

CONTINUING EDUCATION

Live to Learn!

FALL 2022

206.934.3705 | www.learnatnorth.org

Register Now!



Uniquely You Organizing, page 6

**Art of
Business
page 1**

**Watercolors
for Beginners
page 3**

**Alter This –
Alter That
page 5**

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 is Easy

Sign up early to ensure your spot!

ONLINE www.learnatnorth.org

MAIL Fill out and mail form on page 9

PHONE 206.934.3705



CEUs and Clock Hours

Continuing Education Units CEU Fee \$15

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.

Clock Hours Fee \$15

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.

North Seattle College has chosen to be a fully vaccinated campus per Governor Inslee's higher education proclamation. Any students taking in-person classes will need to be fully vaccinated for COVID-19. CE students will be required to report their vaccination status or claim an exemption in order to enroll in in-person classes.

TABLE OF CONTENTS

Computer	1
Cloud Computing	1
Professional	1
Audio Engineering	1
Business Skills	1
Small Business	1
Work for Yourself	1
Arts	2
Writing	2
Visual Arts	2
3D Arts	3
Photography	4
Drama	4
Music	4
Home	4
Home Style	4
Desserts	4
Fitness	5
Exercise	5
Dance	5
Movement	5
Enrichment	5
Crafts	5
Nature & Science	6
Personal	6
Entertainment	7
Travel	7
Language	7
Spanish	7
Japanese	8
ESL	8
French	8
Italian	8
Sign Language	8
Registration & General Information	9

COMPUTER

CLOUD COMPUTING

NEW Building Cloud Websites

Ever wondered how websites work? Ever considered building your own and publishing it on the internet? Interested in a career in information technology? Learn all you need to know about web page authoring and what it takes to host content in the cloud.

40600 10/10/2022 - 11/14/2022 6:30 - 8:30PM 6 ses M
Bunge Online; Canvas and Zoom \$499

PROFESSIONAL

AUDIO ENGINEERING

Audio Engineering: Ear Training and Critical Listening

Develop your ear for audio engineering: psychoacoustics of the critical listening environment; engineering techniques such as balance, panning, EQ, reverb, compression, delay and time-based effects; instrument identification; and stylistic comparisons of engineering and mix techniques. Designed to teach you how to listen to music.

40049 10/11/2022 - 12/6/2022 6:30 - 8:30PM 8 ses Tu
Dane Online; Zoom \$169

Audio Engineering: Introduction to Audio Basics

Get an introductory overview of audio engineering! Learn the basics of music production, recording, and audio post, as well as core technical and scientific concepts of audio that are applicable across all disciplines. Use professional-level audio software and studio demonstrations to gain hands-on experience.

40048 10/13/2022 - 12/8/2022 6:30 - 8:30PM 8 ses Th
Blair Online; Zoom \$169

BUSINESS SKILLS

Grant-Writing

Take the mystery out of grant writing in this content-rich and hands-on course designed to dramatically improve your grant writing skills. Hone your skills as you work on an actual grant application in class and receive individualized feedback.

40622 9/23/2022 - 11/4/2022 9:00 - 11:00AM 7 ses F
Lang Online; Zoom \$259

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.

39404 10/13/2022 - 10/27/2022 6:30 - 8:30PM 3 ses Th
Tabor CC Bldg; Room 3450 \$95

Marketing Workflow & Content Strategy ★

Time is money, whether you are a professional or a small business owner. Learn to effectively streamline your marketing process, generate quality content, easily create marketing and social media graphics, create videos and have an effective workflow process, including an automated content plan and process.

39398 10/18/2022 - 12/6/2022 7:00 - 9:00PM 8 ses Tu
Sweeney Online; Zoom \$450

Cómo Prepararse para Hablar en Público

Aprenda a mejorar sus técnicas de oratoria y a conectar en un nivel más profundo con su audiencia. Participantes aprenden a presentar con más confianza, reciben herramientas para mejorar su dicción, y estructurar una presentación efectivamente. This is a Spanish language public speaking class.

40765 11/1/2022 - 11/15/2022 6:30 - 8:30PM 3 ses Tu
Morel CC Bldg; Room 3446 \$129

Volunteer Management

Learn to recruit and retain a team of engaged and committed volunteers for your organization. Explore what attracts volunteers to serve, keeps them returning and makes volunteering satisfying and effective for you. If you manage, work with or volunteer, this workshop is for you!

40637 11/18/2022 - 11/18/2022 9:00 - 11:00AM 1 ses F
Lang Online; Zoom \$45

NEW Improving Email Communication

The bulk of our communications now happen online. Email lends itself to a different writing style, tone, and rules. This workshop will cover the anatomy of an effective e-mail, using subject lines to your advantage, how to reduce e-mail volume and general power-writing tips.

