

PERSONAL DEVELOPMENT

New!

ARE YOU A RENAISSANCE SOUL? FEE: \$49

You may be a "Renaissance soul" if you relate to some of these characteristics: love to learn new things, have many passions and aptitudes, find it difficult to stay with one career, embrace change, are a "Jack/Jill of all trades, master of none." A Renaissance soul herself, life coach Jacqui Neurauter will help you discover—and honor—your special gifts and learn how to channel them into a rewarding and successful career and life.

PSY B15, ETHS, 3 Tue., 10/6, 7-9 pm CRN 60078

New!

REDUCE PHYSICAL & EMOTIONAL PAIN WITH MEDITATION FEE: \$19

Recent studies have shown that meditation is a very powerful way to help relieve pain, with many positive side benefits. You will learn to diminish physical pain (even that associated with cancer) as well as emotional pain and anxiety. According to the instructor, Om Johari, Ph.D., "Happiness or freedom from pain cannot be found in the past or the future. I will share techniques that help each person to focus on awareness of the present moment. The by-product of this practice is a lessening of physical and emotional pain."

PHL E01-01 OC/DP, 1 Tues., 9/29, 7-9 pm CRN 60407

PHL E01-02, OC/DP, 1 Tues., 11/3, 7-9 pm CRN 60409

New!

MEDITATION: PRACTICAL APPLICATIONS FEE: \$59

The first session will include a discussion of what meditation is and how to meditate using observation of breathing as well other common, day-to-day activities like breathing, walking (and exercising), eating, drinking, driving, etc. The second session will be devoted to the topics of listening (and dancing) and seeing as a meditation, and how meditation can make one a great listener. During the second session, the topic of why to meditate will be introduced; this discussion continues into the third session, which focuses on meditation to handle emotional and physical pain (e.g., fear, anger, jealousy, sadness, grief, loneliness), letting go of the past, increasing self-esteem, and improving sleep.

PHL E16-01, OC/SK, 3 Tue., 9/8, 7-9 pm CRN 60900

THE BENEFITS OF LAUGHTER – SERIOUSLY! FEE: \$19

Your health is no laughing matter. Or is it? A growing body of research suggests that laughter can boost your immune system, ease muscle tension, and increase endorphins – biochemical compounds in the brain that reduce pain, lower blood pressure, and bring a pervasive sense of well being. No jokes necessary – the instructor, Om Johari, is a certified laughter club leader. This exhilarating class unites the meditative mind with the spirit of fun!

PSY B79-01, ETHS, 1 Thu., 10/8, 7-9 pm, Johari CRN 61573

New!

YOUR BRAIN, YOUR ART FEE: \$150

Learn how your brain impacts your art, and how creative activity nourishes your brain and enriches the quality of your thinking. Participants will be given a brain dominance survey to identify preferred ways of thinking. Each session will begin with exercises touching on topics such as whole perception; figure/ground effect; and the theory of multiple intelligence. Activities are designed to stimulate diverse areas of the brain to help nerve cells establish new connections, patterns, and awareness. Artistic choices concerning subject matter, materials, size of image, color, degree of detail, etc., will be reviewed in light of this new information. Students will be encouraged to create original art work specifically related to self-exploration.

ART E61-01, GLEN, 6 Tue., 11/3, 7-9 pm, Austin CRN 60669

ART E61-02, GLEN, 6 Tue., 9/22, 7-9 pm, Austin CRN 60670

New!

CREATING A UNIQUE WEDDING CEREMONY FEE: \$30

This workshop provides an overview of the elements of a ceremony and ideas for making your wedding more special and unique. Topics include selecting the right readings; rituals from different cultures; blending traditions; and theme weddings. Instructor Anita Vaughan is a certified celebrant and wedding officiate.

PSY B02-01, MAINE W, 1 Wed., 10/7, 7-8:30 pm, Vaughan CRN 60794

PSY B02-02, NILES W, 1 Thu., 11/19, 7-8:30 pm, Vaughan CRN 60795

STREET SMARTS FOR WOMEN FEE: \$25

Help protect yourself through the knowledge and skills you'll learn in this class. Through "awareness drills" and other techniques, you will increase your confidence and decrease your intimidation factor. Instructor founded the Rape & Crime Prevention Center in Cleveland.

