The COCC Continuing Education Mission:
COCC Continuing Education cultivates personal and professional growth for community enrichment.
# PERSONAL ENRICHMENT

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### ONLINE COURSE TERMINOLOGY:

**Online Live Classes** - Meets online on a specific date and time typically using Zoom or WebEx. The classes are interactive and facilitated by a Continuing Education instructor. These classes may also be referred to as "remote."

**Online Self-Paced Classes** - Complete course material on your own schedule within a specific period of time.

**Hybrid Classes** - These classes will have some of the course material delivered at a specific time with an instructor in a classroom or online live plus additional online work to be completed on your own as assigned.

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► For our most up-to-date list of classes, visit [cocc.enrole.com](http://cocc.enrole.com). New classes are added regularly.
Language & Culture

Beginning Russian
Dobro Pozhalovat’! Join us for this introductory Russian course and learn the basics of the Russian language and culture. Through activities, fairy tale figures, songs, and other personalities, you will become familiar with 16 of the most-used Russian verbs and basic nouns.
Michele Whaley  
4/4 to 5/25 M,W  
ONLINE ZOOM  
6-7 p.m.  
$119

Beginning Conversational German
Learn basic conversational skills in German, including the alphabet, vocabulary, and essential grammar structures in order to carry on easy conversations. This course will focus on developing and practicing speaking and listening skills.
Magdalena Oehen  
4/6 to 5/25 W  
Bend CAS 248  
6-8 p.m.  
$119

Conversational Spanish I
Conversational Spanish I is for the true beginner or novice, with little or no Spanish language instruction. Students will learn the Spanish alphabet, basic grammar construction, and vocabulary to help provide a foundation for conversational skills in practical situations. By the end of the course, students will be able to introduce themselves, talk about their family and weekly activities using ser, tener, estar, and other common verbs, as well as ask simple questions to discover information. A textbook is required for this course.*
David Engel  
3/28 to 5/23 M  
ONLINE ZOOM  
6-7:30 p.m.  
$119
Duane Schmidt  
4/6 to 6/8 W  
3-5 p.m.  
$119

Conversational Spanish II
Conversational Spanish II will pick up where Conversational Spanish I left off. This course is for novice students with some Spanish language instruction. Students will spend time in class expanding grammar, conversational expressions, and vocabulary as well as working on listening and speaking skills through a variety of activities. Textbook is required for this course.*
Andrea Hopkins  
4/5 to 6/7 Tu  
ONLINE ZOOM  
10 a.m.-12 p.m.  
$119
Silvina Galmozzi  
4/7 to 6/9 Th  
Bend CHLAB 301  
9-11 a.m.  
$119

Conversational Spanish III: The Present Tense
Take your Spanish speaking skills to a higher level in this intermediate language course. Build confidence in daily conversation, while gaining additional vocabulary and communication skills. The course will focus on mastering the present tense. Students and instructor will converse primarily in Spanish. Textbook is required for this course.*
Silvina Galmozzi  
4/5 to 6/7 Tu  
Bend CHLAB 301  
9-11 a.m.  
$119
Silvina Galmozzi  
4/5 to 6/7 Tu  
ONLINE ZOOM  
5-7 p.m.  
$119

NEW! Dreaming of Portugal
Join us as we travel virtually through the captivating world of Portugal. We will learn about culture, geography, and history as well as food and wine. Our destinations will include Porto, Lisbon, and the Algarve Coast. This Zoom course will be interactive as we share travel stories and experience Portugal through course presentations and activities each week. Course taught in English.
David Engel  
4/18 to 5/9 M  
ONLINE ZOOM  
10:30-11:30 a.m.  
$49

*This course requires materials, equipment, and/or a textbook. See page 31 for details.

Register at cocc.enrole.com or call 541.383.7270

Spring 2022
Conversational Spanish III: Los Pasados
This intermediate language course will build confidence in daily conversation, while gaining additional vocabulary and communication skills. The focus will be on mastering the simple past tenses: Preterite, Imperfect, Present Perfect, and Past Perfect as well as covering other tenses to help navigate students toward more complex tenses. Students and instructor will converse primarily in Spanish. Textbook is required for this course.*

Silvina Galmozzi
4/6 to 6/8 W
9:10 a.m.
$119

Silvina Galmozzi
4/6 to 6/8 W
5:7 p.m.
$119

Conversational Spanish IV: Subjunctives & Beyond!
Spanish IV will focus on developing fluent speaking, reading, and writing skills in Spanish by learning the use of verb tenses with an emphasis on subjunctive tenses and building vocabulary. The instructor and students will communicate only in Spanish. Textbook is required for this course.*

Silvina Galmozzi
4/6 to 6/9 Th
ONLINE ZOOM
5:7 p.m.
$119

Intermediate Spanish Special Studies: Music
Develop your comprehension skills, grammar base, and passion for the Spanish language with music. Using a different song each week, this contextually rooted and culturally rich medium will guide you through the practice of speaking Spanish and incorporating it into your everyday life. New materials are added each session, so returning students are always welcome. Recommended preparation: Intermediate Spanish language skills.

David Engel
4/4 to 6/25 M
ONLINE ZOOM
3:4 p.m.
$49

Advanced Spanish Special Studies: Literature
This course is for advanced Spanish-speaking students who want to practice speaking the language and incorporate it into their everyday lives. Develop your Spanish speaking and comprehension skills through literature and conversation. New materials are added each session, so returning students are always welcome.

David Engel
5/2 to 5/23 M
ONLINE ZOOM
3:4 p.m.
$49

*This course requires materials, equipment, and/or a textbook. See page 31 for details.
Co-Enrollment Course Opportunities
We are pleased to offer Continuing Education students the opportunity to enroll in a limited number of COCC credit courses. Co-enrollment provides a unique experience to learn alongside credit students, in courses taught by COCC faculty. Anyone wishing to register for the course through Continuing Education will pay the Continuing Education course fee, and are guaranteed a seat in the course if sufficient enrollment is met.

Chinese Culture Through Film
Learn alongside COCC credit students in this introduction to the history, politics, society, and economy of China through viewing and analyzing cinema. Explore how traditional Asian visual arts and centuries-old cultural tradition influenced filmmakers. No background in Chinese languages is required.

Lin Hong
3/30 to 6/8 W
ONLINE ZOOM
6:7-9 p.m.
$399

First Year French II (102)
The second course of a three-course sequence in first year French continues the development of reading, writing, listening, and speaking skills. Particular emphasis will be placed on short interactions regarding everyday life. This is a college-level language course. A textbook may be required for this course. Prerequisite: FR 101.*

Fleur Prade
3/29 to 6/9 Tu,Th
ONLINE ZOOM
12:45-2:05 p.m.
$399

First Year French III (103)
This third course of a three-course sequence in first year French continues the development of reading, writing, listening, and speaking skills. Prepares students for entry into second-year level at COCC. This is a college-level language course. Textbook may be required for this course. Prerequisite: FR 102.*

Fleur Prade
3/28 to 6/10 M,W,F
ONLINE ZOOM
10:30-11:40 a.m.
$399

First Year Italian III (103)
Learn alongside COCC credit students in this Italian 103; first year course. The third course of a three-course sequence in Italian continues the development of reading, writing, listening, and speaking skills. This is a college-level language course. Recommended preparation: IT 102 or two years of high school Italian or instructor approval. Textbook may be required for this course.

Fleur Prade
3/29 to 6/9 Tu,Th
ONLINE ZOOM
10:30-11:50 a.m.
$399

Students who pursue the 65+ Tuition Waiver program must be formally admitted to COCC. To review the process and other requirements, visit cocc.edu/departments/admissions/tuition-fees-payment and follow the directions provided. The tuition waiver is valid only if the class is audited and if space is available.

First Year Mandarin Chinese II (102)
Learn alongside COCC credit students in this Mandarin Chinese 102; first year course. This second course of a three-course sequence introduces Mandarin Chinese language presented within the context of Chinese culture. Students will develop fundamental language skills (listening, speaking, reading, and writing) in a communicative context. This is a college-level Chinese language course. Textbook may be required for this course. Prerequisite: CHN 101.

Lin Hong
3/28 to 6/8 M,W
Bend CAS 101
10:15-11:35 a.m.
$399

First Year Mandarin Chinese III (103)
This final course of a three-course sequence in first year Mandarin Chinese language is presented within the context of Chinese culture. It expands on effective communicative skills in both the written and spoken language. This is a college-level language course. Textbook may be required for this course. Prerequisite: CHN 102.

Lin Hong
3/28 to 6/9 Tu,Th
Bend HCC 230
10:15-11:35 a.m.
$399

Second Year Mandarin Chinese III (203)
This final course of a three-course sequence in intermediate Mandarin Chinese language and culture will focus on effective communication, emphasizing both the written and spoken language, as well as an understanding of the practices and products of Chinese culture. This is a college-level language course. Textbook may be required for this course. Prerequisite: CHN 202.

Lin Hong
3/31 to 6/9 Th
ONLINE ZOOM
4:30-5:50 p.m.
$399
Central Oregon Gardening Basics
Learn everything you need to know about addressing the unique challenges of gardening in Central Oregon. An OSU Certified Master Gardener™ will cover all aspects of gardening including vegetable gardening. Water conservation techniques will also be covered.

