

COLLEGE OF THE CANYONS
SCHOOL OF PERSONAL & PROFESSIONAL LEARNING
ONLINE ▪ FALL 2022 ▪ IN-PERSON

FREE

CLASSES

CLASSES BEGIN AUGUST 22

with a variety of
start dates available!



Education extended

COLLEGE OF THE CANYONS
School of Personal &
Professional Learning

(661) 362-3304
www.canyons.edu/FREE

We offer assistance in:

Español فارسی 한국어

Instrucciones de registro en la página 3

Improve your skills working with children and youth!

Certificate of Completion: Understanding Trauma in Children and Youth Training

Examines the impact of trauma on children and youth with an emphasis on awareness, identification, intervention, and prevention. Provides students with the knowledge and skills needed to identify signs of trauma and utilize appropriate behavioral interventions in a professional and/or personal setting when working with children and youth.

Apply for the Certificate of Completion once you have received a passing grade in each of the following courses:

NC.VOC-040 Trauma-Awareness/Identity Training

Examines the impact of trauma on children and youth. Provides students with the knowledge and skills needed to identify signs of trauma in a professional and/or personal setting and how these experiences can impact behavior.

NC.VOC-041 Trauma-Intervention/Preventative Training

Examines the impact of trauma on children and youth. Provides students with the knowledge and skills needed to utilize appropriate behavioral interventions including prevention techniques, in a professional and/or personal setting when working with children and youth impacted by trauma.



FREE Noncredit Vocational ESL Courses!



Certificate of Completion: English for the Workplace

Students will be able to communicate in written and spoken English in common workplace situations.

Apply for the Certificate of Completion once you have received a passing grade in each of the following courses:

NC.VESL-001 English for the Workplace

Introduces the English necessary to enter the workplace in the United States, emphasizing vocabulary, communication skills, and cultural knowledge.

NC.VESL-002 Success in the Workplace

Further develops the English, communication skills, and cultural competence necessary for entering and succeeding in the workplace in the United States.

For a complete list of all certificate programs, go to www.canyons.edu/FREE

** All students in the program will get a free subscription to LinkedIn Learning*

Registration Instructions

You will need a personal email account to complete the enrollment process:

STEP 1: Submit an application for admission for the Fall 2022 term

- Go to: www.canyons.edu/freeclasses
- Select "Applicants"
- Select "Go to OpenCCC" to complete the online application process
- Upon successful submission of your application, you will receive an email titled, "Your COC Noncredit Application to enroll in FREE classes has been accepted!"

STEP 2: Enroll in CanyonsID (single sign-on)

- For the convenience of having one username and password to access online services, students must enroll their "my.canyons.edu" student email address and temporary password into CanyonsID.
- Go to www.canyons.edu/canyonsid for detailed instructions. For security, you will need a cell phone number and personal email to complete the authentication process.

STEP 3: Choose a certificate pathway or free course to enroll in

- Go to www.canyons.edu/free to browse through the variety of free courses and certificates available to add to your resume, or to complete for personal enrichment.

STEP 4: Register for classes

- Once logged into My Canyons, click on the green "My Registration" tile and then "Search for Sections." Select a Term (Fall 2022) and search alphabetically for the Subject "Noncredit" to find the FREE noncredit course you want to enroll in.



STEP 5: Explore Canvas to get to know your Online Classroom

- To log into your Canvas online portal, go to: coc.instructure.com. Course content is not visible until the course is published by the instructor on the first day of class.

Need help logging in to Canvas?

- Call (661) 362-3600 9 a.m. to 5 p.m. Monday through Friday
- Send an email to cvsupport@canyons.edu or online@canyons.edu
- After-hours Canvas support is available 24 hours a day at (877) 889-9052



canvas

UNDERSTANDING OUR CLASS FORMATS



OnlineLIVE

The class will meet via Zoom on the days and times listed in the class schedule. You will not be able to register for two classes that meet at the same time.



Online

The class will not meet live and you have the flexibility to complete the instruction on your own time.



InPerson

On campus classes are BACK and are identified with a building and room number listed. Some classes that have a building and room number are hybrid classes, meaning they will meet on campus AND online. Review the class schedule carefully.

Note: Some classes will utilize both Online and OnlineLIVE instruction. See the Class Schedule for details.

Support Services

Class Schedule: www.canyons.edu/schedule

Counseling: www.canyons.edu/counseling

Free Tutor: www.canyons.edu/TLC

Help navigating online (Canvas) classes: www.canyons.edu/onlineeducation

Financial aid: www.canyons.edu/financialaid

Textbooks: www.canyons.edu/bookstore

Academic Accommodation Center: www.canyons.edu/AAC

Free wireless internet access available in parking lots 1, 3, 5, 14 & 15 on the Valencia campus.



Orientation Letters: Make sure you read the orientation letter for each of your classes, so you know what to expect. (If there isn't a letter/link for your class, please be patient. They are being added as professors finish them.)
www.canyons.edu/orientationletter

Instrucciones de registro

Necesitará una cuenta de correo electrónico personal para completar el proceso de inscripción:

PASO 1: Presentar una solicitud de admisión para el semestre de Otoño 2022

- Visite: www.canyons.edu/freeclasses
- Seleccione "Solicitantes"
- Seleccione "Ir a OpenCCC" para completar el proceso de solicitud en línea
- Una vez enviada con éxito su solicitud, recibirá un correo electrónico titulado "Your COC Application to enroll in FREE classes has been accepted!"

PASO 2: Inscribirse en CanyonsID (inicio de sesión único)

- Para la conveniencia de tener un solo nombre de usuario y contraseña para acceder a los servicios en línea, los estudiantes deben registrar su "my.canyons.edu" dirección de correo electrónico de estudiante y la contraseña temporal en CanyonsID.
- Vaya a www.canyons.edu/canyonsID para obtener instrucciones detalladas. Por seguridad, necesitará un número de teléfono móvil y un correo electrónico personal para completar el proceso de autenticación.

PASO 3: Elija una opción de certificado o un curso gratuito en el que desee inscribirse

- Visite www.canyons.edu/free para ver la variedad de cursos y certificados gratuitos disponibles para añadir a su currículum, o para completar su enriquecimiento personal.

