



Continuing Education and Outreach University of Wisconsin-Stevens Point

Winter/Spring Catalog 2021



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University of Wisconsin Stevens Point

STEVENS POINT • WAUSAU • MARSHFIELD

A Few Announcements...

- ***Virtual Programming for Spring and Summer***—The vast majority of our spring and summer programs will remain virtual. All three campuses are still closed to public until further notice. Starting Fall 2021, we are hoping to offer in-person and blended programs, as well as travel!
- ***Zoom Tutorials***—NEW to Zoom? Most of our virtual programs are held via Zoom. Zoom is a free web meeting application. Visit uwsp.edu/conted/Pages/Zoom-Tutorial.aspx to see tutorial videos explaining how to download and use Zoom.
- ***Retired Learners Programs***—Our multiple learning in retirement programs (LIFE, PAL, College of Emeriti, Learning in Retirement) have merged into one regional program: Regional LIFE. Learn all about it on page 7!
- ***Customer Service***—Most of our team continues to work remotely. Our Customer Service is in the Office Tuesdays and Thursdays, 12:30-4:30 p.m. However, feel free to leave a message or email us at any time and we will get back you as soon as we can.

Customer Service: uwspceweb@uwsp.edu | 715-346-3838

UW– Stevens Point at Wausau

625 Stewart Ave
Wausau, WI 54401

UW– Stevens Point Main Campus (Customer Service)

2100 Main St. 032 Main Bldg.
Stevens Point, WI 54481
715-346-3838
uwspceweb@uwsp.edu
uwsp.edu/conted

UW– Stevens Point at Marshfield

2000 West 5th Street
Marshfield, WI 54449

YOUTH

Youth

Virtual Youth

STEAM POINT Day

SCIENCE • TECHNOLOGY • ENGINEERING • ARTS • MATHEMATICS

STEAM Point Days

STEAM is an approach to learning that uses Science, Technology, Engineering, the Arts, and Mathematics. In this one-day conference students will engage in hands-on workshops and learn about the many career paths available with an education in STEAM.

- Attend multiple workshops of your choice virtually via Zoom
- Virtually explore UW-Stevens Point campus and see/hear what it's like to be a UWSP College Student
- Receive a T-shirt, UWSP swag, and supplies

School groups and individuals are encouraged to attend!

Requirements: High speed internet, computer/laptop/device with microphone and camera, free Zoom app.

For 7th & 8th grade students

STEAM Point Day for Girls

Fri. / Feb. 12 / 8:30 a.m. – 1:45 p.m. / \$40
Registration Deadline: Jan. 29

STEAM Point Day for Boys

Fri. / Feb. 19 / 8:30 a.m. – 1:45 p.m. / \$40
Registration Deadline: Feb. 5



ACT Prep

This prep session is designed to assist the student in preparing for the ACT assessment. Areas covered include:

- Test-taking strategies
- English usage/mechanics and rhetorical skills
- Math problem solving strategies
- Algebra, geometry and trigonometry reviews
- Science data representation, analysis and interpretation of research summaries and conflicting hypotheses

Sat. / April 10 / 8:30 a.m.- 3:30 p.m. Virtual / \$45
Registration Deadline: Friday, April 2

ONLINE WIZARD'S LEARNING SCHOOL RETURNS!

Tuesdays | April 6-20 | 6-7:30 PM | Grades 4-9 | \$79

This wizarding session will include making dragon eggs, troll boogers, bowtruckles and more!
Each participant will receive a supply box in the mail! Some supplies not included!

UW-Stevens Point COLLEGE DAYS FOR KIDS

College Days for Kids is a program designed for high-ability sixth and seventh graders. Participants must be selected and registered by their school or teacher to attend. This year the program will take place virtually via Zoom, a free web conference application.

- Attend multiple workshops of your choice virtually via Zoom
- Virtually explore UW-Stevens Point campus and see/hear what it's like to be a UWSP College Student
- Enjoy a Keynote presentation and interact with youth from all over Wisconsin

Requirements: High speed internet, computer/laptop/device with microphone and camera, free Zoom app.

**Ask your teacher or school about
College Days for Kids!**

Attend One or Both Dates!

Friday, April 16 | Registration Deadline: April 2

Friday, April 23 | Registration Deadline: April 9

8:30 a.m. – 1:45 p.m.



The Show Must Go Online Virtual Theatre Camp



For ages 8– 16 / Virtual / \$35 per person

Two sections to choose from!

Session A: May 10-28 | Session B: July 19-Aug. 7

Requirements: Access to a recording device (phone, iPad, laptop, etc.) and Zoom conferencing (free, downloadable meeting tool)

"The Show Must Go Online" is a musical written to be rehearsed and performed remotely! Each actor will receive a 1-2 minute scene/song to rehearse, video record, and upload. When all the videos are played in order, they tell the hilarious story of a group of passionate students desperate to keep their annual musical alive...online!

This three-week virtual camp is comprised of approximately three sessions per week including some large-group, small-group, and individual meetings focusing on individual's performing skills, Theatre/video basics and theatre games. These sessions meet at 4:30 Monday-Thursday evenings and last for about 45 minutes. Individual sessions may occur outside of the regular times based on student availability. Actors are required to memorize their assigned lines and one or two musical numbers.

Instructor: Brad Schmicker is a retired elementary teacher and stage director.

Every Actor/Actress deserves their time to shine!

Virtual Youth Continued

Code Your Own Adventure

Watch as the characters in your imagination come to life in this unique course that blends classic storytelling with animation techniques and coding. Start with a concept, design the characters, and choose not just one ending, but many! Learn how to create your own text-based adventure games with variables, conditional logic, images, HTML, CSS, and JavaScript. Student projects will be available on a password protected Black Rocket website to share with friends and family.

Session 1: Mon. & Wed. / March 1-24 / 3-4:30 p.m.

Session 2: Tues. & Thurs. / March 2-25 / 3:30-4:30 p.m.

YouTube FX Masters



Become a master of illusion by learning the techniques used by Hollywood masters to create FX magic. Whether you want to enhance your YouTube videos or create a cool scene to amaze your friends; this class teaches the tools you need.

Experiment with visual effects as you learn the dynamics of camera angles, editing, graphic layering, and sound effects. Then watch as your new creations take your channel content to the next level! Student projects are available on a password protected Black Rocket website to share with friends and family.

Session 1: Mon.-Thurs. / March 29-April 1 / 8:30-11:30 a.m.

Session 2: Mon.-Thurs. / April 5-8 / 12:30-3:30 p.m.



**All Programs:
Ages 8-14 | \$149/person
Led by Black Rocket
Professional Instructors.**

Minecraft Modders



Use your favorite game to learn the basics of modding and foundations of programming! Learn scripting and logic statements as

you create your first mods! Introductory coding will also be taught through a simulated environment inspired by Minecraft. Student projects will be available on a password protected Black Rocket website to share with family and friends. Students must own a Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Returning students can create more advanced projects that build on previous years.

Sat. / March 6-April 10 / 8-10:30 a.m. OR 11-1 p.m. OR

Tues. & Thurs. / April 13-May 6 / 3-4:30 p.m.

eSports Apprenticeship - Streamers and Gamers

Whether you want to be the next pro gamer, streamer or game caster, this course will teach you the basics to get started! No longer just a hobby, eSports is the fastest-growing career for the next generation. Over 400 million people watched YouTube videos and Twitch streams of video gamer competitions this year alone! In this course, students will develop game-playing skills and compete using Black Rocket eSports games and apps, learn how to produce commentary for live tournaments, use professional streaming software, and most importantly practice online safety. Students recordings will be available on a password protected website to share with friends and family.

