

# DISCOVER



UNIVERSITY OF WISCONSIN

# Fond du Lac

**CONTINUING EDUCATION**

In cooperation with UW Extension

## Winter/Spring 2014

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and NEW! Advanced Robotics** PAGE 4-5

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**REGISTER  
ONLINE AND  
SAVE \$5.00 PER CLASS**

there's a  for YOU!

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### General Information:

UW-Fond du Lac provides equal opportunity in employment and programming, including Title IX special accommodations. Please advise us two weeks before the class starts. Requests are kept confidential.

## Contact Us

UW-Fond du Lac Continuing Education  
400 University Drive  
Fond du Lac, WI 54935  
Phone: (920) 929-1155  
Email: [fdlce@uwc.edu](mailto:fdlce@uwc.edu)

## Visit Us

Continuing Education Office  
Room AE-213, 2nd Floor  
Administration/Extension Building  
Please use the East Parking Visitors Lot

*For information on weather-related class cancellations:*

Radio Stations –	Weather cancellation –
<b>KFIZ AM 1450</b>	<b>Call: 920-929-1155</b>
<b>K107.1 FM</b>	<b>Online: <a href="http://fdl.uwc.edu">fdl.uwc.edu</a></b>

## Express Degree Program

**Accelerated format is perfect for working adults!**

Classes held in two locations:

**Green Lake** (classes at Green Lake Town Square)

**Beaver Dam** (classes held at Beaver Dam High School)

### Why the Express Degree Program?

- Attend classes just two nights a week
- Focus on one subject at a time
- Save time and gas money
- Earn UW credits that **transfer** everywhere
- Save more with the **lowest tuition** in the UW System
- Add three powerful words to your resume: University of Wisconsin
- **Financial aid** is available for qualified students

**For more information visit [fdl.uwc.edu/express](http://fdl.uwc.edu/express)**

## Online Learning Made Easy!

### Professional Development and Personal Enrichment Courses

Preview the following courses and many others at [www.ed2go.com/uwfdl](http://www.ed2go.com/uwfdl).

Select one of these dates to begin a six week course:

**January 15, February 19, March 19, April 16, or May 21, 2014**

### Most courses only \$99!

- Creating Mobile Apps with HTML5
- Accounting
- Using Social Media in Business
- Web Design
- A to Z Grant Writing
- Start Your Own Business
- Speed Spanish
- Paralegal
- Teaching and Education
- **Hundreds of courses to choose from!**

**Register Online & Save: [www.fdl.uwc.edu/ce](http://www.fdl.uwc.edu/ce)**

# Youth Athletics

## Our Philosophy

Our athletic programs emphasize quality over quantity where all children have an equal opportunity to learn and develop. This is done in a safe, social and fun environment to help children reach their potential. Our coaching staff is committed to incorporating sportsmanship, teamwork, and good health into the teaching of the individual sports skills. Limited enrollment in all programs and a low instructor to student ratio provides a safe environment and results in learning excellence. Please contact our office at (920) 929-1155 with any new suggestions you may have for athletic programming.

## Mary Kelly Youth Gymnastics...

over 40 years of tradition in excellence

5 Saturdays, March 22 & 29, April 5, 12, & 26

Location for all gymnastic classes: UW-Fond du Lac Physical Education Building (West Parking Lot)  
Directors: Lindsay Hermesen & Abby Zubella

## Parent, Infants & Toddlers in Motion (Ages 10 months to 3 years)

8:30-9:00 a.m.

Parents come, join the fun. You will have the opportunity to work one-on-one with your child in a safe environment exploring balance, coordination, rhythm and more. You and your child will experience music and movement activities and learn how to jump, climb and land safely as your child explores the world around them.

Fee: \$34 (**\$29 if you register online**)

## Run, Jump and Tumble (Ages 3-4)

9:10-10:00 a.m.

Bring your friends and get ready to run, jump and tumble! This beginner gymnastics program is sure to excite your preschool aged child. With music, exploratory movement and basic gymnastics, this class will offer the opportunity for your child to increase his/her attention span, balance and coordination while meeting new friends and having fun! Strengthening listening skills, following oral directions, cooperation and taking turns are necessary skills for young children; add in the opportunity to expend energy and explore physical capabilities. Enrollment limited to 36 students. Participant to staff ratio: 8/1.

Fee: \$44 (**\$39 if you register online**)

## Tiny Tumblers (Ages 5-6)

10:10-11:25 a.m.

Let's get ready to tumble! Does your child like to climb, flip, roll and run? Then this exciting class of music, movement and basic gymnastics is for you. This beginning program for children ages five to six uses gymnastics to teach balance, coordination and flexibility while meeting new friends and having fun! Children will have the opportunity to explore gymnastics equipment and physical activity in creative ways that keep them motivated and

excited for more! Enrollment limited to 36 students. Participant to staff ratio: 8/1.

