Experience Your community Education





ARKANSAS STATE UNIVERSITY Continuing Education & Community Outreach











- Children, Youth and Collegiate
- Computers and Technology
- Hobby and Leisure
- Personal Enrichment
- Professional Development

Spring 2014 U Class Schedule January - May

Life Long Learning

COMMUNITY EDUCATION – JOIN US!

The Community Education program provides adult and family non-credit continuing education opportunities responsive to the interests and needs of community citizens. We provide a variety of campus events, workshops and classes for personal enrichment, professional development, hobby and leisure for ages ranging from pre-school through adult. Arkansas State University educates leaders, enhances intellectual growth, and enriches lives.

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For More Information: Dr. Beverly Boals Gilbert, Dean bboals@astate.edu Continuing Education and Community Outreach 2004 East Nettleton Ave. Jonesboro, AR 72401 (870) 972-3052



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PERSONAL ENRICHMENT, HOBBY AND LEISURE

January

- Frog Watch 2 Tuesdays, January 21 & 28, 6:30 8:30 p.m., FREE. This classroom workshop will teach you to identify all the frogs and toads in your area by their calls, learn to mimic frog calls, why frogs are important and how to monitor frogs for the FrogWatch USA™ national network. Students may submit their findings to a national database as a citizen scientist! Lab Science East, Room TBA. Instructor: Tom Krohn
- Good Food, Great Wine Monday, January 13, 6:00-7:30 p.m. \$50 per person/\$90 per couple/\$300 for a table of 8. Jonesboro Country Club.
- University Community Choir Mondays, Beginning January 27-April 14, 6-8 p.m., \$25. Area Singers, college-age and above, are invited to join the Arkansas State University Community Choir. The choir will present a local performance on March 17. Optional: This year's group will have the opportunity to participate in the Arkansas State Choir's March 20-29, 2014 Performance Tour to Barcelona, Valencia, and Madrid, Spain. Auditions will be held by appointment beginning January 13, in room 143 of the Arkansas State Fine Arts Center. Rehearsals will be held weekly on Mondays during the Spring semester in the Arkansas State Fine Arts Center Choir Room 144. Interested singers should contact Dr. Miller at (870) 972-3841 no later than January 27.
- Diet & Fitness 2.0 Monday, January 27, 7-9 p.m., Arkansas State Paragould, \$30. The holidays are past, but not the effects! If you need help improving your weight, health, lifestyle and diet for immediate results, this seminar is for you! Arkansas State Paragould, Room 109. Instructor: Shannon Beasley, Certified Personal Trainer, Victory Fitness
- Fencing for Beginners Ages 12-Adult 8 Tuesdays, January 28, February 4, 11, 18, 25, March 4, 11 & 18. 7:30-8:30 p.m., \$80. Unleash your inner tiger! Your size, shape, gender or weight does not determine your fencing ability. Fencing is a physical and mental Olympic sport that can improve your physique and concentration. Equipment provided. (Session II: April 1-May 20) HPESS Bldg., Room 301, Head Coach: Val Price
- Fencing for Children Ages 7-11 6 Tuesdays, January 28, February 4, 11, 18, 25, & March 4. 7:30-8:30 p.m., \$60. Anyone can fence! Your age, size or weight does not determine fencing skill. Equipment is provided. New and returning students welcome. (Session II: April 1-May 6) HPESS Bldg., Room 301, Head Coach: Val Price (Session II: April 1-May 6)
- Advanced and Open Bouting: Fencing Eight Tuesdays, January 28, February 4, 11, 18, 25, March 4, 11 & 18. 6:30-8:30 p.m., \$90. This class is for advanced students who are looking to hone their skill with the blade! Coaches will provide one-on-one lessons with individuals for intensive progression or students may fence with each other in open bouts. This class is for individual advancement at a concentrated level. Students must take Fencing for Beginners and have approval from a coach before signing up for this class. (Session II: April 1-May 20) HPESS Bldg., Room 301, Head Coach: Val Price
- Jewelry Organizer: PinSpire Creations! Thursday, January 30, 5:30-7 p.m., \$20. Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building and Staff.

