



Southwestern College Schedule

Continuing Education Summer 2019

FREE Noncredit classes inside!
Featuring New Classes:
NEW! Real Life Skills

Spread the word about Southwestern College
by sharing our schedule with others.

To request this schedule in alternate media, please
call 619-482-6512 or TTY 619-482-6470

For more information visit:

www.swccd.edu/continuinged

Southwestern College Continuing Education

900 Otay Lakes Road, Building 660, Room 661, Chula Vista, CA 91910 | 619-482-6376

A Message from the Director

Welcome to Southwestern College's (SWC) Continuing Education Department, where we are committed to empowering and strengthening our diverse community to reach their goals. Whether your goals are to gain new skills, enhance your career, or for personal growth, we offer a wide variety of new and innovative programming, accessible services, and resources that will meet your needs.

In this Summer Schedule of Classes, you will find NEW noncredit courses, such as the free 10 and 30-hour OSHA courses for General Industry Standards; Self-improvement courses like Trigonometry Refresher; and Certificates of Completion for Tax Preparation/Income Tax, Basic ESL, and much more.

In addition to our noncredit offerings, you'll find our popular Fee-Based courses such as California State and Loan Signing Notary Public Seminar courses, Retirement Planning and Make Extra Income as a Wholesale Auto Dealer from Home. You may also be interested in our NEW fee-based courses such as Real Life Skills, and My Street Money TM - The Real Persons Guide to Creating Financial Peace and Security for You and Your Family.

If you are unable to attend courses on the Chula Vista campus, Higher Education Centers, or at our extension sites, then please take a look at our online Ed2Go course offerings.

Southwestern College and the department of Continuing Education look forward to becoming your primary choice for life-long learning and higher education.

Sincerely,
Myesha Jackson
Director of Continuing Education



Expand your career options!

Continuing Education offers Career and Professional Development courses in various subject areas including the courses shown below. These high-quality career based/skill building courses teach proficiency in many different areas. Our instructors have a vast amount of experience in these areas and will provide you with the knowledge you need to advance in your career or learn new job skills.

Fee-Based Courses

- Make Extra Income as a Wholesale Auto Dealer from Home
- Voice-Overs...Now is Your Time!
- California State Notary Public Seminar
- Loan Signing—Notary Public Seminar
- Online Ed2Go Courses

Noncredit Courses

- Basic ESL
- Customer Service Training
- Tax Preparation/Income Tax
- Computer Skills Training
- Family Childcare Business
- 10-hour/30-hour OSHA



**Meet the
School of
Continuing
Education &
Workforce
Development**

www.swccd.edu/continuinged

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 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 website: www.swccd.edu/continuinged

Mission Statement

Southwestern Community College District is the premier public institution of higher education in Southern San Diego County that serves a diverse community of students by providing quality academic programs, comprehensive student support services that ensure equitable access and clear pathways to student success.

Southwestern Community College District promotes learning and success to prepare students to become critical thinkers and engaged life-long learners/global citizens. The District is committed to continuous improvements through the use of data-informed planning, implementation, and evaluation.

Southwestern Community College District utilizes a variety of instructional modalities to provide educational and career opportunities in the following areas: Associate degree and certificate programs, transfer, professional, technical and career advancement, foundational skills, personal enrichment, and continuing education.

Governing Board of the Southwestern Community College District

- Roberto Alcantar, President
- Nora E. Vargas, Vice President
- Leticia Cazares
- Griselda A. Delgado
- Tim Nader
- Kindred Murillo, Ed. D., Superintendent/President

The SOUTHWESTERN COLLEGE SCHEDULE (USPS #024423) is published six times a year in November, January, March, April, May, and July by offices of Publications and Continuing Education at Southwestern College, 900 Otay Lakes Road, Chula Vista, CA 91910-7299. Periodicals Postage Paid at Chula Vista, California. Volume 13, Issue Number 4, May 2019, Southwestern College Schedule. POSTMASTER: Send address changes to Southwestern College Schedule, 900 Otay Lakes Road, Chula Vista CA 91910-7299.

Table of Contents

Noncredit Classes

- Continuing Education Certificates 5
- Career and Personal Development..... 6
- Computers..... 6
- Disability Support Services 7
- Self-Improvement 7
- Art, Music, and Crafts 8
- Family and Parenting..... 8
- Wellness and Fitness 9
- Crown Cove Aquatic Center 10
- Noncredit Class Registration Form 23

Fee-Based Classes

- Career and Personal Development..... 13
- Financial Planning..... 14
- Self-Improvement 14
- Ed2Go Online Classes/Career Training 17
- Fee-Based Class Registration Form 22

General

- Parking Information 4
- Refunds..... 4
- Registration Information 3-4
- Traffic School..... 15
- Tennis Academy..... 16

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 Title IX Administrator, at 619-482-6329. Inquiries regarding Equal Employment Opportunity and other nondiscrimination policies and procedures should be directed to the Vice President of Human Resources, 619-482-6329.

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 entitled, "Registration Information" or call 619-482-6376.

Chula Vista Campus map is located on the inside back cover.

Locations

Casa de Servicios (Villa Merced)

1188 Beyer Way, Bldg. 1168 San Diego, CA
92154-4629 619-423-1901

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

Crown Cove Aquatic Center

5000 Highway 75
Coronado, CA 92118
619-429-1669

George Glenner Alzheimer Family Center

2765 Main Street, Suite A
Chula Vista, CA 91911
619-543-4700

HHS—The Knowledge Center

5469 Kearny Villa Road, Ste. 1000
San Diego, CA 92123
858-636-3516

Higher Education Center—San Ysidro

460 W. San Ysidro Blvd.
San Ysidro, CA 92173
619-216-6790

Seniors on Broadway

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

St. Charles Church Parish Hall

990 Saturn Blvd. San Diego, CA 92154-2001
619-423-0242

St. Mark's Lutheran Church

580 Hilltop Drive
Chula Vista, CA 91910
619-427-5515

St. Paul's PACE

630 L Street
Chula Vista, CA 91911
(619) 271-7100

St. Paul's Plaza Senior Center

1420 E. Palomar Street
Chula Vista, CA 91913
619-591-0600

Youth Excellence & Success Academy at Southwestern College

COURSES AVAILABLE IN JUNE AND JULY 2019



Y.E.S. ACADEMY
Youth Excellence and Success

Southwestern College is excited to introduce the expansion of College for Kids by bringing you the **New Youth Excellence & Success (Y.E.S.) Academy this Summer 2019!** We invite you to share this opportunity with friends and family of students entering 4th–12th grade, to encourage participation in this unique college atmosphere experience. Students entering 4th–10th grade can enroll in **UCSD Sally Ride Science Junior Academy STEAM** courses and/or **College for Kids (CFK) Classic** courses. High School students entering 9th–12th grade can also participate in the program by enrolling in **SAT Prep Boot Camp**. Courses focus on students and their abilities to learn, grow, and build upon their excellence and success through a variety of courses fit for everyone.

Open to Students Entering Fall 2019 4th–10th Grade:

*Sally Ride Science Junior Academy
College for Kids (CFK) Classic
Writer's Café Lunch Supervision*

Open to High School Students 9th–12th Grade:

SAT Prep Boot Camp

Online Registration NOW OPEN! www.swccd.edu/cfk

REGISTRATION CLOSING ON THE FOLLOWING DATES:

Sally Ride Science Junior Academy STEAM courses: The Wednesday before each course begins

CFK Classic Session I: June 5, 2019 | **CFK Classic Session II:** June 26, 2019 | **SAT Prep Boot Camp:** June 8, 2019

Southwestern College Continuing Education

Continuing Education provides the opportunity for community residents to improve, upgrade, and learn new skills and knowledge. This effort responds to the need for a well-trained workforce, as well as the individual need for intellectual or cultural enrichment. Continuing Education presently includes the following three categories of instruction and services: Noncredit, Fee-Based services, and Customized Contract Education.

Noncredit Courses (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.

Fee-Based Classes (Community Service)

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.

Customized Contract Education

High-quality customized contract training services specifically tailored to the needs of the employees of businesses and organizations. Class participation is limited to the contract designees. Customized Contract Education and services are paid for by the contracting entity.

Course Description Legend

Course meeting days:

M – Monday | T – Tuesday | W – Wednesday | Th – Thursday
F – Friday | Sat – Saturday | Sun – Sunday

Example: Class meets Monday through Thursday – MTWTh
Class meets on Monday and Tuesday – MT

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

Myesha Jackson, *Director of Continuing Education and Special Projects*, 619-482-6376.

Registration Information

How to Register for a Noncredit Course

Noncredit courses are tuition-free and are subsidized by state funds. These courses require the completion of the Noncredit Application (page 23–24). Most Noncredit classes will allow on-site registration on a space-available basis. Course numbers for noncredit classes start with “NC.” You may submit a completed and signed application one of the four following ways:



By Mail

Mail a completed Noncredit application form to:
Southwestern College, Continuing Education
900 Otay Lakes Road, Building 660, Room 661
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, Room 661
Chula Vista, CA 91910-7299
Telephone: 619-482-6376 | Fax: 619-482-6402
Office Hours: M–Th, 8 a.m.–5 p.m.



E-Mail

Email your completed and signed Noncredit application to continuinged@swccd.edu

How to Register for a Fee-Based Class

To register for a Fee-based class, please use the Fee Class Registration Form (page 22). Course numbers for fee classes start with “CS.”



By Mail (Only if paying by CHECK)

Mail a completed Fee Class Registration Form and Check to:
Southwestern College, Continuing Education
900 Otay Lakes Road, Building 660, Room 661
Chula Vista, CA 91910-7299
Please do not mail cash.



In Person

Bring your completed registration form and payment to:
Southwestern College, Continuing Education
900 Otay Lakes Road, Building 660, Room 661
Chula Vista, CA 91910-7299
Telephone: 619-482-6376 | Fax: 619-482-6402
Office Hours: M–Th, 8 a.m.–5 p.m.