Fee: \$54 (**\$49 if you register online**)

## Youth Gymnastics (Ages 7-12)

11:30 a.m.-1:00 p.m.

Gymnastics is taken a step further in this program for children ages seven through twelve. Participants will explore gymnastics equipment while learning intermediate skills and tricks, in addition to gaining strength, balance, flexibility and coordination. Gymnastics is a fantastic way to gain self-esteem and meet new friends. This class gets kids moving while challenging them to learn the amazing physical capabilities of their bodies! Join us for the fun! Enrollment limited to 36 students. Participant to staff ratio: 8/1.

Fee: \$54 (**\$49 if you register online**)

## Little Kickers Soccer Academy

5 Saturdays, January 18, 25, February 1, 8, 15

Preschool/Kindergarten: 9:30-10:20 a.m.

Grades 1-4: 10:30-11:20 a.m.

Location: UW-Fond du Lac Physical Education Building (West Parking Lot)

Directors: Trent & Travis Rieder

Children are introduced to the fundamentals of soccer in a fun-filled session! Grades 1 & 2 instruction will include a continuation of skills. Grades 3 & 4 instruction will explore tactics to include: switching fields, 2V1, 3V1, checking, and small-sided games. No experience required. Parental participation is encouraged. Fee: \$44 (**\$39 if you register online**) includes a t-shirt.

## Tee-Ball: Preschool/Kindergarten (ages 4 and 5)

5 Mondays, July 7, 14, 21, 28, and Aug 4 (Raindate is August 11)

Games at 5:00, 6:00, 7:00 p.m.

Location to be determined within the city of Fond du Lac

Director: Beth Olson, Lakeshore Elementary Phy Ed

Your child will learn the basics of throwing, catching and batting along with how to run the bases and

See Page 11 to Register.

field a ball in a positive and fun environment! The first twenty-five minutes will be spent on drills followed by thirty-five minutes of game time. Scores and outs will not be kept, and all will have a chance to bat one time per inning. Teams are made up of ten players. Registration is limited and it fills every year so don't wait to register! Must be 4 years of age by program start date. **Registration deadline: June 13, 2014.** Game schedules will be mailed to participants one week prior to the program start date. Participant to staff ration: 10/1. Parent volunteers are needed. If interested, please indicate on the registration form in Comments section. Fee: \$44 (**\$39 if you register online**) includes t-shirt.

## Tee-Ball: Grades 1-2

**5 Mondays and Wednesdays  
July 7 – August 6 (Rain date is Aug 11)**

*Games at 5:00, 6:00, 7:00 p.m.*

*Location to be determined within the city of Fond du Lac*

*Director: Beth Olson, Lakeshore Elementary Phy Ed*

Your child will learn the basics of throwing, catching and batting along with how to run the bases and field a ball in a positive and fun environment! The first twenty-five minutes will be spent on drills followed by thirty-five minutes of game time. Scores and outs will not be kept, and all will have a chance to bat one time per inning. Teams are made up of ten players. **Registration deadline: June 13, 2014.** Game schedules will be mailed to participants one week prior to the program

start date. Participants to staff ration : 10/1. Parent volunteers are needed. If interested, please indicate on the registration form in Comments section. Fee: \$54 (**\$49 if you register online**) includes t-shirt.

## Softball: Grades 3-4

**5 Mondays and Wednesdays  
July 7 – August 6 (Rain date is Aug 11)**

*Games at 5:00, 6:00, 7:00 p.m.*

*Location to be determined within the city of Fond du Lac*

*Director: Beth Olson, Lakeshore Elementary Phy Ed*

Children will be introduced to the basics of softball including pitching, stealing bases, hitting, fielding and running bases. Coaches will teach fundamentals which will build the children's physical skills and confidence level. Good sportsmanship will also be emphasized. This is a more competitive league with outs and scoring. League standings are not kept. **Registration deadline: June 13, 2014.** Game schedules will be mailed to participants one week prior to the program start date. Join us for the fun! If interested, please indicate on the registration form in Comments section. Fee: \$54 (**\$49 if you register online**) includes t-shirt.

*Parents, please record your course on your calendar! Refunds are given up to one week before the first class session and include a \$10 cancellation fee.*

## Youth Personal Enrichment

### ACT Strategies Prep

**4 Saturdays, Feb 22, March 1, 8 & 15  
8:00 a.m.- Noon**

*Location: Classroom Building, Room C-246*

*Instructors: UW-Fond du Lac Faculty*

Prepare for the ACT just in time for the ACT testing dates! Areas to be covered during the four session course include: test-taking strategies, English, writing, reading, math, and science. You will also have an opportunity to take two practice exams and receive the results in time to brush up before the exam dates. All areas covered will include both content and test-taking strategies. You will be taught by UW Colleges faculty and will receive a 532 page study guide. The ACT course schedule includes:

- 1st Saturday –ACT pre-test
- 2nd Saturday – review test results, study and test taking skills, English/reading & writing
- 3rd Saturday – math & science
- 4th Saturday – ACT post-test, questions and wrap-up.