40656 11/29/2022 - 12/6/2022 6:30 - 8:30PM 2 ses Tu
Hall Online; Zoom \$75

SMALL BUSINESS

Introduction to Social Media ★

Are you an entrepreneur, marketing professional or business owner overwhelmed with social media accounts? Learn to use social media in an effective, simplified way to achieve your goals and to create consistency across your web and social media presence. #seeyouthere

39397 9/27/2022 - 10/11/2022 7:00 - 9:00PM 3 ses Tu
Sweeney Online; Zoom \$99

WORK FOR YOURSELF

Introduction to Voiceover

Learn to use your speaking voice for commercials, films and videos. Discover how to succeed at a lucrative full- or part-time career. This is a business that you can handle on your own terms, turf, time and with little overhead.

40056 10/11/2022 - 10/11/2022 6:00 - 8:00PM 1 ses Tu
Foster CC Bldg; Room 3350 \$49

Intro to Audiobook Narration and Production at Home

Audiobooks are the fastest-growing format in book publishing, and most audiobooks are recorded in home studios! Learn everything you need to get started narrating, engineering and producing audiobooks, as well as great tips on finding paid work as an audiobook narrator.

39407 10/20/2022 - 11/17/2022 7:00 - 9:00PM 5 ses Th
Lee Online; Zoom \$129

NEW The Business of Art

Learn the ins and outs of selling your art, pricing and facilitating sales through your portfolio, galleries and art festivals. Other covered topics include taxes, how to apply for grants and business licenses. Practice your new skills with a presentation of your artwork.

40598 10/22/2022 - 10/22/2022 9:00AM - 4:00PM 1 ses Sa
Kaynor CC Bldg; Room 3357 \$139

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

NEW Sell It Online – Explore Your Best E-Commerce Opportunities!

Learn to generate revenue by selling used personal items or creating a new e-commerce business. Compare and learn the pros and cons of the top platforms, including analysis of each site for marketplace description, size, product categories and typical buyers and sellers.

40736	10/25/2022 - 10/25/2022	6:00 - 9:00PM	1 ses	Tu
Boyd	Online; Zoom			\$59

Starting a Legal Home-Based Food Business

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

39385	11/5/2022 - 11/6/2022	9:00AM - 5:00PM	2 ses	Sa, Su
Lewis	Online; Zoom			\$145

ARTS

WRITING

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.

39394	9/27/2022 - 10/25/2022	6:30 - 8:30PM	5 ses	Tu
Hall	Online; Zoom			\$95

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 media and more.

39366	10/3/2022 - 10/24/2022	6:30 - 8:00PM	4 ses	M
Dubois	Online; Canvas and Zoom			\$99

Free-Writing Workshop

Discover a gentle, safely supportive approach to writing. With prompts and creative writing tips, we will free write together in 10–12-minute sessions. Each student will have a chance to read what they wrote, and the class responds with supportive feedback. Beginners are welcome.

39359	10/6/2022 - 12/1/2022	6:30 - 8:00PM	8 ses	Th
Peizer	Online; Zoom			\$129



Write Your First Book

Learn how to know a good book idea when you meet one, deciding how to tell your story, plotting an arc, the importance of rewriting and weekly exercises to get you writing. Also, insider information on both traditional publishing and self-publishing.

39584	10/27/2022 - 11/17/2022	6:30 - 8:30PM	4 ses	Th
Morris	CC Bldg; Room 3345			\$149

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.

39367	11/7/2022 - 11/21/2022	6:30 - 8:30PM	3 ses	M
Dubois	Online; Canvas and Zoom			\$99

Publishing Your E-Book

Reach readers and make money, without finding an agent or publisher, by self-publishing an e-book. Class includes step-by-step instructions and plenty of examples. We'll cover formatting your manuscript, creating a cover, choosing key words, understanding pricing options, tracking sales, marketing your books and more.

39368	11/28/2022 - 12/12/2022	6:30 - 8:00PM	3 ses	M
Dubois	Online; Canvas and Zoom			\$99

VISUAL ARTS

NEW 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, peruse the space and ask questions about the work.

40753	9/28/2022 - 11/2/2022	12:30 - 2:30PM	6 ses	Wed
John	Off Campus; Arranged			\$129

Abstract Watercolors ★

Combine the expressive, personal, object-free vision of abstraction with the smaller intimate beauty of watercolors. This class will focus on the elements of design, color and harmony, and line and shape while creating an exciting and compelling painting that expresses a personal inner vision.

39622	9/29/2022 - 12/8/2022	10:00AM - 1:00PM	10 ses	Th
Paquette	CC Bldg; Room 1254B			\$275

Oil Painting for Beginners ★

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

40490	9/29/2022 - 11/17/2022	6:00 - 9:00PM	8 ses	Th
Norsworthy	AS Bldg; Room 1532			\$239

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.

