

▶ Summer 2014

# Communiversality

*Enrich Your Life with Quality Courses*

Try your  
hand at  
***Something  
New***



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UNIVERSITY OF   
Cincinnati



# Welcome!

May, June, July and August classes

## Why not try your hand at something new this Summer?

Transform yourself as you take a class to

- understand your world in a new way
- explore a variety of rich cultural experiences
- discover something new about yourself
- whet your intellectual appetite
- develop a new talent or interest
- balance education with real life experience
- acquire skills to help you succeed

On- or off-campus, face-to-face and online classes abound.

Enrollment is easy —  
just a quick phone call

**513-556-6932**

or a few mouse clicks away

**[uc.edu/ce/commu](http://uc.edu/ce/commu)**



**Grow your Garden**

*Join the fun and learn something new with our noncredit classes!*

*Donna Burns*

Donna Burns  
Director, Community



**Take up a Sport**



**Learn to Earn**

Icons courtesy of wpzoom.com



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# Arts & Handicrafts

Classes in antiques, art, bead jewelry, painting, pottery, stained glass, etc.

## Drawing Mandalas: Expression through Circular Designs

Learn to create and design your own mandalas, circular designs created through the use of repeated images and geometries. In one evening you will learn the basics of circular geometry, how to divide spaces, and how to use that knowledge to create wonderful artworks to treasure and share. Use the skills and supplies you acquire in the class to create as many designs as you like. No previous art experience is necessary. If you can, please sign up 5 days in advance so instructor can order supplies at the best price.

*Alisa Strauss has years of experience creating and designing stained glass pieces, blown glass sculptures, jewelry, graphic designs, and pencil and ink artworks. She has won a variety of awards and has been featured in museum exhibits and art shows.*

Wed., 6:30–9 pm; June 18; \$29, plus \$20 supply fee payable to instructor for complete kit so you can make multiple designs in and out of class; #3718-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Historic Homes and Heritage

This excursion is to an 1807 mansion designed by the very same architect who decorated the White House for legendary First Lady, Dolley Madison. Benjamin Henry Latrobe designed Adena House, the home of the 6th governor of Ohio, Thomas Worthington. This Chillicothe landmark is one of only 3 houses he designed that are still standing in the USA. Latrobe, no stranger to low self-esteem, after designing houses in Philadelphia boasted "I have changed the taste of an entire city." Adena House awaits you with its restored interior with beautiful antiques and paintings. And best of all, the mansion still boasts 300 acres of its original tree filled grounds. You will visit the house's museum center, tour the mansion, and stroll through the gardens. Then, we'll lunch in downtown Chillicothe, Ohio's first capital plus visits to other Chillicothe historic sites, including a recently restored 1820's neo-classical house.

*Frank Farmer Loomis IV is a fine arts appraiser, author, journalist, lecturer and NPR talk show host.*

Sat., 10:30 am–4 pm; June 28; \$49 (no discounts), plus lunch and admission fee at own expense; #3116-01

Location: Meet at the Adena Mansion & Gardens, Chillicothe, Ohio

## Jewelry Making: Mixed Media Necklace and Matching Earrings

Combine two jewelry techniques to create a contemporary, unique pendant necklace and a pair of matching earrings. Learn how to make wraps, coils, charms and to boost jewelry by adding diverse materials to create a pendant necklace and matching earrings. The instructor will bring jewelry tools but you are welcome to bring your own (plier sets) if you have one. No prior experience needed.

*Banu Kesavalu is a beading and polymer clay artist with experience of 15 years.*

Sat., 11 am–1 pm; July 12; \$24, plus \$20 supply fee payable to instructor in class (includes jewelry findings, leather cord, ribbons, fiber, Swarovski crystals, metal chain, and supplies to complete the in-class projects); #3727-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Jewelry Making: Polymer Clay Stamping Technique

Create and take home a shimmery stamped pendant necklace and a pair of matching earrings with polymer clay, which is oven baked clay! Learn how to condition, color-match, and stamp using embossing powders; to bake and gloss polymer clay, create textures and to pierce holes through beads/charms to make the pendant and earrings. The instructor will bring an oven and tools but you are welcome to bring your own jewelry tools (plier sets) if you have them. No prior experience needed!

*Banu Kesavalu is a beading and polymer clay artist with experience of 15 years.*

Sat., 11 am–1 pm; July 19; \$24, plus \$20 supply fee payable to instructor in class (includes polymer clay, embossing powders, gloss, bead piercing pins, jewelry findings, jewelry cord and supplies to complete the in-class projects); #3728-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Oriental Brush Painting in a Day

Begin with the basics and end with beautiful paintings! You'll learn simple, quick strokes that can enhance your painting skills while learning the Oriental way of the brush. No drawing needed; you will produce paintings of flowers, animals or landscapes using only brush strokes. Experience painting with unique brushes, ink and paper for a relaxing and creative day.

*Jean Vance, MFA, MA, has that rare combination of being a talented artist and a gifted teacher; and she especially enjoys introducing adults to the fun of painting. She has studied Oriental Brush Painting since 1982 as the demonstrating artist with the First Ohio Trade Fair in Wuhan, China.*

Your choice of dates:

Sun., 10 am–4 pm; May 25 OR

Sun., 10 am–4 pm; Aug. 24

Fees: \$69 (no discounts), plus lab fee of \$20 for Oriental paper, Chinese brushes, ink stone and ink sticks, colored inks and painting pads used in class, plus all handouts — payable to instructor in class. No supplies needed; #3717

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Plein-Air Painting: Cincinnati Landscape

Using impressionistic painting techniques, we'll meet in scenic parks to work outdoors. We'll scout out a desired spot, then do sketches and color studies to prepare and finish a larger painting that captures the impression of light and color of the Cincinnati landscape. Designed for both those with previous oil painting experience and those who have taken the beginning plein-air class, this class will take you beyond the basics.

*Richard Lushek studied classical painting under Boston painter Paul Ingbretson for three years after earning his BFA degree with UC's DAAP program. He is a working artist who maintains his own art studio.*

Sat., 9:30 am–1 pm; (bring a brown bag lunch or snack if you wish); June 21–July 12; 4 wks; \$110 (no discounts), supplies are the student's responsibility. A list will be sent with your enrollment confirmation (or see "Current Courses" in our online catalog); #3505-01

Location: First class meets at artist's studio in Eden Park; then at various parks thereafter

## Watercolor in a Day

Try something new, you'll like it! Learn the basics, explore a wealth of tips and techniques, and delve into composition and color mixing. Jean teaches through demonstration, hands-on experience, and individual coaching. Experience the joy of painting, of self-expression, and of seeing the world in a new way as you create your own original paintings. All are welcome, no experience necessary.

*Jean Vance, MFA, OWS, MA, has that rare combination of being a talented artist and a gifted teacher; and she especially enjoys introducing adults to the fun of painting.*

Your choice of dates:

Sat., 10 am–4 pm; May 24 OR

Sat., 10 am–4 pm; Aug. 23

Fees: \$69 (no discounts), plus lab fee of \$30 (payable to instructor in class) for use of brushes, paper, paint, mixing palettes, and all supplies used in class, plus all handouts. No supplies needed; #3508

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Wire Wrap Jewelry Making

In this class, you will make a wire wrap linked bracelet and earrings (or a pendant if you'd rather) using head pins. Both pieces will incorporate anti-tarnish silver plated wire and glass beads (we'll give you a variety to choose from in class). Learn to wrap, twist, and sculpt wire using simple tools and materials (you will not wrap beads or stones). After practicing a bit, you'll find you can create your own unique jewelry to get the same effect you see in pieces in upscale boutiques.

*Megan Painter will guide you through the process of creating professional looking jewelry.*

Wed., 7–9 pm; Aug. 27; \$24 (no discounts), plus \$20 supply fee payable to instructor in class (includes all beads, wire, clasps, and supplies to complete the in-class projects); #3708-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)



**Make Jewelry with Banu**



# Astronomy

*Classes in planets, sun, moon, stars, galaxies and constellations.*

**Astronomy Classes at Cincinnati Observatory Center** are held atop Mt. Lookout in one of our city's true treasures, where the views are great (and the parking is free)!

## Behind the Scenes at the Observatory

Look to the heavens through the oldest continuously used telescope in the world; explore the depths of the 1873 observatory including its attic and basement; and learn why President Adams laid the observatory's original cornerstone in 1843. Hear the fascinating history of the founding of the observatory; investigate how the 19th century astronomers determined time for the city of Cincinnati; discover why the observatory was designated a National Historic Landmark; and find out what is in store for the future. The Moon will be viewed through the telescope following the program, weather permitting.

*John Ventre is the historian with the Cincinnati Observatory Center.*

Mon., 7:30–9:30 pm; July 7; \$22, #1207-01

## Echoes of the Ancient Skies: Mythology of Ancient Civilizations

Come and discover the intriguing world of archaeoastronomy through mythology. Various interpretations of astronomical mythology will take you on a journey to a plethora of places around the world like those of Egypt, China, Greece, South America and more. Travel to a time when those praised the Egyptian goddess Nut to of Phaethon and the golden chariot of his father Helios. All over the world, through countless centuries, people have looked skyward for inspiration and guidance in their lives and activities. The vast influence and the human achievements born out of such influence have led to the study of ancient civilizations' observations of the skies and its role in their culture, including religious customs, economic practices and overall structures of society. We will finish up this wonderful experience by doing some stargazing of our own through the oldest public telescope in the country. If the weather does not permit viewing, we shall go on a tour of the Cincinnati Observatory.

*Aashi Mital is a historical consultant at the Cincinnati Observatory and is a professional archaeologist who focuses on the Archaic Period of Greece and Egyptology.*

Mon., 8–10 pm; Aug. 4; \$22, #1239-01

## Planetology: Unlocking the Secrets of the Solar System

Believe it or not, the current exploration of the solar system has little to do with astronomy. Find out how knowledge of the Earth itself and an understanding of its physical processes help us grasp the very nature of other terrestrial planets.

*Terry Endres is a presenter with the Cincinnati Observatory Center.*

Tues., 7–9 pm; Aug. 12; \$22, #1234-01

## Search for Life on Other Worlds

Throughout the millennia, people have looked in awe at the vast, starry sky and asked, "What is out there?" In this session we will investigate the possibilities for life on other planets within our solar system and on planets orbiting other stars. We will discuss what conditions are thought to be necessary to sustain life, the wide variety of extreme conditions in which life thrives on Earth, how we will be able to identify alien life if we find it, and how signs of life might be found even on very remote planets. You will also learn about some citizen science projects that invite you to participate in the search for extrasolar planets and possibly even intelligent alien life. Saturn will be viewed through the telescope following the program, weather permitting.