Fee: \$154 (**\$149 if you register online**) includes all instruction, two practice exams, and study guide.

### Attention High School Juniors & Seniors!

Earn 3 college credits while snorkeling in the Florida Keys. See page 10 for details.

### UW-Fond du Lac's Amazing Robotics Challenge

**Grades: 4-9**

**9 Saturdays, Feb 22 - April 26**

**Workshops: Feb 22 – April 12, 9:00-11:00 a.m.**

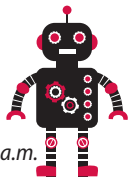
*Location: Science Building, Room S-227*

**Competition: Saturday, April 26, 9:00a.m.- noon**

*Location: Prairie Theater*

*Instructor: John Papenheim, WTCS Certified electronics and robotics instructor. Founder, Fondy Heat Robotics.*

Back by popular demand this class is a repeat of last winter's popular program! This year, we feature a new game, as well as updated robots and software.



This is an intense 8 week robotics program. You will build a robot that will compete in a public competition against other students' robots. It will be built with interchangeable parts, which are programmable by a personal computer, with flashing lights, moving motors, wheels, levers and arms at your command. Innovation and creativity are required. Styling and originality are rewarded. You will learn about electronics, physics, and computer programming and see how what you learn in math class helps you build a robot. Each student will build their own robot. For best success, you will take home the robot to build, modify, and tweak each week. Enrollment is limited to 20 students so sign up early. Fee: \$124.00 (**\$119 if you register online**)

## **NEW!** Advanced Robotics Challenge

**Grades: 7-12 with robotics experience**

**9 Saturdays, Feb 22 - April 26**

**Workshops:** Feb 22 - April 12,  
11:30 a.m. - 1:30 p.m.

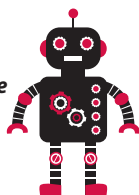
**Location:** Science Building, Room S-227

**Competition:** Saturday, April 26, 1:00-4:00 p.m.

**Location:** Prairie Theater

**Instructor:** John Papenheim, WTCS Certified electronics and robotics instructor. Founder, Fondy Heat Robotics.

This program is for students who have experience with robotics. If you've participated in UW Fond du Lac's summer or winter beginners programs or participated in other robotics programs, this challenge is for you. You and your teammate will receive a box of parts you craft into a working,



competitive, programmable, and remote-controlled microwave oven+ sized robot. Each Saturday, there will be workshops on building, programming, simple CAD design, and CNC to help your team with its build. You will use common hand and power tools. Expect to spend time outside of the classroom working with your team on this robot. You will need to stick to a strict budget. At the end of 8 weeks, the robots created will face off in a "game" you designed for your robot's competition. Enrollment is limited to 20 students so sign up early. Fee: \$144.00 (**\$139 if you register online**)

## Suzuki Violin

**September 9, 2013 - May 9, 2014**

**Director:** Gloria Schroeder

Children learn to play the violin using the 'Mother Tongue approach' (also known as the Suzuki Method) developed by Shinichi Suzuki. Parents are an integral part of this method. They are required to attend weekly private and group lessons with their children, learn to play the 'Twinkle' variations, play the recorded music daily and practice with their children daily. Each student will receive a weekly private lesson and a group class lesson. There will be recitals and opportunities to play for the public. **Fee for spring semester:** 30 minute private lessons - \$275, 45 minute private lessons - \$387, 60 minute private lessons - \$500. Tuition may be paid in two installments. Call (920) 929-1155 for more information or to register. **Online registration not available.**



**SAVE THE DATE! SAVE THE DATE! SAVE THE DATE! SAVE THE DATE! SAVE THE DATE!**

## SUMMER 2014 YOUTH PROGRAMMING

**College for Kids will be back!**



**Students entering Grades 5-8 in fall of 2013**

**Monday - Thursday, July 21-24**  
9:00 a.m. - 3:20 p.m.

**Watch for more information and registration form coming this spring!**

College for Kids is designed for highly motivated students possessing special talents and gifts. Students are exposed to new interest areas, interact with students having similar interests and abilities, enhance their interest in learning by experiencing stimulating and challenging activities, are encouraged to use creative/productive thinking and expression, and foster skills for independent learning. Students must get an approval from a school district representative (gifted/talented coordinator, principal or teacher).

