

LIFE LONG LEARNING

at College of the Siskiyous

2017
2018

REGISTRATION
OPENS MAY 1ST!



Noncredit Education

Community Education



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ABOUT LIFE LONG LEARNING

Life Long Learning is an umbrella term that includes noncredit education, continuing education, and community education (fee-based) courses. The College of the Siskiyous Life Long Learning Program provides the opportunity for lifelong learners to improve, upgrade, and learn new skills and knowledge. This effort responds to the need for a well-trained workforce, as well as the individual need for intellectual or cultural enrichment. Life Long Learning courses are also easy, fun, and cost-effective. Classes offered will be held in a variety of locations throughout Siskiyou County.



COMMUNITY EDUCATION

College of the Siskiyous offers a number of community education and continuing education classes for personal enrichment and skill development. These classes are offered as “fee-based” classes. Classes offered are in areas of public interest and are open to the entire community. Community Education offers the student countless ways to benefit from the experience and expertise of our instructors and industry specialists who teach our classes. Classes are offered throughout the year and are scheduled based on availability of instructors and interested students. Check the website often for updates. www.siskiyous.edu/extension/

SUMMER 2017 COURSE OFFERINGS



- **VOLCANISM IN SOUTHERN CASCADES:** Volcanic landscapes in the southern Cascades have been shaped by a diverse array of eruptive and surficial processes that range from dome growth and caldera formation to flank collapse and glaciation. This course introduces the tectonic settings of selected southern Cascade volcanoes and, through a combination of classroom discussions and field trips, enables students to learn about both the geologic processes that have shaped these volcanoes and about the potential hazards that their future activity is likely to pose.
 - **XNH 0500-01 / #5037:** Taught by Dr. William Hirt
 - July 30 to August 2, 2017
 - COS Weed Campus, Science Building Room 216
 - \$160.00 (additional fees may apply – call (530) 938-5255 or send email to hirt@siskiyous.edu for more information)
 - **XNH 0500-02 / #5038:** Taught by Dr. William Hirt
 - August 3 to 6, 2017
 - COS Weed Campus, Science Building Room 216
 - \$180.00 (additional fees may apply – call (530) 938-5255 or send email to hirt@siskiyous.edu for more information)
- **GOLF FOR FUN:** Learn the basics of how to play golf and how to have fun while doing it. Work on: putting, chipping, full swing, and learn the basic rules and etiquette of golf.
 - **XFW 0434 / #5074:** Taught by Ben Alexander, PGA Professional
 - One day a week for four weeks: July 12–August 2, 2017, Monday, 2–3:30PM
 - Located at the Mt. Shasta Golf Resort (1000 Siskiyou Blvd., Mt. Shasta)
 - Cost to participate is \$125.00 (Includes golf clubs, range balls, instruction, gifts, and prizes)
- **DRONE ACADEMY:** This course mixes classroom instruction on drones with an equal number of hours of actual drone flight time. Students will learn about the functions and controls of drones as well as learn basic flight operations in the field. The classroom and flight instruction will focus on registering drones, drone laws, rules for recreational & commercial use, drone setup, maintenance, take-offs, landings, flying, shooting video/pictures, and video editing.
 - **XBC 0312 / #5032:** Taught by Mike Graves
 - June 5–8, 2017, Monday–Thursday, 8:30AM–4PM
 - COS Weed Campus, ESTC Building Room 107
 - \$90.00
- **COMMUNITY FITNESS:** This course provides an organized workout consisting of a weight circuit, group calisthenics, core work, and stretching.
 - **XFW 0333 / #5068:** Taught by Tammy Stoltenburg
 - June 6–August 3, 2017, Tuesday and Thursday, 12–12:50PM
 - COS Yreka Campus, Room 7
 - \$70.00
 - **XFW 0333 / #5075:** Taught by Tim Patterson
 - June 6–August 3, 2017, Tuesday and Thursday, 5–6:30PM
 - COS Yreka Campus, Room 7
 - \$70.00

- **INTRAMURALS (REC BASKETBALL):** A course in the fundamental techniques of selected recreational activities and sports. Individual offensive and defensive skills, team strategies are covered. Tournament play included.
 - **XFW 0306 / #5069:** Taught by Tom Powers
 - June 6–August 3, 2017, Tuesday, Thursday, and Sunday, 8–9:15AM
 - COS Weed Campus Gym
 - \$20.00

