# **CLASS SCHEDULE** FALL 2019

# Free Classes September 3-January 22





# FREE CAREER TRAINING Industry Recognized and State Approved

- Automotive
- Business and Accounting
- Child Development
- Digital Media
- Fashion

- Healthcare
- Hospitality and Culinary Arts
- Information Technology
- Skilled and Technical Trades

# San Diego CONTINUING EDUCATION



San Diego Continuing Education is a multicultural institution dedicated to providing educational access and lifelong learning opportunities.

# A wealth of knowledge

# **Free Career Training**

7 Automotive

- 8 Skilled and Technical Trades
  - Electronics Technician
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Please go to the section to see full certificate offerings.

# **Free Classes**

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# **Low Fee Classes**

insert **Community Education** (classes for professional and personal enrichment)

Free classes and free career training at 7 campuses in San Diego

Look online for more information sdce.edu



Carlos O. Turner Cortez, Ph.D. President Continuing Education

Dear Students,

San Diego Continuing Education (SDCE) is expanding free career training programs at a record pace. This fall, 71 certificates will be offered for programs that are both industry recognized and state approved.

The short-term programs are a series of 2-4 classes that teach a specialized job skill and many can be completed in 6-12 months. Employers value education and hands-on experience. Therefore, when you complete a program, you position yourself to be more competitive in the job market. Example areas for programs include Automotive, Office Skills, Culinary Arts, Healthcare and for this first time this fall, a new certificate specializing in cybersecurity architecture and tools.

In addition to career training, classes meet the needs of a wide range of people in San Diego—from those who want to complete a GED or learn English, to people who rely on our classes for healthy aging.

Basic skills of reading, writing and math continue to help students meet educational goals. Experienced counselors and instructors help students who are looking to transition to careers or college. Research shows that students who enroll in basic skills classes prior to enrolling in college have a very high success rate in college. Visit a Student Services office at any of SDCE's seven campuses and speak to a counselor about your options. We look forward to serving you.

Sincerely,

Carlos O. Turner Cortez, Ph.D. President

#### Periodical Statement

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# **DEON WINTERS**

Deon Winters wanted to cook his whole life and that decision is what saved him from the criminal justice system. He enrolled in SDCE's free Culinary Arts certificate program.

Before wearing a chef's uniform, Winters spent most of his twenties in between prison and probation, earning his GED at Ironwood State. He credits Chef Liz Trevino at SDCE for helping him fight for his education. "I was readu to give up when I had to go through the courts again." His probation officers attempted to pull him away from school. He attended class four days each week for eight hours each day. "Now I don't have to deal with them at all anymore and it's because of this school and Chef Liz. The judge saw my commitment and she liked it."

Following SDCE, Winters will pursue an Associate of Science Degree in Culinary Arts/Culinary Management at San Diego Mesa College with a San Diego Promise scholarship.



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# Community Education

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# Welcome

# San Diego Continuing Education

San Diego Continuing Education (SDCE) provides adult education for the San Diego Community College District (SDCCD). SDCE is the largest, separately accredited continuing education in the United States, and serves approximately 40,000 students each year at seven main campuses around San Diego.

Classes are noncredit, which means they do not earn college credit. Students attend noncredit classes for many reasons. Some are preparing for college, others have plans to complete a certificate program for specific job training, and many are looking to sharpen career skills, or attend personal enrichment classes.

Most classes are free because of affiliation with the California system of higher education. Funding also comes through business and industry partnerships. Classes in SDCE's Community Education program (professional and personal enrichment) have a low fee.

# Calendar

Fall semester classes begin September 3, 2019 and end January 22, 2020. Classes meet throughout the fall semester unless noted within the class information. No classes on the following holidays/breaks:

u

11/11/19	Veteran's Day
11/25/19-11/29/19	Thanksgiving Break
12/23/19-01/03/20	Winter Break
01/20/20	Martin Luther King, Jr. Da

No Saturday or Sunday classes after a Friday holiday. No Sunday classes before a Monday holiday. Classes held at off-site locations will follow the calendar of the off-site location.

### Application/Registration

Online application and registration is required for most classes. Many classes operate on an open-entry open-exit format. Students are served on a first-come, first-served basis. Minimum attendance is necessary for classes to be held. Be certain to attend the first day of class to reserve your space. Enrolling is easy.

# Parking Information

Student parking permits are required to park at all SDCE campuses. Students at Mid-City Campus, North City Campus, West City Campus and Cesar E. Chavez Campus may purchase permits that are valid on these four campuses for \$10 per semester. Visit the bookstore or the Student Services office at your campus for more information.

# Eligibility

If you are 18 or older and a resident of California, you may attend classes. If you are under 18 and a high school graduate, married, or in the military, and a resident of California, you may also attend. Contact Student Services if you have questions about attending classes. Regulations set by USCIS (United States Citizenship and Immigration Services) prohibit individuals in the U.S. with an F-1, B-1 or B-2 (visitor) visa, or with a border crossing card from attending Continuing Education classes.

# Orientation

Many programs require assessment and/or orientation. If required, pre-registration or orientation will be noted in the program information. You can sign up for an orientation session online at sdce.edu or by calling the Student Services office at the campus where the class meets. The contact information is listed with the class information.

#### Noncredit (no fee) Registration for Continuing Education Students

- Apply online at: http://www.sdce.edu/ services/registration-enrollment (new students must complete an application online; returning students must update their application online)
- 2. Obtain a student attendance card at any campus (card is required)
- After you have completed (or updated) your application online and have a student attendance card, you can obtain an access code from the instructor at the first class meeting
- After you have an access code, register online using the code and the class CRN (special number for each class); please note that a separate access code is needed for each class

# **Student Services**

# Associated Student Body (ASB)

The purpose of the Associated Student Body (ASB) is to promote the interests and welfare of students and the campus community. Membership is open to all students and is voluntary. Participating students are encouraged to purchase an ASB membership sticker and actively participate in representing the interests and concerns of the Continuing Education student body regarding school matters. Membership is \$4.00 for the full school year and can be purchased in the main office at each campus. See the ASB Advisor or a counselor at your campus for more information.

# Counseling

Continuing Education and Support Services counselors work with you to ensure your success. Whether you are pursuing your High School Diploma or equivalency, courses for Certificate Programs, or preparing for transition to college, our counselors are available to help. Contact the Student Services office at any of our seven campuses to access counseling and student services including:

- » Assessment (reading and math) for placement into classes
- » Orientation
- » Student education plans and Counseling
- » Student Follow-up

### **Career Services**

Career Services helps students individually and in seminars with career planning and job search training including career assessment and exploration, resume preparation, and interview techniques. Contact the Student Services office at any campus for an appointment and seminar schedule, and more resources at sdce.edu/services/cds

# Rising to Success (R<sup>2</sup> Student Equity Centers)

**R<sup>2</sup>S**, Student Equity Centers, provide supportive and safe environments to inspire and empower people, cultivate lifelong learning, create lasting solutions for social justice, and strengthen communities by providing unparalleled access to support services, resources and referrals, and specialized programs for students. Dedicated R<sup>2</sup>S counselors increased access, enrollment, and completion, promoting student success.

### **New Horizons**

New Horizons provides CTE students individual and group career advising, expanded resources and referrals, career exploration, work readiness, and additional student support services. Priority is given to eligible students in a nontraditional area of study such as women in welding and men in child development courses and programs.

# CalWORKs

CalWORKs assists students receiving public assistance to achieve self-sufficiency through coordinated academic and student services. CalWORKs student support services include counseling, work readiness, paid and work study, employment skills training, and expanded resource and referrals.

# Disability Support Programs and Services (DSPS)

Disability Support Programs and Services (DSPS) supports students in their personal, educational, and vocational goals. Examples of services include enrollment assistance, interpreters for Deaf students, use of special equipment and adaptive devices, and specialized counseling and referral. Eligible students who have a verifiable disability will qualify for support. Contact DSPS to find out more. Please see p34 for more information regarding services and classes.

# VISION

To be the leader in innovative education that transforms students' lives

# MISSION

San Diego Continuing Education commits to student success and community enrichment by providing accessible, equitable, and innovative quality education and support services to diverse adult learners in pursuit of lifelong learning, training, career advancement, and pathways to college.



# Consider Community College

If you are thinking about college, consider brushing up on basic skills (e.g. math, English or computers) to prepare yourself for success. Continuing Education classes give you an advantage. Research shows a similar (or even greater) success rate for students who enroll in free basic skills classes before going to college. Contact the Student Services office at any campus and speak to a counselor about your options.

# San Diego Gateway to College and Career

Young adults, who are ages 18-24 years old, can connect with San Diego Gateway to College and Career if they require additional services such as mentoring, case management, motivational supports, paid internships and job placement assistance in order to achieve their educational and career goals. This program is dedicated to helping students overcome barriers to their successes, personally and professionally, and continues to support them as they transition to college and/or employment. There are specific eligibility requirements.

### San Diego Promise

This program pays for the enrollment fees at San Diego City, San Diego Mesa and San Diego Miramar Colleges, and provides continued support until students accomplish academic goals. Speak to a counselor about availability and eligibility for this program.

# Back 2 Work Veteran Outreach Program (VOP)

Back 2 Work, a partnership program with Butte County Office of Education and SDCE's R<sup>2</sup>S, helps Veteran students overcome employment barriers and get them back into the workforce. Veterans served through the program face many challenges in attaining successful, sustainable employment. The program supports eligible Veteran students through work readiness and apprenticeship opportunities.

# SDCEats!

SDCEats! supports students and the communities we serve that are impacted by food insecurity. In partnership with SDCE's Foundation, Feeding San Diego, and the San Diego Rescue Mission through Partners for Hunger Relief, SDCEats! operates as a choice pantry and free farmer's market. Shoppers receive weekly points for use on campus and select fresh and ripe produce at monthly food distributions providing food resources to increase students' ability to concentrate in school and be successful in classes. SDCEats! is located at the Educational Cultural Complex.



# **KAYLA FELDERHOFF**

Kayla Felderhoff enrolled in SDCE's Culinary and Bakeshop Academy to expand her knowledge in the kitchen.

"Chef Sarah at SDCE taught me the tips and tricks of the pasty world. She helped us become more proficient in our skills," Felderhof said. Following SDCE, she expanded her home-based business, *Bee Sweet Bakeshop and Such* and participates in the Local Bazaar at Liberty Station. She also teaches Cookie Decorating classes at wineries in San Diego.

"I love my family, and this has always been my dream. Being a mom is a demanding job and I'm glad I'm able to work my business part time as well as be home."





# FREE CAREER TRAINING

# ABOUT

San Diego Continuing Education offers free Career Training in many subject areas, including the programs shown in this section.

Traditionally called vocational training, Career Technical Education classes teach skills related to a specific industry. You learn with hands-on training in a real-work environment. Instructors have many years of experience in the industry and know the skills you need to enter the workforce as a trained employee.

The equipment in the training facilities and classrooms follows recent trends in technology in teaching.

Classes usually require orientation prior to enrollment; however, many classes are open-entry/open-exit which means you complete classes at your own pace. When you finish all the classes required for a program, you receive a signed Certificate of Completion that verifies your education, and the skills you learned.

All classes are free. Materials and book fees vary for each class. Learn more during an orientation.



# HOW

Most certificates require orientation prior to enrollment. Contact information is listed within each program.

A Continuing Education student attendance card is required for all students. You may obtain a card in the Student Services office at any Continuing Education campus. Read more about Application/Registration on p3.

Some classes are not listed here due to availability. Many programs are popular, and have an interest/wait list. Contact us early to understand orientation and placement requirements.

Learn more at **sdce.edu** 

# AUTOMOTIVE CAREER TRAINING

# CERTIFICATE PROGRAMS

### AUTO BODY AND PAINT TECHNICIAN

600 hours. Attend 25 hours per week for 24 weeks. Examples of jobs you may be qualified for after

completion of this program:

Auto Body Technician/ Auto Body Painter

# \$26,170-72,650/yr.

(AUTO 411, 411A) Entry level skills required for employment in auto body repair and related industries. Learn how to use hand and power auto tools, how to remove and install auto body panels, parts, and glass. You'll also learn how to prepare a vehicle for paint, and how to use high transfer paint equipment. Guided practice in a simulated work environment, sanding, masking, detailing, spot painting, complete body painting, collision repair, and glass installation. Instruction is based on standards developed by the National Automotive Technicians Education Foundation (NATEF), and is an Industry Conference on Auto Collision Repair (I-CAR) certified training course.

Classes are free. Materials fee of approximately \$100 for tools and supplies. Orientation and pre-registration required prior to enrollment. Visit sdce.edu/job-training/ automotive

	l Cultural Complex ew Blvd./92113	619-388-4956
Mornings	M/T/W/Th	06:45-01:00pm
Evenings	M/T/W/Th	05:15-09:30pm

#### **Requires completion of two courses:**

AUTO 411 Auto Body and Paint Technician AUTO 411A Auto Body and Paint Technician



### AUTO TECHNICIAN

920 hours. Attend 25 hours per week for 37 weeks. Examples of jobs you may be qualified for after completion of this program.

#### Automotive Service Technician \$22,880-72,260/yr.

(AUTO 507, 507A, 507B) Learn safety procedures, correct use of hand tools and equipment; how to diagnose and repair problems with engines, brakes, suspension, steering, electronics, and fuel systems. Tune-up and drivability; electrical and computer controls; front and rear suspensions; brakes, including ABS; gasoline engine repair; transmission and axles. Lessons are based on best-practice industry standards from the National Automotive Technician Education Foundation (NATEF). Topics include analysis, diagnosis and troubleshooting techniques required to repair computer-controlled automotive engine management systems; use and interpretation of basic scan tool, and analysis of exhaust gas. Prepares students for the ASE 8 certification examination.

Classes are free. Materials fee of approximately \$135-150 for textbook and supplies. Mandatory orientation and pre-registration required at sdce.edu

	al Cultural Complex iew Blvd./92113	619-388-4956
Mornings Evenings	M/T/W/Th M/T/W	07:00-01:15pm 05:30-09:30pm
Requires completion of three courses:		

AUTO 507 Auto Technician AUTO 507A Auto Technician AUTO 507B Auto Technician

### SERVICE ADVISOR PROGRAM

300 hours. Attend 25 hours per week for 13 weeks.

Examples of jobs you may be qualified for after completion of this program.

Cost Estimator	
Automotive Parts Sales	\$21,220-59,750/yr.
Service and Sales Rep	\$25,410-119,120/yr.
Service Station Technician	\$24,190-73,410/yr.

(AUTO 508, 508A) Learn the skills that you need to become an Automotive Service Advisor for both small and large independent garages and dealerships. The program covers the overall role of the service advisor, including customer service and communication skills, writing repair orders, estimating parts and labor costs. You will also gain a basic understanding of vehicle systems, functions, service requirements and parts including original equipment manufacturing and aftermarket parts identification.

Classes are free. Orientation and pre-registration required prior to enrollment. Visit sdce.edu/job-training/ automotive.

Evenings	M/T/W/Th	03:00-09:15pm
Educational C 4343 Ocean View	Cultural Complex Blvd./92113	619-388-4956

Requires completion of two courses: AUTO 508 Service Advisor I AUTO 508A Service Advisor II

# QUICK SERVICE INSPECTION TECHNICIAN

162 hours. Complete in 13 weeks.

Examples of jobs you may be qualified for after completion of this program.

Quick Service Technician

\$22,880-72,260/yr.

(AUTO 600, 601) Inspect vehicles, prepare estimates, change fluides and learn proper hazardous waste disposal. Make minor electrical repairs using hand, power and lifting tools.

Classes are free. Materials fee of approximately \$135-150 for textbook and supplies. Orientation and pre-registration required prior to enrollment. Visit sdce. edu/job-training/automotive

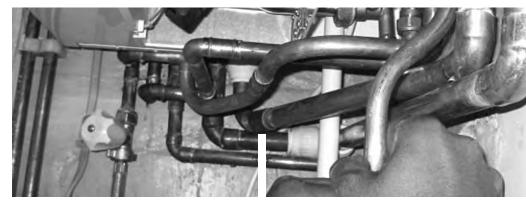
	Il Cultural Complex iew Blvd./92113	619-388-4956
Mornings	M/T/W/Th	10:30-01:45pm
Evenings	M/T/W	04:30-09:30pm

**Requires completion of two courses:** AUTO 600 Ouick Service Technician

AUTO 601 Automotive Intro and Safety

# SKILLED AND TECHNICAL TRADES CAREER TRAINING





# CERTIFICATE PROGRAMS

# **ELECTRONICS TECHNICIAN**

900 hours. Attend 25 hours per week for 36 weeks. Example of a job you may be qualified for after completion of this program:

#### **Electronics Technician**

\$40,370-99,770/yr.

(ELRN 451, 452) Wires and parts interest some people. If you like to work with your hands, have good eyesight and a commitment to precision, this may be a good career for you.

Designed to teach skills required for entry-level employment as an electronic technician. Learn fundamentals of electricity, DC and AC circuit theory, electronic devices, and basic communications electronics. Instruction includes the operation of test instruments, basic programming, problem solving, and safety practices. Instruction is in a simulated workplace enabling students to gain necessary skills for employment.

Instructors are field engineers currently employed by local firms to provide the latest trends in electronics and market demands in this hands-on training program.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/electronics to preregister and sign up for announcements about orientation dates.

Mid-City Campus	N
Note: Held off-campus at	Ci
Campus Extension location 5348 University Avenue/92105 619-388-4500	E

03:00-09:00pm

#### M/T/W/Th/F

Requires completion of two courses:

ELRN 451 Electronics Technician

ELRN 452 Electronics Technician

### AIR CONDITIONING AND HEATING I & II

120 hours. Attend 7 hours per week for 18 weeks.

(MECT 431, 432) Entry level training in heating and air conditioning occupations. Includes instruction in diagnostic techniques; the use of testing equipment, and the principles of mechanics, electricity, and electronics as they relate to the repair of heating, air conditioning and refrigeration systems.

Learn areas of comfort cooling including basic air conditioning and heating theory; heating fundamentals and appliances; requirements and controls; circuits, thermostats; schematics, and communications. Includes hands-on instruction in brazing copper pipping and fittings. Instruction focuses on gas and electric heating; cooling fundamentals, components, and installation; heat pumps; general service; Environmental Protection Agency certification; troubleshooting, and job search techniques.

Classes are free. Orientation and pre-registration required prior to enrollment. Visit sdce.edu/job-training/hvac

	nal Cultural Complex n View Blvd./92113	619-388-4956
Mornings	M/W T/Th	09:00-12:45pm 09:00-12:15pm
Evenings	M/T	05:45-09:30pm
Note: Held o	<b>y Campus</b> ff-campus at a location to be information:	e determined 619-388-4956

05:45-09:30pm

Evenings W/Th

### PLUMBING

Example of a job you may be qualified for after completion of this program:

Plumber's Helper

### \$14/hr.

Skilled workers are always in demand for this industry and jobs are generally recession-resistant due to the ongoing need for trained plumbers.

In addition to learning the necessary skills to work in the industry, classes help with career preparation including communication, interpersonal skills, problem solving, and technology in the workplace.

Learn plumbing systems and theories; plumbing codes; plumbing tools and materials, and safety practices and procedures. Use torches, cutoff saws, pipe threaders, pipe cutting tools, and assorted hand tools.

### **PLUMBING I**

120 hours. Attend 7 hours per week for 18 weeks.

(MECT 421) Instruction in source determination, water distribution, waste removal, pressure adjustment, basic physics, technical math, blueprint reading, pipe installation, pumps, welding and soldering, inspection, and applicable codes and standards.

Classes are free. Orientation and pre-registration required prior to enrollment. Visit sdce.edu/job-training/plumbing

	I Cultural Complex ew Blvd./92113	619-388-4956
Evenings	M/T W/Th	05:45-09:30pm 05:45-09:30pm
Weekends	F/Sa	08:00-11:30am

# SKILLED AND TECHNICAL TRADES CAREER TRAINING





### **PLUMBING II**

120 hours. Attend 7 hours per week for 18 weeks.

(MECT 422) Focused on the latest adopted Uniform Plumbing Code (UPC), the model plumbing code adopted by the State of California, published by the International Association of Plumbing and Mechanical Officials (IAPMO). Instruction includes basic math as it relates to the plumbing trade.

Evenings	M/T	05:45-09:30pm
	W/Th	05:45-09:30pm

### **PLUMBING III**

120 hours. Attend 7 hours per week for 18 weeks.

(MECT423) Provides upgrade and advanced training in plumbing occupations. Includes layout and design, sizing of piping systems, materials, specialized systems, public relations, tests, coding, and inspections (including solar), plumbing math, safety requirements, advanced theory, and plumbing and solar codes. Students use saws, rigid chain cutters, thread-o-matics, triangles, T-squares, and scales.

Will be offered in Spring 2020

### UPHOLSTERY

Example of a job you may be qualified for after completion of this program:

#### Upholsterer Helper

\$10/hr.

Upholstery is one of those services that most people need at some point, but few know how to actually do themselves, so they hire a professional.

Whether you are recovering furniture, or working in the automotive industry replacing vehicle seat covers, the skills you need to become a professional upholsterer are similar throughout the industry. Even boats and jet skis have upholstery, so this is a great skill to learn.

You'll have hands-on experience in a work area that is like an actual upholstery service center, and you will use tools that are industry-standard. Commercial sewing and installation are also part of this program.

Class is free. Orientation and pre-registration required prior to enrollment. Visit sdce.edu/job-training/ upholstery.

Mornings	M/T/W/Th	07:00-01:15pm
Educationa 4343 Ocean Vi	<b>x</b> 619-388-4956	

# **BASIC UPHOLSTERY SKILLS**

250 hours. Attend 25 hours per week for 10 weeks.

(AUTO 414) Training and hands-on experience for entrylevel employment in the automotive, furniture, and related upholstery industries. Competency standards approved by the industry advisory board.

### **AUTOMOTIVE UPHOLSTERY**

350 hours. Attend 25 hours per week for 14 weeks.

(AUTO 415) Practical instruction in a real-world business environment gives you hands-on experience in a work area that is like an actual upholstery service center, and you will use industry-standard tools and equipment. Commercial sewing and installation are also part of this program.

### HOUSEHOLD UPHOLSTERY

250 hours. Attend 25 hours per week for 10 weeks.

(HMID 535) Upholstering footstools, benches, chairs, chaise lounges. Methods of springing, stuffing, covering, cushion-making, study slipcovers when appropriate. Shop practice and theory.

# SKILLED AND TECHNICAL TRADES CAREER TRAINING



# CERTIFICATE PROGRAMS

# WELDING/METAL FABRICATION

Examples of jobs you may be qualified for after completion of a program:

Structural Welder	\$19/hr.
Pipe Welder	\$19/hr.
Fabricator	\$20/hr.

Introduces the principles and practices used in the welding industry today. Provides instruction and practical experience necessary to safely perform shielded metal arc welding on projects utilizing steel plates and shapes with fillet and groove welds acceptable to American Welding Society standards. Students also gain workplace skills such as math, communications, and business ethics.

# These program are offered at the Educational Cultural Complex.

Classes are free. Orientation and pre-registration required prior to enrollment. Visit sdce.edu/job-training/welding

Educational Cultural Complex 4343 Ocean View Blvd./92113		619-388-4956
Mornings	M/T/W/Th	06:30-12:45pm
Evenings	M/T/W/Th	04:30-09:30pm
Weekends	F/Sa morning	06:30-01:45pm

# GAS TUNGSTEN ARC WELDING

600 hours. Attend 25 hours per week for 24 weeks.

(INDT 621, INDT 622) An introduction to the principles and practices of the gas tungsten processes used in the welding industry today. Gain practical experience necessary to safely perform Gas Tungsten Arc Welding on projects using ferrous and non-ferrous materials. Students also gain workplace skills such as math, communications, and business ethics.

Requires completion of two courses: INDT 621 Gas Tungsten Arc Welding I

INDT 622 Gas Tungsten Arc Welding II

### SHIELDED METAL ARC WELDING

600 hours. Attend 25 hours per week for 24 weeks.

(INDT 601, INDT 602) Provides basic instruction in the shielded metal arc welding (SMAW) process on steel plates and shapes. Topics include orientation, safety, measuring tools, material types, metal cutting and preparation, and SMAW procedures and practices. Workplace skills including math, communications, and business ethics are integrated into the curriculum. Students successfully completing this course will be prepared for entry-level positions.

Requires completion of two courses: INDT 601 Shielded Metal Arc Welding INDT 602 Shielded Metal Arc Welding

# GAS METAL AND FLUX CORED ARC WELDING

600 hours. Attend 25 hours per week for 24 weeks.

(INDT 605, INDT 606) An introduction to GMAW and FCAW-G and FCAW-S processes used in the welding industry today. Gain practical experience necessary to safely perform GMAW and FCAW on projects using ferrous materials. Students also gain workplace skills such as math, communications, and business ethics.

#### Requires completion of two courses:

INDT 605 Gas Metal and Flux Cored Arc Welding INDT 606 Gas Metal and Flux Cored Arc Welding

# PIPE WELDING

600 hours. Attend 25 hours per week for 24 weeks.

(INDT 611, INDT 612) Introduces the principles and practices of the shielded metal arc welding process used in the pipe welding industry today. Learn practical experience welding steel pipes and steel plates to American Welding Society acceptable standards. Students also gain workplace skills such as math, communications, and business ethics.

#### **Requires completion of two courses:** INDT 611 Pipe Welding INDT 612 Pipe Welding

### **METAL FABRICATION I AND II**

600 hours. Attend 25 hours per week for 24 weeks.

(INDT 631, INDT 632) An introduction to the principles and practices of the metal fabrication industry. You will learn practical experience necessary to safely perform metal fabrication projects utilizing a variety of shop power tools, hand power tools, and hand tools required for ferrous and non-ferrous. Plus, you'll also gain valuable knowledge in basic workplace skills including math, communications, and business ethics.

Requires completion of two courses:

INDT 631 Metal Fabrication I INDT 632 Metal Fabrication II

# CERTIFICATE PROGRAMS

### BUSINESS INFORMATION WORKER CERTIFICATE PROGRAMS

Examples of jobs you may be qualified for after completion of this program:

Municipal Clerk	\$25.27/hr.
Customer Service	\$26.35/hr.
Receptionist	\$18.69/hr.
Secretary	\$27.09/hr.
Office Support Staff	\$22.94/hr.

Prepares students for entry level jobs in office settings, retail shops and/or as customer service representatives, receptionists and information clerks. Also provides valuable skills that can be used to begin or advance a career in any profession. Learn the fundamental skills required to use common office computer applications and prepare for entry-level general office employment including keyboarding, word processing, office procedures and basic computer skills. Students will compose business communications including letters, reports, presentations, webinars, and spreadsheets. Completion times may vary by student.

#### Receive a certificate for each module by completing 3 courses:

#### **MODULE I: Entry Level Skills**

180 hours.

OFSY 541 Keyboarding - Multilevel OFSY 596 Word Processing: Beginning OFSY 528 Electronic Info Management

#### MODULE II: Soft Skills

162 hours. OFSY 505 Business Communications I OFSY 506 Business Communications II OFSY 507 Workplace Professional

MODULE III: Technical Skills 150 hours. OFSY 575 Spreadsheets, Beginning OFSY 527 Microsoft Windows COMP 628 Business Information Systems

To learn more and get started, please sign up for an orientation at sdce.edu/job-training/office-skills

## **Business Communications I**

(OFSY 505) English and communication skills specifically applied to business: vocabulary, sentence structure, punctuation, capitalization, misused words, spelling and dictionary usage. Emphasis on proofreading. Students complete this class as part of Module II.

Classes are free. Program orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills.

César E. Chávo 1901 Main Street/	•	619-388-1910
Room 109		
09/04/19-10/28 <b>15947</b>	/19 (9 weeks) <b>M/W</b>	Asch, M <b>12:00-04:00pm</b>
Educational C 4343 Ocean View	ultural Complex Blvd./92113	619-388-4956
Room B-100		
09/03/19-01/22 <b>15888</b>	/20 (18 weeks) <b>M/T/W/Th</b>	Johnson, A <b>05:30-09:00pm</b>
Mid-City Cam 3792 Fairmount A		619-388-4500
Room 307		
09/03/19-01/22 <b>16819</b>	/20 (18 weeks) <b>M/T/W</b>	Marlow, C <b>09:00-01:00 pm</b>
North City Car 8355 Aero Drive/9		619-388-1800
Room 308		
09/03/19-10/31 <b>16893</b>	/20 (9 weeks) <b>T/Th</b>	Casarda, A <b>08:30-12:00pm</b>

# **Business Communications II**

(OFSY 506) Review principles and techniques of business writing: vocabulary, language structure, mechanics of style. Practice writing various types of business letters, resumes, memos and informal business reports. Emphasis on proofreading, editing and working with proper proofreading symbols. Students complete this class as part of Module II.

Classes are free. Program orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills.

César E. Cháv 1901 Main Street		619-388-1910
<b>Room 109</b> 10/30/19-01/22 <b>15949</b>	2/20 (9 weeks) <b>M/W</b>	Asch, M <b>08:30-12:00pm</b>
Educational C 4343 Ocean View	Cultural Complex Blvd./92113	619-388-4956
Room B-100		
09/03/19-01/22 <b>15889</b>	2/20 (18 weeks) <b>M/T/W/Th</b>	Johnson, A 05:30-09:00pm
Mid-City Cam 3792 Fairmount /	•	619-388-4500
<b>Room 307</b> 09/03/19-01/22 <b>16820</b>	2/20 (9 weeks) <b>M/T/W</b>	Marlow, C <b>09:00-01:00pm</b>
North City Ca 8355 Aero Drive/		619-388-1800
<b>Room 308</b> 11/05/19-01/2 <b>16897</b>	1/20 (9 weeks) <b>T/Th</b>	Casarda, A <b>08:30-12:00pm</b>

# Develop Your Business Communication Skills

We have combined 4 classes from the Business Information Worker Certificate program and scheduled them in a lecture format with fun, engaging activities to teach you business writing, critical thinking, customer service, and successfully managing people. The Beginning Word, Business Communications 1, Business Communications 2, and Workplace Professional are taught in the same block of time.

# CERTIFICATE PROGRAMS

# Word Processing: Beginning

(OFSY 596) Introduction to text editing features including insert. delete. blocks. search and replace. headers, footers, pagination, spell check, merging, creating tables, and format changes. Instruction in basic business letter styles, tabulated documents, manuscripts, speed and accuracy drills and timings. Students complete this class as part of Module I.

Classes are free. Program orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills.

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
<b>Room 109</b> 09/04/19-10/28/19 (9 weeks) <b>17021 M/W</b>	Asch, M <b>08:30-12:00 pm</b>
Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
Room B-100           09/03/19-01/22/20 (18 weeks)           15891         M/T/W/Th	Johnson, A <b>05:30-09:00pm</b>
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 307           09/03/19-01/22/20 (18 weeks)           16823         M/T/W	Marlow, C <b>09:00-01:00pm</b>
North City Campus 8355 Aero Drive/92123	619-388-1800
Note: Includes online instruction <b>Room 110</b>	
09/03/19-01/22/20 (18 weeks) 15576 T/Th	Casarda, A <b>08:30-12:00pm</b>

# S ONLINE WORD

Educational C 4343 Ocean View	Cultural Complex Blvd./92113	619-388-4956
09/04/19-11/02	2/19 (9 weeks)	Lee, J
<b>16810</b>	Mandatory 1st mtg	. info at sdce.edu
11/04/19-01/22	2/20 (9 weeks)	Lee, J
<b>16811</b>	Mandatory 1st mtg	. info at sdce.edu

# Workplace Professional

(OFSY 507) An introduction to working in a variety of workplace environments. Learn soft skills required in the workplace, including communication, problemsolving, critical-thinking and customer service. Topics include work ethic, teamwork, roles and responsibilities and records management. Learn how to research job opportunities, application processes and basic interview skills.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills.

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 109 10/30/19 - 01/22/20 (10 weeks) 15952 M/W	Asch, M <b>12:00-04:00pm</b>
Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
Room B-100           09/03/19-01/22/20 (18 weeks)           15890         M/T/W/Th	Johnson, A <b>05:30-09:00pm</b>
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
<b>Room 307</b> 09/07/18 <sup>-</sup> 01/25/19 (18 weeks) <b>16822 M/T/W</b>	Marlow, L <b>09:00-01:00pm</b>
North City Campus 8355 Aero Drive/92123	619-388-1800
Room 110 09/05/19-01/16/20 (17 weeks) 15546 Th	Casarda, A <b>12:30-04:30pm</b>

# Spreadsheets: Beginning

(OFSY 575) Spreadsheet fundamentals: data entry, editing, creation, and printing. Utilization of what-if functions and analysis in a lecture-based lab. Students complete this class as part of Module III.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills.

### ONLINE EXCEL BEGINNING

North City Ca 8355 Aero Drive/		619-388-1800
09/03/19-01/2	2/20 (18 weeks)	Lott, S
<b>16919</b>	Mandatory 1st m	<b>tg. info at sdce.edu</b>

# Spreadsheets: Advanced

(OFSY 577) This course provides instruction in advanced spreadsheet functions, including graphs. macros, database management, what-if analysis, macro programming, program and file operations with the ability to design and analyze business applications. Students complete this class as part of Module III.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills.

## ONLINE EXCEL ADVANCED

North City Ca 8355 Aero Drive/		619-388-1800
09/03/19-01/22 <b>16918</b>	, . , ,	Lott, S <b>tg. info at sdce.edu</b>

# Keyboarding: Multilevel

(OFSY 541) Emphasizes proper keyboarding techniques and the operation of a typewriter or a computer. Includes typing tasks found in a business office such as letters and memos. Increasing a student's typing speed, addressing proper business practices, reinforcing grammar, punctuation and spelling skills are emphasized. Includes online instruction. Students complete this class as part of Module I.

### For information about keyboarding certificates, visit sdce.edu/services/testing/keyboarding

Classes are free. Program orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills.

### ONLINE KEYBOARDING

	al Cultural Complex Tiew Blvd./92113	619-388-4956
09/04/19-11 <b>16778</b>	/02/19 (9 weeks) Mandatory 1st m	Lee, J <b>itg. info at sdce.edu</b>
11/04/19-01	/22/20 (9 weeks)	Lee, J
16781	Mandatory 1st m	tg. info at sdce.edu

#### TAKE YOUR CLASSES IN A SELF-PACED COMPUTER LAB **OR ONLINE**

Selected lecture-based courses are available in a self-paced computer lab environment or online. Computer lab information is listed under Office Skills Laboratory (OFSY 560) on pg 13. Online classes are also listed on pg 13.

**Keyboarding: Multilevel** Word Processing: Beginning Spreadsheets: Beginning Spreadsheets: Advanced

# BUSINESS AND ACCOUNTING CAREER TRAINING

# Office Skills Laboratory

(OFSY 560) Prepares students for employment in an office. Utilizing an individualized lab, students select from the following topics: spelling, punctuation, resume writing, telephone techniques, filing/records management, using reference resources, multilevel keyboarding, business communications, and business math.

Students can complete various classes in self-paced labs, including Access, Business Information Systems, Business Math, Excel, Internet Basics, Keyboarding, Microsoft Windows, Outlook, PowerPoint, and Word. All self-paced courses can be attended during the times listed for Office Skills Laboratory below (OFSY 560).

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills

#### MICROSOFT OFFICE AND OTHERS

16830

César E. Ch 1901 Main Str	<b>ávez Campus</b> eet/92113	619-388-1910
Room 318 09/03/19-01 16689	/22/20 (18 weeks) <b>M/T/W</b>	Ross, B <b>09:00-02:00pm</b>
09/03/19-01 <b>15966</b>	/22/20 (18 weeks) <b>M/T/W</b>	Lagunas, E <b>03:30-08:30pm</b>
	i <b>l Cultural Comp</b> iew Blvd./92113	lex 619-388-4956
<b>Room C-103</b> 09/03/19-01	/22/20 (18 weeks)	Pawlak, T/Lee, J Wetzel, R
16829	M/T/W/Th	08:30-03:00pm
09/03/19-01	/22/20 (18 weeks)	Wetzel, R/Zuckerman, A

M/T/W/Th

Mid-City Campus 619-388-4500 3792 Fairmount Avenue/92105 Room 307 09/03/19-01/22/20 (18 weeks) Maheu, V 11:00-04:00pm 16945 M/T/W 09/05/19-01/17/20 (18 weeks) Marlow, L 16826 Th/F 8:30-03:00pm North City Campus 619-388-1800 8355 Aero Drive/92123 Room 112 09/03/19-01/22/20 (18 weeks) Lott. S 09:00-02:00pm 15563 T/W/Th 09/03/19-01/22/20 (18 weeks) Snay, L 03:30-08:00pm 15564 T/W/Th West City Campus 3249 Fordham Street/92110 619-388-1873 Room 207 09/03/19-01/22/20 (18 weeks) Saldana, L 09:00-04:00pm 16467 M/W T/Th 09:00-04:30pm

# ACCOUNT CLERK

376 hours.

04:00-08:45pm

Examples of a job you may be qualified for after completion of this program:

Accounting, Tax Preparation, Bookkeeping, and Payroll Services	\$25.68/hr
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Provides students with the basic skills necessary to achieve successful employment in the accounting field. Note: Business Math 1, Business Math 2, and Spreadsheets (Advanced) can be completed in the times and locations listed under Office Skills Laboratory (OFSY 560).

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills to sign up for an orientation.

#### Receive certificate by completing six courses:

ACCT 502 Computerized Accounting ACCT 511 Accounting: Beginning ACCT 512 Accounting: Intermediate OFSY 500 Basic Business Math 1 OFSY 501 Basic Business Math 2 OFSY 577 Spreadsheets: Advanced

# Accounting: Beginning

(ACCT 511) Prepare for entry level employment as an Accounting Clerk and/or the further study of accounting. Learn basic accounting/bookkeeping theory, procedures and terminology. The accounting cycle is presented in logical sequence with an introduction to business transactions, general journals, and automated accounting. Classes are self-paced.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills to sign up for an orientation.