February

- Arkansas State Youth Orchestra 6-12th Grades, Session I 6 Saturdays, February 1, 8, 15, 22, March 1 & 8. 9-11 a.m., \$50. Auditions: Saturday January 25. This class is for any student in grades 6-12, who has had at least one year of instruction on a bowed string instrument. Music will be furnished; instruments and bows are not furnished. Concert Date: Monday March 10. (Session II offered Saturday, April 5-May 10) Fine Arts Building, Choir Room 144. Instructor: Guy Harrison, Arkansas State Music Department
- ACT Boot Camp Saturday, February 1, 9 a.m. 4 p.m., \$100. Registration Deadline: January 24. Are you planning on scholarships to attend college? We can help. Education Building, Room TBA. Coordinators: Reba Sherman & Linda Hawkins Kelly. (Next Boot Camp: Saturday, April 5)
- A Couple of Cooks Thursday, February 6, 6-8 p.m., \$110 per Couple. Enjoy this couples' cooking course as you work together to create your romantic meal.
- Valentine's Day Sweets & Treats: Young Chef's Academy Grades 3rd-6th Saturday, February 8, 1-4 p.m., \$35. CECO Building. Instructor: Karen Barker
- Valentine Treats: PinSpire Creations! Thursday, February 13, 5:30-7 p.m., \$12. Come experiment and then eat your creations or take home! Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building and Staff.
- Knitting for Beginners Two Mondays, February 17 & 24, 6-7:30 p.m., \$25. Get started with a simple project that teaches basic stitches, selecting the right yarn and the appropriate tools to use. Beginners learn under skilled supervision to make their first project easy and fun. Yarn, knitting needles and pattern provided, or you may bring your own: a skein of smooth yarn (not hairy) or bulky weight yarn and a pair of knitting needles, size 8-10. CECO Building, Instructor: Dana Hurt

- Portrait Photography Workshop Saturday, February 22, 12:30-4:30 p.m., \$99. A good portrait is a combination of lighting, composition, and technical competence. Students must have a camera with manual exposure capabilities and a hot shoe or pc-sync terminal for your camera to work. A hot shoe mounted flash unit that works on your camera is recommended. *Communications Bldg., Room 218. Instructor: Ernest Rice, Arkansas State Photographer Technician*
- Understanding Retirement and Social Security Tuesday, February 25, 3-4:30 p.m., FREE. This is a free seminar for anyone who wants to plan for their retirement and understand how Social Security can affect their financial future. This seminar is especially effective for mid-working career levels. CECO Building, Instructor: Marc Phillips, Arkansas State VALIC Adviser
- Quilting Craft: PinSpire Creations! Thursday, February 27, 5:30-7 p.m. \$15. Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building, Instructor: Luci Murray
- Guns and Violence: Arkansas and the Law TBA. FREE. Location: St. Bernard Village, Speaker: Dr. Michael B. Dougan, Distinguished Professor of History Emeritus, Arkansas State

