Build a Community that Creates Together
INFORMATION

4 Ways to Register

1. **Online**: Visit ecd.clark.edu
2. **Phone**: Call **360-992-2939**
   Monday-Friday 8:30AM-5PM
3. **Mail**: Mail in your registration form* and check or money order to:
   1933 Ft. Vancouver Way,
   MS CTC 143
   Vancouver, WA 98663
4. **In Person**: Eastside CTC Room 143
   18700 SE Mill Plain Blvd,
   Vancouver, WA 98683
   Monday-Friday 8:30AM-5PM

   *Registration forms can be downloaded at
   http://ecd.clark.edu/registrationform.pdf

We gladly accept checks, Visa, Mastercard and Discover for your convenience

Legend

- Indicates online class

Class Schedule Explanation

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<td>$69</td>
<td>CCE Rm: 210</td>
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Visit http://ecd.clark.edu/about/-campus-locations.php to find campus locations.

**Eastside CTC**:
CTC  Clark College at Columbia Tech Center
18700 SE Mill Plain Blvd,
Vancouver, WA 98683

**Main Campus CC**:
1933 Fort Vancouver Way
Vancouver, WA 98663

APH  Anna Pechanec Hall
AA4  Applied Arts 4
BMH  Beacock Music Hall
FHL  Foster Auditorium
FAC  Frost Arts Center
GHL  Gaiser Hall
HHL  Hanna Hall
JSH  Joan Stout Hall
OSC  O’Connell Sports Center
SBG  STEM Building
SHL  Scarpelli Hall

Off Campus Locations

HDG  Hazel Dell Grange
7509 NE Hazel Dell Ave
Vancouver, WA 98665

SSR  SafeFire Indoor Shooting Range
4857 NW Lake Rd
Camas, WA 98607
### PERSONAL ENRICHMENT
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### INFORMATION
- Maps/Locations • Registration • Policies & Disclaimers

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**REFUND POLICY**

We will gladly provide a refund when you request three business days prior to the first class date. There will be a 10% handling charge for all refund requests, unless otherwise noted within the course description.

**AFFIRMATIVE ACTION/EQUAL OPPORTUNITY INSTITUTION**

Clark College does not discriminate on the basis of race, color, national origin, age, perceived or actual physical or mental disability, pregnancy, genetic information, sex, sexual orientation, gender identity, marital status, creed, religion, honorably discharged veteran or military status, or use of a trained guide dog or service animal in its programs and activities.
Mixed-Media Collage
In this class students will complete one large work of art that is at least 24x30. Students will learn and review basic mixed-media collage techniques to complete their project. Create a unique and meaningful large work of art in a supportive classroom environment. No previous experience needed. Great for beginners as well as those who wish to expand their creative boundaries.

Eastside
1/16-2/6 Th 1-3:30PM
$79
CTC Rm: 331
P. Johnson

Acrylic Painting
Create at your own level, exploring acrylics with a focus on color, composition and pattern. Demonstrations will show color mixing, shading and texture. Experimentation, creativity and activation of your intuitive art talent will be encouraged. Work on projects of your choice or suggested demo projects. Instructor offers individualized suggestions to develop your own painting style. Supply list posted on class webpage.

No class on 1/18 & 2/15 for Eastside class

Eastside
1/11-3/14 Sa 9:30AM-12:30PM
$159
CTC Rm: 331
K. Plamondon

Beginning Watercolor
Build new skills and learn new techniques in a friendly and encouraging environment. Each week will feature a different guided project that focuses on watercolor techniques such as color choices and mixing, creating texture with different brush strokes and salt, creating wet-in-wet color washes, and glazing colors. Projects include still life, floral, wildlife, landscape, abstract, and portrait. No prior painting experience required. Supply list posted on class webpage.

No class 1/20, 2/17 & 2/24

Eastside
1/13-3/23 M 6-8PM
$149
CTC Rm: 331
K. Bradley

Design Your Own Fabric
Learn how to design your own fabric using artwork, photographs, or digital illustration! Get step-by-step directions to walk you through picking a fabric, design methods, fabric printing, and final assembly. Includes a field trip to a local fabric manufacturer. Perfect for anyone wanting to make gifts for the holidays! See webpage for supply list.

No class 2/15

Main Campus
2/1-2/29 Sa 2-5PM
$139
AA4 Rm: 102
C. Ruell

Paper Art: Quilling
Learn Quilling or paper filigree, a 3D art form that involves the use of thin strips of paper that are rolled, shaped, and glued together to create decorative designs. Participants learn the basic principles, various techniques, and work on an independent project! You can create cards or frame the art—it’s special and versatile! Supplies to be provided.

Main Campus
2/6-2/27 Th 5:30-7:30PM
$109
APH Rm: 112
C. Ruell

Paper Art: Quilling
Learn Quilling or paper filigree, a 3D art form that involves the use of thin strips of paper that are rolled, shaped, and glued together to create decorative designs. Participants learn the basic principles, various techniques, and work on an independent project! You can create cards or frame the art—it’s special and versatile! Supplies to be provided.

Main Campus
2/6-2/27 Th 5:30-7:30PM
$109
APH Rm: 112
C. Ruell

Artwork by Leslie Cole

Artwork by instructor Lee Baughman

Artwork by Leslie Cole

Your Instructor! Register Early.
**HOME CRAFTS**

**Make Beauty Products from Coffee**
Espresso Yourself! In this do it yourself beauty class, we will make coffee soap, luxurious mocha lip balm and an espresso body scrub. Treat yourself to naturally made beauty products that smell good enough to eat!

**Eastsde**
- 3/7 Sa 10AM-12PM
- $59 CTC Rm: 153 R. Michaels

**Make your Own Wedding Flowers**
Learn to create lovely flower arrangements to beautifully decorate for your wedding (or give as gifts). Learn skills from a professional! Understand how flowers and colors naturally complement each other, how to add effect, explore depth, texture and color to create a lasting memory! Demos include bouquet, boutenaire, corsage, alter pieces and more! Supply list on website.

**Eastsde**
- 2/22 Sa 1-3PM
- $49 CTC Rm: 331 M. Ciszkowski

**Ebru Monoprints: Turkish Marbling**
Ebru is the ancient Turkish art of marbling. In this process, colorful inks float on the surface of a viscous solution. Designs in the ink are created with special rakes and combs and are then transferred to paper or fabric. The process is active, fun, and results in surprisingly vibrant and beautiful monoprints. The prints created in class can be used to make gifts, cards, simple books, scarves, textile design, etc. Includes a one-hour break for lunch. Supply list posted on class webpage.

**Main Campus**
- 2/22 Sa 10AM-2PM
- $99 APH Rm: 112 L. Jarzombek

**Floating Ink**
Practice the art of marbling paper that the Japanese call Suminagashi. It is an ink transfer process where colorful Sumi inks are dropped onto the surface of water to float, then are transferred to a sheet of paper or fabric. The prints created in class can be used to make gifts, t-shirts, cards and simple books. Supply list posted on class page on webpage. Bring supplies or rent one to bring to class.

**Main Campus**
- 3/14 Sa 10AM-1PM
- $149 APH Rm: 112 L. Jarzombek

**Essential Oils: Practical Use**
Discover the basics of essential oils including safety, common uses, and practical recipes in this workshop. We will go on an aromatic oil discovery and explore the characteristics and benefits of some of the most common essential oils. You will also learn about hormonal balancing and create three DIY products for Valentine’s Day including a rose sugar scrub, a romantic massage oil, and a love-inducing lavender linen spray.

**Eastsde**
- 2/11 Tu 5:30-7:30PM
- $59 CTC Rm: 153 A. Thomas

**Crochet 101**
A beginner-level introduction to the basic stitches and techniques of crochet. Each week will focus on advancing the skills learned in the previous classes, ultimately teaching you how to read a pattern and start making your own hand-made gifts.

**Eastsde**
- 2/18-3/10 Tu 6:30-8:30PM
- $69 CTC Rm: 210 A. Holmes

**Creating an Easy Circle Skirt**
Learn how to pattern and sew a circle skirt with a waistband and pockets from your own measurements. Patterning will be done during class time; sewing will be done by the student at home. Student will bring to class each session their weekly progress for instructor and class review. Notice: student should have a sewing machine at home which they can use to complete this project and should have a very basic understanding of machine sewing.

**Eastsde**
- 2/5-3/4 Wed 6-9PM
- $139 CTC Rm: 340 E. Stout

**Herbal Gifts for Valentine’s Day**
In this class we will make Lemon Poppyseed Soap, Lavender Bath Tea, Herbal Body and Room Spray, and Fragrant Foot Powder.

**Eastsde**
- 2/12 W 5:30-7:30PM
- $59 CTC Rm: 153 R. Michaels

**Newbies Guide to Gardening**
Learn all about flower and vegetable gardening from a Master Gardener! Offered at just the right pace for beginners, with lots of time for questions and answers. Explore the intricate world of the soil and food web, organic pros and cons, pest and weed management, plant selection, fertilizing, and which plant varieties are best for the Pacific Northwest. Explore ways to retain beauty while reducing time, sweat and money spent.

**Eastsde**
- 2/11-3/10 Tu 6-8PM
- $99 CTC Rm: 206 L. Heldreth

**Garden Design Concepts**
Spring is the perfect time to re-evaluate your garden spaces! Do you want to update the look of your garden? Add a new space for entertaining? Learn garden design concepts that will help you create a beautiful space that you will love. Designed for “newbies” and experienced gardeners alike.

