



Fall 2020 Continuing Education Catalog



Click On Class Titles for Direct Links to Registration!



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University of Wisconsin Stevens Point

STEVENS POINT • WAUSAU • MARSHFIELD

A Letter From The Continuing Education Team—

We are excited to embark on a new semester of programming across all three campuses and eager to showcase the growing regional approach we are pursuing, while maintaining the individuality of each community! Every time we take another step forward in planning, we try to envision how we can increase personal enrichment opportunities, provide outreach more efficiently, and serve more people within our community and around the world.

More important, we owe each and every customer of ours a resounding **THANK YOU** from the entire Continuing Education Department. In the face of unforeseen, unimaginable, and historically unheard-of challenges, our community persisted in supporting our department. Without all of you, we would not be able to continue serving our communities today.

Despite the many changes, our team worked with agility to continue providing Retirement Learning lectures, to rework summer programs, and to devise the strongest plan we could for this fall. We hope you will continue to entrust your personal and professional enrichment to us.

To ensure that each of our customers can have confidence that we will continue to provide quality programs, during a time when we are unable to bring the community on our campuses, we have made the difficult decision to shift nearly every one of our programs into a virtual format. The great reward in that choice, however, is that many of our programs are available to our regional community, as well as across the country and internationally, providing so much more to each of you.

Please know we have limited campus presence and we are not open to the public. If you phone us, our team will get back to you as soon as possible. Please email uwspce@uwsp.edu for faster responses.

We hope that as you peruse this catalog, you discover one or more programs that will spark joy in your lives and in your homes this fall and winter!

Christine Reynebeau, Anne Rogalski and Rebecca Bauer

UW– Stevens Point Main Campus

2100 Main St. 032 Main Bldg.
Stevens Point, WI 54481
715-346-3838

UW– Stevens Point at Wausau

625 Stewart Ave
Wausau, WI 54401
715-261-6294

UW– Stevens Point at Marshfield

2000 West 5th Street
Marshfield, WI 54449
715-389-6520

uwsp.edu/conted



Virtual Youth

So You're Interested in Community Theatre?

Are you interested in Community Theatre but aren't sure where to start? Would you like to learn some new acting techniques or brush up on your theatre lingo? Need some auditions advice or some practical instruction in backstage work?

Mon / Grades 6-12 / Virtual / Full Series \$69

Session 1: Auditions: Learn the who, what, where, when, and how of the audition process. Learn how to prepare for an audition and some helpful hints for a successful one. This class will include information on where to audition in the Central Wisconsin area.

Sept 21 & 28 / 7-8 p.m. / \$19

Session 2: Theater Terminology: Having trouble knowing your scrim from your screen? Or your legs from your wings? Learn the parts of a stage, the parts of a production, the people involved in the production and other common theatre lingo.

Oct 5 & 12 / 7-8 p.m. / \$19

Session 3: Acting Techniques: Have you been involved in theatre but would like a refresher on some acting techniques? Are you new to theatre and want to learn how to act? This class will be helpful for the newbie to the seasoned actor and everyone in between.

Oct 19- Nov 9 / 7-8 p.m. / \$19

Session 4: Backstage Basics: There is SO much more to theatre than acting! Learn about set design, set construction/painting, costume design, lighting and sound, stage crew, stage management, make-up/hair, props, promotion/advertising.

Nov 16 - Dec 7 / 7-8 p.m. / \$19

Instructor: Cindi Strobel is a theatre enthusiast and the Drama Advisor for Wausau West High School.

Save the Date!

STEAM Point Days

STEAM is an approach to learning that uses Science, Technology, Engineering, the Arts, and Mathematics. This one-day conference is geared to students in grades 7 and 8. Students will engage in workshops and learn the many career paths available with an education in STEAM. This event will include a keynote speaker, three one-hour workshops, and a t-shirt.

Fri / Nov 6 / 8 a.m.-2:30 p.m. / FOR BOYS

Fri / Feb 12 / 8 a.m.-2:30 p.m. / FOR GIRLS

Virtual / \$40

Registration Opens in September!

ACT Prep

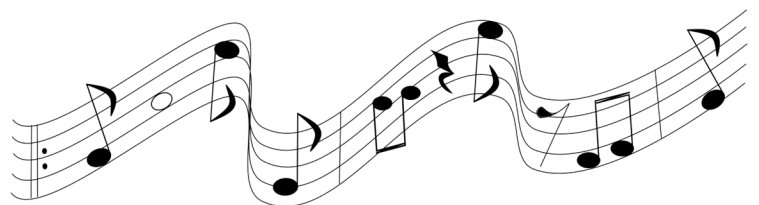
This prep session is designed to assist the student in preparing for the ACT assessment. Areas to be covered are:

- 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

Registration Deadline: Friday, October 2

Confirmation notices are not sent.

Sat / Oct 10 / 8:30 a.m.- 3:30 p.m.
Virtual / \$45



Virtual Youth Choir

In this five-session camp, youth will develop their musical talents through performance and fun singing games. Class includes creative movement, choreography and instruments! A Halloween-themed virtual concert will be recorded and shared during the last session. Participants are encouraged to don their Halloween costumes for the performance! Choir camps taught by music instructor, Mika Brunson.

Tiny Tunes is geared toward our younger singers and Junior Choir will offer more challenging pieces.

Tiny Tunes: Kids' Choir Camp (Grades 4K - 2)

Sun / Sept 27 - Oct 25 / 3:15 - 3:45 p.m. / \$25

Junior Choir Camp (Grades 3 - 8)

Sun / Sept 27 - Oct 25 / 4 - 4:30 p.m. / \$25

Virtual Youth

Middle School and High School Flute Workshop

Have you found yourself in flute slump with the coronavirus making it challenging to play your instrument with others? Join these bi-weekly workshops where you will take your flute fundamentals to the next level! Each workshop comes with handouts of exercises for attendees to keep and use when practicing. This class pairs well with “How to Effectively Prepare for Music Performances, Auditions, and Competitions,” given on 10/10/2020 at 10 a.m. -12p.m.

Week 1: Creating Beautiful Tone and Vibrato
Week 2: Crystal Clear Articulation and Multiple Tonguing
Week 3: Effective Breathing
Week 4: Smooth Technique
Week 5: Open Masterclass

Sun/ Oct 11, 25, Nov 8, 22, Dec 6 / 5 – 6 p.m.
Virtual/ \$99



How to Effectively Prepare for Music Performances, Auditions, and Competitions

This one-day workshop given by Danielle Breisach Ph.D will focus on strategies to prepare for successful music performances, auditions, and competitions physically and mentally. The class is geared towards musicians in grades 6 -12 with a special emphasis on those preparing for solo and ensemble and college auditions, and you will discuss specific information regarding the music auditions at UW-Stevens Point. Up to three performance slots will be assigned for the class, and if you are interested in claiming one of those spots, please e-mail to danielle.breisach@uwsp.edu. There are an unlimited number of general participant spots.

Sat / Oct 10 / 10 - Noon
Virtual /\$25

The Art of Improv

Stuck at home with nothing to do? Always wanted to learn a fun and useful new skill? Then you've come to the right place! The Art of Improv is a virtual class where you will be taught the amazingly fun artform of Improvisational Comedy! Learn the basics of performing a skit, some useful tips to help keep your audience engaged, and how the skills you learn in Improv can benefit you in everyday life. Whether you are a seasoned actor or have never taken to the stage before, we are sure you can learn some new skills and have an awesome experience!

Fri / Nov 6 - 20 / 4 - 5:30 p.m.
Virtual / \$39



Instructor: Noah LaMaide was a competitor on a Destination Imagination Improv team for six years, placing first and second in the world. He is very excited to work with Anne Rogalski (Alpha Omega Improv), who co-managed 15 teams to the Global Finals.

Exercise Breaks for Busy Kids and Parents

Join Corey Huck Ph.D for his family friendly, virtual exercise training program. This program consists of five, 60-minute Zoom sessions where Corey will demonstrate a series of low-impact exercises which focus on core stability, balance, strength, flexibility, and healthy body posture and development. The best part of this program is you don't need a gym membership or costly specialized equipment, so it was designed with VERSATILITY and SUSTAINABILITY in mind. You can participate in this program from the comfort of your home, office, or even while social distancing outside (basically anywhere you can access WIFI and/or use Zoom)! Since one's bodyweight is the modality of choice for this exercise program, it is extremely safe and feasible for children and adults of all ages, fitness levels, and is a perfect family-friendly activity! Participants will receive a training program, virtual instruction, feedback on exercise techniques, and tips for successful implementation and sustainability.

Tue / Sept 29 – Oct 27 / 5:30 - 6:30 p.m.
Virtual /\$69

Instructor: Corey Huck has been a professor at UW-STEVENS POINT for 12 years, a Certified Strength and Conditioning Specialist, a personal trainer, coach, presenter, and a consultant with many companies and communities. He has a Ph.D in Physical Activity, Nutrition, and Wellness, a master's degree in Kinesiology, and lots of experience with Zoom and instruction in the virtual world even before the COVID-19 pandemic.

Becoming a Smart Energy Consumer (6th - 12th grade)

Would you know if your carbon footprint is off the charts? Let's investigate! Discover how your personal behaviors impact energy consumption and costs and how these have changed during the time of COVID-19. Take action to conserve energy and work towards a healthier home and community.



