

Schedule of Classes

Noncredit Classes – Fall Semester 2019

Workplace Readiness & Basic Job Skills (BA 0503 / CRN 7329)

This is a class designed to assist students in developing career readiness skills and finding a career. These may include preparing for one's career, workplace skills, and career readiness skills, career planning, and personal skills including workplace communication, workplace effectiveness, and teamwork.

- Day(s): Monday
- Date(s): August 26 – December 12, 2019
- Time: TBA
- Location: TBA
- Instructor: TBA

Communications in the Workplace (BA 0504 / CRN 7272)

This class 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 class will include verbal and nonverbal communication, listening skills, and specific workplace communication skills including telephone and e-mail communication, and business letter writing.

- Day(s): Thursday
- Date(s): August 28 – December 12, 2019
- Time: 6 to 8:15 pm
- Location: TBA, Yreka Campus
- Instructor: Cole Zollinger

Communication in the Workplace (BA 0504 / CRN 7272)

This class 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 class will include verbal and nonverbal communication, listening skills, and specific workplace communication skills including telephone and e-mail communication, and business letter writing.

- Day(s): Thursday
- Date(s): August 28 – December 12, 2019
- Time: 6 to 8:15 pm
- Location: TBA, Yreka Campus
- Instructor: Steven Hill

Beginning Computer Skills (CSCI 0501 / CRN 7283)

This class is designed to assist students and strengthen student computer skills essential in the 21st Century workplace. This lab will provide individualized instruction in a self-paced environment. Classwork specific to a student's area of study will be evaluated.

- Day(s): Tuesday

- Date(s): August 27 – December 10, 2019
- Time: 4:30 to 6:30 pm
- Location: TC 1, Yreka Campus
- Instructor: Mike Tonge

Life Story Writing (ENG 0599 / CRN 7259)

This class is designed to help older adults find, capture, and write the stories of their lives. Class will include activities to help writers get started, activate vivid memories, and engage cognitive processes to sharpen writing skills which helping to maintain mental health and reduce cognitive decline. Steps in rewriting, and ways to get manuscripts into print will be included. (NDA)

- Day(s): Tuesday
- Date(s): August 27 – December 10, 2019
- Time: 10 am to 12 pm
- Location: Room 4, Yreka Campus
- Instructor: Jackie McNamara-Janke

Life Story Writing (ENG 0599 / CRN 7260)

This class is designed to help older adults find, capture, and write the stories of their lives. Class will include activities to help writers get started, activate vivid memories, and engage cognitive processes to sharpen writing skills helping to maintain mental health and reduce cognitive decline. Steps in rewriting, and ways to get manuscripts into print will be included. (NDA)

- Day(s): Monday
- Date(s): August 26 – December 9, 2019
- Time: 10 am to 12:15 pm
- Location: Academic Success Center (ASC) Loft, Weed Campus
- Instructor: James Corcoran

Timber Operator License Training (FOR 0380 / CRN 7284)

This class covers the California Forest Practice Act and regulations governing timber operators in California State Forests. Students successfully completing this class will be issued a Certificate of Completion from the California Department of Forestry and Fire Protection, which can be used to apply for a California State Timber Operator's License. (NDA) (7284-FOR 0380-This class is held at Cal Fire on Fairlane Road in Yreka, CA.)

- Day(s): Thursday and Friday
- Date(s): November 7 and 8, 2019
- Time: 8 am to 5 pm
- Location: Cal Fire, Yreka
- Instructor: Garth Denman

Eating for a Healthy Life (HEA 0520 / CRN 7262)

This class in personal nutrition will help students learn how to choose nutritious foods, create nutritious rich meals, and eat according to a healthy lifestyle.

- Day(s): Wednesday

- Date(s): August 28 – December 11, 2019
- Time: 5 to 7 pm
- Location: Weed Community Center, Weed
- Instructor: Jenna Marshall

Stress Management (HEA 0521 / CRN 7267)

This class is 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.

- Day(s): Wednesday
- Date(s): August 28 – December 11, 2019
- Time: 5 to 7:10 pm
- Location: TBA
- Instructor: Tricia Weldon

Stress Management (HEA 0521 / CRN 7269)

This class is 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.

- Day(s): Tuesday
- Date(s): August 27 – December 10, 2019
- Time: 3 to 5:05 pm
- Location: Siskiyou County Jail, Yreka
- Instructor: Fernando Fernandez

Culinary Arts and Hospitality Studies (HOSP 0501 / CRN TBA)

This introductory class teaches to kitchen basics, such as equipment use, safety, and sanitation. In addition, this class focuses on culinary fundamentals such as knife skills, classic cooking methods and preparation, vocabulary and basic kitchen math.