**L.E.A.P.S.! will be back!**



**Students entering Grades 2-4 in fall of 2013**

**Monday - Thursday, July 28-31**  
9:00 a.m. - 11:45 a.m.

**Watch for more information and registration form coming this spring!**

L.E.A.P.S.! is Learning Enrichment for Able Primary Students and open to highly able and motivated students. Our LEAPS! instructors have expertise in their subject areas and are excited to provide challenging enrichment opportunities for academically, creatively and artistically talented children. Students must get an approval from a school district representative (gifted/talented coordinator, principal or teacher).

**See Page 11 to Register.**

## Adult Personal Enrichment

### **NEW!** Introduction to Microsoft Windows

**2 Mondays, March 3 & 10, 6:00-8:00 p.m.**

Location: Administrative Bldg, Room AE-210

Instructor: Jennifer Buchholz, Master-Level Microsoft Office Specialist

Windows is the basic operating system for PCs. This class will help you understand how to best navigate windows, organize files, set up the desktop, use applications, gadgets, and more. We will also cover viruses, spyware and malware. This class is a must for those new to computing or those who aren't familiar with the Windows operating system. Fee \$54 (**\$49 if you register online**) includes course manual and MS Windows Quick Reference card.

### **NEW!** Introduction to Microsoft Word

**2 Mondays, March 17 & 24, 6:00-8:00 p.m.**

Location: Administrative Bldg, Room AE-210

Instructor: Jennifer Buchholz, Master-Level Microsoft Office Specialist

Microsoft Word is a standard tool in the home and workplace for word processing. This class will orient you to MS Word 2010 with work in editing and formatting text, formatting paragraphs, creating tabs, page formatting and more. For those who are new to Word or who have struggled with some of the Word features, this class will introduce features and improve productivity. Fee \$54 (**\$49 if you register online**) includes course manual and MS Word Quick Reference card.

### **NEW!** Introduction to Microsoft Excel

**2 Mondays, March 31 & April 7, 6:00-8:00 p.m.**

Location: Administrative Bldg, Room AE-210

Instructor: Jennifer Buchholz, Master-Level Microsoft Office Specialist

Microsoft Excel is a spreadsheet tool that is used both in the home and in the workplace to perform calculations and create reports. This class will develop your skills in navigating through the program, editing data, working with worksheets, formatting cells and understanding functions. Students will become familiar with home and office applications of a spreadsheet. Fee \$54 (**\$49 if you register online**) includes course manual and MS Excel Quick Reference card.

Also check out the non-credit options for Nursing Assistant, Yoga, Italian, Archaeology of Wisconsin, and Art: Introduction to Fibers on page 9 and 10.

### **Strong Women, Strong Bones™ Strength Training**

Instructor: Heather Holland, certified Strong Women, Strong Bones™ trainer



#### **Option 1:**

**Mondays and Wednesdays  
February 3 – April 9**

**Session I: 9:00-10:00 a.m.**

**Session II: 10:15-11:15 a.m.**

Location: UW-Fond du Lac Campus, Art Building, Room A-216

#### **Option 2:**

**Tuesdays and Thursdays  
February 4 – April 10**

**Session I: 9:00-10:00 a.m.**

Location: Founders Hall, 320 Cty Hwy K, St Agnes Convent lower level

Want to get fit? Join this safe, effective, evidence-based strength training program designed by Dr. Miriam Nelson of Tufts University. It helps middle-aged and older women build muscle, strengthen bones, prevent frailty, improve balance and increase overall physical and mental health. Each participant should supply: comfortable clothes, gym or tennis shoes, floor mat or towel, water bottle, ankle weights (adjustable up to 10 pounds each, 20 pounds total), hand weights (a pair each weight level) 3 pounds and 5 pounds. Space is limited. Participants are required to obtain and sign proper paperwork before the first class. Fee: \$45 (online registration not available)

**Registration deadline:** January 20.

**To register** contact Contact Gloria Kelroy (920) 929-3173 or gloria.kelroy@ces.uwex.edu

Offered in partnership with FDL County UW-Extension.



### **NEW!** Understanding Yourself and Others: Personality Type and Communication

**3 Mondays**

April 14, 6:00-9:00 pm, Admin Bldg Room AE-210

April 28, 6:00-8:00 pm, Art Bldg Room A-210

May 5, 6:00-8:00 pm, Art Bldg Room A-210

Instructor: Jennifer Buchholz, Certified MBTI Practitioner

The Myers-Briggs® Personality Type Indicator (MBTI®) was created to make Carle Jung's theory of personality type understandable and useful in everyday



life. This class will expose you to the MBTI. The first night will include taking the MBTI assessment and validating the results through interactive activities. The second evening will focus on leveraging the MBTI for more effective communication. The third night will focus on how your type emerges in times of stress and how to adapt. There will be a number of activities to help you understand your personality type and how to improve relationships based on this understanding. This information will be useful personally and professionally. Fee: \$104 (**\$99 if you register online**) includes course book and MBTI assessment

## Heal Your Life - Group Reiki Seminar and Session

**Monday, March 24, 6:30-8:30 p.m.**

*Location: Art Building, Room A-216*

*Instructor: John Oestreicher, Certified Reiki Master/Teacher*

Reiki is practiced in approximately 800 hospitals and clinics in the United States and is part of England's National Health Service. In this class, Reiki Master/Teacher John Oestreicher will describe Reiki and discuss the many rewards his clients have reported, including; relaxation, stress reduction, pain relief and improved health.