PASO 4: Inscribirse en clases

- Una vez iniciada la sesión en My Canyons, haga clic en "Register/Add Classes" para completar el proceso de inscripción. Seleccione el Término (Fall 2022) y busque alfabéticamente la Materia "Noncredit". Después de añadir una clase a su horario, póngase en contacto con su instructor. Puede encontrar una lista de correos electrónicos de los instructores en www.canyons.edu/FREE



PASO 5: Explore Canvas para conocer su Clase en Línea

Una vez que haya iniciado sesión en My Canyons, haga clic en la el cuadro verde "My Registration" y luego haga clic en "Search for Sections." Seleccione un Término (Fall 2022) y busque alfabéticamente el Tema "Noncredit" para encontrar el Curso Gratuito sin crédito en el que desea inscribirse.

¿Necesita ayuda para ingresar a Canvas?

- Llame al (661) 362-3600 de 9 a.m. a 5 p.m. de Lunes a Viernes
- Envía un correo electrónico a cvsupport@canyons.edu o a online@canyons.edu
- Después del horario de trabajo el equipo de asistencia técnica de Canvas está disponible las 24 horas del día por teléfono al (877) 889-9052



canvas

CONOCIMIENTO DE LOS FORMATOS PARA LAS CLASES



OnlineLIVE

En Línea, EN VIVO - Esta clase se reunirá por Zoom en los días y horas indicadas en el programa de clases. No podrá inscribirse a dos clases que se reúnen a la misma hora.



Online

En Línea - Esta clase no se reunirá en vivo y tendrá flexibilidad para completar la instrucción en su propio tiempo.



InPerson

Las clases en el campus están de REGRESO y se identifican con un número de edificio y de salón. Algunas clases que tienen un número de edificio y salón son clases híbridas, lo que significa que se reunirán en el campus Y en línea. Revise el horario de clases cuidadosamente.

Nota - Algunas clases serán una combinación de instrucción En Línea y En Línea, EN VIVO. Para más detalles, vea el programa de clases.

Servicios de Apoyo

Programa de clases: www.canyons.edu/schedule

Consejería: www.canyons.edu/counseling

Tutoría gratis: www.canyons.edu/TLC

Ayuda navegando clases en línea (Canvas): www.canyons.edu/onlineeducation

Ayuda Financiera: www.canyons.edu/financiaid

Libros: www.canyons.edu/bookstore

Centro de Adaptaciones Académicas: www.canyons.edu/AAC

Acceso gratis a internet disponible en los estacionamientos 1, 3, 5, 14 & 15 en el campus de Valencia.



Orientation Letters: Cartas de Orientación

- Asegúrese de leer la Carta de Orientación de su clase para que sepa que esperar. (Si no hay Carta de Orientación/enlace para su clase, por favor sea paciente. Están siendo agregadas tan pronto como sean terminadas por los profesores).

www.canyons.edu/orientationletter



NC.BUS 3B STRATEGIC HUMAN RESOURCES MANAGEMENT

24.00 hours

Explores human resources strategies to optimize an organization's efforts in achieving a competitive advantage.

SEC#	DATES	DAYS	TIME	LOCATION
65431	11/14/22-12/10/22			ONLINE

NONCREDIT CAREER SKILLS

NC.CSKL 001 TIME MANAGEMENT

8.00 hours

Explores time management strategies and tools for effectively managing expanding workloads, shifting priorities, and increasing demands. Practice prioritizing "important" versus "urgent" activities. Emphasis on analyzing current use of time, identifying organizational goals, roles and priorities, discovering gaps to achieving goals and apply time management tools to the gaps for completing important priorities first.

SEC#	DATES	DAYS	TIME	LOCATION
65441	9/6/22-9/18/22			ONLINE

NC.CSKL 002 BUSINESS WRITING IN THE TECHNOLOGY AGE

8.00 hours

Develops effective and professional business writing skills for electronic and hard-copy communication using business tone, organization and formatting, word choice and persuasion.

SEC#	DATES	DAYS	TIME	LOCATION
65442	9/19/22-10/2/22			ONLINE
67007	8/15/22-9/12/22	MW	5:00PM-6:00PM	ONLN-LIVE

NC.CSKL 003 CRITICAL THINKING (PROBLEM-SOLVING AND DECISION-MAKING)

8.00 hours

Develops analytical thinking, decision-making and problem-solving techniques. Apply judgment and insight to break problems into component parts and apply deductive reasoning.

SEC#	DATES	DAYS	TIME	LOCATION
65443	10/3/22-10/16/22			ONLINE

NC.CSKL 004 CUSTOMER SERVICE

8.00 hours

Applies practical strategies to retain a valuable customer base, diffuse difficult situations and earn repeat business. Topics include the anatomy of a complaint, regulating verbal and nonverbal responses, active listening skills, creative problem-solving, customer perceptions and expectations, adapting to different conflict styles, and steps to diffuse angry customers.

SEC#	DATES	DAYS	TIME	LOCATION
65444	9/6/22-9/18/22			ONLINE

NC.CSKL 005 NEGOTIATION

8.00 hours

Applies collaboration tools for building high-trust synergistic relationships. Analyze the conflict cycle and practice skills to defuse conflict at each stage for mutual benefit. Assess one's strengths and utilize tools to facilitate and adapt to others' styles. Skills include re-framing, neutralizing language, discovering of interests, and leveraging innovative solutions through a collaborative negotiation process.

SEC#	DATES	DAYS	TIME	LOCATION
65445	9/19/22-10/2/22			ONLINE

NC.CSKL 006 PERSONALITY STYLES

8.00 hours

Exploration of participants' own behaviors and personality styles, while learning to adapt one's behavior to be effective with other personality styles in a variety of work situations. Emphasis is placed on dealing with difficult relationships and communicating in a way that matches the needs of all involved to achieve relationship satisfaction and organizational objectives.

SEC#	DATES	DAYS	TIME	LOCATION
65446	10/3/22-10/16/22			ONLINE
67014	11/7/22-11/30/22	MW	5:00PM-6:00PM	ONLN-LIVE

NONCREDIT BASIC SKILLS

NC.BCSK 100 GED PREPARATION

190.00 hours

Designed to prepare students to pass the five sections of the General Educational Development test: Reading, Writing I and II (essay), Science, Social Studies and Mathematics. Students require basic computer literacy to utilize GED tutorial software. This course may be offered open entry/open exit.