March

- Ballroom Dance for Beginners 5 Mondays, March 3, 10, 17, 24 & 31. 6:30-7 p.m. \$40 per person or \$30 for two people. Join this informal group dance class for instruction in the popular ballroom dances. Beginners welcome. No experience necessary. Partners preferred but not necessary. Students are invited to join the Arkansas State Ballroom Dance Club for additional practice. Parking pass included. HPESS Building, Dance Studio, Room 301, Instructor: Alice Weston-Sherwood
- Beginning Guitar 5 Mondays, March 3, 10, 17, 24 & 31. 6-7 p.m., \$100. This class is for people who have a guitar and want to learn to play or who are already learning and would like to learn how to read music, take care of their instrument and make playing the guitar a more enjoyable experience. CECO Building, Instructor: John Yerger
- Digital Photography I 6 Tuesdays, March 4, 11, 18, 25, April 1 & 8. 6-8 p.m., \$99. Learn how to take better photographs in this introductory course to photography. Students will learn the basics of composition, lighting, using camera settings and a brief introduction of Photoshop. Communications Bldg., Room 218. Instructor: Ernest Rice, Arkansas State Photographer Technician
- Sports Medicine Workshop: An Introductory Course for High Schoolers, 10-12th Grade! Friday-Saturday, March 14-15, \$50. This workshop will expose students to a variety of sports medicine fields and sports first aid. Students attending will hear from allied health and sports medicine speakers, including athletic trainers, physical therapists, orthopedic surgeons, and strength and conditioning coaches. Football Complex. Instructors Ron Carroll, Amanda Wheeler, Penny Head, Ron Johnson, et. al.
- Good Food, Great Wine Tuesday, March 11, 6:00-7:30 p.m. \$35 per person/\$60 per couple/\$238 for a table of 8. Location TBA.
- Sugar Scrubs: PinSpire Creations! Thursday, March 13, 5:30-7 p.m. \$10. Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building and Staff.
- Spring Fishnet Scarf: PinSpire Creations! Thursday, March 20, 5:30-7 p.m., \$10. You may have seen these cute shimmering fishnet scarves that look like they take hours to make: not so! Quick, easy and fun to do, and everyone will think you crocheted for hours! No Experience necessary. Bring a skein of Sashay (Wal-Mart, Hancock's Fabric) or Chyrisilas yarn (Hobby Lobby) and a size J crochet hook. Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building and Staff.

April

- Design Workshop with Interiors by Design 5 Tuesdays, April 1, 8, 15, 22 & 29. 6-8 p.m. \$75 per session or \$300 for all 5 sessions.
- Fencing for Beginners, Ages 12-Adult 8 Tuesdays, April 1, 8, 15, 22, 29, May 6, 13 & 20. 7:30-8:30 p.m., \$80. Unleash your inner tiger! Your size, shape, gender or weight does not determine your fencing ability. Fencing is a physical and mental Olympic sport that can improve your physique and concentration. Equipment provided. Arkansas State, HPESS Bldg., Room 301, Head Coach: Val Price
- Fencing for Children, Ages 7-11 6 Tuesdays, April 1, 8, 15, 22, 29 & May 6. 6:30-7:30 p.m., \$60. Anyone can fence! Your age, size or weight does not determine fencing skill. Equipment is provided. New and returning students welcome. HPESS Bldg., Room 301, Head Coach: Val Price
- Advanced and Open Bouting: Fencing 8 Tuesdays, April 1, 8, 15, 22, 29, May 6, 13 & 20. 6:30-8:30 p.m., \$90. This class is for advanced students who are looking to hone their skill with the blade! Coaches will provide one-on-one lessons with individuals for intensive progression or students may fence with each other in open bouts. This class is for individual advancement at a concentrated level. Students must take Fencing for Beginners and have approval from a coach before signing up for this class. HPESS Bldg., Room 301, Head Coach: Val Price

- Latin Dance Workout Mondays and Thursdays, April 3, 7, 10, 14, 17, 21, 24 & 28, 7:30-8:10 p.m., \$40. This 4-week cardio workout meets twice a week and has lots of fun movement for waist, stomach and legs. Yes, that's right; losing weight can be fun! You'll see and feel the difference! Instructor: Alex Lorenzana
- ACT Boot Camp Saturday, April 5, 9 a.m.- 4 p.m., \$100. Are you planning on scholarships to attend college? We can help. Registration Deadline: March 2. Education Building, Room TBA. Coordinators: Reba Sherman & Linda Hawkins Kelly.
- Arkansas State Youth Orchestra, 6-12th Grades, Session II 6 Saturdays, April 5, 12, 19, 26, May 3 & 10. 9-11 a.m., \$50. This class is for any student in grades 6-12, who has had at least one year of instruction on a bowed string instrument. Music will be furnished; instruments and bows are not furnished. Concert Date: Monday May 12. Fine Arts Building, Choir Room 144. Instructor: Guy Harrison, Arkansas State Music Department
- **Hoppy Treats: Young Chef's Academy, Grades 3rd-6th** Saturday, April 5, 1-4 p.m., \$35. CECO Building., Instructor: Karen Barker
- Spring Wreath: PinSpire Creations! Thursday, April 10, 5:30-7 p.m., \$30. Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building and staff.
- Good Food, Great Wine Thursday, April 17, 6:00-7:30 p.m. \$35 per person/\$60 per couple/\$238 for a table of 8. Location TBA.
- Make A Stained Glass Stepping Stone Saturday, April 19, 9 a.m.-1 p.m., \$99. This workshop will help students create a fabulous stepping stone for their garden. Students will learn the basics of stained glass making and create a beautiful piece of garden art. All supplies included. CECO Building, Instructor: Jenny Crisler
- DIY Coasters: PinSpire Creations! Thursday, April 24, 5:30-7 p.m., \$10. Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building and Staff.
- Planning to Retire? April, Day and Time TBA. FREE Guidelines and Recommendations provided by Mr. Steve Hubbard with Morgan Stanley Smith Barney.