Thurs / Oct 15 / 11:00 - 11:45 a.m.
Virtual /\$10

Instructor: Melissa Ruether has been with Wisconsin K-12 Energy Education Program (KEEP) since 2018 connecting Wisconsin PK-12 teachers, students, and communities to energy concepts. Her work brings model teaching and classroom programming to schools all over the state, along with visits to community and school events, to build energy literacy. Melissa has a Bachelor of Science from Southern Illinois University – Carbondale in zoology, with a minor in mathematics and an master's degree in environmental education and interpretation from UW-Stevens Point. Melissa enjoys kayaking, baking, and spending time with her black lab, Odin.

Virtual Youth Continued

YouTube Content Creators

Find your voice and leave your mark on the world! Whether you are six or 60, it's time to start a career as the next YouTube star. Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Learn the Dos and Don'ts of the platform and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, and professional editing skills. Take home a plan for launching your own channel with the content created in class! Student projects will be available on a password protected Black Rocket website to share with friends and family.



Ages 8-11 and 11-14

*A webcam is required for this course.

*Compatible with MAC and Windows OS only.

Session 1: Mon & Wed / Sept 28 - Oct 28 / 3 - 4:30 p.m.

Session 2: Sat / Sept 26 - Oct 24 / 8:30 - 10:30 a.m.

Virtual with Black Rocket / \$159

Coding Academy

Calling all future coders, programmers, and designers! Explore a series of coding languages like HTML, CSS, JavaScript, and Python through introductory projects and design challenges. Get started on your coding journey and become the next coding prodigy! Projects will be available on a Black Rocket website to share with friends and family.

Ages 8-14

*Compatible with MAC, Windows, and Chromebook

Session 1: Tues & Thur / Nov 2 - Dec 9 / 3 - 4:30 p.m.

**** No Classes the Week of Thanksgiving**

Session 2: Sat / Sept 26 - Oct 24 / 8:30 -10:30 a.m.

Virtual with Black Rocket / \$169

Instructor: Black Rocket will provide a professional instructor for your program.

Marshfield Youth

Marshfield STEAM Day

For many of you there is no school on November 9, so join us for a fun-filled day exploring Science, Technology, Engineering, Art and Math through experiments and hands-on activities! Please bring a sack lunch. More details to come online.

Mon / Nov 9 / 8 a.m. - 4:30 p.m.

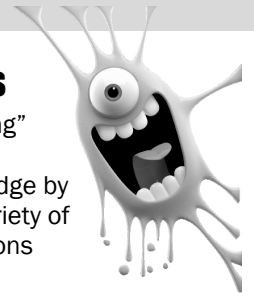
Marshfield Campus / \$55

Includes supplies and snacks. Before and after childcare available.

Instructors: UW-Stevens Point at Marshfield professors, staff and community professionals.

Minecraft Redstone Engineers

Take the next step beyond simply "playing" Minecraft and become a true Redstone engineer. Expand your Redstone knowledge by constructing your own carnival with a variety of mini-games, roller coasters, and attractions powered by Redstone. Learn how to use Command and Structure blocks to incorporate them into your builds. Activate your skills and take your Minecraft structures to the next level! **Students must own a Java version of Minecraft to take this class.** Tablet, phone, and game console versions of Minecraft are not compatible.



Mon & Wed / Nov 3 - Dec 10 / 3 - 4:30 p.m.

No classes the Week of Thanksgiving

Virtual with Black Rocket / \$159

Roblox Makers

Unlock the power of ROBLOX® Studio, the world creation tool used by real-world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Student-created projects will be available on a password protected Black Rocket website to share with friends and family.

Ages: 8-11 and 11-14

*Compatible with MAC and Windows OS only.



Tues & Thurs / Sept 29 - Oct 29 / 3 - 4:30 p.m.

Virtual with Black Rocket / \$159

RETIREMENT LEARNING

Wausau Retirement Learning

RETIRED LEARNERS

Membership \$45/Semester

RETIRED LEARNERS MEMBERSHIP

For Fall 2020, we have a new blended membership for all Retired Learners in College of Emeriti that will be hosted virtually through Zoom, providing an opportunity to share learning experiences and discover new joys. We are proud to continue serving the needs of community members ages 55+!

MEMBERSHIP BENEFITS

- 6+ FREE LECTURES PER SEMESTER
- Monthly Coffee and Chat Social Hours
- Continuing Education Class Discounts
**Look for the logo shown here >>
- Good Ideas Conference Discount



+\$10 Regional Membership Add On—Provides you access to additional shared classes offered jointly by Stevens Point, Wausau, AND Marshfield.

Retired Learners– Virtual Fall 2020 Schedule

Sept 18 - Coffee and Chat Social Hour - 9 a.m.

Sept 22 - A Music Director's Experience- Sarah Wussow - 10 a.m.

Sept 29 - Presidential-Congressional Relations - Ed Miller - NOON

Oct 6 - Eradication of Hunger in Marathon County - Ben Lee, United Way and Donna Ambrose, Neighbors Place - 10 a.m.

Oct 14 - Adventures in Evolutionary Biology- Robert Jadin - NOON

Oct 15 - Basic Statistics- Bill Kirby - 10 a.m.

Good Ideas

An enriching three-day program for lifelong learners age 50 and over

January 12-14, 2021



Join a University Experience for Community Members! Join a group of lifelong learners ages 50 and over for an enriching three-day program with UW-Stevens Point at Wausau. A January thaw for your mind and spirit.

Daily Schedule:

- 8 – 9a.m.: Daily General Session Presenters
- 10:15 – 11:45 a.m.: Morning Class (4 Options to Choose From)
- 11:45 – 12:15 p.m.: Lunch Break
- 12:15 – 1:45 p.m.: Afternoon Class (4 Options to Choose From)
- 2 – 2:45 p.m.: Option Classes (\$5 Add On for All 3)

Conference being held Virtually for 2021!

Registration Fee:

\$49 Public / \$30 Regional Members / \$15 for Retired Learners

NEW TO ZOOM? Reach Out And We'll Help!

uwspce-LIFE@uwsp.edu or 715-261-6375 or Join a Tutorial:

Thur / Sept 17 / 10 a.m. OR Mon / Sept 21 / 9 a.m.

Oct 27 - Music in the Modern World with Olivia Hill, Executive Director of Wausau Music Conservatory - 10 a.m.

Nov 3 - International Book Read: Love in the Time of Cholera by Gabriel García Márquez with Richard Olson - 10 a.m.

Nov 19 - Coffee and Chat Social Hour - 9 a.m.

Dec 4 - Pharmaceuticals Develop.m.ent- Ed Miller - 10 a.m.

Dec 16- Coffee & Chat Social Hour - 9 a.m.

Marshfield Retirement Learning

Join Passion for Adult Learning (PAL)



Membership \$45/Semester

Passion for Adult Learning (PAL) is a membership-based organization of adult learners **55 and up** that provides learning opportunities on a variety of topics determined by committee members and university staff.

The goal of PAL is to enhance the lives of adults mentally, socially, culturally and physically.

UW-Stevens Point at Marshfield Continuing Education's group membership dedicated to provided lifelong learning opportunities to adults age 55 and over.

MEMBERSHIP BENEFITS

- Two free classes per semester (Free and reduced-rate classes indicated in the catalog with PAL logo)
- Annual One-Day Conference
- Discounts and special offers
- Library card and free access to the UW-Stevens Point at Marshfield Library
- UW-Stevens Point at Marshfield Fitness Center Membership
- Free membership to the Pickleball Club

+\$10 Regional Membership Add On—Provides you access to additional shared classes offered jointly by Stevens Point, Wausau, AND Marshfield

Membership Details

Runs per Semester

Sept - Dec 31 and Jan 2 - May 31

Annual fall kickoff celebration TBA

WHY JOIN PAL?

Join PAL to meet new friends, nurture lifelong learning, explore new and interesting topics, take advantage of free and reduced rate continuing education programs and various UW perks.

*The health and safety of our PAL members is of utmost importance.

In order to comply with university policy and CDC recommendations the following changes are in effect for fall 2020:

Many programs will be offered virtually. In-person programs will require the use of masks and social distancing. The Fitness Center will have reduced hours with limited capacity. Pickleball will be limited to singles with up to six on the floor at a time. The Walking Path will be suspended, but walking will still be allowed in the gym as capacity allows. The annual Winter One-Day Conference has been postponed to spring.

Register online at uwsp.edu/pal

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

NEW TO ZOOM? Reach Out And We'll Help!
uwspce-LIFE@uwsp.edu or 715-261-6375

ZOOM TUTORIALS

Thur / Sept 17 / 10 a.m. OR Mon / Sept 21 / 9 a.m.

Stevens Point Retirement Learning

Learning Is ForEver (LIFE)

Membership \$45/Semester

LIFE, or Learning Is ForEver, is a membership-based association dedicated to providing adult learners the opportunity to expand their knowledge, engage in discussion, and make new friends. Classes will be delivered live via Zoom, and most of our classes will be recorded and available to watch on our Canvas page. LIFE also offers a dedicated tech team who is eager to make sure you get the best online experience

MEMBERSHIP BENEFITS

- Over 40 live virtual classes, focused on expanding your knowledge!
- Access to a library of previously recorded classes!
- New friends made from the comfort of your own home!
- Monthly film, book, and poetry and prose discussions!
- Shared learning with friends and family around the world!

+\$10 Regional Membership Add On—Provides you access to additional shared classes offered jointly by Stevens Point, Wausau, AND Marshfield

New Member Meeting

Join us at an orientation meeting for all new LIFE Members!

Fri / Aug 21 / 10 a.m.

Location: Zoom Meeting

(email us for more information at uwspcelife@uwsp.edu)

NEW TO ZOOM? Reach Out And We'll Help!
uwspce-LIFE@uwsp.edu or 715-261-6375

WHY JOIN LIFE?