Returned Check Service Charge

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

Registration Information

Sign up early

Early registration 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.

Continuing Education Drop Policy

Any student who is not present on the first day of class may be dropped from the course by the instructor. After the first class meeting, any student with 3 consecutive absences from a Noncredit class without prior notice (or in the event of a short-term class, having missed 25% of courses to-date) may be officially dropped from the course. Non-attendance does not constitute an automatic withdrawal. Should a student register and be unable to attend or decide not to continue, the student must contact the instructor or the Continuing Education office immediately to be withdrawn from the course.

Class Confirmation

Please mark your personal calendar when registering for any class. You may call Continuing Education to confirm your registration (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 college.

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 email or by phone. Please be sure to provide current phone and email contact information on your application.

Refunds

A full refund will be made if Continuing Education cancels a class. If you have registered for a class and you cancel at least three (3) business days prior to the start of the class, you will receive a full refund of the class fee. You are not eligible for any refund beyond the three day period. There are no registration credits or rescheduling options available beyond the three (3) day refund period. No-shows are not eligible for a refund. A refund may take up to four to six weeks to process.

Materials Fee

A materials fee is required in a few noncredit and fee classes. Please be prepared to pay this fee at the time of registration. Cash, check, or credit card payments are accepted. Payment will not be accepted in class.

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 email or by phone.

Class Locations

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

Parking Information

All vehicles parked on campus must display a parking permit at all times. One-day parking permit dispensers are located throughout the campus (see campus map, inside back cover). The cost of the permit is \$3 and is ONLY valid on the day of purchase. 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.

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 website or department for current information, as well as for any special rules or requirements imposed.



Continuing Education Certificates

Customer Service Superior Service Series

Complete three of the free classes below and receive a Certificate of Series Completion from Southwestern College.

Customer Service: Mastering Communication

Introduces effective and positive communication that is key to customer service success. Focuses on the communication process including common barriers to effective communication. Covers verbal and nonverbal communication, as well as listening skills. Explores and provides opportunity to practice the techniques of effective communication.

Instructor: S. Rosas, 6 hours.

NC 1003-60 T June 11 & 18 6–8:50 p.m. No Fee
Location: SWC Chula Vista Campus, Room 541
 900 Otay Lakes Road, Chula Vista, 91910

Customer Service: Managing Change

Explores our natural tendencies and the tendencies of our customers to resist change in the workplace. Introduces techniques for handling change and how to introduce change to our customers. Provides practice of change management techniques.

Instructor: S. Rosas, 6 hours.

NC 1069-60 T June 25 & July 2 6–8:50 p.m. No Fee
Location: SWC Chula Vista Campus, Room 541
 900 Otay Lakes Road, Chula Vista, 91910

Customer Service: Time and Stress Management

Workplace demands efficiency and productivity. Manage our time and stress has an impact on our ability to perform above company standards. Juggle more work and changes with less time and still “keep your cool”. Explore time management techniques at work that will help you stay in balance. Be both more efficient and happier in the workplace.

Instructor: S. Rosas, 6 hours.

NC 1071-60 T July 9 & 16 6–8:50 p.m. No Fee
Location: SWC Chula Vista Campus, Room 541
 900 Otay Lakes Road, Chula Vista, 91910

Tax Preparation/Income Tax Certificate

Complete both NC 113 and NC 114 and receive a Certificate.

Tax Preparation/Income Tax Course I

Introduces Part I of a 60-hour program that teaches students how to prepare their own state and federal income tax returns and introduces them to the career field of a registered tax preparer in the State of California. Successful completion of Part I and Part II enables a student to receive a Certificate of Completion. Required text to be purchased at the Bookstore by the first day of class.

Instructor: R. Dally, 30 hours.

NC 113-60 MW June 17–July 8 5:30–9:35 p.m. No Fee
Location: SWC Chula Vista Campus, Room 662
 900 Otay Lakes Road, Chula Vista, 91910

Tax Preparation/Income Tax Course II

Introduces Part II of a comprehensive 60-hour program that covers everything students need to know to prepare correct tax returns. Emphasizes how a student will learn a marketable skill that will enable him/her to prepare taxes for other people and earn extra income. Successful completion enables the student to receive a Certificate of Completion that will make them eligible to become a registered tax preparer in the State of California. Required text to be purchased at the Bookstore by the first day of class.

Instructor: R. Dally, 30 hours.

NC 114-60 MW July 10–Aug. 7 5:30–8:35 p.m. No Fee
Location: SWC Chula Vista Campus, Room 662
 900 Otay Lakes Road, Chula Vista, 91910

Entry Level ESL

Students who have completed NC 108, NC 109 and NC 110 will receive a Certificate of Completion from Southwestern College.

Basic ESL III

Exposes English language learners to the third of three instructional levels of ESL for academic and everyday purposes. Continues activities at a novice-high level which encourage independent learning. Promotes control over students' ability to learn and engage in goal-directed behaviors. Increases English language grammar, reading, listening, conversation, and writing.

Instructor: N. Bartels, 32 hours.

NC 110-01 MW June 10–July 31 10–11:50 a.m. No Fee
Location: SWC Chula Vista Campus, Room 541
 900 Otay Lakes Road, Chula Vista, 91910

Career & Personal Development

Family Childcare Business I

Examines the process of setting up an in-home daycare business. Analysis and implementation of business plan including enrollment of children, contracts, bookkeeping, and legal considerations. Creative ways to use available space and materials for a developmentally appropriate environment.

Instructor: E. Marquez, 12 hours.

NC 1054-60 TW June 11-18 5-8:50 p.m. No Fee
Location: SWC Chula Vista Campus, **Room 561**
 900 Otay Lakes Road, Chula Vista, 91910

Family Childcare Business II

Identifies caregiver's responsibilities regarding health, safety, and nutritional needs of children. Focuses on providing a safe environment for children and procedures for dealing with illness, medications, and reporting suspected child abuse or neglect.

Instructor: E. Marquez, 12 hours.

NC 1055-60 TW June 19-26 5-8:50 p.m. No Fee
Location: SWC Chula Vista Campus, **Room 561**
 900 Otay Lakes Road, Chula Vista, 91910

Family Childcare Business III

Examines major theories in child development with an emphasis on practical application for the family childcare provider. Explores guidance techniques using negotiation, problem solving techniques, and positive reinforcement.

Instructor: E. Marquez, 12 hours.

NC 1056-60 TW July 2-9 5-8:50 p.m. No Fee
Location: SWC Chula Vista Campus, **Room 561**
 900 Otay Lakes Road, Chula Vista, 91910

Family Childcare Business IV

Provides information and practice in helping children express feelings of loss, separation, and anxiety. Examines community resources for families and children in crisis as specific resources for providers for program improvement (toy and material lending, provider support groups, field trips, free/low cost materials).

Instructor: E. Marquez, 12 hours.

NC 1057-60 TW July 10-17 5-8:50 p.m. No Fee
Location: SWC Chula Vista Campus, **Room 561**
 900 Otay Lakes Road, Chula Vista, 91910

Family Childcare Business V

Examines concept of developmentally appropriate practices as applied to home learning environment. Analysis of basic "whole child" approach to developing a curriculum for young children. Explores role of caregiver in providing an inclusive, multicultural, environment rich in diversity and acceptance of the individual.

Instructor: E. Marquez, 12 hours.

NC 1058-60 TW July 23-30 5-8:50 p.m. No Fee
Location: SWC Chula Vista Campus, **Room 561**
 900 Otay Lakes Road, Chula Vista, 91910

Computers

Introduction to Computers

Covers basic computer skills such as proper start-up and shutdown procedures; use of mouse and keyboard commands; basic file management; creating, saving, and printing a document using word-processing software; e-mails; and basic Internet searches.

Instructor: N. Bartels, 6 hours.

NC 1051-01 TTh June 11-18 9-10:50 a.m. No Fee
Location: SWC Chula Vista Campus, **Room 202**
 900 Otay Lakes Road, Chula Vista, 91910

NC 1051-E1 TTh June 11-18 11:30 a.m.-1:20 p.m. No Fee
 If you have a laptop, please feel free to bring it.
Location: Chula Vista Public Library
 365 F Street, Chula Vista, 91910

Introduction to Microsoft Word

Provides students with the basic skills that are necessary to create, edit, enhance, and save standard documents using Microsoft Word.

Instructor: N. Bartels, 12 hours.

NC 198-01 TTh June 20-July 11 9-10:50 a.m. No Fee
No Class: 7/4
Location: SWC Chula Vista Campus, **Room 202**
 900 Otay Lakes Road, Chula Vista, 91910

NC 198-E1 TTh June 20-July 11 11:30 a.m.-1:20 p.m. No Fee
 If you have a laptop, please feel free to bring it.
No Class: 7/4
Location: Chula Vista Public Library
 365 F Street, Chula Vista, 91910



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.

Instructor: N. Bartels, 12 hours.

Students are required to bring a USB Flash drive to save and store class assignments.

NC 24-01 TTh July 16–18 9–10:50 a.m. No Fee
Location: SWC Chula Vista Campus, **Room 202**
 900 Otay Lakes Road, Chula Vista, 91910

NC 24-E1 TTh July 23–25 11:30 a.m.–1:20 p.m. No Fee
 If you have a laptop, please feel free to bring it.
Location: Chula Vista Public Library
 365 F Street, Chula Vista, 91910

Disability Support Services

Occupational Opportunities

Provides students with disabilities an overview of how to develop and pursue various employment goals. Introduces the emerging occupations based on the current labor market. Exposes students to job readiness tools and approaches to meet the psychological, social, and intellectual demands of employment.

Instructor: S. Fiala, 34.2 hours.

NC 102-01 W June 12–Aug. 7 1–4:30 p.m. No Fee
Location: SWC Chula Vista Campus, **Room 662**
 900 Otay Lakes Road, Chula Vista, 91910

Independence, Social, and Study Strategies

Addresses the needs of college students with autism. Assists students in developing skills and knowledge necessary to reach their educational objectives. Emphasizes time management strategies, information on campus resources, stress management techniques, study skills, and effective communication strategies.

