

Continuing Education Center

Spring 2023 Schedule | ivcc.edu/enroll  

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Scan for
additional information.



ILLINOIS VALLEY
COMMUNITY COLLEGE

IVCC's Continuing Education Center can help you navigate the path ahead!

Our goal is to help you find your passion and take the next steps on your journey. When you enroll in a fulfilling career program, a professional development workshop or a personal enrichment class, our program managers are here to assist you. Whether in-person or online, we can guide you to programs that match your passion, strengths and experience.

Need a career change? Visit with one of our program managers to ensure you are on the path to success. Now, more than ever, **IVCC is here to help with tuition assistance** for select non-credit career training programs. Inquire to see if you qualify.

Pursue a Career in Healthcare (programs are fully online)

- Medical Billing and Coding
- Certified Medical Transcriptionist
- Pharmacy Technician
- Certified EKG Technician
- Certified Physical Therapy Aid
- Certified Health Records Specialist

Pursue a Career in a Technical Field (programs are fully online)

- Court Reporting & Paralegal
- Coding & IT Boot Camps
- Residential Electrician
- Data Analysis

Need to step up your career a notch? Checkout our professional development courses to take your career in a new direction.

- Water and Wastewater
- CNA Train-the-Trainer
- Certified Food Protection Manager
- Prenatal Massage
- Earth Day PD Project for Educators

Need a break? Do something for fun by participating in educational travel, art, fitness or cooking classes.

- Take a Bus Trip
- Participate in Chair Yoga
- Paint your Pet
- Explore Photography
- Learn to Make a Barn Quilt



ILLINOIS VALLEY
COMMUNITY COLLEGE

Continuing Education & Business Services

(815) 224-0427 | ivcc.edu/cec

business training, professional development, lifelong learning, trips & tours

Bookstore

(815) 224-0311 | ivcc.edu/bookstore.com

textbooks, supplies, IVCC swag, refurbished laptops

Career Services

(815) 224-0502 | ivcc.edu/careerservices

resume, cover letter and job search assistance, job fairs & events

Academic Counseling

(815) 224-0360 | ivcc.edu/counseling | ivcc.edu

credit career training, transfer programs, academic counseling

Registration

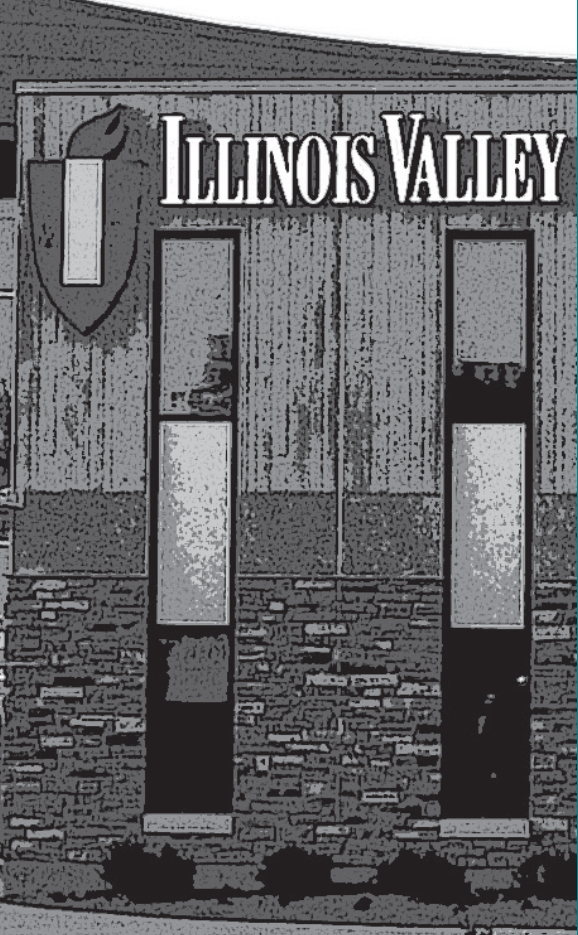
(815) 224-0427 | ivcc.edu/enroll

create a profile, register for classes, request transcripts

Adult Education

(815) 224-0358 | ivcc.edu/adulted

ABE, HSE, ESL & Citizenship classes



Continuing & Professional Education

For busy professionals and career seekers to acquire skills needed to improve work performance or prepare for a new career.

- 2-3 Healthcare Careers & PATH Grant Funding
- 3-4 Emergency Medical Services, Nursing, Counseling & Therapists
- 5 Massage Therapy
- 5-6 Teachers & Guidance Counselors
- 6-7 Computers & IT Bootcamps
- 7 Business, Customer Service, Leadership, Aviation
- 8 Truck Driver Training, Water Programs, OSHA & Safety, Small Business & Commercial Real Estate Seminar
- 9 Real Estate, Food Service Sanitation



Community Education

For people in our community interested in lifelong learning activities and cultural experiences to enrich their lives and continue their learning adventure.

- 9-12 Trips & Tours, Lifelong Learning
- 12 Dance, Music, Culinary
- 13 Dollars & Sense, Beekeeping, Outdoor Education
- 14 Writing & Publishing, Mind, Body & Wellness
- 15-17 Photography, Creative Arts
- 17 SAT Test Prep & Youth Programs

Unless otherwise stated, these courses are designed for adults 18 & over.

Experience. Interact. Engage. *From Home.*

IVCC has offered online learning opportunities for over 10 years. We are pleased to announce an expanded library of online classes for you to select from for professional development hours, industry certification, increasing workforce skills and even for your own personal interest.

A variety of learning options are available for most classes: a traditional instructor-led online course or a self-paced tutorial (independent study), where you can work through the course material at your pace.

Top career training courses include:

- Medical Billing & Coding
- Pharmacy Technician
- Human Resource Professional
- Certified Paralegal
- Certified Medical Transcriptionist
- Digital Court Reporting
- Certificate in Data Analysis
- Google Analytics Certificate
- Digital Marketing Certificate
- Certificate in Workplace Communications

"Being enrolled in the course has qualified me for a different job position making more money within the local hospital! I am getting ready to take my certification test and I'm very excited for the opportunities the billing and coding community can provide!"

*- Bailey Johnston,
Medical Billing & Coding,
Completed program in 2022*

REGISTRATION CONFIRMATION

You will receive a confirmation of your registration by email. Confirmation will include a schedule, receipt and information specific to your classes.

REFUND/CANCELLATION POLICY

To cancel your registration before a class starts, please call (815) 224-0427. Refunds will be issued to students who cancel the class at least one business day prior to the class date, unless otherwise noted. Programs with different refund policies are so stated at point of registration.

More Classes! More Options in 2023!
ONLINE LEARNING AVAILABLE AT IVCC
ivcc.edu/enroll



Healthcare Careers

Have you considered making the switch to a career in the healthcare industry? Maybe advance your education or professional development?

Thanks to the **PATH** grant, it has never been easier to complete IVCC's non-credit healthcare programs, due to **AVAILABLE FINANCIAL ASSISTANCE** for students.

Funded through an Illinois Community College Board grant, The Pipeline for the Advancement of Healthcare Workforce (**PATH**) aims to create, support and expand the opportunities for individuals in select healthcare pathways. The purpose of the PATH Grant is to assist the healthcare community and increase enrollment and retention within these careers.

Students within the PATH program have the opportunity to obtain certificates and degrees to advance their careers in the healthcare industry.

If you are experiencing challenges impeding your educational pursuit or progress, you may qualify for assistance - **we strongly encourage you to apply!**

For funding consideration, please complete the Application for Funding Assistance. You may turn in and/or request an application by contacting:

Lexis Leiteritz, Program Manager
Continuing Education, CTC-219D.
Phone: (815) 224-0490

Email: Lexis_Leiteritz@ivcc.edu
ivcc.edu/path

*Tuition includes exam voucher, all textbooks and/or eBooks. Once the program curriculum is accessed online or through submission of a material shipment confirmation, refunds cannot be issued.

Medical Billing & Coding*

[370 Hours | 12 Months] WIOA & PATH Approved
Visit careertraining.ed2go.com/ivcc for additional course details.

Whether you're just starting work or transitioning into a different field, there has never been a better time to enter a career in Medical Billing and Coding. More than one million physicians practicing in the United States rely on medical billers and coders to receive payment for their services. Besides medical facilities, positions are available with health insurance companies, specialty pharmacies, medical suppliers and national medical coding and billing companies. This course offers valuable training in legal, ethical and regulatory concepts central to this field, including HIPAA compliance, official coding guidelines and third-party payer requirements. Come to understand all phases of the revenue cycle; from patient registration through medical coding, claims submission, reimbursement and collections. Learn common medical terminology to help you converse with others in healthcare easily and with confidence. You will study word parts and the structures and functions of the human body. Also presented are the disorders and medical procedures common to each body system.

After successfully completing the course requirements, you should be well prepared to find your place in this rewarding healthcare career. You will receive a certificate of completion from Illinois Valley Community College; and you will also be able to choose an exam voucher for the professional certification that best aligns with your interests and career goals.

- Certified Professional Coder (CPC) exam - American Academy of Professional Coders (AAPC)
- Certified Coding Associate (CCA) exam - American Health Information Management Association (AHIMA)
- Certified Billing and Coding Specialist (CBCS) exam - National Healthcareer Association (NHA)

To sit for national certification exams, candidates must have a high school diploma or equivalent. It is recommended you have this before enrolling in this program.

Online Self-Paced

Tuition: \$2,995

Pharmacy Technician with Optional Externship*

[400 Hours | 12 Months] WIOA & PATH Approved
Visit ivcc.edu/enroll for additional course details. Pharmacy technicians have become indispensable to the health care industry. It's a great time to join this growing field. Gain the skills and knowledge to qualify for entry-level positions in pharmacies and be prepared for national certification. Upon completion of this course, you will be prepared to sit for the Pharmacy Technician Certification Exam (PTCE), offered by the Pharmacy Technician Certification Board (exam registration voucher included.) You will also have the opportunity to apply for a 100+ hour externship. **This program is entirely online, completed at your own pace. You will receive twelve (12) months to complete this program.** *To sit for national certification exams, candidates must have a high school diploma or equivalent. It is recommended you have this before enrolling in this program.*

Class ID: 7438

Tuition: \$2,995

Certified Medical Administrative Assistant (CMAA) (Voucher Included)*

[160 Hours | 6 Months]

Administrative medical assistants are skilled multitaskers who direct the flow of patients through an office. Effective patient flow allows the practice to operate efficiently, increase revenue and provide a positive experience for the patient.

Duties can include scheduling appointments, entering demographic and insurance information into practice software, managing patient check-in and check-out, answering phone calls, filing and retrieving paper records, maintaining electronic records, composing correspondence, performing daily financial practices, assigning medical codes and processing insurance claims.

Upon completion of this course, you will be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA).

Disclaimer: An optional externship may be available upon successful completion of this program, eligibility of student and site availability.

Class ID: 7443

Online Self-Paced

Tuition: \$1,895

Certified Professional Medical Auditor (Voucher Included)*

[80 Hours | 6 Months] PATH Approved

This online training course covers medical record standards and documentation guidelines allowing them to confidently communicate with providers. Coding and documentation compliance are key to a successful practice. This course arms the certified



medical auditor with information to assist with improvements in the practice's documentation compliance. Coding and reimbursement concepts assist in a smooth work flow from scheduling the patient visit to the practice being paid for the visit. Understanding these concepts reduce overhead and reduce turnaround time for payment of services, thereby increasing the financial well-being of a practice. Medical record abstraction helps identify risk areas to a practice. Understanding what a provider documents and what will improve the provider's documentation are key to compliance. Learning how to communicate information back to a provider improves this process. Understanding audit scope and statistical sampling methods and category risk analysis help identify where a compliance office can focus and receive the most benefit from audits. This course prepares an experienced coder to improve the financial well-being as well as the compliance of provider practices. Upon completion of this course, you will be prepared for the AAPC Certified Professional Medical Auditor (CPMA®) exam. The registration fee for the exam, AAPC membership, and CPMA practice exams are included with this course.