We at the LIFE Program believe it is never too late to learn, hence our name, "Learning Is ForEver". With our class roster of over 40 live programs this fall, you are sure to find something that interests you! You may ask, "Why should I join this program when I could just learn on my own?" While learning on your own is certainly something you should do, LIFE provides you the opportunity to learn from and interact with experts in their field who are always eager to answer your questions. You are also given plenty of opportunities to interact with your fellow LIFE members who share your love of learning. Our special interest groups are great for socializing! We currently run a book discussion group, a film discussion group, and a poetry and prose group. All three are free for you to attend as a LIFE member!

With our new virtual format, experiencing LIFE is easier than ever before!

You can participate in classes from most anywhere in the world! Simply click the link you receive in your email each week and you'll be learning in no time! Why wait? [Experience LIFE today!](#)

Continuing Ed Gift Certificates

Gift certificates are available for birthdays, holidays, retirement, special occasions, or simply because you would like to experience a Continuing Education class with a friend or family member. This fall, our virtual online classes give you the opportunity to attend programming with others across the state, the country, and around the world. When you purchase a gift certificate, we will send your recipient an email that includes the online registration link and a promotional code to apply their gift certificate.

If you prefer that they receive their gift certificate by postal mail, please contact us right away after making the purchase online.

If you have any questions, please contact our customer service desk at 715-346-3838.

FINE ARTS

Virtual Classes

How to Listen to Classical Music

Have you ever attended a concert and realized that you didn't know what the different instruments on stage were, didn't recognize the composer, or had no idea what the conductor was talking about when introducing the piece from the stage? Have you ever wanted to attend a concert, but didn't because you didn't feel that you understood the music? Join in on a discussion about listening to classical music with greater awareness. We will discuss how to identify different instruments, the differences between melody and harmony, great composers of the past and fascinating up-and-coming composers, and more! This is the ultimate, compact primer if you are interested in having a greater sense of awareness and appreciation of classical music!

Sat / Oct 10 / 4 - 6 p.m.

Virtual / \$25

Introduction to Playing the Irish Whistle & Flute

Take up the Irish whistle or flute and overcome the pandemic blues! Danielle Breisach Ph.D. lays down the basics of how to get into playing Irish dance music such as jigs, reels, and more!

Week 1: We'll go over fingerings and listen to several examples of Irish dance music

Week 2: Jigs

Week 3: Reels

Week 4: I'll answer questions, give information for resources, and we'll choose from slides, slip jigs, polkas, or hornpipes to end our workshop!

***Prior experience on flute or whistle is a plus, however, this class will be designed to take a beginner through learning the fingerings and the tunes on whistle. If you would like to participate on flute, you may do so with a modern metal flute or wooden flute, but you should have previous experience on the instrument.

Wed / Oct 14 - Nov 4 / 7-8 p.m.

Virtual / \$79

Instructor: Danielle Breisach Ph.D.'s exuberance and compassion permeate her performing and teaching. Breisach Ph.D. has performed all over the United States as well as in Canada, Asia, and Europe. In addition to teaching as associate lecturer of Flute at the University of Wisconsin-Stevens Point, she maintains a private studio of in Madison, WI. Breisach Ph.D. has taught at the InterHarmony International Music Festival, UW-Madison Summer Music Clinic, UW-Whitewater Flute Camp, and UW-Stevens Point Camp COFAC among others. She has adjudicated competitions for the National Flute Association, the Florida Flute Association, the Texas Flute Festival, and the Chicago Flute Club. Breisach Ph.D. has appeared in performances, masterclasses and festivals in United States, Canada, Italy, and China. She has performed with the Madison Symphony Orchestra, Wisconsin Chamber Orchestra, and Kalamazoo Symphony Orchestra. In addition to modern flute, she is a baroque flute and Celtic flute enthusiast. Breisach Ph.D. is the Artistic Director of the Madison Flute Club and Festival Director of the Wisconsin Flute Festival.

Get to Know the Great Composers

Get to know eight of the Great Composers from Baroque, Classical, Romantic, and 20th Century music, including Vivaldi, Bach, Beethoven, Mozart, Copland, and Shostakovich. We will learn interesting details about their lives and major works through various resources, including Michael Tilson Thomas's series "Keeping Score." The class will include both lecture and open discussion.

Tues / Oct 6 - 27 / 5:30 - 6:30 p.m.

Virtual / \$80

Instructor: Rochelle Pearson received her Master of Music in Music Performance from the University of Akron. She has been a violin/viola teacher for 30 years and is a Certified Suzuki teacher in all ten books.

Music Theory & Musicianship

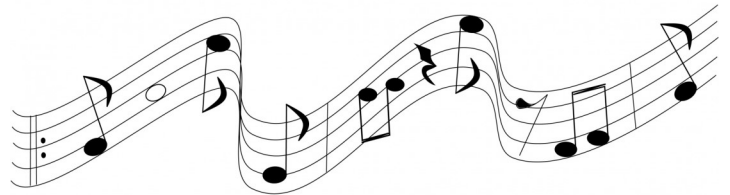
An opportunity for young and adult music students to gain a deeper understanding of the music they play. In four weeks, the course will dig deeper into music theory concepts including tonality, scales, intervals, and chords. This course is appropriate for intermediate and advanced.

Thurs / Oct 1-22 / 5:30 - 6:30 p.m.

Wausau Conservatory of Music, 404 Seymour St,

Wausau Virtual / \$80

Instructor: Mike Fischer has been an avid pianist since the age of 4. He received his Bachelor of Music from Drake University in Des Moines, IA, followed by his Master of Music degree from the New England Conservatory of Music in Boston.



Music Classes

Due to the Unknown Nature of Academic Classes, we have not listed Concert Choir, Concert Band, or Jazz Ensemble in the Catalog this Fall. Please check out our website for updates!

Virtual Fine Arts

Basics of Drawing

Learn how to use The Elements of Art; line, shape/form, value, texture and space to create realistic and abstract drawings. Learn how to render objects from observation and create from your imagination. Learn techniques such as proportion and perspective to create a dynamic design in your artworks. Beginners and experienced artists are welcome. You'll get one on one critiques, as well as other useful tips for expanding your creative skills. Supplies Needed: Wooden pencils, sketch paper and good eraser. To enhance your experience see suggested supplies on website.

Mon and Wed / Sept 21 – Oct 7 / 6:30 – 8 p.m.
Virtual / \$49

Instructor: Necedah School District art instructor Annette Svoboda-Lessard has a Bachelor's of Fine Arts degree from Milwaukee Institute of Art and Design, Drawing major, Painting minor. She spent 12 years as a graphic designer at a Milwaukee-based screen print company. She is a Certified Grumbacher Fine Art Instructor, for both painting and drawing, working for Michaels; and a freelance graphic designer/illustrator.

Theatre and Costume Design

You'll steal the show with costume designs that enhance every show you're in! Join this class and learn how to create a costume plot and design. You'll take your design from an idea to fruition on the stage via resources and construction.

Mon / Nov 2 - 23 / 6 - 7:30 p.m.
Virtual / \$29

Instructor: Out of the Woods Theatre is a newer local community theatre group that embraces a variety of theater genres from musicals to Shakespeare. Nicole Stephens, the manager of OOTWT, has been involved in theatre since she was a little girl and had written several plays, starting in high school. She is also a licensed cosmetologist who has created hair and makeup designs for several local productions including Beauty and the Beast and South Pacific.

Gnome Night



If you have been to a craft shop lately, you've noticed gnomes have taken over! Learn how to craft one (or more) of your own. No-sew and simple sew options will be shared. Minimal supplies are needed to create a gnome for your home! Some supplies will be shipped to you!

Tues / Nov 10 / 6 -7:30 p.m.
Virtual / \$39

Instructor: Susan Turgeson, see Breads, Set, Go! For more!

Some Geometric Applications to Woodworking



Discover mathematically motivated techniques for creating segmented turnings and some other construction problems that are solvable with vector geometry. This presentation will develop and provide practical formulas for creating cylinders, cones, polyhedra and helices out of wood. The main focus is to create a variety of solids for wood-turning.

Thurs / Oct 15 / 7 - 8 p.m.
Virtual / \$19

Instructor: Paul Martin is an avid craft woodworker and mathematician. He enjoys playing with analytical geometry and applying this to construction problems in the woodshop and beyond.

Creating Calm Through Art

As a world, we are facing new and varied challenges due to the pandemic. Art gives us the opportunity to process and express what we experience. This course is designed for the student to create, express, and connect with fellow artists. There will be a focus on personal creativity, artistic voice, and individual interests. Students will have the opportunity to explore visual journaling, zentangle patterns, and expressive art. Prompts will be open to interpretation and the student can use the materials they have on hand. During this chaotic time, embrace this opportunity to grow as an artist and create your own sense of calm.

Tues / Nov 10, 17, 24 & Dec 1, 8 / 6 -7:30 p.m.
Virtual / \$69

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. She lives in Plover with her husband, two children, two dogs, and a cat.

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

Virtual Fine Arts

Song Writing and Music Theory 101

Have you ever wanted to learn how to read music? Do you have song ideas that you just can't write down? This class is designed to introduce the basics of music reading and the theory behind how music is organized. You don't need any prior experience. We will start with reading music on a staff and expand to building chords and writing melody. Walk away with the beginnings of your very own song!

Sat / Sep 12, 26, Oct 10, 24, Nov 7, 14 / 2 - 3:30 p.m.
Virtual / \$79

Instructor: Sarah Manasreh Ph.D is currently the assistant professor of Clarinet and Music Theory at UW-Stevens Point her Bachelor of Music degree from Florida State University, Master of Music in Clarinet Performance from the Royal Northern College of Music, and her Doctor of Musical Arts from Michigan State University.