**Eastsde**
- 2/6-3/12 Th 6-8PM
- $99 CTC Rm: 206 L. Heldreth

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**VISIT OUR WEBSITE!** [ecd.clark.edu](http://ecd.clark.edu) | 360-992-2939

Winter 2020 Class Schedule 3
**PERSONAL ENRICHMENT**

### WRITING

**Self Publishing for First-Timers**
Just finished your memoir, novel, or how-to book? Explore the options for cost effectively publishing it as an ebook and in paper while avoiding common self-publishing pitfalls. Learn how to get your book into readers’ hands through libraries, bookstores and on-line platforms. Students will leave the course with a personalized indie-publishing plan.
**No class on 2/17**
Main Campus
2/3-3/9 M 6:30-8:30PM
$119 JSH Rm: 242 A. Krug

**Wildfire Writing**
For twenty years, this class has ignited dreamers and closet writers with creativity and confidence. Join other writers in overcoming blocks, criticism and fear. Discover how to get words on the page for all kinds of writing, including fiction and non-fiction. Taught by an inspirational published author.
Main Campus
1/7-2/4 Tu 7-9PM
$109 OSC Rm: 204 C. Krug

**Wildfire Writing II**
Make your writing life a priority as you receive one-to-one guidance from a professional writer. Continue creative writing projects begun in Wildfire Writing, or writing you’ve started on your own. Receive encouraging, helpful feedback to deepen your writing practice. Wildfire Writing suggested, but not required.
Main Campus
2/18-3/17 Tu 7-9PM
$109 BMH Rm: 102 C. Krug

### PHOTOGRAPHY

**Smartphone Photography**
This course will introduce you to smartphone photography. We will learn how to take a great photo on your phone, what editing apps to use, and how to share and print your final product.
**Eastside**
3/9 M 6-8PM
$39 CTC Rm: 338 P. Muhich

**Intro to Digital Photography**
For those who are just starting out with photography and would like to learn about your camera, photography, and learn the very basic controls of your camera. Explore the basic use of the exposure triangle and beginning composition to enhance your images. Learn about the simple accessories to help with your photography. Instructor is very open to question and answer in this student directed class. Bring your camera, with a fully charged battery and any accessory or additional equipment.
Main Campus
1/7-2/4 Tu 6:30-8:30PM
$99 APH Rm: 114 M. Bentley

**Intermediate Photography**
While working with a master instructor at your side, you’ll have opportunities to visually explore a variety of photographic subjects, while improving your camera skills and developing the art of seeing. This is the perfect opportunity to hang-up your “Happy Snapper Hat” and transition into the world of real photography—where you’re creating images with intent and purpose. Ability to work in Manual mode helpful. Not for beginners. Not a Photoshop class. Class dates are: 1/25, 2/8, 2/22 and 3/7
Main Campus
1/25-3/7 Sa 9:30AM-12:30PM
$175 JSH Rm: 242 S. OKeefe

**Secrets to Using Technology Abroad**
Want to stay connected when traveling abroad? Learn options for using smart phones and tablets overseas: best data plans, SIM cards, data security strategies, travel apps, backing up, and more. Bring your devices for in-class activities. Even seasoned travelers will find this class useful. Taught by technology expert and world traveler who has stayed connected while traveling around the world.
Eastside
2/27-3/5 Th 6:30-8:30PM
$39 CTC Rm: 337 S. Bare

**Italian for Travelers**
Are you planning an upcoming trip to Italy? Or just interested in learning the basics of Italian? This course is for the traveler (or future traveler!) Build your Italian language skills and confidence for your trip to Italy. Learn how to speak independently in the present tense, get a glimpse into la dolce vita while learning how to order your four-course meal, and ask directions to the Trevi Fountain.
Main Campus
1/8-2/26 W 6-8:30PM
$89 SBG Rm: 324 L. Finley

**Spanish I**
A beginner’s course focusing on how to converse in Spanish. Focus on real-life situations using common words and phrases and learn about the vibrant culture. Great for travelers! See class webpage for textbook information.
Main Campus
1/7-1/30 Tu, Th 6:30-8PM
$89 SBG Rm: 324 S. Czafit

**Spanish II**
Continue to improve your Spanish language skills! Practice dialogues complemented by grammar and pronunciation. Course is tailored to individual needs including those traveling, watching TV, planning to live or work in a Spanish speaking country, and speaking Spanish on a daily basis at work. Prerequisite: Spanish I or previous language instruction. See webpage for textbook information.
Main Campus
2/11-3/5 Tu, Th 6:30-8PM
$89 SBG Rm: 324 J. McKee

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**Build a Community that Creates Together**

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**Your Instructor! Register Early.**
Spanish III
Move beyond a beginner’s level to improve your reading, writing, and comprehension skills learned in Spanish I & II. There will be an emphasis on speaking and accurately pronouncing the target language in each class as well as plenty of time to practice conversation. See class webpage for textbook information.
Main Campus
1/15-2/12 W 6:30-8PM
$89
SBG Rm: 251 J. McKee

Conversational Japanese II
An excellent second step in learning to speak Japanese, taught by a Japanese native speaker. Learning with pictures and fun class activities will deepen your knowledge of Japan’s beautiful language and fascinating culture. Pre-requisite: Conversational Japanese I or some basic knowledge including numbers, a few basic verbs (e.g. go, eat) and adjectives (e.g. tasty, big), and simple phrases (e.g. What’s this? How much?).
Main Campus
1/16-2/13 Th 6:30-8:30PM
$129
SBG Rm: 221 E. Otsuka

Conversational Spanish
Come and refresh your Spanish skills with a fun, interactive class aimed at practicing conversations and relating with fellow Spanish learners. Designed for midlevel skills, not for true beginners. Pre-requisite: Spanish I. See class webpage for textbook information.
Eastside
2/3-2/24 M, W 6:30-8PM
$89
CTC Rm: 210 J. Pizot

Conversational Chinese
Want to communicate in the most widely spoken language in the world? Gain a basic understanding of Mandarin and its phonetics, and be able to communicate and understand simple expressions based around the topics of everyday life. Participate in fun role-playing exercises such as bargain shopping, location directions, ordering food/drink, people introductions, and cultural experiences such as cooking, mahjong, and etiquette. No class on 1/20 & 2/17
Main Campus
1/13-3/23 M 6:30-8PM
$169
APH Rm: 114 J. Zou

Conversational German
Traveling to Germany and other parts of Europe? Learn to converse in a relaxed and easy-going environment with an instructor of German heritage. During class, students will be asked to speak mostly German intermixed with English, a technique called immersion. German is a very logical language and many words are similar to English. You’ll learn to “roll your r’s” and sound like a true German! See webpage for textbook information.
No class 11/28
Eastside
1/16-2/20 Th 6:45-8:30PM
$129
CTC Rm: 340 K. Schuster

Rhythm in Music
Rhythm is the most tactile part of music, grounding us in physicality and gesture. In this five-week course, you will learn the practice and notation of Western rhythm inside and out. With two hundred listening examples from classical, folk, ragtime, jazz, pop, film scores, and Broadway, you will identify rhythms and meter with no prior musical training. Get set to clap, rap, and compose your own rhythms.
Main Campus
2/8-3/14 Sa 1:30-3:30PM
$129
BMH Rm: 101 A. Bernstein

Beginning Banjo
Get that old five-string banjo out and learn to play from a professional musician! Bluegrass lovers will explore aspects such as tuning, picking styles, playing chords, and lead lines. Learn how to adjust the banjo neck, hold the banjo, and how picks are used. Practice strumming, finger placement, thumb rolls, and finger exercises as well as picking out simple notes and chords. Bring your banjo and joy for music to class. Handouts provided. Ages 14+
Main Campus
1/16-3/12 Th 7:15-8:30PM
$109
BMH Rm: 110 L. Jones

Beginning Ukulele
Enjoy this easy-to-learn instrument! Receive instruction to play and learn songs. Discover how to tune your instrument, and read melodies and rhythms. Practice drills to new and old songs. Bring your ukulele to class. Handouts provided. Ages 14+
Main Campus
1/16-3/12 Th 6-7PM
$99
BMH Rm: 110 L. Jones

Beginning Guitar I/ II
Under the guidance of a Grammy Award winning musician, learn the basics of how to play the guitar. Focus on tuning, basic chords, picking, strumming, note reading, and chord progressions. As you progress you will add more notes and chords as well as more complex rhythms and strumming patterns. Ultimately you will play songs as a group. Bring your guitar to class. See webpage for textbook information. Ages 15+
Main Campus
1/8-3/11 W 6:30-8PM
$149
CTC Rm: 338 D. Smith

Piano II
Continue developing into the pianist you want to be. Whether you took lessons long ago or yesterday, you’ll learn not just individual pieces, but the skills to help you learn on your own. We will improvise, play ensembles, and enjoy everything from Classical to Rock, Ragtime to Broadway. Everyone has something to bring to music and so do you. Come see for yourself. No class 2/1
Main Campus
1/11-3/14 Sa 9-11AM
$179
BMH Rm: 101 A. Bernstein
Gnocchi: Italian “Pillows”

Authentic gnocchi are light, tender pillows of dough and absolutely irresistible. Learn the secrets to making perfect gnocchi by hand just like an Italian grandmother and then finish them with a variety of two quick and easy sauces. Recipes include Potato Gnocchi with Brown Butter and Sage, also Ricotta Gnocchi with Puttanesca sauce. HANDS ON, Level: Beginning.

Eastside

1/25 Sa

$69

11AM-2PM

CTC Rm: 153

E. Garcia-Andre

Pressure Cooker

Cooking with a pressure cooker is a great time and energy saver as it cooks food in a fraction of the time. Current models are safer and easier to operate than in the past. Pressure allows you to use cheaper cuts of meats, which is cost effective and foods retain more nutrients when cooked faster. Learn the ease of pressure-cooking in delicious dishes of Gingered Beef, Pork Roast, Green Beans, Chickpeas, and a delicious Flan for dessert. DEMO, Level: Beginner.

Eastside

2/8 Sa

$75

5:45-8:30PM

CTC Rm: 153

E. Garcia-Andre

Jewels of the Mediterranean

Explore the Mediterranean through its cuisine: discover delicious dishes from France, Italy, Morocco, and Spain rich in olive oil and savory spices. Recipes include: French Fennel Salad, Moroccan Chicken Tagine, Italian Green Beans with Pine nuts, and Almond Tart from Santiago, Spain.

Eastside

2/27 Th

$69

5:45-8:30PM

CTC Rm: 153

E. Garcia-Andre

Chinese Dumplings

In northern China, dumplings (“jiaozi”) are one of the most popular staple foods. Making and eating dumplings is an important activity for most families on the Eve of Chinese New Year, as it’s a unique opportunity for family members to gather at a table, wrapping and eating dumplings together. Experiment with a variety of fillings as well as seasoning sauces and soup recipes. Celebrate the Year of the Pig! HANDS ON, Level: Beginner.