Class ID: 7452
Online Self-Paced

Tuition: \$1,695

Certified EKG Technician (Voucher Included)*

[100 Hours | 6 Months] PATH Approved
Electrocardiography (EKG) technicians are vital members of any healthcare team. If you want to join the booming healthcare industry as an EKG tech, this in-depth course will train you to apply, monitor, and measure electrocardiography tests in a flexible, online learning environment. You will also learn key subjects needed to earn a nationally recognized EKG technician certification, such as measuring basic vital signs, performing rapid response procedures, operating an EKG machine, and identifying rhythms. By course completion, you will be prepared to take and pass the Certified EKG Technician Specialist (CETS) certification exam, offered by American Education Certification Association and the Certified EKG Technician (CET), provided by the National Healthcareer Association.

This course offers enrollment with a voucher for either the Certified EKG Technician Specialist (CETS) certification exam or the Certified EKG Technician (CET) certification exam. The voucher is prepaid access to sit for the certifying exam upon eligibility. However, please research your state's requirements before enrollment to ensure this course is the right fit for you.

Disclaimer: An optional externship may be available upon successful completion of this program, eligibility of student and site availability.

Class ID: 7467
Online Self-Paced

Tuition: \$1,995

Certified Physical Therapy Aide (Voucher Included)*

[190 Hours | 9 months] PATH Approved
There's a growing need for physical therapy aides. In fact, PT aide jobs will grow over 25% by 2030. This online course will help you master the skills you need to work as a physical therapy aide. Not only will you be prepared for the AMCA's Physical Therapy Technician/Aide certification exam, but an externship starter kit will also walk you through everything you need to know to land a PT aide externship.

You Will:

- Explain the role, responsibilities, and qualifications of the certified physical therapy aide in various healthcare settings.
- Define medical terminology and word elements related to the practice of physical therapy.
- Summarize human anatomy, functional body movements and system disorders as they relate to physical therapy.
- Identify proper positioning, patient transfers, common exercises, modalities and medical equipment.
- Demonstrate ethical and legal behavior specific to healthcare settings.
- Differentiate between tasks appropriate for a certified physical therapy aide and other healthcare professionals.

Class ID: 7461
Online Self-Paced

Tuition: \$2,145

Certified Electronic Health Records Specialist (CEHRS)*

[134 Hours | 6 Months] PATH Approved
Electronic health record specialists are critical in today's healthcare environment, where timely access to accurate patient records is vital to the safety and treatment of patients. This course teaches the skills required to become a certified electronic health record specialist (CEHRS) through the National Healthcareers Association (NHA), including charting, HIPAA compliance, electronic health record management, and insurance and billing. You will be prepared to work on a health information management team, auditing records, compiling reports for patient tracking, and coordinating the systems that keep our healthcare facilities operating.

You Will:

- Learn to manage patient visits, arrange follow-up care and issue prescriptions
- Keep track of vital information such as patient allergies and medications
- Understand how to best read and interpret health records
- Learn how to communicate with patients and report public health information
- Establish the appropriate EHR for your practice
- Prepare to take the National Healthcareer

Association's (NHA) CEHRS certification exam
• Jump-start your career as a health information clerk, medical records coordinator, electronic medical records technician or electronic medical records specialist

Class ID: 7441
Online Self-Paced

Tuition: \$1,975

The purpose of the PATH grant is to support students and assist in their success and advancement, in a healthcare pathway. This includes non-credit courses listed in our catalog, as well as credit courses including:

- Nursing
- Certified Nursing Assistant
- EMS
- Medical Assisting
- Licensed Practical Nursing

If you are interested in applying for funding related to a credit-based program, please visit ivcc.edu/PATH

Emergency Medical Services

NEW Pediatric Education for Prehospital Professionals [PEPP]

PEPP is designed to give prehospital professionals the knowledge, skills and confidence they need to effectively assess and manage pediatric patients. It is an evidence-based resource of essential medical content for the assessment and management of infants and children in the field. This class is open to all levels of EMS providers. **Required Textbook:** *Pediatric Education for Prehospital Professionals (PEPP) 4th Edition. [7 CE]*

Fri 8 AM-4 PM
1 Session
D-108, IVCC

Feb 10
Nick Fish
Class ID: 7414 **\$150**

NEW Advanced Cardiovascular Life Support [ACLS]

The ACLS Provider course is designed for healthcare providers who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. Through didactic instruction and active participation in simulated cases, students will enhance their skills in the recognition and intervention of cardiopulmonary arrest, immediate post-cardiac arrest, acute arrhythmia, stroke and acute coronary syndromes (ACS). The goal of the ACLS provider course is to improve outcomes for adult patients of cardiac and other cardiopulmonary emergencies through early recognition and intervention by high-performance teams. **Participants will receive their ACLS card upon successful completion of this course. Required Textbook:** *Advanced Cardiovascular Life Support (ACLS) - ACLS Provider Manual is required. [5 CE]*

Fri 9 AM-3 PM
1 Session
D-108, IVCC

Mar 24
Nick Fish
Class ID: 7421 **\$150**

NEW International Trauma Life Support [ITLS] Provider ITLS eTrauma

The ITLS framework for rapid, appropriate and effective trauma care is a global standard that works in any situation. It stresses rapid assessment, appropriate intervention and identification of immediate life threats. Innovative skills stations let you practice the abilities appropriate for your level of certification. Provider includes 8 hours of self-paced, online knowledge to take better care of trauma patients, 8 hours of hands-on skills training, and testing for ITLS Basic or Advanced certification. With its comprehensive approach to core knowledge and skills, ITLS Provider is appropriate for all levels of EMS personnel - from EMTs and emergency medical responders to advanced EMTs, paramedics, trauma nurses and physicians. *You will be given access to the online component two weeks prior to the face-to-face session. Participants will receive their ITLS Provider card upon successful completion of this course and you must provide proof of completion to the instructor prior to the hands-on session.*

Required Textbook: Ninth Edition ITLS eTrauma Course Access is required. [7 CE]

Fri 8 AM-4 PM
1 Session
D-108, IVCC

Apr 14
Nick Fish
Class ID: 7480 \$150

NEW International Trauma Life Support [ITLS] ITLS Rapid Renewal

This course combines an online component with the Patient Assessment Evaluation in a live setting to allow you to quickly, easily and effectively renew your ITLS Provider certification. *You will be given access to the online component one week prior to the face-to-face session. Participants will receive their ITLS Provider renewal card upon successful completion of this course and you must provide proof of completion to the instructor prior to the hands-on session. Required Access Code: International Trauma Life Support (ITLS)- ITLS Rapid Renewal - ITLS Rapid Renewal Provider Update (access code only) is required. [4 CE]*

Fri 12-4 PM
1 Session
D-108, IVCC

Apr 14
Nick Fish
Class ID: 7481 \$75

Nursing

NEW In-Person The Long-term Consequences of Infectious Diseases

Postinfectious syndrome (or postinfectious state) refers to symptoms triggered by or associated with an infection and occurring after it. Symptoms may vary from quite mild to severe or life-threatening symptoms that must be identified and treated (e.g. Guillain-Barré syndrome). The symptoms may affect various organ systems (central and peripheral nervous

system, musculoskeletal system, gastrointestinal or respiratory tract or the heart) and not necessarily the organ system where the preceding infection occurred. Diagnosis is based on the clinical picture and supported by laboratory tests and imaging. Special emphasis will be on Long Covid and what we now know...how to prevent, how to treat symptoms and the longer-term consequences. [4 CE]

- Infectious diseases that will be covered include:
- Post-streptococcal infections - Rheumatic Heart Disease, Glomerulonephritis and PANDAS
 - Noroviruses - Crohn's disease; Coxsackie virus and Type 1 DM
 - Epstein-Barr virus -Multiple Sclerosis, Myalgic encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia, Long-Covid
 - Sars CoV-2 and Long-Covid

Thu 9 AM-1 PM
1 Session
C-325, IVCC

Mar 16
Barb Bancroft
Class ID: 7482 \$99

CNA Train the Trainer Online

Includes Alzheimer's Disease and Approved Evaluator Components [50 Contact Hours]
This course will consist of 5 weeks of online instruction. Students will spend time completing readings, discussion postings and assignments. Basic computer skills which will be helpful include creating, saving, attaching and retrieving word documents, communicating via email, copying and pasting within documents and web addresses in the internet browser, and exploring the internet. The instructor will contact students by email a few days prior to the start of class with a link to the class and instructions on how to get started. This course is being conducted in compliance with Illinois Department of Public Health (IDPH) regulations in accordance with Illinois Administrative Code Section 395.160

Instructor Requirements: (Section 395.160) have changed effective February 20, 2020 - affecting nurses with nursing degrees of BSN and higher. Check these requirements before registering for this course! To view the requirements, go to the following link: ilga.gov/commission/jcar/admincode/077/077003950A01600R.html



Please Note: Direct questions pertaining to these requirements and RN's eligibility to IDPH Training & Technical Section, Randy Carey-Walden at dph.bnatp@illinois.gov.

Required Textbook: DeYoung, S. (2015). *Teaching Strategies for Nurse Educators (3rd)*. Pearson Education, Inc.: Upper Saddle River, N.J. ISBN13: 978-0133565232. *This textbook must be purchased prior to the start of class. It can be purchased online at ivcc.ecampus.com.*

Online Course
5 weeks

Feb 13-Mar 17
Barbara Meinke
Class ID: 7083 \$500

Nursing, Counseling & Therapists

NEW Online Live Cannabis Pharmacology: The Good, The Bad, The Ugly

This three-hour, live webinar will review concepts related to the pharmacology of cannabis, including effects on the body and brain chemistry, review the diagnostic criteria for cannabis use disorder, treatment considerations; and information about medical marijuana. We will review the history of cannabis use, discuss various formulations of cannabis; review cannabis pharmacology including drug metabolism, discuss how cannabis interacts with the pleasure reward center, review the effects of marijuana on the body's systems, discuss withdrawal, review the diagnostic criteria for cannabis use disorder, discuss treatment considerations for cannabis use disorder, review the pros and cons related to legal marijuana use and medical marijuana. **This webinar is appropriate for alcohol and drug counselors, therapists and registered nurses.** *Participants must have access to a computer and web camera. Within 24 hours of the webinar date, you will receive an email with a link to participate. All participants require internet access, a web camera and an email address. *IAODAPCA contact hours have been applied for and are pending. [3 PD/CE]*

Thu 9 AM-12 PM
1 Session
Online Live

Feb 23
Peggy White
Class ID: 7493 \$49

NEW Online Live Opioid Pharmacology & the Opioid Epidemic

This three-hour, live webinar will review concepts related to the pharmacology of opioids, including opioid chemistry and neuroanatomy, detoxification and withdrawal, diagnostic criteria for opioid use disorder, medication assisted treatment and naloxone. Review the history of opioid use, discuss the opioid epidemic, including historical and contributing factors, review opioid chemistry and effects on neuroanatomy, discuss opioid pharmacology including various formulations and drug metabolism, discuss how opioids interact with the pleasure reward center, discuss concepts related to detoxification and withdrawal, review the diagnostic criteria for opioid use disorder, review principles related to medication assisted therapy and treatment considerations for opioid use disorder, and review the use of naloxone for opioid overdose recovery. **This webinar is appropriate for alcohol and drug counselors, therapists and registered nurses.** *Participants must have access to a computer and web camera. Within 24 hours of the webinar date, you will receive an email with a link to participate. All participants require internet access, a web camera and an email address.*

*IAODAPCA contact hours have been applied for and are pending. [3 PD/CE]

Thu 9 AM-12 PM
1 Session
Online Live

Mar 30
Peggy White
Class ID: 7494 \$49

Massage Therapy

Prenatal Massage

Desiring more knowledge of techniques for your pregnant clients? Seeking answers to the questions you are contemplating in how to provide effective prenatal massage throughout each trimester? Interested in learning how, when and where to apply safe massage techniques and positioning for the prenatal population of your practice? During this class with Maria Sabotta, you will explore a variety techniques and side lying bolstering positioning. Learn what contributing factors become contraindications and when to refer out in this hands-on setting. *Please dress comfortably and bring 2 bath towels, 2 standard pillows, 1 king pillow, 1 small travel pillow and 1 sheet set.* [6 CE]