Instructor: V. Corona, 30 hours.

NC 105-01 MW June 12–July 31 10–11:50 a.m. No Fee
Location: SWC Chula Vista Campus, **Room 662**
 900 Otay Lakes Road, Chula Vista, 91910

Self-Improvement

Trigonometry Refresher

Provides a review to students who wish to refresh their trigonometry skills. Includes topics such as trigonometric functions; radian measure of angles; graphs of sine, cosine, and tangent; trigonometric equations and inverse trigonometric equations; and law of sines and cosines. Consists of personalized computer-assisted instruction to refresh those concepts identified as needed for each student.

Instructor: A. Berekat, 9 hours.

NC 1104-01 M-Th July 16–30 9–9:50 a.m. No Fee
Location: SWC Chula Vista Campus, **Room 60-116**
 900 Otay Lakes Road, Chula Vista, 91910

Algebra Review for Test Prep and Course Support

Provides an individualized program of instruction to review various topics in Algebra. Consists of adaptive computer assisted instruction to identify student level of knowledge and refresh those concepts identified as needed for each student. Serves students who need just-in-time course support, and/or students who need to prepare for the SWC Math placement test.

Instructor: A. Juden, 9 hours.

NC 146-01 M-Th July 16–30 11–11:50 a.m. No Fee
Location: SWC Chula Vista Campus, **Room 60-116**
 900 Otay Lakes Road, Chula Vista, 91910

Organize Your Life and Have More Time for Fun

Provides instruction on how to organize your life so you have time to do the things you really want to do. Increases quality time through techniques and strategies to organize paperwork, clutter, and finances. Emphasizes overcoming procrastination.

Instructor: J. Acosta, 12 hours.

NC 1015-E1 Sat July 13–27 9 a.m.–12:50 p.m. No Fee
Location: Seniors on Broadway
 845 Broadway, Suite 105, Chula Vista, 91911

Community Resources for Older Adults

Brings awareness to the older adult of the many resources and opportunities available in the community. Emphasizes resources for housing, employment, health and wellness, recreation, education, culture, transportation, legal services, social, and volunteer opportunities.

Instructor: J. Acosta, 8 hours.

NC 1050-E1 Sat June 15–22 9 a.m.–12:50 p.m. No Fee
Location: Seniors on Broadway
 845 Broadway, Suite 105, Chula Vista, 91911

OSHA 10-Hour General Industry Standards

Provides students required training for entry-level OSHA 10-hour General Industry Standard certification. Emphasizes general industry safety awareness, health hazards and industrial risks. Includes all required topics for certification. Successful completion of this course, and a required Federal processing fee, gives eligible students a 10-hour OSHA General Industry Standards card.

Instructor: C. Ochoa, 10.5 hours.

NC 139-60 TWTh June 18–20 6:15–9:35 p.m. No Fee
Location: SWC Chula Vista Campus, **Room TBA**
 900 Otay Lakes Road, Chula Vista, 91910

\$8 materials fee to be paid at time of registration.

OSHA 30-Hour General Industry Standards

Provides students seeking supervisor-level OSHA 30-hour General Industry Standard certification with necessary training and knowledge. Emphasizes general industry safety and health principles, and includes all required topics for certification. Successful completion of this course, and a required Federal processing fee, gives eligible students a 30-hour OSHA General Industry Standards card.

Instructor: E. Buquiran, 30.5 hours.

NC 140-60 MTWTh July 8–22 6:15–8:45 p.m. No Fee
Location: SWC Chula Vista Campus, **Room TBA**
 900 Otay Lakes Road, Chula Vista, 91910

\$8 materials fee to be paid at time of registration.

Family and Parenting

Childbirth Education for Expectant Parents (Lamaze)

Prepares expectant parents for a positive childbirth experience. Instructs students on diverse methods of prepared childbirth, as well as demonstration and practice of essential and helpful exercises. Encourages childbirth partners/coaches, who are an integral part of the process, to attend and participate.

Instructor: R. Joselevitz, 20 hours.

NC 6-60 TTh July 9–Aug. 1 7–9:15 p.m. No Fee
Location: SWC Chula Vista Campus, **Room TBA**
 900 Otay Lakes Road, Chula Vista, 91910

Learn about the signs of labor, hospital procedures, what to expect during labor, delivery, and post-delivery. Take out the worry and fear by knowing how to support the welcoming of your child. This class is for you if you plan to have your baby with or without medication, in a birthing suite or an operating room, with several days of hospital stay or if you plan to go home right away. Please be sure to bring a mat and two pillows to class. **You are encouraged to bring a partner – partners must also register for this class.**

Recommended for students who are close to their due date.

Art, Music, and Crafts

Art Therapy

Focuses on the use of art as a creative expression and a therapeutic process. Utilizes a variety of art media to promote self-expression, to develop coping skills, and to mediate emotional and physical challenges and limitations. Designed for older adults, this course is also appropriate for anyone who wants to enhance the quality of their life.

Instructor: D. Davis, 12 hours.

NC 1053-E1 T June 11–Aug. 6 1:15–2:30 p.m. No Fee
No Class: 7/2

NC 1053-E2 W June 12–July 24 1–2:50 p.m. No Fee
No Class: 7/3

Location: St. Paul's PACE
 630 L Street, Chula Vista, 91911

NC 1053-E3 W June 12–July 24 10–11:50 a.m. No Fee
No Class: 7/3

Location: George Glenner Alzheimer Family Center
 2765 Main St., Suite A,
 Chula Vista, 91911

NC 1053-E4 Sat June 15–July 27 10–11:50 a.m. No Fee
No Class: 7/6

Location: St. Paul's Plaza Senior Center
 1420 E Palomar St., Chula Vista, 91913

NC 1053-E5 M June 10–July 1 1–3:50 p.m. No Fee
Location: Chula Vista Public Library
 365 F St., Chula Vista, 91910

NC 1053-E7 F June 14–July 19 10–11:50 a.m. No Fee
Location: Casa de Servicios (Villa Merced)
 1188 Beyer Way, Bldg. 1168
 San Diego, 92154

Concert Choir I

Provides a choral ensemble for older adult music students with aural and score analysis of choral literature from traditional classics to the present. Emphasizes historical context, performance practice, style, and interpretation at the beginning level. Public performance required.

Instructor: T. Russell, 108 hours.

NC 80-60 MT June 10–Aug. 6 4–9:50 p.m. No Fee
Location: SWC Chula Vista Campus, **Room 801**
 900 Otay Lakes Road, Chula Vista, 91910

Introduction to Mariachi Performance I

Provides older adults the opportunity to perform simple mariachi music in a beginning-level ensemble. Emphasizes learning to play mariachi instruments (violin, trumpet, guitar, vihuela, guitarron, flute, voice) in the proper style, reading music, and playing well as part of a group.

Instructor: J. Nevin, 105.4 hours.

NC 87-60 M-Th June 10–Aug. 7 6–8:45 p.m. No Fee
No Class: 7/4
Location: SWC Chula Vista Campus, **Room 805**
 900 Otay Lakes Road, Chula Vista, 91910

Gospel Choir I

Underlines and defines the Spirituals and Black Gospel with aural and historical analysis. Emphasizes and practices vocal and performing techniques, interpretive skills, and performance practice. Requires public performance.

Instructor: P. Lenud, 72 hours.

NC 3081-60 TTh June 17–Aug. 8 1:20–5:50 p.m. No Fee
No Class: 7/4
Location: SWC Chula Vista Campus, **Room 805**
 900 Otay Lakes Road, Chula Vista, 91910

Wellness and Fitness

Tai Chi

Introduces the Chinese Tai Ji Quan (Tai Chi) traditional exercise for body and mind. Emphasizes muscle tone, flexibility, relaxation and stress reduction, especially for older adults. Consists of slow rhythmic movements and mediation techniques effective for relaxation, decreasing high blood pressure, and promoting overall wellness for all ages.

Instructor: S. Evans, 23.4-24 hours.

NC 32-01 TTh June 11–Aug. 6 4:30–5:45 p.m. No Fee
No Class: 7/4
Location: SWC Chula Vista Campus, **Room 15313**
 900 Otay Lakes Road, Chula Vista, 91910

NC 32-80 MTh June 17–Aug. 1 11 a.m.–12:30 p.m. No Fee
No Class: 7/4
Location: HEC at San Ysidro, **Room 5103**
 460 W. San Ysidro Blvd., San Ysidro, 92173

NC 32-E1 MTh June 10–Aug. 5 1:30–2:45 p.m. No Fee
No Class: 7/4
Location: Casa de Servicios (Villa Merced)
 845 Broadway, Suite 105, Chula Vista, 91911

NC 32-E2 TSat June 11–Aug. 3 9–10:15 a.m. No Fee
 NC 32-E3 TSat June 11–Aug. 3 10:45 a.m.–12 p.m. No Fee
Location: St. Paul's Plaza Senior Center
 1420 E. Palomar St., Chula Vista, 91913

NC 32-E4 MTh June 10–Aug. 5 8:30–9:45 a.m. No Fee
No Class: 7/4
Location: St. Mark's Lutheran Church
 580 Hilltop Dr., Chula Vista 91910



Body Dynamics and Aging Process

Provides instruction and conditioning for the maintenance of physical well-being, particularly for older adults. Focuses on deep breathing, circulation, flexibility, stamina, body awareness, and rhythmic movements. Incorporates adapted techniques suitable for individuals of varied fitness levels and physical ability.

Instructor: J. Acosta, 36 hours.