Mon. & Wed. / April 12-May 5 / 3-4:30 p.m.

Scholarships for Youth

UW-Stevens Point Continuing Education offers scholarships for the majority of youth programs!

Be sure to check to check the specific youth program web page for details to apply.

Or contact Customer Service:

715-346-3838 | uwspceweb@uwsp.edu



SUMMER CAMPS

VIRTUAL 2021



COLLEGE FOR KIDS | GRADES K-6 | June 7-11 | 8 - 8:45 AM & 9 - 9:45 AM

Our programs are for children seeking fun and adventurous learning opportunities, and our engaging classes are designed to stimulate curiosity and have fun! Classes often feature: Languages, Cooking, Science, and Art. **Fee: \$25 per class**



June 7-11: Grades 9-12 | June 14-18: Grades 5-8 | IT CAMP

Learn how to code, develop, and program your own video game! Camp participants will learn the basics of computer and game programming using GDevelop. No previous experience or background in IT or programming is necessary. **Fee: \$245 Grades 9-12 | \$175 Grades 5-8**



SPACE EXPLORATION CAMP | GRADES 5-12 | June 21-25: Gr 9-12 | June 28- July 2: Gr 5-8

This camp will explore the final great frontier - outer space and beyond! Through a mix of educational talks, hands on building projects, and Augmented Reality technology, students will immerse themselves in learning more about the Observable Universe and the mysteries it holds. From our very own solar system to black holes in deep space, participant's views of space will be transformed as its secrets are unlocked. **Fee: \$245 Grades 9-12 | \$175 Grades 5-8**



AGES 8-16 | "THE SHOW MUST GO ONLINE" THEATRE CAMP

Session A: May 10-28 | Session B: July 19- Aug 7

This three-week camp will provide learning about basics of acting & drama games, while the participants work together to create a virtual musical performance. **Fee: \$35**

BLACK ROCKET | AGES 8-14 | Week-long Programs All Summer

Explore virtual STEAM Camps through a partnership with BlackRocket. Choose from cutting edge courses with topics such as coding, game design, eSports, virtual reality, and more! Classes are hosted on a National Scale & focus of safe, fun learning! **Fee: \$139- 159**



CHALLENGER SOCCER CAMP | IN PERSON- MARSHFIELD CAMPUS | AGES 2- 18 | July 12-16

This nationally recognized soccer camp uses training practices from leading soccer countries! **Price Varies**

SAVE THE DATES! UWSP.EDU/CONTEd/PAGES/CAMPS.ASPX



REGIONAL LIFE

**Spring Regional Learning Is ForEver (LIFE)
January-June 2021**



Regional Learning Is ForEver (LIFE) is a membership-based association dedicated to providing adult learners the opportunity to expand their knowledge, engage in discussion, and make new friends. Classes are delivered live via Zoom with the majority of our classes recorded and available to watch on demand!



uwsp.edu/LIFE

Our new regional program merges the four UW-Stevens Point campus programs into one lifelong learning program (LIFE, PAL, COE, and Learning in Retirement). Our program is open to all lifelong learners wherever you may be.

\$45 per semester gets you:

- access to over 50 learning opportunities taught by experts in the field
- special interest groups such as book discussion, film discussion, and poetry
- designated technical support



FINE ARTS

Zentangle Basics

Discover Zentangle, the new art form gaining popularity in the US and abroad. Using easy pen strokes, you'll create intricate designs that look complex yet are simple to do when drawn in stages. Relax and enjoy the creative process that makes anyone an artist! Go beyond unplanned doodling to a new level of deliberate, created elegance. Join the fun and test the Zentangle philosophy that "anything is possible, one stroke at a time."



Mon. / April 12-26 / 6:30-8 p.m. / Virtual / \$45

Instructor: Tina Lepak teaches Art at Pacelli Catholic High School, where she strives to help her students discover a love of learning and creating. She believes in the artistic voice inside each person and the power of creativity.



Songwriting Lessons with Adam Greuel

A private session with Stevens Point native Adam Greuel, founder of the successful Bluegrass band, Horseshoes and Hand Grenades. Skilled at composing music, Adam will share his songwriting process, helpful tips, and the experiences that led him to where he is today. Whether or not you are musically inclined, this class will get your feet tapping and hands clapping.

Lessons scheduled between Adam and student.

Virtual / \$69 for 30 minutes, \$114 for 60 minutes

Guitar Lessons with Adam Greuel

A private session with Stevens Point native Adam Greuel, founder of the successful Bluegrass band, Horseshoes and Hand Grenades. Skilled at the guitar, dobro, and vocals, Adam will work with you to improve your guitar playing, whether you are a beginner, intermediate, or expert guitarist.

Lessons scheduled between Adam and student.

Virtual / \$69 for 30 minutes, \$114 for 60 minutes

Instructor: In 2010, Adam Greuel joined forces with four other young acoustic instrumentalists and created the band Horseshoes and Hand Grenades. Their road has led to such notable stages as Red Rocks Amphitheater, Telluride Bluegrass Festival, the Riverside Theater, Delfest, and Nashville's Ryman Auditorium.



IONU Owls: Owl Always Love You Edition

Make your own parliament of characteristic owls in this class. Erin first created the IONU owls (so named because they keep a watchful eye-on-you!) in November 2016 as a fundraiser event. Now you have the chance to make your own IONU Owl with this special class, with a portion of the portion of the class fee going to charity. Each IONU Owl you will make is unique and limited only by your imagination! **Registration Deadline: Feb. 1**

Includes kit to make two IONU Owls complete with the Apoxie Sculpt clay, bezel settings, assorted beads and metal pieces, mica powder, crystals, chain + anything else you care to add. Kit will be shipped to you.

Thurs. / Feb. 11 / 6-9 p.m. / Virtual / \$69

Minutiae: Mixed Media Micro Mosaic Jewelry

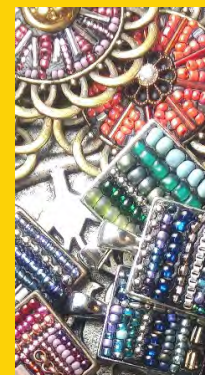
mi-nu-ti-ae mə'n(y)ooSHĕ ē, mə'n(y)ooSHĕ ī/
noun the small, precise, or trivial details of something-"the minutiae of everyday life."

Create your own mixed media micro mosaic jewelry using an art medium called Apoxie Sculpt. You can feel free to use a lot of meaningful bits and pieces you have collected along with the kit to make your jewelry truly one-of-a-kind.

Registration Deadline: March 15

Fee includes kit to make more than one piece of jewelry complete with Apoxie Sculpt, assorted beads and metal pieces, mica powder, crystals, chain plus anything else you would like to add.

Thurs. / March 25 / 6-9 p.m. / Virtual / \$69



Metamorph Butterfly Mosaic

Spring is a time of transformation and nothing embodies that more than the butterfly! Transform a wood butterfly base into a beautiful decorative element using beads, baubles, and jewels along with Apoxie Sculpt. Each kit will be personalized to the creator including a handmade word created by artist Erin Prais-Hintz that will be the focal. **Registration Deadline: April 12**

Kit includes materials to get you started on one butterfly mosaic: butterfly base, Apoxie Sculpt, hanging hardware, assorted beads and pieces, handmade word of your choice, mica powder (optional) plus anything else from your own stash to add.

