

JUNE - AUGUST 2019



CONTINUING EDUCATION

MCAT/ PCAT

TEST PREP
P15

MEDICAL BILLING

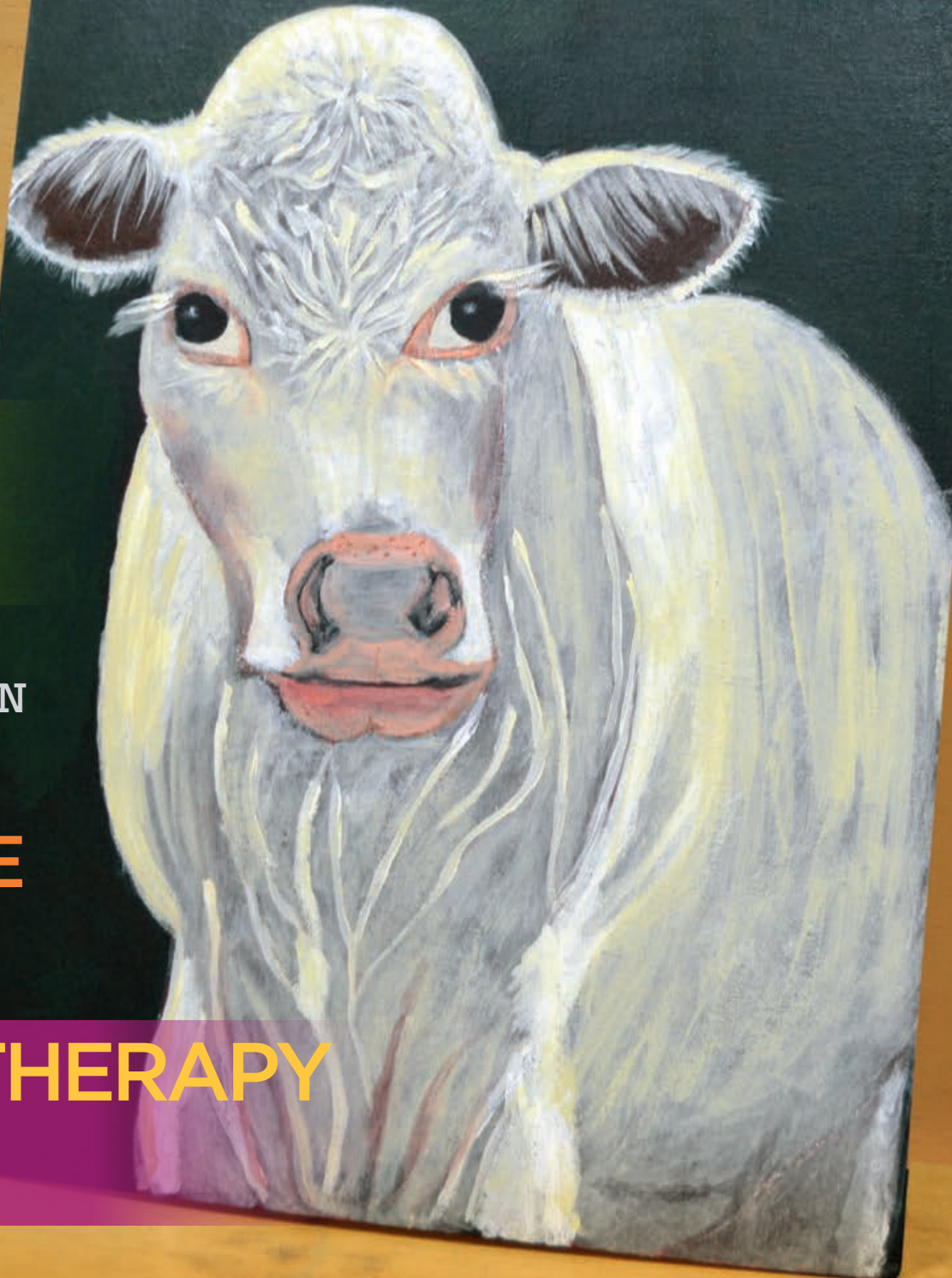
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INTRODUCTION
TO AN
iPAD
LIFESTYLE

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AROMATHERAPY

BASICS
P67





CONFERENCE CENTER

ACCOMMODATIONS

- AUDITORIUM SEATS 600
- LARGE LOBBY AND RECEPTION AREA
- CLASSROOMS AND COMPUTER LABS
- FREE PARKING
- ACCESSIBLE FOR THOSE WITH DISABILITIES

AVAILABLE SERVICES

- SATELLITE DOWNLINK
- TELECONFERENCING
- VIDEO CONFERENCING
- HIGH-SPEED, WIRELESS INTERNET ACCESS
- SOUND & AUDIO/VISUAL EQUIPMENT

FACILITY RENTAL INFORMATION

Mari Galvez, Venue Operations Manager

505-252-8980 | ce.unm.edu/ConferenceCenter | galvezm@unm.edu

1634 University Blvd. NE, Albuquerque, NM 87131

WELCOME TO



CONTINUING EDUCATION



ABOUT THE COVER ARTWORK: “MADEMOISELLE BESSIE” BY ANDIE SUMMERS

This piece was painted in UNM Continuing Education’s Painting with Acrylics class taught by Polly Jackson. This is only the second painting class Andie has ever taken.

THE INSPIRATION

While vacationing in France, Andie was on a tour bus on her way to Monet’s house. She had fallen asleep on the bus, and she awakened to a beautiful cow staring at her through the window. She was blown away by the moment and beauty of the cow.

ABOUT THE INSTRUCTOR

Polly Jackson has been a professional artist for more than 38 years and an art teacher for 18 years. She uses an Old Masters technique of layered painting with Impressionist colors that is excellent for both beginner and intermediate painters. At UNM Continuing Education, she teaches Painting with Acrylics, Drawing for the Absolute Beginner, Drawing with Flair and Painting with Pastels.





CONTINUING
EDUCATION

DISCOUNTS

AVAILABLE TOWARDS NON-CREDIT CLASSES

A **10% discount** is available towards the enrollment fees on UNM Continuing Education non-credit classes for:

- Anyone registering for three or more classes at the same time
- Organizations registering three or more employees in the same class
- People age 65 or older with proof of age
- UNM students with a valid UNM ID
- Couples Rates are available for some Dance and Personal Finance classes. The Couples Rate is considered a discount, and all rules apply
- UNM Alums taking Osher Institute Classes. The Osher Membership is not discounted.

SOME RESTRICTIONS MAY APPLY

We welcome you to call 505-277-0077, option 1 to let our registration team assist you with ensuring all discounts are applied to your registration.

TUITION REMISSION

Use UNM's tuition remission for MOST UNM Continuing Education non-credit classes. This includes Professional Development, Personal Enrichment, Online courses and OLLI classes.

For more information, visit ce.unm.edu/TR

GENERAL INFORMATION

OFFICE PHONE 505-277-0077

EMAIL ceregistration@unm.edu

OFFICE HOURS Registration Center : Mon-Fri, 8:00am-4:00pm with the exception of holidays. See website for holiday closures.

FREE PARKING Parking is free and readily available at the UNM Continuing Education campus. Overflow parking is located at 1642 University Blvd. NE.

FOR COMPLETE REGISTRATION INFORMATION and business policies, visit our website: ce.unm.edu/policies

WHERE TO REGISTER



ONLINE
ce.unm.edu



EMAIL
ceregistration@unm.edu



PHONE
505-277-0077 Option 1
M-F, 8:00am-5:00pm



MAIL
UNM Continuing Education
Attn: Registration
MSC07 4030
1 University of New Mexico
Albuquerque, NM
87131-0001



FAX
505-277-1990



IN PERSON
M-F, 8:00am-4:00pm
UNM Continuing Education
1634 University Blvd. NE
South Building, Room 101
(just north of Indian School)



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SUMMER FUN FOR KIDS OF ALL AGES!

MUSIC, DANCE & CERAMICS
CAMPS & CLASSES...
PLUS LAW & MATH CAMPS
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BEGINNING READING PROGRAMS

Program for 4-Year-Olds & Entering Kindergartners

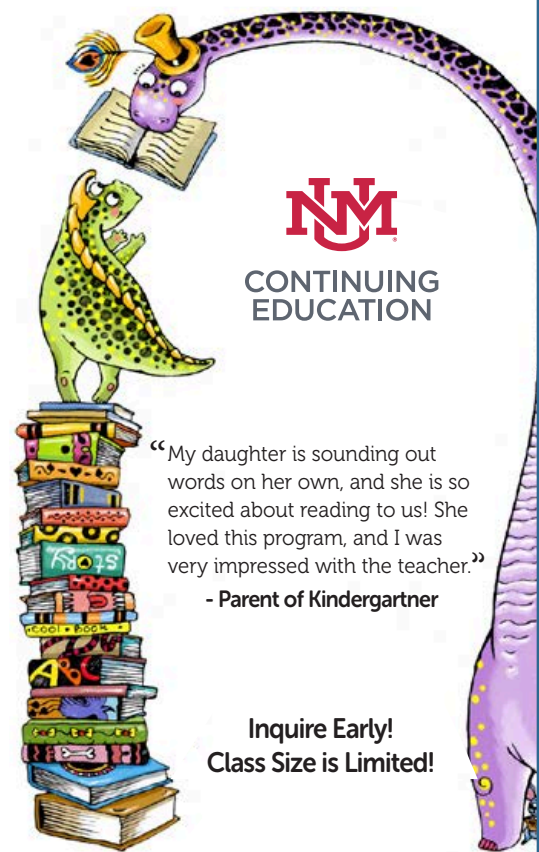
In this fun summer program, your child will learn to read. Children learn letter recognition, beginning phonics, and easy sight words. Your child will learn to read simple words and short sentences and will be excited about books and reading. The program features wonderful books, engaging games and activities, and is taught by a skilled and enthusiastic teacher.

Programs for Entering 1st-5th Graders

In these programs, students develop strong phonics and decoding skills, build sight vocabulary, learn to read more fluently and rapidly, and develop strong comprehension skills. Your child will become a more confident student, enjoy reading more, and develop the lifelong habit of reading for pleasure.

For More Information or To Register
CALL (800) 978-9596

ce.unm.edu/reading



CONTINUING
EDUCATION

“My daughter is sounding out words on her own, and she is so excited about reading to us! She loved this program, and I was very impressed with the teacher.”

- Parent of Kindergartner

Inquire Early!
Class Size is Limited!

Start a New Career in a Year or Less

Choose online career training designed to get you working!

Train with us to gain the skills you need to quickly start a rewarding new career in an in-demand field. Available programs include:

- Medical Assistant
- Medical Coding and Billing
- Medical Transcription and Editing
- Medical Administrative Assisting with EHR
- Pharmacy Technician
- Physical Therapy Aide

Take the first step toward your new career today!

1-877-225-7151 | partner.careerstep.com/unm



CONTINUING
EDUCATION



PROFESSIONAL DEVELOPMENT

**BUSINESS & CAREER
DEVELOPMENT
TEST PREP
ONLINE CLASSES
HEALTH CARE CAREERS
TECHNOLOGY**

UNM CONTINUING EDUCATION CUSTOM PROGRAMS

Education and training programs tailored to your organization or department's specific needs and budget.



We partner with Anderson School of Management and other university departments to deliver industry-leading instructors and resources directly to you. **Instruction can be held at your site or on our campus.**

CONTACT US TODAY!
505.277.0077

PROGRAM AREAS INCLUDE:

- Microsoft Business Applications
- Leadership & Supervisory Skills
- Health Care Technology
- Web & Graphic Design
- Apple Authorized Training
- Infrastructure Library (ITIL®)
- Nonprofit Management
- Customer Service

BUSINESS & CAREER DEVELOPMENT

Get transferrable business skills that can fit into any industry, or certification programs to start a new journey.

In this section:

- Bookkeeping and Accounting
- Event Management
- Microsoft Office
- Nonprofit Management
- Professional Communication
- Real Estate
- Instruction and Facilitation Training
- Paralegal and Legal Support Careers

BOOKKEEPING & ACCOUNTING

CPA EXAM PREP

\$1200

This CPA Review Course is your complete solution for CPA Exam success. It is offered in a series which includes:

- Auditing & Attestation (AUD)
- Business Environment & Concepts (BEC)
- Financial Accounting & Reporting (FAR)
- Regulation (REG)

You may choose to complete this CPA exam prep with a flexible schedule. Meet with the instructor in classroom for the first week to obtain the Wiley CPA online access codes and set up the test plan. Each access code will give you free online content and courseware updates on that particular topic until you pass the CPA exam. You will be required to follow the plan schedule and complete the study. Instructor will be available 24/7 by phone and email. Feel free to contact instructor at any time with questions.

Wiley CPA product:

- Online Course Study Materials with text, 7,500 exam questions, 110+ hours video instruction, 450 task-based simulations, 4,000+ digital flash cards and more
- Efficient Learning System with bite-sized lessons, exam planner, discussions, unlimited practice exams and more
- Study Guides map perfectly to the lessons in the courseware (print & ebook incl.)
- Companion Mobile App with 7,500+ exam questions, available in iOS and Android
- Online access to course material 24/7; no expiration — use until you pass the CPA exam

Course 37150	25 Hours
Accounting and Attestation (AUD)	
SEC A Jun 8-Aug 9 Online	Self-paced
Jun 8 Sa	9AM-11:30AM
Business Environment and Concepts (BEC)	
SEC B Jun 8-Aug 9 Online	Self-paced
Jun 8 Sa	9AM-11:30AM
Financial Accounting and Reporting (FAR)	
SEC C Jun 8-Aug 9 Online	Self-paced
Jun 8 Sa	9AM-11:30AM
Regulation (REG)	
SEC D Jun 8-Aug 9 Online	Self-paced
Jun 8 Sa	9AM-11:30AM
Norman Colter	

Become a certified wedding and event planner. Program is offered online and internship opportunities are offered upon completion.

EVENT MANAGEMENT

CERTIFIED WEDDING AND EVENT PLANNER — ONLINE

\$1195

Lovegevy/Wedding Planning Institute's Certified Wedding and Event Planning online course is an intensive program designed to educate students on the wedding and event planning businesses' best practices, methods and techniques to get started in the planning industry right away. Six months of access are provided to the online curriculum, course textbook, wedding and event planning software, exam fee, certification, student center library of resources, instructional videos and templates. Connect with other students around the world in discussion boards, messaging, blogs and individual online classes. Apply for internships and/or job placement assistance. You are given six (6) months from the date of registration to complete this program.

Course 21101		260 Hours
SEC A Jun 3-Dec 3	Online	Self-paced
SEC B Jul 1-Jan 1	Online	Self-paced
SEC C Aug 5-Feb 5	Online	Self-paced
Institute Lovegevy/Wedding Planning		

CORPORATE EVENT PLANNING (S.M.A.R.T.) — ONLINE

\$1095

Corporate events may range from a new product launch to a retirement dinner. This course will cover the many types of corporate events and provide a detailed guideline on how to design the event, plan the event, set budgets, execute successfully, review performances and charge for services.

This course covers:

Special Events: galas, fundraisers, public relations, product promotions

Meetings: professional, corporate, business networking

Assemblies: conferences, conventions

Recognition: incentives, awards, achievements

Training: seminars, workshops, education

Tuition includes CEP workbook, online curriculum, student center and certificate. You have six (6) months from the date of registration to complete this program.

Course 21110		300 Hours
SEC A Jun 3-Dec 3	Online	Self-paced
SEC B Jul 1-Jan 1	Online	Self-paced
SEC C Aug 5-Feb 5	Online	Self-paced
Institute Lovegevy/Wedding Planning		



PREPARE FOR A CAREER IN WEDDING AND EVENT PLANNING!

MICROSOFT OFFICE

MS OFFICE 2016: WHAT'S NEW

\$95

Get acquainted with the newest Microsoft Office suite, including Word, Excel and PowerPoint. Explore the basic navigation and functions of the current version of Office. Topics include changes from the last version, how to make the most of your transition to the new version, and tips and tricks to work with Office more efficiently and effectively. **Prerequisite:** Working knowledge of any version of Office.

Course 52021 SEC A Jul 10	3 Hours W	1 Session 6PM-9PM
Joseph Sandoval		

MS OFFICE FOR BEGINNERS

\$195

Start using the three basic applications for Microsoft Office: Word, Excel and PowerPoint. Topics include creating/revising documents, assembling and presenting slideshows, and building spreadsheets. Lessons are presented in bite-sized modules, so you can apply what you've learned right away. **Prerequisite:** Basic computer experience.

Course 52030 SEC A Jun 18-20	6 Hours T/Th	2 Sessions 1PM-4PM
Rav Nicholson		

ONENOTE FOR MODERN NOTE-TAKING

\$129

Harness the power of Microsoft OneNote's electronic note-taking capabilities. Learn how to create virtual notebooks from handwritten or typed notes, drawings, screen clippings, audio and more. Capture thoughts, ideas and notes as you work in other applications.

Prerequisite: Beginning Windows or equivalent experience.

Course 52035 SEC A Jun 25-27	4 Hours T/Th	2 Sessions 1PM-3PM
Rav Nicholson		

WORD: BEGINNING

\$259

Learn to create, edit and save documents as well as format text, paragraphs and documents using Microsoft Word. Learn effective navigation and selection techniques and work with tabs, indents, paragraph formatting and line spacing. Manage headers, footers and margins. Use proofing and correcting features, including find and replace text, AutoCorrect, and Spelling and Grammar Checker. Add graphics and clip art. **Prerequisite:** Windows: Beginning or equivalent experience.

Course 52141 SEC A Jun 18-Jul 2	9 Hours T	3 Sessions 6PM-9PM
Joseph Sandoval		

WORD: INTERMEDIATE

\$259

Use Word for more complex tasks. Learn to format text in multiple columns and work with the intricacies of tables and charts. Explore customized formatting options with styles and themes for a more professional look. Manage lists, customize your Word environment and insert content using Quick Parts. **Prerequisite:** Word: Beginning or equivalent experience.

Course 52142 SEC A Jul 9-23	9 Hours T	3 Sessions 6PM-9PM
Joseph Sandoval		

INSTRUCTOR PROFILE

Rick Berg



Rick Berg graduated Phi Beta Kappa from Wesleyan University in 1972, then spent the next 6 years traveling and working his way around the world. He was a diver and journalist in Costa Rica, climbed in the Himalayas and Andes, and hitchhiked across the Sahara. He was the sixth person to attempt (and the fourth to survive) a solo canoe descent of the Amazon.

Fearing poverty in his old age, Rick returned to the U. S. to get a Ph.D. in economics from the University of California at Berkeley, but mostly to climb rocks in Yosemite. He then spent 5 years at UC-Santa Cruz, twice being nominated as its outstanding teacher.

Rick specializes in database design for both web and desktop applications, and the creation of custom Excel spreadsheets. Clients include the Albuquerque police and fire departments, Los Alamos National Laboratory and many private corporations.

EXCEL: BEGINNING**\$259**

Learn the most effective methods to create, modify, format and print Microsoft Excel worksheets. Enter and edit data and apply basic formulas and functions to summarize data. Explore custom formatting features, such as fonts and conditional formatting. Create and format charts, insert and modify graphics and set print options. **Prerequisite:** Windows: Beginning or equivalent experience.

Course 52161	9 Hours	3 Sessions
SEC A Jun 19-Jul 3	W	6PM-9PM
Sonja Dewing		
SEC B Jul 16-23	T/Th	1PM-4PM
Rav Nicholson		

EXCEL: INTERMEDIATE**\$259**

Move beyond the basics with Excel. Link multiple worksheets/workbooks, outline and consolidate data, and create and use cell names for greater understanding and ease. Learn to sort and filter data, convert data ranges to tables and work with table formulas. Use hyperlinks, explore auditing and workbook protection features, and apply and create templates. Use backstage tools to modify application settings. **Prerequisite:** Excel: Beginning or equivalent experience.

Course 52162	9 Hours	3 Sessions
SEC A Jul 15-22	M/W	6PM-9PM
Sonja Dewing		
SEC B Jul 30-Aug 6	T/Th	1PM-4PM
Rav Nicholson		

EXCEL: ADVANCED**\$259**

Learn the advanced features of Excel to simplify your work. Use logical, conditional, financial, text and date/time functions. Work with PivotTables and PivotCharts to see patterns in your data. Explore calculation options, validate cell entries, use advanced filtering options and work with advanced charting techniques. **Prerequisite:** Excel: Intermediate.

Course 52163	9 Hours	3 Sessions
SEC A Aug 13-20	T/Th	1PM-4PM
Rav Nicholson		

EXCEL: PIVOT TABLES AND CHARTS**\$195**

Use Excel Pivot Tables to efficiently extract meaningful information from large tables of data. Understand pivot table requirements and capabilities. Extract custom data subsets, perform summary calculations, create interactive pivot charts and format reports. Enhance your knowledge of chart types to create custom charts, applying advanced chart design techniques.

Prerequisite: Excel: Intermediate

Course 52166	6 Hours	2 Sessions
SEC A Aug 27-29	T/Th	1PM-4PM
Rav Nicholson		

ACCESS: BEGINNING**\$259**

Understand the basic concepts of database use and how to most effectively design your database using Microsoft Access. Design basic tables and add, edit, locate, sort, filter and delete data. Set field properties, work with input masks and set validation rules. Learn to design and apply queries and reports to make it easier to accomplish everyday database tasks. In addition, get an introduction to basic forms. **Prerequisite:** Windows: Beginning or equivalent experience.

Course 52181	9 Hours	3 Sessions
SEC A Jul 8-12	M/W/F	1PM-4PM
Rick Berg		

ACCESS: INTERMEDIATE**\$259**

Go beyond the basics, using queries to answer specific questions and develop summaries with Access. Create and enhance custom forms, a main form with sub-forms and custom reports. In addition, learn how to identify and create relationships. **Prerequisite:** Access: Beginning or equivalent experience.

Course 52182	9 Hours	3 Sessions
SEC A Jul 15-19	M/W/F	1PM-4PM
Rick Berg		



POWERPOINT: BEGINNING

\$259

Create presentation materials using Microsoft PowerPoint. Learn to edit, format, proof and print presentations. Build and run slide shows with transition and multimedia elements. Use templates and themes to make your presentations visually interesting. Draw objects and use ClipArt and WordArt for dramatic effects. **Prerequisite: Windows:** Beginning or equivalent experience.

Course 52241	9 Hours	3 Sessions
SEC A Jul 29-Aug 5	M/W	6PM-9PM
Joseph Sandoval		

POWERPOINT: INTERMEDIATE

\$259

Become a PowerPoint power user. Create slides that include graphs, tables and organizational charts for easy communication. Develop multimedia content and customized slide shows that set your presentations apart. Save presentations in various formats. Develop and deliver a PowerPoint presentation in class.

Prerequisite: PowerPoint: Beginning or equivalent experience.

Course 52242	9 Hours	3 Sessions
SEC A Aug 19-26	M/W	6PM-9PM
Joseph Sandoval		

NONPROFIT MANAGEMENT

NONPROFIT BOOT CAMP: EVENT PLANNING

\$195

This interactive workshop will provide valuable strategies and tools to help you select appropriate events for your agency, identify internal and external resources, form budgets, create realistic goals, prepare tasks and develop action plans. You'll learn how to create a successful event that builds donor relationships, engages external partners and creates a positive experience for the staff, Board, volunteers and event attendees. Bring your event ideas, questions and plans to class for discussion.

Course 20702	8 Hours	4 Sessions
SEC A Jun 8-29	Sa	10AM-12PM
Ellen Welker		

NONPROFIT BOOT CAMP: ADVERTISING

\$95

Advertising can help people access your services, participate in your programs and events, support your cause and engage potential donors and volunteers. The class is designed to enhance your current plans and help nonprofits successfully advertise by designing a practical budget, developing realistic goals and creating an effective plan. This interactive workshop will include new strategies on how to prepare an annual advertising campaign and budget, create measurable outcomes, integrate traditional and non-traditional opportunities and utilize best practices. Students will explore how to determine target markets; create effective messaging, including content-marketing; develop a checklist on how to design an ad; pursue alternative methods of advertising, including cause-marketing and B2B; and learn how to purchase appropriate materials, such as business cards, brochures, rack cards, fliers, posters, e-mail, e-newsletters, outdoor, banners and digital ads. Materials and resources will be provided.

Course 20703	3 hours	1 Session
SEC A Jul 1	T	1PM-4PM
Ellen Welker		

NONPROFIT BOOT CAMP: MEDIA AND COMMUNITY RELATIONS

\$95

Building relationships with local media and community groups is like partnering with donors. Each is important to your organization and will take time to nurture and steward. During this class, students will review how to create a media press kit, contact media, write a press release, set up a press conference and learn the unique submission requirements and guidelines for traditional and digital media to obtain advertising, news coverage and public service support. Students will learn how to create relationships with local business and community groups and engage other nonprofits and local groups in collaboration with grant-writing, fundraising, tabling, events and volunteering. Materials and resources will be provided.

Course 20704	3 hours	1 Session
SEC A Jul 18	Th	1PM-4PM
Ellen Welker		

*Take your nonprofit
skills to the next level.*

NONPROFIT BOOT CAMP: PROMOTION AND PUBLICITY

\$90

Publicity and promotion are not the same as advertising, yet are part of a nonprofit's strategic marketing plan. Publicity is free or low-cost and promotions can drive new supporters and volunteers to your doorstep. During this interactive workshop, students will be introduced to twenty-five new publicity projects, their benefits and how to implement each. Additionally, students will explore how to design a speakers' bureau, distribute and track print collateral, submit features and guest columns, utilize window or business displays, coordinate tours, create open house events and host brown bag lunches. Materials and resources will be provided.

Course 20705	2 hours	1 Session
SEC A Jul 23	T	1PM-3PM
Ellen Welker		

PROFESSIONAL COMMUNICATION

PROFESSIONAL SPEAKING

\$195

Speaking effectively in business, educational, organizational or social settings involves communicating with clarity, purpose and confidence. This interactive course will help you become confident and engage your audience. If you're like many people and dread public speaking, you'll learn techniques to help reduce anxiety or fear. We'll review communication elements; examine speech formats, including short talks, "elevator" and impromptu speeches, long and short-form presentations; and discover how to handle various audiences, locations, audio/visual aids and props, including limitations and surprises. The class includes exercises, writing/formatting, practice presentations and opportunities for you to learn what methods work for you. Techniques to build confidence in planning, preparing and writing speeches will be studied, and you will learn the process of how to take a speech concept from start to finish. The class is designed to be experiential and supportive. Materials and resources will be provided in class.

Course 22000	8 Hours	4 Sessions
SEC A Jul 13-Aug 3	Sa	10AM-12PM
Ellen Welker		



Albuquerque's housing market is on the rise! Start earning accreditation toward the NM state licensure examination this summer and become a realtor.

REAL ESTATE

REAL ESTATE LAW

\$375

Gain an understanding of the general legal principles of real estate, focusing primarily on contract and agency law. Learn the current rules and regulations of the New Mexico Real Estate Commission. Earn accreditation toward the New Mexico state licensure examination with successful completion of this course.

NOTE: You are responsible for the textbook. The textbook is required at the first day of the class. It can be obtained from online resources or from instructor directly. Please contact instructor, Jim Stringfield, at jim@west2myhome.com for any textbook questions.
PLEASE NOTE: If you decide to purchase textbook from instructor, confirm with Jim a week before class starts; otherwise the textbook may not deliver on time.

Course 37400	30 Hours	8 Sessions
SEC A Jul 30-Aug 22	T/Th	5:30PM-9:30PM
Jim Stringfield		

REAL ESTATE PRINCIPLES AND PRACTICE

\$375

Gain a basic knowledge of the real estate business, covering all aspects of the profession. Study real estate finance and appraisal methods. Earn accreditation toward the New Mexico state licensure examination with successful completion of this course. Textbook: Same textbook as Course #37400 Real Estate Law. If you need more information for textbook, please contact instructor, Jim Stringfield, at jim@west2myhome.com

Course 37401	32 Hours	8 Sessions
SEC A Aug 27-Sep 19	T/Th	5:30PM-9:30PM
Jim Stringfield		

BROKER BASICS

\$375

Understand the most recent changes made to the New Mexico Real Estate Licensing regulations! This course satisfies one of the requirements necessary to become a licensed real estate broker in New Mexico. Learn about agency relationships and law, listing and purchasing agreements, risk management, trust account responsibilities, and other related subjects. Same textbook as Course #37400

Course 37402	32 Hours	8 Sessions
SEC A Sep 24-Oct 17	T/Th	5:30PM-9:30PM
Jim Stringfield		

NMREC CORE COURSE (2019)

\$40

This four-hour (4-hr) commission-approved continuing education course must be completed by all brokers annually as a condition of license renewal. The intention of the CORE course is to deliver the material and content in a format that encourages adult learning, with a focus on creating better-educated licensees who are aware of how to best lower E&O claims, both in quantity and dollar amounts.

Course 37403	4 Hours	1 Session
SEC A Jun 27	Th	9AM-1PM
SEC B Jun 27	Th	2PM-6PM
Jim Stringfield		

INSTRUCTION & FACILITATION TRAINING

FACILITATING ADULT LEARNING

\$549

Discover how to facilitate learning in the workplace or classroom. You'll explore adult learning theory, learning styles and the unique characteristics of adult learners. This course views adult learners, both as a collective group and as individuals, with diverse needs, while emphasizing the practical and summarizing the theoretical. It's helpful for anyone teaching or training adults in formal or informal settings.

Course 23000	15 Hours	5 Sessions
SEC A Jul 2-30	T	5:30PM-8:30PM
Barbara Ibanez, MA		

PARALEGAL & LEGAL SUPPORT CAREERS

MAKE YOUR CASE: INTRODUCTION TO LAW CAMP (AGES 10-14)

\$169

Curious about the law? This camp will introduce kids to the legal process through hands-on participation in a mock trial. Led by an experienced judge and mock trial coach, participants will enhance their skills in public speaking, critical thinking and organization as they make their case. Families are invited to a mock trial presentation on the last day.

