paintings and in the Art21 blog, Praxis Makes Perfect.



ARTS

2D ARTS

Acrylic Painting ★

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. There will be no class on 11/11.

37518	9/30/2024 - 12/9/2024	10:00AM - 1:00PM	10 ses	M
Arnitz	North Campus Continuing Ed 3201			\$336

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. There will be no class on 11/28.

37519	10/3/2024 - 12/12/2024	10:00AM - 1:00PM	10 ses	Th
Arnitz	North Campus Continuing Ed 3201			\$336

Portrait Painting for Beginners ★

Are you interested in painting faces, but worried that you might not be able to do it? If so, this is the class for you. Using acrylic, you will be guided step by step on how to create accurate portraits in a warm, fun atmosphere. Do you have a pet you'd like to paint? We'll have a special class dedicated to animals as well. There will be no class on 11/29.

37520	10/4/2024 - 12/13/2024	10:00AM - 1:00PM	10 ses	F
Arnitz	North Campus Continuing Ed 3201			\$340

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. There will be no class on 11/27.

37580	10/2/2024 - 12/11/2024	10:00AM - 1:00PM	10 ses	W
Hamburger	North Campus Continuing Ed 3201			\$336

NEW Abstract Gelli Printing and Collage ★

Explore the fascinating world of abstract collage and gelli plate printing in this dynamic beginner's course. Designed for those eager to unleash their creativity, this class blends traditional and modern techniques to create stunning, one-of-a-kind artworks using a Gelli plate, acrylic paint, and paper. Delve into the vibrant realm of gelli plate printing, where spontaneity meets technique. Learn the basics of creating monoprints using gelli plates, exploring methods to transfer intricate patterns and textures onto paper. Develop skills in color mixing and layering to produce captivating prints that reflect your individual style. Throughout the course, you will receive personalized guidance and constructive feedback, empowering you to refine your techniques and build confidence in your artistic journey. Whether you are a seasoned artist looking to expand your repertoire or a newcomer eager to explore mixed media, this course offers a nurturing environment to cultivate your creativity and create compelling abstract artworks through collage and gelli plate printing. There will be no class on 11/27.

39013	10/2/2024 - 12/11/2024	6:00 - 9:00PM	10 ses	W
Hamburger	North Campus Continuing Ed 3201			\$336

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.

39097	10/1/2024 - 12/3/2024	6:00 - 9:00PM	10 ses	Tu
Norsworthy	North Campus Continuing Ed 3201			\$340

Oil Painting 2 ★

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. There will be no class on 11/28.

39101	10/3/2024 - 12/12/2024	6:00 - 9:00PM	10 ses	Th
Norsworthy	North Campus Continuing Ed 3201			\$340

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. Explore the simple structures of abstraction, personal point of view, and the beauty of color using soft paste. There will be no class on 11/29.

37419	10/4/2024 - 12/13/2024	10:00AM - 1:00PM	10 ses	F
Gogrof	CC Bldg Room 1254A			\$336



NEW Watercoloring Fall Fungi ★

Fall fungi are popping out; come to this watercolor course to paint this magical subject. Students will learn how to paint sunlight and shadows, how to plan for watercolor layers, how to apply wet-on-wet and wet-on-dry, and how to create nuanced texture. Students will leave with a realistic watercolored mushroom painting. This class is open to beginner and intermediate students. There will be no class on 10/14.

37506 9/23/2024 - 11/4/2024 6:30 - 9:00PM 6 ses M
Bundi ED Bldg Room 2843A \$180

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.

37578 10/1/2024 - 12/3/2024 10:00AM - 1:00PM 10 ses Tu
Hamburger North Campus Continuing Ed 3201 \$336

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 in this class.

37600 10/5/2024 - 10/26/2024 1:00 - 3:00PM 4 ses Sa
Chubotin AS Bldg Room 1530 \$90

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.

37601 11/2/2024 - 11/23/2024 1:00 - 3:00PM 4 ses Sa
Chubotin AS Bldg Room 1530 \$90

NEW Watercolor Cards That Pop! ★

Come to this class to make your watercolor paintings move in a new way. In this class you will explore winter themed watercolor illustration and paper mechanics to create pop-up cards. You'll learn a wide variety of watercolor techniques and drawing skills to make the scenes. You'll also learn a few different paper folding techniques to turn your paintings into 3D components. Let's create artwork that POPS.

37505 11/18/2024 - 12/9/2024 6:30 - 9:00PM 4 ses M
Bundi ED Bldg Room 2843A \$120

ROBIN BUNDI

Robin is an artist and designer living in Seattle. She loves to explore the natural world and primarily creates work to celebrate the natural world and our connection to it. Robin's studio practice includes watercolor painting, drawing and making her own watercolor and ink from foraged materials. She has a BFA in Graphic Design and Art History from Ohio University and a certificate in Natural Science Illustration from The University of Washington.

**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 11/11.

There will be no class on 11/11.

39095 9/30/2024 - 12/9/2024 6:00 - 8:00PM 10 ses M
Norsworthy North Campus Continuing Ed 3201 \$225

There will be no class on 11/27.

39433 10/2/2024 - 12/11/2024 2:00 - 4:00PM 10 ses W
Norsworthy North Campus Continuing Ed 3201 \$225

Introduction to Drawing 2 ★

Get creative while developing skills learned in an Introduction to Drawing course. We will advance our approaches to creating still lifes, 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. There will be no class on 11/28.

39100 10/3/2024 - 12/12/2024 6:00 - 9:00PM 10 ses Th
Norsworthy North Campus Continuing Ed 3201 \$336

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.

39120 10/3/2024 - 11/21/2024 6:00 - 8:00PM 8 ses Th
Johnston CC Bldg Room 1254A \$180

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.

37416 10/4/2024 - 11/22/2024 6:30 - 8:30PM 8 ses F
Chubotin AS Bldg Room 1532 \$205

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

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.

36571 11/2/2024 - 11/16/2024 10:00AM - 1:00PM 3 ses Sa
Callaghan Huston HS Bldg Room 2536A \$120

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.

37452 10/7/2024 - 11/4/2024 6:30 - 9:00PM 5 ses M
Peck CC Bldg Room 3349 \$190

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.

38432 11/18/2024 - 11/18/2024 6:00 - 9:00PM 1 ses M
Shojaie AS Bldg Room 1530 \$100

NEW Linocut Printmaking: Intermediate ★

If you already know the basics of block printing and want to learn more, this workshop is great for you. In this class you will have an opportunity to learn printing on a piece of fabric, printing with a press, as well as inking techniques including rainbow roll.

38433 11/25/2024 - 11/25/2024 6:00 - 9:00PM 1 ses M
Shojaie AS Bldg Room 1530 \$100

**Fall at Seattle Art Galleries**

What better way to celebrate the abundant display of vibrant fall colors than to explore the diverse art exhibited in Seattle galleries. We will meet weekly at local art galleries to hear talks, ask questions, and peruse the space. Following each visit, we will gather for afternoon coffee to discuss the work and share interests. A sampling of galleries includes Greg Kucera, Foster/White, ArtX Contemporary, Stonington, J. Rinehart, Azuma, Patricia Rovzar, Steinbrueck Native Gallery, Woodside/Braseth, Harris/Harvey, and the Seattle Art Museum Gallery. Whether you are a seasoned gallery visitor or a newcomer, please join us to experience this harbinger of fall through the varietal art scene in Seattle.