Educational Cult 4343 Ocean View Blvd		619-388-4956
Room C-104		
09/03/19-01/22/20 <b>15886 M/T</b>	(18 weeks) /W/Th	Fakhrai, R <b>05:00-08:00pm</b>
Mid-City Campus 3792 Fairmount Avenu		619-388-4500
<b>Room 308</b> 09/04/19-01/22/20	(18 weeks)	Fogg, R
16505 M/V		08:30-01:00pm
West City Campu 3249 Fordham Street/		619-388-1873
Room 206		
09/03/19-01/21/20 17360 T/T	. ,	Amor, L 09:00-01:30pm
•		

# COMPREHENSIVE CERTIFICATE COURSE

West City Campus	
3249 Fordham Street/92110	619-388-1873
· · · · · · · · · · · · · · · · · · ·	

Room 208

09/03/19-01/22/20 (18 weeks) Amor I 16891 Mandatory 1st mtg. info at sdce.edu

# CERTIFICATE PROGRAMS

# Accounting: Intermediate

(ACCT 512) Accounting and bookkeeping theory, procedures, terminology leading to entry level employment as an Accounting Clerk and/or further study of the subject. Specialized journals, accounts receivable and payable, payroll, bad debts, notes and interest, depreciation, and inventory. Prerequisite: Completion of ACCT 511 or equivalent. Classes are self-paced.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/iob-trainina/office-skills to sign up for an orientation.

<b>Educational Cultural Complex</b> 4343 Ocean View Blvd./92113	619-388-4956
Room C-104 09/03/19-01/22/20 (18 weeks) 15887 M/T/W/Th	Fakhrai, R <b>05:00-08:00pm</b>
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 308	
09/04/19-01/22/20 (18 weeks) 16506 M/W	Fogg, R <b>08:30-01:00pm</b>
	55,

#### ONLINE INTERMEDIATE ACCOUNTING COMPREHENSIVE CERTIFICATE COURSE

West City Campus 3249 Fordham Street/92110	619-388-1873

Room 208

09/03/19-01/22	/20 (10 weeks)	Amor, L
16892	Mandatory 1st mtg.	info at sdce.edu

# **Computerized Accounting**

(ACCT 502) Complete typical accounting work using a computer, and learning OuickBooks Pro software at beginning, intermediate, and advanced levels. May include work in general ledger, accounts payable and receivable, payroll, and depreciation. Classes are self-paced.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills to sign up for an orientation.

# QUICKBOOKS: COMPREHENSIVE

Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
Room C-104 09/03/19-01/22/20 (18 weeks) 15885 M/T/W/Th	Fakhrai, R <b>05:00-08:00pm</b>
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 308           09/03/19-01/21/20 (18 weeks)           16508         T/Th           09/04/19-01/22/20 (18 weeks)           16507         M/W	Fogg, R <b>08:30-11:30am</b> Fogg, R <b>08:30-01:00pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 09/03/19-01/21/20 (18 weeks) 17359 T/Th	Amor, L <b>09:00-01:30pm</b>
S ONLINE QUICKBOOKS COMP CERTIFICATE COURSE	PREHENSIVE
West City Campus	610-700-1077

3249 Fordham Street/92110	619-388-1873
Room 208	

09/03/19-01/22/20 (18 weeks) Amor. L 16894 Mandatory 1st mtg. info at sdce.edu

# Basic Business Math I

(OFSY 500) Master math concepts and skills needed in the business world. Topics include addition. subtraction, multiplication, division, whole numbers, common and decimal fractions, percentage, interest and practical applications.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/office-skills to sign up for an orientation.

Mid-City Campus		
3792 Fairmount Avenue/92105		

16509

Room 308	
09/03/19-01/21/20 (18 weeks) 16510 T/Th	Fogg, R <b>8:30-11:30am</b>
09/04/19-01/22/20 (18 weeks)	Fogg, R

08:30-01:00pm

619-388-4500

# Basic Business Math II

M/W

(OFSY 501) Reviews math used in business transactions such as interest; discount; depreciation; payroll; taxes, and mark-up. Students are advised to complete OFSY 500 (Basic Business Math 1) or equivalent prior to enrollment.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/iob-trainina/office-skills to sign up for an orientation.

Mid-City 3792 Fairm	<b>Campus</b> iount Avenue/92105	619-388-4500
<b>Room 308</b> 09/03/19- <b>16510</b>	01/21/20 (18 weeks) <b>T/Th</b>	Fogg, R <b>8:30-11:30am</b>
09/04/19- <b>16509</b>	01/22/20 (18 weeks) M/W	Fogg, R <b>08:30-01:00pm</b>

# CERTIFICATE PROGRAMS

### SMALL BUSINESS PLANNING

108 hours.

Example of a job you may be qualified for after completion of this program:

Entrepreneur	\$25-50/hr.

Ideal for aspiring entrepreneurs, this program—taught by experienced business professionals—provides knowledge and skills to start and manage a profitable small business or for a career in business management, market analysis, business development or sales. Topics include:

- » Essentials of starting a small business
- » Local, state and federal requirements
- » Best hiring practices
- » Sales and marketing strategies

In the capstone business plan project, students present a profitable business model that identifies a market, creates customer value in a product or service, and identifies how a student may successfully create their own small business. Students may use the final assignment to seek investment, loans or partnerships to launch a small business with the support of the growing San Diego Continuing Education community of like-minded entrepreneurs and small business organizations. Also see pg. 16 for non-certificate small business courses.

Classes are available on Mondays or Saturdays (both including online work) or online only. Attend orientation for campus and timing information. Learn more at kindlespark.net.

Courses are now available at two different campuses (César E. Chávez Campus and North City Campus)

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/business/smallbusiness/orientation to sign up for an orientation.

Requires completion of two courses: BUSN 630 Small Business Essentials BUSN 631 Small Business Planning

# SMALL BUSINESS GROWTH

135 hours.

Examples of jobs you may be qualified for after completion of this program:

Marketing Coordinator	\$15-25/hr.
Marketing Manager	\$30-40/hr.
Marketing Director	\$40-50/hr.
Sales Representative	\$25-30/hr.
Sales Manager	\$30-35/hr.

Ideal for small business owners or employees, this program provides management knowledge and skills to grow a small business. Instruction focuses on time management, negotiations, business process improvement, sales, and marketing planning.

In the capstone project, students demonstrate a plan to grow a small business through a strategic sales and marketing plan.

Students who successfully complete the program can use the skills learned to start and manage their own small business for self-employment or to start or advance in the fields of business management, market analysis, business development or sales.

Also see pg. 16 for non-certificate small business courses.

Classes are available as online-only courses with synchronous instruction on Wednesday evenings. Attend orientation for details. Learn more at kindlespark.net.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/business/smallbusiness/orientation to sign up for an orientation.

Requires completion of three courses: BUSN 632 Small Business Skills BUSN 633 Small Business Sales BUSN 634 Small Business Marketing

# PROJECT MANAGEMENT

120 hours.

Example of a job you may be qualified for after completion of this program:

Project Manager	\$25-40/hr.
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Taught by instructors with real-world experience, students will learn how to define, manage, and control a project. Students learn to accomplish objectives through key process steps such as consideration of alternatives, selection and implementation of solutions, and project closure. The course culminates in a group capstone project. Classes may include online instruction. Topics include:

- » Building effective teams
- » Problem solving and decision making
- » Change and risk management
- » Use of creativity
- » Emerging trends

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/content/projectmanagement-orientation to sign up for an orientation.

### Requires completion of two courses: BUSN 621 Project Management I BUSN 622 Project Management II

César E. Ch 1901 Main Str	<b>ávez Campus</b> eet/92113	619-388-1910
Include online	e instruction	
Note that the	below days and	times are separate classes:
Evenings Evenings	T Th	06:00-09:00pm 06:00-09:00pm
North City 8355 Aero Driv		619-388-1800
All Day Evenings	F M/W	08:00-04:30pm 05:30-09:30pm
Note that the	below days and	times are a single class:
Evenings Weekends	Th Sa	05:30-09:30pm 08:00-12:00pm

# ZERO TEXTBOOK COST (ZTC)

Classes and programs with the Zero Textbook Cost symbol have no cost for textbooks.

# SHORT-TERM COURSES

# Small Business Management

(BUSN 510) This is a preliminary course for anyone interested in establishing and operating a small business. Each week key elements of business organization are presented to inspire confidence along your pathway to success.

Classes are free. Enroll in class on the first day

#### MICROSOFT PROJECT

Microsoft Project is the most popular project management software in the world. Over the course of three Saturdays, you can go from beginner to expert in one of the most demanded skills for project managers. Highly scalable, Microsoft Project is appropriate for small to the largest projects around. You will learn scheduling techniques such as building a task list, setting up resources, assigning resources to tasks, and tracking progress. You will also learn how to view, format and report project status through reports. Advanced topics such as advanced formatting, sharing information with other programs, and consolidating projects and resources may also be covered. All course materials are free.

09/07/19-09/21/19 (3 weeks)	lffland, A
16741 S	08:30-03:30pm
César E. Chávez Campus 1901 Main Street/92113	619-388-1910

#### S ONLINE STARTING YOUR SMALL BUSINESS IN THE GIG ECONOMY

Learn to establish contract/freelance/gig work on one of the many contract job placement sites such as Fiverr, Freelancer, or Upwork. Instruction includes: how to set up the business structure, licensing and permits, creating a profile page, description and product offering, drafting the business contract and managing online payments.

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
01/06/20-01/22/20 (3 weeks)	Rivaldi, N

17018

Mandatory 1st mtg. info at sdce.edu

# Microcomputer Basics

(OFSY 555) An introduction to computers and how they operate, types of computers, hardware, operating systems, graphical user interface, and methods of input and output. Software applications will be presented.

Classes are free. Enroll anytime in class.

### INTRO TO COMPUTERS

This course introduces the student to computer concepts and terminology, as well as software and hardware components. Students will develop a basic understanding of how computer systems operate by surveying current computer software applications and their functionality in today's society.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206	
09/03/19-10/31/19 (5 weeks)	Williams, A

# MICROSOFT OFFICE

# Database Systems: Intermediate

(OFSY 511) Review database management. Emphasis on advanced features such as operation, linking of database structures or tables, use of database command language and program file creation.

Classes are free. Enroll in class on the first day.

#### DATABASE DESIGN-BEGINNING WITH ACCESS

This course is an introduction to database management techniques including data entry, editing, correlating database information, generating customized reports and labels, and designing database structures or tables.

A n	Room 209 12/04/19-12/18/19 (3 weeks) 16900 W	Spahitz, R <b>05:30-09:00pm</b>
	North City Campus 8355 Aero Drive/92123	619-388-1800

#### DATABASE SQL WITH ACCESS BEGINNING

North City Campus 8355 Aero Drive/92123	619-388-1800
<b>Room 209</b> 01/08/20-01/22/20 (3 weeks)	Spahitz. R

05:30-09:00pm

# Spreadsheets: Beginning

(OFSY 575) Spreadsheet fundamentals: data entry, editing, creation, and printing. Utilization of what-if functions and analysis. See p7 or visit sdce.edu for information about Certificate Programs.

Classes are free. Enroll in class on the first day.

#### EXCEL: BEGINNING

16901

Basics of how to use spreadsheets, especially Microsoft Excel. Learn to navigate around the grid and handle various types of data. Also learn features available in the "ribbon" menus and about formulas and functions to solve business and personal problems that require numeric, text, and date-related calculations.

North City Campus 8355 Aero Drive/92123	619-388-1800
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Room 209 09/04/19-09/11/19 (2 weeks) 17246 w

Spahitz, R 05:30-09:00pm



# SHORT-TERM COURSES

### Spreadsheets: Advanced

(OFSY 577) Provides instruction in advanced spreadsheet functions, including graphs, macros, database management, what-if analysis, macro programming, program and file operations with the ability to design and analyze business applications.

#### EXCEL FORMULAS AND MORE I

Basics of how to use spreadsheets, especially Microsoft Excel. Learn to navigate around the grid and handle various types of data. Also learn features available in the "ribbon" menus and about formulas and functions to solve business and personal problems that require numeric, text, and date-related calculations.

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Room 209	
09/18/19-09/25/19 (2 weeks) <b>16909</b> W	Spahitz, R <b>05:30-09:00pm</b>

#### EXCEL FORMULAS AND MORE II

Extends beyond the "Excel – Formulas & More I" class by digging into more complex Excel functions and features such as VLOOKUP, pivot tables and an introduction to cell data validation.

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Room 209 10/02/19-10/16/19 (3 weeks) 17247 W	Spahitz, R <b>05:30-09:00pm</b>

#### EXCEL-FORMS

Use Excel as a data-entry tool and learn how to handle data validation, create in-cell lists, lock cells, and use built-in features to add standard form controls such as checkboxes, buttons, date-pickers and up-down components.

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Room 209 10/23/19-10/30/19 (3 weeks) 16915 W	Spahitz, R <b>05:30-09:00pm</b>

#### EXCEL-MACROS

Learn customization for functions that can only be done with a programming language, including managing Excel form control buttons and directly communicating with cells, rows, columns and tabs. Learn to record, play back, and edit a macro, how to create a custom function, and how Visual Basic language is used to launch Window apps or communicate with programs like Microsoft Word or Access.

North Cit 8355 Aero [	<b>y Campus</b> Drive/92123	619-388-1800
	1/20/19 (3 weeks)	Spahitz, R
16916	W	05:30-09:00pm

### **Internet Basics**

(OFSY 516) An introduction to the Internet using computers to access and use Internet resources in personal and business situations. Through demonstration and hands-on projects, students learn basic concepts.

Classes are free. Enroll in class on the first day.

### GOOGLE DOCS

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10

16

Google Docs is an introductory class into the Google Drive suite of programs. We will briefly explore elements of word processing with this element of Google Drive. This class would pair well with Google Sheets or Slides. You must have a Gmail email address (or be willing to make one) in order to take this course.

#### GOOGLE SHEETS

Google Sheets is Google's answer to Microsoft Excel, a spreadsheet program that can perform calculations, make charts and graphs as well as keep track of business expenses. Google Sheets is very similar to Excel, with a few subtle differences. This class would pair well with Google Docs. You must have a Gmail email address (or be willing to make one) in order to take this course.

619-388-1910	<b>go Public Library</b> San Diego Blvd / 92101 9 Room, 4th Floor		
Howe, T <b>05:00-06:45pm</b>	-10/24/19 <b>T/Th</b>		
Howe, T <b>05:00-06:45pm</b>	-11/07/19 <b>T/Th</b>		

### UNDERSTANDING THE INTERNET

Through demonstration and hands-on projects, students will learn how to connect to a network and they will learn basic network concepts. Fundamentals of using the Internet, including the World Wide Web, email, bulletin boards, and file transfer. Lecture and hands-on projects include discussion of protocols, software and hardware, and what is needed to access the Internet.

#### West City Campus

3249 Fordham Street/92110 619-388-1873 **Room 206** 11/05/19-12/12/19 (4 weeks) Williams, A 16753 T/Th 02:00-05:00pm

# CERTIFICATE PROGRAMS

# INTERACTIVE MEDIA CERTIFICATE PROGRAM

875 hours. Attend 25 hours per week for 36 weeks.

Examples of jobs you may be qualified for after completion of this program:

Multimedia Artists and Animators	\$35/hr.
Graphic Designers	\$26/hr.
Web Developers	\$36/hr.

Through a hands-on, portfolio-based approach, learn the exciting and creative fields of print, video, animation and web design, including technical skills necessary for the digital media and design industry.

You'll create your own portfolio of projects to share with future employers. Many graduates go on to work as freelance designers or entrepreneurs, while others blend their digital media skills into new or existing occupations.

Learn to plan, design and create computer-based digital media using a selection of industry standard software tools. Portfolio projects include:

- » Adobe Photoshop manipulations
- » Illustrations
- » Page layouts with logos
- » Newsletters and web designs
- » Animations and videos
- » Marketing and educational materials
- » Web sites

Students are recommended to have a basic understanding of Adobe Photoshop, file management skills, oral and written communication skills, and an interest in creativity. During Fall and Spring, classes meet weekly for 15 hours in-class plus 10 hours online. Summer classes are sometimes available at a more accelerated pace.

### Email program counselor Lynda Reeves for details at lreeves@sdccd.edu.

Courses will be offered in fall 2019. Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/interactive-media/ orientation to sign up for an orientation.

# Receive certificate by completing three courses:

COMM 630 Interactive Media: Print COMM 630A Interactive Media: Multimedia COMM 630B Interactive Media: Web

# FRONT END WEB DEVELOPER I

360 hours. Attend 20 hours per week for 18 weeks.

Examples of jobs you may be qualified for after completion of this program:

Web Designer	\$17-36/hr.
User Interface Designer	\$24-44/hr.

Learn to design website user interfaces and gain skills in visual design, user interaction and browser compatibilities. Topics include:

- » HTML5 and CSS
- » Responsive Web Design
- » Web frameworks: Bootstrap
- » Aesthetics, usability, accessibility,
- » Search Engine Optimization (SEO)
- » Industry standards and techniques

Students are advised to first complete the Interactive Media Certificate Program (IMCP) or equivalent. Additional recommendations include a strong interest in web development, intermediate Photoshop skills, and experience in web browsing, the Windows operating system, file management, and oral and written communication. FEWD I is available only in Fall. Classes meet 10 hours online plus on-site M/W 7:30-12:30pm or T/Th 5:30-10pm.

# Students can prepare for the certificate program by first completing a FEWD Prep course.

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ front-end-web-development/orientation to sign up for an orientation.

Receive certificate by completing three courses: COMM 641 Web Programming Beginning COMM 642 User Interface Design COMM 643 Design Principles

# FRONT END WEB DEVELOPER II

360 hours. Attend 20 hours per week for 18 weeks. Examples of jobs you may be qualified for after completion of this program:

Search Engine Optimization Specialist	\$21-42/hr.
Web Designer	\$24-44/hr.
Web Application Developer	\$34-55/hr.
User Interface Designer	\$24-44/hr.

FEWD2 takes web development to the next level by providing you the skills necessary to develop dynamic web sites that respond to user interaction. Topics include:

- » Git and GitHub
- » JavaScript
- » JQuery and other libraries
- » Content Management Systems (CMS)
- » Advanced HTML5 and CSS3
- » CSS pre-processors: SASS
- » Angular

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ front-end-web-development/orientation to sign up for an orientation.

FEWD II is available only in spring and students must first complete FEWD I. Classes meet 10 hours online plus on-site M/W 7:30-12:30pm or T/Th 5:30-10pm.

Receive certificate by completing four courses: COMM 644 Web Programming Intermediate COMM 645 Online Content Management Systems COMM 646 Online Responsive Web Design COMM 647 Online Website Promotions

# DIGITAL MEDIA CAREER TRAINING

# SHORT-TERM COURSES

# MOBILE APPLICATION DEVELOPMENT

84 hours.

Examples of jobs you may be qualified for after completion of this program:

Web Application Developer	\$18-36/hr.
Software Application Developer	\$35-57/hr.

Provides students with the knowledge and skills needed to develop and publish cross-platform mobile applications. The program teaches the practical and analytical skills needed to develop, publish, and market mobile applications for multiple platforms.

Provides instruction in common markup, styling, and programming languages, including open source frameworks. Topics include:

- » Construction of a content screen
- » Database storage of user input
- » Geolocation services
- » Software Development Kits (SDKs)
- » Application testing
- » Publication

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ mobile-application-development/orientation to sign up for an orientation.

### Receive certificate by completing three courses: COMP 645 Mobile App HTML Development COMP 646 Mobile Software Development Platform COMP 647 Mobile App Publication

### GRAPHIC DESIGN AND PAGE LAYOUT

### Digital Editing

(OFSY 603) Provides instruction in digital editing skills and techniques for employment. Edit digital images and create original artwork. Prepare images for other applications such as 3D modeling, vector graphics, and interactive authoring. Digital editing skills are fundamental to multimedia projects—from print to the web to video. Read about the free Interactive Media Certificate Program on p15.

Classes are free. Enroll in class on the first day.

#### DIGITAL MEDIA: PREP COURSE

	<b>ty Campus</b> Drive/92123	619-388-1800
Room 206 10/29/19- 17248	; 11/13/19 (3 weeks) <b>T/W</b>	Richard, P <b>07:30-12:30pm</b>
11/19/19-	-12/11/19 (3 weeks)	Richard, P
<b>17249</b>	<b>T/W</b>	07:30-12:30pm
12/17/19-	01/22/20 (3 weeks)	Richard, P
<b>17250</b>	<b>T/W</b>	<b>07:30-12:30pm</b>

#### PHOTOSHOP ELEMENTS 14: BEGINNING

This hands-on course walks users through the feature of Photoshop elements that will make organizing, editing and sharing of your digital photographs quick and easy. Photoshop Elements is for photographers who want to make their photos look their best in just a few quick and easy-to use steps. If you have a digital camera this software makes a great editing tool for both every day and advanced photographers.

North City Campu 8355 Aero Drive/9212	
Room 207 10/09/19-10/30/19 16933 W	(4 weeks) Lee, F 05:30-09:30pm

#### PHOTOSHOP ELEMENTS 14: INTERMEDIATE

This hands-on course focuses on some of the more advanced editing techniques that can be done with Photoshop Elements. User will be guided through the steps to adjust skin tone, colorizing part of a photo, sharpen photos, blending photos, and whiten teeth in photo and creating panoramas. Sample photos will be supplied for the demonstration.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 207 11/06/19-12/04/19 (5 weeks) 16934 W	Lee, R <b>05:30-09:30pm</b>

#### ADOBE PHOTOSHOP: BEGINNING

Take your images from concept to completion in print and on the Web, maximizing your efficiency to make the finest quality output. Topics include: Tools & Preferences, Image Repair and Restoration, Masking, Layers, Channels, Productivity Techniques, Color Correction, Custom Brushes, Patterns, Text Special Effects, Optimizing Images and Utilizing Actions.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 206	
10/30/19-11/06/19 (2 weeks)	Richard, P
16983 W	12:30-05:30pm

### ADOBE PHOTOSHOP: INTERMEDIATE

This class builds on the beginning concepts and includes information on: Creating Atmospheric Effects of Rain, Clouds & Lightning to an Image, Repairing Red Eye and Uneven Lighting, Healing Brush and Patch Tool, Creating 3-D Shapes - Spiral, Sphere, Cylinder, Cone, Cube, Creating Animations, Complex Selection Techniques, Hand-tinting a Photo Using Blending Modes, and Enhanced Extraction Beyond Simply the Extract Filter Alone, Lighting Effects, and non-pixel damaging techniques to handle client changes and speed up projects.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 206 11/13/19-11/20/19 (2 weeks) 16984 W	Richard, P <b>12:30-05:30pm</b>

# SHORT-TERM COURSES

# PHOTOSHOP: BEGINNING/INTERMEDIATE

Photoshop is a powerful image editing tool used for many disciplines including but not limited to photography, illustration, animation, web and print design, and various types of onscreen displays. This is a beginner-friendly course. You'll learn the basics of Photoshop: image compositing, color correction, and photo-retouching. The class balances the conceptual (the understanding of resolution, bit depth and color modes) with hands-on exercises including the use of layers, selections, transparency, and simple masking techniques.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 01/08/20-01/22/20 (7 weeks) 16760 W/Th	Williams, A 06:00-09:00pm

#### PHOTOSHOP: ADVANCED PHOTOSHOP FOR PHOTOGRAPHERS

This course provides instruction in digital editing skills and techniques for employment. Digital editing is used to edit digital images and to create original artwork. Digital editing is also used to prepare images for other applications such as 3D modeling, vector graphics, and interactive authoring. Digital editing skills are fundamental to multimedia projects-from print to the Web to video.

West City Campus 3249 Fordham Street/92110	619-388-1873	
Room 206 11/05/19-12/10/19 (5 weeks) 16769 T	Williams, A <b>06:00-09:00pm</b>	
ADOBE LIGHTROOM: BEGINNING/		

### INTERMEDIATE

This hands-on introduction course to Adobe Lightroom will assist participants with establishing a photo workflow and photo management system used by professional photographers that will accelerate the photo editing process for both raw and JPG files. Mainly targeted at photographers who want to establish a solid photography workflow process. Lightroom is advanced photo editing software with tools for nondestructive mass image editing and printing.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 207 12/11/19-01/22/20 (5 weeks) 16938 W	Lee, R <b>05:30-09:30pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 12/17/19-01/21/20 (4 weeks) 16767 T	Williams, A <b>06:00-09:00pm</b>

### DIGITAL PHOTOGRAPHY: BEGINNING

This hands-on beginner's course provides comprehensive information and instructions for using a digital camera. The focus of this course is to assist digital camera users with implementing the basic concepts of photography and helping them understand how to use the features of their digital camera to take great photos.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 207 09/04/19-10/02/19 (5 weeks)	Lee, R
<b>16935 W</b> Note: Bring your digital camera to class	05:30-09:30pm

### ♥ ONLINE GRAPHIC DESIGN WORKSHOP

Provides knowledge of design elements, principles of design, typography, color basics, working with grids and a series of specific case studies that can be applied to projects. Learn to visually communicate in a more effective and appealing manner. The case studies will include creating logos, identity packages, brochures and websites. This class is accelerated and online.

North City Ca 8355 Aero Drive/		619-388-1800
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17482	Mandatory 1st	mtg info at sdce.edu

# Vector Graphics

(OFSY 606) Vector drawing programs are used to create computer-generated diagrams, engineering and architectural plans and blue prints, original artwork, logos, maps and posters. Vector drawing artwork can be imported into page layout, 3D modeling, video editing and imaging applications.

Classes are free. Enroll in class on the first day.

#### ADOBE ILLUSTRATOR: BEGINNING/ INTERMEDIATE

Adobe Illustrator is a powerful vector application that has many uses including illustration, logo design, print, and layout. Learn about vector and raster graphics, resolution, bit depth, color mode, and how to correctly design, create, and display art for various design environments such as print, web, and onscreen.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 206 12/04/19-12/11/19 (2 weeks) 16981 W	Richard, P <b>12:30-05:30pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 09/04/19-09/25/19 (4 weeks) 16764 W	Williams, A 06:00-09:00pm

### ADOBE INDESIGN IN A DAY

A basic introduction to the page layout app used by professional graphic designers to create print publications and interactive documents intended for viewing onscreen. Including ads, flyers, booklets, brochures, posters, postcards, newsletters, magazines, books, and more. Students practice importing images into InDesign and learn how to work with type and color the way experts do.

North City 8355 Aero Dr		619-388-1800
Room 206		
12/18/19 <b>16982</b>	W	Richard, P <b>12:30-05:30pm</b>

# DIGITAL MEDIA CAREER TRAINING

#### ADOBE AFTER EFFECTS - BEGINNING

Create transitions, animate, filter, mask, composite video, work with images, and enhance video using Adobe After Effects. Work with sophisticated tools within After Effects and integrate other industry design applications such as Photoshop to deliver impressive files to many media types. After Effects is a total postproduction solution that allows completing projects for film, video, web and mobile devices.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 206	
01/08/20-01/15/20 ( 2 weeks)	Richard, P 12:30-05:30pm

#### WORDPRESS IN A DAY

Learn the basics of web design in a beginner-friendly, free, template-driven environment. Learn to build robust websites without code by modifying WordPress themes and adding customized plugins to your site. This class covers the basics, including content management systems, file transfer protocol, domain name registration, and web hosting.

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W	Richard, P <b>12:30-05:30pm</b>
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#### **GUERILLA FILMMAKING**

Learn to make independent films with minimal budgets, crews, and props. You'll learn about script writing, shooting, directing, editing, and uploading a short film project to the web. We will use a combination of free software like Trelby for script writing, and Adobe Photoshop, Premier, After Effects and Audition for development and creation. This is a great class for any aspiring fiction and or documentary style film-maker.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 10/24/19-12/12/19 (5 weeks) 16766 Th	Williams, A 06:00-09:00pm

#### ADOBE PREMIERE

Students will learn to use Adobe Premier, a video editing software that is useful for both beginners and professionals. This class pairs well with the Guerrilla Filmmaking class.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 9/5/19-10/17/19 (7 weeks) 16770 Th	Williams, A 06:00-09:00pm

### 3D Modelina

(OFSY 612) Provides instruction in 3D computer modeling. 3D applications are used to create computer generated 3D models and animations used in the files of science, engineering, architecture and multimedia. 3D models and animations can be imported into web pages, video editing and interactive authoring applications.

Classes are free. Enroll anytime in class.

#### **3D GRAPHICS AND PRINTING WITH GOOGLE** SKETCHUP

SketchUp is a powerful tool used for the creation of 3D objects and some limited animation. This class will allow the student to learn about the basic concepts involved in the creation of 3D objects, including lathing, extrusion, Boolean operations, lighting, and creating textures or skins. The objects created in SketchUp can be sent to a 3D printer and made into actual physical objects, including on 3D printers available at the downtown library.

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10/02/19-10/30	0/19 (5 weeks)	Williams, A
<b>16715</b>	<b>W</b>	03:45-06:45pm
11/13/19-12/18	8/19 (4 weeks)	Williams, A
<b>16716</b>	W	03:45-06:45pm

#### Web Marketing

(OFSY 618) Fundamentals of marketing on the web. Through theory and hands-on application, students receive an overview of issues to consider when developing a strategic Internet communications plan.

Classes are free. Enroll in class on the first day.

#### SOCIAL MEDIA FOR SMALL BUSINESS

North City Campus	
8355 Aero Drive/92123	619-388-1800

Room 209

#### PARTI

Use the power of social media to spread the message of your business or brand. Learn how to use the most popular social media platforms (Facebook, Google+, and Twitter to market your business for free. With hands-on activities, you will learn how to set up your social media profiles for maximum impact, plus tips and tricks to get traffic.

#### 09/07/18-09/27/19 (4 weeks) 16924 F

Campos, V 09:30-01:00pm

#### PART II

Continue to use the power of social media to spread the message of your business or brand. Learn how to use more popular social media platforms (LinkedIn, Instagram, and YouTube) to market your business for free. With hands-on activities, you will learn how to set up your social media profiles for maximum impact, plus get tips and tricks to increase traffic.

10/04/19-10/25/19 (4 weeks) 16926 F

#### Campos, V 09:30-01:00pm

#### PART III

Continue to use the power of social media to spread the message of your business or brand. Learn how to use the most popular social media platforms (Snapchat, Periscope and Podcasting) to market your business for free. With hands-on activities, you will learn how to set up your social media profiles for maximum impact. plus get tips and tricks to increase traffic.

11/01/19-11/22/19 (4 weeks) Campos, V 16927 F 09:30-01:00pm

# SHORT-TERM COURSES

### Web Marketing continued

#### SEARCH ENGINE OPTIMIZATION (SEO) FOR SMALL BUSINESS

Nowadays, if you're not on the first page of search results, people will not visit your site. Through search engine optimization, students will learn how to rank high on search engine results through the latest techniques.

North City Campus 8355 Aero Drive/92123	619-388-1800
12/06/19-12/20/19 (3 weeks)	Campos, V
16920 F	<b>09:30-01:00pm</b>

#### ONLINE SEARCH ENGINE OPTIMIZATION (SEO) FOR BUSINESS

If you have a website, how do you get people to find it? Nowadays, if you're not on the first page of search results, people will not visit your site. Through search engine optimization, students will learn how to rank high on search engine results through the latest techniques.

North City Can 8355 Aero Drive/9	•	619-388-1800
09/03/19-09/28, <b>16921</b>	,	Campos, V <b>:g. info at sdce.edu</b>
10/01/19-10/26, <b>16922</b>	,	Campos, V <b>:g. info at sdce.edu</b>
11/05/19-11/23, <b>16923</b>	. ,	Campos, V : <b>g. info at sdce.edu</b>

### WEB DEVELOPMENT PROGRAMMING AND DESIGN

#### Web Site Creation

(COMM 618) Provides a hands-on approach to planning, designing and creating web pages for an intranet or World Wide Web site. Students learn HTML, wizards and templates to create web pages with hupertext links and video, graphics and audio enhancements.

Classes are free.

### ONLINE JAVASCRIPT: PRACTICAL APPLICATION

Understand basic JavaScript and apply those skills. Build a dynamic application to learn the ins-and-outs of coding with the powerful front-end language of JavaScript. Focus on grammar, syntax, best practice rules, and other concepts and building blocks of JavaScript.

North City Can 8355 Aero Drive/92	619-388-1800
Room 207 11/06/19-01/22/ 17483	 Kay, E <b>mtg. info at sdce.edu</b>

#### MOBILE APPS PREP COURSE: INTRO TO HTML/ CSS/JAVASCRIPT

Are you interested in learning the foundations of mobile app development with HTML? This introductory course will focus on the basics of the HM/TL, CSS, and JavaScript programming languages and give you the chance to prepare before enrolling in our mobile apps development certificate program.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 209 09/10/19-10/10/19 (5 weeks) 16662 T/Th	Campos, V <b>06:00-09:30pm</b>
ONLINE FRONT END WEB DEVELOPMENT PREP	
North City Campus 8355 Aero Drive/92123	619-388-1800
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09/04/19-11/02/19 (9 weeks) Ruvalcaba, Z 16658 Mandatory 1st mtg. info at sdce.edu

11/04/19-01/22/20 (9 weeks) Ruvalcaba, Z 16660 Mandatory 1st mtg. info at sdce.edu

#### ECOMMERCE WITH WORDPRESS

It's never been easier to set up an online storefront. Using free and open source software, students will be able to set up an online store quickly and effectively. WordPress has opened up a whole world of free and easy-to-use tools for creating eCommerce websites.

#### North City Campus

01/10/20-01/17/20 (2 weeks)	Campos, V
17219 F	<b>09:30-01:00pm</b>
8355 Aero Drive/92123	619-388-1800

#### WEB DESIGN WITH WORDPRESS: **BEGINNING/INTERMEDIATE: PART I**

Learn the basics of web design in a beginner-friendly, free, template-driven environment. Learn to build robust websites without code by modifying WordPress themes and adding customized plugins to your site. This class covers the basics, including content management systems, file transfer protocol, domain name registration, and web hosting.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 09/03/19-10/01/19 (5 weeks) 16771 T	Williams, A <b>06:00-09:00pm</b>

#### WEB DESIGN WITH WORDPRESS INTERMEDIATE/ADVANCED PART II

Continuing where the Beginning/Intermediate class left off, this class examines advanced design elements for WordPress, such as pro themes, pro plugins, shopping carts, creation of surveys, forms, and implementation of graphics.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 206 10/08/19-10/29/19 (4 weeks) 16772 T	Williams, A 06:00-09:00pm

# CERTIFICATE PROGRAMS

# STACKABLE SYSTEM ADMINSTRATOR CERTIFICATES

Examples of jobs you may be qualified for after completion of this program:

Computer Support Specialist	\$18-41/hr.
Computer Operator	\$13-33/hr.
Web Developer	\$13-56/hr.
Database Administrator	\$27-63/hr.

The Stackable Bundle begins with Windows administration, ventures into the world of Linux, and prepares you for up in the red-hot field of web application development. Using in-class and online lectures, labs, and group assignments, you complete one class at a time, allowing you to focus and immerse yourself fully.

Complete two sequential courses to earn a program certificate in as little as 18 weeks. For each additional course in the sequence, you earn an additional certificate. Certificate programs do not need to be completed in the order listed.

# WINDOWS SYSTEM

**ADMINISTRATION** *Complete in 18-36 weeks.* 

This program is the ideal start to your career in computer system administration. Learn foundational knowledge and skills to administer a Windows clientserver environment. Topics include:

- » Windows Server and Desktop OS
- » Active Directory
- » Configuration
- » System troubleshooting
- » Server roles

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ windows-system-administration/orientation to sign up for an orientation.

Receive certificate by completing two courses: COMP 640 Windows Operating Systems COMP 642 Server Admin Fundamentals

# SERVER ESSENTIALS

Complete in 18-36 weeks.

Building on your system administration skills, this program introduces you to Linux, one of the hottest skills in demand by employers. Linux is used in a variety of ways, including troubleshooting other computers (including Windows!), hacking and security, website hosting, home automation, and many household appliances at the heart of the Internet of Things. Topics include:

- » BASH shell (Linux) and PowerShell (Windows) command execution and scripts
- » Windows and Linux security and system administration
- » Computer networking

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ windows-system-administration/orientation to sign up for an orientation.

Receive certificate by completing two courses: COMP 642 Server Admin Fundamentals COMP 641 Linux Essentials

# LINUX SERVER ADMINISTRATION

Complete in 18-36 weeks.

Linux administration skills are in high demand and the need is growing! This program teaches you the fundamentals of Linux and then builds on that knowledge with installation, configuration, and management of a Linux server and common server applications. Topics include:

- » Linux Web Servers
- » Linux file and network services
- » DNS, SAMBA, APACHE
- » Server configuration files
- » Shell scripting

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ linux-server-administration/orientation to sign up for an orientation.

Receive certificate by completing two courses: COMP 641 Linux Essentials COMP 643 Linux Server Technologies

# WEB SERVER TECHNOLOGIES AND APPLICATIONS

Complete in 18-36 weeks.

Take your Linux administration skills to the limit by learning how to develop and maintain modern web applications, such as social media, ecommerce, and business dashboards. Topics include:

- » Modern server-side web applications
- » Data storage and retrieval
- » Web application security
- » Linux Server administration

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ linux-server-administration/orientation to sign up for an orientation.

Receive certificate by completing two courses: COMP 643 Linux Server Technologies COMP 644 Server Side Web Development

### VIRTUAL DATACENTER

Complete in 18-36 weeks ..

Server virtualization--using software to simulate a computer system--is a highly valued skill in today's workplace. This course prepares you to administer a vSphere infrastructure for an organization of any size and will form a foundation of knowledge for most other VMware technologies in the software-defined data center. Topics Include:

- » vSphere environment
- » Virtual networks & infrastructure
- » Virtual machines
- » vMotion migration
- High Availability and Fault Tolerance
- » DRS clusters and scalability

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computersystem-network-administration.

Receive certificate by completing two courses: COMP 651 Virtual Datacenter 1 COMP 652 Virtual Datacenter 2

# INFORMATION TECHNOLOGY CAREER TRAINING

# CISCO STACKABLE CERTIFICATE PROGRAMS

	CERTIFICATES EARNED	COURSES
STEP 1: BEGIN HERE	Network Technician	CCNA1 Intro to Networks (Comp 600) CCNA2 Routing and Switching Essentials (Comp 601)
STEP 2: COMPLETE TWO MORE COURSES FOR SECOND CERTIFICATE	CCNA Routing and Switching	CCNA3 Scaling Networks (Comp 602) CCNA4 Connecting Networks (Comp 603)
STEP 3: COMPLETE FINAL COURSE FOR THIRD CERTIFICATE	CCNA Security Network Security Specialist	Cisco Network Security 1 (Comp 606)

# CERTIFICATE PROGRAMS

# NETWORK TECHNICIAN (CCENT)

240 hours.

Examples of jobs you may be qualified for after completion of this program:

Computer Network Support Specialists	\$21-34/hr.
Network Technician	\$21-34/hr.

Serves as a foundation for the full CCNA Program by providing students with the knowledge and skills required to install, operate, and troubleshoot a small enterprise branch network, including basic network security. Prepares students for the CCENT Certification but industry professionals recommend students complete the full CCNA program which includes four courses. Topics Include:

- » Networking fundamentals
- » LAN/WAN technologies
- » Basic security and wireless concepts
- » Routing and switching fundamentals
- » Configuration of simple networks
- » Network theory and design
- » IP addressing
- » Network hardware and cabling
- » Router set-up and troubleshooting

Classes are free. Orientation required prior to enrollment. Visit sdce.edu/job-training/computers/cisco/orientation to sign up for orientation.