Thurs. / April 22 / 6-9 p.m. / Virtual / \$99

Instructor: All three classes led by mixed media artist, Erin Prais-Hintz. Erin is a color addict with a passion for storytelling who designs one-of-a-kind wearable treasures, mixed media mosaics, and illustrated word art for her company Tesori Trovati, which is Italian for "treasures found."



Yosemite Nature and Photography



Experience the natural beauty of Yosemite National Park! Enjoy three full days of customized tours with a naturalist and a photographer from the Yosemite Conservancy.

By van and by foot, learn about the park's geology, flora, and fauna, while improving artistic abilities in photography! (No photography experience necessary, any camera or phone welcome for practicing photography.)

Trip Includes:

- Round-trip transportation from Central Wisconsin Airport
- Four nights/four breakfasts at Rush Creek Lodge, located 1/2 mile outside Yosemite
- Three full days of customized tours led by the Yosemite Conservancy

May 16-20, 2022

UWSP Tour Guides: Anne Rogalski and Haley Frater

Pricing not yet determined. If interested in this trip, please email Anne Rogalski arogalsk@uwsp.edu to be placed on a registration notification list.

New York City Theatre Trip

Coming Spring 2022!

We will immerse ourselves in New York theatre and sightseeing in this trip designed for active, self-motivated travelers. Our shows are selected based upon the Tony award nominees and winners. In addition to our custom city tour, we will arrange additional tours based upon group interest (optional and additional cost). Past tours have included Statue of Liberty and Ellis Island, Central Park, Brooklyn Bridge Walk, 9/11 Memorial, Tenement Museum, Architectural Boat Cruise--just to name a few!

Watch for dates and details to come! uwsp.edu/conted

Waterfalls Tour Part II

May 2022

Join us for a weekend trip exploring more Wisconsin waterfalls, wineries and cideries. Trip highlights include stops at multiple waterfall parks, including Pattison State Park, home of the highest waterfalls in Wisconsin, and multiple wine/cider tastings at local establishments. Moderate walking required.

Trip includes deluxe coach transportation from the Marshfield campus, lodging and accommodations at Radisson Inn, dinner, wine samples and park admissions.

Double: \$389/person | Single: \$459/person
More details to come online at uwsp.edu/conted

Kentucky Culture: Bourbon Trail and More

Relax in the Kentucky countryside while enjoying local cuisine and beverages! Sample dishes paired with Kentucky Bourbon and test craft cocktails in an exclusive mixology class! Explore the Louisville Slugger Museum and fill a Bourbon Passport (or two) for your free Urban Bourbon Trail t-shirt!

- Charter bus or van transportation from Stevens Point to Louisville and back, allowing travelers to purchase and transport their favorite beverages to Wisconsin.
- Lodging centrally located near 4th St Live (and featuring the only roof top bar in Louisville), within walking distance of Museum Row and restaurants that are a foodies' fantasy!
- Three full days of customized tours led by Mint Julep Tour Company – one of Conde Nast Traveler's "Best Guided Drinking Tours in America".
- Admission/Fees to Distilleries and Museums.
- Four breakfasts and three other meals.

Mon.-Fri. / Nov. 8-12, 2021

\$1999 Double Occupancy / \$2399 Single Occupancy

UWSP Tour Guides: Anne Rogalski and Jennifer Hess

See details and registration information at uwsp.edu/conted



Savannah Culture Trip

Trip Includes:

- Round-trip transportation from Central Wisconsin Airport
- Four nights/four breakfasts at Holiday Inn Express Savannah Historic District
- Three full days of customized tours, which may include: Old Savannah, Old Fort Jackson, Savannah Culinary and Cultural History Walking and Tasting Tour, Savannah Style Architectural Tour, Candlelight Ghost Tour, Tybee Island Dolphin Tour, Bonaventure Cemetery Walking Tour, and a Chef Darius Kitchen Table Experience

January 17-21, 2021

UWSP Tour Guides: Anne Rogalski and Jennifer Hess

Pricing not yet determined. If interested in this trip, please email Anne Rogalski arogalsk@uwsp.edu to be placed on a registration notification list.

Register online at uwsp.edu/conted 9

MIND AND BODY

Snowshoeing at Schmeckle (Stevens Point)

Discover the fun winter sport of snowshoeing! Trek the nature trails at UW-Stevens Point's Schmeckle Reserve in Stevens Point. Class will be led by UW-Stevens Point Recreation Coordinator and avid outdoorsman, Ed Richmond. Don't have snowshoes? No problem. Class includes snowshoe rental for the class time. Participants under the age of 18 must be accompanied by a participating parent/responsible adult. Please wear suitable footwear, a mask, and dress in warm layers.

Sat. / Feb. 27 / 1-2:30 p.m.

Schmeckle Reserve (2419 North Point Dr, Stevens Point, WI)
\$39 (includes snowshoe rental) / \$19 (bringing own snowshoes)



Snowshoeing at Sunny Vale Park (Wausau)

Discover the fun winter sport of snowshoeing! Explore the winter wonderland at Sunny Vale Park in Wausau. Class will be led by Marathon native, avid adventurer and IRONBULL Executive Director, Andrea Larson. Don't have snowshoes? No problem. Class includes snowshoe rental for the class time. Participants under the age of 18 must be accompanied by a participating parent/responsible adult. Please wear suitable footwear, a mask, and dress in warm layers.

Sat. / March 6 / 1-2:30 p.m.

Sunny Vale County Park, 1000 S 72nd Ave - Wausau, WI
\$39 (includes snowshoe rental) / \$19 (bringing own snowshoes)

Intro to Ballroom Dance



Do you have an event coming up—wedding or formal occasion and you don't feel comfortable dancing? Don't just watch the TV stars dance, LEARN how to dance in this fun class! This six-week class will introduce you to the fun and excitement of Ballroom Dance. Students will learn the following dances: Hustle, Night Club 2 Step, and the Triple Time Swing.

Tues. / Jan. 26 - March 2 / 6:30–7:30 p.m.

Ahrnbrak Room, UW-Stevens Point at Wausau campus
\$130/couple
Instructor: Missy and Jeff Kolbeck

Intermediate Ballroom Dance

Do you have an event coming up—wedding or formal occasion—and you don't feel comfortable dancing? Don't just watch the TV stars dance, LEARN how to dance in this fun class! This six-week class will introduce you to the fun and excitement of Ballroom Dance. Students will learn the following dances: ChaCha and the West Coast Swing.

Prerequisite: Minimum of six hours of prior ballroom dance lessons.

Tues. / March 23 - April 27 / 6:30–7:30 p.m.

Ahrnbrak Room, UW-Stevens Point at Wausau campus
\$130/couple
Instructor: Missy and Jeff Kolbeck

YogaFACE

The muscles of the face are no different than those of the rest of the body—if you don't exercise them they will become weak and flabby, leading to wrinkles and sagging. In this one-night yoga workshop, we will practice beginning yoga incorporating basic facial exercises and stretches that can fight signs of aging. Class includes hand-outs of YogaFACE exercises so you can apply them to your own yoga or exercise routines. Please dress in exercise clothing and have a yoga mat handy if possible.

Wed / March 24 / 6:30 - 8 p.m. / Virtual / \$19

Scholarships are available for both youth and adult participants! Contact Continuing Education at 715-346-3838 for details!