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, with lessons beginning in October.

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, with lessons beginning in October.

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

Join mixed media artist Erin Prais-Hintz in making 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 dedicated to helping those who are most vulnerable. Now you have the chance to make your own IONU Owl with this special class, and have the satisfaction of knowing that your purchase will help Erin continue her pledge to help those that need it most, as she will be donating a portion of the class fee to an organization in need. Each IONU Owl you will make is unique and limited only by your imagination!

Includes kit to make 2 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.

Fri / Oct 16 / 6 - 9 p.m. / \$69

Minutiae: Mixed Media Micro Mosaic Cuff Bracelet

mi·nu·ti·ae mə'n(y)ooSHē, ē, mə'n(y)ooSHē, ī/ noun
the small, precise, or trivial details of something.

"The minutiae of everyday life" Join mixed media artist Erin Prais-Hintz in creating your own mixed media micro mosaic cuff bracelet using an art medium called Apoxie Sculpt. You will create a statement bracelet to stand out in a crowd. You can feel free to use a lot of meaningful bits and pieces you have collected along with the kit to make your cuff bracelet truly one-of-a-kind.

Includes kit to make one cuff bracelet complete with Apoxie Sculpt, channel bezel bracelet cuff blank, assorted beads and metal pieces, mica powder, crystals, chain and anything else you care to add.

Fri / Nov 13 / 6 - 9 p.m. / \$69

Safer@Home Mixed Media Mosaic

What does HOME mean to you? What is the view out your window? What makes this place special? Mixed media artist Erin Prais-Hintz thought about all the good that comes from time spent in the safest space of all: home. The Safer@Home series of mosaics was her response. This will be your chance to explore your creative side and work with Apoxie Sculpt to bring your own mixed media mosaic house to life to show the world how your home is a special place to be.

Includes materials to get you started on one house mosaic: house base, Apoxie Sculpt, hanging hardware, assorted beads and pieces, mica powder and anything else from your own stash to add.

Fri / Dec 11 / 6 - 9 p.m. / \$99

Instructor: Erin Prais-Hintz 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." No bead or art supply goes unloved in her studio. She loves to mix patterns and textures, colors and metals, simple baubles, and stunning art beads, and she enjoys elevating common objects or everyday materials to new levels.

MIND AND BODY

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.

Tues / Dec 8 / 6:30 - 8 p.m.

Virtual / \$19

Virtual, Home-based Strength and Stability Exercise Program

Join Corey Huck Ph.D for this unique exercise training experience. This program consists of five, 60-minute Zoom sessions where Corey will demonstrate a series of low-impact exercises which focus on core stability, balance, strength, flexibility, and body posture for healthy aging. The best part of this program is you don't need a gym membership or costly specialized equipment, so it was designed with VERSATILITY and SUSTAINABILITY in mind. Since one's bodyweight is the modality of choice for this exercise program, it is extremely safe and feasible for adults of all ages, fitness levels, and is an awesome active break within your busy day! Participants will receive a training program, virtual instruction, feedback on exercise techniques, and tips for successful implementation and sustainability.

Tue / Sept 29 - Oct 27 / 10 - 11 a.m.

Virtual / \$69

Instructor: Corey Huck has been a professor at UW-Stevens Point for 12 years, a Certified Strength and Conditioning Specialist, a personal trainer, coach, presenter, and a consultant with many companies and communities. He has a Ph.D. in Physical Activity, Nutrition, and Wellness, a master's degree in Kinesiology, and lots of experience with Zoom and instruction in the virtual world even before the COVID-19 pandemic.

Meditation

In this class you will learn the why, what, where, when and how of meditation. You will leave this class with the tools to find a comfortable meditation position appropriate for your personal needs and ways to set up and enrich a meditation practice.

Thur / Sept 24 / 7 - 8:30 p.m.

Virtual / \$19

Katherine Clancy is a long-term meditator and has been teaching meditation for ten years. She is certified to teach yoga and meditation from the Ananda School of Meditation and Yoga in 2009. She is a professor at UW-Stevens Point and advisor to the Yoga and Meditation Club.

Introduction to Trail Running



Are you ready take a break from pounding pavement? Get a change of scenery with trail running! This course will prepare runners of all ability levels for the trail. You will receive tips including suggestions for local trail runs, shoe recommendations, benefits of trail running, trail etiquette, training recommendations, additional resources, and upcoming training and race opportunities.



Thur / Nov 5 / 6 - 7:30 p.m.

Virtual / \$10 / Free for Retired Learners

Instructor: Andrea Larson, a Marathon native, gradually increased from the low hurdles at the Kiwanis Little Olympics to ultra marathons. Andrea podiumed at one of the country's most prestigious trail races, the Leadville 100, and was the first overall finisher of the Marji Gesick 100 trail race crushing the women's course record.

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: Foxtrot & Night Club Two-Step

Tues / Nov 24 - Dec 15 / 6:30 - 7:30 p.m.

Virtual / \$49

Instructor: Missy and Jeff Kolbeck

Mindfulness Meditation to Build Resilience

How can you manage stress and build resilience during times of change? Being mindful is a great avenues to improving life satisfaction during stressful times. A study published in the journal Personality and Individual Differences, indicates "individuals with higher mindfulness have greater resilience, thereby increasing their life satisfaction." Additional studies have also concluded that those practicing mindfulness cope with difficult thoughts and emotions better without becoming overwhelmed or shutting down.

Tue / Oct 27 / 6:30 - 8 p.m.

Virtual / \$19

Instructor: Sallie Scovill is a Professor for Health Promotion and wellness at UW-Stevens Point.

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

Mind and Body

Pilates Teacher Training - Movement Principles

This is the entry-level course for Pilates Certification. Movement Principles provides a solid foundation for training in any environment. You will come away with a complete toolbox for effectively training clients to recover from injuries, improve their general fitness and enhance their performance. The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

Sat & Sun / Sept 12 – 13 / 9:00 a.m. - 6:00 p.m.
Classes will be in person / final exam to be held online/\$325

Pilates Teacher Training - Mat I Module

Mat 1 Module forms the foundation of the Pilates Method. This course includes an introduction to the history and principles of the Pilates Method and the beginning and intermediate level exercises. Each exercise includes training on modifications, challenges, the purpose of the exercise and any precautions for injuries and special populations. How to design and teach group classes and guidelines for teaching seniors and pre- and post-natal classes are included.

Fri / Sept 4 - Nov 20 / 8:30 a.m. - 9:45 a.m. / Location TBD
Dec 4 - Final Exam / Virtual / \$325
Classes will be in person / final exam to be held online

Instructors: Amy Beversdorf, Associate Lecturer, teaches Pilates Mat, and co-directs UW-Stevens Point's Balanced Body Pilates Authorized Training Center. She has been teaching Pilates since 2000, training with nationally recognized teachers Lesley Powell and Doris Pasteleur Hall. In 2004 Amy founded Studio B Pilates, Stevens Point.

Pamela Luedtke is currently instructing dance throughout Central Wisconsin and is an associate lecturer instructing ballet with UWSP's Dance Program. She is the founder and artistic director of Point Dance Ensemble, a non-profit dance company in Portage County consisting of dancers ages 11-18. Pamela is also certified in Educational Kinesiology (Brain Gym) as an instructor and a consultant for schools in Wisconsin.

Building Resilience

Stress along with its side effects like fear, anxiety, and depression can lead to unhealthy behaviors like binge eating, physical inactivity, and substance abuse. How can you cope with these negative emotions and behaviors, one way is by building personal resilience. The American Psychological Association defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems, or workplace and financial stressors." This five-week course will help you build and practice the evidence based skills to becoming more resilient and dealing with the challenges of daily life in an ever changing world.

Wednesday / Oct 21 - Nov 18 / 6:30 - 7:30 PM
Virtual / \$29

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

Reiki I (First Degree)

Learn the first level of Reiki energy healing in this fun, interactive class. You will learn what Reiki is and how it works, where it came from, and how to use it for self-healing and healing others. We will meet over three weeks in three 2-hour long classes. You will receive: Reference materials, attunement, certificate of attunement, and continued support along your Reiki journey. Each participant will receive a book for the class.

Sat / Nov 7 - 21 / 10 a.m. – Noon. OR
Tues / Dec 1-15 / 6-8 p.m.
Virtual / \$189



Reiki II (Second Degree)

Learn the second level of Reiki energy healing in this fun, interactive class. You will learn what Reiki is and how it works and how to use it for deeper work of past life and future life healing for self and others. You will learn how Reiki heals via distance, self-healing, healing others, the chakras, and more.

Reiki Level I is a prerequisite for this class.

Tue & Thur / Jan 5 - 21 / 6-8 p.m.
Virtual / \$279

Instructor: Dawn Provost is a Reiki Master, Spiritual Teacher, and Psychic Medium. After experiencing a major awakening in 2012, she began to hear her calling from Source that she is a Healer and a Spiritual Mentor and began an in-depth study of spirituality and consciousness subjects across the board. When she discovered Reiki in early 2017, she knew this was for her and became attuned to the first two levels that year. Since then she has been practicing and sharing about Reiki energy healing with others and received her Master level in June 2019. She opened her healing business Angels of Awen officially in December 2019, angelsowen.com. She brings inspiration and positive energy to all and is honored to share her knowledge of Reiki and energy work with others.

In-Person Mind and Body

Intermediate Ballroom Dance—Wausau

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: Waltz, West Coast Swing, and Rumba.

