

## *Featured New Classes!*

- Project Management II: MS Project 2010
- Make Extra Income as a Wholesale Auto Dealer from Home
- Japanese Ikebana Floral Arrangements—Rising Form (Round)
- Constitutional Law: Civil Liberties—Search & Seizure
- Fleece Tie Quilting and Embroidery

# Southwestern College Continuing Education Class Schedule Fall 2013



## A Message from the Dean

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Thank you for taking time to browse through Southwestern College's Fall 2013 Continuing Education class schedule. It is our goal to provide South County residents and businesses with interesting and high quality courses that can enhance your career, promote personal growth, and expand your horizons. The start of a new academic year is a perfect time to update or learn new skills through a number of courses that allow you to develop personal interests and talents. Southwestern College is offering an exciting array of new courses like Project Management II: MS Project 2010; Make Extra Income as a Wholesale Auto Dealer from Home; Japanese Ikebana Floral Arrangements—Rising Form (Round); Fleece Tie Quilting and Embroidery; and Constitutional Law: Civil Liberties—Search & Seizure.

In addition to our course offerings, we continue to provide high-quality workforce training, basic skills education, and special interest courses. Feel free to contact me or the Continuing Education staff if you have ideas about what classes you would like offered.

We encourage you to review our class schedule. Hopefully, with the start of the Fall, you will be challenged to learn a new skill, enhance your existing ones, find some hidden talents, or simply take a class just for fun. If you are unable to attend courses on the Chula Vista campus, then please take a look at our online course offerings. Southwestern College looks forward to partnering with you as your life-long learning center and primary choice for higher education.

Sincerely,

Mink H. Stavenga, DBA  
*Dean, School of Continuing Education, Economic & Workforce Development*

**Please do not  
contact these  
sites to register  
for classes.**

Off-campus information is provided in the event that you require directions to the facility.

For information about classes, please refer to page 3 in this brochure entitled, "Registration Information" or call 619-482-6376

**ARC of San Diego/Chula Vista**  
1280 Nolan Ave.  
Chula Vista, CA 91911-3738  
619-427-7524

**Casa de Servicios**  
1188 Beyer Way  
San Diego, CA 92154-4629  
619-423-1901

**Casa Pacifica**  
1424 30th St., Ste. C  
San Diego, CA 92154-4629  
619-424-8181

**Chula Vista Public Library**  
389 Orange Ave.  
Chula Vista, CA 91911  
619-585-5786

**Chula Vista Public Library**  
365 F Street  
Chula Vista, CA 91910  
619-691-5069

**City of Chula Vista Public Works**  
1800 Maxwell Rd.  
Chula Vista, CA 91911  
619-397-6000

**County of San Diego –  
Forensic Center**  
5570 Overland Ave., Ste. 101  
San Diego, CA 92123  
858-694-2895

**Crown Cove Aquatic Center**  
Silver Strand State Beach  
5000 Highway 75  
Coronado, CA 92118-3299  
619-429-1669

**Friendship Manor**  
902 S. Euclid Ave.  
National City, CA 91950-3808  
619-791-7700

**George Glenner Alzheimer  
Family Center**  
280 Saylor Dr.  
Chula Vista, CA 91910-1849  
619-420-1703

**Highlander Adult Day Health  
Care Center**  
2525 Highland Ave.  
National City, CA 91950-7004  
619-474-0015

**Martial Arts Warriors Academy**  
1392 E. Palomar St. Ste. 403  
Chula Vista, CA 91913-1894  
619-804-5000

**Norman Park Senior Center**  
270 F St.  
Chula Vista, CA 91910-2815  
619-691-5086

**Paradise Valley Health Care Center**  
2575 East 8th St.  
National City CA 91950-2913  
619-470-6700

**St. Charles Church Parish Hall**  
990 Saturn Blvd.  
San Diego, CA 92154-2001  
619-423-0242

**Seniors on Broadway**  
845 Broadway, Ste. 105  
Chula Vista, CA 91911-6821  
619-591-0063

**Veteran's Home**  
700 E. Naples  
Chula Vista, CA 91911-6821  
619-482-6010

# Continuing Education

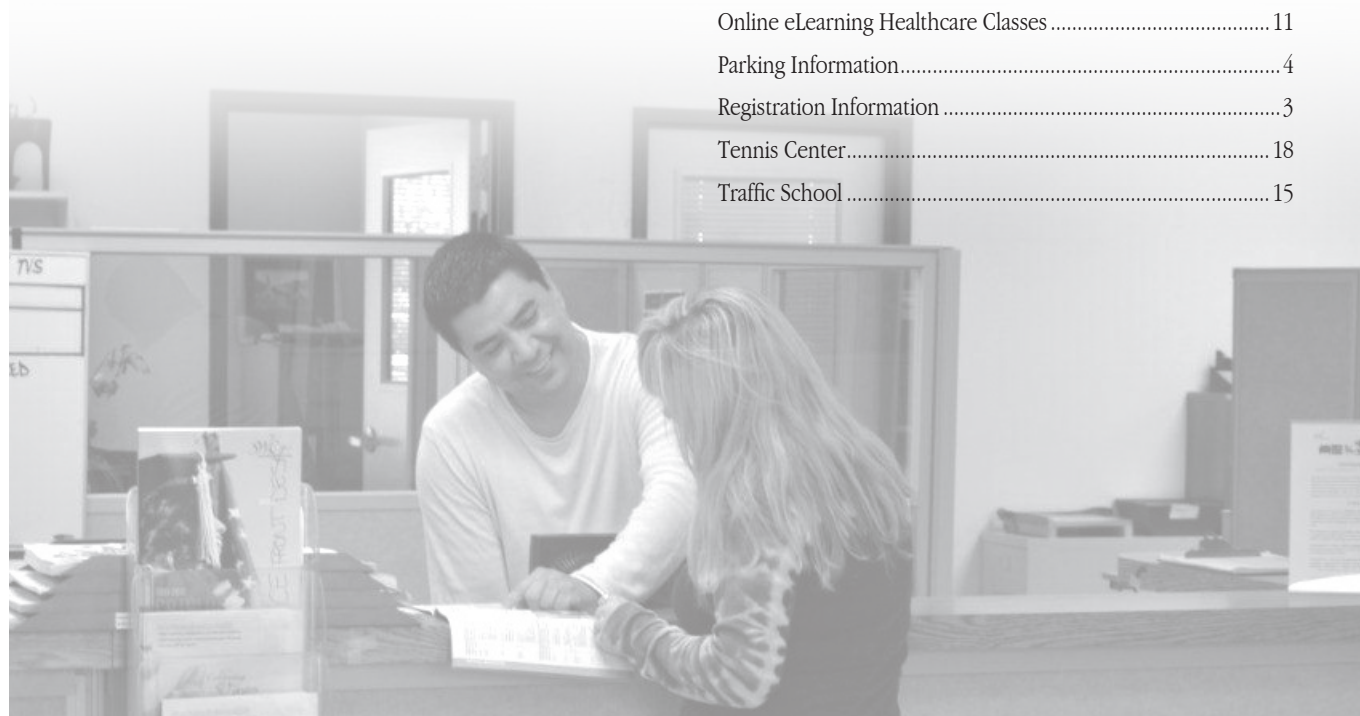
## Southwestern College Continuing Education

Continuing Education provides students with extended studies designed to support professional advancement and personal success. Day, evening, and weekend classes are conveniently held at the Chula Vista campus, as well as at off-campus locations throughout South County. Many classes are tuition-free, while others require a nominal fee. There are no transcripts or grades. New classes are always being added. For an up-to-date listing of classes, visit the Noncredit section of the Southwestern College web site at [www.swccd.edu](http://www.swccd.edu).

## Governing Board

Humberto Peraza Jr., President  
 Terri Valladolid, Vice-President  
 Norma Hernandez  
 Tim Nader  
 Melinda Nish, Ed.D., Superintendent/President  
 Laura del Castillo, Student Trustee  
 June 2013–May 2014

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# Continuing Education

Continuing Education provides the opportunity for community residents to learn new skills and improve existing ones. This effort responds to the need for a well-trained workforce, as well as the individual need for intellectual or personal enrichment. Continuing Education presently includes the following three categories of instruction and services: noncredit curriculum, fee-based services and contract education.

## Noncredit Curriculum (NC)

Noncredit courses are courses that meet community needs in ten instructional areas: parenting, basic skills, English as a Second Language (ESL), citizenship for immigrants, courses for the disabled, vocational courses, courses for older adults, home economics, health and safety, and workforce preparation [California Education Code, Section 84757(a) and 84760.5, and Title 5, Section 58160.] Noncredit courses are open to the public, are tuition-free, and are not offered for college credit. The College receives apportionment for noncredit courses at approximately half the rate for credit courses.

## Fee-Based (CS)

Fee-based classes and programs are designated and authorized under Title 5. These programs may be offered in nearly any subject or field. These programs are supported by a fee paid by participants.



## Course Description Legend

Course meeting days:

M = Monday	Th = Thursday	F = Friday
T = Tuesday	Sat = Saturday	
W = Wednesday	Sun = Sunday	

Example:

Class meets Monday through Thursday = M-Th  
 Class meets on Monday and Tuesday = MT

## Contract Education

Contract services are available to specific businesses and organizations by a mutually established agreement. Class participation is limited to the contract designees. Contract Education is not usually designated for credit. Contract Education and services are paid for by the contracting entity.

## Continuing Education

Continuing Education is a department of the School of Continuing Education, Economic and Workforce Development. Your feedback, suggestions and comments are welcomed.

## Mission Statement

Southwestern Community College District promotes student learning and success by committing to continuous improvement that includes planning, implementation and evaluation. We serve a diverse community of students by providing a wide range of dynamic and high quality academic programs and comprehensive student services. The District provides educational opportunities in the following areas: Associate degree and certificate programs; Transfer; Professional, technical and career advancement; Basic skills; Personal enrichment; Noncredit adult education; Community services; Economic, workforce and community development.

## Diversity Initiative

Southwestern Community College District seeks to foster and engage diversity as integral to our learning community and in educational excellence. Diversity is valued as an essential cornerstone to civility, dignity, fairness, respect and trust.

## Non-Discrimination Statement

Southwestern Community College District (SWC) does not discriminate on the basis of race, color, religion, national origin, gender, sexual orientation, disability, age or marital status in any of its policies, procedures or practices. This nondiscrimination policy covers admission, employment, and access to all SWC programs and activities.

Please direct questions about the Rehabilitation Act of 1973, Section 504 and student grievances to Mia McClellan, Dean of Student Services, at 619-482-6369; direct Title IX inquiries to Terry Davis, Dean of Health, Exercise Science, Athletics, and Applied Technology at 619-482-6551.

Direct inquiries regarding equal employment and other nondiscrimination policies & procedures to the Vice President for Human Resources, at 619-482-6329.



## Enroll Early!

[www.swccd.edu](http://www.swccd.edu) or 619-482-6376

# Registration Information

## Steps to Register for a Fee Class

To register for a fee class, please use the Fee Class Registration Form (page 23). Course numbers for fee classes start with “CS.”

### By Phone

Call **619-482-6376**. Please have your MasterCard, Discover, AMEX or VISA ready to register and pay for fee classes. Phone-in registration must be completed at least 24 hours prior to the first class meeting.

### By Mail (Only if paying by CHECK)

Mail a completed Fee Class Form and Check to:

**Southwestern College, Continuing Education**

900 Otay Lakes Road, Building 660

Chula Vista, CA 91910-7299

### In Person

Bring your completed registration form and payment to:

**Southwestern College, Continuing Education**

900 Otay Lakes Road, Building 660

Chula Vista, CA 91910-7299

**Telephone: 619-482-6376**

**Fax: 619-482-6402**

**Office Hours: M–F, 8 a.m.–4:30 p.m.**

## Steps to Register for a Noncredit Course

Noncredit courses are tuition-free and are subsidized by state funds. These courses require the completion of a Noncredit Application (page 24). Most noncredit classes allow on-site registration on a space-available basis. Course numbers for noncredit classes start with “NC.”

### By Mail

Mail a completed Noncredit Application form to:

**Southwestern College, Continuing Education**

900 Otay Lakes Road, Building 660

Chula Vista, CA 91910-7299

### By Fax

Complete the Noncredit Application and fax to **619-482-6402**.

