Featured New Classes!

- Overview of Investments
- We Spent How Much Money on What?
- Constitutional Law: Civil Liberties—Search & Seizure
- Constitutional Law: Civil Liberties—Police Interrogations & Your Right to Remain Silent
- Japanese Ikebana Floral Arrangements—Rising Form (Round)

Southwestern College Continuing Education Class Schedule Summer 2014







A Message from the Dean

We are pleased to present you with the Summer 2014 Continuing Education class schedule. There are exciting changes coming to continuing education, as we develop courses that help you meet your educational goals. Whether you are looking to enhance your career, promote personal growth or expand your horizons, our schedule offers a wide array of interesting and high-quality courses.

New on the schedule this summer are courses in Overview of Investments and We Spent How Much Money on What? Along with a wide range of classes in the health field and business, the summer class schedule offers something for everybody. Online classes are available, if you are unable to attend classes on campus.

Summer is a perfect time to take your educational journey to a new level. Southwestern College looks forward to partnering with you as your life-long learning center and primary choice for higher education.

Mink H. Stavenga, DBA Dean, School of Continuing Education, Economic & Workforce Development

Continuing Education Off-Campus Sites

Please do not contact these sites to register for classes.

Off-campus information is provided in the event that you require directions to the facility.

> For information about classes, please refer to page 3 in this brochure entitled, "Registration Information" or call 619-482-6376

ARC of San Diego/Chula Vista 1280 Nolan Ave. Chula Vista, CA 91911-3738 619-427-7524

Casa de Servicios 1188 Beyer Way San Diego, CA 92154-4629 619-423-1901

Casa Pacifica 1424 30th St., Ste. C San Diego, CA 92154-4629 619-424-8181

Chula Vista Public Library 389 Orange Ave. Chula Vista, CA 91911 619-585-5786

Chula Vista Public Library 365 F Street Chula Vista, CA 91910 619-691-5069

City of Chula Vista Public Works 1800 Maxwell Rd. Chula Vista, CA 91911 619-397-6000

County of San Diego – Forensic Center 5570 Overland Ave., Ste. 101 San Diego, CA 92123 858-694-2895

Crown Cove Aquatic Center Silver Strand State Beach 5000 Highway 75 Coronado, CA 92118-3299 619-429-1669

ELM CBAS 1220 Elm Avenue Imperial Beach, CA 91932 619-495-4146

George Glenner Alzheimer Family Center 280 Saylor Dr. Chula Vista, CA 91910-1849 619-420-1703 Highlander Adult Day Health Care Center 2525 Highland Ave. National City, CA 91950-7004 619-474-0015

St. Charles Church Parish Hall 990 Saturn Blvd. San Diego, CA 92154-2001 619-423-0242

Seniors on Broadway

845 Broadway, Ste. 105 Chula Vista, CA 91911-6821 619-591-0063

South County Career Center

1111 Bay Blvd., Suite E Chula Vista, CA 91911 619-628-0300

Veteran's Home

700 E. Naples, Bldg. F Chula Vista, CA 91911-6821 619-482-6010

Continuing Education

Southwestern College Continuing Education

Continuing Education provides students with extended studies designed to support professional advancement and personal success. Day, evening, and weekend classes are conveniently held at the Chula Vista campus, as well as at off-campus locations throughout South County. Many classes are tuition-free, while others require a nominal fee. There are no transcripts or grades. New classes are always being added. For an up-to-date listing of classes, visit the Noncredit section of the Southwestern College web site at **www.swccd.edu**.

Governing Board

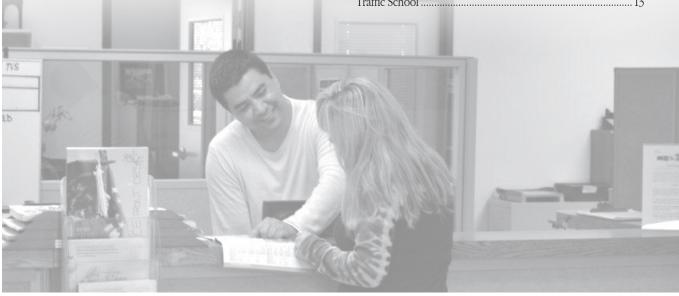
Terri Valladolid, President Norma Hernandez, Vice-President Tim Nader Humberto Peraza Jr. Nora E. Vargas Melinda Nish, Ed.D., Superintendent/President Laura del Castillo, Student Trustee June 2013–May 2014

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Continuing Education

Continuing Education provides the opportunity for community residents to learn new skills and improve existing ones. This effort responds to the need for a welltrained workforce, as well as the individual need for intellectual or personal enrichment. Continuing Education presently includes the following three categories of instruction and services: noncredit curriculum, fee-based services and contract education.

Noncredit Curriculum (NC)

Noncredit courses are courses that meet community needs in ten instructional areas: parenting, basic skills, English as a Second Language (ESL), citizenship for immigrants, courses for the disabled, vocational courses, courses for older adults, home economics, health and safety, and workforce preparation [California Education Code, Section 84757(a) and 84760.5, and Title 5, Section 58160.] Noncredit courses are open to the public, are tuition-free, and are not offered for college credit. The College receives apportionment for noncredit courses at approximately half the rate for credit courses.

Fee-Based (CS)

Fee-based classes and programs are designated and authorized under Title 5. These programs may be offered in nearly any subject or field. These programs are supported by a fee paid by participants.



Course Description Legend

Course meeting days:

- M = Monday
- Th = Thursday = Friday T = Tuesday Sat = Saturday W = Wednesday Sun = Sunday Example:

Class meets Monday through Thursday = M-Th Class meets on Monday and Tuesday = MT

Contract Education

Contract services are available to specific businesses and organizations by a mutually established agreement. Class participation is limited to the contract designees. Contract Education is not usually designated for credit. Contract Education and services are paid for by the contracting entity.

Continuing Education

Continuing Education is a department of the School of Continuing Education, Economic and Workforce Development. Your feedback, suggestions and comments are welcomed.

Mission Statement

Southwestern Community College District promotes student learning and success by committing to continuous improvement that includes planning, implementation and evaluation. We serve a diverse community of students by providing a wide range of dynamic and high quality academic programs and comprehensive student services. The District provides educational opportunities in the following areas: Associate degree and certificate programs; Transfer; Professional, technical and career advancement; Basic skills; Personal enrichment; Noncredit adult education; Community services; Economic, workforce and community development.

Diversity Initiative

Southwestern Community College District seeks to foster and engage diversity as integral to our learning community and in educational excellence. Diversity is valued as an essential cornerstone to civility, dignity, fairness, respect and trust.

Non-Discrimination Statement

The Southwestern Community College District does not discriminate on the basis of race, color, religion, national origin, gender, sexual orientation, disability, age, or marital status in any of its policies, procedures, or practices. This nondiscrimination policy covers admission, employment, and access to all college programs and activities. Questions about the Rehabilitation Act of 1973, Section 504, and student grievances should be directed to the Dean of Student Services, at 619-482-6369. Title IX inquiries should be directed to the Dean of Health, Exercise Science, Athletics and Applied Technology at 619-482-6551. Inquiries regarding Equal Employment Opportunity and other nondiscrimination policies and procedures should be directed to the Vice President for Human Resources, 619-482-6329.



Registration Information

Steps to Register for a Fee Class

To register for a fee class, please use the Fee Class Registration Form (page 23). Course numbers for fee classes start with "CS."

🖀 By Phone

Call **619-482-6376**. Please have your MasterCard, Discover, AMEX or VISA ready to register and pay for fee classes. Phone-in registration must be completed at least 24 hours prior to the first class meeting.

By Mail (Only if paying by CHECK)

Mail a completed Fee Class Form and Check to:

Southwestern College, Continuing Education 900 Otay Lakes Road, Building 660 Chula Vista, CA 91910-7299

In Person Bring your completed registration form and payment to:

Southwestern College, Continuing Education

900 Otay Lakes Road, Building 660 Chula Vista, CA 91910-7299 **Telephone: 619-482-6376** Fax: 619-482-6402 Office Hours: M–Th, 8 a.m.–5 p.m.