Essential Oils Basics and Safety

Essential oils are a popular and helpful addition to overall wellness, but pose questions for many. How do you use them safely and sustainably? Where should you obtain essential oils? Should you buy blends or make your own? How many oils do you need? In this class, discover the details and facts of essential oil manufacturing, testing, safety and sustainability. Discuss the five top oils for all purpose wellness blending, appropriate dilutions for adults and children, essential oils contraindicated for children and pets, and effective and favorite blends recipes.

Thurs. / March 11 / 6:30-7:30 p.m. / Virtual / \$19

Essential Oils and Your Immune System

A growing body of documentation and peer research demonstrate that essential oils can help to stimulate the adaptive functions of the immune system. In this workshop discover how essential oils are absorbed into the immune system, essential oils for boosting the immune system, and essential oils for specific viruses and bacteria. Learn multiple ways to enhance your immune system and overall wellness by combining essential oils with free therapies (diet, exercise, and proper breathing).

Thurs. / April 8 / 6:30-7:30 p.m. / Virtual / \$19

Improved Hormonal Balance with Yoga and Essential Oils

Brain fog, headaches, exhaustion, joint pain, dysmenorrhea, endometriosis, infertility and weight gain or loss are just some of the vague but chronic symptoms associated with hormonal imbalance. Women's immune system is intricately tied to their hormonal systems. Discover how essential oils are such powerful allies for women's health and how you can couple them with yoga techniques (yoga postures, breathing, meditation) to maximize their benefits and bring your body into balance. In this workshop you will receive a summary of the information that includes blend recipes, and a recording of the yoga routine presented.

Thurs. / May 13 / 6:30-8 p.m. / Virtual / \$25

Sign up for entire Virtual Essential Oils Series for only \$55!

Instructor: Katherine Clancy is a National Association of Holistic Aromatherapy (NAHA) Certified Professional Aromatherapist. She has been teaching yoga and meditation since 2009. Her philosophy is that combining lifestyle interventions and free therapies is the best way to honor botanical allies. Her business, Meet the Herb Halfway, specializes in essential oil blends for chronic pain and women's health and provides education on lifestyle interventions. She is an environmental scientist and professor at UWSP and advisor to the UWSP Yoga and Meditation Club. Katherine Clancy is not affiliated with any essential oil supplier.

Mindful Awareness Practices for Daily Living

This course is designed for participants who are curious about or experienced in mindful awareness practices. During this course, you will experience practices, learn the research behind them, and discover how being with oneself can allow you to live more fully.

Course Objectives include:

- Understand recent research on the benefits of mindful awareness practices.
- Learn to implement mindful awareness practices that can be incorporated anywhere, anytime in your day-to-day life.
- Experience and embody mindful awareness practices within a virtual community.

Thurs. / Feb. 18 / 1-4:15 p.m. / Virtual / \$175

Save the Date!

ALL THINGS
Senior!

-A Virtual Event-

May 25 | 8 a.m.-2:45 p.m.

A one-day event promoting educational opportunities for healthy life choices for adult lifelong learners.



UW-Stevens Point at Marshfield Fitness Center Membership

A convenient place to workout for a reasonable price!

Open to the community: Individual, Family and Senior Memberships available.

Find out more at
uwsp.edu/marshfield



Register online at uwsp.edu/conted 11

FOOD AND DRINK EVENTS

Cooking with Joy

Learn to cook virtually with instructor Joy Clendenning! Ingredient lists will be sent prior to class. Follow along with class on your laptop, tablet or device to create some tasty dishes! **Take individual classes for \$29 or sign up for all three Cooking with Joy classes for only \$75.**

Chinese Hot Pot Cooking

Chinese hot pot, also known as Chinese fondue or Chinese steamboat, consists of various raw meats, vegetables, noodles, tofu, seafood and dumplings, which are dropped into a shared or individual pot of hot flavored broth using chopsticks in order to cook the items. The items are then fished out with chopsticks or a strainer and enjoyed, often with additional options of broth, rice, or Chinese barbecue sauce (also known as satay or sacha). Chinese hot pot can include any variety of meats, vegetables or noodles depending on individual tastes. The dish is usually served today to celebrate Chinese New Year, but is also a common wintertime meal.

Tues. / April 6 / 6-8 p.m. / Virtual / \$29

Dumpling Making

Information to come!

Tues. / April 13 / 6-8 p.m. / Virtual / \$29



Noodle Making

Information to come!

Tues. / April 20 / 6-8 p.m. / Virtual / \$29

Virtual Mixology: Vodka



Join experienced mixologist/ Muse at Sentry restaurant manager, Ryan McGinley, to learn some fantastic cocktails to impress just in time for St. Patrick's Day. The class will focus specifically on vodka cocktails, so

no need to worry about having a fully stocked bar. Perfect for date night or ladies night in! Follow along with Ryan to make inspired cocktails that will please the palate and the eye. An ingredient list will be sent via email prior to class.

Wed. / March 17 / 7-8 p.m. / Virtual / \$19

Instructor: Ryan McGinley is the restaurant manager for Muse at Sentry in Stevens Point, Wis. He enjoys inventing new cocktails and has taught mixology classes over his numerous years of service in the hospitality industry.

Taste Testing

Sign up for one or more evenings of local taste testing fun! Featuring iconic food and drink products all sourced locally, from right here in Central Wisconsin. Each of the three nights will feature one of these three local products: Chocolate, Maple Syrup and Whiskey. The focus of each night will be on the history of the product, the process in which it's made, some of the brands that made the product famous, and the highlight of the evening, a guided tasting of the featured product. Local businesses have partnered with UWSP to create mini "sampler packs" to allow us to illuminate much of the night's discussion into a delicious reality. Join us for a "Taste Test!" Sampler packs will be available for pick up in Stevens Point or delivery to outside areas prior to event.



March 18—Chocolate
April 15—Maple Syrup
May 13—Whiskey

Thurs / 6 - 7:30 p.m. / Virtual / \$39 per night

Instructor: Joe Zawacki is a high school science teacher from Stevens Point. He considers himself a jack of all trades but a master of none. Joe usually spends more time outdoors than in and has a passion for sharing knowledge with others. He believes that sharing experiences with others creates a ripple effect, empowering those individuals to then share with others.

FOOD AND DRINK EVENTS



\$35 for meal, film and discussion | \$19 for film and discussion

Capernaum

Nadine Labaki's *Capernaum* was one of the finalists for best foreign language film Academy Award in 2018. It tells the story of a poor Lebanese boy who sues his parents for the crime of giving him life and ultimately asks us to define humanity. One reviewer calls it an "angrier, tougher and funnier film than anything Labaki has made before." Our dinner will feature lamb stew, hummus with veggies and flatbread, and baklava from Marshfield restaurant, The Rivers.

Thurs. / Feb. 25 / 6-9 p.m.

Knives Out

Knives Out is a terrific mystery packed with stars. Detective Benoit Blanc, played by Daniel Craig, must determine who killed the patriarch of this wealthy, dysfunctional family on the night of his birthday party. The gothic revival mansion is a perfect setting for a classic whodunit. Our mystery meal features clever chopped Salad, seared chicken breast, drop point potatoes, dagger-cut veggies, and "bloody" Jello birthday cake.

Tues. / March 23 / 6-9 p.m.

English Professor Julie Tharp has been instructing these enjoyable classes for years. Each class includes dinner, film and discussion. She enjoys teaching film studies, traveling around the world, and trying international foods.