~~PREREQUISITE FOR INTERMEDIATE LEVEL IS A MINIMUM OF 6 HOURS OF PRIOR BALLROOM DANCE LESSONS.~~

Due to COVID-19 only **DOUBLES** are welcomed in the class to provide a safer dancing experience; Instruction will be contactless & masks will be required.

Introductory Level: Tues / Oct 13- Nov 17 / 6:30 – 7:30 p.m.

~~Intermediate Level: Tues / Oct 15 – Nov 10 / 6:30 – 7:30 p.m. Canceled~~

Wausau Campus, Gym / \$65

Instructor: Missy and Jeff Kolbeck have over 20 years of combined dancing experience in Ballroom, Latin and Swing dancing. In addition to their private and group classes in the Wausau, they are also freelance choreographers for several theater organizations, show choirs and high school groups.



Basic Yoga for Back and Posture

This gentle yoga class will focus on postures and stretches to help alleviate back pain and improve posture. Learn basic exercises to increase flexibility and balance and strengthen the core. Please bring a yoga mat and strap (scarf or belt will work if you don't own a strap).

Wed / Oct. 7 – 28 / 8:30 – 9 a.m.
Marshfield Campus / \$25

Instructor: Rebecca Bauer has over 12 years of experience instructing various group exercise classes and will be leading both YogaFACE and Basic Yoga for Back and Posture.



Intro to Pickleball

Join in one of the fastest growing sports in the U.S. – Pickleball! Learn the basics of this fun sport that offers physical and social benefits. Class includes one-hour introduction of pickleball basics and rules followed by one-hour practice play. Please wear athletic attire and clean tennis shoes. All equipment provided.

Mon / Oct 5 / 1 – 3 p.m.
Marshfield Campus, Gym / \$19

Course taught by avid pickle baller,
Randy Draeger.



Marshfield
UW-Stevens Point



Our outdoor escape room takes place in our campus Arboretum allowing for safe, socially distant, fun in the sun.



Can your team conquer

THE MYSTERIOUS FOREST?

Book today and find out.
uwsp.edu/escaperoom

\$25/person OR
\$30/person includes pre-game personality survey and post-game debriefing

2000 W. 5th St., Marshfield, WI

LECTURES

Modern Revolutions

This course will investigate political revolutions as one of the defining characteristics of the modern era. Each of the three sessions will be centered on a specific topic: The Liberal Revolutions of the 18th and 19th centuries, Communism, and Revolution in the Modern Middle East.

Tues / Sept 22, Oct 6 & Oct 20 / 6 - 8 p.m.

Virtual / \$49

Instructor: Jeff Leigh has been a professor of history at UW-Stevens Point at Wausau since 2000. He earned his bachelor's degrees in History and Russian studies and went on to receive his masters and doctorate in history from Indiana University. He is the author of "Austrian Imperial Censorship and the Bohemian Periodical Press from 1848 to 1871".

Presidential-Congressional Relations

This program will examine the power allowed to the president and Congress by the Constitution and statutes and how and why the U.S. system is failing.

Thur / Sept 29 / Noon - 1 p.m.

Virtual / \$10 or FREE for Retired Learner Members

Instructor: Ed Miller is professor emeritus of Political Science with UW-Stevens Point and is the co-director of the Center of the Small City. He served as Chair on the Supreme Court's redistricting committee.

Adventures of Evolutionary Biology

Discuss the field of evolutionary biology and the adventure that have been brought to our world by the increased diversity of life.

Explore the ways that Evolutionary Biology has impacted our world.



Wed / Oct 14 / Noon - 1p.m.

Virtual / \$10 or FREE for Retired Learner Members

Instructor: Robert Jadin works for UW-Stevens Point in the biology department. His wife and he grow more than 400 pounds of produce in their tiny backyard in the suburbs of Chicago. Now, with 10-acres of solar-powered property, the Jadins are able to grow a lot of their own food.

E Book Discussion: "The World: A Brief Introduction"

Whether what we wanted or not, we live as players of a global era. Join Blakeman for a focused discussion of global politics and the way actions of someone hundreds of miles away can impact our lives. Books will be available to be loaned out.

Tues / Dec 8 / 6:30 - 8 p.m.

Virtual / \$19 / \$5 Discount for Retired Learner Members

Instructor: John Blakeman

Rethinking History

Three-Week Series, Sign up for one, two or all three!

A series of three meetings to learn and chat about several episodes that continue to have a direct impact on our lives today.

Session 1: The Wisconsin Milk Strike—Discuss and explore a time of malnutrition and starvation, Wisconsin's dairy farmers destroyed tons of milk by dumping it into drainage ditches and fields. Threats of violence along actual violence took place across the state.

Session 2: Who Voted for Hitler?—Americans assume Hitler simply seized power somehow when, in fact, the Nazi Party acquired control of the government legally. Germans generally acquiesced to this strangulation of freedoms to protest, enjoy a free press, and consider political alternatives. In the words of historian "they thought they were free."

Session 3: The Civil War—It was about Slavery, not Slaves—For most Americans, the war dealt with economic issues inspired by the ideal of free/ wage labor. If the Civil War was about slavery, what happened to freedom for the liberated?

Mon / Oct 5-19 / 6 -7 p.m.

Virtual / \$29 Full Series or \$15 Individual Lecture

Instructor: History professor Jeffrey Kleiman has lived for 30 years in central Wisconsin, teaching and researching. His areas of interest include Abraham Lincoln, the decade before the Civil War, Nazi Germany and the Holocaust.

Christianity and the Environment

This course will invite students to consider how Christian ideas like creation, sin, and apocalypse relate to environmental issues in a time of ecological crisis. We will introduce basic ideas of environmental ethics, think about how modern science and philosophy understand our relation to nature, and ask how religious values might inform a more responsible engagement with the environment

Thurs / Oct 1 - 15 / 6 - 7:30 p.m.

Wausau Location TBD / \$49

Instructor: Ryan O'Leary specializes in philosophical theology and questions of religion and culture. The focus of his current research involves applying traditional religious symbols to ecological thought and researching issues at the intersection of civil religion and political discourse. O'Leary is a Wisconsin native who enjoys camping, kayaking, and exploring Wisconsin's parks, forests, and natural areas.

Virtual Lectures

Heirloom Biographies

Learn the backstory of some of our favorite heirloom varieties and the difference between hybrid, heirloom, open pollinated and GMO.



Tues / Nov 3 / 10 - 11a.m.

Virtual / \$15 or Free for Retired Learner Members



Winter Plant Care

Tips and care for your favorite December plants! Learn how to keep a poinsettia, Christmas cactus, Norfolk Island Pine and other plants that are often found in December. Also, learn tips for picking out Christmas

Thurs / Dec 10 / 10 - 11 a.m.

Virtual / \$15 or FREE for Retired Learner Members

Instructor: Janell Wehr is the horticulture educator with UW-Extension located in Wausau.

Windows on World Cinema

This is an introduction to fascinating global films and ways of watching them. Discover a world of film that may connect with you in ways that Hollywood never has.

Wed / Oct 21 - Nov 4 / 6:30 - 8 p.m.

Virtual / \$39

Instructor: Julie Tharp is an English professor at UW-Stevens Point at Marshfield, Film Studies professor for 25 years, and Head Cook and Bottlewasher of the campus Dinner and a Movie class which has covered over 100 films. She also experienced a six-month Fulbright in Mumbai, India, studying Bollywood cinema.

How to Fight like a Philosopher

Disagreement can be stressful and counterproductive, but philosophers do it for a living and many of us still have friends! Join us to learn some skills that will let you fight (or not) like a philosopher.

Fri / Oct 23 / 6 - 7:30 p.m.

Virtual / \$10

Instructor: Dona Warren has taught critical thinking every semester since joining the Department of Philosophy at UW-Stevens Point in 1995. She is currently the director of the Critical Thinking Center, which partners with community members, employers, instructors, and learners to support the development and practice of critical thinking in classrooms, workplaces, and communities.

YOU ALREADY ARE

Hear first-hand what the life of an artist is really like from established artist Kent Youngstrom. You will hear his story and the risks taken to pursue an unconventional career, as well as advice for those that have always wanted to pursue their dreams but have been hesitant to do so. This class is for anyone interested in breaking out to pursue a full-time way of life as it was meant to be. No paintbrush needed, but you may find you'll be inspired to pick one up after this class! All attendees will receive a LOVE painting from his whirlwind multi-city tour.

Tues / Sept 22 / 6 - 8 p.m.

Virtual / \$99

Instructor: I'm kenT and I'm an artist. Sometimes even the tortured kind. I'm on a mission to make the walls of your home, office or secret lair as colorfully composed as you are. I have somehow managed to work with people like Joanna Gaines, who has a "king + queen" painting and a "kindness is cool" painting in her home, and companies such as lululemon, nubull project and urban outfitters. However, the caffeine jolt in my energy drink is to create something that inspires and motivates and reminds you that no one on earth can do what you do precisely the way you do it.

Opera History

If you have always been interested in Opera, love good music, but never knew the backstory about what was going on, then this course is for you. The professor teaching this course is a musicologist and music educator and will provide background information and insights aligned to a guided list to help you enjoy some of the best scenes Opera has to offer. There will be discussion online, and from the comfort of your own home you can become a more knowledgeable Opera fan. Take the class alone, or with a family member or friend! This class is intended both for someone with a love of Opera, and someone who knows nothing about it but we're just like to know what all the fuss is about! (Participants will need to access Opera on Demand for \$15 a month or \$100 for a year.)

Tues / Noon - 1 p.m. / Virtual / \$149

Instructor: Rachel Brashier is the director of Music Education at the UW-Stevens Point. Originally from Illinois, she earned her bachelor's degree in Music Performance and Education at Eastern Illinois University and then taught K-12 music (general, vocal, and instrumental) full time in the Chicago area for over 12 years. She also holds master's degrees in Musicology from Southern Illinois University Carbondale and in Ethnomusicology from the Eastman School of Music and completed her Ph.D in Music Education at the Eastman School of Music.