Course 17533	17.5 Hours	5 Sessions
SEC A Jun 10-13	MTWThF	1PM-4:30PM
SEC B Aug 5-8	MTWThF	1PM-4:30PM
Frank Sedillo		

LEGAL ASSISTANT CERTIFICATE

\$1195

This certificate program builds a comprehensive skillset to prepare you for a legal support career. It provides an introduction to legal concepts, including vocabulary and legal procedure. Strengthen your written communication skills by learning how to prepare legal documents, notices and pleadings. You'll also learn how to process law office billing, utilize eFiling programs and enhance your administrative skills, including phone etiquette, working with clients, filing and organization.

Course 37302	48 Hours	16 Sessions
SEC A Jun 3-Jul 24	M/W	6PM-9PM
Nicole Larranaga		

PARALEGAL INTERNSHIP

\$1995

The internship is designed to expand knowledge through supervised placements in governmental and other legal settings. The student intern will work under the direct supervision of an attorney or paralegal in a governmental agency or law office as arranged and approved by the instructor. Prerequisite: Completion of UNM Continuing Education Paralegal Post Baccalaureate Certificate course with a GPA of 3.0 or better and a recommendation from the course instructor.

Course 37327	200 Hours	
SEC A Jun 3-Aug 9	MTWThF	9AM-1PM
Antonia Roybal-Mack		



TEST PREP

HOW TO GET ACCEPTED TO GRADUATE OR PROFESSIONAL SCHOOL — MEDICINE/PHARMACY, LAW OR GRAD SCHOOL

\$55

If you are applying for law school, med school, pharmacy school, grad school or business school, you need to know how to stand out from the crowd, avoid common application mistakes and present yourself in the strongest possible way. This seminar teaches you how to write a compelling personal statement (letter of intent), master the entrance exams (MCAT, PCAT, LSAT) and distinguish yourself from the competition.

Course 23156
SEC A Jun 9
Jay Cutts

2.5 Hours
Su

1 Session
12PM-2:30PM

LEARNING TO LOVE MATH — THE ART OF OVERCOMING MATH ANXIETY

\$395

For students from 9th through 12th grade only. Does math make you feel confused, overwhelmed and physically uncomfortable? If so, math classes may not be the answer. In this unique program, you learn a very different set of tools for solving math problems. You learn to use your intuitions, visual and artistic skills, and your understanding of relationships to painlessly (and even joyfully!) solve simple and complex math problems. **NOTE:** While this is not an ACT/SAT prep class, we work on over a hundred actual ACT questions. You will exit the class with advanced strategies for a superior ACT or SAT score. Also, we do not work on your math homework. You are responsible for the textbook, which is required on the first day of class. You should also bring paper and writing implements to all classes. Please see website for textbook information.

Course 37505
SEC A Jul 9-30
Jay Cutts

8 Hours
T

4 Sessions
6:30PM-8:30PM

All Test Prep Courses Include:

- Experienced, expert instructors
- Comprehensive preparaton materials, including actual questions and practice tests from the test-makers
- Thorough presentations and explanations
- Convenient access to our team of experts
- Flexible online schedule options

ACT SUMMER INSTITUTE

\$449

The ACT Summer Institute provides twenty (20) hours of classroom instruction in a condensed one-week format, convenient if you are seeking to develop essential test-taking tools during the summer—a time of year during which you may have more free time to practice. You will receive in-depth review of the exam content, strategies for improving your scores and a comprehensive study plan. Class sessions use real test questions to show just how these skills are tested. The course fee includes all classroom and online sessions and course materials.

Course 17850	20 Hours	4 Sessions
SEC A Jun 3-6	MTWTh	9AM-3PM
SEC B Jul 8-11	MTWTh	9AM-3PM
UNMCE Test Prep Instructor		

ACT LIVE-ONLINE BLITZ

\$399

The ACT Live-Online Blitz is delivered in an easy-to-follow format while giving you the familiar experience of working within a traditional classroom setting. The online class format is delivered by a live instructor, providing the interactivity of a classroom experience with the convenience of an online course. Sessions are recorded and made available for review. These courses meet once or twice a week and include sixteen (16) hours of instruction. Courses are conveniently scheduled in the weeks leading up to the most popular ACT dates.

Course 17852	16 Hours	8 Sessions
SEC A Jun 11-Jul 9	T/Th	5PM-7PM
SEC B Aug 8-Sep 3	Th/T	5PM-7PM
UNMCE Test Prep Instructor		

SAT SUMMER INSTITUTE

\$449

The SAT Summer Institute is an intensive test-prep program that provides you with the tools you need to prepare for and succeed on the SAT. The course provides twenty (20) hours of expert classroom instruction in a condensed one-week format, convenient if you are seeking to develop essential test-taking tools during the summer — a time of year during which you may have more free time to practice. You will receive in-depth review of the exam content, strategies for improving your scores and a comprehensive study plan. You will have access to online office hours and four (4) hours of live-online review leading up to the fall test dates.

Course 17860	20 Hours	4 Sessions
SEC A Aug 5-8	MTWTh	9AM-3PM
UNMCE Test Prep Instructor		

SAT LIVE-ONLINE BLITZ

\$399

SAT Live-Online Blitz sessions provide all the same preparation of the traditional classroom sessions from the comfort and convenience of your home. The online class format is delivered by a live instructor, providing the interactivity of a classroom experience with the convenience of an online course. Sessions are recorded and made available for review. This course meets once or twice a week and includes sixteen (16) hours of instruction. The SAT Live-Online Blitz is conveniently scheduled in the weeks leading up to the most popular SAT dates.

Course 17862	16 Hours	8 Sessions
SEC A Jul 24-Aug 19	W/M	5PM-7PM
UNMCE Test Prep Instructor		

MCAT/PCAT TEST PREP

\$1495

This class prepares students for the MCAT or PCAT exams for entrance into medical school and pharmacy school, respectively. The course covers science review, timing strategy, scientific problem-solving strategy, strategy for the CARS (MCAT) and Reading Comp (PCAT), and strategy for the PCAT math. The program consists of seven (7) four-hour (4 hr) classes for the seven content areas — general chemistry, organic chemistry, biology, biochemistry, physics (MCAT), psychology/sociology (MCAT) and strategy (CARS and PCAT Reading Comp, timing, PCAT math). PCAT students are welcome to attend the physics and psychology/sociology classes, but those classes are not required for the PCAT. MCAT students are welcome to attend the math portion of the strategy class, but it is not required for the MCAT. Each class consists of hands-on work with actual test questions, supplemented with explanations and mini-lectures by the instructor. Instructors emphasize both the learning of science concepts and the practicing of testing and problem-solving strategies. Outside of class, students may work with each science instructor by phone for up to a total of two hours for additional help. Students have unlimited help from Jay Cutts. Payment options may be available through instructor Jay Cutts for very early registrants. Contact Jay Cutts at 505-281-0684. **NOTE:** Please bring required materials to each class period. Please see website for textbook information.

Course 23158	28 Hours	7 Sessions
SEC A Jun 15-Aug 3	Sa	10AM-2PM
Jay Cutts		



GRE LIVE-ONLINE COURSE

\$749

Get ready for graduate school with twenty-four (24) hours of quality live-online instruction. The program is delivered in an easy-to-follow format taught by an expert instructor. This interactive class is designed to provide you with the skills necessary to succeed on each section of the GRE. Live lessons give you the opportunity to participate in class discussions and in-class learning exercises. Each session is recorded so that you can watch and review the lessons on your own time. Course materials are included and shipped directly to you.

Course 23160	24 Hours	8 Sessions
SEC A Jun 3-26	M/W	7PM-10PM
SEC B Jun 4-27	T/Th	5PM-8PM
SEC C Jun 19-Jul 17	W/M	5PM-8PM
SEC D Jul 16-Aug 8	T/Th	5PM-8PM
SEC E Jul 22-Aug 14	M/W	7PM-10PM
SEC F Aug 13-Sep 5	T/Th	7PM-10PM
UNMCE Test Prep Instructor		

GMAT TEST PREP LIVE-ONLINE

\$799

Enjoy the quality of a traditional classroom GMAT Prep Class from the comfort and convenience of your home. The online class format is delivered by a live instructor, providing the interactivity of a classroom experience with the convenience of an online course. Sessions are recorded and made available for review. This comprehensive course includes a review of the mathematical and verbal concepts tested on the GMAT and prepares you for the questions typically seen on the GMAT. The critical-reasoning skills tested on the new Integrated Reasoning and Analytical Writing sections of the GMAT are also addressed. Course materials are included and shipped directly to you.

Course 23161	24 Hours	8 Sessions
SEC A Jun 4-27	T/Th	7PM-10PM
SEC B Jul 10-Aug 5	W/M	5PM-8PM
UNMCE Test Prep Instructor		

LIVE ONLINE... the interactivity of a classroom experience with the convenience of an online course.



LSAT PREP COURSE

\$799

This intensive LSAT prep program includes thirty (30) hours of classroom instruction from experienced exam preparation professionals. The easy-to-follow program uses proven techniques to simplify the LSAT. Learn easy-to-apply strategies for answering Logical Reasoning questions and Reading Comprehension passages. This class provides a comprehensive explanation of the Analytical Reasoning logic games and strategies for quickly solving each type of game. LSAT textbooks, study guides, diagnostic exams and expert instruction are all included. This course is ideal for current undergraduates, recent graduates and anyone considering applying to Law School.

Course 23157	30 Hours	10 Sessions
SEC A Jun 4-Jul 11	T/Th	6PM-9PM
SEC B Aug 15-Sep 17	Th/T	6PM-9PM
UNMCE Test Prep Instructor		

LSAT LIVE-ONLINE COURSE

\$799

This interactive online class includes thirty (30) hours of instruction from LSAT experts. You will participate in class and practice new skills through structured assignments, practice exams and in-class exercises. You will also learn new skills for solving the complex logic games found in the Analytical Reasoning section. Easy-to-apply strategies and skills help you improve your score on the Logical Reasoning and Reading Comprehension sections of the exam. This course is ideal for law school applicants seeking the flexibility of an online class with the interactivity of a traditional classroom experience. Course materials are included and shipped directly to you.

Course 23162	30 Hours	10 Sessions
SEC A Jun 3-Jul 10	M/W	5PM-8PM
SEC B Jun 4-Jul 11	T/Th	7PM -10PM
SEC C Aug 12-Sep 16	M/W	7PM-10PM
SEC D Aug 15-Sep 17	Th/T	5PM-8PM
UNMCE Test Prep Instructor		

*Easy-to-apply
strategies and skills
help you improve
your score!*

LSAT STRATEGY WORKSHOP

Free

UNM Continuing Education offers free LSAT Strategy Workshops each semester. Presented in an easy-to-follow format, these workshops are designed to give you general tips on how to approach the exam. Our professional expert instructor will share details about exam administration, subject matter and scoring methods. You will also have an opportunity to walk through sample exam questions and ask our expert any questions you may have. Whether you are just beginning to prepare or putting the final touches on your preparations, our Strategy Workshop is sure to help. Best of all, it's free! All workshops are open to the general public as well as the university community. We'll provide expert instruction, study materials, tips and tricks and a plan for your success.

Course 23165	1.5 Hours	1 Session
SEC A Jul 25	Th	6PM-7:30PM
UNMCE Test Prep Instructor		

LSAT PRIVATE COACHING

\$475-\$1290

Whether you are prepping on your own for the LSAT or taking a prep class, the best way to boost your score is through personal coaching with a highly-experienced LSAT expert. In this program, you get personal LSAT coaching with NM LSAT specialist Jay Cutts, author of the Barron's LSAT Prep Book and twenty-nine-year LSAT expert. You will receive all of Mr. Cutts' advanced instruction through the Barron's LSAT Prep Book. You will work one-on-one with Mr. Cutts in person or by phone. This program allows you to choose from a two-hour (2 hr), four-hour (4-hr) or unlimited-hour class section depending on the amount of coaching you need. Each hour of instruction can be broken down into any number of shorter sessions totaling sixty (60) minutes. Mr. Cutts works with you on timing strategy and specific strategies for Reading Comprehension, Logical Reasoning, Analytical Reasoning and the Essay. You can also use hours for help with your personal statement and application. **NOTE:** Students arrange the actual time and location of the instruction with Mr. Cutts.

Course 23170		
SEC A	Unlimited Hours	\$1290
SEC B	2 Hours	\$475
SEC C	4 Hours	\$790
Jay Cutts		



**Gain the knowledge you need to
take your career to the next level.**





ONLINE CLASSES

AT UNM CONTINUING EDUCATION

Online classes at UNM Continuing Education are an easy, affordable way for you to get the training you need to take your career to the next level. We partner with national leaders in online education to offer a comprehensive library of practical, career-enhancing classes available at your convenience. Our online classes are non-credit and, in many cases, can lead to a professional certificate in a number of practical areas. Visit ce.unm.edu/Online to learn more and to view all available online course offerings.

CHOOSE FROM A WIDE RANGE OF TOPICS, INCLUDING ONLINE PROGRAMS ON:

- Human Resource Management
- Medical Transcription Editor
- Bookkeeping
- Computer Programming
- Personal Trainer
- Grant Writing
- Data Analysis
- Digital Marketing
- Teaching and Education

To see all available online classes, visit ce.unm.edu/online





HEALTH CAREERS

MEDICAL CODING & BILLING

HCPCS LEVEL II CODING

\$629

This course covers level II of the HCPCS coding system. HCPCS level II is a standardized coding system that is used primarily to identify products, supplies and services not included in the CPT codes, such as ambulance services and durable medical equipment, injections, prosthetics, orthotics and supplies (DMEPOS). A complete review of HCPCS level II modifiers and their relationship to CPT-4 codes will also be covered. A basic knowledge of CPT coding is desired. Course materials included in course fee.

Course 38120
Jun 3-13

10 Hours
M/Th

4 Sessions
5:30PM-8PM

Lupe Chavez, CPC, COC, CPB, CCP-P

MEDICAL BILLING AND HEALTHCARE SPECIALIST

\$1089

Prepare for a variety of administrative positions in the medical industry, including Admitting Clerk, Medical Biller, Claims Processor and Medical Front Office. Learn third-party payer billing, state and federal rules and regulations, compliance issues, HIPAA, patient record keeping, patient registration and scheduling. Review reimbursement methodologies, fee schedule reimbursement and charge-master issues, along with an introduction to CPT-4 and ICD-10 coding systems. Course materials included in course fee.

Course 38110
Jun 17-Jul 29

36 Hours
M/Th

12 Sessions
5:30PM-8:30PM

Lupe Chavez, CPC, COC, CPB, CCP-P

In-demand certifications and programs in the growing health care and health technology sectors. Visit ce.unm.edu/health for certificate details.

In this section:

- Medical Coding & Billing
- Clinical Medical Careers
- Holistic Health
- Substance Abuse Studies
- Convenient access to our team of experts
- Flexible online schedule options

CPC NATIONAL CERTIFICATION BOOT CAMP

\$149

This five-hour fast-paced boot camp will prepare students to take the CPC® national certification exam. All sections of the exam will be reviewed and testing techniques/tools will be covered. The boot camp will conclude with a timed mock exam. Students must bring their current editions of the CPT-4, HCPCS and ICD-10 coding books. Course materials included in course fee. **Prerequisite:** Courses 38104, 38102, 38105 or equivalent.

Course 38112	6 Hours	1 Session
Jun 15	Sa	8AM-2PM
Lupe Chavez, CPC, COC, CPB, CCP-P		



MEDICAL CODING AND BILLING PROFESSIONALS ENJOY COMPETITIVE SALARIES...

... averaging between \$45,000 and \$60,300 annually, and the potential for employment benefits.

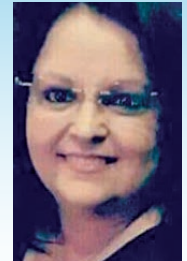
- 1 The starting salary according to Labor Statistics is \$45,000.
- 2 Well-trained medical coders and billers are in demand nationwide—it is estimated that 50% more coding positions are available than professionals to fill them.
- 3 The healthcare industry is one of the fastest growing in the country, and medical coding and billing, in particular, is expected to enjoy new job growth of 13% by 2026.
- 4 According to AAPC's 2017 Salary Survey, the average salary for a Certified Professional Coder (CPC) was \$54,106. A CPC's annual salary is based on location, years of experience, how many credentials held, the employer and other factors.

INSTRUCTOR PROFILE

Lupe Chavez

CPC, COC, CPB, CCP-P

Lupe Chavez is an experienced Senior Special Investigator who has been employed in the Health Care Industry for over 38 years. Her experience ranges from Medical Coding and Billing, Healthcare Compliance and Investigations to Provider and Employee Education. She obtained her Certified Professional Coder (CPC), Certified Outpatient Coder (COC), and Certified Professional Billing (CPB) certifications from the American Academy of Professional Coders (AAPC). She also obtained her Certified Compliance Professional Physician (CCP-P) certification from the Board of Medical Specialty Coding. Ms. Chavez was the co-founder of Medical Academy Services, LLC and in 2008 became the sole owner of New Mexico Healthcare Consulting Services LLC.



TESTING STRATEGIES WITH CPC EXAM PREPARATION

\$349

Examinees must have a solid understanding of many areas of study, including Medical Terminology/Anatomy, CPT, ICD-10 and HCPCS coding in order to successfully pass the certified professional coder (CPC) exam. This course is for students who have successfully completed a UNMCE coding program and is designed as preparation for the next step, taking the CPC certification exam. General preparation and test strategies will be reviewed. 150 test questions, similar to what is on the real exam, will be covered with answers and rationales. **NOTE:** This is not a coding class. Current CPT, ICD-10 and HCPCS books are required. **Prerequisite:** Students must have completed a UNMCE CPT & ICD-10 program course (in class or online).

Course 38113	15 Hours	5 Sessions
SEC A Aug 1-15	Th/M	5:30PM-8:30PM
Lupe Chavez, CPC, COC, CPB, CCP-P		

Medical Terminology and Human Anatomy for Coders starts August 19.
See website for details.

HEALTHCARE CAREERS ONLINE

Comprehensive healthcare training to begin your career in an area of high demand.



Career Step is a leader in online healthcare training, with comprehensive healthcare training to begin your career in an area of high demand. Be competitive with nationally-recognized curriculum. All courses include books and materials, student support by experienced instructor in the field, added resources with student chats, professional forums and skills-boosting activities. The national certification exam, included in the tuition, may be taken once you have successfully completed the course. Some courses have an externship available. Graduate Services for job placement and career advisement are available up to 18 months after graduation. Payment plans are available through Career Step.

Medical Transcription Editor Online		
640 hours	12 month access	\$3,200
Course 38128		
Medical Assistant Online		
510 hours	6 month access	\$4,000
Course 38132		
Medical Administrative Assistant with EHR		
285 hours	6 month access	\$3,200
Course 38130		
Pharmacy Technician (ASHP) Online		
600 hours	12 month access	\$3,000
Course 38140		
Professional Medical Coding and Billing with Applied PCS Online		
640 hours	12 month access	\$3,700
Course 38145		
Physical Therapy Aide		
275 hours	12 month access	\$3,000
Course 38148		

NOTE: These courses can be started at any time. Dates listed on our website are only placeholders. Detailed information for each program is found at www.careerstep.com/unm.



CLINICAL MEDICAL CAREERS

CLINICAL LABORATORY ASSISTANT/ PHLEBOTOMY FOR ASCP CERTIFICATION

\$2995

In addition to clinicians, nurses and patient support personnel, the medical laboratory serves as a vital role in the healthcare system, providing clinicians with excellent diagnostic tests. Specimens must first be collected and assessed for quality before being analyzed by the clinical laboratory; this is the essential role of the Clinical Laboratory Assistant or Phlebotomist.

In this 9-week program, you will learn best practices and industry standards used in the medical laboratory, and can begin a rewarding, patient-centered career during the first six weeks of in-class training. Become comfortable with medical terminology and the science of venipuncture, or drawing blood samples. With hands-on training, you will learn to first draw blood from an artificial model and, when comfortable, will advance to drawing from fellow students.

The last three (3) weeks of class are spent drawing blood from actual patients in a local clinical laboratory, where you will experience the real world of a Phlebotomist/CLA and have the opportunity to display your acquired skills for potential employment.

Participants must be eighteen (18) or older with the minimum educational requirement being a high school diploma or GED. Participants are required to take WorkKeys assessment tests in reading and math, which can be waived with a post-secondary degree. Clearance must be given from Caregiver Criminal History Background Screening (CCHBS). All immunizations need to be up-to-date prior to clinical rotations in the laboratory.

Course 38205 **240 Hours** **45 Sessions**
Starts July 26th.

HOLISTIC HEALTH

PLANT IDENTIFICATION AND FIELD WORK

\$269

Identify, gather and preserve herbs from your garden or the wild. For each of the four (4) morning sessions, you will meet at a different field location in the Albuquerque area. Learn the foundations of field botany and plant identification, and be introduced to the work herbalists do in the field. Topics include basic botany used for plant identification, local medicinal plants, field tools, journaling, wildcrafting and ethics. Your study of plant cycles, climate and growing conditions will deepen your connection with the plants, empowering you to interact knowledgeably and ethically with plants in the field. Field journal and materials included in course fee.

Course 38275	12 Hours	4 Sessions
Jun 22-July 13	Sa	9AM-12PM
Kate Viers, Clinical Herbalist		

INSTRUCTOR PROFILE

Kate Viers

Kate Viers is a community-supported clinical herbalist who is passionate about plants, people, beekeeping, nature, gardening, sustainable living, community and social justice.



Kate has been immersing herself in herbal medicine for over 10 years, and has been integrating plants into her life and the lives of those around her since she was a child. She is passionate about sharing her knowledge with budding herbalists and the broader community, teaches a range of herbal subjects for both the lay person and the practicing herbalist, and specializes in community healthcare, plant/people connection and reproductive health. As a clinician, she utilizes a mixed modality that includes western herbalism, folk medicine, Ayurveda, mindfulness, aromatherapy and flower essence therapy.

She is a co-founder and herbalist at the Cottonwood Medicine Collective, providing affordable healthcare in Albuquerque and surrounding areas. She also created Indie Aromatics; a small-scale distillery and perfumery with high quality and ecologically-friendly essential oils, hydrosols and natural perfumes.



MEDICAL - HEALTHCARE ONLINE

New online healthcare courses are convenient as you become ready to work as a healthcare professional. Prepare for the national certification exam, with many courses offering externships to sharpen your skills.

You are able to register for these courses at any time. Visit ce.unm.edu/MedicalOnline for full course descriptions. Most are approved for MyCAA tuition assistance. UNM tuition remission is available.

Clinical Medical Assistant with Clinical Externship		
Course 38001	780 Hours	\$3950
Dental Assistant with Clinical Externship		
Course 38002	750 Hours	\$3950
Dialysis Technician		
Course 38003	375 Hours	\$3000
Electronic Health Records Management		
Course 38004	375 Hours	\$3000
EKG Technician		
Course 38005	375 Hours	\$3000
Medical Administrative Assistant		
Course 38006	375 Hours	\$3000
Medical Billing and Coding		
Course 38007	375 Hours	\$3250
Medical Billing and Coding + MAA		
Course 38008	750 Hours	\$3950
Pharmacy Technician + MAA with Clinical Externship		
Course 38009	750 Hours	\$3950
Pharmacy Technician with Clinical Externship		
Course 38010	375 Hours	\$3000
Physician's Office Assistant + EHRM with Clinical Externship		
Course 38011	780 Hours	\$3950
Certified Professional Healthcare Compliance Officer		
Course 38013	32 Hours	\$499
Certified Professional Medical Auditor		
Course 38014	32 Hours	\$629

INSTRUCTOR PROFILE

Matilde Machiavello

Matilde Machiavello holds a Bachelor of Education, with a specialization in the English language. She is a Brain Gym Instructor/Consultant, Life & Team Coach, Master Practitioner in Neuro Linguistic Programming, with a focus in teaching, and a bilingual storyteller.



These approaches are — in her words — ‘the’ perfect blend to accompany learning paths, challenges and personal/professional processes and career moves.

RELATED CLASSES

BRAIN GYM 101

\$345

Brain Gym® is an innovative program providing tools and techniques to improve one’s life and learning overall. Through interactive workshops, the course improves one’s focus, concentration, organization, listening, physical coordination and cognitive ability. It is highly beneficial for anyone and can help to improve any area of life in which one may feel stuck or feel they are not reaching their full potential. By the end of the course, participants will have acquired valuable tools they can use in their every day life and apply them in any area, field of work, study and life in general. Materials included in course fee.

Course 38715	24 Hours	8 Sessions
SEC A Jun 4-27	T/Th	3PM-6PM
Matilde Machiavello		

LIVING WITH CANCER TOGETHER

\$85

Connect with other cancer patients and survivors during an educational, interactive workshop focused on healing your mind, soothing your body and learning to live your best life. You’ll leave this workshop with new tools to help you adjust emotionally, spiritually and physically to your new normal as a cancer survivor. This course features a range of topics that will benefit cancer patients still undergoing treatment, cancer patients who have completed treatment, long-term cancer survivors and caregivers. Discounts given for two people enrolling together and for patients.

Course 38360	6 Hours	4 Sessions
Jun 7-28	F	10AM-11:30AM
Amy Gundelach, RN, BSN, AG-CNS, OCN		

DEALING WITH STRESSFUL AND TRAUMATIC EVENTS

\$225

This course will teach simple, powerful, evidence-based approaches to assist participants in their recovery from stressful and traumatic events. These events might include serious physical illness, physical or sexual assault, divorce, automobile accident, death of a loved one and financial losses. The presenters will teach integrative trauma recovery skills that address both the physical and the psychological aftereffects of stressful and traumatic experience. Drawn from cutting-edge cognitive-behavioral therapy [CBT] and Kundalini yoga practices that target trauma symptoms, these tools have already helped hundreds of workshop participants reduce or eliminate post-traumatic suffering and move forward into peaceful, joyful, productive lives. **NOTE: Recommended Text:** *Reclaiming Life After Trauma* by Daniel Mintie [ISBN 10: 1620556340]. Class will include yoga movements; please bring mat or large towel for floor activities.

Course 38780	7 Hours	1 Session
SEC A Aug 3	Sa	9AM-4PM
Daniel Mintie, LCSW and Julie Staples, PhD		

INSTRUCTOR PROFILES

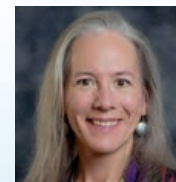
Daniel Mintie

LCSW



Julie Staples

PhD



Daniel Mintie is a cognitive-behavioral therapist and writer who has been healing trauma since 1990. Julie K. Staples, Ph.D., is the Research Director at the Center for Mind-Body Medicine and a certified Kundalini yoga teacher. Daniel and Julie are the authors of the book *Reclaiming Life after Trauma*, based on their Integrative Trauma Recovery Program using yoga and cognitive-behavioral therapy for healing PTSD. They hold an integrative trauma recovery retreat in Taos, NM and conduct mind-body wellness workshops at universities and training centers worldwide.

“Utilizing the yoga and CBT tools, I lost my fear, healed myself and overcame my self-defeating beliefs. I feel both encouraged and empowered.”

H.C., Albuquerque, NM



SUBSTANCE ABUSE STUDIES TRAINING PROGRAM

There are a total of 16 courses in 4 Professional Training Blocks for a total of 256 clock hours. These courses continue to have NAADAC approval. Professional Training hours are applicable for the Addiction Counselor Certification or licenses. NAADAC CEUs available for licensed professionals. **EACH COURSE IS \$155.**

Approval for the Substance Abuse Studies program is required, but can be completed quickly. We are currently accepting enrollment for the 2019-2020 year on a rolling basis. To apply, please review the Guide for Approval available to download at CE.UNM.EDU/SUBSTANCEABUSE.

Classes are held two days, Saturday and Sunday, from 8:30am-5:30pm. Please visit CE.UNM.EDU/SUBSTANCEABUSE for complete course descriptions and class times. **REGISTRATION IS BY PHONE ONLY: 505-277-0077 X1.**

For Fall 2019 class schedule, please see the website. Classes start in August 2019.



OFFICE HOURS FOR ADDICTION COUNSELING

Meet with a Substance Abuse Studies instructor or other knowledgeable advisor to do a “Quick Glance” transcript review in a 15-minute individual one-on-one session. If the recommendations are for further courses at the undergraduate or graduate level, you will need to contact that institution for additional advisement and admissions.

By appointment — 15 minute openings — offered monthly. Check website for details.

Sign up for an appointment online at: CE.UNM.EDU/SASTPSCHEDULE

- 1 Please bring your transcripts (unofficial or official) for your meeting.
- 2 Download and bring the Checklist for Advisement.
- 3 Please arrive on time or slightly early.
- 4 It may be helpful to create a written list of questions you may have prior to coming to Office Hours.

Upcoming office hour dates: July 20th and August 3rd. Check website for details.

tools for tomorrow
today

TECHNOLOGY

COMPUTER BASICS

COMPUTER BASICS FOR NEW COMPUTER USERS

\$149

Using a computer is for everyone! This beginning computer course for adults acquaints the novice with computer terminology, essential concepts, and, best of all, actual experience at the computer. Topics include startup and shutdown procedures, keyboard and mouse operation, and an overview of popular computing functions.

Prerequisite: None.

Course 51010	5 Hours	2 Sessions
SEC A Jun 3-5	M/W	6PM-8:30PM
SEC B Jun 17-19	M/W	2PM-4:30PM
Daniel Norton		

WINDOWS: BEGINNING

\$249

Learn the basic functions of the latest Windows operating system and how to customize its setup. Work with files and folders, shortcuts and properties. Resize windows, use the taskbar, start menu and recycle bin, and get an introduction to shortcuts. In addition, explore popular software and get started with launching programs. This class uses Windows 10. **Prerequisite:** 51010 or basic computer experience.

Course 51101	9 Hours	3 Sessions
SEC A Jun 24-28	M/W/F	2PM-5PM
Daniel Norton		
SEC B Jun 24-28	M/W/F	6PM-9PM
Bryan O'Neill		

“What did I like? Taking it slow and being able to ask questions without feeling dumb.”

- Dottie Hatchell on Windows: Beginning with Daniel Norton

In-demand tech programs, design programs and certifications that offer the tools for tomorrow today. Learn the latest industry trends and techniques from experts, while gaining hands-on experience.