### In Person

Bring your completed Noncredit Application to:

**Southwestern College, Continuing Education**

900 Otay Lakes Road, Building 660

Chula Vista, CA 91910-7299

**Telephone: 619-482-6376**

**Fax: 619-482-6402**

**Office Hours: M–F, 8 a.m.–4:30 p.m.**



# General Information

## Sign Up Early

Early sign-up ensures that you will have a reserved place in a popular class. All registration is on a first-come, first-served basis. Your registration can make the difference as to whether a class is offered or cancelled. When space is available, on-site registration may be allowed with the permission of the instructor.

## Class Confirmation

Please mark your personal calendar when registering for any class. Every attempt is made to provide a confirmation letter of your registration; however, due to unavoidable delays of mail delivery or misdirected mail, this courtesy is not guaranteed. If you have not received a confirmation letter one week prior to class, please call Continuing Education to confirm your registration at 619-482-6376.

## Certificate of Completion

Some multi-session courses and seminars offer a Certificate of Completion. When applicable, students must attend all classes and meet certificate requirements as established by the instructor.

## Class Cancellation

Every attempt is made to avoid cancelling a class. However, sometimes it is necessary to cancel before the first meeting when enrollment is low. If the College has advance notice that a class will be cancelled, Continuing Education will attempt to reach you by mail or by phone. Please be sure to provide complete phone contact information on your application.

## Refunds

A complete refund will always be made if Continuing Education cancels a class.

- If you cancel at least five (5) calendar days prior to the start of a class or event, you will be refunded your registration fee, less a \$5 processing fee.
- If you cancel or reschedule at least three (3) calendar days before the start of a class, you will be charged a \$10 processing fee.
- No refunds are provided to individuals who give two (2) days or less notice of cancellation.

No refunds or rescheduling will be provided once a class begins. Students who do not show up for class are not eligible for refunds or rescheduling. No refunds or rescheduling for any student who registers three (3) days before the class begins. Refunds take a few weeks to process.

## Materials Fee

A materials fee is required in a some noncredit and fee classes. Please be prepared to pay this fee on the first day of class. Cash, check, or credit card payments are accepted. The instructor cannot issue change.

## Instructor, Class, or Location Change

In some cases, a qualified substitute instructor may replace the individual listed in the schedule. Class dates and locations are also subject to change. When feasible, students will be notified of any date or location change prior to the class either by mail or by phone.

## Class Locations

Classes are held at various locations throughout South County. Please carefully review the location of the class for which you are registering.

## Parking

All vehicles parked on campus must display a parking permit at all times. One-day parking permit dispensers are located throughout the campus (see campus map, inside front cover). The cost of the permit is \$3 and is valid on the day of purchase only. Please arrive at least 20–30 minutes early on the first day of class since there is often a line at the parking permit dispenser. **One-day parking permits are only valid in student parking lots. Do not park in staff or faculty designated parking lots/spaces.**

## Returned Check Service Charge

Checks returned for non-sufficient funds or "Stop Payments" must be paid by MasterCard, Visa, Discover, AMEX, cash or Money order and a \$25 service charge will be added to the amount of the check. Your enrollment at Southwestern College, and credit, may be affected.

## Disclaimer

While every reasonable effort is made to ensure that statements in the schedule are accurate, the information contained herein is subject to change or elimination without notice by the administration of the Southwestern Community College District. Students should consult the appropriate campus, campus/district web site or department for current information, as well as for any special rules or requirements imposed.



## Superior Customer Service Series

*Attend any three free classes below and receive a Certificate of Completion from Southwestern College.*

*Service is the keystone to all successful businesses. Review and practice core principles to enhance your skills and increase awareness.*

### **Customer Service: Customer Appreciation**

Explores key skills and attitudes necessary to effectively meet the needs of customers. Introduction to concepts and appropriate techniques for dealing with internal and external customers, enhancing customer satisfaction, increasing customer retention, and ensuring positive communication.

**Instructor: J. Mackenzie**, 3 hours. Room 1602

NC 1002-01 F Aug. 23 1–4 p.m. No Fee

### **Customer Service: Dealing with Difficult People**

Conflict inhibits good business. Explore the causes and impact conflict can have on customer service. Learn strategies and techniques for resolving tough issues and how to turn a difficult customer into a loyal one.

**Instructor: J. Mackenzie**, 3 hours. Room 1602

NC 1006-01 F Sept. 6 1–4 p.m. No Fee

### **Customer Service: Decision Making and Problem Solving**

Explore techniques for making business decisions and solving problems. Learn decision making styles and when each might be applied. Review how to assess a situation. Prioritize the urgency of tasks and select the steps for successful completion.

**Instructor: J. Mackenzie**, 3 hours. Room 1602

NC 1070-01 F Sept. 13 1–4 p.m. No Fee

### **Customer Service: The Right Attitude**

Having the right attitude has a positive impact on the workplace and our interactions with customers. Explore how attitudes at work positively and negatively affect customer service, the company image, productivity, employee retention and company growth. Explore the techniques for maintaining a professional attitude.

**Instructor: J. Mackenzie**, 3 hours. Room 1602

NC 1073-01 F Oct. 11 1–4 p.m. No Fee

### **Customer Service: Managing Change**

In the workplace we face constant change. Explore our natural tendencies and the tendencies of our customers to resist change. Learn the techniques for handling workplace change and how to introduce change to our customers. Practice change management techniques.

**Instructor: J. Mackenzie**, 3 hours. Room 1602

NC 1069-01 F Oct. 18 1–4 p.m. No Fee

### **Customer Service: Team Building**

Working as teams in business can increase productivity, enhance project management, reduce business conflicts and create superior customer service. Identify team opportunities in your company. Learn the “roles” in a team and how to be both a leader and a team player. Practice new skills in typical business scenarios.

**Instructor: J. Mackenzie**, 3 hours. Room 1602

NC 1074-01 F Oct. 25 1–4 p.m. No Fee

## Diversity Management

**NC 1030, 1031, and 1032 are part of a certificated program in "Diversity Management." To earn a certificate, you must complete all three courses.**

**For additional information, please contact Michael Van Keith at [mvankeith@swccd.edu](mailto:mvankeith@swccd.edu).**

### Diversity ≠ Political Correctness

Diversity is a dilemma from campus classroom to corporate boardroom. What do "culture wars" and "one America" mean? Can diversity be managed? Is a borderless world order the future? First of three courses in a diversity management certificate.

**Instructor: M. Van Keith**, 5 hours. Room 1683

NC 1031-60 Th Oct. 24 & 31 5:30–8 p.m. No Fee

### Simply Race and Sex

Latin-Asianization is creating a majority-minority California. What commodities are to be mediated in popular culture? How will "browning" affect public relations, advertising, and marketing? Second of three courses in a diversity management certificate.

**Instructor: M. Van Keith**, 5 hours. Room 1683

NC 1032-60 Th Nov. 7 & 14 5:30–8 p.m. No Fee

### Beans, Bread, and Rice on the Plate

The 21st Century has been called the Pacific Century. What is defining the emerging Pacific Rim regionalism? Is South County a potential hub for fostering closer ties between Japan, México, and the United States? Third of three courses in a diversity management certificate.

**Instructor: M. Van Keith**, 5 hours. Room 1683

NC 1030-60 Th Nov. 21 & Dec. 5 5:30–8 p.m. No Fee

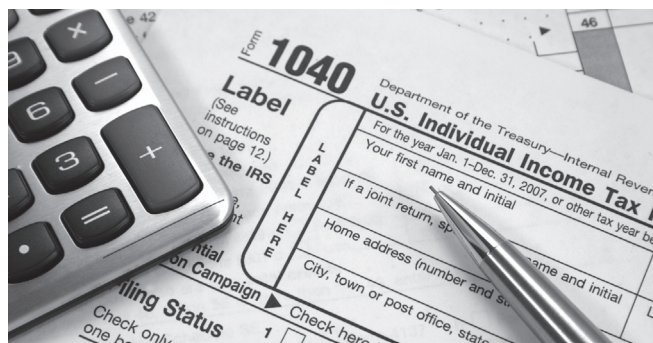
### Tax Preparation/Income Tax Course I

Introduces Part I of a 60-hour program that teaches students how to prepare their own state and federal income tax returns and introduces them to the career field of a registered tax preparer in the State of California. Successful completion of Part I and Part II enables a student to receive a Certificate of Completion. Required text: **Basic Income Tax Course, Volume 1 Ed., Liberty Tax Service 2005 Instructor Manual CD, Volume III: Forms/Schedules/Worksheets and California Supplement.** To be purchased by the first day of class.

**Instructor: R. Reyes**, 30 hours.

NC 113-60 TTh Sept. 3–Oct. 3 6–9 p.m. No Fee  
**Location:** SWC Main Campus, Room 662

NC 113-E1 MW Sept. 4–Oct. 7 5–8 p.m. No Fee  
**Location:** Chula Vista Public Library  
389 Orange Ave., Chula Vista, 91911



### Tax Preparation/Income Tax Course II

Introduces Part II of a comprehensive 60-hour program that covers everything students need to know to prepare correct tax returns. Emphasizes how a student will learn a marketable skill that will enable him/her to prepare taxes for other people and earn extra income. Successful completion enables the student to receive a Certificate of Completion that will make them eligible to become a registered tax preparer in the State of California. Required text: **Basic Income Tax Course, Volume II Ed., Volume III Forms, California Supplement.** To be purchased by the first day of class.

**Instructor: R. Reyes**, 30 hours.

NC 114-60 TTh Oct. 8–Nov. 7 6–9 p.m. No Fee  
**Location:** SWC Main Campus, Room 662

NC 114-E1 MW Oct. 9–Nov. 13 5–8 p.m. No Fee  
**No class:** 11/11  
**Location:** Chula Vista Public Library  
389 Orange Ave., Chula Vista, 91911

### Using Your Foreign Degree in the United States

Designed to help graduates of foreign colleges and/or universities to explore their options for using their degrees in the U.S. Includes the U.S. educational system, how and when transcripts and/or diplomas need to be evaluated, state licensing and credentialing considerations, English language proficiency, professional networking, graduate study options, job search, and career planning services.

**Instructor: D. Edwards**, 3 hours. Room 1683/662

NC 92-60 Th Sept. 5 5:30–8:30 p.m. No Fee  
NC 92-61 W Nov. 6 5:30–8:30 p.m. No Fee



## Computers

### Introduction to Microcomputers

Covers computer start-up; the graphic user interface; use of mouse and keyboard commands; basic file management; formatting and using a floppy disk; creating, saving, and printing a document using word processing software; and proper computer shutdown.

**Instructor:** N. Bartels, 3 hours. Room 227

NC 1051-50 Sat Oct. 19 12:30–3:30 p.m. No Fee

### Developing High-Performance Charts in Microsoft Excel

Reviews the basics of spreadsheet use: structure data entry, formulas, and functions. Focus on how to convert data into meaningful and high-impact charts. Students are required to bring a USB Flash drive to save and store class assignments.

**Instructor:** N. Bartels, 12 hours.

NC 24-E1 TTh Nov. 5–21 1–3 p.m. No Fee

If you have a laptop, please feel free to bring it.

**Location:** Chula Vista Public Library

365 F Street, Chula Vista, 91910

## Family and Parenting

### Childbirth Education for Expectant Parents (Lamaze)

Childbirth education is designed to prepare parents for a positive childbirth experience. Includes instruction in the Lamaze method of prepared childbirth as well as demonstration and practice of essential and helpful exercises. Partners are an integral part of the program and are encouraged to attend.

**Instructor:** R. Joselevitz, 10–20 hours. Room 1680

NC 6-60 TTh Aug. 20–Sept. 17 7–9:30 p.m. No Fee

**No class:** 9/12

NC 6-50 Sat Oct. 12–19 8 a.m.–1 p.m. No Fee

NC 6-61 TTh Oct. 29–Nov. 21 7–9:30 p.m. No Fee

Learn about the signs of labor, hospital procedures, what to expect during labor, delivery, and post-delivery. Take out the worry and fear by knowing how to support the welcoming of your child. This class is for you if you plan to have your baby with or without medication, in a birthing suite or an operating room, with several days of hospital stay or if you plan to go home right away.