- Day(s): Tuesday
- Date(s): September 3 – November 12, 2019
- Time: 6 to 8:30 pm
- Location: Weed Community Center, Weed (Tentative)
- Instructor: TBA

Community Choir (MUS 0506 / CRN 7112)

This class includes the study and performance of standard choral literature. Music from the 16th Century through the modern era will be prepared for public performance.

- Day(s): Wednesday
- Date(s): August 28 – December 11, 2019
- Time: 7 to 9:30 pm
- Location: Theatre 2, Weed Campus
- Instructor: Ronald Slabbinck

Community Choir (MUS 0506 / CRN 7114)

This class includes the study and performance of standard choral literature. Music from the 16th Century through the modern era will be prepared for public performance.

- Day(s): Thursday
- Date(s): August 29 – December 12, 2019
- Time: 7 to 9:30 pm
- Location: RHSI 116, Yreka Campus
- Instructor: Ronald Slabbinck

Community Choir (MUS 0506 / CRN 7129)

This class includes the study and performance of standard choral literature. Music from the 16th Century through the modern era will be prepared for public performance.

- Day(s): Monday, Tuesday, Wednesday, and Thursday
- Date(s): September 11 – November 14, 2019
- Time: 3:30 to 5 pm
- Location: Theatre 2, Weed Campus
- Instructor: Ronald Slabbinck

Community Chamber Singers (MUS 0507 / CRN 7120, 7121)

This is a select choral ensemble of experienced singers who will perform at various college and community functions. Repertoire includes folk songs, madrigals, spirituals, and additional music, all of which requires advanced singing ability. Specific attention will be paid to the aging voice regarding vocal production. The final musical goal will be performances enjoyable to both the performers and audience members. Concurrent with 7120, 7121

- Day(s): Tuesday and Thursday
- Date(s): August 27 – September 12, 2019
- Time: 1:45 to 3 pm
- Location: Theatre 2, Weed Campus
- Instructor: Ronald Slabbinck

Community Chamber Singers (MUS 0507 / CRN 7122, 7123)

This is a select choral ensemble of experienced singers who will perform at various college and community functions. Repertoire includes folk songs, madrigals, spirituals, and additional music, all of which requires advanced singing ability. Specific attention will be paid to the aging voice regarding vocal production. The final musical goal will be performances enjoyable to both the performers and audience members. Concurrent with 7122, 7123

- Day(s): Friday
- Date(s): August 26 – December 12, 2019
- Time: 1:15 pm to 3:30 pm
- Location: Theatre 2, Weed Campus
- Instructor: Ronald Slabbinck

Community Chamber Singers - Vocal Jazz (MUS 0507 / CRN 7125)

A select choral ensemble of experienced singers who will perform at various college and community functions. Repertoire includes folk songs, madrigals, spirituals, and additional music, all of which requires advanced singing ability. Specific attention will be paid to the aging voice regarding vocal production. The final musical goal will be performances enjoyable to both the performers and audience members.

- Day(s): Monday, Wednesday, and Friday
- Date(s): August 26 – December 11, 2019
- Time: 12:10 pm to 2:25 pm
- Location: Theatre 2, Weed Campus
- Instructor: Ronald Slabbinck

Community Concert Band (MUS 0511 / CRN 7117)

This is a traditional "Concert Band" ensemble. Various styles of music will be studied including marches, overtures, novelty works, and contemporary compositions. Learners develop skills playing instruments of personal interest, as well as enhance fine motor skill development for the later life learner.

- Day(s): Tuesday
- Date(s): August 27 – December 10, 2019
- Time: 6 to 7:30 pm
- Location: Theatre 1, Weed Campus
- Instructor: David Blink

Community Jazz Band (MUS 0516 / CRN 7127)

This is a traditional "Big Band" style ensemble. Contemporary arrangements will be rehearsed and performed utilizing five saxophones, four/five trumpets, four/five trombones, one piano player; one bass player, one guitar player and one or two jazz drum set players. Jazz, Latin, rock, funk and other styles will be learned with an emphasis on Jazz Improvisation. Learners develop skills playing instruments of personal interest as well as enhance fine motor skill development for the later life learner.

- Day(s): Tuesday
- Date(s): August 27 – December 10, 2019
- Time: 6 to 7:30 pm
- Location: Theatre 1, Weed Campus
- Instructor: David Blink

Community Orchestra (MUS 0583 / CRN 7110)

MUS 0583 is a full symphonic orchestra that seeks to understand and perform orchestral works from various periods and styles including Classical, Romantic, Modern and Contemporary. Various individual instrumental techniques will be explored and refined as well as ensemble techniques such as balance, blend, intonation and interpretation of performance markings. Learners develop skills playing instruments of personal interest as well as enhance fine motor skill development for the later life learner.

