NORTH SEATTLE COLLEGE

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**WINTER 2027**

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AI at Work: Beyond the Basics | Drawing Trees in Graphite & Ink

From Plan to Plate: Spring Garden Prep | Mandarin Conversation Level 1

One on One Music Lessons – All Styles / All Levels | Portraits in Acrylic

Rhythm for Life: Drumming, Wellness & Brain Health

Spanish Grammar for Beginner Levels | Spanish Grammar for Intermediate Levels

Watercolor Scenes from Seattle | Weave a Petite Cattail Basket | Winter Mushroom Workshop

Volume 21, No. 1


NORTH SEATTLE
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8TH AVENUE
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WELLNESS CENTER (WC)

# Welcome to Continuing Education

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**Winter 2027** **Jan 4th - Mar 24th, 2027**

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## Winter Hours

Mon., Wed., Thur., 8:30am - 5:00pm
Tues. 10:00am - 5:00pm
Fri. 8:30am - 5:00pm Virtual Services Only

## Holiday Schedule

1/1/2027 New Year's Day
1/18/2027 Martin Luther King Jr. Day
2/15/2027 Presidents Day

# ARTS

## Art Appreciation

An Art of One's Own: The Story of Women in Art
1/25/2027 10:00AM - 12:00PM John, Victoria
Inspired by Virginia Woolf's *A Room of One's Own*, this class explores the contributions of women artists from the Renaissance to the present. Examine works spanning portraiture, still life, mythology, abstraction, and protest while exploring the challenges women faced in gaining recognition. Featured artists include Artemisia Gentileschi, Berthe Morisot, Frida Kahlo, Georgia O'Keeffe, Alma Thomas, Faith Ringgold, and others whose work helped shape art history.

Winter at Seattle Art Galleries
2/3/2027 12:30PM - 2:30PM John, Victoria
Brighten your days by exploring Seattle's art galleries. Meet weekly at local galleries to view exhibits, hear artist talks, and ask questions. After each visit, gather for coffee to discuss the art and share perspectives. Potential stops include Greg Kucera, Foster/White, ArtX Contemporary, Stonington, J. Rinehart, Patricia Rovzar, and others. Open to seasoned gallery visitors and newcomers alike, this class offers a social way to experience Seattle's art scene.

Theatre Appreciation: Classics & Adaptations
2/4/2027 6:00PM - 8:00PM de Barros, Heleya
Explore theatre through discussion, scene work, and live performance in this interactive class focused on Adaptations & Classics. Examine Arthur Miller's *The Crucible* through its history, themes, and a filmed National Theatre Live performance. Then explore how *John Proctor Is the Villain* challenges Miller's classic, followed by a class field trip to see Seattle Rep's production. No theatre experience necessary. Perfect for theatre enthusiasts and newcomers alike.

## Ceramics

Intermediate and Advanced Ceramics
1/15/2027 6:00PM - 9:00PM Aire, Iphis
Build on your ceramic skills, experiment with new techniques, and develop your personal creative style. Through wheel throwing and hand-building, explore how form, function, surface, and process can express your ideas. Draw inspiration from everyday objects, nature, architecture, and personal experiences while refining your techniques. Over nine sessions, create meaningful ceramic pieces that reflect your interests and artistic vision.

Beginning Ceramics
1/16/2027 2:00PM - 5:00PM Aire, Iphis
1/16/2027 10:00AM - 1:00PM Aire, Iphis
In this beginner class, we'll learn the basics of using the wheel and hand-building while exploring how form, function, and surface design work together. Our goal is not just to make pots, but to learn how to create thoughtful, finished vessels. Throughout the class, we'll pay attention to the entire form: From the rim to the body, handle, and foot. We will make intentional choices about shape, proportion, texture, and color. At the end of this class you'll leave with a batch of pots beautifully crafted by You!

## Drawing

Introduction to Drawing 2
1/5/2027 6:00PM - 9:00PM Norsworthy, Sarah
Get creative while further developing skills learned in an introductory drawing course or beginning oil painting class. Students will explore more individual paths depending on their interests, while getting feedback from the instructor as well as the group. Some students may wish to advance their skills in observational still-life, while some may be working more abstractly, from photo, or from memory. We will be building on previous knowledge of the materials, whether that be graphite, ink, charcoal, collage or oil paint.

Introduction to Drawing
1/6/2027 6:00PM - 8:00PM Norsworthy, Sarah
1/7/2027 3:00PM - 5:00PM Norsworthy, Sarah
Learn the basic techniques of drawing while working from still life, places in our immediate environment (weather allowing), self-portrait, and memory. We will focus on the building blocks of drawing such as composition, measurement, line, shape, value, gesture and mark. You will become familiar with a variety of materials and approaches to drawing by studying artwork both historical and contemporary. Although instruction will be rooted in drawing from observation, we will explore the potential to abstract from what we see and experiment with working from memory. We will engage in group discussions throughout the course.

Figure Drawing
1/8/2027 6:30PM - 9:30PM Gottfried, Megan
Explore the fundamentals of figure drawing through classical techniques and creative interpretation of the human form. Learn to measure proportions, construct figures using geometric shapes, and refine your drawings with light, shadow, and edge techniques. Study skeletal structure and anatomy while developing your own artistic approach to the figure. Open to all skill levels. This class involves drawing the nude form.

Drawing Trees in Graphite & Ink
2/16/2027 6:30PM - 9:00PM Bundi, Robin
Explore the beauty and character of trees through the expressive mediums of graphite and ink. Designed for beginner to intermediate artists, this class will develop your observational skills while exploring tree structure, branching patterns, foliage, texture, value, and form. Working from photographs, you'll learn techniques for line quality, shading, mark-making, and creating depth. You'll explore how to simplify complex trees while capturing their unique character. By the end of the class, you'll have finished tree drawings in ink and graphite and a set of skills that can be applied to landscapes and other subjects.