**To register contact:** Reyna “Malke” Joselevitz, via email at [lamaze@cox.net](mailto:lamaze@cox.net). You will be sent a confirmation letter. **Bring this letter with you to the first class meeting.**

## CPR, Health, and Safety

### Community Emergency Response Team Training

Designed for those wanting to complete Community Emergency Response Team (CERT) Training, or needing a refresher training. Six modules cover an introduction to CERT and its importance to the community, fire safety, hazardous material and terrorist incidents, disaster medical operations, and search and rescue. **Instructor:** C. Bejar, 24 hours. Room 662

NC 17-01 F Oct. 4–Nov. 8 9–1 p.m. No Fee

## Self-Improvement

### Preparation for Academic Student Success (PASS)

Provides a preparatory course for academic skills testing programs such as TEAS (Test of Essential Academic Skills). Emphasizes reading, English comprehension, mathematics, basic science, and technical reasoning. Intended to improve the student’s ability to be successful with standardized testing of basic academic skills.

**Instructors:** L. Jones/B. Pescar, 24 hours. Room 301/1601

NC 118-01 F Aug. 23–Sept. 27 3–7 p.m. No Fee

### Introduction to Academic ESL I

Introduces the first in a series of three courses designed to prepare non-native English speakers for the ESL certificate program. Utilizes the corpus of 500–600 words. Focuses on fluency in conversation, reading and writing, and vocabulary development. **Instructor:** N. Bartels, 22.5 hours.

NC 108-E1 TTh Aug. 20–Oct. 8 1–2:30 p.m. No Fee

**Location:** Chula Vista Public Library

365 F Street, Chula Vista, 91910

### Introduction to Academic ESL II

Second in a series of three courses designed to prepare non-native English speakers for ESL certificate program. Utilizes the corpus of 600–1000 words. Focuses on fluency in conversation, reading and writing and vocabulary development.

**Instructor:** N. Bartels, 24 hours.

NC 109-50 Sat Aug. 24–Oct. 12 8–11 a.m. No Fee

**Location:** SWC Main Campus, Room 1620

NC 109-E1 MW Aug. 19–Oct. 14 11:30 a.m.–1 p.m. No Fee

**No class:** 9/2

**Location:** Chula Vista Public Library

389 Orange Ave., Chula Vista, 91911



### Introduction to Academic ESL III

Third in a series of three courses designed to prepare non-native English speakers for ESL certificate program. Utilizes the corpus of 1000–1500 words. Focuses on fluency in conversation, reading and writing, and vocabulary development.

**Instructor:** N. Bartels, 24 hours.

NC 110-E1	MW	Oct. 16–Dec. 11	11:30 a.m.–1 p.m.	No Fee
		<b>No class:</b> 11/11		
		<b>Location:</b> Chula Vista Public Library 389 Orange Ave., Chula Vista, 91911		

### Home Safety for Older Adults

Most accidents occur in the home. Learn ways to make all areas of the home safer and more secure. Class includes safety factors and recommendations, most common home injuries and problems, fall prevention tips, disaster kits, and security measures.

**Instructor:** J. Acosta, 6 hours.

NC 1-E1	Sat	Dec. 7–14	9 a.m.–Noon	No Fee
		<b>Location:</b> Seniors on Broadway 845 Broadway, Ste. 105, Chula Vista, 91911		

### Personal Development for Older Adults

Designed to develop and enhance the emotional and/or psychological well-being in the older adult. Topics will include: coping with the loss of significant others, disability and limited independence, loneliness, developing personal strength, confidence, and assertiveness. **Instructor:** Staff, 35 hours.

NC 37-E1	M	Aug. 26–Dec. 9	9–11:30 a.m.	No Fee
		<b>No class:</b> 9/2, 11/11		
		<b>Location:</b> Friendship Manor 902 S. Euclid Avenue, National City, 91950		

### Organize Your Life and Have More Time for Fun

Learn to organize your life so you have time to do the things you really want to do. Discover how to have more quality time by learning how to organize paperwork, clutter, and finances. Covers techniques for overcoming procrastination.

**Instructor:** J. Acosta, 12 hours.

NC 1015-E1	Sat	Sept. 7–28	9 a.m.–Noon	No Fee
		<b>Location:</b> Seniors on Broadway 845 Broadway, Ste. 105, Chula Vista, 91911		
NC 1015-E2	MF	Oct. 21–Nov. 1	9 a.m.–Noon	No Fee
		<b>Location:</b> Casa de Servicios (Rec Room) 1188 Beyer Way, San Diego, 92154		

## Art, Music and Crafts

### Art Therapy

Focuses on the use of art as a therapeutic process for older persons in an institutional setting. A variety of art media to promote self-expression, develop coping skills, combat depression, improve mental and emotional status, and improve overall quality of life will be used. **Instructor:** D. Davis, 12 hours.

NC 1053-E1	W	Sept. 11–Oct. 23	9:15–11:15 a.m.	No Fee
		<b>No class:</b> 10/9		
		<b>Location:</b> ARC of San Diego/Chula Vista 1280 Nolan Ave., Chula Vista, 91911		
NC 1053-E2	T	Sept. 10–Oct. 1	9 a.m.–Noon	No Fee
NC 1053-E3	T	Oct. 15–Nov. 5	9 a.m.–Noon	No Fee
		<b>Location:</b> Casa Pacifica 1424 30th Street, Ste. C, San Diego, 92154		
NC 1053-E4	ThF	Sept. 12–27	1:15–3:15 p.m. (Th) 10:15 a.m.–12:15 p.m. (F)	No Fee
NC 1053-E5	ThF	Oct. 3–25	1:15–3:15 a.m. (Th) 10:15 a.m.–12:15 p.m. (F)	No Fee
		<b>No class:</b> 10/10, 10/11		
NC 1053-E6	ThF	Oct. 31–Nov. 15	10:15 a.m.–12:15 p.m.	No Fee
		<b>Location:</b> George Glenner Alzheimer Family Center 280 Saylor Dr., Chula Vista, 91910		
NC 1053-E7	Th	Sept. 12–Oct. 24	9–11 a.m.	No Fee
		<b>No class:</b> 10/10		
		<b>Location:</b> Highlander Adult Day Health Care Center 2525 Highland Ave., National City, 91950		
NC 1053-E8	M	Sept. 9–Oct. 21	9:15–11:15 a.m.	No Fee
		<b>No class:</b> 10/7		
		<b>Location:</b> Paradise Valley Health Care Center 2575 E. 8th Street, National City, 91950		

## Wellness and Fitness

### Tai Chi

Tai Chi (or taiji) is a slow, non-contact exercise stressing balance, coordination, and flexibility. Taught all over the world and practiced as a health exercise, it is very popular with people of all ages. **Instructor:** S. Evans, 21–24 hours.

NC 32-E1	T	Aug. 20–Oct. 8	1:30–4:30 p.m.	No Fee
NC 32-E2	Sat	Aug. 24–Oct. 19	9 a.m.–Noon	No Fee
		<b>No class:</b> 8/31		
NC 32-E3	T	Oct. 15–Dec. 3	1:30–4:30 p.m.	No Fee
NC 32-E4	Sat	Oct. 26–Dec. 14	9 a.m.–Noon	No Fee
		<b>Location:</b> Veterans Home 700 E. Naples, Chula Vista, 91911		

### Body Dynamics and Aging Process

Instruction and conditioning for the maintenance of physical well-being. The course will focus on deep breathing, circulation, flexibility, stamina, body awareness and rhythmic movements. Techniques are adapted for older adults.

**Instructor:** J. Acosta, 34–36 hours.

NC 34-E1	TTh	Aug. 20–Oct. 17	8:30–10:30 a.m.	No Fee
NC 34-E2	TTh	Oct. 22–Dec. 19	8:30–10:30 a.m.	No Fee
		<b>No class:</b> 11/28		
		<b>Location:</b> Casa De Servicios (Rec Room) 1188 Beyer Way, San Diego, 92154		

NC 34-E3	TTh	Oct. 22–Dec. 19	11 a.m.–1 p.m.	No Fee
		<b>No class:</b> 11/28		
NC 34-E4	TTh	Aug. 20–Oct. 17	11 a.m.–1 p.m.	No Fee
		<b>Location:</b> Seniors on Broadway 845 Broadway, Ste. 105, Chula Vista, 91911		
NC 34-E5	TTh	Aug. 20–Dec. 17	6:45–7:45 a.m.	No Fee
		<b>No class:</b> 11/28		
		<b>Location:</b> Veterans Home 700 E. Naples, Chula Vista, 91911		



### Strength Training for Older Adults

This training is specifically designed for older adults. Students can stand or sit while exercising. Strength training exercises will enhance and promote strength and balance skills, trunk, abdominal, back strength, mobility and agility skills and awareness of proper body alignment and mechanics. 25-31 hours.

NC 99-E1	MWF	Aug. 19–Oct. 18	8:30–9:30 a.m.	No Fee
		<b>No class:</b> 9/2		
NC 99-E2	MWF	Aug. 19–Oct. 18	10–11 a.m.	No Fee
		<b>No class:</b> 9/2		
NC 99-E3	MWF	Oct. 21–Dec. 20	8:30–9:30 a.m.	No Fee
		<b>No class:</b> 11/11, 11/29		
NC 99-E4	MWF	Oct. 21–Dec. 20	10–11 a.m.	No Fee
		<b>No class:</b> 11/11, 11/29		
		<b>Instructor:</b> A. Solis		
		<b>Location:</b> St. Charles Church Parish Hall 990 Saturn Blvd., San Diego, 92154		
NC 99-E5	TTh	Sept. 3–Dec. 19	8–9 a.m.	No Fee
		<b>No class:</b> 11/28		
		<b>Instructor:</b> K. Ferrar		
		<b>Location:</b> Norman Park Senior Center 270 F St., Chula Vista, 91910		

**ENROLL EARLY!**

## Southwestern College Customized Training Program



*Let us partner with your company in improving your “greatest investment” — your employees & sustainable productivity.*

SWC provides high quality instruction via customized training in key aspects of workforce development through:

- Customer Service
- English for the Workplace
- Diversity Management

In addition to these competitively priced services –

- Personally meet with leadership to discuss training needs
- Bring training to your location and at your convenience

Contact Continuing Education at (619) 482-6376

## Career and Professional Development

### NEW! Project Management II: MS Project 2010

Project Management II is an introduction course to Microsoft Project 2010 and is suitable for beginners to Microsoft Project (MS). People turn to MS Project to help them manage projects of all sizes and keep them on time, on track, and on budget. The ability to manage projects is one of the most desired skills people can have today. Whether you are managing people, time or tasks, learning MS Project will give you the edge you may need to successful project management.

**Instructor:** George L. Bonilla, 9 hours. Room 228

CS 264-50 Sat Oct. 5-19 9 a.m.-Noon Fee: \$75

### NEW! Make Extra Income as a Wholesale Auto Dealer from Home

Come learn how to supplement your income by buying and selling wholesale cars as a home-based business. Purchase your favorite vehicles and get huge discounts. You will learn six techniques that create money and cash flow. Learn how to get your auto dealer license in 15 days. Find out how and where to buy below wholesale prices and how to sell at retail prices. You will get a free list of 300+ dealer-only auctions in the USA where automobiles are sold below wholesale. This class is DMV approved. You will receive a DMV certificate of completion after you complete and pass the class exam. Benefits of a dealer license include dealer plates for vehicles that can be used for business and pleasure, auto parts and service at wholesale prices and sales tax exempt, ability to travel and do business in every state, import and export opportunities, and tax deductions

**Instructor:** Wayne Williams, 6 hours. Room 1602

CS 257-60 WTh Oct. 2-3 6-9 p.m. Fee: \$85

### Income Tax Advanced Topics

Designed specifically for the professional Income Tax preparer, but open to anyone with fundamental knowledge and experience with individual tax preparation. Satisfies California Tax Education Council (CTEC) 20-hour continuing education requirements for certified preparers, including 15 hours Federal Income Tax and 5 hours California State and ethics topics. Successful completion enables the student to receive a certificate of completion, required for CTEC registration renewal.

**Instructor:** RG Reyes, 20 hours. Room 1683

CS 177-50 Sat Sept. 7-Oct. 26 10 a.m.-12:30 p.m. Fee: \$60  
Includes materials fee

### Work at Home as a Medical Transcriptionist

Demand for medical transcriptionists is soaring! Join a field that pays well and gives you the flexibility of working at home, in a medical office, or in a hospital. Learn proven strategies for where best to learn medical transcription, how to market your business, grow a client base, equipment, software, transcription machines and electronic transfers, working for a service and much more.

**Instructor, Deborah Burns,** will share her many years of experience as a business owner in this exciting introduction to the field of medical transcription. 3 hours. Room 1683

CS 51-60 Th Dec. 12 6:30-9:30 p.m. Fee: \$40  
\$20 materials fee paid in class

### You're on the Air, How to Really Make it in Voice-Overs

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, videos, one would think that it would be next to impossible to break into this field. Not so! In this class, you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full- or part-time business!