REC E94-01, OC/SK, 1 Sat., 8/22, 9-11 am, Niemotka CRN 60638

STREET SMARTS FOR KIDS**FEE: \$25**

You and your child will learn about abduction and attack techniques; strategies for how to handle strangers; and what to do if threatened or abused by an adult. Children practice ways to assert themselves with confidence and say "NO!" to inappropriate advances. Escape strategies also are discussed. The instructor founded the Rape and Crime Prevention Center in Cleveland. Registration is for one adult and one child. For children ages 5-10.

REC E95-01, OC/SK, 1 Sat., 10/5, 9-11 am, Niemotka

CRN 60639

INTRODUCTION TO BRAIN GYM**FEE: \$35**

Use it or lose it! Your brain, that is! Everyone's brain can benefit from exercise. Brain Gym is a program of physical activities that enhances one's ability to learn and accomplish tasks and goals. This course is a mostly experiential introduction to Brain Gym, which develops the brain's neural pathways the natural way – through movement. Based on more than 80 years of research, this method is used worldwide to improve memory, concentration, vision, cognitive skills, and physical coordination. Brain Gym also releases stress and learning blocks. Please bring a large bottle of drinking water. An optional manual (\$20) will be available in class.

HEA E63-01, NILES W, 1 Tue., 10/6, 6:30-9:30 pm CRN 60585

HEA E63-02, MAINE E, 1 Thu., 10/22, 6:30-9:30 pm CRN 60586

AGE WELL COACHING!**FEE: \$19**

Identify the principles and theories that create the foundation of life coaching and the many potential benefits it can offer to older adults. Recognize what is required to develop, promote, implement, and evaluate a similar life coaching program. Discuss the results and implications of life coaching for older adults in individual and group-based sessions, as well as community-based and senior living environments. Your presenter is Reed J. Engel, MA, FAWHP, director of strategies, Mather LifeWays Institute on Aging.

WOR K08-01, ETHS, 1 Tue. 10/27, 7-8:30 pm, Engel

CRN 60817

COMMUNICATING**FEE: \$19**

Sometimes it's difficult to communicate well with people. It's hard to listen with your head *and* your heart. It's hard to think through issues. It's hard to say the things you want to say. Learn more about the important skill of communicating with family, friends, and co-workers.

COM E80-01, NILES N, Wed., 12/2, 7-8:30 pm, Thompson-Wilda

CRN 60689

OPENING THE GATEWAY**FEE: \$65**

Develop a clear image of what you need and desire. By mastering techniques using self-hypnosis, students will realize self-confidence through achievement of an enthusiastic, positive, winning self image. An optional imaging training CD is available for purchase from the instructor. No class 10/14.

PSY C47-01, ETHS, 4 Wed., 9/30, 7-9 pm, Christensen

CRN 60634

*New!***RE-IGNITE YOUR INNER SPARKLE FEE: \$24**

Do you wonder where your sparkle and zest for life have gone? Are you thinking, "Is that all there is?" Join Carol Moss, LCSW, Life Coach, to rediscover your "sparkle factor" – what it is that inspires you and makes you shine. Prepare to enjoy lots of fun and insightful individual and group discussion.

PSY B38-01, GLEN, 1 Mon., 10/19, 1-2:30 pm, Moss

CRN 60799

CONFRONT AND OVERCOME PROCRASTINATION**FEE: \$20**

Experts estimate that one in five people are that are chronic procrastinators. Do you often find yourself doing things at the last minute, like homework, paying bills, doing taxes? Do you enjoy the adrenaline rush of doing things on deadline? Must all of your assignments be completed perfectly before you turn them in? Discover why people procrastinate, and what you can do overcome it.

PSY C48-01, OC/SK, 1 Wed., 9/23, 5:30-7 pm, Thompson-Wilda CRN 60635

PSY C48-02, ETHS, 1 Mon., 11/9, 6:30-8 pm, Thompson-Wilda CRN 60636

PSY C48-03, NILES N, 1 Wed., 9/30, 7-8:30 pm, Thompson-Wilda CRN 60800

WHAT'S STOPPING YOU? GET MOTIVATED AND STAY THE COURSE!**FEE: \$19**

What inspires you to take action and maintain certain habits? The answer varies with each individual, thus motivation is not a one-size-fits-all "program." Focusing on personal sources of inspiration can help you find the energy to achieve your goals. Learn how to identify what consciously and subconsciously motivates you and makes you stay dedicated to finding success. This session will highlight theories and types of motivation, as well as techniques to overcome challenges that may come your way.

