

▶ Winter 2015

Communiversality

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Noncredit Courses:**

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Languages & Travel
Fitness & Health
Music & Dance
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UNIVERSITY OF 
Cincinnati



Welcome!

January, February and March classes

Whether you are into painting pictures or taking them, shaking it up on the dance floor or waking up a hidden talent, Communiversity has classes to meet your needs.

Enrich yourself (no test, grades or papers) as you experience hands-on learning.

On or off-campus
face-to-face and online
options abound.

Enrollment is easy —
just a quick phone call

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

Donna Burns

Donna Burns
Director, Communiversity

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Icons courtesy of wpzoom.com



Arts & Handicrafts

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

Creating in Clay

Design a small clay tray with two matching bowls that are embossed on the outside with stamped patterns. During the first class you will form the tray and bowls by hand and then add texture to the outsides. The pieces will be bisque-fired before the second class when you will glaze them to highlight the textured surface. After a glaze-firing they are ready for you to pick up. Your finished pieces will be dishwasher and microwave safe.

Rick Hoffman has over twenty-five years of experience making pottery and teaching others how to make it. He currently owns, runs and teaches at Covington Clay — a pottery studio and gallery in Covington, KY.

Sat., 10 am–12 pm; Jan. 24 & Feb. 7; 2 mtgs; \$45 (no discounts), plus \$20 for materials, equipment and firing payable to the instructor at the first class; #3153-01

Location: Covington Clay, Covington, KY (Historic Business District)

Drawing Mandalas

Learn to create and design your own mandalas, circular designs created through the use of repeated images and geometries. In one session 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.

Sat., 1–3:30 pm; Jan. 24; \$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: A River Town

Step back in time as we visit the captivating river town of New Richmond on the Ohio. Founded in 1814 and named after the Virginia capital, the village has a rich history as a center for abolitionists and today is a template for historic preservation. We'll first gather at the 1853 Ross-Gowdy House for an orientation focused on the town's Abolitionist Movement and heroic tales about the Ohio River floods. Afterwards we have a rare opportunity to tour the 1846 Gibson House, a brick mansion with, of course, a river view. During lunch at the Front Street Café with your host, you'll learn more fascinating facts about famous natives and how

individuals can succeed in preserving our heritage. Next on our tour is an insider's look at the 1868 Joseph Clasgens House, an Italian villa facing the Ohio. This will be followed by a visit to the columned Cranston Presbyterian Church which was a hotbed for abolitionists. Weather permitting, we shall do a walking tour of the village where you will gain a real appreciation of the Federal, Greek Revival, Italianate, Queen Anne and Art Deco architectural styles, all part of New Richmond.

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

Sat., 10 am–3:30 pm; Mar. 14; 1 day; \$49 (no discounts), plus lunch together at your own expense and travel in own car; #3118-01

Location: Begin at the Ross-Gowdy House, New Richmond, OH

Jewelry with Epoxy Clay: Two Adjustable Rings

Learn to create two dazzling rings with epoxy clay which is a no-bake, fast drying jewelry clay. In this workshop, you will make two rings using different techniques. You will also learn how to condition and shape epoxy clay, embellish with rhinestones, findings and gold dust. The instructor will bring jewelry tools but you are welcome to bring your own (plier sets) if you have one. No prior experience is needed.

Banu Kesavalu is a beading and polymer clay artist.

Sat., 11 am–1 pm; Jan. 24; \$24 (no discounts), plus \$20 supply fee payable to instructor in class (includes epoxy clay, adjustable rings, colorful rhinestones, metallic dust, Swarovski crystals, flower bead caps, jewelry findings and supplies to complete the in-class projects); #3730-01

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 studied Oriental Brush Painting since 1982 as the demonstrating artist with the First Ohio Trade Fair in Wuhan, China.

Sun., 10 am–4 pm; Feb. 1; 1 day; \$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. Bring a bag lunch or snack if you wish; #3717-01

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

Valentine's Jewelry: Pendant Necklace and Matching Earrings

Show your love by making jewelry for someone special. Create a stunning Valentine necklace with matching earrings using polymer clay. Learn how to condition, color match and bake your pieces; plus you'll acquire basic techniques like how to use headpins, eyepins, cords and clasps to finish the necklace and earrings. Instructor will bring an oven (to bake the clay) and jewelry tools but you are welcome to bring your own tools if you already have them. No prior experience is needed — just come and experience the joy of claying.