In this section:

- Computer Basics
- CompTIA
- AutoCAD
- Web & Graphic Design
- Photography
- Film & Video
- Apple Authorized Training
- Audio & Music Production

MAC FOR NEW COMPUTER USERS

\$149

Become acquainted with fundamental computer terminology and the Mac in a relaxed, easy-paced setting. Work with the Mac's basic functions by learning about startup and shutdown procedures, keyboard and mouse operation, and other computer functions specific to the Mac. Get a brief introduction to some of the Mac's built-in applications for composing letters, reading PDF files, sending emails and surfing the Internet. This course is for the computer novice.

Prerequisite: None.

Course 54010	5 Hours	2 Sessions
SEC A Jun 3-4	M/T	2PM-4:30PM
Daniel Norton		
SEC B Jun 3-5	M/W	6PM-8:30PM
Bryan O'Neill		

MAC OS X: BEGINNING

\$249

Get hands-on training with the Mac's latest user-friendly operating system. Learn the basics of file management, navigating the Finder, setting up the Dock, customizing preferences, creating and saving files and backing up your computer. Become familiar with the concepts of peripherals, utility applications and cloud computing with iCloud. **Prerequisite:** 54010 or equivalent experience.

Course 54101	9 Hours	3 Sessions
SEC A Jun 5-7	W/Th/F	2PM-5PM
Daniel Norton		
SEC B Jun 17-21	M/W/F	6PM-9PM
Bryan O'Neil		

INTRODUCTION TO AN IPAD LIFESTYLE

\$249

For many, the Apple iPad is becoming the personal computer of choice. Discover what makes the iPad a valuable extension of your computer experience and why you might replace your traditional computer altogether. Learn about the iPad's intuitive touch interface gestures, how to work with apps, configure basic settings and explore other features unique to this device. **Prerequisite:** Basic computer experience.

Course 54305	9 Hours	3 Sessions
SEC A Jun 10-17	M/W	6PM-9PM
Richard Pham		
SEC B Jul 20-Aug 3	Sa	9AM-12PM
Daniel Norton		

CompTIA

ESSENTIALS OF HARDWARE AND OPERATING SYSTEMS

\$995

This CompTIA course is the first of two courses designed to prepare you for A+ certification. Successful completion of the course validates knowledge of basic computer hardware and operating systems, including how to install, build, upgrade, repair, configure, troubleshoot, optimize, diagnose and perform preventive maintenance. Customer service and security skills are also covered. **NOTES:** The textbook and one exam voucher are included in the cost of this class. A+ vouchers for courses 63131 and 63134 will be issued upon request after the completion of course 63134. These vouchers may be requested up to six months after completing both courses. **Prerequisite:** Basic computer experience.

Course 63131	28 Hours	8 Sessions
SEC A Jul 18-Aug 13	Th/T	6PM-9:30PM
Ralph Keeton		

HARDWARE REPAIR AND TROUBLESHOOTING

\$995

This CompTIA course is the second of two courses required for A+ certification. Learn to troubleshoot and repair the systems studied in the first A+ course. Problem-solving scenarios help students learn basic networking and OS management while preparing them to succeed on the certification exam. **NOTES:** The textbook and one exam voucher are included in the cost of this class. A+ vouchers for courses 63131 and 63134 will be issued upon request after the completion of course 63134. These vouchers may be requested up to six months after completing both courses. **Prerequisite:** 63131 or equivalent experience.

Course 63134	24 Hours	8 Sessions
SEC A Jun 17-Jul 10	M/W	2PM-5PM
Glenn Norman		
SEC B Aug 15-Sep 10	Th/T	6PM-9PM
Ralph Keeton		



Ralph Keeton
CompTIA

NETWORK SUPPORT (NETWORK+)

\$995

Learn how to configure network adapters, protocols, and services to allow communication between computers. This course covers the OSI model, network topologies, Ethernet, the TCP/IP protocol suite, subnetting and WAN technologies. Learn to use these technologies to effectively administer a network, share resources, troubleshoot and solve connectivity problems. **Prerequisite:** 63131 and 63134 or A+ certification or equivalent experience. **NOTE:** The textbook and one exam voucher are included in the cost of this class. The voucher may be requested up to six months after completing the course.

Course 63312	28 Hours	8 Sessions
SEC A Jul 15-Aug 7	M/W	2PM-5:30PM
Glenn Norman		

SECURITY+

\$995

Learn the high-level computer security concepts required for federal security training and gain an understanding of the various forms of security threats. Topics include current exploits, vulnerabilities, tools and risk management of wired and wireless technology. Review NAT, VLANs and RAS as well as encryption algorithms, concepts of cryptography, Public Key Infrastructure standards, protocols and the Key Management/Certificate Lifecycle. **Prerequisite:** 63312 or equivalent experience. **NOTE:** The textbook and one exam voucher are included in the cost of this class. The voucher may be requested up to six months after completing the course.

Course 63511	28 Hours	8 Sessions
SEC A Jun 18-Jul 16	T/Th	6PM-9:30PM
Ralph Keeton		
SEC B Aug 12-Sep 9	M/W	2PM-5:30PM
Glenn Norman		

“What I liked best about this CompTIA course were the real world experiences [from Ralph] related to the material.”

- Darrell Banward on Network+ with Ralph Keeton

“Learning the basic commands of AutoCAD and drawing something real over the course of three weeks at our pace was terrific.”

- Brandon Bernardin on AutoCAD: Beginning with Gathen Garcia

AUTOCAD

AUTOCAD: BEGINNING

\$795

Learn the fundamentals of Computer-Assisted Drafting (CAD) 3D and 2D rendering with Autodesk AutoCAD. Compare and contrast CAD and manual drafting methods and learn the essentials of drawing organization and layer management. Explore the use of blocks, fonts and automatic dimensioning features. Both AutoCAD and AutoCAD LT users are welcomed. **Prerequisite:** 51101 or basic computer experience. **NOTE:** The textbook is included in the cost of this class.

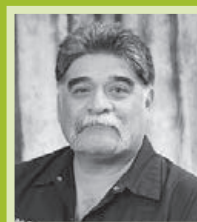
Course 69111	21 Hours	7 Sessions
SEC A Jul 30-Aug 20	T/Th	6PM-9PM
Gathen Garcia		

AUTOCAD: INTERMEDIATE

\$795

Move from drawing in Model Space to plotting in Paper Space to printing amazing views of your creations. Work with blocks and attributes, layers, color, linetypes, lineweights and viewports. Edit text, create tables and add new dimensions. Learn why it's important to establish standards that promote conformance. Both AutoCAD and AutoCAD LT users are welcomed. **Prerequisite:** 69111 or equivalent experience.

Course 69112	21 Hours	7 Sessions
SEC A Aug 22-Sep 12	Th/T	6PM-9PM
Gathen Garcia		



Gathen Garcia
AutoCAD Instructor

WEB & GRAPHIC DESIGN

DISCOVER THE ADOBE CREATIVE SUITE

\$195

Adobe created this outstanding Creative Suite of programs: InDesign CC, Illustrator CC, Photoshop CC, Dreamweaver CC, Flash Professional CC, Bridge and Acrobat. This class is designed to provide a hands-on overview of these programs in order to help you make the most of your creative ideas. Whether you're using Mac or Windows, discover how the Adobe Creative Suite of programs allows you to design beautiful layouts, create great illustrations, edit your photos, build websites, work with interactive animations, optimize graphics and more. **Prerequisite:** Basic computer experience.

Course 56005 SEC A Jun 8-15	8 Hours Sa	2 Sessions 1PM-5PM
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Adele Gangai

FROM CAMERA TO COMPUTER

\$95

Make the transition from camera to computer. Learn how to download photos from your camera to your computer, how to best organize and archive photos and how to protect your photos from losing image quality. Discuss optimum workflow patterns in order to start with best practices to ensure your photos are protected, manageable and accessible. **Prerequisite:** Basic computer experience.

Course 56011 SEC A Jun 7	3 Hours F	1 Session 6PM-9PM
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Mary Elkins

COLOR CALIBRATION FOR PHOTOGRAPHERS AND DESIGNERS

\$95

Find out how to get accurate color on your monitor and match it to what comes out of your printer. The key is color management and calibration. Learn what's involved in managing color so that you can select and use calibration hardware and color management software to get consistent results for your printed digital photos, design proofs and more. **Prerequisite:** Basic computer experience.

Course 56013 SEC A Jul 30	3 Hours T	1 Session 6PM-9PM
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Zac Van Note

CREATE A FLYER WITH INDESIGN

\$249

Learn how to design and produce a flyer with Adobe InDesign that you can print, email in PDF form or send to a commercial printer for output. InDesign is a highly-versatile tool for creating flyers, ads and other documents that grab attention with colorful imagery, striking graphics and attractive typography. Get an introduction to the tools and techniques for flyer-creation, including document set-up, character formatting, importing and sizing graphics, and page layout tips. **Prerequisite:** Basic computer experience.

Course 56045 SEC A Jul 30-Aug 1	7 Hours T/Th	2 Sessions 2PM-5:30PM
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Adele Gangai

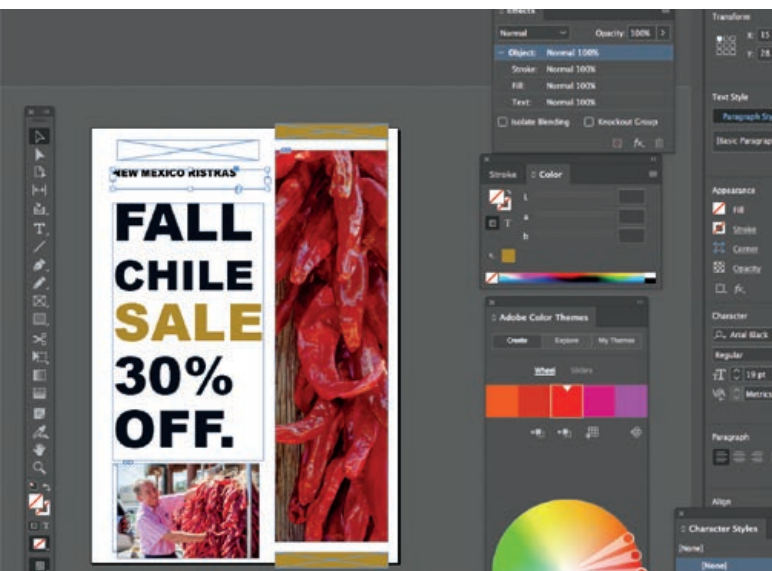
COMPUTER GRAPHICS: RASTER AND VECTOR ART

\$249

Explore the differences between raster and vector graphics to help determine which is best for each project. Understand key file formats such as TIFF, JPEG, EPS, PDF, native and RAW data, and discover how they import work within Adobe and other software programs. Additional topics include RGB, CMYK, spot and Web color systems as well as digital camera resolution conversions. This course provides important foundational information for all graphics software used in digital arts. **Prerequisite:** 51101 or 54101 or basic computer experience.

Course 56101 SEC A Jun 17-21	9 Hours M/W/F	3 Sessions 6PM-9PM
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Adele Gangai



INDESIGN: BEGINNING

\$325

Learn cutting-edge page layout with Adobe InDesign. Get an introduction to how a page layout program works and learn the basic tools and techniques. We cover character formatting, editing and linking text blocks, and importing text and graphics from other applications. In-class exercises emphasize the basic principles of typography and page layout.

Prerequisites: 51101 or 54101 or basic computer experience. **Suggested:** 56101.

Course 56121	12 Hours	4 Sessions
SEC A Jun 24-Jul 3	M/W	6PM-9PM
Denise Weaver Ross		
SEC B Jul 8-12	M/W/F	1PM-5PM
Adele Gangai		

INDESIGN: INTERMEDIATE

\$325

Refine your InDesign skills with in-depth use of text and graphics, including tools for paragraph formatting, tabs, paragraph and character styles, text wrap, and working with imported graphics. We also focus on working with multi-page layouts, including Master Pages, automatic page numbering and the Pages palette. Students work on a newsletter in class. Basic preparation of your document for a commercial printer will be discussed.

Prerequisite: 56121 or equivalent experience.

Course 56122	12 Hours	4 Sessions
SEC A Jul 15-19	M/W/F	1PM-5PM
Adele Gangai		
SEC B Jul 17-29	W/M	6PM-9PM
Denise Weaver Ross		

INSTRUCTOR PROFILE

Adele Gangai

Adobe Creative Cloud

Adele Gangai received a BFA in graphic design from Rochester Institute of Technology, New York. Adele has over 30 years of graphic design experience from working in advertising, newspaper, printing, animation and museum agencies. She has won several awards and was a contributor to the 2010 National Medal for Museum and Library Service as a graphic developer. Adele owns and operates her own graphic design business.



INDESIGN: ONLINE PORTFOLIOS

\$325

An online portfolio is a must for designers and anyone who creates visual media. Learn how to showcase your work by creating an online portfolio using InDesign's interactive features, all without knowing any code! Topics include creating galleries, buttons, hyperlinks, animation and adding audio and video for a truly dynamic interactive portfolio. Students will create an online portfolio in class. **Prerequisite:** 56121 or equivalent experience.

Course 56128	12 Hours	3 Sessions
SEC A Jun 3-7	M/W/F	1PM-5PM
Adele Gangai		

CREATIVE CLOUD INSTRUCTOR,
ADELE GANGAI, TEACHES
PARTICIPANTS THE FUNDAMENTALS
OF ADOBE INDESIGN.



ACROBAT PRO: WORKING WITH PDFS

\$249

Utilize the note-making and markup capabilities of Acrobat Pro to make notations to documents for editing and updating. Set up navigation features to make it easy for users to link to other pages, web pages or other PDFs. Learn how to create electronic forms. Discover how a PDF opens for a user, how to make limited text changes in a PDF and how to embed media such as audio and video. **Prerequisite:** 51101 or 54101 or basic computer experience.

Course 56181	9 Hours	3 Sessions
SEC A Aug 29-Sep 5	Th/T	6PM-9PM
Audrey Troche		

ILLUSTRATOR: BEGINNING

\$249

Use Adobe Illustrator to create vector art in both color and black and white. Learn the basic tools and techniques, including geometric and freeform drawing tools, transformation tools and path editing, paint and type tools, and exporting art for output. Special emphasis is given to the ways Illustrator facilitates drawing. **Prerequisite:** 51101 or 54101 or basic computer experience. **Suggested:** 56101.

Course 56211	9 Hours	3 Sessions
SEC A Jun 24-28	M/W/F	2PM-5PM
Adele Gangai		
SEC B Jun 25-Jul 2	T/Th	6PM-9PM
Thomas Gagliano		

ILLUSTRATOR: INTERMEDIATE

\$249

Delve deeper into the creative power and the productive rewards of computer illustration. Topics include creating and using gradients, advanced type use, an in-depth look at Illustrator's color controls and plug-in filters. Several illustrations and single-page displays are presented for use in class. **Prerequisite:** 56211 or equivalent experience.

Course 56212	9 Hours	3 Sessions
SEC A Jul 9-16	T/Th	6PM-9PM
Thomas Gagliano		
SEC B Jul 22-26	M/W/F	2PM-5PM
Adele Gangai		

PHOTOSHOP: BEGINNING

\$249

With Adobe Photoshop, you can do everything from retouching photos to creating original illustrations and collages with raster images. Apply lighting, color corrections and correct lens distortions to enhance your photos. Learn about the importance of camera RAW files and how to process them. Use the retouching tools, painting techniques and basic filters to improve or alter your photos. Additional topics include file formats, working with type, using Adobe Bridge and an introduction to basic selections and layers. **Prerequisite:** 51101 or 54101 or basic computer experience. **Suggested:** 56101.

Course 56311	9 Hours	3 Sessions
SEC A Jun 25-Jul 2	T/Th	2PM-5PM
Adele Gangai		
SEC B Jul 8-15	M/W	6PM-9PM
Mary Elkins		

PHOTOSHOP: INTERMEDIATE

\$249

Learn advanced selection methods to selectively adjust images. Work with a variety of layer techniques to combine, enhance and transform your images. Organize and cross-index your image collection with Bridge. Learn about color modes, photo touchup and restoration techniques. In addition, further explore the power of Adobe Camera Raw. **Prerequisite:** 56311 or 56331 or equivalent experience.

Course 56312	9 Hours	3 Sessions
SEC A Jul 9-16	T/Th	2PM-5PM
Adele Gangai		
SEC B Jul 31-Aug 7	W/M	6PM-9PM
Mary Elkins		

DRAWING WITH PHOTOSHOP

\$149

Discover how to use a Wacom drawing tablet to trace, draw and sketch in Adobe Photoshop. Get acquainted with the set-up and use of a Wacom drawing tablet and how to create dynamic brushes in Photoshop that react to pressure, tilt and direction. Explore a variety of Photoshop tools to simulate naturalistic sketching and drawing using the tablet and stylus. Learn basic scanning and clean-up techniques to import your hand-drawn ideas for use in Photoshop as a tracing template. Finally, add color to your artwork using mixing brushes, patterns and gradients. **Prerequisite:** 56311 or equivalent experience.

Course 56318	6 Hours	2 Sessions
SEC A Jul 25-30	Th/T	6PM-9PM
Thomas Gagliano		

LIGHTROOM: BEGINNING

\$249

Adobe Lightroom is an ideal photo editing tool for beginners and seasoned photographers alike. With Lightroom, getting your photography into the digital workflow on your computer is easier than ever. Import, process, manage and showcase your images from one shot to an entire shoot. Enjoy tight integration with Photoshop, allowing you to quickly make changes and then see the updated effects in Lightroom. Learn how to import photos, organize them, make changes and color corrections, and use Lightroom to present your images to an audience. **Prerequisite:** 51101 or 54101 or basic computer experience. **Suggested:** 56101.

Course 56361 SEC A Jul 18-25 Mary Elkins	9 Hours Th/T	3 Sessions 6PM-9PM
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GRAPHIC DESIGN I

\$249

Build on the design principles introduced in the introductory class. Learn effective visual communication through the use of marketing standards, color, creativity and graphic style. Estimating, art direction and working with clients and vendors are also addressed. Students complete comprehensive layouts for a project of their choice. Equipment and materials cost about \$25. A materials list will be available the first day of class. **Prerequisite:** 55101 or equivalent experience.

Course 55101 SEC A Jun 4-11 Zac Van Note	9 Hours T/Th	3 Sessions 6PM-9PM
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GRAPHIC DESIGN II

\$249

Build on the design principles introduced in the introductory class. Learn effective visual communication through the use of marketing standards, color, creativity and graphic style. Estimating, art direction and working with clients and vendors are also addressed. Students complete comprehensive layouts for a project of their choice. Equipment and materials cost about \$25. A materials list will be available the first day of class. **Prerequisite:** 55101 or equivalent experience.

Course 55102 SEC A Jul 9-16 Zac Van Note	9 Hours TT/h	3 Sessions 6PM-9PM
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“In-class activities, in-depth critique, and home course work were all useful and informative.”

– Drake Miller on Logo Design
with Kevin Glasgow

LOGO DESIGN

\$249

Create effective logos by understanding the processes, strategies, applications and roles that logos play within brand identity. Learn about different types of logos through case studies, design history and critical examination, and produce a corporate identity project. Equipment and materials cost about \$25; a materials list will be available the first day of class. **Prerequisites:** 55101. **Suggested:** 55102, 55201, 56211.

Course 55123 SEC A Aug 6-13 Kevin Glasgow	9 Hours T/Th	3 Sessions 6PM-9PM
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DESIGNING FOR THE WEB

\$249

Explore the process of designing a website, including conceptualizing, structuring and applying design principles to create visually-appealing and highly-usable solutions. With an emphasis on design principles and information architecture best practices, topics include setting up a site map, designing an interface and creating comprehensive storyboards. **Prerequisites:** 55101 or equivalent experience and working knowledge of the Internet. **NOTE:** Equipment and materials cost about \$25. A materials list will be available the first day of class.

Course 55125 SEC A Jun 13-20 Zac Van Note	9 Hours Th/T	3 Sessions 6PM-9PM
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INSTRUCTOR PROFILE

Mary Elkins

Photography

Mary Elkins has a BA in mathematics and an AA in commercial photography. A lifelong fan of cameras and lighting gear, Mary has mastered the most complicated style of imagery — architectural and interior photography — while working for a local photography studio. Mary specializes in digital techniques using Photoshop and Lightroom.



DRAWING TO ILLUSTRATION BASICS

\$249

Develop a solid foundation in freehand drawing that will enhance your abilities in any visual communication project. Learn perspective drawing, how to use line, value, contrast, light and shadow to capture simple and complex shapes. Move on to illustration techniques to create professional black and white illustration from concept to final rendering using media such as pencil, pen and ink, acrylic and gouache. **Prerequisite:** None. **NOTE:** Equipment and materials cost about \$40. A materials list will be included on your registration receipt. Please bring these materials to the first class session.

Course 55201	9 Hours	3 Sessions
SEC A Aug 3-17	Sa	1PM-4 PM
Thomas Gagliano		

HISTORY OF GRAPHIC DESIGN

\$249

Explore the language of visual communication by looking at design's rich history. Topics covered include the development of visual communications from the earliest pictographs to the work of contemporary designers and illustrators. Complete a design project by the last class. **Prerequisite:** None. **Suggested:** 55101. **NOTE:** Equipment and materials cost about \$25; a materials list will be available the first day of class. **Suggested text:** *A History of Graphic Design* by Philip B. Meggs.

Course 55321	9 Hours	3 Sessions
SEC A Aug 15-22	Th/T	6PM-9PM
Kevin Glasgow		

COLOR THEORY IN DIGITAL MEDIA

\$249

Color is a critical part of design, whether your project is destined for print, web, video or other media. A clear understanding of color theory and practical applications is the key to using color with confidence. Learn to apply theory in digital applications, including Photoshop, Illustrator, InDesign, Flash, Dreamweaver and more. Learn the differences and applications for Pantone, CMYK, RGB, Hexadecimal colors and other important color tools. The psychology of color and color harmonies are also addressed. **Prerequisite:** 56101 or equivalent experience.

Course 56392	8 Hours	2 Sessions
SEC A Jul 20-27	Sa	1PM-5PM
Adele Gangai		

WEB DESIGN: GETTING STARTED

\$149

Using fundamental and free web design tools, create a website for personal or business use. Employ strategies for planning your site, creating and linking individual web pages, and adding images for visual appeal. Use styles to change background colors and fonts to develop your own theme. **Prerequisites:** Basic computer and Internet experience.

Course 58011	6 Hours	2 Sessions
SEC A Jun 17-19	M/W	2PM-5PM
Denise Weaver Ross		
SEC B Jun 18-20	T/Th	6PM-9PM
Elisa Valdez		

WEB DESIGN: USING WORDPRESS

\$149

Create a free website on WordPress.com. Choose a title for your website and learn how to manage the settings to control your website. Select a theme, add content and work with images. Learn how to use plugins and widgets. If you decide to upgrade to a self-hosted WordPress website, all the information from this class will apply. **Prerequisite:** 58011.

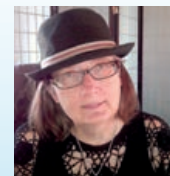
Course 58012	6 Hours	2 Sessions
SEC A Jul 9-11	T/Th	2PM-5PM
Denise Weaver Ross		

INSTRUCTOR PROFILE

Denise Weaver Ross

Web Design

Denise received her MFA with an emphasis in printmaking from the University of Massachusetts, Amherst. Denise has been a graphic designer and artist for over 30 years. She has designed everything from advertisements to books, brochures, flyers, manuals, posters, signs, and websites and owns her own graphic design business. She is also a published poet and exhibits regularly as a fine artist.



INSTRUCTOR PROFILE

Jeff Brody

Web Development

Jeff Brody has a BA in Anthropology from the University of Chicago. Jeff has over 25 years' experience in information technology and software development. He currently owns his own consulting company, specializing in application programming, website development and training for small businesses.



BUILDING A WEBSITE WITH SQUARESPACE

\$95

Squarespace is an affordable SaaS-based content management system (CMS) which is composed of a website builder, blogging platform and hosting service that allows users, without technical expertise in design and development, to create and manage a website or blog with ease. Learn how to set up and configure Squarespace to meet your needs, whether for a blog, personal site, business site or an ecommerce site.

Prerequisites: Basic computer and internet experience.

Course 58015 SEC A Jun 24 Elisa Valdez	3 Hours M	1 Session 6PM-9PM
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HTML AND CSS: BEGINNING

\$395

Enhance your ability to control appearance and functionality by learning to use the new HTML5 structural elements. Use code to add graphics, links and tables to your pages, and explore the power of CSS to format text consistently and quickly. Gain an understanding of how HTML5 works and practice using FTP to upload your pages to a live Web server.

Prerequisites: 51101 or 54101 or basic computer experience, and internet experience.

Course 58111 SEC A Jul 1-10 Jeff Brody	12 Hours M/W	4 Sessions 6PM-9PM
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WORDPRESS: BEGINNING

\$249

WordPress is a free, open source publishing system that allows users without technical expertise in design and development to create and manage a blog with ease. But more than blogs, WordPress can be used as a Content Management System (CMS) for a variety of websites. Learn how to set up and configure WordPress to meet your needs, whether for a blog, a personal site or a business site. Choose themes and plugins to further enhance and customize WordPress. **Prerequisite:** 58101 or 58111 or equivalent experience.

Course 58231 SEC A Aug 12-19 Denise Weaver Ross	9 Hours M/W	3 Sessions 6PM-9PM
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JAVASCRIPT: BEGINNING

\$395

Build dynamic and interactive web pages using JavaScript. Develop a familiarity with fundamental scripting concepts such as variables, functions and loops. Learn how to create image rollovers and pop-up windows, and use the Document Object Model (DOM) for basic client web applications. **Prerequisite:** 58111.

Suggested: 58112 or 58401.

Course 58411 SEC A Jul 17-29 Jeff Brody	12 Hours W/M	4 Sessions 6PM-9PM
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MODERN HTML5 AND CSS3

\$395

Learn how the cool tricks get done with HTML5, CSS3 and Javascript. We will learn about semantic elements such as nav, header and footer, and find out about native browser features such as audio, video, and the form input elements. Then, we'll explore advanced features of CSS3, including drop shadows, rounded corners and web fonts. We will conclude with an exploration of some of the Web APIs, including canvas, drag-and-drop and web storage. **Prerequisites:** 58411.

Recommended: 84071 or a basic understanding of Javascript.

Course 58415 SEC A Aug 21-Sep 4 Jeff Brody	12 Hours W/M	4 Sessions 6PM-9PM
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*tools for tomorrow
today*

WEB ANALYTICS WITH GOOGLE

\$149

Google Analytics is the most popular tool available for measuring traffic on your website. Learn about web analytics and how to use Google Analytics to get a quantitative understanding of how well your website is meeting your business needs. Evaluate the effectiveness of your search engine optimization and social media strategies; spot “pain points” that keep a visitor from converting to a customer; and develop a continuous quality improvement process for your site. We’ll look at the reports Google Analytics generates, how to interpret them, how to set and review Performance Benchmarks, and how to use visitor data to drive improvements to your website. **Prerequisite:** 51101 or 54101/11 or equivalent experience, and internet experience.

Course 55615 SEC A Jul 8-10 Sonja Dewing	5 Hours M/W	2 Sessions 6PM-8:30PM
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SEARCH ENGINE OPTIMIZATION

\$149

Apply the techniques used in web marketing to get your site listed on the first page of search engine results. Learn how to determine which keywords and phrases will bring the most traffic to your site, and learn how to incorporate them in search-engine-friendly ways. In addition, learn how to use pay-per-click marketing for quick results. **Prerequisite:** 51101 or 54101 or basic computer experience and internet experience.

Course 55620 SEC A Aug 20-27 Zac Van Note	5 Hours T	2 Sessions 6PM-8:30PM
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STARTING AN ART BUSINESS

\$125

Do you want to start your own small business? Get information about the complete process, including defining your product or service, determining your customer base, the basics of a business plan, tax and licensing requirements, marketing and pricing strategies. A discussion about accounting and bookkeeping is also included. **Prerequisite:** None.

Course 55624 SEC A Jul 20-27 Pat Berrett	5 Hours Sa	2 Sessions 9AM-11:30 AM
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“Thank you, Audrey! You encouraged me to keep learning, and the most important thing — I will keep learning!

- Martha Ortiz on Social Media Marketing with Audrey Troche

LEGAL ISSUES IN VISUAL ARTS

\$225

When working with digital imagery, it’s important to have an understanding of the legal principles and issues that affect your work. Gain the knowledge and tools needed to recognize legal problems and address them appropriately. Topics include contracts for professional services, copyright, model releases, licensing, trademarks, rights of publicity and privacy, First Amendment issues, business formation, determining when to hire a lawyer and more. **Prerequisite:** None.

Course 55625 SEC A Jul 13 Kate Fitz Gibbon	7 Hours Sa	1 Session 9AM-5PM
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MARKETING WITH SOCIAL MEDIA

\$295

Expand awareness for your business or job search by combining traditional and social media. Market 24/7 with an Internet storefront showcasing who you are and what you do. Learn about a range of tactics that can help you stand out, including Facebook, Twitter, LinkedIn, Google+ and Pinterest, plus social bookmarking, blogs, YouTube and many other options that add exposure to your website. Take charge of your Internet reputation. Focus on strategies for distinguishing your company from that of your competition or strategies to stand out as a job applicant. **Prerequisite:** None. **Suggested:** 55605.

Course 55631 SEC A Jun 18-27 SEC B Aug 15-27 Audrey Troche	12 Hours T/Th Th/T	4 Sessions 6PM-9PM 6PM-9PM
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MARKETING: AN ARMY OF ONE

\$149

Learn not only how to survive, but how to thrive as a one-person marketing department. The course’s focus is fourfold: 1) Copywriting — learn basic tips for writing marketing copy with “hot words” and ten copywriting mistakes to avoid; 2) Graphic Design — get tips on the anatomy of a great ad for Adobe InDesign beginners; 3) Graphic Design for Digital Media — learn the differences between designing for print and designing for digital ads; and 4) InfoGraphics — see an overview of how to translate your data into images to boost the effectiveness of your presentation with Adobe Illustrator. Who might be interested? Small business owners, new marketing professionals and recent marketing graduates. **Prerequisites:** 56211 and 56121 or equivalent experience

Course 55648 SEC A Aug 1-13 Audrey Troche	6 Hours Th/T	3 Sessions 6PM-8 PM
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TAKE YOUR PHOTOGRAPHIC SKILLS TO THE NEXT LEVEL WITH ONE OF THE MANY PHOTOGRAPHY CLASSES OFFERED THIS SUMMER.