Patricia Kelling  
3/15 to 3/17 Tu,Th  
ONLINE ZOOM  
9-10:30 a.m.  
$49

Totally Tomatoes! Growing Tips for Central Oregon
Tomatoes are the most popular garden crop in the USA, yet they are considered by many Central Oregon gardeners to be notoriously difficult to downright impossible to grow. In truth, tomatoes, like all plants, have basic requirements that can be successfully met, even in our high desert climate. Learn the most important factors for success, including light, temperature, variety, and location.

Kathleen Gault  
4/9 Sa  
Bend CHLAB 301  
1:30 p.m.  
$39

Kathleen Gault  
4/16 Sa  
Redmond RDM3 306  
1:30 p.m.  
$39

Sewing Basics: Get to Know Your Machine
This course is a great way to get started on your sewing adventure. Bring your machine and owner's manual and learn common features shared by all standard sewing machines, as well as some features specific to your model.

Denise Hatch  
3/29 Tu  
Bend BCC 160  
5:30-7:30 p.m.  
$49

Denise Hatch  
4/5 Tu  
Bend BCC 160  
5:30-7:30 p.m.  
$49

Learn to Sew: The Basics
Topics in this beginning techniques course will include tips on which stitch to use, types of needles, and when to use them, adjusting tension and different types of seams for various applications.

Denise Hatch  
4/9 Sa  
Bend HCC 260  
9 a.m.-1 p.m.  
$49

Sewing Techniques: Zippers
In this two-hour class, students will learn and practice techniques of sewing centered, lap, fly, and invisible zippers as used in a variety of sewing projects and clothes.

Denise Hatch  
4/26 Tu  
Bend HCC 260  
5:30-7:30 p.m.  
$29

NEW! Sew Your Own Clothes: Stretch/Knit Top & Pant
Take your beginning or intermediate sewing experience to the next level. Learn and experience techniques of sewing with stretch fabrics including pattern layout, making adjustments, matching prints, and working with nap.

Denise Hatch  
5/14 to 5/21 Sa  
Bend HCC 260  
9 a.m.-1 p.m.  
$59

Sewing Workshop
Gain inspiration and make progress on your own special sewing project. This unique, hands-on workshop will give you time to work on a project at your own pace, while gaining tips, tricks, and assistance from an expert seamstress. Bring your portable sewing machine, a special project, all materials, and your questions.

Denise Hatch  
6/4 Sa  
Bend HCC 260  
9 a.m.-1 p.m.  
$49
Cooking Essentials: Shop & Chop Like a Chef
Good knife skills and a well-stocked pantry can lead to creativity and inspiration! Join Chef Candy as she shares essential pantry staples and knife skills that will turn the most boring recipes into delicious, flavor-filled dishes in an instant.

Candy Argondizza
4/2 Sa
ONLINE ZOOM
10 a.m.-1 p.m.
$59

NEW! French Cuisine: Filet of Ling Cod
French food and cooking are generally considered the backbone and underpinning of many cuisines across the Western world. The influence and recognition of classical French cooking techniques are legendary. Chef Candy will take you to France to explore a delicious menu of filet of ling cod with beurre noisette with crispy capers and smashed Yukon gold potatoes.

Candy Argondizza
4/23 Sa
Bend CUL 117
10 a.m.-1 p.m.
$89

NEW! Classic Sauces: Velouté Sauce Supreme
Mother sauces and their derivatives can elevate and embellish any entrée or appetizer. In this course, you will master making a classic Velouté sauce, then turn the light, savory Mother sauce into a sauce supreme used to prepare a delicious, home-style deconstructed chicken pot pie.

Candy Argondizza
4/24 Su
ONLINE ZOOM
10 a.m.-1 p.m.
$59

Italian Cuisine: Nana's Meatballs in Marinara
Italian food is a very diverse cuisine with over twenty regions with a distinctive set of flavors, recipes, and ingredients. In this course, Chef Candy will take you on a comforting tour of Southern Italy, where you will prepare homemade meatballs, marinara, and a soft, cheesy polenta dish.

Candy Argondizza
6/4 Sa
Bend CUL 117
10 a.m.-1 p.m.
$89

NEW! Classic Sauces: Sauce Espagnole
Mother sauces and their derivatives can elevate and embellish any entrée or appetizer. In this course, you will master making the classic Sauce Espagnole, using beef or veal stock. You will then turn the dark, savory Mother sauce into sauce au poivre to accompany your pan-roasted steak with roasted rosemary potatoes.

Candy Argondizza
6/5 Su
ONLINE ZOOM
10 a.m.-1 p.m.
$59

American Cuisine: Crispy Fried Chicken with Mac 'n Cheese
American cuisine reflects the history of the United States, blending the culinary contributions of a variety of groups around the world as well as many deeply rooted heritages. Chef Candy will explore the South with delicious Crispy Fried Chicken and creamy Mac 'n Cheese. A perfect pair for any occasion.

Candy Argondizza
6/12 Su
Bend CUL 117
10 a.m.-1 p.m.
$89
**Spring Plant-Based Buffet**
Jazz up your springtime holiday buffet with all new recipes, using seasonal flavors and mouthwatering ingredients. This course will teach you how to make flavorful, plant-based dishes that will brighten any celebration.

Holly Hoeksema  
ONLINE ZOOM  
4/9 Sa  
10 a.m.-1 p.m.  
$69

**Vegan Baking**
Discover how to create delicious baked goods without using traditional animal products such as dairy and eggs. Explore the basics of vegan baking substitutes including flaxseed, aquafaba, and other plant-based baking options.

Holly Hoeksema  
ONLINE ZOOM  
4/24 Su  
10 a.m.-1 p.m.  
$69

**Boost Your Diet: Superfoods**
Superfoods are nutrient-rich foods that are considered especially beneficial for your health and well-being. Give your diet a healthy boost, while reducing your risk of heart disease, memory loss, and other health problems.

Holly Hoeksema  
ONLINE ZOOM  
5/7 Sa  
10 a.m.-1 p.m.  
$69

**Plant-Based Proteins**
Are you concerned about how you will get enough protein if you switch to a plant-based diet? Join Chef Holly and explore the many different ways to incorporate alternative proteins into your plant-based meals.

Holly Hoeksema  
ONLINE ZOOM  
6/5 Su  
10 a.m.-1 p.m.  
$39

**Gluten-Free Baking**
Using a variety of gluten-free flours and baking techniques, participants will gain hands-on experience in baking delicious treats. Recipes include Flaxseed Bread (with almond & coconut flours), Jam-Filled Walnut Scones (with gluten-free flour mix), and Ginger Snap Cookies (with buckwheat flour).

Dianne Porter  
ONLINE ZOOM  
5/21 Sa  
9 a.m.-12 p.m.  
$59

**NEW! Blend Your Own Wine: A Hands-on Wine Experience**
This interactive, hands-on wine experience calls upon you to craft your own wine blend! Utilizing simple lab equipment, and up to a handful of different red grape varieties typical of Bordeaux blends, this class aims to provide first-hand knowledge of how different grape varieties work together. Participants must be 21 years of age or older.

Sarah Wolcott  
Bend CUL 119  
4/20 W  
5:30-8:30 p.m.  
$99

**NEW! Tequila vs. Mezcal: A Breakdown**
All tequilas are mezcal, but not all mezcal is tequila! Join professional distiller, Rick Molitor, from New Basin Distilling Company, Madras, OR and learn all about tequila and mezcal. Cost includes a tasting kit shipped to your home. Participants must be 21 years of age or older and live in the state of Oregon for the kit to be shipped.

Rick Molitor  
ONLINE ZOOM  
5/1 Su  
3-5:30 p.m.  
$109
Writing, Literature, & Publishing

NEW! The Animal Perspective
In this workshop you will take on the perspective of animals other than humans, using a dog as your muse. Through writing exercises, discussion, and readings, explore the writing process and gain a better understanding of writing from another point of view entirely not your own.

Debra Merskin
4/5 to 4/26 Tu
6-7 p.m.
ONLINE ZOOM
$29

NEW! Writing the Introduction in Fiction
A good introduction is one of the most important elements of storytelling. It sets the tone and tension for the entirety of your work. It captures the reader, grounds them in the world you have created, and keeps them going.

Oliver Brennan
4/2 to 4/23 Sa
9-11 a.m.
ONLINE ZOOM
$59

NEW! Writing Genre for the Screen
Screenwriting is fun when you get to play with genre tropes, characters, and beats that the audience expects. Learn what makes horror frightening, why the crime machine needs certain gears to make the engine run, or why a RomCom needs a triangle to create tension.

Oliver Brennan
4/20 to 5/25 W
6-8 p.m.
Bend HCC 260
$99

NEW! Self-Publish Your Book
Bypass the gatekeepers, publish your own work on your own schedule, and keep a larger portion of the profits. This course focuses on self-publishing nonfiction via Amazon, but much of the information will apply to publication on any platform or in any genre.