**Instructor:** Jon St. John, 2 hours. Room 1685B

CS 148-60 T Oct. 1 7-9 p.m. Fee: \$45

### California State Notary Public Seminar

The demand for professional notaries in California is growing! Join this dynamic profession in high demand within the fields of finance, real estate, business, and law. Increase your employment skills and learn how to better protect your employer's business. This class will provide the new or previously commissioned notary public with the education and skills to pass the state examination, detect fraud, and become successful in a new career. The exam is optional and may be cancelled if the minimum required to participate is not met. If you are interested in taking the exam, please bring a check payable to the Secretary of State, together with required identification: either a California driver's license or California ID. You must not have had a felony conviction to take this exam.

**Instructor:** Thomas Peavyhouse, 7 hours. Room 1682

CS 14-50 Sat Oct. 5 8 a.m.-4 p.m. Fee: \$75

CS 14-51 Sat Dec. 7 8 a.m.-4 p.m. Fee: \$75

\$45 materials fee paid in class. **Optional State exam scheduled 4-5 p.m. for an additional \$40 fee.**

### Loan Signing—Notary Public Seminar

The California real estate industry is in need of Notary Public Loan Signing Specialists. This course will provide students with information on the duties and responsibilities of both the Notary Public and the Loan Signing Specialist, which will enable students to acquire the essential knowledge and skills to be successful in this career field. After completing the course, students will be able to identify and understand the different types of loan documents with sufficient knowledge to explain them to the client, if requested. The course will conclude with an open book final exam, proctored by the instructor.

**Instructor:** Thomas Peavyhouse, 7 hours. Room 1682

CS 143-50 Sat Nov. 16 9 a.m.-5 p.m. Fee: \$75

\$70 materials fee paid in class

## Financial Planning

### Retirement Planning Today

Educate retirees as to the multitude of decisions that must be made during retirement as well as the complexities of managing financial affairs to create their best retirement lifestyle today.

**Instructors:** Joe Anderson/Jack Dugan, 6 hours, Room 1685B

CS 175-60 W Sept. 11 & 18 6:30-9:30 p.m. Fee: \$49

CS 175-61 T Sept. 17 & 24 6:30-9:30 p.m. Fee: \$49

You may bring a guest at no charge to any class listed.

## Southwestern College - Online e-Learning Healthcare Courses!

Southwestern College announces the availability of our new online e-learning healthcare courses from Health Ed Today!

**These courses are interactive and provide students with an enriched learning experience which includes:**

- 24-hour-a-day instructor support & course mentors
- engaging labs, student exercises and course videos
- all textbooks, workbooks and student materials
- a new “Secure Student Website” – including career resources & other training
- certain programs include clinical externships!

**All students will have access to a secure “Student Portal” website which includes:**

- Career building exercises, resume writing tips, interview techniques, etc.
- Career mentors – there to help students take the next step in their career!
- Other skills training including lifelong learning skills, healthcare review, etc.

For additional information, please contact Southwestern College toll free at **1-888-574-6218**.

Visit us online at <http://www.healthedtoday.com/SWC> to experience a Course Demo and these exciting new programs!

Ask us about national or state certification and clinical externship opportunities through these courses!

*The Health Ed Today courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International.*



PEARSON

### **Pharmacy Technician / Student Tuition: \$1,299**

This comprehensive course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Course content includes pharmacy medical terminology, pharmacy calculations, reading and interpreting prescriptions, defining generic and brand names drugs and much, much more! Program also includes an optional clinical externship at a local healthcare provider!

### **Clinical Medical Assistant Program / Student Tuition: \$2,499**

This program prepares students to assist physicians by performing functions related to the clinical aspects of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, pharmacology, taking and documenting vital signs, technical aspects of phlebotomy, the 12-lead EKG and the cardiac life cycle. Program also includes an optional clinical externship at a local healthcare provider!

### **EKG Technician / Student Tuition: \$1,299**

This EKG Technician Program prepares students to perform EKG's. This course will include information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography, and stress testing. A highly interactive course!

### **Dialysis Technician / Student Tuition: \$1,299**

This Dialysis Technician Program provides students with the knowledge needed to perform the responsibilities of a Dialysis Technician. It reviews normal kidney physiology, the basic principles of hemodialysis, kidney dialysis machines, dialyzer preparation and reprocessing as well as how to assist dialysis patients in managing their disease and treatment.

### Living Trust—Family Inheritance

In this three-hour seminar you can learn how to protect your assets so they go directly to your family and not to costly attorney fees! Proper planning is essential for anyone who owns a home, has a spouse, children, or dependents. Learn how living trusts work and can help your family avoid probate. Find out how to preserve and monitor assets and how a trust can also serve as a tax shelter for large estates. Insight on the value of Durable Powers of Attorney will be explained.

**Instructor:** Lisa J. Frisella, J.D., is an attorney and estate planner practicing exclusively in the areas of wills and trusts, trust administration, probate and charitable giving. 3 hours. Room 1685A

CS 68-51	Sat	Sept. 14	9 a.m.–Noon	Fee: \$35
CS 68-52	Sat	Oct. 5	9 a.m.–Noon	Fee: \$35

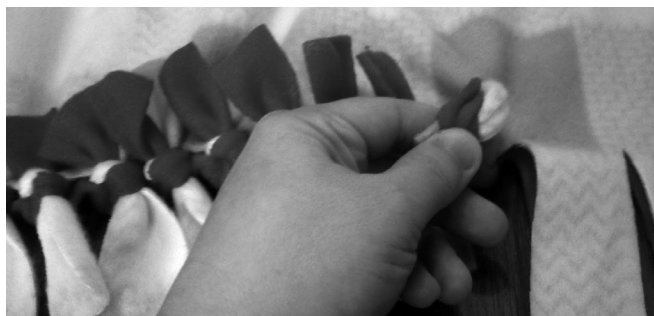
## Art, Music & Crafts

### NEW! Fleece Tie Quilting and Embroidery

Attention crafters! Come one, come all! Crafters and people who enjoy sewing will love this course. If you can sew a basic stitch and thread a needle, you will learn basic embroidery stitching to create appliques onto fleece throws and then finish the throw by tie quilting the center, corners, and border. This 12-hour class is a must for all crafters and is ideal for making gifts for all occasions.

**Instructor:** Barbara Pescar, 12 hours. Room 1602

CS 272-60	F	Sept. 13–Oct. 25	4:30–6:30 p.m.	Fee: \$50
<b>No class:</b> 10/4				
\$35 materials fee paid in class (cash only)				



### NEW! Japanese Ikebana Floral Arrangements—Rising Form (Round)

Introduction to Japanese Ikebana (flowers kept alive) floral arrangements—rising form. The rising form expresses the beauty of the rising appearances of the materials that are grouped at the center of the container. The course will explore principles and techniques of Ikebana, distinguish Ikebana from simpler decorative approaches, and help the students to develop the aesthetics to appreciate its asymmetrical form and use of "empty" space as an essential feature of composition. Japanese Ikebana floral arranging is a challenging and enjoyable western art form. Low-round containers will be used.

**Instructor:** Chuc T. Hoang, 3 hours. Room 1801

CS 253-50	Sat	Oct. 5	9 a.m.–Noon	Fee: \$35
\$30 materials fee paid in class				
Students must bring garden scissors and a small bucket/container to class				

### Introduction to Screenwriting: Write a Movie

Do you have an idea for a movie, but don't know how to begin? This course will cover the basics of screenwriting including character arcs, basic formatting, and three-act structure. The instructor will help guide your idea into a completed first draft! No experience necessary, all are welcome!

**Instructor:** BigKat Manning, 12 hours. Room 1685B

CS 270-51	Sat	Sept. 7 & 21	11 a.m.–2 p.m.	Fee: \$80
Oct. 5 & 19				

### Entering Your Hobby into the San Diego County Fair

Did you browse the ribbon-winning exhibits at the San Diego County Fair and think, "Hey, I can do that!" Well, you are right! The San Diego County Fair has competitions for almost any hobby you can think of, from photography and fine art to knitting, food preservation, and collecting. Class will be led by a veteran competitor at the fair, who will take students through the guidelines, deadlines, and protocols of entering your hobby in the fair.

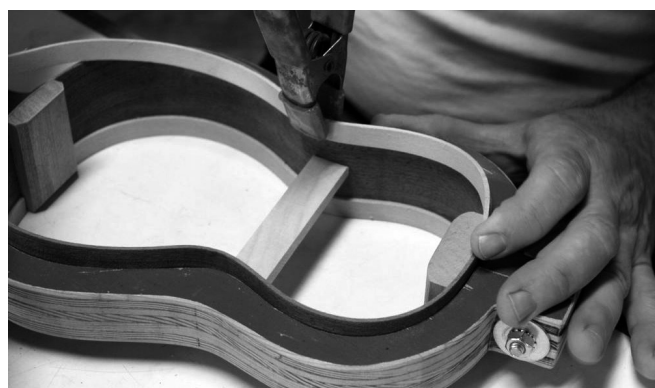
**Instructor:** BigKat Manning, 6 hours. Room 1684

CS 269-50	Sat	Oct. 19, Nov. 2 & 16	2–4 p.m.	Fee: \$45
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### Building a Ukulele

The ukulele is an instrument of the islands. Dreamed of serenading your loved ones or strumming in the moonlight? Here is your big opportunity. In this class, participants learn to combine computer technology and traditional wood working skills to construct a ukulele from rich and beautiful mahogany stock. A combination of demonstrations and hands-on labs will help you build a traditional handmade "uke." A basic understanding of computers and woodworking is helpful but not required. **Instructor:** W. John Smith, 24 hours. Room 507

CS 234-50	Sat	Sept. 7–Oct. 26	9 a.m.–Noon	Fee: \$80
\$65 materials fee paid in class (cash only)				



### Kumihimo: Japanese Braiding with Beads

Introduction to Kumihimo Japanese braiding techniques and beaded bracelet design. Explores the historical and contemporary aspects of Kumihimo Japanese braiding styles. Emphasis on methods, materials, design, and fabrication of Kumihimo beaded bracelets. **Instructor:** Liliana Tolson, 4 hours. Room 1602

CS 237-50	Sat	Nov. 16 & 23	12:30–2:30 p.m.	Fee: \$40
\$20 materials fee paid in class (cash only)				



### Mosaic Art

Students will learn basic techniques needed to construct mosaic art works including the selection of appropriate materials, cutting and breaking selected materials, aesthetic arrangement of materials through the study of basic elements and principles of design, adhering mosaic materials to flat and three-dimensional surfaces, grouting, and cleaning finished projects.

**Instructor:** Bernadette Mingus, 15 hours. Room 754

CS 242-50	Sat	Sept. 7-21	9 a.m.–2 p.m.	Fee: \$70
			\$20 materials fee paid in class	

## Self-Improvement

### E-Publishing for iPad

Start a new publishing adventure by learning how to E-Publish for iPad. Discover how to oversee projects and publish new projects with your iPad using digital distribution. **Instructor:** Claudia De La Toba, 9 hours. Room 1620

CS 248-01	F	Oct. 11–Oct. 25	9 a.m.–Noon	Fee: \$30
			Students must bring their own iPads or Smart Tablets to class	

### Create a Vision Board!

Through art materials and collage, you will create the life of your dreams! You will also access your subconscious desires through picking a new life through magazine pictures and building a vision board. The vision board gives you a window into what you truly desire as you create an artistic piece which also facilitates your possible future reality!

**Instructor:** Donna Davis, 2 hours. Room 704A

CS 230-50	Sat	Sept. 21	2-4 p.m.	Fee: \$25
			\$5 materials fee paid in class	
CS 230-51	Sat	Sept. 28	2-4 p.m.	Fee: \$25
			\$5 materials fee paid in class	

### The Art of Reading

Without doubt you know how to read. But do you know how to read artfully? Unlike everyday reading, artful reading is the way novels and short stories are read. This class is less about reading for specific information and more about reading to enjoy the literary experience.

**Instructor:** Claudia De La Toba, 8 hours. Room 1620

CS 246-01	F	Aug. 23-30	9 a.m.–Noon	Fee: \$45
		Sept. 6	9-11 a.m.	