*Michele Lierl is a physician, long time presenter for the Cincinnati Observatory Center and president of the Friends of the Observatory.*

Mon., 8–10 pm; June 23; \$22, #1238-01

## Stargazing 101

Constellations change in the heavens from season to season. In this class you will study the imaginative figures we call constellations. Learn to use a planisphere to find any constellation at any given time and date. If the weather is clear, we will go outside to find many of the brighter constellations; and you will also have the option of looking through the observatory telescope.

*Dean Regas is the outreach astronomer with the Cincinnati Observatory Center.*

Wed., 8–10 pm; July 16; \$22, plus \$4 optional materials fee for star chart payable to instructor at class; #1209-01



# Business & Career

Classes in business analytics, job seeking, career selection, floral business, inventing, land lording, social media, voice acting, etc.

## An Introduction to Voiceovers

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional voiceover artist. The current voiceover trends have made it easy and affordable for just about anyone to get involved. In this fun and empowering two-hour introductory workshop, you will learn about the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. You will have the opportunity to get a taste of what it's like to be a voice actor as you perform a real voiceover script. You will be recorded so that you can receive professional voiceover evaluation later. Come ready to laugh, learn and be inspired...

*Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.*

Your choice of formats, dates & locations:

One-on-One Live (1.5 hours): Arrange your personal session with your instructor at your mutual convenience, through us at 513-556-6932;

\$49 (no discounts), #1150-01

Location: Taught through iChat, Skype or over the phone — your choice

Face-to-Face Class: Fri., 6–8 pm; May 30;

\$39 (no discounts), #1140

Location: UC Victory Pkwy Campus OR

Face-to-Face Class: Mon., 6–8 pm; Aug. 4;

\$39 (no discounts), #1140

Location: UC main campus

## High Style Flower Arranging

Using store bought or home grown flowers and herbs, learn the basic principles of floral arranging and create beautiful centerpieces. In addition, you will discover ways to care and treat fresh cut flowers to maximize their use. You may apply class experience towards obtaining a job in the floral industry (the instructor has numerous contacts and leads) or simply use what you've learned in your own home or office decorating.

*Peachy Seiden founded, owned, managed and operated Peachy's Blossoms, Inc. for 25 years.*

Sat., 2–4 pm; July 19–Aug. 23; 6 wks; \$149

(no discounts), plus \$110 to cover entire cost of all greenery and fresh flowers for the series; it will be payable to your instructor at the first class. You create an arrangement each week and you get these materials at cost. Bring sharp scissors, vase or container (maybe something fun like a teapot or a watering can);

#1145-01

Location: 7400 Montgomery Rd. (Silverton)

## Shared Leadership in the Workplace

Building a better workplace starts with you! In this six-module shared leadership workshop, you will earn C.A.R.E. Certification (the acronym stands for Courage to take Action Relevant to Everyone). Gain access to real case studies and lessons learned from experts with over thirty years of real corporate workplace experience. Master nine key components, delve into workplace concerns, motives and mentors, C.A.R.E. efficiency assessments, and effect changes your teammates, co-workers and supervisors will notice. Learn how to revolutionize your career by enhancing your relevance and becoming a "go-to" person in the workplace. Once C.A.R.E. certification is achieved, you will be looked upon as a leader, mentor and partner, NOT just a resource.

*Charlie Lobosco is a certified seminar leader, author and Technology VP with almost 40 years of experience in the corporate workplace. His C.A.R.E. brand was awarded the Presidents service award in 2012. Eva Lewandowski is a certified life coach and consultant with over 25 years of experience in the corporate workplace. Together they bring incredible energy and enthusiasm to the classroom.*

Sat., 10 am–4 pm; July 26 & Aug. 2; 2 days; \$99, includes workbook, C.A.R.E. pin and certification; #1156-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)



### Online Classes Available

Visit [ed2go.com/uc](http://ed2go.com/uc)

Then select "Business;" click on "Start Your Own Business" to explore careers in Event Planning; Arts & Crafts; Consulting; Pet Sitting; Tour Director, and more....



Learning at Your Fingertips



# Certificate Programs for Professional Development

## Online Certificates and Courses

- Led by expert instructors
- Interactive discussion areas
- 24/7 access; work at own pace
- Audio/slide presentations
- Supplemental readings included
- Retake class at no charge (up to 12 months)

See course details: content, outlines, objectives, outcomes, instructor bios, and how to enroll at [yogotclass.org/catalog.cfm/Ucincinnati](http://yogotclass.org/catalog.cfm/Ucincinnati)  
Questions? Call 513-556-6932

*Take all courses in a category to earn a certificate (many certificate programs are comprised of stand-alone courses that you may take individually) Fees and course lengths vary.*

## Courses Begin June 2; July 7; August 5

### Business Coaching Certificate

Mentoring and coaching are being used more frequently in organizations to improve leadership competencies and provide employee support. It has benefits for both employer and employee. Acquire skills to develop, implement, and support coaching and mentoring programs in your workplace. Improve your employees' performance and create a working environment they will find truly rewarding. (Two-month online program begins June 2)

### Business Research Certificate

Get the skills needed to effectively communicate research results to a specific audience for maximum impact and effective decision making. For business professionals, entrepreneurs, and anyone who needs specific information about a business or about a particular topic such as market potential, competitive intelligence, standard industry practice, productivity improvement, etc. Acquire the specific knowledge you need to succeed in your research quest. (Three-month online program begins June 2)

### Data Analysis

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Add a whole new skill set to your portfolio. Learn how to compare groups for differences, know the statistics behind these groups and variables; learn how to perform inquiries, and gain skills to communicate results through graphs and text that your fellow employees will understand. Introductory, Intermediate and Advanced Levels available. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

### Designing Webinars

Find out 4 key strategies to make webinars successful, 5 secrets to creating high response surveys, when and how often to promote, how to generate more leads, the ideal planning timeline, and our unique needs assessment model. Market research can be simple, no-cost and effective, lowering your risks. (Take both courses to earn a certificate OR take either of the two components that interest you; begins June 2; Aug. 5)

### eMarketing Essentials

Learn all about eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising. You need have no eMarketing experience to take this course; if you are already at an advanced level, know that your instructors are experts who can provide the latest most advanced information and answer your toughest questions. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

## What People Like Best...

**“My first online course,  
surprising!  
Great content and  
motivational insights.”**

*Students in “Certificate Program” course*

## Inbound Marketing

Inbound marketing is a way to help potential customers find you through organic search, which is a process of using your website in a way that it attracts visitors naturally through search engines, the blogosphere, and social media. Inbound marketing is more effective than outbound marketing, where you push sales messages to your potential customers. Inbound marketing is the future of the way we will market in the 21st century. Discover how to attract customers to your site, what kind of content to share with them, how to use landing pages and forms to collect names and email address, and how to implement lead-nurturing campaigns that result in sales.

(Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

## Individual Classes Online

Month-long classes are also available in the following areas: Accounting and Finance for Non-Financial Managers; Negotiation: Interview Skills; Evernote; Marketing with Images; Media Buying Strategies... PLUS a dozen others. For details and a complete listing, visit us online at [yougotclass.org/catalog.cfm/Ucincinnati](http://yougotclass.org/catalog.cfm/Ucincinnati)

## Managing Social Media Platforms

Different social networks have distinct characteristics, different features, and are used to develop a two-way communication and marketing strategy for your organization. Get a skill set for working and managing different social media platforms. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing. You will get a firm foundation in Twitter, LinkedIn, and Facebook platforms. Come away with both an understanding of these social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

## Presentation Media

Presentation media are keys to communication, sales, speeches and any other effective presentations today. Whether your presentation is online or in-person, presentation media not only enhance your message but often make your message successful. Find out how to use Prezi, the new slide software that goes beyond one-dimensional presentations, and the finer points of Photoshop for presentations. Then discover the design elements to creating visual presentations for success using any media. Take away critical skills for both training yourself and others in your organization. You will come away with the latest, most advanced practical and design knowledge in presentation media. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)



## Mobile Marketing

More than half of U.S. consumers who've made purchases on their smartphone have done so in response to a mobile marketing message. Smartphones' sales will exceed 420 million in 2014. Analysts forecast these sales will surpass 1 billion by the end of 2016. The way consumers are interacting with brands and connecting to the world is changing because of mobiles. Find out about location-based marketing, mobile payments, QR codes, applications, and mobile coupons. You will learn how mobile marketing can increase your capabilities to retain current customers and gain new ones. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

## Non-Profit Administration

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus, and staff need to be even more productive. Get the best training on revenue generation for nonprofits, and program evaluation for nonprofits, with our Certificate in NonProfit Administration. You will come away with the latest best information from instructors who train people in nonprofits. (Take both courses to earn a certificate OR take either of the two components that interest you; begins June 2; Aug. 5)

## Social Media for Business

Get in on this exciting and growing way to communicate, market and serve your customers and clients. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Learn how social media is used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and formulate a plan to integrate social media into your communication and marketing. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

## Supervisory & Leadership Certificate

Ensuring the efficiency of your team is the key to your success and is your most important responsibility. Get practical, easy to understand, and insightful methods for new and even experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor's role and responsibilities, and strategies for improving your overall effectiveness as a leader. (Two-month online program; begins June 2)

## Video Marketing

Sight, sound and motion are much more compelling than static words on a page. Video is very hypnotic and it quickly speeds up the "know, like and trust" factor with your audience. Discover how to use simple online video to quickly command attention, bond with your viewer, drive traffic to your website, boost business and build brand awareness. Find out how to shoot simple, effective videos without costly fancy equipment or savvy technical skills. Learn how to dominate Google and YouTube with your video and to strategically use YouTube to market your business 24/7 -- even while you sleep. (Take both courses to earn a certificate OR take either of the two components that interest you; begins June 2; July 7)



### Online Classes Available

Visit [uc.edu/ce/commu](http://uc.edu/ce/commu)

Then select "Current Courses" and click on "Certificate Programs" for all the details!

## Other Certificate Programs:

### Customer Service

Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. (Begins June 2; July 7)

### Entrepreneurship

Get the latest on planning your business, creating a business plan, and using a step by step approach to attract and keep customers. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

### Leadership Development

Discover your style of leadership. Discuss task completion, building relationships, changes in the workplace, utilizing your emotions in an effective manner, and addressing challenging goals. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)

### Management

Enhance your management skills as you delve into topics such as creating expectations, motivating employees, time and productivity, and generational differences in the workplace. (Take all courses to earn a certificate OR take any of the components that interest you; begins June 2, July 7; Aug. 5)

### Workplace Communication

Receive intensive preparation with skills and techniques that include conflict management, negotiation skills for a win-win outcome, and using personality profiles for better work performance. (Take all courses to earn a certificate OR take any of the 3 components that interest you; begins June 2, July 7; Aug. 5)





# Communication & Writing

Classes in communication, public speaking, relationships, writing, fiction, nonfiction, etc.