Den Sturgill
4/30 to 5/21 Sa
9-10:30 a.m.
ONLINE ZOOM
$79

NEW! PoetryMonth: Environmental Poetry for Earth Day
Celebrate Poetry Month and Earth Day by writing and revising your own environmental poems. Join Irene Cooper for a workshop in which you’ll “grow” new poems and learn techniques for how to shape and revise them. Read examples and practice some of the many ways you can capture the dynamics and issues of our world in a well-crafted poem.

Irene Cooper
4/14 to 4/21 Th
6-7:30 p.m.
ONLINE ZOOM
$49

NEW! Poetry Workshop: Let’s Write!
Poetry is a powerful tool for connecting to the world through something we share - language - as well as an act of courage and creativity. In this poetry workshop, we’ll stock our kit bags with the craft and encouragement we need to walk a poetic line with confidence.

Irene Cooper
5/8 to 5/15 Su
10-11:30 a.m.
ONLINE ZOOM
$49

NEW! Blogging for Beginners
As a writer, ask yourself the questions - What is my deepest intention and what do I hope to persuade my audience to do or see? By carefully studying Aristotle’s appeals, this course will help to answer those questions through a series of writing exercises, prompts, discussion, and feedback loops on the writing process. We will build a foundation of persuasive tools and explore stronger research techniques to enhance our credibility as writers and better impact our readers more deeply.

Jinnene Foster
5/5 to 6/9 Th
6-8 p.m.
ONLINE ZOOM
$99
Register at cocc.enrole.com or call 541.383.7270

Retirement & Finance

Tax Reform: Manage Your Finances Under the New Tax Law
Learn the details of recent tax law changes and how it may affect your personal tax situation. Discussion will include tax optimization strategies for gifting, Social Security, HSAs, estate planning, and investments, including Roth conversions.

- Erik Tobiason
  - Bend CHLAB 301
  - 5/29 Tu
  - 5:30-7:30 p.m.
  - FREE

The A B C & D’s of Medicare
Medicare is a critical source of health insurance for 44 million Americans. You need in-depth information on the often confusing process of the Medicare system to make informed choices with your own, or a loved one’s, health insurance.

- Emily Carrick
  - ONLINE ZOOM
  - 4/28 Th
  - 10:30 a.m.-12 p.m.
  - FREE

- Emily Carrick
  - ONLINE ZOOM
  - 6/8 W
  - 1:30 p.m.
  - FREE

- Emily Carrick
  - ONLINE ZOOM
  - 5/11 W
  - 10:30 a.m.-12 p.m.
  - FREE

Making the Most of Your Social Security
Learn what you need to know to make the most of your Social Security before it’s too late!

- Erik Tobiason
  - Bend CHLAB 301
  - 5/3 Tu
  - 5:30-7:30 p.m.
  - FREE

Introduction to Smartphones
Smartphones can be used for so much more than making a call and sending a text message, they can revolutionize the way we live. In this course, learn how to navigate your phone with ease. Explore tips and tricks for using the built-in features, touchscreen, settings, shortcuts, applications, and more. Course will cover both Android and Apple phone features.

- Ebrahim Makda
  - Bend CCC 116
  - 4/25 to 5/5 M, Tu, W, Th
  - 9-11 a.m.
  - $89

Introduction to Smartphones II
Have you taken Introduction to Smartphones and still want to learn more? This course is for you! Join Abe Makda and explore additional features on your phone. This course will cover smartphone hardware, modes of communication, data transfer methods, connecting and navigating other smart devices, privacy, security, and camera features.

- Ebrahim Makda
  - Bend CCC 116
  - 5/16 to 5/26 M, Tu, W, Th
  - 9-11 a.m.
  - $89

Estate Planning & Long-Term Care
Find out why living trusts are essential regardless of wealth. This overview of estate planning addresses probate, estate, and capital gains taxes, health and long-term care planning, and legal and financial options. Your instructor is a local attorney who specializes in estate planning.

- Melissa Lande
  - Bend HCC 230
  - 5/11 W
  - 1-4 p.m.
  - $9

Personal Retirement Analysis Workshop
Create a personal retirement analysis through rare access to one of the best financial planning programs in the industry, guided by a CERTIFIED FINANCIAL PLANNER™. Clarify your current path and learn critical concepts to maximize your retirement dollars and align your financial goals with your values. Walk away with clarity and understanding of your unique situation, and personal retirement plan.

- Chad Staskal
  - Bend HCC 230
  - 4/19 to 4/21 Tu, Th
  - 6-8 p.m.
  - $89

- Chad Staskal
  - Bend HCC 230
  - 5/31 to 6/2 Tu, Th
  - 6-8 p.m.
  - $89

5 Years to Retirement
Prepare for retirement and learn key steps to creating a reliable, long-term income stream. We will discuss Social Security optimization, tax management techniques, risk management, and investment strategies to both protect and grow your income during retirement. Don't get caught unprepared for retirement.

- Erik Tobiason
  - Bend CHLAB 301
  - 5/17 to 5/19 Tu, Th
  - 5:30-7:30 p.m.
  - $99

Spring 2022
Register at cocc.enrole.com or call 541.383.7270
Be a Radio DJ
Interested in going 'on-air'? In this hands-on course, learn the fundamentals of radio programming, including running the mixer and mics, planning for music/talk shows, and developing your own style. All students must attend the first lecture session on Saturday from 9-11:30 a.m., followed by two studio sessions at KPOV.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/2 Sa</td>
<td>Bend CHLAB 301</td>
<td>9-11:30 a.m.</td>
<td>$49</td>
</tr>
<tr>
<td>4/6 &amp; 4/7 WTh</td>
<td>KPOV</td>
<td>6-9 p.m.</td>
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</tbody>
</table>

Be a Radio DJ for Teens
Interested in going 'on-air'? In this hands-on course, learn the fundamentals of radio programming, including running the mixer and mics, planning for music/talk shows, and developing your own style. All students must attend the first lecture session on Saturday from 9-11:30 a.m., followed by two studio sessions at KPOV.

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<td>KPOV</td>
<td>3:30-5:30 p.m.</td>
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</tbody>
</table>

NEW! The Animal Perspective
In this workshop you will take on the perspective of animals other than humans, using a dog as your muse. Through writing exercises, discussion, and readings, explore the writing process and gain a better understanding of writing from another point of view entirely not your own.

<table>
<thead>
<tr>
<th>Instructor</th>
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</tr>
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<tbody>
<tr>
<td>Debra Merskin</td>
<td>ONLINE ZOOM</td>
<td>4/5 to 4/26 Tu</td>
<td>6-7 p.m.</td>
<td>$29</td>
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</tbody>
</table>

Understanding & Handling Rescue Horses
Are you interested in learning more about horses in rescue facilities? Are you considering volunteering at a rescue or adopting a horse? If so, this course will teach you about these amazing horses and improve your skills with equine communication and handling. No riding involved and no experience required.

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Shera Felde</td>
<td>Bend Off-Campus</td>
<td>5/14 Sa</td>
<td>1-4 p.m.</td>
<td>$25</td>
</tr>
</tbody>
</table>

Equine-Facilitated Learning: Communicating with Yourself
Horses provide in-the-moment feedback about communication and leadership. Learn about your comfort with risk, confidence, perspectives, self-awareness of thought, emotion, and body language.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Shera Felde</td>
<td>Sisters Off-Campus</td>
<td>6/11 Sa</td>
<td>1-4 p.m.</td>
<td>$99</td>
</tr>
</tbody>
</table>

Horse Handling & Communication
Whether you are new to horses, struggling with your own horse, or looking to tune-up your handling and communication skills, this course will cover a wide range of skill-building to suit each individual's needs.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shera Felde</td>
<td>Sisters Off-Campus</td>
<td>6/11 Sa</td>
<td>1-4 p.m.</td>
<td>$99</td>
</tr>
</tbody>
</table>
Backyard Birdwatchers
If you’re just getting started with birdwatching, look no further! In this class you’ll learn what equipment might be helpful, safe and ethical bird feeding, some common backyard birds to look for, and other useful tips and resources.
Rebecca Lexa
6/2 Th
ONLINE ZOOM
6-7:30 p.m.
$59

The East Cascades Ecoregion
The dry side of Oregon offers incredible opportunities to learn about the animals, plants, and other beings that have adapted to living here. Learn how geology, hydrology, and climate come together to create a unique set of challenges and resources for living beings on the east side of the Cascade Range.
Rebecca Lexa
6/7 Tu
ONLINE ZOOM
6-7:30 p.m.
$39

Introduction to Bicycle Repair
Learn the basics of bicycle maintenance and repair in this comprehensive two-day course designed for the beginner. Students will be able to go home after the first day, practice their skills, and return to ask specific questions. This hands-on course will take the mystery out of maintaining your bicycle and provide skills necessary to keep your bicycle running smoothly. All tools and bicycles will be provided by the instructor.
Brian Nelson
4/30 to 5/1 Sa,Su
Redmond RTEC 123
9 a.m.-1 p.m.
$49

Woodworking: Dovetail & Finger Joints
Discover dovetail and finger joints, both hand and machine made. This course will cover the fundamentals of wood characteristics, project selection, tool selection, woodcutting, milling, sanding, joinery, construction, and finishing. Students will practice their skills and create a personal project that uses dovetail and finger joints. The term project can be found in the “Additional Course Information” section of the online course listing or on our woodworking course webpage. Materials not included.
Gabrielle Franke
4/6 to 5/25 W
Sisters SHS
6-9 p.m.
$229

Crime Scene Investigation: What’s in a Fingerprint?
Join Lynne Dean, a retired latent fingerprint expert who helped track the Green River Killer, in this fascinating look into the real world of crime scene investigation. View the inside workings of a forensic fingerprint laboratory, learn about the practice of fingerprint mutilation to prevent detection, and actively review and analyze evidence from real crime scenes. This course is great for the CSI amateur enthusiast, mystery writers, or book clubs. Materials are required for this course.
Lynne Dean
5/2 M
ONLINE ZOOM
6-9 p.m.
$49

*This course requires materials, equipment, and/or a textbook. See page 31 for details.