- Day(s): Monday

- Date(s): August 26 – December 10, 2019
- Time: 7:30 to 9:55 pm
- Location: Theatre 1, Weed Campus
- Instructor: David Blink

Mind-Body Health (OLAD 0502 / CRN 7263)

This class 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 through the technique of Yoga.

- Day(s): Tuesday and Thursday
- Date(s): August 27 – December 10, 2019
- Time: 5:30 to 6:35 pm
- Location: Weed Community Center, Weed
- Instructor: Sarah Kirby

Brain Fitness: Horse Interaction (OLAD 0503 / CRN 7268)

This class is for the older adult 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. The older adult student will devise strategies to maintain or improve brain health and the ability to retain and retrieve information.

- Day(s): Tuesday and Thursday
- Date(s): August 27 – October 24, 2019
- Time: 10 to 11 am
- Location: Ananda Ranch, Grenada
- Instructor: Tricia Weldon

Principles of Balance (OLAD 0504 / CRN 7278)

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.

- Day(s): Monday and Friday
- Date(s): August 26 – December 9, 2019
- Time: 1:45 to 2:50 pm
- Location: Room 7, Yreka Campus
- Instructor: Jann Ward

Principles of Balance (OLAD 0504 / CRN 7279)

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, and strength and core conditioning.

- Day(s): Monday and Friday

- Date(s): August 26 – December 9, 2019
- Time: 10 to 11:05 am
- Location: Siskiyou Springs Senior Living Center (Brookdale), Yreka
- Instructor: Jann Ward

Principles of Balance (OLAD 0504 / CRN 7280)

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, and strength and core conditioning.

- Day(s): Tuesday and Thursday
- Date(s): August 27 – December 12, 2019
- Time: 4 to 5 pm
- Location: Karuk Wellness Center, Yreka
- Instructor: Jann Ward

Art for Older Adults (OLAD 0508 / CRN 7261)

This class is designed to introduce the older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials.

- Day(s): Thursday
- Date(s): August 30 – December 12, 2019
- Time: 10 am to 12 pm
- Location: Room 3, Yreka Campus
- Instructor: Jackie McNamara-Janke

Art for Older Adults (OLAD 0508 / CRN 7266)

This class is designed to introduce the older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials.

- Day(s): Thursday
- Date(s): August 29 – December 12, 2019
- Time: 1 to 3:15 pm
- Location: McCloud Hall Room 114, Weed Campus
- Instructor: Mark Oliver

Introduction to Computers (OLAD 0511 / CRN 7282)

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.

- Day(s): Wednesday
- Date(s): August 28 – December 11, 2019
- Time: 4 to 7 pm
- Location: TC 2, Yreka Campus
- Instructor: Michael Tonge

Lifelong Fitness – Circuit Weight Training (PEFI 0519 / CRN 7016)

This physical fitness exercise class is designed to develop and encourage positive attitudes and habits with regard to cardiovascular efficiency, body composition, muscular strength and endurance, and flexibility. Students will explore and participate in exercises designed to increase movement and physical strength using the basic mechanics of endurance and flexibility.

- Day(s): Tuesday and Thursday
- Date(s): August 27 – December 12, 2019
- Time: 10:35 am to 12 pm
- Location: Weight Room, Weed Campus
- Instructor: Tim Frisbie

Lifelong Fitness (PEFI 0519 / CRN 7318)

This class uses lecture, demonstration and practice to teach the older adult student strategies for implementing a physical activity program, techniques from stress reduction, and key healthy aging concepts such nutrition and disease.

- Day(s): Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday
- Date(s): August 26 – December 12, 2019
- Time: TBA
- Location: Gymnasium, Weed Campus
- Instructor: TBA

Body Dynamics and the Aging Process (OLAD 0531 / CRN 7275)

This class uses lecture, demonstration and practice to teach the older adult student strategies for implementing a physical activity program, techniques from stress reduction, and key healthy aging concepts such nutrition and disease.

- Day(s): Tuesday and Thursday
- Date(s): August 27 – December 12, 2019
- Time: 11:30 am to 12:45 pm
- Location: Room 7, Yreka Campus
- Instructor: Tammy Stoltenburg

Body Dynamics and the Aging Process I (OLAD 0531 / CRN 7276)

This class uses lecture, demonstration and practice to teach the older adult student strategies for implementing a physical activity program, techniques from stress reduction, and key healthy aging concepts such as nutrition and disease.

- Day(s): Tuesday and Thursday
- Date(s): August 27 – December 12, 2019
- Time: 4:15 to 5:30 pm
- Location: Room 7, Yreka Campus
- Instructor: Tammy Stoltenburg

Body Dynamics and the Aging Process I (OLAD 0531 / CRN 7277)

This class uses lecture, demonstration and practice to teach the older adult student strategies for implementing a physical activity program, techniques from stress reduction, and key healthy aging concepts such as nutrition and disease.

