Communication in the Workplace
BA 0504 / CRN 3389
This course will assist students with skill building in the area of workplace communication. Communication in the workplace will consist of a study of the key elements of communication within business organizations. Topics covered in the course will include verbal and nonverbal communication, listening skills and specific workplace communication skills, including telephone and e-mail communication, and business letter writing.

- Thursdays: January 31 – May 23, 2019
- Time: 3:00 – 5:00 PM
- Location: Yreka Campus Room TBA
- Instructor: Fernando Fernandez

Strategic Thinking, Decision Making, and Problem-Solving
BA 0505 / CRN 3390
This course is designed to prepare students to effectively strategically think and problem solve, and provides introduction to decision-making and problem-solving techniques in the workplace. Specific strategies for making decisions and solving problems will be presented, as well as the use of creativity in identifying solutions.

- Tuesdays: January 29 – May 21, 2019
- Time: 6:00 – 8:00 PM
- Location: Yreka Campus Room 123
- Instructor: Francisco Atane

Word Processing: Microsoft Word (Multi-Level)
BA 0508 / CRN 3391
This course is a beginning to advance Microsoft Word course focusing on essential word processing skills as required on those entering the workforce and in a business office. Students will learn to prepare, format, maintain documents, create tables, merge documents, and create business letters. This course is part of a requirement towards a Vocational and/or CTE certificate programs, and serves as a foundation for the further study of spreadsheets.

- Mondays: January 28 – May 20, 2019
- Time: 6:00 to 9:10 PM
- Location: Yreka Campus Room TC 1
- Instructor: Nancy Longworth

Beginning Computer Skills
CSCI 0501 / CRN 3361
A course designed to assist students and strengthen student computer skills needed in the 21st Century workplace. This lab will provide individualized instruction in a self-paced environment. Coursework specific to a student’s area of study will be evaluated.

- Tuesdays: January 29 – May 21, 2019
- Time: 3:30 – 5:45 PM
- Location: Yreka Campus Room TC 1
- Instructor: Larry Glenn
Introduction to Academic Success
DSPS 0501 / CRN 3392
This course focuses on tools that will help students with unique learning styles be successful in the educational setting such as time management, social interaction, and goal setting. In addition, students will learn about the many resources available to them at College of Siskiyous.

- Tuesdays: January 29 – May 21, 2019
- Time: 6:00 – 7:30 PM
- Location: Yreka Campus Room 4
- Instructor: Leon Teeboom

Basic Social Skills: Getting Along with Others in the Workplace
DSPS 0503 / CRN 3394
This is a fundamental course designed for adults with substantial developmental disabilities, with an interest in maintaining realistic and meaningful employment and social connections. Students need to learn the skills in order to create good working habits, workplace diversity, communicate needs, and interact appropriately with co-workers and supervisors. A working knowledge of basic reading, writing, and math skills is recommended.

- Wednesdays: January 30 – May 22, 2019
- Time: 5:00 – 6:30 PM
- Location: Weed Campus Emergency Services Training Center (ESTC) Room 8-107
- Instructor: Leon Teeboom

Life Story Writing - Older Adults
ENGL 0599 / CRN 3359
This course is designed to help older adults find, capture, and write the stories of their lives. Course will include activities to help writers get started, to activate vivid memories and engage cognitive processes to sharpen writing skills which help to maintain mental health and reduce cognitive decline. Steps in rewriting, and ways to get manuscripts into print will be included.

- Mondays: January 28 – May 20, 2019
- Time: 10:00 – 11:50 AM
- Location: Weed Campus Academic Success Center Loft/Fish Bowl
- Instructor: Jim Corcoran

Life Story Writing - Older Adults
ENGL 0599 / CRN 3092
This course is designed to help older adults find, capture, and write the stories of their lives. Course will include activities to help writers get started, to activate vivid memories and engage cognitive processes to sharpen writing skills which help to maintain mental health and reduce cognitive decline. Steps in rewriting, and ways to get manuscripts into print will be included.

- Tuesdays: January 29 – May 21, 2019
- Time: 10:00 – 11:50 AM
- Location: Yreka Campus Room 4
- Instructor: Jacalyn McNamara
Eating for a Healthy life
HEA 0520 / CRN 3396
A course in personal nutrition. Students will learn how to choose nutritious foods, create nutrient rich meals, and eat according to their lifestyle needs.

- Wednesdays: January 30 – May 22, 2019
- Time: 5:30 – 6:45 PM
- Location: Weed Community Center
- Instructor: Jenna Marshall

Stress Management
HEA 0521 / CRN 3397
A study of the key elements of stress management. Topics will include the recognition of stress, causes of stress, benefits of stress management, and the psychological components of stress. Various stress management techniques will be covered.