## Jewelry

Intermediate and Advanced Jewelry Fabrication
1/12/2027 6:00PM - 9:00PM Foy, Peggy
Take your jewelry design skills to the next level. Do you have an idea for a complex project you've been wanting to tackle, but not sure where to start, or need to advance your skills to make it happen? Learn multistep soldering, stone setting, forming and finishing techniques that will help make your elaborate jewelry design ideas a reality.

Beginning Jewelry Fabrication
1/15/2027 6:00PM - 9:00PM Quarles, M
Learn how to produce your own jewelry design! Beginners are encouraged, but more experienced metalsmiths are welcome too. We'll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces.

## Mixed Media

Mixed Media Self Abstraction
1/6/2027 10:00AM - 1:00PM Hamburger, Ryan
Develop your personal artistic style and expand your abstract art practice through mixed-media techniques. Experiment with watercolor, acrylic, collage, pencil, oil pastel, and ink while incorporating symbols, text, texture, and representational imagery. Explore personal experiences and ideas to create abstract compositions that express your individual perspective. Previous 2D abstract art experience is helpful.

Abstract Ink and Collage
1/7/2027 6:00PM - 9:00PM Hamburger, Ryan
Explore abstract art using ink, paper, and mixed-media techniques. Experiment with intuitive mark-making, layering, texture, and collage to create expressive compositions. Through demonstrations and hands-on projects, learn to combine painted marks, ink writing, and found materials while developing your personal artistic style. Emphasis is on creativity, experimentation, and self-expression. Open to all skill levels.

## Music

Rhythm for Life: Drumming, Wellness & Brain Health
1/4/2027 6:00PM - 7:00PM Levin, David
Build your rhythm, coordination, and confidence behind the drum kit. Open to adults at all skill levels, these drum lessons combine personalized goals, hands-on exercises, and playing along to favorite songs. Practice proper grip and posture, drum rudiments, steady beats, fills, and basic music reading. Explore rock, pop, jazz, and funk as you develop your technique and listening skills. Connect with fellow music lovers in a welcoming setting, with time for questions and help with challenging rhythms.

Group Voice for All Levels
1/6/2027 6:30PM - 8:30PM Mesler, David
Discover and enhance your unique singing voice in a supportive group setting. This class focuses on vocal fundamentals, technique, and expressivity, helping you develop strong musicianship. Through lyric analysis, melodic interpretation, and personalized song choices, you'll unlock a wide range of vocal tools. Pieces are chosen based on the student's needs as well as tastes. Open to all. No experience necessary.

Songwriting for Beginning Pianists
1/9/2027 11:00AM - 1:00PM Mesler, David
Get creative and write those songs you've always wanted to write! And in an encouraging, fun environment! Curriculum includes: Hand positions and coordination, chords and melody writing, progressions and patterns, rhythms and notation, brainstorming and lyric writing, and structuring forms. All genres. Includes access to practice rooms on campus.

One on One Music Lessons - All styles / All Levels
1/12/2027 5:30PM - 8:30PM Mesler, David
Explore and enhance your creativity with one on one, individualized music lessons in any of the following disciplines: Piano, composition, songwriting, improvisation, music theory, and ear training. All styles, all levels. Ages 16+, Once a week for one hour. Choose from one of the following times: 5:30-6:30pm, 6:30-7:30pm, or 7:30-8:30pm.

Vocal Performance and Stage Technique Workshop
1/12/2027 Arranged Funes, Gina
Learn more about vocal performance, techniques, and stage presence in individual study with well-known singer and recording artist, Gina Funes. You will have a piano accompanist, and a recital is performed at the end of each quarter with the pianist and an option to perform with big band accompaniment. Ten weekly, one-hour sessions to be arranged with instructor.

Beginning Guitar
1/12/2027 7:00PM - 9:00PM Kohl, Frank
Pick up the guitar and play! Learn chords, strum patterns, tablature, and notes while learning songs. Pick up some basic theory. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment. Bring your acoustic guitar and required books to class.

Jazz Ensemble
1/13/2027 8:00PM - 10:00PM Radke, Fred
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, which take place during the first class; registration is required within 10 business days of the first class session.

Expressive Guitar: Beyond the Basics
2/24/2027 7:00PM - 9:00PM Cortese, Jared
This class is for intermediate beginners who already know a few chords or scales but want to take their guitar playing to the next step. If you've ever felt stuck playing the same patterns or struggled to make your music sound expressive, this class will help you move forward. You'll work on technique and theory together, focusing on how to use chord shapes, scales, and rhythm in a way that makes your playing more musical. The goal is to give you practical skills you can actually use when you pick up your guitar, not just abstract ideas. Please bring your own acoustic or electric guitar and a pick. Electric guitar players should also bring an amp and cords.

## Painting: Acrylic

Acrylic Portrait Painting for the Absolute Beginner
1/7/2027 10:00AM - 1:00PM Arnitz, Robin
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!

Portraits in Acrylic
1/9/2027 1:00PM - 4:00PM Case, Sam
Portrait painting can be very intimidating, but it doesn't have to be! Acrylic paint lets artists work quickly, fix mistakes, and easily build bright and luminous color in ways that makes portrait painting approachable and fun. Join us for this 10 week course as we explore the tips and tricks that will help you create your next masterpiece. Beginner painters and portrait artists are very welcome to join!

## Painting: Oil

Oil Painting 2
1/5/2027 6:00PM - 9:00PM Norsworthy, Sarah
Get creative while further developing skills learned in an introductory drawing course or beginning oil painting class. Students will explore more individual paths depending on their interests, while getting feedback from the instructor as well as the group. Some students may wish to advance their skills in observational still-life, while some may be working more abstractly, from photo, or from memory. We will be building on previous knowledge of the materials, whether that be graphite, ink, charcoal, collage or oil paint. We will look at artists both contemporary and historical to inform new techniques and concepts for both drawing and oil painting.