Following the discussion students may choose to participate in a group Reiki session, which is designed to allow many people to experience Reiki at the same time. Anyone may benefit from this class, including those experiencing symptoms of fibromyalgia, cancer and depression. Fee: \$34 (**\$29 if you register online**)

## Meditation Training

**Monday, April 7, 6:30-8:30 p.m.**

*Location: Art Building, Room A-216*

*Instructor: John Oestreicher, Certified Reiki Master/Teacher*

Relaxation expert John Oestreicher has been meditating for 25 years and teaching meditation for eight years. In this informative and relaxing class, participants will learn: the benefits of meditation, how and when to meditate, focused attention, and how to slow down and release the mind's endless chatter. Students will practice meditating and each individual will receive a customized meditation based on their goals and energy scan. Fee: \$34 (**\$29 if you register online**)

## Healthy Sleep

**Monday, April 28, 6:30-8:30 p.m.**

*Location: Art Building, Room A-216*

*Instructor: John Oestreicher, Certified Reiki Master/Teacher*

Relaxation expert John M. Oestreicher will teach you how to fall asleep easily and quickly. Learn

to sleep soundly and release the endless monkey mind chatter to create a restful night. Learn about natural, holistic and practical techniques that help you develop a calm and peaceful mind for longer and healthier sleep. Fee: \$34 (**\$29 if you register online**)

## Fond du Lac Chamber Singers



The Fond du Lac Chambers Singers, a small ensemble in residence at the University of Wisconsin- Fond du Lac, invites area singers to addition to be part of the group for the fall semester. Fond du Lac Chamber Singers is dedicated to the performance of choral literature. Those interested in becoming a member of the ensemble should have music reading and choral singing experience. Rehearsals are held 6-8 p.m. on Monday evenings beginning Jan. 27 and ending May 19 at UW-Fond du Lac. There are one to two concerts per semester. Fee \$35 (**\$30 if you register online**). **Preregistration is required.** To schedule an audition, contact Cara Davis, UW-Fond du Lac music lecturer, at (920) 202-0793 or cara.davis@uwc.edu.

## **NEW!** Soap Making

**2 Tuesdays, April 1 & 8, 6:00-8:30 p.m.**

*Location: Art Building, room A-124*

*Instructor: Debbie Serwe*

In this hands-on class, you'll learn 2 popular techniques for making old fashioned, homemade soaps using lye and glycerin bases. These all natural soaps provide the user soft, healthy skin without the chemicals found in commercial products. We will discuss soap recipes, where to buy products and supplies, as well as safety issues. You will customize your creations with your choice of essential oils or fragrance oils. We'll explore all the interesting things you can put into your soap. All students will take home helpful handouts with instructions, tips, and recipe ideas as well as 2 impressive projects that you make yourself. Seats are limited so sign up early! Fee \$64 (**\$59 if you register online**) includes all materials.

## **NEW!** Beyond Genealogy: Capture, Record, Preserve

**6 Tuesdays, March 4 – April 8, 6:00-8:00 p.m.**

*Location: Art Building, Room A-211*

*Instructor: Mary Voell*

*About the instructor: Mary Patricia Voell is the founder of Legacies: Family & Organizational Historians, the mission of which is to help families and organizations capture and preserve their stories. Mary has a M.A. in Adult Education and B.A. in Communications. She is an author, teacher, trainer, and speaker.*

We live in a remarkable age in which information

**See Page 11 to Register.**

is available in overwhelming abundance. At the same time, we have become less in touch with the histories and legends of our own families. Not only are our elders the links to a treasured past, but the baby boomers who presently hold those stories act as the temporary keepers. What happens when either generation is no longer mentally or physically able to share those memories? Writer Anne Lamont, in her book "Bird by Bird," suggests that rather than taking on the insurmountable task of writing involved in capturing families stories, one needs to break it down into smaller, more manageable workable format. Join us in this informative and lively manner of storytelling, history sharing and videoing providing a lively look back. Fee: \$84 (**\$79 if you register online**)

## **NEW!** Contemplative Photography Plus

**10 Tuesdays, Feb 4 – April 8, 6:00-7:00 p.m.**

*Location: Classroom Bldg, Room C-103*

*Instructor: Lora Vahlsing*

This class is for new students and those that have taken Contemplative Photography in the past. Very simply, contemplative photography is a practice of being present and mindful of yourself and your surroundings. As a result you will begin to notice a change in how you see the world around you. The act of taking photos and the photos are equally important in this class.