Eastside

2/29 Sa

$75

11AM-2PM

CTC Rm: 153

J. Zou

Empanadas

Almost every culture has a version of hand meat pies but never as varied as the empanadas from Latin America. Brought by Spanish but every country has their own variations and dough. Learn to make Argentinian Empanadas, Mexican potato and chorizo, Jamaican meat pies, and Columbia chicken empanadas.

Eastside

3/5 Th

$75

5:45-8:30PM

CTC Rm: 153

E. Garcia-Andre

All Cooking classes are held at

Eastside/CTC campus at

18700 SE Mill Plain Blvd
LIFE SKILLS

Adulting 101: How to thrive
Have you ever felt like you didn’t get all the information you needed for adulthood? Do you have questions but you aren’t sure what to ask? This class will help you understand the basics on how to succeed in adulthood regardless of your age! We will focus on living arrangements, jobs, personal finance as well as tips and tricks related to everyday activities of life!

Eastside
2/6-2/13 Th
6-8PM
$49
CTC Rm: 335
K. Garcia

Going Gray Gracefully
Adjusting to life at 50+ means adjusting to change. Should you keep coloring your hair? Can your mature figure still look stylish? Is it time to perk up your face with a little makeup? Learn how to look your harmonious best, rock your age, and communicate more intentionally by using color, seasonal style and the psychology of perception. Joy Overstreet, Portland’s personal color analyst and style coach, shares tips, tools, and many before and after photos.

Main Campus
2/1-2/8 Sa
10AM-12PM
$59
JSH Rm: 127
J. Overstreet

ACT/SAT College Test Prep
The ACT and SAT are unlike any test you’ve ever taken. They will cover everything you’ve learned from first grade on. Get strategies for confidently selecting the right answers, learn how to make the best use of your allotted test-taking time, and determine if you should take the ACT, SAT, or both. Class includes materials for practice and evaluation at home. Note: this class focuses specifically on ACT and SAT material and is not intended as a review of school curriculum.

No class 2/15

Eastside
2/8-3/7 Sa
10-11:50AM
$250
CTC Rm: 318
L. Moore

Living Your Authentic Life Part I
Discover your purpose and build your life or career around authenticity, values, and intention. This workshop provides an intentional and organized process to help you discover how your talents and core values inform your life choices. Discover effective tools to help you with insights into your motivations, putting you in the driver’s seat of your own personal and professional development.

Eastside
2/20 Th
4-7PM
$89
CTC Rm: 337
J. Coyne

Living Your Authentic Life Part II
You’ve gathered the tools now put them into action! This hands-on workshop provides a process to help you identify and plan steps to actualize your life or career consistent with your values and talents. Learn how the design thinking process used by product designers and innovators can be leveraged to intentionally create an authentic life. Build your own plan to help map your way to an Authentic Life! Prerequisite: Living your Authentic Life Part I

Eastside
3/5 Th
4-7PM
$89
CTC Rm: 338
J. Coyne

Professional Etiquette 101
Get ready for the next step in your career! Become more confident in your professional life by learning to be comfortable in any business setting. Whether you are starting your first job out of college or working your way up the ladder, you’ll learn critical skills for professionalism in the workplace. Be taken seriously by upper management and develop effective social skills to become more confident in any situation. When you know the way to navigate the social aspects of your career, you will become more comfortable and can focus on building relationships while developing a great reputation.

Eastside
1/29-3/4 W
6:30-8:30PM
$129
CTC Rm: 335
R. Criado

Microaggression Training
Learn how our words and actions harm others unintentionally. Build your understanding of how you can help prevent every day microaggressions. Learn how everyone, even without intending to do so, exhibit microaggressions. Understand how implicit bias and microaggressions affect individuals and companies. Explore and gain tools to prevent microaggressions in this hands-on and interactive workshop (homework and class project required for certificate).

Main Campus
1/22-3/11 W
5-7PM
$189
APH Rm: 114
R. Lewis

HEALTH & WELLNESS

ACES: From Adversity to Resilience
Learn how childhood trauma and stress can impact health, relationships and choices for a lifetime. Explore ways to build personal, family and community resilience. Gain insight into working with others who may have experienced trauma. Learn about skills for self-care and self-regulation to improve well being and health. Clock Hours, STAR credits or Clark ECD Certificate available upon successful completion of course.

Main Campus
2/5-2/19 W
2-4PM
$79
APH Rm: 114
C. Meyer

Youth Mental Health First Aid
Gain skills to help a young person who may be developing a mental health problem or experiencing a mental health crisis. Mental Health First Aid trains lay people to identify someone experiencing a mental health crisis. Learn the skills to feel more comfortable managing a crisis situation and when to get help. Build your mental health literacy to help identify, understand and respond appropriately to signs of mental illness.

Main Campus
1/29-2/12 W
5:30-8:30PM
$89
JSH Rm: 127
C. Miller

Assisting Aging Parents or Partners
Do you have an aging parent or partner with declining health? Each person has a unique situation and navigating the journey to the end of life is challenging. Explore the complex issues you may encounter when assisting the elderly and discover strategies and resources to manage successfully. Topics include legal documents, medical, insurance, housing and financial options, hospice, emotional, and family dynamics.

Eastside
2/4-2/25 Tu
6:30-8:30PM
$79
CTC Rm: 202
J. Jasinsky
CPR/AED & First Aid Certification
Learn basic first aid for medical emergencies. Adult, child and infant CPR and AED (Automated External Defibrillator) training methods are covered. Discuss illness, injury and many environmental and emotional considerations. Proper technique for choking emergencies is included. Upon completion, students will receive a two-year certification card that follows the American Heart Association guidelines.

Main Campus
1/11 Sa
9AM-1PM
$99
APH Rm: 114
M. Kruse

Becoming Thin Within
Transform your relationship to food, eating and your body with this effective awareness program. Ditch the diets, the self-defeating stories and unconscious behaviors that have kept you stuck or yo-yoing. Practice techniques in class and during the week at home that will lead to a lifetime of greater eating pleasure even as you pare the pounds to achieve better health. Perfect preparation for the holidays! No more dieting resolutions!

Eastside
1/14-2/18 Tu
6:45-9:15PM
$189
CTC Rm: 337
J. Overstreet

Toxins and Your Health
Detox is a huge buzz word in the health and wellness industry. This class will explore the toxins in our environment, what detoxing means and how to support the body’s natural detox pathways. Factors that can interfere with detoxification such as genetics, lifestyle and environment will also be discussed. Bring your questions and explore ways to improve your health with a Masters prepared instructor and Certified Nutritionist.

Eastside
1/30-2/27 Th
5:30-7:30PM
$99
CTC Rm: 338
B. Cummings

Herbs and Your Health
Most disease is preventable, but our bodies need a wide variety of nutrients to fuel our cells. Using herbs will excite the taste buds and raise the nutrient level of our foods. It can be as simple as learning to use common herbs such as parsley, garlic, thyme, basil, oregano, or rosemary in our everyday food. We will explore interesting ways to increase the variety of vegetables we eat as each provides specific nutrients our cells need to function optimally. Learn about herbs that help combat infection, autoimmune syndromes, cancer, cardiovascular, and other health issues. No class on 2/17

Eastside
1/27-3/2 M
6-8PM
$89
CTC Rm: 338
L. Peterson

New Practical Life Skills Classes this Winter!

Adulting 101
Page 7

Basic Sewing
Page 3

Learn to Podcast
Page 17

How to Do Taxes Yourself
Page 16

Make your Own Wedding Flowers
Page 3

Cold Weather Survival
Page 10

Toxins and Your Health
Detox is a huge buzz word in the health and wellness industry. This class will explore the toxins in our environment, what detoxing means and how to support the body’s natural detox pathways. Factors that can interfere with detoxification such as genetics, lifestyle and environment will also be discussed. Bring your questions and explore ways to improve your health with a Masters prepared instructor and Certified Nutritionist.

Eastside
1/30-2/27 Th
5:30-7:30PM
$99
CTC Rm: 338
B. Cummings

Herbs and Your Health
Most disease is preventable, but our bodies need a wide variety of nutrients to fuel our cells. Using herbs will excite the taste buds and raise the nutrient level of our foods. It can be as simple as learning to use common herbs such as parsley, garlic, thyme, basil, oregano, or rosemary in our everyday food. We will explore interesting ways to increase the variety of vegetables we eat as each provides specific nutrients our cells need to function optimally. Learn about herbs that help combat infection, autoimmune syndromes, cancer, cardiovascular, and other health issues. No class on 2/17

Eastside
1/27-3/2 M
6-8PM
$89
CTC Rm: 338
L. Peterson

Searching For Your Family Tree
Develop an understanding of genealogy – how to research your family tree and share your family history. Consider how to effectively find and analyze sources, and understand historical context. Held in a computer lab, develop investigative skills to research your family genealogy. Learn how to find published info about your family, discover your ancestors’ homelands, research historical newspapers, set up google alerts for automated searches, use language tools to translate, and make the most of free websites for genealogy. Prerequisite: strong computer skills and prior research into your family history.

Eastside
2/1 Sa
9:30AM-12:30PM
$45
CTC Rm: 339
P. Muhich

African Americans & DNA Research
Gain an understanding of the research process and records relevant to researching any African American ancestor regardless of where or when they lived in the United States or whether they were free or enslaved. Consider how to effectively find and analyze sources, and understand historical context. Learn how to read, interpret and use DNA results in your genealogy.

Eastside
2/22 Sa
9:30AM-12:30PM
$45
CTC Rm: 339
P. Muhich

DNA Testing & Genealogy
With five major companies offering testing, have you considered getting your DNA tested? Which is best for you? Certain brands will give you specific information only - and they do differ! Find out what options are best for you, and how safe your data is. Discover how to use this information to build your family genealogy.

Eastside
1/13 M
5:45-8:45PM
$45
CTC Rm: 337
P. Muhich
**MIND, BODY & SPIRIT**

**Meditation: Beginner’s Mind**
Are you curious about the benefits of meditation? Learn breathing techniques and gain keen awareness of your thoughts, discovering how to listen to your body and the environment without overreacting. Find out how to deal with distractions, gain focus and sustain a practice. Take away what works for you, honoring your own soulful, spiritual values and background. Creative hopefuls are encouraged; this practice supports the arts.