Steps to Register for a Noncredit Course

Noncredit courses are tuition-free and are subsidized by state funds. These courses require the completion of a Noncredit Application (page 24). Most noncredit classes allow on-site registration on a space-available basis. Course numbers for noncredit classes start with "NC."

🖆 By Mail

Mail a completed Noncredit Application form to: **Southwestern College, Continuing Education** 900 Otay Lakes Road, Building 660 Chula Vista, CA 91910-7299

📇 By Fax

Complete the Noncredit Application and fax to 619-482-6402.

In Person Bring your completed Noncredit Application to:

Southwestern College, Continuing Education 900 Otay Lakes Road, Building 660 Chula Vista, CA 91910-7299 Telephone: 619-482-6376 Fax: 619-482-6402 Office Hours: M–Th, 8 a.m.–5 p.m.



General Information

Sign Up Early

Early sign-up ensures that you will have a reserved place in a popular class. All registration is on a first-come, first-served basis. Your registration can make the difference as to whether a class is offered or cancelled. When space is available, on-site registration may be allowed with the permission of the instructor.

Class Confirmation

Please mark your personal calendar when registering for any class. Every attempt is made to provide a confirmation letter of your registration; however, due to unavoidable delays of mail delivery or misdirected mail, this courtesy is not guaranteed. If you have not received a confirmation letter one week prior to class, please call Continuing Education to confirm your registration at 619-482-6376.

Certificate of Completion

Some multi-session courses and seminars offer a Certificate of Completion. When applicable, students must attend all classes and meet certificate requirements as established by the instructor.

Class Cancellation

Every attempt is made to avoid cancelling a class. However, sometimes it is necessary to cancel before the first meeting when enrollment is low. If the College has advance notice that a class will be cancelled, Continuing Education will attempt to reach you by mail or by phone. Please be sure to provide complete phone contact information on your application.

Refunds

A complete refund will always be made if Continuing Education cancels a class.

- If you cancel at least five (5) calendar days prior to the start of a class or event, you will be refunded your registration fee, less a \$5 processing fee.
- If you cancel or reschedule at least three (3) calendar days before the start of a class, you will be charged a \$10 processing fee.
- No refunds are provided to individuals who give two (2) days or less notice of cancellation.

No refunds or rescheduling will be provided once a class begins. Students who do not show up for class are not eligible for refunds or rescheduling. No refunds or rescheduling for any student who registers three (3) days before the class begins. Refunds take a few weeks to process.

Materials Fee

A materials fee is required in a some noncredit and fee classes. Please be prepared to pay this fee on the first day of class. Cash, check, or credit card payments are accepted. The instructor cannot issue change.

Instructor, Class, or Location Change

In some cases, a qualified substitute instructor may replace the individual listed in the schedule. Class dates and locations are also subject to change. When feasible, students will be notified of any date or location change prior to the class either by mail or by phone.

Class Locations

Classes are held at various locations throughout South County. Please carefully review the location of the class for which you are registering.

Parking

All vehicles parked on campus must display a parking permit at all times. Oneday parking permit dispensers are located throughout the campus (see campus map, inside front cover). The cost of the permit is \$3 and is valid on the day of purchase only. Please arrive at least 20–30 minutes early on the first day of class since there is often a line at the parking permit dispenser. **One-day parking permits are only valid in student parking lots. Do not park in staff or faculty designated parking lots/spaces.**

Returned Check Service Charge

Checks returned for non-sufficient funds or "Stop Payments" must be paid by Master-Card, Visa, Discover, AMEX, cash or Money order and a \$25 service charge will be added to the amount of the check. Your enrollment at Southwestern College, and credit, may be affected.

Disclaimer

While every reasonable effort is made to ensure that statements in the schedule are accurate, the information contained herein is subject to change or elimination without notice by the administration of the Southwestern Community College District. Students should consult the appropriate campus, campus/district web site or department for current information, as well as for any special rules or requirements imposed.



Career and Personal Development

Superior Customer Service Series

Attend any three free classes below and receive a Certificate of Completion from Southwestern College.

Service is the keystone to all successful businesses. Review and practice core principles to enhance your skills and increase awareness.

Customer Service: Dealing with Difficult People

Conflict inhibits good business. Explore the causes and impact conflict can have on customer service. Learn strategies and techniques for resolving tough issues and how to turn a difficult customer into a loyal one. **Instructor: J. Mackenzie**, 3 hours. Room 1680

NC 1006-01 Th July 17 1–4 p.m.

No Fee

Customer Service: The Right Attitude

Having the right attitude has a positive impact on the workplace and our interactions with customers. Explore how attitudes at work positively and negatively affect customer service, the company image, productivity, employee retention and company growth. Explore the techniques for maintaining a professional attitude.

Instructor: J. Mackenzie, 3 hours. Room 1680

| NC 1073-01 | Th | July 24 | 1–4 p.m. | No Fee |
|------------|----|---------|----------|--------|
|------------|----|---------|----------|--------|

Customer Service: Team Building

Working as teams in business can increase productivity, enhance project management, reduce business conflicts and create superior customer service. Identify team opportunities in your company. Learn the "roles" in a team and how to be both a leader and a team player. Practice new skills in typical business scenarios.

Instructor: J. Mackenzie, 3 hours. Room 1680

| NC 1074-01 | Th | July 31 | 1–4 p.m. | No Fee |
|------------|----|---------|----------|--------|
|------------|----|---------|----------|--------|

Diversity Management

NC 1030, 1031, and 1032 are part of a certificated program in "Diversity Management." To earn a certificate, you must complete all three courses.

> For additional information, please contact Michael Van Keith at mvankeith@swccd.edu.

Diversity *≠* **Political Correctness**

Diversity is a dilemma from campus classroom to corporate boardroom. What do "culture wars" and "one America" mean? Can diversity be managed? Is a borderless world order the future? First of three courses in a diversity management certificate.

Instructor: M. Van Keith, 5 hours. Room 1683

| NC 1031-60 | Th | June 12 & 19 | 5:30–8 p.m. | No Fee |
|------------|----|--------------|-------------|--------|
| NC 1031-00 | IN | | 5.30–o p.m. | NO Fee |

Simply Race and Sex

Latin-Asianization is creating a majority-minority California. What commodities are to be mediated in popular culture? How will "browning" affect public relations, advertising, and marketing? Second of three courses in a diversity management certificate.

Instructor: M. Van Keith, 5 hours. Room 1683

| NC 1032-60 | Th | June 26 & July 10 | 5:30–8 p.m. | No Fee |
|------------|----|-------------------|-------------|--------|
| | | No class: 7/3 | | |

Beans, Bread, and Rice on the Plate

The 21st Century has been called the Pacific Century. What is defining the emerging Pacific Rim regionalism? Is South County a potential hub for fostering closer ties between Japan, México, and the United States? Third of three courses in a diversity management certificate. Instructor: M. Van Keith, 5 hours. Room 1683

.