Although some technical aspects may be discussed, this class is about contemplating subjects and formal art/design aspects such as shape, line, shadow, and repetition. Materials needed: working camera, (if it's manual please be sure you are able to develop photos regularly). Fee: \$64 (**\$59 if you register online**)

## **NEW!** Understanding Your Credit Report

**Tuesday, March 25, 6:00-8:00 p.m.**

*Location: Room LGI-114*

*Instructor: Shelley Tidemann, Family Living Educator, UW-Extension Fond du Lac County*

Credit reports are increasingly important to everyday life—getting a job, obtaining an affordable loan or insurance policy, or renting a home. Each person is responsible for the accuracy of the information in his or her credit report, but only about 4 in 10 Wisconsin adults check their reports each year. Understanding the information supplied in a credit report will help individuals know what to look for. Fee \$15 (**\$10 if you register online**)

## Retirement Planning: Taking Control of Your Future!

**Two specialty 2-day workshops. Take one or both!**

**Offered by Provident Financial Consultants, LLC**

### Social Security-Keys to Optimizing Your Benefits

**Option 1:**

**Thursdays, March 13 & 20, 6:30-8:30 p.m.**

**Option 2: Tuesdays, April 8 & 15, 6:30-8:30 p.m.**

*Location: Art Building, Room A-210*

*Instructors: Bonita L. Graff, CPA, CDFA Brenda L. Rolli, AAMS® Cassandra N.F. Dorn, CFP® (of Provident Financial Consultants, LLC)*

Social Security continues to play a critical role in any retirement plan. This class will help you understand the basics of Social Security, go over key factors to consider prior to applying for benefits, and assess the pros and cons of taking benefits prior to full retirement age, plus more. Fee: \$64 (**\$59 if you register online**) and includes instruction for up to two individuals in the same household and one course manual. Extra course manual is \$25.

### Passport to Retirement – "How To" Guide For Retirement Success

**Option 1:**

**Tuesdays, March 25 & April 1, 6:00-8:30 p.m.**

**Option 2:**

**Thursdays, April 24 & May 1, 6:00-8:30 p.m.**

*Location: Art Building, Room A-210*

*Instructors: Bonita L. Graff, CPA, CDFA Brenda L. Rolli, AAMS® Cassandra N.F. Dorn, CFP® (of Provident Financial Consultants, LLC)*

This course includes the information you need to assess the costs associated with retirement, determine your sources of income, improve your investment potential, reduce your financial risk, and help preserve your estate for your heirs. You will also find out how to fight the effects of inflation, avoid unnecessary taxes, and protect yourself from the long term care expenses. Through examples, exercises, and case studies you can take control of positioning yourself for a brighter financial future. Fee: \$64 (**\$59 if you register online**) and includes instruction for up to two individuals in the same household and one course manual. Extra course manual \$20



### Money Smart Week • April 5 – 12

Contact FDL County UW-Extension (fonddulac.uwex.edu) for information about Money Smart Week (<http://www.moneysmartweek.org/>), a week of events focused on financial education.

**Register Online & Save: [www.fdl.uwc.edu/ce](http://www.fdl.uwc.edu/ce)**



## Healthcare



### CNA

#### HES 150: Introduction to Patient Care

(3 credits)

##### WINTERIM Session

January 2 – January 17, Monday - Saturday

**Classroom:** 8:00 a.m.-5:30 p.m. (Jan 2-11)

**Location:** Science Building, Room S-103

**Clinical:** 6:00 a.m.-2:30 p.m. (Jan 13-17)

##### SPRING Session

January 27 – March 13, Monday - Thursday

**Classroom:** 4:30-8:30 p.m. (Jan 27-Feb 27)

**Location:** Science Building, Room S-103

**Clinical:** 4:00-9:00 p.m. (Mar 3-13)

##### SUMMER Session

June 10 - June 27

Monday - Friday & 1 Saturday (June 14)

**Classroom:** 8:30 a.m.-5:00 p.m. (June 10-20)

**Location:** Science Building, Room S-103

**Clinical:** 6:00 a.m.-2:30 p.m. (June 23-27)

UW-Fond du Lac and Clarity Care are offering a 3 credit course to prepare students to take the Certified Nursing Assistant exam and earn a CNA designation. This course includes classroom, lab practice and clinical experience. Many college of nursing programs require students to have completed a nursing assistant course with clinical component AND HAVE A CURRENT CNA certificate at time of application. In this course you will learn the principles and skills necessary to provide quality resident care. These skills and concepts may be applied in various healthcare settings including nursing homes, home health agencies, assisted living, and hospitals. You will learn what it takes/ means to be a competent and compassionate caregiver. There is a clinical connected with this course. The course and clinical will be provided by Clarity Care instructors.