39625	9/30/2022 - 12/9/2022	10:00AM - 1:00PM	10 ses	F
Paquette	CC Bldg; Room 1254B			\$275

Abstract Acrylics and Collage ★

Learn abstract painting, with acrylics in this case, and collage (coming from the French word for glue). These two complementary processes produce dynamic results together—the abstract painting is emotional and free, celebrating pure design and the beauty of color, shape and line.

39626	10/1/2022 - 12/10/2022	10:00AM - 1:00PM	10 ses	Sa
Paquette	CC Bldg; Room 1254B			\$275

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

Explore the Mysteries of Color ★

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

40653 10/4/2022 - 11/15/2022 6:30 - 9:00PM 7 ses Tu
McNair CC Bldg; Room 3450 \$149

NEW Watercoloring Fall Botanicals ★

Come watercolor quintessential fall botanicals! In this beginner-to-intermediate-level class students learn techniques to produce realistic and accurate paintings. Students leave with finished watercolor pieces of fall specimens and the confidence to paint other subject matter.

40740 10/24/2022 - 11/28/2022 6:30 - 9:00PM 6 ses M
Bundi On Campus: TBA \$159

NEW 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.

40631 11/5/2022 - 11/19/2022 12:00 - 2:00PM 3 ses Sa
Chubotin AS Bldg; Room 1530 \$65

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.

40491 9/28/2022 - 11/16/2022 6:00 - 8:00PM 8 ses W
Norsworthy CC Bldg; Room 1254A \$199

Figure Drawing ★

Experience drawing the human figure with the guidance of a skilled artist who works and teaches in the traditional, time-honored way. Hone your drawing skills as you work from short poses to longer, more considered poses.

39353 10/7/2022 - 12/9/2022 6:00 - 8:30PM 8 ses F
Chubotin AS Bldg; Room 1532 \$225

Charcoal Drawing ★

Experience the freedom of charcoal in this introductory class. All levels welcomed. Explore reduction and additive techniques of charcoal drawing. Through observational drawing practices and tutorials, you'll learn to push and pull light by examining tonal values and studies in scale and proportion.

39379 10/19/2022 - 12/14/2022 7:00 - 9:00PM 8 ses W
Georger AS Bldg; Room 1532 \$199

Figurative Collage: "All in the Family" ★

Convert your favorite family photos into handmade artwork. Put those snapshots where you'll see them: in a collage. Using specialty papers, learn to center your favorite images in creative layers and embellish them with 3D elements. All levels welcome.

40752 11/5/2022 - 11/19/2022 10:00AM - 1:00PM 3 ses Sa
Myers Bulmash AS Bldg; Room 1532 \$99

Twentieth Century Art: The Growth of Abstraction 1950-Present ★

In this follow-up course, we will start with Abstract Expressionism and continue studying the variations in this style through contemporary mainstream and fringe multicultural abstract artists. We will examine the work in relation to concurrent historical, social, technological developments and more.

39618 9/26/2022 - 10/31/2022 11:00AM - 1:00PM 6 ses M
John Online; Zoom \$129

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.

39380 9/27/2022 - 12/6/2022 6:00 - 9:00PM 10 ses Tu
Georger AS Bldg; Room 1630 \$325
39381 10/1/2022 - 12/10/2022 10:00AM - 1:00PM 10 ses Sa
Lockhart AS Bldg; Room 1630 \$325

Intermediate and Advanced Ceramics ★

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

39382 9/30/2022 - 12/9/2022 6:00 - 9:00PM 10 ses F
Georger AS Bldg; Room 1630 \$325

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.

40496 9/28/2022 - 12/7/2022 6:00 - 9:00PM 10 ses W
Graham AS Bldg; Room 1633 \$325

Intermediate and Advanced Jewelry Workshop ★

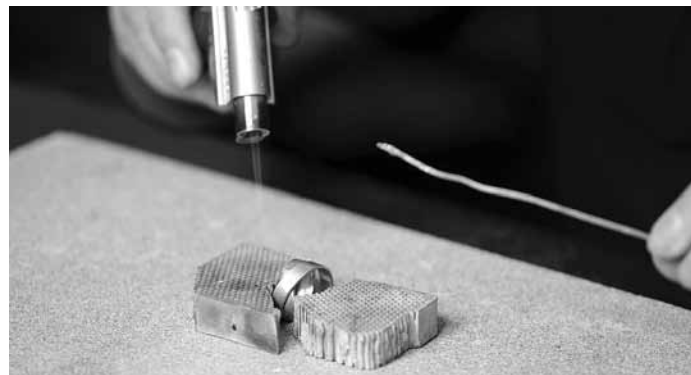
Take your jewelry design skills to the next level. Tackle ideas and complex projects and advance your skills in a supportive environment. Learn multi-step soldering, stone setting, forming and finishing techniques that will help make your elaborate design ideas a reality.