Main Campus  
1/7-2/11  Tu  4:15-5:15PM  $99  OSC Rm: 135  C. Krug

**Activate & Align your Chakras**
Bring balance, clarity and harmony to your body, mind and spirit by discovering and exploring each of the seven main chakras and the lesser known ones. Using different techniques to awaken activate and align the pure colors of your body’s chakras combined with the crystal’s beauty, healing and energizing properties, vibrational toning, grid layouts, and our own innate healing abilities to feel more present, connected, grounded and rejuvenated. No experience necessary.

No class 1/20 & 2/17
Eastside  
1/13-3/9  M  6-8PM  $119  CTC Rm: 337  M. Browning

**Introduction to Mindfulness**
In a world with ever-increasing demands on our time and attention, greater awareness of where our attention is, from moment to moment, can be the key to a life of resilience, authenticity and passion. Mindfulness helps us focus on what’s important, to stay grounded, and to find balance in our lives. Join us for a supportive, carefully structured mindfulness course that has been adopted and tested in colleges worldwide!

Main Campus  
1/29-2/19  W  6-7:15PM  $109  BHL Rm: 105  J. Mitchell

**Mindfulness Retreat**
Join this mini retreat and give yourself a period of focused, distraction-free time and space to practice mindfulness. This retreat is ideal for those new to mindfulness who would like a brief immersion, and those familiar with the concept who wish to energize and deepen their practice. Together we will review the elements of mindfulness and explore a variety of sitting, walking and light stretching meditations.

Main Campus  
2/29  Sa  10AM-2PM  $99  BHL Rm: 105  J. Mitchell

**Godesses of Many Faiths**
Through guided exploration, learn to harness the power of your creative fire as you embody the strength of sacred feminine energy in your daily life. Embrace the inherent value held by your womanhood as you identify the characteristics of the Divine that are distinctly feminine. Learn tools to transform your life into a celebration of both the challenges and joys unique to the female experience in an interactive and empowering class.

Main Campus  
2/24-3/23  M  1:30-3:20PM  $89  APH Rm: 114  D. Toland

**“Our life is shaped by our mind, for we become what we think.” -Buddha**

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**SHIBA (Statewide Health Insurance Benefits Advisors)**
Do you need help understanding Medicare? Come to a free, informative session that explains Medicare parts A, B, C, and D, as well as advantage plans vs. Medicare supplement plans, and prescription drug coverage.

SHIBA (Statewide Health Insurance Benefits Advisors) volunteers will be available to answer your individual questions. SHIBA provides unbiased, confidential information on your Medicare rights and options. SHIBA is a program of the Washington State Office of the Insurance Commissioner.

**Welcome to Medicare**
Eastside—Saturdays  
1/18  Sa  CTC Rm. 144  10-11:50AM  FREE  
3/21  Sa  CTC Rm. 144  10-11:50AM

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VISIT OUR WEBSITE!  [ecd.clark.edu](http://ecd.clark.edu) | 360-992-2939

Winter 2020 Class Schedule  9
SAFETY & SURVIVAL

Cold Weather Survival
Whether your winter sport is skiing, snowboarding, snowshoeing, hiking, backpacking, bicycling, camping or mountaineering, this course is for you! It will give you the tools to tackle rain, freezing rain, sleet, snow, and sub-freezing temperatures. You’ll learn how to keep yourself warm, prevent hypothermia and frostbite, troubleshoot common problems, and travel safely and comfortably in the great outdoors.

Eastside

1/25-2/1  Sa  9AM-12PM  $89
M. Avery

Your Emergency Rapid Exit Plan
You have 30 minutes to get out! No matter the emergency, don’t panic. Follow your plan! Identify what you will do and what to take based on your evacuation time frame! Learn how to organize your vital information in a “Grab & Go” binder and how to easily convert everything to electronic documents (including photo albums and scrap books) that are backed up on the Cloud. Discover local evacuation routes, useful free apps and multiple tips. Create your own “Go” Bags, Backpacks & Bins and much more.

Eastside

3/12  Th  6-9PM  $69
K. Boyd

Handgun Safety Intro
A co-ed class for individuals who have little to no experience with handguns. Learn about firearms safety, safe storage of firearms, safe weapons handling, and the fundamentals of marksmanship: grip, stance, sight alignment, and more. Includes one-hour practice on the range, rental handgun, ear and eye protection, targets, and a certificate of completion. Purchase ammunition separately at time of class.

Class held at SafeFire Indoor Shooting Range, 4857 NW Lake Rd, Camas, WA.

3/7  Sa  5-8PM  $110
P. Prather

Handgun Safety for Women
Designed for women who have little to no experience with handguns and taught by a female instructor. Learn about firearms safety, storage, and weapons handling. Learn about marksmanship, grip, stance, and sight alignment. Includes one-hour practice and rental handgun, ear and eye protection, targets, and a certificate of completion. Students will purchase ammunition separately at time of class.

Class held at SafeFire Indoor Shooting Range, 4857 NW Lake Rd, Camas, WA.

2/8  Sa  5-8PM  $110
A. Schaell

DANCE & FITNESS

Beginning Waltz
Join us in this introduction to Waltz - the grandfather of all dances. Waltz is a wonderful way to learn to move gracefully across the floor with your partner in your arms! You’ll soon realize why this dance has continued over the ages. Even modern music features waltz rhythm in contemporary to country - it is heart-felt and deliciously enjoyable. Singles and couples are welcome. No dance experience required.

Main Campus

2/12-3/11  W  6:30-7:30PM  $62
J. Platt, J. Platt

Intro-Ballroom, Latin, Swing
The emphasis of this course is to provide an overview of social dance styles- Waltz, Foxtrot, Swing, Rumba, ChaCha, and inspire students to continue learning these styles in more depth in future class offerings. Come with an open mind, heart and willingness to have fun moving with your partner and other dancing friends in this 5-week course! Singles and Couples are welcome. No dance experience required.

Main Campus

1/25  Sa  9-10:50AM  $39
K. Garcia

Women & Girls’ Self Defense
Learn self-defense techniques that focus on empowering women to feel stronger, more self-assured and able to protect themselves. Wear loose-fitting clothes and plan to remove shoes and socks. Prerequisite: ability to lift 10 lbs., crouch, and rotate. Age 14+ Students under 18 must have consent of parent or guardian.

Main Campus

1/25  Sa  9AM-12PM  $69
A. Schaell

Beyond Beginning American Tango
American Tango is a versatile dance to inspire fun and playful energy while moving around the dance floor with your partner. You will dance to traditional songs such as Hernando’s Hideaway, La Cumparsita, Por una Cabeza, and music of Cara Emerald, Adele, Ricky Martin, and hard rock. Singles and Couples are welcome. No dance experience required.

Main Campus

1/8-2/5  W  7:30-8:30PM  $62
J. Platt, J. Platt

Line Dancing
Whether it’s your first time line dancing or you’re feeling a little rusty, have a “Good Time” “Kicking the Dust Up” as you learn these dances and more. Hitches, grapevines, half-turns, scuffs, cha-cha step, brushes, and stompers are steps included in multiple dances. Dance steps are broken down and through repetition, you’ll gain the confidence you need to strut your stuff on the dance floor. No partner needed. No experience necessary. Age 15+

Main Campus

1/3-3/5  Th  6-7PM  $69
T. Nystrom

Pilates
Pilates is a form of exercise emphasizing the balanced development of the body through core strength, flexibility and awareness supporting efficient, graceful movements. Exercises can be modified for a safe and challenging workout at any level.

Eastside

1/7-1/13  Tu, Th  2-2:50PM  $109
S. Fleming

Laughter Yoga!
Laugh away your stress in this interactive class. Learn the science behind laughing for joy and wellness, then deepen your practice through laughter and breathing lessons. Laughter Yoga really is the best medicine! It’s a powerful antidote for depression, reduces blood pressure and helps in chronic illnesses like cancer. Yoga mat optional. Wearing comfortable clothing is recommended.

Main Campus

1/16-3/5  Th  5-6PM  $89
S. Rolerkite

ClarkCollegeECD
Beginning Yoga
Use physical poses to explore the body as a means to feel inwardly, and to discover where you are strong, tight, weak, or dull. Relieve stress and prevent falls by incorporating balance, strength and flexibility. Focus is on breathing and relaxation. Wear loose, comfortable clothing and bring a mat.

Eastside
1/7-3/12 Tu, Th 1:15-2:15PM
C. Krug
$109

Yoga
Use physical poses to explore the body as a means to feel inwardly, and to discover where you are strong, tight, weak, or dull. Relieve stress and prevent falls by incorporating balance, strength and flexibility. Focus is on breathing and relaxation. Wear loose, comfortable clothing and bring a mat.

Main Campus
1/7-3/12 Tu 5:30-6:45PM
C. Krug
$115

Yoga: Next Step
For those who have had some Yoga, use physical poses to relieve stress and prevent falls by incorporating balance, strength and flexibility. Focus is on mastery of poses, breathing and relaxation. Wear loose, comfortable clothing. Prerequisite: Yoga I or prior experience.

Eastside
1/7-3/12 Tu, Th 3-4:00PM
S. Fleming
$109

Fencing: Core Skills
Learn the art of the sword. Experience and explore fencing not only as an Olympic sport, but also as a European martial art, part of your stagecraft or as a healthy recreational activity. Students will have an opportunity to learn how to use a foil, epee/dueling sword, and saber. Equipment is provided.

No class 1/20 & 2/17

Main Campus
1/6-3/9 M 5:30-6:30PM
OSC Rm: 218
D. Conrad Uy
$89

Fencing: Next Steps
Practice your techniques and build your proficiency in the core skills. Designed for students with experience who wish to continue their practice. Core skills course or fencing experience required. Equipment is provided.

No class 1/20 & 2/17

Main Campus
1/6-3/9 M 7-8:30PM
OSC Rm: 218
D. Conrad Uy
$119

Intro to Karate
Get acquainted with the foundations of karate. Begin a step by step introduction to the dynamic martial exercises called kata. This non-contact practice improves stability, strength, flexibility, and awareness. Discover your power potential through these patterns of self-defense. Ages 16 and above.