NEW! Comparative Religion: A Survey of the World’s Great Religions Part II
This course will examine four of the major world religions (Buddhism, Yoruba, Judaism, Daoism), their beliefs and practices, and the way each interacts with the world. Our purpose is to gain a better understanding of these worldviews in order to appreciate what each offers and evaluate each from a position of knowledge. A textbook is required for this course.
Steven Trotter
4/27 to 5/25 W
Redmond RDM3 305
6-7:45 p.m.
$69
3 Days to Better Golf Essentials
Revisit or learn for the first time the basic techniques you need to enjoy golf as recreation and sport. Solidify the essentials of setup, grip, posture, and alignment.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/18 to 4/20 M,Tu,W</td>
<td>10 a.m.-12 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>4/18 to 5/2 M</td>
<td>12:30-2:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>4/19 to 5/3 Tu</td>
<td>5:30-7:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>4/25 to 4/27 M,Tu,W</td>
<td>10 a.m.-12 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/9 to 5/23 M</td>
<td>12:30-2:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/10 to 5/24 Tu</td>
<td>5:30-7:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/9 to 5/11 M,Tu,W</td>
<td>10 a.m.-12 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
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</tbody>
</table>

3 Days to Better Golf Intermediate
For golfers with some experience who would like to take their game to the next level. This class will focus on the most beneficial fundamentals of the full swing and the short game with an emphasis on understanding why the ball does what it does.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/19 to 5/3 Tu</td>
<td>12:30-2:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>4/21 to 5/5 Th</td>
<td>5:30-7:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/2 to 5/4 M,Tu,W</td>
<td>10 a.m.-12 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/10 to 5/24 Tu</td>
<td>12:30-2:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/13 to 5/27 F</td>
<td>5:30-7:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/16 to 5/18 M,Tu,W</td>
<td>10 a.m.-12 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
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</tbody>
</table>

Golf Short Game
If you are a golfer looking to lower your score by improving your short game, this class is for you. Develop your putting, chipping, and pitching. Gain an understanding about which shot to use in various situations during a round.

<table>
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<tr>
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<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/9 to 5/23 M</td>
<td>5:30-7:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>4/19 to 5/3 Tu</td>
<td>3:30-5:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>4/18 to 5/2 M</td>
<td>3:30-5:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
<tr>
<td>5/31 to 6/14 Tu</td>
<td>5:30-7:30 p.m.</td>
<td>Bend RIVERS</td>
<td>$199</td>
</tr>
</tbody>
</table>

Train for a Career You’ll Love in Forestry!

COCO’s forestry discipline will quickly give you the skills you need to launch a new career in a high-demand field. Options include preparation for immediate employment into forestry-related industries, a tract for transferring into a baccalaureate program in forestry or natural resources, or coursework for advancement in current forestry or natural resource careers.

COCO’s Forest Technology Resources (FRT) program is one of only two programs in Oregon accredited by the Society of American Foresters. The curriculum builds in ecology, conservation, surveying, dendrology, and fire science.

It’s time to start thinking Outside of Expected.
NEW! Yoga for Fitness

This course connects the body and the breath to ease overactive minds while reducing stress. Explore the use of sports science and alignment principles for safe flowing movements and asanas, to increase strength and flexibility, develop greater balance, and enhance feelings of well-being. All skill levels are welcome. Some equipment is recommended for this course.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Schedule</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Debra Merskin</td>
<td>4/4 to 5/25 M,W</td>
<td>ONLINE ZOOM 6-7 p.m.</td>
<td>$89</td>
</tr>
<tr>
<td>Debra Merskin</td>
<td>4/5 to 5/26 Tu,Th</td>
<td>ONLINE ZOOM 7:30-8:30 a.m.</td>
<td>$89</td>
</tr>
</tbody>
</table>

Tai Chi

International Tai Chi Champion Master JianFeng Chen will help you start your journey of internal energy movement with the 8 and 24 Yang styles using humor, Eastern philosophy, and practical application. The benefits of Tai Chi include increased flexibility, balance, and strength.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Schedule</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>JianFeng Chen</td>
<td>4/5 to 5/3 Tu</td>
<td>Bend WUSHU 10-10:45 a.m.</td>
<td>$89</td>
</tr>
<tr>
<td></td>
<td>4/9 to 4/30 Sa</td>
<td>9-9:45 a.m. (optional Qigong sessions)</td>
<td></td>
</tr>
<tr>
<td>JianFeng Chen</td>
<td>4/5 to 5/3 Tu</td>
<td>Bend WUSHU 6-6:15 p.m.</td>
<td>$89</td>
</tr>
<tr>
<td></td>
<td>4/9 to 4/30 Sa</td>
<td>9-9:45 a.m. (optional Qigong sessions)</td>
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</table>

**Core Stability**

Improve core stability through targeted exercises that promote body awareness, mobility, endurance, and strength. The course will focus on optimal alignment and breathing cues to support proper form and technique.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theresa Knight</td>
<td>4/12 to 6/9 Tu,Th</td>
<td>$125</td>
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</table>

**Better Bones & Balance®**

The Better Bones & Balance® program, developed by researchers at the Bone Research Lab at Oregon State University, uses targeted exercises that reduce the rate of bone loss, improve strength and balance, and reduce the risk of falls.

<table>
<thead>
<tr>
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<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theresa Knight</td>
<td>4/12 to 6/9 Tu,Th</td>
<td>$125</td>
</tr>
<tr>
<td>Shondra Zimmermann</td>
<td>ONLINE ZOOM 10-10:50 a.m.</td>
<td>$149</td>
</tr>
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</table>

**Better Bones & Balance® II**

If you’ve taken the Better Bones & Balance® course for at least one complete term, join this group of experienced students who want to get even stronger and more balanced.

<table>
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<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theresa Knight</td>
<td>4/12 to 6/9 Tu,Th</td>
<td>$125</td>
</tr>
<tr>
<td>Shondra Zimmermann</td>
<td>ONLINE ZOOM 10-10:50 a.m.</td>
<td>$149</td>
</tr>
</tbody>
</table>

**Small Group Fitness Training with Shondra Zimmermann**

Join functional fitness specialist Shondra Zimmermann for small group fitness training designed to help you meet your individual fitness goals, including greater cardiovascular health, muscular strength/endurance, and flexibility.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shondra Zimmermann</td>
<td>Bend BEC 151 3/28 to 6/8 M,W</td>
<td>$219</td>
</tr>
<tr>
<td>Shondra Zimmermann</td>
<td>Bend BEC 151 3/29 to 6/9 Tu,Th</td>
<td>$219</td>
</tr>
<tr>
<td>Shondra Zimmermann</td>
<td>Bend BEC 151 3/29 to 6/9 Tu,Th</td>
<td>$219</td>
</tr>
</tbody>
</table>

**Small Group Fitness Training with Shantyel Bowman**

Join NASM-Certified Personal Trainer Shantyel Bowman for small group fitness training designed to help you meet your individual fitness goals including greater cardiovascular health, muscular strength/endurance, and flexibility. With a master’s degree in athletic training, Shantyel takes a holistic approach to total body wellness.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shantyel Bowman</td>
<td>ONLINE ZOOM 3/29 to 6/9 Tu,Th</td>
<td>$219</td>
</tr>
</tbody>
</table>
Mindfulness, Healthy Living, & Wellness

Conscious Breathing for Well-Being
Are you looking for an easy and efficient way to support your overall sense of well-being? Conscious Breathing can provide powerful benefits to enhance your everyday health. Learn five simple exercises designed to help soothe your nervous system and release toxins and muscle tension while increasing calm energy.

Mollie Shea
3/28 to 4/27 M,W
ONLINE ZOOM
8-8:30 a.m.
$99

Energy Medicine 101
Join Nurse Practitioner and Certified Eden Energy Medicine Advanced Practitioner Gail Jett to explore the basics of energy healing and energy medicine. Learn the science behind these modalities and ways to augment your own health and well-being with some simple techniques that can increase energy, vitality, mental clarity, and focus.

Gail Jett
4/30 Sa
ONLINE ZOOM
9 a.m.-12 p.m.
$69

Mind Training for a Happier & More Meaningful Life
Can you really train yourself to be happier and live with a greater sense of purpose? Absolutely! Learn the simple yet transformational practice of Tonglen Meditation. This ancient art, also known as “giving and receiving,” uses breathing, visualization, and sensation to soothe your mind. Find more peace, ease, and compassionate well-being in the world.

