

▶ Summer 2015

Communiversality

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Learning Something New

**See Inside for
Noncredit Courses:**

Business & Career
Travel, Culture, Language
Music & Dance
Sports & Adventure
Test Preparation... and more

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UNIVERSITY OF 
Cincinnati



Welcome!

May, June, July and August classes

Our noncredit classes are for adults of all ages. The learning is “pressure-free” (no tests or grades to worry about) and flexible—designed with you in mind.

Whether you want to dance a new step, tap into technology, speak a new language, or kick your career up a notch, you will discover something new with our expert instructors.

Come to feed your mind, find a new direction, work your body, or just enjoy yourself as you meet others with similar interests. Look inside our catalog to find out about our over 200 online classes and our 100 fun, informal, hands-on face-to-face classes.

Enrollment is easy —
just a quick phone call
513-556-6932

or a few mouse clicks away
uc.edu/ce/commu

*Come and put yourself
in the picture of learning
something new!*

Donna Burns

Donna Burns
Director, Communiversality



Grow Your Garden



Explore Your World

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Icons courtesy of wpzoom.com



Arts & Handicrafts

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

Historic Homes & Heritage: A Vintage Village

Join us to experience the historic charm of Mariemont, with its English village atmosphere. Begin with a tour of the Ferris House, one of the oldest houses in Cincinnati, where you will meet Dr. Ann Grooms. She will tell us about running a successful enterprise in a historic building, discuss the history of planned communities, and how individuals such as Mary Emory who created Mariemont can play a role in revitalizing areas and preserving our heritage. Lunch will be at the National Exemplar at the Mariemont Inn, followed by a walking tour of the village, including a visit to the Village Church plus one of the original homes. We'll end with a stop in nearby Terrace Park to tour another special house. You will gain a real appreciation of the Tudor, Greek Revival, Colonial, Norman Revival, Georgian Revival and other styles of architecture, all part of Mariemont.

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

Sat., 10 am–3:30 pm; June 20; 1 day; \$49 (no discounts), plus lunch together (pay on own); #3119-01

Location: Meet at the Ferris House (Mariemont)

Jewelry Making with Polymer Clay

Let's welcome summer by creating a themed necklace and a pair of matching earrings with polymer clay, which is oven-baked clay. Learn how to condition, color-match, bake and gloss polymer clay; also learn how 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... just come and take part in the joy of clay!

Banu Kesavalu is a beading and polymer clay artist.

Sat., 11 am–1 pm; June 6; \$24, plus \$20 supply fee payable to instructor in class (includes polymer clay, jewelry findings, jewelry cord and supplies to complete the in-class projects); #3731-01

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

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 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 11; \$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 18; \$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)

What People Like Best...

“Banu is a very talented and knowledgeable instructor. Can't wait to enroll in more of her classes.”

Student in “Polymer Clay” class

Stained Glass for Beginners

Begin with the basics of building a Tiffany style panel using the copper foil method. Learn types of glass, glass cutting techniques, grinding, foiling, soldering and framing a panel. Complete a panel of your choosing (sizes vary, average is 11x17") that you'll be proud to hang.

Mary Jane Riggi is experienced in the art of stained glass, from design and building to teaching.

Sat., 10 am–4 pm; June 13; 1 day; \$75 (no discounts), plus \$125–150 for materials and toolkit payable to instructor in class. You may use some of the studio tools during class. Lunch not included – bring your own or order pizza with the group; #3500-01

Location: Artist's air-conditioned studio (Mt. Airy)

Wine Glasses: Paint, Etch and Embellish a Set

Create your own one-of-a-kind wine glasses to give as gifts or keep for yourself. You'll make up to four wine glasses in this class using etching cream and glass paints. We'll also add wine charms from glass jewels and other embellishments for a special look.

Mary Jane Riggi is a talented artisan and instructor who operates her own stained glass studio.

Sat., 12–4 pm; July 18; \$35 (no discounts), plus \$25 supply fee payable to instructor in class for all 4 glasses, charms, paints and etching cream; you may use some of the studio tools during class; #3501-01

Location: Artist's air-conditioned studio (Mt. Airy)

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. 26; \$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)



Photography

Classes in how to use your camera, how to take better pictures, etc.

Photographing People Class

Taking Better Photos: Creative Seeing Class

See page 18 for details.



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., 7–9 pm; July 27; \$22, #1207-01

Location: The Cincinnati Observatory Center (Hyde Park/Mt. Lookout)



Explore New Worlds

Big Bang: The First Three Minutes

An awful lot happened in the beginning moments of the history of the Universe. First, there was nothing and then there was everything. It did take a little while, though; cosmologists say about three minutes. It must have been a very busy time! Have you ever wondered how things came to be the way they are? The lumpiness of matter or the emptiness of space? Planets, stars, galaxies, clusters of galaxies; all of it started very small. So how did it get to be called the BIG Bang? If a cosmos falls in a void, does it make a sound? So, what's up with this idea of a BANG, anyway? What went bang? When did it bang? Did it actually bang? Was there anything before the Big Bang and where was that? We'll answer these questions and perhaps some others as we explore the where, when, what, how and why of the beginning of the cosmos.