SEC#	DATES	DAYS	TIME	LOCATION
65423	8/22/22-12/10/22			ONLINE
65422	8/22/22-12/10/22	SA	9:00AM-12:00PM	HSLH-306 (Español)

NC.BCSK 110 GED PREPARATION – MATH/SCIENCE

62.00 hours

Designed to prepare students to pass the Mathematical Reasoning and Science subtests of the GED exam. Students need computer literacy and basic numeracy skills. The two noncredit arithmetic classes, MA3 and MA4, are highly recommended prior, or in addition, to this class. (HyFlex = Attend in-person or OnlineLIVE)

SEC#	DATES	DAYS	TIME	LOCATION
65424	8/22/22-12/10/22	MW	9:30AM-12:00PM	HSLH-306 (HyFlex)

NC.BCSK 120 GED PREPARATION – LANGUAGE ARTS/SOCIAL STUDIES

62.00 hours

Designed to prepare students to pass the Reasoning Through Language Arts and Social Studies subtests of the GED exam. Students need computer literacy and basic English writing skills. (HyFlex = Attend in-person or OnlineLIVE)

SEC#	DATES	DAYS	TIME	LOCATION
65426	8/22/22-12/10/22	TU TH	9:30AM-12:00PM	HSLH-306 (HyFlex)

NONCREDIT BUSINESS

NC.BUS 2A SUPERVISOR'S ROLE IN WORKPLACE COMPLIANCE

16.00 hours

Explores relevant employment laws affecting the workplace in connection with the supervisor's role in ensuring compliance.

SEC#	DATES	DAYS	TIME	LOCATION
65428	8/22/22-9/17/22			ONLINE

NC.BUS 2B PEOPLE MANAGEMENT

24.00 hours

Examines tools to effectively hire, manage, motivate, and retain talent. Examines the employment life cycle from a supervisor and business leader's perspective.

SEC#	DATES	DAYS	TIME	LOCATION
65429	9/19/22-10/15/22			ONLINE

NC.BUS 3A LEGAL REVIEW AND UPDATE FOR HUMAN RESOURCES MANAGEMENT PROFESSIONALS

16.00 hours

Provides human resources professionals with a more advanced employment law review, update on current legislation, and case analysis impacting employees and employers in the workplace.

SEC#	DATES	DAYS	TIME	LOCATION
65430	10/17/22-11/12/22			ONLINE

NC.CSKL 007 SUCCESSFULLY MANAGING AND DEVELOPING PEOPLE

8.00 hours

Learn and apply the communication, delegation and motivational skills needed to be an effective manager or supervisor.

SEC#	DATES	DAYS	TIME	LOCATION
65447	9/6/22-9/18/22			ONLINE
67009	9/19/22-10/12/22	MW	5:00PM-6:00PM	ONLN-LIVE

NC.CSKL 008 WORKPLACE COMMUNICATION STRATEGIES

8.00 hours

Assess and optimize current workplace communication skills. Differentiate content, emotions, perceptions and intentions in a communication exchange. Build an advanced communication toolkit to forward your career. Illustrate clear and congruent verbal and nonverbal messages tailored to the personalities involved, the desired outcomes, and the context.

SEC#	DATES	DAYS	TIME	LOCATION
65448	9/19/22-10/2/22			ONLINE
67012	10/10/22-11/2/22	MW	5:00PM-6:00PM	ONLN-LIVE

NC.CSKL 009 PERSONALIZED CAREER PLANNING

8.00 hours

Examines the assessment of individuals' strengths, interests, values, personality and abilities in the context of career and education planning. Students will improve decision-making skills by exploring their own decision-making styles and applying specific decision-making models to their career planning process.

SEC#	DATES	DAYS	TIME	LOCATION
65449	10/3/22-10/16/22			ONLINE
67011	10/17/22-11/9/22	MW	5:00PM-6:00PM	ONLN-LIVE

NC.CSKL 010 STRATEGIC JOB SEARCH

8.00 hours

Introduces sources of occupational information and how to utilize this information in the career planning and job search process.

SEC#	DATES	DAYS	TIME	LOCATION
65450	10/17/22-10/30/22			ONLINE
67013	11/14/22-12/7/22	MW	5:00PM-6:00PM	ONLN-LIVE

NC.CSKL 011 LINKEDIN FOR BUSINESS

8.00 hours

Examines the LinkedIn platform, the world's most popular business-oriented social media networking platform, to develop business through relationship marketing.

SEC#	DATES	DAYS	TIME	LOCATION
65451	10/31/22-11/13/22			ONLINE

NC.CSKL 014 PUBLIC SPEAKING IN THE WORKPLACE

8.00 hours

Examines the skills needed to organize and deliver effective workplace presentations. Emphasis will be placed on speech preparation, techniques for public speaking, and common presentations in the workplace. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65453	10/17/22-10/30/22			ONLINE



NC.CSKL 015 ADAPTABILITY

8.00 hours

Explores strategies for becoming more adaptable and managing stress in the modern workplace. Emphasis is placed on technological and social changes in the modern workplace.

SEC#	DATES	DAYS	TIME	LOCATION
65454	10/24/22-11/6/22			ONLINE

NC.CSKL 016 DIGITAL FLUENCY

8.00 hours

Examines the technological tools needed to build a professional online presence.

SEC#	DATES	DAYS	TIME	LOCATION
65455	11/7/22-11/20/22			ONLINE
67010	9/12/22-10/5/22	MW	5:00PM-6:00PM	ONLN-LIVE

NC.CSKL 017 EMPATHY

8.00 hours

Examines the importance of empathy in trusted relationships and successful collaborations. Emphasis is placed on developing empathy, building strong connections, and utilizing good listening skills to fully understand the needs of customers, clients, and co-workers.

SEC#	DATES	DAYS	TIME	LOCATION
65456	11/7/22-11/20/22			ONLINE

NC.CSKL 018 ENTREPRENEURIAL MINDSET

8.00 hours

Explores techniques for developing an entrepreneurial mindset and building new skills to differentiate oneself in the modern workforce marketplace. Emphasis is placed on developing the skills needed to manage projects, propose ideas, and create value for an organization.