39405 9/27/2022 - 12/6/2022 6:30 - 9:30PM 10 ses Tu
Foy AS Bldg; Room 1633 \$325

Jewelry Open Studio ★

Intermediate/advance students join our self-guided open studio and build skills. Instructor advice and guidance available to allow students to continue growing their metalsmithing skills. There will be demos on advanced techniques that pertain to students' chosen projects.

40755 9/26/2022 - 12/5/2022 6:00 - 9:00PM 10 ses M
Scofield AS Bldg; Room 1633 \$325



PHOTOGRAPHY

Photography Basics: Techniques and Art ★

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

Intermediate Photography: Nature P

39591	10/5/2022 - 10/26/2022	7:00 - 9:00PM	4 ses	W
Stahl	Online; Zoom			\$149

Intermediate Photography: Nature Photography ★

Improve your image-making skills out in nature. Learn the importance of developing one's own 'vision' while working in the field. Class includes two Sunday afternoon field trips with instructor (details given in class).

39596	10/8/2022 - 10/29/2022	9:00 - 11:00AM	4 ses	Sa
Stahl	Online; Zoom			\$149

DRAMA

Improv for Everyone

Whether your aspirations are for Hollywood, the stage, or just to be the funniest person in the room, Improv for Everyone is a great place to start. In this class, you will play warm-up games and learn to improvise comedic scenes with partners.

39406	9/27/2022 - 11/15/2022	7:00 - 9:00PM	8 ses	Tu
Lee	CC Bldg; Room 1254B			\$159

Documentary Film Making for Fun and Profit

Film is an incredibly powerful way to tell a story. Learn how to identify, research and define your subject and vision. Choose your equipment, shoot your footage, create a post-production workflow, write a compelling pitch and create a trailer to gain funding and support.

40497	10/18/2022 - 12/13/2022	6:30 - 8:30PM	8 ses	Tu
Weber	CC Bldg; Room 3352			\$189

MUSIC

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. Membership is by audition only.

39377	10/5/2022 - 12/14/2022	8:00 - 10:00PM	10 ses	W
Radke	CC Bldg; Room 1254B			\$175

The Roots of American Jazz

Gain a broader understanding of jazz genres and historical icons from a musician who's worked with many greats in venues worldwide. We'll start with early jazz and then move into World War II jazz learning where they came from and who's performing them now.

39378	10/5/2022 - 12/14/2022	6:00 - 7:30PM	10 ses	W
Radke	CC Bldg; Room 1254B			\$155



Beginning Guitar 1 ★

Learn basic theory, chords, strum patterns, tablature and notes while learning songs. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment.

39376	10/11/2022 - 12/6/2022	7:00 - 9:00PM	8 ses	Tu
Kohl	HS Bldg; Room 2536A			\$179

HOME

HOME STYLE

Basic Hands-On Home Repair and Maintenance ★

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about tools, how to work with electrical outlets, switches, lighting, plumbing, faucets, wall repair and more.

40438	10/18/2022 - 11/1/2022	6:00 - 9:00PM	3 ses	Tu
Marx	IB Bldg; Room 1307			\$135

40439	12/1/2022 - 12/15/2022	6:00 - 9:00PM	3 ses	Th
Marx	IB Bldg; Room 1307			\$135

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.

40434	11/5/2022 - 11/6/2022	9:30AM - 2:30PM	2 ses	Sa, Su
Marx	CC Bldg; Room 1161			\$175

DESSERTS

The Art of Cakes ★

Learn to make one-of-a-kind creations for family and friends. In this basic class, learn to bake the perfect cake, make different types of butter cream, get step-by-step guidance in piping techniques and experience the excitement of making your cake a work of art.

39396	10/1/2022 - 11/5/2022	1:00 - 5:00PM	6 ses	Sa
Sweeney	ED Bldg; Room 2843A			\$359

French Macarons ★

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. You will also be making buttercream and ganache to fill your macarons.

40731	10/16/2022 - 10/16/2022	2:00 - 5:00PM	1 ses	Su
Sweeney	Online; Zoom			\$59

Holiday Cookies ★

Learn to decorate cookies with fondant in this fun holiday class. If you've never used fondant before, it's easy to use and is like grown-up edible play dough. We will create three sets of holiday themed cookies sure to jazz up your cookie platters.

40652	11/13/2022 - 11/13/2022	2:00 - 5:00PM	1 ses	Su
Sweeney	ED Bldg; Room 2843A			\$59

Chocolate Without a Temper ★

You don't need to use tempered chocolate to make beautiful and delicious confections. We'll use compound chocolate to make quick confections and simple ingredients to create yummy fillings as well. Handmade confections make great gifts for the holiday season.