Dave Bosse is an instructor of astronomy at the University of Cincinnati where he has taught for over 35 years.

Wed., 7–9 pm; July 1; \$22, #1205-01

Location: The Cincinnati Observatory Center (Hyde Park/Mt. Lookout)

Constellations of the Season

There are more stars in the sky than you can ever count; but you'll see that finding your way around the sky has never been more interesting. Explore the imaginative figures we call constellations as you learn to use a planisphere to find any constellation at any given time and date. Further appreciate the night sky as we share some of the stories of the stars — how these clusters were identified, named, and achieved fame. Weather permitting, we will go outside to find many of the brighter constellations and you may also look through the observatory telescope.

Dean Regas is the outreach astronomer with the Cincinnati Observatory Center, the co-host of the syndicated astronomy program Star Gazers, frequent guest of NPR's "Science Friday," and recipient of Astronomy Magazine's "Out-of-this-World" Award for astronomy education.

Tues., 8–10 pm; July 28; \$22, plus \$4 optional materials fee for star chart payable to instructor at class; #1044-01

Location: The Cincinnati Observatory Center (Hyde Park/Mt. Lookout)

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.

Tues., 7:30–9:30 pm; May 26; \$22, #1238-01

Location: Cincinnati Observatory Center (Hyde Park/Mt. Lookout)

Through the Telescope

Looking through a telescope is always fun; but did you ever wonder how the darn thing works? How are magnification and focus achieved? Why is the view upside-down in an astronomical telescope, but upside-right in binoculars? And is bigger really better? We'll answer these questions and many more as we explore the inner workings of the "magic tube." Fun, visually dramatic experiments will make the mysteries of lenses and mirrors crystal clear, even for those who are not friendly with physics. We'll also peek inside a variety of working telescopes, and, weather permitting, view the heavens through some of them.

Dave Bosse is an instructor of astronomy at the University of Cincinnati where he has taught for over 35 years.

Tues., 7–9 pm; Aug. 4; \$22, #1225-01

Location: The Cincinnati Observatory Center (Hyde Park/Mt. Lookout)

Understanding the Tides

From surfers to sailors to military planners, tides have been a useful and at times, confounding natural phenomena. Usually relegated to the realm of weathermen, tides are actually of astronomical origin, the mechanism best explained by astronomers. Understanding how and why tides work has been an important study of mankind for millennia, making it possible to predict when the "surf's up." Knowing that somehow the moon is involved is just part of the story. The Sun, the shoreline, the continental shelf, and even the barometric pressure all conspire to determine the effect of the tides. The effect can be very small or absolutely huge. Do lakes have tides? What about the Arctic Ocean? My bathtub? Let's find out what makes tides tick.

Dave Bosse is an instructor of astronomy at the University of Cincinnati where he has taught for over 35 years.

Mon., 7–9 pm; July 6; \$22, #1240-01

Location: Cincinnati Observatory Center (Mt. Lookout/Hyde Park)



Business & Career

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

An Introduction to Voiceovers: Class

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.

Tues., 6:30–8:30 pm; July 28; \$39 (no discounts), #1140-01

An Introduction to Voiceovers: One-on-One Live

See preceding description. Receive the same information you would get in the traditional class (above) but in a one-on-one format. After enrolling with us, you’ll schedule a one-and a half hour time slot with your instructor, at your mutual convenience. The online format may be through IChat, Skype, or by phone - your choice.

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

Arrange when you wish — anytime from June 15–July 31; 1.5 hours; \$49 (no discounts), #1150-01

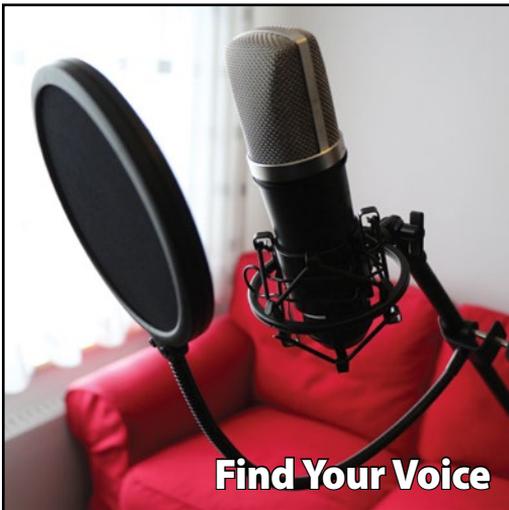
Location: Taught through IChat, Skype or over the phone — your choice — during the above date span.

The Next Big Thing: From Idea to Market

So you have an idea for the next big thing... now what? Launching a new product or bringing an idea to market can be overwhelming. This class is designed to cover the basics of what every inventor should know, from idea development through commercialization. Topics will include: ways to protect your idea; understanding patents; packaging and staging your product; selling, licensing or starting your own company; plus an exploration of marketing venues. Join us and find the encouragement and motivation you need to get your idea off the ground.

Ryan McAleer, MBA, co-owner of Lean4Ward, Inc., specializes in creating training programs, inventor coaching and product design. He has been a product manager, associate brand manager, and marketing manager with several Fortune 500 companies.