### Receive certificate by completing two courses: COMP 600 Introduction to Networking (CCNA1) COMP 601 Routing and Switching Essentials (CCNA2)

cisco Cisco Networking Academy

# CCNA ROUTING AND SWITCHING

Four courses. Complete in 47 weeks (15 months).

Examples of jobs you may be qualified for after completion of this program:

Field Engineer	\$18-30/hr.
Network Administrator or Analyst	\$24-37/hr.
Network and Computer Systems Administrators	\$25-35/hr.

Prepares students for the Cisco Certified Network Associate (CCNA) certification exam.

A successful career in networking starts with CCNA routing and switching. The curriculum is a gateway to entry-level networking jobs and IT careers.

Students learn networking fundamentals and advanced concepts with hands-on practice and simulations to develop skills in managing routers and switches.

- » Routing, switching, network applications, protocols, and services
- » Learn on both real equipment and Cisco Packet Tracer, a network configuration simulation tool
- » Cisco IOS command and configuration
- » Install, operate, configure IPv4 and IPv6 networks
- » Identifying basic security threats

Classes are free. Orientation required prior to enrollment. Visit sdce.edu/job-training/computers/cisco/orientation to sign up for orientation.

 Receive certificate by completing four courses:

 COMP 600
 Introduction to Networking\*

 COMP 601
 Routing and Switching Essentials (CCNA2)\*

 COMP 602
 Local Area Network (LAN) Design

 COMP 603
 Wide Area Network (WAN) Design

\*also part of Network Technician program

# CCNA SECURITY/NETWORK SECURITY SPECIALIST

Complete in 12-18 weeks.

Examples of jobs you may be qualified for after completion of this program:

Information Security Analysts	\$30-45/hr.
Network Security Specialist	\$25-35/hr.

Prepares students for the Cisco Certified Network Associate (CCNA) Security certification exam. Students must have a certificate of completion from CCNA course four, or be CCNA certified.

Builds on previously learned knowledge and skills required to secure networks and manage network infrastructures. Emphasizes best practices and techniques to combine these technologies into a single, integrated network security solution.

- » Authentication, Authorization and Accounting (AAA)
- » Secure VPN (virtual private network) management
- » Firewall management security software and hardware
- » Intrusion Prevention/Detection Systems (IPS/IDS)
- » Security agent software

Students who successfully complete the program can use the skills learned in a variety of industries and jobs.

Classes are free. Orientation required prior to enrollment. Visit sdce.edu/job-training/computer-system-networkadministration.

 Receive certificate by completing five courses:

 COMP 600
 Introduction to Networking\* †

 COMP 601
 Routing and Switching Essentials (CCNA2)\* †

 COMP 602
 Local Area Network (LAN) Design †

 COMP 603
 Wide Area Network (WAN) Design †

 COMP 606
 Cisco Network Security 1

\*also part of Network Technician program †also part of CCNA program

# CERTIFICATE PROGRAMS

# **DESKTOP TECHNICIAN**

429 hours.

Examples of jobs you may be qualified for after completion of this program:

Computer Network Support Specialist	\$21-34/hr.	
Computer User Support Specialist	\$16-27/hr.	
Computer Systems Administrator	\$24-37/hr.	

Provides students with the knowledge and skills necessary to manage and secure computers and basic network infrastructures. Students will learn both practical and analytical skills to configure, manage and troubleshoot computer and network hardware and software.

The program courses provide instruction in fundamental computer and network theories including computer system models, operating systems, safety procedures, network infrastructures and architectures, and security threats and mitigation. Topics include:

- » Computer hardware configuration and diagnostics
- » TCP/IP (transmission control protocol/ internet protocol)
- » Network topologies
- » Operating system and security configuration and compliance

Classes are free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ desktop-technician/orientation to sign up for an orientation.

Receive certificate by completing three courses: COMP 640 Windows Operating System COMP 612 Hardware Service Technician COMP 608 Basic Network Configuration

# SECURITY ESSENTIALS

240 hours.

Examples of jobs you may be qualified for after completion of this program:

Information Security Analysts	\$30-45/hr.
Network and Computer Systems Administrators	\$24-37/hr.
Computer User Support Specialists	\$16-27/hr.

Provides students with the knowledge and skills required to manage and secure network infrastructures. Includes practical and analytical skills needed to design, operate and troubleshoot, and secure network software and hardware. Topics include:

- » Addressing
- » Physical infrastructure
- » Network architecture
- » Security threats
- » Mitigation techniques
- » Transmission Control Protocol/Internet Protocol (TCP/IP)
- » Network topologies
- » Security configuration parameters
- » Security compliance
- » Cryptography

Class is free. Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computers/ security-essentials/orientation to sign up for orientation.

Receive certificate by completing two courses: COMP 608 Basic Network Configuration COMP 609 Network Security Basics

# **CYBERSECURITY ANALYST**

135 hours.

Examples of jobs you may be qualified for after completion of this program:

Information Security Analysts	\$30-45/hr.
Network and Computer Systems Administrators	\$24-37/hr.
Computer User Support Specialists	\$16-27/hr.

These certificate programs will teach cybersecurity architecture and tools. Students will use tools and guidelines to build a set of security policies and procedures. Students will also design a layered security architecture and analyze it for flaws. Students use industry standards for software security. The review, selection, and assembly of tools for performing threat and incident management will also be covered.

- » Topics include:
- » Cybersecurity architecture
- » Info security framework
- » Remediation of identity and access management issues.
- » Common exploits used to compromise identity
- » Data analytics to determine appropriate compensating controls
- » Defense-in-depth to secure networks and systems.
- » Secure coding as a part of the Software Development Life Cycle
- » Common cybersecurity tools & technologies

#### This is a great introductory program which, when combined with other network and security administration certificates, will help launch your Cybersecurity career.

Classes are free. Mandatory orientation required prior to enrollment. Visit http://sdce.edu/job-training/ computer-system-network-administration to sign up for an orientation.

#### Receive certificate by completing three courses:

COMP 655 Cyber Threat and Vulnerability COMP 656 Cyber Incident Response COMP 657 Cyber Security Architecture

# SHORT-TERM COURSES

### **NETWORKING &** HARDWARE MAINTENANCE AND DATABASES

See p24 or visit sdce.edu for information about the Cisco Academy Certificate Program.

# Hardware Service Technician

(COMP 612) Learn fundamentals in computer theoru: maintaining and managing PCs; hardware and software concepts, including command line language and various peripherals. Students will learn through lecture and hands-on application, to effectively use diagnostic tools, troubleshoot, and repair computer malfunctions. Provides students with the knowledge and skills necessary for employment as an entry-level PC technician.

Classes are free. Mandatory orientation required prior to enrollment. sdce.edu/job-training/computers/desktoptechnician/orientation.

#### CISCO IT ESSENTIALS (A+)

Educational Cultural Complex	
4343 Ocean View Blvd./92113	619-388-4956
Room B-101 09/04/19-01/22/20 (18 weeks) 15892 M/W	Veazey, D <b>06:00-09:30pm</b>
Mid-City Campus	
3792 Fairmount Avenue/92105	619-388-4550
Room 314           09/03/19-01/21/20 (18 weeks)           16613         T/Th	Liggins, G <b>06:00-09:45pm</b>
North City Campus 8355 Aero Drive/92123	619-388-1800
Room 205	
09/04/19-01/22/20 (18 weeks) 16664 M/W	Elias, E 05:30-09:30pm

M/W

Includes online instruction

### **Basic Network Configuration**

(COMP 608) This course presents fundamentals in networking and internet working structure and theory. IP addressing, Binary Mathematics, LAN topologies and architecture, basic network design, cables and cabling standards, and basic electricity. Students will learn through theory and hands on application, the process of understanding basic networking design, operation, troubleshooting, and installation of both the software and hardware associated with networks.

#### Classes are free.

#### BASIC NETWORK CONFIGURATION (N+)

Note: Mandatory orientation required prior to enrollment. Visit sdce.edu/job-training/computersystem-network-administration.

Educational Cultural Complex	
4343 Ocean View Blvd./92113	619-388-4956
Room B-101	
09/07/19-01/18/19 (17 weeks) 15893 S	Veazey, D 08:00-03:30pm
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 314	
09/04/19-01/22/20 (18 weeks) 16615 M/W	Liggins, G <b>06:00-09:45pm</b>
16615 M/W North City Campus	06:00-09:45pm
16615M/WNorth City Campus8355 Aero Drive/92123	06:00-09:45pm

#### LINUX UNHATCHED

This course has been scheduled to complement our Cisco, N+, and S+ courses. This "start from scratch" Linux course allows you to wade into the shallow end of Linux, the back-end operating system used by companies such as Facebook, Google, and Amazon. This class offers hands-on virtual machine activities focused on basic installation and configuration of Linux software.

This class does not require an orientation.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 210 09/07/19-09/28/19 (4 weeks) 16717 Sa	Major, S <b>11:30-02:30pm</b>

#### SUBNETTING

This course has been scheduled to complement our Saturdau Cisco, N+, and S+ courses. This course provides the foundation and basic skills needed for subnetting IPv4 and IPv6 networks. Students will learn binary, decimal and hexadecimal numbers as applied to network planning, implementation and support of computer network environments.

This class does not require an orientation.

North City Campus 8355 Aero Drive/92123 Room 210	619-388-1800
09/07/19-09/28/19 (4 weeks)	Major, S <b>08:00-11:00am</b>

#### INTRO TO CYBERSECURITY

This course has been scheduled to complement our Saturday Cisco, N+, and S+ courses. An introductory course for those who want to explore the world of cybersecurity. Today's interconnected world makes everyone more susceptible to cyber-attacks. The course reviews cyber trends and threats, along with the broader topic of cybersecurity. You'll learn how to protect your personal privacy online while gaining insight into the challenges faced today by companies, government entities and educational institutions.. This class does not require an orientation.

North City Campus 619-388-1800 8355 Aero Drive/92123 Room 210

12/17/19-01/16/20 (4 weeks) 17251 T/Th

Major, S 05:30-10:00pm

# SHORT-TERM COURSES

# **Emerging Topics**

(COMP 699) Examines emerging topics and technologies in the field of Computer and Information Science.

Classes are free.

### INTERNET OF THINGS

Learn how the Internet of Things (IoT) is changing the world and the skills needed to land a well-paying job. By the year 2020, it is predicted that 26 billion people, systems, and physical objects will connect and share data seamlessly over the internet. This course will explore how the IoT is bridging the gap between operational and IT systems, and the security concerns that must be considered. This course will use the Raspberry Pi to teach connectivity.

North City Campus 8355 Aero Drive/92123	619-388-1800
Room 110 09/16/19-10/28/19 (4 weeks) 17485 M	Major, S <b>06:00-09:00pm</b>
11/04/19-01/13/20 (4 weeks) 17487 M	Major, S <b>06:00-09:00pm</b>

### DATABASE PROGRAMMING

#### Server Side Programming

(COMP 623) In this course students will learn how to deliver dynamic content on Web sites. This course covers Server Side programming, (such as ASP.NET, CGI, Java VM, MySQL, and Fast CGI). Students will also learn about extending Web server software through configuring and scripting.

#### Classes are free.

#### MYSQL

Learn the essentials of the SQL language using the popular MySQL/MariaDB database software. MySQL is used on websites like YouTube, Twitter, Facebook and employers like the US. Navy. Having some familiarity with MySQL and the SQL language can enhance your employment opportunities. Skills covered will include creating databases and tables, manipulating data, and introduction to managing MySQL.

	Chávez Campus Street/92113	619-388-1910
Room 314		
11/06/19-0 16995	01/22/20 (9 weeks) <b>W</b>	Aragon II, D 06:00-09:00pm

# Server Side Web Development

(COMP 644) Installation, configuration and management of web server application. Learn about the structure and components of static and dynamic websites, programming web applications, and database management. Introduction to web server software, programming languages used to create web applications, and how to use a database to create dynamic websites.

Classes are free.

#### INTRODUCTION TO PYTHON

Learn the essentials of the Python language. Python is the very versatile, object-oriented programming language used by startups and tech giants like Google and Facebook. Python is also recommended for aspiring developers interested in pursuing careers in security, networking, and Internet of Things.

César E. Chávez Campus	
1901 Main Street/92113	619-388-1910

Room 314 09/04/19-10/30/19 (9 weeks) 16993 W

Aragon II, D

06:00-09:00pm

## PYTHON ESSENTIALS

Learn the essentials of the Python language. Python is the very versatile, object-oriented programming language used by startups and tech giants like Google and Facebook. Python is also recommended for aspiring developers interested in pursuing careers in security, networking and Internet of Things.

West City Camp 3249 Fordham Stree		619-388-1873
Room 206 09/03/19-10/31/1 17292 T/	19 (9 weeks) <b>/Th</b>	Wassell, A 06:00-09:30pm
11/05/19-01/21/2 <b>17294 T</b> /	20 (9 weeks) / <b>Th</b>	Wassell, A 06:00-09:30pm

# Sonline python essentials

Learn the essentials of the Python language. Python is the very versatile, object-oriented programming language used by startups and tech giants like Google and Facebook. Python is also recommended for aspiring developers interested in pursuing careers in security, networking, and Internet of Things.

West City C 3249 Fordham	Campus n Street/92110	619-388-1873
09/04/19-11	/02/19 (9 weeks)	Wassell, A
<b>17341</b>	Mandatory 1st n	ntg. info at sdce.edu
11/04/19-01	/22/20 (9 weeks)	Wassell, A
<b>17344</b>	Mandatory 1st n	<b>itg. info at sdce.edu</b>

# S ONLINE JAVASCRIPT

Learn and apply basic knowledge of JavaScript, such as grammar, syntax, best practice rules, building blocks and other concepts. Build a dynamic application to learn the ins-and-outs of coding with the powerful front-end language of JavaScript.

West City Campus	
7240 Eaulhans Church (02110	

3249 Fordha	n Street/92110	619-388-1873
09/04/19-1 <b>17352</b>	1/02/19 (9 weeks) Mandatory 1st m	Wassell, A <b>itg. info at sdce.edu</b>
11/06/19-0	1/22/19 (9 weeks)	Wassell, A

17356	Mandatory 1st mtg.	info at sdce.edu
11/06/19-01/22/	19 (9 weeks)	Wassell, A

# HEALTHCARE CAREER TRAINING

# CERTIFICATE PROGRAMS

The free, short-term Certificate Programs for Healthcare Careers are designed to help the beginning student, as well as students who are CNAs (Certified Nurse Assistants).

# PERSONAL CARE ASSISTANT/ CAREGIVER

180 hours. Complete in 10 to 18 weeks.

Example of a job you may be qualified for after completion of this program:

Personal and Home Care Aide \$19.280-24.000

Requires completion of two courses: HLTH 609 Healthcare Careers HLTH 610 Personal and Home Care Aide

#### Healthcare Careers

(HLTH 609) Provides an overview of the healthcare industry, career opportunities and the basic knowledge required for entry level positions in the healthcare profession. Topics include: business aspects of healthcare, delivery systems, services and specialties, regulations and mandates, workplace communication, safety issues, introduction to medical terminology, common diseases, legal and ethical issues, professional conduct, career pathways, and employment readiness.

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
Room A 108           09/04/19-01/22/20 (18 weeks)           16941         M/W	Alexander, C <b>12:00-3:00pm</b>
César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 204 09/03/19-12/12/19 (14 weeks) 15820 T/Th	Beukelman, S <b>5:00-8:00pm</b>
09/04/19 <sup>-</sup> 10/28/19 (9 weeks) <b>15821 M/W</b>	Connolly, M <b>10:00-03:00pm</b>
10/30/19-01/22/19 (10 weeks) 15821 M/W	Connolly, M <b>10:00-03:00pm</b>

# Personal and Home Care Aide

(HLTH 610) Prepares the student to provide personal care to individuals in their homes and for employment in home care agencies and assisted living facilities. Instruction includes the role of the personal and home care aide or caregiver and procedures for assisting clients in performing their activities of daily living. Topics include communication, basic nursing skills, home safety, infection control, use of adaptive equipment, basic nutrition and meal preparation. Maintaining a clean, safe environment, emergency procedures, and workplace skills are integrated throughout the course. Students are advised to complete HLTH 609 prior to enrolling.

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 214 09/03/19-10/25/19 (8 weeks) 15783 T/Th/F	Stottlemyer, P <b>08:30-01:30pm</b>
09/04/19-01/22/20 (18 weeks) 15786 M/W	Staff <b>05:30-09:00pm</b>
11/05/19-01/17/20 (8 weeks) 15790 T/Th/F	Stottlemyer, P 08:30-01:30pm
Room 309 09/07/19-01/18/20 (17 weeks) 16142 S	Phillips, T <b>08:00-02:30pm</b>

# NURSING ASSISTANT TRAINING PROGRAM

315 hours. Complete in 12 to 18 weeks.

Examples of jobs you may be qualified for after completion of this program:

Nursing Assistant	\$22,439-35,000
Home Health Aide	\$18,890-25,269

Requires completion of two courses: HLTH 605 Nursing Assistant Training HLTH 606 Home Health Aide

# Nursing Assistant Training

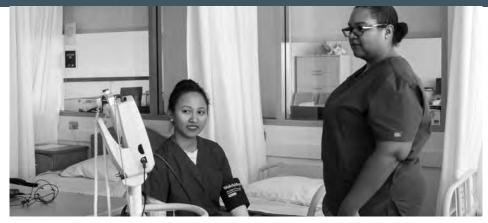
(HLTH 605) Prepares the student for the California Nurse Assistant certification exam and for employment as an entru-level health care worker in a skilled nursing facility or other healthcare organization or agency. The student will gain knowledge of basic nursing theory and practice nurse assistant procedures. Be trained to provide care to those who need assistance caring for themselves. Through lecture and hands-on skills practice, you learn to bathe, dress, feed, and assist patients with toileting as well as report changes in a patient's physical or mental status to the supervising nurse. You will learn: Professionalism, and ethics, effective communication and documentation. patients' rights and infection control. Includes: Observation and charting, vital signs, mobility assistance, and nutrition.

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

Class schedule will vary depending upon clinical placement.

César E. Cl 1901 Main St	<b>návez Campus</b> reet/92113	619-388-1910
<b>Room 217</b> 09/03/19-12 <b>15830</b>	1/07/19 (10 weeks) <b>M/T/W/TH/F</b>	Staff 08:00-02:30pm
15827	1/07/19 (10 weeks) M/T/W/TH/F	Staff 08:00-02:30pm
<b>Room 218</b> 10/03/19-03 <b>15833</b>	1/16/20 (14 weeks) <b>M/T/W/Th/F</b>	Staff 08:00-12:00pm
10/24/19-03 <b>15836</b>	1/22/20 (10 weeks) <b>M/T/W/Th/F</b>	Staff 08:00-02:30pm

# HEALTHCARE CAREER TRAINING



## Home Health Aide

(HLTH 606) Prepares Certified Nurse Assistants (CNAs) for certification as Home Health Aides by the state. This certification allows students to function as an entry level worker on a health care team or with a home health agency. Includes medical and social needs of the client, personal care services, nutrition, and cleaning and care tasks in the home. Advisory: CNA license and a current TB test.

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

Class schedule will vary depending upon clinical placement.

César E. Chávez Camp 1901 Main Street/92113	<b>us</b> 619-388-1910
<b>Room 218</b> 09/10/19-10/29/19 (6 wee <b>17306 T/Th</b>	eks) Leyden, S, <b>04:00-09:00pm</b>
Room 213 11/19/19-12/10/19 (3 we 15795 T/W/Th/F	eks) Leyden, S, <b>04:00-09:00pm</b>

### NURSE ASSISTANT (REHABILITATIVE)

315 hours. Complete in 16-20 weeks.

Example of a job you may be qualified for after completion of this program:

\$21,290-45,030

Restorative Nurse Assistant

**Requires completion of two courses:** (HLTH 605) Nursing Assistant Training (HLTH 608) Restorative Nurse Assistant

### **Restorative Nurse Assistant**

(HLTH 608) Advisory: Current California Certified Nurse Assistant certificate or work experience or courses in the field. Expands the knowledge and skills of the Certified Nurse Assistant to work as a Restorative Nurse Assistant in a skilled nursing facility or rehabilitation center. Students learn to use interventions that promote a patient's ability to adjust to living as independently as possible. Instruction includes supporting participation in activities of daily living, mobility, exercises, splints and adaptive devices. Advisory: Successful completion of HLTH 605 or HLTH 610.

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 213 09/04/19-11/06/19 (10 weeks) 15799 M/W	Leyden, S <b>04:00-07:00pm</b>
11/20-/19-01/22/19 (7 weeks) 15801 M/W	Connolly, M <b>04:00-08:30pm</b>



# NURSE ASSISTANT (ACUTE CARE)

340 hours. Complete in 13-22 weeks.

Examples of jobs you may be qualified for after completion of this program:

#### Acute Care Nurse Assistant

\$21,290-45,030

Requires completion of two courses: (HLTH 605) Nursing Assistant Training (HLTH 607) Acute Care Nurse Assistant

### Acute Care Nurse Assistant

(HLTH 607) Advisory: Current California Certified Nurse Assistant certificate. Prepares the Certified Nurse Assistant to perform basic nursing care in an acute care hospital setting under the supervision of a Licensed Registered or Vocational nurse. Class consists of theory and hands-on practice. Areas covered are medical and surgical patient care, oncology, orthopedics, obstetrics, and maternal-child care. Infection control, anatomy and physiology, medical terminology, psychosocial needs, and communication and reporting methods are integrated throughout the course.

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

Class schedule will vary depending upon clinical placement.

<b>Room 218</b> 11/04/19-12 <b>17308</b>	2/06/19 (4 weeks) <b>M/T/W/Th/F</b>	Lewis, C 08:00-02:30pm
<b>César E. Cl</b> 1901 Main St	hávez Campus reet/92113	619-388-1910

# HEALTHCARE CAREER TRAINING



# LEDJANA NIKOLLARI

Ledjana Nikollari, moved to the United States (US) from Albania, where she earned a degree in General Nursing. When she arrived to the US she enrolled at SDCE to prepare for the Certified Nurse Assistant (CNA) Exam. "I felt disappointed because I already finished at a university but SDCE quickly became my second home. My teachers helped me review my medical knowledge and learn English."

# pathways to \*\*\* SUCCESS Excellence in Career, College and Life Preparation

# CERTIFICATE PROGRAMS

## NURSE ASSISTANT (BEHAVIORAL HEALTH AIDE PROGRAM)

335 hours. Complete in 15-21 weeks.

Examples of jobs you may be qualified for after completion of this program:

#### Behavioral Health Aide

#### \$35,360-39,520

Requires completion of two courses: (HLTH 605) Nursing Assistant Training (HLTH 611) Behavioral Health Nurse Assistantt

### Behavioral Health Aide

(HLTH 611) Provides Certified Nurse Assistants (CNAs) and Personal Care Assistants/Caregivers to assist adults, adolescents and pediatric patients with social, personal, behavioral and mental health issues while providing nursing care and physical safety. Can serve as a second step toward more specialized training for CNAs and other healthcare professionals after completing Nursing Assistant Training (HLTH 605) and (HLTH 611).

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

Room 217 11/12/19-12/19/19 (5 weeks) 15811 M/T/W/Th	Taylor, V
César E. Chávez Campus 1901 Main Street/92113	619-388-1910

# MEDICAL TERMINOLOGY

125 hours. Completes in 15-18 weeks Examples of jobs you may be qualified for after completion of this program:

## Medical Terminology

(HLTH 612) This course provides instruction in the definition and pronunciation of basic medical terms and vocabulary used in the health care industry. Medical terminology will be taught using an anatomy and systems approach and will include the use of prefixes and suffixes. Students will learn terminology related to diseases, laboratory tests, imaging, surgical and treatment procedures, and basic terms related to specialized areas of medicine.

Classes are free. Mandatory orientation is required prior to enrollment. Visit sdce.edu/job-training/health-careertraining/orientation to sign up for an orientation.

César E. Ch 1901 Main Str	n <b>ávez Campus</b> reet/92113	619-388-1910
<b>Room 203</b> 09/03/19-09 <b>16143</b>	1/30/19 (18 weeks) <b>T/Th</b>	Beukleman, S <b>01:00-04:30pm</b>

# S ONLINE: MEDICAL TERMINOLOGY

CE at Miramar 10440 Black Moun	tain Rd/92126	619-388-1800
09/11/19-01/18, <b>17026</b>		Alexander, C mtg. details below.

Students must attend mandatory on-site orientation 9/11/19 from 3-4pm at CE at Miramar College (Room A 108) 10440 Black Mountain Rd, San Diego, 92116. Email mbroene@sdccd.edu for details.





# CERTIFICATE PROGRAMS

Two certificates are available in this program. You may complete both certificates, or you may choose a certificate based on the focus of different age groups.

### **CHILD DEVELOPMENT I**

Examples of jobs you may be qualified for after completion of this program:

Childcare Workers and	\$8-16/hr.
Home Daycare Professionals	Ş0-10/III.

Focus is on newborn to age 3 years. Students generally complete this program in 12-18 months and will select a combination of classes from the list below for a total of four classes. A counselor will help you understand your options.

#### **Required Class:**

HMDV Family Home Day Care Training

#### \*Focus Classes; Choose two:

HMDV 610 Newborn to 12 months HMDV 615 12 to 23 Months—Walking and Talking HMDV 680 Families Learning Together HMDV 630 Outdoor Classroom

#### \*Elective Classes; Choose one:

HMDV 545 Family Relations HMDV 675 Foster Parenting HMDV 690 Family Communication HMDV 620 24 to 36 months—Discovering Me HMDV 626 3 to 5 Years—Preschool Experience

### CHILD DEVELOPMENT II

Examples of jobs you may be qualified for after completion of this program:

Preschool Assistant/Teachers	\$10-23/hr.
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Focus is on ages 3 to 5 years. Students generally complete this program in 6-12 months and will select a combination from the list for a total of four classes. A counselor will help you understand your options.

**Required Class:** 

HMDV 533 Family Home Day Care Training

#### \*Focus Classes; Choose two:

HMDV 620 24 to 36 months—Discovering Me HMDV 626 3 to 5 Years—Preschool Experience HMDV 680 Families Learning Together HMDV 630 Outdoor Classroom

#### \*Elective Classes; Choose one:

HMDV 545 Family Relations HMDV 675 Foster Parenting HMDV 690 Family Communication HMDV 610 Newborn to 12 months HMDV 615 12 to 23 Months—Walking and Talking

### Family Home Day Care

(HMDV 533) A comprehensive introduction to issues common to Family Home Day Care Providers, including: licensing, record keeping and insurance; safety, facility preparations and regulations; illness and injury prevention; child growth and development; creative and enriching activities; communication with parents; behavior management and discipline; health, and nutrition. Emphasis on practical guidelines for building a successful and nurturing Family Day Care Home. This course is required for the Certificate Program and is eligible for 3 units of college credit in Child Development.

Classes are free. Enroll anytime in class

CE at Mesa College 7350 Armstrong Place/92111	619-388-1950
Room 106 09/07/19-01/18/20 (17 weeks) 15761 Sa	Washington, T 08:00-12:00pm
Educational Cultural Complex 4343 Ocean View Blvd /92113	619-388-4956

16616	T/Th	08:30-12:30pm
09/03/19-0	)1/16/20 (17 weeks)	Monta, M
Room 144		
4343 Ocean	View Blvd./92113	619-388-4956

#### ONLINE: FAMILY HOME DAY CARE TRAINING

West City Camp 3249 Fordham Street		619-388-1873
09/05/19-01/16/2	. ,	Rose, R 1 st mta details below

Students must attend mandatory on-site orientation Thursday 9/5/19 from 6-9pm at West City Campus (Room 208) 3249 Fordham Street, San Diego, 92110. E-mail faculty rrose@sdccd.edu for details.

CE at Mesa Coll 7350 Armstrong Pla		619-388-1950
09/09/19-01/13/2 <b>17440</b>	· ,	Rose, R t <b>mtg. details below.</b>

Students must attend mandatory on-site orientation Monday 9/9/19 from 6-9pm at CE Mesa Campus (Room 106) 7350 Armstrong Place, San Diego, 92111. E-mail faculty rrose@sdccd.edu for details.



# LANDEN SAUNDERS

After graduating from Point Loma High School. Landen Saunders. 18. decided he wanted to get ahead in the fashion industry. He enrolled in SDCE's Fashion and Textiles program with a goal to design clothing that empowers youth to be more socially aware of the world and to follow their passions. "My generation has a lot of potential to do great things," he said. Following SDCE, Saunders will achieve a Bachelor of Arts in Fashion Merchandising and Design at California State University Long Beach.



# SHORT-TERM COURSES

### Family Preparation—Childbirth

(HMDV 540) Provides information and techniques to help the expectant mother, with or without a partner. have a positive birth experience. Wear comfortable clothing. Bring 2 pillows and 1 blanket to class.

Classes are free. Pre-registration is required. For registration information, send e-mail to lstende@sdccd.edu

West City Ca 3249 Fordham S		619-388-1873
Room 122		
09/10/19-09/1 <b>17463</b>	19/19 (2 weeks) <b>T/Th</b>	Stende, L/Neeb, J <b>06:00-09:00pm</b>
10/15/19-10/2 <b>17465</b>	24/19 (2 weeks) <b>T/Th</b>	Stende, L/Neeb, J <b>06:00-09:00pm</b>

# CHILD PARENT PARTICIPATION

### Newborn to 12 months

(HMDV 610) parents gain knowledge of an infant's developmental process including physical, social/ emotional, and cognitive, that takes place during the first year of life. Ideas for creating a caring and enriching environment that promotes positive infant development and family strength will be the focus of the course. Opportunities to develop skills in family communications, problem solving and stress reduction for new parents will be included.

Classes are free. Enroll anytime in class.

#### **BABY BRAIN DANCE**

Learn fun and appropriate movements for building baby's body and brain. Playful social and emotional connections are made as you and baby dance together and with others. Sing nursery rhymes and move to a variety of music.

César E. Chávez Campus
1901 Main Street/92113

Room 207 09/04/19-01/22/20 (18 weeks) 15401 w Note: Class is partially online.

Monta, M

619-388-1910

01:00-03:00pm

#### **Mid-City Campus** Note: Held off-campus at St. Dunstan's Episcopal Church 619-388-1950 6556 Park Ridge Blvd./92120 09/06/19-01/17/20 (18 weeks) Osborn, L 17000 09:15-12:00pm West City Campus

Note: Held off-campus at Harold J. Ballard Center 2375 Congress St./92110 619-388-1873 09/04/19-01/22/20 (18 weeks) Emerson Power, K 15150 09:00-12:00pm w

# 12 to 23 months Walking/Talking

(HMDV 615) Adults learn how to create a safe, nuturing environment in which to maximize the enjoyment of their child's unique and developing personality. Focus on active exploration of how toddlers learn and develop through play. /Prerequisite: child must be 12 months and walking.

Classes are free. Enroll anytime in class.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 106 09/06/19-01/17/20 (17 weeks) 15755 F	Schauder, D <b>09:00-12:00pm</b>
<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
Building A-117 09/09/19-01/20/20 (15 weeks)	Peterson, J
15756 M 09/04/19-01/22/20 (18 weeks)	09:30-12:00pm Peterson, J 09:00-12:00pm
	·

#### BABY BRAIN DANCE FOR 12-23 MONTHS

Focus on baby brain dance: Learn fun and appropriate movements for building baby's body and brain. Playful social and emotional connections are made as you and baby dance together and with others. Sing nursery rhymes and move to a variety of music.

Note: Only children who are 12-23 months may attend the class. No other children will be admitted.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 118 09/04/19-01/22/20 (18 weeks) 15472 W	Osborn, L <b>09:00-12:00pm</b>
West City Campus Note: Held off-campus at Harold J. Ballard Center 2375 Congress St./92110	619-388-1873
09/09/19-01/13/20 (15 weeks) 16433 M	Osborn, L <b>09:00-11:00am</b>

# 24 to 36 months/Discovering Me

(HMDV 620) Adults and children learn together how to make the transition from babyhood to childhood. Focus on the language learning, play, fantasy, and exploration that help development and become the foundation for intellectual growth in a two-year-old. Children must be at least 24 months. Parents attend with toddlers, unless noted below.

Classes are free. Enroll anytime in class.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 106	
09/09/19-01/20/20 (15 weeks) 15757 M	Schauder, D 09:00-12:00pm
09/04/19-01/22/20 (18 weeks) 15474 W	Schauder, D 09:00-12:00pm
CE at Miramar College 10440 Black Mountain Rd/92126	619-388-1800
Building A-117 09/03/19-01/21/20 (17 weeks) 15592 T	Peterson, J <b>09:00-12:00pm</b>
09/05/19-01/16/20 (17 weeks) <b>15596 Th</b>	Peterson, J <b>09:00-12:00pm</b>
09/06/19-01/17/20 (17 weeks) 15598 F	Peterson, J <b>09:00-12:00pm</b>

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 207 09/06/19-01/17/20 (17 weeks) 15406 F	Bocaya, <b>09:00-12:00p</b> i
West City Campus 3249 Fordham Street/92110	619-388-1873
<b>Room 122</b> 09/03/19-01/21/20 (18 weeks) <b>16434 T/Th</b> Note: Class is partially online.	Surwilo, <b>09:00-12:00p</b> i

#### BABY BRAIN DANCE FOR 24-36 MONTHS

Learn fun and appropriate movements for building baby's body and brain. Playful social and emotional connections are made as you and baby dance together and with others. Sing nursery rhymes and move to a variety of music. Only children who are 24-36 months may attend the class. No other children will be admitted.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 118 09/04/19-01/21/20 (17 weeks) 15758 T	Schauder, D <b>09:00-11:00am</b>

### **3-5 Preschool Experience**

(HMDV 626) Build skills that strengthen families and prepare the preschool child for kindergarten. Parents develop family communication and problem solving skills while expanding their knowledge of the preschooler's social, emotional, physical, cognitive and language development. The child participates in age appropriate activities in a preschool environment.

Classes are free. Enroll anytime in class.

CE at Mesa College 7350 Armstrong Place/92111	619-388-1950
<b>Room 106</b> 09/03/19-01/16/20 (17 weeks) <b>15476 T/Th</b> Note: Class is partially online.	Osborn, L <b>08:30-12:30pm</b>
César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 207 09/09/19-1/22/20 (15 weeks) 15412 M/W	Surwilo, S <b>09:00-12:00pm</b>

LO	North City Campus Note: Held off-campus at Walker Elementary School	
	9225 Hillery Drive/92126	619-388-1800
a, R <b>pm</b>	09/03/19-01/17/20 (17 weeks) 15480 T/Th/F	Washington, T 09:15-12:00pm
73	Mid-City Campus Note: Held off-campus at Blessed Sacrament Church 4540 Cerrito Drive/92115	619-388-1950
o, S <b>pm</b>	09/04/19-01/22/20 (18 weeks) 16773 M/W/F	Monta, M <b>09:00-12:30pm</b>

M/W/F

# 09:00-12:30pm

Note: Class is partially online.

#### **3-5 YEARS BRAIN DANCE**

Learn fun and appropriate movements for building baby's body and brain. Playful social and emotional connections are made as you and baby dance together and with others. Sing nursery rhymes and move to a variety of music.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 122 09/03/19-01/17/20 (17 weeks) 16936 F	Meske, M <b>09:00-11:00am</b>

#### **KINDERGARTEN READINESS**

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 207	
09/03/19-1/21/20 (18 weeks)	Monta, M
17005 T	01:15-03:15pm

#### 3-5 YEARS-PRESCHOOL EXPERIENCE HYBRID

In addition to 8 hours of classroom time, students will engage in 2.5 hours of online learning.

	<b>amar College</b> k Mountain Rd/92126	619-388-1800
<b>Building A</b> 09/03/19-0 <b>15603</b>	- <b>110</b> 01/21/20 (18 weeks) <b>T/Th</b>	Thompson, L <b>09:00-01:00pm</b>
09/05/19-0 <b>15600</b>	01/22/20 (17 weeks) <b>M/W</b>	Thompson, L 09:00-01:00pm

# SHORT-TERM COURSES

# Outdoor Classroom

(HMDV 630) Introduction to the principles of child development and positive parenting through outdoor experiences. The specific benefits of outdoors and nature activities to family life stress reduction, communication and children's overall development will be emphasized. Children and adults develop an appreciation of nature and ecological awareness by exploring local parks, beaches, canyons, and other outdoor places. Children attend with parents. All ages welcome: bring a snack and drink.

#### Class meets at different locations (shown with class details); after first meeting, call for location.

Classes are free. Enroll anytime in class.

0-12 MONTHS

#### West City Campus

Note: Held off-campus at De Anza Cove Park 619-388-1950 3000 N. Mission Bay Dr./92109 00/05/10 01/27/20/1

09/05/19-01/23/20 (18 weeks)		Emerson Power, K
15137	Th	09:30-12:30pm

### 12-23 MONTHS

### West City Campus

Note: Held off-campus at De Anza Cove Park 3000 Mission Blvd/92109 00/0E/10-01/27/20/19 weeks)

09/05/19	9-01/23/20 (18 weeks)
17506	т

### 24 TO 36 MONTHS

West City Campus Mission Bay Park (Alligator Slide) 2688 East Mission Bay Dr./92109	619-388-1950
09/03/19-01/21/20 (18 weeks)	Meske, M
17033 T	09:30-12:30pm

619-388-1950

Emerson Power, K

09:00-12:00pm

3-5 YEARS

# CE at Mesa College

Note: Held off-campus at Pepper Grove Park Location (Near Space The Park Blvd./92101	eatre Way) 619-388-1950
09/09/19 <sup>-</sup> 01/20/20 (15 weeks) 15760 M	Rose, R <b>09:00-12:00pm</b>
West City Campus Mission Bay Park (Alligator Slide) 2688 East Mission Bay Dr./92109	619-388-1950

09/05/19-0	1/16/20 (17 weeks)	Meske, M
17034	Th	09:00-12:30pm

### FOCUS ON MULTI-AGE SIBLINGS

For students with more than one child. Discussions include multi-age topics.

West City Campus Note: Held off-campus at Liberty Station Park 2455 Cushing Rd./92106	619-388-1950
09/09/19-01/20/20 (15 weeks)	Bocaya, R
16843 M	<b>09:00-12:00pm</b>
09/04/19-01/22/20 (18 weeks)	Bocaya, R
16846 W	<b>09:00-12:00pm</b>

# **EFFECTIVE PARENTING**

# Familu Relations

(HMDV 545) Increase knowledge of human relationships within the family structure. Conditions that may affect the quality of these relationships during various stages of the family life cycle and ways of dealing with these conditions.