- **ART OUTSIDE OF THE BOX:** Students creatively explore visual art forms with fun and mind-expanding lessons in drawing, painting, collage, sculpture, installation and collaborative art. This class includes a discussion of artistic masterpieces by well-known artists. Students will also learn how to look at and critique works of art, including those made in class.
 - **XAC 0301 / #5078:** Taught by Gita Lloyd
 - June 5–July 31, 2017, Monday, 10:30AM–12PM
 - COS Yreka Campus
 - \$50.00

FALL 2017 COURSE OFFERINGS



- **COMMUNITY FITNESS:** This course provides an organized workout consisting of a weight circuit, group calisthenics, core work, and stretching.

<ul style="list-style-type: none"> ▫ XFW 0333: Taught by Tammy Stoltenburg ▫ August 29–December 14, 2017, Tuesday and Thursday, 12–12:50PM ▫ COS Yreka Campus, Room 7 ▫ \$70.00 	<ul style="list-style-type: none"> ▫ XFW 0333: Taught by Tammy Stoltenburg ▫ August 29–December 14, 2017, Tuesday and Thursday, 4:30–5:20PM ▫ COS Yreka Campus, Room 7 ▫ \$70.00
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- **SENIOR THEATER PRODUCTION:** Rehearsal and performance of a community theatre production. Students will participate as actors, writers, and/or technicians. The process includes auditioning, rehearsing, developing characters, directing, and performing in COS theatre productions.
 - **XMT 0316:** Taught by DeLeon Grabowski
 - September 18–December 13, 2017, Monday and Wednesday, 3:15–4:45PM
 - COS Weed Campus, Theater Building Room 4
 - \$75.00

- **INTRAMURALS (REC BASKETBALL):** A course in the fundamental techniques of selected recreational activities and sports. Individual offensive and defensive skills, team strategies are covered. Tournament play is included.
 - **XFW 0306:** Taught by Tom Powers
 - August 29–December 14, 2017, Tuesday, Thursday, and Sunday, 8–9:30AM
 - COS Weed Campus Gym
 - \$20.00

SPRING 2018 COURSE OFFERINGS



- **COMMUNITY FITNESS:** This course provides an organized workout consisting of a weight circuit, group calisthenics, core work, and stretching.
 - **XFW 0333:** Taught by Tammy Stoltenburg
 - February 6–May 24, 2018, Tuesday and Thursday, 12–12:50PM
 - COS Yreka Campus, Room 7
 - \$70.00
- **XFW 0333:** Taught by Tammy Stoltenburg
 - February 6–May 24, 2018, Tuesday and Thursday, 4:30–5:20PM
 - COS Yreka Campus, Room 7
 - \$70.00
- **SENIOR THEATER PRODUCTION:** Rehearsal and performance of a community theatre production. Students will participate as actors, writers, and/or technicians. The process includes auditioning, rehearsing, developing characters, directing, and performing in COS theatre productions.
 - **XMT 0316:** Taught by DeLeon Grabowski
 - February 19–May 16, 2018, Monday and Wednesday, 3:15–4:45PM
 - COS Weed Campus, Theater Building Room 4
 - \$75.00
- **INTRAMURALS (REC BASKETBALL):** A course in the fundamental techniques of selected recreational activities and sports. Individual offensive and defensive skills, team strategies are covered. Tournament play is included.
 - **XFW 0306:** Taught by Tom Powers
 - February 6–May 24, 2018, Tuesday, Thursday, and Sunday, 8–9:30PM
 - COS Weed Campus Gym
 - \$20.00

FOR INFORMATION OR QUESTIONS ON HOW TO REGISTER

CALL (530) 938-5500



REGISTRATION INFORMATION

EARLY REGISTRATION IS PREFERRED!

Previous students or students applying for regular admission may register for the class through the COS online registration system - mySiskiyou (icon on the right side of the COS home page at www.siskiyou.edu). Community Education/Extension classes will be found with (X) following the genre of class in the subject box. Previous students may also use one of the methods for new students. Registration assistance is available by calling (530) 938-5500. mySiskiyou assistance is available by calling (530) 938-5523.