Abstract Oils with Cold Wax Medium and Mixed Media
1/8/2027 10:00AM - 2:00PM Gogrof, Andrea
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. Exploring these mediums along with acrylic, charcoal, pastels, and ink, including collage, we experiment, discover and learn new ways to give expression to our inner landscape of forms and color.

## Painting: Watercolor

Abstract Watercolors
1/5/2027 10:00AM - 1:00PM Hamburger, Ryan
Combine the expressive, personal, object-free vision of abstraction with the smaller, intimate beauty of watercolors. The focus of this class is on the elements of design, color and harmony, line and shape while creating an exciting and compelling painting that expresses a personal inner vision. Often alluding to nature or a state of mind, Abstract Watercolors will carry the painter to the beauty of feelings, spirit, and imagination.

Watercolor Scenes from Seattle
1/5/2027 6:30PM - 9:00PM Bundi, Robin
Come explore Seattle through watercolor! In this beginner to intermediate watercolor class, students will paint a variety of scenes inspired by Seattle's iconic viewpoints, beloved landmarks, neighborhoods, and unexpected moments. From sweeping cityscapes and waterfront views to small scenes and details found throughout the city, students will explore what makes Seattle such a unique place to paint. Students will learn watercolor techniques for capturing landscapes and everyday moments, with a focus on color, composition, atmosphere, and creating a sense of place. Students will leave with finished paintings and the confidence to continue exploring Seattle and their own surroundings through watercolor.

Watercolors for Beginners
1/9/2027 10:00AM - 12:00PM Case, Sam
Watercolor is one of the most versatile and approachable painting mediums. In this introductory course we'll be exploring what the medium can do. We'll experiment with watercolors and learn how to blend colors, layer, and play with other materials like sugar and soap to achieve different effects. This class will focus on basic techniques so that you walk away with a solid foundation to take to your next fabulous artwork!

Landscapes in Watercolor
2/27/2027 10:00AM - 12:00PM Case, Sam
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. This class is adjusted each quarter to match the season and can be repeated to build different skills throughout the year.

## Photography

Digital Photography Basics
1/7/2027 6:30PM - 8:30PM Hoffman, Jessica
Move beyond auto mode and take creative control of your camera. Learn the fundamentals of aperture, shutter speed, ISO, white balance, and exposure while exploring composition, lighting, and visual storytelling. Build your skills through hands-on activities, assignments, and two Sunday morning field trips to Kubota Garden (January 10) and the Downtown Waterfront (January 24). A DSLR or mirrorless camera with manual controls is required. Tripod recommended.

Black and White: Intermediate Photography
1/9/2027 9:00AM - 11:00AM Stahl, Robert
Explore fresh techniques in digital black & white photography - Emphasis will be on creative approaches in monochrome.
The class covers how light, shadow, and shades of gray can work together to produce images with strong visual impact. We'll also look at the building blocks of form: line, shape, texture, and depth. Tripod required. Class includes two Sunday morning field trips on Jan 10 & 17 (details given in class). Instructor's work has appeared in National Geographic publications.

## Printmaking, Screenprinting & Zines

Screenprinting: Techniques for All Levels
1/11/2027 6:00PM - 10:00PM
Graudins, Kerstin
Explore the possibilities of screen printing on paper and other flat surfaces. In this hands-on class, you'll learn how to prepare screens and create stencils using paper, photo emulsion, and screen filler with drawing fluid. We'll cover key tools and techniques, including methods for registering colors and developing original designs. You'll work with water-based inks and experiment with photographic, reductive, and drawing approaches. Class is open to all skill levels.

Linocut Printmaking: All Levels
2/1/2027 6:00PM - 9:00PM
Shojaei Barjuei, Saman
Explore linocut printmaking and create multiple black-and-white or color prints from your own carved block. Learn block preparation, image transfer, carving, and printing techniques, including rainbow roll inking, fabric printing, and using a printing press. Take home your finished prints and reusable linoleum block. Open to beginners and those looking to expand their printmaking skills.

## Sewing & Crafts

Quilting Basics
1/4/2027 6:30PM - 9:00PM Johnson, O'Lisa
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. Please bring to class your sewing machine, in good working order, power cord, foot control, bobbins, and operator's manual (if available).

Beginning Sewing
1/7/2027 6:30PM - 9:00PM Johnson, O'Lisa
1/9/2027 9:00AM - 2:00PM Johnson, O'Lisa
Learn to sew with confidence as you practice reading patterns, selecting fabrics, and laying out materials for successful projects. Build skills for sewing clothing, home décor, and crafts while completing three hands-on projects. Fabric and patterns are provided. Bring a sewing machine in good working order with power cord, foot control, bobbins, and manual (if available), plus sharp scissors, a tape measure, and straight pins.

Beginning Sewing 2: The Next Level
2/20/2027 9:00AM - 3:00PM Johnson, O'Lisa
Build on your sewing skills by learning to alter patterns for a better fit and custom designs. Practice techniques for seam finishes, collars, sleeves, buttons, zippers, pockets, and more. Fabric, patterns, and additional supplies are provided. Bring a sewing machine in good working order with power cord, foot control, bobbins, and manual (if available), plus sharp scissors, a tape measure, and straight pins.

Alter This - Alter That!
3/20/2027 9:00AM - 3:00PM Johnson, O'Lisa
Extend the life of your wardrobe by learning practical clothing alterations and repairs. Practice adjusting hems and waistlines for a better fit while working on two or three garments you bring to class. Previous sewing experience is required. Bring scissors and a working sewing machine with power cord that can handle knit, woven, and bulky fabrics. The instructor will provide a tool kit for seam alterations.