NC 34-E1 TTh June 11–Aug. 8 8:30–10:20 a.m. No Fee
No Class: 7/4
Location: Casa de Servicios (Villa Merced)
 1188 Beyer Way, Bldg. 1168,
 San Diego, 92154

NC 34-E2 TTh June 11–Aug. 8 11 a.m.–12:50 p.m. No Fee
No Class: 7/4
Location: Seniors on Broadway
 845 Broadway, Suite 105, Chula Vista, 91911

Wellness for Older Adults

Provides instruction designed to help older adults remain healthy, safe, and independent. Emphasizes the physiological aspects of aging, disease prevention techniques, and how exercise and nutrition play important roles in enhancing physical and emotional health, reducing stress, and reducing the risk for falls and injuries.

Instructor: A. Solis, 22 hours.

NC 99-E1 MWF June 10–Aug. 9 7–7:50 a.m. No Fee
No Class: 7/3
 NC 99-E2 MWF June 10–Aug. 9 8:30–9:20 a.m. No Fee
No Class: 7/3
 NC 99-E3 MWF June 10–Aug. 9 10:00–10:50 a.m. No Fee
No Class: 7/3
Location: St. Charles Church Parish Hall
 990 Saturn Blvd., San Diego, 92154

Crown Cove Aquatic Center CCAC

5000 Highway 75, Coronado, CA 92118

ALL CLASSES HELD AT THE CROWN COVER AQUATIC CENTER

Parking/Drop-off at Silver Strand State Beach.

Directions found at:

<https://www.swccd.edu/locations/crown-cove-aquatic-center/>

To register for classes listed below call the Community CPR & First Aid Program Office at 619-429-1669.



Pediatric Safety and CPR

Provides individuals with the knowledge and skills necessary to prevent, recognize, and provide basic care for respiratory, cardiac, and first aid emergencies in children and infants. Follows the American Heart Association Basic Life Support (BLS) and updated 2010 First Aid guidelines.

Instructor: J. Araiza, 8 hours.

NC 1022-E1 Sat July 6 8:30 a.m.–4:40 p.m.
 NC 1022-E2 Sat August 3 8:30 a.m.–4:40 p.m.

Location: Crown Cove Aquatic Center
 5000 Hwy 75, Coronado, 92118

Required textbook: **Heartsaver Pediatric First Aid CPR AED (2015)** (Available onsite at CCAC for \$5). Successful completion of a written and psychomotor test is required to receive course completion certificate. American Heart Association (AHA) course completion certificate is \$30. As per the new AHA guidelines all cards will be submitted in electronic format, students must provide an accurate email address to obtain course completion certifications.

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 29 8:30 a.m.–4:40 p.m.
Instructor: Dan Hawley

NC 40-E2 Sat July 20 8:30 a.m.–4:40 p.m.
Instructor: B. Burdick

Location: Crown Cove Aquatic Center
 5000 Hwy 75, Coronado, 92118

NC 40-E3 Th June 20 8 a.m.–4:10 p.m.
 NC 40-E4 Th July 18 8 a.m.–4:10 p.m.

Instructor: Dan Hawley
Location: City of Chula Vista Public Works
 1800 Maxwell Road, Chula Vista, 91910

NC 40-E5 M June 3 8 a.m.–4:10 p.m.
 NC 40-E6 M July 8 8 a.m.–4:10 p.m.

Instructor: W. Price
Location: HHSA–The Knowledge Center 5469
 Kearny Villa Rd., Ste.1000
 San Diego, CA. 92123

Required textbook: **Heartsaver First Aid CPR AED (2015)** (Available onsite at CCAC for \$5). American Heart Association (AHA) course completion certificate is \$30. As per the new AHA guidelines all cards will be submitted in electronic format, students must provide an accurate email address to obtain course completion certifications.

CPR for the Health Care Provider

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 15 8:30 a.m.–5:40 p.m.
 NC 1007-E2 Sat July 13 8:30 a.m.–5:40 p.m.

Instructor: D. Hawley

NC 1007-E3 Sat July 27 8:30 a.m.–5:40 p.m.

Instructor: M. Smith

Location: Crown Cove Aquatic Center
 5000 Hwy 75, Coronado, 92118

NC 1007-E4 T June 4 8 a.m.–4:10 p.m.
 NC 1007-E5 T July 9 8 a.m.–4:10 p.m.

Instructor: W. Price

Location: HHSA–The Knowledge Center 5469
 Kearny Villa Rd., Ste.1000
 San Diego, CA. 92123

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 course completion certificate. **Required book: BLS Provider Manual 2015, (available at CCAC for \$10).** American Heart Association (AHA) course completion certificate is \$30. As per the new AHA guidelines all cards will be submitted in electronic format, students must provide an accurate email address to obtain course completion certifications. Follows the guidelines of the AHA.

Basic Life Support (BLS) Instructor

Designed to advance the Basic Life Support (BLS) provider to the position of instructor. Teaches the instructor candidate the components and delivery of cognitive and psychomotor skills training used for BLS training. Must enroll no less than 2 weeks prior to the course through SWC Community CPR & First Aid Program/CCAC.

Instructor: Brandi J. Burdick, 16 hours.

NC 1039-E1 Sat/Sun June 22 & 23 8:30 a.m. – 4:40 p.m.

Location: Crown Cove Aquatic Center
5000 Hwy 75, Coronado, 92118

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 Sun June 2 8:30 a.m.–5 p.m.

Location: Crown Cove Aquatic Center
5000 Hwy 75, Coronado, 92118

Boating Safety Paddle Sports Leader Training

This course is designed for those pursuing careers as recreation assistants in aquatic recreation programs. Training covers small craft safety, general operations, basic rescue, skill development and instructional methods in teaching kayaking, canoeing, and outrigger canoeing. Successful completion leads to certification in small craft, basic rescue and paddle sports leader. This course is recommended for American Canoeing Association (ACA) instructor preparation.

Instructor: James Ramos, 24 hours

NC 1064-E1 Sat/Sun June 8 & 9 8:30 a.m.–4:40 p.m.

Sat June 15 8:30 a.m.–4:40 p.m.

Location: Crown Cove Aquatic Center
5000 Hwy 75, Coronado, 92118

Basic Boating & Water Safety for Recreation Assistants

This course provides the recreation assistant with a basic understanding of the areas of personal boating safety, boating laws, navigational rules and aids, small vessel operation, boating accident prevention and water rescue. Leads to certification from the California Department of Boating and Waterways.

Instructor: James Ramos, 4 hours

NC 1046-E1 Sat June 22 8:30 a.m.–1:30 p.m.

Location: Crown Cove Aquatic Center
5000 Hwy 75, Coronado, 92118

SOUTH COUNTY CAREER CENTER



One-Stop Services

Our focus is on preparing workers for high-growth, high-demand industries in order to enhance the productivity and competitiveness of the nation.

southsdcareercenter.com

Your Career Pathway Starts Here

South County Career Center

1111 Bay Boulevard, Suite E, Chula Vista, CA 91910
(619) 628-0300

Mon.–Fri. 8 a.m.–5 p.m.

Wed. 8 a.m.–7 p.m.

Bonita Sunnyside Library (satellite office)

4375 Bonita Rd., Bonita, CA 91902
(619) 472-6602

Mon.–Tues. 9:30 a.m.–5:30 p.m. | **Wed.** 9:30 a.m.–6:30 p.m. |

Thurs.–Fri. 9:30 a.m.–6 p.m.

It's Time to Explore Your **NEXT STEPS** and Discover the *Keys to Success*

Are you taking a noncredit course, or maybe enrolled in one of the certificate programs, and you're wondering what other educational opportunities you can take advantage of at Southwestern College?

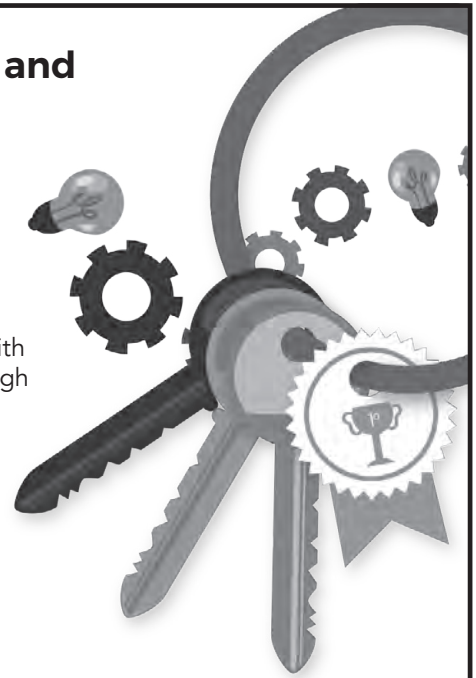
Eligible, enrolled Noncredit students can attend an orientation and meet with a counselor to explore education opportunities and services available through Southwestern College.

The type of information covered includes topics such as:

- Exploring career options and choosing life/career goals
- Identifying your current skill levels—know your starting place
- Making the transition to college
- Becoming aware of campus services and resources available
- How to pay for college—maybe you are eligible for financial assistance
- Developing an educational plan—your road map to success

For more information and to schedule your NEXT STEPS appointment, please contact the Continuing Education office at 619-482-6376

This service is made available through Noncredit Student Success



SOUTH BAY
ADULT EDUCATION

YOU CAN ACHIEVE YOUR GOALS WE'RE HERE TO HELP

Chula Vista Adult School
(619) 796-7000

National City Adult School
(619) 336-9400

Coronado Adult School
(619) 522-8911

San Ysidro Adult School
(619) 428-7200

Montgomery Adult School
(619) 600-3800

**Southwestern College
Continuing Education**
(619) 482-6376

**CONTACT
US NOW!**



www.southbayadulthood.org

Fee-Based Classes

All Fee-Based Classes held at the SWC Chula Vista Campus.

Career and Personal 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 techniques 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 541

CS 257-60 WTh July 24–25 6–9:30 p.m. Fee: \$85
\$25 materials fee paid in class

Voice-Overs...Now is Your Time!

In what could be one of the most enlightening 2 hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. In this class, you will learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for!

Instructor: Lisa Foster, 2 hours. Room 541, Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café, Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.