In light of COVID-19, Dinner and a Movie will be held virtually for spring 2021. To support our local restaurants, we've arranged for meals to be available for pick-up prior to class. Simply pick your food up, login into the Zoom meeting and enjoy the film and discussion to follow. If you are not from the area, you are welcome to register for the film/discussion only.

Parasite

Parasite was the first foreign language film ever to win the best picture Academy Award. This apparently simple story of a poor Korean family seeking work becomes a darkly comic satire on class, status, and aspiration. The shocking ending may keep us talking until late into the night. Marshfield's China Chef will provide meals of white rice, Korean fried chicken, kimchi, Korean BBQ Bee and Korean veggies.

Thurs. / April 15 / 6-9 p.m.

Chef

Chef is a charming foodie film about a chef who loses his job due to a public altercation with a food critic. He decides to get an old food truck in Florida and works his way back to California with his son and best friend along to help out. The music, the food, and the friendships are all satisfying. *Chef* was written, directed by and stars Jon Favreau. We will have our own food truck fare featuring Marshfield's Stone Press Food Truck—Havana Cubanos, shredded pork, ham, pickles, cheese, onion, and orange mustard aioli, served with hand cut potato chips.

Tues. / May 4 / 6-9 p.m.



Streamed live on [YouTube](#) from the James F. Veninga Theater on the UW-Stevens Point at Wausau campus, our **HANK Talks** feature our talented faculty, talking about what they know best. Each Talk starts at **7:00 p.m.**, is about 30 minutes, and follows with a live Q&A.

Feb. 16 - Brett Barker, Ph.D., Professor of History, "Why Slavery Caused the Civil War and Why That Matters Today More than Ever." [Join LIVE.](#)

March 16 - Dr. Paul Whitaker, Ph.D., Professor of Biology, "Apple Core Lore: Origins of America's (Second) Favorite Fruit." [Join LIVE.](#)

April 20 - Professor Jill Stukenberg, Associate Professor of English, will follow with her talk, "Slivered Words on Silver Screens: Exploring and Creating Poetry Films." [Join LIVE.](#)

LECTURES

Houseplants 101

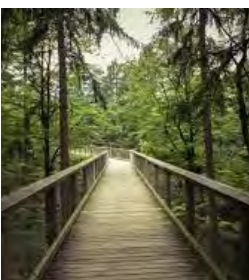
Did you know keeping ornamental plants in the home is good for your brain? Recent research has shown that having indoor plants can increase memory retention up to twenty percent! This is no surprise for houseplant enthusiasts and may help explain recent surges in the indoor plant market. If you're a houseplant novice, this interactive web-based class will introduce you to the skills you'll need to successfully keep your indoor greenery flourishing. We will cover the benefits of bringing the outdoors into your home, key factors required for thriving plants, common pests, resources to identify plants that are toxic to pets and kids, and how to apply the concept of Right Plant, Right Place indoors.

Tues. / March 30 / 6-7:30 p.m. / Virtual / \$19 / \$10 for LIFE with code

Instructor: Janell Wehr, Horticulture Educator, UW-Madison Division of Extension, Marathon and Wood County



Wisconsin's Hidden Gems



Time to start planning spring and summer getaways and adventures! Enjoy a presentation from Wisconsin State Parks highlighting the hidden gems of our beautiful state! Recreation Partnerships Section Chief, Melissa Vanlanduyt will showcase unique locations across the Wisconsin State Park System including state parks, forests and trails.

Presentation will include video, images and must-see stops at various destinations.

Wed. / April 21 / 6:30-8 p.m. / Virtual / \$19 / \$10 for LIFE with code

Instructor: Melissa Vanlanduyt has been with the Wisconsin State Park System for 10 years, currently serving as the Recreation Partnerships Section Chief. She loves the outdoors and has personally visited all but one of the locations she will be presenting on.

Pollinators in Peril



Join Biology Professor Laura Lee for a look at the pollinators in peril. In this program, learn about pollinator biology; who are the biggest pollinators, how do they benefit plants, and how do they benefit people? We will then discuss problems faced by pollinators due to human activity, and ways that we can help populations recover.

Mon. / April 26 / 2-3:30 p.m. / Virtual / \$19 / \$10 for LIFE with code

Intro to Estate Planning

Have you heard of an estate plan, but just aren't sure what that means or what is all involved in an estate plan? What makes up an estate plan? In this session, we will cover the tools needed to handle your affairs if you are alive, but need assistance, options to address nursing home planning, and tools used to distribute your assets after you pass away. This includes a discussion of: 1. Financial Powers of Attorney, 2. Health Care Powers of Attorney, 3. Wills, 4. Trusts, and more!

Tues. / March 2 / 6-7 p.m. / Virtual / \$19

Protecting My Assets – A Medicaid Primer

Have you worked your whole life to accrue the assets you have and you don't want to see your final days needing care in a facility deplete all of your funds? Are you ready to think about ways to protect your assets in advance? In this session, we will talk about the Medicaid (i.e. Medical Assistance) eligibility rules to give you an understanding of how the rules are applied as well as a route to protect your assets through proactive planning options.

Tues. / March 9 / 6-7 p.m. / Virtual / \$19

Planning for Individuals Needing Imminent Care Home Placements

Do you or a loved one need assisted living or nursing home care in the near future (i.e. very soon)? Or have you already entered a care home and you see your funds quickly depleting at their private pay rate? In this session, we will discuss ways that single and married individuals can preserve assets so that they have options for their care beyond spending everything they have.

Tues. / March 16 / 6-7 p.m. / Virtual / \$19

Instructors: Financial Series taught by Ruder Ware Attorneys, Jessica Merkel and Aric Buch.

Take individual classes for \$19 each or entire series for \$49

ADDITIONAL OPPORTUNITIES

Basic Conversational Spanish



This six-session Spanish language course is intended for anyone looking to learn the beginnings of basic conversation Spanish. Perhaps you have family, co-workers or students who speak Spanish and wish to better

communicate with them. Or maybe you enjoy traveling to Spanish speaking countries and would like to learn some for travel. Or perhaps you are just looking to acquire a new skill during the pandemic. At the end of class, you will be able to introduce yourself, ask basic questions and conduct a brief conversation in Spanish.

Tues. / April 27-June 1 / 6:30-8 p.m. / Virtual / \$65

Instructor: Eduardo Gregori is a native speaker of Spanish. Born and raised in Valencia (Spain), he completed a B.A. in English Studies at the University of Valencia. Upon graduation, he moved to the United States, completing an M.A. in Spanish (University of Nebraska-Lincoln) and a Ph.D. in Spanish (Penn State University). He came to the University of Wisconsin-Stevens Point at Wausau in 2009.

Giving and Receiving from the Heart

Every person has dignity, power, control and responsibility. When both the giver and receiver of caring are seen in this way, burdens are lifted. More good can unfold. More joy and laughs. No burn-out. Come and explore the power within each unique person and principles that can light our way. This class draws on 50 years of the work of a pioneer profession in the field of caring, called kinlein.

Thurs. / Feb. 25-March 11 / 6:30 - 8 p.m. / Virtual / \$39

Instructor: Loretta Ulmschneider, C.P.K., B.A—see bio below.

Finding Common Ground

Would you like to bring more harmony to relationships with friends, family, community groups, businesses, governing bodies, nations? How to balance the good of individuals with the common good isn't easy. However, there are bedrock principles and tools that can be used to bear fruit. Through presentations, discussion and activities this class will provide a spark of hope and a springboard for action.