May

- Cupcake Party: PinSpire Creations! Thursday, May 1, 5:30-7 p.m., \$15. Come experiment, create and then eat your creations or take home! Learn which tips to use, how to assemble tips and bags and some icing techniques that get attention! CECO Building and staff.
- Fundamentals of Sports and Action Photography Saturday, May 3, 12:30-4:30 p.m., \$99. Tell a story with skill by creating powerful sports photographs. Whether you're a parent trying to capture the movements of a child, or a seasoned professional covering sporting events, the skills needed are the same. You'll leave this course knowing how to freeze action and show motion in your photographs. Communications Bldg., Room 218. Instructor: Ernest Rice, Arkansas State Photographer Technician
- Scottish Dance for Beginners 4 Mondays, May 5, 12, 19 & 26, 6:30-7 p.m., \$40 per person or \$30 for two. Kick up your heels and join this fun introductory workshop to Scottish dance. Join with a friend and share the memory! Beginners welcome and no previous experience required. Location TBA. Instructor: Alice Weston-Sherwood
- Photoshop: Editing and Design Wednesdays, May 7, 14, 21, 28, June 4 & 11. 6-8 p.m., \$99. Learn the basics of cropping, color correction, red-eye reduction, sharpening, resolution, the clone tool, healing brush and more! Communications Bldg., Room 218. Instructor: Ernest Rice, Arkansas State Photographer Technician
- Citronella Candles: PinSpire Creations! Thursday, May 15, 5:30-7 p.m., \$15. Do it yourself, pin it and inspire others! Let your creative side out of the box with our hands-on monthly project-socials. Bring a friend for a fun night out and instructor-led craft project. CECO Building and Staff
- Salsa Nights for Beginners 3 Fridays, May 23, 30 & June 6, 7-8 p.m., \$10. Maybe you have watched Dancing with the Stars and wish you could dance like them, or maybe you have heard about Miami nights at Cregeens down-town but can't join the fun. This workshop will give you the basics you need to start dancing salsa, merengue and bachata on salsa nights. A partner is preferred but not required. *Instructors: Drs. Jonathan and Virginie Rolland*
- Cookin' Out: Young Chef's Academy Grades 3rd-6th Saturday, May 17, 1-4 p.m. \$35. CECO Building. Instructor: Karen Barker
- Good Food, Great Wine Thursday, May 29, 6:00-7:30 p.m. \$35 per person/\$60 per couple/\$238 for a table of 8. Location TBA
- Adult Mini College Friday, TBA. 8:30 a.m. 3 p.m. Be rejuvenated and enjoy a series of lectures from Arkansas State faculty.