SEC#	DATES	DAYS	TIME	LOCATION
65457	10/17/22-10/30/22			ONLINE

NC.CSKL 019 RESILIENCE

8.00 hours

Examines skills needed to have a healthy relationship with failure and remain competitive in the modern workplace. Emphasis is placed on embracing momentary failure, taking time for reflection and corrective action, and exploring techniques to learn from setbacks and continue to move forward.

SEC#	DATES	DAYS	TIME	LOCATION
65458	11/7/22-11/20/22			ONLINE

NC.CSKL 020 SELF-AWARENESS

8.00 hours

Explores the link between personality and the preferred work environment. Build self-awareness by interpreting and applying personality results to educational, personal, and career goals.

SEC#	DATES	DAYS	TIME	LOCATION
65459	11/28/22-12/9/22			ONLINE

NC.CSKL 021 SOCIAL-DIVERSITY AWARENESS

8.00 hours

Explores diversity in the workplace including gender, sexual orientation, ethnicity, age, disability, and how they contribute to the modern workplace.

SEC#	DATES	DAYS	TIME	LOCATION
65460	11/28/22-12/9/22			ONLINE

NC.CSKL 022 EMERGING LEADERS

8.00 hours

Explores different leadership styles and strategies for becoming an effective leader. Emphasis will be placed on self-awareness, identifying strengths, and creating a plan to become an effective leader in the modern workforce.

SEC#	DATES	DAYS	TIME	LOCATION
68139	9/19/22-10/2/22			ONLINE

NC.CSKL 023 ORGANIZATIONAL LEADERSHIP

8.00 hours

Analyzes the impact of leadership on organizational effectiveness. Emphasis will be placed on attributes of successful leaders, including interpersonal skills, attitudes, and behaviors, which can facilitate effective leadership within different types of organizations. Designed to provide leadership communication skills and techniques for planning and organizing in today's changing workplace.

SEC#	DATES	DAYS	TIME	LOCATION
68140	10/3/22-10/16/22			ONLINE

NONCREDIT CITIZENSHIP

NC.CITZ 01 CITIZENSHIP FOR NATURALIZATION

36.00 – 54.00 hours

Introduces the history and government of the United States, including an overview of the branches of government, the Constitution, and the Bill of Rights necessary to pass the U.S. Citizenship Examination. This course may be offered open entry/open exit. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65438	8/22/22-12/10/22	W	6:00PM-9:00PM	ONLN-LIVE



NONCREDIT COLLEGE SKILLS

NC.CGSL 001 RESOURCES AND STRATEGIES FOR COLLEGE SUCCESS

8.00 - 18.00 hours

Introduces the skills necessary to succeed in credit courses. Topics that will be covered are academic expectations, financial aid options, California residency status, academic and career educational options, COC resources and goal setting. Formerly NC.COUN-025.

SEC#	DATES	DAYS	TIME	FORMAT
67560	9/26/22-10/1/22			ONLINE

NC.CGSL 002 ONLINE LEARNING AND STRATEGIES FOR SUCCESS

8.00 - 18.00 hours

Introduces the practical strategies and skills necessary to succeed in distance education. Students will learn how to anticipate, avoid, and/or solve typical problems encountered in the distance learning environments. Formerly NC.COUN-030.

SEC#	DATES	DAYS	TIME	FORMAT
67561	10/3/22-10/8/22			ONLINE

NC.CGSL 003 MONEY MANAGEMENT FOR COLLEGE AND BEYOND

8.00 - 18.00 hours

Develops a foundation of money management and financial literacy including budgeting to meet educational goals. Strategies include filling out the Free Application for Federal Student Aid (FAFSA), scholarships, student loans, consumer credit, and banking products such as checking and savings accounts.

SEC#	DATES	DAYS	TIME	FORMAT
67562	9/19/22-10/1/22			ONLINE
67563	10/17/22-10/29/22			ONLINE
67564	11/7/22-11/19/22			ONLINE
67565	11/28/22-12/10/22			ONLINE

NC.CGSL 004 CAREER EXPLORATION

8.00 - 18.00 hours

Provides students with career exploration techniques. Emphasis is placed on selecting a career based on self-examination of interests, values, abilities, and personality through assessment inventories, skill exercises, and career research.

SEC#	DATES	DAYS	TIME	FORMAT
67566	11/14/22-11/19/22			ONLINE

NONCREDIT CSEC TRAINING

NC.CSEC 001 CSEC PART 1: THE COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN - AWARENESS AND IDENTIFICATION TRAINING

6.00 hours

Examines the commercial sexual exploitation of children (CSEC) with an emphasis on awareness and identification. Provides students with the knowledge and skills needed to identify sexually and commercially exploited youth.

SEC#	DATES	DAYS	TIME	LOCATION
65439	10/11/22-10/13/22	TU TH	6:00PM-8:00PM	ONLN-LIVE

NC.CSEC 002 CSEC PART 2: THE COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN - INTERVENTION AND PREVENTION TRAINING

4.00 hours

Examines the commercial sexual exploitation of children (CSEC) with an emphasis on the implementation of early prevention and intervention strategies.

SEC#	DATES	DAYS	TIME	LOCATION
65440	10/18/22-10/20/22	TU TH	6:00PM-8:00PM	ONLN-LIVE

NONCREDIT COMPUTER APPLICATIONS AND WEB TECHNOLOGIES

NC.CAWT 10A COMPUTING AND INTERNET FUNDAMENTALS

21.00 hours

Introduces basic computer processes, operating systems, and Internet technologies, including file management and social media.

SEC#	DATES	DAYS	TIME	LOCATION
65432	8/25/22-9/29/22	TH	9:00AM-1:00PM	ONLN-LIVE
65437	10/1/22-11/5/22	SA	9:00AM-1:00PM	ONLN-LIVE

NC.CAWT 10B WORD PROCESSING BASICS

16.00 hours

Introduces basic word processing skills, such as creating, editing, and formatting documents.

SEC#	DATES	DAYS	TIME	LOCATION
65433	10/6/22-10/27/22	Th	9:00AM-1:00PM	ONLN-LIVE

NC.CAWT 10C SPREADSHEET BASICS

16.00 hours

Introduces basic spreadsheet functionality, such as creating, editing, formatting worksheets, and employing a variety of techniques for data analysis.