PHOTOGRAPHY

PHOTOGRAPHY I

\$249

Embark on a photography adventure that will allow you to make the best use of the basic capabilities of your digital camera for professional or personal use. Learn about the exposure triangle, which consists of aperture, shutter speed and ISO, and how using the correct settings makes for a great outcome of your photographs. Discover how great pictures result from careful attention to basic elements of photographic composition, along with the best use of lighting and an intriguing subject. **Prerequisite:** None. **NOTE:** Bring your digital camera, manual and extra batteries to class.

Course 55801	9 Hours	3 Sessions
SEC A Jun 8-22	Sa	2PM-5PM
Lisa Tannenbaum		
SEC B Jul 2-11	T/Th	2PM-5PM
Reinhard Lorenz		

PHOTOGRAPHY II

\$249

Continue your photographic journey and expand from the skills learned in the Photography I class. Fine-tune your photographic skills by understanding how to set up your shots to get consistently-good results and how to practice new composition techniques. Learn the basics of product photography, including how to set up shots for the web, eBay and/or arts and crafts shows. Make the most of your camera through a deeper understanding of how the digital imaging system works, and enhance your creative control over the image in printing and electronic display. **Prerequisite:** Photography I or equivalent experience. **NOTE:** Bring your digital camera, manual and extra batteries to class. The field trip is required. The second of the three class sessions is a photo session on a Saturday that will give you the opportunity to practice your photographic skills on location or in the studio. We will review results in class.

Course 55802	9 Hours	4 Sessions
SEC A Jun 24-Jul 8	M	6PM-8 PM
Jun 29	Sa	2PM-5PM
Pat Berrett		
SEC B Jul 23-30	T	2PM-5PM
Jul 27	Sa	2PM-5PM
Reinhard Lorenz		

“This class was very interactive. We were able to ask lots of questions.”

- Tinley Vermoesen on Photography with a Digital Camera I with Reinhard Lorenz



MAKE THE MOST OF YOUR CAMERA!

CELL PHONE PHOTOGRAPHY

\$149

You have your phone with you almost every waking moment. Learn to use all the features in the camera, whether it's an iPhone or an Android phone. Get a camera primer on focus, exposure and white balance; a photography primer on the importance of light and composition; and an introduction to key tools and apps. In addition, we'll cover tips for sharing images. **Prerequisite:** None. **NOTE:** Bring your iPhone or Android phone and charger to class. Phone must have photo capabilities.

Course 55809	5 Hours	2 Sessions
SEC A Jul 9-16	T	6PM-8:30PM
Pat Berrett		

FILM & VIDEO

FILM EDITING FUNDAMENTALS

\$249

Final Cut Pro, Premiere and AVID provide the film and video editor with an amazing array of tools for an edited piece. What the editor has to provide is the ins and outs of how to put together a good edit — the art and craft of storytelling. Be it a feature movie, documentary or commercial, the editor needs an eye and ear for making an edit successful. In this course, we look at the essentials of editing: storytelling, timing, rhythm and dramatic structure. We look at examples and apply hands-on exercises to introduce you to these indispensable tools. This course will complement, in an ideal way, classes taken for Final Cut Pro and Premiere Pro. **Prerequisite:** 54101/11 or equivalent experience.

Course 57301	9 Hours	3 Sessions
SEC A Jul 15-22	M/W	2PM-5PM
Reinhard Lorenz		

PREMIERE PRO: BEGINNING

\$295

Learn the basics of video and audio editing using the non-linear editing (NLE) system Adobe Premiere. Topics include traditional editing vs. NLE, DV capture, importing, editing, transitions, keying, effects, audio, titles and digital movie file export formats. Students assemble several short movies that demonstrate various editing techniques for video and sound. **Prerequisite:** 51101 or 54101 or basic computer experience. **Suggested:** 56101 or 56311.

Course 57311	9 Hours	3 Sessions
SEC A Aug 1-8	Th/T	6PM-9PM
Chris Paul		

VIDEOGRAPHY FOR THE BEGINNER

\$249

Develop your technical and creative skills as a digital cinematographer. Learn how to achieve satisfying and professional-looking footage using your own video camera. Practice fundamental cinematography skills by applying shooting techniques. Topics include video formats, camera capabilities, features and operation, types of shots, camera control, movement and composition, sound, light and shooting with editing in mind. **Prerequisite:** Working knowledge of your camera. **NOTE:** Bring your digital video camera (any type) or digital stills camera with video mode, manual and extra batteries to class.

Course 55911	9 Hours	3 Sessions
SEC A Jul 15-22	M/W	6PM-9PM
Reinhard Lorenz		

PRODUCING AND DIRECTING THE DOCUMENTARY

\$325

'Documentary' can be defined as a creative way of dealing with reality. This course is an introduction to the art of documentary filmmaking. Through lecture and screenings, the class explores documentary techniques, genres and styles. We will discuss what makes a good documentary idea and how to take that idea from concept to treatment and to film project. We will set up and shoot an interview situation, shooting cinema verité style. We will explore the filmmaker's approach to his/her protagonist and the situational awareness needed to result in good documentary material. Students complete this course having gained the fundamentals of coverage, story structure, directing and producing in documentary. **Required equipment:** Digital video camera (any type) or digital stills camera with video mode.

Course 55921	12 Hours	4 Sessions
SEC A Jun 17-26	M/W	2PM-5PM
Reinhard Lorenz		



Chris Paul
Filmmaking

Filmmaker and instructor, Brad Stoddard, and participants, Joe Franke and Lisa Marr, working together in a custom Final Cut Pro program.



“UNM Continuing Education helped design courses for us that worked with our learning needs and schedule. The one-on-one teaching has been terrific, and is allowing us to progress at our own speed.”

- Lisa Marr, MD, Division Chief, Palliative Medicine, UNMH

DO YOU WANT TO BE ON A FILM CREW?

\$395

This class takes you through the stages of a real film production in fast-forward mode. In a few sessions, you will prepare, shoot and edit a short film. Class 1 is an intro that gives an overview of the project and assigns students to tasks; Class 2 is preproduction; Class 3 is production/shooting; and Class 4 is the Postproduction. You will have access to an editing lab outside of class to work on the project. The short film will be premiered at Continuing Education with a Q&A and reception with the film crew. Be part of this crew with filmmaker, director and producer Reinhard Lorenz!

Course 55925	15 Hours	4 Sessions
SEC A Aug 6-13	T/Th	6PM-9PM
Aug 10	Sa	10AM-5PM
Reinhard Lorenz		

FINAL CUT PRO X: PROFESSIONAL POST PRODUCTION

\$995

Final Cut Pro X is a revolutionary video editing application that helps beginners and seasoned professionals achieve stunning results. In this three-day hands-on course, students become familiar with the user interface while they learn how to perform editing functions. Students work with real-world media to learn practical approaches to video editing, from basic techniques to Final Cut Pro's powerful advanced features. **NOTES:** This is an AATC course. The textbook and one Apple Certification Exam Session is included in the cost of this class. The exam may be taken up to six months after completion of the class. This class has a 14-day advance notice cancellation policy. **Prerequisite:** 54101 or basic knowledge of Mac OS X. **Suggested:** 56101 or 56311 or basic knowledge of editing terminology.

Course 57911	24 Hours	3 Sessions
SEC A Jul 9-11	T/W/Th	8AM-5PM
Brad Stoddard		

 **Authorized Training Center**

APPLE AUTHORIZED TRAINING

Become an Apple Certified Creative Professional with Apple certification in video editing with Final Cut Pro or music production with Logic Pro. Take your Apple Certification exam with us.

APPLE CERTIFIED PRO: FINAL CUT PRO
APPLE CERTIFIED PRO: LOGIC PRO

**For more information
on custom programs, visit
ce.unm.edu/custom**



Joey Belville
Digital Audio

LOGIC PRO X 10.1: PROFESSIONAL MUSIC PRODUCTION

\$995

Get an introduction to Logic Pro's primary features and basic user interface. Students learn how to generate a customized audio and MIDI configuration that will seamlessly integrate with their own personal production studio. Students also create their own song using Logic Pro's comprehensive array of software instruments, Apple Loops and DSP effects. In-depth lessons cover MIDI and audio recording, streamlined editing and arrangement techniques, user-defined key commands, automation using external MIDI controllers, mixing and creating final output. **NOTES:** This is an AATC course. The textbook and one Apple Certification Exam Session is included in the cost of this class. The exam may be taken up to six months after completion of the class. This class has a 14-day advance-notice cancellation policy. **Prerequisite:** 54101 or basic knowledge of Mac OS X. **Suggested:** 57601 or basic knowledge of audio terminology.

Course 57981 SEC A Aug 5-28 Joey Belville	24 Hours M/W	8 Sessions 6PM-9PM
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APPLE CERTIFICATION EXAM SESSION

\$150

Register to take your Apple Pro Apps or IT exam at our AATC facility. **NOTES:** Apple exams are non-refundable. Transfers are permitted within the same semester only. Prices are subject to change and may vary by exam. Call 505-277-6037 to inquire about exam prep, retake discounts and exam sessions included with the AATC classes. **Prerequisite:** Varies by exam. **Retakes:** \$100. Documentation of previous exam taken at our facility required for all retakes.

Course 57990 SEC A Jun 7 Brad Stoddard	2 Hours F	1 Session 1:30PM-3:30PM
SEC B Jun 21 Joey Belville	F	1:30PM-3:30PM
SEC C Jul 26 Brad Stoddard	F	1:30PM-3:30PM

AUDIO & MUSIC PRODUCTION

DIGITAL AUDIO I

\$295

Learn the fundamentals of computer recording for film, music or podcasts. Topics include multitrack recording, podcasting basics, virtual instrument and effect plugins, and two-track editing. In addition, get a foundational understanding of file formats, computer audio hardware basics and internet audio. **Prerequisite:** 51101 or 54101 or basic computer experience.

Course 57601 SEC A Jul 2-11 Joey Belville	9 Hours T/Th	3 Sessions 6PM-9PM
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DIGITAL AUDIO II

\$295

Take your audio knowledge to the next level. With an emphasis on classic, modern, and experimental production techniques, delve into the whens, whys and how-tos of recording, effects, mics, mic placement and audio editing. We'll also touch on sound design, manipulation and restoration. **Prerequisite:** 55601.

Course 57602 SEC A Jul 16-23 Joey Belville	9 Hours T/Th	3 Sessions 6PM-9PM
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PODCASTING

\$249

Branch into modern-day storytelling with the Internet's version of radio broadcasting - podcasting. Reach a global audience by making your own engaging podcasts, documentary narratives or audio books. Learn how to choose a theme, determine the format, script your narrative and narrow down the equipment you'll need. Record an audio file, add sound effects or background music and convert the file into a podcast. **Prerequisite:** 51101 or 54101 or basic computer experience. **Suggested:** 57601.

Course 57604 SEC A Jun 26-Jul 3 Joey Belville	9 Hours W/M	3 Sessions 6PM-9PM
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today*

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9
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RSVP Requested
for Presentation
Maralie BeLonge
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belonge@unm.edu

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\$3825
PER PERSON DOUBLE
\$800
SINGLE SUPPLEMENT



PERSONAL
ENRICHMENT

VISUAL & PERFORMING ARTS
LIFESTYLE
FITNESS & RECREATION



VISUAL & PERFORMING ARTS

ART & DESIGN

NEW! ART FRAMEWORKS

\$29

The Art Frameworks Series covers the basic concepts and vocabulary of the visual art elements and principles. Color Theory or Elements of Shape are fundamental to most visual art mediums — painting, fibers, 3-D art and more. An experimental project will accompany the course content. A \$5 materials fee is paid to the instructor at the first class.

Course 01152		2 Sessions
Elements of Shape		
SEC A Jun 18-25	T	2PM-4PM
Color Theory		
SEC B Jul 2-9	T	2PM-4PM
SEC C Aug 6-13	T	5:30PM-7:30PM
CE South Building		
Loree Nalin		

NEW! ABSTRACT ART

\$95

Are you curious about this perplexing art form that evades definition and artistic classification? Abstract Art has been around for more than 100 years. In this class, we will discover the history of Abstract Art. Through demonstration, exercises and hands-on experience, we will observe and practice how to use visual elements of shape, form, color field, line, luminosity, surface and stroke to create a composition which forms a degree of independence from visual references in the world. Video will be viewed, followed by discussion on mastering the language of visual expression, improvisation and spirituality. *"Abstraction allows man to see with his mind what he cannot see physically with his eyes."* - Ashile Goriky

Course 02177		1 Session
SEC A Jun 29	Sa	11 AM-5PM
CE South Building		
Sasha Wasko		

Materials lists for the majority of our Visual and Performing Arts classes are available on our website at ce.unm.edu/materials

In this section:

- Art and Design
- 3-D Art
- Music
- Dance

DRAWING FOR THE ABSOLUTE BEGINNER

\$85

Ready to learn the fundamentals of drawing? In this foundation course for beginners, you'll learn basic drawing techniques. Through a variety of projects, you'll discover the elements of line, contour, form, value, texture, composition and perspective. Using a variety of materials, you'll explore the principles of light and shade and discover how line helps to reveal form.

Course 02152		4 Sessions
SEC A Jun 3-24	M	1PM-3PM
SEC B Aug 5-26	M	1PM-3PM
CE South Building		
Polly Jackson		

DRAWING ON THE RIGHT SIDE OF THE BRAIN, PART I

\$169

Calling aspiring artists of all levels! Learn to draw using *Drawing on the Right Side of the Brain*, the most widely used drawing instruction book in the world. Based on brain research discoveries, the exercises in this book help release your creative potential and tap into the special abilities of the visual, perceptual right hemisphere of the brain. **NOTE:** Approximate cost of materials is \$45.

Course 02154		8 Sessions
SEC A Jun 4-Jul 23	T	6PM-9 PM
CE South Building		
Judith Alison Aragon		



DRAWING WITH FLAIR

\$85

Ready to learn how to add more feeling to your drawing? In this class for intermediate students, you'll explore ways to emphasize your point of view and use exaggeration, overstating, understating and embellishments to evoke the emotion you want.

Course 02157		4 Sessions
SEC A Jul 1-22	M	1PM-3PM
CE South Building		
Polly Jackson		

PORTRAIT DRAWING: BEGINNING

\$165

You'll work from a live model to study the structure of the human skull and muscles of the neck and shoulders in this introduction to drawing the human head. The course emphasizes basic proportions and techniques of shading with light and dark tones. **NOTE:** A \$40 model fee will be collected at the first class.

Course 02162		8 Sessions
SEC A Jun 6-Aug 1	Th	6PM-8:30PM
Aragon Studio-SE Area		
Judith Alison Aragon		





PRINTMAKING WITHOUT A PRESS

\$145

An extensive two-day workshop exploring the monotype, this class is designed for the novice with little or no printing experience as well as those who have experience. Monotype is simple to do and extremely rewarding. The monotype, a painterly process, can open your eyes to a whole new range of possibilities in your creative works, while having fun with your surprising results. The class will cover a wide range of techniques, including additive or light field method, subtractive or dark field method, mixing of inks, ink rolling methods, masking and stencils, viscosity, plate registration, plate and paper registration and the use of the ghost print. Participants will learn how to get strong impressions with the use of rolling pins, wooden spoons and pin press. Each person will explore their own creative visions while solving artistic and technical problems. There will be a PowerPoint and discussion on artists that do monotypes such as Klee, Matisse, Gauguin, Chagall, Picasso and contemporary artists. Upon completion of the class, you will have finished art pieces of your own to take home! **NOTE:** A \$5.00 materials fee will be collected by the instructor at the first class.

Course 02150		2 Sessions
SEC A Jun 8-15	Sa	11AM-6PM
SEC B Aug 9-16	F	11AM-6PM
CE South Building		
Sasha Wasko		

PAINTING FOR THE COMPLETE BEGINNER

\$110

Never tried painting, but always wanted to? This class is for you! Designed for beginners, this course focuses on creativity, not technique. You'll learn basic principles of color and applying paint to canvas in a comfortable environment. Through demonstrations and personal input from the instructor, you'll explore how to use personal-painting genres, mood and imagination to create a successful painting. **NOTE:** Approximate cost of materials is \$60.

Course 02169		6 Sessions
SEC A Jun 6-Jul 18	Th	6PM-8:30PM
CE North Building		
Ann Hart Marquis		

PAINTING WITH ACRYLICS

\$110

Explore the world of acrylics while you learn to paint shape and form with little drawing. This technique emphasizes color, space and composition, value and texture, contrast and balance. The course also covers the principles of design; the medium, techniques, mood and meaning; and the elements of art.

Course 02170		7 Sessions
SEC A Jun 5-Jul 17	W	6PM-9PM
SEC B Jul 11-Aug 22	Th	1PM-4PM
CE North Building		
Polly Jackson		

PAINTING WITH PASTELS

\$95

Learn to paint with chalk pastels. You will learn three techniques in this class. Layering colors and light produces fantastic art work. **NOTE:** Approximate cost of materials is \$70.

Course 02173		4 Sessions
SEC A Aug 2-23	F	1PM-4PM
CE North Building		
Polly Jackson		



*Learn to paint with
chalk pastels!*

PAINT WITHOUT NUMBERS AND COLOR OUTSIDE THE LINES

\$120

Find passion, love of art and your inner expression. Through the use of various techniques and media, learn from the beginning what you need to do to empower your inner creative self. You will have hands-on studio time as well as short lectures to help you develop your hidden talents.

Course 02178
SEC A Jun 6-Jul 11 Th 5 Sessions
Ralph Greene Studio 1PM-4PM
Ralph Greene

BASIC WATERCOLOR SKETCHING ON LOCATION

\$185

This class is an introduction to watercolor basics. We will cover composition and how to lay out your design and use a viewfinder. Students will experiment with various techniques for painting with watercolors and watercolor pencils: be introduced to types of brushes and papers; understand paint characteristics and quality; and learn brushwork techniques — highlights, washes, splattering, glazing, dry brushing and more.

The preparations unique to painting on location (plein air) will be discussed, such as portable supplies, comfort, changing light, temperatures, wind, bugs and curious on-lookers. The class will help students build confidence while painting in public places and outdoors. **NOTE:** Each week, the class will meet in a different location. The first class meets at the Albuquerque Botanical Gardens, 2601 Central NE. There is a \$10 materials fee due to the instructor at the first class. **Suggested text:** *The Encyclopedia of Watercolour Techniques* by Hazel Harrison, 2017

Course 02168
SEC A Jul 7-Aug 4 Su 5 Sessions
Albuquerque Botanical Gardens, Various Locations 9AM-12:30PM
Sunny Birklund

BEGINNING A LIFETIME OF NO FEAR WATERCOLOR

\$185

This course is for anyone interested in learning to paint with watercolor. No previous experience in art, drawing or painting is required. We will learn how to confidently handle the mysterious medium of watercolor and will begin to understand how to make your paintings wonderful. Each person is free to pursue his or her own subject or style in a judgement-free zone.

Course 02181
SEC A Jun 5-Jul 24 W 8 Sessions
CE South Building 6PM-8:30PM
Thomas Russ Howell

CONTINUING WITH NO FEAR WATERCOLOR

\$185

If you have had some experience with watercolor and want to strengthen your skills in a supportive environment, this is the class for you! Similar to the Beginning a Lifetime of No Fear Watercolor class, we will spend a lot of time working on watercolor techniques, including washes, color-mixing, wet-in-wet, etc. We will spend more time on compositional approaches to making your paintings stronger. Much of our class time will be spent helping each student progress toward his or her individual goals, and helping students surmount any obstacles they encounter.

Course 02180
SEC A Jul 31 - Sep 11 W 7 Sessions
CE South Building 6PM-9PM
Thomas Russ Howell





NEW! LOOSE AND FREE BEGINNING WATERCOLOR WORKSHOP 1

\$175

Learn freeing techniques that take full advantage of this transparent medium while grounding yourself in the basics. Demos, mock-ups, exercises and plenty of mentoring will nurture your creativity. We will draw inspiration from the beauty of the New Mexico landscape, but techniques are broadly applicable to other subject matter as well.

Course 02183 4 Sessions
 SEC A Aug 7-Aug 28 W 10:30AM-2:30PM
 CE South Building
 Sandra Schroeder

OIL PAINTING BASICS

\$135

Join us to learn the basics of oil painting. You will learn the characteristics of oil as a medium, explore color and value relationships, and consider approaches for designing compelling compositions. Demonstrations and discussions with an emphasis on individual interests and projects will follow.

Course 02188 6 Sessions
 SEC A Jun 3-Jul 8 M 1PM-4PM
 CE North Building
 Mindy Bradford

3-D ART

BEGINNING CLAY SCULPTURE

\$170

This class is for the beginning sculpture student. We will experiment with different types of clay — terra-cotta, fiber clay and Sculpy — as an introduction to sculpting. We will do several projects, including the human head in miniature, the human figure and some animal figurines of your choice. **NOTE:** A clay and model fee of \$55 will be payable to the instructor at the first session.

Course 02190 8 Sessions
 SEC A Jun 8-Jul 27 Sa 10:30AM-2:30PM
 Aragon Studio-SE Area
 Judith Alison Aragon

MODELING THE HEAD IN CLAY BOOT CAMP

\$170

This course is for all sculpture students. We will work in terra-cotta clay from a live model. Basic blocking and modeling techniques will be covered as well as study of the anatomy of the skull, neck, back and shoulder structures. Illusionistic techniques for rendering of eyes and hair will be demonstrated. **NOTE:** A clay and model fee of \$40 is payable to the instructor at the first class meeting.

Course 02191 5 Sessions
 SEC A Jul 22-26 MTWThF 10:30AM-2:30PM
 Aragon Studio-SE Area
 Judith Alison Aragon





YOUTH CERAMICS CAMPS

Kids Pottery Week (ages 7-12)
Not Made In China Pottery Studio
Patrick Trujillo, Jr.

MONDAY-FRIDAY CAMPS

5 Sessions **\$160**

See page 89 for more information.

THE POTTER'S WHEEL: AN INTRODUCTION TO FORM AND FUNCTION

\$280

The emphasis of this eight-week course is on pottery as a process within the context of the potter's wheel and its relation to the body. This course will introduce basic concepts and processes of the potter's wheel, including the creation of functional forms on the potter's wheel, trimming, wheel wedging, centering, relaxation, ceramic vocabulary, aesthetics and glazing. This course will address several challenges involved with learning the potter's wheel, such as developing patience through practice and aesthetic innovation. With the additional self-paced practice days, you will have time to practice the techniques that are most difficult for you. **NOTE:** \$80 fee is paid to the instructor the first day of class. All materials, tools and firings will be provided by the studio.

Course 02198	8 Sessions
SEC A Jun 27-Aug 22 Th	6PM-9 PM
SEC B Jun 29-Aug 17 Sa	1PM-4PM
SEC C Jun 29-Aug 17 Sa	9AM-12PM
Not Made In China Pottery Studio	
Patrick Trujillo Jr.	

THE CRAFT OF HAND-BUILT CERAMICS

\$280

This class is designed for beginning to expert potters who wish to explore the design possibilities in hand building while improving their skills in this area, with emphasis on craftsmanship. This class will focus on learning to design and build using the pinch, slab and coil methods of working with clay. You will learn designing for hand building; solving technical problems with clay, such as building strong ceramic joints and structurally-strong pieces; decorating techniques using slips, sprigs and other methods; applying professional courtesy in an open studio environment; and basic glazing. **NOTE:** A materials fee of \$80 will be collected at the first class by the instructor. There will be one class on Thursday evening and one lab on Monday.

Course 02199	8 Sessions
SEC A Jun 27-Aug 22 Th	5PM-8 PM
SEC B Jun 29-Aug 17 Sa	2PM-5PM
Not Made In China Pottery Studio	
Lisa Shatriya Ward	

THE PHOTOGRAPHIC BOOK: CREATE IT START TO FINISH

\$125

Bring 20 digital images of your own and learn how to craft them into a finished book! You will match your digital images to a book design and develop a theme. Enjoy selecting, editing and sequencing your images for page layout. Bring your own computer and images, then go home with a book or portfolio ready for distribution.

Course 05393	2 Sessions
SEC A Jul 13-20 Sa	11AM-6PM
CE South Building	
Sasha Wasko	



BASKET WEAVING: SOUTHWESTERN BASKET

\$79

This course is designed to acquaint you with the tools, terms and techniques of basic basket weaving, an ancient art form practiced by many cultures throughout the ages and still being enjoyed today. **NOTE:** A \$35 materials fee will be collected at the beginning of class. For this course, you need to bring a tape measure or ruler, pencil, utility scissors or reed cutters, large towel, mat knife, white glue and a pan 10 inches in diameter which holds a water depth of 8 inches. Class will break for a one-hour lunch.

Course 05366		1 Session
SEC A Aug 3	Sa	10AM-3:30PM
CE South Building		
Marlene Niemann		

STAINED GLASS: BEGINNING

\$275

Explore the art of stained glass in this class for beginners. You'll get hands-on experience as you learn to cut glass, build your soldering skills and practice assembly techniques for both copper foil and lead came. You'll complete one project using each technique. The instructor will provide all the tools you need. **NOTE:** A \$40 lab fee will be collected at the first class. Bring a sack lunch to each class meeting.

Course 05383		2 Sessions
SEC A Jun 23-30	Su	9AM-3PM
SEC B Jul 14-21	Su	9AM-3PM
SEC C Aug 18-25	Su	9AM-3PM
Hot Flash Glass Inc.		
Linda Guernsey		



GLASS FUSING: AN INTRODUCTION

\$240

Learn the basic techniques of glass fusing. Create dichroic jewelry, a beautiful plate and a night light. Kiln sizes and firing schedules will be discussed, as well as demonstrations of a variety of firing techniques. **NOTE:** Closed-toe shoes and long pants are required for safety. A materials fee of \$20 will be paid to instructor at the beginning of class.

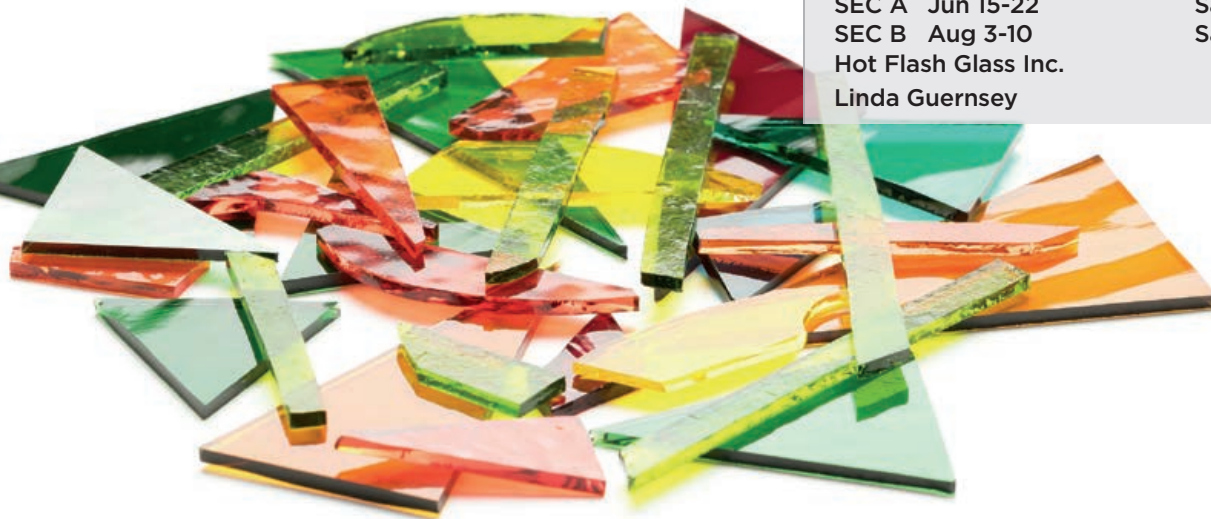
Course 05384		1 Session
SEC A Jun 1	Sa	10:30AM-4PM
SEC B Jul 13	Sa	10:30AM-4PM
SEC C Jul 20	Sa	10:30AM-4PM
Hot Flash Glass Inc.		
Linda Guernsey		

GLASS FUSING: BEYOND THE BASICS

\$240

This class is designed to learn how to use reactive frits and metals to create one-of-a-kind jewelry pieces and art pieces. A variety of glasses and metals will be available. **NOTE:** A materials fee of \$25 will be paid to instructor at the beginning of class. Closed-toe shoes and long pants recommended for safety.

Course 05392		2 Sessions
SEC A Jun 15-22	Sa	11AM-2PM
SEC B Aug 3-10	Sa	11AM-2PM
Hot Flash Glass Inc.		
Linda Guernsey		



BEGINNING JEWELRY, SMALL METALS, SILVERSMITHING & BENCH SKILLS

\$230

Prepare to be adorned! In this Beginning Jewelry, Small Metals, Silversmithing and Bench Skills course, you will learn the fundamentals of the design and creation of handcrafted jewelry, and how to work lavishly within a budget. Beginning with a series of sterling silver rings, you will learn how to size, texture, chase/stamp, file, form, silver solder with an acetylene torch, saw, pierce, drill, oxidize, hand-polish, high-polish with a buffing machine and follow safe studio practices. You will also fabricate a bezel cup and set a cabochon stone. Sterling silver, fine silver, copper, brass and semi-precious stones will be used. Local supply sources and discounts through Diener Studio will be addressed. **NOTE:** A \$115 materials fee, cash or check, will be collected at the first class. This class is limited to four students.