Tues., 6:30–8:30 pm; June 16; \$29, #1118-01
Location: UC main campus



Find Your Voice

Contemporary Social and Business Dining Etiquette Class

See details on page 17



Online Classes Available

Visit ed2go.com/uc

Then select “Business;” click on “Start Your Own Business” to explore careers in Event Planning; Arts & Crafts; Consulting; Medical Coding; Tour Director; and more...

What People Like Best...

“Really exciting and informative!”

“Makes people aware of their sound quality, range, rate, improvements, etc.”

Students in “Intro to Voiceovers” class



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)

For course details: content, outlines, objectives, outcomes, instructor bios, and how to enroll see “Online Certificates” at uc.edu/ce

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 1 and July 6

Business Coaching Certificate

Acquire skills to develop, implement, and support coaching and mentoring programs and see your employees’ performance improve.

Business Research Certificate

Succeed in research, using the best and most appropriate data for decision making; communicate results for maximum impact. Take 3 courses: Intro to Business Research; Business Statistics; and Qualitative Business Research.

Data Analysis Certificate

Add a new skill set to your portfolio as you learn how to compare groups for differences, know the statistics behind these groups and variables, learn to perform inquiries, and gain skills to communicate results through graphs and text.

eMarketing Essentials Certificate

- Improving Email Promotions (June 1)
- Boosting Your Web Site Traffic (July 6)
- Online Advertising (August 4)

Inbound Marketing Certificate

Help customers find you through organic search, using your website to attract visitors naturally through search engines, the blogosphere, and social media; use landing pages and forms to collect names and email address, and implement lead-nurturing campaigns that result in sales.

- Intro to Inbound Marketing (June 1)
- Content Marketing (July 6)
- Advanced Inbound Marketing (August 4)

Individual Classes Online

Month-long classes also available in topics such as: Accounting & Finance for Non-Financial Managers; Marketing with Images; Media Buying Strategies, Google Analytics, and a dozen more. For a complete listing, see “Online Certificates” at uc.edu/ce

Leadership Development

- Develop Your Leadership Skills (June 1)
- Develop Your Professional Career (July 6)
- Leadership Principles (August 4)

Mobile Marketing Certificate

Retain and gain customers via location-based marketing, mobile payments, QR codes, applications, mobile coupons and more.

- Mobile Marketing (June 1)
- Creating Cell Phone Apps (July 6)
- Adv. Mobile Marketing (August 4)

Non-Profit Administration Certificate

Build revenue streams for your non-profit organization. Find out how to improve your evaluation planning, data collection, data analysis and data use.

- Revenue Generation (June 1)
- Program Evaluations (August 4)

Presentation Media Certificate

- Prezi (June 1)
- Photoshop for Presentations (July 6)
- Graphic Design for Visual Presentations (August 4)

Social Media for Business Certificate

- Intro to Social Media (June 1)
- Marketing with Social Media (July 6)
- Integrating SM in Your Org. (August 4)

Supervisory and Leadership Certificate

Get practical and insightful methods for new and even experienced supervisors and managers.

Two-month online program; begins June 1

Other Certificate Programs:

- Customer Service Certificate
- Designing Webinars Certificate
- Entrepreneurship Certificate
- Entrepreneurship Finance Certificate
- Management Certificate
- Managing Social Media Platforms Certificate
- Self-Publishing and eBooks Certificate
- Executive Leadership Certificate

See “Online Certificates” at uc.edu/ce
for all the details about these courses!
Or call David at 513-556-6932



Communication & Writing

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

Being an Author: The Inside Story

Find out what's involved in being a writer, from the perspective of a well-published author. Get a behind the scenes look at the writer's process used in writing the book "Founders and Famous Families of Cincinnati," find out what it was like to write this particular book, what the author wishes she'd known when she started this process that she knows now, plus how to approach a big topic like this. How do you decide who gets in and which stories get told? Then hear lots of tidbits, tales, plus some real gems that got left on the cutting room floor. If you're interested in Cincinnati history, you'll enjoy a great evening; and if you've ever thought of writing your own book, you'll come away with ideas for how to make that happen.

Wendy Hart Beckman, MA, is an award-winning freelance writer, editor, "book doctor," college instructor and corporate writer. She has published seven books and more than 250 freelance articles.

Thurs., 6:30–8:30 pm; May 28; \$24, #3316-01

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

Write On! Writer's Boot Camp

Do you have a writing project in mind — something you have thought about for a long time but you don't know where to start? Do you feel too distracted by work, kids, Netflix? Do you think you aren't "good enough" to write it? Do you have some other miscellaneous "but" in your life? Yeah, we can fix that. Come to writer's boot camp. We talk about some simple skills that will get you focused on and excited about writing again; how to develop your very own writer's habit if you only have a few minutes a day; and how to plan your project so you know what to do. We will reveal writing's greatest secrets in a fun and friendly atmosphere. Mostly, though, we are going to write. We know that you have a story to tell. The first step is to come to class.

Brian L Meyers, MA, is an entertaining and inspiring educator and writer who has taught writing for many years.

Tues., 6:30–8:30 pm; June 16–July 7; 4 wks; \$99; #3319-01

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



Home and Garden

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

Create an Edible Garden: From Tower to Table

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. The eco-friendly Tower Gardens on display at Krohn are on loan from Meghan and she is able to treat her class to a private session there.