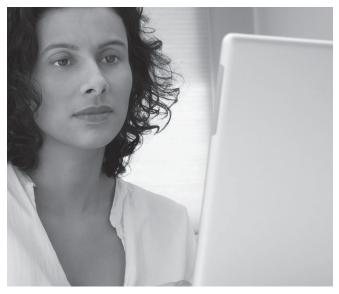
| NC 1030-60 | Th | July 17 & 24 | 5:30–8 p.m. | No Fee |
|------------|----|--------------|-------------|--------|
|------------|----|--------------|-------------|--------|

Computers

Introduction to Microcomputers

Covers computer start-up; the graphic user interface; use of mouse and keyboard commands; basic file management; formatting and using a floppy disk; creating, saving, and printing a document using word processing software; and proper computer shutdown. 3 hours.

| NC 1051-01 | Μ | July 14 | 12–3 p.m. | No Fee |
|------------|---|--------------------------------------|------------------------------|--------|
| | | Location: SWC Main | Campus, Room 542 | |
| NC 1051-E1 | Μ | June 16 | 12–3 p.m. | No Fee |
| | | If you have a laptop, p | lease feel free to bring it. | |
| | | Instructor: N. Bartels | 6 | |
| | | Location: Chula Vista Public Library | | |
| | | 365 F Street, Chula Vi | ista, 91910 | |
| | | | | |
| NC 1051-E2 | W | June 11 | 4–7 p.m. | No Fee |
| NC 1051-E3 | W | June 25 | 4–7 p.m. | No Fee |
| | | Instructor: B. Muñoz | | |
| | | Location: South Cour | nty Career Center | |
| | | 1111 Bay Blvd. Suite. | E, Chula Vista, 91911 | |
| | | | | |



Developing High-Performance Charts in Microsoft Excel

Reviews the basics of spreadsheet use: structure data entry, formulas, and functions. Focus on how to convert data into meaningful and high-impact charts. Students are required to bring a USB Flash drive to save and store class assignments. Instructor: N. Bartels, 12 hours.

| NC 24-01 | M–Th | July 15–23 | 12:30–2:30 p.m. | No Fee |
|----------|------|-------------------------|------------------------------|--------|
| | | Location: SWC Main | Campus, Room 544 | |
| | | | | |
| NC 24-E1 | M–Th | June 17–25 | 12:30–2:30 p.m. | No Fee |
| | | lf you have a laptop, p | lease feel free to bring it. | |
| | | Location: Chula Vista | Public Library | |
| | | 365 F Street, Chula Vi | ista, 91910 | |
| | | | | |

CPR, Health, and Safety

Community Emergency Response Team Training

Designed for those wanting to complete Community Emergency Response Team (CERT) Training, or needing a refresher training. Six modules cover an introduction to CERT and its importance to the community, fire safety, hazardous material and terrorist incidents, disaster medical operations, and search and rescue. **Instructor: C. Bejar**, 24 hours. Room 662

| NC 17-01 | Th | July 10–31 | 9 a.m. –3 p.m. | No Fee |
|----------|----|------------|----------------|--------|
| ile | 1 | 5 | AT S. C | |
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Self-Improvement

Introduction to Academic ESL I

Introduces the first in a series of three courses designed to prepare non-native English speakers for the ESL certificate program. Utilizes the corpus of 500–600 words. Focuses on fluency in conversation, reading and writing, and vocabulary development. **Instructor: N. Bartels,** 24 hours.

| NC 108-01 | MW | June 9–July 30 Location: SWC Main | 3:30–5 p.m. Campus, Room 1601 | No Fee |
|-----------|-----|--|----------------------------------|--------|
| NC 108-E1 | TTh | June 10–Aug. 5 No Class: 7/3 Location: Chula Vista 389 Orange Ave., Chu | | No Fee |

Introduction to Academic ESL II

Second in a series of three courses designed to prepare non-native English speakers for ESL certificate program. Utilizes the corpus of 600–1000 words. Focuses on fluency in conversation, reading and writing and vocabulary development. **Instructor: N. Bartels,** 24 hours.

| NC 109-60 | MW | June 9–July 30 Location: SWC Main | 5:10–6:40 p.m. Campus, Room 1601 | No Fee |
|-----------|-----|--|-------------------------------------|--------|
| NC 109-E1 | TTh | June 10–Aug. 5 No class: 7/3 Location: Chula Vista 389 Orange Ave., Chu | , | No Fee |

Introduction to Academic ESL III

Third in a series of three courses designed to prepare non-native English speakers for ESL certificate program. Utilizes the corpus of 1000–1500 words. Focuses on fluency in conversation, reading and writing, and vocabulary development. **Instructor: N. Bartels,** 24 hours.

| NC 110-60 | MW | June 9–July 30 | 6:45–8:15 p.m. | No Fee |
|-----------|-----|-------------------------------------|----------------------|--------|
| | | Location: SWC Mai | in Campus, Room 1601 | |
| | | | | |
| NC 110-E1 | TTh | June 10–Aug. 5 | 6:15–7:45 p.m. | No Fee |
| | | No class: 7/3 | | |
| | | Location: Chula Vis | ta Public Library | |
| | | 389 Orange Ave., Chula Vista, 91911 | | |

Home Safety for Older Adults

Most accidents occur in the home. Learn ways to make all areas of the home safer and more secure. Class includes safety factors and recommendations, most common home injuries and problems, fall prevention tips, disaster kits, and security measures. Instructor: J. Acosta, 6 hours.

| NC 1-E1 | W | June 11–July 2 | 10 a.mNoon | No Fee |
|---------|---|----------------------|--------------------|--------|
| | | No class: 6/25 | | |
| | | Location: ELM CBAS | | |
| | | 1220 Elm Avenue, Imp | erial Beach, 91932 | |



Organize Your Life and Have More Time for Fun

Learn to organize your life so you have time to do the things you really want to do. Discover how to have more quality time by learning how to organize paperwork, clutter, and finances. Covers techniques for overcoming procrastination. **Instructor: J. Acosta.** 12 hours.

| NC 1015-E1 | W | July 9–Aug. 6 | 10 a.m.–Noon | No Fee |
|------------|-----|-----------------------|------------------------|--------|
| | | Location: ELM CBAS | | |
| | | 1220 Elm Avenue, Imp | erial Beach, 91932 | |
| NC 1015-E2 | Sat | June 12–July 26 | 8:30 a.m.–12:30 p.m. | No Fee |
| | | Location: Seniors on | Broadway | |
| | | 845 Broadway, Suite 1 | 05, Chula Vista, 91911 | |

Personal Development for Older Adults

Designed to develop and enhance the emotional and/or psychological well-being in the older adult. Topics will include: coping with the loss of significant others, disability and limited independence, loneliness, developing personal strength, confidence and assertiveness. **Instructor: D. Flores,** 35 hours.

| NC 37-E1 | TTh | June 10–Aug. 7 | 1–3 p.m. | No Fee |
|----------|-----|----------------------|---------------------|--------|
| | | No class: 7/3 | | |
| | | Location: Casa Pac | cifica | |
| | | 1424 30th Street, St | e. C, San Diego, 92 | 154 |

Art, Music and Crafts

Art Therapy

Focuses on the use of art as a therapeutic process for older persons in an institutional setting. A variety of art media to promote self-expression, develop coping skills, combat depression, improve mental and emotional status, and improve overall quality of life will be used. **Instructor: D. Davis,** 12 hours.

| NC 1053-E1 | W | June 11–July 23 No Class: 7/2 Location: ARC of San 1280 Nolan Ave., Chula | 0 | No Fee |
|--------------------------|----|--|---|---------------------------|
| NC 1053-E2 | Th | June 26–July 24 No class: 7/3 Location: Casa Pacific 1424 30th Street, Ste. (| | No Fee |
| NC 1053-E3 NC 1053-E4 | | June 10–27 July 8–25 Location: George Gler 280 Saylor Dr., Chula V | 1:15–3:15 p.m. 1:15–3:15 p.m. nner Alzheimer Family C /ista, 91910 | No Fee No Fee enter |
| NC 1053-E5 NC 1053-E6 | | June 10–27 July 8–25 Location: Highlander A 2525 Highland Ave., Na | 9–11 a.m. 9–11 a.m. Adult Day Health Care C ational City, 91950 | No Fee No Fee enter |
| NC 1053-E7 | TW | June 10–18 Instructor: T. Treter Location: Casa Pacific | | No Fee |



Tai Chi

Tai Chi (or taiji) is a slow, non-contact exercise stressing balance, coordination, and flexibility. Taught all over the world and practiced as a health exercise, it is very popular with people of all ages. **Instructor: S. Evans,** 24 hours.