Eastside
1/16-3/5 Th 6:30-7:30PM
D. Washabaugh
$99

Barre Burn
Barre is a form of exercise that combines postures from ballet, pilates and yoga for a workout that is both aerobic and strengthening. Barre utilizes isometric strength training combined with high reps of small movements for an effective and fun workout session. Exercises can be modified for a safe and challenging workout at any level. Supply list posted on class webpage.

Eastside
1/14-2/4 Tu 5:30-6:30PM
A. Thomas
$59

Tai Chi Two
Learn the Simplified 24-movement Yang form. Qigong opening and closing exercises, including cleansing and meditations augment a gently guided experience. Instructor will personalize for students' differences and limitations. Some prior tai chi experience is suggested.

Class held at Hazel Dell Grange, 7509 NE Hazel Dell Ave.
1/7-3/12 Tu, Th 9:40-10:40AM
K. LaBriere
$109

Tai Chi for Better Balance
This new Tai Chi course focuses on practices which improve balance. Taught by an experienced instructor who will assist you in learning and deepening your practice as you gain strength and better balance.

Class held at Hazel Dell Grange, 7509 NE Hazel Dell Ave.
1/7-3/12 Tu, Th 10:50-11:50AM
K. LaBriere
$109

Tai Chi Practice
For those with previous Tai Chi experience, continue learning the Yang and Sun forms. Improve your practice and movements with focus on Yang 24, Sunstyle 42 and Sword 32. Gain an adept understanding of the six essential principles. Prerequisite: Tai Chi experience.

No class 2/15

Eastside
1/25-3/14 Sa 11:30AM-12:30PM
J. Ross
$89

Tai Chi/Qi Gong for Health
Gain health and vitality benefits from Tai Chi forms: better balance, flexibility, calmness of spirit, and an overall sense of well-being. Wear loose, comfortable clothing and shoes.

No class on 2/1

Eastside
1/6-3/13 M, W, F
10-10:50AM
M. David Fetyko
$169

Laughter Yoga!
Sara Rolerkite

Intro to Karate
Don Washaba

Barre Burn
Adrianna Thomas

Check out these Fitness Classes this Winter!
Watercolor Basics
New and returning students will learn about the qualities of watercolor paint with step-by-step instruction. Create a work of art using newly acquired techniques of brush strokes, color blending and texture. Prior experience not necessary. Supply list posted on class webpage.
Main Campus
1/9-3/12 Th 12:30-3:20PM
$129
APH Rm: 112 K. Bradley

Watercolor II
Experience the joys of watercolor in a positive atmosphere with the support and encouragement of fellow artists. Explore your own projects or brush up on watercolor basics. Learn some new and interesting techniques to add to your painting repertoire. Grow as an artist and creator. Prerequisite: a foundation in watercolor. Supply list posted on class webpage.
Eastside
1/7-3/10 Tu 9-11:50AM
$129
CTC Rm: 331 S. Schwane

Watercolor: Intermediate
Experiment with watercolor, texture, movement and design. Take photographs and turn them into dynamic watercolor paintings. Work with your own and Lee’s assigned photos. A demonstration will be given for each project. Each class will begin with a discussion of strategies for editing and translating photos into a painting. Individual consultations and encouragement will be offered each week. A foundation in watercolor is a prerequisite. Supply list posted on class webpage.
Main Campus
1/9-3/12 Th 9-11:50AM
$129
APH Rm: 112 L. Baughman

Watercolor III
Using an experimental approach, learn under-painting techniques and beautiful color combinations. Weekly demos and design challenges will engage your creativity and stretch your imagination in new ways! Prerequisite: Strong skill base. Supply list posted on class webpage.
Eastside
1/7-3/10 Tu 1-3:50PM
$129
CTC Rm: 331 P. Schmidt

Aqueous Media
Attend demonstrations and activities designed to give support and encouragement to explore your own painting style with acrylics on paper and canvas. Includes opportunities to try under-painting techniques and creative challenges. The principles and elements of design and color theory will be discussed as students discover how to strengthen and develop their paintings. All levels are welcome.
Main Campus
1/6-3/23 M 1-3:50PM
$139
APH Rm: 112 C. Ekhoff

Mixed Media + Painting Abstractly
Discover an abstract approach to both landscape and still life as well as how to start and create non-objective abstract works. Experiment with a focus on using acrylic paints with the addition of other media such as pastels, pencils, collage materials, etc. Explore ways to build up surfaces and create textures. Working on canvas, boards or paper, use photo references to get started. Designed for both beginners and more experienced artists. See supply list on class webpage.
Eastside
1/8-3/11 W 1-3:50PM
$129
CTC Rm: 331 K. Sandy

Memoir Writing
Everyone has a story to tell. Each person’s life is filled with adventure, mystery, trouble, and triumph. Memoir is a powerful way to demonstrate the interconnectedness of all human beings. See yourself as a part of history, documenting the story of your life.
Main Campus
1/7-2/25 Tu 1-3:20PM
$209
APH Rm: 114 C. Luna

Creative Writing
Join a community of writers. Learn how to get started writing, mine your memories, create characters, play with words, make ‘em laugh (or cry). Experiment with fiction, essay or memoir, and a dash of poetry. Find your voice and put it on the page.
Main Campus
1/17-2/14 F 10-11:50AM
$125
APH Rm: 114 D. Guyol

Heroes of the Holocaust
Learn about the heroes of the Holocaust, Jewish and non-Jewish, who saved victims of the Nazi regime. Progress to examine how Jewish men and women saved their own during the Holocaust. Study about the establishment of Righteous Among the Nations, non-Jews who saved Jews during the Holocaust without payment. Acquire knowledge as to how the State of Israel set up this honor at Jerusalem’s Yad Vashem in 1953. View films about Holocaust rescuers.
Intergenerational course – open to those ages 13+
Eastside
1/7-3/10 Tu 10AM-12PM
$75
CTC Rm: 337 H. Tweed

Odds, Risks, Statistics & Gaming
Critics of the gaming industry have long accused it of creating the name “gaming” and using this as more politically correct than calling itself the “gambling industry.” The term “gaming,” however, has been around for centuries and more accurately describes the operators’ view of the industry because most often casino operators are not gambling. Instead, they rely on mathematical principles to assure that their establishment generates positive gross gaming revenues. Learn about how the gaming industry uses odds in their favor, how insurance companies calculate risk and how statistics and probability work in general.
Eastside
2/6-3/5 Th 1-2:30PM
$99
CTC Rm: 337 L. Moore

Myth-Making and Ritual
Do you remember the first story you told yourself, about yourself? What are your stories now? Is it authentically in your own voice? Take part in a creative process designed to unlock the unexpected wisdom of personal archetype and myth. We will use collage, painting and writing. You don’t need any experience or ‘talent’ in art, crafting, or writing to have fun with hands-on practices. What is your true story? Listen to and hear your own voice.
Eastside
2/4-3/10 Tu 6:30-8:30PM
$99
CTC Rm: 318 K. Paul

“This is a wonderful life—being a part of the college, and being involved in lifelong learning.”

Tracy Reilly Kelly
Mature Learning Instructor
**WOMEN’S HISTORY**

Celebrate the national suffrage centennial with our two Votes for Women Centennial courses:

- **Founding Mothers 1836-1900**
- **20th Century Women’s History**

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**Health Care: Hot Topics**

Do we have a health care system or a disease management system? Does gender bias in healthcare alter outcomes for women? Compare the U.S. system to other countries. How do we advocate in the health care system. Learn how pharmaceutical companies price fixing, altering outcomes and using statistics to obscure results. Review the current research on addiction and which type of programs are most helpful. Learn about the lifestyle approaches to lower risk of dementia.

*No class on 1/20*

**Eastside**

1/6-2/10 M 1:30-3:20PM

$75

**CTC Rm: 338**

D. Benedicktus

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**Founding Mothers 1836-1900**

Learn about the early days of women’s rights, 1836 to 1900. Explore the Seneca Falls Convention, the role of abolition with a focus on Susan B. Anthony, Elizabeth Cady Stanton, Lucy Stone and Lucretia Mott. What were the rights that women sought? Understand the role of the Women’s Christian Temperance Union as an ally and a distraction. How did the two associations – the NWSA and the AWSA “war” with each other over tactics - and ultimately join forces together?

**Main Campus**

1/7-2/4 Tu 1:30-3:20PM

$75

**FHL Rm: 126**

T. Reilly Kelly

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**LBJ: American Machiavelli II**

Part Two covers Johnson’s elevation to the U.S. Senate in 1948, through his presidency (1963-1969) to his death in 1973. The series is principally a study of the man’s unquenchable thirst for power, contrasted with his remarkable achievements on behalf of ordinary Americans. A climax is reached when the Vietnam War becomes the undoing of his presidency.

**Eastside**

1/9-2/6 Th 1:30-3:20PM

$75

**CTC Rm: 338**

D. Miller

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**Flesh and Blood**

Interested in the art of Southern Italy? The Capodimonte Museum in Naples, one of the largest in Italy, is the home of important Neapolitan and Italian art. The Seattle Art Museum will feature works from the museum. The principal theme of the exhibit is the exploration of the ways that the human body can express emotions, especially love, pain, devotion, and love. Take a PowerPoint tour of the Neapolitan masterpieces on loan to Seattle.

**Eastside**

1/8-2/5 W 1:30-3:20PM

$75

**CTC Rm: 337**

E. Bedecarrax

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**20th Century Women’s History**

Explore the movement for equal rights post 19th Amendment. Examine the establishment of the National Organization for Women and the failed ratification process for the Equal Rights Amendment. Learn how women began to pass legislation for equal opportunity in employment. Explore how Title IX revolutionized women’s collegiate and professional sports. Discover the creation of women’s services and shelters for victims of sexual and domestic violence. Explore women’s financial liberation through court case and the Equal Opportunity Commission.

**Main Campus**

2/11-3/10 Tu 1:30-3:20PM

$75

**FHL Rm: 126**

K. Sadler

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**Uffizi: Art & Collections**

The Uffizi is the oldest museum in Europe, opening its doors in 1591, designed to house the offices of the Duchy of Tuscany. Tour its halls and galleries and admire its artistic treasures. View the creations of the great artists of the Italian Renaissance and explore the history of the Uffizi. The majority of the art was collected by the Medici family, but with the end of their dynasty their art collections were gifted to Florence by the last Medici heirress.