CS 148-60 M July 8 6:30–8:30 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. 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 541

CS 14-50 Sat July 6 8 a.m.–4 p.m. Fee: \$75
\$49 materials fee paid at the time of registration.
Optional State exam scheduled 4-5 p.m. for an additional \$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 541

CS 143-50 Sun July 7 9 a.m.–5 p.m. Fee: \$75
\$79 materials fee paid at the time of registration.

Financial Planning

NEW! My Street Money™ - The Real Persons Guide to Creating Financial Peace and Security for You and Your Family

Are you ready for a commonsense, down-to-earth guide to using money to help create the secure and happy life you want? The MY STREET MONEY course will help you envision a life of financial confidence and abundance by helping you build a step-by-step financial plan to help you reach your most precious life goals. You will learn to create your own version of the American dream. From money basics on how to earn it, save it, protect and invest it to discovering your own powerful and personal reasons for creating the secure and abundant future you desire and deserve. Real-time money answers from real people and for real people. Classes taught in English. Answers can be in both English and Spanish. Clases en ingles. Respuestas a preguntas en ambos idiomas.

Instructors: Louis Barajas/Daniel Guillen, 6 hours. Room 662

CS 322-60	T	June 11-18	6:30-9:30 p.m.	Fee: \$49
CS 322-50	Sat	June 15	9 a.m.-3 p.m.	Fee: \$49

You may bring a guest, at no charge, to any class listed above.

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: Sami Martinez, 3 hours. Room 541, Sami Martinez is an attorney and estate planner practicing exclusively in the areas of wills and trusts, trust administration, probate, and charitable giving.

CS 68-50	Sat	June 22	9 a.m.-12 p.m.	Fee: \$35
----------	-----	---------	----------------	-----------

Self-Improvement

NEW! Real Life Skills

Finally! At last! A class that delivers immediate results! Are you ready for real life answers? Permanent solutions? Yes!? Then you need to take the first step to a brand new chapter in your life by enrolling in the Real Life Skills Course. Gain control of your thinking and you gain control of your life! Self-control equals thought control! We will give you the answers, the solutions to solving 90% of your problems! Sign up today!

Instructor: James Robins, 4 hours. Room 544

CS 323-60	TTh	June 18-20	6-8 p.m.	Fee: \$50
CS 323-61	TTh	June 25-27	6-8 p.m.	Fee: \$50

Making the Most of Social Security

One of the most important decisions that you need to make before you retire is when to take Social Security. Whether you are single, married or divorced, there may be ways to maximize your Social Security. It is important to have good understanding of the inner workings of the Social Security to be able to maximize your benefits.

Instructor: Michael Dose, 2 hours. Room 510

CS 288-50	Sat	July 13	10 a.m.-12 p.m.	Fee: \$10
CS 288-51	Sat	July 27	10 a.m.-12 p.m.	Fee: \$10



Youth Excellence & Success Academy
at Southwestern College
Courses available in June and July 2019

Open to Students Entering Fall 2019 4th-10th Grade:

*Sally Ride Science Junior Academy
College for Kids (CFK) Classic
Writer's Café Lunch Supervision*

Open to High School Students 9th-12th Grade:

SAT Prep Boot Camp

Online Registration NOW OPEN!
www.swccd.edu/cfk
SEE PAGE 2 FOR MORE INFORMATION.



Traffic School

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 check in by 7:45 a.m. and remain for the entire 8-hour program to meet the DMV requirements.

Instructors: Paulino Leon/Philip Ochoa, 8 hours. Room 662

English

CS 17-50	Sat	June 8	8 a.m.–4 p.m.	Fee: \$40
CS 17-52	Sat	July 6	8 a.m.–4 p.m.	Fee: \$40
CS 17-53	Sat	July 20	8 a.m.–4 p.m.	Fee: \$40
CS 17-55	Sat	Aug. 17	8 a.m.–4 p.m.	Fee: \$40

Spanish:

CS 17-51S	Sat	June 22	8 a.m.–4 p.m.	Fee: \$40
CS 17-54S	Sat	Aug. 3	8 a.m.–4 p.m.	Fee: \$40



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 CNO 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 a.m.–5 p.m., Fri. 7:30 a.m.–4 p.m.
 Visit www.RNFA.org or email: info@NIFA.com
 Jennifer Curran RN, CNOR, CRNFA Dean Parsons
 RN, CNOR, RNFA

The Tennis Academy at Southwestern College

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

Staff

The Tennis Academy offers various programs for Juniors and Adults through group clinics and also private instruction. On-site registration at the Tennis Academy Office only. Flyers for each program are available at the Tennis Academy Office.

Susan Reasons, Jaguar Tennis Academy Coach, 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 Jaguar Tennis Academy Office Only.

Beginning/Advanced Beginning Junior Training Program (Ages 8-17)

Basic skill introduction. To include ground strokes, positioning, footwork, and introduction to serving and ball tossing. Development of hand eye coordination. Physical conditioning included.

Instructors: Susan Reasons, 1 hour per week/4-week sessions.

M	4:30-5:30 p.m.	Fee: \$60
W	4:30-5:30 p.m.	Fee: \$60
T	5-6 p.m.	Fee: \$60

Intermediate Junior Training Program (Ages 8-17)

Focuses on more development of groundstrokes to include consistency and placement. Development of consistency and placement of serves from the baseline. Rallies from mini-tennis court areas and basic games, as well as introduction of volleys. Footwork and conditioning included.

Instructors: Susan Reasons, 2 hours per week/4-week sessions.

M	5:30-7:30 p.m.	Fee: \$85
Th	5:30-7:30 p.m.	Fee: \$85

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.

Instructors: Susan Reasons, 2 hours per week/4-week sessions.

W	5:30-7:30 p.m.	Fee: \$85
---	----------------	-----------

Beginning-Intermediate Adult Level Class (Ages 18 and up)

Class will receive instruction on Forehand and Backhand Ground Strokes, Serving, Positioning, Court Knowledge, Basic Rules of Scoring. Plus Footwork Intro to Net Play with Volleys will also be included. Pre-Registration required. Class size limited to 15 students.

Instructor: Susan Reasons, 1.5 hours per week/4-week sessions.

T	6:30-8 p.m.	Fee: \$65
---	-------------	-----------

ed2go

Via the Internet

**ed2go Online Classes start:
June 12, July 17, August 14**

- For information about these online classes or to register, go to www.ed2go.com/swc
- For a demonstration of an actual course, go to www.ed2go.com/demo/

Requirements: All courses require Internet access, e-mail, Netscape Navigator, or Microsoft Internet Explorer. Some courses may have additional requirements. Please visit the Online Instruction Center for more information.

You will be able to download a letter of completion at the end of each course. These courses do not offer college credit.

Fees are nonrefundable two weeks after the class starts.

Internet and Web Design

Fee: \$125 per course

Cse. No.	Title	
ETG-101	Creating Web Pages	\$125
ETG-102	Introduction to ASP.NET	\$125
ETG-104	Introduction to CSS3 and HTML5	\$125
ETG-106	Introduction to PHP and MySQL	\$125
ETG-107	Introduction to Java Programming	\$125
ETG-108	Intermediate CSS3 and HTML5	\$125
ETG-109	Intermediate JAVA Programming	\$125
ETG-111	Achieving Top Search Engine Positions	\$125
ETG-112	Advanced Web Pages	\$125
ETG-114	Blogging and Podcasting for Beginners	\$125
ETG-116	Designing Effective Websites	\$125
ETG-117	Introduction to Microsoft Outlook 2010	\$125
ETG-120	Introduction to Crystal Reports	\$125
ETG-124	Creating Mobile Apps with HTML5	\$125
ETG-125	Creating WordPress Websites	\$125

Computers

Fee: \$120* per course

***Unless otherwise noted with asterisk**

Cse. No.	Title	
ETG-200	Introduction to PC Troubleshooting	\$120
ETG-206	Advanced Microsoft Excel 2013	\$120
ETG-207	Introduction to Microsoft Access 2007	\$120
ETG-208	Intermediate Microsoft Access 2007	\$120
ETG-209	Introduction to Microsoft Word 2010	\$120
ETG-212	Introduction to Microsoft PowerPoint 2007	\$120
ETG-213	Basic CompTIA A+ Certification Prep	\$130
ETG-214	Intermediate CompTIA A+ Certification Prep	\$130
ETG-215	Advanced CompTIA A+ Certification Prep	\$130
ETG-217	Introduction to Dreamweaver CS6	\$120
ETG-218	Keyboarding	\$120
ETG-219	Introduction to Microsoft Excel 2010	\$120
ETG-220	Introduction to Microsoft Project 2007	\$120
ETG-222	Introduction to PC Security	\$120
ETG-223	Introduction to Microsoft Project 2010	\$120
ETG-224	Photoshop CC for the Digital Photographer	\$120
ETG-225	Intermediate Microsoft Excel 2010	\$120
ETG-226	Introduction to Microsoft PowerPoint 2010	\$120
ETG-228	Introduction to Microsoft Access 2010	\$120
ETG-229	Intermediate Microsoft Access 2010	\$120
ETG-231	Introduction to Illustrator CS6	\$120
ETG-232	Photoshop Elements 12 for the Digital Photographer	\$120
ETG-233	Photoshop Elements 13 for the Digital Photographer	\$120
ETG-234	Introduction to Photoshop CS5	\$120
ETG-235	Introduction to InDesign CS6	\$120
ETG-236	Photoshop CC for the Digital Photographer II	\$120
ETG-239	Intermediate Photoshop CS5	\$120
ETG-241	Introduction to Database Development	\$120
ETG-242	Introduction to Networking	\$120
ETG-243	Intermediate Networking	\$120
ETG-244	Computer Skills for the Workplace	\$120
ETG-245	Intermediate Microsoft Word 2010	\$120
ETG-246	Introduction to SQL	\$120
ETG-247	Intermediate SQL	\$120
ETG-248	Intermediate Oracle	\$120
ETG-249	Introduction to C++ Programming	\$130
ETG-250	Introduction to C# Programming	\$130
ETG-253	Wireless Networking	\$120