New Students should complete the Registration Form (fillable PDF) at the COS Extension page (www.siskiyou.edu/extension/) and use one of the four methods:

- Email form to registration@siskiyou.edu - requires credit card payment information.
- Fax form to (530) 938-5367 - requires credit card payment information.
- Mail form to COS Registration, 800 College Avenue, Weed, CA 96094 - credit card or check.
- Or take the completed Registration Form and payment to the Admissions & Records Registration window in the John Mantle Student Center on the Weed Campus or the Yreka Campus Business Office - credit card, cash, or check.

Payment for Classes: Payments for classes are due at the time of registration. We accept cash, check (personal or business), as well as Visa, MasterCard, or Discover credit cards. Preregistration is important. If we do not reach the minimum number of participants necessary to prevent a revenue loss, we reserve the right to cancel any class prior to the start date. Please note: class schedules are subject to change.

Class Cancellation Policy: We do not like to cancel classes. However, sometimes it is necessary to cancel before the first meeting when enrollments do not reach a minimum. If we do not have enough students registered for a class prior to its start date, it will be cancelled. Every effort is made to notify registered students.

Refund Policy: If a class is cancelled prior to its start date a refund will be granted. Refunds will not be granted once a scheduled class has begun — no exceptions.

Important: When you register for a course at College of the Siskiyou, you will be given a COS student email address. This is how we will communicate with you regarding changes to your class, cancellations and other information. Be sure you know how to access this email account and read it regularly or have it forwarded to an email address you do read regularly.



TUITION-FREE NONCREDIT

BRAND NEW CLASS OFFERINGS — NO COST TO PARTICIPATE!

The goal of adult education in California is to provide citizens of every age and educational level the opportunity to develop civic responsibility, a realization of the human potential, effective human relationships, and economic self-sufficiency. Noncredit courses often appeal to students who are unclear about their educational goals and may have significant work or family demands. Noncredit courses may serve as first point of entry for many underserved students as well as a transition point to credit instruction. This broad goal forms the basis for the courses and programs College of the Siskiyous offers and is working on offering in each of the authorized categories of noncredit instruction which include: English as a Second Language (ESL), elementary and secondary basic skills, citizenship, health and safety, older adults, parenting, special education for adults, short-term vocational, home economics (consumer science), and workforce preparation.

The expansion of noncredit course offerings is an ongoing effort to better serve the needs of the community and the aspiring learner. Noncredit courses serve the needs of parents, older adults, and those looking to obtain a high school diploma or equivalency, and increase basic or job-specific skills. Noncredit is also for individuals with disabilities looking for an opportunity to increase their skills through specifically targeted courses. These tuition-free courses are available with “open access” to educational opportunities and lifelong learning to increase diverse communities and life-enriching activities through course offerings. The course roster featured in this publication is still in development and classes will be scheduled soon. We will however be offering a noncredit Life Story writing course for the Summer 2017 listed in the schedule. Please watch the College of the Siskiyous website for the possible addition of other lifelong learning courses in the areas of health & wellness and the arts, in the Summer noncredit course schedule.

Noncredit courses will be offered at both the Weed and Yreka campuses, as well as at other sites and locations throughout the county.

For more information about College of the Siskiyous noncredit extension of lifelong learning courses please contact: Kim Freeze, Assistant Manager Noncredit (530) 841-5834 kfreeze@siskiyous.edu or at lifelonglearning@siskiyous.edu.

VOCATIONAL & WORKPLACE READINESS

- **WORKPLACE READINESS BASIC JOB SKILLS (BA 503):** A course is designed to assist students in developing career readiness skills and finding a career. These may include preparing for one's career, workplace skills, and career readiness skills, career planning, personal skills, including workplace communication, workplace effectiveness, and teamwork.
- **COMMUNICATION IN THE WORKPLACE (BA 504):** This course will assist students with skill building in the area of workplace communication. Communication in the workplace will consist of a study of the key elements of communication within business organizations. Topics covered in the course will include verbal and nonverbal communication, listening skills and specific workplace communication skills, including telephone and e-mail communication, and business letter writing.