Course 02205		Sessions Vary
SEC A Jun 4-Jul 16	T	6PM-9PM
SEC B Jun 8-15	Sa	9:30AM-5PM
SEC C Jul 23-Aug 13	T	6PM-9PM
Diener Studio		
Kristin Diener, M.F.A.		

CONTINUING JEWELRY, SMALL METALS, SILVERSMITHING & BENCH SKILLS

\$230

Expand your jewelry-making skills in this course for students who have completed the Jewelry, Small Metals and Silversmithing Beginning class. Develop your own projects and watch demonstrations as you explore advanced techniques in silver soldering, fabrication and stone-setting, including unusually-shaped bezels; incorporating found objects; cage, step, tube and traditional prong settings; fusing; reticulation; chain-making; findings; repousse'; marriage of metals; shot and hollow forms; making head and eye pins; and safe studio practices. **NOTE:** A \$70 materials fee, cash or check, will be collected at the first class. This class is limited to five students. ***This class fills quickly! A waiting list will be available if class meets capacity.***

Course 02206		5 Sessions
SEC A Jun 3-Jul 15	M	6PM-9PM
SEC B Jul 22-Aug 19	M	6PM-9PM
Diener Studio		
Kristin Diener, M.F.A.		

NEW! FORGING FOR SMALL JEWELRY CREATION

\$95

This class demonstrates the principles of forging small pieces for incorporation in jewelry fabrication. The pieces can be added as ornamentation or the complete piece can be forged. The only limit to design is your creativity and how you choose to use it. Drive the metal wherever you want it to go. Only a hammer and a torch are required to work with jewelry metals that we use. Come join the fun!

Course 02249		1 Session
SEC A Jul 15	M	9AM-5PM
CE North Building		
Catherine Thomas Kemp		

CHAIN MAKING

\$95

Chain making is an exciting addition to the jewelry items you create. There are limitless possibilities for weaving and soldering wire to make an individual piece really stand out as completely handmade. From ancient to modern designs, you can choose a particular style that satisfyingly completes your special piece. Come join us. **NOTE:** A \$35 materials fee will be collected by the instructor at the beginning of class.

Course 02251		1 Session
SEC A Jun 22	Sa	9AM-4PM
CE South Building		
Catherine Thomas Kemp		



JEWELRY WITH MOLDABLE METAL CLAYS — BRONZE, COPPER & STEEL

\$99

Base Metal Clays consist of metal powder in a non-toxic binder and water. When heated, the binder and water burn away, leaving a solid piece of 100% metal. During the workshop, you will work with Hadar's Bronze, Copper and Steel Clays, learning all the proper and basic techniques from start to finish for "Base Metal Clays." Techniques include mixing and wetting clays, creating textures, combining different clays into one piece, firing and detailed finishing techniques. You will take home an original piece of jewelry. No experience with metal clays is necessary, and both beginning and intermediate metal clay artists are welcome. **NOTE:** An \$85 materials fee is payable to the instructor at the beginning of class. Please bring safety glasses. If you have a small rotary tool, such as a Dremel or Black and Decker, please bring it to class.

Course 05381 2 Sessions
 SEC A Jun 25-27 T/Th 9AM-5PM
 Art Studio in Downtown Area
 Iliana Carrillo

SILVER JEWELRY USING METAL CLAY

\$75

Art Clay consists of silver particles in a non-toxic binder and water. When heated, the binder and water burn away to leave 99% pure silver. A kiln or inexpensive hand-held torch can be used for this process. Beginners will be amazed at their success. Experienced students will be challenged with more difficult pieces. You will complete pieces of fine silver .999 jewelry and learn to set up a kitchen table studio. **NOTE:** A materials fee of \$95 is payable to the instructor at the beginning of class. Please bring safety glasses. Check confirmation email for location and directions after registering.

Course 05382 1 Session
 SEC A Jun 22 Sa 9AM-5PM
 Art Studio in Downtown Area
 Iliana Carrillo

*Beginners will be
 amazed at their
 success!*



BLACKSMITHING BASICS

\$85

Blacksmithing — the technique of heating metal and forging it into necessary implements and tools — dates back over a thousand years. There has been a recent resurgence of interest in this field. Most blacksmiths are self taught; however, understanding the basic principles and techniques can speed the learning process. Please join us at historic Casa San Ysidro in Corrales for a hands-on opportunity to gain the fundamental knowledge necessary to begin making your own tools, knives and decorative art. ***This class fills quickly! A waiting list will be available if class meets capacity.***

Course 05353 1 Session
 SEC A Jun 22 Sa 9:30AM-1:30PM
 SEC B Jul 20 Sa 9:30AM-1:30PM
 Casa San Ysidro: The Gutierrez/Minge House
 Dave Sabo

NEW! RIBBON FLOWERS

\$45

Flowers are beautiful, and flowers made from ribbon are even more beautiful because they never wilt or die. You will learn to make flowers and leaves from different types of ribbons. While it may look intimidating, it is actually quite easy. The flowers will be embellished with buttons or beads to give them an elegant look. When completed, they can be used to enhance a variety of things, such as boxes, hats, pincushions, etc., or even turned into pins or magnets. In this class, we will learn the basic rosette and how to make flowers with U-shaped gathered petals and leaves. Feel free to contact the instructor at <mailto:stitch4fun@unm.edu> if you have any questions. **NOTE:** A materials fee of \$10 will be payable to the instructor at the beginning of class.

Course 05365 1 Session
 SEC A Jul 13 Sa 10AM-12:30PM
 CE South Building
 Shirley Fleischauer

SEWING: BEGINNING

\$115

Enter the exciting world of sewing. You will be introduced to the sewing machine, sewing terms, working with a pattern, cutting, marking and pressing techniques. Your project will include sewing on a pocket, inserting a zipper, making buttonholes, working with fusible interfacing, etc. **NOTE:** A materials fee of \$5 is payable to the instructor at the first class meeting. Bring one yard of 40-45-inch wide medium-weight woven fabric and matching spool of all-purpose sewing thread to the first class.

Course 05411
SEC A Jun 3-Jul 8 M 6 Sessions
Ann Silva's Sewing Center 6PM-8:30PM
Nancy Lovett

CROCHET: BEGINNING PART 1

\$100

Designed for the absolute beginner, you will learn all the simple tricks and tips to master the basic stitches of crochet. Learn how to combine basic stitches to create more stitches. You'll also learn the art of reading patterns and diagrams, all from a former state fair crochet judge. Please bring a crochet hook H or larger and a skein of smooth, worsted-weight yarn. Please, no dark-colored yarns.

Course 05413
SEC A Jun 9-30 Su 4 Sessions
CE South Building 1:30PM-3:30PM
Shirley Fleischauer



PASTICHE: AN EVERYTHING QUILT!

\$95

It's time to kick back and enjoy the summer. For this class, you can gather up all your quilting fabric. The more the merrier — rotary cut strips or use my Accuquilt — it's up to you. The sky is the limit when it comes to size. You decide. We'll spend some time relearning how to press so our strips end up being straight and not wonky. The supply sheet will give you the site where you can download your pattern. You will need to allocate some time during the week for piecing to make sure you can finish. This class is designed for the Confident Beginner. Must have rotary cutting experience; it will not be taught. **NOTE:** Supply Sheet is available at The Quilt Works or e-mail me at: CarolBell99@msn.com. A finished sample is available for viewing at The Quilt Works.

Course 05422
SEC A Jun 4-18 T 3 Sessions
The Quilt Works 9:30AM-12:30PM
Carol Bell

SASHIKO-BEGINNING

\$49

Sashiko is a form of embroidery from Japan that was used by the working class as far back as the 16th century. Today it has evolved into a beautiful and decorative art form. The white thread on an indigo blue background gives it a distinctive look. It is made using large thread and big stitches that are very easy to work and see. Students will make a square of stitchery that can be made into a pillow or appliquéd onto something else, such as a tote bag. **NOTE:** A materials fee of \$25 will be payable to the instructor at the beginning of class.

Course 05428
SEC A Jun 22 Sa 1 Session
CE South Building 10AM-12:30PM
Shirley Fleischauer





NECESSARY CLUTCH WALLET CLASS

\$65

Assemble a clutch wallet, wristlet or cross-body bag step-by-step from a few easy pieces. You'll learn to create a customized finished product with plenty of card slots and pockets for all your essentials. Discover tips and tricks from necessary clutch wallet makers around the world. Acquaint yourself with fabrics, interfacing and several other ways to make this wallet yours. **NOTE:** Bring your own sewing machine; none are available in class.

Course 05433		3 Sessions
SEC A Aug 3-17	Sa	1PM-3:30PM
CE South Building		
Audrey Martin		

MUSIC

FUNK GUITAR & JAM SESSION

\$95 for class only, \$145 for class and jam session

This course focuses on playing funk guitar in a band setting. Students will learn the chords, rhythms, riffs and sounds used in a funk band as well as how to play in a rhythm section. At least one class will be spent talking about guitar gear and effects, and how they can enhance your sound and the way you play. Trend-setting funk bands from the past, such as James Brown, Prince, the Isley Brothers, EW&F, Jimi Hendrix and Michael Jackson will be looked at along with new artists such as Bruno Mars and Maroon 5. Funky jazz and instrumental tunes will also be covered. Bring an electric or acoustic guitar, a cord and a small amp along with a notebook and pencil to take notes. Learning materials will be provided in class.

Each Funk Guitar class will be followed by a jam session to give you an opportunity to play and use the ideas and concepts from class. A drummer and bass player will be available for each jam session. Sign up for both the class and jam session or just the class!

Course 12745		6 Sessions
SEC A Class & Jam Session	M	6-8:45PM
SEC B Class Only	M	6-7:30PM
NM Jazz Workshop, 5500 Lomas NE		
Jim Casey		

GUITAR: BEGINNING

\$110

This is a course for the beginning guitarist. The objective is to get you playing quickly by emphasizing chords and right-hand strumming and figure-picking patterns. The basic fundamentals of music, including note reading, rhythm and harmonic structure, will also be covered. Careful attention is given to proper playing technique. Bring a playable acoustic guitar to every class meeting. **NOTE:** A materials fee of \$20 is payable to the instructor at first class meeting to cover text and teaching materials.

Course 12753		8 Sessions
SEC A Jun 3-Jul 22	M	5PM-6:30PM
SEC B Jul 16-Sep 3	T	5PM-6:30PM
CE South Building		
Carlos Vinajeras		

GUITAR: BEGINNING II

\$110

The class will be centered on the rhythm guitar and its role in rock and roll, folk, country and pop genres. We will be building on the chord vocabulary learned from the previous class. There will be some note reading, but the class will mostly focus on learning the strum patterns and chords for any song that would be available from multiple sources such as songbooks, lead sheets, online tabs and chords. The class will be using the Hal Leonard Guitar Method I book, but students are encouraged to learn their favorite songs. All types of guitars and genres are accepted in this class. **Taking Guitar:** Beginning is not required, but knowledge of chords (at least in the keys of C and G) and some note-reading skills are required. Students without basic theory fundamentals or the ability to read music notation must be open to initially catching up/learning those basics taught in Guitar: Beginning, as those skills will be utilized in Guitar: Beginning II. **NOTE:** A materials fee of \$20 is payable to the instructor at the beginning of the first class session.

Course 12754		8 Sessions
SEC B Jul 16-Sep 3	T	6:30PM-8PM
CE South Building		
Carlos Vinajeras		

NEW! GUITAR STAGE PRACTICE

\$110

Be in the spotlight and practice on stage for group and solo performances. Learn to take the lead and to support the group. A live, hour-long performance will conclude the course. **Prerequisite:** Guitar: Beginning I or ability to read guitar notation, chords and strum patterns. **NOTE:** A materials fee of \$20 is payable to the instructor at the beginning of the first class session.

Course 12754
SEC A Jun 3-Jul 22 M 8 Sessions
CE North Building 6:30PM-8 PM
Carlos Vinajeras

UKES UNITE

\$95

In this six-week course, students will learn the essential skills for any up-and-coming ukulele jam enthusiast, such as basic strumming, chords, finger picking and tuning. Class may also include unexpected song creation, solos and a whole lotta fun! You may bring your own instrument or rent a ukulele from the Workshop for an additional \$10.

Course 12733
SUA Jun 4-Jul 9 T 6 Sessions
NM Jazz Workshop, 5500 Lomas NE 7:45-9:15PM
John Bartlit

ESSENTIALS FOR MUSIC PROFESSIONALS

\$95

This six-week course, taught by some of New Mexico's most accomplished professionals, offers musicians a chance to explore some of the core questions and issues most musicians face: How do I get booked? How do I write a compelling bio? What legal and financial steps are advantageous for a sustainable career as a freelancer? How can I avoid sustaining injuries from practicing for many hours? Each class will have a different focus and will be led by notable professionals, including Adrian Gomez from the Albuquerque Journal, Tom Guralnick from the Outpost, and entertainment attorney Michael Sanchez. See New Mexico Jazz Workshop's website for full course description: www.nmjazz.org

Course 12737
SUA Jun 6-Jul 18 Th 6 Sessions
NM Jazz Workshop, 5500 Lomas NE 6-7:30PM
Various Instructors

INTRODUCTION TO BOWED PSALTERY

\$85

The bowed psaltery is one of the easiest instruments to start playing and has an ethereal, otherworldly sound due to unique inharmonic overtones. It is triangular in shape and played with a simple bow. Using familiar songs that many students will already know, this class will cover note layout, bowing method and tips on how to draw innate beauty out of the instrument. Loaners will be available during class sessions at no charge. If you plan to bring your own and need help with tuning or strings, register early so the instructor can coordinate assistance prior to the first class. **Required text:** *First Lessons Dulcimer* by Joyce Ochs, eBook online at melbay.com or purchase at first class.

Course 12751
SEC A Jun 17-24 M 2 Sessions
CE South Building 7PM-9PM
Scott Reeder

HAMMERED DULCIMER: INTRODUCTION

\$85

This fascinating instrument has a captivating voice and is mesmerizing to watch being played! From the Near East to Western Europe, across the Atlantic Ocean to the American Colonies, the Hammered Dulcimer has a long history encompassing many music traditions. Trapezoidal in shape, with many strings running across the soundboard, this forerunner of the piano is played by striking strings with small hammers. This class will cover how the notes are laid out, with a hands-on approach to begin playing tunes. Loaner instruments will be available during class. No previous musical experience is required. **Required Text:** *You Can Teach Yourself Hammered Dulcimer* by Madeline MacNeil (Mel Bay). Book available online or for purchase at the first session.

Course 12760
SEC A Jul 8-29 M 4 Sessions
CE South Building 7PM-8:30PM
Scott Reeder



NEW! BLUES SINGING

\$130

This class will touch on many facets of what it means to sing the blues. While working on blues standards, you will learn some of the specific idioms and vocabulary that set the blues apart from other forms of music. This class will also explore how personal experiences and emotions can be integrated into singing to create music that comes from the soul. The course culminates with a recital on the last day of class.

Course 12735 6 Sessions
 SUA Jun 5-Jul 10 W 6-8PM
 NM Jazz Workshop, 5500 Lomas NE
 Zenobia Conkerite

SINGING

\$105

Want to sing with more confidence and control? If you can carry a tune, join this vocals class to practice singing solo and as a group with a certified singing teacher. You'll pick up easy-to-learn vocal techniques combined with fun performance practice. You'll also work with professional music equipment. **NOTE:** A \$25 materials fee for a CD and vocal instruction sheets will be collected at the first class.

Course 12791 6 Sessions
 SEC B Jun 6-Jul 11 Th 7PM-8:30PM
 Segara Residence - NE Area
 Diana Segara, MA

LATIN JAZZ & IMPROVISATION

\$130

This popular class gives a comprehensive first-hand understanding of the main ingredients of Latin Jazz rhythms and genres such as bossa nova, salsa and samba. Materials for the class range from compositions of traditional, well-known Latin Jazz artists to lesser-known contemporary composers and musicians. A portion of class time is devoted to music theory and improvisation techniques. Intermediate level encouraged.

Course 12742 10 Sessions
 SUA Jun 4-Aug 6 T 6-7:30PM
 NM Jazz Workshop, 5500 Lomas NE
 Rodolfo Gonzalez

*Learn about Bossa Nova,
Salsa & Samba!*



NM MUSIC

MUSIC PREP SCHOOL

Saturday classes June 1-July 27
 8 Sessions \$155

Family Music Classes for ages 0-5

Course 12726
 SEC A 9AM-9:45AM
 SEC B 10AM-10:45AM
 SEC C 11AM-11:45AM

Adult Group Guitar

Required: Classical guitar with nylon strings, guitar foot stool, music stand. **Book:** *Solo Guitar Playing Book 1, 4th ed.*, by Frederick M. Noad
 Course 12755 12PM-12:45PM

YOUTH CLASSES: ENROLL THROUGH UNM MUSIC PREP SCHOOL

Try the Guitar

Ages 6-8 9AM-9:45AM
 Ages 8+ 10AM-10:45AM

Keep Practicing the Guitar!

Designed for continuing guitar students with two or more semesters guitar experience. 11AM-11:45AM

Try the Piano

Ages 5-7 9AM-9:45AM
 Ages 8-12 10AM-10:45AM

Keep Practicing the Piano!

Designed for continuing piano students with two or more semesters of piano experience, ages 8 and older. 11AM-11:45AM

UNM CENTER FOR THE ARTS

UNM Staff and Faculty registering using Tuition Remission enroll with Continuing Education. All others enroll with the UNM Music Prep School at music.unm.edu/community/music-prep-school

Contact musprep@unm.edu or 505-277-8816 for more information.

DANCE

BALLET FUNDAMENTALS

\$50

Enjoy learning ballet while developing self-confidence, mental concentration, physical coordination and grace. This class is for students who are new to ballet. Emphasis will be on the basic positions of the feet and arms as they relate to proper body alignment and balance. Each class will start with warm-up and stretches at the barre before progressing to center floor work, floor movement and creative expression. **NOTE:** This class is designed for adults. Check with program supervisor for youth enrollments (under 18 yrs).

Course 12782		4 Sessions
SEC A Jun 4-25	T	6:30PM-8PM
SEC B Jul 9-30	T	6:30PM-8PM
Keshet Center for the Arts		
Staff Keshet Arts		

HIP-HOP DANCE

\$50

This hip hop class, appropriate for all levels, provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment, and offers new sets of combinations in each class. This is an energetic class that not only teaches you hip hop movements and techniques, but also instills rhythm and precision in your muscle memory. **NOTE:** This class is designed for adults. Check with program supervisor for youth enrollments (under 18 yrs).

Course 12779		4 Sessions
SEC A Jun 6-27	Th	6:30PM-8PM
SEC B Jul 11-Aug 1	Th	6:30PM-8PM
Keshet Center for the Arts		
Staff Keshet Arts		



COUNTRY WESTERN DANCE

\$45

Have fun, learn how to dance and meet people in a friendly, non-intimidating environment. Learn basic steps and beyond, or update what you already know of the most popular western dances done at local night clubs. Dances include Swing, 2-Step, Waltz and Night Club (a slow romantic dance!). Enjoy dance outings to local dance venues (some for under 21) to practice with fellow students. No experience or partner required; singles and couples welcome. You will be encouraged to rotate in class, but that is optional. We will try to maintain an even ratio of leaders and followers. **NOTE:** \$70 per couple when enrolling together. \$45 per individual. ***This class fills quickly! A waiting list will be available if class meets capacity.***

Course 12776		6 Sessions
SEC A Jun 6-Jul 18	Th	7PM-8:45PM
Lloyd Shaw Studio		
Susan Kellogg		





TANGO FOR THE ABSOLUTE BEGINNER

\$165

This program is designed for anyone who wants to start their first steps in Tango. It is designed for you to go slowly in entering the dance, breaking cultural and personal barriers that may separate you from the development of the dance. In this month-and-a-half, you will work with the communication of the body, the relationship with your dance partner and the awareness of the music and space. There will be an emphasis on posture and embrace, which are essential for synchronization in the dance.

Course 12774			8 Sessions
SEC A Jul 8-31	M/W		7:30PM-8:30PM
SEC B Aug 5-28	M/W		7:30PM-8:30PM
Las Puertas Event Center			
Eva Garcia Gonzalez			

BALLET FOLKLORICO (TRADITIONAL MEXICAN FOLK DANCE) FOR TEENS/ADULTS

\$110

Have you ever wanted to try Mexican Folk Dance but never had the chance? This is a fun way to try the class and to learn a little of the historical origins behind the dances. Practice skirts will be provided, but you will need a pair of hard-sole shoes with a heel. For students who wish to participate, there will be a small student performance at the end of the session. Please feel free to call Baila! Baila!, Inc. for more information. **NOTE:** A \$20 class fee is for use of the skirts/costumes; paid to the instructor at the first class.

Course 12784			8 Sessions
SEC A Jul 9-Aug 27	T		5:30PM-6:30PM
Baila! Baila! Dance Studio			
Israela Garcia			

HOLLYWOOD SWING

\$65

Dance Swing like they did back in the day. This course will consist of Charleston, Lindy, Balboa and Shag. This style is so distinct that it rocked the nation from the 30's to today. We will also go over the history and origins of these dances. Come ready for a workout! No partner required. **NOTE:** A \$20 floor fee will be collected at the first class.

Course 12769			5 Sessions
SEC A Aug 3-Sep 7	Sa		4PM-5PM
Double Time Dance Studio			
John Moore			

THE LINDY HOP

\$65

To take this course, you must know the Lindy Hop basics (the Lindy Hop Whip, Circle and the Eight-Count Send Out). If you know these, come ready for a great workout and to learn some cool moves in Lindy. **NOTE:** A \$20 floor fee is payable to the instructor at the first class. No partner required.

Course 12783			5 Sessions
SEC A Aug 3-Sep 7	Sa		5PM-6PM
Double Time Dance Studio			
John Moore			

BALLROOM DANCE

\$65

Experience the fun of ballroom dancing with this introductory class in partner dancing. You'll learn the most popular ballroom dances, including Waltz, Fox Trot, East Coast Swing and Cha-Cha. Couples and singles are welcome as participants will change partners often during the class. Partner not required. **NOTE:** A \$20 floor fee will be collected at the first class.

Course 12770			5 Sessions
SEC A Aug 4-Sep 8	Su		4PM-5PM
Double Time Dance Studio			
John Moore			

*Dance the Waltz,
East Coast Swing,
Fox Trot & Cha-Cha!*

ART OF DISCO

\$65

The death of disco is a mere fantasy. There has always been a small group of us hiding in the closet, waiting for the perfect moment to get up and shake our groove thing. This class will cover freestyle disco, hustle and tango hustle, and will teach you how to have many boogie nights. Couples and singles are welcome as participants will change partners often during the class. Partner not required. **NOTE:** A \$20 floor fee will be collected at the first class.

Course 12781
SEC A Aug 4-Sep 8 Su 5 Sessions
Double Time Dance Studio 3PM-4PM
John Moore



L.A. STYLE SALSA

\$65

Hit the clubs in L.A., New York or Albuquerque and you'll see dancers doing the popular L.A. style salsa. Learn how to get your salsa started in this introductory course, beginning with the basics of L.A. style salsa and taking it from there. No partner is required. **NOTE:** A \$20 floor fee will be collected at the first class.

Course 12778
SEC A Aug 5-Sep 9 M 5 Sessions
Double Time Dance Studio 7PM-8 PM
John Moore

COUNTRY TWO-STEP AND SWING

\$65

Get into the swing of country dancing! Pick up the basics of country two-step and swing in this fun and energetic course. No partner is required. **NOTE:** A \$20 floor fee will be collected at the first class

Course 12775
SEC A Aug 8-Sep 12 Th 6 Sessions
Double Time Dance Studio 7PM-8 PM
John Moore



YOUTH DANCE CAMPS & CLASSES

MONDAY-FRIDAY CAMPS

5 Sessions \$295

Ballet & Contemporary Summer Camp (ages 6-14)
Jazz and Hip Hop Dance (Ages 6-14)
Musical Theater Summer Dance Camp (ages 6-14)
Young Choreographer's Summer Dance Camp
(ages 10-18)
Remix Summer Dance Camp (ages 6-14)

5 Sessions \$180

Behind the Scenes Summer Dance Camp (ages 12 -18)
Little Movers Summer Dance Camp (4-5 years)

Keshet Center for the Arts

Keshet Arts Staff

SUNDAY CLASS

3 Sessions \$325

Learn to Dance — Fun, Friends, and Fitness for Teens
(ages 12-17)

CE North Building

Jay Cutts

Learn more about these camps and others on page 88.



LIFESTYLE

COOKING

NORTHERN INDIAN VEGETARIAN COOKING

\$65

New recipes! Bhel puri, a crunchy, vibrant mixture of flavors; rajma masala, a comforting and nourishing preparation of red kidney beans; and paneer laddu, a dessert made from homemade cheese and dressed up with nuts.

Course 03312		1 Session
SEC A Jun 1	Sa	1:30PM-4:30PM
SEC B Jul 13	Sa	1:30PM-4:30PM
Los Altos Christian Church		
Vasundhararani Kandachar		

ONE POT MEALS

\$65

Join us and learn to make wonderful home-cooked meals. You will make delicious chicken pot pie, assorted casseroles and stews. These one-pot meals are hearty and delicious crowd pleasers.

Course 03296		1 Session
SEC A Jun 5	W	6PM-9PM
Jan's on 4th		
Janice Laird		

In this section:

- Cooking
- Smart Living
- Optimal Well-being

Cooking classes have a \$15 food fee payable to the instructor at the beginning of the first class.



GREEK COOKING

\$65

Greece has an ancient culinary tradition, with the most common ingredient being olive oil. Join us and take a trip to this ancient isle as we discover the delicious and fresh ingredients that make up Greek cuisine.

Course 03282		1 Session
SEC A Jun 12	W	6PM-9PM
Jan's on 4th		
Janice Laird		

PRESSURE COOKING

\$65

Learn how to prep and cook your meals in less than half the time! You will learn how to use your pressure cooker fearlessly. Using a variety of meats and vegetables in each class, you will be surprised at the combinations of meals that are possible, from green chile stew in 20 minutes to creme brulee that will please any palate.

Course 03304		1 Session
SEC A Jun 13	Th	6PM-9PM
Jan's on 4th		
Janice Laird		

GRILLING AND SMOKING

\$65

Grilling vegetables, meats, fish and preparing rubs from scratch for all of them.

Course 03262		1 Session
SEC A Jun 14	F	6PM-9PM
SEC B Jul 19	F	6PM-9PM
Jan's on 4th		
Janice Laird		

FRENCH BISTRO COOKING

\$65

Bon appétit! Take elegant French cuisine to a practical level as you learn about the hearty foods found in the bistros, the simple little restaurants of France. You'll make a menu of vicchysoise, salad nicoise, French bread, a plum-almond tart and a homemade pie pastry.

Course 03261		1 Session
SEC A Jun 18	T	6PM-9PM
Los Altos Christian Church		
Gilda Latzky		

PARENT/CHILD BAKING

\$65

Parents enroll and come with your child (at least 10 years old) for this hands-on class for baking child-friendly recipes. We will be baking breads, fruit tarts and, of course, cookies! **NOTE:** A \$15 fee for parent and \$15 fee for child are payable to the instructor at the beginning of class.

Course 03308		1 Session
SEC A Jun 20	Th	6PM-9PM
Jan's on 4th		
Janice Laird		

THE ART OF BAKING

\$65

Perfect a delicious talent! Hands-on practice and demonstrations will help build your high-altitude baking skills. You'll put baking techniques into practice as you learn about topics that include the chemistry of baking and weights and measures as applied to cakes, breads and pastries.

Course 03250		1 Session
SEC A Jun 25	T	6PM-9PM
Los Altos Christian Church		
Gilda Latzky		





COOKING WITH FRESH LOCAL PRODUCE

\$65

Come and explore the many uses of home-grown vegetables, right from my garden to your table. Peppers, tomatoes, leeks and whatever we can find in the garden. Fresh and fabulous is the name of this class!

Course 03257		1 Session
SEC A Jun 26	W	6PM-9PM
Jan's on 4th		
Janice Laird		

CUBAN COOKING

\$65

Much of the original Cuban cuisine was strongly influenced by southern Spain, but also contains strong African, French and even some Chinese traits. Join us and learn to make frijoles negros, ropa vieja, cuban sandwiches and fricase de pollo.

Course 03280		1 Session
SEC A Jun 27	Th	6PM-9PM
Jan's on 4th		
Janice Laird		

PAELLA VALENCIANA

\$65

Take your taste buds to Spain! In this class, you'll learn to make what's widely regarded as the Spanish national dish, Paella Valenciana, a fabulous dish of rice, seafood and chicken. You'll make an entire Spanish menu with paella as the centerpiece, gazpacho and tapas for starters and flan for dessert.

Course 03267		1 Session
SEC A Jul 9	T	6PM-9PM
Los Altos Christian Church		
Gilda Latzky		

TAPAS

\$65

Tapas are small bites, full of flavor and filling. Learn what the Spanish have already figured out. You don't need a huge serving of food to have bountiful taste. Tapas include such delicacies as fried avocados with salsa and paella with pork and chicken.

Course 03302		1 Session
SEC A Jul 10	W	6PM-9PM
Jan's on 4th		
Janice Laird		



DISCOVERY CLASS

ALL ABOUT OLIVE OILS

Olive Oil is a gift of nature. Beneficial for health, tastes wonderful on a warm crusty bread, added to a balsamic vinegar for a health dressing. Oh what olive oil can't do! Or is there more to the story?

Course 04321		1 Session
SEC A Aug 7	W	3PM-4PM
CE South Building		
Lucio Lanucara		

INSTRUCTOR: Lucio Lanucara, LL.M. ,
UNM Adjunct Professor with a passion for
the Italian food of his homeland.

OPEN TO EVERYONE
FREE TO ALL
REGISTER ONLINE OR BY PHONE

SPICES AND HERBS

\$65

Learn about the many uses of spices and herbs. Dried vs. fresh, what is the difference? How to convert the recipe if you have dried, rather than fresh, spices. How to make herb-infused oil. How to dry fresh herbs and what recipes will enhance the spices and herbs without much salt in your dishes. All herbs used in this class are grown at the kitchen.