Weave a Petite Cattail Basket
1/24/2027 10:00AM - 2:00PM Cox, Erin
Learn how to harvest, store, prepare and weave native cattail in this beginner basket weaving workshop. We will work with cattails gathered right here on the North Seattle College campus. Gathered with gratitude to the cattails and with permission from college leadership. We'll also discuss many other locally available plant-based weaving materials. No experience needed.

## Wood Carving & Burning

Pyrography
1/4/2027 6:00PM - 9:00PM
Shojaei Barjuei, Saman
Learn the art of pyrography, or woodburning, in this hands-on, one-day workshop. Practice tool handling, temperature and pressure control, line work, shading, and layering to create decorative patterns and textures on wood. With step-by-step demonstrations and individual guidance, you'll complete a woodburning project to take home. Open to beginners and those with some experience. All tools and materials are provided.

3D Animal Woodcarving
3/1/2027 6:00PM - 9:00PM
Shojaei Barjuei, Saman
During this class you will carve two 3-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.

## Writing

Surrealist Creative Writing
1/4/2027 7:00PM - 9:00PM Edenfield, Bryan
Surrealism challenges how you think and create. This class uses playful writing exercises and group activities to spark unexpected ideas. You'll explore key artists and writers that shaped surrealism, like André Breton, Leonora Carrington, and Georges Bataille. Through experimentation and collaboration, you'll break habits, embrace spontaneity, and write in ways you never have before.

Introduction to Creative Writing
1/21/2027 6:00PM - 8:00PM Bolan, Chelsea
Introduction to Creative Writing is a playful, generative writing course for anyone who wants to write in the community of others and cultivate a creative writing practice. You will use prompts and writing activities to help you leap the boundaries of your brain, explore genres, and create and curate your own material to expand into creative writing projects. In addition, you will learn the art of workshop and how to give and receive useful feedback. In this supportive environment, you'll gain confidence as a writer, learning to trust your process and your work. By the end of the 6-week course, you will have developed a regular writing practice, established a writing community, and completed several original works of creative writing.

Creative Writing 2
1/21/2027 2:00PM - 4:00PM Bolan, Chelsea
Creative Writing 2 is for anyone looking to develop their writing through practice, discussion, and community support. You can write in any genre and bring in your own work, whether it's a finished draft, a work in progress, or something new you've written during class. This creative writing class focuses on giving and receiving feedback that is thoughtful, honest, and helpful. You'll learn how to use that feedback to revise and move your writing forward. In-class writing time and conversations will help spark ideas and give you fresh ways to look at your work. By the end of the course, you'll have revised one or two pieces, built your feedback and revision skills, and added new writing to your practice.

Poetry Writing for Everyone
1/23/2027 11:00AM - 1:00PM Edenfield, Bryan
Lautréamont believed poetry belongs to everyone. The Surrealists saw it as a kind of magic. For many writers across time, poetry has been a way to speak freely and make sense of lived experience. In this class, you'll write from prompts and read poems from a range of eras and voices. You'll share your work with others in a space that values curiosity, respect, and thoughtful feedback. The focus isn't on perfection or theory. It's on showing up honestly, working through ideas on the page, and letting language do its work.

Freelance Writing for Fun and Profit
1/25/2027 6:30PM - 8:00PM Dubois, Christine
Make money, influence others, and express yourself with freelance writing! Learn to write compelling stories for magazines, blogs, websites, and more. This fun, hands-on class takes you step-by-step through the writing/ publishing process. We'll cover ideas, research, marketing, writing skills, building your platform, and more.

Beginning Fiction: Crash Course
1/27/2027 6:30PM - 8:30PM Hall, Leslie
Improve the depth and flow of your storytelling in a class designed for new and developing creative writers. You will work step-by-step through a plan for a complete story including developing characters, mapping plot, writing dialogue, and creating exciting beginnings and resolutions. Bring pen and paper and be prepared to write; you will have lots of exercises and opportunities to get your ideas on paper. Don't spend another day NOT writing--join us and bring your stories to life.

## COMPUTER

### AI

Getting Started with AI
1/19/2027 7:00PM - 8:30PM Pharr, Derek
Curious about artificial intelligence but "don't speak tech"? This class is designed for everyday learners who want to understand what AI is, how it works, and why it matters; without needing a computer science background. We'll explore the basics of machine learning, algorithms, and real-world applications through simple language, interactive demos, and group discussion. Whether you're a small business owner, educator, artist, or just AI-curious, you'll leave with the tools to engage confidently with one of today's most powerful technologies.

AI Habits for Working Professionals
2/25/2027 6:00PM - 8:00PM Nance, Alvin
AI tools are easy to access. Using them well in your actual work is a different thing. This three-week course focuses on building a small, reliable set of AI habits you can put to work immediately. Each session is practical and hands-on, with exercises drawn from everyday professional tasks: writing, summarizing, thinking through decisions, preparing for conversations. You don't need a technical background to get something real out of this. Whether you've never opened an AI tool or you use one occasionally but inconsistently, you'll leave each session with something concrete you can try before the next one. By the end of the series, you'll have a clear sense of where AI genuinely helps, where it doesn't, and how to stay in control of what it produces. That confidence comes from practice, not from memorizing features

AI at Work: Beyond the Basics
3/3/2027 6:00PM - 8:00PM Nance, Alvin
This course is for people who already use AI at work and want to get more out of it. This course is the next step for people who are already using AI at work and want to do more with it. Each session covers a different area of AI use. You will learn how to use AI features built into the apps you already work in, including word processors, spreadsheets, and presentation tools. You will set up custom instructions so every AI conversation starts with the tool already knowing who you are and how you work. You will build and use Projects or equivalent features to organize your AI work by context. And you will practice using AI for more complex tasks: analyzing information, preparing for high-stakes situations, and working through decisions that require more than a quick answer. You will leave each session having done that work across a wider range of tools and situations than most people explore on their own. Prerequisite: Basic experience using AI tools for everyday work tasks such as writing, summarizing, and getting answers to questions.