▪ **STRATEGIC THINKING, DECISION-MAKING, AND PROBLEM SOLVING (BA 505):**

This course is designed to prepare students to effectively and strategically think and problem-solve, and provides an introduction to decision-making and problem-solving techniques in the workplace. Specific strategies for making decisions and solving problems will be presented, as well as the use of creativity in identifying solutions.

- **MICROSOFT EXCEL FOR BUSINESS I (BA 507):** A comprehensive introduction to using spreadsheet software to solve business problems. Student-team-enhanced worksheet design for business applications to greater enhance their workplace skills. Students learn to set up, format, save and print spreadsheets. Additional topics include logical and mathematical functions and creating graphs from spreadsheet data. This course is a component of the noncredit Occupation, Vocational and CTE certification programs.



- **WORD PROCESSING 9990- MICROSOFT WORD (BA 508):** This course is a beginning to advanced Microsoft Word course focusing on essential word-processing skills as required of those entering the workforce and in a business office. Students learn to prepare, format, merge and maintain documents, and to create tables and business letters. This course is part of a requirement towards a vocational and/or CTE certificate programs, and serves as a foundation for further study of spreadsheets.
- **INTRODUCTION TO WINDOWS FOR MICROSOFT OFFICE APPLICATIONS (BA 509):** This course will meet the students' needs and employers' demands in the workplace, and is an introduction to computer concepts and techniques for beginning computer students. Students will learn to use the Windows operating system to organize and manage data, resources and Office applications. A brief introduction of the Office applications: Word, Excel, PowerPoint, and Access, and a unit on internet and e-mail are included.
- **BEGINNING COMPUTER SKILLS (CSCI 501):** A course designed to assist students and strengthen student computer skills needed in the 21st-century workplace. This lab will provide individualized instruction in a self-paced environment. Coursework specific to a student's area of study will be evaluated.
- **WORKPLACE READINESS MATH (MATH 501):** Designed for students who are entering or re-entering the workforce with an interest in maintaining meaningful employment. Emphasis on learning mathematical and computational skills and job-specific training, necessary for developing fundamental workplace skills that offers high employment potential.

SPECIAL EDUCATION FOR ADULTS

- **INTRODUCTION TO ACADEMIC SUCCESS (DSPS 501):** This course focuses on tools for DSPS students' success in the educational setting such as time management, social interaction and goal setting. In addition, students will learn about the College of Siskiyou resources available to them.
- **ADAPTIVE ART FOR INTELLECTUALLY DISABLED ADULTS (DSPS 502):** Arts and crafts adapted for all disabilities. Course is an introduction to basic art concepts and craft skills. Students create projects using materials and processes increasingly more challenging as the course progresses and their abilities develop. Adaptive equipment and techniques introduced as needed. Completion of course may lead to exhibition of student art work.

- **BASIC SOCIAL SKILLS: GETTING ALONG WITH OTHERS IN THE WORKPLACE (DSPS 503):** This is a fundamental course designed for adults with substantial developmental disabilities, with an interest in maintaining realistic and meaningful employment and social connections. Students need to learn the skills in order to create good working habits, workplace diversity, communicate needs, and interact appropriately with co-workers and supervisors. A working knowledge of basic reading, writing, and math skills is recommended.