Course 03306		1 Session
SEC A Jul 11	Th	6PM-9PM
Jan's on 4th		
Janice Laird		

MEDITERRANEAN TABLE

\$65

Take a culinary tour of the wonderful, sun-drenched Mediterranean to discover new dishes and exotic spice combinations from Greece, Provence, Morocco and beyond. During class, you'll learn how to make Greek Moussaka, Baklava, Moroccan Chicken Tagine and more.

Course 03268		1 Session
SEC A Jul 16	T	6PM-9PM
Los Altos Christian Church		
Gilda Latzky		

VEGAN COOKING

\$65

A plant-based diet is a healthy culinary option that continues to grow in popularity. Join us and discover the vast array of delicious vegan food. Learn the fundamentals of natural foods and plant-based cooking while participating in cooking delicious plant-based recipes.

Course 03265		1 Session
SEC A Jul 17	W	6PM-9PM
Jan's on 4th		
Janice Laird		



HEALTHY ASIAN COOKING

\$65

Come and learn some easy recipes and tips for everyday Asian cooking. Healthy cooking is only a few steps away. Learn to make Spring Rolls, Asian Chicken, Pad Thai and a few old favorites mixed in with new spices.

Course 03295		1 Session
SEC A Jul 18	Th	6PM-9PM
Jan's on 4th		
Janice Laird		

CULINARY TOUR OF ITALY

\$65

Italy's regions are rich with delicious, culinary ingredients. Go on a dining exploration and discover the delicious regional flavors of Italian cuisine. You'll make several recipes, including Abruzzo Chicken and Eggplant Casserole, Apple Nut Torte from Florence, Risotto from Milan and so much more.

Course 03294		1 Session
SEC A Jul 23	T	6PM-9PM
Los Altos Christian Church		
Gilda Latzky		

VEGETARIAN FEAST

\$65

In this class, you will learn to use seasonal fruits and vegetables, as well as quinoa and farro! Cauliflower pizza anyone?

Course 03279		1 Session
SEC A Jul 24	W	6PM-9PM
Jan's on 4th		
Janice Laird		

Cooking classes have a \$15 food fee payable to the instructor at the beginning of the first class.



SOUTHERN INDIAN VEGETARIAN COOKING

\$65

Churmuri, a crunchy snack that wakes up the taste buds; cauliflower and peas kurma, with sauce that's a zesty mix of spices with coconut; sweet pongal, rice and mung dal sweetened in a jaggery and coconut sauce.

Course 03311
SEC A Jul 27 Sa 1:30PM-4:30PM
Los Altos Christian Church
Vasundhararani Kandachar

COOKING 101

\$65

Learn basic cooking techniques as well as developing new recipes to please all. You will learn how to read a recipe, how to put it all together in a timely manner and have the confidence to try new things. This class is a must for those who want to go forward in their culinary experience! You will learn knife skills, how to properly cut vegetables and fruit, and how use substitutions in recipes to achieve the same end result.

Course 03286
SEC A Jul 31 W 6PM-9PM
Jan's on 4th
Janice Laird

BAKING WITH FRUIT-TARTS, PIES, BREADS

\$65

Eat fresh fruit from the trees we live among! Create fresh fruit pies, tarts and breads in this class using fresh seasonal fruit.

Course 03285
SEC A Aug 1 Th 6PM-9PM
Jan's on 4th
Janice Laird



Mastering Pasta from Scratch at Three Sisters Kitchen in downtown Albuquerque with instructor, Laura Castiglione.

ITALIAN MADE EASY

\$65

Learn basic cooking techniques as well as developing new recipes to please all. You will learn how to make ricotta cheese, gnocchi, homemade pasta sauce and focaccia bread.

Course 03271
SEC A Aug 8 Th 6PM-9PM
Jan's on 4th
Janice Laird

INDIAN BREAKFAST FOR DINNER

\$65

In this class, we bring together a variety of breakfast items to prepare a quick and delicious dinner. The menu includes a much-loved Indian breakfast combo serving dosa made from an 'instant mix' of flours and veggies; tomato chutney, a flavorful side for the dosa; and banana rasayana — fresh sliced bananas in a sweet sauce.

Course 03313
SEC A Aug 10 Sa 1:30PM-4:30PM
Los Altos Christian Church
Vasundhararani Kandachar



Photo credit: Pasta Mama

MASTERING PASTA FROM SCRATCH SERIES

Four classes make up this series. Classes can be taken individually.

MASTERING PASTA: FRESH EGG PASTA DOUGH - NORTHERN ITALIAN-STYLE

\$65

In this introductory class, you'll learn how to make fresh egg pasta, primarily a specialty in the north of Italy. You'll learn how to roll the sfoglia (sheet) with the rolling pin and the pasta machine, and the different methods to mold tagliolini, tagliatelle, fettuccine, pappardelle and more. We'll pair them with two different sauces.

Course 03321
SEC A Aug 7 W 1 Session
6PM-9PM
Three Sisters Kitchen
Laura Castiglion

MASTERING PASTA: EGGLESS FRESH PASTA - SOUTHERN ITALIAN-STYLE

\$65

The class will focus on the southern Italian tradition of making fresh pasta without eggs. A good eggless dough made from durum wheat semolina flour is perfect to absorb flavors and sauces. We'll have fun crafting the most common shapes, such as orecchiette (little ears), cavatelli (little hollows), gnocchetti (little gnocchi) and trofie (short, thin, twisted pasta). We'll pair them with two traditional sauces.

Course 03321
SEC B Aug 14 W 1 Session
6PM-9PM
Three Sisters Kitchen
Laura Castiglion

MASTERING PASTA: RAVIOLI

\$65

If you love fresh ravioli but think you could never make it yourself, this class will change your mind. For Italians, this is a favorite for special occasions and holidays. During this class, the instructor will walk you step-by-step through ravioli making — rolling and cutting dough; making the perfect filling; and shaping, sealing and cooking it properly. You don't want it to open and lose its precious stuffing while it's cooking!

Course 03321
SEC A Aug 21 W 1 Session
6PM-9PM
Three Sisters Kitchen
Laura Castiglion

MASTERING PASTA: LASAGNE

\$65

Lasagne is the iconic dish that represents the Sunday family meal. After this class, you'll be ready to surprise your guests with your homemade lasagne. Lasagne is the way to go when you have a large group of people coming over. You can prepare it in advance and stick it in the oven while you're preparing the rest of the meal. We'll prepare two traditional types of lasagne: one with plain dough, rolled out very thin with many layers, and the other with spinach-flavored dough, rolled out thicker and with fewer layers. Forget about ricotta and marinara sauce! Learn how to prepare lasagne the original Italian way: sfoglia (pasta sheet), béchamel sauce and ragù (bolognese sauce). Everything made from scratch!

Course 03321
SEC B Aug 28 W 1 Session
6PM-9PM
Three Sisters Kitchen
Laura Castiglion

CANNING

\$65

In this hands-on class, you will learn about the tradition of canning and preserving, how to get started, deciding what to can and preserve and various methods of canning and preserving. You will also learn all about the importance of reducing safety risks and about all the benefits of taking part in this age-old tradition! Once you finish this course, you will be well on your way to getting started in canning and preserving.

Course 03310		1 Session
SEC A Aug 13	T	6PM-9PM
Jan's on 4th		
Janice Laird		

INSTANT POT COOKING

\$65

Learn the ins and outs of the instant pot. We will go over all those buttons and what to do with them using various meats, vegetables, soups and desserts. Come with questions and leave with answers and good food!

Course 03304		1 Session
SEC B Aug 14	W	6PM-9PM
Jan's on 4th		
Janice Laird		

NEW MEXICO RED OR GREEN

\$65

There is nothing like homemade tortillas and sopapillas with your bowl of green chile stew. Come taste New Mexico cuisine at its finest! Learn how to make red and green chile sauce that will please even grandma. Green chile chicken enchiladas, pinto beans in a pressure cooker and homemade salsa will start our fiesta. Come hungry!

Course 03284		1 Session
SEC A Aug 15	Th	6PM-9PM
Jan's on 4th		
Janice Laird		

SMART LIVING

CREATE IN A DAY

\$49

Treat yourself to a day of creativity. This is an enjoyable and experiential class. Explore writing, verbal and meditative approaches. You will enjoy accessing parts of your mind and higher realms that you have not realized are there, or have forgotten how to access them. Come with an open mind and a desire to create. **NOTE:** Bring a notebook and pen.

Course 04331		1 Session
SEC A Jul 20	Sa	10AM-4:30PM
CE South Building		
Rita Herther		

TAROT CARDS: AN INTRODUCTION

\$59

Is it true that a simple deck of Tarot cards can unravel life's many mysteries? Learn how Tarot cards can enrich your life, whether through their visual beauty, their representations of human archetypes, as a tool leading to greater self-knowledge or all of the above and more. Gain a basic understanding of the Major and Minor Arcana as well as the four suits and their corresponding elements. Begin exploring the many tarot decks available and their cards' varying interpretations through this introductory course.

Course 04344		1 Session
SEC A Aug 17	Sa	1PM-4PM
CE South Building		
Lisa Tannenbaum		

TRAVVY SAVVY – TRAVEL SMART

\$55

Pamela Cornish, Doctor of Oriental Medicine, has visited or lived in 63 countries and has learned how to stay healthy, pack wisely, get maximum value for her travel dollar and create delightful adventures. Whether you are a novice, veteran or armchair traveler, by taking this class, you are bound to glean useful tips and skills for navigating your next journey and for enjoying optimal health and energy throughout the entire trip! **NOTE:** A \$5 materials fee is payable to the instructor at the beginning of class.

Course 15915		1 Session
SEC A Jun 22	Sa	8:30AM-12:30PM
CE South Building		
Pamela Cornish		



Additional language classes will be returning in the Fall. Fall schedule will be published on ce.unm.edu later this summer.

FRENCH CONVERSATION

\$125

Do you have a desire to formally communicate in French? In your quest to learn French, you may acquire vocabulary and learn about the grammar... but are you ready to use them in a conversation? This dynamic, fun class will help you feel more at ease speaking French. Prior French learning needed; UNMCE levels I and II or equivalent preferred. **NOTE:** No book needed. Study material provided in class.

Course 09606
SEC A Jun 5-Jul 24 W 8 Sessions
CE South Building 9AM-12PM
Annick Herbelin

POETRY WRITING WORKSHOP: REVISION AND RE-VISION

\$125

The focus of this workshop is the revision and re-visioning of existing poems. We will discuss how to increase the intensity of your language and images through poetic craft elements. We will also allow the poem to journey into uncharted terrain via surprising and radical revision suggestions. A willingness to revise and re-vision your poem and an openness to suggestions are the criteria for this workshop. There will also be in-class revision exercises. Bring a poem (no more than one page), pen/paper, and an open mind to the first class.

Course 14863
SEC A Jun 12-Jul 17 W 6 Sessions
CE South Building 6:30PM-8:30PM
Anastasia Andersen

CONVERSATIONAL JAPANESE

\$110

This is a conversational class that required prior study of the Japanese language. **Prerequisite:** UNMCE Japanese I & II or approval from the instructor.

Course 06615
SEC A Jun 11-Jul 30 T 8 Sessions
CE South Building 6pm-8pm
Tae Kunisawa, Ph.D.

POETRY: IN YOUR OWN VOICE

\$95

This class will explore what it takes to go from initial thought to the finished page. Each student will be shown how to recognize the poetry of their own life and how to translate that into a finished piece. Tim Anderson has created a variety of chapbooks*, the first of which was done on a typewriter (it was the 1980s!). *A chapbook is a small paperback booklet, typically containing poems or fiction.

Course 14864
SEC A Jul 30-Aug 20 T 4 Sessions
CE South Building 1PM-2:30PM
Tim Anderson

HERBAL REMEDY GARDEN

\$55

There's a saying that the herbal tea you drink or the herbal bath you take heals you more than once if you have grown the herbs yourself. Whether you have a big backyard or just a small balcony, you can grow the herbs you need to help maintain health and well-being. In this class, you receive a wide range of herbal information. Discover the good "weeds" and local herbs, identify what you want to grow and get information on sources for seeds, roots and gardening help, books and catalogs. See examples in the instructor's herbal garden and learn how to create your own. Katherine White is a retired RN, a Certified Clinical Herbalist, a graduate of Tieraona Low Dog's Foundations in Herbal Medicine course and a gardener.

Course 07527
SEC A Jun 15 Sa 1 Session
White's Garden (address is provided upon registration) 9AM-1PM
Katherine White



HIGH DESERT HOME COMPOSTING AND SOIL AMENDING

\$45

Our high-desert environment challenges gardeners and composters. Learn which composting techniques work well in the desert and methods for drought-proofing desert soil. The class also covers the science, art, materials, methods and benefits of home composting and soil amending. Various composting methods will be reviewed so you can choose the one that works for your household. **NOTE: Recommended text:** *Teaming with Microbes*, by Jeff Lowenfels and Wayne Lewis, Revised Edition, 2010, Timber Press, Inc., Portland, OR. ISBN: 978-1604691139

Course 07511		1 Session
SEC A Jul 24	W	6:30PM-9:30PM
CE North Building		
John Zarola		

REJUVENATE YOUR RETIREMENT

\$49

This course provides retirees an easy-to-understand format on important lifestyle and financial issues often faced during retirement. Your instructor is Steve Margulin, CPA, CFP, UNM adjunct professor, lifelong learner and practitioner. **NOTE:** 143-page text is required; cost is \$25 (one text per couple) and is payable at the first class.

Course 11715		2 Sessions
SEC A Jun 6-13	Th	9 AM-12PM
CE South Building		
SEC B Jun 10-17	M	1PM-4PM
CE North Building		
Steven Margulin		

RETIREMENT PLANNING TODAY: THE RETIREMENT EXTENDER® METHOD

\$49

This course addresses retirement readiness for people age 52-65. Although many people tell me that they wish they had taken a class like this years or decades sooner, the reality is younger people in their 30s and 40s are in an acquisition mode, building their lifestyle, buying houses and cars and gadgets, sending the kids to soccer camps, etc. This course helps you plan for the time when you utilize your hard-earned savings for income. Live your retirement years to the fullest. Take advantage of the experiences and stories your instructor has gained over more than 25 years. You will see an income tax and investment withdrawal strategy, the Retirement Extender® method, that can improve your probability of success. Course materials fee of \$25 is payable to the instructor at the first class. Register together; \$49 individual or \$69 couple. Enroll early for this popular course that fills up fast.

Course 11716		2 Sessions
SEC A Jun 8-15	Sa	9AM-12PM
SEC B Jun 11-18	T	6:30PM-9:30PM
CE North Building		
Steven Margulin		

OPTIMAL WELL-BEING

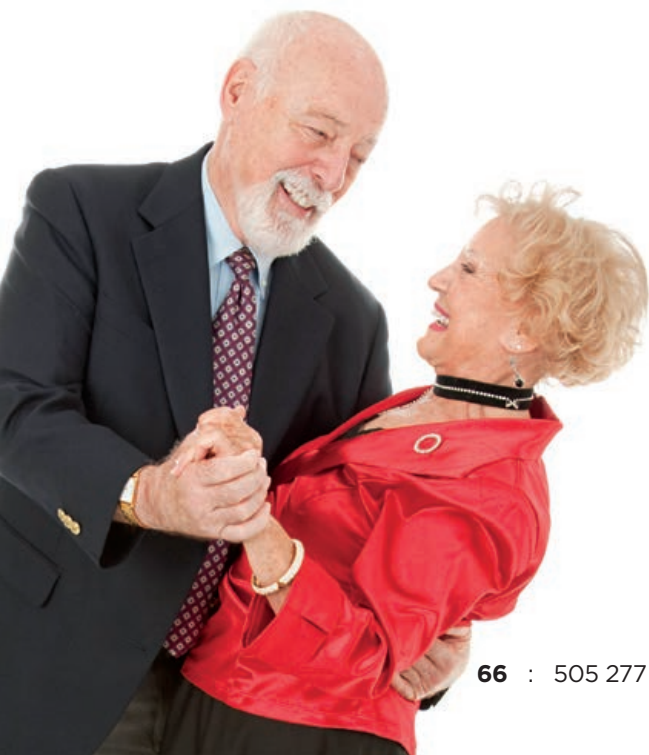
MINDFUL U-APPLIED MEDITATION

\$135

We live in a time when meditation and mindfulness are becoming widespread, teaching us tools for tapping into our capacity for authentic living, stronger relationships, fulfilling work, increased well-being and embracing our lives with loving presence. This class teaches a range of mindfulness practices and practical ways to bring mindfulness into your internal and external environment. Instructor: Aparna Levine

Course 06611		6 Sessions
SEC A Jun 4-Jul 9	T	7PM-7:45PM
SEC B Jun 6-Jul 18	Th	7PM-7:45PM
Yogasaar Studio-Nob Hill		
Aparna Levine		

See our yoga offerings on page 76.



SUGAR-COCAINE LITE

\$55

Sugar is a drug. So what's a sweet tooth to do? A plethora of documentaries on sugar as a toxic substance have appeared in the media, and research shows the pleasure centers in the brain that respond to cocaine also respond to sugar. Learn about sugar's effect on the body and discover delightful, healthful and safe sugar substitutes. **NOTE:** A \$5 materials fee will be collected by the instructor at the beginning of class.

Course 06508
SEC A Jun 8 Sa 8:30AM-12:30PM
CE South Building
Pamela Cornish



NEW! AROMATHERAPY BASICS

\$299

With the rising popularity of essential oils, this class provides a foundation for the advancement of knowledge concerning the use of aromatic plants and essential oils. During this series, you will learn the history of aromatherapy, the profiles of 20 essential oils, the chemistry and quality of essential oils and the methods of extraction. Furthermore, you will learn the basic physiological effects of essential oils, methods of absorption, how essential oils interact on physical and emotional levels and basic safety.

Course 06590
SEC A Jun 10-19 M/T/W 6 Sessions
CE South Building 6PM-8PM
Sonia Masocco, R.A.P, CH

INSTRUCTOR PROFILE

Sonia Masocco

R.A.P, CH

Sonia is a Registered Ayurvedic Practitioner, Clinical Aromatherapist and Herbalist with over 20 years experience in the alternative and complementary field. She has taught Ayurveda, herbology and aromatherapy worldwide and has a private label and practice in Albuquerque, NM. She has developed and teaches our Ayurveda Certificate Program, the Clinical Herbalism Program and, this summer, is starting an Aromatherapy series.



NEW! AROMATHERAPY BLENDING

\$299

This is a hands-on, practical class in which you will learn to create and design effective blends. You will be exposed to various carrier bases, vegetable oils and other diluents used in making finished products. Preparations for inhalations, diffusion, topical methods and internal methods of application will be made.

NOTE: Materials fee for essential oils of \$40 is paid to the instructor at the first class.

Course 06591
SEC A Jul 15-24 M/T/W 6 Sessions
CE South Building 6PM-8PM
Sonia Masocco, R.A.P, CH

NEW! AROMATHERAPY

INTERMEDIATE

\$299

This class is for those who are seriously thinking about using aromatherapy to support their own health. In this series, you will learn safety issues, including dermal, respiratory and internal use, and contraindications and cautions in the use of essential oils or in the dilutions of them. The learning will be reinforced by case studies and group brainstorming lead by Sonia Masocco, clinical aromatherapist with over 20 years of experience in clinical practice.

Course 06592
SEC A Aug 12-21 M/T/W 6 Sessions
CE South Building 6PM-8PM
Sonia Masocco, R.A.P, CH

SUSTAINING YOUR MINDFULNESS MEDITATION PRACTICE

\$25

Find support for a simple, accessible practice of mindfulness meditation. Research in neuroscience tells us that a consistent meditation practice actually rewires the brain. Harvard researchers, using MRI scans, have shown that meditation can increase our “gray matter,” which may lead to better cognitive and psychological functioning. Meditation practice may help you lower your daily stress, increase your focus, improve your sleep or reconnect with your life. Using mindfulness meditation methods based on the work of Jon Kabat-Zinn in his Stress Reduction Clinic at the University of Massachusetts, join a supportive practice group for those seeking to increase their well-being by sharing an hour each week in working toward a lifetime habit of mindfulness. **Prerequisite:** Mindfulness-Based Stress Reduction (MBSR) 8-week course or equivalent experience. Previous experience with mindfulness meditation is required.

Course 06490		10 Sessions
SEC A Jun 11-Aug 13	T	12PM-1PM
CE South Building		
Caroline Orcutt		

BACK TALK

\$55

90% of Americans suffer from back pain at least once. What causes it? How can we heal it? Dr. Pamela Cornish, NP, DOM, struggled with rheumatoid arthritis for 15 years, sciatica for 5 months and a herniated disc for 3 years. Dr. Cornish is her name and backs are her game! By applying the techniques taught in this class, she has been free of the above since 1986, 1989 and 1994, respectively. Learn helpful tips for sitting, standing, working and sleeping to prevent developing back pain. If you already have back pain, and would like to explore ideas and tools in natural medicine before resorting to drugs and/or surgery, please join us for a morning of learning. **NOTE:** A \$5 materials fee is payable to the instructor at the beginning of class.

Course 06491		1 Session
SEC A Jun 15	Sa	8:30AM-12:30PM
CE South Building		
Pamela Cornish		



UNM CONTINUING EDUCATION

● CLOSE TO I-25/I-40 INTERCHANGE

● CONVENIENT LOCATION
1634 University Boulevard

● FREE PARKING

Mindfulness Meditation



MINDFULNESS-BASED STRESS REDUCTION (MBSR) ORIENTATION

FREE — Everyone is Welcome

Become acquainted with the practice of mindfulness meditation as developed by Jon Kabat-Zinn for the Stress Reduction Clinic at the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School. Learn how this secular, scientific, evidence-based practice has become so widely accepted, and discover how it can positively affect the quality of your everyday life. **NOTE:** This is a free information session and prerequisite for the Mindfulness-Based Stress Reduction (MBSR) 8-week course. Everyone is welcome. No permission or prior knowledge is required.

Course 06600
SEC A Jun 24 M 1 Session
CE South Building 6PM-7:30PM
Caroline Orcutt

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

\$250

Learn how to take better care of yourself with mindfulness meditation based on the work of Jon Kabat-Zinn. Discover the key aspects of mindfulness as it relates to stress reduction, pain management and increased well-being. Find out how mindfulness practice can help you better contend with difficulty, improve communication with others and enhance your quality of life. Participate in mindfulness meditation practices, gentle stretching with mindful movement and inquiry exercises to enhance awareness in everyday life. The course includes access to guided meditations and an all-day retreat near the end of the class. **NOTE:** **Required Prerequisite:** Mindfulness-Based Stress Reduction (MBSR) Orientation (FREE). Mindfulness-Based Stress Reduction Orientation attendance is required. Enroll in course 06600.

Course 06601
SEC A Jul 1-Aug 19 M 9 Sessions
Aug 10 Sa 6PM-8:30PM
CE South Building 9AM-3PM
Caroline Orcutt

T'AI CHI CH'UAN — TRADITIONAL YANG STYLE LONG FORM: BEGINNERS

\$90

This course teaches the First Section of the traditional Yang Family Style 108 movement Long Form of T'ai Chi Ch'uan, the most widely-practiced form of T'ai Chi in the world. Special emphasis is placed on methods of improving balance skills, identification and release of areas of body tension, and eliminating habits which can cause stress to the knee and lower back. Documented health benefits of regular Form practice include stress reduction, enhanced body awareness and improved lower body strength. Virginia Huettig began her study of T'ai Chi in 1996. She has taught T'ai Chi Ch'uan at UNM since 2002.

Course 06497
SEC A Jun 25-Jul 23 T 5 Sessions
CE North Building 6PM-8PM
Virginia Huettig

AROMA CHAKRA

\$55

Seven major chakras power the electromagnetic energy systems of your body. Each operates like an engine to keep your body operating smoothly. Pain and dysfunction result from stagnation and blockage of your body's energy pathways. Learn the roles of your chakras, and how each affects you on mental, emotional, physical and spiritual levels. Explore ways to practice exercises and mindfulness to keep your chakras well-oiled. Please wear gym clothes and bring either a large, thick towel or a yoga mat so you can comfortably lie on the floor during guided protocols. Dr. Pamellina Cornish is a Natural Physician and Dr. of Oriental Medicine, in private practice in Albuquerque since 1987. She empowers her patients to take care of all aspects of their health with natural protocols and remedies. **NOTE:** A \$5 materials fee is payable to the instructor at the beginning of class.

Course 04343
SEC A Aug 3 Sa 1 Session
CE South Building 8:30AM-12:30PM
Pamela Cornish



靈 Rei

氣 Ki

REIKI: AN INTRODUCTION

\$40

Reiki is a Japanese healing art. Anyone can use Reiki for self and others. It can relieve stress, insomnia, fatigue and pain, and can accelerate healing of body, mind and spirit. In this introductory class, you learn about Usui Reiki Ryoho, its history, levels of training and practical applications. You can experience the Reiki touch, have your questions answered and develop a basis for deciding whether or not to pursue Reiki treatment or training.

Course 06469
SEC A Jul 13 Sa 1 Session
CE South Building 1:30PM-4:30PM
Paula Terrero

QIGONG

\$75

Balance your body, mind and spirit with Qigong, the ancient Chinese art of energy! Qigong postures are easy, flowing, low-intensity movements that promote better circulation, strength and balance while simultaneously helping to heal the spirit. Qigong, or seated Qigong, allows you to release stress, enhance your health and direct the mind to heal the body.

Course 06456
SEC A Jul 9-Aug 27 T 8 Sessions
CE South Building 10:30AM-11:30AM
Ty Beh

CURANDERISMO: TRADITIONAL MEDICINE WITHOUT BORDERS

\$300

This two-week course will provide information on the history of Curanderismo (the art of Mexican traditional healing) in the Southwest, Mexico and other countries. You will explore an integrative approach to medicine, with demonstrations that incorporate Curanderismo with various traditional and holistic health techniques, such as the creation of a sacred space, herbs and rituals; ceremonial use of the sweat lodge (temazcal); energetic cleansings (limpias), herbal smoke (moxa), medicine of the drum, fire cupping (ventosas); juice therapy (jugo terapia); death and healing (Día de los Muertos); intestinal blockage (empacho), laugh therapy (risa terapia), shawl alignments (manteadas) and an herbal walk with well-known herbalists. You will also participate in a traditional health fair. This course will use instructors who are researchers in the field, healers and health practitioners from UNM, Albuquerque, the Southwest, Mexico and other countries.

NOTE: A materials fee of \$50 will be collected at the time of registration. For more information, please visit curanderismo.unm.edu. CEUs are available for an additional fee. Please review the syllabus given before the class for specific information.

Course 04351
SEC A Jul 8-19 M/T/W/Th/F/Sa 11 Sessions
UNM Main Campus 8AM-12:40PM
Dr. Eliseo Torres





FITNESS & RECREATION

In this section:

- Outdoor Recreation
- Strength & Cardio
- Yoga

THE RUNNER’S MIND FINISH LINE — WINDHORSE RUNNING: FREEDOM & PEACE RUN

\$145

Learn the foundational principles of running and meditation from physical to mental preparedness. You’ll get an intimate look at your own mind - its strengths and weaknesses.

Course 10650		6 Sessions
SEC A Jun 15-Jul 20	Sa	8:30AM-9:30AM
Institute of Community Wellness and Athletics		
Jessica Stallings Smith MS, CSCS, USAW		

BICYCLE REPAIR: BASIC MECHANIC

\$55

This Bicycle Mechanics Course is designed to teach basic skills for novice and advanced cyclists who want to learn basic bicycle care. This is a great class to help you become more self-sufficient with your bike. You will learn to properly clean the bike, clean and lube the chain, make minor adjustments and change, repair and make your tires thorn resistant. **NOTE:** This course is the first part of certificate course 10653. A materials fee of \$15 is payable to the instructor at the first class. Basic tools, lubes, cleaners, etc. and several work stands are provided. However, if you wish to practice with your own tools, you may bring them.

Course 10654		2 Sessions
SEC A Jul 17-24	W	5PM-9PM
CE North Building		
Eugene Paul Walton		



GOLF I

\$160

Golf is a sport you can play for a lifetime. Start learning now so you can join in the fun for years to come. As a beginning golfer, you'll learn the theory, mechanics and fundamentals of golf. The course also covers rules, etiquette and the use of irons and woods. Bring your own clubs or we'll provide equipment for you.

NOTE: Tuition includes ball fee and use of golf clubs. Enrollment is limited.

Course 10668	6 Sessions
SEC A Jun 6-Jul 18	Th 5PM-7PM
SEC B Jun 8-Jul 13	Sa 1PM-3PM
Golf Center at Balloon Fiesta Park	
Bob May	

GOLF II

\$160

Improve your game. This course is for those who already have a grasp of the basic fundamentals of golf, have completed Level I, or have equivalent experience. Equipment will be furnished if needed. Tuition includes ball fee and use of golf clubs, but personal golf clubs would be preferred.

Course 10669	6 Sessions
SEC A Jun 9-Jul 14	Su 3PM-5PM
SEC B Jul 20-Aug 24	Sa 3PM-5PM
Golf Center at Balloon Fiesta Park	
Bob May	

GOLF FIT

\$160

Is your body holding back its ability to perform at its highest level on the golf course? Would you like to gain 20 yards off the tee? Are you unable to finish your round of golf striking the ball as well as when you started? If you answered yes to any of these questions, this is the class for you. The 5-week course will include a Titleist Performance Institute full-body assessment, an exercise strategy based on those results and drills to increase your club-head speed for greater distance.

Course 10670	5 Sessions
SEC A Jun 18-Jul 16	T 5:30PM-7PM
Golf Center at Balloon Fiesta Park	
Bob May	

MOUNTAIN BIKING SKILLS

\$105

Build confidence on the mountain bike as you practice and progress on obstacles and skill courses. You will also learn basic bike set-up and basic items to carry with you on a trail ride. Learn the fundamental mountain bike skills needed to become a better rider, including essential bike positions to ride various trail conditions, bike/body separation skills, braking/speed control, slow/fast speed steering/cornering skills, how to maneuver up and down obstacles and proper gear selection for trail conditions.