40719	12/11/2022 - 12/11/2022	1:00 - 5:00PM	1 ses	Su
Sweeney	CC Bldg; Room 1152B			\$79

FITNESS

EXERCISE

Stronger Together: A Partners Workout

Get fit and have a blast in this fitness class where your partner is your equipment through weight resistance exercises. Join forces with another person from your household for a fun workout that focuses on both strength and flexibility.

39362 9/26/2022 - 11/14/2022 6:00 - 7:00PM 8 ses M
Brenith HS Bldg; Room 2536A \$249



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.

39361 9/27/2022 - 12/6/2022 6:00 - 7:30PM 10 ses Tu
Brenith WC Bldg; Room 0827D \$155

NEW Pilates for Strength and Flexibility

Experience the incredible benefits of mat Pilates—a fantastic movement practice for everybody. With emphasis on core stability, postural alignment and proper muscle engagement, you'll improve core strength, flexibility, posture and muscle tone. Modifications for beginner and experienced Pilates students will be shown.

40648 10/12/2022 - 12/7/2022 5:30 - 6:30PM 8 ses W
Mire Online; Zoom \$119

DANCE

Ballroom Basics and Beyond

Improve your dance skills or learn to step out onto the dance floor for the first time. The course will include two dances: one smooth (foxtrot, waltz, tango, quickstep) and one Latin (including, but not limited to, rumba, cha-cha, samba) or Swing.

40606 9/29/2022 - 11/17/2022 6:30 - 7:30PM 8 ses Th
Boarman WC Bldg; Room 0827D \$199

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.

40859 9/29/2022 - 11/17/2022 7:35 - 8:35PM 8 ses Th
Boarman WC Bldg; Room 0827D \$199

Beginning Ballet for Adults

Join a welcoming, moderately paced course for students with or without previous dance experience. We'll begin with basic movements at the barre to develop a fundamental understanding of ballet technique, then practice simple exercises across the floor.

39360 10/12/2022 - 12/7/2022 7:15 - 8:30PM 8 ses W
Wilson WC Bldg; Room 0827D \$99

MOVEMENT

Tai Chi Ruler: Simple Exercises for Health and Longevity

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

39369 9/27/2022 - 11/15/2022 10:00 - 10:55AM 8 ses Tu
Sharp WC Bldg; Room 0829F \$95

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.

39372 9/29/2022 - 11/17/2022 10:00 - 10:55AM 8 ses Th
Sharp WC Bldg; Room 0829F \$95

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.

39370 10/1/2022 - 12/10/2022 9:10 - 10:40AM 10 ses Sa
Sharp WC Bldg; Room 0827D \$155

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.

39371 10/1/2022 - 12/10/2022 10:45AM - 12:15PM 10 ses Sa
Sharp WC Bldg; Room 0827D \$155

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.

40064 10/25/2022 - 12/6/2022 7:00 - 8:30PM 6 ses Tu
Gehman CC Bldg; Room 3443 \$89

ENRICHMENT

CRAFTS

Beginning Sewing ★

No more struggling through sewing projects; learn to sew the fun and easy way. Practice pattern reading, choosing the right fabrics and laying out fabric to create a finished piece you can be proud of.

40601 9/29/2022 - 11/17/2022 6:30 - 9:00PM 8 ses Th
Johnson CC Bldg; Room 1254B \$205

NEW Alter This – Alter That! ★

Get more wear from your garments with simple alterations and repair techniques. Learn to alter hems and waistlines and create a fitted garment. Bring your sewing machine and favorite wardrobe pieces.

40654 10/11/2022 - 10/18/2022 6:30 - 9:00PM 2 ses Tu
Johnson CC Bldg; Room 1254A \$65

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

NEW Recycle and Reuse Your Textiles ★

Repurpose existing textile items into a great new look. With a few measurements, cuts and stitch lines, learn to sew a new look. Bring textiles that you are dying to get rid of and turn them into great designs.
40655 10/15/2022 - 10/22/2022 9:00AM - 3:00PM 2 ses Sa
Johnson CC Bldg; Room 1254A \$155

NATURE & SCIENCE

Fall Birds of Washington: An In-Depth Look

Explore bird species found in Washington during fall. Geared toward beginning and intermediate birders, topics include identification of species, habitats, locations, tools and techniques and birding ethics.
40607 10/4/2022 - 10/25/2022 6:30 - 8:30PM 4 ses Tu
Kaynor Online; Zoom \$129

Puget Sound Geology

Curious about the geologic forces that shaped Puget Sound? We'll look at specific features in and around the basin and learn how they were formed.
40619 10/13/2022 - 10/13/2022 6:30 - 8:30PM 1 ses Th
Kaynor Online; Zoom \$35