## Can I Blame It on My Siblings? Loves Lessons Learned

Sibling relationships are often the longest relationships we have, yet probably the ones we most take for granted. More than that, though, there is significant influence from our early childhood relationship to our love relationships. In fact, these early years can be considered a "first marriage," where you learn — or don't learn — skills necessary for successful adult relationships. In this session, we'll explore the childhood "laboratory," rigid roles, and unhealthy (unconscious) loyalty that impacts how you are and how you react to your partner. Now that you know these connections, what do you want to do to make changes?

*Karen Gail Lewis, MSW, EdD in Consulting Psychology and Family Therapy is a marriage and family therapist and an author of numerous books. She has been on faculty with UC College of Medicine, Virginia Tech, and Johns Hopkins.*

Fri., 6:30–8:30 pm; Aug. 1; \$29 (no discounts), #3315-01

Location: UC Victory Parkway Campus (historic Edgecliff by Eden Park)

## From Stage Fright to Stage Zen

Whether you're speaking at a podium, a meeting, a conference call, or at a party, the goal is the same — to have your opinion heard! This course provides the tools and support to help you overcome (not just hide) your fear of speaking. Courage takes practice. But it's hard to practice when your fear can be so overwhelming. In this course, we'll practice together in a safe, supportive, and fun environment. You'll learn to transform your fear into excitement, allowing you to fully connect with your audience (even an audience of one) by being yourself! Each week will consist of a short discussion, group exercises and easy homework to reinforce our discussion.

*Eva Lewandowski is co-founder of the VisionOp Group, a consulting, coaching, and training company. She is also a certified Life Coach, EFT practitioner, a member of SAG/AFTRA, and co-hosts a weekly radio show. She has also overcome debilitating stage fright.*

Mon., 6:30–8 pm; July 28–Aug. 18; 4 wks; \$99, #3313-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## How to Have an Awful Marriage

Just kidding... but since this is a funny workshop with the focus on communication in marriage, there will be lots of tongues in cheeks and you'll probably come away laughing. Have you noticed that men and women seem to speak a different language? Words can come between us in our relationships. Learn how the "purpose of conversation" is totally different for men than for women, as are questions, silence, gift giving, tears and more. Practice translating male and female language, and you'll be able to reduce 60–80% of your arguments and miscommunications. Both couples and singles are welcome.

*Karen Gail Lewis, MSW, EdD in Consulting Psychology and Family Therapy is a marriage and family therapist and an author of numerous books. She has been on faculty with UC College of Medicine, Virginia Tech, and Johns Hopkins.*

Fri., 6:30–8:30 pm; July 18; \$29 per individual (no discounts), plus \$10 (optional) for "Why Don't You Understand?" payable to instructor in class; #6154-01

Location: UC Victory Parkway Campus (historic Edgecliff by Eden Park)

## How to Write Your Memoir

Is writing your memoir a hobby? Your calling? Your legacy? Or is it a means of creating the legend that is you? Memoirs. Sure, you could simply list the events and facts of your life. But that's not very interesting. Do you want people to read it? Even the most interesting people in the world need to understand a few simple strategies in order to write a great memoir. It's not difficult, but it's not obvious, either. We will draw examples from hugely influential books such as "The Autobiography of Benjamin Franklin" and Viktor Frankl's "Man's Search for Meaning" and others. In class, we will reveal some of writing's greatest secrets: the things that aren't even whispered in the late-night TV infomercials. Do you want to learn to write better? Do you want to learn the strategies of writing a great memoir? This class is for you.

*Brian L Meyers is an entertaining and inspiring educator. He has taught writing for many years.*

Tues., 6:30–8:30 pm; July 8–29; 4 wks; \$99, #3314-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)



# Explore the World

Classes in trip planning, destination travel, sightseeing, cultures of the world, etc.

## The Intrepid Traveler Workshop

Whether you're a novice traveler or your passport is worn thin, come empower yourself to become a more capable, confident, and independent traveler. Topics include: passports, visas, flight bookings, accommodations, travel insurance, immunizations, cell phones, money conversion, safety issues, packing tips, culture-shock, and more. Create your own custom travel plan with personalized guidance in this two-part workshop.

*Simone Kuzma is the founder of Wanderlust: Wanderlearn, a Cincinnati-based company specializing in travel education and experiential trips.*

Sat., 9 am–12 pm; June 14 & 21; 2 mtgs – 6 hrs total; \$69, #1548-01

Location: UC main campus

## World Religions

Are you interested in learning more about the differing beliefs and traditions of people around the world? Here is your introduction to major world religions, including Abrahamic monotheisms (Judaism, Christianity, Islam), making up 45% of the world's population, and Asian religions (Hinduism, Buddhism), making up 20% of the population. Learn the basic tenants, history, and modern practices of these religious peoples, discover more about how religion affects culture and gain a greater understanding of people.

*Cherish Bolton, MA, is a doctoral candidate at the University of California, Irvine, where she studies European and South Asian history, with a focus on religious studies.*

Mon., 6:30–8:30 pm; July 7-21; 3 wks; \$69, #1068-01

Location: UC main campus

## France's Many Faces

France is a country of many dimensions with "something for everyone." It contains one of the most exciting and sophisticated cities in the world — Paris. Or if you prefer the countryside, there's the hill country of Provence, the chateaux in the Loire Valley, specially designed vineyard or restaurant itineraries, or even bicycle tours. There are Roman ruins near Avignon and prehistoric artifacts in the Dordogne region for history buffs. From the Riviera to the famous museums and cathedrals, this class will help you make the most of your sightseeing, transportation, and accommodations options.

*Vicky Mary, owner and president of Victoria Travel, shares her enthusiasm for travel along with her wealth of professional experience.*

Mon., 7–9 pm; June 23; \$24, #1301-01

Location: UC Victory Pkwy Campus (historic Edgecliff next to Eden Park)

## Hawaiian Islands

The rich diversity, natural beauty, and cultural history of these islands are unparalleled. Explore travel options and alternatives such as accommodations (like bed and breakfasts and the National Parks), points of interest, local customs and culture. Learn about the most popular islands: Kauai, the Garden Island; Hawaii, the Big Island; and Maui, everyone's favorite. Also explore some of the lesser-known isles, such as Molokai and Lana'i. Find out about snorkeling tours, hiking trails, parks, and where to find the best beaches!

*Vicky Mary, owner and president of Victoria Travel, shares her enthusiasm for travel along with her wealth of professional experience.*

Mon., 7–9 pm; June 30; \$24, #1310-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Travel Savvy

Don't spend your precious travel dollars needlessly. You can find bargains and adventures if you are willing to think outside the box. Get creative with accommodations, find the best deals for transportation, and discover the best times of year to travel. Learn an insider's tips, tricks and techniques for traveling smart from a professional who has assisted thousands of travelers.

*Vicky Mary, owner and president of Victoria Travel, shares her enthusiasm for travel along with her wealth of professional experience.*

Mon., 7–9 pm; July 14; \$24, #1334-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)



# Fitness and Health

Classes in healthy cooking, hypnosis, massage, movement, tai chi, yoga, zumba, etc.

## "Fitness Flex Pass" with Pat

The flexibility you've asked for! Take any of Pat Woellert's scheduled classes — see details of Zumba Toning; Zumba Fitness; or Boot Camp Lite. Depending on the size of the pass you purchase, you have the right to attend any of Pat's classes — until either you've used up your pass or the expiration date of your Flex Pass has come and gone. When that happens, simply buy another pass! Please note that passes do expire on the end date listed and may not be carried over into another term.

- 5-Class Pass; \$24 (no discounts), #4363-05
- 10-Class Pass; \$48 (no discounts), #4363-10

*Pat Woellert, MED in health education, is ACE-certified (the American Council on Exercise) in personal training and in group fitness instruction. She is also a licensed Zumba® Instructor through Zumba® Fitness, LLC.*

## Boot Camp Lite

No fear here — you can do it! This kinder, gentler boot camp is designed to improve your cardiovascular endurance, muscular strength, balance, and flexibility with fun, easy-to-follow drills. Bring a pair of hand held weights suitable to your fitness level, a mat for floor work, and supportive aerobic shoes.

*Pat Woellert, M.Ed in Health Education, is ACE-certified (the American Council on Exercise) in group fitness and personal training.*

Thurs., 5:35–6:35 pm; June 19–Aug. 21; 10 wks; \$48 (no discounts), we encourage you to enroll through our "Fitness Flex Pass"; #4339-01

Location: Admin. Bldg, Rm 503 – UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Zumba® Fitness

This unique workout is a "feel-happy" approach to fitness. Its high energy, motivating music and rhythms are a fusion of Latin and International dance themes. Great for the body and great for the mind, this workout combines fast and slow rhythms designed to sculpt the body, burn calories and fat, and tone you up. Bring floor mat and wear supportive aerobic shoes.

*Pat Woellert, MEd in health education, is ACE-certified (the American Council on Exercise) in personal training and in group fitness instruction. She is also a licensed Zumba® Instructor through Zumba® Fitness, LLC.*

Wed., 5:35–6:35 pm; June 18–Aug. 20; 10 wks; \$48 (no discounts), we encourage you to enroll through our "Fitness Flex Pass"; #4352-01

Location: Admin. Bldg, Rm 503 – UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Zumba® Toning

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. You will learn how to use light weights (1-2 pounds) to tone all your target zones, including arms, abs, glutes and thighs. Sculpt your body naturally while having a total blast. Bring 1–2 pound dumbbells, a mat for floorwork, and wear supportive aerobic shoes.

*Pat Woellert, MEd in health education, is ACE-certified (the American Council on Exercise) in personal training and in group fitness instruction. She is also a licensed Zumba® Instructor through Zumba® Fitness, LLC.*

Tues., 5:35–6:35 pm; June 17–Aug. 19; 10 wks; \$48 (no discounts), we encourage you to enroll through our "Fitness Flex Pass"; #4311-01

Location: Admin. Bldg, Rm 503 – UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Beginner's Mind~Yoga Basics

Learn the foundational yoga postures typically practiced in a yoga-asana sequence. A wonderful experience for those new to yoga, just learning the basics of alignment, breath and intention, these classes include an introduction to sun salutations, standing postures, backbends, forward bends, twists, inversions, restorative poses, breathing, relaxation and more. Come and enjoy a relaxing atmosphere with soothing music and gentle movements for any body.

*Anna Ferguson, BA, RYT, CYTA, has studied with many remarkable teachers and master yoga practitioners over the years; she has completed both 200-hour and 500-hour teacher training courses.*

Your choice of days – or take them both!