PSY B14-01, ETHS, 1 Thu., 11/5, 7-8:30 pm, Engel

CRN 61159

SELF-EVALUATION FOR INTERNAL MOTIVATION**FEE: \$65**

Many contemporary writers in the field of education and psychology agree that by using both left and right brain activities, individuals can produce a "mental rehearsal" to achieve positive pre-programming. Using the method of visual imagery, students will learn to unconsciously influence their thinking and control their actions to realize what they imagine, and achieve what they dream. An optional visualization training CD is available for purchase from the instructor.

PSY C46-01, NILES W, 4 Tue., 9/29, 7-9 pm, Christensen

CRN 60633

SELF-HYPNOSIS – CREATING THE LIFE YOU WANT**FEE: \$65**

Use relaxation techniques to discover your potential, enhance your self-image and motivate yourself to self-actualization. Discover how self-hypnosis may be used in sports or to deal with smoking, weight problems, hypertension or lack of confidence. Relaxation tape is sold in class.

PSY E01-01, ETHS, 4 Tue., 10/20, 7-9 pm, Wagner

CRN 60637

CLARITY LIVING**FEE: \$39**

Are you looking for meaning in your life? Unsure about what path to follow? You are not unlike most individuals. This course is designed to help make your next moves more clear. Class content will be experiential with short take-home activities for the second class. Instructor Clare Sente-Holland, MS, RD, is the author of *Finding My Marbles*.

HEA C06-01, ETHS, 2 Thu., 10/1, 7:30-9 pm, Sente-Holland

CRN 60580

HEA C06-02, MAINE E, 2 Tue., 11/3, 7:30-9 pm, Sente-Holland

CRN 60581

STRESS REDUCTION, A DOZEN WAYS**FEE: \$39**

Learn the basics and experience the emotional release of reducing stress levels in your life, naturally. You will experience and learn a dozen simple, gentle ways to instantly feel the release of tension, as well as recognize and eliminate the basic causes of your stress. You will have a lifelong tool for better health.

HEA C11-01, MAINE W, 1 Wed., 10/14, 7-9 pm, Masbaum

CRN 60699

HEA C11-02, NILES W, 1 Tue., 10/06, 7-9 pm, Masbaum

CRN 60700

EMOTIONAL FREEDOM TECHNIQUES (EFT): THE BASICS**FEE: \$39**

EFT is a simple 30-second self-applied tapping technique on acupuncture spots that restores and renews energy. Negative emotional blocks, such as fear, anxiety, and grief, plus physical problems such as aches, pains and other illnesses, respond to Emotional Freedom Techniques. You will have a lifelong tool for better health. An optional Manual fee of \$10 is payable to the instructor.

HEA C13-01, ETHS, 1 Thu., 11/12, 7-9 pm, Masbaum

CRN 61119

EMOTIONAL FREEDOM TECHNIQUES (EFT): FULL-DAY SEMINAR**FEE: \$89**

Experience an alternative approach to acupuncture – without needles! Emotional Freedom Technique (EFT) is a simple 30-second, self-applied tapping technique on acupuncture spots that restores and renews energy. It is a natural psychological and physical healing process. Negative emotional blocks and physical problems all respond to this procedure. You will have a lifelong tool for better health. Applied Kinesiology (Muscle Testing) also will be taught. In-class practice time is included, and a Certificate of Completion will be awarded. Optional fees include a \$10 Manual, and \$10 Training DVD (payable in class). Note: A 30-minute lunch break will be provided. Please bring a brown bag lunch.

HEA C12-01, OC/SK, 1 Sat., 10/31, 10 am – 4:30 pm

CRN 60701

GETTING DOWN TO BASICS: ANGER MANAGEMENT**FEE: \$20**

Does this sound like you? "I hate it when people around me drive too slowly!" "It makes me so mad when people are rude!" "I can't stand losing an argument!" Consider *Anger Management*. Learn how to identify your anger "hooks," and the thought patterns that can lead to anger. Then, learn how to calm yourself in the moment.