Virtual Lectures

Winterize: Putting Your Garden and Lawn to Bed

Learn how to put your garden and lawn to bed with horticulture educator Janell Wehr. Cover the steps to prepare perennial and vegetable beds to rest for the winter as well as fall lawn care. In many ways, the work done in the fall is the most important to prevent pests and disease damage.

Wed / Sept 9 / Noon – 1 p.m.
Virtual / \$19



Peshtigo Fire

October 8 marks the anniversary of the Peshtigo Fire that devastated Eastern Wisconsin nearly 50 years ago. Most are familiar with the Great Chicago Fire, but not the Peshtigo fire. Ironically the fires occurred on the very same day, but sadly the Peshtigo fire killed over five times that of Chicago's. Psychology Professor Sandy Neumann will discuss the details of this historic tragedy including disaster psychology perspectives.

Wed / Oct 7 / 3:30 - 4:45 p.m.
Virtual / \$19



Arboretum: Fall Colors Hike and Learn

Check out the fall colors in UW-Stevens Point at Marshfield's 20-acre Arboretum. Home to many plants and wildlife and with several trails, the arboretum is a perfect spot for hiking, biking, snowshoeing, cross country skiing and more. For more than four decades, under the protection of the University of Wisconsin, this forest has continued its natural development and served as an educational and recreational resource. Learn the history behind the arboretum and discover firsthand about the vegetation with a guided tour by Biology Professor Laura Lee.

Please dress for the weather and wear comfortable walking shoes. After the hike, see a sneak peek of our newly remodeled campus Greenhouse!

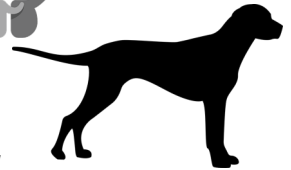
Mon / Oct 12 / 10 – 11 a.m.
Marshfield Campus / \$19



Dog Behavior and Training

Discover the science behind dog training. Canine Behavior Consultant and Psychology Professor Emeritus, Mark Plonsky will cover some basic dog training concepts and their scientific origins. See Plonsky demonstrate the concepts with a special guest canine. Plonsky will also cover common behavior issues and training pitfalls. *Class is intended for dog owners, dog lovers, or those with general interest in behavior psychology. Feel free to practice concepts with your furry friend during class!*

Tues / Oct 20 / 6 – 7:30 p.m.
Virtual / \$19



Professor Emeritus, Mark Plonsky taught psychology including Canine Behavior at UW-Stevens Point. Plonsky is a Canine Behavior Consultant and a Dog Training Class Instructor at Camp Bandy.

The Hubble Space Telescope

The year 2020 marks the 30th anniversary of the Hubble Space Telescope. According to NASA, the Hubble Space Telescope allowed the most significant advance in astronomy since Galileo's telescope. The images captured by Hubble have forever changed our understanding of the cosmos. Join Astronomy Professor Sebastian Zamfir to celebrate this anniversary through a brief history of the telescope followed by breath-taking images and discoveries captured throughout its past 30 years.

Wed / Nov 4 / 10 – 11:30 a.m.
Virtual / \$19



Documentary and Discussion

Each semester we will be screening a documentary on a new topic. This time the film will be shared virtually via zoom.

The Western

"The western is an American myth that has been translated by other cultures and reinterpreted time and again, but never dies. With clips and critical commentary on westerns from John Ford's Stagecoach through the work of Arthur Penn, Sam Peckinpah, and Clint Eastwood, the program traces the aesthetic evolution of the genre as well as its sociological importance."

After the film, discuss your favorite western films and shows, actors and directors.

Wed / Sept 30 / 1 – 2:30 p.m.
Virtual / \$15, Free for PAL



DINNER CLASSES

Death by Chocolate

This virtual on-demand class is perfect for a friends or family night-in! Learn how to make decadent desserts that will impress any guest. Class will cover chocolate ganache, truffles, chocolate cups, mousse and more. We will send you ingredient lists, recipes, and videos. Follow along with the video to create desserts that look and taste amazing.

On Demand Content Available Oct 12 / \$25

Instructor: Susan Turgeson is an assistant professor of family and consumer sciences at UW-Stevens Point.



Garnishes Galore

Add some presentation pizzazz to your next dinner party with food and drink garnishes. Discover how to create eye-catching garnishes with fruits, vegetables and more in this hands-on class. Just in time to show off your skills at Thanksgiving! Supplies included.

Tues / Nov 10 / 6:30 – 7:30 p.m.

Marshfield Campus, Jean Vanguard Room/ \$19

Instructor: Campus administrator Michelle Boernke loves impressing guests with new garnish techniques.

Wok with Deb -The Art of Stir-Frying

Experience this short-series course of four weeks, featuring video(s) demonstrating a recipe each week plus a weekly live chat on stir-frying! After viewing the weekly instructional video(s), you will have a chance to recreate the dish at home, post a photo of the finished dish, and share on a discussion board with other participants and the instructor. The weekly Q&A will be an opportunity to talk about your experience, share additional ideas, and get a glimpse of the next week's recipe!

Thurs / Nov 5 – Dec 3 / 3 – 4 p.m.

Virtual / \$39

Instructor: Deborah Tang, MS, RD, CD Deborah is a registered dietitian and senior lecturer at the UW- Stevens Point. She has been teaching in the Food and Nutrition Program for the past 13 years. Deborah completed her Master of Science in Nutritional Sciences at the University of Wisconsin -Stevens Point. Her undergraduate degree in Nutritional Sciences was from the University of Toronto, in Toronto, Canada. She is a member of the Academy of Nutrition and Dietetics (AND), the Wisconsin Academy of Nutrition and Dietetics (WAND), and the College of Dietitians of Ontario (CDO), Canada. In her spare time, Deborah enjoys playing social tennis, taking long walks with her husband, cooking, and watching her daughter compete at tennis tournaments.

VIRTUAL INTERNATIONAL



DINNERS

Engage in a cultural meal where we will take a virtual trip to different countries in cuisine and stories. Each dinner will feature a different country and their cuisine; participants will have a prepaid meal to pick up and enjoy while they listen to the presentation!

Zoom / 6-7:30 P.M.

Mexico - Building Homes with Sterling Wall

Thur / Oct 29

Fee: \$39 per person

Romania - Orphanages and Helping Children Today

Thur / Dec 29

Fee: \$39 per person



DINNER CLASSES



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 fall 2020. 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.

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

The Hate U Give

Starr, our protagonist, moves between her poor, mostly black, neighborhood and her rich, mostly white, school. Her worlds are shattered when she witnesses the fatal shooting of her childhood best friend by a police officer. As the community erupts, she and her family are forced to find their way through the grief and chaos. This film provides us with an opportunity to reflect on the events of spring 2020. It is based on the best-selling novel by Angie Thomas. Thomas was raised in a poor neighborhood of Mississippi. To honor her roots, we have partnered with Mojoes for Southern style Po' Boys. Choose from Cajun BBQ shrimp, blackened catfish or BBQ beef brisket Po' Boy on a fresh roll with kettle chips.

Tues / Sept 15 / 6 – 9 p.m. OR

Thurs / Sept 17 / 6 – 9 p.m.

The Farewell

The Farewell follows a Chinese family who, when they discover their beloved grandmother has only a short while left to live, decide to keep her in the dark and schedule an impromptu wedding to gather before she passes. A comedy of warmth and honesty, we will enjoy some symbolic Chinese food from the China Chef including crab rangoon, longevity noodles, roast barbecue pork, cashew chicken, Szechwan green beans, vegetable fried rice, and almond cookies.

Tues / Oct 13 / 6 – 9 p.m. OR

Thurs / Oct 15 / 6 – 9 p.m.

Roma

Roma, from Academy Award-winning director and writer Alfonso Cuarón, follows Cleo, a young domestic worker for a family in Mexico City. An artful, black and white film, set against the political turmoil of the 1970s, *Roma* is an intimate look into domestic strife and social hierarchy. Enjoy a taste of authentic Mexican from El Mezcal. The meal includes three different street tacos, al pastor (marinated pork), chorizo (Mexican sausage) and carne asada (grilled steak) with rice and beans.

Tues / Nov 17 / 6 – 9 p.m. OR

Thurs / Nov 19 / 6 – 9 p.m.

Taste Testing

This five-part series will take you on a culinary tour of some iconic food and drink products all sourced locally, from right here in Central Wisconsin. Each of the five nights will feature one of these five local products: beer, wine, coffee, tea, and cheese. 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!"

Oct 22 - Beer

Nov 19 - Wine

Dec 17 - Cheese

Jan 21 - Coffee Roaster

Feb 18 - Tea

Thurs / Virtual / 6 - 7:30 p.m.

\$39 per night or \$195 to guarantee a spot for the entire series

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.



Save the Date

September 19, 2020

Get a VIRTUAL taste of TASTE & TALENT!

This online version will be a fun, short and flavorful adventure with our local restaurants, community artists, and more. Chances to win prizes! More details to come online.

ADDITIONAL OPPORTUNITIES

Landlord Boot Camp

Session 1 – Wisconsin Law Basics

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

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

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 / Oct 13 - 29 / 6 - 8:15 p.m.