NOTE: Please make sure you have snacks, water, sunscreen, helmet and a safe-working bike. NO helmet, NO ride! Please arrive a few minutes early for a bike safety check. If your bike is found unsafe to ride during the bike safety check, you will have to attend another class when your bike is ready. Bring your seat bag, hydration pack, repair kit, tools, spare tube and anything else you normally would carry on a ride. Wear appropriate clothing for cycling and the weather that day.

Course 10683	1 Session
SEC A Jul 20	Sa 10AM-4PM
North Valley Bike Park	
Eugene Paul Walton	





TENNIS: BEGINNING

\$105

Learn to execute the forehand, backhand, serve, volley, overhead and lob. Sound techniques of these shots will be emphasized. Time will be devoted to players having a great understanding of tennis rules and scoring method. Match play will also be instituted to develop these skills in a real setting. **NOTE:** Bring two cans of new pressurized tennis balls and your own racquet. Wear comfortable tennis shoes.

Course 10688	6 Sessions
SEC A Jun 30-Aug 4	Su 8AM-10AM
UNM-Tennis Courts	
Nick Romero	

TENNIS: INTERMEDIATE

\$115

Go beyond basic stroke development. We will review ground strokes and then proceed to develop shots such as the lob, volley, overhead, serves and return of serves. It is important to learn and practice these strokes, so the course will also include match play. **NOTE:** Bring two cans of NEW tennis balls, racquet, tennis shoes, and a container of water.

Course 10689	8 Sessions
SEC A Jun 8-Jul 27	Sa 10AM-12PM
UNM-Tennis Courts	
Robert Ziock	

INTRO TO CROSSFIT

\$165

Learn the fundamentals of Crossfit, including correct form, movement standards and various workout styles. CrossFit is constantly-varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life.

Course 10630	6 Sessions
SEC A Jun 19-Jul 31	W 7:30PM-8:30PM
Big Barn Crossfit	
Jessica Stallings Smith, MS, CSCS, USAW	

SALSAEROBICS

\$95

Come and enjoy aerobics, Latin style! In Salsaerobics, you'll lose weight and get in shape as you exercise to the Latin beat. Learn basic Latin dance steps, including Salsa, Cumbia, Cha Cha, Mambo, Merengue and more. This class starts at a beginning level and gradually increases to higher fitness levels. **NOTE:** Wear comfortable clothing and good aerobic shoes.

Course 10684	16 Sessions
SEC A Jul 8-Aug 28	M/W 5:30PM-6:30PM
SEC B Jul 9-Aug 29	T/Th 5:30PM-6:30PM
Baila! Baila! Dance Studio	
Israela Garcia	

*Lose weight and
get in shape as
you exercise to the
Latin beat!*

INTRODUCTION TO AIKIDO

\$75

Aikido is a Japanese Martial Art created by Morihei Ueshiba (1883-1969). He is also known to aikidokas (Aikido practitioners) as O Sensei, or Great Teacher. Aikido blends the motion of the attacker and redirects the force of the attack rather than opposing it head-on. O Sensei's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury. Aikido requires very little physical strength, as the aikidoka "leads" the attacker's momentum using entering and turning movements. The techniques are completed with various throws or joint locks. This introductory class will meet for four (4) one-hour sessions. Each session will explore one of four concepts: grounding, extension, blending or leading. **NOTE:** No special equipment is required. Wear loose clothes in which you can move freely, such as sweatpants and a shirt.

Course 06481
SEC A Jun 12-Jul 3 W 4 Sessions
Albuquerque Iwama Aikido 6PM-7PM
Paul Barrett

AIKIDO PRACTICE

\$325

The physical side of Aikido consists of throws and joint techniques similar to jujutsu and other movements akin to kenjutsu. This class will allow you to participate in all aikido classes at Albuquerque Iwama Aikido, including weapons practice with bokken (wooden sword) and jo (short staff). **NOTE:** No special equipment is required, although you will need to purchase a gi (uniform) if you wish to test for rank. If not, wear loose clothes in which you can move freely, such as sweatpants and a shirt.

Course 06390
SEC A Jun 3-Jul 26 MTWThFSaSu 53 Sessions
Duke City Dojo 6PM-7PM
Paul Barrett



CORE COMPETENCY

\$65

A strong core goes beyond having a 6-pack! In this class, we'll focus on abdominal strength and endurance as well as strength and flexibility in back and hips. These areas form a stable base for our bodies to perform fitness and daily-life activities safely and effectively. In each class, we will integrate core exercises with stretches for an optimal, balanced workout, and may use a mix of body weight, balls and tubing.

Course 06441 5 Sessions
SEC A Jun 17-Jul 22 M 5:20PM-5:50PM
SEC B Jul 29-Aug 26 M 5:20PM-5:50PM
Body Positive Personal Training
Ingrid Wentzel

FUN AND FITNESS FOR THE REST OF US

\$95

Get a great workout that's different each time, exercising with a small group of like-minded friends! If you don't love the gym but want to be stronger, fitter and healthier, this is the class for you. Using weights, bands, balls and more, you'll get strength, cardio and stretching all in one. Classes are small and held in a cozy, well-equipped studio. Your instructor, Ingrid Wentzel, will coach and challenge you, but will always provide options to accommodate a range of skills and abilities. Ingrid has been a personal trainer for over 20 years and specializes in adult fitness for real bodies.

Course 06484 5 Sessions
SEC A Jun 15-Jul 20 Sa 9AM-10AM
SEC C Jun 19-Jul 24 W 6PM-7PM
SEC E Jul 27-Aug 31 Sa 9AM-10AM
SEC F Jul 31-Aug 28 W 6PM-7PM
Body Positive Personal Training
Ingrid Wentzel



RELAXERCISE: STRETCH, STRENGTH AND TOTAL FITNESS

\$95

Relaxercise is a class that improves total fitness through progressive stretching and strengthening exercises, along with full-body breathing techniques. Each class ends in a relaxation period that allows the body to de-stress and process what it has experienced. The movements are designed to increase stability and strength around the joints and increase flexibility and range of motion throughout the body while decreasing stress. Learn to use your natural breathing patterns to facilitate movement without pain and extra effort. Positive outcomes include total body conditioning, improved balance and mobility, body/mind integration and injury prevention. Students can work at their own pace. Become strong and stretched, and renew your energy. Men and women of all ages will benefit from this class.

Course 06485
SEC A Jun 6-Jul 11 Th 5 Sessions 6PM-7PM
SEC B Jul 18-Aug 15 Th 6PM-7PM
CE North Building
Joan Gonwa, MA, CMA, BFA-Dance

FUNCTIONALLY FIT

\$80

This class will assess how functionally your body is moving and will show you exercise strategies to fix your problem areas. You will learn how strength training with correct joint function can be great for you physically. Training in this class will use basic body weight, resistance bands and some free weights.

Course 06502
SEC A Jul 23-Aug 6 T 3 Sessions 6PM-7:30PM
PT First Physical Therapy
Bob May

PILATES MAT

\$85

Pilates Mat focuses on your “powerhouse” for essential core stretching and strengthening. A strong core is essential for athletes as it increases stamina and power. Joseph Pilates developed this exercise methodology in which Mat Pilates is performed equipment-free. The moves are adapted to work with just your body and a floor mat for cushioning and support.

Course 15903
SEC A Jun 18-Jul 23 T 6 Sessions 6PM-7PM
SEC B Jul 30-Sep 3 T 6PM-7PM
CE South Building
Leslie Venezuela



New! AEROBIC CONDITIONING EXERCISE CLASS

\$145

This exercise class is best known as “calisthenics,” a form of exercise consisting of various range-in-motion techniques, performed rhythmically and without equipment. The intent of this exercise is to increase strength, fitness and flexibility through movements such as pulling, pushing, jumping, punching, swinging and kicking, using one’s bodyweight for resistance. Calisthenics can provide the benefits of muscular development, conditioning and improving physical motor skills, such as balance and agility. Exercise example — Planks (holding the ‘top’ position of a push-up for extended periods of time).

Course 06501 **6 Sessions**
SEC A Jun 8-Jul 13 **Sa** **9AM-10AM**
SEC B Jul 20-Aug 24 **Sa** **9AM-10AM**
ABQ Gym
Anthony Rosales

YOGA WITH PURPOSE

\$135

Reconnect with your body, mind, heart and purpose through the practice of Vinyasa Flow yoga in a space that welcomes all levels to practice together. Modifications and variations are offered for all poses, making the class accessible and nurturing for all. Experience yourself growing stronger, healthier and more flexible, increasing your range of motion and feeling centered in the very core of your being, one class at a time.

Course 06436 **6 Sessions**
SEC A Jun 4-Jul **T** **5:30PM-6:45PM**
SEC B Jun 6-Jul 18 **Th** **5:30PM-6:45PM**
Yogasaar Studio-Nob Hill
Aparna Levine

YOGA: THE FULL SCOPE

\$135

This class is designed for all levels, from the experienced beginner and level I students looking to build their practice as well as the intermediate yoga student. Each class weaves together yoga, mindfulness and breath work in creative sequences as more variations of postures are introduced. A fusion of Hatha, Vinyasa and Power yoga styles, the class begins with mindful intention and closes with short, guided meditation. Some days Iyenger and restorative elements are added to the class flow.

Course 06437 **6 Sessions**
SEC A Jun 3-Jul 8 **M** **5:45PM-7PM**
SEC B Jun 5-Jul 10 **W** **5:45PM-7PM**
Yogasaar Studio-Nob Hill
Aparna Levine

HEALTHY THYROID WITH YOGA

\$65

A sluggish thyroid can leave you overwhelmed, run down, depressed and overweight. Your thyroid is a tiny butterfly-shaped gland in your neck. Many thyroids weigh only an ounce, but wield a formidable influence on metabolism, mood and sleep. In this workshop, sequences of simple yet effective yoga postures can help to influence well-being, balance the thyroid, help diminish symptoms and lead you toward vibrant health.

Course 06447 **1 Session**
SEC A Jul 20 **Sa** **2:30PM-5:30PM**
High Desert Yoga - Nob Hill
Zoreh Afsarz Adeh



YOGA 101-FOUNDATIONS & BASICS

\$135

This class welcomes beginners and explores the fundamentals of yoga, correct body alignment, breathing techniques and guided meditation. All poses are offered and taught with modifications to suit individual bodies and needs. Essential teachings for “living your yoga” are shared. This unique class is a great way to segue into yoga or maintain your practice through gentle, yet therapeutic, mindful movement and breath. This class is designed to move slow and will intentionally take you into your body so you can release tension, allowing you to leave the class feeling open and spacious, with a beautiful mind/body connection.

Course 06444			6 Sessions
SEC A Jun 3-Jul 8	M		9AM-10:15AM
SEC B Jun 4-Jul 9	T		9AM-10:15AM
SEC D Jun 7-Jul 12	F		11:30AM-12:45PM
Yogasaar Studio-Nob Hill			
Aparna Levine			

YOGA FOR FOLKS OVER FIFTY: GENTLE BEGINNER

\$156

Join us and explore the wonders and benefits of yoga practice. This class series is geared to the older beginner or those dealing with painful knees or feet, arthritis, osteoporosis, issues of balance or the proverbial mid-life crisis. You will learn to use commonly-available props and modified yoga postures to address these conditions and bring more awareness, vitality and relaxation into your life. **NOTE:** This is not a medical class. Call instructor to discuss any serious condition before registering. Free OLLI membership with this class.

Course 06461			7 Sessions
SEC A Jun 3-Jul 15	M		2:15PM-3:30PM
SEC B Jun 4-Jul 16	T		4PM-5:15PM
SEC C Jul 22-Sep 9	M		2:15PM-3:30PM
SEC D Jul 23-Sep 3	T		4PM-5:15PM
High Desert Yoga-Nob Hill			
Nishtha Jane Kappy			

**Free OLLI Membership
with this class**

INSTRUCTOR PROFILE

Aparna Levine



Aparna is the Director and Founder of Yogasaar Studio. Born and raised in India, the land where yoga was born, she ignites enthusiasm for yoga in her students by bringing her 30+ years of study and practice into her teaching style that embodies the energy and spirit of yoga. Her classes inspire fluid movement while focusing on mindfulness of breath and alignment, compassionate self-awareness and a safe environment in which to explore practice for all levels. She is known for her sensitive, joyful, engaging and determined approach to teaching, and extensively leads classes, retreats, workshops and trainings in Yoga, Ayurveda and Mindfulness Meditation, both nationally and internationally.

MINDFUL YOGA AND MEDITATION 75 MIN.

\$156

Gentle yoga postures emphasizing alignment are combined with breath and body awareness, meditation and relaxation. Let's explore together, focusing on the present moment and developing skill in concentrating and steadying the mind so that we can be more attentive, more aware and more centered. Mindful Yoga and Meditation is a way of practice that can help us see our bodies, hearts and minds more clearly, while cultivating kindness and compassion within.

Course 06454			7 Sessions
SEC A Jun 4-Jul 16	T		4:30PM-5:45PM
SEC C Jul 23-Sep 3	T		4:30PM-5:45PM
High Desert Yoga-Nob Hill			
Doreen Siracusano			

MINDFUL YOGA AND MEDITATION 90 MIN.

\$189

SEC B Jun 5-Jul 17	W		6PM-7:30PM
SEC D Jul 24-Sep 4	W		6PM-7:30PM
High Desert Yoga-Nob Hill			
Julie Pacheco			



LEVEL 2-3 YOGA

\$189

Take your yoga practice to the next level with this Iyengar-style-inspired yoga class. Designed for students who are ready to move beyond the basics, you'll incrementally explore back bends, inversions, deep forward bends, arm balances and more. The class takes you on a journey to explore stability, alignment, strength, mobility, intelligent awareness and full breath, and includes deep relaxation at the end.

Course 06526		7 Sessions
SEC A Jun 4-Jul 16	T	6PM-7:30PM
SEC B Jun 8-Jul 20	Sa	9AM-10:30AM
SEC C Jul 23-Sep 3	T	6PM-7:30PM
SEC D Jul 27-Sep 7	Sa	9AM-10:30AM
High Desert Yoga-Nob Hill		
Avery Janeczek Kalapa		

YOGA-STRENGTHEN YOUR WELL-BEING

\$135

Are you fascinated by the beauty and complexity of your body, mind and spirit? Are you eager to learn how to strengthen your wellbeing through movement, meditation and deep relaxation? This course will build on your physical, mental and emotional strengths, teaching you how to work with your vulnerabilities. Each week, you will explore a different physical and spiritual theme. Together, the themes will be designed to build your core strength; improve your flexibility, balance, bone and joint health; and cultivate self-awareness and harmony with the world around you. All levels welcome.

Course 06435		6 Sessions
SEC A Jun 5-Jul 10	W	9AM-10:15AM
Yogasaar Studio-Nob Hill		
Kate Hildebrand		

YIN RESTORE YOGA

\$135

Yin-style poses, which are primarily seated postures, are held for longer periods of time and use less muscular engagement than traditional yoga poses. This technique stimulates and releases deep connective tissues (e.g., fascia) in order to improve flexibility and joint mobility. While not "easy," careful attention and support for individual anatomy make this practice accessible to students of all ages and experience levels. The slower pace and quiet stillness of Yin yoga fosters a sense of calm and relaxation.

Course 06438		6 Sessions
SEC A Jun 5-Jul 10	W	7:15PM-8:30PM
Yogasaar Studio-Nob Hill		
Roberta Forester		

YOGA: GENTLE LEVEL ONE

\$189

Come enjoy yoga with us, practicing gentle poses to benefit balance, flexibility and fitness. Go at your own pace in a comfortable, nurturing atmosphere. Please bring a mat, water and blanket.

Course 06451		7 Sessions
SEC A Jun 6-Jul 25	Th	11:15 AM-12:45PM
SEC B Aug 1-Sep 12	Th	11:15 AM-12:45PM
High Desert Yoga-Nob Hill		
Stefa Zawerucha		



YOGA BASICS

\$156

Get the most out of yoga by starting with a solid foundation of primary poses. Whether you're new to yoga or need a refresher, you'll learn preparatory and primary poses that build strength, flexibility, balance and body awareness. The class also covers yoga terminology, how to use props and student questions. The mindful, gentle pace helps you deepen your practice.

Course 06453			7 Sessions
SEC A Jun 5-Jul 17	W		11:15AM-12:30PM
SEC B Jun 7-Jul 19	F		11:15AM-12:30PM
SEC C Jul 24-Sep 4	W		11:15AM-12:30PM
SEC D Jul 26-Sep 6	F		11:15AM-12:30PM

High Desert Yoga-Nob Hill
Julie Pacheco

YOGA BASICS: LEVEL 1

\$156

Ready to start yoga but don't know where to begin? This is the class for you. It covers the fundamental postures and emphasizes proper alignment and attention to the breath. The goal is to help you create stability, strength and flexibility in your body in a safe and gentle way as you learn yoga.

Course 06515			7 Sessions
SEC A Jun 5-Jul 17	W		1PM-2:15PM
SEC B Jul 24-Sep 4	W		1PM-2:15PM

High Desert Yoga-Nob Hill
Bill Ancker

YOGA: HARMONY IN BODY AND MIND (IYENGAR STYLE)

\$189

Want a different yoga experience? Try this class that takes a creative approach to basic yoga poses, or "asanas." Using the Iyengar style, this class, ideal for all abilities, combines precise alignments and modifications with lightness and humor. Explore the body, breath and mind connection, and experience increased strength, stability and vitality, plus freedom from the limitations of the body and mind.

Course 06459			7 Sessions
SEC A Jun 5-Jul 17	W		5:30PM-7PM
SEC B Jul 24-Sep 4	W		5:30PM-7PM

High Desert Yoga-Nob Hill
Herb McDonald

See our optimal well-being classes on page 66.



YOGA FOR FOLKS OVER FIFTY: ACTIVE PRACTICE

\$156

For active seniors, this class emphasizes proper alignment of the spine. You will learn standing, strengthening and balance poses with modifications that work for your body. This practice warms up the muscles, opens the joints and builds energy, strength and stamina while inviting greater awareness of your body, mind and breath. **NOTE:** This is not a medical class; call instructor to discuss any serious condition before signing up. Free OLLI membership with this class.

Course 06463			7 Sessions
SEC A Jun 6-Jul 25	Th		4PM-5:15PM
SEC B Aug 1-Sep 12	Th		4PM-5:15PM

High Desert Yoga-Nob Hill
Nishtha Jane Kappy

Free OLLI Membership with this class

YOGA: TAKE IT TO THE NEXT LEVEL

\$135

Are you ready to take your yoga to the next level? This is a level 2-3 class that promises to inspire, motivate, unleash your inner power, leaving you sweating while encouraging you to honor your own limits, practice with integrity and cultivate balance within the body-mind-heart. Each class sequence will demystify intermediate/advanced poses, showing how to sequence and build up to them. Flow with courage and mindful awareness of your own needs and dive into a deeper experience of all that yoga has to offer.

Course 06465			6 Sessions
SEC A Jun 8-Jul 13	Sa		10AM-11:30AM

Yogasaar Studio-Nob Hill
Aparna Levine

DE-STRESS YOGA

\$156

Stressed? Try relaxing with yoga. De-stress yoga combines mindfully-aligned postures and body awareness with calming breathing techniques to help you unwind and find your center of balance. You'll use props to support postures that gently stretch and strengthen your body. This slow practice focuses on your neck, shoulders and hips. Postures in this class are suitable for all skill levels.

Course 06448
SEC A Jun 20-Aug 8 Th 4:15PM-5:30PM
High Desert Yoga-Nob Hill
Bill Ancker

7 Sessions

YOGA: RESTORE AND RENEW

\$189

Take a vacation from your busy life to nurture body, mind and spirit in this restorative yoga class. It's especially helpful if you suffer from stress, insomnia, chronic pain, depression, recent surgery or injury. You'll practice breath awareness in fully-supported yoga poses. As tension dissolves, you'll feel refreshed. And as your body learns deep relaxation, your mind will become still.

Course 06482
SEC A Jun 9-Jul 21 Su 11:15AM-12:45PM
SEC B Jul 28-Sep 8 Su 11:15AM-12:45PM
High Desert Yoga-Nob Hill
Avery Janeczek Kalapa

7 Sessions

YOGA FOR BACK CARE

\$156

This is the perfect antidote for weak, weary backs. This yoga class focuses on three movement categories to improve back health. Strengthening and extending the back muscles will enhance alignment and stability. Gentle twists and supported forward bends will lengthen shortened muscles. And mobilizing the shoulder girdle and softening around the heart will help you breath more deeply and reduce tension. **NOTE:** If you have any existing medical conditions, you must provide physician approval to take this class.

Course 06464
SEC A Jun 10-Jul 22 M 4PM-5:15PM
SEC B Jul 29-Sep 16 M 4PM-5:15PM
High Desert Yoga-Nob Hill
Virginia Kotler

7 Sessions

YOGA FOR AGING GRACEFULLY

\$189

You can't stop the hands of time, but you can have an effect on how gravity and life's pressures make an impression on your body. In this class, you'll learn how reversing the blood flow can reverse the chronic downward pull and foster vibrant health. You'll use props and hanging ropes to make poses safe and accessible, and you'll practice meditation.

Course 06518
SEC A Jun 10-Jul 22 M 9:30AM-11AM
SEC B Jul 29-Sep 16 M 9:30AM-11AM
High Desert Yoga-Nob Hill
Zoreh Afsarz Akeh

7 Sessions



Yoga session at Yogasaar Studio with instructor, Aparna Levine.

YOGA FOR THE REST OF US

\$105

Take a deep breath. Close your eyes and take another. Try one more, in through your nose, out through your mouth. Do you feel refreshed? That energy that revitalizes us when we've done well for our bodies, and the accompanying peace it brings, is the essence of yoga. And lucky for you, if you can breathe, you can do yoga. Yoga is for "every body." If you would like to extend the pleasure you received from this simple exercise, please join us for a 60-minute honest-to-goodness "break" from the every day world! The class is designed to meet your needs. Whether you are new to yoga, have practiced before or practice now, take this time for yourself to de-stress, energize and lose weight through this gentle, relaxing yoga experience. All levels welcome. Gloria currently holds a 500-hour yoga certification with Yoga Alliance and Kripalu Yoga Center. She is known for the intuition, empathy and compassion she brings to her role as a yoga instructor, and is especially gifted in working with beginners.

Course 06450 **8 Sessions**
SEC A Jul 1-Aug 19 **M** **12PM-1PM**
Los Altos Christian Church
Gloria Drayer

YOGA FOR MONDAYS

\$120

This class is designed to accommodate the needs of those ready for the next chapter of yoga in their lives; ideal for those aged 50-70. While prior yoga experience is required, this class is for all levels of yoga practitioners. Some may come to learn to deepen their pose and stay longer, while those perhaps seeking a gentler approach are encouraged to release the pose earlier. If this class sounds like what you've been looking for in a yoga class lately, sign up today as space is limited. Gloria currently holds a 500-hour yoga certification with Yoga Alliance and Kripalu Yoga Center. She is known for the intuition, empathy and compassion she brings to her role as a yoga instructor.

Course 06460 **8 Sessions**
SEC A Jul 1-Aug 19 **M** **5:30PM-6:45PM**
Los Altos Christian Church
Gloria Drayer



YOGA FOR LUNCH

\$126

Try something different during lunchtime. Do yoga! This lunch-hour class is a fun, invigorating way to restore energy, calm your mind and eliminate those afternoon "blahs." You'll practice a mixture of yoga styles that combine strengthening with relaxation. You'll leave each class feeling peaceful, positive and light!

Course 06474 **7 Sessions**
SEC A Jul 1-Aug 12 **M** **12PM-1PM**
High Desert Yoga-Nob Hill
Nicole Feldman

BRINGING YOGA TO THE CLASSROOM

\$45

Developing strength and good physical postures builds confidence. A child's awareness of others and the world starts with a playful spirit. Harvard Medical School research tells us that school-age children (ages 6-12) participating in yoga have shown to improve both physical and mental health. This three-hour workshop for parents or teachers of elementary school-age children will teach movement and mindful attention for a practice of yoga with children. Teachers and parents will learn the primary standing, seated and relaxation techniques that are appropriate for young children, sequences to start the day and games that incorporate mindfulness. **NOTE:** No yoga experience is required. Bring a yoga mat, props and towel or blanket.

Course 06503 **3 Sessions**
SEC A Jul 24-Aug 7 **W** **3PM-6PM**
CE South Building
Julie Pacheco

*Ideal for those
aged 50-70!*



**OSHER LIFELONG
LEARNING INSTITUTE**
at the University
of New Mexico

ABOUT OLLI:

OLLI is a membership program focused on adults age 50 and better. A \$20 Membership Fee (plus tuition per class) provides access to OLLI lectures, courses and benefits!

TOPICS INCLUDE:

- Art & Art History
- Culture & Current Events
- Economics & Finance
- History
- Literature & Writing
- Music & Theater
- Science & Technology
- Philosophy & Religion
- Psychology & Health
- Travel & Culture
- New Mexico History & Culture



CONTACT INFO:

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Email: belonge@unm.edu

OSHER MEMBER BENEFITS

In addition to providing access to the many university-level courses, your OLLI Membership offers:

- Free book/materials check-out from four main campus libraries
- Monthly Lecture series FREE with Osher Membership card
- Waiver of joining fee and discounts to the YMCA of Central New Mexico
- Discounts for many events at Popejoy Hall and ALL events at Keller Hall
- 10% Discount for the Albuquerque International Association Lecture series
- Member discounts to Southwest Writers workshops and lectures
- Benefits through the Albuquerque Committee on Foreign Relations
- 10% Discount at Amore Neapolitan Pizzeria
- Discounts on many UNMCE Personal Enrichment and Professional Development classes...and much more!
- Register for OLLI Membership before June 1, 2019 and receive \$20 OFF your first OLLI class



Osher Lifelong Learning Institute
at the University of New Mexico



SUMMER 2019 COURSES

The Osher Institute offers over 400 courses, lectures and performances each year! For a full description, including length, time and instructor, look up offerings by course number in the pages of the Osher catalog. This calendar lists courses by starting date. You can use it as a handy reference throughout the semester.

LOCATION KEY:

CA = Corrales Arts Center **NV** = Nueva Vista **RR** = The Neighborhood in Rio Rancho **PH** = Private Home

JUNE

DATE	COURSE #	COURSE NAME	COST
June 3	19584	Fiction Writing	\$ 75
June 4	19514	Sense and Sensibility: Creative Writing and Literary Criticism	49
June 4	19606	Line Dance: Beginning	49
June 5	19470	America's Highwire Act with History	25
June 7	19482	Richard III: The Myth and the Monarch through DNA	20
June 10	19218	A Comparison of Science and Religion NV	25
June 11	19274	Are the Democratic Party's Self-Proclaimed Socialists Actually Socialists?	20
June 12	19798	Environmental Geology	39
June 13	19120	Bring on the Clowns	25
June 13	19714	Testing Your DNA: How Deep Do Your Roots Go?	20
June 13	19955	A Wine Tour of New Mexico (Without Leaving Your Seat)	25
June 14	19142A	Rock Art of New Mexico	20
June 14	19827	The Battles of King David	20
June 14	19831	The Zen of Thich Nhat Hanh	39
June 14	19993	Old Town: 300 Years and Still Thriving	20
June 17	19420	How the US Prepared for World War II RR	20
June 17	19904	Did You Ever Wonder...? Part Two	20
June 19	19201	The United States and the Muslim World	20
June 19	19501	A History of the Romance Novel	20
June 19	19526	Facilitated Writers Group PH	75
June 19	19574	Dancing in Chains: Fixed Forms in Poetry	25
June 19	19687	Life of Beethoven	49
June 19	19804	The Great Mother Goddess around the World	20
June 20	19556	Writing True: Memoir and Memoir-Based Fiction	75
June 20	19703	Stones from the Sky: New Mexico's Meteors and Meteorites	20
June 20	19910	That's So French! A Study in Cultural Contrast	20
June 21	19515	Creative Writing Exploration: Where Are You From? CA	20
June 21	19906	Novels and Memoirs Can Be Guides to Real and Armchair Travel	20
June 24	19878	Losing Your Mind Through Meditation	29
June 26	19438	Mirror, Mirror, On the Wall, Why, Oh Why, Doesn't Disney Call?	20

JUNE continued

DATE	COURSE #	COURSE NAME	COST
June 26	19975	Talk of the Town: A History of Albuquerque NV	\$ 20
June 27	19458	I'm Henry the 8th I Am, Henry 8th, I Am! I Am! CA	20
June 28	19142B	Rock Art of Utah	20
June 28	19485	The Romanovs and Catherine the Great	20

JULY

DATE	COURSE #	COURSE NAME	COST
July 1	19404	London in the Sixteenth Century	\$ 39
July 8	19402	Milestones in the History of Science and Religion	79
July 8	19585	Latin American/Chicana Writers and Magical Realism	20
July 8	19997	The Cautivo System Through DNA & Its Impact on the New Mexico Colony	20
July 9	19516	James Joyce	49
July 9	19587	Contemporary Short Stories	49
July 9	19857	Psychology and Music	49
July 9	19877	Beyond a Reasonable Doubt: Obsessive Compulsive Disorder	29
July 10	19432	A Social History of the Medieval Church	49
July 10	19518	Let Me Tell You A Story...	20
July 10	19775	Why Noah's Flood Can't Explain the Grand Canyon	59
July 10	19868	The Wisdom of the Heart	39
July 10	19951	New Mexico: Last Refuge of the Not-So-Good, Bad and Ugly CA	20
July 11	19129	Posters: American Style	20
July 11	19589	Writing the Story of Your Life	75
July 11	19616	Strange Brew: Music of the 1960s	49
July 12	19142C	Rock Art of Arizona	20
July 12	19576	Putting Emotions Into Your Writing	20
July 12	19872	Introduction to Neuro-Linguistic Programming (NLP)	20
July 12	19987	Basque Connection to New Mexican Families	20
July 13	19503	Writing and Being - Taking Back the Gift of Language	75
July 13	19709	What It Took to Get Men to the Moon	39
July 15	19527	Out of the Mouths of Babes, Part I RR	20
July 16	19403	John Ford, Richard Slotkin and the Myth of the American West	20

To receive a copy of the OLLI at UNM Summer Catalog call 505-277-6179 or email: belonge@unm.edu.