Fri 9 AM-4PM
1 Session
Rm 104, IVCC
Ottawa Center

Feb 24
Maria Sabotta
Class ID: 7487 \$139

Sports Massage

In this sports massage class, you will be learning the basics of what it's like to work with athletes. We will be reviewing: types of massage to help athletes, typical concerns that happen in training and events and how to perform hands on therapy. We'll cover stretch techniques and ways to integrate them into your everyday practice. Get ready to help the athlete in your life! *Please dress comfortably and bring 2 bath towels, 2 standard pillows, 1 king pillow, 1 small travel pillow and 1 sheet set.* [6 CE]

Fri 9 AM-4PM
1 Session
Rm 104, IVCC
Ottawa Center

Mar 24
Ken Gieser
Class ID: 7488 \$139

NEW Total Body Re-education Unlock your Potential

Advanced Application: Selfcare for Balanced Life
Please join us as Michael Ronin returns to offer yet another course in the "Unlock Your Potential Series," this time taking a deep dive into the 5 elements to identify optimal ways to navigate clients' needs from the viewpoint of how they function. Advanced hand/arm work and unlocking the hip (both client and self), calf/feet release, and micro movement stretching will be covered. *Please dress comfortably and bring 1 towel, 1 standard pillow and 1 sheet set.* [6 CE]

Fri 9 AM-4PM
1 Session
Rm 104, IVCC
Ottawa Center

Apr 21
Michael Ronin
Class ID: 7486 \$139

NEW Advanced Applications Seated Massage Therapy

Think outside the box with this class on advanced seated & upright massage therapy with adaptive positioning. We will cover chair massage & upright/seated massage in clinical settings, for various special populations and for various conditions. Learn creative ways to provide massage therapy for those who may need to be worked with outside of what you are used to with prone and supine positions. Therapist body mechanics and client draping are also covered. We will work with massage chairs, massage tables, stools, regular chairs and portable table-side attachments. *Bringing a massage chair is highly encouraged. Please also bring sheets, bolster, pillow and pillowcase.* [6 CE]

Fri 9 AM-4PM
1 Session
Rm 104, IVCC
Ottawa Center

May 5
Tonia McGuinn
Class ID: 7489 \$139

Teachers & Guidance Counselors



IVCC offers a selection of courses for teachers for professional development and/or graduate credit opportunities. Go to ivcc.edu/teachers to see a full listing of available classes. Find additional classes for counselors on page 4 including Cannabis Pharmacology and Opioid Pharmacology.

Featured Topics for K-12 Teachers

- Feb 6-Mar 3: Culturally Responsive Pedagogy in the Diverse Classroom
- Mar 6-31: Developing Socialization Skills for Students with ASD

Gender Matters in the Classroom

Discover why girls waste 30% of their study time, why boys get worse grades than girls, why boys do less homework than girls, and the 5 learning habits girls get in school that hurts them in the workplace. Female students learn differently than your male students. Discover how girls learn. Take away 10 top tips for helping girls learn more, and the 5 tips to help girls succeed more. Then discover how boys learn. Take away 10 top tips for helping boys learn more, and the 5 tips to help boys succeed more. [16 PD]

Online
4 Weeks

Mar 6-31
Julie Coates & Bill Draves
Class ID: 7208 \$145

Generational Learning Styles for K-12 Teachers

Regardless of your age, it is always helpful to increase your understanding of how your current students learn and what your future students might need because students learn in a variety of ways. This course will focus on the influence of generational characteristics on learning styles. Your students learn differently than you do. Come find out how to help your students learn more and discover something new about yourself too! We will explore fascinating information on the brain and how each generation has responded to their unique "cohort experience." You will acquire the skills and information needed to facilitate Gen Y and the emerging generation of learners. Understand how your own generational characteristics impact your learning AND your teaching. Come away with the top 20 generational techniques for helping your students learn more. [16 PD]

Online
4 Weeks
Online

Apr 3-28
Kassia Dellabough
Class ID: 7112 \$145



NEW Earth Day Professional Development Project

For K-12 Educators, Home School Teachers, Tutors, & After-school Program Educators.

Celebrate Earth Day with your students by creating a tree stump planter out of recycled newspaper, plastic water bottles & cardboard. Participants in this workshop will learn how to use recycled materials to create sculptural projects for a very low cost. This project will enhance any lesson and support long-term retention of information in that lesson. It is also great for interdisciplinary curriculum and open to all educators K-12 including art and special education. This is a project that can be brought back to your school and shared with other faculty members for countless additional classroom projects. *Includes all materials needed for the workshop, a lesson plan and a kit with enough tools and materials to facilitate their own classroom project.* [6 PD]

Tue/Thu 5-8 PM
2 Sessions
Rm 117, Bldg. J
IVCC

Mar 21 & 23
Suzanne Shafer-Wilson
Class ID: 7527 \$135

Tue/Thu 5-8 PM
2 Sessions
Rm 117, Bldg. J
IVCC

Apr 4 & 6
Suzanne Shafer-Wilson
Class ID: 7528 \$135

6-Week Online or Self-Paced

Differentiating K-12 Assessments

Differentiated assessment is the key to helping every student succeed. No matter what grade you're teaching, this course will give you the tools you need to gather your assessment data quickly and easily. You will begin this course by exploring strategies for performing pre-assessments, formative assessments and summative assessments. You'll discover how to identify and share learning goals, gather assessment information, adjust your instruction and provide feedback to your students. Real-life examples will help you see how differentiated assessment provides direction for improvement, promotes confidence and motivates your learners to do their best. Whether you're a new or experienced teacher, you'll gain skill and confidence as you get hands-on practice in using a wide range of assessment techniques. By the time you've completed these lessons, you'll have a clear roadmap for differentiating your assessments and a wealth of practical ideas you can start using in your classroom right away. *Class begins monthly, or choose a self-paced learning format.* [24 PD] ivcc.edu/enroll

6-Week Online or Self-Paced

NEW Counseling for College Prep

This course will explore various aspects of supporting your students in their post-graduation aspirations. While students' backgrounds, situations and dreams are all different, this online guidance counselor course will discuss how your role is similar for each. You will explore how becoming

a student's host can help them see that life can be different and what it takes to support them to succeed. You will also explore building a toolbox of resources to use for college counseling to support students' discovery and planning processes-no matter their background. You will learn to assemble a network of other professionals that can help, including at a national and local community level. *Class begins monthly, or choose a self-paced learning format.* [24 PD] ivcc.edu/enroll

Computers

QuickBooks Online [Level 1]

Get a comprehensive understanding of QuickBooks Online, one of the most popular cloud-based accounting programs and preferred choice for small business managers, owners, bookkeepers and accounting professionals. In four hands-on units you will learn how to use QuickBooks Online. **CEU: 1.6**

After successfully completing this course, you will be able to:

1. Enter G/L customer, vendor inventory opening balances
2. Set up sales and reconciliation with credit/debit cards
3. Create reports and update budgets
4. Use multiple currencies and serve foreign customers
5. Prepare customer statements
6. Handle bad debts & NSF checks

Feb 6-Mar 3
Online

4 Weeks
Class ID: 7323 \$195

QuickBooks Online [Level 2]

Move on to more advanced QuickBooks Online topics. Become capable with such skills as how to customize settings, banking, credit cards, foreign currencies, statements for debts collection, bank reconciliations, using tags and projects. **CEU: 1.6**

Mar 6-31
Online

4 Weeks
Class ID: 7325 \$195

NEW Excel 2021 [Level 1]

Using hands-on demonstrations, you will work through basic Excel skills such as; creating a worksheet; entering and editing data; selecting cell and ranges; printing worksheets; creating formulas and functions; formatting cell contents; inserting and deleting columns, rows and cells; creating different types of charts; and more. This class will benefit new users as well as professionals looking to upskill. **Textbook is required and can be purchased at ivcc.ecampus.com.* **CEU: 1.2**

Fri 1-4 PM
4 Sessions
A-323, IVCC

Mar 17-Apr 7
Doreen Balzarini
Class ID: 7423 \$129

Computer Basics & Internet Safety

Learn the basic features of Windows 10 to include My Computer, Recycle Bin, customize your desktop, how to run multiple programs and use shortcuts. Practice installing programs, check your hard disk drive, delete and restore files and change your mouse settings. Gmail and features of Google apps will also be covered, along with an overview of the Internet and discuss safe practices. This class is hands-on and the instructor will work at a comfortable learning pace. Gmail will be used as the primary email account. *If you do not already have an existing free Gmail account, please set one up, prior to class.* **Course materials are included with the cost of the class.**

Fri 1-4 PM
4 Sessions
A-323, IVCC

Apr 14-May 5
Doreen Balzarini
Class ID: 7422 \$149

One-on-One Sessions

These customized, two-hour classes provide individual tutoring with an instructor skilled in all aspects of basic computers, internet and email, Microsoft 2019, Office 365 applications, Canva and video communication apps, such as ZOOM. The training will be tailor-made to fit your own specific needs and questions. For more information call Jennifer Sowers at (815) 224-0280 or email at Jennifer_Sowers@ivcc.edu.

Course Fee:

\$149

Coding Certificate

Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one's chances of becoming a higher value to organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step-by-step process of hand coding and building web pages. Discover the advanced features of CSS and learn how to use this very powerful language. **CEU: 4.8**

Students must take the Coding Certificate classes in the below order:

- Introduction to Coding
- HTML Fundamentals
- CSS Fundamentals

Feb 6-Apr 28
Online

3 months
Class ID: 7256 \$595

Apr 3-Jun 30
Online

3 months
Class ID: 7257 \$595

IVCC Online Computer & Technology Classes

ivcc.edu/enroll

Hundreds of engaging online computer courses!

Topics include: Payroll, Intro to PC & Mobile Security, Intro to Programming, Microsoft Excel, Word and Access, Basic Computer Skills Suite, Creating Mobile Apps & Web Pages, Video Game Development, Intro to Networking, CompTIA Certification Prep, Data Analysis and more.

Additional courses are available. These courses are non-credit, but may be eligible for CEU, CE or PD hours. Interact with your instructor, participate in discussions with fellow students. Gain practical information that you can put to immediate use.

Courses begin monthly. Most courses are six weeks long, with 12 lessons. Upon successful completion, you will be able to download a certificate of achievement. Self-study may also be available.

Visit ivcc.edu/enroll for a full listing of available classes.

IT Bootcamps ivcc.edu/itbootcamps

IVCC Bootcamps will prepare you for in-demand, high-paying jobs in the tech sector. Gain the skills and practical experience employers are looking for in an accelerated, 100% online format.

Why Information Technology?

According to the U.S. Bureau of Labor Statistics (BLS), computer and IT jobs are projected to grow 13% through 2030. Job opportunities are booming for professionals with these highly sought-after skills. The fast-changing nature of technology creates unlimited options when it comes to career paths. From cybersecurity and programming to artificial intelligence (AI), there are many specializations you can pursue. Additionally, a big advantage to working in tech is high earning potential. Glassdoor reports that an IT professional in the U.S. makes an average of \$67,437 per year.

Find the boot camp that's right for you.

Self-Paced Boot Camps [6 months]

- AI Machine Learning
- Cybersecurity
- Full Stack Web Development

Live, Immersive Boot Camps [3-7 days]

- NEW! CompTIA A+ Training
- NEW! CompTIA Network+
- CompTIA Security+ Training
- Ethical Hacking Dual Certification (CEH and PenTest+)
- Cisco CCNA Associate and CyberOps Associate Training

Business & Customer Service

Sexual Harassment Prevention

This training meets the standards and guidelines for sexual harassment training that is required for all employers in the state of Illinois. Learn what sexual harassment is and what behaviors constitute sexual harassment. Topics include sexual harassment laws, responsibilities of employers and protections for employees regarding sexual harassment in the workplace. Become equipped with information regarding employee rights in the workplace regarding sexual assault and the information needed to file a report. [1 CE]

Wed 10-11 AM
1 Session
Online Live

Feb 22
Gina Greene
Class ID: 7107 \$20



Customer Service Done Right!