**Fee:** 3 Credits \$1,319.67 including tuition cost (Tuition may vary based on applicable campus fees that vary by semester.) Non-credit option for \$950 should space be available.

A non-refundable deposit of \$200 is required for both credit and non-credit options.

#### Registration deadline and deposit due dates:

WINTERIM – December 19; SPRING – January 20;

SUMMER – May 27.

Meet with the Continuing Education director, prior to registration to complete paperwork necessary for class participation. To arrange an appointment call (920) 929-1153.

## Credit Outreach

Credit Outreach classes are available to community members, as well as college students. All are available as credit or non-credit classes. **Online registration discount does not apply to Credit Outreach or Healthcare classes.**

### **NEW!** HES 046 Yoga I (1 credit)

**Mondays and Wednesdays**

January 27-May 19, 1:30-2:20 p.m.

**Location:** Art Building, Room A-216

**Instructor:** Lora Vahlsing



Hatha yoga is the most widely practiced form of yoga in America. It is the branch of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind. There are nearly 200 hatha yoga postures, with hundreds of variations, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility. **Fee:** \$197.93 plus applicable campus fees. Non-credit option for \$99 should space be available.

### **NEW!** Art 291: Special Topics: Introduction to Fibers (3 credits)

**Mondays and Wednesdays**

January 27 – May 19, 9:30 a.m.- Noon

**Location:** Art Building, Room A-121

**Instructor:** Mindy Sue Wittock

An introductory overview of the field of textiles and fiber arts. Students will learn basic processes, as well as some of the intellectual, philosophical, and historical considerations specific to the study of art cloth, fiber sculpture, textile construction, and embellishment. **Fee** \$593.79 plus \$25.00 materials fee plus applicable campus fees. Non-credit option for \$299 plus \$25.00 materials fee should space be available.

### ANT 302: Archaeology of Wisconsin (3 credits)

**Thursdays, January 30 – May 15, 6:00-8:45 p.m.**

**Location:** Science Building, Room S-238

**Instructor:** William T. Whitehead, Senior Lecturer

Survey of Wisconsin archaeology from the earliest occupation of the state through early European contact. Emphasis is on ecological and historical factors influencing development of prehistoric and historic aboriginal culture of Wisconsin. Prerequisites: Previous anthropology course or permission of instructor **Fee:** \$593.79 plus applicable campus fees. Non-credit option for \$299 should space be available.

See Page 11 to Register.

## **ITA 104 First Semester Italian – Part II (2 credits)**

**Tuesdays and Thursdays,  
January 28 – May 20, 11:00-11:50 a.m.**

*Location: Classroom Building, Room C-104*

*Instructor: Lea Cicchiello*

This class is a continuation of ITA103 and second module of a two-part introductory sequence. The

emphasis is on reading, writing, and speaking in Italian. Classes may include cultural studies of Italy and other Italian-speaking countries or regions. (This course in combination with ITA 103 would be equivalent to an ITA101 course.) Prerequisite is Italian 103 or consent of the instructor. **Fee** \$395.86 plus applicable campus fees. Non-credit option for \$199 should space be available.

## **BIO 298 Special Topics in Biology: Florida Keys!**

**Biology of the Florida Keys Marine Environment (3 credit hours)**

**High School Students: July 16 to 22, 2014 open to high school juniors and seniors**

**College Students/Adults: August 6 to 12, 2014**

This is a snorkel-based course that will introduce students to the life that inhabits the marine ecosystems of the Florida Keys. Students will travel to Marine Lab in Key Largo Florida for 7 full days of snorkeling, field trips, lab activities, fieldwork and discussions. Prior to heading to the Keys, students will complete an online orientation and introduction to the Florida Keys assignment and attend a face-to-face orientation to meet the other participants and learn about Sea Turtle Biology. After returning from the trip, students will complete and submit their final lab notebook and assignments for grading.

Fee: \$1,798 (includes all travel, lodging, most meals, tuition and fees). A \$400 non-refundable deposit is due at time of application.

Visit us at [www.fdl.uwc.edu/ce](http://www.fdl.uwc.edu/ce) to view: video, power point presentation, brochure and registration form.

**To learn more attend one of these information sessions:  
Monday, February 3 @ 6 PM or Wednesday, March 5 @  
6 PM in the UW-FDL Science Building, Room S-112.**

For more information call (920) 929-1153.



## Travel

### **Chicago for a Day!**

**Saturday, April 5, 7:30 a.m.-9:30 p.m.**

Spend the day in Chicago enjoying your favorite museum, The Magnificent Mile, or downtown Chicago. The route will include The Chicago Art Institute, The Field Museum, Shedd Aquarium, Adler Planetarium and Astronomy Museum, and Water Tower Place. We will leave the UW-Fond du Lac North Parking Lot at 7:30 a.m. and return at 9:30 p.m. You will receive a confirmation email or letter from the Continuing Education office 7-10 days prior to departure. There are no refunds on tours. Fee: \$54 (**\$49 if you register online**). (Museum admissions and meals are not included.)