SEC#	DATES	DAYS	TIME	LOCATION
65435	8/26/22-9/23/22	F	9:00AM-1:00PM	ONLN-LIVE
65434	11/3/22-12/8/22	Th	9:00AM-1:00PM	ONLN-LIVE

NC.CAWT 10D DIGITAL COMMUNICATIONS FOR THE OFFICE

24.00 hours

Introduces applications for communications required in the typical office setting, such as Outlook, Acrobat, and PowerPoint.

SEC#	DATES	DAYS	TIME	LOCATION
65436	10/28/22-12/9/22	F	9:00AM-1:00PM	ONLN-LIVE

NONCREDIT CULINARY ARTS

NC.CUL-001 CULINARY SAFETY AND SANITATION

18.00 hours

Introduces principles of food safety and sanitation in a food service operation. Topics include sanitation regulations, personal hygiene, contamination sources, microorganisms, proper food handling techniques and storage, comprehensive cleaning and sanitizing, and workplace safety concepts.

SEC#	DATES	DAYS	TIME	LOCATION
68134	8/29/22-10/8/22	TU	6:00PM-8:00PM	ONLN-LIVE

NC.CUL-002 BAKING FUNDAMENTALS I

48.00 hours

Explores ingredient interaction, proper scaling techniques, and reading of formulas in baking. Learn how to correctly measure and prepare quick bread recipes. (Concurrent enrollment in NC.CUL-003 required)

SEC#	DATES	DAYS	TIME	LOCATION
68135	8/31/22-10/6/22	WTH	5:00PM-9:00PM	ICUE-111

NC.CUL-003 BAKING FUNDAMENTALS II

44.00 hours

Second in a series, emphasizing baking skills necessary for employment including advanced breads and pastries. (Concurrent enrollment in NC.CUL-002 required)

SEC#	DATES	DAYS	TIME	LOCATION
68136	10/26/22-12/1/22	WTH	5:00PM-9:00PM	ICUE-111

NONCREDIT EDUCATION

NC.EDUC 001 TEST PREP FOR CBEST ENGLISH BASIC SKILLS TEST

4.00 hours

Provides practical strategies and techniques to prepare students for responding to analytical essay prompts for the English section of the CBEST-California Basic Education Skills for Teachers. Utilizes practice test questions, develops a study plan, and offers successful test-taking methods.

SEC#	DATES	DAYS	TIME	LOCATION
65461	10/29/22-10/29/22	SA	12:00PM-4:00PM	ONLN-LIVE

NC.EDUC 002 TEST PREP FOR CBEST MATH BASIC SKILLS TEST

4.00 hours

Provides practical test-taking strategies and techniques to prepare students for the Math section of the CBEST-California Basic Education Skills for Teachers. Utilizes practice exams, develops a study plan, and offers successful test-taking methods.

SEC#	DATES	DAYS	TIME	LOCATION
65462	11/5/22-11/5/22	Sa	12:00PM-4:00PM	ONLN-LIVE

NC.EDUC 003 INSTRUCTIONAL AIDE TRAINING: ROLES AND RESPONSIBILITIES

8.00 – 16.00 hours

Explains the roles and responsibilities of an instructional aide, while also developing strategies for collaborating and communicating with students, teachers, and parents.

SEC#	DATES	DAYS	TIME	LOCATION
65463	10/4/22-10/13/22	TuTh	4:00PM-6:00PM	ONLN-LIVE

NC.EDUC 004 INSTRUCTIONAL AIDE TRAINING: EFFECTIVE PRACTICES

12.00 – 21.00 hours

Develops reading and writing skills by applying critical reading strategies to non-fiction texts and writing brief source-based essays. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65464	10/18/22-11/3/22	TuTh	4:00PM-6:00PM	ONLN-LIVE



NONCREDIT ENGLISH

NC.ENGL 001 ESSENTIAL READING & WRITING I

18.00 hours

Develops basic English skills at the beginning low level through listening, speaking, reading and writing, including grammar, pronunciation, vocabulary and everyday life situations. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65465	9/19/22-10/15/22			ONLINE
65466	9/19/22-10/15/22	Tu	11:00AM-12:30PM	ONLN-LIVE

NC.ENGL 002 ESSENTIAL READING & WRITING II

18.00 hours

Develops writing skills by focusing on strategies to compose well-organized and coherent essays. Develops reading skills by focusing on formulating inferences and making connections among fiction and nonfiction texts and ideas. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65469	9/19/22-10/15/22			ONLINE
65470	10/17/22-11/12/22			ONLINE
65467	8/22/22-9/17/22	W	5:00PM-7:05PM	ONLN-LIVE
(Co-listed with ENGL-101 68289)				
67986	8/22/22-9/15/22	TuTh	11:00AM-1:50PM	ONLN-LIVE
(Co-listed with ENGL-101 67985)				
65471	9/19/22-10/15/22	Th	11:00AM-12:30PM	ONLN-LIVE
65472	11/14/22-12/10/22	W	11:00AM-12:30PM	ONLN-LIVE

NONCREDIT ESL

NC.ESL 1A BEGINNING LOW A

60.00 – 80.00 hours

Develops basic English skills at the beginning low level through listening, speaking, reading and writing, including grammar, pronunciation, vocabulary and everyday life situations. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65480	8/22/22-10/13/22	M T U T H	9:00AM-12:00PM	UCEN-210
65482	8/22/22-10/13/22	M T U T H	6:00PM-9:00PM	ONLN-LIVE
65481	8/22/22-10/13/22	M T U T H	9:00AM-12:00PM	ONLN-LIVE
65483	10/17/22-12/8/22	M T U T H	6:00PM-9:00PM	ONLN-LIVE

NC.ESL 1B BEGINNING LOW B

60.00 – 80.00 hours

Recommended Prep: NC.ESL-1A or Placement Test

Continues and expands the development of basic English skills at the beginning low level through listening, speaking, reading and writing, including grammar, pronunciation, vocabulary, and every-day life situations.