## Digital Tools

Canva for Beginners
1/6/2027 7:00PM - 9:00PM Sweeney, Michele
Learn the ins and outs of this graphic design platform used for creating graphics for social media, blogs, websites, and other visual content such as video, presentations, and even book publishing. We will also cover built-in video creation and AI tools. Instructor Michele Sweeney will show you how to effectively utilize this platform for both your personal and professional content needs. No graphic design background required.Students will need a Canva Pro account set up before class; this class is hands-on.

Canva: Advanced Features
2/3/2027 7:00PM - 8:30PM Sweeney, Michele
Ready to go beyond the basics? This hands-on online class is designed for students who already use Canva and want to explore its more advanced features and latest updates. We'll take a deeper dive into tools that help you design faster, stay consistent, and create more polished, professional content. You'll explore newer features, hidden tools, and workflow tips that make a big difference in how you use Canva day to day. Whether you're creating content for social media, marketing, or personal projects, this class will help you get more out of the platform without overcomplicating your process. You'll leave with practical skills, updated techniques, and a better understanding of what Canva can really do. Students will need a Canva Pro account set up before class; this class is hands-on.

Create a Website for Fun, Profit and Business
2/9/2027 6:00PM - 9:00PM Boyd, Kevin
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.

Video Editing 101: Capcut Crash Course
2/17/2027 7:00PM - 8:30PM Sweeney, Michele
CapCut is powerful, and surprisingly easy once you know what buttons to press. In this hands-on workshop, you'll learn how to edit a short-form video from start to finish, cut clips, add music, captions, transitions, effects, and export for any platform.

YouTube Creator Basics for Beginners
3/3/2027 7:00PM - 8:30PM Sweeney, Michele
Want to start YouTube but don't know where to begin? This one's for you. Learn how to create a channel, write killer titles, upload your first video, and design eye-catching thumbnails in Canva. We'll also peek into YouTube Studio and cover basic analytics.

## Excel

Getting Started With Excel
1/12/2027 5:30PM - 6:30PM Ramos, Francisco
Master the basics and more of Excel and start organizing your data effectively. Learn how to set up worksheets, enter and format data, and use essential formulas. Get introduced to key Excel functions, sorting and filtering tools, and conditional formatting techniques. Plus, explore pivot tables to summarize data like a pro. This class is perfect if you're new to Excel or looking to sharpen your foundational skills. You'll need access to MS Office Excel for Windows (version 2016 or higher).

## ENRICHMENT

### Astrology

Astrology for Personal Growth Part 1
2/10/2027 6:30PM - 8:30PM Moreno, Amanda
Astrology is an ancient language that describes cycles of time and the intersections of the above and the below. This class will teach you how to use your natal chart as a living map that can help you understand yourself and your place in this world. The approach will be experiential, psychological and relational. We will use lectures, guided visualizations, imagery, group work, storytelling and more. Part one of this course introduces the fundamentals of astrology: planets, signs, houses, modality, elements and aspects.

### Entertainment

Flying Saucer Cinema
1/8/2027 7:00PM - 9:00PM Daniels & Cohen
Enjoy classic science fiction films the way they were meant to be seen, on screen with fellow film enthusiasts. Explore favorites from the 1950s through the 1970s and beyond, with weekly screenings, film trivia, insights, and group discussions. Featured films include *Earth vs. the Flying Saucers*, *Burn, Witch, Burn*, *Sssssss*, and *The Frozen Dead*. Optional follow-up materials offer additional insights. Open to longtime sci-fi fans and curious newcomers alike.

### Financial

Welcome to Medicare
1/13/2027 1:00PM - 4:00PM Instructor, SHIBA
Get answers to your Medicare questions in this informative workshop for current, new, and soon-to-be beneficiaries. Learn about Medicare coverage options, prescription drug plans, supplemental insurance, and financial assistance programs. A trained SHIBA (Statewide Health Insurance Benefits Advisors) advisor provides free, unbiased guidance. Au pairs seeking credit hours must obtain permission from the Continuing Education Director at conted@seattlecolleges.edu.

First Time Homebuyers Class
1/30/2027 11:00AM - 12:30PM Cisneros, Blake
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!

### Nature & Science

Winter Mushroom Workshop
1/9/2027 10:00AM - 12:00PM Collison, Jeremy
Join us for an engaging workshop focused on developing the skills necessary for finding and identifying mushrooms in the Pacific Northwest and beyond. Classes will be part lecture and part exercises to help students solidify learnings. We will focus on the most popular foraged mushrooms, introduce students to a variety of tools and strategies for finding and identifying mushrooms.

Map and Compass for Beginners
1/30/2027 9:00AM - 3:00PM Greule, Otto
3/6/2027 9:00AM - 3:00PM Greule, Otto
Learn to navigate with confidence using an orienteering compass and topographic map. This beginner-friendly course covers essential skills like understanding the difference between true and magnetic bearings, perfect for hiking, backpacking, or general navigation. Students will first attend an in-person classroom review featuring real-world videos and detailed animations, followed by a hands-on field session to practice your new skills. Please note: GPS and Geocaching are not covered.

Birds of the Skagit Flats
2/2/2027 6:30PM - 9:00PM Rose, Penny
Winter is one of the most spectacular time to bird in the Pacific Northwest. The river flats of the Skagit, Samish and Stillaguamish are awash in swans, snow geese, eagles, hawks and falcons. Class time will introduce you to the identification of common species of waterfowl and raptors large and small. The field trip on Sunday February 7th will take you to the richest areas of the river flats, where Peregrines hunt Bald Eagles soar, Trumpeter Swans and Snow Geese fill the air.