37512 10/16/2024 - 11/20/2024 12:30 - 2:30PM 6 ses W
John ARR \$135

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 An Art of One's Own: The Story of Women in Art**

A century ago, Virginia Woolf stated that women need financial resources and their own space to succeed as writers. This idea also applies to women artists, who require money, support from other artists, galleries, museums, and recognition for producing significant art. Historically, women artists were largely excluded from art history books until recently. This class discusses a diverse group of women painters, sculptors, and photographers from the Renaissance to the present, covering various art categories like history, mythology, portraiture, landscape, still life, domestic lives, self-reflection, protest, and abstraction. Artists include Lavinia Fontana, Angelica Kauffman, Elizabeth Vigée Le Brun, Marie Laurencin, Berthe Morisot, Kathe Kollwitz, Augusta Savage, Kay Walking Stick, Jaune Quick-to-See Smith, Frida Kahlo, Georgia O'Keeffe, Lee Krasner, Joan Mitchell, Helen Frankenthaler, Carrie Mae Weems, Margaret Bourke-White, Gwendolyn Knight, Emmi Whitehorse, and Alma Thomas. We will also explore writers who have highlighted women artists, such as Whitney Chadwick, Linda Nochlin, and Katy Hessel, along with supportive museum or gallery curators. Join us for an enlightening experience recognizing these talented and memorable artists.

37501 10/14/2024 - 11/25/2024 10:00AM - 12:00PM 6 ses M
John CC Bldg 3346 \$135

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 11/30.

38848 10/5/2024 - 12/7/2024 10:00AM - 1:00PM 9 ses Sa
Hong AS Bldg Room 1630 \$378

There will be no class on 11/30.

38849 10/5/2024 - 12/7/2024 2:00 - 5:00PM 9 ses Sa
Hong AS Bldg Room 1630 \$378

Intermediate and Advanced Ceramics ★

Take your ceramics to the next level and refine your wheel-throwing and hand-building skills. Learn from the instructor and each other in this class as you hone your clay skills. Each class includes a demo or discussion of techniques according to the instructor's curriculum or students' expressed interests. North Seattle College fires to ^6 with no exceptions. Outside glazes must be approved by the studio technician. Previous ceramics experience is required. There will be no class on 11/29.

38633 10/4/2024 - 12/6/2024 6:00 - 9:00PM 9 ses F
Fultz AS Bldg Room 1630 \$378

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.

38828 10/11/2024 - 11/22/2024 6:00 - 9:00PM 7 ses F
Alexander AS Bldg Room 1633 \$300

Intermediate and Advanced Jewelry Fabrication ★

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.

36539 10/8/2024 - 11/26/2024 6:30 - 9:30PM 8 ses Tu
Foy AS Bldg Room 1633 \$336

NEW Beginning Jewelry Workshop ★

In this workshop students will learn the fundamentals of metalsmithing with an emphasis on jewelry fabrication. Projects in this course will include a forged brass bracelet, a soldered and filed brass ring, hand fabricated silver wire and chain earrings, and a sterling silver bezel set cabochon ring.

37653 9/28/2024 - 9/29/2024 11:00AM - 5:00PM 2 ses Sa and Su
Quarles AS Bldg Room 1633 \$180

NEW Intermediate and Advanced Jewelry Workshop ★

In this workshop students will learn intermediate stone setting techniques including bezel, tube, prong, and flush setting. Silver soldering experience and general knowledge of metalsmithing studio practices is required.

37654 10/5/2024 - 10/6/2024 11:00AM - 5:00PM 2 ses Sa and Su
Quarles AS Bldg Room 1633 \$180

NEW Production Essentials for Handmade Jewelry

This course covers the basics of how to design a line of jewelry for production and sale. Students will learn best practices for designing and reproducing a cohesive collection while considering material sourcing, time management, and pricing. This course will also cover business structures, revenue streams, marketing and photography techniques best suited for selling handmade jewelry. There will be no class on 11/27.

38979 10/30/2024 - 12/11/2024 6:30 - 8:30PM 6 ses W
Mohyuddin CC Bldg Room 3349 \$135

AYESHA MOHYUDDIN

Ayesha is a contemporary jewelry artist who explores identity, spirituality, and ways of knowing through body-related objects. Ayesha is excited by the histories contained in the materials she uses, from metal and stone to fruit and salt. Her recent work combines food, the tools of the kitchen, and the format of jewelry to physically express the complexities of home, history, and identity. Born and raised in Tennessee, Ayesha received her MFA from Rhode Island School of Design and her BFA in Sculpture from Washington University in St. Louis.

**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 wood carving projects. No previous wood carving experience required.

38435 9/23/2024 - 10/7/2024 6:00 - 9:00PM 3 ses M
Shojaie IB Bldg Room 1308 \$225

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.

38434 10/14/2024 - 11/4/2024 6:00 - 9:00PM 4 ses M
Shojaie IB Bldg Room 1308 \$265

NEW Wood Pyrography and Painting Workshop ★

Join us for a fun and creative wood burning workshop. Whether you're a beginner or an experienced artist, this workshop is perfect for unleashing your creativity and learning the art of wood burning. Our instructor Saman focuses on four key areas of wood burning: transferring techniques to move art to a surface, burning techniques to work with different tool tips to outline, fill and shade your art professionally, add color onto your project, and finally finishing techniques to protect your work. Get ready to experiment with various designs and patterns, as you bring life to a plain piece of wood. Don't miss out on this exciting opportunity to learn a new craft and meet fellow art enthusiasts.

38436 12/2/2024 - 12/9/2024 6:00 - 9:00PM 2 ses M
Shojaie IB Bldg Room 1308 \$175

CRAFTS**Quilting Basics ★**

Learn quilting basics on how to choose colors, create a quilt block, piecing techniques, sandwiching and binding a quilt. In class you will finish a quilted project with a unique design to keep or give as a gift. Embellish it and take your design to new heights. Although quilting fabrics, supplies, tools, and embellishments will be provided; please feel free to bring your own. Bring to class your sewing machine in good working order, power cord, foot control, bobbins, and operator's manual (if available). This class is not open to students under the age of 18.

37460 10/1/2024 - 11/26/2024 6:30 - 9:00PM 9 ses Tu
Johnson CC Bldg Room 3357 \$255

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

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.

37457 10/3/2024 - 11/21/2024 6:30 - 9:00PM 8 ses Th
Johnson CC Bldg Room 3357 \$230

37458 10/5/2024 - 10/26/2024 9:00AM - 2:00PM 4 ses Sa
Johnson CC Bldg Room 3357 \$230

NEW Handmade Halloween Costumes ★

Got a great idea for a DIY Halloween costume but don't know where to start? Join fiber artist Paige St-Pierre in October to turn your idea into a wearable costume. We'll cover design, fabrics, pattern making, sewing basics, and more. By the end, you'll have a finished costume ready to show off. Bring reference photos or sketches and ideas for fabrics or accessories to the first class. No prior experience is needed, though some garment construction experience helps. We'll focus on no-sew and hand stitching, but feel free to bring a sewing machine if you know how to use it. All levels welcome.