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

Sun., 3–5 pm; July 12; \$28 (no discounts), includes admission fee to Krohn; #8412-01

Location: Krohn Conservatory (Eden Park)

Eight Steps to Buying a House

Explore essential topics in this fact-filled class such as determining the best way to go about finding that property you want, what you can afford, using the MLS, plus the ins and outs of contracts, financing, and insurance. Class is strictly educational in nature; learn from the pro's about buying smart in today's market.

Gary Rossignol, course facilitator, has been a practitioner in real estate since 1986. Guest experts include an attorney, a mortgage broker, and a home inspector.

Tues., 6:30–9 pm; July 14 & 21; 2 wks; \$59, #8401-01

Location: UC main campus

Selling Your Home — Fast and for Top Dollar

Invest two hours in learning the ins and outs of how to sell your home and the returns could be enormous. Find out the key points of pricing, marketing, and showing your home to maximum advantage. Learn critical information about state requirements, inspections, documentation and financing. If you do consider listing with an agent, how do you interview and select one? And what's the #1 most common mistake in selling a house? Come and find out!

Gary Rossignol has been a practitioner in real estate since 1986 and is a certified instructor in Ohio and Kentucky for realtor continuing education courses. Course is strictly educational in nature.

Tues., 6:30–9 pm; June 23; \$29, #8344-01

Location: UC main campus



Explore the World

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

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!

Simone Kuzma is the founder of Wanderlust: Wanderlearn.

Wed., 6:30–8:30 pm; July 22; \$24, #1310-01

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

Intrepid Traveler: Savvy Travel Tips

This information-packed session will make a savvy traveler out of you! Learn industry secrets and save a bundle. Topics include: travel insurance and health insurance; immunizations and health concerns; money tips; safety tips; electronics and adapters; cell phones and communication; packing and luggage; plus tipping while traveling.

Simone Kuzma is the founder of Wanderlust:

Wanderlearn, a Cincinnati-based company specializing in travel education and experiential trips.

Mon., 6:30–8:30 pm; June 29; \$29, #1550-01

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

Intrepid Traveler: Travel Logistics

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: how to choose a destination; how to create a budget; passports and visas / entry requirements; international travel safety programs; plane tickets; accommodations and ground transportation.

Simone Kuzma is the founder of Wanderlust:

Wanderlearn, a Cincinnati-based company specializing in travel education and experiential trips.

Mon., 6:30–8:30 pm; June 22; \$29, #1548-01

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

Solo Travel

Some people dream of seeing the world but hesitate to venture out by themselves. Turn traveling solo to your advantage as you learn valuable information about the challenges and opportunities available to those who travel on their own. Find out practical tips on how to travel smart (following local customs, safety) while having a great time. Learn where to go, how much it will cost and what to expect as you explore a variety of vacation and travel experiences. Simone has traveled solo all over the world and gives you personal as well as professional insights.

Simone Kuzma is the founder of

Wanderlust: Wanderlearn.

Wed., 6:30–8:30 pm; July 29; \$24, #1060-01

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



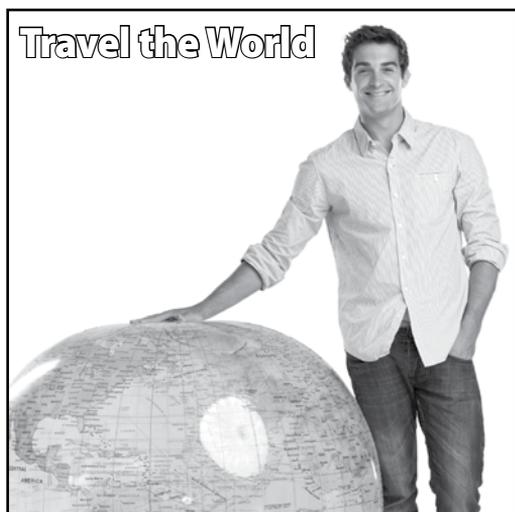
Online Classes Available

Visit ed2go.com/uc

Then select "Writing & Publishing;" see Grant Writing, Business Writing, and a Variety of Specialized Creative Writing Topics.

Historic Homes & Heritage: A Vintage Village

See details on page 3





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; Jun. 18–Aug. 20; 10 wks; \$48 (no discounts), we encourage you to enroll through our “Fitness Flex Pass”; #4339-01

Location: 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; Jun. 17–Aug. 19; 10 wks; \$48 (no discounts), we encourage you to enroll through our “Fitness Flex Pass”; #4352-01

Location: 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; Jun. 16–Aug. 18; 10 wks; \$48 (no discounts), we encourage you to enroll through our “Fitness Flex Pass”; #4311-01

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

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 maintains her own private practice, the Cincinnati Nutrition Counseling Center. She finds that one of the best ways to get people to eat healthy is to show them how to cook that way!