## FITNESS

### Dance

East Coast Swing
1/7/2027 7:35PM - 8:35PM Boarman, Celia
Dance to the upbeat rhythm of East Coast Swing, danced to a variety of music. It is a fun introduction to partner dancing. Whether you are new to the dance floor or hoping to hone your dance skills and pick up a few new moves, this class is for you. Wear comfortable clothes and shoes. No partner necessary.

Ballroom Basics and Beyond
1/7/2027 6:30PM - 7:30PM Boarman, Celia
This course focuses on 2 dances. Glide across the floor to the smooth foxtrot--a foundational dance which is fun and versatile. Then sway to the slower bluesy music of the nightclub to step. This class is perfect for the beginner or those wishing to brush up on technique and learn a few new steps. No partner necessary.

### Exercise

Strength and Conditioning
1/5/2027 6:00PM - 7:30PM Peters, Kiera
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. Each workout is loaded with functional exercises designed to give you the ultimate challenge. All levels welcome. Grab a water bottle, a towel, and be ready to get strong!

Balanced Body Barre
1/5/2027 7:45PM - 8:45PM Peters, Kiera
Balanced Body Barre is a low-impact, full-body fitness class that blends elements of ballet-inspired movement, strength training, and mindful mobility. Using controlled, small-range movements and an emphasis on alignment, balance, and core stability, participants build strength, improve posture, and enhance body awareness. The class is accessible to a wide range of fitness levels and is designed to support functional movement, injury prevention, and overall physical well-being in a supportive, non-competitive environment.

### Movement

Continuing Tai Chi: Grasping the Sparrow's Tail
1/4/2027 10:45AM - 12:15PM Sharp, Dennis
Our focus is to complete and refine the long form, which consists of four sections containing about 45 postures each. Partner drills and beginning pushing hands enhance each student's comprehension of the subtle and profound nature of Tai Chi Chuan. For students who have completed Beginning Tai Chi and wish to learn more.

Tai Chi Ruler: Simple Exercises for Health and Longevity
1/5/2027 10:00AM - 10:55AM Sharp, Dennis
Tai Chi Ruler (Chih) is a form of Taoist Yoga (Dao-yin) that features 12 easy-to-learn exercises that are practiced with (or without) a Chih, a special wooden dowel that is held between the palms to help guide the circulation of vital energy (Qi). Easier to learn than Tai Chi with all the same great health benefits, Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation and enhances neuro-muscular coordination.

Sustaining Vitality: Qigong
1/7/2027 10:00AM - 10:55AM Sharp, Dennis
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. This class focuses on three types of Qigong: meditative relaxation, movement exercises, and healing sounds. Come join us in this fun informative class.

Beginning Tai Chi: Grasping the Sparrow's Tail
1/9/2027 9:10AM - 10:45AM Sharp, Dennis
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.

### Mindfullness & Yoga

Gentle Yoga for Beginners
1/25/2027 1:15PM - 2:15PM John, Victoria
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, which will focus on breathing and gentle movements to encourage a feeling of well-being and calm, and hopefully lead to a sense of personal empowerment and joy. NOTE: Students must sign a waiver before participation.

## FOOD

### Baking & Desserts

Cake Decorating for Beginners
1/9/2027 1:00PM - 5:00PM Sweeney, Michele
Ready to turn your cake dreams into reality? Join award-winning Sugar Artist and Food Network Competitor Michele Sweeney for a fun, hands-on cake decorating class that's perfect for beginners. Over six weeks, you'll dive into the world of cake making, from baking the perfect cake to whipping up two types of buttercream, mastering piping techniques, and transforming simple desserts into edible works of art. You'll get to practice piping flowers and borders, learning to fill your piping bags like a pro and color buttercream for eye-catching designs. By the end, you'll have decorated cupcakes and an impressive eight-inch cake that's sure to wow at your next celebration! With one baking class via Zoom and the rest in-person, this class is all about collaboration, creativity, and cake, what more could you want? Just bring your apron, a sack lunch, and get ready to impress!

Gluten-Free Baking
2/28/2027 2:00PM - 5:00PM Sweeney, Michele
Join Chef Michele live on Zoom for a gluten-free baking class that focuses on practical skills and reliable results. You'll bake sugar cookies, snack cakes, and rolls while learning how to create your own gluten-free flour mix that works across recipes. You'll get real-time guidance on how gluten-free doughs behave, how to adjust textures, and what to watch for in baking times. This class gives you a solid starting point for baking without wheat and helps you troubleshoot as you go. By the end, you'll have a set of fresh bakes and a flour mix you can use again in your own kitchen. You'll receive a shopping and equipment list 5 days before class, a prep packet with recipes and Zoom link 2 days before class, and a full video replay after class. One registration covers up to two people cooking together in the same kitchen.

## Cooking

Asian Fusion Cooking
3/21/2027 2:00PM - 5:00PM Sweeney, Michele
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 (Served in a fresh pineapple for a fun presentation!). You'll receive a shopping and equipment list 5 days before class, a prep packet with recipes and Zoom link 2 days before class, and a full video replay after class. One registration covers up to two people cooking together in the same kitchen.

# Home & Garden

## Gardening

From Plan to Plate: Spring Garden Prep
1/17/2027 2:00PM - 5:00PM Sweeney, Michele
Kick off the From Plan to Plate series by learning what to do now, during the winter months, to set your spring garden up for success.
In this hands-on online class, Chef Michele will walk you through how to plan your garden, choose what to grow, and start seeds indoors so they're strong and ready when the weather warms up. You'll learn timing, simple seed starting setups, and practical strategies to help you avoid common mistakes. You'll also begin thinking ahead by exploring flavor-based garden themes you can grow throughout the year. We'll talk planting plans and talk through which crops can be started early from seed and how to time them for future harvests.
This class focuses on pre-planning so you can move into spring with a clear, manageable plan instead of feeling behind. You'll leave with a step-by-step approach to seed starting, planning worksheets, growing guides, and planting timelines to help you get started right away.