- Tuesdays: January 29 – May 21, 2019
- Time: 1:00 – 3:00 PM
- Location: Yreka Campus Room 4
- Instructor: Tricia Weldon

Stress Management
HEA 0521 / CRN 3398
A study of the key elements of stress management. Topics will include the recognition of stress, causes of stress, benefits of stress management, and the psychological components of stress. Various stress management techniques will be covered.

- Tuesdays: January 29 – May 21, 2019
- Time: 3:00 – 5:00 PM
- Location: Siskiyou County Jail
- Instructor: Fernando Fernandez

Stress Management
HEA 0521 / CRN 3399
A study of the key elements of stress management. Topics will include the recognition of stress, causes of stress, benefits of stress management, and the psychological components of stress. Various stress management techniques will be covered.

- Wednesdays: January 30 – May 22, 2019
- Time: 3:00 – 5:00 PM
- Location: Day Reporting Center
- Instructor: Fernando Fernandez

Health Education and Self-Awareness
HEA 0525 / CRN 3400
Practical information, effective strategies, and skills that teach the student how to practice good nutrition, manage personal health, and maintain an active, healthy lifestyle in the later years. Class will include a physical activity component.

- Thursdays: January 31 – May 23, 2019
- Time: 1:00 – 3:00 PM
- Location: Yreka Campus Room 4
- Instructor: Tricia Weldon
Culinary Arts and Hospitality Studies
HOSP 0501 / CRN 3401
Introduction to kitchen basics, such as equipment use, safety, and sanitation. In addition, this course focuses on culinary fundamentals such as knife skills, classic cooking methods and preparation, vocabulary and basic kitchen math.

- Tuesdays: January 29 – May 21, 2019
- Time: 5:30-7:30 pm
- Location: Weed Community Center
- Instructor: Lou Sauseda

Introduction to Teaching Young Children
OLAD 0501 / CRN 3402
Introduction to teaching for older adults in a professional early-childhood setting or program serving children under the age of six. Emphasis in best teaching practices for young children, writing lesson plan and creating developmentally and culturally appropriate curriculum.

- Tuesdays/Thursdays: February 5 – May 23, 2019
- Time: 10:00-11:30 AM
- Location: Weed Community Center
- Instructor: Briana Meyers

Mind Body Health
OLAD 0502 / CRN not assigned
This course is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, older adults will learn about the mind body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the older adult will learn key aging concepts and stress reduction concepts.

- Mondays: January 28- May 20, 2019
- Time: 7:30 – 9:45 AM
- Location: Yreka Campus Room 7
- Instructor: TBA

Brain Fitness
OLAD 0503 / CRN 3403
This course is for older adults to assist them to learn, discover and practice memory and mental fitness techniques. The older adult will learn how memory works and what factors affect how well our brain functions. Older adult students will devise their own strategies to maintain or improve their brain health and their ability to retain and retrieve information.

- Thursdays: January 31 – May 23, 2019
- Time: 6:00 – 8:00 PM
- Location: Yreka Campus TC 2
- Instructor: Francisco Atane
Brain Fitness & Human Horse Interaction  
OLAD 0503 / CRN not assigned
This course is for older adults to assist them learn, discover and practice memory and mental fitness techniques. The older adult will learn how memory works and what factors affect how well our brain functions. Older adult students will devise their own strategies to maintain or improve their brain health and their ability to retain and retrieve information.

- Tuesdays/Thursdays: June 3 – July 30, 2019 (Summer class)
- Time: 10:00 – 11:05 AM
- Location: Ananda Ranch
- Instructor: Tricia Weldon

Principles of Balance (Sit and be Fit)  
OLAD 0504 / CRN 3354
The risk of injury and death due to fall increases as one ages. In this beginning class, students will learn ways to improve balance and reduce risk of falling as they age, through lecture, discussion, demonstration, and practice based on principles such as yoga, Tai Chi, strength and core conditioning.

- Mondays/Fridays: January 28 – May 20, 2019
- Time: 10:00 - 11:10 AM
- Location: Brookdale, Yreka
- Instructor: Jann Ward

Principles of Balance (Sit and be Fit)  
OLAD 0504 / CRN 3404
The risk of injury and death due to fall increases as one ages. In this beginning class, students will learn ways to improve balance and reduce risk of falling as they age, through lecture, discussion, demonstration, and practice based on principles such as yoga, Tai Chi, strength and core conditioning.