Pacific Northwest Volcanoes

Learn about two Pacific Northwest volcanoes—Mount Rainier and Newberry Volcano. Learn the geology of Mount Rainier, including how it was built and how glaciers have carved it into its present form. We'll also look at Newberry Volcano in Oregon.
40618 10/20/2022 - 10/20/2022 6:30 - 8:30PM 1 ses Th
Kaynor Online; Zoom \$35

Fall Birds of Puget Sound Lowlands

Fall and early winter are an excellent time for birding in the Puget Sound region. Learn to identify species, appreciate behaviors and the best places to bird throughout the lowlands. Time will be spent learning birding tools like eBird and Merlin.
40754 10/27/2022 - 10/27/2022 6:30 - 8:30PM 1 ses Th
Rose Online; Zoom \$99

PERSONAL

Rejuvenate Your Retirement

Retirees or pre-retirees discover new ways to stay mentally, physically, and socially active, as you learn about important financial topics such as reducing taxes, assessing investment risk, planning for health care needs and planning your estate. This class has something for all.
40857 9/28/2022 - 10/5/2022 1:00 - 3:00PM 2 ses W
Briggs Online; Zoom \$39
40856 10/1/2022 - 10/8/2022 9:30 - 11:30AM 2 ses Sa
Briggs Online; Zoom \$39



NEW Uniquely You Organizing

Feel messy and disorganized all the time? Join us in this class to find out what your type is, how to organize your things in a way that makes sense to you and how to coexist with others who don't share your organizational style.
40592 9/28/2022 - 11/16/2022 6:00 - 7:30PM 8 ses W
Hare Online; Zoom \$145



Introduction to Yoga Philosophy

There is much more to yoga than the physical poses. Learn the eight philosophical limbs of yoga as explained in The Yoga Sutras of Sage Patanjali. Develop resilience, concentration and felicity, while journaling and learning simple relaxation techniques to quiet the mind.
40493 9/28/2022 - 11/16/2022 5:00 - 6:00PM 8 ses W
Bernstein ED Bldg; Room 2843A \$95

Race and You: For Your Consideration

Explore diversity, equity and inclusion as it applies to your own values, beliefs and biases. Develop a deeper engagement with values, belief systems, biases and attitude toward others. Gain valuable insight into the destructive systems of race and privilege in America.
39364 9/29/2022 - 10/27/2022 6:00 - 9:00PM 5 ses Th
Chang CC Bldg; Room 3450 \$129

NEW Healthy Skepticism

In today's media-rich world we are drowning in information. How do we know if what we read and hear is reliable? Healthy skepticism and critical thinking can help rescue us. We'll learn to apply these tools using fun and entertaining examples.
40751 10/8/2022 - 10/15/2022 9:00 - 11:00AM 2 ses Sa
Green CC Bldg; Room 3345 \$39

Investment Basics: Needed Now More Than Ever

Learn to understand what is really going on in the bewildering world of investing. Study the psychology of investing; fundamental and technical analysis strategies and techniques; debt securities, mutual funds and winning strategies for retirement.
39399 10/11/2022 - 12/8/2022 7:00 - 8:00PM 16 ses Tu, Th
Goodwin Online; Zoom \$235

Understanding Trauma

Learn to address how trauma manifests, short- and long-term, and cover the most well-known trauma intervention strategies, e.g., EMDR, Somatic Experience, Hypnosis, CBT, etc. Gain insight into when each intervention is most applicable and supportive and what limitations and risks come with them.
39395 10/13/2022 - 11/17/2022 6:30 - 8:30PM 6 ses Th
Sideman Online; Zoom \$175

Astrology for Personal Growth Part 1

Astrology is more than knowing your sign. Learn how to work with your natal chart as a living map and tool for social consciousness through lectures, guided visualizations, imagery, storytelling and more.

39355 10/26/2022 - 12/7/2022 7:00 - 9:00PM 6 ses W
 Moreno CC Bldg; Room 3446 \$115

NEW CSI – Myth vs. Fact ★

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

40591 10/26/2022 - 10/26/2022 6:00 - 9:00PM 1 ses W
 Dean Online; Zoom \$39

Welcome to 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.

39608 11/5/2022 - 11/5/2022 9:30 - 11:30AM 1 ses Sa
 SHIBA Instructor Online; Zoom Free

NEW Climb Out of the Exhaustion Pit: Overcoming and Thriving Before You Burn Out

Running on adrenalin, sleep deprived or experiencing an over-arching feeling of just not being good enough? It's time to slow down, breathe and talk about how we can detect burnout before it consumes us. Learn about self-care and more in this class.

40657 11/8/2022 - 11/15/2022 6:30 - 8:30PM 2 ses Tu
 Hall Online; Zoom \$75

How to Be an Antiracist ★

You already know of Dr. Ibram Kendi's bestselling book *How to Be an Antiracist*. Dr. Kendi also wrote a board book for parents called *Antiracist Baby*. This deceptively simple rhyming book with nine steps to make equity a reality will be our class focus.