Sat., 12–1:30 pm; July 18–Aug. 22; 6 wks; \$139 (no discounts), includes all materials and food; #8124-01

Location: Cincinnati Nutrition Center (Silverton)

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 29–Aug. 3; 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)

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 14–28; 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)

Yoga Basics

Are you interested in replacing your stress with serenity, your fatigue with vitality and your tension with flexibility and your instability with greater balance? We will assist you with accessing these benefits of yoga and more. This is a wonderful class for those new to yoga and recommended to other more experienced yogis who want to enhance their body awareness and start fresh with a beginner's mind. Enjoy a relaxing atmosphere that is open to any body.

Anna Ferguson, BA, RYT, CYTA, has studied with many remarkable teachers and master yoga practitioners; 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 7–Aug. 25; 8 wks; \$99 (no discounts), #4325-01

Thurs., 5:15–6:15 pm; July 9–Aug. 27; 8 wks; \$99 (no discounts), #4325-02

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

Seeking Talented Teachers

Community is always looking for top-notch people with special expertise, a desire to share that knowledge with others, and strong communications skills.

We especially need instructors who are interested in developing and teaching lifelong learning classes that would add something new to our line-up and that would have a general public appeal.

If you'd like to be considered, see our “Apply to Teach” page at uc.edu/ce/commu or call Donna at **513-556-9197** to inquire.



Enhancing the Six Dimensions of Wellness Class

See details on page 17



Language

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

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

Beginning Mandarin Chinese

We'll introduce you to the basics of pronunciation, grammar, and everyday vocabulary of Mandarin, the official language of China. You will focus on speaking and listening comprehension, though an introduction to Chinese characters will also be included. Whether your aim is to access China's explosive economic market, broaden your exposure to Chinese culture, or prepare for travel, you're sure to have fun and learn much from this course.

Amy Zhao teaches in an encouraging and relaxed atmosphere. She has received her Chinese Language Teaching Certificate from the Shanghai International Language Institute and has over a decade of experience teaching Chinese to Americans.

Mon., 6–8 pm; June 22–Aug. 24; 10 wks; \$215 (no discounts), plus text “Ni Hao I” (ISBN: 978-1876739065) and workbook (ISBN: 978-1876739072) — both available at UC and DuBois bookstores plus online booksellers. Additional \$10 materials fee payable to instructor at first class; #7510-01

Location: UC main campus

French — Encore!

Do you already have a passing acquaintance with this beautiful language, but want to refresh and reinforce your knowledge and learn a little more? This three week, seven class course gently reviews basics and then moves ahead to enable you to speak and comprehend more when traveling and in everyday situations. We will polish pronunciation and expand vocabulary and speaking ability through friendly, encouraging conversation in French during each session. The course also will touch upon highlights of French culture, geography, and travel tips, as well as reading in French. Each class will include review of material covered in the prior class, so that students can reinforce their understanding, practice their knowledge, and catch up in the event of a missed class.

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 lovely language, culture, and literature with others.

Saturday mornings and Tuesday evenings July 25–August 15. Sat., 10:30 am–1 pm July 25 and Aug. 1, 8, 15; plus Tues. 6–8 pm July 28 and Aug. 4 and 11.

7 classes, 3 wks; \$189, plus text “French: A Self-Teaching Guide,” 2nd Edition by Suzanne A. Hershfield-Haims available at UC and DuBois Bookstores plus online booksellers); #7143-01

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

French for Beginners

Learn the basics of the most romantic of the romance languages! Over three and a half weeks, this seven class 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. Each class will include review of material covered in the prior class, so that students can reinforce their understanding, practice their knowledge, and catch up in the event of a missed class.

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.

Saturday mornings and Tuesday evenings June 20–July 14 (no class July 4). Sat., 10:30 am–1 pm June 20, 27, and July 11; plus Tues. 6–8 pm June 23, 30 and July 7, 14.

7 classes, 3.5 wks; \$189, plus text “French: A Self-Teaching Guide,” 2nd Edition by Suzanne A. Hershfield-Haims 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 18–Aug. 6; 8 wks; \$189, plus text “Italian: A Self Teaching Guide” by E. Lebrano (ISBN: 978-0471359616 available at UC and DuBois bookstores plus online booksellers); #7004-01

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



Music and Dance

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

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

Fri., 8:45–9:45 pm; July 10–Aug. 28; 8 wks; \$79, #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 Greatorex is a dance enthusiast and experienced teacher of dance.

Fri., 7:45–8:45 pm; July 10–Aug. 28; 8 wks; \$79, #4211-01

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

Fiddling for Beginners Level I

Do you love the toe-tapping excitement of Irish music or American old-time, but never picked up a fiddle before? 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 most music is 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 and teaching various styles of traditional music in the U.S., Ireland, and Canada for over twenty years. Since 2001 he has taught at the Riley School of Irish Music and has played in the celebrated traditional band Silver Arm.

Thurs., 6:25–7:25 pm; June 25–July 30; 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; #4226-01

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

Fiddling for Beginners Level II

This is a continuation of the preceding course. Using the foundational skills and ear training learned in Level I, we'll tackle some trickier tunes and explore techniques that will make your playing shine. If you've already learned some tunes by ear and have a background on fiddle or violin, or you've previously taken Fiddling for Beginners I, this class is for you.

Justin Bonar-Bridges has been playing and teaching various styles of traditional music in the U.S., Ireland, and Canada for over twenty years. Since 2001 he has taught at the Riley School of Irish Music and has played in the celebrated traditional band Silver Arm.