SEC#	DATES	DAYS	TIME	LOCATION
65484	10/17/22-12/8/22	M T U T H	9:00AM-12:00PM	UCEN-210
65486	10/17/22-12/8/22	M T U T H	6:00PM-9:00PM	ONLN-LIVE
65485	10/17/22-12/8/22	M T U T H	9:00AM-12:00PM	ONLN-LIVE

NC.ESL 2A BEGINNING HIGH A

60.00 – 80.00 hours

Recommended Prep: NC.ESL-1B or Placement Test

Develops English skills at the beginning high level through listening, speaking, reading and writing, including grammar, pronunciation, vocabulary and everyday life situations. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65488	8/22/22-10/13/22	M T U T H	6:00PM-9:00PM	HSLH-306
65489	8/22/22-10/13/22	M T U T H	6:00PM-9:00PM	ONLN-LIVE
65487	8/22/22-10/13/22	M T U T H	9:00AM-12:00PM	UCEN-310

NC.ESL 2B BEGINNING HIGH B

60.00 – 80.00 hours

Recommended Prep: NC.ESL-2A or Placement Test

Continues and expands the development of English skills at the beginning high level through listening, speaking, reading and writing, including grammar, pronunciation, vocabulary and everyday life situations. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65491	10/17/22-12/8/22	M T U T H	6:00PM-9:00PM	HSLH-306
65492	10/17/22-12/8/22	M T U T H	6:00PM-9:00PM	ONLN-LIVE
65490	10/17/22-12/8/22	M T U T H	9:00AM-12:00PM	UCEN-310

NC.ESL 3A INTERMEDIATE LOW A

60.00 – 80.00 hours

Recommended Prep: NC.ESL-2B or Placement Test

Develops English skills at the intermediate low level through listening, speaking, reading and writing including grammar, pronunciation, vocabulary and everyday life situations. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65493	8/22/22-10/13/22	M T U TH	9:00AM-12:00PM	CCCS-503
65494	8/22/22-10/13/22	M T U TH	6:00PM-9:00PM	ONLN-LIVE
65495	8/22/22-10/13/22	M T U TH	6:00PM-9:00PM	ORCH-LIBR

NC.ESL 3B INTERMEDIATE LOW B

60.00 – 80.00 hours

Recommended Prep: NC.ESL-3A or Placement Test

Continues and expands English skills at the intermediate low level through listening, speaking, reading and writing including grammar, pronunciation, vocabulary and everyday life situations. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65496	10/17/22-12/8/22	M Tu Th	9:00AM-12:00PM	CCCS-503
65499	8/22/22-10/13/22	M Tu Th	6:00PM-9:00PM	ONLN-LIVE
65497	10/17/22-12/8/22	M Tu Th	6:00PM-9:00PM	ONLN-LIVE
65498	10/17/22-12/8/22	M Tu Th	6:00PM-9:00PM	ORCH-LIBR

NC.ESL 4A INTERMEDIATE HIGH A

60.00 – 80.00 hours

Recommended Prep: NC.ESL-3B or Placement Test

Develops English skills at the intermediate high level through listening, speaking, reading and writing including grammar, pronunciation, vocabulary and everyday life situations. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65502	8/22/22-10/13/22	M Tu Th	6:00PM-9:00PM	ONLN-LIVE
65500	10/17/22-12/8/22	M Tu Th	6:00PM-9:00PM	ONLN-LIVE
65501	8/22/22-10/13/22	M Tu Th	9:00AM-12:00PM	UCEN-211

NC.ESL 4B INTERMEDIATE HIGH B

60.00 – 80.00 hours

Recommended Prep: NC.ESL-4A or Placement Test

Continues and expands English skills at the intermediate high level through listening, speaking, reading and writing including grammar, pronunciation, vocabulary, and common situations.

SEC#	DATES	DAYS	TIME	LOCATION
65505	8/22/22-10/13/22	M T U TH	6:00PM-9:00PM	ONLN-LIVE
65504	10/17/22-12/8/22	M T U TH	6:00PM-9:00PM	ONLN-LIVE
65503	10/17/22-12/8/22	M T U TH	9:00AM-12:00PM	UCEN-211

NC.ESL 060 COLLEGE READING, WRITING, AND GRAMMAR I

54.00 hours

Develops reading, writing, and grammar skills designed to progress non-native speakers of English toward college-level work.

SEC#	DATES	DAYS	TIME	LOCATION
65473	8/22/22-10/13/22	M Tu Th	9:00AM-12:00PM	UCEN-207
65474	8/22/22-10/13/22	M Tu Th	6:00PM-9:00PM	ONLN-LIVE

NC.ESL 061 COLLEGE LISTENING AND SPEAKING I

54.00 hours

Provides practice speaking in informal college situations. Focuses on listening, speaking, and pronunciation through extensive practice in common college situations.

SEC#	DATES	DAYS	TIME	LOCATION
65475	10/17/22-12/8/22	M T U TH	9:00AM-12:00PM	UCEN-312
65476	10/17/22-12/8/22	M T U TH	6:00PM-9:00PM	ONLN-LIVE

NC.ESL 070 COLLEGE READ/WRIT/GRAMMAR II

54.00 hours

Continues development of reading, writing, and grammar skills in preparation for college-level work.

SEC#	DATES	DAYS	TIME	LOCATION
65478	8/22/22-10/15/22			ONLINE
65477	8/22/22-10/13/22	M T U TH	9:00AM-12:00PM	ONLN-LIVE

NC.ESL-071 COLLEGE LISTENING/SPEAKING II

54.00 hours

Provides extensive practice in oral communication in both formal and informal college situations. Develops listening strategies.

SEC#	DATES	DAYS	TIME	LOCATION
65479	10/17/22-12/8/22	M T U TH	9:00AM-12:00PM	ONLN-LIVE

NONCREDIT HEALTH EDUCATION**NC.HLTH 001 ADULT AND PEDIATRIC CPR, FIRST AID, AND AED**

16.00 hours

Presents the skills needed to recognize and respond to a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants. Upon successful completion of this course, students will receive a digital American Red Cross certificate for Adult and Pediatric CPR, First Aid, and AED (valid for two years) for an additional fee. Obtaining the American Red Cross certificate for Adult and Pediatric CPR, First Aid, and AED meets OSHA/workplace requirements.

SEC#	DATES	DAYS	TIME	LOCATION
65506	9/19/22-10/1/22	M	6:00PM-9:00PM	HSLH-306
65507	10/24/22-11/5/22	W	6:00PM-9:00PM	HSLH-306

NC.HLTH 002 PERSONAL TRAINER CERTIFICATION PREPARATION

36.00 hours

Prepares students to take the CPT, Certified Personal Trainer exam through the National Strength and Conditioning Association (NSCA). Covers methods of client assessment, measurement, and evaluation. Highlights include resistance training, program design, nutrition, body composition, and cardio-respiratory fitness. Instruction in proper weight training exercise fundamentals and spotting techniques.