Total customer satisfaction is a way of life and if you want to keep your customers happy and stay ahead of the competition, you better be doing it right! In this interactive session we will explore techniques used in providing quality customer service. You will be given tools to ensure that every customer interaction is a consistent, positive experience. We will identify difficult situations you typically face and what you should or shouldn't say. The "Rules for Great Customer Service" will also be discussed. CEU: .3

Wed 8:30-11:30 AM
1 Session
C-316, IVCC

Mar 15
Donna Honold
Class ID: 7096 \$129

Canva Basics

Creating engaging social media graphics, flyers, and other promotional materials can be hard to do, and investing in a marketing professional can be expensive for small projects. Learn to make your own with Canva! Canva is a free-to-use online graphic design tool. Use it to create social media posts, presentations, posters, videos, logos and more. This course will be a general overview of Canva and its basic functions and is intended for beginner users. Upon completion of this course, you will be able to create a design from scratch or using a template. Small business owners, creators, or individuals who are interested in learning to make the most of Canva's features will walk-away ready to start designing! CEU: .2

Thu 6-8 PM
1 Session
A-209, IVCC

Mar 30
Natalie Martin
Class ID: 7513 \$39

Leadership

NEW Leadership Out Loud

Taking on a new role and transitioning from peer to leader? Are you a first-time, front-line leader? Then this is the course for you! Learn to overcome many of the hurdles associated with transitioning from peer to leader. You will be given tools that will assist you when engaging in conversations about expectations and align your individual vision with the larger organization strategy. Establish a framework that motivates your team to achieve success through the practice of positive expectation, accountability and enhanced communication strategies. CEU: 1.6

Wed 8 AM-4:30 PM
2 Sessions
C-316, IVCC

Mar 8 & 22
Annie Monyok
Class ID: 7336 \$599

Aviation

Private Pilot Ground Training

Interested in learning how to fly? This course is designed to prepare you for the Private Pilot Knowledge Exam. At the end of this course series, you will understand operations of the flight controls and instruments, airport and airspace considerations, aircraft weight and balance, aircraft performance tables, basic weather meteorology, federal aviation regulations, flight psychology and emergency preparedness. A session of the course will be held at the Illinois Valley Regional Airport where students will tour the airport and complete a hands-on experience in an airplane flight simulator. After successful completion of this course, students will be eligible to take the F.A.A. Private Pilot Knowledge Exam (additional fee for the F.A.A. Exam.) The following textbooks (a \$75 value) are included in the cost of the class: Federal Aviation Regulations Aeronautical Information Manual, Private Pilot Test Prep and the Pilot's Handbook of Aeronautical Knowledge. Flying or airtime is not included in this class. Please contact the Illinois Valley Regional Airport for this information. Students ages 15 & up are eligible to participate.

No class: February 23, March 9.

Thu 6-9 PM
Sat 9 AM-12 PM
10 Sessions
CTC-123, IVCC

Feb 9-Apr 13
Feb 25
Joseph Nimee
Class ID: 7413 \$379



Truck Driver Training

For more information on the programs listed below, call Audrey Moreno at (815) 224-0265.

Class B 40-Hour Course

Students will be expected to demonstrate the proper preparation, handling, safety and driving skills necessary to pass the Commercial Driver's License (CDL) Driving Examination. This course will involve yard work, pre-trip and driving on city street and highways. *You must be at least 18 years old, hold a valid driver license, meet the medical requirements of the Federal Motor Carrier Safety Regulation and hold a current CDL Permit. In addition, you must pass a drug screen and provide a motor vehicle report. Participants will need to provide Class B truck for inspection before class start date.*

40-Hour Equipment Refresher

This program includes 40-hours of hands-on, on-the-road driving equipment and a review of class A commercial driver's license requirements. This program is intended for past CDL Class A holders that need to retest/renew their license at the DMV. *Participants must have a current DOT physical, drug screen, motor vehicle report and a Class A learner permit. A driving test is required to qualify for the refresher program.*

Online Hazmat Certification

This course will cover the various areas of hazardous materials and the intent of the regulation. Topics will include hazardous material transporting; communication rules; bulk packaging loading and unloading; driving and parking rules; emergencies; as well as terminology. Practical experience will be shared. **This course meets the Federal Motor Carrier Administration requirement for all CDL holders to have proof of hazardous material training before they can add the endorsement to their license. Participants will receive a certificate of completion upon passing the final exam with an 80% or higher.**

Water Programs

IVCC, in partnership with Black Hawk College, will be offering Drinking Water and Wastewater courses to help prepare for the operators' state exam and Illinois EPA certification. These courses will be presented, online live, via Zoom and can also be attended to fulfill Renewable Training Hour (RTH) requirements. For more information go to ivcc.edu/waterclasses.

Beginning Drinking Water Class C & D		
Mon 6-9 PM	Feb 6-Apr 24	Class ID: 7108
Advanced Drinking Water Class A & B		
Tue 6-9 PM	Jan 31-Apr 25	Class ID: 7109
Beginning Wastewater Class 3 & 4		
Tue 6-9 PM	Feb 7-Apr 18	Class ID: 7110
Advanced Wastewater Class 1 & 2		
Thu 6-9 PM	Feb 9-Apr 20	Class ID: 7111

Small Business & Commercial Real Estate Seminar

Brought to you by:



Considering starting a business or buying commercial property? Join us for this 4-part series and discover all the resources available to you as a new or existing small business and commercial property owner in the Illinois Valley area!

Register for all 4 sessions and receive a \$10 discount! Just type "seminar" in the search bar at ivcc.edu/enroll or call (815) 224-0427. **Cost: \$30**

Who's In Your Corner?

The focus of this session is to assist you as you begin your journey to becoming a business and/or property owner. Hear from the Small Business Development Center on resources available and identify who should be include as part of your professional circle.

Thu 6-7 PM Mar 2
CTC-124, IVCC Class ID: 7556 \$10

Why Use a REALTOR®?

Let's discuss the value of using a REALTOR® in your transactions. As a potential commercial property buyer and/or seller, you will learn the benefits of working with a REALTOR® versus buying or selling a property on your own. This session will clear up potential myths or misconceptions and there will be an opportunity to participate in a Q&A session at the end of the presentation.

Thu 6-7 PM Mar 9
CTC-124, IVCC Class ID: 7557 \$10

Show Me the Money!

Take advantage of this opportunity be introduced to several local lending institutions. You will hear first-hand what each does and what sets them apart from others. They will share expectations when working on securing a commercial loan, advice from the experiences they have had, and how to help make the loan process as smooth as possible.

Thu 6-7 PM Mar 16
CTC-124, IVCC Class ID: 7558 \$10

Meet the Community Experts

This final session will introduce you to community leaders from several of our surrounding areas. You will hear about resources that may be available to you as you are starting your business as well as resources available as you progress. There will also be an introduction to other organizations throughout the region that are here to help support you on your journey.

Thu 6-7 PM Mar 23
CTC-124, IVCC Class ID: 7559 \$10

OSHA & Safety

Look to Continuing Education and Business Services to help meet your organization's safety needs. Classes can be facilitated on campus or customized and delivered onsite, setting a schedule that works best for your employees. Topics include, but not limited to:

Forklift Training and Renewal | Aerial Lift Fall Protection | Confined Space Entry & Rescue OSHA 30 Hour Construction or General Industry OSHA 10 Hour Construction or General Industry First Aid/CPR/AED | HAZWOPER | Electrical Safety Emergency Action Plan | OSHA Safety Audit Annual Reviews | SDS Training & Updating

Looking for Additional Employee Training?

Many of our courses in this catalog, as well as many not listed, can be offered at your site and customized to fit your company's needs. Categories include; but not limited to:

- Computers
- Leadership/Supervisor/Management
- OSHA and Safety
- Electrical/Mechanical/Industrial Maintenance/Welding/CNC/CAD
- Continuous Improvement/Lean Manufacturing/Six Sigma
- Quality Management/ISO Consulting & Training
- Customized Assessments for New & Current Employees

Call Jennifer Sowers in the IVCC Business Training Center for details at (815) 224-0280 or visit ivcc.edu/ivbtc.



Real Estate

Real Estate Broker Pre-License

Call (815) 224-0447 to enroll in REA-1200-300.

This course is required for anyone interested in obtaining a broker license in Illinois and fulfills the 75-hour education requirement for obtaining an Illinois Real Estate Broker license. The two courses covered are: Broker Pre-License Topics (513001835) is a 60-hour course covering real estate concepts such as brokerage, real property, contracts and real estate math. Broker Applied Real Estate Principles (513001606) is a 15-hour course that applies real estate concepts to real-life scenarios. To obtain an Illinois real estate license, you must be at least 18 years old, have a Social Security Number or Individual Taxpayer Identification Number and have a high school diploma or G.E.D. certificate. If you have any disabilities that require special accommodation, please identify those special needs. Textbooks are required and available online at ivcc.ecampus.com. **Credit Hours: 6.** Please note: This class is a credit course. Enrollment must be completed through the IVCC Registration Department by calling (815) 224-0447 or online at ivcc.edu/admissions/register.php. Please reference course number: REA-1200-300. **No class: March 7.**

Tue 6-10 PM
Sat 8:30 AM-5 PM
18 Sessions
E-213, IVCC

Jan 10-May 2
Feb 18 & Apr 1
Carol Wlodarchak
REA-1200-300 \$853

Food Service Sanitation

In-Person Class | In-Person Exam

Food Service Sanitation

8 Hour Class Applied Food Service Sanitation is designed to assist the manager or potential manager applying sanitation principles in the operation of a food service establishment. Students will learn to identify the causes of food-borne illness, identify and apply correct procedures for cleaning and sanitizing, recognize problems and potential solutions associated with facility, equipment and layout. The Illinois code related to food service establishments will be discussed. Students will take the ServSafe Protection Food Manager Certification exam in class at the end of the course. **This class is required in Illinois for Certified Food Protection Manager Certification (CFPM) and is an ANSI certified course accepted by the Illinois Department of Public Health (IDPH).** Upon successful completion of the exam with a passing grade, students will attain the ServSafe CFPM. Licenses are valid for five years.

Don't Forget Your Textbooks!

Required: ServSafe Manager, 7th Edition. Textbooks are now available for purchase online only.

Students should plan to purchase the book and begin review prior to class due to the fast-paced nature of the class. Purchase your textbook at ivcc.ecampus.com. Books will be delivered to your home address.

Take it at the IVCC Ottawa Center [321 W. Main Street, Ottawa]

8 Hour Food Sanitation

Tue/Thu 5-7:30 PM Feb 7-16
4 Sessions Sara Smith
Rm 104, Class ID: 7388 \$130
Ottawa Center

8 Hour Food Sanitation

Tue/Thu 5-7:30 PM Mar 14-23
4 Sessions Sara Smith
Rm 104, Class ID: 7389 \$130
Ottawa Center

8 Hour Food Sanitation

Tue/Thur 5-7:30 PM Apr 18-27
4 Sessions Sara Smith
Rm 104, Class ID: 7390 \$130
Ottawa Center

8 Hour Food Sanitation

Tue/Thur 5-7:30 PM Jun 6-15
4 Sessions Sara Smith
Rm 104, Class ID: 7391 \$130
Ottawa Center

8 Hour Food Sanitation

Tue/Thur 5-7:30 PM Jul 18-27
4 Sessions Sara Smith
Rm 104, Class ID: 7392 \$130
Ottawa Center

Take it at the IVCC Main Campus, Oglesby

[815 N. Orlando Smith Road, Oglesby]

8 Hour Food Sanitation

Tue/Wed 8 AM-12 PM Feb 21-22
Fri 8-11 AM Feb 24
3 Sessions Ida Boyle-Bruch
C-316, IVCC Class ID: 7339 \$130

8 Hour Food Sanitation

Tue 8 AM-6 PM Mar 21
1 Session Ida Boyle-Bruch
C-316, IVCC Class ID: 7340 \$130

8 Hour Food Sanitation

Tue 8 AM-1:30 PM May 9
Thu 8 AM-1 PM May 11
2 Sessions Ida Boyle-Bruch
C-316, IVCC Class ID: 7341 \$130

Online Course | In-Person Exam

Food Service Sanitation

The ServSafe Manager online course is ideal for individuals who wish to prepare to take the ServSafe Food Protection Manager Certification Exam. This interactive course delivers current food safety information, in an easy-to-use format. The course covers critical principles including

personal hygiene, cross contamination, time and temperature, cleaning and sanitizing and more. A practice exam is included at the end of the course. Online course purchases are final. Once you begin the course, you will have 90 days to complete it, at which time the course will be deactivated. Paper/pencil exams will be administered at the IVCC Main Campus after completion of the online course. Select your exam date from the list below. Equipment needs: email address, computer and internet access. Please contact the IVCC Continuing Education Center at (815) 224-0427 with questions or to register for your online course and exam session. Instructions for accessing the online class will be sent to students via email within three business days. Tuition: includes 90-day access to online course and proctored paper/pencil exam at the IVCC Main Campus upon completion of the course. Course extensions are not available. Student is responsible for completing the course prior to sitting for the exam. Nonrefundable.