Thurs., 7:30–8:30 pm; June 25–July 30; 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; #4227-01

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 16–July 28; 7 wks; \$159, plus text "The FJH Young Beginner Guitar Method: Lesson Book 2" (CD not required) available from UC or DuBois Bookstores plus online booksellers; #5225-01

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

Belly Dancing Class

See details on page 11

Native American Flute

The sound of the Native American flute is entrancing, soothing and enchanting — and it is surprisingly easy to learn. Even those with no musical background can pick up a flute and play right away — no need to read music. Be prepared to practice on your own outside of class; and then 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 artists.

Wed., 6:30–8:30 pm; July 15–29; 3 wks; \$75 (no discounts), plus high quality flutes will be available to borrow and purchase; students are not able to take flutes home, and are highly encouraged to purchase a flute for out-of-class practicing. Note: All students must use a Native American Flute in the key of A minor; #4225-01

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

Piano I: Introduction to Piano Playing

Using the “Musical Moments” textbook, you’ll learn to read music and to play by chords. Your success is attributed to the comfortable pacing and logical sequencing of the materials. You will meet in a state-of-the-art piano facility; each piano has a headphone and groups are kept small. You will progress with the aid of some home practice, but it is understood you are busy—this is a guilt-free class.

Hye-Eun Suh, teacher and performer of piano, is currently pursuing D.M.A degree at University of Cincinnati College-Conservatory of Music, and is trained in Recreational Music Making.

Tues., 6:10–7:10 pm; June 23–Aug. 11; 8 wks; \$160 (no discounts), plus purchase and bring to class “Musical Moments: A Recreational Music Making Program: Book One with CD.” Available online at: musicalmomentsrmm.com/our-store or UC Bookstore; #4216-01

Location: UC main campus

Piano II: Piano Playing Continued

Take the next step with us in this continuation class and we’ll help you gain more skills in reading, chord playing, and hand positions. Learn on a state-of-the-art electronic piano (with headphones). Although a “The Musical Moments” text will be used, it will be supplemented with pop chord charts and more music reading. You will progress with the aid of home practice, but even if you couldn’t practice for the week, come to class—this is a guilt free zone.

Hye-Eun Suh, teacher and performer of piano, is currently pursuing D.M.A degree at University of Cincinnati College-Conservatory of Music, and is trained in Recreational Music Making.

Tues., 7:20–8:20 pm; June 23–Aug. 11; 8 wks; \$160 (no discounts), plus purchase and bring to class “Musical Moments: A Recreational Music Making

Program: Book One with CD.” Available online at: musicalmomentsrmm.com/our-store or UC Bookstore; #5217-01

Location: UC main campus

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 9–Aug. 27; 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)

Ukulele for Advanced Beginners

Building on skills you’ve acquired (tuning, holding and finger placement), you’ll further refine your mastery of chords, strumming, playing up the neck, and trying out some variations and tempos. 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 16–July 28; 7 wks; \$159 (no discounts), bring your own ukulele (soprano, concert, or tenor – no baritone); #4231-01

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

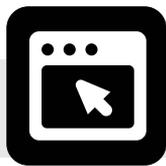
Ukulele for Beginners

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., 6:40–7:55 pm; June 16–July 28; 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)



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Writer's Workshop for Beginners

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

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

Creating Web Pages

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

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.

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

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

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

Illustrator

Learn to design and draw vector art, work with shape gradients, and manipulate color images using Adobe Illustrator.

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

Mastering Your Digital SLR Camera

Take your photography to the next level with your digital SLR camera by learning how to master lenses, apertures, shutter speed, exposure settings, and more.

Advanced Fiction Writing

Explore advanced fiction writing techniques with a published novelist.

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.

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Continued, next page.

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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.

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.

Beginner's Guide to Getting Published

Published writer shows you how to give yourself the credibility you need to get your books and articles published.

Comp TIA A+

Start preparing for CompTIA A+ certification as you learn PC basics and troubleshoot in a real world PC environment.

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.

Explore a Career or Start Your Own Business

Admin. Ass't; Arts & Crafts; Plants; Pet Sitting; Event Planning; Consulting Practice; Medical Coding; Medical Writing; Home-Based Business; and more.

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If English is your second language and you're headed to college, this course will teach you the principles of grammar and structure you'll need to succeed.

Intermediate Microsoft Access

Learn how to build more intuitive and powerful databases.

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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.

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Learn how to use free tools to publish an e-book, and then list and sell your e-books in the world's largest online bookstores.

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Specially designed worksheets and hands-on activities help take the guesswork out of your investing efforts.

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Learn how to take better pictures by understanding your camera and how to use it in a variety of situations.

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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.

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

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3. Enroll and pay for your classes at ed2go.com/uc Or choose from three other ways to enroll on page 23. Fees: Most online classes are only \$119 (no discounts).
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Personal Development and Special Interest

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

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 of organizations.