Cse. No.	Title	
ETG-300	Write Fiction Like A Pro	\$120
ETG-301	The Craft of Magazine Writing	\$120
ETG-302	Beginning Writer's Workshop	\$120
ETG-303	Writing Effective Grant Proposals	\$120
ETG-304	A to Z Grant Writing	\$120
ETG-305	Instant Italian	\$120
ETG-306	GRE Preparation—Part 1 (Verbal and Analytical)	\$120

Tech Prep and Special Interest

Fee: \$120 per course

ETG-307	GRE Preparation–Part 2 (Quantitative)	\$120
ETG-308	LSAT Preparation –Part 1	\$120
ETG-309	LSAT Preparation–Part 2	\$120
ETG-310	Grammar Refresher	\$120
ETG-311	Beginning Conversational French	\$120
ETG-312	Writeriffic: Creativity Training for Writers	\$120
ETG-314	Speed Spanish	\$120
ETG-315	Grammar for ESL	\$120
ETG-316	Medical Terminology: A Word Association Approach	\$120
ETG-317	Introduction to Natural Health and Healing	\$120
ETG-318	GMAT Preparation	\$120
ETG-319	Discover Digital Photography	\$120
ETG-321	Genealogy Basics	\$120
ETG-322	Learn to Buy and Sell on eBay	\$120
ETG-323	Secrets of Better Photography	\$120
ETG-324	Conversational Japanese	\$120
ETG-325	Photographing People with your Digital Camera	\$120
ETG-326	Speed Spanish II	\$120
ETG-327	Writing Essentials	\$120
ETG-328	Twelve Steps to a Successful Job Search	\$120
ETG-329	Where Does All My Money Go?	\$120
ETG-330	Get Assertive!	\$120
ETG-331	Explore a Career as an Administrative Medical Assistant	\$120
ETG-332	Leadership	\$120
ETG-333	Interpersonal Communication	\$120
ETG-334	Personal Finance	\$120
ETG-335	Explore a Career in Medical Coding	\$120
ETG-336	Human Anatomy and Physiology	\$120
ETG-337	Keys to Effective Communication	\$120
ETG-338	Become a Veterinary Assistant	\$120
ETG-339	Become a Veterinary Assistant II: Canine Reproduction	\$120
ETG-340	Become a Veterinary Assistant III: Practical Skills	\$120
ETG-341	Introduction to Digital Scrapbooking	\$120
ETG-342	Achieving Success with Difficult People	\$120
ETG-344	Solving Classroom Discipline Problems	\$120
ETG-345	Stocks, Bonds, and Investing: Oh My!	\$120
ETG-346	Introduction to Screenwriting	\$120
ETG-348	Fundamentals of Technical Writing	\$120
ETG-349	Keys to Effective Editing	\$120
ETG-351	Handling Medical Emergencies	\$120
ETG-352	Write Your Life Story	\$120
ETG-353	Helping Elderly Parents	\$120
ETG-354	Lose Weight and Keep It Off	\$120
ETG-355	Become a Physical Therapy Aide	\$120
ETG-356	Spanish for Medical Professionals	\$120
ETG-357	Understanding Adolescents	\$120
ETG-358	Spanish in the Classroom	\$120
ETG-359	Creating a Classroom Web Site	\$120
ETG-360	Teaching Preschool: A Year of Inspiring Lessons	\$120
ETG-361	The Creative Classroom	\$120
ETG-362	Teaching Smarter With SMART Boards	\$120
ETG-363	Ready, Set, Read!	\$120
ETG-364	Teaching Students with ADHD	\$120
ETG-365	Guided Reading & Writing: Strategies for Maximum Student Achievement	\$120
ETG-366	Differentiated Instruction in the Classroom	\$120
ETG-367	Guided Reading: Strategies for the Differentiated Classroom	\$120
ETG-368	Teaching Students with Learning Disabilities	\$120

ETG-369	Teaching Students with Autism: Strategies for Success	\$120
ETG-370	Response to Intervention: Reading Strategies That Work	\$120
ETG-371	Singapore Math Strategies: Model Drawing for Grades 1-6	\$120
ETG-372	Singapore Math: Number Sense and Computational Strategies	\$120
ETG-373	Writing for Children	\$120
ETG-374	SAT/ACT Preparation – Part 1	\$120
ETG-375	SAT/ACT Preparation – Part 2	\$120
ETG-376	Introduction to Stock Options	\$120
ETG-380	Introduction to Interior Design	\$120
ETG-381	Start Your Own Edible Garden	\$120
ETG-382	Resume Writing Workshop	\$120
ETG-383	Enhancing Language Development in Childhood	\$120

Small Business

Fee: \$120 per course

Cse. No. Title

ETG-400	Start and Operate Your Own Home-Based Business	\$120
ETG-401	Marketing Your Business on the Internet	\$120
ETG-402	Starting a Nonprofit	\$120
ETG-403	Marketing Your Nonprofit	\$120
ETG-404	Creating a Successful Business Plan	\$120
ETG-405	Starting a Consulting Practice	\$120
ETG-406	Start Your Own Small Business	\$120
ETG-407	Introduction to Internet Writing Markets	\$120

Management and Business

Fee: \$130 per course

Cse. No. Title

ETG-625	Introduction to QuickBooks 2014	
ETG-628	Purchasing Fundamentals	
ETG-629	Project Management Fundamentals	
ETG-630	Business Finance for Non-Finance Personnel	
ETG-631	Administrative Assistant Fundamentals	
ETG-632	Fundamentals of Supervision and Management	
ETG-633	Effective Business Writing	
ETG-634	Business and Marketing Writing	
ETG-636	Accounting Fundamentals	
ETG-637	Accounting Fundamentals II	
ETG-639	Real Estate Investing	
ETG-641	Building Teams That Work	
ETG-643	Individual Excellence	
ETG-646	Fundamentals of Supervision and Management II	
ETG-647	Distribution and Logistics Management	
ETG-649	Introduction to Nonprofit Management	
ETG-651	Understanding the Human Resources Function	
ETG-652	Administrative Assistant Applications	
ETG-653	Total Quality Fundamentals	
ETG-654	Project Management Applications	

www.ed2go.com/swc



Online Career Training 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.

Payment plans are available!

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

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
- IT and Software Development
- Courses are all open-enrollment and self-paced
- All materials, workbooks, and software are included
- **PAYMENT PLANS ARE 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 offer accredited education providers.

THESE COURSES DO NOT OFFER COLLEGE CREDIT
MORE COURSES AVAILABLE AT OUR WEBSITE

<https://careertraining.ed2go.com/swc>

Online Career Training Programs

Online Education programs designed to provide the workforce skills necessary to enter a new field or advance your current career.

Payment plans are available!

Featuring such classes as:

Certified Global Business Professional

160 hours

\$2,495

The Certified Global Business Professional Online Training Program prepares you for the credential exam by educating you in four areas: global management, global marketing, supply chain management, and trade finance.

Certified Green Supply Chain Prof.

60 hours

\$1,595

Gain the skills you'll need to make a green impact on global sourcing, material management, procurement and buying, transportation and logistics, and new product development.

Certified Mediator and Arbitrator

200 hours

\$3,495

The Certified Mediator and Arbitrator Program provides students with the skills and knowledge needed to practice mediation and arbitration in their current careers or private practices.

Certified Indoor Environmentalist Prep

32 hours

\$895

The Certified Indoor Environmentalist Program will help you take the next step in your career to become an indoor air quality or green building consultant. To better understand how to create a healthy home or building by preventing, diagnosing, and resolving indoor environmental problems.

Grant Writing

300 hours

\$2,295

Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program.

Non-Profit Management

300 hours

\$2,295

Examine the fundamental principles of nonprofit management, explore the roles and responsibilities of a nonprofit board of directors and the management team.

Veterinary Assistant

225 hours

\$1,995

Prepare for a new career as a Veterinary Assistant as you learn how to care for animals and assist the veterinarian during examinations.

Pharmacy Technician

400 hours

\$2,495

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

Physical Therapy Aide

150 hours

\$1,895

You will learn what physical therapy entails, identify the responsibilities of a PT aide, and develop a working knowledge of anatomy and medical terminology.



Certified Indoor Air Quality Manager

16 hours

\$795

Are you a facility manager, building engineer, or health and safety officer who wants to improve the indoor air quality of your building? If so, the Certified Indoor Air Quality Manager Program is just for you.

Certified Wedding Planner

340 hours

\$1,595

This comprehensive program provides all the knowledge you need to work as a professional wedding planner or start your wedding planning business.

Mastering Project Management w/ Microsoft Project 2010

150 hours

\$1,295

Translate your knowledge into skills by exploring key project management topics in depth and prepare for the Project Management Professional (PMP®) certification.

Mastering Project Management w/ PMP Prep

130 hours

\$1,695

In this intermediate/advanced level program, you'll translate your knowledge into skills by exploring key project management topics in depth.

Oil Refinery Operations

400 hours

\$2,595

Learn the skills you need to start work as an in-demand oil refinery operator.

Power Plant Operations

400 hours

\$2,595

Learn the skills you need to gain entry-level employment as a power plant operator.

Solar Power Professional

120 hours

\$1,895

Learn the fundamentals of photovoltaic solar powered energy systems and gain the knowledge you'll need for an entry level position with a dealer, installer, or other photovoltaic industry company.

Project Management Essentials w/ CAPM Prep

100 hours

\$1,195

This program is designed for those who are new to project management and will help you prepare for the Certified Associate In Project Management (CAPM)® certification exam.

The Complete Project Manager w/ CAPM and PMP Prep

130 hours

\$1,995

This is a comprehensive project management program is designed to create skills for today's project practitioners and prepare them for either the CAPM® or PMP® certifications.