PROFESSIONAL DEVELOPMENT, COMPUTER CLASSES, CREDIT & CERTIFICATE PROGRAMS

- Microsoft[®] Office Classes: Publisher, Excel, Access, PowerPoint or Word. \$109 each. Two convenient locations, Jonesboro and Paragould, and 3 learning levels: Beginning, Intermediate and Advanced. *Call Sue Melton at (870) 972-3052 for scheduled dates or to be added to a waiting list.*
- The Keys to Successful Negotiation Tuesday, February 11, 1-4 p.m., \$40. Learn the basic types of negotiations, the phases of negotiations, and the skills needed to get the responses you are looking for. *Instructor: Dr. Kim Hester*
- Balancing Career and Personal Life Wednesday, February 12, 1-4 p.m. \$40. Investigate some new ways to manage your life, your time, and your stress. Instructor: Geania B. Dickey
- Delegation: "The Best Way to Develop Responsibility in People is to give them Responsibility" Wednesday, February 26, 1-4 p.m., \$40. Explore the skills necessary to accomplish your tasks and achieve your goals. *Instructor: Geania B. Dickey*
- Effective Public Speaking 2 Thursdays, February 20 & 27, 1–4 p.m., \$80. Whether you are called upon to talk before a group, present a project or sell a product or idea, speaking in front of others can be critical to success. Learn successful techniques that will gain you the confidence and skill you need to master public speaking. Evening trainings are available upon request. *Instructor: Chris Harper*
- Women in Leadership: Lunch and Share Series Friday, March 14, 12–1 p.m., \$15. Join us for lunch and enjoy hearing from local women in leadership roles analyze what women in America's work front are saying about changing attitudes of working women, structural inequalities in the workplace and factors such as family rearing, appearance and long-term intellectual fulfillment. Check AState.edu/ceco for updated information.
- iPad Basics Monday, March 3, 9 a.m. -12 p.m., or Thursday, March 13, 1 -4 p.m. \$15. Learn how to: set up email, use Safari, use iWorks including pages and numbers, learn about iTunes, Keynote, and read books. iPads available for you to use in the class or bring your own. *Instructor: Jerry Friend*
- News You Can Use: Legal Updates for 2014 Friday, April 11, 8:00 a.m. 4:30 p.m. Six hours of CLE credit is available for attorneys. The agenda and other details are to be announced. Lunch will be provided.
- Leadercast Jonesboro Friday May 9, 8 a.m. 3:30 p.m. Get ready for a highly experiential day of inspiration, learning, networking, and growth with this one day leadership event that will be simulcast LIVE from Atlanta directly to Arkansas State Jonesboro. ASU CECO is partnering with the Jonesboro Regional Chamber of Commerce to bring Leadercast Jonesboro back to our community for the second year. Check AState.edu/ceco for upcoming details.
- Accounting CPE Seminar: Arkansas State Accounting Alumni Appreciation Day Friday, May 16, 8 a.m.–5 p.m. This is an 8-hour CPE seminar in public accountancy open to the public. The agenda and speakers will be announced.
- Introduction to AutoCAD 10 Mondays & Wednesdays, January 13 February 12, 5:30-8:30 p.m. This class will provide the skills needed to create a basic 2D drawing using editing tools, to organize objects using layers, to plan for efficient construction techniques, to add text and basic dimensions, and to prepare for plotting. Call 870-972-3052 for pricing. Instructor: Stuart Simpson
- Intermediate AutoCAD 8 Mondays & Wednesdays, February 24 March 19, 5:30-8:30 p.m. Participants will build upon knowledge of basic AutoCAD and will be able to perform intermediate level AutoCAD operations. Call 870-972-3052 for pricing. Instructor: Stuart Simpson
- Advanced AutoCAD/Architectural Desktop 8 Mondays & Wednesdays, March 31 April 23, 5:30-8:30 p.m. Participants will build upon knowledge of intermediate AutoCAD and will be able to perform advanced level AutoCAD operations. Call 870-972-3052 for pricing. *Instructor: Stuart Simpson*
- Sharpen Your Business Writing Skills Date TBA, 2 sessions 1–4 p.m., \$120. Get the business writing skills you need to compose powerful, professional documents that get attention. Review basic writing concepts and learn to recognize and avoid common mistakes in this interactive writing workshop.
- Time Management Date TBA, 9 a.m.- 12 p.m., \$50-early registration, \$65. Managing your time effectively and efficiently will help you exponentially in the workplace and in your personal life. This seminar will give you the real world time management skills to get more out of every day. Instructor: Mark Anthony
- Violence and Bullying: An Arkansas Tradition TBA This is a two-hour session devoted to the related topics of violence and the attempts to control it through gun regulation followed by a survey and discussion of bullying in the schools. Presenter: Dr. Michael B. Dougan, Distinguished Professor of History Emeritus, Arkansas State.