Mon., 6:45–8:45 pm; June 22; \$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)

Enhancing the Six Dimensions of Wellness

Using the "Wheel of Wellness," learn about the characteristics of healthy people and how each of the six dimensions of wellness (intellectual, emotional, spiritual, vocational, physical and social) provide a framework for a holistic approach to life tasks. You will be invited to do some self-searching and through some interactive assessment you'll begin work with your own wheel to discover personal strengths and weaknesses. By setting aside two hours to focus on these aspects, you'll be taking a first step toward a conscious pursuit of living your life with a balance of mind, body and spirit. Add vitality and meaning as you choose a purposeful path.

Natalie McKerrell, PhD in holistic health sciences, will provide lots of food for thought as she guides you on your journey.

Tues., 6:30–8:30 pm; Aug. 4; \$24, #6160-01

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

Essential Oils

See demonstrations and try your hand at creating some oil based blends that are perfect for bath and inhalation. Discover the basics about essential oils, what they are and how they are used, including some important precautions to take when using them.

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., 11 am–12:30 pm; July 18; \$19 (no discounts), plus \$5 supply fee payable to instructor in class; #6055-01

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

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 of organizations.

Wed., 6:30–8:30 pm; July 1–22; 4 wks; \$159 (no discounts), #6046-01

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

Heart of Meditation: Concentration and Insight

Learn to live in the present moment by developing a meditative practice of mindful awareness. This class offers an exploration of that process, emphasizing concentration and insight. Special attention will be given to mind states that can interrupt our progress. Learn how to work with sleepiness, worry, anger, desire, and doubt in order to deepen our practice all along the path. We provide chairs and meditation 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 meditation 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 16–Aug. 6; 4 wks; \$59, #6042-01

Location: Dharma Center of Cincinnati (Upper Northside)

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 13–27; 3 wks; \$69 (no discounts), plus \$5 materials 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 24; \$29, #6156-01

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



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Classes in how to use your camera, how to take better pictures, etc.

Photographing People

What makes a good photograph? That's the focus of this class. Learn how to create lasting memories of your children, family and friends using your digital camera (SLR, point and shoot, film cameras are fine, too). Explore how to compose and light your photos to capture people candidly as well as how to best pose them for portraits. Topics include the rule of thirds, scale, and framing your subject, plus many types of lighting. We'll cover how to use sunlight to back light, front light and side light your subject, as well as using a flash. Bring your camera — we'll have in-class photo shoots and exercises so you can learn by doing. Note: You must be familiar with your camera's basic functions, settings, and image review.

John Engelman is a professional photographer specializing in commercial, portraiture, and fine art images; he is also an experienced photography instructor.

Thurs., 7:30–8:50 pm; June 25–July 30; 6 wks; \$129 (no discounts), plus bring your camera (any type) to class; #3825-01

Location: UC main campus

Taking Better Photos: Creative Seeing

Whether you are a summer traveler wanting to capture memories or someone who just wants to learn to make better photographs, this class can help. One of the critical steps to achieving photographs with power and interest is to develop the “seeing eye.” Learn to photograph key elements such as color, line, texture, shadow and form in order to advance the process of your own creative seeing. We will also discuss how to photograph in various situations, from fleeting moments — wildlife, scenery, and people — plus the best time of day to photograph. In order to apply what you learn, each week you will share 5-10 images of your best work to class. This is a non-threatening, non-critiquing atmosphere of inspiration for people willing to invest some time and creativity in an effort to make stronger photographs. Bring your camera — we'll have in-class photo shoots and exercises so you can learn by doing. Note: You must be familiar with your camera's basic functions, settings, and image review.

John Engelman is a professional photographer specializing in commercial, portraiture, and fine art images; he is also experienced teaching classes in lighting, nature, travel and fundamentals.

Thurs., 6–7:20 pm; June 25–July 30; 6 wks; \$129 (no discounts), plus bring your camera (any type) to class; #3818-01

Location: UC main campus



Sports and Adventure

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

Celebrating Baseball

Hit the highlights of the history of the Cincinnati Reds, from the early days as the first professional franchise, through the Big Red Machine Era of the 70's, to present day. Gary will bring vintage books and other publications, postcards, autographs, and other collectibles for you to see. Further celebrate our area's rich baseball history by learning where to find and how to visit: the old Crosley Field; one of the best autograph and memorabilia collections outside of the Baseball Hall of Fame; what the Cincinnati Art Museum and Museum Center have that are Reds-related; vintage baseball, where they play using 19th century rules and no gloves; and a dozen more!

Gary Crouch has been a Cincinnati Reds fan since he was 9 years old. He has had many articles published on the Cincinnati Reds and sports collectibles. He is employed at the Cincinnati Museum Center, working on a book about the Reds, and is a volunteer at the Reds Hall of Fame.

Thurs., 6–8 pm; July 2 & 9; 2 sessions; \$29, #4110-01

Location: UC main campus

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 and Brian Fennen are PGA professionals. Heather McKee is a PGA apprentice.

Your choice of start dates and times (May, June, July or August):

Sat., 9–10 am; May 23–June 20; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls); #4101-03

Thurs., 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); #4101-04

Tues., 6:15–7:15 pm; July 7–Aug. 4; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls); #4101-05

Thurs., 6:15–7:15 pm; Aug. 20–Sep. 17; 5 wks; \$99 (no discounts), (includes all range balls); #4101-06

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 and Brian Fennen are PGA professionals. Heather McKee is a PGA apprentice.