Banu Kesavalu is a beading and clay artist.

Sat., 11 am–1 pm; Jan. 31; \$24 (no discounts), plus \$15 supply fee payable to instructor in class for everything needed to complete your in-class project); #3726-01

Location: UC Victory Pkwy Campus

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.

Sat., 10 am–4 pm; Jan. 31; 1 day; \$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. Bring a bag lunch or snack if you wish; #3508-01

Location: UC Victory Pkwy Campus

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; Mar. 11; \$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

Creating Glass Art

Mary Jane Riggi has an abundance of skill as a stained glass artisan and instructor.

Location: Artist's Studio (W. North Bend Rd., Mt. Airy)

Lunch: not included — bring your own or order pizza with the group

Supplies: You may use some of the studio tools during class. Registered students must call instructor (633-2788) a few days in advance to discuss project ideas and tools.

Create a Kaleidoscope

Construct a beautiful kaleidoscope in class to give as a gift or keep for yourself. No previous glass cutting experience required; basic glass cutting and soldering techniques will be taught. Patterns and supplies will be available from the instructor.

Sat., 10 am–4 pm; Feb. 7; 1 day; \$59 (no discounts), plus approximately \$60–70 for supplies payable to instructor in class; #3605-01

Location: Artist's Studio (Mt. Airy)

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 11"×17").

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

Sat., 10 am–4 pm; Feb. 21; 1 day; \$75 (no discounts), plus \$125–150 for materials and toolkit payable to instructor in class; #3500-01

Location: Artist's Studio (Mt. Airy)

Glass Fusing Primer

Focus on fundamentals of kiln forming and warm glass work as you create your own fused glass pieces. Popular choices of items include candlesticks, plates, bowls or jewelry. Learn about glass cutting, setting up a kiln, shelf preparation, glass compatibility, annealing cycles and slumping. You'll prepare several pieces for firing; then return to the studio 2 weeks after the class to retrieve your fused glass pieces.

Mary Jane Riggi has an abundance of experience as a stained glass artisan and instructor.

Sat., 10:30 am–4 pm; Mar. 7; \$69 (no discounts), plus between \$50–75 for tools and supplies payable to instructor at class; #3707-01

Location: Artist's Studio (Mt. Airy)



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.

Tues., 7–9 pm; Feb. 24; \$22, #1207-01

Location: COC (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.

Wed., 7–9 pm; Mar. 4; \$22, plus \$4 optional materials fee for star chart payable to instructor at class; #1044-01

Location: COC (Mt. Lookout)

Dance of the Gods: Motions of the Planets

For thousands of years our ancestors believed that our Earth was the immovable center of the Universe. Not until the European Renaissance did we finally glimpse the true nature of the motions of the planets and realize for the first time Earth's place in the solar system. Travel with us through history to investigate the model of Ptolemy and how scientists who came more than a thousand years later deciphered nature's clues to the understanding of the complex motions of the planets. We'll discuss ideas and observations of Copernicus, Tycho, Kepler and Galileo and how these great scientists solved the mystery of "The Dance of the Gods." Weather permitting, telescope viewing with the 1845 telescope will be part of the evening's activities.

Terry Flesch is an astronomer and a presenter at the Cincinnati Observatory Center.

Fri., 7–9 pm; Feb. 13; \$22, #1218-01

Location: COC (Mt. Lookout)

Optics: Inside a 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 UC where he has taught for over 35 years; and he has been a presenter at the Cincinnati Observatory Center for many years.

Tues., 7–9 pm; Jan. 27; \$22, #1225-01

Location: COC (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. 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 UC (over 35 years); and a long-time presenter at COC.

Tues., 7–9 pm; Feb. 10; \$22, #1240-01

Location: COC (Mt. Lookout)



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:

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

Face-to-Face Class: Tues., 6–8 pm; Feb. 17; \$39 (no discounts), #1140-01

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

Shared Leadership in the Workplace

Revolutionize your career by enhancing your relevance and becoming a "go to" person in the workplace regardless of your job description. This accelerated workshop will provide an overview of the C.A.R.E. Certification program plus two workshops; creating your signature of presence and also creating your daily workplace watchlist template. Leadership in behavior is a prerequisite for leadership in title and these two workshops will ignite that transformation on your first day back at work. C.A.R.E. is the award winning acronym for Courage to take Action Relevant to Everyone.