Mollie Shea
3/29 to 4/28 Tu,Th
ONLINE ZOOM
6-8 p.m.
$99

Lab Test Results & Nutrition: Understanding the Relationship
Is it true that “we are what we eat?” Have you ever wondered if your diet affects your annual lab test results? Join Integrative Nutritionist Dianne Porter and examine common lab tests such as the Complete Metabolic Panel, Complete Blood Count, Lipid Panel, and those that look at key essential nutrients. Explore what the lab results mean for your health. Learn ways to use your diet to effect positive change in your labs and your overall health.

Dianne Porter
4/12 Tu
ONLINE ZOOM
10-11:30 a.m.
$39
Growing & Utilizing Medicinal Herbs in Central Oregon
Central Oregon is a challenging environment for growing, but many medicinal herbs seem to love it. This class will explore medicinal garden designs, gardening and propagation techniques, and recommended herbs for this region. The class includes a field trip to Oregon Wild Harvest, a medicinal herb farm in Culver. Students are responsible for providing their own transportation.

Holly Hutton
6/8 W ONLINE ZOOM 5:30-7:30 p.m.
6/11 Sa FIELD SESSION (Culver) 10:30 a.m.-12:30 p.m.

Navigating Nutritional Supplements
Government research shows nutrient levels in U.S. foods have fallen steadily for 70 years. Dietary supplements are more valuable than ever for restoring and maintaining your health. Learn which brands provide the best quality for the price, the 3 or 4 supplements nearly all Americans need, and tips for buying, storing, and taking supplements.

Jari Serra RD Bend BEC 152 $49
4/25 M 10:30 a.m.-12 p.m.

Reversing Chronic Inflammation
Chronic inflammation can cause irreversible damage to the joints, bowels, heart, blood vessels, and brain. Inflammatory foods, poor digestion, and chronic stress contribute to this type of inflammation. Learn about the causes, effects, and remedies of chronic inflammation and how anti-inflammatory eating can dramatically improve health in a short period of time.

Jari Serra RD Bend CHLAB 301 $49
5/2 M 10:30 a.m.-12 p.m.

Nutrition for Healthy Aging
As we age, our nutrient needs increase dramatically, even as our digestive, circulatory, and immune systems weaken. This can lead to health problems such as decreased stamina, joint discomfort, thinning skin and bones, shingles, and pneumonia. We’ll examine the foods, dietary habits, and supplements that can help us stay healthier as we age.

Jari Serra RD Bend CHLAB 301 $49
5/16 M 10:30 a.m.-12:30 p.m.

Rebuilding Bones Without Medication
Osteoporosis is more common in the elderly than ever, but you can often stop and even reverse it with the right foods and supplements. Learn how bone medications can weaken your bones even as they lead to better DEXA scan numbers, and how to restore your bone density without medication.

Jari Serra RD Bend CHLAB 301 $49
4/4 M 10:30 a.m.-12 p.m.

Strengthening Immunity as We Age
Your immune system fights infections, speeds injury recovery, and helps control damaging inflammation. This system weakens with age, leaving us more susceptible to such illnesses as pneumonia, flu, and shingles. Strengthen your immune system for more energy, better sleep and moods, less pain, and greater resilience in the face of stress.

Jari Serra RD Bend CHLAB 301 $49
4/18 M 10:30 a.m.-12 p.m.
Creative Arts

**Figure Drawing Open Lab**
Be part of a community of beginning and professional artists as you practice drawing/painting the human figure. This course offers a structured studio environment with nude and clothed models.

Jeanette Small
4/1 to 5/27 F
11 a.m.-2 p.m.
Bend BEC 152
$109

**Basic Pine Needle Basketry**
Weave pine needle baskets with ponderosa needles coiled in Native tradition. Finish with different patterns, stitches, and embellishments from nature. Bring $15 materials fee, scissors, and a lunch.*

Jean Stark
5/21 Sa
9 a.m.-3:30 p.m.
Redmond RDM 309
$89

Jean Stark
5/22 Su
9 a.m.-3:30 p.m.
Bend BEC 152
$89

**NEW! Watermedia - Gouache**
Watermedia is any media that is soluble in water such as watercolor or gouache (opaque watercolor) paint. Explore the innate properties and techniques of gouache and learn how to use it opaquely and translucently in a painting. Master the foundations of a good painting: value, color, shape, and edges. All skill levels welcome. Materials provided except for paper. Paper available for purchase in class at $2-3/sheet.*

Barbara Berry
3/22 to 4/12 Tu
12:30-3:30 p.m.
Bend BEC 152
$149

**Wire Wrap & Hammered Metal Jewelry**
Discover wire wrapping and hammered metal jewelry techniques in this fun and interactive course. Projects vary, but may include a wrapped stone, a hammered bracelet, or various rings. Materials and tools are required for this course.*

Melanie Bills
4/21 Th
6-7 p.m. (Intro-online session)
HYBRID Bend CHLAB 301
$75

5/7 Sa
9 a.m.-1 p.m. (in-person session)

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**Beginning Pottery**
Beginners will learn wheel-throwing and hand-building techniques in this introductory pottery class while those with limited experience will expand their skill set. Materials are required for this course.*

Helen Bommarito
3/31 to 5/19 Th
6-9 p.m.
Bend PEN 226
$229

Justin LeBar
3/29 to 5/17 Tu
6-9 p.m.
Bend PEN 226
$229

*This course requires materials, equipment, and/or a textbook. See page 31 for details.

Register at cocc.enrole.com or call 541.383.7270 Spring 2022
Instructor Highlight: William "Bill" Lewis

Bill has over 40 years of art teaching experience. Many of his former high school students have continued their study at the collegiate or institute level. In his retirement, Bill has developed a new venture called Art Smart Packs: Art Lessons in a Box. He has personal experience in several different media. Bill believes that art should be fun for all ages.

NEW! Pen & Ink - Watercolor Journaling

Improve your drawing and painting skills and learn new ones while discovering the art of journaling. Learn pen and ink and watercolor wash as a means to express yourself. Instructor will take you step-by-step through the process and teach you the basics so you have a fun and rewarding experience that you can continue at home. All skill levels welcome. Bring a watercolor journal or purchase one in class. All other materials are provided.

Barbara Berry
4/26 to 5/17 Tu
12:30-3:30 p.m.

$149

NEW! Beginning Drawing Simplified

Have fun learning how to draw, even if you think you can’t. This class shows you techniques to develop drawing skills using geometric shapes. These shapes are softened and rounded to draw any object. Beginning drawing is a hands-on, step-by-step approach to drawing with recognition and is the basis for any kind of art you may want to do.

William Lewis
4/7 Tu
Bend BEC 152
9 a.m.-12:30 p.m.

$59

William Lewis
6/9 Th
Redmond RDM3 306
9 a.m.-12:30 p.m.

$59

Watercolor Simplified

Discover simple watercolor techniques to create flowers, trees, and cattails with the addition of ink to accent and define shapes. Materials provided.

William Lewis
4/9 Sa
Bend BEC 152
9 a.m.-12:30 p.m.

$59

William Lewis
5/14 Sa
Redmond RDM3 306
9 a.m.-12:30 p.m.

$59

Watercolor Simplified II

This course builds on skills learned in the Watercolor Simplified course. Use salt, plastic wrap, spray bottles, and masking fluid to create texture and depth. Materials provided.

William Lewis
4/23 Sa
Bend BEC 152
9 a.m.-12:30 p.m.

$59

William Lewis
5/21 Sa
Redmond RDM3 306
9 a.m.-12:30 p.m.

$59

Mixed Media - Collage Simplified

Discover simple design and composition techniques to create a collage using a variety of materials: magazines, colored paper, watercolors, corks, straws, small boxes, strings, cords, and fabrics. Materials provided. If you have special items you want to include in your collages, feel free to bring them.

William Lewis
4/14 Th
Redmond RDM3 306
9 a.m.-12:30 p.m.

$59

William Lewis
5/24 Tu
Bend BEC 152
9 a.m.-12:30 p.m.

$59
Photography

Photography Jumpstart
Dive into the world of digital photography. Learn how to capture a beautiful image and use simple photo editing techniques to create a final product. Course includes an overview of basic camera controls as well as post-processing techniques. No experience required. Bring your camera and user’s manual.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>Date/Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Brent Bunch</td>
<td>Madras MDR 116</td>
<td>4/30 Sa 9 a.m.-1 p.m.</td>
<td>$79</td>
</tr>
<tr>
<td>Brent Bunch</td>
<td>Prineville PRI 120</td>
<td>5/7 Sa 9 a.m.-1 p.m.</td>
<td>$79</td>
</tr>
<tr>
<td>Brent Bunch</td>
<td>Bend CHLAB 301</td>
<td>5/14 Sa 9 a.m.-1 p.m.</td>
<td>$79</td>
</tr>
<tr>
<td>Brent Bunch</td>
<td>Redmond RTEC 124</td>
<td>5/21 Sa 9 a.m.-1 p.m.</td>
<td>$79</td>
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</tbody>
</table>

Printed Photo Organization 101
Join professional organizer and photo coach Debbie Bauman in this interactive course focused on sorting and organizing printed photos. This is a great course for those who are overwhelmed with how to start organizing their boxes, bins, and bags of printed photos and outdated media.