- Day(s): Monday and Friday
- Date(s): August 26 – December 9, 2019
- Time: 12 to 1:05 pm
- Location: Room 7, Yreka Campus
- Instructor: Jann Ward

Community Theatre (THEA 0531 / CRN 7264)

This class is offered as a non-credit option for students and community members wishing to participate in Theatre Department Productions, in which they will serve as actors and/or technicians. Participation includes auditioning, rehearsing, developing character, and performing in COS theatre productions.

- Day(s): Monday
- Date(s): August 26 – December 9, 2019
- Time: 3:15 to 4:45 pm
- Location: Weed Community Center, Weed
- Instructor: DeLeon Grabowski

Community Theatre (THEA 0531 / CRN 7265)

This class is offered as a non-credit option for students and community members wishing to participate in Theatre Department Productions, in which they will serve as actors and/or technicians. Participation includes auditioning, rehearsing, developing character, and performing in COS theatre productions.

- Day(s): Wednesday
- Date(s): August 28 – December 11, 2019
- Time: 2:30 to 4 pm
- Location: Room 4, Yreka Campus
- Instructor: DeLeon Grabowski

Mathematics within Industry (WORK 0503 / CRN 7271)

This class prepares students for mathematical concepts encountered in various trades. 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.

- Day(s): Tuesday and Thursday
- Date(s): August 27 – December 12, 2019
- Time: 5:30 to 6:55 pm
- Location: Room 4, Yreka Campus
- Instructor: Heidi Pryor

Excellent Customer Services (WORK 0506 / CRN 7281)

A class on the key skills and attitudes required for effectively delivering internal and external customer service in the workplace. Students will study how to understand and exceed customer expectations, how to better communicate with customers, and how to deal with unrealistic customer expectations. This class serves to enhance the student's skills within the workplace and is a requirement in Vocational, Occupational certificate and Hospitality certificate programs.

- Day(s): Monday
- Date(s): August 26 – December 9, 2019
- Time: 3 to 5:15 pm
- Location: RHSI Room 121, Yreka Campus
- Instructor: Stephen Hill

Small Business, Marketing, Sales, Graphic Design (WORK 0512 / CRN TBA)

This class is designed for anyone with an interest in Marketing, Graphic Design, and Makerspaces. Makerspaces are a community/college operated work space where people with common interests can meet, make, socialize and collaborate. Class will include marketing design, design strategies, printmaking and creating a final product with the use of the maker equipment (i.e., laser, printmaking, t-shirts, decals, banners, 3D printers).

- Day(s): Monday
- Date(s): August 26 – December 9, 2019
- Time: 5 to 7:30 pm
- Location: Room 1, Yreka Campus
- Instructor: Jerry Whealen

Small Business, Marketing, Sales, Graphic Design (WORK 0512 / CRN TBA)

This class is designed for anyone with an interest in Marketing, Graphic Design, and Makerspaces. Makerspaces are a community/college operated work space where people with common interests can meet, make, socialize and collaborate. Class will include marketing design, design strategies, printmaking and creating a final product with the use of the maker equipment (i.e., laser, printmaking, t-shirts, decals, banners, 3D printers).

- Day(s): Wednesday
- Date(s): August 28 – December 11, 2019

- Time: 3 to 6:15 pm
- Location: TBA, Weed Campus
- Instructor: Jerry Whealen

Introduction to Electrical (WORK 0518 / CRN 7327)

This class 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 class includes an introduction to the National Electric Code (NEC), content on energy efficiency, and prepares students for employment and certification options.

- Day(s): Wednesday
- Date(s): August 28 – December 12, 2019
- Time: TBA
- Location: TBA
- Instructor: TBA

Introduction to Plumbing (WORK 0519/ CRN 7328)

This class introduces students to the basic concepts, vocabulary, tools, materials, and practices of residential plumbing. Students learn about various plumbing systems, focusing on pipe, fittings, fixtures, layout, water heating, and concepts related to energy and resource efficient plumbing. This class includes an introduction to the Uniform Plumbing Code and hands-on practice in design, layout, installation, troubleshooting, and repair.

- Day(s): Wednesday
- Date(s): August 28 – December 12, 2019
- Time: TBA
- Location: TBA
- Instructor: TBA

Introduction to Solar/Photovoltaic (WORK 0520 / CRN TBA)

This class introduces students to the fundamentals of photovoltaic (solar) technology and the process of residential PV system design and installation. This class includes instruction and practice in site evaluation, basic financial analysis, and code compliant PV system design and installation. Students learn basic concepts and skills needed to work with potential clients and prepare for entry-level employment in the solar PV industry.

- Day(s): Wednesday
- Date(s): TBA
- Time: TBA
- Location: TBA
- Instructor: TBA

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