39365 11/9/2022 - 12/14/2022 6:00 - 7:30PM 5 ses W
 Chang Online; Zoom \$79

Mindfulness Meditation for Stressful Situations

Freedom from anxiety, worry and trauma evolves from incorporating small moments of stillness into your everyday life. Join a supportive community to enjoy practices proven to increase energy and joy like mindful breathing, movement and doodling that engage your senses and help overcome trauma.

40498 11/19/2022 - 11/19/2022 10:00AM - 12:30PM 1 ses Sa
 D'Asaro HS Bldg; Room 2536A \$29

Therapeutic Massage for Couples

Designed for partners looking to aid themselves and their intimates with basic massage techniques to relieve stress, improve physical comfort and foster intimacy. Gain experience in proper body mechanics for injury prevention. Explore traditional Swedish massage techniques to care for another person through touch.

39363 11/28/2022 - 12/12/2022 6:00 - 7:30PM 3 ses M
 Brenith HS Bldg; Room 2536A \$175



ENTERTAINMENT

Flying Saucer Cinema

This class showcases classic sci-fi films from the Golden Age of the 1950s and 60s to dystopian standouts from the 1970s and beyond. Co-hosts Eric Cohen and Mark Daniels provide film trivia and lively post-screening discussions every week. *See online catalog for film details.*

40617 10/19/2022 - 11/9/2022 7:00 - 9:00PM 4 ses W
 Cohen, Daniels CC Bldg; Room 3457 \$79

TRAVEL

Travel The World Volunteering

Ready to help in another country by working with local communities that need your skills or support with existing projects? Learn how to combine inexpensive travel with life-changing experiences as you travel the world as a volunteer.

39386 11/28/2022 - 12/12/2022 6:30 - 8:30PM 3 ses M
 Major Online; Zoom \$69

LANGUAGE

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.

39387 10/10/2022 - 12/5/2022 6:30 - 8:30PM 8 ses M
 Miranda Online; Zoom \$169
 39388 10/11/2022 - 12/6/2022 6:30 - 8:30PM 8 ses Tu
 Miranda Online; Zoom \$169

Spanish for Fun and Travel – Level 2 ★

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.

39389 10/12/2022 - 12/7/2022 6:30 - 8:30PM 8 ses W
 Miranda Online; Zoom \$169

Spanish for Fun and Travel – Level 3 ★

Learn vocabulary through activities, stories, interviews and reading. Grammar structures will be introduced, and some homework will be assigned. Great for those who already converse in Spanish but want to increase fluency.

39390 10/13/2022 - 12/8/2022 6:30 - 8:30PM 8 ses Th
 Miranda Online; Zoom \$169

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.

40858 10/3/2022 - 11/21/2022 7:00 - 8:30PM 8 ses M
 Ramón Online; Zoom \$169

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

Spanish Book Club ★

Advance your Spanish skills in an easy-going, interactive environment. This book club will give you the chance to read a book and discuss it with others—all in Spanish. This class is geared for intermediate to advanced level students.

40073 10/25/2022 - 11/15/2022 9:30 - 10:30AM 4 ses Tu
Rzhondkovsky Online; Zoom \$85

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.

39408 10/6/2022 - 12/1/2022 7:00 - 9:00PM 8 ses Th
Nakamura-Lambert Online; Zoom \$169

ESL

Everyday English Conversation

Join a friendly and relaxed atmosphere where you'll have the opportunity to practice casual English and learn more about life in this culture. Great for students who can comfortably read, write and speak English as their second language but want to build confidence.

39392 9/26/2022 - 12/7/2022 7:30 - 9:00PM 20 ses M, W
O'Connor CC Bldg; Room 3343 \$299

Intermediate ESL Workshop: Reading and Writing

Practice reading and writing in a fun and supportive environment. This class is for people who can read and write a basic paragraph in English but want to strengthen their confidence with the language.

40499 10/4/2022 - 12/13/2022 7:00 - 9:00PM 20 ses Tu, Th
Markova Online; Zoom \$299

TOEFL Preparation ★

If you are planning to take TOEFL (Test of English as a Foreign Language) or want to improve your reading and listening comprehension of academic materials, this test prep class is for you. This class focuses on English language skills development and test-taking techniques.

39391 10/1/2022 - 12/10/2022 9:00AM - 12:00PM 10 ses Sa
O'Connor Online; Zoom and IB Bldg; Room 3305 \$255

ESL: A Cultural Exploration of Seattle

Improve your English while exploring the sights of Seattle! The class will introduce students to Seattle's culturally and ethnically diverse communities. This ESL workshop will take students throughout the city from Daybreak Star Center at Discovery Park to the International District, Beacon Hill and Ballard.