Virtual / Six Class Series / \$99

Instructor: Andrew W. Schmidt



Protecting Your Estate

Estate laws cannot only be confusing, but they are constantly changing. This course is designed to give you peace of mind when making decisions about financial and healthcare power of attorney, basic and advanced wills, and whether or not to have a trust. This course will include Wisconsin statutes to guide understanding. It will focus on basics of important forms, decisions to be aware of, and answer ‘Oodles’ of questions.

Tues & Thur / Nov 3-5 / 6 - 8:15 p.m.

Virtual / \$35

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.

In-Person Additional Opportunities

Bullet Journaling 101 - Wausau



Students will have the opportunity to learn what bullet journaling is, how to utilize it for their individual needs, and will have time set aside to practice using this time management strategy. Students will receive their own bullet journal

and will have access to different supplies to make their journal unique to themselves.

Wed / Sept 30 / 6 - 7 p.m.

Wausau Campus, Main Building Library / \$29

Instructor: Megan Sippel earned her bachelor's degree as a first-generation student. Megan coordinates all tutoring except English/Writing in the TLC and is the Academic Coach for UW-Stevens Point at Wausau. Megan enjoys the outdoors through biking, hiking, and kayaking with her husband and two sons.

Backyard Homesteading

Explore and learn about the movement of growing your own food. Take a tour of the Jadin's 10-acre solar-powered homestead, where you will experience how to grow your own food, from produce to chickens. Follow your tour into a classroom setting where you will engage in a discussion about the methods, reasons, importance, and ways you can incorporate similar practices into your life.

Sat / Sept 19 / 3 - 5 p.m. / at Homestead in Rudolph

Tues / Sept 24 / 4 - 6 p.m. / Location TBD

Virtual Contingency / \$39

Instructor: Robert Jadin works for UW-Stevens Point in the biology department. His wife and he grow more than 400 pounds of produce in their tiny backyard in the suburbs of Chicago. Now, with 10-acres of solar-powered property, the Jadins are able to grow a lot of their own food.

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

Shotgun Basics – Trap Shooting for Beginners – Wausau



Shotgun Basics is a five-session course for adults wishing to learn basic shotgun handling skills, with the goal of safely mastering the use of a shotgun to be able to hit aerial target in a field setting.

Text book will be furnished as well as two rounds of trap with live fire practice, 50 targets, 50 shells. Club will furnish shotguns and NRA Certified Shotgun Instructors. We will use an interactive shooting system to allow students to learn the fundamentals of gun mount, swing and follow through on aerial targets. The DriFire System will allow us to practice indoors in adverse weather conditions, expected this early spring.

Wed / Sept 23 - Oct 21 / 6:30 - 8 p.m. / \$59

Wausau Skeet and Trapp, T196 County Rd WW, Wausau

Instructors: Kris and Randy Ullmer are members of the Wausau Skeet and Trap Club. Kris promotes the Wausau Skeet and Trap Club "Ladies Night Out" Trap program each summer. Both graduated from UW-River Falls with education degrees. Both are Certified Wingshooter Instructors by the Wisconsin DNR, and instruct the firearms portion at Camp Tesomas for the fall Venture Scouting program at the camp. Kris is an NRA shotgun coach, Randy is also a shotgun coach and pistol instructor.

Smart Phones 101

Learn the ins and outs of your smartphone. Class will cover navigation, terminology, managing contacts, taking pictures/video, security, storage and more. Bring your fully charged smartphone to follow along in class and any questions you may have. Please sign up for the class that corresponds with the device you own.

iPhone

Mon / Nov 16 / 6 - 7:30 p.m.

Room 131 / \$25



Android

Wed / Nov 18 / 6 - 7:30 p.m.

UW-Stevens Point at Marshfield, Room 131 / \$25

Instructor: Cole Rasmussen will lead the Smartphone classes. Cole is a senior sales consultant with Cellcom. He has led multiple smartphone workshops and enjoys helping people get the most out of their phones.

Virtual Additional Opportunities

Couples Enrichment Using Elevate

Elevate is a couples education curriculum that blends practical skills with an understanding of the physiology of human interaction to enhance healthy relationship knowledge and skills. Come ready to participate, engage, practice and share how these strategies work for you. Yoga mat optional, can do attitude is a must! Be prepared to have fun, and, to elevate your relationship to a higher level.

Mon / Oct 19 - Nov 16 / 6:15 - 7:15 p.m.

Virtual / \$149 Per Couple

Instructor: Sterling Wall Ph.D and his wife Natalie are the parents of 5 children, 3 grand children, and over 20 foster children. This, in conjunction with a bachelors degree in Economics from Brigham Young University, a master's in Counseling and Human Services from the University of Colorado - Colorado Springs, and Ph.D. in Human Development and Family Studies at Auburn University help Sterling to be able to look at life's challenges through many different lenses.

Indie Publishing 101



No matter if you're writing your first chapter or you're ready to pursue publishing your work, this course is designed to help guide you on overcoming your barriers, understanding the industry, and taking the next step! This self-paced, virtual course will walk you through basics about the industry, elements of producing your book, and basic marketing tips to get you off and running!

Self-Paced Online Class Opens Oct 1 / \$25

Thurs / Nov 9 / 6:30 - 8 p.m. / Live Virtual / \$25

\$5 Off for Retired Learners

Path Beyond Published Author



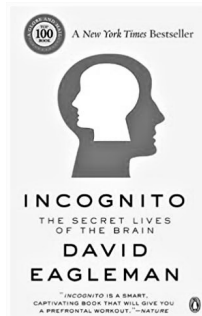
You can publish the book! But, then what? Explore the path beyond the publication of your book. This course will take a deep dive into the marketing, launches, sales, events, and book industry, while working more closely with each participant to push the next step in their publishing path.

Thu / Dec 10 / 6:30 - 8 p.m.

Virtual / \$25 / \$5 Off for Retired Learners

Instructor : Christine Reynebeau is a published children's book author and owner of, Indie Publishing Company, Dreambuilt Books. She has been in the publishing industry since 2014, releasing seven children's books. She has presented at UntitledTown Book Festival Annually in Green Bay, WI. In July 2020, her book "LOST" was awarded honorable mention in the Purple Dragonfly Book Awards.

Book Discussion: "Incognito" by David Eagleman



In this book, neuroscientist David Eagleman explores the subconscious brain to uncover and explore the mysteries within. Join this book discussion where you'll examine the mind's inner workings and contradictions.

Please read the book before attending the class.

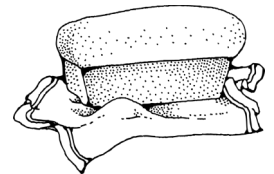
Thurs / Nov 12 / 10 - 11:30 a.m.

Virtual / \$10

Instructor: Bill Kirby is a retired UW-Stevens Point professor from the School of Education where he taught psychology, educational psychology, and more.

Bread, Set, Go!

While many were baking bread during safer at home orders, the results were varied. Learn tips and techniques for mixing, shaping, and baking successful yeast breads. Participants will make a traditional white bread and overnight cinnamon rolls. Who doesn't love bread and rolls fresh out of the oven? Participants will receive a Breadmaking Gift as part of registration!



Tues / Oct 6 / 6 - 8 p.m.

Virtual / \$39

Instructor: Susan Turgeson is an associate professor of family and consumer sciences (FCS) in the School of Health Sciences and Wellness at the University of Wisconsin-Stevens Point. She has been teaching youth and adults essential skills for living throughout her career. Her career and leisure interests intersect in FCS!



Marshfield
UW-Stevens Point



ESCAPE ROOM

See Pg. 14

Our outdoor escape room takes place in our campus Arboretum allowing for safe, socially distant, fun in the sun.

Virtual Additional Opportunities

Connection to Nature: What It Is, Where It Comes From, and Why It Matters

This course discusses “connection to nature” as an important aspect of how people think about and behave towards the natural world. With a focus on both philosophy and social science, it explores different ways people connect to nature, some of the causes of connection to nature, and the ways in which this impacts people’s environmental attitudes and actions.

Wed / Nov 4 – 18 / 6 - 7:30 p.m.
Virtual / \$39

Instructor: Christian Diehm is professor of Philosophy and Environmental Ethics program coordinator at the University of Wisconsin-Stevens Point, where he has taught environmental philosophy for nearly two decades. He has served as a research fellow with both The Nature Conservancy and the Pace Institute for Environmental and Regional Studies and has appeared on National Public Radio. He is the co-editor of two books, and author of *Connected to Nature: Deep Ecology, Conservation Social Science, and Human-Nature Bonding* (forthcoming from Lexington Books).

Seeing the Beauty of Chess

Chess is a game of perfect information where all possible moves are known in advance. From among the many possible moves the best players weave exquisite combinations of tactics and strategy. This course is designed to teach novice and intermediate players to see the common patterns out of which the greatest players create artistry.



Wed / Jan 6 - Feb 3 and 10 / 6 - 7 p.m.
Virtual / \$39

Instructor: Brad was raised in Charleston, SC, where he was spoiled from a young age with fresh seafood and mild winters. Having followed his wife to Wisconsin, he worked with juvenile sex offenders in Marathon County before going on to Massachusetts for graduate school. These days he divides his time between running, mixed martial arts, and organizing the Central Wisconsin Chess Club

Into the Cosmos

Have you ever sat outside and looked towards the night sky and wondered what’s really out there? For thousands of years people have looked to the cosmos to better understand life, science, and the great unknown. Let’s take a deep dive into deep space by learning some basic constellations, the mysteries of black holes, and the latest technological advances in astronomy! With the help of a tablet and an amazing resource called Augmented Reality, we can bring to life some of these things in full 3D!

Participants ideally will have access to an iPad or Android and few free apps.