| NC 32-E1 | Т | June 10–July 29 | 1:30–4:30 p.m. | No Fee |
|----------|-----|---------------------|-------------------------|--------|
| NC 32-E2 | Sat | June 14–Aug. 2 | 9 a.m.–Noon | No Fee |
| | | Location: Veterans | Home | |
| | | 700 E. Naples, Bldg | . F, Chula Vista, 91911 | |



Body Dynamics and Aging Process

Instruction and conditioning for the maintenance of physical well-being. The course will focus on deep breathing, circulation, flexibility, stamina, body awareness and rhythmic movements. Techniques are adapted for older adults. **Instructor: J. Acosta**, 32-34 hours.

| .m. No Fee |
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| 91911 |
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Strength Training for Older Adults

This training is specifically designed for older adults. Students can stand or sit while exercising. Strength training exercises will enhance and promote strength and balance skills, trunk, abdominal, back strength, mobility and agility skills and awareness of proper body alignment and mechanics. **Instructor: A. Solis**, 25 hours.

| NC 99-E1 | MWF | June 9–Aug. 6 | 8–9 a.m. | No Fee |
|----------|-----|-------------------------|----------------------------|----------|
| | | No class: 7/4 | | |
| NC 99-E2 | MWF | June 9–Aug. 6 | 9:30–10:30 a.m. | No Fee |
| | | No class: 7/3 | | |
| | | Location: St. Charles | Church Parish Hall | |
| | | 990 Saturn Blvd., San I | Diego, 92154 | |
| | | Limited space-registrat | tion ends on the first day | of class |





College for Mins Summer 2014

SESSION 1: JUNE 16–26, 2014 Monday-Thursday Period 1: (1:30–2:55 p.m.) Period 2: (3:05–4:30 p.m.)

SESSION 2: JULY 7-JULY 17, 2014

Monday-Thursday Period 1: (1:30-2:55 p.m.) Period 2: (3:05-4:30 p.m.)

For more information call: Continuing Education (619) 482-6376

www.swccd.edu/~cfk

Career and Professional Development

Make Extra Income as a Wholesale Auto Dealer from Home

Come learn how to supplement your income by buying and selling wholesale cars as a home-based business. You will learn how and where to buy at wholesale price and eight selling ttechniques that create profit and cash flow. Learn how to get your auto dealer license in 15 days. Find out how and where to buy below wholesale prices and how to sell at retail prices. You will get a free list of 400+ dealer-only auctions in the USA where automobiles are sold below wholesale. This class is DMV approved. You will receive a DMV certificate of completion after you complete and pass the class exam. Benefits of a dealer license include dealer plates for vehicles that can be used for business and pleasure, auto parts and service at wholesale prices and sales tax exempt, ability to travel and do business in every state, import and export opportunities, and tax deductions

Instructor: Wayne Williams, 7 hours. Room 1620

| CS 257-60 | WTH | June 18–19 | 6–9:30 p.m. | Fee: \$85 |
|-----------|-----|--------------------|---------------------------|-----------|
| | | \$20 materials fee | paid in class (cash only) | |

You're on the Air, How to Really Make it in Voice-Overs

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, videos, one would think that it would be next to impossible to break into this field. Not so! In this class, you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full- or part-time business! Instructor: Jon St. John, 2 hours. Room 1685B

| CS 148-60 W June 11 /-9 p.m. Fee: | CS 148-60 | W | June 11 | 7–9 p.m. | Fee: \$45 |
|-----------------------------------|-----------|---|---------|----------|-----------|
|-----------------------------------|-----------|---|---------|----------|-----------|

California State Notary Public Seminar

The demand for professional notaries in California is growing! Join this dynamic profession in high demand within the fields of finance, real estate, business, and law. Increase your employment skills and learn how to better protect your employer's business. This class will provide the new or previously commissioned notary public with the education and skills to pass the state examination, detect fraud, and become successful in a new career. The exam is optional and may be cancelled if the minimum required to participate is not met. If you are interested in taking the exam, please bring a check payable to the Secretary of State, together with required identification: either a California driver's license or California ID. You must not have had a felony conviction to take this exam. **Instructor: Thomas Peavyhouse,** 7 hours. Room 1682

| CS 14-50 | Sat | July 26 | 8 a.m.–4 p.m. | Fee: \$75 |
|----------|-----|-------------------|-------------------------|-----------|
| | | \$45 materials fe | e paid in class | |
| | | Optional State | exam scheduled 4-5 p.m. | |
| | | for an addition | al \$40 fee. | |

Loan Signing—Notary Public Seminar

The California real estate industry is in need of Notary Public Loan Signing Specialists. This course will provide students with information on the duties and responsibilities of both the Notary Public and the Loan Signing Specialist, which will enable students to acquire the essential knowledge and skills to be successful in this career field. After completing the course, students will be able to identify and understand the different types of loan documents with sufficient knowledge to explain them to the client, if requested. The course will conclude with an open book final exam, proctored by the instructor.

Instructor: Thomas Peavyhouse, 7 hours. Room 1682

| CS 143-50 | Sun | July 27 | 9 a.m.–5 p.m. | Fee: \$75 |
|-----------|-----|------------------------------|---------------|-----------|
| | | \$70 materials fee paid in c | lass | |

Work at Home as a Medical Transcriptionist

Demand for medical transcriptionists is soaring! Join a field that pays well and gives you the flexibility of working at home, in a medical office, or in a hospital. Learn proven strategies for where best to learn medical transcription, how to market your business, grow a client base, equipment, software, transcription machines and electronic transfers, working for a service and much more. **Instructor, Deborah Burns**, will share her many years of experience as a business owner in this exciting introduction to the field of medical transcription. 3 hours. Room 1683

| CS 51-60 | Th | July 31 | 6:30–9:30 p.m. | Fee: \$40 |
|----------|----|-------------------|-----------------|-----------|
| | | \$20 materials fe | e paid in class | |

Financial Planning

NEW! We Spent How Much Money on What?

"How come we always have too much month at the end of the month?" If you find that you are asking yourself this question far too many times, you need to attend this seminar! Bring your checkbook or monthly bank statement. You will create a cash flow statement and a net worth statement for your household. It is a simple and easy–and often somewhat uncomfortable–process. These two personal financial statements will help you assess where you are financially and assist you in setting financial goals for the future. Most importantly, they will allow you to see just where your money goes each month.

Instructor: William Greenwald, 3 hours. Room 227

| CS 267-60 | Μ | June 16–23 | 7–8:30 p.m. | Fee: \$30 |
|-----------|-----|------------|-------------|-----------|
| 00 201 00 | 111 | | 7 0.00 p.m. | 1 00. 000 |

NEW! Overview of Investments

Are you bewildered by the endless offerings and incomprehensible jargon from the investment industry? This gentle overview of investments will help you find your way and get you started in the right direction. In clear and plain language, we will introduce and review the major types of investments available to the general public. Topics include: real estate, stocks, bonds, mutual funds, short-term "cash" instruments, and other investment alternatives. Don't worry, we start from the very beginning with the most important question of all, "What is an investment?" Instructor: William Greenwald, 6 hours. Room 662

| CS 260-60 | Μ | July 14–Aug. 4 | 7–8:30 p.m. | Fee: \$50 |
|-----------|---|----------------|-------------|-----------|
|-----------|---|----------------|-------------|-----------|

Southwestern College - Online e-Learning Healthcare Courses!

Southwestern College announces the availability of our new online e-learning healthcare courses from Health Ed Today!

These courses are interactive and provide students with an enriched learning experience which includes:

- 24-hour-a-day instructor support & course mentors
- engaging labs, student exercises and course videos
- all textbooks, workbooks and student materials
- a new "Secure Student Website" including career resources & other training
- certain programs include clinical externships!