SHORT-TERM VOCATIONAL WITH EMPLOYMENT POTENTIAL

- **OCCUPATIONAL CERTIFICATION (WORK 501):** Course provides certification in an area of study selected by the student for the purpose of preparing to obtain employment in one of the following topic areas: customer service, food service, greenhouse, agriculture or nursery operations, irrigation, retail sales, hospitality and tourism. Unlimited repeats.
- **WORKPLACE-READINESS ENGLISH (WORK 502):** Students will, through the development of written communication skills, strengthen business vocabulary, learn proper sentence structure and correct spelling, proper use of pronouns, and gain knowledge of online office reference materials. These skills place an emphasis on job-specific skills in the workforce.
- **MATHEMATICS WITHIN INDUSTRY (WORK 503):** This course prepares students for mathematical concepts encountered in various trades. These concepts include, but are not limited to, money skills, measurements, temperatures, computing taxes, decimals, percentages, estimating dollar amounts and volume of materials needed, area and calibration equations.
- **EXPERIENTIAL VOCATIONAL TRAINING (WORK 504):** In this course students apply life and occupational specific skills learned in the vocational related noncredit courses program, in either a paid or non-paid position within a for-profit or nonprofit business. Students are required to work 100 hours in a paid or non-paid position to fulfill the Experiential Vocational Training Certificate.
- **JOB PREPARATION (WORK 505):** This course is for the student who is actively seeking employment in the workforce. Students improve the efficiency in their job search and learn methods for finding work in their field or job-specifically. They also learn to self-assess their strengths, write resumes, cover letters and thank you letters, build interviewing skills, and use the internet to do company and industry research and locate job openings.
- **EXCELLENT CUSTOMER SKILLS (WORK 506):** A course on the key skills and attitudes required for effectively delivering internal and external customer service in the workplace. Students will study how to understand and exceed customer expectations, how to better communicate with customers, and how to deal with unrealistic customer expectations. The courses serves to enhance the students skills within the workplace and is a requirement in Vocational, Occupational certificate and Hospitality certificate programs.
- **VOCATIONAL FOUNDATION SKILLS-READING AND WRITING (WORK 507):** This course is a workforce-specific competency-based course designed to support student academic success in career, technical and vocational programs. Students learn and use job-specific and workplace essential skills in reading and writing.
- **GREEN AND SUSTAINABLE SMALL BUSINESS (WORK 508):** This course serves as an exploration of the major types of green certifications and the process of achieving them, as well as the obstacles and opportunities small business face in implementing and maintaining sustainable practices that are economically, ecologically and socially sound. This course fulfills a requirement towards the Noncredit Small Business Certificate.
- **APPRENTICESHIP PREPARATION PROGRAM (WORK 509):** Certificate program designed to prepare the students for apprenticeships in building trades and entry-level positions in other occupations. Program

consists of modules of varying lengths. Emphasis on introduction to the trades, math and reading, testing skills, job-search skills, and some hands-on training. A 240-hour program. A certificate of completion will be awarded upon successful completion of all modules of the program.

- **CPR/ECC COURSE (WORK 510):** A course to help students recognize and respond appropriately to cardiac breathing and first aid emergencies. This course teaches the skills that students need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over.
- **BUILDING BUSINESS WEBSITES (WORK 511):** An introductory hands-on project-based website development course for the business office. Students will plan, format, develop, and publish a basic business website using Adobe Muse web and other web development software. Students will add text, images, media, widget, navigation elements, and links to a website.

HEALTH AND SAFETY

- **UNDERSTANDING DRUG AND ALCOHOL ABUSE TREATMENTS (ADS 501):** A course designed to create an understanding of drug and alcohol abuse from a sociological and physiological perspective. Students will learn about various aspects of recovery and the recovery process. Topics will include: treatments, detox processes, support groups, and post-recovery issues.
- **CONFLICT & ANGER MANAGEMENT (ADS 502):** This course is designed to prepare students to effectively handle conflict and anger within personal and professional relationships, as well as inside and outside the workplace. The course will focus on anger management, communication skills, and consensus building.
- **HEALTH (HEA 519):** This course will provide students with health-related information and an overview of positive attitudes and responsible behaviors for making decisions to promote lifelong health.
- **EATING FOR A HEALTHY LIFE (HEA 520):** A course in personal nutrition. Students will learn how to choose nutritious foods, create nutrient-rich meals, and eat according to their lifestyle needs.
 - **STRESS MANAGEMENT (HEA 521):** A study of the key elements of stress management. Topics will include the recognition of stress, causes of stress, benefits of stress management, and the psychological components of stress. Various stress management techniques will be covered.
 - **WORKING WITH SENIORS (HEA 522):** A noncredit course providing instruction in the knowledge, skills, and appropriate standards of conduct required for working with seniors. This is vocational training for anyone who works on a regular basis with older adults including service providers, business owners, or community members. Topics include the social and physical changes that accompany aging, the use of common assistive devices, and common myths related to aging.
 - **HEALTH EDUCATION (HEA 0525):** Practical information, effective strategies, and skills that teach the student how to practice good nutrition, manage personal health, and maintain an active, healthy lifestyle in the later years. This short-term course will focus on consumer skills related to food purchasing, label reading, stretching the food dollar, meal planning, food safety, and health literacy.