<table>
<thead>
<tr>
<th>Debbie Bauman</th>
<th>ONLINE ZOOM</th>
<th>$79</th>
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<tbody>
<tr>
<td>5/31 to 6/7 Tu</td>
<td>1-3 p.m.</td>
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</table>

Digital Photo Organization 101
Clean up your digital photo collection with professional organizer and photo coach Debbie Bauman. In this interactive course, you will learn how to identify your own personal strategy for managing your photos and techniques to create a beautiful collection of memories that your family will enjoy for generations.

<table>
<thead>
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<th>Debbie Bauman</th>
<th>ONLINE ZOOM</th>
<th>$79</th>
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<tbody>
<tr>
<td>5/3 to 5/12 Th</td>
<td>1-3 p.m.</td>
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</table>

Join us as we celebrate the 10-year anniversaries of our Madras and Prineville campuses!

MADRAS 10th ANNIVERSARY CELEBRATION
and Salmon Bake
Saturday, May 14, 11 a.m. to 2 p.m.
COCC Madras Campus
1170 E Ashwood Road, Madras, OR 97741

Free and open to the public • cocc.edu/news/10yr-anniversary.aspx • All are welcome

PRINEVILLE 10TH ANNIVERSARY CELEBRATION
a Chamber After Hours Event
Thursday, April 14, 5:30 to 7:30 p.m.
COCC Prineville Campus
510 SE Lynn Blvd., Prineville, OR 97754
NEW! Phlebotomy
Embark on a high-demand, entry-level health care profession as a phlebotomist, performing blood collection to obtain high-quality specimens for clinical laboratory analysis in hospitals, clinics, medical laboratories, and donor centers. Upon completion of this 11-week course combining online learning with hands-on lab sessions (6 hours per week), you’ll gain the skills needed for an entry-level phlebotomist position and be eligible to take the national certification exam. Students complete online coursework through Canvas and attend lab sessions on campus.

Lab session options, register for one:
- Karli Crook: Bend HCC 290, 3/29 to 6/9 TuTh Labs 6-9 p.m., $550
- Karli Crook: Bend HCC 280, 4/2 to 6/11 Sa Labs 9 a.m.-3:30 p.m., $550

NEW! Quick Spanish for Health Care Front Office Staff
This course is ideal for English speakers working in the front office in health care settings who want to communicate more effectively with Spanish-speaking patients. Learn basic conversational skills and dialogues with specific vocabulary related to checking patients in, gathering information, and scheduling appointments that can be applied immediately. No prior Spanish language experience is required.

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<tr>
<th>Name</th>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>David Engel</td>
<td>4/6 to 5/11 W</td>
<td>ONLINE ZOOM 2:30-4 p.m.</td>
<td>$179</td>
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</tbody>
</table>

EMT Refresher
This course combines self-paced online learning with two days of in-person class sessions that cover the State of Oregon, Oregon Health Authority (OHA) EMT 24-hour renewal requirements, and the revised NREMT 20-hour EMT Recert National Component. Self-paced online content available 4/11-4/20. Students must complete online coursework by 11:59 p.m. on 4/20. Registration/refund deadline is 4/6.

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<tr>
<th>Instructor</th>
<th>Dates</th>
<th>Location</th>
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<tr>
<td>Sneed James</td>
<td>4/11-4/20</td>
<td>Self-paced online coursework</td>
<td>$389</td>
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<td>4/22 &amp; 4/23 F,Sa</td>
<td>Bend CAS 114</td>
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<td>4 a.m.-6 p.m.</td>
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Motivational Interviewing: Introduction
Motivational Interviewing (MI) is a conversation style that supports change in a manner congruent with a person’s own values and concerns using collaborative, goal-oriented methods of communication. This introductory course covers the spirit, core skills, and processes of MI, as well as the most current research of MI use and effective practice. Registration/refund deadline is 4/25.

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<tr>
<th>Instructor</th>
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<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Heather Lynch</td>
<td>5/6 to 5/13 F</td>
<td>ONLINE ZOOM 8:30 a.m.-12 p.m.</td>
<td>$179</td>
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</table>

Motivational Interviewing: Deepening Your Skills
Motivational Interviewing (MI) is a continual learning process. Professionals with previous MI training or practice will continue developing skills in their role supporting individuals to make and sustain behavior changes. Registration/refund deadline is 5/2.

<table>
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<tr>
<th>Instructor</th>
<th>Date</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Heather Lynch</td>
<td>5/20 F</td>
<td>ONLINE ZOOM 8:30 a.m.-4:30 p.m.</td>
<td>$179</td>
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Health Care

Cultural Competency for Licensed Massage Therapists (LMT) Interactive Online
This self-paced online course fulfills the 1 hour Cultural Competency Continuing Education requirement as defined by the Oregon Board of Massage Therapists. NCBTMB Approved Provider.
Stephanie Manriquez ONLINE COURSE $25
3/21 to 6/19 Register anytime during these dates

Ethics & Cultural Competency for Licensed Massage Therapists (LMT) Interactive Online
This self-paced online course fulfills the 4 contact hour Professional Ethics and the 1 hour Cultural Competency Continuing Education requirements as defined by the Oregon Board of Massage Therapists. NCBTMB Approved Provider.
Stephanie Manriquez ONLINE COURSE $119
3/21 to 6/19 Register anytime during these dates

Ethics for Licensed Massage Therapists (LMT) Interactive Online
This self-paced online course is a general review of ethics and standards and fulfills the 4 contact hour Professional Ethics Continuing Education requirement as defined by the Oregon Board of Massage Therapists. NCBTMB Approved Provider.
Stephanie Manriquez ONLINE COURSE $99
3/21 to 6/19 Register anytime during these dates

Massage Therapy Online Course Policies:
You must successfully complete the entire course before receiving your curriculum completion. Successful completion must be verified by your instructor after all work is submitted. Upon completion, your instructor will notify the Central Oregon Community College Continuing Education Department. The COCC CE Department will email your curriculum completion directly to you at the email you provided when you registered. COCC will NOT, under any circumstance, email your curriculum completion to the Oregon Board of Massage Therapists. We do not recommend using a mobile device to complete this course. You will have access to the online course for one month from the date of registration. Once access is granted for the online curriculum, there is no refund option.

Be Prepared for an Emergency: Learn CPR & AED Skills
As an American Heart Association (AHA) Authorized Training Center, COCC is offering CPR training using strict protocols to keep students safe and healthy while learning. AHA CPR training inspires everyone to be prepared to save lives and envisions a world where no one dies from cardiac arrest.

Heartsaver® courses are perfect for the general public who wants to be prepared in an emergency. Heartsaver® CPR classes are for anyone with little to no medical training who needs a CPR certification for personal use, a job, or other regulatory (like OSHA) requirement. Heartsaver® courses may include First Aid, Child CPR and AED use, and Infant CPR.

Basic Life Support (BLS) Provider courses are designed for health care professionals. BLS teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments.

For course options, visit cocc.enrole.com and search “CPR.”

Currently, all CPR courses are AHA HeartCode blended learning. The majority of the course is completed online followed by an in-class skills session in a shorter format using comprehensive COVID-19 precautions.

Arm your workforce with lifesaving skills! All AHA CPR certification classes are OSHA compliant. Contact us at cpr@cocc.edu or 541.383.7243 to inquire about the availability of customized training.
dare to lead
Based on the research of Brené Brown

Dare to Lead™
Based on the research of Dr. Brené Brown, Dare to Lead is an empirically based courage-building program designed for professionals. The most significant finding from Brené’s latest research is that courage is a collection of four skill sets that are teachable, measurable, and observable. Join us in this experiential course to develop your courage and grow as a leader. More information: cocc.edu and type Dare to Lead in search box.

Instructor Highlight: Margaret Bedolla
Margaret retired from a successful career working as a Special Agent for the Drug Enforcement Administration (DEA) in the U.S. and abroad. After being promoted into a supervisory position and participating in leadership workshops, she was inspired and ultimately became a lead facilitator for these workshops, developing and facilitating the program throughout the U.S. for the DEA. Margaret trained 50+ colleagues to become leadership trainers.

After retiring, she was inspired to continue leadership facilitation, so she developed Wake Up | Level Up workshops focused on facilitated peer-to-peer learning for public and private sector leaders, as well as business owners and Executive leadership teams. Margaret lives in Bend with her four-legged kids and travels across the country helping individuals and organizations discover their leadership skills.

NEW! Wake Up | Level Up Leadership Conversations
This course for first-line supervisors creates a safe space for participants to engage in facilitated discussions to recognize the many faces of leadership, in yourself and others. A variety of discussion topics will initiate highly reflective, peer-group conversations aimed at vicarious learning. This opportunity helps leaders self-evaluate, recognize blind spots, share, and connect with peers in similar leadership roles.