**Eastside**

2/12-3/11 W 1:30-3:20PM

$75

**CTC Rm: 337**

E. Bedecarrax

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**The Vietnam War Part I**

Explore the unequivocally most divisive military action of the 20th Century. Vietnam was the first loss the U.S. experienced since its founding. Part I will focus on the French colonization and establishment of French Indochina, Japanese colonization of Vietnam during WWII, the rise of Ho Chi Min and the Viet Minh. Then, Post War French Indochina, Dien Bien Phu and the Geneva Accords, and America’s arrival in South Vietnam.

**Main Campus**

2/13-3/12 Th 1:30-3:20PM

$75

**FHL Rm: 126**

J. Cavalli

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**The Nez Perce War of 1877**

This June to October conflict between the U.S. government and the Nez Perce was one of the most tragic of the many Indian wars of the 19th century. Refusing to be interned, the US government pressure forced a small band of warriors to fight at four major battles. Study the war in the context of the dynamic personalities on both sides, focusing on the cultural, social and political imperatives that led inevitably to conflict.

**Eastside**

1/10-2/7 F 1:30-3:20PM

$75

**CTC Rm: 338**

D. Strawn

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**Buddhism and the West**

The historical relationship between the West and Buddhism is our focus. What are the differences and similarities between Abrahamic religions and Buddhism? How has each world-view influenced the other? How has colonialism, war, and global trade, added or detracted from the inter-play between the development of Western religious thought and Buddhism? What could the future hold for an “Awakening of the West?”

**Eastside**

2/24-3/23 M 1:30-3:20PM

$75

**CTC Rm: 337**

G. Abramson

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**VISIT OUR WEBSITE!** ecd.clark.edu | 360-992-2939

Winter 2020 Class Schedule
**COMPUTER SKILLS**

**Personal Computers Basics**
Does the computer intimidate you? In this course, you will learn an easy-paced introduction to basic computer hardware (physical parts) and software (instructions). In a supportive and helpful environment, the computer “desktop” will be explained, including each piece of the system - mouse, monitors and keyboard. Learn how to access and open programs using the operating system’s programs and its “menus” - taskbar, icons. Lots of time for questions, practice and repetition.

Eastside
1/14-1/21 Tu 6:30-8:30PM
$75
CTC Rm: 339
C. Jackson

**Beyond Personal Computer Basics**
Build on the basics and become more productive with your computer. Learn to creatively format simple documents in Word. Take the fear out of PowerPoint and learn to create great presentations. Gain basic skills with Excel and Outlook to help better manage your workflow. Discover keyboard shortcuts. Pre-requisite: Personal Computer Basics or equivalent knowledge.

Eastside
1/28-2/11 Tu 6:30-8:30PM
$95
CTC Rm: 339
C. Jackson

**Design and Model with SketchUp**
SketchUp Web is an easy online tool anyone can use to create 2D designs and 3D models of anything! Learn all the basics needed to draw and create building shapes, roofs, stairs and interiors. Add finishing touches to your design including shadows, textures, layers, groups, manipulated digital photos and detailed line work. Turn 2D designs into 3D models and even create eye-catching animations of your models. Prerequisite: understanding of basic computer use and file management.

Eastside
1/9-2/13 Th 6-8:30PM
$79
AA4 Rm: 102
G. Stasiuk

**Lightroom Classic® Essentials & Beyond**
Attention photographers: professionals and amateurs! Use Lightroom® to Manage and Develop your images with a fast efficient work flow. Create optimally fine tuned photographs that reflect your artistic view. Explore best practice for importing, cataloging, processing, exporting (saving) your image collections for social media, print, and e-mail. Bring a 16 gig flash drive to class. Bring flash drive to class.

Main Campus
1/9-2/13 Th 6:30-8:30PM
$179
AA4 Rm: 102
G. Stasiuk

**Google Workshop for Small Business**
Are you looking for ways to support your small business or personal ventures through technology? Understand google services and organize your workflow using Gmail, calendar and Google drive. You will learn to work with Google Docs, Sheets, and Slides. You will also learn how to translate your information from phone to the web. This is a hands-on workshop that will give you a clear path in putting your business or work processes on the right track.

Main Campus
2/5-2/19 W 6:30-8:30PM
$59
SHL Rm: 019
C. Jackson

**InDesign I & II**
Are you ready to learn the industry-standard software for Graphic Designers, Small Business owners and anyone who wants to produce beautiful digital and print design? Adobe InDesign is a robust software that can help you become the go-to person in your company for all its design needs. You’ll learn to build logos, ads, brochures and even a magazine in this intuitive, hands-on class.

Main Campus
1/14-3/10 Tu 6:30-8:30PM
$250
AA4 Rm: 102
P. Nerat

**Data Analytics Fundamentals**
Are you maxed out on Excel? Take your analytic skills to the next level! This course will teach you how to import and export your data, predict trends using real life data sets, text mine and create visual macros using Knome and Tableau. You’ll learn how to save time by creating easy repeatable workflows to derive actionable insights to guide your business decisions. A perfect class for business owners and existing or aspiring Data Analysts interested in discovering the trends buried within their data! Prerequisite: Excel II or equivalent knowledge.

Eastside
2/18-3/17 Tu 6-8PM
$159
CTC Rm: 339
K. Erickson

**Excel I Fast Track**
Designed for the new Excel user, this class is a fast track into learning. When time is limited, learn Microsoft Excel 2016 basics in just one day! This fast-paced class will cover spreadsheets and navigation using the Ribbon. Learn formulas and functions, and create charts. See the supply tab for textbook information.

Eastside
1/9-2/13 Th 6:30-8:30PM
$109
CTC Rm: 339
G. White

**Excel I & II**
Excel 2016 Level 1 provides the basic concepts and skills students need to be productive: How to create, save, share, and print worksheets that contain various kinds of calculations and formatting. Excel 2016 Level 2 provides tools that are more advanced: How to manage complex workbooks, build more complex functions, use data analysis tools, make an impact with powerful chart and presentation features, and collaborate with other users. These courses map to the objectives of the Microsoft Office Specialist exam for Excel 2016. See webpage for textbook information.

No class date 1/20 & 2/17
Eastside
1/13-3/16 M 6-9PM
$269
CTC Rm: 339
G. White

**CompTIA Security+ Certification Prep**
This online course covers the key terminology and concepts you need to know to ace the exam, all in a condensed format for rapid reading. The course provides helpful study tools including games and practice questions to aid with learning. All of the content is geared toward helping you pass the SY0-501 exam, so you can leave the test center with confidence. These courses map to the objectives of the CompTIA Security+ exam in hand, whether you are taking the exam for the first time, or using it as a refresher to renew your certification.

INSTRUCTORS

Instructor Kris Erickson

**ED2GO**

12/7-3/13
Eastside

$115

ClarkCollegeECD
INSTRUCTOR SPOTLIGHT • Charles Jackson

Charles Jackson has worked in retail business management for over 15 years. After leaving the retail industry, he took positions managing territory sales of technology in the wireless industry and educational sector. Charles has always had a strong passion for showing the user how to make technology work for them. His career has focused on connecting users with technology and helping them understand how to get the most use out of it.

DIGITAL DEVICES

Maximize Your Android Device
Learn what your phone can do for you! Understand the technology and software built into your phone and customize it to meet your need! Learn best practices for managing your Google applications-photos, email, calendar, contacts and security so you can maximize the tool you have in your hand. Bring fully charged Android smartphone or tablet to class. This class covers Samsung, LG, HTC, Motorola and Google phones. Gmail account is required to be set up prior to class.
Main Campus
1/15-1/29 W
$89
JSH Rm: 242
6:30-9PM
C. Jackson

PROGRAMMING

HTML Fundamentals
This online course covers all the basics of HTML coding language. You will learn building simple web pages by hand coding, using HTML tags to create paragraphs, heading, lists, links, insert images and tables and more. We also cover creating a simple multi-page website with images, text and a navigation bar.

$245
3/2-3/27
LERN

Basic Programming Concepts
If you wish to communicate technically with programming teams or wish to code a bit yourself, this course is for you. A lot of programming languages are very similar, and knowing what’s common between all programming languages will help non-programmers communicate more efficiently with programmers, help aspiring programmers get started or transition into any language.

$195
3/2-3/27
LERN

WordPress Certificate
In this online certificate program your will learn how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS, and PHP, know necessary regular WordPress maintenance, create WordPress website backup, and know how to apply SEO techniques in WordPress.

$495
2/3-4/24 M, F
LERN

SQL Series
In this online course, you will learn the key concepts of Structured Query Language (SQL), and gain a solid working knowledge of this powerful and universal database programming language.

$199
12/7-3/13
Ed2Go

Introduction to Python 3 Programming
In this online class, discover how to create basic programming structures including decisions and loops. Learn object-oriented programming with classes and exceptions. Explore unique Python data structures, such as tuples and dictionaries. Create Python programs with graphic elements that range from simple circles, squares to graphical user interface (GUI) objects, like buttons, and labels.

$115
12/7-3/13
Ed2Go

I especially liked the way the instructor paced the lessons. They weren’t so complicated and involved that you had to burn the midnight oil in order to complete them. There was enough material covered, to be able to start learning some advanced Python subjects on your own.
-Ed2Go student

REFUND POLICY

We will gladly provide a refund when you request three business days prior to the first class date. There will be a 10% handling charge for all refund requests, unless otherwise noted within the course description.

POLICIES & DISCLAIMERS

CHANGES/CLOSURES:
Due to circumstances beyond our control, locations and times may be changed during the quarter. If we cannot contact you by phone or mail, we will post the correct information at the class location listed in this publication.

DISABILITY SUPPORT SERVICES:
Clark and DSS are committed to assuring Clark College, its services, programs, and activities are accessible to individuals with disabilities. DSS assures nondiscrimination on the basis of disability. Through DSS, qualified persons with disabilities can address their concerns regarding attitudinal or procedural barriers, as well as any need for academic adjustments or auxiliary aids. Call 360-992-2314 or 360-991-0901 (video phone).