37671 10/7/2024 - 10/28/2024 6:30 - 8:30PM 4 ses M
St-Pierre CC Bldg Room 3350 \$120

Sewing 2: Sew Much More ★

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. 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. This class is not open to students under the age of 18.

37459 11/2/2024 - 11/23/2024 9:00AM - 2:00PM 4 ses Sa
Johnson CC Bldg Room 3357 \$230

PAIGE ST-PIERRE

Paige is a Seattle based fiber artist and professionally trained teacher. She creates wearable and visual art pieces from reclaimed papers and textiles. Her process involves altering cloth and paper by dyeing, painting, or printing with botanically derived pigments then creating texture with machine and hand stitches. She shares her love of nature and creative reuse by teaching natural dyeing, printing, painting, and slow stitching workshops in the greater Seattle area.

**Alter This - Alter That!** ★

Get more wear from your garments by learning "simple" alterations and repair techniques. In this class you will learn how to alter hems and waistlines to create a fitted garment. Bring two or three of your favorite wardrobe pieces to alter in class, along with scissors, sewing machine, and power cord in good working order. Sewing experience and an operational sewing machine are required for this class. Please make sure your machine will sew apparel knit, woven, and bulky fabrics. A personal supply tool pack specific to altering seams will be provided by the instructor. This class is not open to students under the age of 18.

37456 12/7/2024 - 12/7/2024 9:00AM - 3:00PM 1 ses Sa
Johnson CC Bldg Room 3357 \$70

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 or bridge cameras; contact instructor if unsure). A tripod is recommended. The instructor's work has appeared in National Geographic publications. This class will include two Sunday field trips with instructor 10/6 and 10/13 (details given in class).

37514 10/2/2024 - 10/23/2024 7:00 - 9:00PM 4 ses W
Stahl Online; Zoom \$150

Nature Photography: Intermediate ★

This zoom course will be of interest to digital DSLR and digital mirrorless camera users. Emphasis will be on improving one's image-making skills out in nature. Advice on equipment and lenses will be provided to enable the crafting of successful photographs. Learn the usefulness of developing a vision while working in the field. Tripod required. The instructor's work has appeared in National Geographic publications. This class will include two Sunday morning field trips with instructor on 10/13 and 10/20 (details given in class).

38361 10/5/2024 - 10/26/2024 9:00 - 11:00AM 4 ses Sa
Stahl Online; Zoom \$150

MUSIC

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. Scholarships available; contact conted@seattlecolleges.edu to learn more.

37423 9/23/2024 - 12/13/2024 Arranged 10 ses
Funes Online; Zoom \$500

NEW Individual Trumpet Study with Fred Radke

Work on all aspects of your trumpet technique through individual study with one of the trumpet greats. Fred Radke is a masterful trumpeter, big band conductor, musical clinician educator, and recording artist. Fred was formally lead trumpet with the world-famous Harry James Orchestra and for the last 35 years has taken on the role of Harry James directing the Harry James Orchestra. This class features ten weekly, one-hour sessions to be arranged with the instructor. Scholarships available; contact conted@seattlecolleges.edu to learn more.

37421 9/23/2024 - 12/13/2024 Arranged 10 ses
Radke Online; Zoom \$500

Beginning Guitar ★

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. Scholarships available; contact conted@seattlecolleges.edu to learn more.

36467 10/1/2024 - 11/19/2024 7:00 - 9:00PM 8 ses Tu
Kohl HS Bldg Room 2634A \$185

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. Scholarships available; contact conted@seattlecolleges.edu to learn more.

36559 10/2/2024 - 10/23/2024 7:00 - 8:30PM 4 ses W
Cisneros CC Bldg Room 1161 \$80

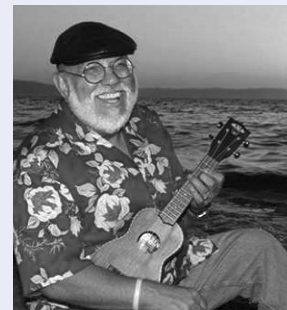
Jazz Ensemble

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. Scholarships available; contact conted@seattlecolleges.edu to learn more.

37420 10/2/2024 - 12/11/2024 8:00 - 10:00PM 11 ses W
Radke LB Bldg Room 1207 \$205

**PAT KLOPICH**

After listening to Israel Kamakawiwo'ole singing the popular Somewhere Over the Rainbow medley in two movies back in 2000, I found the perfect ukulele teacher and help form one of the largest ukulele groups in Seattle. About 2010 I started my own group at the Ballard Senior Center playing Kanakapila style with an emphasis of teaching as we play. I taught Beginning Ukulele at South Seattle College for several quarters. I approached North Seattle College to teach my ukulele classes again. Even though I said the ukulele has a popularity of 20 years or so, it seems to be sticking around in popularity as it has lasted over those 20 years... so come join us, it really is easy and so much fun. You can't help but smile when you play this crazy little instrument. Mahalo and see you in class.

**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; contact the instructor at itspatk.206@gmail.com. Scholarships available; contact conted@seattlecolleges.edu to learn more.

37461 10/9/2024 - 11/20/2024 6:30 - 8:30PM 7 ses W
Klopich HS Bldg Room 2634A \$160

NEW Learn to Speak Guitar: Guitar and Theory Techniques

This transformative guitar class is designed for students who have a solid understanding of music but struggle to translate their ideas into expressive guitar playing due to insufficient technique and lack of a structured system. Many talented musicians get frustrated when they can't play what they hear in their head and feel in their heart. Our focus is on breaking down these barriers by providing you with the essential tools and a proven method to apply them effectively on the guitar. Simply learning scales, chord shapes, and theory isn't enough this course will show you how to use them to become a better musician. If you're ready to invest the time and effort, we're confident that together, we can achieve your musical goals. Students must bring their own acoustic or electric guitar and a pick. For electric guitar players, please bring your amp and chords. Scholarships available; contact conted@seattlecolleges.edu to learn more.

37560 10/30/2024 - 11/20/2024 7:00 - 9:00PM 4 ses W
Cortese CC Bldg Room 1254A \$95

WRITING

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. Class on 11/8 will be taught online.

37585 9/27/2024 - 11/22/2024 10:00AM - 12:30PM 9 ses F
Chen CC Bldg Room 3345 \$270

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.

38829 10/1/2024 - 10/22/2024 6:30 - 8:00PM 4 ses Tu
Dubois Online, Canvas and Zoom \$135

NaNoWriMo: Write a Novel in 30 Days

Join us for National Novel Writing Month (NaNoWriMo). Learn how to write a fiction story with unforgettable characters, settings, descriptions, and dialogue. Create an outline and develop a complete plan to prepare you for the adventure of writing a novel in 30 days. There will be no class on 10/16.