Tues., 5:15–6:15 pm; July 8–Aug. 26; 8 wks; \$99 (no discounts), #4325-01

Thurs., 5:15–6:15 pm; July 10–Aug. 28; 8 wks; \$99 (no discounts), #4325-02

Location: World Peace Yoga & Motion Studio (Clifton near Ludlow)

## Face Lift Massage: Do It Yourself

Acquire some simple techniques so that you can give yourself a face lift massage — or bring a partner and work on each other. Through demonstration and self-application, you can learn to tone and condition your skin, tighten and lift your facial muscles, reduce the stress you carry there, and look and feel more youthful. Learn to work with trigger points — 30 different muscles — in your cheeks, jaw, eyes, scalp, brow, nose, neck, and shoulders. Discuss the best sequence of strokes, how to build massage into your routine, what you need to know about oils, and the profound effect that massage can have.

*Stephanie Scruggs is a trained medical massage therapist who is licensed by the Ohio Medical Massage Board; she is dedicated to providing quality therapeutic massage.*

Mon., 6:30–8:30 pm; June 23 & 30; 2 wks; \$59 (no discounts), for your comfort bring along a small pillow for your back plus a small blanket or throw; #4361-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Massage for Two

Bring your partner! Whether you pair up with your spouse, mom, or your best friend, you'll take turns mastering some massage basics that you can use to help relax tension and offer some relief to aching muscles — without tiring yourself out. We will focus on different areas of the body, including head, neck, shoulders, arms, legs, and back. You can also learn individual techniques (primarily Swedish massage) for you or your partner's specific muscle needs. Please dress in shorts and t-shirts.

*Stephanie Scruggs is a highly trained medical massage therapist and is licensed by the Ohio Medical Massage Board. She is dedicated to providing quality therapeutic massage and educating people about wellness.*

Mon., 6:30–8:30 pm; July 14 & 21; 2 wks; \$59 (no discounts), per person; wear shorts and t-shirt; bring a mat, a small blanket or throw and a bath towel to class; #4348-01

Location: Admin. Bldg, Rm 701 – UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Pilates Mat Class

How can this whole body fitness workout using mat Pilates benefit you? You'll find you can build strength without bulk, increase flexibility, develop core and back muscles, and improve your posture while reducing aches and pains. Other benefits typically include an increase in energy, and improved breath work and concentration, as well as balance and coordination. Mat classes are a good way for beginners to be introduced to the whole concept of Pilates. You should be in good health with no physical problems that would be aggravated by exercising. Mats will be provided during class.

*Kristy Brandabur is certified in Pilates and Yoga through the Spencer Institute. She has been in the Health and Fitness Industry for over 25 years; her undergraduate degree is in Exercise Science and Health Promotion; and her master's degree is expected (2014).*

Your choice of days – or take them both!

Sat., 10–11 am; June 28–Aug. 16; 8 wks; \$99 (no discounts), #4330-01

Mon., 5:30–6:30 pm; June 23–Aug. 11; 8 wks; \$99 (no discounts), #4330-02

Location: Metamorphosis: Holistic Wellness Center LLC (historic district Columbia Tusculum)



## Shape Up with Belly Dance

Dance your way into shape with this captivating combo of low impact exercise and natural dance that celebrates the personal beauty of all women - of all sizes, all ages. These stretching and swaying movements, electrifying shimmies, and flowing arms are rooted in thousands of years of feminine history. Belly dance promotes flexibility, strength and grace; it helps you unwind and inspires a positive attitude. Learn authentic steps, correct techniques and appealing dance routines. From your fingertips to your toes, and from your head to your heart, this dance will draw you in.

*Nanci Glendenning's teaching experience as well as her stage experience is extensive.*

Mon., 6:45–7:45 pm; June 30–Aug. 4; 6 wks; \$69 (no discounts), wear bike shorts, leotard or yoga clothes and bring a scarf to tie around your hips. Wear ballet slippers or socks; #5261-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Tai Chi for Beginners

This is a great introduction to Tai Chi. You'll get all of the fundamentals with this easy to learn short set of moves. Focus is on the Yang style 8 movement form. Join us for fun, stress reduction, enhanced athletic performance and balance.

*Ralph Dehner is a Certified Personal Trainer, Certified Tai Chi Instructor and one of 16 USA Master/Trainers in Dr. Paul Lam's Tai Chi for Health Programs.*

Your choice of days – or take them both!

Mon., 6–7 pm; July 7–Aug. 25; 8 wks; \$99 (no discounts), #4510-01

Thurs., 5–6 pm; July 10–Aug. 28; 8 wks; \$99 (no discounts), #4510-02

Location: Mighty Vine Wellness Club (on Vine)

## Weight Loss Hypnosis

Our focus is weight loss; however, with hypnosis, there is no "diet." The premise is that over-eating is a habit and hypnosis can stop the habit. Begin by identifying the stressors in your life and be hypnotized for stress reduction. The next week, explore what habits control your eating and be hypnotized to change those habits. Finally, discuss ways to make exercise a safe, healthy and enjoyable part of your day. A third hypnosis helps instill the desire to incorporate exercise as part of your life. Change your life as you experience hypnosis as a tool to reduce stress and change eating and exercise habits.

*Natalie McKerrell, PhD in holistic health sciences, is a certified hypnotherapist; she has studied at the Cincinnati School of Hypnosis.*

Tues., 6:30–8:30 pm; July 8–22; 3 sessions; \$69, plus \$35 CDs and material fee payable to instructor at first class; #6120-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Hypnotherapy for Pain Relief

Put another tool in your pain management toolbox as you explore hypnotherapy. Recognize various contributing factors to pain, and experience a hypnosis induction for pain. Come away with a cd to help you continue on your way to being able to control and understand pain.

*Natalie McKerrell, PhD in holistic health sciences, is a certified hypnotherapist; she has studied at the Cincinnati School of Hypnosis.*

Tues., 6:30–8:30 pm; July 29; \$24, plus \$15 CD and materials fee payable to instructor in class; #6054-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

*Note: If registering yourself online, you'll find this course listing under "Personal Development."*

## What People Like Best...

**"I found the instructor very informative and the class extremely helpful."**

**"Unique holistic approach."**

*Students in "Weight Loss Hypnosis" course*



# Food

Classes in healthy eating, cooking, menu planning, nutrition, etc.

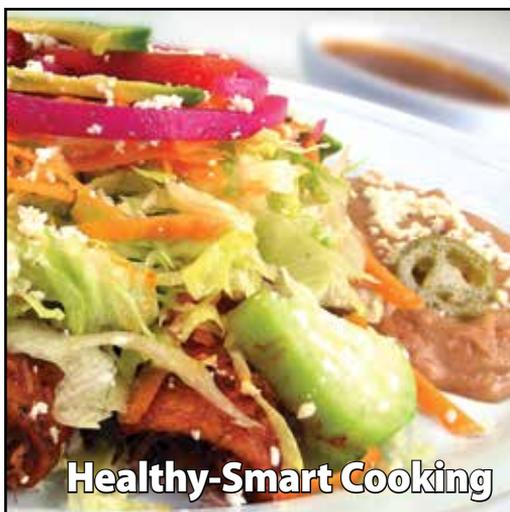
## Health-Smart Cooking

Discover how healthy and tasty meals can be prepared quickly and simply in this fun, informal, and interactive class series. As your instructor dices, chops, sautés, and stir fries her way to preparing two delicious meals each week, you'll see how easy and enjoyable cooking can be. Sessions will include creative fridge/pantry cooking, what foods to eat to promote good nutrition and health, plus an emphasis on Asian, Mexican, and Mediterranean cooking. Then, the best part of all — time to eat!

*Peachy Seiden, MS, RD is a nutrition consultant who has maintained her own private practice, the Cincinnati Nutrition Counseling Center, since 1990. She has found that one of the best ways to get people to eat healthy is to show them how to cook that way!*

Sat., 11:30 am–1 pm; July 19–Aug. 23; 6 wks;  
\$139 (no discounts), includes all materials and food;  
#8124-01

Location: Cincinnati Nutrition Center (Silverton)



Healthy-Smart Cooking



# Home and Garden

Classes in interior decorating, interior design, real estate, gardening, etc.

## Aeroponic Gardens

Learn how to grow a farmer's market on your back porch! More and more people are looking for healthier, easier, and smarter ways to grow fruits and vegetables for themselves and their families. Aeroponics is an emerging clean, green farming technology that helps to maximize resources, space and effort. Beginners and experienced gardeners will enjoy learning how a vertical, soil-less aeroponic system works and its many advantages. Class will include an interactive demo and tips for getting started at home.

*Meghan Fronduti is an independent nutrition and aeroponic gardening consultant with NSA, providing wellness workshops across the country.*

Mon., 6:30–8:30 pm; July 28; \$24, #8417-01

Location: UC main campus

## What People Like Best...

**“Interesting concept,  
lots of information,  
very enthusiastic!”**

*Students in “Aeroponic Garden” course*

by Paul Goungs (Flickr)



Grow Your Own Garden



# Language

Classes in Arabic, Chinese, ESL, French, Hindi, Italian, Spanish, etc.

*Responsive, friendly and supportive, our experienced, native-speaking teachers are there to help you learn practical language skills in a small group setting.*

## English as a Second Language: Conversation & Pronunciation

Daytime Classes — Practice speaking and improve your conversation skills in a small group setting. Pronunciation exercises focus on difficult sounds and will help you speak clearer English. While grammar is not the focus of this class, instructors will politely correct speaking mistakes. Teachers will select exercises and topics that are best tailored to your particular needs.

*Conversa's English instructors will make you feel comfortable so you can speak, practice and improve.*

Mon., Wed., Fri.; July 7–Aug. 1; meet 3 classes a week for 4 wks for a total of 12 classes. Note Times: 1–2:30 pm on Mon. & Wed. and 11:30 am–12:30 pm Fridays. NOTE: You must register no later than 10 am on 7/3/14 and attend a 3-hour placement and orientation session beginning at 10 am on that date; \$250 (no discounts), plus \$15 materials fee payable to Conversa at first class; #7006-01

Location: Conversa Language Center (Downtown)

## French for Beginners

Learn the basics of the most romantic of the romance languages! This eight-week course will offer a foundation of French pronunciation, vocabulary, and grammar designed to make sense to American beginners. You will become acquainted with contemporary French culture and geography and develop basic conversational skills useful for travel and everyday situations, all in an informal, encouraging atmosphere.