Thurs. / March 18-April 8 / 6:30-8 p.m. / Virtual / \$49

Instructor: Loretta Ulmschneider, C.P.K., B.A has cared with clients through the practice of kinlein since 1984. She is a member of the faculty of the Institute of Kinlein. In 2001 she opened her practice in Wausau and has assisted clients in the office, at home and in prison.

Tabletop Role Playing Games Level 1

Join us for Tabletop RPGs Level 1! An experience designed for those with little to no experience with tabletop games similar to Dungeons and Dragons! Over five sessions, you will learn the basics of Tabletop RPGs as well as get to play one! The first session will be spent learning the rules and creating your character. After that, the next four sessions are time to enjoy the game! Ages: high school and up!

Sat. / March 6-April 3 / 10 a.m.-12:30 p.m. / Virtual / \$49



Tabletop Role Playing Games Level 2

Join us for Tabletop RPG's Level 2! An experience designed for those with moderate Tabletop RPG experience! Completion of Level 1 is NOT required and the two are not connected in any way. Create a character and play a linear homebrew campaign. The first session will be character creation and world introduction, and the following four sessions will be spent playing! Please note that if you have a lot of experience with RPG's that this will be a fairly simple linear campaign designed for moderate and casual players. This doesn't mean you can't join us, but know that we will not be doing anything advanced.

Ages: Highschool and up!

Sat. / April 17-May 15 / 10 a.m.-2:30 p.m. / Virtual / \$49

Instructor: Noah LaMaide is a student intern at UW-Stevens Point, majoring in Communication with a Media Studies Emphasis. He has been playing Tabletop RPGs for three years and has been a Game Master for two years.

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Courses begin monthly

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Register online at uwsp.edu/conted 15

ADDITIONAL OPPORTUNITIES

Landlord Boot Camp

Session 1 – Wisconsin Law Basics (Feb. 16 & 18)

Course description: landlord – tenant laws cannot only be confusing, but they are constantly changing. This course is designed to give landlords, tenants or anyone a basic understanding of landlord and tenant laws in Wisconsin. This course will include Wisconsin statutes under chapter 704 and Wisconsin administrative code 134. It will focus on basics of leases and lease forms, security deposits, repairs, rent, client tricks and answer ‘oodles’ of questions! Handouts included.

Session 2 – Wisconsin Law Enterprise (Feb. 23 & 25)

Course description: Landlord – tenant relationships are sometimes even more confusing than the laws we need to follow. This course session will focus on basics of correcting bad tenant behavior, keeping good tenants, notices-to-vacate, terminating a lease, permitted security deposit withholdings and more. There will be more examples than lecture. Handouts included. Also, it is strongly suggested that you have taken the Landlord and Tenant Law Class above or have significant landlord and tenant experience prior to taking this class, however that is not necessary.

Session 3 – Fair Housing and Companion Animals and Step-By-Step Guide to Eviction (March 2 & 4)

Course description: Handling tenants with special needs that may include a companion animal AND evicting tenants are the two most difficult things a landlord needs to do, both legally and ethically. This course is designed to help with the legal aspects including defining a breach of lease, sending the proper notice and Marathon County’s small claims court procedures. This course will commence in the time period immediately after the tenant receives their notice-to-vacate. Handouts included. It is strongly suggested that you have taken the Landlord and Tenant Law Class above or have significant landlord and tenant experience prior to taking this class, however that is not necessary.

NOTE: A separate packet of Wisconsin rental forms will be available for separate purchase. It is not required that you purchase this book. It is strongly suggested that you have taken the Landlord and Tenant Law Class above or have significant landlord and tenant experience prior to taking this class, however that is not necessary.

*** You will receive a PDF handout for this course, Please make sure you have a PDF Reader on your device

Tues. & Thurs. / Feb. 16 - March 4 / 6 - 8:15 p.m. / Virtual / \$99

Instructor: Andrew W. Schmidt



Critical Issues for Landowners

This two session workshop for landowners led by Andrew Schmidt, Attorney-at-Law, focuses on how to avoid common landowner traps. This workshop will provide a 45 minute overview on each of the following three topics: landowner recreational immunity, easements, and adverse possession. Questions and answers to follow.

Tues. & Thurs. / March 9 & 11 / 6 - 8:15 p.m. / Virtual / \$35

Instructor: Andrew W. Schmidt

Instructor: Andrew W. Schmidt is the owner Schmidt and Schmidt, S.C., Wausau, Wisconsin; a law office practice started by his grandfather in 1921. Andrew received his bachelor’s degree from Ripon College, master’s degree from University of Idaho-Moscow, and his law degree from Hamline University School of Law-St. Paul. Schmidt is a member of the Marathon County Bar Association and the Wisconsin Bar Association. He is also a private practice attorney for Judicare, Inc. of Wisconsin. He is corporation counsel for the Humane Society of Marathon County.

Making Remote Work, Work (For You)

Your office is suddenly in the laundry room, and your precious home office has been repurposed for the “virtual classroom.” Working in sweatpants and attending Zoom Happy Hours lost their feeling of novelty months ago. Your motivation ebbs and flows; your feelings of overwhelm, anxiety, and procrastination seem much higher than usual; and you’re trying to prep for your noon call while the members of your household keep asking you “what’s for lunch?”

If any of the above sounds familiar, you’re not alone. Suddenly, our personal and professional lives have been conflated into one chaotic scene called “working from home.” The things that worked before aren’t always working now.

We don’t just need tools to “work more effectively remotely.” We also need tools to “work more effectively” in the ever-evolving chaos of our current reality.

During this session, we will explore this topic from two primary perspectives:

•**Mental and Emotional** - how can we show up at our best each day? How can we restore our inner reserves? How can we navigate the inevitable ups and downs of this time with ease and grace? How can we find energy and motivation when we feel depleted?

•**Structural and Tactical** - how can we work more effectively remotely? What are the tools, systems, structures, and technologies that can support us along the way? How can we structure our days to maximize our effectiveness and results?

The session will include a mix of exploration, reflection, and practical tools that you can apply back out in the real (remote) world.

Tues. / Feb. 2 / 10 a.m.-Noon / Virtual / \$39

Instructor: Sarah Young of Zing Collaborative. Sarah works with groups of all sizes to explore topics of importance. Her approach is grounded in corporate experience and research and includes story-telling, real-world examples, and experiential activities for maximum impact.

Work-Life Fit: Turn Burnout to Resilience: Taking Care of Yourself to Take Care of Others

Work – Life Balance is growing in popularity especially in companies trying to attract and retain workers. Having a healthy work environment means employers need to recognize that working more hours is not necessarily the key to having productive and engaged employees. Burnout caused by stress of working long hours can lead to psychological and psychological and physical problems. Harvard Business Review estimates this costs an estimated \$125 billion to \$190 billion a year in healthcare spending in the United States.

If you’re not taking care of yourself, you’re not going to be able to take care of your team or your family—at least not for the long haul. At some point, your patience, your health, your energy, or your effectiveness is going to give. Without some type of self-care strategy, you’re doing yourself—and the people that depend on you—a disservice.

Learn how to embrace the natural ebb and flow between work and life. Sometimes work takes priority and other times family. Work life Fit is learning how to be present at the times when it matters most.

Thurs. / Feb. 25 / 10 a.m.-Noon / Virtual / \$49

Instructor: Sallie Scovill, Professor of Health Promotion and Wellness at UW-Stevens Point.