Margaret Bedolla  Bend CHLAB 301
4/25, 4/27, 4/29 M,W,F 8 a.m.-12 p.m. $295

NEW! Women in Leadership: Launch Your Superpower
Explore a variety of topics that impact women in leadership positions, from the Imposter Syndrome to the language we use, to giving ourselves permission to say no, and what’s behind why all these things are hard. Included in the course, you will complete the EQi 2.0 emotional intelligence assessment and have an individual coaching session with the instructor to explore how to use this information. Take this opportunity to uncover your leadership style and be purposeful in the way you lead others.

Rachael Gass  ONLINE ZOOM
5/4 to 6/8 W 10:30 a.m.-12:00 p.m. $795

Register at cocc.enrole.com or call 541.383.7270

Spring 2022
Leadership

SHRM CP-SCP Exam Preparation – Fall Term
We offer a course each fall for Human Resources professionals to study for the SHRM CP or SCP certification exam. For more information, go to cocc.edu and type SHRM into the search box.

Moving from Peer to Supervisor
Make your transition from peer to supervisor successful! Being promoted to a role supervising your former peers is one of the most difficult transitions to make in your career. Learn how to develop agreements to hold yourself and others accountable, build your team, set goals, support your organization, and create documentation of poor performance.

Michael Cieri
ONLINE ZOOM
5/17 to 5/19 Tu.Th 8:30-10:30 a.m.
$129

Coming Fall Term
Leadership Lab@COC: Growing Great Leaders
Leadership Lab@COC is six-topic leadership development experience incorporating many learning activities to grow the habits successful leaders need in today’s workplace.

Michael Cieri

Session Topics:
- Emotional Intelligence
- Accountability & Delegation
- Coaching & Feedback Techniques
- Working with Difficult People
- Performance Management
- Team Building in Challenging Times

For more information, go to cocc.edu and type Leadership Lab in search box.

Customized Training Options for Employers
Let COCC help you develop and retain your team through customized employee training programs. Options include:

- Team Development
- Leadership & Supervision Skills
- Emotional Intelligence
- Leveraging Conflict
- Navigating Change
- Project Management
- Brain-Based Time Management
- Workplace Spanish
- Excel
- Forklift Operation
- First Aid & CPR
- Motivational Interviewing

For additional information, contact us at ceinfo@cocc.edu or 541.383.7270.
NEW! Charting Your Professional Path & Goals
The last few years have caused many of us to consider:

- What do I really want to do for work?
- How do I proactively advance my career?
- What specific steps should I take to pursue a role that maximizes my strengths?

This course combines three group sessions and three individual coaching sessions to answer all of these questions and create specific action steps to help you achieve your professional goals. Group sessions meet monthly on the Bend campus. Three career coaching sessions are scheduled individually (may be through Zoom).

Instructor Highlight: Holly Hoeksema

With over 25 years of experience as an educator in a variety of venues, Holly Hoeksema brings a wealth of knowledge, passion, and expertise to every class she teaches. As a credentialed classroom teacher, she understands the science behind each person’s learning process and includes a spectrum of different learning opportunities in every course.

Holly has spent the bulk of her professional career in Leadership Development and Team Management, specializing in helping teams and individuals increase their effectiveness, productivity, and joy in their work life. She has worked with every kind of client – from one-on-one coaching with leaders of all types to facilitating team-building activities for hundreds of people. Former clients include Google, the U.S. Army, Facebook, and hundreds of others. In addition to teaching, Holly changes the world through her consulting business, which offers individual- and team-effectiveness activities and life coaching.

Front Office Safety & Security
Gain confidence to deal with dangerous situations, difficult people, and emergencies in your role working at or around a front desk, counter, lobby, or reception area.

Joe Puckett  Bend CCC 201  $129
4/21 Th 8 a.m.-12 p.m.

NEW! Positive Intelligence: A Brain Hack to Support You in Work & Life
Learn mental fitness practices that shift you from sources of negativity in your brain to the positive part of the brain. This shift serves as a foundation for improved professional and personal relationships as well as building key leadership skills.

Denise Bestwick  Bend HCC 230  $195
5/13 to 5/20 F 8 a.m.-12 p.m.

Allies for Equity: Developing Cultural Fluency
Advance your understanding of diversity, equity, and inclusion, while fostering a greater level of respect across our community in this three-part course designed from the awareness, knowledge, and skills model of cultural competency. Sessions are highly interactive and include individual, small team, and large group work with co-facilitators from COCC’s Office of Diversity & Inclusion.

Christy Walker & Kelsey Freeman  Bend CHLAB 301  $199
5/17 to 6/2 Tu,Th 4-6 p.m.
Real Estate Broker License Exam Prep
Prepare for the Oregon Real Estate Broker’s License Exam in just 10 weeks. This course combines weekly interactive sessions with online home study to meet the Oregon Real Estate Agency (OREA) requirement.

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<tr>
<th>Instructor</th>
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<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Janda Fleming</td>
<td>ONLINE ZOOM</td>
<td>4/5 Tu 6/7</td>
<td>6-9 p.m.</td>
<td>$695</td>
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<td>6/11 Sa</td>
<td>9 a.m.-5 p.m.</td>
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Property Manager License Exam Prep
Prepare for the Oregon Property Manager License Exam in just seven weeks. This course combines weekly interactive sessions with online home study to meet the Oregon Real Estate Agency (OREA) education requirement.

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<th>Fee</th>
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<tr>
<td>Julia Jaure Jacobo</td>
<td>ONLINE ZOOM</td>
<td>4/12 Tu 5/24</td>
<td>6-8 p.m.</td>
<td>$629</td>
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<td>5/31 Sa</td>
<td>1-3 p.m. Required Orientation</td>
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<td>6/7, 6/9, 6/14, 6/16 Tu Th</td>
<td>9 a.m.-5 p.m. Class dates</td>
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Licensed Tax Consultant (LTC) Exam Prep Boot Camp
Take the next step in your career as a Tax Professional in this four-day course for Tax Preparers studying for the Oregon Licensed Tax Consultant exam. Course is based on 2020 tax law. Candidates need to have at least 1,100 hours of tax preparation experience in two of the past five years to meet the Oregon Board of Tax Practitioners requirements. Registration/refund deadline is 5/18.

<table>
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<tr>
<th>Instructor</th>
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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Patricia King</td>
<td>ONLINE ZOOM</td>
<td>5/31 Tu</td>
<td>1-3 p.m. Required Orientation</td>
<td>$595</td>
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<td></td>
<td>6/7, 6/9, 6/14, 6/16 Tu Th</td>
<td>9 a.m.-5 p.m. Class dates</td>
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Bookkeeping for Business
Add basic bookkeeping and accounting skills to your tool kit. This course is designed to help you understand and apply entry-level accounting concepts to keep books electronically using QuickBooks Pro.

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<tbody>
<tr>
<td>Kathryn Henderson</td>
<td>Bend CHLAB 301</td>
<td>4/22 to 6/10 F</td>
<td>9 a.m.-12 p.m.</td>
<td>$349</td>
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</table>

Excel Level I
Create, edit, format, and save spreadsheets using Excel. Write formulas, create charts, manage multiple worksheets, and customize the appearance to meet your needs.

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<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Annette Witzel</td>
<td>Bend COCC LIB 117</td>
<td>4/15 to 4/22 F</td>
<td>9 a.m.-12 p.m.</td>
<td>$129</td>
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<td></td>
<td>Redmond RDM 128</td>
<td>5/13 to 5/20 F</td>
<td>9 a.m.-12 p.m.</td>
<td>$129</td>
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Excel Level II
Streamline your work in Excel by managing multiple worksheets and using conditional formatting, IF, Date, and LookUp functions. Learn how to make important items stand out, add graphics, use templates, and protect your worksheets.

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<th>Instructor</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annette Witzel</td>
<td>Bend COCC LIB 117</td>
<td>6/3 to 6/10 F</td>
<td>9 a.m.-12 p.m.</td>
<td>$129</td>
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</table>

Be a Tax Preparer – Coming September 2022
Each fall we offer the 80-hour required course to sit for the Oregon Board of Tax Practitioners Preparer’s exam. Watch our website this spring for the fall 2022 course details.
Real World Project Management
Project management is a vital part of many professions. Gain an overview of how to navigate all phases of project management, including how to successfully initiate, plan, execute, control, and close out projects applying industry accepted project management best practices.

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<th>Instructor</th>
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<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Lynn Jesus</td>
<td>Bend CH-LAB 301</td>
<td>5/6 to 5/13 F</td>
<td>8-11:30 a.m.</td>
<td>$179</td>
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</tbody>
</table>

Brain-Based Planning
Gain new tools to organize your work and home to-dos using strategies that support your brain to visually track your activities and progress. Learn techniques to work efficiently, manage everyday stress, and complete tasks. Leave this 3-hour, hands-on course with an easy-to-follow action plan.

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<tbody>
<tr>
<td>Mary Ellen Baker</td>
<td>ONLINE ZOOM</td>
<td>5/13 F</td>
<td>9 a.m.-12 p.m.</td>
<td>$129</td>
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<td></td>
<td>ONLINE ZOOM</td>
<td>6/13 M</td>
<td>9:30 a.m.-12:30 p.m.</td>
<td>$129</td>
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TOGETHER, WE CHANGE LIVES
Donate to COCC Foundation Scholarships!