- Mondays/Fridays: January 28 – May 20, 2019
- Time: 1:45 – 2:50 PM
- Location: Yreka Campus Room 7
- Instructor: Jann Ward
Music Appreciation for Older Adults  
OLAD 0506 / CRN 3405  
This course targets older adults in the study of and familiarization with music of Western Civilization. Students are introduced to many genres of Western classical music, including not only larger genres such as symphonies, concertos, operas, oratorios and ballets, but also chamber music, piano music, guitar music, song and choral music. Research has shown that many parts of both the left and right brain are engaged during the participation of listening to or playing music. Results have shown that this engagement leads to the promotion of overall health, a happier outlook on life, along with reduced tension and anxiety.

- Tuesdays: January 29 – May 23, 2019  
- Time: 1:00 – 3:00 PM  
- Location: Brookdale, Yreka  
- Instructor: David Nigel Lloyd

Music Appreciation for Older Adults  
OLAD 0506 / CRN not assigned  
This course targets older adults in the study of and familiarization with music of Western Civilization. Students are introduced to many genres of Western classical music, including not only larger genres such as symphonies, concertos, operas, oratorios and ballets, but also chamber music, piano music, guitar music, song and choral music. Research has shown that many parts of both the left and right brain are engaged during the participation of listening to or playing music. Results have shown that this engagement leads to the promotion of overall health, a happier outlook on life, along with reduced tension and anxiety.

- Thursdays: January 31 – May 23, 2019  
- Time: 1:00 – 3:00 PM  
- Location: Brookdale, Yreka  
- Instructor: David Nigel Lloyd

Introduction to the Internet  
OLAD 0510 / CRN 3406  
This course serves the older adult student. In a course that offers a survey of the concepts and techniques of the Internet presented in an unhurried, non-competitive environment. Older adult students learn how to access the web, use e-mail, surf the web using browsers, participate in social media, conduct research using search engines, and create a web page or blog.

- Wednesdays: January 30 – May 22, 2019  
- Time: 6:45 – 8:45 PM  
- Location: Yreka Campus TC 1  
- Instructor: Mike Tonge

Introduction to Computers  
OLAD 0511 / CRN 3407  
An introduction for older adults to the basic concepts and techniques of personal computers presented in an unhurried, noncompetitive environment with guided practice and skill building exercises. Topics include computer concepts of basic software and hardware, operating systems, word processing, email and the Internet.

- Wednesday: January 30 – May 22, 2019  
- Time: 3:30 – 6:30 PM  
- Location: Yreka Campus TC 1  
- Instructor: Mike Tonge
Discussions for Older Adults
OLAD 0513 / CRN 3360
This course is designed for the older adult and older adults residing in a residential care facility to stimulate mental agility through the use of films, the study of current events and discussion of topics in social sciences, art and music. This course helps older adults to make significant improvements in cognitive symptom management and social well-being.

- Wednesdays: January 30 – May 22, 2019
- Time: 10:00 – 11:50 AM
- Location: Weed Campus Academic Success Center Loft/Fish Bowl
- Instructor: Jim Corcoran

Body Dynamics and the Aging Process
OLAD 0531 / CRN 3355
Through lecture, demonstration and practice students learn strategies for implementing physical activity program techniques for stress reduction, and key healthy aging concepts such as nutrition and disease. The class is designed for the older adult and offers instruction in movement to increase range of motion, build muscle strength and cardiovascular endurance, and maintain coordination, flexibility and balance.

- Mondays/Fridays: January 28 – May 20, 2019
- Time: 12:10 – 1:40 PM
- Location: Yreka Campus Room 7
- Instructor: Jann Ward

Body Dynamics and the Aging Process
OLAD 0531 / CRN 3356
Through lecture, demonstration and practice students learn strategies for implementing physical activity program techniques for stress reduction, and key healthy aging concepts such as nutrition and disease. The class is designed for the older adult and offers instruction in movement to increase range of motion, build muscle strength and cardiovascular endurance, and maintain coordination, flexibility and balance.

- Mondays/Wednesdays: January 28 – May 20, 2019
- Time: 4:00 – 5:30 PM
- Location: Yreka Campus Room 7
- Instructor: Jann Ward

Body Dynamics and the Aging Process
OLAD 0531 / CRN 3357
Through lecture, demonstration and practice students learn strategies for implementing physical activity program techniques for stress reduction, and key healthy aging concepts such as nutrition and disease. The class is designed for the older adult and offers instruction in movement to increase range of motion, build muscle strength and cardiovascular endurance, and maintain coordination, flexibility and balance.