Online Courses Include:

Learn more at uwsp.edu/conted/Pages/Health-Ed-Today

- Pharmacy Technician
- Clinical Medical Assistant
- Dental Assistant
- Medical Billing and Coding
- EKG Technician
- Phlebotomy Technician
- Medical Administrative Assistant
- Dialysis Technician
- Medical Terminology



Become a Medical Professional

Professional Development Opportunities

Power Prose: Advance Your Career through Impactful Business Writing



In today's data-saturated, text-centric marketplace, you are your words. In many cases, your writing is all your recipients have for assessing your credibility and clarity of thought. To clients, colleagues,

subordinates, and/or managers who may influence your career, excellent business writing is crucial. Yet few business professionals focus on improving their writing, so they struggle, and the struggle inhibits their personal and professional growth.

In this two-hour interactive Zoom workshop, you'll learn to view every message you write-- from an email request to a 100-page business proposal-- a crafted, as strategic tool shaped by who you're writing to, what you're trying to accomplish, and what social and cultural environment you're writing out of and into.

You'll practice this case-by-case approach and receive real-time feedback from a business writing scholar on the impactful business writing skills of

- Situational Analysis
- Audience-centeredness/empathy
- Writing and revising for brevity
- Formatting for "skimmability"

Thurs. / March 11 / 1-3 p.m. / Virtual / \$49

Instructor: Reed Stratton, Ph.D. is a professor in the School of Business and Economics with the University of Wisconsin-Stevens Point.

Managing Diversity and Inclusivity in Your Teams

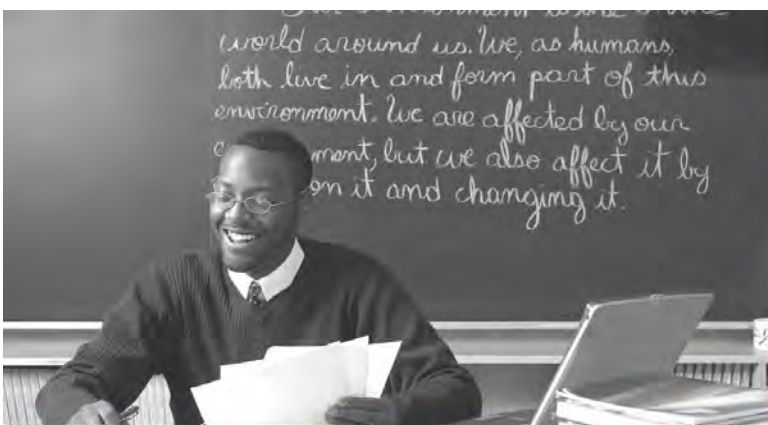
Managing and supporting diversity and inclusivity in the workplace or on a team takes practice. This workshop will take the discussion of diversity to the next level, working through tangible tools to implementing and supporting diversity and inclusion in your teams.

In this session you will:

- Learn the key reasons why diversity on teams is important
- Understand common barriers to inclusive environments
- Recognize gaps & barriers within your own team and work environment
- Understand the best practices for facilitating diverse teams and inclusive environments
- Learn through Case Studies how to apply best practices in real world scenarios

Thurs. / April 1 / 10 a.m.-Noon / \$49

Instructor: Lindsay Bernhagen, Ph.D., is the director of the Center for Inclusive Teaching and Learning (CITL) at the University of Wisconsin-Stevens Point. She holds a PhD in Comparative Studies, and MAs in Gender Studies and Ethnomusicology. In addition to directing CITL, she also teaches courses in Women's and Gender Studies, Education, and Sociology and serves as Editor-in-Chief of *To Improve the Academy: A Journal of Educational Development*.



Teacher Professional Development

Learn more at Uwsp.edu/conted/Pages/educators.aspx

- Music Education Enrichment
- Social & Emotional Learning
- Integrating Technology in the Classroom
- Working Successfully with Learning Disabilities
- Creating a Classroom Website
- Singapore Math Strategies
- Differentiated Instruction

Teacher Professional Development

Professional Development Opportunities

MEDIATION FOR MANAGERS (AND FOR EVERYONE ELSE)

This two-part course covers principles and practices of mediation as a form of alternate dispute resolution. The early session introduces participants to the definition, roles, characteristics, and steps of the mediation process. The second half digs more deeply into skills needed in the steps and includes opportunities for practice. Participants will come away from the course with a better understanding of the value of mediation as a tool for resolving conflict.

Part One | 12:30 – 2:30 PM

After the first half of the course, participants will be able to:

- Define mediation and situate it within the conflict continuum
- Explain the function and roles of the mediator
- Explain the characteristics of constructive mediation
- Describe the five stages of the mediation process

Part Two | 2:30 – 4 PM

After the second half of the course, participants will be able to:

- Describe and enact skills involved in each stage of the mediation process
- Construct appropriate documents for mediation participants

Fri. / April 22 / 12:30-4 p.m. / Virtual

Part 1 Only: \$89; Part 1 & 2: \$145

Instructor: Rhonda Sprague, Ph.D. is a Professor of Interpersonal/Organizational Communications in the Division of Communications at the University of Wisconsin-Stevens Point. She earned her B.S. degree at Northern Michigan University, M.A. degree at Indiana University and her Ph.D. at The University of Texas at Austin. Rhonda's major area of concentration is Interpersonal, Family, Nonverbal, and Relational Communication, Conflict Management, and Academic Advising.

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Providing training to you and your employees, whether you have one or 1,000, is simple when you partner with us! Our catalog of over 300 online courses allows you to provide training solutions to employees quickly and effectively as students learn on their own time and in their preferred learning environment. Our six-week courses are designed to teach students valuable skills they can apply immediately on the job. Courses are facilitated by expert instructors, are self-paced and available 24/7, and can be accessed anywhere there is an internet connection. New course sessions offered monthly.

Call UW-Stevens Point for additional information at 715-346-3838 or visit our website www.uwsp.edu/conted/Pages/UW-Stevens-Point-Online-Learning.aspx

All Talk.. NOW ACTION-- Implementing Diversity, Equity and Inclusion in Project Management

Many organizations discuss Diversity, Equity, and Inclusivity (DEI) as groups, hold book studies, and kick around ideas, but never quite get to the implementation aspect. This “boots on the ground” session will focus on applying DEI to your organizations culture, people, and projects.

Participants in this session will begin an organization DEI inventory (what have you done to date) and work collectively to begin to initiate ideas into project management. Attendees will walk away with tools and ideas to implement the moment they return to their office.

Fri. / May 14 / 1-3 p.m. / Virtual / \$49

Instructor: Cathy Scheder, Ed.D. is Assistant to the Dean for Graduate Programs in the UWSP College of Professional Studies. She currently chairs the college's Diversity Task Force and served four years as Chair of the UWSP Diversity Council. She has over twenty years of experience in professional development and facilitation and works with many groups to take ideas and concepts and create action steps for implementation.



Health and Wellness Coaching Certificate

Take this first important step to becoming a Certified Health and Wellness Coach. Learn the coaching skills required to transform your career and gain behavior change. Engage in classes, projects, events mentoring with experienced health and wellness experts. Build relationships with peers in an empowering cohort learning community. Complete your certificate online in as few as eight months.

