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## PRESS RELEASE

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FOR IMMEDIATE RELEASE

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### **Brand New Class Offerings, No Cost to Participate!!**

Weed / COS –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. Beginning this month, several classes will be offered for the first time at COS as part of the new Life Long Learning program at COS– tuition free!! Registration for these classes is open and all are scheduled to meet at the Yreka Campus.

The expansion of noncredit course offerings is an ongoing effort to better serve the needs of the community and the aspiring learner. Noncredit serves the needs of parents, older adults, those looking to obtain a high school diploma or equivalency, increased basic skills, and individuals with disabilities through specifically targeted courses. Noncredit provides “no fees” courses, with “open access” to educational opportunities and lifelong learning, to increasing diverse communities and life enriching activities through course offerings.

- **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. This class meets on Tuesday and Thursday evenings from 6 to 7:50 p.m. and is taught by Nancy Longworth.
- **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. This class will meet on Wednesday evenings from 5 to 7 p.m. and will be taught by Nancy Longworth.
- **Life Story Writing- Older Adults (ENGL 0599)** - This course is designed to help older adults find, capture, and write the stories of their lives. Course will include activities to help writers get started, to activate vivid memories and engage cognitive processes to sharpen writing skills which help to maintain mental health and reduce cognitive decline. Steps in rewriting, and ways to get

manuscripts into print will be included. This class will meet on Monday afternoons from 2:30 to 5:30 p.m. and will be taught by Hailey Martin. A second session will meet on Tuesday evenings from 5:30 to 8:30 p.m. and will be taught by Jim Corcoran.

- **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. This class will meet on Monday and Wednesday evenings from 5:30 to 8:30 p.m.
- **Brain Fitness (OLAD 503)** - This course is for the older adult to assist them learn, discover and practice memory and mental fitness techniques. The older adult will learn how memory works and what factors affect how well our brain functions. The older adult student will devise their own strategies to maintain or improve their brain health and their ability to retain and retrieve information. This class will begin October 5 and will meet on Thursday evenings from 5:30 to 7:30 p.m. and will be taught by Karli Huntley.

For information about the Life Long Learning program or classes offered contact Kim Freeze at (530) 841-5834 or email [kfreeze@siskiyous.edu](mailto:kfreeze@siskiyous.edu). Registration for these classes is open and students are encouraged to register. For class registration information, call the Enrollment Services Office at (530) 938-5500. The Weed Campus can also be reached by calling (530) 938-5555 or toll-free, (888) 397-4339. Register in person at the Weed or Yreka or register online (anytime) at [www.siskiyous.edu](http://www.siskiyous.edu). There is no cost to attend these classes.