37450 10/2/2024 - 11/6/2024 6:30 - 8:00PM 5 ses W
Hall Online; Zoom \$115

NEW Writing as Metamorphosis and Rebellion

Using techniques like free writing, asemic writing, erasure, Oulipo prompts, and Surrealist games, we will toss aside the writing rule book to discover our authentic voice, hone our craft, and build community. In this class we will explore the writer as actor, animal, dancer, ghost, lunatic, magician, recluse, shape-shifter, and trickster. This is not a class on how to make money writing, but on how to use writing to change yourself and the world. This class is for writers and non-writers alike, at any and all levels.

38944 10/5/2024 - 11/23/2024 11:00AM - 12:30PM 8 ses Sa
Edenfield CC Bldg 3346 \$140

NEW The Publishing Roadmap

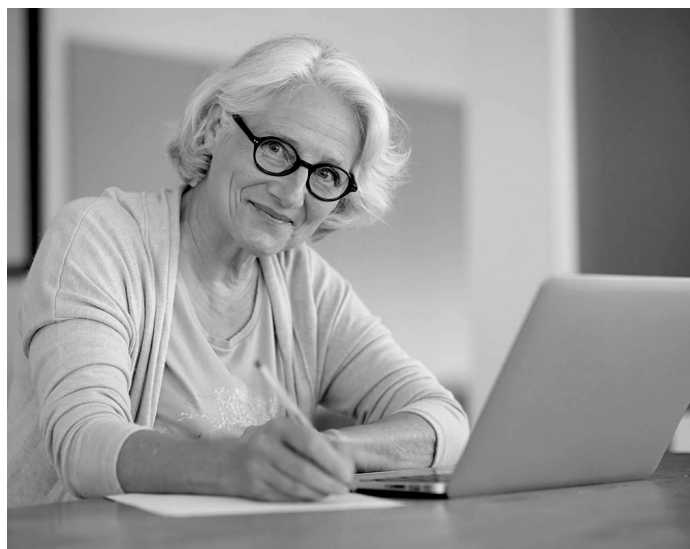
If you're new to getting your creative writing published, this two-hour class is an overview of all the ways you can put your work out in the world. Students will leave with an understanding of the different types of publishing opportunities, including alternative methods, and how to determine the path that feels right for you.

38775 10/7/2024 - 10/7/2024 6:00 - 8:00PM 1 ses M
Silverman Online; Zoom \$39

Writing A Short Memoir

Turn your life experiences—dramatic and everyday—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.

38830 11/6/2024 - 11/20/2024 6:30 - 8:30PM 3 ses W
Dubois Online Canvas and Zoom \$135



COMPUTER

EXCEL

Excel Level 1

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).

38766 9/25/2024 - 10/9/2024 6:00 - 8:00PM 3 ses W
Simerly Online; Zoom \$85

38767 9/26/2024 - 10/10/2024 6:00 - 8:00PM 3 ses Th
Simerly Online; Zoom \$85

Excel Level 2

Continue your Excel journey in the second class in the series and enhance your comfort level when working with data. In this class, we will 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).

38768 10/16/2024 - 10/30/2024 6:00 - 8:00PM 3 ses W
Simerly Online; Zoom \$85

38769 10/17/2024 - 10/31/2024 6:00 - 8:00PM 3 ses Th
Simerly Online; Zoom \$85

NEW Excel Level 3

In Excel III, we will work with more functions including nesting functions, utilize data validation, create VLOOKUPS, and dive deeper into Pivot Tables and Pivot Charts. Prerequisites: Excel I & Excel II or working knowledge of topics covered in both classes. Must have access to MS Office Excel for Windows (version 2016 or higher).

38770 11/6/2024 - 11/20/2024 6:00 - 8:00PM 3 ses W
Simerly Online; Zoom \$85

38771 11/7/2024 - 11/21/2024 6:00 - 8:00PM 3 ses Th
Simerly Online; Zoom \$85

ENRICHMENT

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. We start off the fall quarter with an amateur astronomer and his fiancée stargazing in the desert when a large fiery object crashes to Earth in the 3-D classic *It Came from Outer Space*. Our second offering features the stop motion animation work of Ray Harryhausen in H.G. Wells' *First Men in the Moon*. Next comes an atomic-inflected mad scientist/evil brain movie from 1958, the *Fiend without a Face*. We wrap up with the 1972 environmental sci-fi classic *Silent Running*, which includes a heapin' helpin'... Joan Baez. 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.

37504 10/10/2024 - 10/31/2024 7:00 - 9:00PM 4 ses Th
Cohen, Daniels LB Bldg Room 1207 \$79

FINANCIAL

NEW People and Money: Intro to Finance for Beginners

This one-hour online seminar introduces finance to those interested in investing for retirement. We'll discuss the importance of saving and investing for retirement, how to save and invest money, and understanding what companies are. Please note, we cannot provide specific tax, investment, or estate planning advice beyond general explanations.

37515 9/30/2024 - 9/30/2024 6:30 - 8:00PM 1 ses M
Kim Online; Zoom \$15

EUGENE KIM

Eugene has 25 years of experience in technology and finance. He worked or consulted in trading, IT, and operational roles at several investment banks in New York and Hong Kong including Morgan Stanley and Nasdaq. He has a BA in economics from Dartmouth College and an MBA from INSEAD, France.

I aim 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. My 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.



NEW 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. 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.

37517 10/2/2024 - 11/6/2024 6:30 - 8:00PM 6 ses W
Kim CC Bldg 3346 \$130

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.

36531 10/5/2024 - 10/5/2024 1:00 - 2:30PM 1 ses Sa
Cisneros ED Bldg Room 0843A \$50

People and Money: Managing Your 401K and IRA

This one-hour online seminar covers the basics of the three most common retirement accounts: 401K, Roth IRA, and Traditional IRA. You'll learn about their distinct rules regarding taxes, access, withdrawals, and inheritance. Learn the pros and cons of each account type and how to manage them for future retirement planning. For instance, we'll discuss how withdrawals from these accounts could affect your Medicare premiums and Social Security benefits. Please note, we cannot provide specific tax, investment, or estate planning advice beyond these general explanations.

37516 10/10/2024 - 10/10/2024 6:30 - 8:00PM 1 ses Th
Kim Online; Zoom \$15

How to Sell Your House

Learn what it takes to sell your home in today's rapidly evolving housing market. This course will cover how to prepare your home for sale, the pros and cons of hiring a real estate agent, how to sell for the highest price in the least amount of time, and tips on what home improvements you should and should not do.

36532 10/12/2024 - 10/12/2024 1:00 - 2:30PM 1 ses Sa
Cisneros ED Bldg Room 0843A \$50

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.

39139 10/19/2024 - 10/19/2024 9:30 - 11:30AM 1 ses Sa
SHIBA Instructor Online; Zoom Free

NEW Reverse Mortgage Essentials: A Comprehensive Guide

In this class you will learn how to potentially lower your property taxes by taking advantage of a senior discount to receive a property tax exemption or deferral. You will learn how to evaluate different reverse mortgage offerings from different lenders and one Certified Risk Management Professional's option on the right way to reverse. You also will receive tips and guidance on how to age in place or downsize with grace if you need to sell your current home and relocate.