Class is free. Enroll anytime in class.

#### César E. Chávez Campus No

Note: Held off-campus at	
San Diego Rescue Mission	
120 Elm Street/92101	619-388-191

Room 313 09/04/19-01/22/20 (17 weeks) 17497 w



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# Families Learning Together

(HMDV 680) Limited english-speaking parents and their children learn together in a preschool environment. Addresses family issues: parenting, child development, family communications, independent living skills, preparation for elementary school, communicating with school personnel, community resources and basic english language development. This family learning class is taught in english

Class is free. Enroll anytime in class.

#### CE at Miramar College 10440 Black Mountain Rd/92126 619-388-1800 Buildina A-110 09/06/19-01/17/20 (18 weeks) Thompson, L 09:00-12:30pm 15607 F Note: Class is partially online Mid-City Campus Note: Held off-campus at Blessed Sacrament Church 4540 Cerrito Drive/92115 619-388-1950 09/03/19-01/21/20 (18 weeks) Staff 16784 T/Th 09:00-12:00pm West City Campus 3249 Fordham Street/92110 619-388-1873

Room 122 09/03/19-01/21/20 (18 weeks) Bocaya, R 16932 01:00-04:00pm T/Th 09/04/19-01/22/20 (18 weeks) Meske, M 16930 M/W

09:00-12:00pm 06:00-09:00pm

# FUN WITH MATH AND SCIENCE

Note: Class is partially online

м

Music and movement, and learning and literacy a special class for preschoolers and parents or guardians. May be taken in conjunction with any other 3-5 year old class

	01/22/20 (18 weeks) <b>M/W/F</b>	Surwilo, S <b>12:30-03:00pm</b>
Room 106	<u> </u>	
CE at Mes 7350 Armst	a College rong Place/92111	619-388-1950

# FASHION CAREER TRAINING



# CERTIFICATE PROGRAMS

#### **CLOTHING CONSTRUCTION**

288 hours. Complete in 24 to 36 weeks.

Examples of jobs you may be qualified for after completion of a program:

Alterations Expert	\$15,000-40,000/yr.
Seamstress (Casino)	\$22,000-34,000/yr.
Clothing Production Worker	\$22,214-39,832/yr.

Zippers, buttons and hemlines change over the years, but the fashion industry never goes out of style. If you like the idea of making clothes, you might be a good match for this comprehensive fashion production training program. Students learn beginning through advanced fashion/sewing skills.

#### **Requires completion of four courses:**

CLTX 620 Sewing Fundamentals I CLTX 625 Sewing Fundamentals II CLTX 630 Sewing Like a Professional CLTX 635 Contemporary Tailoring

#### Sewing Fundamentals I

(CLTX 620) Emphasizes the development of basic sewing skills used to create apparel for individual clients, self and family. Focuses on pattern and fabric selection, basic construction techniques, pressing skills, and timesaving technologies. Selection, care and use of various types of sewing machines included.

Classes are free. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation.

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 317 09/03/19-01/21/20 (17 weeks) 15972 T	Rivas, L <b>09:00-01:00pm</b>
09/04/19-01/22/20 (18 weeks) 16099 W	Murillo Zaun, A <b>05:00pm-09:00pm</b>
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 317           09/04/19-10/30/19 (9 weeks)           16239         M/W	Namdar, D <b>04:30-09:00pm</b>
09/06/19-01/17/20 (14 weeks) 16242 F	Namdar, D <b>08:30-12:45pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 211 09/03/19-01/21/20 (18 weeks) 16597 T	Pontsler, T <b>05:00-09:00pm</b>
09/04/19-10/30/20 (9 weeks) 16594 M/W	Staff 09:00-01:00pm
09/07/19-01/18/20 (17 weeks) 16599 Sa	Staff 09:00-01:00pm
09/03/19-01/21/20 (18 weeks) 17521 T	Pierson, S <b>09:00-01:15pm</b>



#### Sewing Fundamentals II

(CLTX 625) This course bridges the skills between the beginner and the professional sewer. Emphasis on the attainment of intermediate skills needed to create apparel and sewn products. Topics include elements of style, textile knowledge and identification, equipment, tools, fitting techniques and evaluation of apparel quality. Introduction of fashion industry concepts including green technology. Students in the Clothing Construction Certificate Program complete one of the classes below for one of the program requirements.

Classes are free. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation.

	r <b>E. Chávez C</b> Main Street/921	•
<b>Room</b> 09/04 <b>15973</b>	/19-01/22/20	(17 weeks) Rivas, L <b>09:00-01:00pm</b>
	City Campus Fairmount Avenue	e/92105 619-388-4500
<b>Room</b> 09/05 <b>16248</b>	/19-01/16/20	(17 weeks) Namdar, D <b>08:30-12:30pm</b>
11/04 <b>16246</b>	/19-01/22/20 M/W	
	<b>City Campu</b> Fordham Street/S	
Room	209	
09/05 <b>16629</b>	/19-01/16/20 <b>Th</b>	(17 weeks) Staff 09:00-01:00pm
09/05 <b>16628</b>	/19-01/16/20 B W	(17 weeks) Staff 05:00-09:00pm
<b>Room</b> 11/04 <b>16640</b>	/19-01/22/20	

# FASHION CAREER TRAINING

\$25.63

# CERTIFICATE PROGRAMS

#### SEWN PRODUCT BUSINESS

324 hours. Complete in 50 weeks.

Examples of jobs you may be qualified for after completion of this program:

#### Small Business Owner

Learn the ins and outs of developing a sewn product from concept to consumer in this entrepreneurial program. Turn ideas into your entrepreneurial sewn product business. Learn aspects of the sewn products business; develop a feasibility and marketing plan related to a conceptual product; sewn product manufacturing in industrial and home-based environments, and preparation for employment in the clothing construction industry.

#### Classes are free. Sign up for an orientation at sdce.edu

Requires completion of three courses: CLTX 651 Sewn Product Business I CLTX 652 Sewn Product Business II CLTX 653 Sewn Product Business III

#### Sewn Product Business I

(CLTX 651)This course takes the student from sewn product concept to consumer. A feasibility plan will be created to see if the student's entrepreneurial idea has merit as a sewn product business venture. Instruction in employment preparation for either the global sewn product industry or for starting a sewn product business venture will be included.

Classes are free. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 211 11/07/19-01/16/20 (8 weeks) 16817 Th	Pierson, S <b>08:00-02:00pm</b>

#### Sewn Product Business II

(CLTX 652) This course is designed for the student to acquire entry level proficiency in a sewn product manufacturing and production environment, with an emphasis on sustainability concerns. Production techniques on industrial and home sewing equipment will be used in the classroom. Skills addressed will include technical design, costing, sourcing, garment specifications and order of operations for production. Instruction in employment preparation for either the global sewn product industry or for starting a sewn product business venture will be included.

Classes are free. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation.

West City Campus 3249 Fordham Street/92	110 619-388-1873
<b>Room 211</b> 09/05/19-10/31/20 (9 <b>16815 Th</b>	weeks) Pierson, S 08:00-02:00pm

#### Contemporary Tailoring

(CLTX 635) traditional tailoring techniques simplified using basic methods to achieve professional results. Time saving machine skills and new shaping fabrics are presented. Students in the Clothing Construction Certificate Program complete one of the classes below for one of the program requirements.

Classes are free. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation.

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 317 09/07/19-01/18/20 (17 weeks) 16700 Sa	Murillo Zaun, A <b>09:00-01:00pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 211 09/06/19-01/17/20 (17 weeks) 16623 F	Staff 09:00-01:00pm
09/04/19-01/22/20 (18 weeks) 16625 W	Pontsler, T <b>05:00-09:00pm</b>

# SHORT-TERM COURSES

#### Sewing Like a Professional

(CLTX 630) Achieve professional sewing standards without complicated or unnecessary work. Gain confidence in the use of new fabrics. Learn how to add distinctive details to garments. Includes commercial and time-saving techniques. Prerequisite: sewing fundamentals or instructor's consent.

Classes arre free. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation.

<b>César E. Chávez Campus</b> 1901 Main Street/92113	619-388-1910
Room 317 09/05/19-01/16/20 (17 weeks) 16102 Th	Murillo, A 05:00-09:00pm
09/06/19-01/17/20 (17 weeks) 17529 F	Staff 09:00-01:00pm
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 317 09/03/19-01/21/20 (18 weeks) 16595 T	Chen, S <b>05:00-09:00pm</b>
09/04/19-01/22/20 (18 weeks) 16344 W	Namdar, D 08:30-12:30pm
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 209 09/04/19-01/22/20 (18 weeks) 16814 W	Pontsler, T <b>09:00-01:00pm</b>
09/04/19-01/22/20 (18 weeks) 16634 Th	Taylor, K <b>05:00-09:00pm</b>

Fashion Career Training Courses Continue On Page 37

# COMMUNITY EDUCATION CLASSES

Supplement to class schedule Fall 2019 September 3-January 22



- Business & Career Development
- Dance
- Fitness & Exercise
- Foreign Languages
- Health & Safety
- Personal Development & Finance





# ABOUT

- » Business & Career Development
- » Fitness & Exercise

# HO\v/

Online pre-registration is mandatory for all Community Education classes. Visit communityed.sdce.edu for full course Education schedule in the programs area of the web site. Your online registration and payment reserves your space in class. Register early to guarantee your place in class. Classes may be canceled due to low

Payment for Class fees must be made via online registration. If a materials fee is required, it is listed with the class registration fees.

Changes may be made to class information after this schedule is printed. Visit communitued.sdce.edu for the most up-to-date information.

A full refund will be made if Community 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 threeday period. There are no tuition credits or transfers available beyond the three (3)-day refund period. No-shows are not eligible for a refund. A refund may take up to three weeks to process.

Requests for special accommodations must be made in writing three weeks in advance of the class.



# **Community Education**

### Arts, Crafts & **Jewelry Making**

#### **Copper Enameling**

Learn a contemporary approach to the fine art and craft of fusing glass to copper. Beginning, intermediate and advanced students are welcome. Beginning students will learn basic enameling techniques. Each session may focus on one or more advanced techniques. All students are welcome to participate in the advanced techniques. Intermediate and advanced students may work independently on their own projects with consultation from the instructor. Some creative projects can be jewelry, wall art, copper bowls and plates. Closed toe shoes are required to be worn in the classroom. The \$30 materials fee is included in the cost of the course.

Mandatory online registration required at communitued.sdce.edu

West City Campus 3249 Fordham Street/92110	619-388-1873
<b>Room 210</b> Class Fee is \$192.	
09/10/19-11/05/19 (9 weeks) 15442 T	Newell, K 10:00-01:00pm

#### Class Fee is \$174.

11/12/19-01/21/20 (8 weeks) 15442 Т

#### Printmaking

#### **BEGINNING THROUGH ADVANCED**

Printmaking, the technique that endured centuries is still alive and being taught today. Master forms of printmaking such as etching, dry point, linoleum block, wood cuts and more. The \$5 materials fee is included in the cost of the course.

Class fee is \$117. Mandatory online registration required at communityed.sdce.edu

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 210 09/05/19-10/24/19 (8 weeks) 15444 Th	Pelah, S <b>06:00-08:00pm</b>

10/31/19-01/09/20 (8 weeks) 15445 Th

Pelah S 06:00-08:00pm

#### **Jewelry Fabrication Techniques:** Advanced

This class is designed to give advanced students an in-depth study of a specific, specialized jewelry making technique. Students will have the opportunity to focus on individual projects with an instructor's guidance. In addition to technical skills, emphasis will be on personal development, creativity, and problem solving as it relates to the project. Beginning jewelry making, metal fabrication and soldering skills are a pre-requisite for the class. A list of materials will be provided on the first day of class. The \$30 materials fee is included in the cost of the course.

Mandatory online registration required at communitued.sdce.edu

619-388-1873	West City Campus 3249 Fordham Street/92110	619-388-1873
	<b>Room 210</b> Class fee is \$286.	
Newell, K 10:00-01:00pm	09/05/19-10/24/19 (8 weeks) 15787 Th	Jemmott, D <b>09:00-01:00pm</b>
	09/05/19 <sup>-</sup> 10/24/19 (8 weeks) <b>15788                                   </b>	Jemmott, D <b>01:30-05:30pm</b>
Newell, K 10:00-01:00pm	Class fee is \$254.	
	10/31/19-12/19/19 (8 weeks) <b>15789 Th</b>	Jemmott, D <b>09:00-01:00pm</b>
D l centuries	10/31/19-12/19/19 (8 weeks) 15791 Th	Jemmott, D <b>01:30-05:30pm</b>





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#### Woodshop/Woodworking

All students that are new to the program must go through the orientation which covers shop procedures, project planning, machine operation and a safety test. The orientation takes two class meetings, and after that all of the classes follow the same format. Returning students are not required to go through orientation. Students select simple projects of their own choosing and, with assistance, construct the project during the semester. E-mail faculty at lwillis@san.rr.com for more details. The \$15 materials fee is included in the cost of each course.

#### BEGINNING

For first time students (only). Returning students must take the Wednesday or Thursday class.

Class fee is \$330. Mandatory online registration required at communityed.sdce.edu

North City Campus Serra High School 5156 Santo Road/92124	619-388-1800
Room 414	

09/09/19-	01/13/20 (16 weeks)	
16749	М	

#### Willis, L 06:00-09:00pm

Willis. L

06:00-09:00pm

#### **INTERMEDIATE**

Class fee is \$372. Mandatory online registration required at communityed.sdce.edu

North City Campus Serra High School 5156 Santo Road/92124	619-388-1800
Room 414 09/04/19-01/15/20 (17 weeks) 16751 W	Willis, L 06:00-09:00pm

#### ADVANCED

*Class fee is \$372. Mandatory online registration required at communityed.sdce.edu* 

North City Campus Serra High School 5156 Santo Road/92124	619-388-1800
Room 414	

09/05/19-01/16/20 (17 weeks) 16754 Th

### **Business**

#### Become a Notary or Renew Your Commission

Become a Notaru or Renew Your Commission Generate more income by becoming a Notary Public! Learn how to perform valuable services by certifying or witnessing signatures on official documents. Notary Publics earn \$15 for each signature notarized. Notary skills are valuable in almost any industry: real estate, legal, medical and banking to name just a few. After becoming a Notaru, train to become a Loan Signing Agent and make \$100 to \$300 per signing. You'll be a building a path to a rewarding and lasting career. Here are some comments from former students: "This class spurred my interest into a new career." "Excellent class! I will recommend it to others..." After becoming a Notary, train to become a Loan Signing Agent and make \$100 to \$300 per signing. You'll be a part of a rewarding and lasting career. Sign up for the Official Notary Exam at SDCC the Saturday following this seminar at 1:30 pm. Limited seating!. The \$60 materials fee is included in the cost of the course.

Need to Renew your Notary Commission? Renewing Notaries are welcome to take our six-hour class. Renewing notaries must take the exam and submit livescan fingerprints again.

Due to limited seating, the cost for both notary classes are the same.

Sign up for the official Notary exam on the following Sat. 10/12/19

Class fee is \$135. Mandatory online registration required at communityed.sdce.edu

César Chávez 1901 Main Street		619-388-1910
<b>Room 101</b> 10/05/19 <b>15461</b>	Sa	Phillips, W <b>8:00-3:30pm</b>

#### Official State Notary Exam

Must bring a current state-issued driver's license or ID card or US passport, 2 X 2 Passport-style photo, two #2 pencils, a completed Notary application, proof of notary seminar class completion, and a \$40 check or money order payable to the secretary of state.

Class fee is \$30. Mandatory online registration required at communityed.sdce.edu

<b>César Chá</b> 1901 Main St	<b>vez Campus</b> treet/92113	619-388-1910
Room 101		
10/12/19 <b>15460</b>	Sa	Phillips, W <b>04:00-06:00pm</b>

#### Become a Loan Signing Agent

Discover fail proof methods to complete the notarization of each loan package. A Loan Signing Agent notarizes loan packages for clients who are purchasing or refinancing homes. Learn simple steps to ensure success with each client. We'll cover document preparation and effective communication before, during, and after the signing. Learn to usher clients through the process with the awareness of which issues you are allowed to address or which ones you must refer to the lender. You will have hands-on practical experience that is invaluable to new agents. Once you've completed Notary training, you may take this class as you await your commission. Then you can start your new career. The \$60 materials fee is included in the cost of the course.

Class fee is \$125. Mandatory online registration required at communityed.sdce.edu

César Cháv 1901 Main Str	rez Campus reet/92113	619-388-1910
<b>Room 101</b> 10/26/19 <b>15462</b>	Sa	Phillips, W <b>09:00-03:30pm</b>

#### DMV Auto Wholesale from Home

Get a step-by-step guide on how to get an Auto Dealer License and operate a profitable used car business. Learn how and where to buy at wholesale prices and sell at retail. Supplement your 9-5 job with \$3 - \$6,000 income per month part time. Receive a DMV Certificate of Completion at the end of instruction. The \$25 materials fee is included in the cost of the course.

*Class fee is \$130 Mandatory online registration required at communityed.sdce.edu* 

619-388-1910	<b>lávez Campus</b> Street/92113	
Williams, R <b>06:00-09:30pm</b>	-	<b>Room 101</b> 10/16/19-1 <b>15449</b>
Williams, R 06:00-09:30pm	-01/14/20 <b>M/T</b>	01/13/20-0 <b>15450</b>

#### Makeup Artistry Beginning

Learn about the exciting world of Makeup Artistry and the essential techniques to work on yourself and others. In this hands on Makeup Artistry class, you will learn to contour, highlight and color match for a natural look. Learn to create a sophisticated, yet natural eye look that can be used for bridal, print, film and every day. Create a glamour look for special events, fashion and print. We will explore different liner techniques and how to make your look last all day. The workshop will cover what you need in a professional kit, how to attract business, and how to get discounts on brands like MAC, Nars, Stila, Bobbi Brown and more! Student must bring a mirror to class. It is optional to bring your own brushes otherwise instructor will provide loaners. Instructor will provide a certificate at the end of class. The \$25 materials fee is included in the cost of the course.

Class fee is \$155. Mandatory online registration required at communityed.sdce.edu

César Chávez Campus 1901 Main Street/92113	619-388-1910
Room 214	
10/19/19-10/26/19 (2 weeks) 15463 Sa	Godinez, M <b>08:30-03:00pm</b>

#### **Child Visitation Monitor**

Are you looking for a career opportunity which allows you to work within the community, gain valuable experience and make a difference in the lives of children and families? Consider becoming a professional child visitation monitor. Monitors can earn \$40 to \$60 per hour, depending on the case. Often times, based on issues of protection and safety, a judge will order that a child only have contact with a parent when a neutral third person is present during the visit. The monitor's responsibility is to ensure the safety and well being of the children involved. After completion of this course, monitors can apply at a visitation agency or work independently. This comprehensive course satisfies California's 24 hour training requirement. In this course, you will learn the state policies and procedures as well as your role as a monitor. Upon completion you will also receive a certificate of completion and forms necessary to register with San Diego County Court. Child visitation monitors must be at least 21 years old and have a clean record. The \$50 materials fee is included in the cost of the course.

Class fee is \$350. Mandatory online registration required at communityed.sdce.edu

César Chávez Campus 1901 Main Street/92113	619-388-1910
Room 103	
11/09/19-12/07/19 (4 weeks) 15458 Sa	Mundo, J 08:00-03:30pm

Grant Development - Mapping the Course

Successful grant development is a combination of having the right idea combined with good writing, organization skills, attention to detail, and creativity. Whether you are looking to fund your nonprofit, or you want to learn a marketable skill, this class will help you understand what it takes to produce a successful grant application. During this hands-on, interactive class you will learn to preplan, develop the proposal, what the common elements of a grant are, how to align your mission, vision, and program activities to respond to a funding request, and you will learn tips to make your grant request compelling and fundable. The packet you receive will contain resources to support your quest for grant funding. Additionally, the course will provide practice in grant activity development that will support your understanding of the process. The \$15 materials fee is included in the cost of the course.

Class fee is \$111. Mandatory online registration required at communityed.sdce.edu

César Chávez Campus 1901 Main Street/92113	619-388-1910
Room 204 11/02/19-11/23/19 (4 weeks) 15806 Sa	Hess, M <b>09:00-12:00pm</b>

#### Landlord Basics

Learn legal and practical basics when renting out a residential home in California. Learn the landlord/ tenant law basics you should be aware of, including an overview of issues you need to know before you rent, during the tenancy, how to end a lease, and between tenats. Students will learn practical tips and will receive a workbook as well as templates for a tenant application, mandatory FCRA disclosure form to give to tenant applicants, lease and property condition inspection form. The instructor is a licensed attorney, broker, and property manager who has taught the Landlord prep class for over 8 years and makes the topic entertaining, collaborative, and interesting! The \$20 material fee is included in the cost of the course.

Class fee is \$80. Mandatory online registration required at communityed.sdce.edu

César Chávez	z Campus	
1901 Main Stree	t/92113	619-388-1910
Room 208		
09/17/19-09/1	9/19	Berys, F
15792	T/Th	06:00-09:00pm

### Dance

#### Belly Dance

#### BEGINNER

Introduction to basic belly dance techniques including; posture, shimmies, isolations, endulations and traveling steps. No prior dance experience needed for this fun, active class.

Mandatory online registration required at communityed. sdce.edu

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124B	
Class fee is \$64	
09/07/19-10/26/19 (8 weeks)	Bryant, J
17040 Sa	10:00-11:00am
Class fee is \$72	
11/02/19-01/18/20 (9 weeks)	Bryant, J
17041 Sa	10:00-11:00am

#### INTERMEDIATE

Refine, perfect and elaborate on more complicated moves and isolations learned in the beginner class. Intermediate moves and layering techniques are practiced in a hands on setting. Special attention is given to smooth transitions, arm patterns and improvisation. Includes instructor led choreography with fun dance combinations and drills designed to improve technique. Exciting, dynamic and challenging.

Mandatory online registration required at communityed. sdce.edu

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124B	
Class fee is \$64 09/07/19-10/26/19 (8 weeks) <b>15814 Sa</b>	Bryant, J <b>11:00-12:00pm</b>
Class fee is \$72	
11/02/19-01/18/20 (9 weeks) 15819 Sa	Bryant, J <b>11:00-12:00pm</b>



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### Fitness & Exercise

#### Singing for Beginners

Introduction to singing, and is open to everyone. Includes vocal and body warm-ups, relaxation techniques, for healthy breathing and voice placement. Gain vocal control, strength, health and longevity. Sing for the pure joy of it--whether you are a diva while driving, a rock star in the shower, a member of a choir, an aspiring recording artist, or preparing for that upcoming musical theater audition. The \$5 material fee is included in the cost of the course.

Class fee is \$65. Mandatory online registration required at communityed.sdce.edu

César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 101	
09/10/19-10/08/19 (5 weeks)	Nicolaisen, J
16380 T	07:00-09:00pm
11/05/19-12/10/19 (5 weeks)	Nicolaisen, J
16382 T	<b>07:00-09:00pm</b>

#### **Showgirl Dance Fitness**

An elegant mixture of fan dance and show girl glamor. Release your inner diva with an emphasis on classic vintage burlesque technique, statuesque poses and sultry walks to sassy, swinging big band music. We'll go through a variety of stretches and warm-ups, followed by dance combinations that incorporate elements of jazz, moulin rouge, can can, go-go and classic bump and grind while implementing props, such as feather fans, satin gloves, pearl necklace, and feather boas (props provided in class) for a full experience, please bring high-heeled dance shoes and a positive attitude.

Class fee is \$72. Mandatory online registration required at communityed.sdce.edu

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124-B	
09/07/19-10/26/19 (8 weeks)	Bryant, J
17045 Sa	<b>12:00-01:00pm</b>
11/02/19-01/18/20 (9 weeks)	Bryant, J
17047 Sa	<b>12:00-01:00pm</b>



#### **Tennis**

#### BEGINNING

Learn the fundamental skills of tennis, including the basic strokes: forehand and backhand drives, the flat serve, volley, lob and smash. Also learn the rules, scoring, and court etiquette. Bring racquet and new can of balls to the first class. No class on 12/21

Class fee is \$192. Mandatory online registration required at communityed.sdce.edu

West City Campus University City High School 6949 Genesse Avenue Room Courts	619-388-1873
09/07/19-01/18/20 (16 weeks)	Levin, A
16383 Sa	08:30-10:00am

#### INTERMEDIATE

For students who already exhibit the following prerequisite skills: knowledge of score keeping and basic rules for singles and doubles, ability to serve with moderate consistency and to sustain a ground strokes rally of slow to moderate pace, and some experience with net volleys. Students have the opportunity to continue practicing the proper techniques and strategies associated with intermediate tennis. Emphasis on refining technical skills, knowledge, strategies, and rules. Bring racquet and new can of balls to the first class. No class on 12/21

Class fee is \$192. Mandatory online registration required at communityed.sdce.edu

West City Campus University City High School 6949 Genesse Avenue Room Courts	619-388-1873
09/07/19-01/18/20 (16 weeks) 16385 Sa	Levin, A <b>10:00-11:30am</b>

#### Beginners Yoga - Ashtanga Prep

Energize, relax and nurture yourself. Develop breath awareness. Learn core techniques like Dristi (eye gaze), Bandha (pelvic floor/abdominal locks) to awaken a subtle intelligence. Multi-level; beginners welcome. Bring a yoga mat

Class fee is \$192. Mandatory online registration required at communityed.sdce.edu

West City Ca 3249 Fordham S		619-388-1873
Room 124B		
09/04/19-10/2 <b>17052</b>	28/19 (9 weeks) <b>M/W/F</b>	Bryant, J <b>03:30-04:45pm</b>
10/30/19-01/1	5/20 (9 Waaks)	Bryant, J

#### Power Vinyasa Yoga

Combines flow and static asana (poses) to increase strength, flexibility and balance. Focus on rhythmic breathing linked to movement to improve relaxation and reduce stress. Suitable for all levels of ability and experience. Bring a yoga mat; wear comfortable, loose clothing.

Mandatory online registration required at communityed. sdce.edu

CE at Mesa College 7350 Armstrong Place/92111	619-388-1950
Room 120	
Class fee is \$64 09/09/19-10/28/19 (8 weeks) <b>17061 M</b>	Bryant, J <b>05:30-06:30pm</b>
Class fee is \$56	

11/04/19-01/13/20 (7 weeks) **17062 M** 

Bryant, J 05:30-06:30pm

### Health & Safety

### Firearms Safety

#### BASICS

This course introduces the student to the fundamentals of handling handguns including storage, cleaning, and safety regulations. Legal, moral and ethical aspects of owning a firearm are presented. The course meets NRA regulations for hunter safety certification. If a student wants to use a personal weapon in class, it must be approved by the instructors. Competitively priced ammunition is available at the range. Materials fee is \$20 and is paid to SDPR on the first day of class.

Mandatory online registration required at communityed. sdce.edu

#### Mid-City Campus

San Diego Police Department Pistol Ra 4008 Federal Blvd./92114	nge 619-388-4500
Class fee is \$126 09/03/19-10/29/19 (9 weeks) <b>16173 T</b>	Creason, G/Carlson, R 06:30-08:30pm
Class fee is \$112 11/05/19-01/14/20 (8 weeks) <b>16174 T</b>	Creason, G/Carlson, R <b>06:30-08:30pm</b>

#### Firearms Safety

#### ADVANCED

Learn legal and safe methods of handling and firing weapons using advanced techniques. Includes demonstration, discussion, and practice. Prerequisite: Participation in the Advanced Firearms class requires the successful completion of the Basic Firearms class and the concurrence of both firearms instructors. Students must furnish their own handgun (instructor must approve the weapon), holsters, ammunition, and related equipment. Materials fee is \$20 and is paid to SDPR on the first day of class.

Mandatory online registration required at communityed. sdce.edu

Mid-City Campus San Diego Police Department Pistol Ran 4008 Federal Blvd./92114	ige 619-388-4500
Class fee is \$112 09/09/19-10/28/19 (8 weeks) 16175 M	Creason, G/Carlson, R <b>06:30-08:30pm</b>
Class fee is \$98 11/04/19-01/13/20 (7 weeks) <b>16177 M</b>	Creason, G/Carlson, R <b>06:30-08:30pm</b>

#### Making Medicare Work for You

Intimidated by Medicare? Does it seem like a totally alien system that is far too complex? The truth is Medicare is amazingly simple since it only has a few parts and some basic rules. Understanding how it is structured is the key that will enable you to make the right choices for your health care and financial being. We will explore the different parts of Medicare, learn the rules, and then examine the various options offered by the private insurance companies. So bring all your questions and concerns and you will leave class with the knowledge you need as well as the confidence in your ability to make Medicare work for you.The \$5 materials fee is included in the cost of the course

Class fee is \$25. Mandatory online registration required at communityed.sdce.edu.

César Cháve 1901 Main Stree		619-388-1910
Room 208		
09/21/19 <b>16185</b>	Sa	Taylor, D <b>10:00-12:30pm</b>

# Foreign Languages

#### French: Beginner I

This class teaches the basics of French useful for everyday activities and basic interactions with people (greetings, exchanging simple information, getting food or simple services while traveling, ...). Through interactive activities exploring French and francophone culture, students will converse and learn correct pronunciation, grammar and vocabulary. They will be able to complement the weekly classes with optional homework and access to free OER (Open Educational Resources) activities that they can do at home

Class fee is \$288. Mandatory online registration required at communityed.sdce.edu

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 206           09/03/19-10/31/19 (9 weeks)           15532         T/Th	Murphy, D 06:30-08:30pm

#### French: Beginner II

This class is for students who have taken French courses in the past and are able to express basic ideas in the present and past tenses. Through interactive group activities, French 2 students will become able to navigate fluidly between present, past and future, and start to explore the use of the conditional and subjunctive modes. Conversation, comprehension and grammar activities will all contribute to expanding their vocabulary around everyday life and French/ francophone culture themes. They will be able to complement the weekly classes with optional homework and access to free OER (Open Educational Resources) activities that they can do at home.

Class fee is \$272. Mandatory online registration required at communitued.sdce.edu

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 206 11/05/19-01/21/20 (8 weeks) 15540 T/Th	Murphy, D <b>06:30-08:30pm</b>



#### Italian For Travelers Workshop

This two-day course is designed for those individuals that have very limited time to dedicate to the study of the Italian language, but who want to be able to express and to understand elementary Italian while in Italy for vacation, or for business. In a lively, relaxed environment, participants learn key expressions, vocabulary words, and idioms necessary for the traveler. Travel tips, cultural aspects, regional characteristics, and social protocol and customs will also be presented. Note: No previous knowledge of Italian is required; however student participation in class drills and conversation is critical to your success in this course. Have fun!

Class fee is \$32. Mandatory online registration required at communityed.sdce.edu

	<b>ávez Campus</b> Street/92113	619-388-1910
Room 205	;	
	10/19/19 (2 weeks)	Baracco, P
15871	Sa	09:00-11:00am

#### Spanish Conversation: Intermediate

For students with an intermediate level of language and can carry a conversation. Designed to stimulate conversational skills and refine speaking ability, improve listening and expand vocabulary with the support of media and authentic materials while exploring Hispanic and Latin America culture. Different and new material is presented each course.

Class fee is \$260. Mandatory online registration required at communityed.sdce.edu

César Chávez Campus 1901 Main Street/92113	619-388-1910
Room 205           09/05/19-12/05/19 (13 weeks)           16171         Th	Chiolini-Bagley, R <b>6:00-8:30pm</b>

#### Spanish: Beginning I

Introduces basic and essential Spanish vocabulary and grammar in a useful way. Learn greetings, ask for information, order food, travel and shopping language. Both conversation and grammar will be taught. Textbook is required, and information will be provided on the first night of class.

Class fee is \$208. Mandatory online registration required at communityed.sdce.edu

<b>Room 206</b> 09/06/19- <b>16170</b>	12/06/19 (13 weeks) <b>F</b>	Chiolini-Bagley, R <b>02:00-4:00pm</b>
	<b>ávez Campus</b> Street/92113	619-388-1910

#### Spanish: Beginning II

For students who have completed Spanish 1 or have studied present tense or regular and irregular verbs and are ready to move to the next level. Learn to describe events in the past and in the future practicing conversation related to Hispanic culture and every life. Textbook is required, and information will be provided on the first night of class.

Class fee is \$240. Mandatory online registration required at communityed.sdce.edu

César Chávez Campus 1901 Main Street/92113	619-388-1910
Room 205	
09/09/19-12/09/19 (12 weeks) 16168 M	Chiolini-Bagley, R <b>06:00-08:30pm</b>

### Personal Development & Finance

#### Buying and Selling Multi-Family Units

If you have experience owning single family homes as an investment and want to increase your cash flow, the next step for you may be in multi-family housing! Many investors acquire multi-family properties to diversify their portfolio and reduce risk of vacancy, while increasing cash flow. Multi-Family Homes allow you to have more rental income, not to mention you are purchasing each unit at a lower price per door than you would pay for the same amount of SFH's.

Learn:

- » Which markets are best for multi-family properties
- » Why there is less competition
- » How multi-family properties can increase net worth
- » Financing strategies for multi-family properties
- » Tax advantages
- » Economies of scale
- » Hiring the right property management team

Class fee is \$73. Mandatory online registration required at communityed.sdce.edu

West City C 3249 Fordham		619-388-1873
Room 208		
11/16/19		Pastel, S
17242	Sa	09:00-01:00pm

# Buy a home with down payment assistance

Find out how you can buy a home without having to save for a down payment or the other fees typically involved in buying a home. We will cover how to qualify for a loan, how to take care of any outstanding issues, what you will be signing, how you are protected, how you can lower your monthly payments while locking into a fixed interest rate loan ( meaning your payments can not increase). Past participants are now homeowners. You can do the same using the step by step approach. It can be used both by people buying their first home and by people wanting to buy a home after experiencing a bankruptcy, foreclosure or short sale.

Class fee is \$42. Mandatory online registration required at communityed.sdce.edu

	<b>ávez Campus</b> Street/92113	619-388-1910
Room 203	5	
06/15/19	-06/29/19 (3 weeks)	Zubek, F
15471	Sa	10:00-12:00pm

#### Real Estate Investing for Beginners

The U.S. housing market has made a huge comeback over the past two years with prices seeing double-digit gains year-over-year in many parts of the country. Interest rates are still at record lows but expected to last no more than another year or two at most, making this possibly the best time to buy real estate in our lifetime! But how do you get started? This class will give you all the basics for investing the right way and avoiding all the common mistakes. Learn how to successfully buy your first investment property including:

- » Tax benefits of owning investment property
- » What the media is saying about real estate
- » Which markets in the country to invest
- » How to analyze the financials (actual deals)
- » How to eliminate as much risk as possible
- » Wealthy vs. Middle class thinking
- » How to obtain the best financing for investors

Learn the potential financial freedom that comes from owning real estate investments. The \$10 materials fee is included in the cost of the course.

Class fee is \$73. Mandatory online registration required at communityed.sdce.edu

West City C 3249 Fordham		619-388-1873
Room 208		
10/26/19 <b>17241</b>	Sa	Pastel, S <b>09:00-01:00pm</b>

#### Cannabis Retail Dispensary Training

This course is designed for students seeking entry-level employment into cannabis retail dispensaries. As the industry becomes sophisticated, employees must have a basic level of cannabis knowledge to be considered for a position. The material will focus on medical and recreational cannabis. customer service. state legal compliance, health and safety and the internal operations of retail cannabis dispensaries. After the 6-hour training course, an access code will be given to take an on-line comprehensive exam. Upon completion, students will receive a cannabis retail dispensary certificate. Get started working in the cannabis retail dispensary industry today. The Introduction to Cannabis course is not a pre-requisite to the course but students without any knowledge of the cannabis plant are highly encouraged to enroll. Students will receive a training booklet, comprehensive exam and a certificate of completion. The \$50 material fee is included in the cost of the course.

Class fee is \$110. Mandatory online registration required at communityed.sdce.edu

3249 Fordha Room 124E 10/23/19	m Street/92110	619-388-1873 (Benkner) Fallon, C
15526	W	10:00-04:00pm

#### Introduction to Cannabis

An introduction into cannabis as a plant and as an industry. Emphasis on a historical account of use and misuse with a focus on the medical and health effects with up-to-date research and legal policies.

Class fee is \$90. Mandatory online registration required at communityed.sdce.edu

West City C 3249 Fordham		619-388-1873
Room 124B		
10/02/19-10 <b>15523</b>	/16/19 (3 weeks) <b>W</b>	(Benkner) Fallon, C 06:00-09:00pm



### Personal Development & Finance continued

#### Real Estate Investing for Beginners

The U.S. housing market has made a huge comeback over the past two years with prices seeing double-digit gains year-over-year in many parts of the country. Interest rates are still at record lows but expected to last no more than another year or two at most, making this possibly the best time to buy real estate in our lifetime! But how do you get started? This class will give you all the basics for investing the right way and avoiding all the common mistakes. Learn how to successfully buy your first investment property including:

- » Tax benefits of owning investment property
- » What the media is saying about real estate
- » Which markets in the country to invest
- » How to analyze the financials (actual deals)
- » How to eliminate as much risk as possible
- » Wealthy vs. Middle class thinking
- » How to obtain the best financing for investors

Learn the potential financial freedom that comes from owning real estate investments. The \$10 materials fee is included in the cost of the course.

Class fee is \$58. Mandatory online registration required at communityed.sdce.edu

West City C 3249 Fordham		619-388-1873
Room 208		
10/26/19 <b>17241</b>	Sa	Pastel, S <b>09:00-01:00pm</b>

#### The Intelligent Investor

#### PART I

Learn the investment guidelines taught by Benjamin Graham, "the Father of Value Investing", and teacher and mentor of Warren Buffett. Learn to identify investment opportunities in high quality stocks and bonds that offer safety of principal and an adequate return. No get-richquick trading techniques; just conservative, disciplined, fundamental stock analysis to help you navigate the financial markets safely and successfully. The \$20 materials fee is included in the cost of the course.

Class fee is \$164. Mandatory online registration required at communityed.sdce.edu

CE at Mesa College 7350 Armstrong Place/92111	619-388-1950
Room 203 09/10/19-10/01/19 (4 weeks) 16186 T	Lopez, J <b>06:00-09:00pm</b>

#### PART II

Receive guidance in constructing a diversified portfolio of blue-chip stocks, and monitor it during a four month period of time. A hands-on course with practical application. Part I: The Intelligent Investor is a prerequisite to enrolling in this class. The \$20 materials fee is included in the cost of the course.