- Tuesdays/Thursdays: January 29 – May 23, 2019
- Time: 11:30 AM – 12:45 PM
- Location: Yreka Campus Room 7
- Instructor: Tammy Stoltenburg
Body Dynamics and the Aging Process  
OLAD 0531 / CRN 3358  
Through lecture, demonstration and practice students learn strategies for implementing physical activity program techniques for stress reduction, and key healthy aging concepts such as nutrition and disease. The class is designed for the older adult and offers instruction in movement to increase range of motion, build muscle strength and cardiovascular endurance, and maintain coordination, flexibility and balance.  
- Tuesdays/Thursdays: January 29 – May 23, 2019  
- Time: 4:20 – 5:40 PM  
- Location: Yreka Campus Room 7  
- Instructor: Tammy Stoltenburg  

Senior Theatre for Older Adults  
THEA 0531 / CRN 3364  
This class is for seniors that would like to act, sing, dance, read, write, or be a technical assistant for a live theatre setting. If you like to have fun and be creative, this is the perfect class for you! You will learn to do improve, create characters and imitate famous & not so famous people; celebrities, politicians, & local characters.  
- Mondays/Wednesdays: February 11 – May 5, 2019  
- Time: 3:15 – 4:45 PM  
- Location: Weed Campus Theater 2  
- Instructor: Deleon Grabowski  

Math Within Industry  
WORK 0503 / CRN 3409  
This course serves as a great reintroduction to math and prepares students for mathematical concepts encountered in various trades in local industries. These concepts include, but are not limited to, money skills, measurements, temperatures, computing taxes, decimals, percentages, estimating dollar amounts and volume of materials needed, area and calibration equations. This course is appropriate for individuals to refresh math skills for employment and offers introduction to algebraic concepts, as an avenue to higher credit math courses.  
- Tuesdays/Thursdays: March 12 – May 23, 2019  
- Time: 5:30 – 7:55 PM  
- Location: Yreka Campus Room 5  
- Instructor: Heidi Pryor  

Job Preparation  
WORK 0505 / CRN 3410  
This course is for the student who is actively seeking employment in the workforce. Students improve the efficiency in their job search and learn methods for finding work in their field or job-specific. They also learn to self-assess their strengths, write resumes, cover letters and thank you letters, build interviewing skills, and use the internet to do company and industry research and locate job openings.  
- Mondays: January 28 – May 20, 2019  
- Time: 3:30 – 5:40 PM  
- Location: Yreka Campus Room 5  
- Instructor: Michele Machado
Small Business Marketing, Sales + Graphic Design
WORK 0512 / CRN not assigned
This course is a practical, targeted study on how to develop and implement a successful marketing and sales strategy for small business and the basics of graphic design. This course prepares students to create a small business marketing, social media strategy, and graphic design skills to provide you with marketing & design workforce skills.

- Mondays: January 28 – May 20, 2019
- Time: 6:00 – 8:10 PM
- Location: Yreka Campus Room 5
- Instructor: Michele Machado

Small Business Marketing, Sales + Graphic Design
WORK 0512 / CRN 3429
This course is a practical, targeted study on how to develop and implement a successful marketing and sales strategy for small business and the basics of graphic design. This course prepares students to create a small business marketing, social media strategy, and graphic design skills to provide you with marketing & design workforce skills.

- Mondays: January 28 – May 20, 2019
- Time: 5:30 – 7:45 PM
- Location: Weed Campus Emergency Services Training Center (ESTC) 8-107
- Instructor: Jerry Whealen

Basic Construction
WORK 0517 / CRN not assigned
This course will introduce students to the basic fundamentals of residential construction. Students learn the basic concepts and skills needed to prepare for entry-level employment in the construction industry. This course includes instruction and practice in the application of basic math skills for construction and the safe use of construction power tools. Students are introduced to green building concepts, techniques and materials as they relate to new code requirements and employment opportunities.

- Thursdays: January 31 – May 23, 2019
- Time: TBA
- Location: Yreka Campus TC Lab and Weed on site
- Instructor: TBA

Electrical
WORK 0518 / CRN not assigned
This course will introduce students to the fundamentals of electricity as applied in residential construction and renovation. Students are introduced to general principles of electricity, job site considerations, and safety practices. Proper use of tools and materials will be demonstrated and applied in a lab setting. This course includes an introduction to the National Electric Code (NEC), content on energy efficiency, and prepares students for employment and certification options.

- Tuesdays: January 29 – March 19, 2019
- Time: TBA
- Location: Yreka Campus TC Lab and Weed on site
- Instructor: TBA