37557 10/24/2024 - 10/24/2024 6:00 - 9:00PM 1 ses Th
Scobee CC Bldg Room 3349 \$50

37558 12/5/2024 - 12/5/2024 6:00 - 9:00PM 1 ses Th
Scobee CC Bldg Room 3349 \$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.

37608 11/6/2024 - 11/6/2024 5:30 - 8:30PM 1 ses W
Remilien Online; Zoom \$60

NATURE & SCIENCE

NEW Mushrooms: Foraging, Identification and Exploration

Prepare for our vibrant fall mushroom season and uncover why Washington is renowned for mushroom hunting. Learn to identify some of the tastiest, most unique, and significant poisonous mushrooms among the thousands found in the Pacific Northwest. Explore the close connections between mushrooms and trees, and discover how to utilize this knowledge to locate optimal mushroom habitats in both forested and urban settings.

37511 9/24/2024 - 10/10/2024 7:00 - 8:30PM 6 ses Tu and Th
Collison Online; Zoom \$105



LYNNE DEAN

Lynne retired from King County Sheriff's Office in 2016 (Seattle) after over 35 ½ years on the job. She was a Latent Fingerprint Examiner and has been qualified as a Forensic Scientist. The Green River Killer was one of her first homicide scenes to assist on.

She has responded to over 1,000 crime scenes to collect evidence, processed evidence in a lab and has examined over 1 million fingerprints. Lynne has trained examiners, police officers, and detectives for processing evidence and has presented her techniques at forensic conferences, police agencies, Washington State Police Academy, and community events.

She has a B.A. degree in Criminal Justice from Washington State University and an A.A. degree in Police Science from Green River College. Lynne has also received training at the FBI Academy in Quantico, Virginia. She has also received training in latent fingerprint comparisons and testifying in court.

Currently she is a Criminal Justice instructor for Green River College in Auburn, Washington.



CSI - Myth vs. Fact

Join presenter Lynne Dean, a forensic scientist and retired latent fingerprint examiner with the King County Sheriff's Office in Seattle, Wash., as she explores how crime scenes are processed for evidence. You will learn how a forensic fingerprint laboratory works, discuss photographs from real crime scenes, and determine what you see as evidence. You'll also participate in hands-on exercises at home to give you a true "feel" for working with evidence and discover how to distinguish fact from fiction when it comes to your favorite CSI-style TV shows. Student participation is encouraged! This class is for students 18 and older, as some of the content and photos are considered graphic. In addition, participants will need a roll of clear tape (like Scotch tape) and their choice of one of the following: a clear plastic water bottle, ceramic mug (like a coffee cup), or clear sheet protector. Those items will be part of the hands-on exercises they will do during the Zoom presentation.

38774 9/30/2024 - 9/30/2024 6:00 - 9:00PM 1 ses M
Dean Online; Zoom \$39

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). This class will meet at Licton Springs Park near the college, 9536 Ashworth Avenue N., Seattle, WA 98103. Please meet on the corner of 95th and Densmore.

37455 10/5/2024 - 10/5/2024 10:00AM - 12:00PM 1 ses Sa
Huljev Arranged \$50

PERSONAL

Before You Go - End of Life Planning

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 us. We will consider 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. 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.

38773 10/12/2024 - 10/19/2024 11:00AM - 12:30PM 2 ses Sa
Matthews Online; Zoom \$45

Introduction to Feng Shui

This course is a very brief introduction where 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 and more. The whole class will be conducted with an emphasis on science and logic. We will learn how to ensure a clear pathway for energy and people to move around your home, and how to use symbolism to support your goal. Feng Shui was the ancient Chinese school of study and practice of architecture. Almost all constructions in ancient China were site-selected, designed, and built according to Feng Shui rules. Since the 1960s, the study of Feng Shui has become popular in the Western world with lots of books published in English and other languages.

39140 12/7/2024 - 12/7/2024 2:00 - 5:00PM 1 ses Sa
So HS Bldg Room 2634A \$70



TRAVEL

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.

39119 10/19/2024 - 11/23/2024 9:00 - 10:00AM 6 ses Sa
Rzhondkovsky Online; Zoom \$75

FITNESS

DANCE

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. There will be no class on 11/28.

37502 10/10/2024 - 12/5/2024 7:35 - 8:35PM 8 ses Th
Boarman WC Bldg Room 0827D \$125

Ballroom Basics and Beyond

This class will focus on two dances. Learn the basics and more to the classic smooth Foxtrot then move to the romantic Latin Rumba. This course is perfect for those stepping onto the dance floor for the first time or for those who wish to brush up on their technique and learn some new moves. There will be no class on 11/28.

37503 10/10/2024 - 12/5/2024 6:30 - 7:30PM 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, 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. Class held at Phinney Neighborhood Center Room 3.

37432 10/15/2024 - 11/19/2024 7:00 - 8:00PM 6 ses Tu
Davidson Off Campus \$100

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. Class held at Greenwood Masonic Lodge Greenwood Masonic Lodge.

39025 10/19/2024 - 11/23/2024 9:00 - 10:00AM 6 ses Sa
Henricksen Off Campus \$100

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.

36533 10/8/2024 - 12/10/2024 6:00 - 7:30PM 10 ses Tu
Brenith WC Bldg Room 0827D \$185

Adaptive Fitness

A gentle approach to exercise, this class improves strength and flexibility through 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. There will be no class on 11/27.

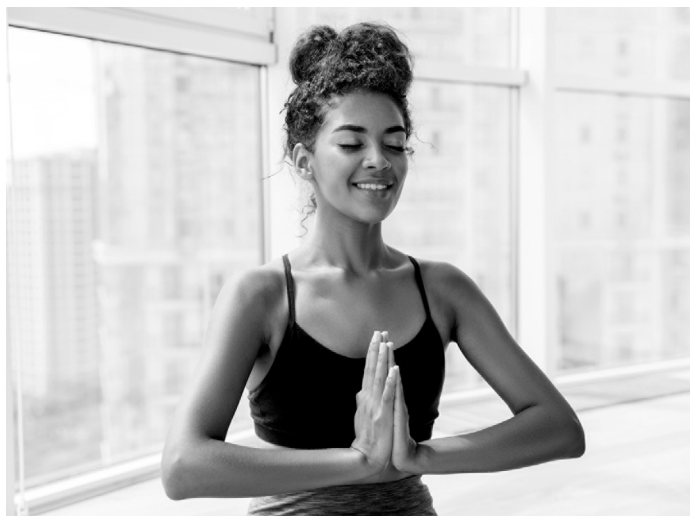
36534 10/9/2024 - 12/4/2024 6:00 - 7:00PM 8 ses W
Brenith WC Bldg Room 0827D \$100

MOVEMENT

Qigong Meditation

Would you like to learn a simple, yet profound, technique for feeling more relaxed, clear, peaceful, loving, and connected? Join certified instructor Rebecca Gould for Union of Three Hearts Meditation, which is a seated, non-moving form of Sheng Zhen, the Qigong of Unconditional Love. This practice helps cultivate qi-energy and trains the mind. It helps you feel connected to Heaven, Earth, and all of humanity. Easy to learn, and you'll be guided through it step by step. No experience required.