PSY C45-01, OC/SK, 1 Wed., 9/16, 5:30-7 pm, Thompson-Wilda

CRN 60632

PSY C45-02, ETHS, 1 Mon., 10/19, 6:30-8 pm, Thompson-Wilda

CRN 60631

PSY C45-03, NILES W, 1 Thu., 11/5, 6:30-8 pm, Thompson-Wilda

CRN 60630

PSY C45-05, GLBRK S, 1 Thu., 10/8, 6:30-8 pm, Thompson-Wilda

CRN 61051

PSY C45-06, MAINIE E, 1 Tue., 11/3, 6:30-8 pm, Thompson-Wilda

CRN 61052

GIVING BACK**FEE: No charge**

Volunteering benefits everyone! Receive an overview of the volunteer experience. Find an appropriate interest area, and learn how to get in touch with various volunteer opportunities. An informal Q-and-A also will be included.

WOR K09-01, ETHS, 1 Wed., 10/7, 7-8 pm

CRN 60819

RENEW YOUR WARDROBE**FEE: \$119**

Save cash by "re-using" your current clothing. Fashions come and fashions go, but if your clothes are still wearable, they can be altered to fit many of the new trends. We'll look at the clothes you already have, and consider easy, affordable adjustments to create an "almost new" wardrobe.

HEC S94-01, NILES W, 6 Thu., 10/15, 7-9 pm CRN 60879
HEC S94-02, MAINE W, 6 Mon., 10/26, 7-9 pm CRN 60880

SELF DEFENSE/RAPE PREVENTION SEMINAR FEE: \$5

Don't let self defense be an afterthought! This seminar, offered through the Women's Martial Arts Alliance, will include awareness training, setting personal boundaries, using your voice as a weapon, and practical self-defense techniques and tools.

PED E32-01, ETHS, 1 Thu., 10/8, 7-9 pm CRN 60887
PED E32-02, MAINE E, 1 Tue., 12/8, 7-9 pm CRN 60894

Genealogy

BEGINNING GENEALOGY: A CRASH COURSE FEE: \$30

If you have been thinking about researching your family's history, but have no idea where to begin, take this entertaining and enjoyable course. You will gain an overview of genealogy, get advice on how to begin your project, and discover how to organize and accurately document your research, including proper source citation. Most importantly, you will be introduced to the "research thinking process" of genealogists and gain tips on how to find your ancestors' history in sources like home records, courthouses, libraries, and the Internet. Finally, take an online tour of the important resources at Chicago's Newberry Library, home to one of the most comprehensive genealogical research collections. Beginners will immediately be able to begin their own research, organize the ancestral information they already have, and take steps to preserve and present that information. The instructor is a professional, national board certified genealogist, founding board member of the Newberry Library's Friends of Genealogy, and has taught several genealogy courses at Newberry Library.

HIS C10-01, GLEN, 1 Mon., 10/19, 6:45-9:45 pm, Peterson-Maass CRN 60726
HIS C10-02, NILES N, 1 Wed., 11/18, 6:45-9:45 pm, Peterson-Maass CRN 60727
HIS C10-03, NILES W, 1 Wed., 10/1, 6:45-9:45 pm, Peterson-Maass CRN 61268
HIS C10-04, ETHS, 1 Wed., 10/28, 6:45-9:45 pm, Peterson-Maass CRN 61267

TRACE YOUR FAMILY'S ROOTS (GENEALOGY ON THE INTERNET) FEE: \$69

Are you curious about your family's ancestors? Are you fascinated about stories from the past? Would you love to find evidence proving the family lore that you are related to a famous person? This class will help you get started on your own personal voyage of discovery. Each session will present a genealogical topic and an Internet lab. Learn to utilize and interpret the various records and resources that are available for research. Because the instructor will provide a take-home CD as well as ample class notes, students are required to bring a three-ring binder with blank index tabs to class. The instructor is an experienced genealogist who has traced her family history back hundreds of years.

HIS E70-01, NILES N, 4 Mon., 10/19, 7-9 pm CRN 60592

Public Speaking

PUBLIC SPEAKING WITH CONFIDENCE FEE: \$139

Overcome stage fright. Learn to organize a speech, make impromptu presentations and improve delivery. A personal videotaping at each class session is included. No class 10/12.

COM B02-01, NILES N, 8 Mon., 10/5, 7:30-10 pm, Hanagan CRN 60476