Exam Schedule for Online Classes

Fri 8-11 AM 1 Session
C-316, IVCC Feb 24
Ida Boyle-Bruch
Class ID: 7343 \$190

Thu 10 AM-1 PM 1 Session
C-316, IVCC May 11
Ida Boyle-Bruch
Class ID: 7344 \$190

Thu 9 AM-12 PM 1 Session
C-316, IVCC Jun 1
Ida Boyle-Bruch
Class ID: 7345 \$190

Trips & Tours

Join our E-Newsletter | Eagle Ed Ventures

Are you on the e-newsletter list for trips and tours offered by Illinois Valley Community College? Contact our office at (815) 224-0427 to be added or email continuingeducation@ivcc.edu. Additional programs may be added throughout the spring and summer.

Aloha Spring!

Includes: motorcoach transportation, visit to Garfield Park Conservatory, visit to Lurvey Gardens, demonstrations, luau dinner and show at Tikki Terrace, gratuities and snacks.

Join us as we welcome spring after a long and cold Illinois winter! We will start our day with a visit to Garfield Park Conservatory. Chicago's Garfield Park Conservatory is one of the largest and most stunning botanical conservatories in the nation. Often referred to as "landscape art under glass," the Conservatory showcases thousands of plant species from around the world throughout eight indoor display gardens. Year-round, visitors can enjoy the lush flora and tropical temperatures indoors. See what's blooming indoors in March! Later this afternoon, we will visit the Lurvey Garden Center. We will take a guided tour of their indoor



store, conservatory and their outdoor garden center. Experience a demonstration. There will be some free time to explore the garden center on your own. This evening we will take in the culture, flavors and experience of the Polynesian Islands right here in Illinois when we visit the Tikki Terrace for a luau dinner and show. See the hand-carved tikis and breathe in the fragrance of the traditional lahala thatching. You will feel like you stepped into the islands without the price of the airfare. We will experience dishes including Kalua Pork or the Terrace's famous Coconut Chicken, traditional Hawaiian Mac Salad and of course, dessert! Get ready to hang loose and have some fun! With the sound of the drums and the tropical steel guitar, we will need to be reminded that we are still in the Midwest!

Date: Wednesday, March 15
Time: 11:30 AM-9 PM
Where: IVCC, Parking Lot #4
Class ID: 7561
Fee: \$159

Architecture, Churches & Chocolate

Includes: motorcoach transportation, professional guided tour, visits to St. Francis of Assisi, Grace Evangelical, Basilica of St. Josaphat, lunch at On the Clock, chocolate tasting at Chocolate MKE, free time at Glorioso's and Sciorotino's, gratuities and snacks.

Enjoy a tour through Milwaukee, long known as the "City of Steeples." We'll visit three historic churches, where you'll learn about the history and architecture of these unique places of worship. We will begin our morning at St. Francis of Assisi. St. Francis Parish was founded by the Capuchin Franciscans friars who first came the United States from Switzerland in 1851. The original buildings included a public chapel and Friary. St. Francis Parish was organized in 1871 and the present stone buildings were designed by the famous New York architect William Schickel. Next, we will visit Grace Evangelical, a Milwaukee landmark for 170 years. Grace features gorgeous restored stained-glass windows, ornate craftsman woodwork, and a Schlicker pipe organ. The present Schlicker organ is an instrument of 53 ranks and over 3000 pipes. Enjoy an included lunch at On The Clock, located within view of Milwaukee's Polish Moon, the former Allen-Bradley, now Rockwell Automation clocktower. This afternoon, we will visit the Basilica of St. Josaphat, named for an Archbishop from the Kingdom of Poland in the 1600s. The Basilica is a Franciscan center for prayer and spirituality, inspiration and beauty. It remains a testament to the faith of the Polish immigrants that created it. The Basilica was designed as a smaller version of St. Peter's Basilica in Rome - with a matched pair of bell towers and a soaring 220-ft central dome. Built in 1896 of the carved stone, wooden doors, bronze railings, light fixtures, the Basilica has long been the crown jewel of

Milwaukee's Polish Catholic community. We will wrap up our day with a visit to the Chocolate Sommelier, and have free time to visit Glorioso's Italian Market and Sciorotino's bakery where you will find authentic Italian baked goods and more.

Please note: For this tour the only dietary restriction that can be accommodated is vegetarian. We cannot guarantee accommodations for gluten-free, dairy-free, vegan, etc. There will be standing and walking throughout the day.

Date: Wednesday, April 5
Time: 7:30 AM-7 PM
Where: IVCC, Parking Lot #4
Class ID: 7369
Fee: \$169

Music Legends & Pop Icons

Includes: motorcoach transportation, guided city music tour, visit to Chess Records studio, dinner at House of Blues, lower balcony seats to MJ the musical, gratuities and snacks.

Sometimes, music says exactly what we'd like to say. Sometimes, music says exactly what we need to hear. The Great Migration brought many changes to Northern Cities over 50 years, from 1915 thru 1965, as African American communities from the South moved North for a fresh start and brought their music, food and culture with them. No other city was impacted more than Chicago - especially for music - it was in Chicago that the 3 pillars of American Music: Blues, Jazz, and Gospel saw the greatest evolution! Louis Armstrong, Thomas Dorsey, Mahalia Jackson, Muddy Waters... all have an influential role in Chicago. Over the next few decades, the music will continue to evolve, especially with Swing from Jazz, Soul from Gospel, and Rock n' Roll from Blues! Several music legends performed, recorded and lived in Chicago. We see our tour this afternoon will visit the legendary hit factory Chess Records (now Blues Heaven Foundation). The studio was home to many artists who brought music to our ears and hearts, including Etta James' recording of "At Last", and Chuck Berry's "Johnny Be Goode." Between 1957 and 1967, brothers Leonard and Phil Chess made this modes facility the creative home for artists such as Muddy Waters, Willie Dixon, Howlin' Wolf, Bo Diddley, Chuck Berry, and Maurice White! Its history inspired the Rolling Stones to record their first American album and the Yardbirds to record here in the mid-60s. Next, we will enjoy an included dinner at the iconic House of Blues. This evening we will take our seats in the lower balcony at The Nederlander Theatre for MJ, the Tony Award-winning new musical centering on Michael Jackson's 1993 Dangerous World Tour. The music. The showmanship. The icon. MJ offers not just Michael Jackson's singular moves and signature sound, but also a thrilling glimpse into the creative spirit that created the biggest pop superstar the world has ever known.

Date: Tuesday, August 15
Time: 11:30 AM-11 PM
Where: IVCC Parking Lot #4
Class ID: 7562
Fee: \$219

Lifelong Learning

Learn for Life! Illinois Valley Community College has joined an initiative with College of DuPage, Harper College, McHenry County College and Rock Valley College; in addition to Kankakee Community College to offer a new series of enrichment courses. These classes are designed for students of any age to share the strengths of each Lifelong Learning program and bring new exciting courses to participants throughout the Northern Illinois region.

All online live classroom courses meet via Zoom. A meeting invite will be emailed within 24 hours before class begins. Participants need access to a computer with high-speed internet. A webcam and microphone are recommended, but are not required. **If you would like to participate in these programs but do not have access to a computer or tablet, please contact our office to inquire about other ways to participate.**

NEW Celebrating the Lunar New Year

The Lunar New Year season lasts from January 21 to February 5, 2023. It is a holiday observed by 20% of the world's population, yet many are unfamiliar with how it is celebrated. Educator Yvonne Wolf will tell us about the Chinese calendar in relation to the Chinese New Year, the rites, activities, symbols and foods associated with it and how you can participate in your own home. Whether it is your first time celebrating this cross-cultural festival or part of your annual routine, join us as we prepare for the Year of the Hare.

Tue 10 AM-12 PM
1 Session
Online Live

Feb 7
Yvonne Wolf
Class ID: 7531 \$19

NEW The First Couple: Adam & Eve

The story of Adam and Eve has been illustrated in a rich and varied tradition in Western Art. This class will follow the famous couple through paintings and sculpture across the ages, from the earliest catacomb images to contemporary interpretations.

Wed 7-9 PM
1 Session
Online Live

Feb 8
Ruth Nelson
Class ID: 7532 \$19

NEW Lewis & Clark in Illinois

How do you prepare for a trip when you don't know where you are going, how long the journey will take and who you will meet along the way? These are the questions Captains Meriwether Lewis and William Clark tried their best to answer while wintering at Camp River Dubois from December

1803 to May 1804 in the area that would later become the state of Illinois. The vital role Illinois played in the Expedition's success from gathering supplies to tracking down maps to recruiting interpreters and training soldiers will be discussed. Learn about the goals of the expedition. Ben Pollard at the Lewis & Clark State Historic Site in Hartford, IL, will show what camp life was like and how it helped form the now famous Corps of Discovery. While the program will focus on Lewis & Clark in Illinois, highlights of the Expedition's 28-month journey will be celebrated throughout.

Thu 1:30-3 PM
1 Session
Online Live

Feb 9
Benjamin Pollard
Class ID: 7533 \$19

NEW FISA: Can U.S. National Security & U.S. Privacy Co-exist?

Federal Intelligence Surveillance Act (FISA), as amended, establishes procedures for federal surveillance activities conducted for the purpose of gathering foreign intelligence. Let's look at the what's, whys and how's of the CIA, FBI and NSA collection and retention of data. How does the government's duty to protect the U.S. from terrorism and subversion comport with the governments duty to protect the privacy of U.S. citizens under the 4th Amendment?

Mon 1-3 PM
1 Session
Online Live

Feb 13
Pat deRosset
Class ID: 7534 \$19

NEW The Life of King Tut

King Tut, whose full name was "Tutankhamun," lived a short, but powerful life of royalty during the eighth dynasty of Egypt. He was born around c1341 BC and his father, Akhenaten, was in power, and was changing some key Egyptian beliefs. He was relatively unknown until Howard Carter and his team discovered Tut's tomb in 1922. Historical Presenter, Jim Gibbons, discusses the life and kingdom of King Tut of Egypt. He explains the background of the royal family, his battle with illness throughout his life, and the discovery of his tomb. Gibbons also discusses the popular belief of the "Curse of the Pharaohs" for those involved in the discovery of the mummy of King Tut.

Thu 1-2:30 PM
1 Session
Online Live

Feb 16
Jim Gibbons
Class ID: 7535 \$19

NEW Year of Decision: 1818 Illinois Joins the Union

Illinois is an important center of politics, transportation, and commerce, extending as far north as Buffalo, New York and as far south as Norfolk, Virginia. It's surrounded by the Mississippi, Ohio, and the Wabash Rivers. Did you know its northern boundary was supposed to be located at the southern tip of Lake Michigan, with Chicago almost ending up in Wisconsin? Or that Illinois

was almost admitted as a slave state? Jim Edstrom, author of Avenues for Transformation: Illinois's Path from Territory to State, tells the story of Illinois's admission in 1818 and the territorial leaders who oversaw that historic event.

Thu 6-8 PM
1 Session
Online Live

Feb 16
Professor Jim Edmon
Class ID: 7536 \$19

NEW Kick the Sugar Habit

Learn the 7 secrets to fighting your sugar cravings! Join certified health coach Alina Warner to discover why you crave sugar at certain times and why sometimes those cravings feel out of control! Master your cravings and kick the sugar habit without giving up sweetness!

Wed 6-7 PM
1 Session
Online Live

Feb 22
Alina Warner
Class ID: 7419 \$19

NEW Greatest Comedians Jerry Lewis

Join us as we celebrate one of the greatest comedians of all times, Jerry Lewis. We will explore the history of this global figure in pop culture, including audio and video clips, to reminisce on this "King of Comedy."