38640 10/2/2024 - 11/20/2024 10:00 - 11:00AM 8 ses W
Gould Online; Zoom \$120



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 11/30

36469 10/5/2024 - 12/14/2024 9:10 - 10:40AM 10 ses Sa
Sharp WC Bldg Room 0827D \$180

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 11/30.

36470 10/5/2024 - 12/14/2024 10:45AM - 12:15PM 10 ses Sa
Sharp WC Bldg Room 0827D \$180

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.

36468 10/8/2024 - 12/10/2024 10:00 - 10:55AM 10 ses Tu
Sharp WC Bldg Room 0829F \$120

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. There will be no class on 11/28.

36473 10/10/2024 - 12/12/2024 10:00 - 10:55AM 9 ses Th
Sharp WC Bldg Room 0829F \$108

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.

37606 10/22/2024 - 11/5/2024 7:00 - 8:30PM 3 ses Tu
Gehman LB Bldg Room 1105 \$48

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.

37607 11/12/2024 - 11/26/2024 7:00 - 8:30PM 3 ses Tu
Gehman LB Bldg Room 1105 \$48 **11**



YOGA

NEW

Yoga Philosophy: The Body and Beyond

There is much more to yoga than physical poses. The eight philosophical limbs of yoga, or Ashtanga Yoga, offers opportunities to develop insight, calm, and felicity. We will explore these eight limbs as explained in The Yoga Sutras of Sage Patanjali, as well as view them through the lens of Yoga postures, simple relaxation techniques, and learning through group discussions. 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 as well as how Yoga practice can involve these philosophical limbs. (Please note this is not a yoga posture class.) There will be no class on 10/16.

37618	9/25/2024 - 11/20/2024	7:00 - 8:00PM	8 ses	W
Bernstein	Online; Zoom			\$120

NEW

Harmonic Flow: Slow Flow Yoga & Sound Bath Meditation

This class is designed to introduce participants to the restorative powers of slow flow yoga combined with the immersive experience of sound baths. This class is perfect for those seeking to deepen their understanding of mind-body wellness, explore new relaxation techniques, or simply find a serene escape from the stresses of daily life. Students will explore the foundations of slow flow yoga, a gentle yet dynamic style of yoga that emphasizes mindful movement and breathwork to enhance flexibility, strength, and mental clarity. Through carefully curated poses and sequences, participants will learn how to move with intention, cultivating a sense of balance and harmony within the body. The experience deepens with the introduction of sound baths, a healing practice where participants are bathed in the soothing sounds of harmonic crystal quartz singing bowls. These sonic waves are not only heard but felt, resonating within the body to promote a state of profound relaxation and meditation. The vibrational frequencies help to release stress, quiet the mind, and activate the body's natural healing processes. There will be no class on 11/12.

37507	10/8/2024 - 12/3/2024	6:00 - 8:00PM	8 ses	Tu
Dalگو	WC Bldg Room 0827A			\$200

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

FOOD

COOKING

NEW

Asian Fusion Cooking

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 via Zoom in the comfort of your own kitchen. 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?" Our Menu for an Asian Fusion Dinner: Asian chop salad with ginger miso dressing, Chicken Satay with peanut sauce (or tofu if you are vegetarian) and Pineapple Fried Rice. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

35053	10/6/2024 - 10/6/2024	2:00 - 5:00PM	1 ses	Su
Sweeney	Online; Zoom			\$70

NEW

Elegant and Easy Holiday Appetizers

Learn how to create delicious appetizers for all your holiday gatherings. From savory appetizers to sweet treats like cream puffs, the focus will be on small bite—most of which you can prep ahead of time and bake right before your gathering starts. Learn to work with store bought puff pastry dough for quick appetizers as well as make your own cream puff dough for stuffing with sweet or savory fillings. As a bonus, Chef Michele will also provide two cocktail recipes for making batch cocktails for your guests to self-serve so you can enjoy visiting with friends and family. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

35016	11/16/2024 - 11/16/2024	2:00 - 5:00PM	1 ses	Sa
Sweeney	Online; Zoom			\$70

NEW

Holiday Bread Baking

Join us for all your holiday baking. Chef Michele will show you how to make garlic knot rolls perfect for dinner and bake a cranberry pistachio twist loaf and cinnamon apple streusel quick bread perfect for holiday breakfast or brunch. A demonstration on how to take your garlic knot roll dough and shape it in a five-point star will be shown. It makes a great visual piece for baked brie for a delicious appetizer or centerpiece for your dinner table. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

35091	11/23/2024 - 11/23/2024	2:00 - 5:00PM	1 ses	Sa
Sweeney	Online; Zoom			\$70



MICHELE SWEENEY

Michele is a fourth generation baker and internationally known culinary artist and instructor. She has won several awards and been featured in a number of print and digital publications. She is a member of the International Federation of Pastry Gelato & Chocolate (FIPGC) and was a 2019 FIPGC Coach for the Cake Designers World Championship, held every two years in Milan, Italy. In 2016 Michele was one of seven top US Sugar Artists handpicked by The Food Network to compete on their popular 'Cake Wars' program.



DESSERTS

The Art of Cake Decorating ★

Do you want to make one-of-a-kind creations for family and friends? Cakes could be your next great passion. Join award-winning Sugar Artist and Food Network Competitor, Michele Sweeney, for a fun-filled class on the basics of cake making from start to finish. In this hands-on beginner class, you will learn to bake the perfect cake, make different types of butter cream, receive step-by-step guidance in piping techniques and experience the excitement of making your cake a work of art. Discover how easy it is to create the perfect dessert for any occasion in a collaborative and supportive environment. This is a six-week course with one baking class held via Zoom, the rest in-person.

35017 9/28/2024 - 11/2/2024 1:00 - 5:00PM 6 ses Sa
Sweeney ED Bldg Room 2843A \$300

Mastering French Macarons ★

Bake along with Chef Michele as you learn how to create delicious French macarons (not to be confused with coconut macaroons). These cookies are made with almond flour and have a delicate crispy shell and a soft, chewy center. We will be making chocolate macarons with white chocolate raspberry ganache to fill your macarons. Chef Michele will give you recipes and pointers for switching up your ganache to create holiday flavors like peppermint white chocolate and how to use fruit to infuse your ganache. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

35055 10/20/2024 - 10/20/2024 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$70

Holiday Pie Baking ★

Sometimes flaky, sometimes like cardboard—what happened? Is making a good pie crust just luck of the draw? No. Learn the science and technique behind creating fool-proof tender pie crusts and leave class armed with knowledge, recipes, and a delicious Thanksgiving pie and one to store in the freezer to enjoy later. We will make and bake a salted caramel apple pie complete with a beautiful lattice top. Our freeze and enjoy later pie will be a chocolate cream pie sure to satisfy the chocolate lovers around your holiday table. Plus get recipes for pumpkin pie and Chef Michele's personal favorite, cheesecake. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

35086 11/9/2024 - 11/9/2024 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

NEW Holiday Candy Making for Gift Giving and Entertaining ★

'Tis the season for swapping sweets. Learn how to make creamy truffles, dark chocolate fudge, chocolate bark and cherry cordials from scratch. Candy making requires good measurements and proper temperature, but technique is truly critical for superior results. The importance of each step in the various candy making processes will be emphasized as you create a large box of delicious hand-made candies suitable for holiday gift giving or enjoying on your own! No experience necessary. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

35095 12/7/2024 - 12/7/2024 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

Holiday Cookie Decorating with Royal Icing ★

Learn how to decorate a holiday themed set of sugar cookies using royal icing. Join award-winning sugar artist and food network competitor, Michele Sweeney, for a fun-filled class and learn how to make royal icing, the different icing consistencies and techniques for outlining, flooding and decorating cookies for any occasion. You will also learn how to color icing and 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.