### Release the Past and Get on with Your Life!

Is your past keeping you from living the life you desire? Do you feel like you are ready for the "next step" but you can't seem to take it or even know what it is? If so, there are quite possibly old feelings, beliefs or thoughts that need to be released! During this course, you will learn three key criteria for you to begin to empower and jump-start your life right now. Discover what it really means to "let go of the past" and how the gift of forgiveness plays an important role. This course is especially powerful for those who do or have ever felt trapped by the circumstances of their life or relationships.

**Instructor:** Nancy Pabers, Ph.D., has led more than 100 self-development workshops, hosted KCEO am 1000 Radio's show-Practical WooWoo... the Art & Science of YOU, and is a practitioner in the Healing Arts and a licensed Heal Your Life® instructor. 4 hours. Room 1685B

CS 205-60	W	Sept. 25	6-10 p.m.	Fee: \$55
CS 205-61	W	Oct. 23	6-10 p.m.	Fee: \$55

Prior to class, please visit: [www.practicalwoowoo.com](http://www.practicalwoowoo.com) for additional class information.

### How to Apply for College Scholarships

Want free money for college? Scholarships tend to be awarded to students who know where and how to locate appropriate resources. This workshop is designed to give you the best chance of winning free money by developing an understanding of the What, Where, and How to apply for scholarships. You will learn application tips, information, and preparation to maximize your opportunity of becoming a scholarship recipient.

**Instructor:** Shoua Thao, 3 hours. Room 1602

CS 244-50	Sat	Dec. 7	9 a.m.–Noon	Fee: \$25
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### World Religions 101

Examine the Hindu, Buddhist, Judeo/Christian, and Islam sacred traditions. Students will learn about the many gods in Hinduism; how Buddhism made its way from India to China; why the "good works" of the Judeo/Christian tradition are not universal; and the Sufi tradition within Islam. Sacred traditions are an opportunity to understand the various models of humankind.

**Instructor:** Claudia De La Toba, 8 hours. Room 1620

CS 247-01	F	Sept. 20-27	9 a.m.–Noon	Fee: \$50
	F	Oct. 4	9-11 a.m.	

### Write an Award Winning College Scholarship Essay

Write award winning essays for college scholarships! Learn how to help your college-bound teen write effective college scholarship essays and lessen essay composition roadblocks. Learn what scholarship committees look for in a scholarship essay. This workshop will assist and educate you on how to assist your teen to craft captivating essays to showcase goals, accomplishments, and challenges. Join this class and enhance your chances for retrieving extra funds for tuition and books. **Instructor:** Shoua Thao, 3 hours. Room 1602

CS 245-50	Sat	Dec. 14	9 a.m.–Noon	Fee: \$25
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## Enroll Early!

### NEW! Constitutional Law: Civil Liberties—Search & Seizure

Learn your Constitutional rights when the police want to search you. Course will cover the law regarding vehicle searches, vehicle inventory inspections, and checkpoints. Course will also cover searches of the person, e.g. Terry Stops and Wingspan rule, as well as the search of the home. A search by the police usually requires consent or probable cause. This course is designed to inform you of your Constitutional rights regarding searches by government agents.

**Instructor:** Robert Montano, 4 hours. Room 1620

CS 274-50 Sat Aug. 24–Sept. 21 11 a.m.–Noon Fee: \$50  
**No class:** 8/31

## Wellness and Fitness

### How to Train for a Marathon, Half-Marathon, 10K or 5K Race

Would you like to run in long distance events? Learn what is required to participate? How to train for one of these events? If so, this class is for you. Completing an event is not as hard as you think. This class will teach you what is required to meet your endurance race goal—beat a time, just finish, burn fat. You will learn how to develop a six-month training plan so you can be ready for a race such as the Rock-n-Roll Marathon or Half in San Diego. You will develop your plan in class and run as homework. **Instructor:** David Garrett, 9 hours. Room 1601

CS 259-60 M Oct. 7–28 6:30–8:45 p.m. Fee: \$65

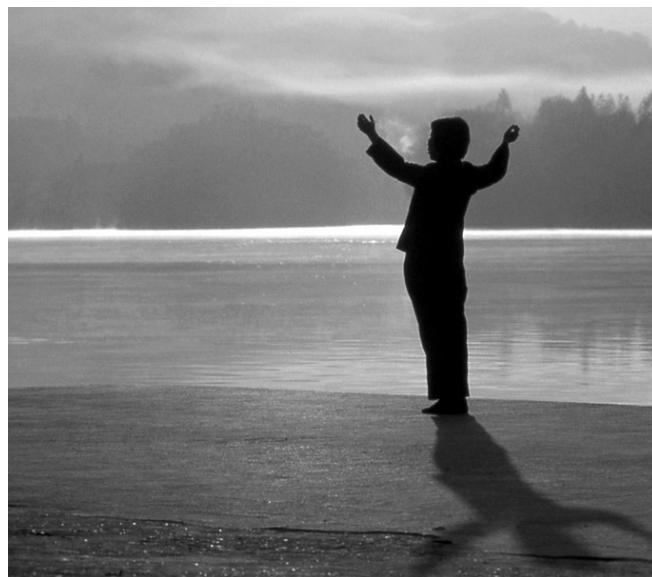


### Transformational Meditation

Scientific research indicates that a number of positive health benefits can be derived from meditation. Among these benefits are: stress reduction, lowered blood pressure and overall improved physical and mental health. Proper meditation and breathing techniques help enhance physical, emotional, and mental well being.

**Instructor:** Marti, 8 hours. Room RCT1 (1010)

CS 182-60 F Sept. 6–Nov. 1 6–7 p.m. Fee: \$85  
**No class:** 10/4



### Vinyasa Yoga

Covers Hatha Yoga Style. Yoga is the ancient holistic system of harmonizing body, heart and soul. It is a safe non-competitive environment that will guide the beginning to advanced students through the postures of yoga. Increases flexibility, releases muscular tension, prevents injuries, and improves body awareness, and self-confidence. Students will need to bring their own exercise mat, towel and water bottle.

**Instructor:** Marti, 12 hours. Room RCT1 (1010)

CS 183-60 TTh Oct. 1–Nov. 7 6:30–7:30 a.m. Fee: \$85

### Self-Hypnosis

Self-hypnosis is a powerful tool that can reduce stress! It can also improve self-esteem, accelerate physical healing, increase performance, etc. Who wouldn't want that? Students will learn to hypnotize themselves, tap into the power of the subconscious mind, and achieve goals.

**Instructor:** Katherine Zimmerman, 5 hours. Room 1601

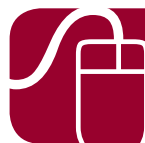
CS 251-01 T Sept. 17–24 3–5:30 p.m. Fee: \$65  
 \$3 materials fee paid in class (cash only)

### Chakras: Change Your Energy, Change Your Life

Participants will learn about the seven Chakras energy centers within the body and how to energize their centers, which will lead to greater health benefits. Students will also learn techniques to send healing energy to essential parts of the body. Moreover, they will learn how the energy affects the physical body, which will help them get in touch with the ties between the mind and body, so they can better understand their emotions and how they can hurt or help them heal them. Students: please bring a notebook to be able to take effective notes.

**Instructor:** Marti, 4 hours. Room 1682

CS 176-50 Sat Oct. 12 Noon–4 p.m. Fee: \$55



For college credit courses  
 call 619-482-6550 or go to  
[www.swccd.edu](http://www.swccd.edu)



# TRAFFIC School

CS 17-51	Sat	Aug. 10	8 a.m.–4 p.m.	Fee: \$40
CS 17-52	Sat	Aug. 24	8 a.m.–4 p.m.	Fee: \$40
CS 17-53S	Sat	Sept. 7	8 a.m.–4 p.m.	Fee: \$40
Spanish				
CS 17-54	Sat	Sept. 21	8 a.m.–4 p.m.	Fee: \$40
CS 17-55	Sat	Oct. 5	8 a.m.–4 p.m.	Fee: \$40
CS 17-56	Sat	Oct. 19	8 a.m.–4 p.m.	Fee: \$40
CS 17-57S	Sat	Nov. 2	8 a.m.–4 p.m.	Fee: \$40
Spanish				
CS 17-58	Sat	Nov. 16	8 a.m.–4 p.m.	Fee: \$40
CS 17-59	Sat	Dec. 7	8 a.m.–4 p.m.	Fee: \$40

Southwestern College is certified as an official Traffic Violator School (TVS) available to individuals who have received a traffic citation. If you have been referred to a TVS by the court, you may void the citation from your driving record and protect your current insurance rate by attending a DMV-approved Traffic Violator School. You must be on time and remain for the entire 8-hour program to qualify for the certificate of completion.

**Instructors:**  
**Charles Pugsley,**  
**Eugene D’Ablaing,**  
**Philip Ochoa.**  
**Room 662.**



**SOUTH COUNTY**  
**CAREER CENTER**  
 A Division of the San Diego Workforce Partnership, Inc.

**South County Career Center**  
 619-628-0300  
 1111 Bay Blvd., Suite E  
 Chula Vista, CA 91911-2692

*Need assistance? Looking for a good job?*  
*Need help making a résumé?*  
*Interested in changing careers?*  
*Want to upgrade your skills or perform career research?*

**Come to the**  
**SOUTH COUNTY**  
**CAREER CENTER**  
*Receive support and valuable resources at no cost!*

**The South County Career Center also offers more than 60 computers, copy machines, fax, phone room, and free e-mail.**  
*Experienced, friendly staff are available to assist you.*

# Crown Cove Aquatic Center *Safety Afloat*

5000 Highway 75 • Coronado, CA 92118

All classes held at the Crown Cove Aquatic Center on the Silver Strand State Beach.  
To register for classes listed below, please call (619) 429-1669.

## Pediatric Basic Life Support and First Aid

Provides individuals with the knowledge and skills necessary to prevent, recognize, and provide basic care for respiratory and cardiac emergencies in adults, children and infants. Follows the American Heart Association (AHA) Basic Life Support (BLS) guidelines. **Instructors: J. Araiza/R. Medigovich**, 8 hours.

NC 1022-E1	Sat	Sept. 7	8:30 a.m.–5 p.m.	No Fee
NC 1022-E2	Sat	Oct. 5	8:30 a.m.–5 p.m.	No Fee
NC 1022-E3	Sat	Nov. 9	8:30 a.m.–5 p.m.	No Fee

Required textbook must be brought to class: **Heartsaver Pediatric First Aid Health & Safety Student Workbook** (available in the SWC bookstore). Successful completion of a written and psychomotor test is required to receive course completion certificate. American Heart Association (AHA) certificate is \$20. Please bring a self-addressed stamped envelope to class to have the certificate mailed to you.

## Basic First Aid and Adult CPR

Designed to prepare individuals to recognize and treat injuries and sudden illnesses. Meets the requirements for basic first aid and adult CPR in the workplace. 8 hours.

NC 40-E1	Sat	Sept. 21	8:30 a.m.–5 p.m.	No Fee
NC 40-E2	Sat	Oct. 19	8:30 a.m.–5 p.m.	No Fee
NC 40-E3	Sat	Nov. 23	8:30 a.m.–5 p.m.	No Fee
NC 40-E4	Sat	Dec. 14	8:30 a.m.–5 p.m.	No Fee

**Instructor: Dan Hawley**  
**Location:** Crown Cove Aquatic Center

NC 40-E5	Th	Aug. 22	8 a.m.–4:30 p.m.	No Fee
NC 40-E6	Th	Sept. 19	8 a.m.–4:30 p.m.	No Fee
NC 40-E7	Th	Oct. 17	8 a.m.–4:30 p.m.	No Fee
NC 40-E8	Th	Nov. 21	8 a.m.–4:30 p.m.	No Fee

**Instructor: Dan Hawley**  
**Location:** City of Chula Vista Public Works,  
1800 Maxwell Rd., Chula Vista, 91911

NC 40-E9	M	Aug. 19	8 a.m.–4:30 p.m.	No Fee
NC 40-E10	M	Sept. 16	8 a.m.–4:30 p.m.	No Fee
NC 40-E11	M	Oct. 28	8 a.m.–4:30 p.m.	No Fee
NC 40-E12	M	Nov. 18	8 a.m.–4:30 p.m.	No Fee
NC 40-E13	M	Dec. 2	8 a.m.–4:30 p.m.	No Fee

**Instructor: W. Price**  
**Location:** County of San Diego Forensic Center,  
5570 Overland Ave. Suite 101, San Diego, 92123

Required textbook must be brought to class: **Heartsaver First Aid, CPR, AED** (available in the SWC bookstore). American Heart Association course completion certificate is \$20. Please bring a self-addressed stamped envelope to class to have the certificate mailed to you.