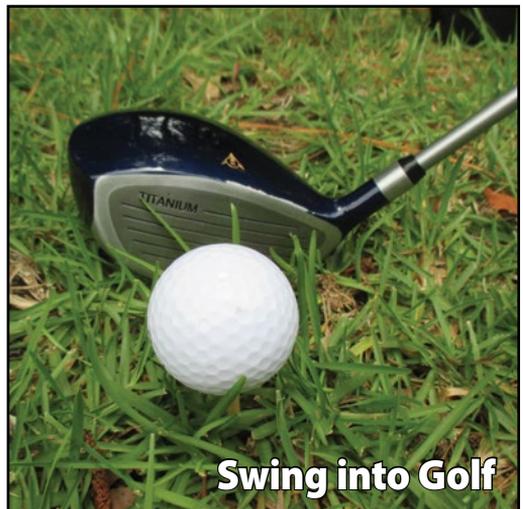
Your choice of start dates and times (June, July or August):

Wed., 6:15–7:15 pm; June 3–July 1; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee (payable at first class – includes all range balls); #4104-03

Sat., 9–10 am; July 11–Aug. 8; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee (payable at first class – includes all range balls); #4104-04

Wed., 6:15–7:15 pm; Aug. 19–Sep. 16; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee (payable at first class – includes all range balls); #4104-05

Location: Sharon Woods Golf Course



Swing into Golf

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 12–Aug. 16; 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 12–Aug. 16; 6 wks; \$69 (no discounts), #4107-01

Location: Mercy Healthplex Anderson

We Offer Our Classes at Convenient Locations around Town...

Here's a partial listing:

- UC Victory Parkway Campus (Edgecliff)
- UC main campus (Clifton Avenue)
- Historic homes (various)
- Peachy's Health Smart (Silverton)
- Artist's Studio (Mt. Airy)
- Cincinnati Observatory Center (Mt. Lookout)
- Covington Clay (Covington)
- DeSha's Restaurant (Harper's Point)
- Dharma Center (Northside)
- Mercy Healthplex (Anderson)
- Metamorphosis (Columbia Tusculum)
- Mighty Vine Wellness Club (Downtown)
- Veterinary Technology (UC Blue Ash)
- Yoga Studio (Clifton)
- And more...



What People Like Best...

“It was fun to improve.”

“I lost weight.”

“Good teacher!”

Students in “Tennis” classes



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; May 31 & June 7; 2 days; \$154 (no discounts), plus bring calculator and text “Cracking the ACT with 3 Practice Tests” (2015 edition), a publication of The Princeton Review. Lunch not included – bring your own brown bag; #4604-05

Sun., 9 am–2 pm; Aug. 23 & 30; 2 days; \$154 (no discounts), plus bring calculator and text “Cracking the ACT with 3 Practice Tests” (2015 edition), a publication of The Princeton Review. Lunch not included – bring your own brown bag; #4604-08

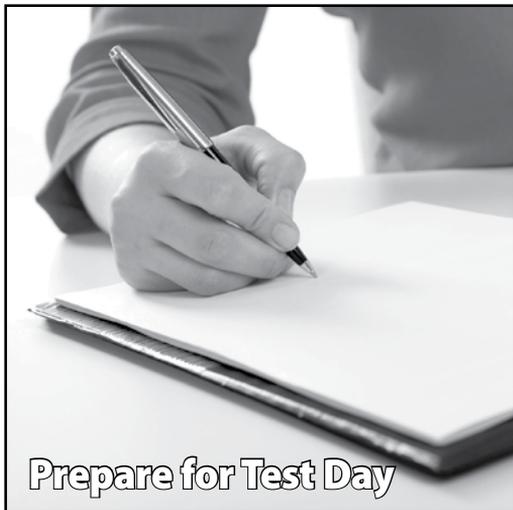
Location: UC main campus



Online Classes Available

Visit ed2go.com/uc

Then select “Personal Development;” click on “Test Prep” for other options.



Prepare for Test Day

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.

Sara Barry, JD, is currently a staff attorney for the Montgomery County Court of Common Pleas, with previous private practice experience in plaintiff's civil litigation.

Sun., 10 am–2 pm; July 12–Aug. 2; 4 wks; \$299 (no discounts), plus “Barron's LSAT” 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 for use in class session 5 & 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)

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; July 8–Aug. 26; 8 wks; \$189 (no discounts), plus \$35 material fee payable to instructor at first class for text “Delta's Key to the TOEFL iBT: Advanced Skill Practice” (2011, includes CD's) plus “McGraw-Hill Education 400 Words for the TOEFL” (2nd 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



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:

Communiversity

PO Box 210093

Cincinnati, OH 45221-0093

(Make checks payable to *University of Cincinnati*.)

MAIL IN ENROLLMENT FORM (Enclose Check)

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Phone (home) (_____) _____ Phone (work) (_____) _____

I am enrolling for

Title _____ Course # _____ Fee _____

Total _____

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- ▶ Sports & Adventure
- ▶ Test Preparation
- ▶ Computer Skills
- ▶ ...and more!