DISCLAIMERS:
This class schedule is published for informational purpose only. Although every effort is made to ensure accuracy at the time of publication, this class schedule shall not be construed to be an irrevocable contract between the student and Clark College. The College reserves the right to make any changes in the content and provisions of this class schedule without notice and reserves the right to cancel classes and to change class fees, instructors, or meeting dates/times at any time. Many classes require a minimum enrollment of 15. Early enrollment is encouraged to prevent class cancellation. If a class in which you are enrolled is cancelled, contact Registration at (360) 992-2939 to assist in selecting a suitable alternative.
INSTRUCTOR SPOTLIGHT • Craig Lewelling

Craig Lewelling has taught investment courses for over 10 years at various corporations and community colleges around the area. He currently teaches stock, bond, real estate and mutual fund classes at Clark College ECD. Prior to financial planning, Craig was an Internal Auditor for Fred Meyer, Inc.

PERSONAL FINANCE

When Should Boomers Take Social Security?
Simplify the complexity of making good decisions for your Social Security benefits. Explore timing, taxes, file-and-suspend options, and benefit calculations. The instructor will provide guidance through the maze of choices. Learn how decisions can affect how much you can ultimately receive in benefits.

Eastside
1/22 W
6:30-8:30PM
$29
CTC Rm: 337
G. Middleton

How to Do Taxes Yourself
Learn the ins and outs of preparing your tax return. Taught by a tax professional, understand the changes in the 2019/2020 tax code. Discover what deductions you can take, and what deductions are unwise and invite tax audits. Learn what documents to collect, file and categorize. Get tips on the merits of tax prep software programs and when to seek guidance from a professional.

Eastside
2/22 Sa
10-11:50AM
$29
CTC Rm: 335
S. Hansen

Stocks, Part I: Begin with Only $2000
You can make money in stocks during good and bad markets with as little as $2,000! Discover basic strategies for investing, market cycles, knowing when to sell, mutual funds, and real estate.

Main Campus
1/30-2/20 Th
6:30-8:30PM
$99
SHL Rm: 103
C. Lewelling

Stocks, Part II: Beyond the Basics
This is the companion class to the beginning stocks class. Here, learn advanced technical analysis through hands-on instruction in our computer lab. Practice using the web as a financial tool. Prerequisite: Stocks Part I: Begin with Only $2000.

Main Campus
2/27-3/12 Th
6:30-8:30PM
$99
SHL Rm: 019
C. Lewelling

The Truth about Financial Advisors
Looking for accurate, transparent, objective financial education? Examine how the financial industry works, including how to choose an advisor or invest independently using online brokers. Learn about various types of advisors and investments, recognized and fake titles and designations, types of fees (advisor, investment, hidden, transparent), risk tolerance, asset allocation, debt, and how to begin investing confidently on your own.

Eastside
1/14-2/11 Tu
6-8PM
$99
CTC Rm: 210
D. Chernofsky

Personal Finance
This online course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make. You will learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You will develop a retirement savings plan, and you will be better prepared to make large purchases and plan for taxes. You will learn the essentials of household bookkeeping, record-keeping requirements, and much, much more.

$115
12/7-3/13
Ed2Go

Stock Trading Suite
This online course walks you through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor. This course won’t just throw a bunch of terms at you, expecting you to memorize everything. The instructor takes the time to explain concepts in detail so you understand how and why things work in the investment world. You’ll leave this course with a comprehensive and thorough education in personal finance and investment.

$299
12/7-3/13
Ed2Go

ACCOUNTING

Give to Charity and Save Money
Learn many charitable giving techniques that allow you to receive great tax savings. Learn how shrewd philanthropists have been making big gifts for years while at the same time accomplishing their personal and financial goals. Discover the best assets to give, assessing when IRA, cash or appreciated assets should be gifted. Includes the basics of estate planning, wills, living trusts, 529 tuition plans and powers of attorney.

Eastside
2/5-2/12 W
6PM-8PM
$49
CTC Rm: 337
H. Abrams

Accounting Fundamentals
Designed for those who need to understand accounting without studying for a degree. Learn the mechanics of accounting from entering transactions to completing financial statements. Discover how to extract knowledge locked within financial statements to analyze your business’s strengths and weaknesses. Perfect for self-taught bookkeepers, business owners, and managers. Feel free to bring your laptop. Required book (paper): Accounting Basics: An Introduction for Non-Accounting Majors by Eric Weinstein. Available at Clark College bookstore.

Eastside
1/14-1/23 Tu, Th
6:30-8:30PM
$250
CTC Rm: 318
S. Linn

Understanding Quickbooks
QuickBooks is one of the best accounting tools for small businesses to keep track of finances. It can quickly become a mess if it is not set up correctly and used with some knowledge of how it all works. In this class, learn how to properly set up your data file, invoice services and products, manage bank accounts, pay bills and record credit card transactions. Also focus on tracking payroll, sales tax and how to self-audit your books.

Eastside
1/29-3/11 W
6-9PM
$375
CTC Rm: 339
S. Linn

Understanding Your Financial Statements
Running a small business is a daunting task. One of the most important elements of sound business practices is having a working understanding of how business accounting affects financial reporting. The ongoing success of a business is dependent on sound financial statements, including tax return preparation and banking relationships. Most importantly, financial statements are an invaluable tool for making sound business decisions.

Eastside
2/22 Sa
9AM-1PM
$175
CTC Rm: 209
S. Linn
**SMALL BUSINESS**

**Create a Website for Fun, Profit & Business**
No programming required! Discover easy-to-use, drag & drop design tools that can build your personal or small business website quickly! Covers website layout planning, Search Engine Optimization (SEO), social media marketing, the tips and traps of website design. Taught by a multi award-winning instructor and published author from Seattle. Lecture.

Eastside

3/11 W
$69
CTC Rm: 340
K. Boyd

**Instagram for Business Workshop**
Learn how to create or optimize your Instagram profile for your business. From posting to advertising to networking, we will be going through the entire Instagram marketing process from soup to nuts. Who wants to come?!

Main Campus

2/15 Sa
$75
APh Rm: 114
L. Faught

**Facebook for Business Workshop**
Learn how to create or optimize your Facebook business page. From posting to advertising to analyzing your data, we’ll be going through the entire Facebook marketing process from soup to nuts. Who wants to come?!

Main Campus

2/29 Sa
$75
APh Rm: 114
L. Faught

**Monetize your Brand**
The course is for students looking to take their brand to the next level. Every successful public company enjoys the brand equity profits off of their name. All companies have the same opportunities to do the same. Learn the structure to build a powerful brand of your own and make money from it.

Eastside

2/11 Tu
$79
CTC Rm: 335
N. Webster

**Social Media for Business**
The course will allow the student to learn the basics of social media for businesses. As social media creates new opportunities for marketing, customer engagement, and ecommerce, no business should be left behind in this digital era. Topics will cover from content creation and insights with Facebook, Instagram’s integration of FB ads, LinkedIn’s role to connect with peers and the rise of Snapchat.

Eastside

2/18-2/25 Tu
$99
CTC Rm: 335
N. Webster

**Real Estate Investing**
Considering a new type of investment? Learn how to make money by investing in real estate in any geographical area, in good times and bad, even with little money to start! Develop a plan for your own investing efforts based on your personality and investing objectives using specially designed worksheets and hands-on activities. Learn the proven methods used every day by full-time, professional real estate investors, including how to invest in foreclosures, manage a rehab project, and build your team of real estate professionals. Explore the effects of higher interest rates and cover alternative strategies for a changing market.

Staggered Start Dates, Register Anytime.

12/7-3/13
Ed2Go

**The Business Plan**
Immerse yourself in the vision, research, and planning aspects of your new venture. Your well-crafted business plan will evaluate potential hurdles, help secure capital and evaluate your business feasibility. You’ll gain critical knowledge with this practical, hands-on approach.

3/2-3/27 M, F
Ed2Go

$195

**Learn to Podcast**
The course will allow the student to learn the basics of podcasting. Learn how to develop your podcast whether you’re a hobbyist, or want to create a monetized business model. The class will focus on ensuring you have the right equipment to build your audience and create original content. All skill levels are welcome. Be ready to create your first podcast ready to publish.

Eastside

1/21-2/4 Tu
$179
CTC Rm: 335
N. Webster

**Sell it on eBay!**
Discover if your item will sell or not in just one minute! Learn how to create a seller account, upload photos, accept PayPal payments, and determine shipping costs. Includes insider tips, tricks and traps, what to sell and not sell, where to get FREE shipping supplies and home pickup. Also learn photography tips that make your items “Pop,” plus the best selling strategies for antiques, collectibles, and items too big to ship. Lecture.

Eastside

3/9-3/10 M, Tu
$105
CTC Rm: 340
K. Boyd

**Creating WordPress Websites**
Learn to build an attractive, sophisticated blog or website—without having to learn any special coding. Walk through the process from start to finish. You don’t need any website publishing experience to be successful.

Staggered Start Dates, Register Anytime.

12/7-3/13
Ed2Go

$115

“ It’s a beautiful thing when a career and passion come together.”
Emotional Intelligence: Know and Grow
Interested in building stronger personal and professional relationships? Want to navigate the workplace more effectively? A better predictor of success than IQ, Emotional Intelligence (or EQ) is the ability to use emotions to enhance thinking and behavior. This course covers the value, dimensions and practical applications of EQ.

Eastside $95 1/30 Th 6-8PM

True Colors® Assessment
Rooted in Myers-Briggs, True Colors® is an engaging and fun communication assessment that allows individuals to better understand their preferred styles of interacting with others. This is a great tool for improving communication and decreasing misunderstanding between individuals and teams. Each student will take an in-class assessment, practice different communication strategies/techniques and receive a book they can keep as a resource.

Eastside $125 2/20 Th 6-8PM

Conflict Navigation
Conflict is inevitable and, unchecked, can do permanent damage to personal relationships and negatively impact productivity. Conversely, done well it can strengthen relationships and build trust. The key to success is knowing how to effectively navigate and manage conflict in a constructive way. Learn the different styles of conflict, the strengths and limitations of each and gain the skills you need to help you choose the right approach.

Eastside $95 3/12 Th 6-8PM

Productivity eTools
In this online course you will find out the top 40 favorite applications and eTools of productive workers. Get the latest tools, sites, iPhone and iPad applications to turbo-charge your work and simplify your life. Then discover how to select the right tools for your needs, evaluate your productivity system and develop a framework that gets things done. Learn about different new productivity tools each week, while also blending an evaluation of your own productivity needs. After completing this course you will work more efficiently and uncover more time in your day.