35049 12/14/2024 - 12/14/2024 1:00 - 5:00PM 1 ses Sa
Sweeney ED Bldg Room 2843A \$95

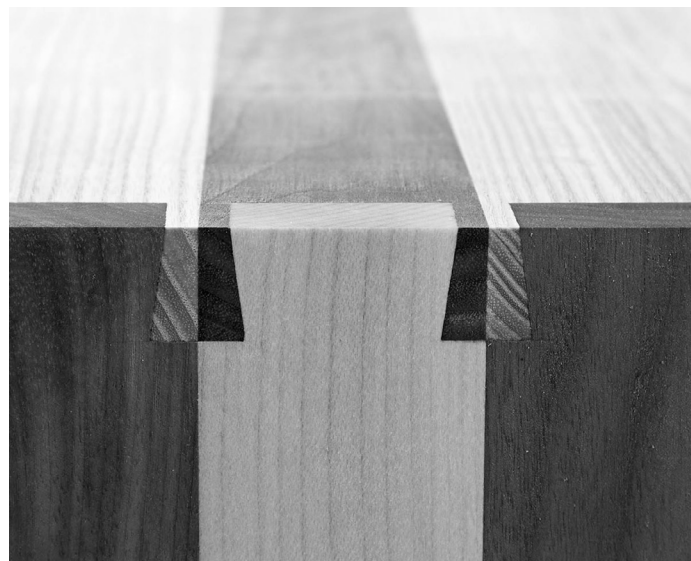
HOME AND GARDEN

HOME STYLE

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.

37645 11/16/2024 - 11/23/2024 10:30AM - 3:30PM 2 ses Sa
Marx CC Bldg Room 1161 \$229





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.

37646 11/7/2024 - 11/21/2024 6:00 - 9:00PM 3 ses Th
Marx IB Bldg Room 1308 \$229

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%). There will be no class on 11/11.

37609 9/30/2024 - 12/2/2024 6:30 - 9:30PM 9 ses M
Chai CC Bldg Room 3443 \$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.

37610 10/2/2024 - 11/20/2024 6:30 - 9:30PM 8 ses W
Chai CC Bldg Room 3443 \$265

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. There will be no class on 11/11 and 11/27.

37454 10/7/2024 - 12/4/2024 7:00 - 9:00PM 16 ses MandW
Markova CC Bldg Room 3345 \$350

ESL Business Writing

This practical writing workshop is designed for ESL 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. 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, use business-appropriate terms and tone.

37453 10/8/2024 - 12/10/2024 6:30 - 8:30PM 10 ses Tu
Markova CC Bldg 3346 \$220

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.

37424 9/24/2024 - 10/29/2024 6:30 - 8:30PM 6 ses Tu
Brown CC Bldg Room 3345 \$138

French 2

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 and then move on to discussing simple topics. On va s’amuser, vous allez voir.

37556 10/12/2024 - 11/23/2024 10:00AM - 12:00PM 7 ses Sa
Morehead Online;Zoom \$165

ITALIAN

NEW Italian 2

Take your Italian to another level. This course will focus on conversation and reading, drawn from a variety of sources, in Italian. We will also look at a grammar topic each week. It is suitable for anyone who has taken Italian for Beginners or who has some prior knowledge of Italian. There will be no class on 11/11.

37521 9/30/2024 - 12/9/2024 10:00AM - 12:00PM 10 ses M
Brown CC Bldg Room 3349 \$230



JANICE BROWN

Janice studied for her degree in French with Italian at Leeds University, England, spending a year as a Teaching Assistant in a school in the Auvergne region of France as well as a term studying in Florence, Italy. She taught both French and Italian in the UK for many years, to both adults and young people and at all levels from Beginning through Advanced. She has visited both countries many times, usually staying with friends or host families and becoming totally immersed in the language and way of life.



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. You will develop a sound understanding of grammar and a broad knowledge of essential vocabulary.

37426	11/5/2024 - 12/10/2024	6:30 - 8:30PM	6 ses	Tu
Brown	CC Bldg Room 3345			\$138

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.

37647	10/3/2024 - 11/21/2024	7:00 - 9:00PM	8 ses	Th
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.

37508	10/1/2024 - 11/19/2024	6:30 - 8:30PM	8 ses	Tu
Jordan	CC Bldg Room 3452			\$176

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.

37509	10/3/2024 - 11/21/2024	6:30 - 8:30PM	8 ses	Th
Jordan	CC Bldg Room 3452			\$176

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 11/11.

36474	9/30/2024 - 11/25/2024	6:30 - 8:30PM	8 ses	M
Robertson	LB Bldg Room 1107			\$185

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.

36475	10/2/2024 - 11/20/2024	6:30 - 8:30PM	8 ses	W
Robertson	LB Bldg Room 1107			\$185

Advanced Spanish Conversation Level 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.

39105	10/8/2024 - 11/19/2024	6:00 - 8:00PM	7 ses	Tu
Joffre	CC Bldg Room 3353			\$160

PROFESSIONAL

ADULT FAMILY HOME

Adult Family Home Administrator Course

Before you can register for this class you must complete the English Proficiency Prerequisite. For additional information visit the class page. 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 are provided. Questions: email afh.north@seattlecolleges.edu or call (206) 934-3619.

37586	10/4/2024 - 10/26/2024	9:00AM - 4:30PM	8 ses	F and Sa
Schlimme	Online Canvas and Zoom			\$739
37591	11/1/2024 - 11/23/2024	9:00AM - 4:30PM	8 ses	F and Sa
Spada	Online Canvas and Zoom			\$739

JOSEPH SPADA

Joseph is a certified geriatric nurse and owner of Spada Care Homes. He is a recognized and sought-after industry expert, consultant, and DSHS-approved instructor of the 54-hour Adult Family Home (AFH) Administrator Certification course. Joseph has operated adult family homes in Seattle since 1990 and is intimately familiar with the complex rules, regulations, best practices, and all it takes to position yourself as a cream-of-the-crop, in-demand AFH provider.

Joseph is the author of a #2 Amazon Bestseller, "How To Find The Best Adult Family Home Care For Your Elderly Parent," the first and only book educating consumers on adult family homes. Joseph was involved in the creation of the statewide Adult Family Home Association WSRCC (now the Adult Family Home Council) and served on the Board and as President for the Sno-King Adult Family Homes Association.