Call UW-Stevens Point for additional information at 715-346-4782 or visit our website www.uwsp.edu/healthwellnesscoaching



Professional Development Opportunities



The Small Business Development Center (SBDC)

at UW-Stevens Point offers no cost, confidential advising and resources as well as fee-based workshops/conferences to both startup and existing business throughout nine counties – Adams, Langlade, Lincoln, Marathon, Oneida, Portage, Vilas, Waupaca, and Wood.

First Steps to Starting a Business

Three-part virtual workshop, offered every other month for those considering entrepreneurship that focuses on business feasibility and resources.

Various Dates / 7 – 8 p.m. / No cost / Virtual

More info: uwsp.edu/FirstSteps

Central Wisconsin Digital and Social Media Conference

This conference assists business owners, marketing managers, and aspiring entrepreneurs in learning how to best incorporate social media and digital marketing to grow their customer base.

Wed. / April 14 / 8 - 4 p.m. / Virtual

More info: uwsp.edu/CWDSMC

2021 Business Education Series

Topics include: Analyzing the Decision to Pivot or Diversify Your Business, Gen Z Marketing Strategies, Choosing the Right Customer Relationship Management (CRM) Software, Selling With Nostalgia.

Various Dates and Times / No cost / Virtual

More Info: uwsp.edu/SBDC/BES

Entrepreneurial Training Program

Nine week program to develop full business plan and financials. Spring and fall offerings available. Scholarship grant available to cover 75% of program fees.

Dates and Locations TBA / \$1000 / Locations TBA

More info: uwsp.edu/ETP

Customized Solutions and Professional Development

UW-Stevens Point is your one-stop provider offering cost-effective, high-quality, and timely customized solutions to meet your organization's needs and deliver results. Whether you're looking for strategic planning facilitation, relationship and conflict management solutions, assessment tools, enhanced leadership expertise or personalized coaching, we're here to help your team upgrade skills, improve workplace culture, increase retention and reduce employee turnover.

Call UW-Stevens Point for additional information at 715-346-3838 or visit www.uwsp.edu/conted/Pages/customized-training-and-development.aspx



Leadership, Agility, and Innovation

What a time to be a leader! The world has been moving at a rapid pace for a while now, and the events of this year have created opportunities for innovation, creativity, adaptability, and agility like never before.

During this course, we will explore:

- How to "create from everything" by paying attention, noticing what is needed, and creating from the reality that is in front of us.
- How to cultivate a mindset of innovation and creativity in your daily work and life.
- How to embrace your natural leadership and innovation style to have the greatest impact possible, and how to bring out the strengths and natural style of your teammates.
- Planning and pivoting--balancing long-term strategies and plans with short term pivots.
- Tools, techniques, and tactics to increase your innovation, creativity, adaptability--individually and collectively as a team and organization.

Resources for continued learning and exploration.

Courses begin monthly

Call UW-Stevens Point for additional information at 715-346-3838 or visit our website www.uwsp.edu/conted/Pages/Innovative_Leadership_Embracing_Creativity.aspx

Further your professional life with an online degree!

Looking to advance your professional skills? UW-Stevens Point's online degree completion and graduate programs offer award-winning quality for your career development. Faculty members are top-notch, and focused on helping you learn and use the knowledge in your work. Contact Jennifer Hess at 715-346-3838 or jhess@uwsp.edu for more details!



In nearly every industry, businesses can no longer operate without skilled, perceptive IT professionals to drive process, create connections and solve business problems. With the online **Bachelor of Science in Applied Computing**, a hands-on computer science program with a valuable focus on the business skills employers need, you can be the problem solver who makes things possible—for your company and your career.

Organizations in nearly every industry are racing to hire qualified professionals with the skills to transform big data into big insights and better decisions—and these data scientists are in short supply. Are you ready to answer the call? The online **Master of Science in Data Science** will teach you how to clean, organize, analyze and interpret unstructured data, deriving knowledge and communicating your discoveries clearly using sophisticated visualization techniques and other means.



The health information field is changing, and right now, you have a tremendous opportunity to both advance your career and lead the way in this fast-growing segment of health care. The online **Bachelor of Science in Health Information Management and Technology** is one of the only programs that teaches essential skills you'll need to succeed in today's ever more technology-focused health care environments.

Rising health care costs, the effects of health care reform, and concerns about employee health and productivity are just a few reasons why more and more organizations are looking to implement workplace wellness programs. Now, you can learn to design, develop, implement, and manage health and wellness initiatives that are good for people and good for business with the bachelor's and master's degree online **Health and Wellness Management** programs. Because healthy employees equal a healthy bottom line.



Healthcare is a dynamic field that requires strong, compassionate leadership. Gain the hands-on experience needed to improve hospital processes and patient care. With the online **Master of Science in Healthcare Administration**, you'll enhance your practical knowledge with skills in complex organizational management, so you can drive change and become a leader in your health care community.

Every day, biotechnology is working to solve some of the world's most pressing problems and moving forward with revolutionary solutions. Whether your experience is based in healthcare, agriculture, or industry—the online **UW Master of Science in Applied Biotechnology** is an ideal choice for busy adults who are seeking advanced education and need the flexibility an online program offers.



IT Management is critical to nearly every organization in every industry—leading to a growing demand for talented professionals who excel in technical skills and in business. This UW master's degree program combines the worlds of technology and business strategy through a multidisciplinary curriculum aimed to prepare you to become an IT leader in any industry.

The 100% online **Master of Science in Cybersecurity** core curriculum addresses the fundamentals of cybersecurity, featuring courses in security planning, risk assessment, and communication. Once you complete your core courses, you will choose to pursue a unique track of study. You may choose to complete more than one track. The program's four tracks of study give you the opportunity to tailor your degree to match your interests and career ambitions.



UW-Stevens Point is partnering with UW Extended Campus in offering a 100% online Associate of Arts and Sciences Degree (AAS). Students who are interested in earning an associate degree can do so online and use this degree to easily transfer into a bachelor's degree program at UW-Stevens Point. Or take individual courses online to fulfill general education credits and supplement on-campus coursework. Whatever your goal, the online **Associate of Arts and Sciences** degree provides the educational foundation you can grow on.

Register online at uwsp.edu/conted or complete the registration form below and mail with payment

Mail to UWSP Continuing Education,
2100 Main St. Rm 032 Old Main, Stevens Point, WI 54481-3897

Name (please print) _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Emergency Contact: Name _____ Phone _____

Course Title and Date	Course Fee

Check # _____ Total Enclosed _____ / Please make checks out to UWSP and mail to UWSP Continuing Education,
2100 Main St. R, 032 Old Main, Stevens Point, WI 54481-3897

To register and pay by credit card, please go online to uwsp.edu/conted.

Refund Policy

- Refunds will be granted if the Continuing Education and Outreach office is contacted at least seven days before the start of a class. No refunds will be given with less than seven days notice.
- Programs that involve pre-ordering of materials and/or travel will not qualify for a refund unless your space can be filled from a waiting list. We reserve the right to cancel a course due to low enrollment, severe weather, or instructor illness. A full refund will be issued under these circumstances.
- BE SURE to provide your email address and phone number when registering so we can contact you if a class is cancelled for any reason.
- Email Continuing Education Customer Service at uwspceweb@uwsp.edu to cancel your registration.

Reasonable accommodations for persons with disabilities will be made if requested at least two week in advance.

Please contact Continuing Education Customer Service at 715-346-3838 or uwspceweb@uwsp.edu.



**Need Assistance Registering?
Contact Continuing Education
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uwsp.edu/conted**