From Plan to Plate: Grow an Edible Garden by Flavor
3/7/2027 2:00PM - 5:00PM Sweeney, Michele
If you love to cook and want to grow your own ingredients, this class shows you how to plan a garden around the way you actually eat. In this beginner-friendly online class, Chef Michele walks you through how to design small-space edible gardens using flavor themes that make sense in your kitchen. You'll explore four garden plans: a Pizza Garden, Salsa Garden, Salad Garden, and Herb Garden. You'll learn what to plant, where to put it, and when to start, with region-specific guidance, container and raised bed layouts, and simple companion planting strategies. To bring it full circle, you'll also get easy recipes for each garden, so you know exactly how to use what you grow.
This class is part of the From Plan to Plate series and builds on your garden planning so you can move into spring with a clear, actionable plan. You'll leave with planting timelines, planning worksheets, and growing guides to help you get started right away. No experience needed, just an interest in food and a plan to grow it.

## Home Style

Basic Hands-On Home Repair and Maintenance
1/28/2027 6:00PM - 9:00PM Marx, Peter
Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about hand tools, how to work with electrical outlets, switches, lighting; plumbing, faucets, wall repair and more. Get an overview of door and window installation, weatherization and remodeling. You will leave feeling confident in performing your own home repairs and maintenance. No textbooks are needed but a general home repair book (Readers Digest, Black & Decker, etc.) might enhance class demos. Emailed instructions will be provided a few days before the first class.

Basic Carpentry and Woodworking
3/20/2027 10:30AM - 3:30PM Marx, Peter
Do you have power tools and want to learn to use them safely and effectively? Learn the basics of joinery, jigs, materials, methods and project design. After selecting your materials, you'll apply everything you've learned to safely use hand and power tools (circular saw and drill) in the construction and assemblage of your own toolbox, sewing box, garden box, etc. This class takes place in a non-workshop environment and will show you don't need a wood shop for tackling your next project! Emailed instructions and classroom location will be provided a few days before the first class.

# LANGUAGE

## French

French for Beginners
2/16/2027 6:30PM - 8:30PM Brown, Janice
This course will prepare you for your vacation trip or for further study. You will learn how to pronounce French, and you will do lots of speaking practice as well as reading and listening. We will focus on how to talk about yourself and how to understand and communicate your needs during your trip. You will be a more confident traveler and will also have made a good start on your French-learning journey.

## Italian

Italian for Beginners
1/5/2027 6:30PM - 8:30PM Brown, Janice
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.

## Mandarin

Taiwanese-Mandarin Level 1
2/23/2027 5:30PM - 7:00PM Omori, Cindy
This course provides a foundational introduction to Taiwanese phonics, with particular emphasis on the distinctions from Chinese phonetic systems to enhance linguistic accuracy and comprehension. Participants will examine the structural principles and writing methods of Mandarin characters, as well as the meanings they convey, complemented by basic sentence formation for practical application. Cultural components are integrated throughout the curriculum, offering a contextual exploration of Taiwan's historical evolution and contemporary society. Students need to buy a textbook and workbook by themself. Needs pens and notebook.

Taiwanese-Mandarin Level 2
2/23/2027 7:10PM - 8:40PM Omori, Cindy
This class will review your phonics (bopomofo) for better pronunciations. Use a textbook to start a some simple sentence and grammar. Meanwhile, keep student's pronunciations in a right rail with bopomofo and tones. Mainly, the teacher will take time to make sure student's learned and are able to communicate with Taiwanese. Also continue the cultural and habits talking about Taiwan.

Mandarin Conversation Level 1
2/24/2027 6:00PM - 8:00PM Omori, Cindy
This class provides the opportunity for beginner/intermediate level people to renew their Mandarin speaking skill and their pronunciation. If you learned Mandarin before and have not had enough opportunities to use them or have started to forget them, this is the right class for you. You need to have at least learned either Taiwanese bopomofo or pin-yin (phonics) and basic Mandarin before. This class will only focus on speaking and practicing conversations in Mandarin.

## Sign Language

American Sign Language
1/5/2027 6:30PM - 8:30PM Jordan, Dennice
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.

American Sign Language Level 2
1/7/2027 6:30PM - 8:30PM Jordan, Dennice
Take your skills beyond the basics with Sign Language Level 2. This class focuses on developing communication strategies, expanding vocabulary, and strengthening grammatical understanding to help you connect with more confidence. This class is a continuation of Basic Sign Language.

## Spanish

Spanish Grammar for Beginner Levels
1/14/2027 4:00PM - 6:00PM Ramón, Teresa
Review and build confidence in the essential grammar covered in our Spanish Conversation for Beginners series. We'll revisit key topics such as nouns and articles, adjectives, adverbs, present tense verbs, the present progressive, the future tense with ir a, pronouns, ser and estar, and por and para, with plenty of guided practice. This class is for students who have completed one, two or the three levels of Spanish Conversation for Beginners or for anyone already familiar with these topics and ready to solidify their foundation.

Spanish Conversation for Beginners Level 3
1/19/2027 4:00PM - 6:00PM Ramón, Teresa
Continue building your Spanish language skills focusing in listening for understanding; fluency in speaking and pronunciation. Practice your current vocabulary and learn more terms related to tourism, running errands, daily routines, telling stories and more. Keep practicing real conversations and learning the history and characteristics of different regions in the Americas. Build confidence for interacting with Spanish native speakers and explore different Spanish-speaking countries, through their history, music, geography, culture, and current events. Learn from a native Spanish speaker who has over 15 years of experience teaching Spanish as a second language. This class is conducted in Spanish and is ideal for students who have a low intermediate or high beginner level and an interest in Latin American culture. Prerequisite: 40 hours of Spanish instruction or equivalent. This course is part of a series of level 3 courses for each beginning, intermediate, and advanced classes.