*Mary Helen Weber has an excellent background in French through training and travel, and experience as an instructor. She is a fluent speaker and enjoys sharing this beautiful language with others.*

7 sessions – times vary; 4 Saturdays: July 12, 19, 26 & August 2 from 10:30 am.–1 pm; plus 3 Tuesdays: July 15, 22 & 29 from 6–8 pm; \$189, plus text "French: A Self-Teaching Guide," 2nd Edition by Suzanne A. Hershfield-Haims (ISBN: 0-471-36958-6 available at UC and DuBois Bookstores plus online booksellers); #7007-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Italian for Beginners

Learn to communicate in this beautiful, musical language. You'll acquire the basics of pronunciation, vocabulary, grammar and sentence structure as you begin to develop your conversational skills. Emphasis will be on speaking and pronunciation, plus special expressions for travelers. Tips on traveling, sightseeing, and enjoying the culture of Italy will also be included.

*Antonio Iemmola specializes in introducing adults to the language of his native country.*

Thurs., 7–9 pm; June 19–Aug. 14 (no class July 3); 8 wks; \$189, plus text "Italian: A Self Teaching Guide" by E. Lebano (ISBN: 978-0471359616 available at UC and DuBois bookstores plus online booksellers); #7004-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

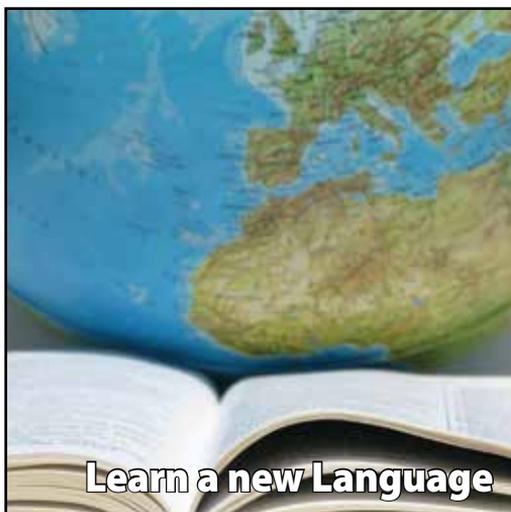
## Spanish for Beginners

Become acquainted with one of the world's loveliest languages. Focus on the fundamentals, learn basic structures and useful expressions, and then put them into practice. Find out how easy it is to boost your skills and to improve a little each week. No previous exposure to Spanish required.

*Patricia Paz enjoys sharing her native language and culture with others. In addition to teaching Spanish at the Horizon Science Academy (Ohio teachers license), she teaches Argentine native dances and folklore here and abroad.*

Wed., 6–8 pm; June 18–Aug. 13 (no class one Wed. – TBD); 8 wks; \$189, plus text "Spanish Now! Level 1 with CD's" published by Barron's 2005 (ISBN: 978-0764177743 available at UC and DuBois bookstores plus online booksellers); #7076-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)





# Money Matters

Classes in finance, money management, retirement planning, etc.

## Women in Transition: Making Financial Decisions

For women, transition is a fact of life. Consider these stunning statistics: 1/3 of all women who have ever been widowed were under age 50; nearly 80 percent of all married women will become widows; and 2/3 of all recent first marriages will end in divorce. Whether you're married or single, you need to understand those financial issues that affect you as a woman. This program is a primer that teaches financial survival tactics for the real world. If you've ever entertained questions you were afraid or too embarrassed to ask, join us. Learn how to protect yourself from financial catastrophe.

*Suzan B. Kotler, CFP, has devoted her career to helping people with money matters. Knowledgeable and motivating, she has been recognized by Cincinnati Magazine as a five star wealth manager for five consecutive years.*

Sat., 10 am–1 pm; July 12 & 19; 2 mtgs; 6 hrs total \$69, includes workbook; Please note: Our seminars are educational in nature. The University does not endorse or promote any products, strategy or views. Any presented are those of the instructor only; #9030-01

Location: UC main campus

## Check Out Our Top Online Finance Courses:

Classes consist of 12 online lessons over a six-week period and are \$119.  
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Visit [ed2go.com/uc](http://ed2go.com/uc) for all the details.



### Where Does All My Money Go?

Learn how to get control of your money once and for all.

### Stocks, Bonds, and Investing: Oh My!

Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.

### Business Finance for Non-Finance Personnel

This course will help you understand business environments, financial statements, and strategy so you can make more profitable business and personal financial decisions.

### Protect Your Money, Credit, and Identity

Learn how to guard against scam artists, identity thieves, predatory lenders, and abusive debt collectors.



**Learn to Earn**



# Music and Dance

Classes in ballroom dance, hula, salsa dance, swing dance, tango, Celtic fiddle, guitar, piano, etc.

## Celtic Fiddling for Beginners Level I

Do you want to play Irish or Scottish fiddle music, but have never picked up a fiddle? Rest assured, by the end of this class you'll have a solid foundation on the instrument and a handful of great tunes! Along the way you'll see how easy it is to learn music by ear (no sheet music required), get a taste of music history and theory, and, of course, have fun in the process! Learn how Irish tunes are built on simple patterns, enabling you to learn any tune you hear. Explore proper fiddle ergonomics so that you can enjoy a lifetime of playing. This is the class for you if you can't play a tune or don't even know how to hold the instrument and bow.

*Justin Bonar-Bridges has been playing Irish music in the U.S., Ireland, and Canada for nearly twenty years, studying with some of the tradition's greatest masters and winning international accolades. Since 2001 he has taught at the Riley School of Irish Music and has played in the celebrated Celtic band Silver Arm.*

Thurs., 6:25–7:25 pm; June 19–July 31 (no class July 17); 6 wks; \$139 (no discounts), plus you'll need to bring a fiddle/violin to each session, including the first. Rentals are available all over town and can be had for as little as \$13 per month; #4207-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Celtic Fiddling for Beginners: Level II

This is a continuation of the preceding course. Using foundation skills and ear training learned in Level I, we'll tackle some trickier tunes and explore techniques that will help your playing sound Irish or Scottish. We may even dive into some of the other Celtic lands for inspiration! If you've already learned some tunes by ear and have a background on the fiddle, or you've previously taken Celtic Fiddling for Beginners I, this class is for you.

*Justin Bonar-Bridges has been playing Irish music in the U.S., Ireland, and Canada for nearly twenty years, studying with some of the tradition's greatest masters and winning international accolades. Since 2001 he has taught at the Riley School of Irish Music and has played in the celebrated Celtic band Silver Arm.*

Thurs., 7:35–8:35 pm; June 19–July 31 (no class July 17); 6 wks; \$139 (no discounts), plus you'll need to bring a fiddle/violin to each session, including the first. Rentals are available all over town and can be had for as little as \$13 per month; #4208-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Club Dances

Learn the basics of Night Club 2 Step (great for slow ballads) and West Coast Swing (very versatile dance for blues, pop, rock, country) and you'll be able to fit in on the dance floor wherever you decide to go! If you've already taken swing or ballroom classes, this is certain to add variety to your dancing; but beginners are welcome, too. Wear smooth hard leather soled shoes to enable turns and changes in direction. Both couples and singles are welcome, although we cannot guarantee partners for singles.

*Jeff Greateorex is a dance enthusiast who has been involved in the study and teaching of dance for many years.*

Fri., 8:45–9:45 pm; Aug. 8–Sep. 12; 6 wks; \$69, #5264-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Dancing for Two: Ballroom-Style

Tired of watching all the fun and ready to join in? Transform yourself into a dancer as you learn the basics of the beautiful, ballroom-style dances — slow fox trot, waltz, mambo, cha-cha, and rumba. This is an introductory level, especially for those who have had no prior dance classes. Both couples and singles are welcome, although we cannot guarantee partners for singles. Wear smooth hard leather soled shoes to enable turns and changes in direction.

*Jeff Greateorex is a dance enthusiast and experienced teacher of dance.*

Fri., 7:45–8:45 pm; Aug. 8–Sep. 12; 6 wks; \$69, #4211-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Guitar for Beginners

Explore varying styles of music as you conquer the fundamentals of guitar technique, reading music, and chord study in a group setting. Increase your enjoyment of playing as you establish proper playing techniques. Bring an acoustic (not electric) guitar to all classes and find out that anyone can read music and anyone can play!

*Saul Meyerson-Knox, MM in classical guitar performance with UC's College Conservatory of Music, is an active performer and guitar teacher.*

Tues., 6:40–7:55 pm; June 17–July 29; 7 wks; \$159, plus text "The FJH Young Beginner Guitar Method: Lesson Book 1" (G1016 - CD not required) available from UC or DuBois Bookstores plus online booksellers; #5224-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Guitar II

Refine and hone your guitar playing! The focus is on more in-depth coverage of technique, reading music, and chord study. You must be able to read notes on the guitar in first position and know basic chords. Bring an acoustic guitar to all classes.

*Saul Meyerson-Knox, MM in classical guitar performance with UC's College Conservatory of Music, is an active performer and guitar teacher.*

Tues., 8–9:15 pm; June 17–July 29; 7 wks; \$159, plus text "The FJH Young Beginner Guitar Method: Lesson Book 2" (G1021 - CD not required) available from UC or DuBois Bookstores plus online booksellers; #5225-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Irish Session Class

Bring your instrument of choice and have a few tunes! The first hour will be instruction — learning a new tune and learning about playing with others. The second hour will be a guided Irish-style "session" where you'll get comfortable playing with others and sharing new ideas. We'll have a lot of fun getting out of the living room and making music together! This class is open to anyone who has completed the Celtic Fiddling I class, the beginning Banjo and Mandolin class, or advanced beginners to intermediate-level players of any instrument — we'll find a way to get everyone playing together!

*Justin Bonar-Bridges has played in the celebrated Celtic band Silver Arm; and he has taught various stringed instruments for over a decade.*

Thurs., 6:30–8:30 pm; Aug. 7; 1 session; \$24 (no discounts), plus you will need to bring your own instrument to the session; #4222-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Salsa and Merengue Dance

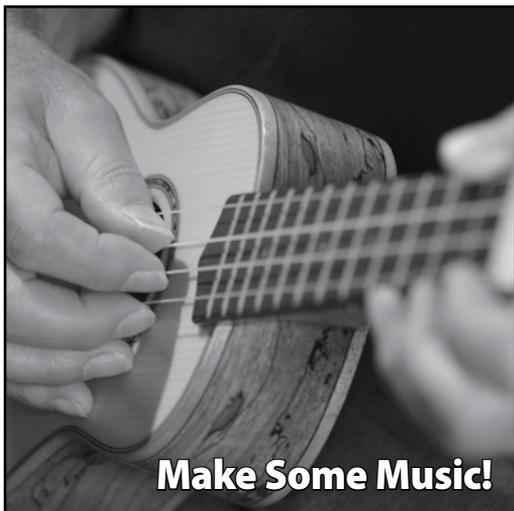
Capture the spirit and the rhythm of these popular Latin dances as you learn their special moves, steps, shines, and styles. Focus will be on the Cuban style Salsa and the Merengue, a quick even-stepping hip-moving dance which originated from the Dominican Republic. You'll practice holds, hand positions, and turns as you gain confidence in adjusting your moves to the speed of the music and flowing from one move to the next. Both couples and singles are welcome, although we cannot guarantee partners for singles. Class is geared for beginners. You must wear soft-soled shoes (leather or others that allow for smooth turning).