ONLINE CLASSES

- Online Executive Certificate in Paralegal Studies This online self-paced program will prepare you to join the legal profession in as little as six months.
- The Masters Certificate in Financial Planning This is a live, instructor-led, Internet delivered financial planning education program, designed to meet the education requirement for the CFP® Certification Examination in only nine months.
- The Online Executive CFP® Certification This education program is an independent, self-study, online education program, designed to fulfill the education requirement to sit for the CFP® Certification Examination.
- Social Media Professional Certificate This executive certificate is composed of two courses with nine sections. After completing these courses, you will be qualified for roles such as Social Media Specialist, Community Manager, and Digital Media Project Manager. For more information on online classes and certificate programs call 870-972-3052 or visit our website at AState.edu/ceco.

SUMMER CAMPS 2014 PREVIEW

ACT Boot Camp – Saturday, June 7, 2014 (Registration Deadline: May 30, 2013)

Summer Camp Academy

A Picture is Worth a Thousand Words (8th-12th) AdventureLand (K-4th) Adventures with Katniss and Peeta (5th-9th) Afternoon Tea Party (PK3-2nd) American Girls (K-3rd) Camp Umizoomi (PK3-K) Fairy Fun (PK3-1st) Fencing for Special Needs (PK3-12th) Fractured Fairy Tales (1st-3rd) From Page to Stage (3rd-6th) Little Fashionista (K-6th) Happily Ever After (K-2nd) Harry Potter at Hogwarts (3rd-12th) Knight in Training (PK3-2nd)

*Camps are tentative and subject to change.

Mad Scientist (3rd-6th) Mini Olympics: Summer Games (K-6th) Mrs. Frizzle & The Magic School Bus (PK3-1st) Not Your Average Hero (PK3-2nd) Old McDonald's Farm (PK3-1st) Outside the Lines... Art Camp (3rd-6th) Princess in Training (PK3-2nd) Reading Fun with Eric Carle (PK3-1st) Robotics I & II (6th-12th) Super Hero Training Camp (PK3-2nd) Technology Junkie (6th-12th) Theatrical Fencing (6th-12th) Wax Works (7th-12th) Young Chef's Academy (K-12th)

REGISTRATION IS EASY!

Online- It's Easy! Register anytime! AState.edu/ceco E-mail- Anytime! ceco@astate.edu **Phone-** 8 a.m. – 4:30 p.m. (870) 972-3052 FAX- Anytime! (870) 972-3849 **Mail-** Using paper registration form In Person- 8 a.m. – 4:30 p.m. CECO Office, 2004 E. Nettleton Ave., Jonesboro, AR





ARKANSAS STATE UNIVERSITY Continuing Education & Community Outreach



2014 Theme: Beyond You

Our jobs ask much of us. And so do our lives. Employees, families, our boss. We have every reason to spend our time focused on what we need to do in order to succeed.

Yet, leadership calls us to more.

Leadership is beyond the confines of our daily tasks. Beyond the borders of our roles and responsibilities. Leadership asks us to look beyond the everyday and consider the larger community around us — our employees, colleagues, neighbors, and cities. Leadership beckons us to look longer, wider, larger. We are asked to look not only inward, but also outward. Beyond ourselves.

Join us at Leadercast Jonesboro this year as we explore together what leadership looks like *Beyond you*.

This event will be simulcast live from Atlanta directly to Arkansas State on

Friday May 9th, 2014 from 8:00 a.m. to 3:30 p.m.

Check the website for details at Leadercast.com/location/jonesboro

Register Online or Contact us! AState.edu/ceco (870) 972-3052