*Class fee is \$164. Mandatory online registration required at communityed.sdce.edu* 

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 203	
10/08/19-10/29/19 (4 weeks) 16188 T	Lopez, J <b>06:00-09:00pm</b>

#### Tax Preparation Made Easy

The tax code is very complicated and this course can give you knowledge to make better financial decisions, do your own taxes, and reduce stress created by the IRS. Areas covered include: how to determine eligible dependents, tax impact of self-employment income, itemized deductions, qualified retirement plans, Roth IRA vs Traditional IRA, tax reduction strategies, tax treatment of rental properties, and much more. Class is taught by Thomas Williams, Enrolled Agent. Purchase course materials prior to coming to class - Publication 17, (\$10) 2017. Purchase online at https://bookstore.gpo.gov/ agency/department-treasury. Cost of textbook is not included in the cost of the course.

Class fee is \$90. Mandatory online registration required at communityed.sdce.edu

1901 Main Street/92113 <b>Room 208</b> 10/05/19-10/19/19 (3 weeks)	619-388-1910 William, T
15793 Sa	12:30-03:30pm

#### **Transform Your Life**

Every challenge you encounter is an opportunity to transform your life if you know how. This course will show you how to transform from the inside-out. Investigate ways to increase personal fulfillment and begin to improve your life in all areas -- relationships, health, and your professional life. Learn to navigate your life to increase happiness and contentment while focusing on the grander purpose for which you are here. Based on timeless principles of wisdom and psychology and delves into deeper aspects of consciousness for inner transformation.

Class fee is \$144. Mandatory online registration required at communityed.sdce.edu

<b>CE at Mesa</b> 7350 Armstro	<b>College</b> ng Place/92111	619-388-1950
Room 116		
09/05/19-10 <b>16387</b>	)/24/19 (8 weeks) <b>Th</b>	Ramaswamy, S 06:00-09:00pm

#### **TOEFL** Preparation

Instruction will focus on developing speaking and listening skills including pronunciation, intonation, vocabulary, grammar, reading skills and strategies, and writting skills specific to TOEFL essay requirements. In addition, students will gain general test-taking skills and strategies that can help them succeed on the TOELF and other exams. This class will involve active student participation. A TOEFL preparation textbook is required, details to be given on first day of class; approximate texbook cost is \$60.

Class fee is \$320. Mandatory online registration required at communityed.sdce.edu

<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
Room A-108 09/14/19-11/02/19 (8 weeks) 15477 Sa	Goldfine, M <b>08:30-12:30pm</b>

#### TOEFL Preparation II

This course is suitable for both new students and students who attended Session 1. Instruction will focus on developing speaking and listening skills including pronunciation and intonation, vocabulary, grammar knowledge, reading skills and strategies, and writing skills specific to TOEFL essay requirements. In addition, students will gain general test-taking skills and strategies that can help them succeed on the TOEFL and other exams. The class will involve active student participation.A TOEFL preparation textbook is required, details to be given on first day of class; approximate textbook cost is \$60.

Class fee is \$320. Mandatory online registration required at communityed.sdce.edu

<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
Room A-108 11/09/19-01/18/20 (8 weeks)	Goldfine, M
15478 Sa	08:30-12:30pm



San Diego Community College District 3375 Camino del Rio South San Diego, California 92108-3883 619-388-6500

Carlos O. Turner Cortez, Ph.D., President San Diego Continuing Education Board Of Trustees: Sean Elo, J.D., Mary Graham, Graig Milgrim, Bernie Rhinerson Maria Nieto Senour, Ph.D. Constance M. Carroll, Ph.D., Chancellor

The SDCCD is governed by its Board of Trustees. No oral or written representation is binding on the SDCCD without the express approval of the Board of Trustees. San Diego Continuing Education Public Information Office (08/2019).

# SHORT-TERM COURSES

#### Textile Surface Design

(CLTX 660) Textile design using various techniques applicable in the production of wearing apparel and textile items for personal use, gifts, community service projects, and marketing. Creation of original designs encouraged.

Classes are free. Enroll anytime in class.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 209           09/03/19-01/21/20 (18 weeks)           16603         T	Pontsler, T <b>10:00-02:00pm</b>
Room 211           09/09/19-12/16/19 (13 weeks)           16605         M	Pierson, S <b>04:30-09:30pm</b>

#### Sewing For The Home

(CLTX 650) Earn or save money creating sewn products for the home environment. Learn professional design and construction techniques to create household items. Topics and Items that may be included: draperies, curtains, window shades, pillows, bed coverings, table linens, slip coverings and organizational items created from textiles

Classes are free. Enroll anytime in class.

Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 317 09/05/19-01/16/20 (17 weeks) 16591 Th	Namdar, D <b>01:00-05:00pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 209 09/09/19-01/13/20 (15 Weeks) 16630 M	Staff <b>05:00-09:00pm</b>

#### Fundamentals of Pattern Making

(CLTX 645) Basic pattern making skills used to create apparel and costumes for clients, self, and family members. Focus on the development of garment patterns using one or more of the following methods: drafting, flat pattern manipulation, draping, and computer aided patternmaking. Information on copying previously-made garments will be included along with guidelines for the use of a croquis for garment design.

#### Classes are free.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 209 09/06/19-01/17/20 (17 weeks) 16631 F	Taylor, K <b>09:00-01:00pm</b>
09/03/19-01/21/20 (18 weeks)	Taylor, K
16632 T	<b>05:00-09:00pm</b>
09/07/19-01/18/20 (17weeks)	Suarez, S
16643 Sa	<b>09:00-01:00pm</b>

#### Clothing 7 Occupation/Textile

(CLTX 530) The course is designed for the student desiring to acquire entry level skills for employment in the clothing production industry. Production techniques on construction and power equipment will be used in the classroom. Job preparation information will be included.

Classes are free.

#### POWER SEWING

West City C 3249 Fordham	•	619-388-1873
<b>Room 209</b> 09/05/19-01, <b>16636</b>	/16/20 (17 weeks) <b>Th</b>	Staff 06:00-09:00pm
<b>Room 211</b> 09/03/19-01, <b>17564</b>	/22/20 (18 weeks) <b>M/T/W</b>	Staff 01:00-04:00pm

#### Intro to Fashion Industry

(CLTX 670) Explore the many employment opportunities and paths to career success in the fashion industry. Students will learn about the fashion industry past and present, fashion retail segments, green fashion, slow-fashion, sustainability and the SDCE certifications and courses that will aid the student in creating successful careers. Topics include industry terminology, history from couture to ready-to- wear, exploring the vast fashion industries, employability skills, entrepreneurial thinking and soft skills for the work environment.

#### Classes are free.

 West City Campus
 619-388-1873

 3249 Fordham Street/92110
 619-388-1873

Room 209 09/09/19-01/13/20 (15 weeks) 16638 M

Pierson, S 09:00-01:30pm



# HOSPITALITY AND CULINARY ARTS CAREER TRAINING



# CERTIFICATE PROGRAMS

#### **CULINARY ARTS AND SCIENCES**

900 hours. Complete in 36 weeks.

Examples of jobs you may be qualified for after completion of this program:

Chefs and Head Cooks	\$34,000-56,000/yr.
Certified Personal Chefs	\$27,700-60,500/yr.
First-line Supervisors	\$22,600-36,300/yr.

Culinary Arts and Science I and Culinary Arts and Science II. Learn the basic principles of cooking, theory, food prep, safe food handling, and even how to make perfect pastry. Plus, you'll practice developing menus and managing food costs, to give you a good understanding of the restaurant business. This program is hands-on in an industrial kitchen area from day one.

Classes are free. Materials fee is approximately \$425 for books, uniform and supplies. Mandatory orientation and pre-registration required prior to enrollment. Visit sdce.edu

Requires completion of two courses: FDNT 681 Culinary Arts and Sciences I FDNT 682 Culinary Arts and Sciences II

#### Culinary Arts and Sciences I

(FDNT 681) This course provides an overview of the culinary arts industry and the basic knowledge and skills required for entry-level positions in the culinary arts profession. Topics will include: culinary terminology, industry history, food safety and sanitation, tools, equipment, knife skills, and food service operations. Students will also learn the preparation of stocks, sauces and soups, bakeshop products, breakfast cookery, and American regional cuisine.

Class is free. Materials fee for food and supplies is \$450. Orientation is required prior to enrollment. Visit sdce edu to sign up for an orientation. Plan to attend all classesto help ensure the class will be held. Classes may becanceled due to low enrollment.

<b>Educational Cultural Complex</b> 4343 Ocean View Blvd./92113	619-388-4956
Room 129A 09/03/19-01/22/20 (18 weeks) 16504 T/W Th/F	Trevino, E 08:30-03:00pm 08:30-02:30pm
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 123 09/03/19-01/22/20 (18 weeks) 16485 M/T W/Th	Blackmore, L 08:30-03:00pm 08:30-02:30pm
09/03/19-01/22/20 (18 weeks) 16572 M/T/W/Th	Leppert, M/ Staff 03:15 -09:30pm

#### **PROFESSIONAL BAKESHOP**

216 hours. Complete in 18-36 weeks.

Bakers

Example of a job you may be qualified for after completion of this program:

\$17	,200-30,200/yr.
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Develop professional skills and prepare for employment in the baking and pastry industries. Instruction includes theory and hands-on production; industry safety and sanitation guidelines, in-depth analysis of baking tools, ingredients, and measurement.

Class is free. Materials fee for food and supplies is \$135. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation. Plan to attend all classes to help ensure the class will be held. Classes may be canceled due to low enrollment.

**Requires completion of two courses:** FDNT 627 Professional Bakeshop Skills FDNT 628 Advanced Bakeshop Skills

#### Professional Bakeshop Skills

(FDNT 627) Beginning bakeshop skills, baking and pastry making. Explore basic culinary skills, theories and techniques used in working kitchens and bakeries. Prepare a variety of products and learn presentation. Recipes included. Industry techniques emphasized. Build skills for your catering or personal chef business. Students in the Professional Bakeshop career training program complete this class for one of the program requirements.

Classes are free. Materials fee for food and supplies is \$135. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation. Plan to attend all classes to help ensure the class will be held. Classes may be cancelled due to low enrollment.

Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
Room 129A 09/07/18-01/18/19 (18 weeks) 16514 Sa	Martinez, Y <b>09:00-03:00pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 123 09/07/18-01/17/19 (18 weeks) 16571 F	Ventura, A <b>03:00-09:00pm</b>



38 Fall 2019 Class Schedule San Diego Continuing Education

# HOSPITALITY AND CULINARY ARTS CAREER TRAINING



#### Advanced Bakeshop Skills

(FDNT 628) Learn advanced bakeshop skills, for your catering or personal chef business, baking and pastry making. Explore the advanced culinary skills in the baking industry from baking theory and techniques to hands-on production techniques used in working kitchens and bakeries. Students will prepare a variety of advanced bakeshop products. Advanced plating techniques will be highlighted.

Class is free. Materials fee for food and supplies is \$135. Orientation is required prior to enrollment. Visit sdce.edu to sign up for an orientation. Plan to attend all classes to help ensure the class will be held. Classes may be cancelled due to low enrollment.

Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
Room 129A 09/13/19-01/13/20 (15 weeks) 16500 M	Polczynski, S <b>08:30-02:30pm</b>
09/13/19-01/13/20 (15 weeks) 16501 M	Polczynski, S 03:00-09:00pm
09/06/19-01/17/20 (17 weeks) 16502 F	Schaaf, M <b>03:00-09:00pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 123 09/06/19-01/17/20 (17 weeks) 16569 F	Ventura, A <b>08:30-02:30pm</b>

# SHORT-TERM COURSES

#### Ethnic Regional Foods

(FDNT 620) Prepare and serve a variety of ethnic and regional foods. Compare ingredients, cooking techniques and traditions of differing cultures. Ideas for nutritious family meals and affordable entertaining included, as well as recipe adaptation methods to achieve maximum nutrition.

Class is free. Materials fee is \$75 for food and supplies. Enroll in class on the first day the class meets. Plan to attend all classes to help ensure the class will be held.

Classes may be cancelled due to low enrollment.

Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
09/03/19-01/21/20 (18 weeks)	Polczynski, S
16503 T	03:30-06:30pm



#### RILEY GRIFFIN III

Riley Griffin, III enrolled in San Diego Continuing Education's (SDCE's) free career program for Culinary and Bakeshop to pursue his passion for cooking. His goal is to make catering his full-time career and to give back to low-income communities. "I've learned so much at SDCE from seasoning to plating techniques," he said. "I look forward to partnering with local organizations to help out people who are in need of food." Following SDCE, Griffin plans to expand his home-based catering business.





# ABOUT

If you want to pursue a rewarding career or continue your education, then earning a high school diploma or equivalency is the most important step you can take.

Continuing Education classes offer review in reading, math, spelling, writing, communication, and critical thinking. Classes help you prepare for a high school diploma, or a test that can earn a California (CA) High School Equivalency Certificate.

The options for earning a CA High School Equivalency Certificate include the GED® Exam, the HiSET® (High School Equivalency Test).

HOW

Call or visit Student Services at a campus that's convenient to you, and find out how to get started (the process includes assessment, placement, orientation, and/or counseling).

**César E. Chávez Campus** (Barrio Logan) 619-388-1910

**Educational Cultural Complex** (Ocean View Blvd.) 619-388-4956

**Mid-City Campus** (Fairmount Avenue) 619-388-4500

North City Campus (Aero Drive) 619-388-1800

West City Campus (Point Loma) 619-388-1873



#### JOINT HIGH SCHOOL DIPLOMA PROGRAM

Continuing Education offers two Joint High School Diploma Program options. Programs use many teaching styles in the classroom including group and individualized instruction, and maximize the use of technology. The Joint High School Diploma is in cooperation with the San Diego Unified School District. Please speak with a Continuing Education counselor at any campus to understand how the options work, and to find out how you can achieve this important educational goal.

Classes are free. Assessment and orientation required prior to enrollment.

High school classes are available for the following subjects:

- » Algebra 1 and 2 and Pre-Algebra 1 and 2
- » American Literature 1 and 2
- » Biology 1 and 2
- » Computer Literacy
- » Contemporary Voices 1 and 2
- » Economics
- » English 3 and 4
- » Government
- » Physics 1
- » Unifying Algebra and Geometry 1 and 2
- » U.S. History 1 and 2
- » World History 1 and 2

ACCELERATED HIGH SCHOOL DIPLOMA PROGRAM

Educational ( 4343 Ocean View	Cultural Complex / Blvd./92113	<b>6</b> 19-388-4956
<b>Room 76</b> 09/03/19-10/1	0/19 (6 weeks)	Acierno, E/Watkins, M Rodriguez, H
15899	M/T/W/Th	08:30-02:00pm
10/14/19-11/2 <b>15906</b>	1/19 (6 weeks) <b>T/Th</b>	Acierno, E/Watkins, M Rodriguez, H <b>08:30-02:00pm</b>
10/14/19-11/2 <b>15909</b>	1/19 (6 weeks) <b>M/T/W/Th</b>	Watkins, M/Flores,L 05:00-08:45pm
12/02/19-01/2		Acierno, E/Watkins, M Rodriguez, H
15914	M/T/W/Th	08:30-02:00pm
12/02/19-01/2 15909	2/20 (6 weeks) <b>M/T/W/Th</b>	Flores, L/Watkins, M 05:00-08:45pm

ONLINE ACCELERATED HIGH SCHOOL DIPLOMA PROGRAM

#### West Citu Campus 619-388-1873 3249 Fordham Street/92110 Room 212 09/03/19-10/12/19 (6 weeks) Flores 1 16806 Mandatory 1st mtg. info at sdce.edu 09/03/19-10/12/19 (6 weeks) Acierno, E 16803 Mandatory 1st mtg. info at sdce.edu 10/14/19-11/23/19 (6 weeks) Acierno. E 16804 Mandatory 1st mtg. info at sdce.edu 12/02/19-01/22/20 (6 weeks) Acierno. E 16805 Mandatory 1st mtg. info at sdce.edu

INDIVIDUALIZED LEARNING LAB WITH SMALL GROUP INSTRUCTION

North City Ca 8355 Aero Drive/		619-388-1800
Room 211		
09/03/19-10/3	1/20 (9 weeks)	Watkins, C /Lindenberg, N
<b>15711</b>	<b>M/T/W/Th</b>	08:30-12:15pm
11/04/19-01/2	2/20 (9 weeks)	Watkins, C /Lindenberg, N
<b>15712</b>	<b>M/T/W/Th</b>	08:30-12:15pm
09/03/19-01/2	2/20 (18 weeks)	Lees, M
<b>15529</b>	<b>M/T/W/Th</b>	06:00-09:00pm

#### HIGH SCHOOL EQUIVALENCY CLASSES

In addition to the traditional GED test, the California State Board of Education has approved two new tests as alternatives for students who need a California High School Equivalency Certificate. The tests are the HiSET (High School Equivalency Test) and theTASC® (Test Assessing Secondary Completion). Classes prepare students for these new tests. Contact the campus to make a free appointment with a counselor.

Classes are free. Assessment and orientation required prior to enrollment.

	<b>Chávez Campus</b> Street/92113	619-388-1910
<b>Room 313</b> 09/03/19- <b>16000</b>	10/10/19 (6 weeks) <b>M/T/W/Th</b>	Caruana, S <b>08:30-11:00am</b>
10/14/19- <b>16001</b>	11/21/19 (6 weeks) <b>M/T/W/Th</b>	Caruana, S <b>08:30-11:00am</b>
12/02/19- <b>16002</b>	01/22/20 (6 weeks) M/T/W/Th	Caruana, S <b>08:30-11:00am</b>
<b>Room 316</b> 09/03/19-	01/22/20 (18 weeks)	Reza-Brunjes, M

M/T/W/Th

10:30-12:15pm

15998

SEL LAN

Educational 4343 Ocean Vie	ew Blvd./92113	619-388-4956
Room 76		
09/03/19-10/	10/19 (6 weeks)	Acierno, E/ Rodriquez, H Watkins, M
15900	M/T/W/Th	08:30-02:30pm
09/03/19-10/ <b>15901</b>	10/19 (6 weeks) <b>M/T/W/Th</b>	Watkins, M/Flores, L 05:00-08:45pm
10/14/19-11/	21/19 (6 weeks)	Acierno, E/Rodriquez, H Watkins. M
15905	M/T/W/Th	08:30-02:30pm
10/14/19-11/	21/19 (6 weeks)	Flores, L/Garcia, F Watkins, M
15908	M/T/W/Th	05:00-08:45pm
12/02/19-01/	22/20 (6 weeks)	Acierno, E/Rodriquez, H Watkins. M
15911	M/T/W/Th	08:30-02:30pm
12/02/19-01/	22/20 (6 weeks)	Flores, L/Garcia, F Watkins, M
15915	M/T/W/Th	05:00-08:45pm
Room 79		
09/03/19-01/ <b>15919</b>	22/20 (18 weeks) M/T/W/Th	White, W 08:30-10:30am
09/03/19-01/ <b>15918</b>	22/20 (18 weeks) M/T/W/Th	White, W 10:30-12:15pm
<b>Room 177</b>	22/20 (18 weeks)	Foster, M / Katepa, W
		lwuaba, C
15931	M/T/W/Th	05:15-09:00pm
Mid-City Ca 3792 Fairmoun	<b>mpus</b> t Avenue/92105	619-388-4500
Room 316		
16137	22/20 (18 weeks) M/T/W/Th	Gualtieri, L/ Da Rosa, E Holden, D <b>09:00-02:00pm</b>
		-
North City C 8355 Aero Drive		619-388-1800
Room 211		
09/03/19-10/ <b>15700</b>	31/20 (9 weeks) M/T/W/Th	Lindenberg, N/ Watkins, C 08:30-12:15pm
11/04/19-01/ <b>15700</b>	22/20 (9 weeks) <b>M/T/W/Th</b>	Lindenberg, N/ Watkins, C 08:30-12:15pm

CLASES DE PREPARACIÓN DE EQUIVALENCIA DE PREPARATORIA EN ESPAÑOL

Н	<b>César E. C</b> 1901 Main S	hávez Campus treet/92113	619-388-1910
1 n L n	<b>Room 316</b> 09/03/19-0 <b>15992</b>	1/22/20 (18 weeks) M/T/W/Th	Reza-Brunjes, M <b>08:30-10:30am</b>
H 1		al Cultural Complex View Blvd./92113	619-388-4956
ካ n F ኅ	<b>Room 134</b> 09/03/19-0 <b>17320</b>	1/22/20 (18 weeks) M/T/W/Th/F	Quispez, F <b>11:30-02:30pm</b>
-			

#### WEST CITY TESTING CENTER



#### GED

West City Testing Center now offers the GED Test on Computer. \$140.00 for complete battery.

\*The GED test must be taken in person

\*Four tests can be spread across multiple days.

\*Test available in English and Spanish

\*Register at www.gedtestingservice.com

#### HiSET

The official HiSET® test is now available at West City Testing Center. \$165.00 for complete battery.

- » Take the test on paper
- » Five tests can be spread across multiple days
- » Test available in English and Spanish.
- » Register at www.hiset.ets.org



#### **OLGA CAYETANO**

Coretta Scott King Leadership Scholarship recipient, Olga Cayetano, completed the HiSET program at SDCE and plans to enroll at Mesa College to become a Physical Therapist. Cayetano is a single mom who works part time. She said, "Winning this scholarship motivated me to keep educating myself. It's never too late to make my dreams happen..



#### ADULT BASIC EDUCATION

Classes are free. Assessment and orientation required prior to enrollment.

César E. Chá 1901 Main Stree		619-388-1910
Room 313		
09/03/19-10/1 <b>17080</b>	.0/19 (6 weeks) M/T/W/Th/F	Caruana, S <b>8:30-11:00am</b>
10/14/19-11/2 <b>17081</b>	21/19 (6 weeks)) M/T/W/Th/F	Caruana, S <b>8:30-11:00am</b>
12/02/19-01/2 <b>17082</b>	2/20 (6 weeks) M/T/W/Th/F	Caruana, S <b>8:30-11:00am</b>
09/03/19-10/1 <b>17083</b>	.0/19 (6 weeks) M/T/W/Th/F	Caruana, S <b>11:00-01:30pm</b>
10/14/19-11/2 <b>17084</b>	1/19 (6 weeks) M/T/W/Th/F	Caruana, S <b>11:00-01:30pm</b>
12/02/19-01/2 <b>17085</b>	2/20 (6 weeks) M/T/W/Th/F	Caruana, S <b>11:00-01:30pm</b>
Educational	Cultural Com	blex
4343 Ocean View		619-388-4956
Room 134		
09/03/19-11/0 <b>15922</b>	01/19 (9 weeks) M/T/W/Th	White, W <b>8:30-10:30am</b>
Room 177		
09/03/19-11/0 <b>15925</b>	01/19 (9 weeks) M/T/W/Th	White, W <b>8:30-10:30am</b>
Mid-City Car 3792 Fairmount		619-388-4500
<b>Room 316</b> 09/03/19-01/2	2/20 (18 weeks)	Gualtieri, L/ Da Rosa, E
16950	M/T/W/Th/F	Holden, D 08:30-02:00pm
North City Ca 8355 Aero Drive		619-388-1800
Room 211		
09/03/19-10/3 <b>15643</b>	0/19 (6 weeks) <b>M/T/W/Th</b>	Lindenberg, N /Watkins, C 08:30-12:15pm
11/04/19-01/2	2/20 (6 weeks)	Lindenberg, N /Watkins, C

INDIVIDUALIZED LEARNING LAB WITH SMALL GROUP

North City Car 8355 Aero Drive/S		619-388-1800
<b>Room 211</b> 09/03/19-01/22 <b>15418</b>	2/20 (18 weeks) <b>M/T/W/Th</b>	Lees, W 06:00-09:00pm
ONLINE AC DIPLOMA PRC	CELERATED HIG	H SCHOOL
West City Can 3249 Fordham Str		619-388-1873
<b>Room 212</b> 10/14/19-11/23 <b>16807</b>	, , ,	Flores, L Itg. info at sdce.edu
12/02/19-01/22 <b>16808</b>		Flores, L Itg. info at sdce.edu
10/14/19-11/23 <b>16783</b>		Rodriquez, H I <b>tg. info at sdce.edu</b>

12/02/19-01/22/20 (6 weeks) Rodriquez, H 16802 Mandatory 1st mtg. info at sdce.edu

#### Career Development

(INTD 501) Individual testing, group guidance and preparation and fulfillment of personal and career goals.

	al Cultural Complex iew Blvd./92113	619-388-4956
Room 84 09/03/19-10 17558 17559	/10/19 (6 weeks) Session I M/T/W/Th/F M/T/W/Th	Cruz, M 12:00-04:00pm 12:00-02:30pm
09/03/19-10	/10/19 (6 weeks) Session I	Foster, M
<b>17454</b>	M/T/W/Th/F	05:00-09:00pm
<b>17455</b>	M/T/W/Th	05:00-07:30pm
10/14/19-11	/21/19 (6 weeks) Session II	Staff
<b>17561</b>	M/T/W/Th/F	12:00-04:00pm
17562	M/T/W/Th	12:00-02:30pm
12/02/19-01	/22/20 (6 weeks) Session III	Foster, M
<b>17456</b>	M/T/W/Th/F	12:00-04:00pm
<b>17457</b>	M/T/W/Th	12:00-02:30pm



08:30-12:15pm

Citizenship

#### Citizenship

(ESLA 440) Focus on the development of English language skills, and knowledge of American History and Government. Prepare for completing the citizenship application; the Citizenship History and Government test; and the final U.S. Citizenship and Immigration Services interview.

Classes are free. Enroll anytime in class.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Building A, Room 103 09/03/19-01/21/20 (18 weeks) 15504 T/Th	Nguyen, T <b>06:00-09:00pm</b>
<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
Building A, Room 103 09/07 /19-01/18/20 (17 weeks) 15633 Sa	Nguyen, T <b>09:00-11:30am</b>
<b>CE at Miramar College</b> Note: Held off-campus at Mid City Extension 5348 University Ave/92105	619-388-1800
09/03/19-01/22/20 (18 weeks) 15503 T/W	Lieber, C. <b>12:00-02:30pm</b>
César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 304           09/07 /19-01/18/20 (17 weeks)           15867         Sa	Guevara, F <b>09:00-12:00pm</b>
Room 308 09/07/19-01/18/20 (17 weeks) 15866 Sa	Reyes, R <b>09:00-11:30pm</b>
<b>Educational Cultural Complex</b> 4343 Ocean View Blvd./92113	619-388-4956
Room 144 09/03/19-01/22/20 (17 weeks) 16091 F	Tate, L 06:00-09:00pm
Room 181 09/03/19-01/22/20 (17 weeks) 16092 Sa	Hernandez, L <b>09:00-12:00pm</b>

Mid-City Ca 3792 Fairmoun	<b>mpus</b> t Avenue/92105	619-388-4500
<b>Room 117</b> 09/03/19-01/ <b>16233</b>	22/20 (18 weeks) M/T/W/Th/F	Perrott, M <b>08:30-11:30am</b>
Room 202		
09/03/19-01/	22/20 (18 weeks)	Lopez,R
16235	M/T/W/Th F	08:30-11:30am 08:30-11:00am
09/03/19-01/ <b>16234</b>	22/20 (18 weeks) <b>M/T/W/Th</b>	Sanders,M 06:00-09:00pm

#### Online Citizenship

(ESLA 440) This online course focuses on the development of English language skills, and the knowledge of American History and Government. Prepare for completing the citizenship application; the citizenship history and government test; and the final U.S Citizenship and Immigration Services Interview. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email faculty thtnguye@sdccd. edu for more information.

Classes are free. Enroll anytime in class.

#### SESSION I

09/03/19-11/02 <b>16316</b>	,	Nguyen, T ation option below:
CE Mesa, Room 2	n A106: 9/5/19, 9:0 05: 9/5/19, 2-4:30 13 : 9/9/19, 2-4:30	pm

#### SESSION II

11/04/19-01/22	2/20 (9 weeks)	Nguyen, T
16319	Choose a registrat	ion option below:

Mid-City, Room 313 : 11/4/19, 2-4:30pm CE Miramar, Room A106: 11/7/19, 9:00–11:30am CE Mesa, Room 205: 11/7/19, 2-4:30pm



#### LINDA RAMIREZ

From sewing to housekeeping, Linda Ramirez worked many jobs before she could graduate high school. Sixty years ago, a Tijuana, Mexico student dropped out of school to support her family. The now 75-year-old grandmother has received her diploma through SDCE's High School Diploma/ Equivalency program. "I'm so excited to learn that I don't want to miss a day or be tired at school because of work, so I am going to retire again to dedicate all of my time to school," she said. Following the diploma, Ramirez will continue her studies at SDCE beginning with English as a Second Language (ESL).





# ABOUT

English as a Second Language classes are offered at 6 campuses and many other locations in the community. There are morning, afternoon, and evening classes at 7 different levels, from beginning to advanced.

# HOW

A Continuing Education student attendance card is required for all students. You may obtain a card in the Student Services office at any Continuing Education campus.

Registration is easy and classes are free. For general classes, students must take a test to be placed into the correct class level. Students are then placed into classes as space is available.

Choose a location that is close to you and visit during the registration times shown with each campus.

For Citizenship classes (p43), go to class when the class meets and register in class.

For Computer Labs (p45-46) or special classes (p46-47), go to class when the class meets and register in class.

Search for classes online at **sdce.edu** 



# English as a Second Language

#### **ESL GENERAL CLASSES**

Beginning/Intermediate /Advanced

There are 7 levels of classes. Students must take a test to be placed into the correct class level. Students are then placed into classes as space is available. Registration times and days are shown below. After you register, you may attend classes in the morning, afternoon, or evening at any of the campuses shown.

Classes are free. Preregistration is required.

CE at Mesa C	ollege	
7350 Armstrong		619-388-1950
REGISTRATIO	DN, ROOM 201 M/T/W M/T/W M/T/W	08:15-10:30am 11:30-12:30pm 05:30-08:00pm
ESL CLASSES		
	M/T/W/Th/F M/T/W/Th/F M/T/W/Th/F M/T/W/Th Sa	07:30-08:30am 08:30-11:30am 11:45-01:45pm 06:00-09:00pm 09:00-12:00pm
CE at Mirama 10440 Black Mo	ar College untain Rd/92126	619-388-1800
REGISTRATIC	N, ROOM A-104	
	M/T/W/Th M/T/W/Th	08:30-11:00am 05:30-07:00pm
ESL CLASSES		
	M/T M/T/W/Th/F M/T/W/Th/F M/T/W/Th Sa	07:15-08:15am 08:30-11:30am 11:45-01:45pm 06:00-09:00pm 08:30-11:30am
César E. Chá 1901 Main Stree		619-388-1910
REGISTRATIO	DN, ROOM 104	
	M/T/W M/T/W	08:30-11:00am 05:30-08:00pm
ESL CLASSES		

Educational 4343 Ocean Vie	Cultural Complex w Blvd./92113	619-388-4956
REGISTRATIO	ON, ROOM 113	
	M/T/W M/T/W M/T/W	08:30-10:00am 11:30-12:30pm 05:00-07:30pm
ESL CLASSES		
	M/T/W/Th/F M/T/W/Th/F M/T/W/Th	08:30-11:30am 11:45-02:15pm 06:00-09:00pm
CITIZENSHIP	CLASSES	
	F Sa	06:00-09:00pm 09:00-12:00pm
Mid-City Car 3792 Fairmount	<b>mpus</b> : Avenue/92105	619-388-4500
REGISTRATIO	ON, ROOM 123	
	M/T/W M/T/W	08:15-01:00pm 04:00-07:00pm
ESL CLASSES	;	
	M/T/W/Th/F M/T/W/Th/F M/T/W/Th/F M/T/W/Th/F	07:15-08:15am 08:30-11:30am 12:45-02:45pm 06:00-09:00pm
West City Ca 3249 Fordham		619-388-1873
REGISTRATI	ON, ROOM 121 M	08:15-11:00am
REGISTRATIO	ON, ROOM 121	
	T	08:15-12:00pm
ESL CLASSES	•	08:15-12:00pm

#### Pre-Vocational ESL (VESL)

Learn English and develop workplace oral and written communication skills. Focus on academic English and work-related soft skills. Develop speaking, vocabulary, reading, writing, grammar and computer skills. Research career and vocational pathways for advancement and success. Develop a resume/cover letter and prepare for job interviews.

#### Classes are free.

#### BEGINNING

CE at Mesa C 7350 Armstrong		619-388-1950
09/03/19-01/2 <b>15498</b>	2/20 (18 weeks) M/T/W/Th F	Traganza, A 08:30-11:30am 08:30-11:00am
09/03/19-01/2 <b>15488</b>	2/20 (18 weeks) M/T/W/Th	Dewse, N 06:00-09:00pm
CE at Mirama 10440 Black Mou		619-388-1800
Building A, Roc	om 108	
09/03/19-01/2 <b>15945</b>	2/20 (18 weeks) <b>M/T/W/Th/F</b>	Wei Liao, L <b>08:30-11:30am</b>
09/03/19-01/2 <b>15944</b>	2/20 (18 weeks) M/T/W/Th	Bacigalupo, M <b>08:30-11:30am</b>
César E. Cháv 1901 Main Street		619-388-1910
<b>Room 306</b> 09/03/19-01/2 <b>15857</b>	2/20 (18 weeks) <b>M/T/W/Th/F</b>	Graver, L <b>08:30-11:30am</b>
09/03/19-01/2 <b>15856</b>	2/20 (18 weeks) M/T/W/Th	Reyes, R <b>06:00-09:00pm</b>
15856	M/T/W/Th Cultural Compl	06:00-09:00pm
15856 Educational (	M/T/W/Th Cultural Compl Blvd./92113	06:00-09:00pm ex
15856 Educational ( 4343 Ocean View Room 146A 09/04/18-01/2	M/T/W/Th Cultural Compl Blvd./92113 2/20 (18 weeks)	06:00-09:00pm ex 619-388-456 McGavock, C
15856 Educational ( 4343 Ocean View Room 146A 09/04/18-01/2 16087 Room 186 09/04/18-01/2	M/T/W/Th Cultural Compl Blvd./92113 2/20 (18 weeks) M/T/W/Th/F	06:00-09:00pm ex 619-388-456 McGavock, C
15856 Educational ( 4343 Ocean View Room 146A 09/04/18-01/2 16087 Room 186 09/04/18-01/2	M/T/W/Th Cultural Compl /BIVd./92113 2/20 (18 weeks) M/T/W/Th/F 2/20 (18 weeks) M/T/W/Th apus	06:00-09:00pm ex 619-388-456 McGavock, C 08:30-11:30am Laskaris, T
15856 Educational ( 4343 Ocean View Room 146A 09/04/18-01/2 16087 Room 186 09/04/18-01/2 16086 Mid-City Cam	M/T/W/Th Cultural Compl /BIVd./92113 2/20 (18 weeks) M/T/W/Th/F 2/20 (18 weeks) M/T/W/Th apus	06:00-09:00pm ex 619-388-456 McGavock, C 08:30-11:30am Laskaris, T 06:00-09:00pm
15856 Educational ( 4343 Ocean View Room 146A 09/04/18-01/2 16087 Room 186 09/04/18-01/2 16086 Mid-City Can 3792 Fairmount.	M/T/W/Th Cultural Compl Blvd./92113 2/20 (18 weeks) M/T/W/Th/F 2/20 (18 weeks) M/T/W/Th Avenue/92105	06:00-09:00pm ex 619-388-456 McGavock, C 08:30-11:30am Laskaris, T 06:00-09:00pm
15856 Educational ( 4343 Ocean View Room 146A 09/04/18-01/2 16087 Room 186 09/04/18-01/2 16086 Mid-City Can 3792 Fairmount. Room 206 09/03/19-01/2	M/T/W/Th Cultural Compl /Blvd./92113 2/20 (18 weeks) M/T/W/Th/F 2/20 (18 weeks) M/T/W/Th Avenue/92105 2/20 (18 weeks) M/T/W/Th/F	06:00-09:00pm ex 619-388-456 McGavock, C 08:30-11:30am Laskaris, T 06:00-09:00pm 619-388-4500 Hammett, L

#### INTERMEDIATE

15861

09/03/19-01/22/20 (18 weeks)

M/T/W/Th F

Hamilton, K 07:15-08:30am

07:30-08:30am

CE at Miramar College 10440 Black Mountain Rd/92126	619-388-1800
Building A, Room 115 09/03/19-01/22/20 (18 weeks) 15630 M/T/W/Th	Leyva, D <b>06:00-09:00pm</b>
César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 205           09/03/19-01/22/20 (18 weeks)           15863         M/T/W/Th/F	Amerige, R <b>08:30-11:30am</b>
Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
Room 184           09/03/19-01/22/20 (18 weeks)           16088         M/T/W/Th/F	Dizaiy, B <b>08:30-11:30am</b>
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 215           09/03/19-01/22/20 (18 weeks)           16587         M/T/W/Th/F	Strack, J <b>08:30-11:30am</b>
Room 303 09/03/19-01/22/20 (18 weeks) 16752 M/T/W/Th	Goldfine, M <b>06:00-09:00pm</b>
ADVANCED	
<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 202           09/03/19-01/22/20 (18 weeks)           15502         M/T/W/Th	Miller, E 06:00-09:00pm
09/03/19-01/22/20 (18 weeks) 15501 M/T/W/Th/F	Hicks, B 08:30-11:30am
	00.50 11.50am
<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
10440 Black Mountain Rd/92126 Building A, Room 108 09/03/19-01/22/20 (18 weeks)	619-388-1800 Orban, N
10440 Black Mountain Rd/92126 <b>Building A, Room 108</b> 09/03/19-01/22/20 (18 weeks) 15632 M/T/W/Th  César E. Chávez Campus	619-388-1800 Orban, N <b>06:00-09:00pm</b>
10440 Black Mountain Rd/92126  Building A, Room 108 09/03/19-01/22/20 (18 weeks) 15632 M/T/W/Th  César E. Chávez Campus 1901 Main Street/92113  Room 303 09/03/19-01/22/20 (18 weeks)	619-388-1800 Orban, N 06:00-09:00pm 619-388-1910 Foster, J

	nal Cultural Complex View Blvd./92113	619-388-4956
Room 182		
09/03/19-0 <b>16090</b>	01/22/20 (18 weeks) M/T/W/Th/F	Greenberg, l 08:30-11:30am
09/03/19-0 <b>16089</b>	01/22/20 (18 weeks) <b>M/T/W/Th</b>	Corte, C <b>06:00-09:00pm</b>
Mid-City 3792 Fairm	<b>Campus</b> ount Avenue/92105	619-388-4500
<b>Room 302</b> 09/03/19-0 <b>16254</b>	01/22/20 (18 weeks) M/T/W/Th/F	Nikollari, D. <b>12:45-02:45pm</b>
09/03/19-0 <b>16271</b>	01/22/20 (18 weeks) <b>M/T/W/Th</b>	Strack, J <b>06:00-08:30pm</b>

#### **ESL COMPUTER LABS**

For all ESL levels. Practice English using a computer to reinforce language learning. Work independently at your own pace. ESL computer programs typically focus on listening, conversations, vocabulary, reading, grammar, and pronunciation.