*Doni Jessen, MBA, has a wealth of experience teaching, performing and choreographing Latin dance.*

Thurs., 7–8 pm; July 10–Aug. 28; 8 wks; \$89, plus \$8 materials fee for cd, payable to instructor at first class; #5229-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)





**Make Some Music!**

## The Art of the Native American Flute

It is rare to find a person who is not entranced by the soothing and enchanting sound of the Native American flute. Fortunately, the popularity of this instrument is growing in our cultural mainstream — and it is so easy to learn. Find out how even those with no musical background can pick up a flute and play right away — no need to read music. By the end of the three session "playshop," you will have built a solid foundation on this instrument.

*Pia Al-Ubaidi is a professional performance artist, composer and teacher who performs across the state at various Native American centered events. She studied this instrument with nationally known and award winning recording artists.*

Wed., 6:30–8:30 pm; July 16–30; 3 wks; \$75 (no discounts), plus quality flutes will be available for use in class OR for purchase if you wish ("flute straws" provided which fit snugly into the opening of the flute and prevent lip/mouth contact with the flute); #4225-01

Location: UC Victory Parkway Campus (historic Edgecliff by Eden Park); park free

## What People Like Best...

**“Saul is a very good instructor who cares about his students.”**

*Students in “Ukulele for Beginners” course*

## Ukulele for Beginners

Ukuleles aren't just for luaus! You'll be amazed at the variety of styles you can play — from blues and country to pop and light rock. After mastering the fundamentals (tuning, holding and finger placement), we'll focus on really getting comfortable with your instrument. Watch, listen, and play along as you build on the basics of chords, strumming, playing up the neck, and trying out some variations and tempos. No musical experience needed. Bring your ukulele and let's make some music!

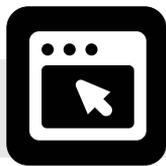
*Saul Meyerson-Knox, MM in classical guitar performance with UC's College Conservatory of Music would love to get you playing that ukulele.*

Tues., 5:15–6:30 pm; June 17–July 29; 7 wks; \$159 (no discounts), bring your own ukulele (soprano, concert, or tenor – no baritone) and text for Hal Leonard Ukulele Method Book 1 with audio CD (only about \$9); #4214-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## What People Like Best About Communiversity...

- Quality of Instructors
- Fascinating, useful, and timely topics
- Learning new things for pure enjoyment
- Mastering skills to apply right away
- Good value for the money
- First-rate, affordable informal classes
- No tests, grades or papers to worry about
- Convenient Locations



# Online Classes with ed2go

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## Check Out Our Top 20 Courses:

### Microsoft Excel

Discover the secrets to setting up fully formatted worksheets quickly and efficiently. Introductory, intermediate, and advanced levels are available.

### Writer's Workshop for Beginners

Get a taste of the writer's life and improve your writing skills in this intro to writing creatively.

### Accounting Fundamentals I and II

Gain a marketable new skill by learning the basics of double-entry bookkeeping and financial reporting. Then go to the next level with dividends, plant assets, depreciation, accrued revenue and expenses, retained earnings, stockholders' equity, and financial reports.

### SQL

Gain a solid working knowledge of the most powerful database programming language in the introductory class. Go beyond the basics in the Intermediate level.

### Designing Effective Websites

Learn powerful graphic design techniques and build Web sites that are both attractive and wickedly effective.

### Creating WordPress Websites I and II

Master the technical elements of WordPress; learn how to organize a blog or website, create appealing content, and achieve better positions on search engines.

### Creating Web Pages

Acquire the basics of HTML so you can design, create, and post your very own site. Advanced Web Pages also offered.

### Advanced Web Pages

Take your Web development skills to the next level as you learn how to create advanced websites using CSS, HTML5, media queries for mobile devices, interactive forms, and embedded video.

### Project Management:

Fundamentals, Applications, or Certification Prep

Gain the skills you'll need to succeed in the fast-growing project management field. Experienced project manager teaches you tricks of the trade in these two classes. PMP Test Prep also available.

### Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

### Effective Business Writing

Improve your prospects by developing powerful written documents that draw readers in and keep them!

### Java Programming

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions. Intro and intermed. levels available.

### Stocks, Bonds & Investing

Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.

### Creating Mobile Apps with HTML5

Learn to use HTML5, CSS3, JavaScript, jQuery, and Web APIs to create cross-platform mobile apps and mashups.

### QuickBooks

Quickly and efficiently gain control over the financial aspects of your business. Performing Payroll offered too. Introductory and intermediate levels are available.

## *Learn online anytime, anywhere!*

A new section of every course in our online catalog will begin on the following dates:

May 21 • June 18 • July 16 • Aug 20

[ed2go.com/uc](http://ed2go.com/uc)

## Visual Basics

Learn how to write code for Windows applications using the Visual Basic programming language and development environment. Intermediate level also available.

## Personal Finance

Protect your assets and discover how best to achieve all your financial goals.

## Keys to Effective Editing

If you aspire to be an editor, this course will teach you the fundamentals of top-notch editing for both fiction and nonfiction.

## Achieving Success with Difficult People

Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives.

## Supervision and Management I & II

Learn how to be an effective manager or supervisor. Master the basics of communicating effectively, and learn tools for developing your own interpersonal skills.

## Other Popular Course Titles include:

### GMAT Test Prep

Discover powerful test-taking techniques and methods for improving your score on the GMAT.

### Introduction to C++ Programming

Learn to program in C++, even if you have no prior programming experience!

### CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques. Available in intro and intermediate levels.

### PHP and My SQL

Learn how to create an interactive Web site, allowing visitors to post and retrieve information provided by you or your site's visitors. Intro & intermed. levels.

### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

### Microsoft Access

Find out how to store, locate, print, and automate access to all types of information. Intro and intermediate levels.

### Intro to Networking

Upon completion of the course, you will be capable of performing basic computer networking tasks, such as DSL connectivity or configuring connections to an Internet Service Provider.

## Photoshop and PhotoShop Elements

Learn how to create original images and to fix and process photos. Levels I & II; Creating Web Graphics. In PhotoShop Elements, you'll learn to edit and correct digital images to repair deficiencies and bring out the best in your photographs.

## Medical Math

First, brush up your basic math skills, then dive into measurement systems and conversions, including dosage calculations. Next, get an intro to basic statistics and probability.

## Languages: Spanish, Italian, Japanese, French

Your choice! Prepare to speak a new language in a wide variety of settings and situations and you will enrich your experiences while traveling.

## Spanish for Medical Professionals

Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

## Explore a Career or Start Your Own Business

In Admin. Ass't; Arts & Crafts; Gift Baskets; Plants; Pet Sitting; Event Planning; Consulting; Publishing; Home-Based Business; and more.

## Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

## Write Fiction Like a Pro

A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story.

## How to Get Started:

1. Visit our Online Learning Center for all the details: [ed2go.com/uc](http://ed2go.com/uc)
2. Browse or Search the catalog for the courses you want. Click any title to view course details, syllabus, instructor bio, requirements, student reviews and course demos.
3. Enroll and pay for your classes at [ed2go.com/uc](http://ed2go.com/uc) Or choose from three other ways to enroll on page 31. Fees: Most online classes are only \$119 (no discounts).
4. Return to our Online Learning Center and click the My Classroom tab when your course starts. To begin your studies, simply log in with the name and password you provided during enrollment.
5. Start Dates: A new section of every online course will begin on the following dates:

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For complete Online Course Catalog, see [ed2go.com/uc](http://ed2go.com/uc).



# Personal Development and Special Interest

*Classes in meditation, mindfulness, pet care, make-up, wardrobe, image, finding your purpose, etc.*

## Building Resilience for Life

This interactive class is designed to provide you with a toolbox of positive, nurturing techniques to maintain wellness, strengthen resilience, connectivity and effectively manage everyday life. Each class introduces simple techniques that increase the ability to quiet the mind, stay present, gain inner control, listen effectively, communicate from the heart and develop empathy. Techniques include: mindfulness, guided meditation, breath awareness, heart-centered communication, reflection and journaling.

*Sherry McHenry is a stress management consultant, guiding individuals and groups in developing life skills that help reduce stress, change behavior patterns and create healthier, more balanced lives.*

Tues., 6–7:30 pm; June 10–24; 3 wks; \$69, plus \$25 materials fee (includes relaxation audio) payable to instructor at first class; #6049-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Contemporary Social and Business Dining Etiquette

Knowing how to conduct yourself over the table provides a tremendous advantage throughout life. Learn to be comfortable in any dining situation, whether formal, informal, business or social. Join Ms. Glendening at deSha's as you polish your table manners in an enjoyable, private setting over a delicious dinner. Topics include: navigating the table; the silent service code; forms of service; and the five most common dining mistakes. From "How do I eat this?" to "Faux Pas Recovery 101," we'll have fun while learning some important lessons in this unforgettable class!

*Nanci Glendening, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types and sizes of organizations.*

Mon., 6:45–8:45 pm; June 23; \$39 (no discounts), plus \$32 for five-course dinner, taxes and gratuities payable to instructor at beginning of class; #6045-01

Location: DeSha's (Harper Point)

## Finishing Touches

A polished image, a pulled-together appearance and knowing what to do and say in any situation develops self-confidence and prepares you for new relationships and experiences. Discover and master many concepts: contemporary social etiquette; the art of conversation and charisma; what goes into good grooming, fashion, wardrobe, hair, and makeup; how to use body language and posture to your advantage; plus pointers on personality and aesthetics. You can practice and learn the techniques you'll need to present yourself at your personal and professional best.

*Nanci Glendening, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types and sizes of organizations.*

Wed., 6:30–8:30 pm; July 9–30; 4 wks; \$159 (no discounts), #6046-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Flower Arranging, High Style

Using store bought or home grown flowers and herbs, learn the basic principles of floral arranging and create beautiful centerpieces. In addition, you will discover ways to care and treat fresh cut flowers to maximize their use. You may apply class experience towards obtaining a job in the floral industry or simply use what you've learned in your own home or office decorating.