39393 10/20/2022 - 10/22/2022 Varies 3 ses Th, F, Sa
O'Connor Online; Zoom and Off Campus; Arranged \$119

FRENCH

French for Beginners ★

Get a solid foundation in French. 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.

39383 9/29/2022 - 11/17/2022 6:30 - 8:30PM 8 ses Th
Brown Online; Zoom \$169

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

Continuing French: Esprit Critique ★

For French learners eager to expand their speaking skills and reinforce their language usage and terminology. Each session will hinge on a language lesson and topical exploration.

40605 10/8/2022 - 11/19/2022 10:00AM - 12:00PM 7 ses Sa
Morehead Online; Zoom \$149

ITALIAN

Italian for Beginners ★

Get a solid foundation in 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.

39384 9/27/2022 - 11/15/2022 6:30 - 8:30PM 8 ses Tu
Brown Online; Zoom \$169

Italian I

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

40069 9/30/2022 - 11/18/2022 9:00 - 11:00AM 8 ses F
Rzhondkovsky Online; Zoom \$169

Italian Book Club ★

Advance your Italian skills in an easy-going, interactive environment. This book club will give you the chance to read a book and discuss it with others—all in Italian! This class is geared for intermediate to advanced level students.

40077 10/26/2022 - 11/16/2022 9:00 - 10:30AM 4 ses W
Rzhondkovsky Online; Zoom \$85

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. This consistently top-rated instructor will help you gain a solid ASL foundation.

40036 10/4/2022 - 11/29/2022 6:30 - 8:30PM 8 ses Tu
Jordan CC Bldg; Room 3452 \$169

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.

40045 10/6/2022 - 12/1/2022 6:30 - 8:30PM 8 ses Th
Jordan CC Bldg; Room 3452 \$169



REGISTRATION & GENERAL INFORMATION

Registration Begins August 8.

Register Online Anytime
www.learnatnorth.org

THREE EASY WAYS TO REGISTER

- 1 ONLINE** www.learnatnorth.org
- 2 MAIL** Continuing Education
North Seattle College
9600 College Way North
Seattle, WA 98103-3599
- 3 PHONE** 206.934.3705

Continuing Education Policies

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

Inclement Weather and School Closure

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

FALL QUARTER OFFICE HOURS

M-Fri 8:30AM-4:30PM

Fall Quarter: 9/26/2022-12/15/2022

HOLIDAYS

11/11/22 Veterans Day

11/21/22-11/27/22 Thanksgiving

LOCATION

CC 1152, 1st Floor

College Center Building

Volume 16, No. 4

Designed by Paulette Eickman

Printed by Consolidated Press

Fall 2022 Continuing Education Noncredit Registration Form

Name _____

Street _____

City/State/Zip _____

Phone _____
Day Evening

Email _____ Gender _____

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

CLASS #	CLASS TITLE	START DATE	FEE

Payment Method (check one) **Total** _____

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

Credit Card Information

Name on card _____
Account # _____
Expiration Date _____

YOUR SATISFACTION IS OUR PRIORITY

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

Continuing Education Student Resources

FIND MORE INFORMATION ABOUT:

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

continuinged.northseattle.edu/student-resources

Online learning. Anytime. Anywhere.



THE CENTER FOR
LEGAL STUDIES



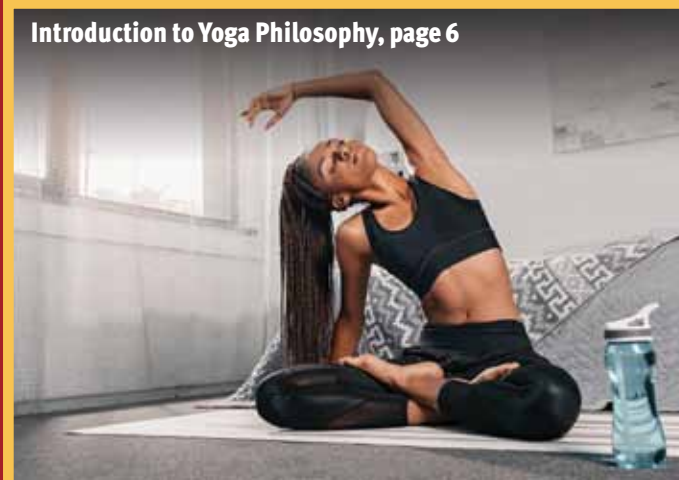
MINEDGE
LEARNING

continuinged.northseattle.edu/online-learning

ECRWSS RESIDENTIAL CUSTOMER

CONTINUING EDUCATION

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



Follow Continuing Education



facebook.com/learnatnorth



twitter.com/learnatnorth



pinterest.com/learnatnorth



instagram.com/learnatnorth



www.linkedin.com/company/north-seattle-college-continuing-education/



continued.northseattle.edu/about/newsletter