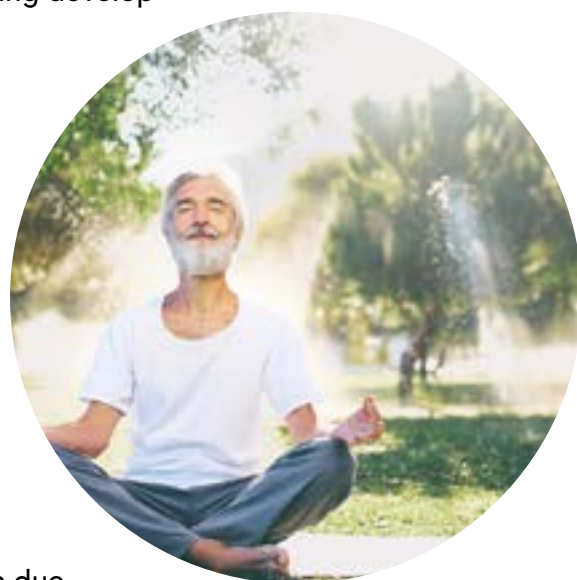
- **PSYCHOLOGY OF PERSONAL AND SOCIAL ADJUSTMENT (PSY 503):** This course is designed for the older adult. This course defines the dynamics of personality, belief systems, and issues with adjustment to life stresses, effects of interpersonal relationships, ego defense mechanism, behaviors under emotional tension, and what motivates behavior.
- **CRIME, DELINQUENCY, AND SOCIETY (PSY 504):** This course helps students learn about the analysis of crime theories, anti-social behavior, social control, and punishment. Students in the course will examine the sociological impact, functions, and roles of the criminal and juvenile justice systems in the U.S. Emphasis on the sociological process, specifically addressing thoughts, attitudes, and beliefs typically held by offenders, addicts, criminals and people who perform antisocial behavior. The course will include individuals within a social context; the scientific study of how people think about, influence and relate to one another.

HOSPITALITY

- **CULINARY ARTS AND HOSPITALITY STUDIES (HOSP 501):** Introduction to kitchen basics, such as equipment use, safety, and sanitation. In addition, this course focuses on culinary fundamentals such as knife skills, classic cooking methods and preparation, vocabulary and basic kitchen math.

OLDER ADULTS & LIFE LONG LEARNING

- **LIFE STORY WRITING – OLDER ADULTS (ENGL 0599):** This course is designed to help older adults find, capture, & write their life stories. Course will include activities to help writers get started, activate vivid memories & engage cognitive processes to sharpen writing skills which help to maintain mental health & reduce cognitive decline. Steps in rewriting & ways to get manuscripts into print included. Summer 2017 Wednesdays, 10AM-1PM. Taught by Haley Martin
- **INSTRUCTION TO TEACH YOUNG CHILDREN (OLAD 501):** Introduction to teaching for older adults in a professional early-childhood setting or program serving children under the age of six. Emphasis in best teaching practices for young children, writing lesson plans & creating developmentally & culturally-appropriate curriculum.
- **MIND / BODY HEALTH (OLAD 502):** This course is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, students will learn about the mind / body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the older adult will learn key aging concepts and stress reduction concepts.
- **BRAIN FITNESS (OLAD 503):** This course is for the older adult to assist them in learning, discovering and practicing memory and mental fitness techniques. They will learn how memory works and what factors affect how well our brain functions. The student will devise their own strategies to maintain or improve their brain health and their ability to retain and retrieve information.
- **PRINCIPLES OF BALANCE (OLAD 504):** The risk of injury and death due to fall increases as one ages. In this beginning class, students will learn ways to improve balance and reduce risk of falling as they age, through lecture, discussion, demonstration, and practice based on principles such as yoga, Tai Chi, strength and core conditioning.