Tue 10 AM-12 PM
1 Session
Online Live

Feb 28
Tim Wilsey
Class ID: 7537 \$19

NEW A City Built by Immigrants Tales & History of Milwaukee

Join us for a 1-hour virtual presentation on the immigrants that built Milwaukee. The program will focus on the stories of Milwaukee's German, Polish, Irish, Italian and Mexican immigrants that made Milwaukee what it is today! We will explore the major neighborhoods of downtown Milwaukee including the Historic Third Ward, Brady Street and Old World 3rd Street and go behind-the-scenes to hear true stories of family journeys.

Tue 6-7 PM
1 Session
Online Live

Mar 14
Theresa Nemetz
Class ID: 7431 \$19

NEW Archaeology of Northern Illinois

Enjoy an overview of the archaeology of northern Illinois from a cultural resource management perspective. You'll see examples of archaeological material and information about several known sites, general geology, and excavations.

Tue 1-2:30 PM
1 Session
Online Live

Apr 4
Steven Katz
Class ID: 7538 \$19

NEW Cryptozoology: The Truth About "Real" Monsters

Cryptozoology is the search for and study of animals whose existence is disputed or unsubstantiated, such as Big Foot or the Loch Ness monster. During this class students will learn about the myths and "truth" behind many legendary creatures including the Yeti, the Chupacabra, Lake Champlain's "Champ," and the Jersey Devil.

Sat 10 AM-12 PM
1 Session
Online Live

Apr 8
Jeff Sternickel
Class ID: 7539 \$19

NEW Chicago and the Atomic Age

The Atomic Age began at 3:25 p.m. on Dec. 2, 1942 - on a squash court under the west stands of Stagg Field at the University of Chicago, as an extraordinary team of scientists led by Enrico Fermi oversaw the first man-made, self-controlled nuclear chain reaction. Learn about how this discovery would provide for the development of the atomic bomb and untimely lead to the Arms Race and the Cold War.

Sat 10 AM-12 PM
1 Session
Online Live

Apr 15
Jeff Sternickel
Class ID: 7540 \$19

NEW Queen Elizabeth II

In this new historical portrayal, historian Leslie Goddard, Ph.D., explores the life of Britain's famous monarch, from her childhood, the abdication of her uncle, her marriage to a navy officer named Philip, her World War II service, and her struggle to balance her roles as queen and mother. Get to know the woman behind the images, her sense of humor and savvy intelligence with which she meets her demanding obligations.

Fri 1-2 PM
1 Session
Online Live

Apr 21
Leslie Goddard
Class ID: 7541 \$19

NEW The Radium Girls of Ottawa

The Radium Girls were female factory workers who contracted radiation poisoning from painting watch dials with self-luminous paint. The Radium Dial Company was established in Ottawa, Illinois, in 1922. Learn about the "Radium Girls" sued for damages, and in the wake of their case, industrial safety standards were improved for many decades.

Sat 10 AM-12 PM
1 Session
Online Live

Apr 22
Jeff Sternickel
Class ID: 7542 \$19

NEW Las Vegas & the Mob

Mobsters didn't start Las Vegas, but they helped develop the city into what it is today. Discover who was here before the Mob, why the Mob came to Las Vegas and how they controlled its major casinos for decades. Casino memorabilia and other historical objects transport participants back to the Las Vegas

of yesteryear, when mobsters like Bugsy Siegel, Moe Dalitz and Frank Rosenthal ruled the casino floor. *This program will be presented by an educator at The Mob Museum. This non-profit museum in Las Vegas, NV, has a mission to advance the public understanding of organized crimes' history and impact on American society.*

Tue 10-11:15 AM
1 Session
Online Live

Apr 25
Museum Educator
Class ID: 7543 \$19

Dance

Are you looking for a dance partner for class? Contact our office at (815) 224-0427 to let us know if you would like to be matched with another participant looking for a dance partner.

**Please sign up with a dance partner. Both persons must register. Dance classes will be held in the small gym at Lincoln School, 855 Bennett Road, Oglesby.*

Wedding Reception Survival Skills

Tired of making small talk at the table while everyone else is having fun on the dance floor? From wedding receptions to special events, learn to survive most social occasions by mastering the reception basics: slow dance, swing, waltz and merengue.

Tue 7-8:15 PM
6 Sessions
Small Gym,
Oglesby Lincoln School

Feb 7-Mar 14
Jane Schomas
Class ID: 7360 \$75

Intermediate Swing

Pre-requisite: Students must have attended a Beginning Swing Dance class previously. This class will take you up a notch from the introductory Beginning Swing level. Intermediate Swing is designed for those that are not quite ready for the advanced class.

Tue 8:15-9:30 PM
6 Sessions
Small Gym,
Oglesby Lincoln School

Feb 7-Mar 14
Jane Schomas
Class ID: 7361 \$75

Beginning Swing Dance

Big band, rock, oldies or country? No matter what kind of music you like you can dance swing to it. Learn the moves to take you a step ahead. You will learn basic patterns, turns and some fancy footwork too. Look like Fred & Ginger on the dance floor, not Fred & Ethel! **No class: April 4.**

Tue 7-8:15 PM
7 Sessions
Small Gym,
Oglesby Lincoln School

Mar 21-May 9
Jane Schomas
Class ID: 7362 \$85

Advanced Swing Dance

Now that you have the 6-count mastered, let's take on some fancier footwork! Learn some of the

more intricate parts of swing dance including turns, advanced footwork, Lindy Hop and Charleston moves. **No class: April 4.**

Tue 8:15-9:30 PM Mar 21-May 9
7 Sessions
Small Gym,
Oglesby Lincoln School

Jane Schomas
Class ID: 7363 \$85

Music

IVCC Jazz Ensemble

Have you ever wanted to participate in a jazz ensemble? This course provides a study of style and techniques in the jazz idiom. The course is open to all wind instrument players as well as piano, guitar, bass and drum set players. Students will also participate in public performances during the semester. *Prerequisite: Performance ability on a wind instrument, piano, guitar or trap drum. The college owns a piano; students playing wind, guitar or drums must provide their own instrument.*

Tue 6:45-9:15 PM
17 Sessions
D-223, IVCC

Jan 10
Brandon Czubachowski
Class ID: 7485 \$25

Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with Zoom, you will be able to participate at home with your guitar and take this class without any pressure at all. The class includes an online book and online follow-up video lessons. You will be able to continue your practice and study on your own. An optional online question and answer session and a recording of the class is also included. *For ages 13+.*

Wed 6:30-9 PM
1 Sessions
Online Live

Feb 15
Craig Coffman
Class ID: 7519 \$59

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do using chords. Since this class is being held online with Zoom you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. This course includes an online book and follow up video lessons. You will be able to continue your practice and study on your own. An optional online question and answer session and a recording of the class is also included. The course is part lecture, demonstration and hands-on instruction.

Mon 6:30-9:30 PM
1 Session
Online Live

Feb 13
Craig Coffman
Class ID: 7518 \$59

Learn the Ukulele

This hands-on, action-packed class offers immediate instruction on "the instrument of the 21st century!" Love those old classic songs? Love the new ones? Want a friendly partner on the porch? The ukulele is a gateway that opens all kinds of music and all kinds of fun. Bring your friends and family (the course makes a great gift, too). No musical experience required. *If you have long fingernails, you might wish to trim them prior to class to play more effectively.* **There is a \$67 material fee payable to the instructor the day of class. The material fee includes a ukulele, song book and tuner.**

Sat 9 AM-12 PM
1 Session
CTC-216, IVCC

Apr 8
Todd Volker
Class ID: 7520 \$35

Culinary

Italian Tortellacci

Dee's Great Aunt, Enis Malavolti, had family over for Sunday dinner and served the most amazing Italian dishes. A favorite was her tortellacci. Tortellacci is a meatless cheese tortellini made with spinach. This dish is often served during Lent and other special occasions. The texture and flavor is very decadent and rich. Learn how to mix and knead the dough, make the special filling of the tortellacci and twist them into the correct shape. The best part, we will eat a tortellacci and Italian sausage dinner with all of the trimmings at the end of class. *Please bring: an apron, pizza cutter and a cutting surface such as a cutting board or mat. Bring a bottle of water, soda or coffee.* **There is a \$25 material fee payable to the instructor the night of class.**

Wed 6-8:30 PM
1 Session
CTC-123, IVCC

Feb 8
Dee Biagi
Class ID: 7515 \$35

Tortellini: Twist, Cook, Eat, Repeat

Dee has been making these Italian treasures from the time she was a young girl. Relatives and elder ladies of Mark, Illinois taught her how to make authentic pasta. Tortellini is a meat and cheese filled pasta that is twisted to resemble a belly button. As a child she sat around the big dining room tables and learned how to make this Italian "staple" from the experts... Learn how to make the dough and filling and how to twist them. Follow by cooking and of course eating them. *Please bring: an apron, pizza cutter and a cutting surface such as a cutting board or mat. Bring a bottle of water, soda or coffee.* **There is a \$25 material fee payable to the instructor the night of class.**

Wed 6-8:30 PM
1 Session
CTC-123, IVCC

Mar 15
Dee Biagi
Class ID: 7516 \$35

Dollars & Sense

AARP Driver Safety Program

This is a driver refresher course designed for drivers 50 years and older. The program aims to help participants retain their driving competency. The course will focus on navigating changes, reviewing driving strategies, being smart on the road, changing technology, understanding the effects of aging on driving and learning about changes we may need to accept. At completion of this course, participants will receive a certificate to present to their auto insurance company that may entitle them to a premium discount. **Course fee is \$20 for AARP members and \$25 for non-members. Fee is payable to AARP the first day of class. Free to participants who are enrolled in United Health Care Insurance. Attendance is required both days of class.**

Mon/Tue 8:30 AM-12:30 PM Mar 20-21
2 Sessions
Rm 103, Bldg H, IVCC
Regina Leffleman
Class ID: 7507
Fee payable day of class

Wed/Fri 8:30 AM-12:30 PM Mar 22 & 24
2 Sessions
Rm 104, Ottawa Center
Regina Leffleman
Class ID: 7508
Fee payable day of class

Estate Planning

Everyone who has assets, whether you are just graduating from college, starting a family or planning for your golden years, needs an estate plan. Learn why you need an estate plan, how it works and what happens when you don't have one. We will discuss estate planning fundamentals and terminology including ramifications of asset ownership, legal reasons for life insurance, importance of beneficiary designations, life estates, nursing home costs, importance of powers of attorney, increase in guardianships, wills, use of trusts and more. Learn what questions you should be asking yourself. You will be better prepared to consider your options and have the tools needed to create a plan for the first time or review your current plan with your attorney.

Thu 6-8 PM
1 Session
C-316, IVCC
March 23
Walt Zukowski
Class ID: 7430 \$29

How to Start Any Home Business + 250 Home Business Ideas!

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. Handouts for future use are included in class fee.

You will discover:

- More than 250 legitimate home business ideas

- Mandatory legal documentation
- Many ways to market your product/service
- How to take tax deductions (this workshop included!)

Wed 5-7 PM
1 Session
Online Live
Mar 8
LeeAnn Krusemark
Class ID: 7427 \$45

NEW Make Money with a Virtual Assistant/Word Processing Business

Pre-requisite: Participants must also attend "How to Start Any Home Business + 250 Home Business Ideas!" for a clear understanding of this endeavor. If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Handouts for future use are included in class fee.

Wed 7-8 PM
1 Session
Online Live
Mar 8
LeeAnn Krusemark
Class ID: 7428 \$30

NEW How to Make Extra Money Pet Sitting

Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, usually in the pet's home. You will learn about feeding, watering, and exercising pets, how to make a good impression as well as what questions to ask when interviewing for a pet sitting job, and what to do when a dog has behavioral issues. You will also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. Informative handouts for future use are included in class fee. This class is taught by a seasoned professional pet sitter and a longtime entrepreneur.

Fri 6-8 PM
1 Session
Online Live
Mar 10
LeeAnn Krusemark
Class ID: 7429 \$45

Beekeeping

Intro to Beekeeping

Considering beekeeping, but want to learn more before you invest? Just bought your bees and equipment, now what? Have experience in beekeeping but not quite confident in what you're doing? Then this class is for you! Introduction to Bees and Beekeeping will focus on the principles of beekeeping. Learn the history of beekeeping, honeybee biology, plant and pollinator relationships, and essential equipment & requirements. By the end of this class, you will be ready to work your own colony the first year and be able to help experienced beekeepers with their hives.