Since 1955, Central Oregon Community College Foundation has been changing lives. Funding scholarships for students at COCC is the single most powerful way to change individuals’ lives and our community for the better, forever.

TO DONATE AND LEARN MORE, PLEASE VISIT: cocc.edu/give

“I’ve found my purpose at COCC and am even on the Dean’s List, but I couldn’t do any of this without you!”

Hector, COCC Cybersecurity student and COCC Foundation Scholarship recipient
**Drip Irrigation Basics**  
Landscape professionals and homeowners can learn about drip and low-volume irrigation, including the basics of how a typical irrigation system works, and steps to convert a traditional sprinkler zone into a drip zone.  
- Molly McDowell  
  4/12 to 4/14 Tu, Th  
  Bend CHLAB 301  
  6-8 p.m.  
  $99  
- Molly McDowell  
  5/14 Sa  
  Bend CHLAB 301  
  8 a.m.-12 p.m.  
  $99

**Forklift Operation & Safety**  
Learn how to safely operate a forklift. This course includes classroom instruction and hands-on experience maneuvering a forklift in practice drills. Upon satisfactory completion, forklift operator cards will be issued to participants. Participants must be 18 years or older.  
- Michael Perry  
  5/13 F  
  Redmond RDM 306  
  8 a.m.-1 p.m.  
  $129

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**Contractors CCB Test Prep**  
Contractors must take a 16-hour state-approved course to satisfy the educational requirement for Oregon construction contractor licensing. Prepare for the state-mandated test (not included) to become a licensed contractor in Oregon. Required NASCLA manual included for live classes.  
- ML Vidas  
  4/8 to 4/9 F, Sa  
  Redmond RTEC 209  
  8 a.m.-5:30 p.m.  
  $379  
- Ongoing online course (required manual not included)  
  $199

For more upcoming dates in person, call 541.383.7270 or visit cocc.edu/ccb.

¿Está interesado en tomar este curso en español? Para más información, por favor llame a José Balcazar al teléfono 541.318.3701.

**Continuing Ed hours for licensed contractors!**  
Most SBDC business-related classes can count towards continuing education requirements for license renewal with the Oregon Construction Contractors Board!

To register for CCB-related classes, call 541.383.7290 or visit cocc.edu/ccb.
Continuing Education Consent & Liability Waiver

When registering for a COCC Continuing Education class, all participants are provided with the following statement to which they must agree to proceed with registration.

By registering for any Continuing Education class (“activity”), I, the participant or the parent/guardian of the registered participant under the age of 18, do hereby release and discharge CENTRAL OREGON COMMUNITY COLLEGE (“COCC”), its employees, agents, officers, and directors from any and all claims, demands, causes of action, damage, loss of services, costs and expenses in any way resulting from any and all injury to person or property arising directly or indirectly out of the student’s participation in the registered activity.

Further, the participant or parent/guardian agrees to indemnify and hold forever harmless COCC, its employees, agents, officers and directors from any and all injuries, damages, costs, attorney’s fees whatsoever which may arise out of the student’s participation in the registered activity.

Onsite, in person classes/activities: The participant or parent/guardian further consents and authorizes the representatives of COCC on the undersigned’s behalf to obtain any necessary medical treatment or hospitalization or such other care necessary for the health and welfare of the named student during the class trip or activity, and the undersigned agrees to be responsible for and pay the costs of such medical treatment or hospitalization.

Online and remote classes: The participant or parent/guardian voluntarily participates in this activity at one’s own risk and is aware of the risks associated with participating. The participant or parent/guardian assumes responsibility for accessing medical care as necessary. The college assumes no responsibility for obtaining care on behalf of the student in online and remote classes. For online and remote physical activity courses, risks could include, but are not limited to, falls and/or other injury. All participants do so at their own risk and the college does not assume any liability for injuries or deaths suffered while participating. As with all physical activity, individuals should consult with their doctor before participating.

This release of liability and indemnification agreement shall be binding on the heirs, successors and personal representatives of the student and the undersigned.

I agree that COCC may use, reproduce, disclose and distribute participant’s name and/or likeness for COCC marketing purposes.
GENERAL INFORMATION

Pre-registration required for all classes
Register through Continuing Education prior to the class beginning. Payment is required at the time of registration. Course fee covers registration for one person unless otherwise noted.

Enrollment
Please register as early as possible, especially since most of our classes require a minimum number of participants. Continuing Education classes are filled on a first-come, first-served basis. If COCC has to cancel a class for any reason, a full refund is issued.

Registered Students
Unless you hear from us, go to class. The only time you will hear from us is:
- If class is cancelled
- If there is a change in time or day
- If the class is full
You are responsible for obtaining your materials lists (see page 31).

Wait List
Students are encouraged to put their name on the wait list for full classes. DO NOT ATTEND the class unless you have received a call letting you know that you may now register.

Payments/Cancellations
Make checks payable to COCC. We accept Visa, MasterCard & Discover. Cancellations received five days prior to the start of the class will receive a full refund. Students must cancel by contacting our office via phone 541.383.7270 or email: cinfo@coccc.edu. Full refunds are also issued for any class cancelled by COCC. Refunds will be issued to your credit card or via check if you paid by check or cash. The checks will be mailed within two weeks of the cancellation date. Failure to participate in a course or program does not result in a refund. Exceptions to the general refund policy are noted in the course descriptions on our website and in the printed schedule. If you have any questions, please call us at 541.383.7270.

Policies
Anyone age 16 or older may attend Continuing Education classes or workshops unless otherwise noted. Additional policies are online at cocc.edu/continuinged.

Confirmation
Those registering online receive immediate email confirmation. Those registering by phone or in-person receive confirmation by email after payment is processed.

CEUs
COC offers Continuing Education Units for successful completion of certain job-related courses. Check with your professional organization to see if a COCC CEU will satisfy your professional’s requirement. Call 541.383.7300 for transcript order information.

Grant Fund
Partial grants may be available for short term non-credit training in workforce skill areas such as computer training. For more information about the Community Opportunity Fund call 541.383.7270.

Accessibility
In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Campus Services at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.

Inclement Weather
Check cocc.edu or call 541.383.7700 for a recorded message.

Consent for Information
OAR 581-41-460 authorizes Central Oregon Community College to ask you to provide your social security number. The number will be used by the college for reporting, research and record keeping, extending credit and processing debts. Your number will also be provided by the college to the Oregon Community College Unified Reporting System (OCCURS), which is a group made up of all community colleges in Oregon, the State Office of Community College Services and the Oregon Community College Association. OCCURS gathers information about students and programs to meet state and federal reporting requirements. It also helps colleges plan, research and develop programs. This information helps the colleges to support the progress of students and their success in the workplace and other education programs.

OCCURS and/or the College may also match your social security number with such systems as:
- State and private universities, colleges and vocational schools, to find out how many community college students go on with their education and to find out whether community college courses are a good basis for further education;
- The Shared Information System, which gathers information to help state and local agencies plan education and training services to help Oregon citizens get the best jobs available;
- The Office of Professional Technical Education Management Information System, to provide reports to the state and federal governments. The information is used to learn about education, training and job market trends for planning, research and program improvement; Funding for community colleges is based on this information;
- The American College Testing Service, if you take the Asset placement test, for educational research purposes;
- National Loan Clearinghouse. Your number will be used only for the purposes listed above. State and federal law protects the privacy of your records.

Non-Discrimination Policy
The goal of Central Oregon Community College is to provide an atmosphere that encourages our faculty, staff and students to realize their full potential. In support of this goal, it is the policy of Central Oregon Community College that there will be no discrimination or harassment on the basis of age, disability, sex, marital status, national origin, ethnicity, color, race, religion, sexual orientation, gender identity, genetic information, citizenship status, veteran status or any other protected classes under Federal and State statutes in any educational programs, activities or employment. Persons having questions about equal opportunity and nondiscrimination should contact the Equal Employment Officer, c/o COCC’s Human Resources office, 541.383.7216.

Faculty, staff and students are protected from discrimination and harassment under Title VII of the Civil Rights Act of 1964 and Title IX of the Education Amendments of 1972. Further inquiries may be directed to the Affirmative Action Officer, c/o COCC’s Human Resources office, 541.383.7216. COCC is an Equal Opportunity recreation provider under Special Use Permit from the Deschutes National Forest.
GENERAL INFORMATION

TEXTBOOK/MATERIALS/EQUIPMENT LIST INFORMATION

There are several ways to obtain a Textbook/Materials/Equipment List if your class requires/recommends additional materials:

1. Online at cocc.enrole.com:
   a) Click on the “Search Catalog” window and enter the course name.
   b) Click on course name.
   c) The “Additional Course Information” section will list the materials.

2. Your email "Confirmation Letter" shows required materials.

3. Email ceinfo@cocc.edu. Include the course name and start date and we will email you the information.

4. Call 541.383.7270.

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Mail-in Registration Form

Payment must accompany registration. Enclose check payable to:
COC C Continuing Education and mail to 2600 NW College Way, Bend OR 97703

Name ____________________________ COCC ID ___________________ DOB ___________ (required)
Mailing Address ________________________ City/State/Zip __________________________
Daytime Phone (_____ ) _______________________ Email Address ____________________

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