- **BODY DYNAMICS AND AGING PROCESS II (OLAD 505):** This course offers the older adult student the opportunity through lecture, demonstration and practice to learn strategies for implementing a physical activity program, techniques for stress reduction, and key healthy aging concepts such as nutrition and disease prevention to maintain and improve overall health and well-being while aging. Student will engage in activities such as strength (weight bearing), flexibility, balance and cardiovascular that will contribute positively to overall health.
- **MUSIC APPRECIATION FOR OLDER ADULTS (OLAD 506):** This course targets older adults in the study of and familiarization with music of Western Civilization. Students are introduced to many genres of Western classical music, including not only larger genres such as symphonies, concertos, operas, oratorios and ballets, but also chamber music, piano music, guitar music, song and choral music. Research has shown that many parts of both the left and right brain are engaged during the participation of listening to or playing music. Results have shown that this engagement leads to the promotion of overall health, a happier outlook on life, along with reduced tension and anxiety.
- **ART FOR OLDER ADULTS (OLAD 508):** This course is designed to introduce older adult to art. Students will learn to use materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials.
- **THEATER APPRECIATION FOR OLDER ADULTS (OLAD 509):** This course is designed for the older adult student. The older adult students will read plays, write material, attend performances, and develop critical skills in review discussions. The history of theater, elements of dramatic literature, and production techniques are covered.
- **INTRODUCTION TO THE INTERNET (OLAD 510):** This course serves the older adult student in a course that offers a survey of the concepts and techniques of the internet presented in an unhurried, non-competitive environment. Older adult students learn how to access the web, use e-mail, surf the web using browsers, participate in social media, conduct research using search engines, and create a web page or blog.
- **INTRODUCTION TO COMPUTERS (OLAD 511):** An introduction for older adults to the basic concepts and techniques of personal computers presented in an unhurried, noncompetitive environment with guided practice and skill building exercises. Topics include computer concepts of basic software and hardware, operating systems, word processing, email and the Internet.
- **LANGUAGE ARTS (OLAD 512):** Basic skills preparation in the language arts for the older adult learner in academic advancement to the adult high school diploma (AHSD) or General Educational Development (GED) programs. Older adult students will, upon completion and demonstration of competence in the course, develop job-specific skills for the workplace, improve writing techniques, create a career portfolio, and to prepare for future educational and workforce opportunities.
- **DISCUSSIONS FOR OLDER ADULTS (OLAD 513):** This course is designed for the older adult and older adults residing in a residential care facility to stimulate mental agility through the use of films, the study of current events and discussion of topics in social sciences, art and music. This course helps older adults to make significant improvements in cognitive symptom managements and social well-being.
- **ART AND PHOTOGRAPHY USING DIGITAL MEDIA (OLAD 517):** Presentations, demonstrations and hands-on projects provide an introduction to the concepts and techniques of using the computer to create digital art and photographs utilizing digital cameras, scanners, and other media. This course provides strategies for enhancing and manipulating images with photo editing programs.
- **HATHA YOGA FOR OLDER ADULTS (OLAD 0530):** This class is about the basics of yoga – an initial instruction in yoga knowledge to perform a series of asana movements and a way to review basic principles of alignment. In Hatha Basics, the emphasis on proper alignment is to ensure that the most benefit is derived

from the pose and that any risk of injury is reduced. Props, including blankets, blocks and straps, are incorporated as necessary to achieve alignment. Breathing is emphasized to help students be mindful during Hatha Basics. Poses are held longer so that students may begin to experience the poses more deeply, from the inside out. Hatha Basics combines asana, meditation and often includes pranayama (breath work). Class is suitable for all ages, levels and abilities.

- **BODY DYNAMICS AND THE AGING PROCESS I (OLAD 0531):** Through lecture, demonstration, and practice, students learn strategies for implementing physical activity program techniques for stress reduction, and key healthy-aging concepts such as nutrition and disease. The class is designed for the older adult and offers instruction in movement to increase range of motion, build muscle strength and cardiovascular endurance, and maintain coordination, flexibility and balance.
- **MUSIC APPRECIATION FOR OLDER ADULTS (OLAD 0532):** This course targets older adults in the study of and familiarization with music of Western Civilization. Students are introduced to many genres of Western classical music, including not only larger genres such as symphonies, concertos, operas, oratorios and ballets, but also chamber music, piano music, guitar music, song and choral music. Research has shown that many parts of both the left and right brain are engaged during the participation of listening to or playing music. Results have shown that this engagement leads to the promotion of overall health, a happier outlook on life, along with reduced tension and anxiety.