#### Classes are free.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 204 09/03/19-01/22/20 (18 weeks) 16402 M/T/W	Miller, E 04:45-05:45pm
09/03/19-01/22/20 (18 weeks) 15497 M/T/W/Th/F	Brice, J <b>07:30-08:30am</b>
09/03/19-01/22/20 (18 weeks) 15496 M/T/W/Th/F	Coxey, C <b>11:45-01:45pm</b>
CE at Miramar College 10440 Black Mountain Rd/92126	619-388-1800
Building A, Room 106	
09/03/19-12/10/19 (18 weeks) 17207 M/T	Wei Liao, L <b>07:15-08:15am</b>
César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 307 09/03/19-01/22/20 (18 weeks) 15862 M/T/W/Th/F	Bogage, B <b>11:45-01:45pm</b>
Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
<b>Room 146-C</b> 09/03/19-01/22/20 (18 weeks)	Weinroth, R

#### **ESL COMPUTER LABS** continued

Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
Room 313	
09/03/19-01/22/20 (18 weeks) 16305 M/T/W/Th/F	Norris, V <b>11:45-12:45pm</b>
Room 301	
09/03/19-01/22/20 (18 weeks) 16301 M/T/W/Th	Osborn, J <b>04:45-05:45pm</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 203	
09/03/19-01/22/20 (18 weeks) 15979 M/T/W	Brice, J <b>11:45-01:45pm</b>

#### TRANSITION TO COLLEGE

pathways to \*\*\* SUCCESS

Excellence in Career, College and Life Preparation

#### ESL Transition to College Level 6-7

Practice the English you need to succeed in college. The course focuses on reading, writing, taking notes from lectures, and college-level essay writing. You also learn about college programs and how to apply to college. For partially-online classes, students must be enrolled in both regular and online class to receive certificate.

Classes are free.

CE at Mesa College 7350 Armstrong Place/92111	619-388-1950
Room 207           09/03/19-01/22/20 (18 weeks)           15493         M/T/W/Th/F	Goldstein, C <b>08:30-11:30am</b>
<b>César E. Chávez Campus</b> 1901 Main Street/92113	619-388-1910
Room 309           09/03/19-01/22/20 (18 weeks)           15860         M/T/W/Th/F	Bogage, B <b>08:30-11:30am</b>
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 204 09/03/19-01/22/20 (18 weeks) 15613 M/T/W/Th/F	Fernandes, T <b>08:30-11:30am</b>

Online Transition to College See p.48

**46 Fall 2019 Class Schedule** San Diego Continuing Education

# **ESL SPECIAL CLASSES** Special classes focus only on one or two languag skills areas. Classes are free.

#### Conversation CE at Mesa College 7350 Armstrong Place/92111 619-388 BEGINNING Room 202 09/07/19-01/18/20 (17 weeks) 09:00-11 15771 Sa INTERMEDIATE/ADVANCED Room 205 09/03/19-01/22/20 (18 weeks) 15505 M/T/W/Th/F 11:45-01 Room 216 09/07/19-01/18/20 (17 weeks) DesRo 09:00-12 15772 Sa

CE at Miramar College 10440 Black Mountain Rd/92126 619-388 BEGINNING

Building A-101

09/03/19-01/22/20 (18 weeks) 15635 M/T/W/Th/F

09/07/18-01/18/20 (17 weeks) 15636 S

Building A-102

09/03/19-01/22/20 (18 weeks) 15950 M/T/W/Th/F

#### INTERMEDIATE/ADVANCED

 Building A-105

 09/03/19-01/22/20 (18 weeks)

 15642
 M/T/W/Th/F

Building A-107 09/03/19-01/22/20 (18 weeks) 17204 M/T/W/Th/F

Building A-108 09/03/19-01/22/20 (18 weeks) 15638 T/W

César E. Chávez Campus 1901 Main Street/92113

Foster J

09:00-11:30am

#### BEGINNING

Room 306 09/07/19-01/18/20 (17 weeks) 15868 Sa

#### INTERMEDIATE/ADVANCED

	INTERMEDIATE/ADVANCED	
o language	Room 303	
	09/04/19-01/22/20 (18 weeks) <b>15869 M/W</b>	Hamilton, K <b>11:45-01:45pm</b>
	Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
619-388-1950	BEGINNING	
	<i>Room 201</i>	
Olulu A	09/03/19-01/21/20 (18 weeks) Val 17377 M/T/W/Th	enzuela, K/Guevara, F <b>04:45-05:45pm</b>
Okeke, A 09:00-11:30am	Room 210	
	09/06 /19-01/17/20 (17 weeks) 17376 F	Williams, T <b>06:00-08:30pm</b>
Lam, X	INTERMEDIATE-ADVANCED	
11:45-01:45pm	Room 205	
	09/06/19-01/17/20 (17 weeks) 16223 F	Thompson, J 06:00-08:30pm
DesRoches, D	Room 207	
09:00-12:00pm	09/03/19-01/22/20 (18 weeks) 16583 M/T/W	Sperling, A <b>04:45-05:45pm</b>
619-388-1800	Room 212	
	09/04/19-01/22/20 (18 weeks) 16225 M/W/F	Thomas, R <b>11:45-12:45pm</b>
	Room 303	
Sun, J <b>11:45-01:45pm</b>	09/03/18-01/16/20 (17 weeks) 16224 M/T/W/Th	Goldfine, M 04:30-05:45pm
Daggett, G <b>08:30-11:30am</b>	Conversation	
Bell, H	West City Campus 3249 Fordham Street/92110	619-388-1873
11:45-01:45pm	BEGINNING	
	Room 203	
	09/06/19-01/10/20 (16 weeks) 16018 F	Fadavizad, M <b>11:45-01:45pm</b>
Comey, P <b>11:45-01:45pm</b>	INTERMEDIATE Room 204	
Daggett, G <b>11:45-01:45pm</b>	09/06 /19-01/10/20 (16 weeks 16020 F	Fernandes, T <b>11:45-01:45pm</b>
· · · · · · · · · · · · · · · · · · ·	INTERMEDIATE/ADVANCED	
Orban, N	Room 204	<i>c</i> 1 1
04:45-05:45pm	09/03/19-01/22/20 (18 weeks) 16176 M/T/W/Th	Gianola, A <b>11:45-01:45pm</b>
619-388-1910		

#### Pronunciation

<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
INTERMEDIATE-ADVANCED Building A, Room 102	
09/07/19-01/18/20 (17 weeks) 17205 Sa	Dahl, S <b>08:30-11:30am</b>
Mid-City Campus 3792 Fairmount Avenue/92105	619-388-4500
BEGINNING Room 304	
09/03 /19-01/21/20 (18 Weeks) 16228 T/Th	Nikollari, D <b>11:45-12:45pm</b>
Reading	

Mid-City Ca 3792 Fairmoun	<b>mpus</b> t Avenue/92105	619-388-4500
INTERMEDIA	ATE/ADVANCED	
Room 207		
09/03/19-01/ <b>16582</b>	22/20 (18 weeks) M/T/W/Th/F	Sadoudi, N <b>08:30-11:30am</b>
Room 302		
09/05/19-01/ <b>16678</b>	17/20 (17 weeks) Th/F	Kwiatkowski, M 08:30-11:00am
Room 218		
09/05/19-01/ <b>17537</b>	17/20 (17 weeks) Th/F	Staff 12:45-02:45pm

#### Grammar

Mid-City Campus 3792 Fairmount Avenue/92105

BEGINNING

Room 321		
	/09/20 (16 weeks)	Cranston, J
16609	T/Th	07:15-08:15am
Room 207		
	L/15/20 (15 weeks)	Sadoudi, N
16581	M/W	11:45-12:45pm
Room 205		
	L/15/20 (15 weeks)	Hartman, C,
17422	M/W	11:45-12:45pm
INTERMED	IATE/ADVANCED	
Room 212		
09/03/19-01	/21/20 (18 weeks)	Thomas, R

<b>16575</b>	T/Th	
Room 321		
09/03 /19-	12/19/19 (15 weeks)	
16610	T/Th	

#### **ESL ONLINE CLASSES**

#### NEW! Online Reading: Intermediate/Advanced

This course develops intermediate and advanced-level reading skills with a focus on vocabulary development, reading strategies, and comprehension. Interesting and relevant reading practice will help you improve your reading fluency and accuracy for success in school, the workplace, and personal life. You will also gain critical thinking, digital literacy, and soft skills. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email dveraalb@sdccd.edu for more information.

Classes are free.

#### SESSION I

09/03/19-11/02/	19 (9 weeks)	Vera-Alba, D
16720	Choose a registrat	tion option below:

CE at Miramar College, Room A-106: 9/4, 6-8:30pm West City Campus, Room 208: 9/5, 12-2:30pm César Chávez Campus, Room 307: 9/6, 9-11:30am

#### SESSION II

# 11/04/19-01/22/20 (9 weeks) Vera-Alba, D 16722 Choose a registration option below:

West City Campus, Room 208: 11/7, 12-2:30pm CE at Miramar College, Room A-106: 11/6, 6-8:30pm César Chávez Campus, Room 307: 11/8, 9-11:30am

#### Online English + Workplace Communication: Intermediate

Learn English and workplace communication skills while focusing on listening, speaking, grammar, reading, and writing. Session I focuses on career planning and digital literacy and Session II workplace communication and soft skills. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email faculty sdavis@sdccd.edu for more information. *Classes are free. Materials fee is \$20.* 

#### SESSION I

619-388-4500

11:45-12:45pm

Cranston, J 07:15-08:15am

# 09/03/19-11/02/19 (9 weeks) Davis, S 16274 Registration options below:

César Chávez Campus, Room 307: 9/4, 6-8:30pm CE at Mesa College, Room 204: 9/5, 2-4:30pm Mid-City Campus, Room 313: 9/6, 6-8:30pm

#### SESSION II

11/04/19-01/22/20 (9 weeks) Davis, S 16275 Registration options below:

César Chávez Campus, Room 307: 11/6, 6-8:30pm CE at Mesa College, Room 204: 11/7, 2-4:30pm Mid-City Campus, Room 313: 11/8, 6-8:30pm

#### Online English + Workplace Communication: Advanced

Learn English and workplace communication skills while focusing on listening, speaking, grammar, reading, and writing. Session I focuses on career planning and digital literacy and Session II workplace communication and soft skills. Complete both sessions and earn a certificate in Advanced Pre-Vocational English As A Second Language. Participation is required at one of the mandatory class registrations on campus listed below. Email emiller@sdccd.edu

Classes are free. Materials fee is \$20.

#### SESSION I

09/03/19-11/02/	19 (9 weeks)	Miller, E
16263	Choose a registration	option below:

CE at Mesa College, Room 204: 9/4, 2-4:30pm César Chávez Campus, Room 307: 9/5, 9-11:30am Mid-City Campus, Room 301: 9/6, 6-8:30pm

#### SESSION II

# 11/04/19-01/22/20 (9 weeks) Miller, E 16265 Choose a registration option below:

César Chávez Campus, Room 307: 11/4, 9-11:30am CE at Mesa College, Room 204: 11/6, 2-4:30pm Mid-City Campus, Room 301: 11/8, 6-8:30pm

#### Online English At Home: Intermediate

Increase your English skills in listening, speaking, reading, writing, vocabulary and grammar while interacting with an online community of intermediate level ESL learners and your teacher. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email faculty jvarnado@sdccd.edu for more information.

Classes are free.

#### SESSION I

09/03/19-11/02/19 (9 weeks) Varnado-Swall, J 15304 Choose a registration option below:

CE at Miramar College, Room A-106: 9/4, 4-6:30pm CE at Mesa College, Room 204: 9/5, 6-8:30pm Mid-City Campus, Room 313: 9/6, 2-4:30pm

#### SESSION II

# 11/04/18-01/22/20 (9 weeks)Varnado-Swall, J15305Choose a registration option below:

CE at Miramar College, Room A-106: 11/6, 4-6:30pm CE at Mesa College, Room 205: 11/7, 6-8:30pm Mid-City Campus, Room 313: 11/8, 2-4:30pm

#### Online English At Home: Advanced

Increase your English skills in listening, speaking, reading, writing, vocabulary and grammar while interacting an online community of advanced level ESL learners and your teacher. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email faculty igreenbe@sdccd,edu for more information.

#### Classes are free.

#### SESSION I

09/03/19-1	1/02/19 (9 weeks)	Greenberg, I
15313	Choose a registration	on option below:

CE at Miramar College, Room A-106: 9/5, 6-8:30pm Mid-City Campus, Room 301: 9/6, 2:00-4:30pm

#### SESSION II

11/04/19-01/22/	20 (9 weeks)	Greenberg, I
15316	Choose a registrat	tion option below:

*CE at Miramar College, Room A-106: 11/7, 6-8:30pm Mid-City Campus, Room 301: 11/8, 2:00-4:30pm* 

#### **Online Grammar: Advanced**

This online course provides advanced writing and grammar practice in a flexible online environment. Students explore advanced grammar concepts and use the grammar structures in writing. The instructor offers individualized, detailed feedback and suggestions for practicing and improving grammar usage and writing. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email faculty sthomas@sdccd. edu for more information.

Classes are free.

#### SESSION I

09/03/19-11/02/	19 (9 weeks)	Thomas, S
16327	Choose a registrat	ion option below:

CE at Miramar College, Room A-106: 9/4, 9-11:30am César Chávez Campus, Room 307: 9/5, 6-8:30pm

#### SESSION II

# 11/04/19-01/22/20 (9 weeks) Thomas, S 16328 Choose a registration option below:

CE at Miramar College, Room A-106: 11/6, 9-11:30am César Chávez Campus, Room 307: 11/7, 6-8:30pm

#### **NEW!** Transition to College Online

Practice the English you need to succeed in college. This online course focuses on reading, writing, note taking in lectures, and college-level essay writing while interacting with an online community of advanced level ESL learners and your teacher. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email faculty mposner@sdccd.edu for more information.

#### SESSION I

09/03/19-11/02/	19 (9 weeks)	Posner, M
16740	Choose a registration	option below:

CE at Mesa College, Room 204: 9/4, 6-8:30pm Mid-City Campus, Room 313: 9/5, 2-4:30pm CE at Miramar College, Room A-106: 9/6, 9-11:30am

#### SESSION II

11/04/19-01/22	/20 (9 weeks)	Posner, M
16742	Choose a registratio	n option below:

CE at Mesa College, Room 205: 11/6, 6-8:30pm Mid-City Campus, Room 313: 11/7, 2-4:30pm CE at Miramar College, Room A-106: 11/8, 9-11:30am

#### Online Citizenship

(ESLA 440) This online course focuses on the development of English language skills, and the knowledge of American History and Government. Prepare for completing the citizenship application; the citizenship history and government test; and the final U.S Citizenship and Immigration Services Interview. Onsite registration, attendance and participation is required at one of the dates, times and campus locations listed below. Email faculty thtnguye@sdccd. edu for more information.

Classes are free. Enroll anytime in class.

#### SESSION I

09/03/19-11/02	/19 (9 weeks)	Nguyen, T
16316	Choose a registratio	n option below:

CE Miramar, Room A106: 9/5/19, 9:00-11:30am CE Mesa, Room 205: 9/5/19, 2-4:30pm Mid-City, Room 313 : 9/9/19, 2-4:30pm

#### SESSION II

### 11/04/19-11/02/19 (9 weeks) Nguyen, T 16319 Choose a registration option below:

Mid-City, Room 313 : 11/4/19, 2-4:30pm CE Miramar, Room A106: 11/7/19, 9:00-11:30am CE Mesa, Room 205: 11/7/19, 2-4:30pm

#### PARTIALLY ON-LINE ESL CLASSES

Partially-online classes offer students a flexible, unique and integrated in-classroom and on-line learning environment experience.

#### PARTIALLY ONLINE ADVANCED PRE-VOCATIONAL ESL: ADVANCED 6-7

Learn English and develop workplace oral and written communication skills at the advanced level. Focus on career English and work-related soft skills. Develop speaking vocabulary, reading, writing, grammar and computer skills. Research career and vocational pathways for advancement and success. Students must enroll and participate in both the regular and online class. Email faculty sgwynne@sdccd.ed for more details.

#### Mid-City Campus

16649	M/T/W	08:30-11:30am
11/04/19-01/2	2/20 (9 weeks) Session II	Layton, C Gwynne, S
16647	M/T/W	08:30-11:30am
09/03/19-10/3	0/19 (9 weeks) Session I	Layton, C/ Gwynne, S
Room 302		
3792 Fairmount	Avenue/92105	619-388-4500

#### PARTIALLY ON-LINE ENGLISH + WORKPLACE COMMUNICATION: ADVANCED 6-7

Learn English and workplace communication skills while focusing on listening, speaking, grammar, reading and writing. Sessionl focuses on career planning and digital literacy and Session II on workplace communication soft skills. Students must enroll and participate in both the regular and online class. Email faculty: dveraalb@sdccd. edufor more information

#### Classes are free.

<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
Building A-108	
09/03/19-10/30/19 (9 weeks) Session	n I Vera-Alba, D
16008 Room A-108 W Room A-106 W Room A-108 M/T	08:30-10:00am 10:00-11:30am 08:30-11:30am
11/04/19-01/22/20 (9 weeks) Session 16009	n II Vera-Alba, D
Room A-108 W Room A-106 W Room A-108 M/T	08:30-10:00am 10:00-11:30am 08:30-11:30am

#### PARTIALLY ONLINE INTERMEDIATE PRE-VOCATIONAL ESL

Learn academic and workplace skills at the intermediate level while focusing on listening, speaking, grammar, reading, vocabulary and writing. Critical thinking, numeracy, soft skills, digital literacy and cross cultural understanding will also be integrated throughout this course. Students must enroll and participate in both the regular and online class. Email faculty mcueva001@sdccd.edu for more information.

#### CE at Mesa College

7350 Armstrong	Place/92111	619-388-1950
15499	51/20 (9 weeks) Session I M/T/W	Cueva, M 08:30-11:30am
11/04/19-01/2 15942	2/20 (9 weeks) Session II M/T/W	Cueva, M 08:30-11:30am
CE at Mirama 10440 Black Mo	<b>ar College</b> untain Rd/92126	619-388-1800
09/03/19-10/3 <b>16006</b>	31/19 (9 weeks) Session I	Ade, E
Room A-115 Room A-106 Room A-115	M M T/Th	08:30-10:00am 10:00-11:30am 08:30-11:30am
11/04/19-01/2 <b>16007</b>	1/20 (9 weeks) Session	ll Ade, E
Room A-115 Room A-106 Room A-115	M M T/Th	08:30-10:00am 10:00-11:30am 08:30-11:30am

#### PARTIALLY ONLINE TRANSITION TO **COLLEGE ADVANCED 6-7**

Practice the English you need to succeed in college. The course focuses on reading, writing, taking notes from lectures, and college-level essay writing. You will also learn about college programs and how to apply to college. Students must enroll and participate in both the regular and online class.

CE at Miramar College	
10440 Black Mountain Rd/92126	619-388-1800

Email faculty mallan@sdccd.edu for more information

09/04/19-11/0 <b>15983</b>	1/19 (9 weeks) Session I	Allan, M
Room A-106	W	08:30-10:00am
Room A-108	W	10:00-11:30am
Room A-108	Th/F	08:30-11:30am
11/06/19-01/2 <b>15988</b>	2/20 (9 weeks) Session II	Allan, M
Room A-106	W	08:30-10:00am
Room A-108	W	10:00-11:30am
Room A-108	Th/F	08:30-11:30am

Mid-City Campus	
3792 Fairmount Avenue/92105	619-388-4500

#### Room 304

Email faculty mosner@sdccd.edu for more information.

09/03/19-1	.0/30/19 (9 weeks)	Session I	Posner, M
<b>16732</b>	<b>M/T/W</b>		08:30-11:30am
11/04/19-0	)1/22/20 (9 weeks) 9	Session II	Posner, M
<b>16737</b>	<b>M/T/W</b>		08:30-11:30am

#### PARTIALLY ONLINE ESL ADVANCED LOW 6

Learn transferable academic and workplace skills at th advanced level while focusing on listening speaking, grammar, reading and writing. Critical thinking, numeracy, soft skills, digital literacy and cross cultural understanding will be integrated throughout this course. Students must enroll and participate in both the regular and online class. Email instructor cluster@ sdccd.edu for more information.

CE at Mirama 10440 Black Mo	ar College untain Rd/92126	619-388-1800
	1/19 (9 weeks) Session I	Luster, C
15974 Room A-106 Room A-115 Room A-115	M M W/F	08:30-10:00am 10:00-11:30am 08:30-11:30am
	2/20 (9 weeks) Session II	Luster, C
15978 Room A-106	м	08:30-10:00am
Room A-115	М	10:00-11:30am
Room A-115	W/F	08:30-11:30am

#### **OFFSITE LOCATIONS**

	César E. Cháv Note: Held off-can Horton House Din 333 G Street/92:	npus at ing Center	619-388-1910
M m	BEGINNING L	ITERACY 1-3	
M m	09/03/19-01/2 <b>15855</b>	2/20 (18 weeks) M/T/W/Th/F	Varnado-Swall, J <b>08:30-11:30am</b>
ie	Mid-City Can Note: Held off-can Mid City Extension 5348 University	npus at n	619-388-4500
1	BEGINNING L 09/03/19-01/2 <b>15289</b>	ITERACY 1-3 2/20 (18 weeks) M/T/W/Th F	Perry, L 08:30-11:30am 08:30-11:00am
0	<b>CE at Mirama</b> Note: Held off-can Mira Mesa Library 8405 New Salem	npus at	-1800

#### CITIZENSHIP

09/03/19-	01/22/20 (18 weeks)	Lieber, C.
15503	T/W	12:00-02:30pm



# ABOUT

The Disability Support Programs and Services (DSPS) mission is to offer a variety of classes and services designed to facilitate the success of students with disabilities in reaching their educational, personal, and vocational goals.

Support services and assistive technology are available so students can participate as fully as possible in classes and programs.

In addition to the classes in this section, accommodations can be provided for any eligible student who has a verified disability. If you have a disability and you need support services, contact a DSPS counselor. Provision of accommodations may take up to one month so contact a counselor as soon as possible to request assistance.

# HOW

#### Contact Information

Students must contact DSPS before enrolling in any of the classes listed in this section. Ask for the DSPS Counselor.

**CE at Mesa College** (Armstrong Place) 619-388-1952

**César E. Chávez Campus** (Barrio Logan) 619-388-1910

Educational Cultural Complex (Ocean View Blvd.) 619-388-4812

Mid-City Campus (Fairmount Avenue) 619-388-4556

North City Campus (Aero Drive) 619-388-1821

West City Campus (Point Loma) 619-388-1866

#### 50 Fall 2019 Class Schedule San Diego Continuing Education

# DSPS Disability Support Programs and Services

#### WORKABILITY III

WorkAbility is a partnership between the California Department of Rehabilitation (DOR) and the San Diego Community College District (SDCCD) that provides comprehensive career counseling services to students with disabilities. Students must be a client of DOR, and enrolled in a Continuing Education class to access this service.

Services meet specific needs as they relate to counseling and support for Certificate Programs; career exploration; work experience; internships; job search assistance; on-the-job accommodation, and job retention. For more information, call 619-388-6984 or email krtaylor@ sdccd.edu

#### Adaptive Arts and Crafts

(DSPS 653D) Introduction to various art media for students with disabilities. Focus on appreciation, creative expression, tools, techniques, and production of individual projects.

Classes are free. Contact DSPS for information & enrollment.

619-388-4812
Grossini-Concha, G 09:00-12:00pm 12:30-02:30pm
Grossini-Concha, G <b>12:30-02:30pm</b>
Kozminska, P <b>08:45-11:45am</b>

#### Basic Education

(DSPS 624D) Instruction for students with disabilities to improve basic academic and communication skills including functional reading, writing, and math.

Classes are free. Contact DSPS for information and enrollment.

	al Cultural Complex View Blvd./92113	619-388-4812
<i>Room 178</i> 09/03/19-0 <b>16670</b> <b>16998</b>	1/22/20 (18 weeks) M/T/W/Th/F M/T/W/Th	Schmitz, F 09:00-12:00pm 12:00-02:30pm
<i>Room</i> 177	1/14/20 (17 weeks)	Keller, M
09/03/19-0	M	09:00-11:00am
16676	T/W/Th	09:00-12:00pm
09/03/19-0	1/14/20 (17 weeks)	Keller, M
<b>16680</b>	<b>T/Th</b>	12:45-02:45pm

#### Cognitive Retraining

(DSPS 690D) Introduction for students with acquired brain injuries. Focus on rebuilding a sense of self and providing students with the tools necessary to succeed in important areas of daily living, including interpersonal relationships, work, school and community. Curriculum may include memory strategies, organization and time management, communication skills, personal development and advocacy.

Classes are free. Contact DSPS for information and enrollment.

<b>CE at Mesa Co</b> 7350 Armstrong F		619-388-1952
Room 116		
09/05/19-01/23	3/20 (18 weeks) Hoffmar	Contreras, L/ Szabo, J n-Sperber, J / Miyatake, M
15872	M/T/W/Th	09:00-12:00pm
09/05/19-01/23	3/20 (18 weeks)	Staff
15873	M/T/W/Th	12:30-03:30pm
Room 203		
09/04/19-01/15 <b>16705</b>	5/20 (17 weeks) W	Jones, M 06:00-09:00pm
10/05		00.00 03.00pm
Educational C 4343 Ocean View	Cultural Compl Blvd./92113	<b>ex</b> 619-388-4812
Room 184 & 18	5	
09/03/19-01/14 <b>16702</b>	4/20 (17 weeks) <b>T/W/Th</b>	Schmitz, L / Turner, S <b>12:00-03:00pm</b>

#### **Communication Skills**

(DSPS 622D) This course is designed to help the student with a disability to develop or improve effective communication skills.

Classes are free. Contact DSPS for information and enrollment.

César E. Chávez Campus Note: Held off-campus at Sulpizio Center 3030 Market Street/92102	619-388-1910
Room 303 09/03/19-01/14/20 (17 weeks) 16064 M/W/F	Cole, J <b>12:30-03:30pm</b>
CE at Miramar College 10440 Black Mountain Rd/92126	619-388-1800
Building A, Room 115 09/13/19-01/13/20 (17 weeks) 16010 M	Turner, S <b>12:00-02:00pm</b>

#### Food Preparation Basics

(DSPS 662D) For students with disabilities to learn basic concepts of food preparation to increase independence at home. Includes basic cooking vocabulary, reading and following recipe instructions, and basic nutrition concepts. Plus activities to teach kitchen safety and sanitation, grocery shopping skills, and budgeting. Classes are free. Contact DSPS for information and enrollment.

<b>Educational Cultural Complex</b> 4343 Ocean View Blvd./92113	619-388-4812
Room 179           09/03/19-01/14/20 (17 weeks)           16686         T	Hough, M <b>09:15-11:45am</b>

#### Life Management/Career Prep

(DSPS 662D) For students with disabilities to promote independence by teaching career and life planning, and setting short and long term goals. Includes personal development and characteristics for work, job search strategies and techniques, identifying community resources, and developing an action plan.

Classes are free. Contact DSPS for information and enrollment.

	al Cultural Complex View Blvd./92113	619-388-4812
<b>Room 179</b> 09/03/19-0 <b>16701</b>	1/14/20 (17 weeks) <b>M/W</b>	Hough, M <b>09:00-12:00pm</b>
CE at Mira	mar College	

Turner S

10440 Black Mountain Rd/92126 619-388-1800

Building A, Room 115 9/03/19-01/14/20 (17 weeks) 15619 T/Th 09:00-11:00am

#### Introduction to Computers

(DSPS 610 D) Help the student with a disability learn basic computer skills with the benefit of a limited class size and individually paced instruction. Includes knowledge of computer components, care and maintenance of hardware, peripherals and accessories, basic operation of a computer and keyboarding skills. Adaptive technology will be made available to facilitate general computer use by students with disabilities.

Classes are free. Contact DSPS for information and enrollment.

Room 176 09/03/19-01/14/20 (17 weeks) 16979 T/Th	Hough, M <b>12:00-02:00pm</b>
Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4812

#### Occupational Opportunities

(DSPS 639D) Introduction to assist students with disabilities to assess vocational aptitude and interests, and to acquire skills necessary to seek and maintain employment. Use of internet, and assistance with accommodations for success.

Classes are free. Contact DSPS for information and enrollment.

<b>CE at Miramar College</b> 10440 Black Mountain Rd/92126	619-388-1800
Building A-115	
09/05/19-01/15/20 (17 weeks) 15618 W	Contreras, L <b>12:00-02:00pm</b>

#### Relationships and Sexualitu

(DSPS 605D) Students to explore attitudes and values regarding healthy sexual relationship development. Information will be shared about human anatomy, reproduction, contraception choices, sexual orientation, sexually transmitted infections, sexual coercion, and building relationships with emphasis on the development of positive personal strategies.

Classes are free. Contact DSPS for information and enrollment.

CE at Miramar College 10440 Black Mountain Rd/92126 619-388-1800

Building A, Room 115 09/05/19-01/16/20 (17 weeks) 15617 Th

Serbian, K 12:00-02:00pm

#### Phusical Fitness for Disabled

(DSPS 621D) Adaptive instruction for students with physical disabilities to improve overall fitness.

Classes are free. Contact DSPS for information and enrollment.

#### ADAPTIVE STRETCHING

Designed to meet the specific needs of the adult with a disability to develop and maintain a level of strength and flexibility to improve the functional abilities which facilitate independence.

#### CE at Mesa College

09/04/19-01/15/20 (17 weeks) 16704 W	Moore, D 04:00-05:30pm
Room 118	
7350 Armstrong Place/92111	619-388-1952

#### Social Skills

(DSPS 609D) For students with disabilities to improve in-person and online social skills. Enhance social interaction skills including unstated rules of social situations, dealing with teasing and bullying, and managing rumors and gossip. Also covers skills related to relationships, verbal and non-verbal communication, conflict resolution, and attending social events.

Classes are free. Contact DSPS for information and enrollment.

#### CE at Miramar College

10440 Black Mountain Rd/92126 619-388-1800

Building A, Room 1	15
09/03/19-01/14/2	0 (17 weeks)
15615 T	

Corona V 12:00-02:00pm

#### Wellness Management

(DSPS 656D) This course is designed to teach students with disabilities evidence-based wellness and stress management strategies for academic, personal and workplace success. Topics will include identifying stress, the human stress response system, resiliency, perseverance, and stress management techniques. The course will include activities to enhance strategies to manage stress with specific regard to disability.

Classes are free. Contact DSPS for information and enrollment.

<b>Educational Cultural Complex</b> 4343 Ocean View Blvd./92113	619-388-4812
Room 179 09/05/19-01/09/20 (16 weeks) 16690 Th	Hough,M <b>09:15-11:45am</b>



# ABOUT

The Emeritus Program challenges adults to stay intellectually stimulated, socially engaged and physically fit. A variety of courses meet the diverse needs of an aging population. Classes such as Brain Fitness, Music Appreciation, and the Writer's Workshop are designed to benefit the mind, while others such as Health and Wellness, Nutrition, and Tai Chi benefit the body. Instruction is specifically designed for adults 55+ years and helps students maintain independence, rejoin the workforce and be actively engaged in the community.

- » Art
- » Communication
- » Consumer Education
- » Drama
- » I aw
- » Literature
- » Music
- » Nutrition, Health & Wellness
- » Retirement
- » Social Studies

# HOW

Classes are free. Pre-enrollment is not necessary unless noted. For most classes, simply visit the class on the date and time indicated with the class information, and enroll when you arrive. First-come, first-served.

Look also online for further information at sdce.edu



# **Emeritus Program**

# /Art

#### Art Appreciation

(ARTS 507) The history and development of art through the ages. Primary focus: how artists have depicted life and our environment through various visual mediums including, but not limited to, drawing, painting and sculpture.

#### Introductory Ceramics

(ARTX 548) Make hand formed and/or wheel-thrown ceramic pieces. Glazing techniques, raku firing, and ceramic sculpture.

Classes are free. Enroll anytime in class.

Educational Cultural Complex 4343 Ocean View Blvd./92113	619-388-4956
Room 48-D	
09/04/19-01/22/20 (18 weeks)	Kozminska, P
16568 W	<b>09:30-01:30pm</b>
09/04/19-01/22/20 (18 weeks)	Kozminska, P
16573 W	05:30-08:30pm
09/05/19-01/16/20 (17 weeks)	Kozminska, P
16576 Th	01:00-04:30pm
09/06/19-01/17/20 (17 weeks)	Kozminska, P
16577 F	<b>12:00-03:30pm</b>
09/07/19-01/18/20 (18 weeks)	Kozminska, P
16580 Sa	08:30-12:30pm
09/09/19-01/13/20 (15 weeks)	Kozminska, P
16584 M	<b>04:00-08:00pm</b>
FOCUS ON HAND-FORMED CEF	RAMICS
CE at Mesa College 7350 Armstrong Place/92111	619-388-1950

7350 Armstrong Place/92111	619-388-1950
Room 119	
09/04/19-01/22/20 (18 weeks)	Cox, D
<b>15428</b> W	02:00-05:30pm
09/06/19-01/17/20 (17 weeks)	Cox, D
15729 F	<b>12:30-04:30pm</b>
09/07/19-01/18/20 (18 weeks)	Cox, D
15735 Sa	08:30-12:30pm
West City Campus Note: Held off-campus at Cadman Recreation Center 4280 Avati Drive/92117	619-388-1873
09/09/19-01/13/20 (15 weeks)	Cox, D
15133 M	<b>01:00-04:00pm</b>

#### Drawing and Painting 1-2

(ARTX 515) Develop an awareness of line, color, shape and form. Techniques in drawing and progression through color mixing and canvas painting. Pursue an interest in art for personal enrichment. Individual instruction guided at a pace compatible with your personal inclination. A relaxed, noncompetitive approach is encouraged.

Educational Cultural Complex	
Note: Held off-campus at	
Reo Vista Health Care Center	
6061 Banbury St./92139	619-388-4956
09/03/19-01/21/20 (18 weeks)	Sandin T

09:30-11:30am

#### Т **OBSERVATIONAL PAINTING**

16585

This class is designed around observation and

perceptual painting. Students will paint from life and still life.

Class is free. Enroll anytime in class.

#### North City Campus Note: Held off-campus at

09/09/19-01/13/20 (15 weeks)	Mason, P
<b>15750 M</b>	<b>01:00-05:00pm</b>
Mira Mesa Senior Center 8460 Mira Mesa Blvd./92126	619-388-1800

#### PAINTING WITH COLORS

Students are taught how to develop a mixed media painting using watercolor with gouache, ink, pastels, colored pencils, and/or collage elements. Students actively experiment with mixed media materials while learning composition and color theory.

Class is free. Enroll anytime in class.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124-A 09/03/19-01/21/20 (18 weeks) 16101 T	Melzer, A 05:30-08:30pm
09/04/19-01/22/20 (18 weeks) 16106 W	Melzer, A <b>12:30-04:00pm</b>



#### THE MAGIC OF PASTELS

Classes are free. Enroll anytime in class.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 119 09/09/19-01/13/20 (15 weeks) 15747 M	Peterson, B 02:00-05:00pm
West City Campus Note: Held off-campus at Doyle Recreation Center 2175 Regents Road/92122	619-388-1873
09/04/19-01/22/20 (18 weeks) <b>15144 W</b>	Bradford, R <b>01:30-05:00pm</b>
West City Campus Note: Held off-campus at Standley Park and Rec Center 3585 Govenor Drive/92122	619-388-1873
09/05/19-01/16/20 (17 weeks) 15148 Th	Bradford, R <b>09:00-12:00pm</b>

#### LIFE DRAWING AND PAINTING

Class is free. Enroll anytime in class.

North	City	Camp	us
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09/09/19-01/13/20 (15 weeks)	Mason, P
15749 M	<b>10:30-01:00pm</b>
Note: Held off-campus at Mira Mesa Senior Center 8460 Mira Mesa Blvd./92126	619-388-1800

#### WATERCOLOR PAINTING: ALL LEVELS

Learn basic watercolor techniques that will give you a solid foundation for watercolor painting. Faculty demonstrations will show you how to paint washes, wet and dry brush techniques and color layering and blending. Learn how to create interesting effects that will improve your paintings and help you achieve exciting results. Work at your own pace.

Classes are free. Enroll anytime in class.

CE at Mesa College 7350 Armstrong Place/9	2111 619-388-1950
<i>Room 119</i> 09/06/19-01/17/20 (1 15429 W	7 weeks) Peterson, B 08:30-12:00pm
09/05/19-01/16/20 (1 15467 Th	7 weeks) Mason, P 08:15-11:30am
09/07/18-01/25/20 (1 <b>15746 F</b>	8 weeks) Peterson, B 08:30-12:00pm
César E. Chávez Ca Note: Held off-campus at The Senior Lounge in Balb (Located in Casa Del Prado 1650 El Prado /92101	- pa Park
<b>Room 101</b> 09/03/19-01/21/20 (1	8 weeks) Ruiz, K
16093 T	01:00-03:30pm
Mid-City Campus Note: Held off-campus at	<b>01:00-03:30pm</b> ide The Temple Emanu-El Building) 619-388-4500
Mid-City Campus Note: Held off-campus at College Avenue Center (ins	ide The Temple Emanu-El Building) 619-388-4500
Mid-City Campus Note: Held off-campus at College Avenue Center (ins 6299 Capri Drive/92120 09/04/19-01/22/20 (1	ide The Temple Emanu-El Building) 619-388-4500 8 weeks) Austin-Rogers, M <b>12:30-03:30pm</b>
Mid-City Campus           Note: Held off-campus at           College Avenue Center (ins           6299 Capri Drive/92120           09/04/19-01/22/20 (1           16354         W           09/05/19-01/16/20 (1	ide The Temple Emanu-El Building) 619-388-4500 8 weeks) Austin-Rogers, M <b>12:30-03:30pm</b> 7 weeks) Austin-Rogers, M <b>09:00-12:00pm</b>
Mid-City Campus           Note: Held off-campus at           College Avenue Center (ins           6299 Capri Drive/92120           09/04/19-01/22/20 (1           16354         W           09/05/19-01/16/20 (1           16355         Th           WATERCOLOR PAIN	ide The Temple Emanu-El Building) 619-388-4500 8 weeks) Austin-Rogers, M <b>12:30-03:30pm</b> 7 weeks) Austin-Rogers, M <b>09:00-12:00pm</b> TING: ALL LEVELS

09/03/19-01/21/20 (18 weeks)	Hinckley, S
15177 T	08:30-12:00pm
09/05/19-01/16/20 (17 weeks)	Lowe, I
15159 Th	<b>11:15-02:15pm</b>



#### West City Campus

Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117

09/09/19-01/1	.3/20 (15 weeks)	Melzer, A
16079	М	01:00-03:30pm

619-388-1873

#### PORTRAIT AND FIGURE STUDY

Beginning art students bring an 18"x 24" newsprint pad, vine charcoal (medium grade), kneaded eraser, and drawing board. Students share model fees to be announced in first class.