All students will have access to a secure "Student Portal" website which includes:

- Career building exercises, resume writing tips, interview techniques, etc.
- Career mentors there to help students take the next step in their career!
- Other skills training including lifelong learning skills, healthcare review, etc.

For additional information, please contact Southwestern College toll free at **1-888-963-5967**. Visit us online at **http://www.healthedtoday.com/SWC** to experience a Course Demo and these exciting new programs! Ask us about national or state certification and clinical externship opportunities through these courses!

The Health Ed Today courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International.



PEARSON

Pharmacy Technician / Student Tuition: \$1,299

This comprehensive course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Course content includes pharmacy medical terminology, pharmacy calculations, reading and interpreting prescriptions, defining generic and brand names drugs and much, much more! Program also includes an optional clinical externship at a local healthcare provider!

Clinical Medical Assistant Program / Student Tuition: \$2,499

This program prepares students to assist physicians by performing functions related to the clinical aspects of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, pharmacology, taking and documenting vital signs, technical aspects of phlebotomy, the 12-lead EKG and the cardiac life cycle. Program also includes an optional clinical externship at a local healthcare provider!

EKG Technician / Student Tuition: \$1,299

This EKG Technician Program prepares students to perform EKG's. This course will include information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography, and stress testing. A highly interactive course!

Living Trust—Family Inheritance

In this three-hour seminar you can learn how to protect your assets so they go directly to your family and not to costly attorney fees! Proper planning is essential for anyone who owns a home, has a spouse, children, or dependents. Learn how living trusts work and can help your family avoid probate. Find out how to preserve and monitor assets and how a trust can also serve as a tax shelter for large estates. Insight on the value of Durable Powers of Attorney will be explained.

Instructor: Lisa J. Frisella, J.D., is an attorney and estate planner practicing exclusively in the areas of wills and trusts, trust administration, probate and charitable giving. 3 hours. Room 1685A

| CS 68-50 | Sat | June 7 | 9 a.m.–Noon | Fee: \$35 |
|-----------|-----|--------|-------------|-----------|
| CS 68-50F | Sat | Aug. 9 | 9 a.m.–Noon | Fee: \$35 |

Art, Music & Crafts

Japanese Ikebana Floral Arrangements—Rising Form (Round)

Introduction to Japanese Ikebana (flowers kept alive) floral arrangements—rising form. The rising form expresses the beauty of the rising appearances of the materials that are grouped at the center of the container. The course will explore principles and techniques of Ikebana, distinguish Ikebana from simpler decorative approaches, and help the students to develop the aesthetics to appreciate its asymmetrical form and use of "empty" space as an essential feature of composition. Japanese Ikebana floral arranging is a challenging and enjoyable western art form. Low-round containers will be used. **Instructor: Chuc T. Hoang**, 3 hours. Room 1801

| CS 253-50 | Sat | June 21 | 8:30–11:30 a.m. | Fee: \$35 |
|-----------|-----|----------------------------------|--------------------|-----------|
| | | \$30 materials fee paid in class | | |
| | | Students must bring g | | |
| | | and a small bucket/co | ontainer to class. | |



Mosaic Art

Students will learn basic techniques needed to construct mosaic art works including the selection of appropriate materials, cutting and breaking selected materials, aesthetic arrangement of materials through the study of basic elements and principles of design, adhering mosaic materials to flat and three-dimensional surfaces, grouting, and cleaning finished projects.

Instructor: Bernadette Mingus, 15 hours. Room 754

| CS 242-50 | Sat | July 12 & 26 | 9 a.m.–2 p.m. | Fee: \$70 | |
|-----------|-----|----------------------------------|---------------|-----------|--|
| | Th | July 17 | 8 a.m.–1 p.m. | | |
| | | \$20 materials fee paid in class | | | |

Self-Improvement

Release the Past and Get on with Your Life!

Is your past keeping you from living the life you desire? Do you feel like you are ready for the "next step" but you can't seem to take it or even know what it is? If so, there are quite possibly old feelings, beliefs or thoughts that need to be released! During this course, you will learn three key criteria for you to begin to empower and jump-start your life right now. Discover what it really means to "let go of the past" and how the gift of forgiveness plays an important role. This course is especially powerful for those who do or have ever felt trapped by the circumstances of their life or relationships.

Instructor: Nancy Pabers, Ph.D., has led more than 100 self-development workshops, hosted KCEO am 1000 Radio's show-Practical WooWoo... the Art & Science of YOU, and is a practitioner in the Healing Arts and a licensed Heal Your Life® instructor. 4 hours. Room 1685B

| CS 205-50 | Sat | June 7 | 10 a.m.–2 p.m. | Fee: \$55 | |
|-----------|-----|---|----------------|-----------|--|
| | | Prior to class, please visit: www.practicalwoowoo.com | | | |
| | | for additional class | s information. | | |

How to Apply for College Scholarships

Want free money for college? Scholarships tend to be awarded to students who know where and how to locate appropriate resources. This workshop is designed to give you the best chance of winning free money by developing an understanding of the What, Where, and How to apply for scholarships. You will learn application tips, information, and preparation to maximize your opportunity of becoming a scholarship recipient.

Instructor: Shoua Thao, 3 hours. Room 227

| CS 244-50 | Sat | June 7 | 9 a.m.–Noon | Fee: \$25 |
|-----------|-----|---------|-------------|-----------|
| CS 244-51 | Sat | July 26 | 9 a.m.–Noon | Fee: \$25 |

Write an Award Winning College Scholarship Essay

Write award winning essays for college scholarships! Learn how to help your college-bound teen write effective college scholarship essays and lessen essay composition roadblocks. Learn what scholarship committees look for in a scholarship essay. This workshop will assist your teen on how to craft captivating essays to showcase goals, accomplishments, and challenges. Students are encouraged to bring their scholarship essays to participate in peer group review. Join this class and enhance your chances for retrieving extra funds for tuition and books. Instructor: Shoua Thao, 3 hours. Room 1602

| CS 245-50 | Sat | June 21 | 9 a.m.–Noon | Fee: \$25 |
|------------|-----|---------|-------------|-----------|
| CS 245-50F | Sat | Aug. 9 | 9 a.m.–Noon | Fee: \$25 |

Constitutional Law: Civil Liberties—Search & Seizure

Learn your Constitutional rights when the police want to search you. Course will cover the law regarding vehicle searches, vehicle inventory inspections, and checkpoints. Course will also cover searches of the person, e.g. Terry Stops and Wingspan rule, as well as the search of the home. A search by the police usually requires consent or probable cause. This course is designed to inform you of your Constitutional rights regarding searches by government agents. Instructor: Robert Montano, 3 hours. Room 1620

| CS 274-50 | Sat | July 26 | 9 a.m.–Noon | Fee: \$25 |
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|-----------|-----|---------|-------------|-----------|

Constitutional Law: Civil Liberties—Police Interrogations & Your Right to Remain Silent

The course is taught in law school format by an attorney. You will learn your Constitutional rights that apply when the police want to question you. The course covers the U.S. Constitution and case law regarding the following: the 5th Amendment right not to incriminate yourself, the 6th Amendment right to have an attorney present during interrogation/questioning and when these rights are triggered. The course also covers the legal history of the right to remain silent. Instructor: Robert Montano, 3 hours. Room 1620

| CS 167-50 | Sat | July 12 | 9 a.m.–Noon | Fee: \$25 |
|-----------|-----|---------|-------------|-----------|
|-----------|-----|---------|-------------|-----------|

Wellness and Fitness

Transformational Meditation

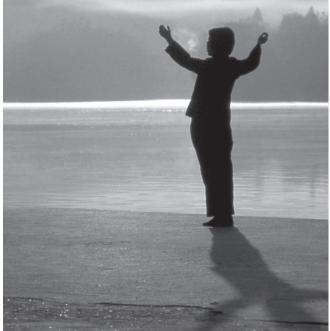
Scientific research indicates that a number of positive health benefits can be derived from meditation. Among these benefits are: stress reduction, lowered blood pressure and overall improved physical and mental health. Proper meditation and breathing techniques help enhance physical, emotional, and mental well being. **Instructor: Marti, 8** hours. Room RCT1 (1010)

| CS 182-01 | M-Th | June 9–19 | 4–5 p.m. | Fee: \$85 |
|-----------|------|-----------|----------|-----------|
| | | | | |