# CCAC *Safety Afloat*



## Basic Life Support (BLS) Instructor

Designed to advance the Basic Life Support (BLS) provider to the position of American Heart Association instructor. Teaches the instructor candidate the components and delivery of cognitive and psychomotor skills training used for BLS training.

**Instructor: D. Cawthon**, 16 hours.

NC 1039-E1	Sat	Nov. 2	8:30 a.m.–5 p.m.	No Fee
	Sun	Nov. 3	8:30 a.m.–5 p.m.	No Fee

## CPR for the Professional Rescuer

Provides the professional rescuer with the knowledge and skills to provide Basic Life Support (BLS) to a victim in an emergency. Necessary for anyone wishing to become a BLS instructor. Follows the guidelines of both the American Red Cross and the American Heart Association. 8-9 hours.

NC 1007-E1	Sat	Aug. 24	8:30 a.m.–6 p.m.	No Fee
NC 1007-E2	Sat	Sept. 14	8:30 a.m.–6 p.m.	No Fee
NC 1007-E3	Sat	Sept. 28	8:30 a.m.–6 p.m.	No Fee
NC 1007-E4	Sat	Oct. 12	8:30 a.m.–6 p.m.	No Fee
NC 1007-E5	Sat	Oct. 26	8:30 a.m.–6 p.m.	No Fee
NC 1007-E6	Sat	Nov. 16	8:30 a.m.–6 p.m.	No Fee
NC 1007-E7	Sat	Dec. 7	8:30 a.m.–6 p.m.	No Fee

**Instructor: D. Hawley**

**Location:** Crown Cove Aquatic Center

NC 1007-E8	T	Aug. 20	8 a.m.–4:30 p.m.	No Fee
NC 1007-E9	T	Sept. 17	8 a.m.–4:30 p.m.	No Fee
NC 1007-E10	T	Oct. 29	8 a.m.–4:30 p.m.	No Fee
NC 1007-E11	T	Nov. 19	8 a.m.–4:30 p.m.	No Fee
NC 1007-E12	T	Dec. 3	8 a.m.–4:30 p.m.	No Fee

**Instructor: W. Price**

**Location:** County of San Diego – Forensic Center  
5570 Overland Ave., Ste. 101, San Diego, 92123

Components include one-and two-rescuer CPR and foreign body airway obstruction (FBAO) in adults, children, and infants. Bag-valve-mask (BVM) and Automated External Defibrillation (AED) also included. Successful completion of a written test is required to receive a course completion certificate. Required book: **BLS for the Healthcare Provider**, (available at the SWC bookstore). American Heart Association (AHA) course completion certificate is \$20. Please bring a self-addressed stamped envelope to class to have the certificate mailed to you. Follows the guidelines of the AHA.



*Begin your cooking career right in your own home.*

## Escoffier Online Culinary Fundamentals Program

Learn to prepare restaurant-quality meals in the comfort and convenience of your own home. Southwestern College Continuing Education Program, in partnership with the Escoffier Online Culinary Academy, offers you a professional chef's curriculum via richly detailed video tutorials and collaborative, interactive online cooking experiences with classically trained chefs and classmates.

**Complete the program at your own pace  
and you will earn a certificate in  
Culinary Fundamentals from Escoffier.  
Call 619-482-6376 for more information.**



***Carson Dunlop and Southwestern  
College Continuing Education Program  
have formed a strategic partnership  
to offer a career home inspection  
training program.***

The comprehensive 10-course certificate program is available through distance learning. Content is delivered in a highly visual and easy to understand format. The program is focused on practical applied technical knowledge, providing a solid foundation for success in the home inspection field.

***[www.carsondunlop.com/education/us/  
SouthwesternCollege](http://www.carsondunlop.com/education/us/SouthwesternCollege)***

# Tennis Center

900 Otay Lakes Road, Chula Vista, 91910  
619-421-6622

## Staff

The Tennis Center offers various programs for Juniors and Adults through group clinics and also private instruction. All SWC Tennis related classes, clinics, instruction and other activities have priority on courts at all times. Courts are available for use when no classes or activities are scheduled. On-site registration at the Tennis Center for classes. Flyers are available at the Tennis Center for each program. Check out the SWC Women's Athletics page for more information on Coach Reasons and the Intercollegiate Tennis Program at [www.swccd.edu](http://www.swccd.edu).

**Susan Reasons**, SWC Tennis Center Director, SWC Head Women's Intercollegiate Tennis Coach, B.A. Physical Education, California Community College Teaching Credential, SWC Exercise Science Tennis Instructor, PTR Certified, Southwestern College Athletic Department Hall of Fame Coach.

Please call Coach Susan Reasons at 619-421-6622 or email [susanreasons@yahoo.com](mailto:susanreasons@yahoo.com) for registration information on specific dates and times of classes listed. Registration at Tennis Center office only.



## Beginning/Advanced Beginning Junior Training Program (Ages 7–15)

Basic skill introduction. To include ground strokes, positioning, footwork, and introduction to serving and ball tossing. Development of hand-eye coordination. Physical conditioning included. **Instructor: Susan Reasons**, 1.5 hours per week.

T	4:30–6 p.m.	Fee: \$65	(4-week session)
W	4:30–6 p.m.	Fee: \$65	(4-week session)

## Intermediate/Advanced Intermediate Junior Training Program (Ages 7–17)

Focuses on more development of groundstrokes to include consistency and placement. Development of consistency and placement of serves from the baseline. Rallies from mini-tennis court areas and basic games, as well as introduction of volleys. Footwork and conditioning included. **Instructor: Susan Reasons**, 2 hours per week.

M	4:30–6:30 p.m.	Fee: \$85	(4-week session)
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## Intermediate Junior Training Program

Focuses on more development of groundstrokes to include consistency and placement. Development of consistency and placement of serves from the baseline. Rallies from mini-tennis court areas and basic games.

**Instructor: Susan Reasons**, 1.5 hour per week

Th	4:30–6 p.m.	Fee: \$65	(4-week session)
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## Intermediate Advanced/Advanced Junior Training Program (Ages 9–17)

Further growth with rallying of full court with groundstrokes. Using serves to start games, addition of scoring, and net game improvement to include volleys, overheads, and approach shots. Game playing of singles and doubles. Basic strategy, court positioning. Foot work and conditioning included.

**Instructor: Susan Reasons**, 2 hours per week.

F	4–6 p.m.	Fee: \$85	(4-week session)
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## Adult Advanced Beginning/Intermediate (Ages 18 and up)

Instruction through instructor fed drills and ball machine use. Including ground strokes, serves, return of serve, volleys, overheads, rules and strategy.

**Instructor: Susan Reasons**, 1.5 hours per week

T	6:30–8 p.m.	Fee: \$65	(4-week session)
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Private instruction is also available for Juniors and Adults through the Tennis Center.

# ed2go Online Classes

## ONLINE LEARNING



### Southwestern College

#### Career Training Programs

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

##### Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace

##### Programs are available in the following areas:

- Business and Professional
- Healthcare and Fitness
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial
- IT and Software Development
- Courses are all open-enrollment and self paced
- All materials, workbooks, and software are included
- Payment plans available

##### Chartered Tax Professional for California Residents

The California Chartered Tax Professional Online Certificate Program will help you become qualified as a California Tax Preparer through the California Tax Education Council (CTEC). The California Chartered Tax Professional Certificate Program is composed of six modules in Federal income tax preparation, plus a California supplement. After successfully completing the first two Federal programs and the California lessons in the California CTP Certificate Program, you'll be qualified to prepare individual tax returns for almost all U.S. and California taxpayers. This online certificate program is offered in partnership with major colleges, universities, and other accredited education providers.

##### Payroll Practice and Management

If you want to become a payroll specialist or update your skills, take the Payroll Practice and Management Online Training Program. The program will provide the training you need, and it will also help prepare you for the Certified Payroll Professional (CPP) test given by the American Payroll Association. This online certificate program is offered in partnership with major colleges, universities, and other accredited education providers.

##### Digital Arts Certificate

The Digital Arts Online Training Program will help you develop technical skills and creative artistry in digital imaging, traditional drawing, and digital illustration. You'll learn professional applications for Adobe Photoshop and Illustrator alongside traditional materials like pencil and charcoal. Course projects include retouching, compositing, digital illustration, and still life drawing.

*This online certificate program is offered in partnership with major colleges, universities, and other accredited education providers.*

#### Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. You can complete any course entirely from your home or office. Any time of the day or night.

##### Features:

- Courses run for six weeks (with a 10-day grace period at the end).
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

##### How to Get Started:

1. Visit our Online Instruction Center:  
[www.ed2go.com/swc](http://www.ed2go.com/swc)
2. Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

##### Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

##### Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

##### A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

##### Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

**THESE COURSES DO NOT OFFER COLLEGE CREDIT**  
MORE COURSES AVAILABLE AT OUR WEBSITE

[www.gatlineducation.com/swc](http://www.gatlineducation.com/swc)

[www.ed2go.com/swc](http://www.ed2go.com/swc)

**Internet and Web Design**

Cse. No.	Title	Fee
ETG-101	Creating Web Pages	\$100
ETG-102	Introduction to ASP.NET	\$100
ETG-104	Introduction to CSS and XHTML	\$100
ETG-106	Introduction to PHP and MySQL	\$100
ETG-107	Introduction to Java Programming	\$100
ETG-108	Intermediate CSS and XHTML	\$100
ETG-109	Intermediate JAVA Programming	\$100
ETG-110	Introduction to Microsoft Outlook 2007	\$100
ETG-111	Achieving Top Search Engine Positions	\$100
ETG-112	Advanced Web Pages	\$100
ETG-114	Web 2.0: Blogs, Wikis, and Podcasts	\$100
ETG-116	Designing Effective Websites	\$100
ETG-117	Introduction to Microsoft Outlook 2010	\$100
ETG-120	Introduction to Crystal Reports	\$100
ETG-121	Introduction to Flash CS5	\$100
ETG-122	Introduction to Crystal Reports 10	\$100
ETG-123	Intermediate Flash CS5	\$100
ETG-124	Creating Mobile Apps with HTML5	\$100
ETG-125	Creating WordPress Websites	\$100

**Computers**

Cse. No.	Title	Fee
ETG-200	Introduction to PC Troubleshooting	\$100
ETG-202	Introduction to Microsoft Publisher 2007	\$100
ETG-204	Introduction to Microsoft Excel 2007	\$100
ETG-206	Intermediate Microsoft Excel 2007	\$100
ETG-207	Introduction to Microsoft Access 2007	\$100
ETG-208	Intermediate Microsoft Access 2007	\$100
ETG-209	Introduction to Microsoft Word 2010	\$100
ETG-210	Intermediate Microsoft Word 2007	\$100
ETG-212	Introduction to Microsoft PowerPoint 2007	\$100
ETG-213	Basic CompTIA A+ Certification Prep	\$110
ETG-214	Intermediate CompTIA A+ Certification Prep	\$110
ETG-215	Advanced CompTIA A+ Certification Prep	\$110
ETG-216	Introduction to Microsoft Word 2007	\$100
ETG-217	Introduction to Dreamweaver CS5	\$100
ETG-218	Keyboarding	\$100
ETG-219	Introduction to Microsoft Excel 2010	\$100
ETG-220	Introduction to Microsoft Project 2007	\$100
ETG-221	Advanced Microsoft Excel 2007	\$100
ETG-222	Introduction to PC Security	\$100
ETG-223	Introduction to Microsoft Project 2010	\$100
ETG-224	Photoshop CS5 for the Digital Photographer	\$100
ETG-225	Intermediate Microsoft Excel 2010	\$100
ETG-226	Introduction to Microsoft PowerPoint 2010	\$100
ETG-227	Introduction to Windows 7	\$100
ETG-228	Introduction to Microsoft Access 2010	\$100
ETG-229	Intermediate Microsoft Access 2010	\$100
ETG-230	Introduction to InDesign CS4	\$100
ETG-231	Introduction to Illustrator CS5	\$100
ETG-232	Photoshop Elements 10 for the Digital Photographer	\$100
ETG-233	Photoshop Elements 9 for the Digital Photographer	\$100
ETG-234	Introduction to Photoshop CS5	\$100
ETG-235	Introduction to InDesign CS5	\$100
ETG-236	Photoshop CS5 for the Digital Photographer II	\$100
ETG-237	Introduction to Illustrator CS4	\$100
ETG-238	Introduction to Photoshop CS4	\$100