Mon/Tue 6-8:30 PM
2 Sessions
C-316, IVCC
Feb 27-28
Michael Long
Class ID: 7415 \$75

Mon/Tue 6-8:30 PM
2 Sessions
C-316, IVCC
Mar 27-28
Michael Long
Class ID: 7416 \$75

Apprentice Beekeeper

This beekeeping class is for individuals that are starting their second year of beekeeping or who want a little more information than the basics before they get started. It has more details on honeybee biology, pests, diseases, economics and management. *An e-book is included in the class fee. This class also prepares individuals for the third class, Journeyman beekeeping, for third year beekeepers.*

Mon/Tue 6-8:30 PM
2 Sessions
C-316, IVCC
Apr 24-25
Michael Long
Class ID: 7417 \$75

Outdoor Education

Survival Skills: Wild Plants for Food, Tools, & Medicine

From your very own backyard to the most remote wilderness, our planet has an incredible, vast bounty of wild plants that can be used for food, tools, and medicine. Our native plants are so much more than just pretty flowers and weeds! Come take a walk down the free aisles of Nature's all-in-one grocery, hardware, and pharmacy store. Learn how to use wild plants for both survival and everyday use. Warning: this class will completely change the way you look at your backyard and make you more easily distractable anywhere that you go where plants are.

March 25
April 22

May 20
June 24

Meet at IVCC
Meet at Matthiessen
State Park River Area
Meet at Catlin Park
Meet at Dixon Waterfowl
Refuge (Hennepin
Hopper)

If there are no wildflowers blooming by March 25, students will be contacted and the class date will be re-scheduled. A recommended list of field guides can be found at ivcc.edu/enroll. Please be prepared to be outdoors and bring a knife, note-taking materials, camera, snacks and drinks. Ages 18+.

Sat 10 AM-12 PM
4 Sessions
Rm 103, Bldg. G
IVCC
Mar 25-Jun 24
Jason Thompson
Class ID: 7103 \$89



Writing & Self Publishing

Beginner's Guide to Getting Published

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. If you really want to succeed, this step-by-step workshop is a must! Informative handouts for future use are included in class fee. *The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.*

You will discover how to:

- Become a "published" writer overnight
- Submit manuscripts the correct way
- Find the right publisher for your work
- Write irresistible query letters
- Determine when and how to get an agent
- 100 ways to make money as a freelance writer

Tue 5-7 PM
1 Session
Online Live

Mar 7
LeeAnn Krusemark
Class ID: 7424 \$45

NEW Using Amazon Kindle Direct to Self-Publish a Book for Free

Whether you're looking to publish a paperback novel or short e-book now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio. Informative handouts for future use are included in class fee.

Sat 11 AM-12 PM
1 Session
Online Live

Mar 11
LeeAnn Krusemark
Class ID: 7426 \$30

NEW Be a Better Writer: 10 Easy Tips to Improve Your Writing Now

We write everyday: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with

a downloadable workbook full of writing tips and tricks, which is included in the class fee.

Sat 2-4 PM
1 Session
Online Live

Mar 11
LeeAnn Krusemark
Class ID: 7425 \$45

Mind, Body, Wellness

Please note: students enrolled in virtual classes will receive an email within 24 hours of class with log-in information. Please be sure to provide your personal email at the time of registration. Most virtual programs will be offered via Zoom.

NEW Chair Yoga

Become strong, stable, secure and balanced through LV chair yoga with Robin Goettel. Learn how practicing yoga also provides a sense of calm, better concentration and increased patience. Become familiar with specific yoga postures and their benefits in a safe environment as Robin shows you how to adapt moves for varying levels of flexibility. Mindful chair yoga can help you move gradually into a state of inner peace through breathing techniques and restorative relaxation poses. *Please wear comfortable clothing. Students will need to have a chair and a belt or strap to use for participation during class.*

Sat 9:30-10:20 AM
5 Sessions
Online Live

Jan 28-Feb 25
Robin Goettel
Class ID: 7529 \$35

Strength Cardio Core

This class will provide you with an opportunity to cross train by participating in two different training methods. This functional fitness class will encourage coordination skills, tone your body, zap calories and metabolize fat. You will build a strong core: abs, hips and back, to support and improve what you do every day. Start at a beginner's level and gradually increase to a more advanced level as improvement is shown. We will also incorporate a HIIT (High Intensity Interval Training) method of exercise into this class. Have fun and burn calories long after class has ended. *Please bring water, a sweat towel and an exercise or yoga mat.*

Tue/Thu 4:45-5:15 PM
8 Sessions
CTC-121, IVCC

Jan 31-Feb 23
Tracie Klieber
Class ID: 7356 \$75

Tue/Thu 4:45-5:15 PM
8 Sessions
CTC-121, IVCC

Feb 28-Mar 23
Tracie Klieber
Class ID: 7357 \$75

Tue/Thu 4:45-5:15 PM
8 Sessions
CTC-121, IVCC

Mar 28-Apr 20
Tracie Klieber
Class ID: 7358 \$75

Tue/Thu 4:45-5:15 PM
8 Sessions
CTC-121, IVCC

Apr 25-May 18
Tracie Klieber
Class ID: 7359 \$75

Yoga Unique to You

Yoga challenges body and mind while building core power and improving stability. All levels of experience welcome. Learn sun salutations, standing postures, seated postures and vinyasa. Emphasis will be placed on correct body alignment, holding postures and meditative flow from one posture to the next. Coordination of breath (pranayama) and movement is also emphasized. *Please bring a yoga mat, towel and water. This class is offered in both a morning and afternoon option with choice of in-person or online live. Please be sure to select the appropriate Class ID when registering.*

MORNING CLASSES

Mon/Wed 6:30-7:30 AM *Feb 6-Mar 6
8 Sessions
CTC-121, IVCC
Online Live

*No class: Feb 20

Mon/Wed 6:30-7:30 AM Mar 8-Apr 3
8 Sessions
CTC-121, IVCC
Online Live

Mon/Wed 6:30-7:30 AM Apr 5-May 1
8 Sessions
CTC-121, IVCC
Online Live

Mon/Wed 6:30-7:30 AM May 3-May 31
8 Sessions
CTC-121, IVCC
Online Live

AFTERNOON CLASSES

Mon/Wed 4:45-6 PM *Feb 6-Mar 6
8 Sessions
CTC-121, IVCC
Online Live

*No class: Feb 20

Mon/Wed 4:45-6 PM Mar 8-Apr 3
8 Sessions
CTC-121, IVCC
Online Live

Mon/Wed 4:45-6 PM Apr 5-May 1
8 Sessions
CTC-121, IVCC
Online Live

Mon/Wed 4:45-6 PM May 3-31
8 Sessions
CTC-121, IVCC
Online Live

NEW Herbs for Winter Blues

The darker days of winter can take away some of your sparkle. Learn which herbs and foods can bring more sunshine into your world and keep you buoyant and enlivened when the temperatures dip and the skies are gray. We'll discuss an array of herbs-including lemon balm, St. John's wort, holy

basil and motherwort-and creative ways to use them in food and medicine. Recipes and demos included.

Thu 6-8 PM
1 Session
Online Live

Feb 9
TBA
Class ID: 7563 \$29

NEW Kick the Sugar Habit

Learn the 7 secrets to fighting your sugar cravings! Join certified health coach Alina Warner to discover why you crave sugar at certain times and why sometimes those cravings feel out of control! Master your cravings and kick the sugar habit without giving up sweetness!

Wed 6-7 PM
1 Session
Online Live

Feb 22
Alina Warner
Class ID: 7419 \$19

NEW Mindful Eating

Learn what emotional eating is and how to recognize it. Discover a simple way to turn on your full digestive power. Learn the seven strategies to eat mindfully and implement a new meal ritual.

Thu 6-7 PM
1 Session
Online Live

Mar 2
Alina Warner
Class ID: 7420 \$29

Photography

Photography for Beginners: DSLR

This course will introduce the students to DSLR cameras, lenses and accessories. The course will cover basic photographic concepts including exposure, color balance, lighting and composition. Basic concepts and real-world applications of digital imaging will be discussed. Students will review and discuss photos presented by the instructor as well as student work. Assignments will reinforce what is learned in a fun and upbeat atmosphere. This class will meet both indoors and outdoors, weather permitting. Class size is limited to 8-10 students. *Students should bring a digital SLR camera, lens, memory card and camera manual to class.*

Tue 6:30-9:30 PM
6 Sessions
E-320, IVCC

Mar 14-Apr 18
Doug Dellinger
Class ID: 7410 \$169

Portrait Photography

Pre-requisite: Students should have completed Photography for Beginners: DSLR or have permission from the instructor to register for this class. Portrait photography is a useful skill; whether you want to take better pictures of your family or are considering expanding your business portfolio. This class will include quality and direction of light, light patterns, measuring light and types of light. Explore camera lens selection for portraits. Learn the principles of subject placement, posing and camera angles. You will also have an introduction to Adobe Photoshop for portraiture retouching and an overview of the business of portraiture. Bring a

digital SLR camera, lens, memory card and camera manual to class. *This class will meet both indoors and outdoors, weather permitting. Students should bring a digital SLR camera, lens, memory card and camera manual to class.*

Tue 6:30-9 PM
6 Sessions
E-320, IVCC

May 2-Jun 6
Doug Dellinger
Class ID: 7411 \$169

Photographing Wildflowers of Starved Rock

Attention wildflower and photography enthusiasts. Join photographer David Anderson for a morning presentation at IVCC of his photographs of the beautiful wildflowers found at Starved Rock State Park. You will learn how to photograph and identify the various species and find out where and when they bloom. Some of the medicinal qualities and uses of the flowering plants will also be explained. *In the afternoon, your class will continue with an outdoor session at Starved Rock State Park where David will lead you on a nature hike to view, identify and photograph wildflowers. Students will provide their own transportation to Starved Rock. Please bring your camera, hiking boots, sack lunch and water.*

Sat 10 AM-4 PM
1 Session
CTC-216, IVCC

Apr 22
David Anderson
Class ID: 7517 \$45

Creative Arts

NEW Hand-Painted Snowman Sign

Follow along step-by-step with IVCC instructor Jyllian Ossola as we create a hand-painted snowman sign. Display indoors or out. Completed signs will be 3' tall x 7" wide. Find an example of this project on our website. **A \$15 material fee is payable to the instructor the day of class.**

Mon 5-8 PM
1 Session
RM 117, Bldg. J,
IVCC East Campus

Jan 30
Jyllian Ossola
Class ID: 7351 \$39

NEW "Pour Your Heart Out" Acrylic Paint Pouring

Acrylic pouring is a fascinating fluid painting technique! Join us for this new class offering! We will create three canvases in class. One - 8" x 10" rectangle canvas so that we can learn and practice paint pour techniques. Then, we will create two - 8" heart shaped canvas for a truly unique project. All supplies included. *Ages: 8+ Children can register and attend class with an adult over the age of 18 who is also registered and attending class. Please bring: two cookie sheets or equivalent size boxes to transport your finished art at the end of class.*

Thu 6-8 PM
1 Session
CTC-123, IVCC

Feb 2
Lucy Schmidt
Class ID: 7095 \$46

NEW Heart to Heart Painting My Green-Up & Me

Paint together! Bring grandma, grandpa, aunt, uncle, mom, dad or all-around favorite person. Each person paints their own 11" x 14" canvas. Each canvas can be displayed by itself, but when the canvas' are put side by side, they also combine to create one picture. All supplies included. *Ages: 6+ Children can register and attend class with an adult over the age of 18 who is also attending class.*

Sat 10 AM-12 PM
1 Session
CTC-123, IVCC

Feb 4
Lucy Schmidt
Class ID: 7097 \$49/
couple

NEW Barn Quilt Garden Flag

Add color and character to any outdoor space - rural, urban or anywhere in between. Choose from a variety of patterns and pre-select the colors of your choice prior to class. Projects will be 11.25" tall x 11.25" wide. Hooks will be provided. Sign hangers are not included. **A \$15 material fee is payable to the instructor the day of class.**

Mon 5-8 PM
1 Session
RM 117, Bldg. J,
IVCC East Campus

Feb 6
Jyllian Ossola
Class ID: 7544 \$39

Weeknight 2-Foot Barn Quilt Class

This is a smaller version of our popular 4-foot barn quilt class. We will complete a 2-foot project in this shorter one-night class. Choose from a variety of patterns including the two-color stain and paint designs. The 2-foot project is the perfect size to display indoors, on your she-shed, garden shed, on your front porch, or even in the garden. **A \$25 material fee is payable to the instructor the day of class. Bring a roll of 1" painters tape, yardstick and snack or sack lunch.**

Thu 5-8:30 PM
1 Session
RM 117, Bldg. J,
IVCC East Campus

Feb 16
Jyllian Ossola
Class ID: 7547 \$39

NEW Watercolor Pet Portraits

Learn about the watercolor medium and techniques. Use these skills to craft a watercolor portrait of your pet. You will create a baseline comfortability with watercolor and the basics of materials, tools, techniques, color, value and "seeing" your subject will be explored. No experience necessary. *Students will be asked to submit a photo of their pet by email approximately two weeks prior to class. The picture of your pet should be taken with a focus on the pet's head/face instead of a full body photo. Students will receive a list of art supplies to purchase prior to class.*

Sat 9 AM-12 PM
1 Session
B-101, IVCC

Feb 25
Julie Jenkins
Class ID: 7105 \$45

Pre-registration is required for all classes. Online registration is encouraged to ensure availability of classes.