SUMMER 2019 COURSES

JUNE continued

DATE	COURSE #	COURSE NAME	COST
July 16	19957	More Strange But True Tales of New Mexico	\$ 20
July 17	19922	No Water to drink! – Some True Cases of Trying to Survive	20
July 18	19203	Third Parties: Laws, Culture and Politics	25
July 19	19486	The American Conquest of California: John C. Fremont	20
July 19	19580	Creating Believable Dialogue	20
July 24	19710	Ocean Currents and the Gulf Stream	20
July 24	19806	Pilgrimages in Europe and the Americas	20
July 24	19963	Imposters! Movies 'Based' in New Mexico, But Not Made in NM	25
July 25	19441	Yugoslavia: History From World War I to the Death of Tito	20
July 25	19966	The Hidden Jews of Colonial New Mexico NV	20
July 26	19142D	Rock Art of California and Nevada	20
July 26	19598	Blogging Your Way to Writing Success	75
July 26	19874	The NLP Meta-Model	20
July 26	19988	The Indo-European Connection to the Celts (DNA & Language Origin)	20
July 30	19144	Symbols Influence History	20
July 30	19953	Old West Saloons in the Rockies	20
July 31	19850	Why Do We Lie? CA	20
July 31	19956	Cattle Trails, Chuck Wagons and Miss Kitty	20

AUGUST

DATE	COURSE #	COURSE NAME	COST
Aug 1	19442	Yugoslavia: The 1990s Civil War – to Present	\$ 20
Aug 1	19531	The Art of Writing Erotica	75
Aug 2	19495	The Spanish Founding of Florida & the Spanish Jesuit Massacre of Ajacán (Modern-Day Virginia)	20
Aug 2	19813	Buddhism	49
Aug 2	19978	Matachines	20
Aug 5	19528	Out of the Mouths of Babes – Part II CA	20
Aug 5	19869	Purchasing a Hearing Aid – ARGHH!!	39
Aug 6	19537	Writing Short Stories from Start to Finish	49
Aug 6	19855	Psychology and the Maintaining of Personal Meaning	49
Aug 6	19923	"Fire!" – Historical Public Disasters	20
Aug 6	19954	Tantalizing Tidbits of Rodeo RR	20
Aug 7	19205	The Psychology of Current Events	49
Aug 7	19504	Self-Publishing: Getting Your Work Out There!	49
Aug 7	19510	The Symbolic Life	25
Aug 9	19473	Atlantis and Tartessos: A Possible Celtic Connection	20
Aug 9	19875	NLP: Manifestation and the Power of Intention	20

AUGUST continued

DATE	COURSE #	COURSE NAME	COST
Aug 9	19885	How to "Green" Your Final Arrangements	\$ 20
Aug 9	19972	The Pueblo Revolt of 1680 NV	20
Aug 12	19423	The Meaning of Food	20
Aug 13	19204	The Four Republics of America	25
Aug 13	19371	Savvy Social Security for Boomers	20
Aug 13	19577	Keys to Writing Historical Fiction	20
Aug 14	19601	Golden Anniversary: Woodstock Music & Art Fair	20
Aug 13	19704	Your Water: Where Does It Come From and Where Does It Go?	49
Aug 14	19781	Caves of the World	39
Aug 15	19372	Savvy Medicare Planning for Baby Boomers	20
Aug 15	19715	Understanding DNA Results and What They Mean for You	20
Aug 15	19863	Subtle Energy and the Art of the Intuition RR	20
Aug 16	19407	Secrets of World War II, Part IV	20
Aug 16	19496	The Search for the Lost Tribes	20
Aug 23	19989	Anthropological Genetic History: The Celt-Iberian Connection to New Mexican Families	20
Aug 30	19498	The Legacy of Tutankhamun	20

"Coming from Wisconsin in 1995, I knew very little about New Mexico. However, through the Story of New Mexico and Osher programs, I feel like I'm becoming a 'native.' The Osher program is so rich in history, science, language and arts that it is always difficult to choose a class. Lecturers who are no longer with us are still missed, but we can always count on those such as Peter Fisk, Roberta Boggess, Angel Cervantes, Dick Blankmeyer and a host of others to give us fun, informational and always-interesting lectures. I look forward to seeing old friends and learning something new at every class."



Arlene Larson

~ Arlene Larson, OLLI Member

To receive a copy of the OLLI at UNM Summer Catalog call 505-277-6179 or email: belonge@unm.edu.

2019 FREE MEMBER EVENTS

Admission is FREE for Osher Members. Please register either online or via Registration at 505-277-0077. These events are a wonderful way to introduce a friend, family member or colleague to the value of the Osher Lifelong Learning Institute at the University of New Mexico.

ANTHROPOLOGICAL GENETIC GENEALOGY: THE NEW MEXICO DNA PROJECT

Course: 19045

Anthropological genetic genealogy is the application of genetics to traditional genealogy. Anthropological genetic genealogy involves the use of family history and DNA testing to determine the level of genetic relationship between individuals. The New Mexico DNA Project was started in 2004 to help individuals with roots to New Mexico confirm and validate genealogical research. The project consists of more than 3400 DNA samples of descendants of the first Spanish colonists to New Mexico. The lecture will begin with the first Spanish families and their genetic results. Questions of how they match, what ancestral origin they have before the forming of the colony, and how anthropological genetic genealogy works in confirming family history research will all be answered.



Angelo Cervantes

June 21, 2019

UNM Continuing Education

Instructor: Angelo Cervantes, Director, Iberian Peninsula DNA Institute

3:30–5:30PM

Friday



Bebeann Bouchard

“Having retired from a rewarding career in UNM’s Department of Pediatrics as Senior Program Manager for young children and families, I looked for avenues to continue my life-long love of literature, the arts and history. And there it was — Osher OLLI. After taking courses such as the history of the papacy, a reading of Hawthorne’s short stories and an overview of Picasso’s works, I was addicted. Volunteering became the next logical step, so I joined the Curriculum Committee and began catalogue editing.”

~ Bebeann Bouchard, OLLI Member

FAKE NEWS: DEFENDING AGAINST PROPAGANDA AND PERSUASION

Course: 19046

“Fake News!!” You hear this charge leveled at the media with ever-increasing frequency and intensity. Most people feel quite confident they can tell the difference between fact and fiction. That includes people who consume radically different news sources. But, can you truly be certain that you know when to believe in the latest news or dismiss it as a bogus sham? Is it just possible that you could be susceptible to being tricked by deceptive messaging? The purpose of this workshop is to provide you with a quick guide for assessing the likely credibility of the news. We’ll also show you how to detect your own areas of personal vulnerability to pernicious persuasion. Cognitive and Social Psychology provide us with a host of common perceptual errors that can lead the sharpest among us down a rabbit hole of deceit.

July 19, 2019

UNM Continuing Education

Instructors: Laura Smith, Ph.D. and Charles Elliott, Ph.D.

10AM–Noon

Friday

2019 FREE MEMBER EVENTS



ESTATE PLANNING FOR THE MIDDLE CLASS

Course: 19082

You're not Warren Buffett... You're not even Jimmy Buffett. But you know you need an estate plan. It's not safe to assume a last will and testament is adequate to protect you family and your assets. Even the most carefully created will doesn't defend your heirs and beneficiaries from estate taxes, expenses, publicity and delays of probate. What about your spouse or elderly parents with long-term care needs, potential future income, capital gains or estate tax issues? While estate planning is often about planning for the future, there are actions you can take today to ensure your beneficiaries, including your chosen charities receive what you intend. This interactive lecture-discussion will explore a variety of tools, including wills, gift annuities, tax considerations and other strategies that will preserve a foundation for the future.



Bonnie McLeskey

BRER RABBIT, JOHN HENRY, HIGH JOHN AND SUCH... FOLK HEROES AND THE CIVIL RIGHTS MOVEMENT

Course: 19047

Meet the "created heroes" that spoke against injustices and were the activists that spoke to the movement in the '60s. These heroes were the subject of the brewing stories that compelled a movement towards justice and human rights. Join storyteller and actress Ramona King in a journey of storytelling and song for justice and the blessings of liberty.



Ramona King

August 13, 2019

UNM Continuing Education

Instructor: *Bonnie McLeskey, CSPG, Associate Vice President of Planned Giving, UNM Foundation and Vickie R. Wilcox, JD, LLM, Wilcox & Myers, P.C.*

1PM-3PM

Tuesday

August 20, 2019

UNM Continuing Education

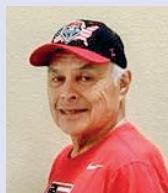
Instructor: *Ramona King, Master Storyteller*

1PM-3PM

Tuesday

"I initially became involved with OLLI when I discovered a course catalogue while picking up CE course information. I reviewed both catalogues and was amazed at the variety of courses offered by OLLI. Whether it is art and music or psychology and health, there is a course for everyone. I especially like the courses on culture, current events, history and travel. Another plus is the quality of instructors. They are terrific!"

~ Mike Perry, OLLI Member



Mike Perry



YOUTH CLASSES



DANCE
CERAMICS
LAW
MATH
MUSIC



YOUTH

YOUTH DANCE CAMPS & CLASSES

Mon-Fri Camps	5 Sessions	\$295
Ballet & Contemporary Summer Camp (ages 6-14)		
Course 17175	Jun 10-14	8:45AM-4PM
Jazz and Hip Hop Dance (Ages 6-14)		
Course 17174	Jun 17-21	8:45AM-4PM
Musical Theater Summer Dance Camp (ages 6-14)		
Course 17173	Jun 24-28	8:45AM-4PM
Young Choreographer's Summer Dance Camp (ages 10-18)		
Course 17171	Jul 8-12	8:45AM-4PM
Remix Summer Dance Camp (ages 6-14)		
Course 17172	Jul 15-19	8:45AM-4PM
Keshet Center for the Arts Keshet Arts Staff		

5 Sessions	\$180
Behind the Scenes Summer Dance Camp (ages 12-18)	
Course 17169	Jul 8-12 12PM-4PM
Little Movers Summer Dance Camp (4-5 years)	
Course 17170	Jul 29-Aug 2 9AM-12PM
Keshet Center for the Arts Keshet Arts Staff	

Sunday Class	3 Sessions	\$325
Learn to Dance - Fun, Friends, and Fitness for Teens (ages 12-17)		
Course 17079	Jul 14-28	2PM-4PM
CE North Building Jay Cutts		



Visit ce.unm.edu/youth to learn more about our Summer Youth Programs.

YOUTH CERAMICS CAMPS

Mon-Fri Camps
5 Sessions \$160

Kids Pottery Week (ages 7-12)
Course 17971 \$30 materials fee
SEC A Jun 10-14 2PM-5PM
SEC B Jun 24-28 2PM-5PM
SEC C Jul 8-12 2PM-5PM
SEC D Jul 22-26 2PM-5PM
Not Made In China Pottery Studio
Patrick Trujillo, Jr.

YOUTH ACADEMIC CAMPS & CLASSES

Mon-Fri Camps
5 Sessions \$169

Make Your Case: Introduction to Law Camp (ages 10-14)
Course 17533
SEC A Jun 10-14 1PM-4:30PM
SEC B Aug 5-9 1PM-4:30PM
CE South Building; Bernalillo County Metropolitan Court
Frank Sedillo

Tuesday Class
4 Sessions \$395

Learning to Love Math: The Art of Overcoming Math Anxiety
Course 37505
SEC A Jul 9-30 6:30PM-4:30PM
CE South Building
Jay Cutts



UNM MUSIC

MUSIC PREP SCHOOL

Saturday classes June 1-July 27
8 Sessions \$155

Family Music Classes for ages 0-5
Course 12726
SEC A 9AM-9:45AM
SEC B 10AM-10:45AM
SEC C 11AM-11:45AM

Adult Group Guitar
Required: Classical guitar with nylon strings, guitar foot stool, music stand. **Book:** *Solo Guitar Playing Book 1, 4th ed.*, by Frederick M. Noad
Course 12755 12PM-12:45PM

YOUTH CLASSES: ENROLL THROUGH UNM MUSIC PREP SCHOOL

Try the Guitar
Ages 6-8 9AM-9:45AM
Ages 8+ 10AM-10:45AM

Keep Practicing the Guitar!
Designed for continuing guitar students with two or more semesters guitar experience.
11AM-11:45AM

Try the Piano
Ages 5-7 9AM-9:45AM
Ages 8-12 10AM-10:45AM

Keep Practicing the Piano!
Designed for continuing piano students with two or more semesters of piano experience, ages 8 and older.
11AM-11:45AM

UNM CENTER FOR THE ARTS

UNM Staff and Faculty registering using Tuition Remission enroll with Continuing Education. All others enroll with the UNM Music Prep School at music.unm.edu/community/music-prep-school

Contact musprep@unm.edu or 505-277-8816 for more information.



Photo: Keshet Dance and Center for the Arts

A Traditional Taos Christmas

DECEMBER 24-26, 2019

Presented by SUN TOURS in partnership with
Osher Lifelong Learning Institute



HIGHLIGHTS:

Millicent Rogers Museum
Taos Pueblo's Christmas Eve
Procession
Taos Pueblo's Traditional Christmas
Day Dance
San Francisco de Asis Church
Santuario de Chimayo Tour

\$795 PER PERSON
DOUBLE OCCUPANCY

\$995 SINGLE OCCUPANCY

INCLUDES:

Transportation by deluxe motorcoach
2 nights lodging at Hotel La Fonda
de Taos
2 breakfasts, 1 lunch, 2 dinners
Your SUN TOURS Tour Director
Admissions, taxes & tips included

 **Sun Tours**
505.889.8888

Captivating Colorado Rockies



AUGUST 20-25, 2019

Presented by SUN TOURS in partnership
with Osher Lifelong Learning Institute

HIGHLIGHTS:

Denver | Boulder | Estes Park
Rocky Mountain National Park
Grande Lake | Vail | Salida
Georgetown Loop Railroad
Aspen | Maroon Bells
Leadville, Colorado & Southern Railroad

\$1,445 PER PERSON
DOUBLE OCCUPANCY

\$1,995 SINGLE OCCUPANCY

INCLUDES:

Transportation by deluxe motorcoach
5 nights lodging at excellent hotels
4 breakfasts, 2 dinners
Your SUN TOURS Tour Director
Admissions, taxes & tips included

 **Sun Tours**
505.889.8888



INFORMATION & POLICIES

REGISTRATION & COURSE INFORMATION

WHO MAY ENROLL

UNM Continuing Education (UNMCE) non-credit courses are open to everyone 18 years and older (unless otherwise noted). Parents or guardians wishing to register students under 18 years of age must contact the appropriate program supervisor for information on the process at 505-277-0077, option 1. Classes for children are open to the ages noted in each course description.

CLASS LOCATIONS (VARY)

Classes that are held at the UNMCE Complex are located at 1634 University Blvd. NE, Albuquerque, NM 87102 (northeast corner of University Blvd. and Indian School Rd). Free parking is available in both our east and west parking lots. Classes are also held throughout the Greater Albuquerque, Rio Rancho and surrounding areas. If your class is scheduled at another site, you'll find directions in your registration confirmation email, and on our website at ce.unm.edu.

TUITION & FEES

Full tuition is required at the time of registration. UNMCE will invoice your employer or organization for tuition if your registration is accompanied by official paperwork which includes authorization signatures, PO number and billing address. UNM Tuition Remission may be used by UNM faculty, staff and UNM retirees; visit us online at ce.unm.edu/tr for details and Tuition Remission Forms or UNM Benefits Office at 505-277-6947 or hr.unm.edu/benefits/tuition-remission.

LOANS & FINANCIAL AID

Visit our website at ce.unm.edu/Loans for detailed information. Tuition assistance may be available if you are unemployed, a veteran or veteran's spouse, or a person with a disability. Other options include education loans. We provide advisement with a program supervisor to help you choose the training options that work best for you. We make sure that you have all of the information you need to complete any paperwork required to receive training funds. Call 505-277-0077, option 1, for help in contacting your program supervisor.

COURSE BOOKS & MATERIALS

Unless otherwise stated, books and/or materials are not included. Information on required items and estimated cost will be included in the course description and provided in a confirmation email upon registration. Some courses may require a separate fee payable to the instructor on the first day of class. Supply lists can be found on our website at ce.unm.edu/Materials.

GRADES & ATTENDANCE TRACKING

Grades and attendance for professional programs are recorded in our customer relationship management system upon completion of the class and receipt of the sign-in sheet from the instructor. The type of grade is dependent upon the curriculum. Numeric grades are consistent with UNM policy. Completion grades are as follows: Complete-100; Passing-70; Incomplete-10; Fail-55.

CANCELLED CLASSES/ SCHEDULE CHANGES

UNMCE reserves the right to cancel, reschedule or combine classes, and to change instructors when necessary. If a class is cancelled or rescheduled, you may request a transfer to another section of the same class, or to another class, an electronic voucher or a refund of your enrollment fee. Each registered student will be notified by

UNM Continuing Education via email and/or phone about class cancellations or schedule changes. Please check your student profile to make sure your contact information is current.

For inclement weather, visit our website at ce.unm.edu/Snow or call 505-277-SNOW (7669) and follow recorded instructions provided for school delay and closure information.

WITHDRAWAL & TRANSFER POLICY

A student may request a transfer in lieu of requesting a refund. Except for the courses listed on the following page, transfers from one non-credit course to another must be made at least 3 business days prior to the start of class. To request transfers, please email the Registration Office at ceregistration@unm.edu.

EXCEPTIONS:

- Transfer Policy for Cooking Classes: transfers from one cooking class to another must be completed at least 3 days prior to the start date of the class in which you were originally enrolled. There will be an additional \$15 transfer fee for those students transferring after that time.
- Transfer Policy for Apple Authorized Training: a written request is required 14 days prior to the start date to drop a class or transfer to another section. Exams are non-refundable.
- Transfer Policy for ITIL: a written request is required 30 days prior to the start date to drop a class or transfer to another section.
- This is not an exhaustive list. Other Exceptions may apply. Please contact ceregistration@unm.edu or the Program Supervisor for additional information.

REFUNDS

Barring exclusions or limitations, your tuition, minus a \$15 cancellation fee per non-credit class, will be refunded if a WRITTEN request is RECEIVED by our Registration Office THREE business days prior to the first scheduled class. This request may be delivered in person to our Registration Office, faxed to 505-277-1990 or mailed to UNM Continuing Education.

MAIL: UNM Continuing Education
Attn: Registration
1 University of New Mexico, MSC07 4030
Albuquerque, NM 87131-0001

IN PERSON: Submit your request in writing to 1634 University Blvd. NE, just North of Indian School on the east side of the street. Go to the Registration Office in the South Building. Fax: 505-277-1990.

EMAIL: ceregistration@unm.edu.

Phone requests will not be accepted.

This policy applies to all registrations, whatever method of payment. UNMCE does not typically issue refunds of \$20 or less. Amounts less than \$20 are usually provided as credit toward a future UNM Continuing Education class.

EXCEPTIONS/LIMITATIONS:

- A certificate series in Professional Development will be treated as a class, and thus withdrawal from a series must be done THREE business days in advance of the FIRST class session.
- There are no refunds for courses that are delivered via our online vendors, including Ed2Go, Career Step, Lovegeivity, HealthEd Today or UGotClass.

INFORMATION & POLICIES CONTINUED

- Test vouchers, discounted software and exams, including Apple Pro exams purchased through UNM Continuing Education, are non-refundable.
- All Apple Authorized Training classes require a written request 14 days prior to the start date of the class to drop or transfer to another class.
- ITIL classes: a written request is required 30 days prior to the start date to qualify for a refund.
- Other refund policies may apply to conferences, educational trips and tours, the Osher Lifelong Learning Institute, cooking classes and other special programs. Please contact the Program Supervisor for specific refund policies.
- Gift Certificate purchases are non-refundable.
- This may not be an exhaustive list. Other exceptions or limitations may apply. Please contact cereregistration@unm.edu or the Program Supervisor for additional information.

NON-CREDIT INFORMATION & POLICIES

PLEASE NOTE: Immediate cash refunds are not given for withdrawal from a class or when a class is cancelled. Per UNM policy, **if payment was made with cash or check, a social security number is required for a refund.** If a refund is due or if overpayment has been made by check, there is a **21 business day** hold period from the payment receipt date before the refund is processed. Credit card refunds will be credited to the original charge card used in the initial enrollment transaction. Please allow 72 hours for a credit card refund to post to your online account.

STUDENT SERVICES

GIFT CARDS: To purchase an eGift card, visit us at ce.unm.edu/GiftCards. All major credit cards accepted.

CLASS WAITING LIST: If a class is full, place your name on the wait list by following the online registration process at ce.unm.edu or by calling Registration at 505-277-0077, option 1. When a new section of a class is added during the term, students on the waiting list are contacted first and given an opportunity to register. Check our website at ce.unm.edu for the most up-to-date list of classes. Wait lists are processed on a first-come, first-serve basis.

HOW TO REQUEST A PROGRAM MASTER CERTIFICATE: Contact your program supervisor, or submit a request in writing or via email to CERECEPTIONIST@UNM.EDU which includes the name of the Program Master Certificate, your full name, mailing address, phone number, email address, and documentation of any approved course substitutions. Please allow two weeks from the time we receive your paperwork to process your certificate.

TRANSCRIPTS & CLASS COMPLETION CERTIFICATES:

TRANSCRIPTS: As proof of class completion, you can print out an UNOFFICIAL TRANSCRIPT through your online student profile. Go to ce.unm.edu, then at the bottom-middle of the page under "Student Services" click on "Log in/Create Account". If you do not remember your log-in ID or password, contact registration at 505-277-0077, option 1 for assistance. Make sure your student transcript is current before printing. For an official transcript, a \$10 non-refundable processing fee is required. Go to ce.unm.edu/Downloads and print the form "Official Transcript Request Form." Fill out the form completely and include a copy of your state or federally issued photo ID and method of payment. Submit forms via fax at 505-277-1990, email to cereregistration@unm.edu, or in person to our registration office at 1634 University Blvd NE, Albuquerque NM 87102. Please allow 10 business days for processing.

NOTE: Although UNM Continuing Education is not required to maintain enrollment records for non-credit classes, we recognize

that transcripts are valuable for employment and Certification purposes. Our current enrollment management system makes these available to you. Transcripts are not available for classes taken prior to 2008.

CLASS COMPLETION CERTIFICATES: if you need a certificate upon completion of a class, please email our administrative support group at CERECEPTIONIST@UNM.EDU or call 505-277-0077, option 1. Provide the class name and start date along with your contact information and full name. **OUR ADMINISTRATIVE SUPPORT STAFF WILL EMAIL YOU A CERTIFICATE IN A PDF FORMAT UNLESS YOU SPECIFY THAT A PAPER COPY IS NEEDED.** Class Completion Certificate requests require 5 business days for processing.

AREA HOTELS: Several area hotels offer special UNM rates. Hotel services range from basic to deluxe accommodations. If you are enrolled in a course and live at a distance, check the travel information on our website: ce.unm.edu/ConferenceCenter

UNMCE POLICIES & PROCEDURES

ATTENDANCE AND MAKE-UP POLICY FOR CERTIFICATE

PROGRAMS: 100% attendance is required for Certificate programs and courses. If you must miss a class session due to an emergency, you have two weeks to request to make up a session or a class and one year to complete the make-up. Email your request to your program supervisor. Include the name and dates of the class you missed. The Program Supervisor may allow you to make up the portion of the class you missed or move your registration to the next section or the next semester in which the course is offered. If you've missed an entire class, you may choose either of the above, choose a related class, or keep your tuition in your account up to one year.

SUMMARY OF STUDENT CODE OF CONDUCT: A detailed Student Code of Conduct policy is available on our website at ce.unm.edu/Downloads. Students are responsible for adhering to this code of conduct while participating in any UNMCE programs and services. It is important for all students to be aware of conduct that is required by UNMCE in order to participate in UNMCE programs and services.

EQUAL EDUCATIONAL OPPORTUNITY POLICY & ACCESSIBILITY

INFORMATION: The University of New Mexico is committed to providing equal educational opportunity regardless of race/ethnicity, color, religion, national origin, ancestry, physical or mental disability, pregnancy, age, sex, sexual preference, gender identity, spousal affiliation, veteran status, genetic information, or other characteristics protected by applicable law (<http://catalog.unm.edu/catalogs/2017-2018/policies.html>).

ADA COMPLIANCE AND REASONABLE ACCOMMODATION:

The University of New Mexico is committed to the recognition and the proactive pursuit of compliance with the Americans with Disabilities Act of 1990 (ADA). The University makes reasonable accommodations to the known physical or mental limitations of a qualified student, applicant, or program user with a disability, unless such accommodations have the end result of fundamentally altering a program or service or placing an undue hardship on the operation of the University. Students requiring special accommodations for Continuing Education courses should contact the program supervisor. (See department phone directory at ce.unm.edu/Contact). It is important to note that students must provide two weeks notice if they require special transportation or other accommodations (vehicles or interpreters). Accommodation arrangements made directly by students with UNM Accessibility Services or an outside source may not be paid for by UNM Continuing Education.

ATTENTION MILITARY SPOUSES!



\$4,000 MYCAA SCHOLARSHIP IS WAITING FOR YOU!

As a military spouse, you are eligible to receive a \$4,000 scholarship towards enhancing your skills. We offer a wide variety of Career Training Programs that can prepare you to work in some of the fastest growing, most in-demand industries in the country. Improving your likelihood of finding career opportunities, no matter where you get stationed.

CAREER TRAINING PROGRAM FEATURES INCLUDE:

- Dedicated admissions counselors will help you find a training program that best fits your interests
- Start your training immediately
- 24/7 Access allows you to learn around your busy schedule
- Earn industry-recognized certifications
- Many programs include a voucher to take the certification exam
- Your Student Support Representatives will guide you through your program and assist you with any questions that arise

CATEGORIES

- Arts and Design
- Business
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Language
- Legal
- Teacher Professional Development
- Writing

Over 200 Programs
to choose from!

ELIGIBILITY REQUIREMENTS:

You must be the spouse of an active duty Army, Navy, Air Force, or Marines service member in pay grades E1-E5, W1-W2, or O1-O2

If your spouse is in the National Guard or is an AGR Member, they must be on federal Title 10 active duty orders

You must be able to finish your program within 18 months of starting

CALL (505) 277-0077 TO GET STARTED

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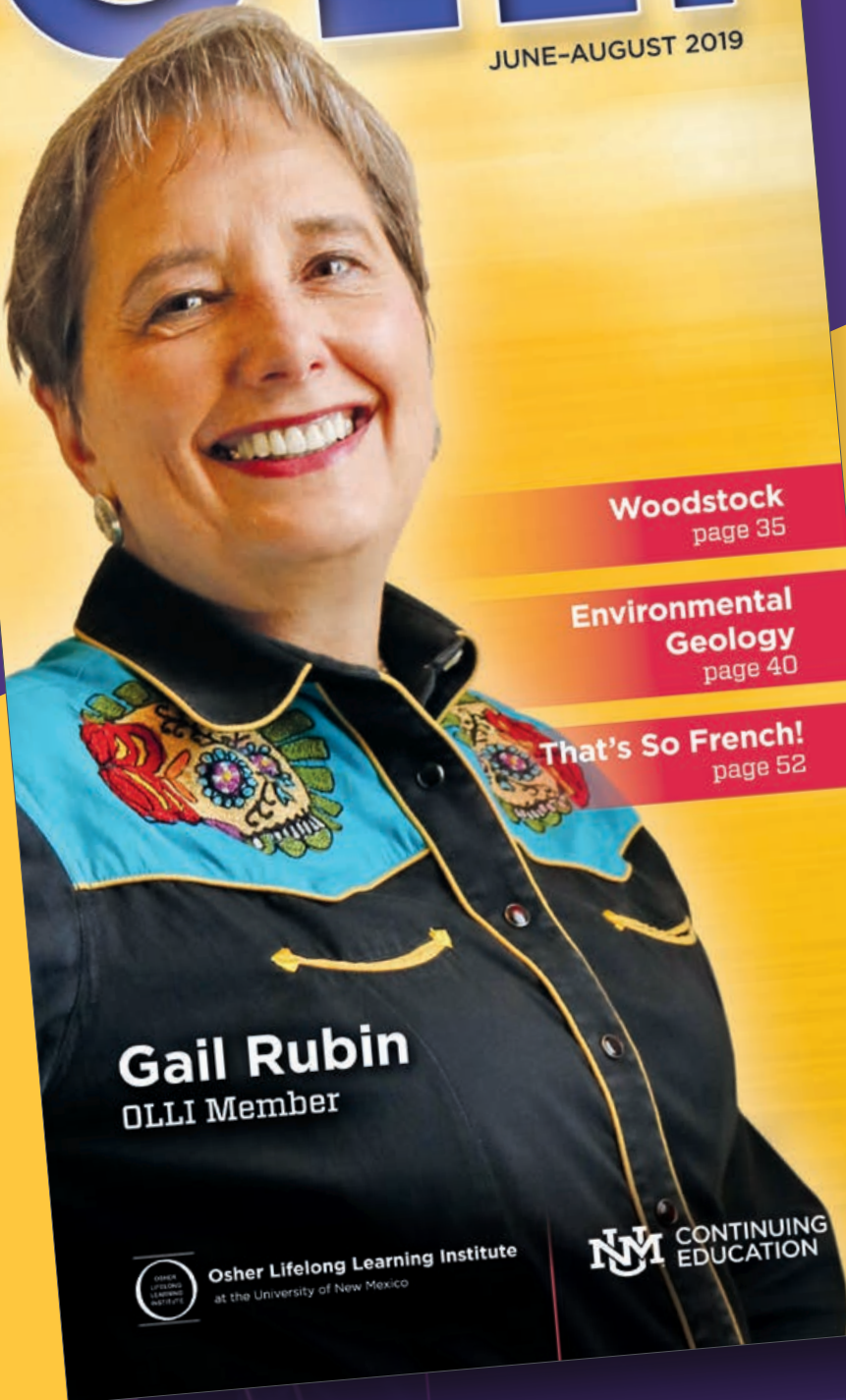
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