**Computers**

Cse. No.	Title	Fee
ETG-239	Intermediate Photoshop CS4	\$100
ETG-241	Introduction to Database Development	\$100
ETG-242	Introduction to Networking	\$100
ETG-243	Intermediate Networking	\$100
ETG-244	Computer Skills for the Workplace	\$100
ETG-245	Intermediate Microsoft Word 2010	\$100
ETG-246	Introduction to SQL	\$100
ETG-247	Intermediate SQL	\$100
ETG-248	Intermediate Oracle	\$100
ETG-249	Introduction to C++ Programming	\$110
ETG-250	Introduction to C# Programming	\$110
ETG-251	What's New in Microsoft Office 2007	\$100
ETG-252	What's New in Microsoft Office 2010	\$100
ETG-253	Wireless Networking	\$100

**Tech Prep and Special Interest**

Cse. No.	Title	Fee
ETG-300	Write Fiction Like A Pro	\$100
ETG-301	The Craft of Magazine Writing	\$100
ETG-302	Beginning Writer's Workshop	\$100
ETG-303	Writing Effective Grant Proposals	\$100
ETG-304	A to Z Grant Writing	\$100
ETG-305	Instant Italian	\$100
ETG-306	GRE Preparation – Part 1 (Verbal and Analytical)	\$100
ETG-307	GRE Preparation – Part 2 (Quantitative)	\$100
ETG-308	LSAT Preparation – Part 1	\$100
ETG-309	LSAT Preparation – Part 2	\$100
ETG-310	Grammar Refresher	\$100
ETG-311	Beginning Conversational French	\$100
ETG-312	Writerific: Creativity Training for Writers	\$100
ETG-313	Travel Writing	\$100
ETG-314	Speed Spanish	\$100
ETG-315	Grammar for ESL	\$100
ETG-316	Medical Terminology: A Word Association Approach	\$100
ETG-317	Introduction to Natural Health and Healing	\$100
ETG-318	GMAT Preparation	\$100
ETG-319	Discover Digital Photography	\$100
ETG-321	Genealogy Basics	\$100
ETG-322	Learn to Buy and Sell on eBay	\$100
ETG-323	Secrets of Better Photography	\$100
ETG-324	Conversational Japanese	\$100
ETG-325	Photographing People with your Digital Camera	\$100
ETG-326	Speed Spanish II	\$100
ETG-327	Writing Essentials	\$100
ETG-328	Twelve Steps to a Successful Job Search	\$100
ETG-329	Where Does All My Money Go?	\$100
ETG-330	Get Assertive!	\$100
ETG-331	Explore a Career as an Administrative Medical Assistant	\$100
ETG-332	Leadership	\$100
ETG-333	Interpersonal Communication	\$100
ETG-334	Personal Finance	\$100
ETG-335	Explore a Career in Medical Coding	\$100
ETG-336	Human Anatomy and Physiology	\$100
ETG-337	Keys to Effective Communication	\$100
ETG-338	Become a Veterinary Assistant	\$100
ETG-339	Become a Veterinary Assistant II: Canine Reproduction	\$100
ETG-340	Become a Veterinary Assistant III: Practical Skills	\$100

**Tech Prep and Special Interest**

Cse. No.	Title	Fee
ETG-341	Introduction to Digital Scrapbooking	\$100
ETG-342	Achieving Success with Difficult People	\$100
ETG-344	Solving Classroom Discipline Problems	\$100
ETG-345	Stocks, Bonds, and Investing: Oh My!	\$100
ETG-346	Introduction to Screenwriting	\$100
ETG-347	Get Paid to Travel	\$100
ETG-348	Fundamentals of Technical Writing	\$100
ETG-349	Keys to Effective Editing	\$100
ETG-350	Growing Plants for Fun and Profit	\$100
ETG-351	Handling Medical Emergencies	\$100
ETG-352	Write Your Life Story	\$100
ETG-353	Assisting Aging Parents	\$100
ETG-354	Lose Weight and Keep It Off	\$100
ETG-355	Become a Physical Therapy Aide	\$100
ETG-356	Spanish for Medical Professionals	\$100
ETG-357	Understanding Adolescents	\$100
ETG-358	Spanish in the Classroom	\$100
ETG-359	Creating a Classroom Web Site	\$100
ETG-360	Teaching Preschool: A Year of Inspiring Lessons	\$100
ETG-361	The Creative Classroom	\$100
ETG-362	Teaching Smarter With SMART Boards	\$100
ETG-363	Ready, Set, Read!	\$100
ETG-364	Teaching Students With ADHD	\$100
ETG-365	Guided Reading and Writing: Strategies for Maximum Student Achievement	\$100
ETG-366	Differentiated Instruction in the Classroom	\$100
ETG-367	Guided Reading: Strategies for the Differentiated Classroom	\$100
ETG-368	Teaching Students With Learning Disabilities	\$100
ETG-369	Teaching Students With Autism: Strategies for Success	\$100
ETG-370	Response to Intervention: Reading Strategies That Work	\$100
ETG-371	Singapore Math Strategies: Model Drawing for Grades 1-6	\$100
ETG-372	Singapore Math: Number Sense and Computational Strategies	\$100
ETG-373	Writing for Children	\$100
ETG-374	SAT/ACT Preparation – Part 1	\$100
ETG-375	SAT/ACT Preparation – Part 2	\$100
ETG-376	Introduction to Stock Options	\$100
ETG-377	Keys to Successful Money Management	\$100
ETG-378	Protect Your Money, Credit, and Identity	\$100
ETG-379	Going Green at Home	\$100
ETG-380	Introduction to Interior Design	\$100
ETG-381	Start Your Own Edible Garden	\$100
ETG-382	Resume Writing Workshop	\$100
ETG-383	Enhancing Language Development in Childhood	\$100
ETG-384	Managing Life as a Single Parent	\$100

**Small Business**

Cse. No.	Title	Fee
ETG-400	Start and Operate Your Own Home-Based Business	\$100
ETG-401	Marketing Your Business on the Internet	\$100
ETG-402	Starting a Nonprofit	\$100
ETG-403	Marketing Your Nonprofit	\$100
ETG-404	Creating a Successful Business Plan	\$100
ETG-405	Starting a Consulting Practice	\$100
ETG-406	Start Your Own Small Business	\$100
ETG-407	Introduction to Internet Writing Markets	\$100

**Management & Business**

Cse. No.	Title	Fee
ETG-625	Introduction to QuickBooks 2011	\$110
ETG-626	Performing Payroll in QuickBooks 2011	\$110
ETG-628	Purchasing Fundamentals	\$110
ETG-629	Project Management Fundamentals	\$110
ETG-630	Introduction to QuickBooks 2009	\$110
ETG-631	Administrative Assistant Fundamentals	\$110
ETG-632	Fundamentals of Supervision and Management	\$110
ETG-633	Effective Business Writing	\$110
ETG-634	Business and Marketing Writing	\$110
ETG-635	Employment Law Fundamentals	\$110
ETG-636	Accounting Fundamentals II	\$110
ETG-637	Administrative Assistant Applications	\$110
ETG-638	Introduction to QuickBooks 2012	\$110
ETG-639	Real Estate Investing	\$110
ETG-640	Real Estate Investing II: Financing Your Property	\$110
ETG-641	Building Teams That Work	\$110
ETG-643	Individual Excellence	\$110
ETG-644	Going Green at the Workplace	\$110
ETG-645	QuickBooks 2012 for Contractors	\$110
ETG-646	Fundamentals of Supervision and Management II	\$110
ETG-651	Understanding the Human Resources Function	\$110
ETG-652	Accounting Fundamentals	\$110
ETG-653	Total Quality Fundamentals	\$110
ETG-654	Project Management Applications	\$110

ed2go

**Online classes start:  
August 21,  
September 18,  
October 16,  
November 13,  
and December 11**

## ONLINE CAREER TRAINING PROGRAMS

Online Education programs designed to provide the workforce skills necessary to enter a new field or advance your current career. Featuring such classes as:

**Certified Global Business Professional    400 hours    \$2,495**

The Certified Global Business Professional Online Training Program prepares you for the credential exam by educating you in four areas: global management, global marketing, supply chain management, and trade finance.

**Certified Green Supply Chain Prof.    60 hours    \$1,595**

Help your company achieve its environmental goals with the Certified Green Supply Chain Professional Online Training Program. Gain the skills you'll need to make a green impact on global sourcing, material management, procurement and buying, transportation and logistics, and new product development.

**Certified Mediator    120 hours    \$1,595**

This comprehensive online training program will provide you with the core skills necessary for the practice of mediation.

**Grant Writing    300 hours    \$2,095**

Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program.

**Non-Profit Management    300 hours    \$2,095**

Examine the fundamental principles of nonprofit management, explore the roles and responsibilities of a nonprofit board of directors and the management team, discover the essential aspects of fundraising, and become acquainted with the fundamentals of the budgeting process.

**Project Management    40 hours    \$1,495**

The Project Management Online Training Program will help you improve your project management skills and prepare you for certification as a Project Management Professional.

**Search Engine Marketing    250 hours    \$1,895**

Learn the essential components for understanding this unique and growing career field, including search engine optimization, pay-per-click marketing, and Web site copywriting.

**Physical Therapy Aide    150 hours    \$1,695**

You will learn what physical therapy entails, identify the responsibilities of a PT aide, and develop a working knowledge of anatomy and medical terminology.

**Veterinary Assistant    240 hours    \$1,795**

Prepare for a new career as a Veterinary Assistant as you learn how to care for animals and assist the veterinarian during examinations.

**Certified Indoor Air Quality Manager    16 hours    \$795**

Are you a facility manager, building engineer, or health and safety officer who wants to improve the indoor air quality of your building? If so, the Certified Indoor Air Quality Manager Program is just for you.

**Certified Indoor Environmentalist    32 hours    \$895**

Would you like to become an indoor air quality or green building consultant? Would you like to better understand how to create a healthy home or building by preventing, diagnosing, and resolving indoor environmental problems? The Certified Indoor Environmentalist Program will help you take the next step in your career.

**Casino Blackjack Dealer    120 hours    \$1,395**

The Casino Blackjack Dealer Online Training Program will teach you everything you need to know to work in a casino as a blackjack dealer.

**Casino Poker Dealer    100 hours    \$1,395**

The Casino Poker Dealer Online Training Program prepares you to work as a dealer for casino table games, including seven card stud, Omaha, and Texas hold 'em.

**Certified Wedding Planner    300 hours    \$1,395**

This comprehensive program covers everything an aspiring wedding planner needs to know to get started in the business. Whether you plan on working part-time or full-time, this program will provide all the knowledge you need to work as a professional wedding planner or start your wedding planning business.

**Biofuel Production Operations    400 hours    \$2,495**

The Biofuel Production Operations Online Training Program will give you the education you need to work as a biofuel production operator, inspecting and repairing equipment, operating computer systems, and handling lab equipment.

**Carpentry    80 hours    \$1,395**

Prepare for a career as a carpenter as you master basic residential construction skills, learn to read blueprints and do jobsite math, and get hands-on practice in three workshop projects.

**Certified Auto Glass Technician    140 hours    \$1,695**

Master the skills you need to become a professional auto glass technician, and prepare for the National Glass Association's Auto Glass Installer Certification Exam.

**Certified Window and Door Installer    120 hours    \$1,795**

Train for a career as a residential window and door installer as you gain the skills you need to prepare for the InstallationMasters™ Certification Exam, offered through the National Glass Association in partnership with InstallationMasters™.

**Natural Gas Plant Operations    400 hours    \$2,595**

For decades to come, natural gas will be produced and consumed in the United States, creating an ongoing demand for natural gas plant operators. This online program provides the fundamental technical background you need to get started in this field.

**Oil Refinery Operations    400 hours    \$2,595**

Learn the skills you need to start work as an in-demand oil refinery operator.

**Paper Mill Operations    400 hours    \$2,595**

This program will give you the skills you need to gain entry-level employment as a paper mill operator.

**Power Plant Operations    400 hours    \$2,595**

Learn the skills you need to gain entry-level employment as a power plant operator.

**Pulp Mill Operations    400 hours    \$2,295**

Become a pulp mill operator with the skills you learn in this program.