Vinyasa Yoga

Covers Hatha Yoga Style. Yoga is the ancient holistic system of harmonizing body, heart and soul. It is a safe non-competitive environment that will guide the beginning to advanced students through the postures of yoga. Increases flexibility, releases muscular tension, prevents injuries, and improves body awareness, and self-confidence. Students will need to bring their own exercise mat, towel and water bottle. **Instructor: Marti,** 12 hours. Room RCT1 (1010)

| CS 183-01 | M-Th | June 9–26 | 12–1 p.m. | | Fee: \$85 |
|-----------|------|-----------|-----------|---|-----------|
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| CS 17-50 | Sat | June 7 | 8 a.m4 p.m. | Fee: \$40 |
|-----------------------|-----|---------|-------------|-----------|
| CS 17-51 | Sat | June 21 | 8 a.m4 p.m. | Fee: \$40 |
| CS 17-53 | Sat | July 26 | 8 a.m4 p.m. | Fee: \$40 |
| CS 17-50F | Sat | Aug. 9 | 8 a.m4 p.m. | Fee: \$40 |
| Spanish: CS 17-52S | Sat | July 12 | 8 a.m4 p.m. | Fee: \$40 |

Southwestern College is certified as an official Traffic Violator School (TVS) available to individuals who have received a traffic citation. If you have been referred to a TVS by the court, you may void the citation from your driving record and protect your current insurance rate by attending a DMV-approved Traffic Violator School. You must be on time and remain for the entire 8-hour program to qualify for the certificate of completion.

Instructors: Charles Pugsley, Philip Ochoa, Paulino Leon. Room 662.



RN First Assistant - RNFA Program



PRESENTED BY: The National Institute of First Assisting, Inc. (NIFA®) in partnership with the Southwestern College in San Diego California.

NATIONAL STANDARDS: RN First Assistant (RNFA®) program meets all national AORN Standards for RN First Assistant Education Programs (December 2013 Association of periOperative Registered Nurses) and has been accepted by the Competency Credentialing Institute (CCI®) since 1998. RNFA curriculum is recognized by all 50 state nursing boards.

ELIGIBILITY

RNs: Registered Nurses who qualify for the program must be CNOR or CNOR-eligible and must:

- Have a current unrestricted RN license.
- Be currently working full-time or part-time in perioperative nursing in the area of nursing education, administration, research or clinical practice.
- Have completed a minimum of 2 years and 2,400 hours of experience in perioperative nursing, with a minimum of 50% (1,200 hours) in the intraoperative setting.
- RNs must submit proof of CNOR certification prior to graduating from the program.

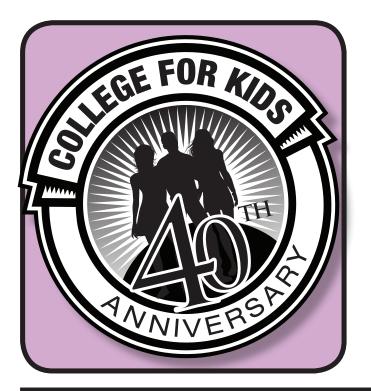
APRNs: Board-certified or board-eligible Advance Practice Registered Nurses qualify for the program and the CNOR experience clause is waived. APRN's must submit proof of national certification prior to graduating from the program.

AREA OF STUDY Operating room nursing skills and knowledge and Registered Nurse First Assistant scope of practice, surgical skills and the perioperative care of patients to achieve optimal outcomes.

Contact NIFA at 1-800-922-7747 Mon.–Thurs. 7:30–5:00, Fri. 7:30–5:00 MST

Visit **www.RNFA.org** or email: **info@NIFA.com**

Jennifer Curran RN, CNOR, CRNFA Dean Parsons RN, CNOR, RNFA See NIFA on the front page of www.AORN.org



CARSONDUNLOF

Carson Dunlop and Southwestern College Continuing Education Program have formed a strategic partnership to offer a career home inspection training program.

The comprehensive 10-course certificate program is available through distance learning. Content is delivered in a highly visual and easy to understand format. The program is focused on practical applied technical knowledge, providing a solid foundation for success in the home inspection field.

www.carsondunlop.com/education/us/ SouthwesternCollege



SOUTH COUNTY

CAREER CENTER A Division of the San Diego Workforce Partnership, Inc.

South County Career Center 619-628-0300 1111 Bay Blvd., Suite E Chula Vista, CA 91911-2692 Need assistance? Looking for a good job? Need help making a résumé? Interested in changing careers? Want to upgrade your skills or perform career research?

Come to the SOUTH COUNTY CAREER CENTER

Receive support and valuable resources at no cost!

The South County Career Center also offers more than 60 computers, copy machines, fax, phone room, and free e-mail.

Experienced, friendly staff are available to assist you.

Crown Cove Aquatic Center Safety Afloat

5000 Highway 75 • Coronado, CA 92118

All classes held at the Crown Cove Aquatic Center on the Silver Strand State Beach. To register for classes listed below, please call (619) 429-1669.

Pediatric Basic Life Support and First Aid

Provides individuals with the knowledge and skills necessary to prevent, recognize, and provide basic care for respiratory and cardiac emergencies in adults, children and infants. Follows the American Heart Association (AHA) Basic Life Support (BLS) guidelines. 8 hours.

| NC 1022-E1 | Sat | July 5 Instructor: J. Araiza | 8:30 a.m.–5 p.m. | No Fee |
|------------|-----|---------------------------------|--------------------------|--------|
| NC 1022-E2 | Sat | Aug. 2 Instructor: R. Medigo | 8:30 a.m.–5 p.m. vich | No Fee |

Required textbook must be brought to class: Heartsaver Pediatric First Aid Health & Safety Student Workbook (available in the SWC bookstore). Successful completion of a written and psychomotor test is required to receive course completion certificate. American Heart Association (AHA) certificate is \$20. Please bring a self-addressed stamped envelope to class to have the certificate mailed to you.

First Aid For Public Safety Personnel—Title 22

Contains first aid skills for public safety personnel as a first responder to provide initial care regardless of the emergency. Course is divided into four units: first responder assessment, specific injuries, muscle and bone injuries, and medical emergencies. Meets the skill and knowledge requirements of Title 22 of the California Code. **Instructor: W. Price**, 16 hours.

NC 15-E1 MTWTh June 23–26 5:30–9:30 p.m. No Fee

Oxygen Administration for the Professional Rescuer

Provides the student with the knowledge and skills necessary to provide care to victims of respiratory emergencies, by using breathing devices such as suction, oral and airway adjuncts, resuscitation masks, bag-valve masks, and supplemental oxygen. Follows both the American Red Cross and the National Safety Council (Green Cross) guidelines. **Instructor: W. Price**, 3 Hours.

| NC 1014-E1 | Т | June 17 | 5:30–8:30 p.m. | No Fee |
|------------|---|---------|----------------|--------|
|------------|---|---------|----------------|--------|

Ocean Lifeguarding For Recreation Assistants

Provides supplemental training to the student desiring to work as an ocean lifeguard or recreational assistant. Focuses on the skills and knowledge necessary to prevent and respond to emergencies in an ocean, bay, or beach environment. Emphasizes instruction on maintaining a safe aquatic environment, demonstration of manipulative skills, injury prevention, facility surveillance, patron surveillance, and ocean rescue techniques. **Instructor: W. Price**, 8 hours.

NC 106-E1 Sat June 28 8:30 a.m.-5:00 p.m.