SEC#	DATES	DAYS	TIME	LOCATION
65508	10/17/22-12/10/22			ONLINE

**NONCREDIT KINESIOLOGY****NC.KPET-120 EMERGENCY PROCEDURES**

18.00 hours

(This course is MIRRORED with a credit KPET course, limited to 5 NC student seats.)

Introduces procedures to maintain health in emergency first aid situations. Successful course completion qualifies a student for the American Red Cross Community First Aid and Safety, CPR for the Professional Rescuer and Automated External Defibrillation cards.

SEC#	DATES	DAYS	TIME	LOCATION
68280	8/22/22-12/10/22	M	6:00PM-9:05PM	EPEK-101

NC.KPET-212 SPORTS MEDICINE CLINICAL EXPLORATION

34.00 hours

(This course is MIRRORED with a credit KPET course, limited to 5 NC student seats.)

Recommended Preparation: NC.KPET-120

Provides instruction and clinical experience for students interested in sports-related injury care and rehabilitation. Includes injury assessment and diagnosis, therapeutic modality usage and selection, and rehabilitation of sports injuries.

SEC#	DATES	DAYS	TIME	LOCATION
68281	8/22/22-12/10/22	MW	8:00AM-10:20AM	EPEK-101

NONCREDIT MATHEMATICS

NC.MATH 001 WHOLE NUMBERS

6.00 - 10.00 hours

Introduces the basic elements of the system of whole numbers and their operations. The first in the sequence of noncredit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65509	9/6/22-12/10/22			ONLINE

NC MATH 002 FRACTIONS AND MIXED NUMBERS

6.00 - 10.00 hours

Introduces the basic elements of fractions, mixed numbers, and their operations. The second in the sequence of non-credit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65510	9/6/22-12/10/22			ONLINE

NC.MATH 003 DECIMAL NUMBERS

6.00 - 10.00 hours

Introduces the basic elements of the system of decimal numbers and their operations. The third in the sequence of non-credit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65511	9/6/22-12/10/22			ONLINE

NC.MATH 004 PERCENTAGES

6.00 - 10.00 hours

Introduces the basic concepts of percentages and their applications. The fourth in the sequence of non-credit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65512	9/6/22-12/10/22			ONLINE

NC.MATH 005 RATES AND PROPORTIONS

6.00 - 10.00 hours

Introduces methods of solving problems involving rates, proportions, and other applications. The fifth in the sequence of non-credit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65513	9/6/22-12/10/22			ONLINE

NC.MATH 006 SIGNED NUMBERS

6.00 - 10.00 hours

Introduces the system of integers and operations involving positive and negative numbers. The sixth in the sequence of non-credit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65514	9/6/22-12/10/22			ONLINE

NC.MATH 007 ALGEBRAIC EXPRESSIONS

6.00 - 10.00 hours

Introduces the basic concepts of algebraic expressions and their operations. The seventh in the sequence of non-credit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65515	9/6/22-12/10/22			ONLINE

NC.MATH 008 GRAPHS AND LINES

6.00 - 10.00 hours

Introduces the basic elements of the coordinate plane, graphs, and equations of lines. The eighth in the sequence of non-credit developmental mathematics modules designed to prepare and provide support for transfer-level mathematics and science courses.

SEC#	DATES	DAYS	TIME	LOCATION
65516	9/6/22-12/10/22			ONLINE

NONCREDIT MEDIA ENTERTAINMENT ARTS

NC.MEA 031 MAYA USER CERTIFICATION TRAINING I - 3D MODELING

24.00 hours

Enhances skills in 3D modeling for the most current version of Autodesk Maya software. Upon completion of the two-course sequence students will be eligible to take the certification test for Autodesk MAYA. Proficiency in modeling and surfacing using Autodesk Maya is assumed. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65517	10/1/22-11/5/22	Sa	11:00AM-12:30PM	ONLN-LIVE

NC.MEA 035 MAYA USER CERTIFICATION TRAINING II

24.00 hours

Enhances skills in computer animation for the most current version of Autodesk Maya software. Upon completion of the two-course sequence students will be eligible to take the certification test for Autodesk MAYA. Proficiency in computer animation using Autodesk Maya is assumed. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65518	10/1/22-11/5/22	Sa	9:00AM-10:30AM	ONLN-LIVE

NONCREDIT OLDER ADULT

NC.OAD 001 ISSUES IN HEALTHY AGING FOR OLDER ADULTS

15.00 hours

Examines issues of aging and the related concerns of the older adult, emphasizing the age-specific challenges associated with health, law, finances, as well as personal and social relationships. Includes information on care-giving and assisting self and others with ongoing health conditions.

SEC#	DATES	DAYS	TIME	LOCATION
65519	9/12/22-12/7/22			ONLINE

NC.OAD 020 CURRENT EVENTS AND ISSUES IMPACTING OLDER ADULTS

54.00 hours

Analyze and discuss current events and issues impacting older adults with an emphasis on improving communication and critical thinking skills.

SEC#	DATES	DAYS	TIME	LOCATION
65520	9/9/22-12/9/22	F	1:00PM-3:00PM	ONLN-LIVE

NC.OAD 100 HEALTH AND FITNESS FOR OLDER ADULTS

24.00 hours

Examines the theory and practice of health and skill-related physical fitness activities for older adults with an emphasis on maintaining independence in daily activities. Improves physical and mental wellbeing through life-sustaining exercise strategies and discussions on disease and injury prevention.

SEC#	DATES	DAYS	TIME	LOCATION
65521	9/13/22-12/8/22	Tu Th	1:00PM-3:00PM	ONLN-LIVE



NONCREDIT PHOTOGRAPHY

NC.PHOT-050 FUNDAMENTALS OF DIGITAL CAMERA

8.00 hours

Explores proper procedures and practices for basic operation of digital cameras, lenses, and storage media for photographic images. It is recommended that students provide a digital camera capable of fully manual exposure and adjustment.