Spanish Grammar for Intermediate Levels
2/18/2027 4:00PM - 6:00PM Ramón, Teresa
Review and deepen your understanding of the key grammar topics covered in our Conversation for Intermediate Level series. We'll work with the major structures that support confident, fluid communication: the imperfect and preterit tenses, the conditional, compound tenses, the subjunctive (present, imperfect, present perfect, and pluperfect), the imperative, and reflexive pronouns. Expect plenty of guided practice and opportunities to apply these forms in meaningful contexts. This class is for students who have completed one two or the three levels of Spanish Conversation for Intermediate Level or for anyone already familiar with these topics and ready to strengthen their command of intermediate Spanish.

Spanish Conversation Advanced Level 2
1/14/2027 6:15PM - 8:15PM Ramón, Teresa
Spanish Conversation Advanced Level 2 is the second of a series of three advanced conversation courses designed to help you continue refining the speaking and listening skills you've built over the years. In this relaxed, immersive environment, you'll strengthen your Spanish through conversation, interpretation, and thoughtful engagement with literature, culture, and film. We'll explore short subject films and work with reading passages in varied literary formats such as short stories, poems, and plays, supported by activities that build comprehension, foster discussion, and encourage analysis. A cultural component highlights Latin American literature, history, music, and current events. The class is conducted entirely in Spanish.

Spanish Conversation Intermediate Level 2
1/19/2027 6:15PM - 8:15PM Ramón, Teresa
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.

## PROFESSIONAL

### Adult Family Home

Adult Family Home Administrator Certification
1/15/2027 9:00AM - 4:30PM Spada, Joseph
2/26/2027 9:00AM - 4:30PM Spada, Joseph
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.

### Business Communications

Negotiation Foundations: Practical Skills for Business and Life
1/5/2027 6:30PM - 7:30PM Warren, Jason
Build confidence in negotiating job offers, salaries, and everyday situations. Learn a practical, repeatable framework for effective negotiation, including strategies for using leverage and momentum to achieve better outcomes. Through interactive exercises, real-life scenarios, and guided practice, develop the skills to advocate for yourself and negotiate with confidence.

Career Transitions & Interviews
1/5/2027 7:30PM - 8:30PM Illman, Carolyn
This course is designed for professionals navigating a career change. Whether reentering the workforce, switching industries, or simply looking for something different. Through practical exercises, guided reflection, and behavioral interview question training, participants will learn how to confidently tell their story, showcase transferable skills, and align with roles that match their values. We will focus on tools like the STAR method, self-assessment frameworks, and values-driven narratives to help you shine in any interview.

Grant Readiness: Building a Sustainable Funding Strategy
2/20/2027 9:00AM - 12:00PM Gephart, Wendy
Many organizations see grants as the answer to every funding challenge. The reality is that successful grant funding begins long before a proposal is written. This class helps nonprofit, government, and community-based organization professionals understand what it takes to become grant-ready. You'll learn how to evaluate funding opportunities, understand funder priorities, assess organizational capacity, and build systems that support long-term success. Whether you're completely new to grants or looking to strengthen your organization's funding strategy, this class will help you pursue opportunities with confidence, clarity, and purpose.

Find Your Voice: Public Speaking Basics
3/2/2027 6:30PM - 8:30PM Tabor, Patrice
Would you like to reduce stage fright and gain more confidence speaking in front of a group? Whether you need to give a formal presentation or an informal presentation at a staff meeting, learning key skills will increase your effectiveness and self-confidence. In this course you will learn strategies to deal with nervousness, plan and deliver an effective presentation, and practice presentation techniques to capture audience attention. This course offers a supportive environment in which you will practice and receive feedback from the instructor and fellow participants.

## Entrepreneurship

Landlord Essentials
1/7/2027 7:30PM - 8:30PM Illman, Carolyn
Owning rental property can be one of the most effective ways to build long-term wealth, but many small landlords feel overwhelmed by tenants, maintenance, and day-to-day decisions. This practical three-session workshop helps homeowners and small landlords learn how to confidently manage their own rental properties without relying on expensive property management companies. Instructor Carolyn Illman brings 17+ years of landlord experience along with her work as a licensed and bonded general contractor. Participants will learn practical systems for managing tenants, coordinating repairs, working with contractors, and protecting their property as a long-term asset. Ideal for homeowners considering renting a property or current landlords who want to manage their investment with greater clarity and confidence.

Don't Throw it Away - Sell it Online!
2/18/2027 6:00PM - 9:00PM Boyd, Kevin
Get rid of your "stuff" and get paid! There are several phone apps that provide an excellent way for you to sell your unwanted used items locally for cash. This class presents the most popular yet easy to use apps for each of the top categories including Furniture, Tech/Electronics, Clothing, Books, Vehicles, Art, Jewelry and more. Learn which used items sell best, what can't be sold, and how to avoid scammers. Includes photography tips, pros and cons, dos and don'ts, tips and strategies, costs and how you get paid. Determine which apps are the best match for the items you want to sell.




Instructor Carolyn Illman

## CAREER TRANSITIONS & INTERVIEWS

This course is designed for professionals navigating a career change. Whether reentering the workforce, switching industries, or simply looking for something different. Through practical exercises, guided reflection, and behavioral interview question training, participants will learn how to confidently tell their story, showcase transferable skills, and align with roles that match their values. We will focus on tools like the STAR method, self-assessment frameworks, and values-driven narratives to help you shine in any interview.

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

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