Payment is due at the time of registration.

REGISTER NOW:

Online
ivcc.edu/enroll

Mail [request a registration form]
 Continuing Education Center
 815 N. Orlando Smith Road
 Oglesby, IL 61348

Phone
 Please call (815) 224-0427

Fax
 (815) 224-0276

In Person
 IVCC – Continuing Education
 Room CTC-219
 815 N. Orlando Smith Road
 Oglesby, IL 61348

REGISTRATION CONFIRMATION
 You will receive a confirmation of your registration by email.

REFUND/CANCELLATION POLICY
 To cancel your registration before a class starts, please call (815) 224-0427. Refunds will be issued to students who cancel the class at least one business day prior to the class date, unless otherwise noted. Programs with different refund policies are so stated at point of registration.

The Continuing Education Center reserves the right to cancel class due to low enrollment or other extenuating circumstances. If a class must be canceled by the Continuing Education Center, you will receive a full refund.

NEW Earth Day Paper Clay Project

Celebrate Earth Day by creating a tree stump planter out of recycled newspaper, plastic water bottles & cardboard. Participants in this workshop will learn how to use recycled materials to make paper clay which can be used to create sculptural projects for a very low cost. *Professional development hours are available for K-12 educators. This class is open to anyone who is interested in learning to make paper clay which can be used for a variety of art projects. Includes all materials needed for the workshop, a lesson plan and a kit with enough tools and materials to facilitate a classroom project.*

Tue/Thu 5-8 PM
 2 Sessions
 Rm 117, Bldg. J
 IVCC

Mar 21 & 23
 Suzanne Shafer-Wilson
 Class ID: 7527 \$135

Tue/Thu 5-8 PM
 2 Sessions
 Rm 117, Bldg. J
 IVCC

Apr 4 & 6
 Suzanne Shafer-Wilson
 Class ID: 7528 \$135

NEW Easter Gnome at Habitat ReStore

Join us at Habitat ReStore-Peru as the popular gnome series continues! This class will feature an Easter themed gnome complete with bunny slippers on a 16" x 20" canvas. All supplies included. *Ages: 10+. Children can register and attend class with an adult over the age of 18 who is also attending class.*

Sat 10 AM-1 PM
 1 Session
 Habitat ReStore,
 Peru

Mar 25
 Lucy Schmidt
 Class ID: 7098 \$39

Painted Barn Quilt

Please register at least one week prior to class for planning purposes.

Not just for barns... barn quilts also look great on your porch, fence, chicken coop, garden shed, pole barn or even over your fireplace. Add a unique, personal touch to your urban or rural homestead with a handcrafted, authentic piece of American art. Prior to class you will pre-select your pattern from options provided by the instructor. The possibilities are endless when you choose the colors of your choice. Move through each step – drafting, taping and painting – with careful attention to detail. **There is a material fee payable to the instructor the day of class. \$25 for 2-foot project and \$40 for 4-foot project. Bring a roll of 1" painter's tape and a yard stick to class.**

Sat 8 AM-12 PM
 1 Session
 RM 117, Bldg. J,
 IVCC East Campus

Mar 25
 Jyllian Ossola
 Class ID: 7548 \$55

Sat 8 AM-12 PM
 1 Session
 RM 117, Bldg. J,
 IVCC East Campus

May 13
 Jyllian Ossola
 Class ID: 7546 \$55

NEW Spring Rainboots with Flowers

You know what they say... April showers, bring May flowers... Follow along step-by-step as we create a 16" x 20" painting of classic rainboots with flowers. All supplies included. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.*

Tue 6-9 PM
 1 Session
 CTC-123, IVCC

Mar 28
 Lucy Schmidt
 Class ID: 7099 \$39

Refurbished Furniture Class

Do you have a piece of furniture that you love but needs a little TLC? Bring it to IVCC's painting workshop and give it a facelift! Students will learn to paint, distress, and glaze a small piece of furniture or decor that they bring in such as end tables, coffee table, quilt rack, mirror or chair. Visit Habitat ReStore-Peru to find the perfect piece for class. We are going to be highlighting some pieces in store and on our Facebook page. Piece must be small enough to comfortably carry into class by yourself and should not need to be repaired or sanded before refinishing. An antique white distressing kit will be provided, and students will take home the remainder of the supplies. *Please bring your project piece and a sack lunch. A \$25 material fee is payable to the instructor the day of class.*

Sat 9 AM-3 PM
 1 Session
 Habitat ReStore,
 Peru

Apr 22
 Jyllian Ossola
 Class ID: 7545 \$65

Paint Your Home! Watercolor Home Portraits

Learn about the range and flexibility of watercolor medium. Use these skills to craft a watercolor portrait of your home (or other similar structure of your choice.) You will create a baseline comfortability with watercolor and the basics of materials, tools, techniques, color, value and "seeing" your subject will be explored. No experience necessary. *Students will be asked to submit a photo of their home (or similar structure) by email approximately two weeks prior to class. The picture of your home should be taken from the front, as straight as possible. If you wish to paint a different structure such as a barn or other architectural structure the same applies for the sample photo. Students will receive a list of art supplies to purchase prior to class.*

Sat 9 AM-1 PM
 1 Session
 B-101, IVCC

Apr 22
 Julie Jenkins
 Class ID: 7514 \$55



NEW **Yellow Finch with Cherry Blossoms**

No experience necessary! Think you're not artistic? Think again. Everyone has an inner artist just waiting to be discovered. Follow along step-by-step with your instructor as we create an acrylic painting featuring two yellow finch birds on spring branches on a 16" x 20" canvas. All supplies included. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.*

Wed 6-9 PM
1 Session
CTC-123, IVCC

Apr 26
Lucy Schmidt
Class ID: 7100

\$39

Hogwarts Landscape Painting

"Hogwarts will always be there to welcome you home," Muggles and Wizards! Follow along step-by-step as we create a silhouette painting of the legendary and beloved castle. Choose your favorite house colors as the background to your night sky. All supplies included. *Ages: 10+ Children can register and attend class with an adult over the age of 18 who is also attending class.*

Tue 6-8:30 PM
1 Session
CTC-123, IVCC

May 2
Lucy Schmidt
Class ID: 7101

\$39

NEW **Birdhouse with Summer Flowers**

This class is "for the birds." Follow along step-by-step as we create this 16" x 20" acrylic landscape painting of a wood birdhouse on a fence with summer flowers growing from the pasture below. All supplies included. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.*

Thu 6-9 PM
1 Session
CTC-123, IVCC

Jan 1
Lucy Schmidt
Class ID: 7102

\$39

SAT Test Prep & Youth

SAT Test Prep

Prepare for the SAT (Scholastic Aptitude Test). You will learn test-taking skills, answering strategies for handling each type of question, time restraints and the SAT scoring system. This class is designed to coach you to do your best on the SAT and demystify college admission testing. Preparing for the SAT will not produce perfect scores, but it will improve your score by reducing "test anxiety" that can limit your performance during the exam. Please bring a pen/pencil and notepaper to class. This course meets for two sessions. This class will also review practice questions for the English, Reading & Math portions of the exam. A textbook "Accelprep for the SAT Test" is included in the price of this course. Students will be able to use this text to continue preparing

for the exam after the class has ended. Seating is limited. *Classes will be held at IVCC's Main Campus in Oglesby.*

*Registration deadline: Feb 10
Sat 8:30 AM-12:30 PM Feb 18
Sat 8:30-11:30 AM Feb 25
Tricia Haynes & Bernie Moore
Class ID: 7511

CTC-120
CTC-215
\$135

*Registration deadline: Feb 18
Sat 8:30 AM-12:30 PM Feb 25
Sat 8:30-11:30 AM Mar 4
Tricia Haynes & Bernie Moore
Class ID: 7512

CTC-120
CTC-215
\$135

Virtual Youth STEAM Classes

This spring, IVCC has a variety of opportunities available for kids ages 8+ to participate in live online STEAM programs. Classes are interactive, include live support and small break-out session with coaches. Emails will be sent the week prior to each camp with course keys and log-in instructions. Jump-start your future in creative tech with Illinois Valley Community College and Black Rocket!

Find full details and a complete listing of Virtual STEAM camps at

blackrocket.com/ivc

Minecraft Club

Have fun playing Minecraft and learning new tricks from our Minecraft Masters. Each Friday one of our coaches will teach a new technique and challenge to the club and let you show off your skills.

Fri 6-7 PM
Live Online

Jan 13-Feb 17
Ages: 8-14

\$79

Python Programmers

Learn the world's fastest-growing programming language favored by Google, NASA, Youtube and the CIA. Learn how to code with Python to create engaging apps and games.

Sat 8:30-10:30 AM
Live Online

Jan 14-Feb 18
Ages: 8-14

\$169

Roblox Makers

Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design.

Sat 8:30-10:30 AM
Live Online

Jan 14-Feb 18
Ages: 8-14

\$169

Minecraft Modders

Customize your own Minecraft world and mod the classic game in this one of a kind class. Learn scripting and logic statements as you create your first mods.

Mon/Wed 4-5:30 PM
Live Online

Jan 23-Feb 15
Ages: 8-14

\$169

Code Breakers

Calling all future coders, programmers, & designers! Learn the basics of coding languages like HTML, JavaScript, and CSS through a series of web projects and design challenges each day and be on your way to becoming the next tech star!

Tue/Thu 4-5:30 PM
Live Online

Jan 24-Feb 16
Ages: 8-14

\$169

NEW **Beats & Jams: Digital Music Creators**

Just like today's top artists, you can design your own beats or remix a mashup of your favorite songs to become a digital composer and sound engineer. In this course, students will learn to produce digital music, record sound, make sound effects, and mix their own tracks.

Sat 8:30-10:30 AM
Live Online

Feb 25-Apr 1
Ages: 8-14

\$169

NEW **Cloud Gamers: Mobile App Development**

Build games you can play everywhere and anywhere using a web-based development tool. Learn in-demand skills like programming events and coding controls for a touch screen or keyboard and mouse. Finish by personalizing levels and characters with your own design.

Mon/Wed 4-5:30 PM
Live Online

Feb 27-Mar 22
Ages: 8-14

\$169

Young Coders

Every child can code! Develop your skills as a young coder by exploring block coding, JavaScript, and Python concepts while making your own playable mini games.

Tue/Thu 4-5:30 PM
Live Online

Mar 28-Apr 20
Ages: 8-11

\$169

Spring Break Program

NEW **Beats & Jams: Digital Music Creators**

Mon-Thu 8:30-11:30 AM
Live Online

Apr 3-6
Ages: 8-14

\$169

Spring Break Program

NEW **Cloud Gamers: Mobile App Development**

Mon-Thu 12:30-3:30 PM
Live Online

Apr 3-6
Ages: 8-14

\$169



IVCC's Summer Ed'venture Camp for Kids provides a variety of exciting and educational opportunities for youth ages 5+. Camps are designed around career exploration and provide fun activities that promise to provide enrichment learning and develop and build key skills for future success. The summer 2023 schedule will be available in April. Visit ivcc.edu/summercamp

Programs are coordinated by the IVCC Continuing Education Center.





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