Basic First Aid and Adult CPR

Designed to prepare individuals to recognize and treat injuries and sudden illnesses. Meets the requirements for basic first aid and adult CPR in the workplace. 8 hours.

| NC 40-E1 | Sat | June 28 | 8:30 a.m.–5 p.m. | No Fee |
|-----------|-----|---------------------|----------------------------|--------|
| NC 40-E2 | Sat | July 19 | 8:30 a.m.–5 p.m. | No Fee |
| | | Instructor: Dan Ha | awley | |
| | | Location: Crown | Cove Aquatic Center | |
| 110 10 50 | - | | | |
| NC 40-E3 | Th | June 19 | 8:30 a.m4:30 p.m. | No Fee |
| NC 40-E4 | Th | July 17 | 8:30 a.m4:30 p.m. | No Fee |
| | | Instructor: Dan Ha | awley | |
| | | Location: City of | Chula Vista Public Works, | |
| | | 1800 Maxwell Rd., | Chula Vista, 91911 | |
| NC 40-E5 | М | June 9 | 8:30 a.m4:30 p.m. | No Fee |
| NC 40-E6 | Μ | July 14 | 8:30 a.m.–4:30 p.m. | No Fee |
| | | Instructor: W. Pric | e . | |
| | | Location: County | of San Diego Forensic Cent | er, |
| | | | . Suite 101, San Diego, 92 | |
| | | | | 120 |

Required textbook must be brought to class: **Heartsaver First Aid, CPR, AED** (available in the SWC bookstore). American Heart Association course completion certificate is \$20. Please bring a self-addressed stamped envelope to class to have the certificate mailed to you.

Basic Life Support (BLS) Instructor

Designed to advance the Basic Life Support (BLS) provider to the position of American Heart Association instructor. Teaches the instructor candidate the components and delivery of cognitive and psychomotor skills training used for BLS training. **Instructor: D. Cawthon**, 16 hours.





Provides the professional rescuer with the knowledge and skills to provide Basic Life Support (BLS) to a victim in an emergency. Necessary for anyone wishing to

become a BLS instructor. Follows the guidelines of both the American Red Cross and the American Heart Association. 8-9 hours.

| NC 1007-E1 | Sat | June 14 | 8:30 a.m.–6 p.m. | No Fee |
|------------|-----|----------------------|-------------------------|--------|
| NC 1007-E2 | Sat | July 12 | 8:30 a.m.–6 p.m. | No Fee |
| NC 1007-E3 | Sat | July 26 | 8:30 a.m.–6 p.m. | No Fee |
| | | Instructor: D. Hawle | ey | |
| | | Location: Crown Co | ve Aquatic Center | |
| | | | | |
| NC 1007-E4 | Т | June 10 | 8 a.m4:30 p.m. | No Fee |
| NC 1007-E5 | Т | July 15 | 8 a.m4:30 p.m. | No Fee |
| | | Instructor: W. Price | | |
| | | Location: County of | San Diego – Forensic C | enter |
| | | 5570 Overland Ave., | Ste. 101, San Diego, 92 | 123 |

Components include one-and two-rescuer CPR and foreign body airway obstruction (FBAO) in adults, children, and infants. Bag-valve-mask (BVM) and Automated External Defibrillation (AED) also included. Successful completion of a written test is required to receive a course completion certificate. Required book: **BLS for the Healthcare Provider**, (available at the SWC bookstore). American Heart Association (AHA) course completion certificate is \$20. Please bring a self-addressed stamped envelope to class to have the certificate mailed to you. Follows the guidelines of the AHA.

Lifeguard Training

Provides students with skills and information which will help them effectively prevent, recognize, and respond to aquatic emergencies including in-and-out of water skills, CPR for professional rescuer, first aid, open water experience, and cardiovascular and swim conditioning elements. Certifications include American Red Cross Lifeguard Training. (Includes First Aid and CPR/PRO.)

Instructor: W. Price, 36 hours.

| NC 70-01 | Sat Sun F Sat Sun | June 14 June 15 June 20 June 21 June 22 | 8:30 a.m 5 p.m. 8:30 a.m 5 p.m. 5:30 - 9:30 p.m. 8:30 a.m 5 p.m. 8:30 a.m 5 p.m. | (Pool, SWC Main Campus) (CCAC) (CCAC) (Pool, SWC Main Campus) (Pool, SWC Main Campus) |
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Southwestern College Customized Training Program



Let us partner with your company in improving your "greatest investment" — your employees & sustainable productivity.

SWC provides high quality instruction via customized training in key aspects of workforce development through:

- Customer Service
- English for the Workplace
- Diversity Management

In addition to these competitively priced services -

- Personally meet with leadership to discuss training needs
- Bring training to your location and at your convenience

Contact Continuing Education at (619) 482-6376



900 Otay Lakes Road, Chula Vista, 91910 619-421-6622

Staff

The Tennis Center offers various programs for Juniors and Adults through group clinics and also private instruction. All SWC Tennis related classes, clinics, instruction and other activities have priority on courts at all times. Courts are available for use when no classes or activities are scheduled. On-site registration at the Tennis Center for classes. Flyers are available at the Tennis Center for each program. Check out the SWC Women's Athletics page for more information on Coach Reasons and the Intercollegiate Tennis Program at **www.swccd.edu**.

Susan Reasons, SWC Tennis Center Director, SWC Head Women's Intercollegiate Tennis Coach, B.A. Physical Education, California Community College Teaching Credential, SWC Exercise Science Tennis Instructor, PTR Certified. Southwestern College Athletic Department Hall of Fame Coach.

Please call Coach Susan Reasons at **619-421-6622 or email susanreasons@ yahoo.com** for registration information on specific dates and times of classes listed. Registration at Tennis Center office only.



Beginning/Advanced Beginning Junior Training Program (Ages 7–15)

Basic skill introduction. To include ground strokes, positioning, footwork, and introduction to serving and ball tossing. Development of hand-eye coordination. Physical conditioning included. **Instructor: Susan Reasons**, 1.5 hours per week.

| Т | 4:30–6 p.m. | Fee: \$65 | (4-week session) |
|---|-------------|-----------|------------------|
| W | 4–5:30 p.m. | Fee: \$65 | (4-week session) |

Intermediate/Advanced Intermediate Junior Training Program (Ages 7–17)

Focuses on more development of groundstrokes to include consistency and placement. Development of consistency and placement of serves from the baseline. Rallys from mini-tennis court areas and basic games, as well as introduction of volleys. Footwork and conditioning included. **Instructor: Susan Reasons**, 2 hours per week.

| Μ | 4:30–6:30 p.m. | Fee: \$85 | (4-week session) |
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Advanced Intermediate/Advanced Junior Training Program (Ages 9–17)

Further growth with rallying of full court with groundstrokes. Using serves to start games, addition of scoring, and net game improvement to include volleys, overheads, and approach shots. Game playing of singles and doubles. Basic strategy, court positioning. Foot work and conditioning included. **Instructor: Susan Reasons**, 2 hours per week.

W 5:30–7:30 p.m. Fee: \$85 (4-week session)

Adult Advanced Beginning/Intermediate (Ages 18 and up)

Instruction through instructor fed drills and ball machine use. Including ground strokes, serves, return of serve, volleys, overheads, rules and strategy. **Instructor: Susan Reasons, 1**.5 hours per week

Fee: \$65

M 6:30–8 p.m.

(4-week session)

Private instruction is also available for Juniors and Adults through the Tennis Center.

ed2go Online Classes



<u>Career Training</u> Programs

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace

• IT and Software Development

• All materials, workbooks, and

software are included

and self paced

Courses are all open-enrollment

Programs are available in the following areas:

- Business and Professional
- Healthcare and Fitness
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial
 - and Industrial Payment plans available

Chartered Tax Professional for California Residents

The California Chartered Tax Professional Online Certificate Program will help you become qualified as a California Tax Preparer through the California Tax Education Council (CTEC). The California Chartered Tax Professional Certificate Program is composed of six modules in Federal income tax preparation, plus a California supplement. After successfully completing the first two Federal programs and the California lessons in the California CTP Certificate Program, you'll be qualified to prepare individual tax returns for almost all U.S. and California taxpayers. This online certificate program is offered in partnership with major colleges, universities, and other accredited education providers.