*Peachy Seiden founded, owned, managed and operated Peachy's Blossoms, Inc. for 25 years.*

Sat., 2–4 pm; July 19–Aug. 23; 6 wks; \$149 (no discounts), plus \$110 to cover entire cost of all greenery and fresh flowers — payable to your instructor at the first class; #1145-01

Location: 7400 Montgomery Rd. (Silverton)

*Note: If registering yourself online, you'll find this complete course listing under "Business & Career."*



## Fortune Telling

Learn about how anthropologists categorize the wide variety of fortune telling (divination) techniques used around the world and discuss examples from a wide variety of cultures, both past and present. After looking at the many ways that one can accomplish an act of divination, we will then put our knowledge into practice by learning how to use at least two fortune telling methods (tarot and runes).

*Alisa Strauss, PhD, teaches in the Anthropology Department at UC. She is especially interested in the study of mythology, folklore, magic, and religion both cross-culturally and through time.*

Thurs., 6:30–9 pm; June 19; \$29, plus \$20 supply fee for your own deck of tarot cards, set of Viking runes, and instructional materials payable to instructor in class; #6157-01

Location: UC main campus

## Heart of Meditation: Transforming Our Awareness

Focus on cultivating a spacious awareness, sustainable both in and out of meditation. This refined consciousness transforms the way we see the world and meet our experience, opening the way to truly authentic living. We will provide chairs and mediation cushions; try to avoid eating for an hour before class. No particular belief system required — just a desire to find the clarity and peace that mediation can bring.

*Bonnie Beverage, a teacher in the Theravada Tradition, is one of the founding members of the Dharma Center. She has taught History of Buddhism since 1998 at UC. She is also the author of "Take-Home Dharma" and "Impermanence: the Only Lesson You will Ever Need."*

Thurs., 7–8:30 pm; July 10–31; 4 wks; \$59, #6050-01

Location: Dharma Center of Cincinnati (Upper Northside)

## Hypnotherapy for Pain Relief

Put another tool in your pain management toolbox as you explore hypnotherapy. Recognize various contributing factors to pain, and experience a hypnosis induction for pain. Come away with a cd to help you continue on your way to being able to control and understand pain.

*Natalie McKerrell, PhD in holistic health sciences, is a certified hypnotherapist; she has studied at the Cincinnati School of Hypnosis.*

Tues., 6:30–8:30 pm; July 29; \$24, plus \$15 CD and materials fee payable to instructor in class; #6054-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## More Herbs & Oils

Have fun exploring properties and uses for even more essential oils and natural herbs in this continuation class. Prerequisite: You must have taken Kristy's first Herbs & Oils class which covered precautionary and safety information on preparation and storage, since that info is critical and will not be repeated. Focus in this class will be on demonstrations and hands-on experience creating even more and different products; i.e., herbal teas, potpourri, soaps.

*Kristy A. Brandabur, RMA, CHLC, CMBFC, RA (AHHA), is the owner of Metamorphosis: Holistic Wellness Center LLC. She has been in the health and fitness industry for over 25 years.*

Sat., 10 am–12 pm; July 12–26; 3 wks; \$59 (no discounts), plus \$20 supply fee payable to instructor at first class for oils, herbs, and all materials; #6053-01

Location: Metamorphosis: Holistic Wellness Center LLC (historic district Columbia Tusculum)



## Pet Care & First Aid

Perfect for pet owners or pet professionals, this class is a combination of lecture, demonstration, and hands-on skill practice. No furry friends will actually be in the classroom; all demos are done using life like stuffed animals. You will learn: the 3 things you should do for your pet every day; ABC's of pet first aid; snout-to-tail assessment; pet CPR; rescue breathing; 10 situations that require immediate veterinary care; and how to assemble your own pet first aid kit.

*Darlene Ehlers is a Pet Tech, Inc. pet first aid instructor and a member of Emergency Animal Rescue Service (EARS), TriState County Animal Response Team (CART), and founder of PETS Network of SW Ohio. She was Pet Sitters International 2006 Pet Sitter of the Year and operates her own professional pet sitting business.*

Sat., 10 am–2 pm; May 17; \$64 (no discounts), plus \$15 for workbook and certificate payable to instructor in class. Bring a brown bag lunch if you'd like; #6158-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Professional Make-Up Skills

Do you want to learn professional techniques and secrets to doing your own make-up -- without the sales pitch and the very public department store environment? In this fun, relaxed class, you'll bring in your own make-up bag. Find out what your make-up will do for you, what basics you really need, how to select and purchase makeup, and how to handle some of the tools. Explore daytime and evening looks, how to minimize flaws, and how to take care of your skin. The second session is really hands-on, so come fresh-faced. We'll be starting from scratch as you learn how to apply your make-up as if it was done professionally every day.

*Meredith McClain is a professional make-up artist. She does not represent any company and does not sell any products; she currently works in the industry for a variety of companies.*

Mon., 6:30–8:30 pm; July 21–Aug. 4; 3 wks; \$69 (no discounts), plus \$10 fee payable to instructor for use of supplies in class; remember to bring in your own make-up to learn application techniques. Also bring a small hand mirror — a stand-up one would be ideal; #6138-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## What to Wear and How to Wear It

From wardrobe planning and accessories to discovering your best colors and most flattering styles, find out how you can achieve that "put together" look. Focus on personal appearance and polish, find out about image killers, and do's and don'ts.

*Nanci Glendening, of Glendening Image Research, is co-founder and past-president of the Association of Image Consultants International OH-PA Chapter. She also modeled in Miami FL and was a former Miss Cincinnati USA.*

Wed., 6:30–8:30 pm; June 25; \$29, #6156-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Historic Homes and Heritage

Benjamin Henry Latrobe designed Adena House, the home of the 6th governor of Ohio, Thomas Worthington. This Chillicothe landmark is one of only 3 houses he designed that are still standing in the USA. Adena House awaits you with its restored interior with beautiful antiques and paintings. You will visit the house's museum center, tour the mansion, and stroll through the gardens. Then, we'll lunch in downtown Chillicothe, Ohio's first capital, plus visits to other Chillicothe historic sites, including a recently restored 1820's neo-classical house.

*Frank Farmer Loomis IV is a fine arts appraiser, author, journalist, lecturer and NPR talk show host.*

Sat., 10:30 am–4 pm; June 28; \$49 (no discounts), plus lunch and admission fee at own expense; #3116-01

Location: Meet at the Adena Mansion, Chillicothe, Ohio

*Note: If registering yourself online, you'll find this complete course listing under "Arts & Handicrafts."*

## World Religions

Are you interested in learning more about the differing beliefs and traditions of people around the world? Here is your introduction to major world religions, including Abrahamic monotheisms (Judaism, Christianity, Islam), making up 45% of the world's population, and Asian religions (Hinduism, Buddhism), making up 20% of the population. Learn the basic tenants, history, and modern practices of these religious peoples, discover more about how religion affects culture and gain a greater understanding of people.

*Cherish Bolton, MA, is a doctoral candidate at the University of California, Irvine, where she studies European and South Asian history, with a focus on religious studies.*

Mon., 6:30–8:30 pm; July 7–21; 3 wks; \$69, #1068-01

Location: UC main campus

*Note: If registering yourself online, you'll find this course listing under "Explore the World."*



# Sports and Adventure

Classes in aviation, golf, tennis, tree climbing, scuba diving, etc.

## Golf: Beginning

Don't want to be left out of the golf outing again this year? Just want to feel more at ease playing with friends? This class is designed to prepare new or beginner golfers to feel comfortable with the fundamentals of the game. Topics will include putting, chipping, pitching, and the full swing with irons and woods. We will also cover basic rules and etiquette with one on-course playing class to make you more confident in taking your game to the golf course. Bring your own clubs if you can; if not, equipment will be provided.

*Tom Bach, Kyle Voska and Brian Fennen are PGA professionals. Tyler Foley is a PGA apprentice.*

Your choice of start dates, times & class length:

Sat., 10:30–11:30 am; May 31–June 28; 5 wks;

\$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls);

#4101-03

Tues., 10:45–11:45 am; June 3–July 1; 5 wks; \$99 (no discounts), (includes all range balls); #4101-06

Thurs., 6:15–7:15 pm; June 5–July 3; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls);

#4101-07

Wed., 6:15–7:15 pm; July 16–Aug. 13; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls);

#4101-04

Sat., 10–11 am; Sept. 6–Oct. 4; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls);

#4101-05

Location: Sharon Woods Golf Course

## Golf: Intermediate

Instruction will focus on refinement of strokes and strategy in the areas of driving, long and short iron play, and putting. It is designed for golfers beyond the beginner level who want to improve their game. It is preferable that you have your own clubs but it is not required.

*Tom Bach, Kyle Voska and Brian Fennen are PGA professionals. Tyler Foley is a PGA apprentice.*

Your choice of start dates, times & class length:

Wed., 6:15–7:15 pm; June 4–July 2; 5 wks; \$99

(no discounts), plus a one-time \$10 practice range fee (payable at first class — includes all range balls); #4104-03

Thurs., 6:15–7:15 pm; July 17–Aug. 14; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee (payable at first class — includes all range balls); #4104-04

Location: Sharon Woods Golf Course



## TENNIS RAIN OR SHINE at Anderson Mercy Healthplex

*Indoor tennis classes are facilitated by Joe Foley, winner of over 100 tournaments and former captain of the best tennis team in UC's history.*

### Tennis for Beginners

Get in shape with tennis! Work on hand-eye coordination, racquet skills, basic strokes, and scoring. This experience is designed for the player who has never played the game or is unfamiliar with the rules. Bring your own racquet.

*Joe Foley has introduced this sport to thousands of people who continue to play for a lifetime.*

Sun., 4–5 pm; July 13–Aug. 17; 6 wks;

\$69 (no discounts), #4105-01

Location: Mercy Healthplex Anderson

### Tennis for Intermediates

This is an enjoyable way to get in shape and stay in shape! You are ready for this experience if you have had some previous instruction or if you can hit ground strokes and serves in play from the baseline with reasonable success. You'll have the chance to work on strokes with movement, rally skills, overheads, and volleys. And for those who are ready, you may practice getting that first serve in, adding spin, net play, strategy, and control. Bring your own racquet.

*Facilitated by Joe Foley.*

Sun., 5–6 pm; July 13–Aug. 17; 6 wks;

\$69 (no discounts), #4107-01

Location: Mercy Healthplex Anderson



# Test Preparation

Classes in ACT Prep, SAT Prep, GRE Prep, GMAT Prep, LSAT Prep, TOEFL Prep, etc.

## ACT Preparation

Losing sleep and getting anxious about test day? In this intensive class, you'll build confidence and make the most of your potential by studying strategies for taking the ACT and by reviewing topics covered by the ACT (math, writing and reading comprehension). Learn a variety of test taking methods and work with the instructor to adapt the ones that best suit your own unique style and personal strengths. You'll get support for questions and concerns; plus discussions, PowerPoints, use of TPR materials, and lots of concrete examples. Discover approaches to increase your odds on each question type, how to use a process of elimination, construct a well-defined essay (optional) on this test, plan your critical reading passage strategy, and learn when it's good to guess.