The Complete Project Manager w/ Microsoft Project 2010

310 hours

\$2,295

This comprehensive project management program is designed to create skills for today's project practitioners and prepare them for either the CAPM® or PMP® certifications.

<http://careertraining.ed2go.com/swc>



**Continuing Education
FEE CLASS REGISTRATION FORM**

For Office Use Only

PLEASE PRINT or TYPE NAME BELOW

LAST _____ FIRST _____ M.I. _____

ADDRESS _____ CITY _____ ZIP _____

Phn # _____ Alt Phn # _____ email _____

NAME- 2ND REGISTRANT _____ AGE (if under 18) _____

CLASS	NAME OF CLASS	START DATE	NUMBER OF PEOPLE	REG FEE	MAT FEE

PAYMENT METHOD: Check Cash

TOTAL AMOUNT

SIGNATURE _____

DATE _____

SS # or SWC ID # required to expedite a refund:

FOR OFFICE USE ONLY (NOTES):

HOW TO REGISTER



PHONE (FEE CLASSES ONLY)

Call 619-482-6376 to register and pay for a class by phone with a credit card. Reservations are confirmed with payment on a first-come, first-served basis.



MAIL (if paying by Check only)

Mail completed registration form with a check, payable to Southwestern College (see address below).



IN PERSON

Bring your completed registration form and payment to:

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.

Refunds:

A full refund will be made if Continuing Education cancels a class. If you have registered for a class and you cancel at least three (3) business days prior to the start of the class, you will receive a full refund of the class fee. You are not eligible for any refund beyond the three day period. There are no registration credits or rescheduling options available beyond the three (3) day refund period. No-shows are not eligible for a refund. A refund may take up to four to six weeks to process.

**CLASS SEATING IS LIMITED. REGISTRATION IS ACCEPTED ON A FIRST-COME, FIRST-SERVED BASIS.
PLEASE CALL 619-482-6376 TO CONFIRM YOUR RESERVATION.**



NONCREDIT APPLICATION

SOUTHWESTERN COLLEGE CONTINUING EDUCATION
 900 Otay Lakes Road, Chula Vista, CA 91910-7299
 619-482-6376 FAX 619-482-6402

CHECK THE TERM THAT APPLIES:
 FALL
 SPRING
 SUMMER

Noncredit courses are funded by local and state taxes. The information requested on this application **remains confidential and is required** to establish your eligibility to register in this publicly funded class. Thank you for your assistance. Returning Student SWC ID # _____

-PLEASE PRINT NEATLY AND DO NOT USE ANY NICKNAMES OR ABBREVIATIONS-

HOW DID YOU HEAR ABOUT US? (Please check all that apply)

- Continuing Education Schedule Continuing Education Facebook page Family or Friend Southwestern College Employee Southwestern College Website
 Other: (please explain) _____

LAST NAME _____ FIRST NAME _____ MIDDLE NAME _____

OTHER NAMES YOU HAVE USED SINCE BIRTH: _____
 (Include nicknames, aliases, and maiden name, if applicable)

HOME ADDRESS (P.O Box not acceptable) _____ CITY _____ STATE _____ ZIP CODE _____

MARITAL STATUS: (Please Check one) SINGLE DIVORCED OR WIDOWED MARRIED SEPARATED DECLINE TO STATE

HOME PH. () _____ CELL PH. () _____ E-MAIL _____

BIRTHDATE (Required): _____ / _____ / _____ MALE FEMALE DECLINE TO STATE

Mo. / Day / Year SOCIAL SECURITY NUMBER _____

ETHNIC BACKGROUND: (Please Check one) HIS Hispanic/Latino NHIS Non-Hispanic/Latino X Unknown

RACE: (Please check all that apply) This information required by the Department of Education in compliance with Title VI, Civil Rights Act, 1964

- | | | | | |
|---------------------------------------|-------------------------------------------|------------------------------------------------------|----------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> 01. Chinese | <input type="checkbox"/> 05. Cambodian | <input type="checkbox"/> 09. Guamanian | <input type="checkbox"/> 13. Mex, MexAmer, Chicano | <input type="checkbox"/> 17. Filipino |
| <input type="checkbox"/> 02. Japanese | <input type="checkbox"/> 06. Vietnamese | <input type="checkbox"/> 10. Hawaiian | <input type="checkbox"/> 14. South American | <input type="checkbox"/> 18. Amer. Ind, Alask Native |
| <input type="checkbox"/> 03. Korean | <input type="checkbox"/> 07. Asian Indian | <input type="checkbox"/> 11. Samoan | <input type="checkbox"/> 15. Central American | <input type="checkbox"/> 19. Black, Non-Hispanic |
| <input type="checkbox"/> 04. Laotian | <input type="checkbox"/> 08. Other Asian | <input type="checkbox"/> 12. Pacific Islander /Other | <input type="checkbox"/> 16. Other Hispanic | <input type="checkbox"/> 20. White |

- CITIZENSHIP:** (Required, please Check one)
 0. United States 2. Permanent Resident 4. Refugee/Asylee
 1. Amnesty 3. Temporary Resident 7. List Other: _____

IF YOUR STATUS IS AMNESTY, PERMANENT RESIDENT, REFUGEE/ASYLEE, OR TEMPORARY RESIDENT, INDICATE CARD ISSUE DATE:
 _____ Mo. / Day / Year

IS ENGLISH THE LANGUAGE YOU SPEAK AND WRITE MOST FREQUENTLY? (Check YES or NO)

- YES NO , specify language: _____

HAVE YOU LIVED IN THE STATE OF CALIFORNIA FOR THE PAST 25 MONTHS? (Check YES or NO) YES NO If NO, since what date: _____ Mo. / Day / Year

- WITHIN THE PAST 25 MONTHS, HAVE YOU, OR IF UNDER 19, YOUR PARENTS:** (Check YES or NO)
- | | | |
|------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------|
| Maintained voter registration and voted in another state? | <input type="checkbox"/> YES <input type="checkbox"/> NO | If YES, indicate date: _____ Mo. / Day / Year |
| Petitioned for a divorce in another state? | <input type="checkbox"/> YES <input type="checkbox"/> NO | If YES, indicate date: _____ Mo. / Day / Year |
| Filed state income taxes in another state? | <input type="checkbox"/> YES <input type="checkbox"/> NO | If YES, indicate date: _____ Mo. / Day / Year |
| Attended a college or university as a resident of another state? | <input type="checkbox"/> YES <input type="checkbox"/> NO | If YES, indicate date: _____ Mo. / Day / Year |

FAMILY INCOME: (Please check one)

- | | | | | |
|----------------------------------------------|-----------------------------------------------|---------------------------------------------|------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> 1. \$0-\$7,500 | <input type="checkbox"/> 4. \$15,001-\$16,000 | <input type="checkbox"/> 7. \$20,001-25,000 | <input type="checkbox"/> 10. \$35,001-\$40,000 | <input type="checkbox"/> 13. \$50,001 or above |
| <input type="checkbox"/> 2. \$7,501-\$10,000 | <input type="checkbox"/> 5. \$16,001-\$17,000 | <input type="checkbox"/> 8. \$25,001-30,000 | <input type="checkbox"/> 11. \$40,001-\$45,000 | <input type="checkbox"/> 14. Unknown |
| <input type="checkbox"/> 3. \$10,001-15,000 | <input type="checkbox"/> 6. \$17,001-\$20,000 | <input type="checkbox"/> 9. \$30,001-35,000 | <input type="checkbox"/> 12. \$45,001-\$50,000 | |

FAMILY SIZE: Number in your household including yourself (Check one)

- | | | | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 3 | <input type="checkbox"/> 5 | <input type="checkbox"/> 7 | <input type="checkbox"/> 9 | <input type="checkbox"/> 11 | <input type="checkbox"/> 13 | <input type="checkbox"/> 15 |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 4 | <input type="checkbox"/> 6 | <input type="checkbox"/> 8 | <input type="checkbox"/> 10 | <input type="checkbox"/> 12 | <input type="checkbox"/> 14 | |

HIGH SCHOOL EDUCATION STATUS: (Please check all that apply)

- | | |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1. Not a high school graduate and not enrolled in high school | Highest level completed: 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> |
| <input type="checkbox"/> 2. Not a high school graduate and currently enrolled in Adult School | Highest level completed: 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> |
| <input type="checkbox"/> 3. Currently in high school and 2+2 program | Current Grade: 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> |
| <input type="checkbox"/> 4. Currently enrolled in high school | Current Grade: 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> |
| <input type="checkbox"/> 5. U.S. High School diploma | Month & Year earned: _____ Mo / Year |
| <input type="checkbox"/> 6. High School Equivalency Certificate (GED/HISET) | Month & Year earned: _____ Mo / Year |
| <input type="checkbox"/> 7. Certificate of California High School Proficiency (CHSPE) | Month & Year earned: _____ Mo / Year |
| <input type="checkbox"/> 8. Foreign secondary/high school Diploma/Certificate | Month & Year earned: _____ Mo / Year |