Payroll Practice and Management

If you want to become a payroll specialist or update your skills, take the Payroll Practice and Management Online Training Program. The program will provide the training you need, and it will also help prepare you for the Certified Payroll Professional (CPP) test given by the American Payroll Association. This online certificate program is offered in partnership with major colleges, universities, and other accredited education providers.

Digital Arts Certificate

The Digital Arts Online Training Program will help you develop technical skills and creative artistry in digital imaging, traditional drawing, and digital illustration. You'll learn professional applications for Adobe Photoshop and Illustrator alongside traditional materials like pencil and charcoal. Course projects include retouching, compositing, digital illustration, and still life drawing.

This online certificate program is offered in partnership with major colleges, universities, and other accredited education providers.

Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. You can complete any course entirely from your home or office. Any time of the day or night.

Features:

- Courses run for six weeks
- (with a 10-day grace period at the end).
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

How to Get Started:

1. Visit our Online Instruction Center:

www.ed2go.com/swc

- 2. Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
- 3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Creating Web Pages

Learn the basics of $\ensuremath{\mathsf{HTML}}$ so you can design, create, and post your very own site on the Web.

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

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Internet and Web Design

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Computers

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| | | | Biofuel Production Operations | 400 hours | \$2,495 |
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| This comprehensive online training program will provide the practice of mediation. | you with the core sk | ills necessary for | need to work as a biofuel production operator, inspecti computer systems, and handling lab equipment. | ng and repairing equip | ment, operatir |
| Grant Writing | 300 hours | \$2,095 | Carpentry | 80 hours | \$1,395 |
| Learn to write grant proposals that get funded in this nat online training program. | ionally recognized G | rant Writing | Prepare for a career as a carpenter as you master bas read blueprints and do jobsite math, and get hands-on | | |
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| Examine the fundamental principles of nonprofit manage sibilities of a nonprofit board of directors and the manage aspects of fundraising, and become acquainted with the | ement team, discove | r the essential | Master the skills you need to become a professional a National Glass Association's Auto Glass Installer Certi | fication Exam. | |
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| Prepare for a new career as a Veterinary Assistant as yo assist the veterinarian during examinations. | | 1.1 | This program will give you the skills you need to gain e operator. | entry-level employment | as a paper mi |
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| Certified Indoor Air Quality Manager Are you a facility manager, building engineer, or health a | 16 hours | \$795 | Learn the skills you need to gain entry-level employment | ent as a power plant op | erator. |
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| to better understand how to create a healthy home or bur resolving indoor environmental problems? The Certified help you take the next step in your career. | uilding by preventing, | diagnosing, and | Learn the fundamentals of photovoltaic solar powered knowledge you'll need for an entry level position with a industry company. | | |
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Continuing Education FEE CLASS REGISTRATION FORM

PLEASE PRINT or TYPE NAME BELOW

LAST ______ FIRST _____

ADDRESS_____ CITY____ ZIP_

PHONE E-MAIL

NAME- 2ND REGISTRANT______AGE (if under 18) _____

| CLASS | NAME OF CLASS | START DATE | NUMBER OF PEOPLE | FEE |
|---|---------------|---------------|------------------------|-----|
| | | | | |
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| | | | | |
| PAYMENT METHOD: CHECK CASH TOTAL AMOUNT DUE | | | | \$ |

Signature

Date

SOC. SEC. NO. (REQUIRED TO EXPEDITE A REFUND):

Refunds: A complete refund will always be made if Continuing Education cancels a class.

- If you cancel or reschedule at least five (5) calendar days prior to the start of a class or event, you will be refunded your registration fee, less a \$5 processing fee.
- If you cancel or reschedule at least three (3) calendar days before the start of a class, you will be charged a \$10 processing fee.
- No refunds are provided to individuals who give two (2) days or less notice of cancellation.

No refunds or rescheduling will be provided once a class begins. Students who do not show up for class are not eligible for refunds or rescheduling. No refunds or rescheduling for any student who registers three (3) days before the class begins. Refunds take a few weeks to process.

Southwestern College Continuing Education 900 Otay Lakes Road, Building 660 (across from parking Lot H) Chula Vista, CA 91910-7299 Office hours: SPRING & FALL: M-F from 8 a.m. - 4:30 p.m. SUMMER: M-Th from 8 a.m. - 5 p.m.

| 2 | NONG | | PLICATI | ON | CHECK THE TERM THAT APPLIES: |
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| SOUTHWESTERN COLLEGE | 900 Otay Lakes F 619-482-6376 | | | 299 | |
| Noncredit courses ar | e funded by local and sta to establish your eligibilit | te taxes. The informat y to register in this pu | ion requested on the blicly funded class. | s application <u>remains co</u> Thank you for your assis | onfidential and is required tance. |
| | -PLEASE PRINT NEA | TLY AND DO NOT U | SE ANY NICKNAM | IES OR ABBREVIATION | NS- |
| Have you ever ta | ken a class at Southw | vestern College be | fore? NO | YES, under ID No. | |
| LAST NAME | | FIRST NAM | E | MIDDLE N | AME |
| ADDRESS (Home not acceptable) | Address Required, PO Box | CITY | | STATE | ZIP CODE |
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| PHONE () _ | | CELL() | | E-MAIL | |
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| 2. Japanese 3. Korean 4. Laotian | 7. Asian Indian 8. Other Asian 9. Guamanian | Other Pacific Islande Mexican, MexAmer, South American | Chicano 18. A | lipino merican Indian/Alaskan lack, Non-Hispanic | 22. Other-Specify:23. Declined to state24. Hispanic |
| 5. Cambodian | 10. Hawaiian | 15. Central American | 20. W | hite, Non-Hispanic | 25. Asian |
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| | MONTHS, HAVE YOU, OR I | F UNDER 19, YOUR PA | RENTS: (Check YES | or NO) | × |
| Maintained voter registra Petitioned for a divorce | ation and voted in another sta in another state? | ate? No | | If yes, indicate date If yes, indicate date | Mo./Day/Year Mo./Day/Year |
| Filed state income taxes | | | | If yes, indicate date | Mo./Day/Year |
| Attended a college or ur | niversity as a resident of anot | her state? No FAMILY INCOME | C YES : (Please Check or | If yes, indicate date | Mo./Day/Year |
| 1. \$0-\$7,500 | | 01-\$16,000 7. | \$20,001-\$25,000 | 10. \$35,001-\$40,000 | 13. \$50,001-or above |
| 2. \$7,501-\$10 3. \$10,001-\$1 | · · · · · · · · · · · · · · · · · · · | 01-\$17,000 8. 01-\$20,000 9. | \$25,001-\$30,000 \$30,001-\$35,000 | 11. \$40,001-\$45,000 12. \$45,001-\$50,000 | 14. Unknown |
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| 2 4 6 8 10 12 14 HIGH SCHOOL EDUCATION STATUS: (Please check one) | | | | | |
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DATE:_



- CalWORKs
- Career Center
- · Child Development Center
- College Police Department and Information
- Grounds
- Gymnasium
- Health Services/Campus Nurse
- Human Resources

1400

1400

2000

105D

- Information
 Institutional Research, Planning
 - 103A and Grants
- · Office Support Services
- Online Learning Support Center
 Outreach
- · Payroll Services
- 1670

1500

1900

- Planetarium
 Purchasing
 Reading Lab
- of Justice
- Languages and Literature Mathematics, Science, and

620

1400

1660

382

1651

420

Engineering Social Science and International Studies

430

340

470

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- Project Management
- Oil Refinery Operations
- Search Engine Marketing
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- Certified Indoor Environmentalist
- Pulp Mill Operations
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