SEC#	DATES	DAYS	TIME	LOCATION
67688	9/6/22-9/11/22	W	6:00PM-8:00PM	ONLN-LIVE

NC.PHOT-051 FUNDAMENTALS OF PHOTO EXPOSURE

8.00 hours

Introduces fundamental principles of manual photographic exposure. It is recommended that students provide a digital SLR camera capable of manual camera control.

SEC#	DATES	DAYS	TIME	LOCATION
67689	9/12/22-9/25/22	W	6:00PM-8:00PM	ONLN-LIVE

NC.PHOT-052 FUNDAMENTALS PHOTO COMPOSITION

8.00 hours

Introduces appropriate aesthetic standards in the composition of the photographic image. It is recommended that students provide a digital camera capable of fully manual exposure and adjustment.

SEC#	DATES	DAYS	TIME	LOCATION
67690	9/26/22-10/9/22	W	6:00PM-8:00PM	ONLN-LIVE

NC.PHOT-059 LAB PRACTICES DIGITAL DARKROOM

24.00 hours

Apply basic importing, processing, and printing of digital images utilizing photography lab equipment and digital darkroom facilities. It is recommended that students provide a digital camera capable of fully manual exposure and adjustment.

SEC#	DATES	DAYS	TIME	LOCATION
67691	9/13/22-11/29/22	Tu	3:30PM-5:30PM	MENH-145

NONCREDIT SPANISH

NC.SPAN 021 SPANISH FOR HEALTHCARE WORKERS I

54.00 hours

Develops basic Spanish listening, speaking, and oral skills on specific topics related to healthcare professions.

SEC#	DATES	DAYS	TIME	LOCATION
65753	8/29/22-10/1/22	Th	7:00PM-9:00PM	ONLN-LIVE

NC.SPAN 022 SPANISH FOR HEALTHCARE WORKERS II

54.00 hours

Develops writing skills by focusing on strategies to compose well-organized and coherent essays. Develops reading skills by focusing on formulating inferences and making connections among fiction and nonfiction texts and ideas. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65755	11/7/22-12/10/22			ONLINE
65754	10/3/22-11/5/22	Th	7:00PM-9:00PM	ONLN-LIVE

NONCREDIT VOCATIONAL ESL

NC.VESL-001 PREPARING FOR THE WORKPLACE

69.00 hours

Introduces the English necessary to enter the workplace in the United States, emphasizing vocabulary, communication skills, and cultural knowledge.

SEC#	DATES	DAYS	TIME	LOCATION
68132	8/22/22-10/13/22	M Tu Th	9:00AM-12:00PM	UCEN-311

NC.VESL-002 SUCCESS IN THE WORKPLACE

69.00 hours

Further develops the English, communication skills, and cultural competence necessary for entering and succeeding in the workplace in the United States.

SEC#	DATES	DAYS	TIME	LOCATION
68133	10/17/22-12-8/22	M Tu Th	9:00AM-12:00PM	UCEN-311

NONCREDIT VOCATIONAL

NC.VOC-021A ADOBE PHOTOSHOP CERTIFICATION TRAINING I

4.00 hours

Introduces the fundamental skills for working in the design industry, including needs for preparing images, communications, content considerations, key terminology, and basic design principles necessary for completion of the Adobe Certified Associate level examination in Visual Design using Adobe Photoshop CC. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65523	9/12/22-9/25/22			ONLINE
65522	10/10/22-10/23/22	W	6:00PM-8:00PM	ONLN-LIVE

NC.VOC-021B ADOBE PHOTOSHOP CERTIFICATION TRAINING II

4.00 hours

Introduces the fundamentals of project setup, workspace navigation, design tools, asset import, color management, creation of graphic elements, and document organization necessary for completion of the Adobe Certified Associate level examination in Visual Design using Adobe Photoshop CC. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65525	9/26/22-10-9/22			ONLINE
65524	10/24/22-11/6/22	W	6:00PM-8:00PM	ONLN-LIVE

NC.VOC-021C ADOBE PHOTOSHOP CERTIFICATION TRAINING III

4.00 hours

Recommended Prep: NC.VOC-021B

Introduces techniques for non-destructive editing, vector graphics and typography tools, selections, transforming graphics and media, image retouching, filters, and output of digital files necessary for completion of the Adobe Certified Associate level examination in Visual Design using Adobe Photoshop CC. Offered pass/no-pass only.

SEC#	DATES	DAYS	TIME	LOCATION
65527	10/10/22-10/23/22			ONLINE
65526	11/7/22-11/20/22	W	6:00PM-8:00PM	ONLN-LIVE

NC.VOC-040 TRAUMA-AWARENESS/IDENTITY TRAINING

10.00 hours

Examines the impact of trauma on children and youth. Provides students with the knowledge and skills needed to identify signs of trauma in a professional and/or personal setting and how these experiences can impact behavior.

SEC#	DATES	DAYS	TIME	LOCATION
68137	9/28/22-10/19/22	W	6:00PM-8:30PM	ONLN-LIVE

NC.VOC-041 TRAUMA-INTERVENTION/PREVENTATIVE TRAINING

10.00 hours

Examines the impact of trauma on children and youth. Provides students with the knowledge and skills needed to utilize appropriate behavioral interventions, including prevention techniques, in a professional and/or personal setting when working with children and youth impacted by trauma.

SEC#	DATES	DAYS	TIME	LOCATION
68138	10/26/22-11-16/22	W	6:00PM-8:30PM	ONLN-LIVE

NONCREDIT YOGA

NC.YOGA-001 YOGA HISTORY AND CULTURE

60.00 hours

Explores the historical tenets and basic methodological approaches to the study of yoga. This course is the first component of the 200-hour Yoga Teacher Training Certificate program through the Yoga Alliance.

SEC#	DATES	DAYS	TIME	LOCATION
65528	8/29/22-10/1/22			ONLINE

NC.YOGA-002 YOGA TECHNIQUES I

60.00 hours

Explores the theory and practice of beginning-level yoga postures, safety techniques, the study of anatomy and muscles used in performing beginning postures, and the study and practice (pranayamas) of breathing and meditation techniques. This course is the second component of the 200-hour Yoga Teacher Training Certificate program through the Yoga Alliance.

SEC#	DATES	DAYS	TIME	LOCATION
65529	8/22/22-12/10/22	M	4:00PM-6:00PM	EPEK-116



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