EDUCATION COMPLETED				
Technical/Certificate Yes <input type="checkbox"/> No <input type="checkbox"/>	Some College, No Degree (If yes, please check one) Yes <input type="checkbox"/> No <input type="checkbox"/> <input type="checkbox"/> Freshman <input type="checkbox"/> Junior <input type="checkbox"/> Sophomore <input type="checkbox"/> Senior		A.A. /A.S. Degree Yes <input type="checkbox"/> No <input type="checkbox"/>	
4-yr. College Graduate Yes <input type="checkbox"/> No <input type="checkbox"/>	Graduate Studies Yes <input type="checkbox"/> No <input type="checkbox"/>		Other Diploma/Degree Yes <input type="checkbox"/> No <input type="checkbox"/>	
I EARNED THE ABOVE OUTSIDE OF THE U.S. <input type="checkbox"/> YES <input type="checkbox"/> NO Please indicate what level of education, diploma or degree was earned outside the United States and where:				
ADULT SCHOOL SITE: (Please check all that apply and enter the date you last attended)				
<input type="checkbox"/> San Ysidro Adult School Mo / Year		<input type="checkbox"/> Chula Vista Adult School Mo / Year		
<input type="checkbox"/> Montgomery Adult School Mo / Year		<input type="checkbox"/> National City Adult School Mo / Year		
Please indicate any Adult School you have attended in the State of California not on this list:				
HAVE YOU OR DO YOU CURRENTLY RECEIVE THE FOLLOWING TYPES OF ASSISTANCE? (Please check all that apply):				
Public Assistance / Welfare Yes <input type="checkbox"/> No <input type="checkbox"/>	TANF Yes <input type="checkbox"/> No <input type="checkbox"/>	WIOA TITLE I Yes <input type="checkbox"/> No <input type="checkbox"/>	Rehabilitation Yes <input type="checkbox"/> No <input type="checkbox"/>	
Food Stamps / Calfresh / SNAP Yes <input type="checkbox"/> No <input type="checkbox"/>	CalWorks Yes <input type="checkbox"/> No <input type="checkbox"/>	Medi-Cal / MediCare Yes <input type="checkbox"/> No <input type="checkbox"/>	EDD Yes <input type="checkbox"/> No <input type="checkbox"/>	
Social Security Yes <input type="checkbox"/> No <input type="checkbox"/>	Supplemental Security Income (SSI) Yes <input type="checkbox"/> No <input type="checkbox"/>	General Assistance (GA) Yes <input type="checkbox"/> No <input type="checkbox"/>		
WHAT IS YOUR PRIMARY GOAL AND YOUR SECONDARY GOAL FOR ATTENDING CONTINUING EDUCATION COURSES? (Select 1=Primary and 2=Secondary)	Get a better Job <input type="checkbox"/> 1 <input type="checkbox"/> 2	Improve Basic Skills <input type="checkbox"/> 1 <input type="checkbox"/> 2	Improve English Skills <input type="checkbox"/> 1 <input type="checkbox"/> 2	Prepare to Earn High School Diploma / GED <input type="checkbox"/> 1 <input type="checkbox"/> 2
	Prepare for Employment <input type="checkbox"/> 1 <input type="checkbox"/> 2	Retain Current Job <input type="checkbox"/> 1 <input type="checkbox"/> 2	Prepare to Enter College or Training <input type="checkbox"/> 1 <input type="checkbox"/> 2	Personal Goal <input type="checkbox"/> 1 <input type="checkbox"/> 2
	Family Goal <input type="checkbox"/> 1 <input type="checkbox"/> 2	Prepare for U.S. Citizenship <input type="checkbox"/> 1 <input type="checkbox"/> 2	Prepare for Military Service <input type="checkbox"/> 1 <input type="checkbox"/> 2	None <input type="checkbox"/> 1 <input type="checkbox"/> 2
	Other Attainable Goal <input type="checkbox"/> 1 <input type="checkbox"/> 2 (Please explain):			
PLEASE CHECK ALL THAT APPLY TO YOU:	Cultural Barriers <input type="checkbox"/>	Dislocated Worker <input type="checkbox"/>	Displaced Homemaker <input type="checkbox"/>	Employed <input type="checkbox"/>
	Employed, With Termination Notice <input type="checkbox"/>	English Language Learner <input type="checkbox"/>	Ex-Offender <input type="checkbox"/>	Foster Care Youth <input type="checkbox"/>
	Homeless <input type="checkbox"/>	Learning Disabled <input type="checkbox"/>	Long-term Unemployed <input type="checkbox"/>	Low Levels of Literacy <input type="checkbox"/>
	Low Income <input type="checkbox"/>	Migrant Farmworker <input type="checkbox"/>	N/A <input type="checkbox"/>	No longer TANF eligible within 2 years <input type="checkbox"/>
	Not Employed/ Not Seeking Work <input type="checkbox"/>	Physically Disabled <input type="checkbox"/>	Retired <input type="checkbox"/>	Seasonal Farmworker <input type="checkbox"/>
	Single Parent <input type="checkbox"/>	Unemployed <input type="checkbox"/>	Veteran (U.S. Military) <input type="checkbox"/>	Active Duty (U.S. Military) <input type="checkbox"/>
SELECT ALL SPECIAL PROGRAMS YOU ARE CURRENTLY AFFILIATED WITH:	Corrections <input type="checkbox"/>	Family Literacy <input type="checkbox"/>	Non-traditional Training <input type="checkbox"/>	Perkins <input type="checkbox"/>
	Special Needs <input type="checkbox"/>	Tutoring <input type="checkbox"/>	Workplace Education <input type="checkbox"/>	Homeless Programs <input type="checkbox"/>
	Rehabilitation <input type="checkbox"/>	Other: (please explain)		
SIGNATURE:			DATE:	
PLEASE REGISTER ME IN THE FOLLOWING NONCREDIT COURSES:				
Course Section Number	Name of Course		Start Date	
NC	_____		_____	
NC	_____		_____	
NC	_____		_____	
NC	_____		_____	
NC	_____		_____	
FOR OFFICE USE ONLY				
Service(s) provided at time of application:				
(OR) <input type="checkbox"/> (Circle one) NC SSSP EX or NEX (AS) <input type="checkbox"/> (AD) <input type="checkbox"/> (Circle one) NC EL or NC NEL (SEP) <input type="checkbox"/>				

LEGEND

- ATM Machine
- Bicycle Parking Racks
- Bus Stop
- Coffee Cart
- Defibrillator
- Disabled Person Parking
- Emergency Blue Light
- Meditation Space
- Information
- Nurse
- Parking Permit Dispenser (One-day permits)
- Pay Phone
- Restrooms
- All-Gender Restrooms
- TDD Payphone
- Time Out Cafe
- Tradewinds
- Health First Fitness Club Parking

SWC
SOUTHWESTERN COLLEGE
900 Otay Lakes Road
Chula Vista, CA 91910
(619) 421-6700
College Police Emergency
(619) 216-6881
Escort Request
(619) 216-6783
www.swccd.edu

PARKING PERMITS REQUIRED AT ALL TIMES IN ALL LOTS.



SCHOOLS AND DEPARTMENTS

<ul style="list-style-type: none"> • Academic Affairs 213 • Academic Success Center 420 • Admissions and Records 1400 • Adult Education Program (AEP) 650 • AmeriCorps/Service Learning 1400 • Art Gallery 710B • Articulation 1103B • Assessment 1400 • Associated Student Organization (ASO) 600 • Athletics 1700 • Automotive Technology 590 • Bookstore 630 • Business and Operations 1650 • Cafeteria/Student Union 610 • CalWORKs 1400 • Career Center 1400 • Center for International Trade Development 660 • Central Plant 1280 • Central Services 1625 • Child Development Center 2000 	<ul style="list-style-type: none"> • Civic Center Facilities and Leasing 1050 • College Police Department 1000-1 • Communications, Community and Government Relations 680 • Continuing Education 1400 • CTECS 1200 • Custodial 615 • Dance Room (Temporary location) 1400 • Disability Support Services 651 • Dreamers Center (*Room 345 Effective March) • DSS High Tech. Center 420 • E.O.P.S. 1400 • Evaluations 1400 • Facilities, Operations and Planning 1602 • Financial Aid 1400 • Financial Services 1663 • Foundation 101 • Grounds 1260 • Gymnasium 1500 • Health, Exercise Science Building 1700 	<ul style="list-style-type: none"> • Health First Fitness Club 1500 • Health Services/Campus Nurse 601F • Human Resources 1650 • Information 1400 • Institutional Research, Planning and Grants 103A • Institutional Technology 211 • Instructional Support Services 1103 • Jag Kitchen Food Pantry 554 • Landscape and Nursery Technology 1800 • Language Acquisition Center 440 • Learning Resource Center (LRC) 620 • Library 620 • Lost and Found 1050 • Maintenance 1200 • Math Lab 60-110 • Math Center 60-110 • Meditation Space 610 • MESA Center 60-101 • Nurse 601F • Online Learning Center (OLC) 1344 	<ul style="list-style-type: none"> • Outreach 1400 • Payroll Services 601F • Perkins Office 1650 • Planetarium 1400 • Prop R Trailer 103A • Purchasing 211 • Reading Lab 1103 • South Bay Botanic Garden 554 • Staff Development 1800 • Student Accounts and Cashiering 440 • Student Activities 620 • Student Affairs 620 • Student Employment Services 1400 • Student Equity Programs and Services 651 • Superintendent/President 100 • Tech Prep/2-2 200A • Tennis Center 1030 • Theatre/Mayan Hall 400 • Time Out Cafe 980 • Title IX 101 • Tradewinds Cafe 1505 	<ul style="list-style-type: none"> • Transfer Center 1400 • Veterans Resource Center (*Room 215 Effective March) *345 • Veterans Services 1400 • Warehouse/Receiving 1100 • Wellness & Aquatics Complex 1500 • Women's Resource Center 1400 • Workability III 1400 • Writing Center 420 <p>SCHOOL OF:</p> <ul style="list-style-type: none"> Arts, Communication and Social Sciences 702B Business and Technology 470 Counseling and Student Support Programs 1400 Language, Literature, and Humanities 430 Mathematics, Science, and Engineering 60-125 Wellness, Exercise Science, and Athletics 1700
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



SOUTHWESTERN COLLEGE
900 Otay Lakes Road
Chula Vista, CA 91910-7299

PERIODICALS

ECRWSS
Postal Customer

Ed2Go Online Classes Via the Internet

Prepare for a new career from the comfort of your home.

REGISTER TODAY!

Ed2Go Online Classes Start: June 12, July 17, August 14.

See page 17 for details.

Enroll Early! Spread the word about Southwestern College by sharing our schedule with family and friends.

For more information visit:

www.swccd.edu/continuinged

To request this schedule in alternate media, please call 619-482-6512 or TTY 619-482-6470