Thurs / Nov 5 / 6 – 7 p.m.
Virtual / \$10

Instructor: Joe Zawacki (see dinner classes for full biography)

From Writer to Author: Writing and Publishing Your Work

In this class, students will learn the basics of how to navigate the tricky world of literary publishing. We will go over self-publishing as well as submission materials, including cover letters, synopses, query emails, and correspondence standards as they pertain to presses and publishers; editorial process and principles; design process and principles; and the business end of publishing, including contracts, expectations, and negotiations. This class is for anyone who thinks that they may have a publishable book, story, poem, or essay in them and just has not been able to navigate the realities of publishing.

Tues / Oct 6 - 20 / 6 - 7:30 p.m.
Virtual / \$39

Instructor: Since 2016, Ross Tangedal has been assistant professor of English and director of the Cornerstone Press at the University of Wisconsin-Stevens Point. His areas of research and teaching expertise include American print and publishing culture, book history (1800-the present), bibliography (descriptive and analytical), authorship, and textual editing (documentary, scholarly, and copy), with emphasis on Ernest Hemingway, F. Scott Fitzgerald, and the American Midwest. He is a contributing editor for the Hemingway Letters Project (Cambridge University Press), as well as essays editor for *Scholarly Editing*, the journal of the Association for Documentary Editing. As a publisher, he knows the landscape of independent publishing and author-publisher relations, experiences which he hopes will help you with your writing.

Tabletop RPGs for Beginners

Have you ever wanted to try out a tabletop role playing game such as Dungeons and Dragons, but don’t have anyone to play with? Maybe you have a group, but don’t know how to play? Join us for Tabletop RPGs for Beginners. We will spend the first session creating characters and learning some of the basic rules. The next four sessions will be spent playing a linear campaign designed to introduce players to the key mechanics of the game.



9th graders and up.

Supplies needed: computer capable of Zoom and a notebook

Thurs / Oct 1 – 29 / 5 - 7:30 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 RPG’s for three years and has been a Game Master for two years.

Professional Development Opportunities

UW-Steven Point Online Learning Center

Achieve a personal or professional goal through our vast array of affordable online courses in the topics of business, languages, computer science and applications, information technology, test prep and more.

Courses begin monthly

Call UW-Stevens Point for additional information at 715-346-3838 or visit our website www.ed2go.com/stevenspt

Homeschool With Success

Homeschooling can be a bit of a mystery if you're new to the topic. In this course, you'll start at the beginning, delving into the history of homeschooling and examining its status today in all 50 states. You'll see how to find the laws and regulations that govern your community—and you might be surprised to learn that homeschooling is legal and growing all around you. As you discover what you need to know to homeschool your children, you'll also become familiar with the terminology the homeschool community uses.

Six-week online course taken anytime / \$99

www.ed2go.com/stevenspt

Instructor: Beverly Richards Schulz

Mastering Your Digital SLR Camera

Take control of your digital SLR camera. In this course, you will break through the technology barrier and learn how to use your DSLR to take beautiful photos. You will start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, you will learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You will find out how to use these features to get the right exposure for every shot. Then turn your attention to flash photography, managing camera controls, photo files, and even working in manual mode. With these skills, you will be able to take your photography to the next level.

By the end of this course, you will be a DSLR master and will be able to take the photos you've always dreamed of.

Six-week online course taken anytime / \$99

www.ed2go.com/stevenspt

Instructor: Beverly Richards Schulz

Blogging and Podcasting for Beginners

Blogging and Podcasting are great ways to express yourself, but maybe you're not sure how to start. Through hands-on exercises, you will discover the benefits of using free web tools like Blogger, WordPress, Audacity, and YouTube. This course will teach you how to successfully plan and create your very own blog and podcast using hands-on exercises and free web tools. You will find that creating a blog and podcast is much easier than you ever imagined!

Six-week online course taken anytime / \$99

www.ed2go.com/stevenspt

Instructor: Richard Mansfield

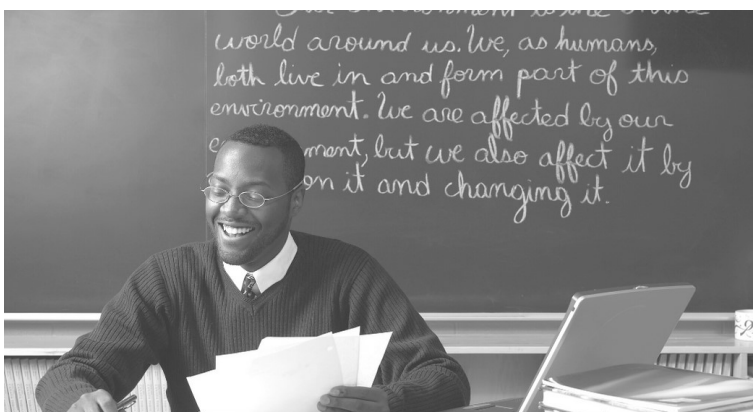
Photoshop Elements for the Digital Photographer

Bring out the best in your photos! In this course, you'll learn how to use Adobe Photoshop Elements to do everything from quick fixes to detailed enhancements that will greatly improve the look of your digital images. Even if you don't have any image-editing experience, this class will turn you into an advanced photo editor. As you explore the program's many tools and features, you'll gain control of Photoshop Elements and create results that you never imagined possible. You'll master techniques for editing images, fixing flaws, enhancing the final product, creating simple art projects, preparing images for online use, and organizing your images.

Six-week online course taken anytime / \$99

www.ed2go.com/stevenspt

Instructor: Beverly Richards Schulz



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

UW-Steven Point Online Learning Center

Achieve a personal or professional goal through our vast array of affordable online courses in the topics of business, languages, computer science and applications, information technology, test prep and more.

Courses begin monthly

Call UW-Stevens Point for additional information at 715-346-3838 or visit our website www.ed2go.com/stevenspt

Discover Sign Language

Learn how to sign basic phrases and more by watching videos that demonstrate how to make the signs and how to incorporate facial expressions to communicate in this beautiful language. Gain an introduction to the world of the Deaf culture and explore topics such as lip reading, baby signs, and the career of interpreting. By the end of the course, when you meet a Deaf person, you will be ready to sign!

Six-week online course taken anytime / \$99

www.ed2go.com/stevenspt

Instructor: Erin Trimble

Designing Effective Websites

With all the competition on the Web, creating a site that's effective is more challenging than ever. Master the basics of Web design and learn how to build sites that are better and more effective. Learn the basics of user-centered design and cover effective type and graphics and more. This course is a must for Web designers, giving the tips and tools that will help them establish a solid career.

Six-week online course taken anytime / \$115

www.ed2go.com/stevenspt

Instructor: Richard Blum

A to Z Grantwriting

As a grant writer, you can help nonprofit organizations, schools, religious institutions, and research organizations acquire the funds they need to operate and to thrive. In this A to Z Grant Writing class, you'll learn how to put together a Gold Medal Proposal Package—one that will capture the attention, and the funds, of donors. This informative course will equip you with the skills and tools you need to enter this exciting and fulfilling field. No matter who you are or what level of experience you have, you can be a successful grant writer.

Six-week online course taken anytime / \$115

www.ed2go.com/stevenspt

Instructor: Richard Blum

Speed Spanish

This course is designed for anyone who wants to learn Spanish *pronto*. Learn six easy recipes for gluing Spanish words together to form sentences. Soon, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Six-week online course taken anytime / \$115

www.ed2go.com/stevenspt

Instructor: Dan Mikels

Business Trainings Online

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

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



SBDC

Wisconsin Small Business
Development Center

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

Offered the second Wednesday of every month in one of five locations: Stevens Point, Marshfield, Wausau, Wisconsin Rapids and Waupaca.

6:30 – 9 p.m. / No cost

A no-cost workshop for those considering entrepreneurship that focuses on business feasibility and resources.

More info: uwsp.edu/SBDC

Central Wisconsin Digital and Social Media Conference

Wed / April 14 / 8 – 4 p.m.

Stevens Point, Dreyfus University Center

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.

More Info: uwsp.edu/CWDSMC

2020 Business Education Series

Locations across North Central Wisconsin throughout the year and now online as well! No cost to attend.

Fall 2020 topics include: Managing your online presence, Choosing the right Small Business Accounting Software, How to Understand your Market and Advertise to them on a Budget, and Using your Business Plan to Run your Business.

More Info: uwsp.edu/SBDC/BES

Health and Wellness Coaching Certificate

Take this important first step to becoming a Certified Health and Wellness Coach. Learn the coaching skills required to transform your career and gain marketable skills, empowering you to help others create and sustain healthy behavior change. Engage in classes, projects, events and 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 (8) months.

Online classes begin Wed / Sept 2

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

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 Certificate and Workshops

The Leadership Certificate Program is an opportunity for you to build and strengthen your leadership skills. Throughout these workshops, you will have the opportunity to engage in activities and discussions that will help you develop leadership style, gather tips on how to build an effective team, as well as strategies for creating mutually beneficial long-term relationships. Attend all 6 workshops and earn your certificate or attend the individual workshops that meet your needs.

Begins Fri / Oct 2 / 9:30 a.m. – 3:30 p.m.

Call UW-Stevens Point for additional information at 715-346-3838.

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 Wayne Sorenson 715-346-3386 or wsorenso@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.



University of Wisconsin-Stevens Point
Continuing Education Department
Main Building, 032
2100 Main St.
Stevens Point, WI 54481

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For Paper Registration, email uwspce@uwsp.edu for a PDF copy to print at home!

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715-261-6294

UW-Stevens Point

2100 Main St. 032 Main Bldg.
Stevens Point, WI 54481
715-346-3838

UW-Stevens Point at Marshfield

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Marshfield, WI 54449
715-389-6520

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