THEATER

- **ACTING I (OLAD 514):** If you would like to act in a live theatre setting, and have fun in a creative atmosphere, this is the perfect class for you. You will learn basics of acting, how to read and memorize scripts, improvise, and work on stage. No previous experience is required. This course prepares an older adult student to apply basic acting theory to performance and develops the skills of interpretation of drama through acting. Special attention is paid to skills for performance: memorization, stage movement, vocal production, and interpretation of text.
- **ACTING II (OLAD 515):** In this course you will learn to develop a character, work with monologues and dialogues, and learn about timing, voice management, drama and comedy. No previous experience is required. This course is for the older adult learner. This course follows Acting I and continues the exploration of theories and techniques used in preparation for the interpretation of drama through acting. The emphasis will be placed on deepening the understanding of the acting process through character analysis.
- **PLAYWRITING (OLAD 516):** Learn how to write a play and comedy skits for live theatre. In this class you will learn to find a story that will become a play for stage actors. Learn the basics of structure, plot, character development, what's entertaining and what's not. Held under the direction of DeLeon Grabowski Saturdays from 10:00–3:00 in the James Witherell Black Box Theatre at COS. Proposed dates: September 16 to October 14. This course is for the older adult learner. This course follows Acting I and continues the exploration of theories and techniques used in preparation for the interpretation of drama through acting. The emphasis will be placed on deepening the understanding of the acting process through character analysis.



BUSINESS CERTIFICATE COURSES

- **GREEN AND SUSTAINABLE SMALL BUSINESS (WORK 508):** This course serves as an exploration of the major types of green certifications and the process of achieving them, as well as the obstacles and opportunities small business face in implementing and maintaining sustainable practices that are economically, ecologically, and socially sound. This course fulfills a requirement towards the Noncredit Small Business Certificate.
- **BUILDING BUSINESS WEBSITES (WORK 511):** An introductory hands-on project-based website development course for the business office. Students will plan, format, develop, and publish a basic business a basic business website using Adobe Muse web and other web development software. Students will add text, images, media, widget, navigation elements, and links to a website.
- **SMALL BUSINESS MARKETING AND SALES (WORK 512):** A practical, targeted study of how to develop and implement a successful marketing and sales strategy for small business.

MEDIA & COMMUNICATIONS

- **TELEVISION AND FILM SCRIPT WRITING (OLAD 518):** Script analysis and construction. Marketing of dramatic material for television and film productions. Methods, devices, and forms of script writing.
- **BEGINNING SINGLE CAMERA PRODUCTIONS (OLAD 519):** This is a new course in basic, single-camera production and post-production technique. Course includes an introduction to the theory, terminology, and techniques of single-camera video production including producing and directing, content development, aesthetics, camera operation, portable lighting, video recorder operation, sound recording, and basic editing techniques.

FOR INFORMATION CALL **(530) 841-5834**



THE DRONE ACADEMY



COLLEGE OF THE SISKIYOU

JUNE 5 – 8, 2017 (XBC 312)

8:30 AM – 4:00 PM DAILY

WEED CAMPUS, ESTC 107-8

MAXIMUM OF 27 STUDENTS PER CLASS

CLASS FEE \$90

(Registration begins MAY 1ST)



COURSE DESCRIPTION

This course mixes classroom instruction on Drones with an equal number of hours of actual Drone flight time. Students will learn about the functions and controls of Drones as well as learn basic flight operations in the field. The classroom and flight instruction will focus on registering Drones, Drone laws, rules for recreational & commercial use, Drone setup, maintenance, take-offs, landings, flying, shooting video & pictures, and video editing.

COMBINATION OF CLASSROOM & HANDS-ON FLIGHT INSTRUCTION

For flight training the College will provide 20 SYMA X5SW camera mounted Drones w/remotes as well as

3 X DJI Phantom 3 Standard & Advanced Drones with *First Person View* (FPV) and remotes

INSTRUCTORS:

Michael Graves, Teacher

College of the Siskiyous
Computer Science & Business
530.938.5536



Arthur Underwood, CEO

Aerotech Drone Videography & Aerial Media
Business License #31586, FAA-2016-2794-001
530.598.8391