Class is free. Enroll anytime in class.

West City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117	619-388-1873
09/05/19-01/16/20 (17 weeks)	Corwin, R
16071 Th	<b>10:00-01:00pm</b>

#### LANDSCAPE DRAWING ON LOCATION

Class meets at different locations. First class will meet at the Lawrence Family Jewish Community Center. Information on additional locations will be distributed on the first day of class.

Class is free. Enroll anytime in class.

West Cit	y Campus	
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Note: Held off-campus at Lawrence Family Jewish Community Center	
4126 Executive Drive, La Jolla/92037	619-388-1873
09/03/19-01/21/20 (18 weeks)	Ruiz, K

03/03/13	01/21/20 (10 WEEKS)	Kuiz, K
15169	Т	08:30-12:30pm

DRAWING, FIGURE STUDY AND STILL LIFE

Class is free. Enroll anytime in class.

West City Campus Note: Held off-campus at Lawrence Family Jewish Community Center	
4126 Executive Drive, La Jolla/92037	619-388-1873
09/09/19-01/13/20 (15 weeks) <b>16077</b> M	Ruiz, K 08:30-12:30pm

# /Art continued

#### OIL OR ACRYLIC PAINTING

Still life, landscape, seascape and portrait painting. Develop an oil or acrylic painting on canvas. Step-bystep demonstrations with color theory, compositional lessons and critiques.

Classes	are	free	Fnroll	anytime	in	class
CIUSSES	uic	JICC.	LIIIOII	ungunic	111	ciuss.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124-A 09/03/19-01/21/20 (18 weeks) 16094 T	Melzer, A 08:30-12:00pm
West City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117	619-388-1873

09/04/19-01/22/20 (18 weeks)		Mason, P
16072	W	11:30-04:30pm

#### ASIAN BRUSH PAINTING

Classos are free Enroll anutime in class

Introductory through advanced course in art of Asian Brush Painting using watercolor and ink. Students will learn practical applications to create art works for personal use and gifts.

Classes are free. Enroll anytime in class.	
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124-A	
09/04/19-01/22/20 (18 weeks) 16107 W	Lowe, I 06:15-09:15pm
09/06/19-01/17/20 (17 weeks) 16111 F	Lowe, I 09:00-12:00pm
09/06/19-01/17/20 (17 weeks) 16114 F	Lowe, I 12:15-03:15pm
West City Campus Note: Held off-campus at	

Note: Held off-campus at	
North University Community Branch Library	
8820 Judicial Drive/92122	619-388-1873
09/03/19-01/21/20 (18 weeks)	Lowe. I

09/03/19-01/21/20 (18 weeks)		Lowe, I
15154	т	11:30-02:30pm

#### SUMI-E AND JAPANESE CLASSICAL ART

Learn the Japanese style of ink and brush, and expand your appreciation of classic Japanese art. Beginners welcome.

Classes are free. Enroll anytime in class.

CE at Mesa C 7350 Armstrong	-	619-388-1950
Room 119		
09/09/19-01/3 <b>15748</b>	13/20 (15 weeks) M	Sandin, T <b>08:30-11:30am</b>
09/05/19-01/3 <b>15465</b>	16/20 (15 weeks) <b>Th</b>	Sandin, T <b>05:30-08:00pm</b>
César E. Chá 1901 Main Stree		619-388-1910
<b>Room 103</b> 09/03/19-01/2 <b>14856</b>	21/20 (18 weeks) T	Sandin, T <b>12:30-03:30pm</b>
<b>César E. Chá</b> Note: Held off-ca Neighborhood Ho 795 Boundary S	mpus at ouse Senior Center	619-388-1910
09/05/19-01/3 <b>14857</b>	16/20 (18 weeks) <b>Th</b>	Sandin, T <b>09:15-11:15am</b>
Mid-City Car Note: Held off-ca Mission Valley Li 2123 Fenton Pa	mpus at brary	619-388-4500
09/04/19-01/2 <b>16352</b>	22/20 (18 weeks) W	Sandin, T <b>02:30-05:00pm</b>
North City C 8355 Aero Drive		619-388-1800
<b>Room 207</b> 09/09/19-01/2 <b>15739</b>	20/20 (15 weeks) M	Kirkpatrick, M <b>12:30-03:30pm</b>
		er location 619-388-1800
09/04/19-01/2 <b>15468</b>	22/20 (18 weeks) W	Kirkpatrick, M 04:30-07:30pm
North City C Note: Held off-ca Serra Mesa Libra 9005 Aero Drive	mpus at ry	619-388-1800

#### 09/05/19-01/16/20 (17 weeks) Kirkpatrick, M 15466 Th 12:30-03:30pm

# West City Campus Note: Held off-campus at Santa Clara Recreation Center 1008 Santa Clara Place/92109 619-388 09/03/19-01/21/20 (18 weeks) 15140 T

#### West City Campus

Note: Held off-campus at The Riford Center 6811 La Jolla Blvd./92109

09/04/19-01/22/20 (18 weeks) 16925 W 619-388-1873

Kirkpatrick, M 12:00-03:00pm

#### Arts and Crafts

(PASV 545) Introductory through advanced courses in arts and crafts. Learn practical application, using diverse media and techniques. Explore principles of art and its place in various cultures. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

<b>César E. Chávez Campus</b> Note: Held off-campus at Neighborhood House Senior Center 851 South 35th Street/92113	619-388-1910
09/03/19-01/22/20 (18 weeks) 16095 T W/F	Scott, J 12:30-02:00pm 02:15-03:45pm
<b>César E. Chávez Campus</b> Note: Held off-campus at Balboa Nursing and Rehab 3520 4th Ave./92103	619-388-1910
09/04/19-01/22/20 (18 weeks) 16096 W	Melzer, A 10:00-11:30am
Mid-City Campus Note: Held off-campus at Brighton Place 1350 Euclid Ave./92105s	619-388-4956
09/09/19-01/13/20 (15 weeks) 16358 M	Lipscomb, M 02:00-03:30pm
BOOK ART	

Mid-City Campus Note: Held off-campus at Ray and Joan Kroc Community Center 6845 University Avenue/92115	619-388-4500
09/09/19-01/13/20 (15 weeks)	Bryson, L
16357 M	<b>10:00-12:30am</b>

#### IKEBANA JAPANESE FLORAL DESIGN

Create beautiful floral arrangements for extra income. Flowers are not provided for personal arrangements. Students can bring flowers or purchase in class. Beginners welcome.

	<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
-1873 ljichi, T <b>:00pm</b>	Room 119 09/03/19-01/21/20 (18 weeks) 15751 T	Bourland, A 09:00-12:00am
	09/05/19-01/16/20 (17 weeks) <b>15470 Th</b>	Takeya, M <b>09:00-12:00am</b>

North City C Note: Held off-ca The Shores Post 2828 Meadow L	mpus at	619-388-1800
09/03/19-01/2 <b>15753</b>	21/20 (18 weeks) <b>T</b>	Andersen, J <b>02:00-04:00pm</b>
09/04/19-01/2 <b>15469</b>	22/20 (18 weeks) W	Swersky, S <b>09:30-12:00am</b>
North City C Note: Held off-ca Clairemont Healt 8060 Frost St./9	mpus at h Care Center	619-388-1800
	17/20 (17 weeks) F	Melzer, A 09:30-11:30pm
West City Ca 3249 Fordham S		619-388-1873
3249 Fordham 9		619-388-1873 Bourland, A 09:00-11:30am 11:30-01:30pm
3249 Fordham 5 <b>Room 124-A</b> 09/05/19-01/5 <b>16141</b> <b>16144</b> <b>West City Ca</b> Note: Held off-ca	Street/92110 16/20 (17 weeks) Th Th mpus at d Recreation Center	Bourland, A 09:00-11:30am
3249 Fordham 5 <b>Room 124-A</b> 09/05/19-01/1 <b>16141</b> <b>16144</b> <b>West City Ca</b> Note: Held off-ca Standley Park an 3585 Governor I	Street/92110 16/20 (17 weeks) Th Th mpus at d Recreation Center	Bourland, A 09:00-11:30am 11:30-01:30pm
3249 Fordham S <b>Room 124-A</b> 09/05/19-01/3 <b>16141</b> <b>16144</b> <b>West City Ca</b> Note: Held off-ca Standley Park an 3585 Governor I 09/09/19-01/3 <b>16138</b> <b>16139</b>	Street/92110 16/20 (17 weeks) Th Th mpus mpus at Id Recreation Center Drive/92122 13/20 (15 weeks) M	Bourland, A 09:00-11:30am 11:30-01:30pm 619-388-1873 Bourland, A 09:00-12:00pm 12:00-03:00pm

West City Campus Note: Held off-campus at Brookdale at Clairemont Senior Living 5219 Clairemont Mesa Blvd./92117	619-388-1873
09/03/19-01/16/20 (17 weeks)	Bradford, R
16145 Th	02:00-04:30pm

# /Communication

#### Effective Communications

(SPEE 520) Deals with interpersonal communication skills (verbal and non-verbal) required for meaningful dialogue at home, at work, and during leisure time. Designed for individuals who wish to enhance their self-knowledge and develop more effective interpersonal communication skills. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

César E. Chávez Campus Note: Held off-campus at Neighborhood House Senior Center 851 South 35th St./92113	619-388-1910
09/03/19-01/22/20 (18 weeks)	Scott, J
15519 T/W	<b>08:45-10:45am</b>
09/05/19-01/17/20 (17 weeks)	Beach, S
15518 M/Th/F	<b>09:00-10:30am</b>

César E. C Note: Held off Balboa Nursir 3520 4th Av	ng and Rehab	619-388-1910
09/05/19-0 <b>15520</b>	1/16/20 (17 weeks) <b>Th</b>	Kagan, T <b>10:00-11:30am</b>
		619-388-4500
09/04/19-0 <b>16368</b>	1/22/20 (18 weeks) M/W F	Popa, C 01:00-03:00pm 10:00-12:00pm
Mid-City ( Note: Held off Jacobs Center 404 Euclid A	-campus at r for Neighborhood	619-388-4956
09/03/19-0 <b>16371</b>	1/21/20 (18 weeks) <b>T/Th</b>	Robertson, P 03:30-04:30pm
Mid-City ( Note: Held off Brighton Plac 1350 Euclid	-campus at	619-388-4956
09/05/19-0 <b>16363</b>	1/16/20 (17 weeks) <b>Th</b>	Craven, T <b>10:00-11:30am</b>
OUR STOP	RIES, OUR LIVES	
Mid-City (		

Note: Held off-campus at College Avenue Center (Meet in Sanctuary) 6299 Capri Drive/92120 619-388-4500 09/05/19-01/16/20 (17 weeks) Eckstein, D 16459 01:00-02:30pm Th

#### ONLINE OUR STORIES. OUR LIVES

Reflect on your life history or the life of someone of interest. Share stories with others; learn and review theories of life development. Mandatory first meeting on Friday, 9/6/19 from 1:00pm-3:00pm at Mid-City Campus (Room 308), 3249 Fordham St./92110.

# /Drama

#### **Practical Theatre**

(DRAM 550) Understand practical theatre using fundamentals of amateur theatrical production. Rehearse and perform staged readings and be involved in a full stage production requiring minimal sets, scenery, costumes and makeup. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

#### NUTS AND BOLTS OF NYC THEATRE ACTING

Learn how to analyze scripts, find actions and subtext, build a character, and deal with direction and blocking. Students will be given scripts, paired up with partners and expected to do the homework that professionals do, bringing in their efforts to perform and refine in front of the class.

Mid-City Campus Note: Held off-campus at Ray and Joan Kroc Community Center 6845 University Avenue/92115	619-388-4500
09/06/19-01/17/20 (17 weeks) 16372 F	Ritter, H 10:00-01:00pm
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124-A 09/06/18-01/16/20 (16 weeks) 16146 Th	Ritter, H 02:00-05:00pm

### /Law

#### Law and the Retiree

(LAWS 510) Introduction to the basic laws; federal, state, county and city, which have an impact on the daily life of the retiree. Contracts, torts, consumer, estate and insurance laws will be described and discussed. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

#### LAWS. PROPOSITIONS AND NEWS

West City Campus Note: Held off-campus at Lawrence Family Jewish Community Center 4126 Executive Drive, La Jolla/92037	619-388-1873
09/05/19-01/16/20 (17 weeks)	Le Vine, R
16258 Th	09:30-11:30am



#### **DEBORAH ROBERSON**

Debbie enrolled in the Emeritus Program at SDCE's César E. Chávez campus in the piano classes, she wanted to play music again since college where she pursued a formal music education. Debbie explained the warm up exercises improved her dexterity, the synchronization of hand eye coordination.



# /Literature

#### Literature Survey

(ENGL 545) For readers and creative writers with the classics and modern literature as a preview to writing short stories, autobiographies, magazine articles, poetry and novels. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

#### MYSTERY BUFFS

Read and discuss the crime fiction genre. British and American authors, including detective novels, thrillers, police procedurals, amateur sleuths and true crime. For all fans of mystery writers. Enroll any time. Please note that this is not a creative writing class.

5188 Zion Avenue/92120	
Mid-City Campus Note: Held off-campus at Benjamin Library	

#### WORLD LITERATURE

Focus on fiction, poetry, graphic novels and plays from around the world.

#### West City Campus

Note: Held off-campus at Lawrence Family Jewish Community Center 619-388-1873 4126 Executive Drive, La Jolla/92037

09/03/19-01/21/20 (17 weeks) 16147 т

Crane. L 09:00-12:00pm

#### THE CLASSICS

Study the classics and the authors' writing techniques.

West City Campus Note: Held off-campus at Wesley Palms 2404 Loring St./92109	619-388-1873
09/05/19-01/16/20 (17 weeks)	Crane, L
16167 Th	<b>09:00-12:00pm</b>

#### Writer's Workshop

(CRTW 537) Write short stories, poetry, and articles for publication or self improvement. Join this community of writers (beginning through advanced) and learn techniques for writing autobiographies, fiction, and newspaper articles. Instruction is focused for age 55+; adults age 18+ welcome.

Class is free. Enroll anytime in class.

César E. Chávez Campus
1901 Main Street/92113

Room 205 09/05/19-01/16/20 (17 weeks) 16098 Th

Alvarado, E 02:00-05:00pm

619-388-1910

Room-116 09/03/19-01/21/20 (18 weeks) 15762 T	Alvarado, I <b>05:30-07:45pn</b>
Note: Held off-campus at Serra Mesa Library 9005 Aero Drive SD/92122	619-388-1800

West City Campus Note: Held off-campus at Point Loma Assembly 3035 Talbot Street/92106	619-388-1873
09/03/19-01/22/20 (18 weeks)	Alvarado, E
16169 T/W	<b>09:30-12:30pm</b>

#### CHILDREN'S LITERATURE

North City Comput

Write for children. Provides students with a broad overview of a distinct (and fun) genre. Develop tools to begin writing books children can't put down. Appropriate for beginning and advanced writers.

North City Campus Note: Held off-campus at Scripps Miramar Ranch Library 10301 Scripps Lake Drive/92131	619-388-1800
09/06/19-01/17/20 (18 weeks)	Gilboy, 1
15763 F	<b>01:30-04:00pm</b>

#### EXPLORING MEMOIR: THE STORIES OF OUR LIVES

Every life contains many stories. Whether your life is wildly unconventional or relatively normal, there is bound to be something fascinating about it. In this lass, well work to unearth our unique stories and the details that bring them to life. Each week we'll do a writing prompt that helps us brainstorm and uncover new memories and discuss techniques for shaping them into stories we can share with others. Whether uou're a beginning writer or advanced, this course will help you explore memory in new ways.

#### César E. Chávez Campus

Note: Held off-campus at Salvation Army/San Diego Silvergate 7272 E Street/92101 619-388-1910

Room 203 09/03/19-01/21/20 (18 weeks) 16592 т

Gilbou T 02:00-03:15pm



# /Music

#### **Chorus Mixed Voices**

(MUSV 510) Understand basic music fundamentals through unison, two, three, and four-part choral music. Improve skills in reading music and the production of choral tone, music selections from the Baroque, Romantic, Classical, and Modern periods including Ragtime, Boogie-Woogie, and Show Tunes. Attendance at rehearsals and performances is an integral/part of this course. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

#### MIXED CHORUS

North City Campus Note: Held off-campus at Mesa College Campus 7250 Mesa College Drive/92111	619-388-1800
Room 116 09/03/19-01/21/20 (18 weeks) 15798 T	Ramstrum,M 06:00-09:00pm
CEDAR CENTER CHORUS	
César E. Chávez Campus	

09/09/19-01/13/20 (15 weeks)	Williams, E/Cox, P
16132 M	09:00-12:00pm
Note: Held off-campus at First United Methodist Church 2111 Camino del Rio S/92108	619-388-1910

#### NOTEABLES

Ability to read and memorize music is preferred

#### CE at Mesa College

7350 Armstrong Place/92111	619-388-1950

Room 118 09/03/19-01/21/20 (18 weeks) 15800 Т

Williams, E 05:30-08:30pm



#### VOICE CLASS

Basic techniques of singing. Includes performance skills and basic musicianship.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124-A 09/03/19-01/21/20 (18 weeks) 16264 T	Herald, L <b>01:30-04:30pm</b>
SWEET HARMONY Music from pop to Broadway. Includes	performances.
West City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117	619-388-1873
09/05/19-01/16/20 (18 weeks) 16266 Th	Wilson, J <b>09:00-12:00pm</b>

#### THE PACIFICAIRES

Vocal and choral training is emphasized through large choral works and smaller ensembles. Sing a wide variety from master choral works to pop standards.

#### West City Campus

#### **Music Appreciation**

(MUSI 505) Study of eras, styles, composers and components of music. Listening to music with group discussion. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

- 1	César E. Cháv 1901 Main Street		619-388-1910
	<b>Room 101</b> 09/03/19-01/2 <b>16889</b>	1/20 (18 weeks) <b>T</b>	Franklin, R <b>03:00-05:30pm</b>
	09/09/19-01/1	3/20 (15 weeks)	Hancova, M
	<b>16886</b>	M	<b>01:00-04:00pm</b>
J	César E. Chán Note: Held off-can Balboa Nursing au 3520 4th Ave./9	npus at nd Rehab	619-388-1910
	09/03/19-01/2	1/20 (18 weeks)	Forman Fronius, M
	<b>16885</b>	<b>T</b>	10:00-11:15am
	09/03/19-01/2	1/20 (18 weeks)	Costa, N
	<b>16877</b>	W	<b>09:30-11:30am</b>
	09/06/19-01/1	7/20 (18 weeks)	Simon, S
	<b>16887</b>	F	<b>12:00-01:30pm</b>
5	César E. Chán Note: Held off-can Glenner Memory 3686 4th Ave./9	npus at Care	619-388-1910
	09/03/19-01/2	1/20 (18 weeks)	Avigal, A
	<b>16882</b>	<b>T</b>	<b>10:00-12:00am</b>
	09/04/19-01/2 <b>16875</b>	2/20(18 weeks) M W Th/F	Forman Fronius, M 01:00-03:00pm 03:00-05:00pm 10:00-12:00am

### /Music continued

Music Appreciation con	tinued
César E. Chávez Campus Note: Held off-campus at Neighborhood House Senior Center 795 Boundary Street/92102	619-388-1910
09/04/19-01/22/20 (18 weeks)	Scott, J
16878 T	02:15-03:45pm
W/F	12:30-02:00pm
César E. Chávez Campus Note: Held off-campus at St. Paul's Villa 2340 Fourth Ave./92103	619-388-1910
09/03/19-01/21/20(18 weeks)	Franklin, R
16860 T	12:30-02:00pm
César E. Chávez Campus Note: Held off-campus at St. Paul's Pace 111 Elm Street/92101	619-388-1910
09/03/19-01/21/20 (18 weeks)	Forman Fronius, M
16869 M	10:00-12:00pm
T	01:00-02:30pm
César E. Chávez Campus Note: Held off-campus at St. Paul Manor 2635 2nd Ave./92105	619-388-1910
09/04/19-01/22/20 (18 weeks)	Hancova, M
16868 W	01:00-03:00pm
Th	10:00-12:00 pm
09/06/19-01/17/20 (17 weeks)	Forman Fronius, M
16881 F	01:00-03:00pm
César E. Chávez Campus Note: Held off-campus at Merrill Gardens at Bankers Hill 2567 Second Avenue/92103	619-388-1910
09/05/19-01/16/20 (17 weeks)	Hancova, M
16888 Th	01:00-03:00pm
09/04/19-01/22/20 (17 weeks)	Hancova, M
16884 W	03:15-05:15pm
César E. Chávez Campus Note: Held off-campus at St. Paul McColl	(10 700 1010
235 Nutmeg St/92103	619-388-1910
09/05/19-01/16/20 (17 weeks)	Hancova, M
16883 Th	03:15-05:15pm

Mid-City Cam Note: Held off-cam Nazareth House 6333 Rancho Mis		619-388-4500	
09/04/19-01/22 <b>16444</b>		Franklin, R <b>02:00-04:00pm</b>	0
09/05/19-01/1 <b>16443</b>	6/20 (18 weeks) <b>Th</b>	Costa, N <b>10:30-12:00pm</b>	( 1 (
09/06/19-01/1 <b>16439</b>	7/20 (18 weeks) F F	Wei, H 02:30-03:30pm 03:45-04:45pm	1
Mid-City Carr Note: Held off-carr University Care Ce	npus at enter		
5602 University A		619-388-4500	1
09/06/19-01/1 <b>16440</b>	7/20 (18 weeks) <b>F</b>	Wei, H 10:00-11:30am	١
09/04/19-01/2 16445	2/20 (17 weeks) W	Hancova, M <b>09:30-11:00am</b>	12
North City Ca Note: Held off cam	ipus at		( 1
Mira Mesa Senior 8460 Mira Mesa I		619-388-1800	( 1
09/04/19-01/2 15932	2/20 (18 weeks) W	Franklin, R <b>09:30-11:30am</b>	(
North City Ca Note: Held off-cam The Shores Post-A 2828 Meadow La	npus at cute	619-388-1800	
09/03/19-01/2		Simon, S	
15924	T	01:30-02:30pm	(
09/06/19-01/1 <b>15804</b>	7/20 (18 weeks) <b>F</b>	Simon, S <b>10:00-11:30am</b>	1
North City Ca			E
Note: Held off-cam Clairemont Health 8060 Frost St./92	Care Center	619-388-1800	( 1
09/09/19-01/13 <b>15803</b>	3/20 (18 weeks) <b>M</b>	Simon, S <b>08:30-10:00am</b>	(
West City Can Note: Held off-can Pacific Beach Pres 1675 Garnet Aven	pus at byterian Church location	619-388-1873	
09/03/19-01/2 <b>16315</b>	1/20 (18 weeks) <b>T</b>	Hancova, M <b>12:30-03:00pm</b>	( 1
West City Can Note: Held off-can White Sands of La 7450 Olivetas, La	ipus at Jolla	610-200-1077	
		619-388-1873	
09/03/19-01/2 16322 16321	1/20 (18 weeks) T T	Costa, N 09:30-11:30am 12:30-02:30pm	

West City Ca Note: Held off-ca	•	
Wesley Palms 2404 Loring Stre		619-388-1873
09/03/19-01/2 <b>16289</b>	21/20 (18 weeks) <b>T</b>	Hannasch, E 10:00-11:30am
09/03/19-01/2 <b>16314</b>	21/20 (18 weeks) <b>T</b>	Hancova, M 10:00-12:00pm
09/09/19-01/2 <b>16320</b>	21/20 (18 weeks) M	Costa, N <b>12:30-02:30pm</b>
	mpus at airemont Friendship Cente	
	L6/20 (17 weeks)	619-388-1873 Hannasch, [
16294	Th	01:00-02:30pn
West City Ca Note: Held off-ca Sunrise of La Joll	mpus at a	
810 Turquoise S		619-388-1873
09/06/19-01/3 16295	L7/20 (17 weeks) F	Hancova, N 10:00-12:00pn
09/06/19-01/3 <b>16309</b>	17/20 (18 weeks) <b>F</b>	Hancova, N 10:00-12:00pn
09/04/19-01/2 <b>16297</b>	22/20 (18 weeks) W	Vinole, F 01:30-03:30pn
West City Ca Note: Held off-ca		
	Methodist Church	619-388-1873
09/04/19-01/2 <b>16292</b>	22/20 (18 weeks) W	Hannasch, I 10:00-11:30an
		619-388-1873
09/03/19-01/2 <b>16317</b>	21/20 (18 weeks) T	Simon, S 01:00-02:30pn

#### JOY OF MUSIC

Emphasizing music in the context of the society that surrounds it, this course weaves the development of music into the fabric of cultural history, paying special attention to the biographies of significant composers and artists. Become a more educated consumer of music. Instruction is focused for age 55+; all ages welcome.

#### West City Campus

09/03/19-01/22/20 (18 weeks)	Tornsaufer, C
<b>16313 T/W</b>	10:00-01:00pm
Note: Held off-campus at Lawrence Family Jewish Community Center 4126 Executive Drive, La Jolla/92037	619-388-1873

#### **OPERA APPRECIATION**

Explore all types of music and historical facts relating to music, CDs, videos, live performances; discussion, and lecture for lively experience.

West City Campus Note: Held off-campus at Wesley Palms	
2404 Loring Street/92109	619-388-1873
09/09/19-01/13/20 (15 weeks) 16307 M	Tornsaufer, C 06:00-08:30pm
GUITAR/UKULELE: BEGINNING	
<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 118           09/06/19-01/17/20 (17 weeks)           15802         F	Franklin, R <b>09:00-11:00pm</b>
North City Campus Note: Held off campus at Mira Mesa Senior Center 8460 Mira Mesa Blvd/92126	619-388-1800
09/05/19-01/16/20 (18 weeks) 15535 Th	Franklin, R <b>01:00-03:00pm</b>
GUITAR: BEGINNING	
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 212	
09/07/19-01/18/20 (17 weeks) 16310 Sa	Costa, N <b>10:00-01:00pm</b>
GUITAR: INTERMEDIATE	
West City Campus 3249 Fordham Street/92110	619-388-1873
Room 212 09/05/19-01/16/20 (17 weeks) 16311 Th	Costa, N <b>06:00-08:00pm</b>

#### Orchestra Workshop

(MUSN 519) Ability to play a band instrument and sight read are recommended. Performances are part of the class Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

#### CONCERT BAND

Ability to play band instruments and sight read recommended. Performances are part of class.

North City Campus Note: Held off-campus at Creative Performing Media Arts 5050 Conrad Ave./92117	619-388-1950
Band Room	
09/03/19-01/21/20 (18 weeks) 15807 T	Almanza, R <b>07:00-10:00pm</b>

#### MANDOLIN ORCHESTRA

From classics to pop to bluegrass. Mandolins,

mandolas, mandocellos, bass, and guitars. If you've played a string family instrument, it's easy to learn the mandolin. Basic music reading skills are necessary for mandolins. Guitarists should know how to read chords in the basic keys of C, D, and G.

CE at Mesa College 7350 Armstrong Place/92111	619-388-1950
Room 118 09/04/19-01/22/20 (18 weeks) 15536 W	Trepasso, J <b>06:00-09:00pm</b>

#### CHAMBER ORCHESTRA

Play the music of today and yesteryear. Performances are part of the instructional program including two field trips for each class.

North City Campus	
Note: Held off-campus at	
Mesa College Campus	
7250 Mesa College Drive/92111	619-388-1950

Room C-119 09/05/19-01/16/20 (17 weeks) 15537 Th

#### **BIG BAND**

Vocational training for musicians. Performances are part of class. Ability to play big band instruments and sight read are recommended.

West City Campus 3249 Fordham Street/92110	619-388-1873
Room 124-A 09/09/19-01/13/20 (15 weeks) 16324 M	Vinole, R <b>06:45-09:15pm</b>
DIXIELAND BAND	

Vocational training for musicians. Learn to play New Orleans-style from the Great American Songbook.

West City Campus Note: Held off-campus at Orchard Apartments 4040 Hancock Street/92110	619-388-1873
09/03/19-01/21/20 (18 weeks) 16326 T	Vinole, R 06:45-09:15pm
JAZZ BAND	

E	at.	Masa	Collogo

09/09/19-01/13/20 (17 weeks) 15805 M	Almanza, R 06:45-09:45pm
Room 118	
7350 Armstrong Place/92111	619-388-1950

#### Piano 1-2

(MUSN 536) Basic skills and fundamentals, techniques in performance, improvisation and chord building. Beginning to advanced levels. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

#### **GROUP PIANO**

West City 3249 Fordha	Campus Im Street/92110	619-388-1873
<b>Room 124-</b> 09/03/19-0 <b>16336</b>	A )1/22/20 (18 weeks) W	Simon, S <b>09:30-12:00pm</b>

#### ALL LEVELS

Ratelle, C

07:00-10:00pm

CE at Mesa College 7350 Armstrong Place/92111	619-388-1950
Room 118 09/09/19-01/13/20 (15 weeks) 15810 M	Hancova, M <b>08:30-11:30am</b>
09/07/19-01/18/20 (17 weeks) 15813 Sa	Simon, S <b>09:30-12:00pm</b>

# /Music continued

Piano 1-2 continued	
César E. Chávez Campus 1901 Main Street/92113	619-388-1910
Room 103 09/03/19-01/21/20 (18 weeks) 16895 T	Garriott, E <b>09:00-12:00pm</b>
09/05/19-01/16/20 (18 weeks) 16896 Th	Garriott, E <b>09:00-11:00am</b>
BEGINNING	
Mid-City Campus Note: Held off-campus at Nazareth Retirement 6333 Rancho Mission Rd./92106	619-388-4500
09/05/19-01/16/20 (17 weeks) 16446 Th	Wei Chi, H 10:00-12:00pm
North City Campus Note: Held off-campus at Serra Mesa Library 9005 Aero Drive SD/92123	619-388-1800
09/03/19-01/21/20 (18 weeks) 15815 T	Wei Chi, H <b>11:30-01:00pm</b>
North City Campus Note: Held off-campus at Mira Mesa Senior Center 8460 Mira Mesa Blvd./92126	619-388-1800
09/04/19-01/22/20 (18 weeks) 15809 W	Wei Chi, H 01:00-04:00pm
North City Campus Note: Held off-campus at Scripps Miramar Ranch Library Center locatio 10301 Scripps Lake Drive/92131	n 619-388-1800
09/04/19-01/22/20 (18 weeks) 15818 W	Wei Chi, H 09:30-11:00am
West City Campus Note: Held off-campus at Lawrence Family Jewish Community Center	

Note. Held off campus at	
Lawrence Family Jewish Community Center	
4126 Executive Drive, La Jolla/92037	619-388-1873

Wei Chi, H 09:00-10:30am

Music Room

09/09/19-01/2	0/20 (15 weeks)
16331	М

BEGINNING-INTERMEDI	ATE
West City Campus Note: Held off-campus at Lawrence Family Jewish Commu 4126 Executive Drive, La Jolla/S	
Music Room           09/09/19-01/13/20 (15 weet           16332         M	ks) Wei Chi, H <b>10:30-12:00pm</b>
Note: Held off-campus at Scripps Miramar Ranch Library C 10301 Scripps Lake Drive/9213	
09/04/19-01/22/20 (18 wee <b>15812 W</b>	ks) Wei Chi, H 11:00-12:30pm
North City Campus Note: Held off-campus at Serra Mesa Library 9005 Aero Drive SD/92123	619-388-1800
09/04/19-01/22/20 (17 wee <b>15816 T</b>	ks) Wei Chi, H <b>01:00-02:30pm</b>
INTERMEDIATE-ADVAN	CED
North City Campus Note: Held off-campus at Serra Mesa Library 9005 Aero Drive SD/92123	CED 619-388-1800
North City Campus Note: Held off-campus at Serra Mesa Library	619-388-1800
North City Campus Note: Held off-campus at Serra Mesa Library 9005 Aero Drive SD/92123 09/03/19-01/21/20 (18 wet	619-388-1800 eks) Wei Chi, H <b>02:30-04:00pm</b> Inity Center
North City Campus Note: Held off-campus at Serra Mesa Library 9005 Aero Drive SD/92123 09/03/19-01/21/20 (18 wer 15817 T West City Campus Note: Held off-campus at Lawrence Family Jewish Commu	619-388-1800 eks) Wei Chi, H <b>02:30-04:00pm</b> unity Center 92037 619-388-1873

#### Nutrition/Health for Older Adults

(PASV 510) Theory and practice in nutrition related to maintaining health. Plan and prepare economical, well-balanced meals for one or two persons. Consumer education and nutrition information included. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Students share food costs. Enroll anytime in class.

	César E. Cháv Note: Held off-can St. Pauls Villa	•	
	2340 Fourth Ave,	/92103	619-388-1910
	09/04/19-01/2 <b>16104</b>	2/20 (18 weeks) W	Biggica, M 03:15-04:45pm
⊣ n	09/05/19-01/1 <b>16103</b>	7/20 (17 weeks) <b>F</b>	Biggica, M 09:30-11:30am
	09/04/19-01/2 <b>16105</b>	2/20 (17 weeks) W	Biggica, M 01:15-02:45pm
H n	César E. Cháv Note: Held off-can Salvation Army/Sa	•	
	727 E Street	5 5	619-388-1910
	09/09/19-01/1 <b>16703</b>	3/20 (15 weeks) M	Biggica, M 01:00-04:00pm
H	<b>CE at Mesa C</b> 7350 Armstrong		619-388-1950
	Room 117		
	09/04/19-01/2 <b>15511</b>	2/20 W	Biggica, M 08:30-11:30am
	09/09/19-01/1 <b>15773</b>	3/20 (15 weeks) <b>M</b>	Biggica, M <b>08:00-11:30am</b>
H n	Mid-City Cam Note: Held off-cam College Avenue Ce 6299 Capri Drive,	npus at enter (inside the Temple Em	anu-El Building) 619-388-4500
	09/06/19-01/1 <b>16377</b>	7/20 (17 weeks) F	Wright, B 12:30-02:00pm
ł	North City Ca Note: Held off-can The Shores Post A 2828 Meadow La	npus at cute	619-388-1800
	09/05/19-01/1 <b>15512</b>		Linsk, A 01:30-03:00pm
-			619-388-1873
	09/05/19-01/1 16179		Wright, B 12:30-02:00pm
	West City Can Note: Held off-can La Jolla Nursing R	npus at ehab	
	2002 Torrey Pine	s Rd. La Jolla/92037	619-388-1873

16180	Th	09:30-11:30pm
09/05/19	-01/16/20 (17 weeks)	Linsk, A

### /Nutrition, Health & Wellness

#### Health Education for Older Adults

(HEAL 525) Enhances the physical and/or mental health of older adults through information programs, physical exercise, and/or mental exercises/activities designed to reduce stress and anxiety. Students can expect to improve mental and emotional health and stamina, reduce emotional stress, and improve muscle tone, flexibility, circulation, and coordination. Instruction is focused for age 55+; adults age 18+ welcome.

#### Classes are free. Enroll anytime in class.

César E. Chávez Campus Note: Held off-campus at Neighborhood House Senior Center 851 S. 35th St./92113	619-388-1910
09/03/19-01/22/20 (18 weeks)	Scott, J
16119 T/W	<b>11:00-12:00pm</b>
09/05/19-01/17/20 (17 weeks)	Beach, S
16118 M/Th/F	10:30-11:30am

# César E. Chávez CampusNote: Held off-campus atNoth Park Rec Center4044 Idaho St./92104619-388-1910

09/03/19-01/21/20 (18 weeks)		Nasoff, A
16121	T/Th	11:00-12:30pm

César	Ε.	Chávez	Campus
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Educational Cultural Complex Note: Held off-campus at Reo Vista Health Care Center 6061 Banbury St./92139	619-388-4956
09/04/19-01/22/20 (18 weeks) 16635 M/W/F Th	Bale, J 01:00-03:00pm 03:30-04:45pm
<b>César E. Chávez Campus</b> Note: Held off-campus at Balboa Nursing and Rehab 3520 4th Ave./92103	619-388-1910
09/09/19-01/13/20 (18 weeks)	Bale, J

09:30-11:30am 03:30-04:45pm

05/05/15	01/15/20(10 Weeks)	
16120	M	
	т	

#### **ONLINE LIVING WITH A CHRONIC ILLNESS**

Strategies, coping skills and resources that will enhance independence and quality of living. This class is open to caregivers and people with chronic illness. Mandatory onsite registration and orientation Friday, 9/6/19 from 10:00am-12:00pm in Room 208. See location details below.

### César E. Chávez Campus

09/06/19-01/22/20(18	wooks)	Eckstein. D
15011101150000,52115	015 500 1510	

05/00/15	01/22/20 (10 WCCK3)	Lenstein, D
16123	Mandatory 1st mtg.	details above

#### BRAIN FITNESS BASICS

Enhance your brain health using a brain-training program which targets cognitive functions like memory and processing speed and presents lessons that support a brain-healthy lifestyle.

#### For new students.

Class is free. Enrollment is limited.

#### Mid-City Campus

Note: Held off-campus at Ray and Joan Kroc Community Center	
6605 University Avenue/92115, Bldg. A	619-388-450
09/09/19-01/13/20 (18 weeks) 17505 M	Emery-Flores, D 09:30-12:00pm

#### BRAIN FITNESS TOPICS

Train your brain using the Posit Science online brain fitness program featuring 29 exercises that target key roots of cognitive function that improve brain processing speed, attention, memory, and sound discrimination. Class is free. Enrollment is limited. Register on the first day of class, 9/5/18, 9:30-12:00pm at the Ray And Joan Kroc Community Center, 6845 University Ave, Community Room, Bldg A.

#### Mid-City Campus

Note: Held off-campus at Ray and Joan Kroc Community Center 6845 University Avenue/92115

09/04/19-01/22/20 (18 weeks) 16386 W

#### Sonline Brain Fitness: Basics

Train your brain using the Posit Science brain fitness program in this online class featuring 29 easy-touse computer-based exercises targeting key points of cognitive function to improve processing speed, memory, and sound discrimination. Mandatory orientation: 9/5/18, 9:30-11:00am, College Ave-Temple Emanu-El 6299 Capri Dr 92120, Or; 9/5/18, 4:30-7:00pm, Joan Kroc Center 6605 University Ave 92115, in the Rolando Room, Building F.