$245 3/2-3/27 M, F

Certificate in Basic Game Design
Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This online certificate provides you with a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment.

$245 2/3-3/27

Certificate in Data Analysis
Register for Certificate in Data Analysis to take all three data analysis online courses: Introduction to Data Analysis, Intermediate Data Analysis, and Advanced Data Analysis. Begin with a basic understanding of how to analyze data. Then learn how many business decisions involve comparing groups for differences. Understand the statistics behind these group differences and relationships. Finally, learn to perform inquiries useful to your organization, and have the skill to communicate these results through understandable graphs and text.

$495 2/3-5/1

ServSafe Certification
The National Restaurant Association's ServSafe program is widely recognized and respected in the Foodservice industry. This course covers critical food safety principles such as personal hygiene, cross contamination, time and temperature, receiving and storage, food safety mgm systems and more. Get your certification upon successful completion of the exam. Book can be purchased at www.servsafe.com

Eastside $89 3/7 Sa 9AM-1PM

Grammar Refresher II
Take your grammar and writing skills to the next level! Review the foundational elements of grammar, including the parts of speech, and master the basics of punctuation and mechanics. See how different phrases and clauses fit together in sentences so that your writing is clear, concise, and meaningful. Finally, put your skills to work as you explore practical business writing, paragraph writing, and even formal essay writing.

Staggered Start Dates, Register Anytime.

$115 12/7-3/13

Effective Business Writing
It doesn’t matter whether you’re a clerical worker, an engineer, or an executive. If you communicate with others in writing, you need this course to help you identify and eliminate problem areas. By the end of this course, you’ll know the secret to developing powerful written documents that immediately draw readers in and keep them motivated to continue until your very last, well-chosen word.

$115 12/7-3/13

Six Sigma Green Belt Certificate
This online course teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work projects.

$495 2/3-5/1 M, F

Mastering Video Marketing Certificate
In these online courses you will discover how to use simple online video to bond with your viewers, drive traffic to your website, boost business and build brand awareness. Learn how to use Google and YouTube with your video to market your business 24/7. You will learn how to increase your business with YouTube, the online video site and now the second largest search engine. Discover the power of video for your organization. Find out what types of video work best, how other business organizations use YouTube, how to create your own YouTube channel, and how to add captions, annotations and other extra features.

$395 2/3-3/27 M, F

“The best way to predict the future is to create it.”
-Arbenum Lincoln
**Resume Writing Workshop**
In this online class you will transform your resume into a powerful tool that will get you interviews. Learn different resume formats and the advantages and disadvantages of each. This course includes the use of online resumes and is invaluable for anyone who wants to create their own resume, or learn how to write resumes.

Staggered Start Dates, Register Anytime.

$115  
12/7-3/13  
Ed2Go

**Grant Writing**
Do you want to earn more grants for your organization? Determine if your group is ready to go after grants from funding organizations. Understand the steps for writing grant proposals. Use proven tips to search for funders and match your organization's project with the appropriate foundation. Practice developing case statements and budgets. Learn to measure the community impact of projects. Content builds on Fundraising Basics.

Eastside  
$69  
1/24  
CTC Rm: 335  
G. Palmer

Grant Writing Workshop

Staggered Start Dates, Register Anytime.

$115  
12/7-3/13  
Ed2Go

**Fundraising Basics**
Understand what it takes to be successful in fundraising. Learn about building a strategic plan, knowing the role of a non-profit board, and identifying different fund raising techniques such as crowd-sourcing, special events, donations, and grants. Find ways to match funding needs with funders and build enduring relationships. Excellent foundation for Grant Writing.

Eastside  
$69  
1/31  
CTC Rm: 335  
G. Palmer

**INSTRUCTOR SPOTLIGHT • Gayle Palmer**
Gayle Palmer has been involved in grant making and developing grant proposals for 15 years. She believes strongly in fostering good relationships with funding organizations. She is a recognized expert in grant writing and fundraising for nonprofits with a background in writing grant proposals to local, regional and national funding organizations. Her grant writing experience includes projects for health care and public health organizations, environmental, arts, libraries and cultural heritage organizations.

**Management Certificate**
Enhance your management skills through this program for supervisors, managers, and emerging leaders. Create clear expectations, engage and motivate employees, and increase your effectiveness. Explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization. Get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.

$995  
2/3-5/1  
LERN

**Certificate in Project Management**
In this online course, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge will be acquired. Finally, learn the ten Project management Knowledge Areas and their support roles and relationships to the five Project Management Processes.

$495  
2/3-5/1  
LERN

**PMP Prep Series**
In this online class, learn how to prepare for the Project Management Institute’s prestigious PMP® certification exam. Master A Guide to the Project Management Body of Knowledge (PMBOK® Guide), 6th edition—the essential resource for the PMP® certification exam.

$183  
12/7-3/13  
Ed2Go

**Your Workplace, Your Employees & The Law**
In this online course, learn the methods and techniques for successfully managing employees and for complying with state and federal workplace laws.

$195  
3/2-3/27  
LERN

**Supervisory & Leadership Certificate**
Get practical, easy to understand, and insightful methods for new or experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor’s role and responsibilities, and strategies for improving your overall effectiveness as a leader. Take home practical information, tips and techniques to use immediately.

$395  
2/3-3/27  
LERN

**College of Business**
- Employment and Career Services  
- Continuing Education
- Non-profit Management
- Workplace
- Leadership
Nursing Assistant Certified
Study and practice in preparation for the Washington State certification examination as a nursing assistant. The 6-week program includes 60 hours of classroom instruction and 60 hours of supervised clinical experience for nursing assistants in long-term care settings. Topics include anatomy and physiology, resident rights, concepts of death and dying, dementia care, legal aspects of care, scope of practice of the nursing assistant, function of the health care team, communication skills, infection control, safety and emergency procedures, and restorative care. Course includes CPR class, workbook, and supplies. Please check website for further details.

Eastside
1/3-2/14 F  ARR
$1099 CTC Rm: 316

Nurse Delegation Core with Special Focus on Diabetes
Learn the core basics of delegation, how to administer medication, and how to perform some specific health care procedures from this course. Course provides basics for RN delegated tasks to assist with diabetes management with patient specific procedures per rules regarding nurse delegation. Completion of this course allows qualified nursing assistants and caregivers to administer care to their clients in less costly community or home-based settings. You will receive two certifications upon completion. Prerequisite: HCA or NAC certified

Eastside
2/24-3/12 M, Th  9AM-3PM
$139 CTC Rm: 316

DSHS Mental Health Specialty Level I
Specialty training for professionals working in long-term care settings (Adult Family Homes and Assisted Living) with people experiencing mental disorders. This DSHS-approved certification curriculum will enable students to obtain an introduction to the most common psychiatric disorders recognized in the populations served. You will review condition symptoms, treatment options, care giving considerations, communication skills, multicultural considerations, resident struggles, medications, and caregiver self-care. This training applies to providers, resident managers, and caregivers.

Eastside
1/30 Th  8:30AM-5PM
$115 CTC Rm: 209

DSHS Adult Family Home Administrator Training
Meet the Washington State DSHS Adult Family Home Administrator education requirement for Adult Family Home business owners (provider) to become licensed as an Adult Family Home (AFH) provider or to be employed as a resident manager. Learn the concepts and principles of adult home management. Examine the roles and responsibilities of a licensed provider, the licensing process, business operations of the home, staff management, resident care issues, and resident rights. Students will be assessed on their proficiency prior to the start of class in English, reading, writing, and math. You must have a 6th grade level (ABE 3) in English and a 4th grade Level (ABE 2) in math. Basic computer skills are also required including accessing the internet, MS Word, and MS Excel.

Eastside
1/7-1/22 Tu, W  8AM-5:30PM
$675 CTC Rm: 339 P. Gray, C. Anderson

Certificate in Gerontology
Health professionals who work with the older population will need continuing professional education to gain a broad understanding of the field of gerontology and to stay current with emerging trends. With the population aging at a rapid rate, by 2030 one in five U.S. residents will be 65 or older. The demand for knowledgeable providers to meet the needs of this population is dramatically increasing, new jobs are being developed, and new services created.

Staggered Start Dates, Register Anytime.

Nutrition and Health Certificate
Food and nutrition have a profound impact on our health and well-being, yet many of us are not aware of what foods to eat, which diets are healthy, and where our food originates. The goal of this certificate program is to provide a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health. This certificate is designed for individuals who are working in the health care field and those who are interested in the topic.

Staggered Start Dates, Register Anytime.

Certificate in End of Life Care
End-of-life care presents health care professionals as well as patients and family members with many challenges and dilemmas. Education in the holistic and integrative care of individuals at the end of life builds on and expands professional competencies and brings healing and transformation. The Certificate in End-of-Life Issues represents a specialization in the field of caring for those who are experiencing a terminal illness. It is designed to enhance the knowledge and skills of individuals who work with dying patients by providing a multidisciplinary educational experience.

Staggered Start Dates, Register Anytime.

INSTRUCTOR SPOTLIGHT • Daniela Micu
Daniela has worked with the elderly since 1998 as a CNA, a Resident Manager, and as an Adult Family Home owner. She volunteered for the Adult Family Home Council of Washington state for over 10 years in various roles locally and at the state level, as well as served on the AFHC Board of Directors. She is passionate about supporting Adult Family Homes through education, mentorship, and awareness.
WE ARE CREATING A COMMUNITY THAT GROWS TOGETHER!

Help us create our classes to support community well-being!
Take the survey to give us feedback, suggest new classes, and recommend instructors.

www.bit.ly/ECDcommunity or go to ecd.clark.edu
“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire.”

- Edith Sitwell

Delight yourself and try out one of our new class offerings this Winter!

**Lifestyle**
- Barre Burn
- Adulting 101: How to Thrive
- iCAN Workshop

**Mature Learning**
- Buddhism and the West
- Founding Mothers 1836-1900
- Uffizi: Art & Collections

**Workplace & Technology**
- Learn how to Podcast
- Professional Etiquette 101