### **Explore the World with UW Colleges**

**Summer 2014 Academic Study Abroad Programs**

For more information visit:  
[www.uwc.edu/academics/abroad/](http://www.uwc.edu/academics/abroad/)

Looking for something more than just a trip? We welcome college students and community members to join our educational adventures to **Ghana, Japan, Peru, China, Costa Rica, Germany, and Canada**. Our short-term programs are led by experienced professors and facilitators with expertise and passion for the subject.

**TE! SAVE THE DATE! SAVE THE DATE! SAVE THE DATE! SAVE THE DATE! SAVE THE DATE! SAV**

**Day Trip to Door County • Friday, June 20, 2014**

*Watch for more information this spring!*

**Register Online & Save: [www.fdl.uwc.edu/ce](http://www.fdl.uwc.edu/ce)**

## Five Easy Ways to Register

**1. Online** you can register at: [www.fdl.uwc.edu/ce](http://www.fdl.uwc.edu/ce) and **SAVE \$5 per non-credit class.**

**2. Call (920) 929-1155**

**3. Mail** your registration along with your payment to:

UW-Fond du Lac, 400 University Drive, Fond du Lac, WI 54935,  
Attn: Continuing Education.

**4. Fax** your registration to us at (920) 929-3607. Be sure to include your MasterCard or Visa information.

**5. In Person** you can visit us in the Administration/Extension Building, Room 213 located near the East Visitor Parking Lot.



### REFUND POLICY:

Unless stated otherwise, refunds are available up to one week before the first class session and include a \$10 cancellation fee. Please note there are no refunds on tours.

## UW-Fond du Lac Continuing Education Registration

Registrant Name \_\_\_\_\_

If Registrant is a minor, parent/gardian's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (W) \_\_\_\_\_ (H) \_\_\_\_\_

Cell Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Course: \_\_\_\_\_ Fee \_\_\_\_\_

Course: \_\_\_\_\_ Fee \_\_\_\_\_

Total \_\_\_\_\_

Payment: Check # \_\_\_\_\_ or MasterCard/Visa # \_\_\_\_\_ Exp Date \_\_\_\_\_

Authorized Signature \_\_\_\_\_

### PARENTS, YOUTH PROGRAMMING INFORMATION NEEDED FOR YOUR CHILD:

T-Shirt Size (Soccer and Tee-Ball/Softball Only)

**Youth:** \_\_\_ SM (6-8) \_\_\_ MD (10-12) \_\_\_ LG (14-16) **Adult:** \_\_\_ SM \_\_\_ MD \_\_\_ LG \_\_\_ XL || **Child's Age:** \_\_\_\_\_

### PARENTS, ALL LEVELS OF GYMNASTICS PARTICIPANTS ONLY:

How many sessions have you previously taken with us?

No Sessions     More than 3 Sessions     1-3 Sessions     Gymnastics training with other organizations

### ▼ RELEASE FOR ALL CHILDREN'S REGISTRATIONS ▼

Release: I hereby release UW-Fond du Lac and all of its employees from any liability for injury or damage to or loss of personal property which might occur while my child is enrolled in the Athletic, or personal enrichment programs. I also give permission for my child to be photographed while in classes with the understanding that it will only be used to illustrate and promote the UW-Fond du Lac Continuing Education Program.

Parent/Guardian Signature \_\_\_\_\_

Printed Name \_\_\_\_\_ Date \_\_\_\_\_

OR CURRENT RESIDENT

## BIO 298 Special Topics in Biology: Florida Keys

Biology of the Florida Keys Marine Environment  
For High School and College Students



**SEE PAGE 10 FOR DETAILS >>**



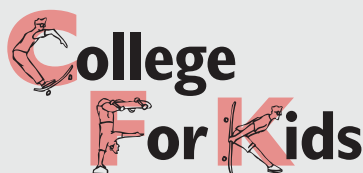
## Chicago for a Day!

Enjoy a *FABULOUS* day in Chicago.

**Saturday, April 5, 2014**

Spend the day in Chicago enjoying your favorite museum, The Magnificent Mile, or downtown Chicago.

**SEE PAGE 10 FOR DETAILS >>**

**College  
For Kids**

**SAVE THE DATE!**

**Monday – Thursday, July 21-24**

Students entering Grades 5-8 in fall of 2014

**LEAPS!**

**SAVE THE DATE!**

**Monday – Thursday, July 28-31**

Students entering Grades 2-4 in fall of 2014

**Lots of NEW and returning classes: CNA test prep, Computers, Soap Making, Genealogy, Healthy Sleep, Photography, Credit Reports, and Robotics.**