*Allen Feibelman has taught over 1000 hours of test prep and has won awards for teaching college English at UC and at Chatfield College. His personalized approach in the classroom provides maximum support for your preparation.*

Your choice of class sections and dates:

Sun., 9 am–2 pm; June 1 & 8; 2 days; \$154 (no discounts), plus bring calculator and text "Cracking the ACT with 3 Practice Tests" (2014), a publication of The Princeton Review. Lunch not included — bring own or a few dollars extra to order pizza with the group; #4604-02

Sun., 9 am–2 pm; Aug. 31 & Sep. 7; 2 days; \$154 (no discounts), plus bring calculator and text "Cracking the ACT with 3 Practice Tests" (2014), a publication of The Princeton Review. Lunch not included — bring own or a few dollars extra to order pizza with the group; #4604-01

Location: UC main campus

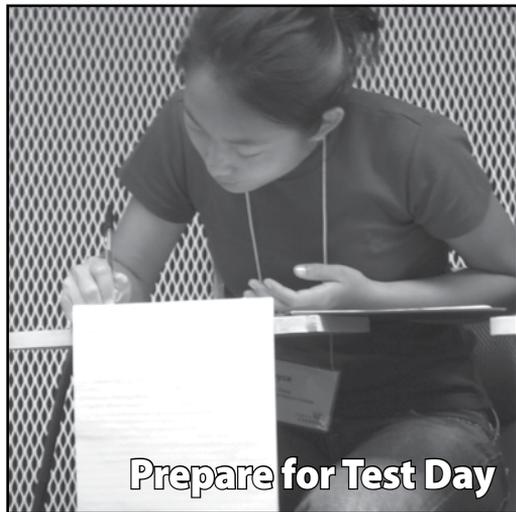
## Advanced Placement (AP) Course & Exam Prep: History, English, Government

Are you taking an Advanced Placement (AP) course in the fall and are not sure what to expect? Have you taken one previously and want to improve your score on the next exam? This 4-week course will introduce new students to AP-level coursework and the exam while teaching students (returning and new alike) test-taking strategies, tips for getting the most from their high school class, critical reasoning skills for reviewing course materials, and AP essay composition. Students will be exposed to real questions and essays from previous exams, and they will learn where to find useful resources to aid their study. The goal of this course is to give students the tools they need to successfully complete assignments, engage in group conversation, and prepare for tests in their AP classes and the AP exam itself. This course is geared toward students taking AP history (Euro, world, US, art), government (US, comparative), or English (language, literature, composition) as the exams for these subjects have similarities in the ways in which they are written. This course is NOT meant for students taking language, science, music, or math APs.

*Cherish Bolton, MA, is a doctoral candidate at the University of California, Irvine, where she focuses on modern European and world history. Part of her study includes reviewing history curriculum at the undergraduate and AP levels, and she has privately tutored high school AP students for the last four years.*

Tues., 6:30–9 pm; July 8–29; 4 wks; \$159 (no discounts), plus REA AP study book and "crash course" book associated with the course you are taking — instructor will discuss at first class; #4610-01

Location: UC main campus



Prepare for Test Day



### Online Classes Available

Visit [ed2go.com/uc](http://ed2go.com/uc)

Then select "Personal Development."  
Click on Test Prep for other options.

## LSAT Preparation

The key to success on the Law School Admission Test is practice, strategy, and timing. Delve into a detailed analysis of each LSAT problem type: reading comprehension, analytical reasoning, and logical reasoning. By discussing the problems and explanations, you'll develop the ability to approach the LSAT as a series of intellectual games to which you can apply strategies studied in class. You will also benefit from the instructor's critique of your LSAT writing samples. The course culminates in a full-length mock exam. Using actual questions from previous tests, under timed conditions, will prepare you for the real environment. In addition, and outside of classroom hours, the instructor offers individualized assistance with the personal statement essay required for all law school applications. Class is offered two times each year; once in April, and again in August.

*Mina Ludwig, JD, UC College of Law, is currently in private practice and counsel for the Hamilton County Board of Mental Health and Recovery Services.*

Sat., 12–4 pm; Aug. 9–Sept. 20; class meets four times on Aug. 9 & 16; Sept. 13 & 20; \$299 (no discounts), plus "Barron's LSAT" (ISBN: 978-1438002323) by Cutts & Mares (2013) must have this book for immediate use in class sessions 1, 2 & 3; plus "The Official LSAT SuperPrep" by the Law School Admission Council (ISBN: 978-0979305061) for use in class session 4 & for self-study — both available from UC and DuBois bookstores plus online booksellers; #4601-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park)

## Yearly Plan

For your planning purposes here's a list of our Test Prep classes and estimated start months:

- GRE (Oct. 4–Nov. 1)
- GMAT (Oct. 4–Nov. 1)
- PSAT (Sept. 14 & 21)
- SAT (Sept. 14 & 21)
- ACT (Aug. 31 & Sept. 7 -OR- Oct. 12 & 19 -OR- Nov. 30 & Dec. 7)

## SAT Preparation

Gain confidence and make the most of your potential by studying strategies for taking the SAT and by reviewing topics covered by the SAT. You will learn specific techniques for taking the math, writing and reading comprehension parts of the test. Discover how the test is structured, effective methods for solving each problem type, and what to expect. Acquire an arsenal of tools to help you succeed, including how to use a process of elimination, construct a well-defined essay on test day, plan your critical reading passage strategy, and decide how to handle the conundrum "to guess or not to guess."

*Allen Feibelman has taught over 1000 hours of test prep and has won awards for teaching college English at UC and at Chatfield College. His personalized approach in the classroom provides maximum support for your preparation.*

Sun., 9 am–2 pm; May 18 & 25; 2 days; \$154 (no discounts), plus text "Cracking the SAT" 2014 edition, a publication of The Princeton Review (ISBN: 978-0307945617 available from UC and DuBois bookstores plus online booksellers). Lunch is not included — bring your own or a few dollars extra to order pizza with; #4603-02

Location: UC main campus

## TOEFL iBT Preparation

The Test of English as a Foreign Language (TOEFL) is used to measure English language proficiency. It is the most accepted test in the world; and Internet-based testing has made it even more accessible. This course will help you prepare to take the TOEFL as you focus on the main features of the test, test-taking strategies, exercises, and practice. We will cover the types of skills evaluated by the various sections of the test, including reading, listening, writing and speaking.

*Jennifer Wiebe, EdM, is a graduate of U of Illinois Urbana-Champaign; she is an experienced teacher who has a love of languages.*

Wed. 6:30–8:30 pm; June 18–Aug. 6; 8 wks; \$189 (no discounts), plus text "Delta's Key to the TOEFL iBT: Advanced Skill Practice" (2011, includes CD's) and "McGraw-Hill Education 400 Words for the TOEFL" (2<sup>nd</sup> ed.); #4602-01

Location: UC main campus



# Program Information

Information on Location and Parking, Material and Supply Fees, Discounts, and more!

## Enroll Early

*Courses can fill up quickly! To ensure a space in the class of your choice, please enroll now. We will accept registrations as long as there is room.*

If the class you want is filled, we'll put you on a wait list and notify you as soon as possible. You may choose to remain on the wait list, transfer to another class, or receive a refund (if you paid by credit card you will not be charged). Every effort will be made to accommodate you — we've even been known to create new class sections to meet your needs.

## Designed for You

Our courses are designed for anyone interested in learning something new. Classes are short-term and focused to accommodate busy schedules. Truly “learning for learning’s sake,” we offer a no-pressure option (no tests, grades or papers) to continuing education for all adults. We also extend a welcome to high school students interested in Mini Medical College, test preparation classes, plus some of our special topics just for teens.

## Class Changes

We don't like to make changes, but sometimes it's unavoidable. We reserve the right to change times, locations or instructors. If we must cancel a class, we will make every effort to notify you immediately. Please provide daytime phone numbers so that we may contact you. You may then choose to transfer to another class or receive a full refund.

## Location and Parking

*Our classes are held online, face-to-face, at UC's Main Campus, at UC's Victory Parkway Campus, and at 20 other locations around town — see the last line of each description for the class location.*

Exact room and building locations, parking information, and directions will be mailed to you with confirmation of your enrollment.

If you have a disability and need specialized services, call the Disability Services Office at 513-556-6823 well in advance of your class to discuss your needs.

## Confirmation of Enrollment

If you have not received confirmation within two days of starting date for your class, please call 513-556-6932. Office hours are 8 am–5 pm Monday-Friday.

## Material and Supply Fees

Some classes require additional fees for supplies or materials — they are noted in the class listing. *These fees are to be paid to the instructor at the first class session.* These fees are nonrefundable and discounts do not apply to them.

## Books

A few courses require the purchase of book(s); those are noted in the description. You may buy them from local or online booksellers. If you buy your books from UC (513-556-1400) or DuBois (513-281-4120), you will find them in a special Communiversity section.

## Discounts

In order to take advantage of these discounts, you must request your discount at the time you first enroll. Only one discount may apply per class. Classes not available at a discount are marked with a “no discounts” notation.

## UC Faculty and Staff Discount

Full-time UC faculty and staff may take one class per quarter at half-price. Spouses and dependents are ineligible. This discount requires special handling and is not available online. Call 513-556-6932 to arrange.

## Senior Citizens Discount

Golden Buckeye card holders are eligible for a 20 percent discount on many of our classes — be sure to provide us with your card number, please.

## Refunds

A refund of the enrollment fee can be made up to 48 hours before the first session. We regret that no refunds may be made anytime thereafter.

However, we do stand behind our programs and will do whatever it takes to ensure your satisfaction.

## 4 Easy Ways to Enroll

Choose what is simplest for you — online, phone, in-person or mail. See details on the next page.

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uc.edu/ce/commu

# 4 Easy Ways to Enroll



**ONLINE** at [uc.edu/ce/commu](http://uc.edu/ce/commu)



**CALL** us **513-556-6932**

Office hours are 8am–5pm Monday–Friday.



**VISIT** our office.

UC Victory Pkwy, Admin Bldg–Ste. 208,

2220 Victory Pkwy, 45206.

(No cash accepted.) Office hours listed above.



**MAIL** this convenient form with a check to:

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Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) (\_\_\_\_\_) \_\_\_\_\_ Phone (work) (\_\_\_\_\_) \_\_\_\_\_

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Title \_\_\_\_\_ Course # \_\_\_\_\_ Fee \_\_\_\_\_

**Total** \_\_\_\_\_

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