#### Mid-City Campus

16393	Mandatory 1st ı	mtg. details above
09/05/19-01/22/20	(18 weeks)	Mosteller, P/ Emeru-Flores. D
Note: Held off-campus a Ray and Joan Kroc Corr 6605 University Avenu	at Imunity Center	619-388-4500

#### SONLINE BRAIN FITNESS: TOPICS I

Enhance your brain health using a brain-training program which targets cognitive functions like memory and processing speed and presents lessons that support a brain-healthy lifestyle. Orientation is 09/05/18, 9:30-11:00A at College Ave Ctr inside Temple Emanu-El Bldg 6299 Capri Dr 92120 or; 09/05/18, 4:30-7:00P, J Kroc Ctr 6605 University Ave 92115 Rolando Room, Building F.

#### Mid-City Campus

Note: Held off-campus at Ray and Joan Kroc Community Center 6605 University Avenue/92115 619-388-4500

09/06/19-01/25/20 (18 weeks) Burns, M/Emery-Flores, D 16394 Mandatory 1st mtg. details above

#### 619-388-4500 Emery-Flores, D **09:30-12:00pm**

### /Nutrition, Health & Wellness continued

#### ONLINE BRAIN FITNESS: TOPICS II

Enhance your brain health using a brain-training program which targets cognitive functions like memory and processing speed and presents lessons that support a brain-healthy lifestyle. Orientation is 09/05/18, 9:30-11:00A at College Ave Ctr inside Temple Emanu-El Bldg 6299 Capri Dr 92120 or; 09/05/18, 4:30-7:00P, J Kroc Ctr 6605 University Ave 92115 Rolando Room, Building F.

#### Mid-City Campus

Note: Held off-campus at	
Ray and Joan Kroc Community Center	
6605 University Avenue/92115	619-388-4500

09/05/19-01/22/20 (18 weeks) Burns, M/Mosteller, P 16395 Mandatory 1st mtg. details above

#### ONLINE BRAIN FITNESS: TOPICS III

Enhance your brain health using a brain-training program which targets cognitive functions like memory and processing speed and presents lessons that support a brain-healthy lifestyle. Orientation is 09/05/18, 9:30-11:00A at College Ave Ctr inside Temple Emanu-El Bldg 6299 Capri Dr 92120 or; 09/05/18, 4:30-7:00P, J Kroc Ctr 6605 University Ave 92115 Rolando Room, Building F.

#### **Mid-City Campus**

16396	Mandatory 1st mt	g. details above
09/05/19-01/22/20	) (18 weeks)	Emery-Flores, D Lorberfeld, Y
Note: Held off-campus Ray and Joan Kroc Com 6605 University Avenu	nmunity Center	619-388-4500

#### Health and Wellness for the Aging Process

Classes provide instruction in health and wellness topics which are supported with corresponding physical activities. Classes are divided into four levels to meet the varuing health and physical activity levels of older adults. Please review the description of each level below and select the class that is best suited to your needs. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

#### LESS TO MODERATELY ACTIVE

For age 55+ who engage in less to moderately active health regimes and physical activities. Provides a focus on health content supported by physical activities that include chair and standing exercises, strength training, balance, stretching, and stress reduction techniques. Some classes also include the option of floor exercises and/or walking activities. Wear appropriate clothing and shoes for physical activity.

Mid-City Campus Note: Held off-campus at Atria Collwood 5308 Monroe Avenue/92105	619-388-4500
09/03/19-01/21/20 (18 weeks)	Bale, J
16384 T	09:15-11:00am
F	09:15-11:15am
09/09/19-01/20/20 (18 weeks)	McIntyre, K
16381 M	09:15-11:00am
W	02:00-03:30pm
West City Campus	

09/03/19-01/21/20 (18 weeks)	Silverstein, F
16187 T/Th	<b>09:00-11:00am</b>
Note: Held off-campus at South Clairemont Recreation Center 3605 Clairemont Drive/92117	619-388-1873

#### MODERATELY ACTIVE

For age 55+ who engage in moderately active health regimes and physical activities. Provides a focus on health content supported by physical activities that include chair exercises, strength training, balance and stretching. May also include standing exercises, walking, and stress reduction techniques. Wear appropriate clothing and shoes for physical activity.

Class is free. Enroll anytime in class.

West City Campus Note: Held off-campus at Casa de Manana 849 Coast Boulevard, La Jol	la/92037	619-388-1873
09/04/19-01/22/20 (18 16218 M/W/F	weeks)	Emerson, S 08:45-10:15am

#### ACTIVE

For age 55+ who engage in active health regimes and physical activities. All classes in this category provide a focus on health content which is supported by physical activities that include standing exercises, balance, and stretching. Some classes may also include a combination of chair, floor, and strength activities along with stress reduction techniques. Wear appropriate clothing and shoes for physical activity.

Classes are free. Enroll anytime in class.

n n K	César E. Chávez Campus Note: Held off-campus at North Park Recreation Center 4044 Idaho Street/92104	619-388-1910
n n	09/03/19-01/21/20 (18 weeks) 16121 T/Th	Nasoff, A <b>11:00-12:30pm</b>
	Mid-City Campus	

Note: Please bring weights and a mat or towel.

San Carlos Rec Center 6445 Lake Badin Avenue/92119	619-388-4500
09/04/19-01/22/20 (18 weeks)	Bale, J
16407 M/W	<b>07:30-09:00am</b>

09/04/19-01/22/20 (18 weeks) Anderson, K 16421 M/W/F 09:00-10:30am



West City Campus Note: Held off-campus at Orchard Apartments 4040 Hancock Street/92110	619-388-1873
09/03/19-01/21/20 (18 weeks) 16211 T/Th	Ward, B <b>08:00-10:15am</b>
West City Campus Note: Held off-campus at Saint Agnes Church 1145 Evergreen/92106	619-388-1873

09/03/19-01/21/20 (18 weeks) Nasoff, A 16219 T/Th 09:00-10:30am

#### MULTI-LEVEL ACTIVITY

For age 55+ who engage in health and physical activities at multiple levels of activity. All classes in this category provide a focus on health content which is supported by physical activities that include a combination of chair and standing exercises, strength training, stretching, and stress reduction techniques. Some classes also include the option of floor exercises and/or walking activities. Wear appropriate clothing and shoes for physical activity.

Classes are free. Enroll anytime in class.

Mid-City C Note: Held off San Carlos Re 6445 Lake Ba	-campus at	619-388-4500
09/04/19-0	1/21/20 (18 weeks)	Robertson, P
<b>16419</b>	<b>T/Th</b>	07:30-09:00am
09/03/19-0	1/22/20 (18 weeks)	Robertson, P
<b>16415</b>	<b>M/T/W/Th</b>	<b>09:00-10:30am</b>
Mid-City C Note: Held off College Avenu 6299 Capri D	-campus at Ie Center (inside the Templ	le Emanu-El Building) 619-388-4500
09/03/19-0	1/21/20 (18 weeks)	Emerson, S
<b>16435</b>	T	01:00-03:00pm



North City Ca Note: Held off-cam Tierrasanta Comm 11220 Clairemon	pus at unity Park Recrea	
09/03/19-01/21 <b>15513</b>	1/20 (18 weeks) <b>T/Th</b>	Salmon, N <b>01:00-03:00pm</b>
North City Ca Note: Held off-cam The Shores Post-Ar 2828 Meadow Lar	ipus at cute	619-388-1800
09/03/19-01/21 <b>15782</b>	1/20 (18 weeks) <b>T</b>	Linsk, A <b>09:30-11:30am</b>
09/03/19-01/21 <b>15778</b>	1/20 (18 weeks) <b>M/T</b>	Linsk, A <b>01:30-04:00pm</b>
North City Ca Note: Held off-cam Kearny Mesa Conv 7675 Family Circl	pus at Hspl	619-388-1800
09/04/19-01/22 15514		Craven, T 03:00-04:30pm
North City Ca Note: Held off-cam Mira Mesa Recreat 8575 New Salem	ipus at ion Center	619-388-1800
09/09/19-01/22 <b>15515</b>	2/20 (17 weeks) <b>M/W</b>	Salmon, N <b>09:00-11:00am</b>
09/06/19-01/17 <b>15779</b>	7/20 (18 weeks) F	McIntyre, K <b>09:00-11:00am</b>
North City Ca Note: Held off-cam Scripps Miramar Ra 10301 Scripps Lal	ipus at anch Library Cent	er location 619-388-1800
09/03/19-01/21 <b>15777</b>	1/20 (18 weeks) <b>T</b>	Cohen, L <b>01:30-03:30pm</b>
West City Car Note: Held off-cam North Clairemont F 4421 Bannock Av	pus at Recreation Center	619-388-1873
09/04/19-01/22 <b>16183</b>	2/20 (17 weeks) W F	Schade, C 08:45-10:15am 08:45-10:30am
09/03/19-01/21 <b>16215</b>	1/20 (18 weeks) <b>T/Th</b>	Schade, C <b>08:45-10:30am</b>

16213T/Th09:00-10:30 andWest City Campus Note: Held off-campus at Hornblend Hall/Pacific Beach Women's Club 1721 Hornblend Street/92109619-388-187309/03/19-01/21/20 (18 weeks) 16210Gregory, 10:00-12:00 pmWest City Campus Note: Held off-campus at United Methodist Church of La Jolla 6063 La Jolla Blvd, La Jolla/92037619-388-187309/04/19-01/22/20 (18 weeks) 16216M/W MWRaby-Sturmer, N 09:45-11:45an Bring an exercise mat for floor workWest City Campus Note: Held off-campus at La Jolla Nursing Rehab 2552 Torrey Pines Rd. La Jolla/92037619-388-187309/04/19-01/22/20 (18 weeks) 16220Linsk, A 09:30-11:45anWest City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117619-388-187309/03/19-01/21/20 (18 weeks) 16184T/ThBeving-Morning, N 02:30-04:00pmWest City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117619-388-187309/03/19-01/21/20 (18 weeks) 16184T/Th92:30-04:00pmWest City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117619-388-187309/03/19-01/21/20 (18 weeks) 16184Beving-Morning, N 02:30-04:00pmWest City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 02:30-04:00pm619-388-187309/03/19-01/21/20 (18 weeks) 16184619-388-187309/04/19-01/22/20 (18 weeks)619-388-187309/04/19-01/22/20 (18 weeks)619-388-187309/04/19-	West City Can Note: Held off-can Standley Park and 3585 Govenor Dr	npus at Rec Center	619-388-1873
Note: Held off-campus at Hornblend Hall/Pacific Beach Women's Club 1721 Hornblend Street/92109619-388-187309/03/19-01/21/20 (18 weeks) 16210Gregory, 10:00-12:00pmWest City Campus Note: Held off-campus at United Methodist Church of La Jolla 6063 La Jolla Blvd., La Jolla/92037619-388-187309/04/19-01/22/20 (18 weeks) 16216M/W Mote: String an exercise mat for floor workRaby-Sturmer, N 09:45-11:45amWest City Campus Note: Held off-campus at La Jolla Nursing Rehab 			Emerson, S 09:00-10:30am
16210T/Th10:00-12:00pmWest City Campus Note: Held off-campus at United Methodist Church of La Jolla 6063 La Jolla Blvd., La Jolla/92037619-388-187309/04/19-01/22/20 (18 weeks) 	Note: Held off-cam Hornblend Hall/Pa	npus at acific Beach Women's Clul	
Note: Held off-campus at United Methodist Church of La Jolla 6063 La Jolla Blvd., La Jolla/92037619-388-187309/04/19-01/22/20 (18 weeks) 16216M/W MW O9:45-11:45an O9:45-11:45an 			Gregory, 9 <b>10:00-12:00pm</b>
16216M/W09:45-11:45 and Bring an exercise mat for floor workWest City Campus Note: Held off-campus at La Jolla Nursing Rehab 	Note: Held off-can United Methodist	npus at Church of La Jolla	619-388-1873
Note: Held off-campus at La Jolla Nursing Rehab 2552 Torrey Pines Rd. La Jolla/92037619-388-187309/04/19-01/22/20 (18 weeks) 16220Linsk, A 09:30-11:45an16220M/W09:30-11:45anWest City Campus Attor Held off-campus at Cathy Hopper Clairemont Friendship Center 	16216	M/W	Raby-Sturmer, M <b>09:45-11:45an</b>
16220M/W09:30-11:45anWest City Campus Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117619-388-187309/03/19-01/21/20 (18 weeks) 	Note: Held off-can La Jolla Nursing R	npus at ehab	619-388-1873
Note: Held off-campus at Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue/92117 619-388-1873 09/03/19-01/21/20 (18 weeks) <b>16184 T/Th 02:30-04:00pm</b> West City Campus Note: Held off-campus at Campland on the Bay 2211 Pacific Beach Drive/92109 619-388-1873 09/04/19-01/22/20 (18 weeks) 16209 W 08:15-10:15am			Linsk, A <b>09:30-11:45an</b>
16184         T/Th         02:30-04:00pm           West City Campus            Note: Held off-campus at            Campland on the Bay         2211 Pacific Beach Drive/92109         619-388-1873           09/04/19-01/22/20 (18 weeks)         Ward, I           16209         W         08:15-10:15am	Note: Held off-can Cathy Hopper Clai	npus at remont Friendship Center	619-388-1873
Note: Held off-campus at           Campland on the Bay           2211 Pacific Beach Drive/92109           619-388-1873           09/04/19-01/22/20 (18 weeks)           Ward,           16209           W           08:15-10:15an			Beving-Morning, Morning, Mor
16209 W 08:15-10:15an	Note: Held off-can Campland on the	npus at Bay	619-388-1873
	16209	W	Ward, E <b>08:15-10:15am</b> tion.





### /Nutrition, Health & Wellness continued

#### Water Classes

Students should wear appropriate swimming pool attire and the following are recommended: sun hat, water shoes, sunscreen, towel.

Classes are free. Enroll anytime in class.

#### MULTI-LEVEL ACTIVITY

West City Campus Note: Held off-campus at Loma Rivera Condominiums (Pool) 3115 Loma Riviera Drive/92110	619-388-1873
09/03/19-01/21/20 (18 weeks) 16207 T/Th	Cohen, L <b>10:00-12:00pm</b>
West City Campus	

Note: Held off-campus at Casa de Manana (Pool) 849 Coast Blvd., La Jolla/92037

09/03/19-01/22/20 (18 weeks)

T/Th

619-388-1873 Ward B 10:45-12:45pm

#### INTERMEDIATE

16221

West City Campus Note: Held off-campus at Campland on the Bay 2211 Pacific Beach Drive/92109	619-388-1873
09/04/19-01/22/20 (18 weeks)	Ward, B 10:30-12:45pm

#### Body Dynamics/Aging Process

(PASV 505) Provides knowledge of the relationship of physical fitness, stress management, and nutrition to personal health and well-being. Learn strategies for implementing a physical exercise program for maintaining physical abilities and relaxation techniques for stress management. Current information on nutrition, sleep disorders, depression, leisure/social activity and chronic conditions such as heart disease, arthritis, diabetes and osteoporosis will be presented. Instruction is focused for age 55+; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

HEALTH. WELLNESS. AND MOVEMENT FOR **OLDER ADULTS** 

Mid-City Campus Note: Held off-campus at Mission Valley Branch Library 2123 Fenton Parway/92108	619-388-4500
09/09/19-01/13/20 (15 weeks)	Phillips, C
16449 M	03:30-05:00pm

#### Mid-City Campus

16456

Note: Held off-campus at College Avenue Center (inside the Temple Emanu-El Building) 6299 Capri Drive/92120 619-388-4500

09/03/19-01/21/20 (18 weeks) Nicola, S T/Th 10:30-12:00pm

#### HEALTH AND WELLNESS THROUGH TAI CHI

Through lecture and the practice of Tai Chi forms, which consist of slow-paced, rhythmic and coordinated movements and breathing patterns, students learn strategies to enhance their health.

Classes are free. Enroll anytime in class.

<b>CE at Mesa College</b> 7350 Armstrong Place/92111	619-388-1950
Room 118	
09/09/19-01/22/20 (18 weeks)	Nations, R

09/09/19-01/22/20 (18 weeks) M/W 07:15-08:15am 15577

Note: Held off-campus at Merrill Gardens at Bankers Hill 2567 Second Avenue/92103	619-388-1910
09/09/19-01/13/20 (15 weeks)	Nations, R
16898 M	<b>10:00-11:30am</b>

#### César E. Chávez Campus

16899

Note: Held off-campus at Chinese Consolidated Benevolent Association 619-388-1910 438 Third Avenue/92101 09/04/19-01/22/20 (18 weeks)

Nations R 10:00-11:30am

#### FEELING FIT AND HEALTHY

w

A comprehensive wellness program in collaboration with Aging and Independence Services (AIS). Promotes improvement in balance, fall prevention, strength, mental health, and resistance to chronic illness. Healthrelated activities performed sitting and/or standing. Instructors trained by AIS.

Classes are free. Enroll anytime in class.

Mid-City Campus Note: Held off-campus at Tifereth Israel Synagogue 6660 Cowles Mountain Road/92119	619-388-4500
09/03/19-01/21/20 (18 weeks)	Anderson, K
16453 T/Th	08:30-09:45am

#### Mid-City Campus

Note: Held off-campus at College Avenue Center (inside the Temple Emanu-El Building) 6299 Capri Drive/92120 619-388-4500

16455	M/W/F	10:30-12:00pm
09/04/19-01/22	2/20 (18 weeks)	Anderson, K

#### North City Campus Note: Held off-campus at

2202 Comstock S 09/05/19-01/1 15578	,	619-388-1800 Solis,A <b>09:30-11:00am</b>
15578		05.50 11.00am

#### West City Campus

16341	W/F	07:00-08:45am
09/05/19-01	/25/20 (18 weeks)	Schade, C
5 11	Avenue/92117	619-388-1873
	Clairemont Friendship Center	
Note: Held off-c	amplis at	

#### QI GONG—ANCIENT CHINESE PATH TO HEALTH

Breathing techniques, stretching and movement to relax and harmonize the body, relieve stress, increase energy, circulation and flexibility, and strengthen the immune system. All levels welcome.

Classes are free. Enroll anytime in class.

#### West City Campus Note: Held off-campus at

09/05/19-01/16/20 (17 weeks)	Nations, R
16403 Th	<b>10:00-12:00pm</b>
All Souls Episcopal Church 1475 Catalina Blvd./92107	619-388-1873

#### STAY STRONG AND TALL FOR HEALTH

West City Campus Note: Held off-campus at Wesley Palms 2404 Loring Street/92109	619-388-1873
09/04/19-01/22/20 (18 weeks)	Schade, C
16388 W	<b>10:30-12:00pm</b>

#### WALK YOUR WAY TO HEALTH

Fundamental concepts that reinforce the learning of basic knowledge, attitudes, and skills necessary for participation in a lifelong fitness walking program.

Classes are free. Enroll anytime in class.

#### STRETCH AND BALANCE FOR LESS AND MODERATELY ACTIVE OLDER ADULTS

Classes are free. Enroll anytime in class.

#### **Mid-City Campus**

Note: Held off-campus at	
Mission Valley Branch Library	
2123 Fenton Parkway/92108	

09/05/19	01/16/20 (17 weeks)	Phillips, C
16452	Th	01:30-03:15pm

#### STRENGTH AND BALANCE THROUGH MINDFUL MOVEMENTS

Classes are free. Enroll anytime in class.

#### **Mid-City Campus**

Note: Held off-campus at St. Dunstan's Episcopal Church 6556 Park Ridge Blvd./92120

619-388-4500

619-388-4500 Phillips, C 15849

09/11/19-01/22/20 (18 weeks) 16999 W

Phillips, C 01:00-02:30pm

# /Retirement

#### Retirement Living in Later Life

(PASV 530) Understand health maintenance, consumer awareness, physical illness, and leisure activities. Instruction is focused for age 55+ and those who have been retired for many years; adults age 18+ welcome.

Classes are free. Enroll anytime in class.

César E. Chávez Campus Note: Held off-campus at Neighborhood House Senior Center 851 S. 35th St./92113	619-388-1910
09/04/19-01/16/20 (17 weeks) 16902 M/Th	Beach, S <b>01:30-02:30pm</b>
Educational Cultural Complex Note: Held off-campus at Jackie Robinson YMCA 151 YMCA Way/92102	619-388-4956

#### COMMUNICATING WITH TECHNOLOGY

Introduces the online world including the basics of the web, tools to communicate (smartphones and tablets), email, social networks and much more.

North City Campus Note: Held off campus at Mira Mesa Senior Center 8460 Mira Mesa Blvd/921.	26 619-388-1800
09/03/19-01/21/20 (18 15579 T	weeks) Burns, M 01:00-03:00pm
North City Campus Note: Held off-campus at Serra Mesa Library 9005 Aero Drive 8D/9212	2 619-388-1800
09/09/19-01/13/20(15 15848 M	weeks) Burns, M 12:30-02:30pm
North City Campus Note: Held off-campus at	

Scripps Ranch Library 619-388-1800 10301 Scripps Lake Drive/92131 09/09/19-01/13/20 (15 weeks) Burns, M 03:30-05:30pm м

#### REDISCOVERING SAN DIEGO

Discover, explore, learn about, and experience San Diego history, people, and resources first-hand through this weekly field trip class. Class meetings are off-site at various locations. Register on the first day of class, 9/3/19 at 9:30am-12pm.

#### **Mid-City Campus**

Note: Held off-campus at Ray and Joan Kroc Community Center 6605 University Avenue Building F,/92115 619-388-4500

Eckstein, D <b>09:30-12:30pm</b>	g <b>A, Community Room</b> 19-01/21/20 (18 weeks) <b>T</b>	
Eckstein, D	18-01/16/19 (17 weeks)	09/05/1
<b>09:30-12:30pm</b>	<b>Th</b>	<b>16468</b>
Emery-Flores, D	19-01/21/20 (18 weeks)	09/03/1
09:30-12:00pm	<b>T</b>	<b>16473</b>
Emery-Flores, D	19-01/16/20 (17 weeks)	09/05/1
09:30-12:30pm	<b>Th</b>	<b>16460</b>
	g F, Band Room	Buildin
Albrant, M	19-01/21/20 (18 weeks)	09/03/1
<b>09:30-12:00pm</b>	<b>T</b>	<b>16472</b>
Albrant, M	19-01/16/20 (17 weeks)	09/03/1
<b>09:30-12:00pm</b>	<b>Th</b>	<b>16462</b>
	g F, Library	Buildin
Margolis, E	19-01/21/20 (18 weeks)	09/03/1
<b>09:30-12:00pm</b>	<b>T</b>	<b>16483</b>
Gilboy, T	19-01/16/20 (17 weeks)	09/05/1
<b>09:30-12:00pm</b>	<b>Th</b>	<b>16470</b>
	g F, Rolando Room	Buildin
Margolis, E	9-01/16/20 (17 weeks)	09/05/1
<b>09:30-12:00pm</b>	<b>Th</b>	<b>16482</b>



# /Retirement continued

#### S ONLINE REDISCOVERING SAN DIEGO

Students must attend one mandatory onsite meeting 9/5/18 9:30-12:00pm at the Joan Kroc Center, 6605 University Ave., 92115, Building F.

Mid-City Campus Note: Held off-campus a Ray and Joan Kroc Com 6605 University Avenu	at Imunity Center	619-388-4500
09/03/19-01/21/20	(18 weeks)	Albrant, M
<b>16466</b>	Mandatory 1st mt	<b>g. details above</b>
09/03/19-01/22/20	(18 weeks)	Nye, E
<b>16481</b>	Mandatory 1st mt	<b>g. details above</b>
09/03/19-01/22/20	(18 weeks)	Burns, M
<b>16479</b>	Mandatory 1st mt	<b>g. details above</b>
09/03/19-01/21/20 <b>16476</b>	(18 weeks) Mandatory 1st mt	,
09/05/19-01/22/20	(18 weeks)	Eckstein, D
<b>16475</b>	Mandatory 1st mt	<b>g. details above</b>
09/05/19-01/22/20	(18 weeks)	Burns, M
<b>16478</b>	Mandatory 1st mt	<b>g. details above</b>
09/05/19-01/22/20 <b>16457</b>	(18 weeks) Mandatory 1st mt	,
09/05/19-01/22/20	(18 weeks)	Nye, E
<b>16480</b>	Mandatory 1st mt	<b>g. details above</b>
09/05/19-01/16/20	(17 weeks)	Gilboy, T
<b>16458</b>	Mandatory 1st mt	<b>g. details above</b>

# /Social Studies

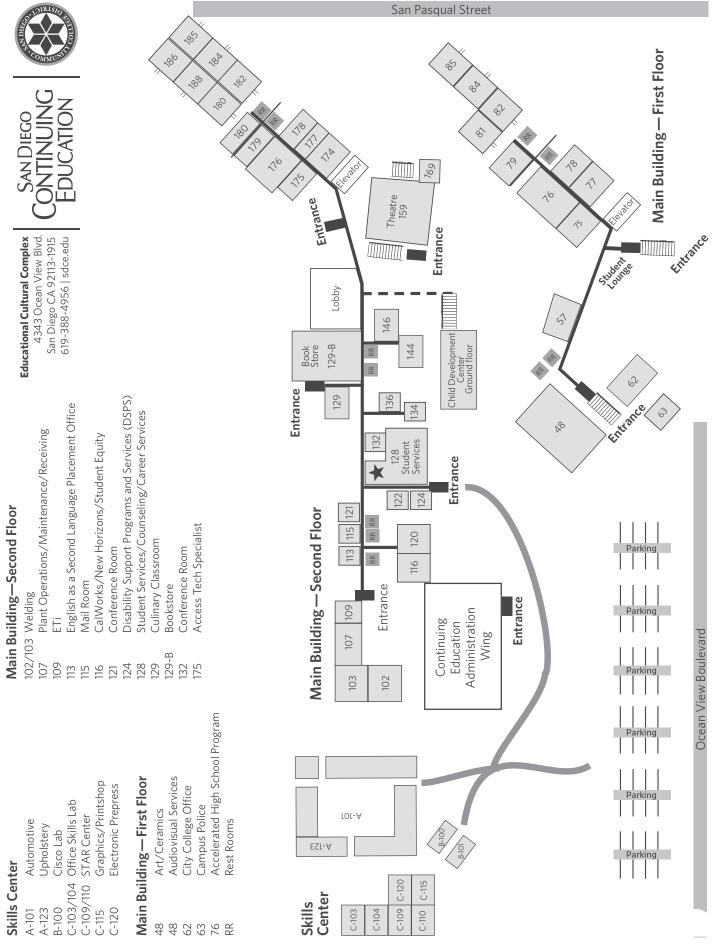
#### Social Studies

(SOCC 503) Information about domestic and international relationships to evaluate media reports, government pronouncements and programs.

Classes are free. Enroll anytime in class.

César E. Chávez Campus Note: Held off-campus at St. Paul's Pace	610 700 1010
111 Elm Street/92101	619-388-1910
09/03/19 <sup>-</sup> 01/21/20 (18 weeks) 16911 T	Ports, U 09:00-11:00am
César E. Chávez Campus Note: Held off-campus at Merrill Gardens at Bankers Hill 2567 Second Avenue/92103	619-388-1910
09/09/19-01/13/20 (15 weeks) 16912 M	Ports, U <b>03:15-04:45pm</b>
North City Campus Note: Held off-campus at Kearny Mesa Conv Hspl- 7675 Familu Circle Dr./92111	619-388-1800
09/05/19-01/16/20 (17 weeks) 15580 Th	Craven, T <b>03:00-04:30pm</b>
North City Campus Note: Held off-campus at The Shores Post-Acute 2828 Meadow Lark Drive/92123	619-388-1800
09/04/19-01/22/20 (18 weeks) 15582 W	Swersky, S <b>03:30-05:00pm</b>
North City Campus Note: Held off-campus at Mira Mesa Senior Center 8460 Mira Mesa Blvd./92126	619-388-1800
09/03/19-01/21/20 (15 weeks) 15581 T	Gilboy, T <b>09:30-12:00pm</b>
César E. Chávez Campus Note: Held off-campus at St. Pauls Villa 2340 Fourth Ave./92103	619-388-1910
09/09/19-01/13/20 (15 weeks) <b>16910 M</b>	Ports, U 10:00-11:30am
09/06/19-01/17/20 (15 weeks) 16914 M/F	Craven, T <b>09:15-11:15am</b>

	<b>César E. Chá</b> Note: Held off-car St. Paul Manor	mpus at	
	2635 2nd Ave./9	92105	619-388-1910
	09/09/19-01/1 <b>16913</b>	13/20 (15 weeks) M	Ports, U <b>01:00-03:00pm</b>
	West City Ca Note: Held off-ca Casa de Manana 849 Coast Blvd.,	mpus at	619-388-1873
0	09/03/19-01/2 <b>16417</b>	21/20 (18 weeks) T	Le Vine, R <b>11:00-12:00pm</b>
, U I <b>m</b>	West City Ca Note: Held off-can Canyon Villas 4282 Balboa Ava	mpus at	619-388-1873
0		21/20 (18 weeks) T	Swersky, S 09:15-11:15am
, U ) <b>m</b>	West City Ca Note: Held off-can Wesley Palms Re 2404 Loring Stre	mpus at tirement Home	619-388-1873
0	09/03/19-01/2 <b>16423</b>	21/20 (18 weeks) <b>T/Sa</b>	Le Vine, R 03:00-05:00pm
n, T O <b>m</b>	West City Ca Note: Held off-ca Patrician Apartm 4025 Pulitzer Pla	mpus at ents	619-388-1873
0	09/07/19-01/1 <b>16431</b>	8/20 (17 weeks) <b>Sa</b>	Le Vine, R <b>01:15-02:45pm</b>
i, S 9 <b>m</b>	West City Ca Note: Held off-can White Sands of La 7450 Olivetas, L	mpus at a Jolla	619-388-1873
0	,	L7/20 (17 weeks) F	Le Vine, R 01:15-02:45pm
, T ) <b>m</b>			619-388-1873
0		21/20 (18 weeks) T	Swersky, S 02:00-04:00pm
, U im , T	West City Ca Note: Held off-car La Jolla Nursing I 2552 Torrey Pine	mpus at	619-388-1873
	09/04/19-01/2 <b>16430</b>	22/20 (18 weeks) W	Swersky, S 01:00-03:00pm



67 Fall 2019 Class Schedule

San Diego Continuing Education

032117

# **General Information**

#### Open enrollment

It is SDCCD policy that, unless specifically exempted by statute, every course, course section or class, the attendance of which is to be reported for state aid, where offered and maintained by the district, shall be fully open to enrollment and participation by any person who has been admitted and who meets such prerequisites as may be established pursuant to Chapter 11, Div. 2, Part VI, Title 5 of the California Administrative Code, commencing with Sec. 51820.

#### Nondiscrimination

SDCCD policy prohibits discrimination on the basis of race, national origin, age, sex and disability in accordance with state and federal law, Ed. Amend. of 1972, Title IX, the 504 Provisions of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. Complaints alleging noncompliance with this policy should be directed to Lynda Reeves, Site Compliance Officer at 619-388-1827.

#### Title IX and Campus SaVE Act

San Diego Community College District (SDCCD) is committed to a safe and equitable learning environment for all students and employees. SDCCD has a Title IX and Campus SaVE Act website at http://www. sdccd.edu/titleix/ that provides students with important resources, policies and instructions on how to prevent and report incidents of sexual violence to the Title IX coordinator on each campus.

# Student rights, responsibilities & code of conduct

(Policy 3100) Students are subject to adhering to the policies and procedures of the San Diego Community College District, as well as all federal, state, and local laws. Students are subject to charges of misconduct concerning, but not limited to, the following acts when committed on District-owned or controlled property or at District-sponsored activities:

- » Academic misconduct or dishonesty as specified in Procedure 3100.3, Honest Academic Conduct.
- » Forgery, alteration, falsification, or misuse of campus/District documents, records, electronic devices, or identification.
- » All forms of nonacademic dishonesty, including but not limited to fabricating information, any form of bribery or knowingly furnishing false information or reporting a false emergency to officials acting in an official capacity.
- » Act or threat of damage to, or theft of property belonging to, or located on District-controlled property or facilities.
- The physical or verbal disruption of instructional or student services activities, administrative procedures, public service functions, authorized curricular or co-curricular activities, the orderly operation of the campus, or prevention of authorized visitors from carrying out the purpose for which they are on campus.
- » Physical, verbal, or written intimidation or harassment of such severity or pervasiveness as to have the purpose or effect of unreasonably interfering with a student's academic performance, or a District employee's work performance, or of creating an intimidating, hostile, or offensive educational or work environment.
- Any expression which is obscene, libelous or slanderous according to current legal standards, which so incites others as to create a clear and present danger of the commission of unlawful acts, or the substantial disruption of the orderly operation of the college/ campus District.

- » Physical altercation or threats of violence including assault or battery upon a student or District personnel on District premises or at any time or place while under the authority of District personnel.
- » Unlawful conduct of a sexual nature including but not limited to indecent exposure, prostitution, voyeurism, or loitering for the purpose of soliciting or engaging in any lewd act or conduct.
- » Any conduct that threatens the health or safety of any person, including oneself.
- Participation in hazing (California Education Code Sections 32050 through 32052).
- » Possession of weapons, explosives, unlicensed dangerous chemicals or objects which may be used as weapons or to threaten bodily harm, as specified in the California Penal Code or other applicable laws.
- Conduct which is in violation of federal, state, or local laws or ordinances; while on District premises or at District-sponsored or supervised activities. (Ref. 76020, 76120)
- » Failure to comply with directions of staff members of the District who are acting within the scope of their employment. Continued and willful disobedience or open and persistent defiance of the authority of District personnel providing such conduct is related to District policies, activities or college/campus attendance.
- » Smoking on District premises, or in vehicles provided by the District used for transporting students; except as permitted by applicable ordinances, laws, college and district guidelines and procedures.
- > Use, possession, distribution, or sale of alcoholic beverages on campus except as permitted by law.
- » Use, possession, distribution, manufacture or sale of narcotics or other hallucinogenic drugs or substances or inhaling or breathing the fumes of, or ingesting, any poison classified as such by the California Business and Professions Code Section 4160, Schedule "D," except as provided by law, is prohibited when on district premises.
- » Violation of Policies & Procedures for Student Organizations as enumerated in Manual 3200.

#### Confidentiality

Federal and state laws and SDCCD policy require complete confidentiality of student records. On request, a complete statement of District policy regarding student records will be provided.

#### Crime awareness and campus security

The San Diego Community College District Annual Security Report, titled: "Safe and Sound, a guide to safety and security in the San Diego Community College District," includes statistics for the previous three years concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by the San Diego Community College District; and on public property within, or immediately adjacent to and accessible from, the campus. The report also includes institutional policies concerning campus security, such as policies on drug use, crime prevention, the reporting of crimes, sexual assault and other matters. You can obtain a copy of this report by contacting any campus admissions office. At anytime you may view a full copy by accessing the following website: http://www.sdccd.net/ police/statistics.html

#### Drug and alcohol abuse

Policy 3100 states that use, possession or distribution of narcotics or other controlled substances is prohibited. A student may be suspended or expelled for violation of this policy. A complete list of legal sanctions, as well as information on drug treatment and prevention is available from the campus office.

# Smoke and Tobacco-Free District Property

Board Policy 0505, Smoke and Tobacco-Free District Property. The District recognizes the fact that individual health can be impaired both by the direct and by the secondary effects of smoking. The District, therefore, prohibits smoking and the use of tobacco products on all properties and in all vehicles owned or controlled by the District. "Smoking" is defined as inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, pipe, or any other lighted or heated tobacco or plant product intended for inhalation, in any manner or in any form. For the purposes of this procedure, the use of smokeless tobacco products is also prohibited. A "tobacco product" is defined to include any combustible substance used in smoking as well as smokeless or spit tobacco, also known as dip, chew, snuff, or snus, in any form. "Smoking" or "smokeless" also includes the use of an e-cigarette which creates a vapor, in any manner or in any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this regulation.

#### Plagiarism

The faculty and staff at San Diego Continuing Education believe academic honesty is one of the fundamental basis for the academic community. To this end, we wish to assist students in defining acceptable standards of academic honesty as they pertain to written work. Penalties may be assigned for any form of academic dishonesty. Plagiarism is defined as follows: to take and pass off as one's own work the work or ideas of another. This includes taking material from the Internet.

#### Minor Children on Campus

Minor children who are not enrolled are not permitted in any classroom at any time. Minor children who are not enrolled are not to be left unattended at any time while on the campus.

#### Official GED<sup>®</sup> Test

The Official HSE (High School Equivalency) Tests are given at the West City Testing Center located at: 3249 Fordham Street, San Diego, CA 92110. Call 619-388-1873 for information.

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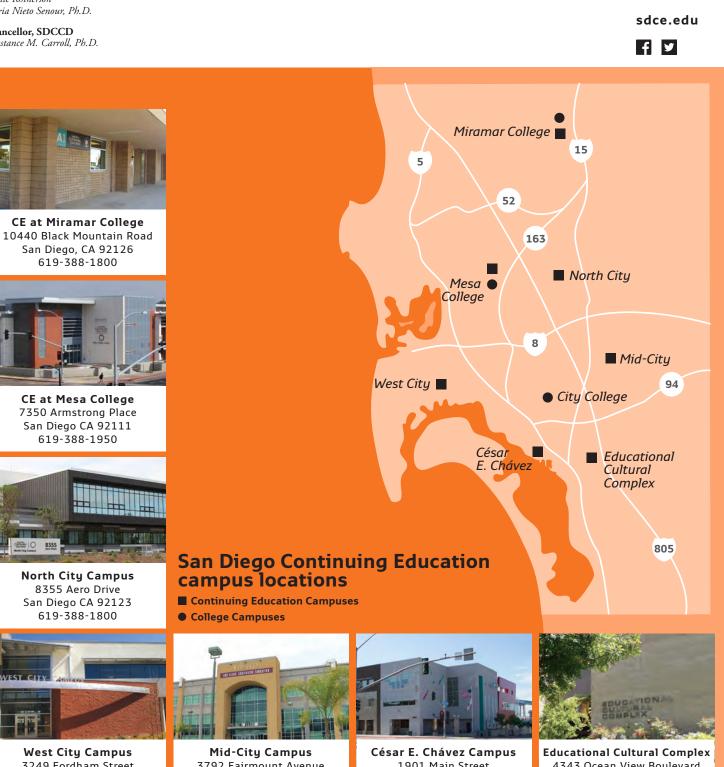
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