**Solar Power Professional    120 hours    \$1,695**

Learn the fundamentals of photovoltaic solar powered energy systems and gain the knowledge you'll need for an entry level position with a dealer, installer, or other photovoltaic industry company.

www.gatlineducation.com/swc

*These courses do not offer college credit.*





## Continuing Education FEE CLASS REGISTRATION FORM

PLEASE PRINT or TYPE NAME BELOW

LAST \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

NAME- 2<sup>ND</sup> REGISTRANT \_\_\_\_\_ AGE (if under 18) \_\_\_\_\_

CLASS	NAME OF CLASS	START DATE	NUMBER OF PEOPLE	FEE
PAYMENT METHOD: CHECK <input type="checkbox"/> CASH <input type="checkbox"/>				\$
TOTAL AMOUNT DUE				

Signature \_\_\_\_\_ Date \_\_\_\_\_

SOC. SEC. NO. (REQUIRED TO EXPEDITE A REFUND): \_\_\_\_\_

**Refunds:** *A complete refund will always be made if Continuing Education cancels a class.*

- *If you cancel or reschedule at least five (5) calendar days prior to the start of a class or event, you will be refunded your registration fee, less a \$5 processing fee.*
- *If you cancel or reschedule at least three (3) calendar days before the start of a class, you will be charged a \$10 processing fee.*
- *No refunds are provided to individuals who give two (2) days or less notice of cancellation.*

*No refunds or rescheduling will be provided once a class begins. Students who do not show up for class are not eligible for refunds or rescheduling. No refunds or rescheduling for any student who registers three (3) days before the class begins. Refunds take a few weeks to process.*

**Southwestern College Continuing Education**  
 900 Otay Lakes Road, Building 660 (across from parking Lot H)  
 Chula Vista, CA 91910-7299  
 Office hours: **SPRING & FALL:** M–F from 8 a.m. – 4:30 p.m.  
**SUMMER:** M–Th from 7:30 a.m. – 5 p.m.



# NONCREDIT APPLICATION

SOUTHWESTERN COLLEGE CONTINUING EDUCATION  
 900 Otay Lakes Road, Chula Vista, CA 91910-7299  
 619-482-6376 FAX 619-482-6402

CHECK THE TERM THAT APPLIES:

- FALL  
 SPRING  
 SUMMER

*Noncredit courses are funded by local and state taxes. The information requested on this application **remains confidential and is required** to establish your eligibility to register in this publicly funded class. Thank you for your assistance.*

**-PLEASE PRINT NEATLY AND DO NOT USE ANY NICKNAMES OR ABBREVIATIONS-**

Have you ever taken a class at Southwestern College before?  NO  YES, under ID No. \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MIDDLE NAME \_\_\_\_\_

ADDRESS (Home Address Required, PO Box not acceptable) \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

MARITAL STATUS (Please Check one):  SINGLE  DIVORCED OR WIDOWED  MARRIED  SEPARATED

PHONE ( ) \_\_\_\_\_ CELL ( ) \_\_\_\_\_ E-MAIL \_\_\_\_\_

BIRTHDATE (Required) : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  MALE  FEMALE

Mo./ Day /Year SOCIAL SECURITY NUMBER \_\_\_\_\_

**ETHNIC BACKGROUND: (Please Check one)** This information required by the Department of Education in compliance with Title VI, Civil Rights Act, 1964

<input type="checkbox"/> 1. Chinese	<input type="checkbox"/> 6. Vietnamese	<input type="checkbox"/> 11. Samoan	<input type="checkbox"/> 16. Other Hispanic	<input type="checkbox"/> 21. Other Non-White
<input type="checkbox"/> 2. Japanese	<input type="checkbox"/> 7. Asian Indian	<input type="checkbox"/> 12. Other Pacific Islander	<input type="checkbox"/> 17. Filipino	<input type="checkbox"/> 22. Other-Specify: _____
<input type="checkbox"/> 3. Korean	<input type="checkbox"/> 8. Other Asian	<input type="checkbox"/> 13. Mexican, MexAmer, Chicano	<input type="checkbox"/> 18. American Indian/Alaskan	<input type="checkbox"/> 23. Declined to state
<input type="checkbox"/> 4. Laotian	<input type="checkbox"/> 9. Guamanian	<input type="checkbox"/> 14. South American	<input type="checkbox"/> 19. Black, Non-Hispanic	<input type="checkbox"/> 24. Hispanic
<input type="checkbox"/> 5. Cambodian	<input type="checkbox"/> 10. Hawaiian	<input type="checkbox"/> 15. Central American	<input type="checkbox"/> 20. White, Non-Hispanic	<input type="checkbox"/> 25. Asian

**CITIZENSHIP: ( Required, please Check one)**

0. United States  2. Permanent Resident  4. Refugee/Asylee  6. B1/B2/Border Crossing Visa  
 1. Amnesty  3. Temporary Resident  5. Student Visa F1 or M1  7. List other: \_\_\_\_\_

<b>IF YOUR STATUS IS AMNESTY, PERMANENT RESIDENT, REFUGEE/ASYLEE, OR VISA, INDICATE CARD ISSUE DATE.</b> _____ Mo. / Day /Year	<b>IS ENGLISH THE LANGUAGE YOU SPEAK AND WRITE MOST FREQUENTLY? (Check one)</b> <input type="checkbox"/> YES <input type="checkbox"/> NO If NO, specify language: _____	<b>HAVE YOU LIVED IN THE STATE OF CALIFORNIA FOR THE PAST 25 MONTHS? (Check one)</b> <input type="checkbox"/> YES <input type="checkbox"/> NO If NO, since what date? _____ Mo./Day/Year
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**WITHIN THE PAST 25 MONTHS, HAVE YOU, OR IF UNDER 19, YOUR PARENTS: (Check YES or NO)**

Maintained voter registration and voted in another state? <input type="checkbox"/> NO <input type="checkbox"/> YES	If yes, indicate date _____ Mo./Day/Year
Petitioned for a divorce in another state? <input type="checkbox"/> NO <input type="checkbox"/> YES	If yes, indicate date _____ Mo./Day/Year
Filed state income taxes in another state? <input type="checkbox"/> NO <input type="checkbox"/> YES	If yes, indicate date _____ Mo./Day/Year
Attended a college or university as a resident of another state? <input type="checkbox"/> NO <input type="checkbox"/> YES	If yes, indicate date _____ Mo./Day/Year

**FAMILY INCOME: (Please Check one)**

<input type="checkbox"/> 1. \$0-\$7,500	<input type="checkbox"/> 4. \$15,001-\$16,000	<input type="checkbox"/> 7. \$20,001-\$25,000	<input type="checkbox"/> 10. \$35,001-\$40,000	<input type="checkbox"/> 13. \$50,001-or above
<input type="checkbox"/> 2. \$7,501-\$10,000	<input type="checkbox"/> 5. \$16,001-\$17,000	<input type="checkbox"/> 8. \$25,001-\$30,000	<input type="checkbox"/> 11. \$40,001-\$45,000	<input type="checkbox"/> 14. Unknown
<input type="checkbox"/> 3. \$10,001-\$15,000	<input type="checkbox"/> 6. \$17,001-\$20,000	<input type="checkbox"/> 9. \$30,001-\$35,000	<input type="checkbox"/> 12. \$45,001-\$50,000	

**FAMILY SIZE: Number in your household including yourself (Check one)**

1  2  3  4  5  6  7  8  9  10  11  12  13  14  15

**HIGH SCHOOL EDUCATION STATUS: (Please check one)**

1. Not a high school graduate and not enrolled in high school

2. Not a high school graduate and currently enrolled in Adult School

3. Currently in high school and 2+2 program (Check current high school grade)  9  10  11  12

4. Currently enrolled in high school (Check current grade and month/year of graduation)  9  10  11  12 \_\_\_\_\_ Mo./Year

5. U.S. High School diploma (Enter month/year received) \_\_\_\_\_ Mo./Year

6. G.E.D Certificate or High School certificate equivalency (Enter month/year received) \_\_\_\_\_ Mo./Year

7. Certificate or California High School Proficiency (Enter month/year received) \_\_\_\_\_ Mo./Year

8. Foreign secondary/high school Diploma/Certificate (enter month/year received) \_\_\_\_\_ Mo./Year

**DO YOU OBJECT TO SOUTHWESTERN COLLEGE RELEASING DIRECTORY INFORMATION?**  YES  NO  
 (Directory information is defined as name, date of birth, place of birth, address, telephone number, major field of study, dates of attendance, degrees and awards received. This does not include transcript information. Transcript information is released only upon written request of the student.)

**PLEASE REGISTER ME IN THE FOLLOWING NONCREDIT COURSES:**

Course Section Number	Name of Course	Start Date
NC		
NC		
NC		

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

# PARKING PERMITS REQUIRED AT ALL TIMES IN ALL LOTS.

## LEGEND

- Information/College Police
- Emergency Call Box
- Parking Permit Dispenser (One-day permits)
- Campus Nurse
- Disabled Person Parking
- Pay phone
- Bus Stop
- Restrooms
- ATM Machine
- Tradewinds
- Coffee Cart
- TDD Payphone
- Bicycle Parking Racks



• Academic Affairs	213	• Communications, Community and Government Relations	100D-I	• Institutional Technology	211	<b>School of:</b>		• South Bay Botanic Garden	1800
• Academic Success Center	420	• Continuing Education	660	• Instructional Support Services	210	• Arts and Communication	700	• Staff Development	620
• Admissions and Records	1400	• Custodial	1200	• Landscape and Nursery Technology	1800	• Departments of Business, Accounting, Office	210	• Student Accounts and Cashiering	1400
• AmeriCorps/Service Learning	1400	• Disability Support Services	1400	• Language Acquisition Center	440	• Continuing Education, Economic and Workforce Development	660	• Student Activities Center	600
• Art Gallery	710B	• DSS High Tech. Center	420	• Learning Resource Center	620	• Counseling & Personal Development	1400	• Student Affairs	1400
• Articulation	1400	• E.O.P.S.	1400	• Library	620	• Health, Exercise Science, and Athletics	1000	• Student Employment Services	1400
• ASO	600	• Evaluations	1400	• Lost and Found	105D	• Mathematics, Science, and Engineering	340	• Superintendent/President	100
• Assessment	1400	• Facilities, Operations & Planning	1625	• Maintenance	1200	• Social Science and International Studies	470	• Tennis Center	1030
• Athletics	1000N	• Financial Aid	1400	• Math Lab	420			• Theatre/Mayan Hall	900
• Automotive Technology	590	• Financial Services	1663	• Math/Science Center	390			• Time Out Café	480
• Bookstore	630	• Fitness Center	1005	• MESA Center	390			• Tradewinds Café	1505
• Business and Operations	1650	• Grounds	1260	• Office of Instruction	210			• Transfer Center	1400
• Cafeteria/Student Union	610	• Gymnasium	1500	• Office Support Services	100			• Veterans Services	1400
• CalWORKS	1400	• Health Services/Campus Nurse	601F	• Online Learning Support Center	620			• VTEA	660
• Career Center	1400	• Human Resources	1670	• Outreach	1400			• Warehouse/Receiving	1100
• Child Development Center	2000	• Information	1900	• Payroll Services	1660			• Women's Resource Center/CTECS	1400
• College Police Department and Information	105D	• Institutional Research, Planning and Grants	103A	• Planetarium	382			• Writing Center	420
				• Purchasing	1651				
				• Reading Lab	420				

SOUTHWESTERN COLLEGE  
900 Otay Lakes Road, Building 660  
Chula Vista, CA 91910-7299

PERIODICALS

ECRWSS  
Postal Customer

*Prepare for a new career  
from the comfort of your home.*

# ed2go

Online Classes start:  
**August 21, September 18,  
October 16, November 13  
and December 11**

See page 19 for details.

**Register Today!**  
[gatlineducation.com/swc](http://gatlineducation.com/swc)

- Certified Global Business Professional
- Certified Wedding Planner
- Certified Green Supply Chain Professional
- Biofuel Production Operations
- Certified Mediator
- Carpentry
- Grant Writing
- Certified Auto Glass Technician
- Non-Profit Management
- Certified Window Door Installer
- Physical Therapy Aid
- Natural Gas Plant Operations
- Project Management
- Oil Refinery Operations
- Search Engine Marketing
- Paper Mill Operations
- Certified Indoor Air Quality Manager
- Power Plant Operations
- Certified Indoor Environmentalist
- Pulp Mill Operations
- Veterinary Assistant
- Solar Power Professional
- Casino Blackjack Dealer
- Wind Energy Professional



*Spread the word about Southwestern College by sharing  
our schedule with family and friends.*

*To request this schedule in alternate media, please call 619-482-6512 or TTY 619-482-6470*