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

BUSINESS SKILLS

NEW Storytelling and Narrative Development

Story Audits and Assessments: Provide comprehensive assessments of a nonprofit's current storytelling efforts, including website content, social media posts, newsletters, and fundraising materials. Identify areas for improvement and develop tailored recommendations to enhance the organization's storytelling strategy. Work closely with nonprofit staff and beneficiaries to uncover and document impactful stories illustrating the organization's mission. Develop case studies, success stories, and testimonials that demonstrate the real-world impact of the nonprofit's programs and initiatives. Teach them how to identify powerful stories within the organization, structure narratives for maximum impact, and effectively communicate the mission and impact through storytelling techniques.

37559 9/30/2024 - 10/7/2024 6:00 - 9:00PM 2 ses M
Shams Online; Zoom \$100

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.

38607 10/1/2024 - 10/15/2024 6:30 - 8:30PM 3 ses Tu
Tabor CC Bldg Room 3450 \$95

NEW Fundamentals of Project Management

Project Management is becoming increasingly important in today's business environment. This course is not meant to prepare you for certification but serves as an introduction to projects and project management. It begins with project principles and terminology and project team structure. We then delve into more details around the phases of projects and the deliverables produced. The course will differentiate between the various approaches to project management and provide understandable examples of each since it is critical to be familiar with each approach. Once an extensive understanding of project management is achieved, the course begins to create project plans using common tools to track project status. This part of the course is a fun, hands-on experience that continues to build upon your project knowledge while learning the disciplines used to track and maintain project tracking.

38358 10/22/2024 - 11/19/2024 6:30 - 8:30PM 5 ses Tu
Winkler LB Bldg Room 1108 \$150



Problem Solving and Decision Making

As business teams grow larger in an organization and a leader is responsible for more people, decision-making becomes more complex. Various levels of decision-making need to be established, otherwise an organization begins to stagnate with one person making all decisions. There will be a discussion around delegating decisions and creating rules around what levels can do what. Once established, a leader needs to empower team members to make appropriate decisions. If decisions cannot reach a consensus, then what is the escalation plan to ensure action occurs. Problem solving, although similar to decision-making, requires a different set of techniques to come to a resolution. Various stages of problem solving are discussed in detail: identify the problem, formulate potential solutions, weigh the pros/cons of each solution, determine the path forward in resolving the problem, measure the success of the solution.

38645 10/24/2024 - 11/21/2024 6:30 - 8:30PM 5 ses Th
Winkler LB Bldg Room 1108 \$150

NEW Ignite Your Creativity: Overcoming Creative Blocks

With this hour and a half class, you will have all the tools needed to get through a wide variety of creative blocks. Whether it's brainstorming new techniques, fear of failure, or confidence challenges; greeting card artist, writer, and marketing professional Sarah E. Miller will introduce students to a variety of exercises fit for even the toughest of blocks. By the end, you will learn new skills, explore the psychology behind creative blocks, and set realistic goals to help propel your projects forward. You will also be given some concrete creative exercises to keep the momentum going.

38776 10/26/2024 - 10/26/2024 10:30AM - 12:00PM 1 ses Sa
Miller Online; Zoom \$39

NEW Optimizing Leadership: Developing Your Leadership Approach

This course is designed to equip participants with the tools and insights necessary to excel in leadership across various dimensions, self, team, and organizational leadership. Utilizing the TCUA (Theory, Concept, Understanding, Application) framework from the book *Optimizing Leadership*, this course encourages active participation through exercises, discussions, and self-reflection to help leaders develop their own unique leadership style. The course covers essential topics such as motivation, self-awareness, resilience, accountability, and change management. It is designed to provide a comprehensive approach to leadership that is applicable regardless of one's official title or role.

37510 11/7/2024 - 11/21/2024 6:00 - 9:00PM 3 ses Th
Grigsby CC Bldg Room 3350 \$135

WORK FOR YOURSELF

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.

38772 10/5/2024 - 10/19/2024 10:00AM - 12:00PM 3 ses Sa
Yeager Online; Zoom \$109

Sell It on eBay!

Discover if your item will sell or not in just one minute! Learn how to set up an eBay seller account, create successful eBay listings, upload photos, accept online payments, and determine shipping costs. Discover selling tips, tricks, and the traps to avoid; what to sell and what not to sell; where to get FREE shipping supplies; how to print shipping labels from your home computer; and get FREE home pickup. Explore proven listing strategies that get the most clicks, draw the highest bids, beat your competition and close the sale. Class covers eBay marketing research, how to find a profitable niche, and marketing and photography tips that make your items "pop." Plus, learn how to sell antiques, collectibles, and large items you don't want to ship. Taught by an award winning instructor and published eBay author.

37596 10/21/2024 - 10/23/2024 6:00 - 9:00PM 2 ses M and W
Boyd Online; Zoom \$138

Create a Website for Fun, Profit and Business

Discover the best copy/paste, drag and drop website builders that will meet your needs and create an appealing, modern, dynamic, small business website. Included is a complete comparison review of the top Website and E-commerce Store builders. Determine the best planning and layout for your site's specific requirements, with an attention-grabbing Initial Focal Point. Learn Search Engine Optimization (SEO), Social Media Marketing, and the Tips and Traps, Dos and Don'ts of website design. Discover the #1 Secret to a successful website! Taught by a multi award-winning instructor and published author from Seattle.

37594 10/22/2024 - 10/22/2024 6:00 - 9:00PM 1 ses Tu
Boyd Online; Zoom \$69

KEVIN BOYD

Kevin, a former Bell Labs engineer and Vice President of a market leading cardiology software company, is a multi-award-winning eBay Education Specialist, published eBay author and the technical editor for The *Complete Idiot's Guide to eBay*. Kevin has appeared on TV, various radio shows and interviewed by Bloomberg News and several newspapers for his insights to online entrepreneurship. The primary objectives for his writing, teaching and consulting, is to educate online sellers at all levels and equip them with the skills necessary for online entrepreneurial success.

Kevin has earned four degrees majoring in Business (M.B.A.) and Technology (M.S. Information Systems)

Earlier in life, Kevin was a professional musician (bass guitar), living in Nashville and has performed at Carnegie Hall.



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.

37595 10/30/2024 - 10/30/2024 6:00 - 9:00PM 1 ses W
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.

37599 9/23/2024 - 12/13/2024
Kaha \$30

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).

37598 9/23/2024 - 12/13/2024
Kaha

CONTINUING EDUCATION

North Seattle College
9600 College Way North
Seattle, WA 98103-3599

CONTINUING EDUCATION

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

JAZZ ENSEMBLE CONCERT



BRING THE FAMILY!

**OCT 23RD &
DEC 11th, 2024**

8:00 PM

LIBRARY AUDITORIUM

Join us for a live student performance
directed by Fred Radke.



Jazz Ensemble Concerts: Join us on campus in the new Library Auditorium for two student concerts this fall. October 23 and December 11 at 8 p.m. Concerts are free, so bring the whole family and spread the word. Directed by Fred Radke and featuring vocalist Gina Funes. Visit our website for campus event location directions and details.

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