Charlie Lobosco is a certified seminar leader, author and Technology VP with almost 40 years of experience in the corporate workplace. 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., 9 am–1 pm; Feb. 28; 1 session; \$49, #1156-01

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

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.

Sat., 10 am–12 pm; Feb. 21; \$29, #1118-01

Location: UC main campus



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; Gift Baskets; Pet Sitting; Tour Director, and more...



How to Succeed



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 yougotclass.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 Feb. 2; Mar. 2; Apr. 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 (Feb. 2)
- Boosting Your Web Site Traffic (Mar. 2)
- Online Advertising (Apr. 6)

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 (Feb. 2)
- Content Marketing (Mar. 2)
- Advanced Inbound Marketing (Apr. 6)

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, visit online at yougotclass.org/catalog.cfm/Ucincinnati

Managing Social Media Platforms Certificate

Integrate and manage social networks as part of your communication and marketing strategies.

- Twitter (Feb. 2)
- Facebook for Business (Mar. 2)
- Linked In (Apr. 6)

Mobile Marketing Certificate

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

- Mobile Marketing (Feb. 2)
- Creating Cell Phone Apps (Mar. 2)
- Adv. Mobile Marketing (Apr. 6)

Presentation Media Certificate

- Prezi (Feb. 2)
- Photoshop for Presentations (Mar. 2)
- Graphic Design for Visual Presentations (Apr. 6)

Self-Publishing and eBooks Certificate

- Growing Your Business (Feb. 2)
- Self-Publishing eBooks (Mar. 2)
- Marketing eBooks (Apr. 6)

Social Media for Business Certificate

- Intro to Social Media (Feb. 2)
- Marketing with Social Media (Mar. 2)
- Integrating SM in Your Org. (Apr. 6)

Supervisory and Leadership Certificate

Get practical and insightful methods for new and even experienced supervisors and managers. Two-month online program; begins Feb. 2

Other Certificate Programs:

- Customer Service Certificate
- Designing Webinars Certificate
- Entrepreneurship Certificate
- Entrepreneurship Finance Certificate
- Management Certificate
- Non-Profit Administration Certificate
- Executive Leadership Certificate

Visit yougotclass.org/catalog.cfm/Ucincinnati 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.

From Stage Fright to Stage Zen

Do you have trouble speaking up in meetings? Does the thought of making a presentation send you into a panic? 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 2-week intensive provides the tools and support you need to overcome (not just hide) your fear of speaking. Overcoming stage fright takes practice. But it's hard to practice when your fear can be so overwhelming. We'll start you on your way to transform your fear into excitement allowing you to fully connect with your audience (even an audience of one)! Each class offers a short discussion, techniques for dialing down the fear response and fun exercises to teach you how to practice on your own on a daily basis.

Eva Lewandowski is co-founder of the VisionOp Group, a consulting, coaching, and training company. She is 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.

Wed., 6:30–8:30 pm; Jan. 21 & 28; 2 wks; \$59, #3313-01

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

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)
- Perfect North Slopes (Lawrenceburg)
- Yoga Studio (Clifton)
- And more...

How to Write Your Memoir

Memoirs: The story of your experience. There are many reasons why you should write yours. You may want to pass along your legacy to your descendants. You may want to remember a trip you took. Maybe, yours is a journey of personal development and discovery. Maybe, you want to write the story of your expertise and establish yourself as guru in your field. Sure, you could simply list the events and facts of your life. Write interesting! In class, Meyers will reveal some of writing's greatest secrets: the things that aren't even whispered in the late-night TV infomercials. These are simple, easy to use, concrete ideas that will make your writing better. You don't have to be brilliant to be a great writer, but you do have to sign up before class fills up.

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

Tues., 6:30–8:30 pm; Feb. 10–Mar. 3; 4 wks; \$99, #3314-01

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.



A World of Learning



Explore the World

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

Germany: An Insider's Guide

Explore Germany from an insider's perspective! A country rich in history, culture and geography, Germany is more than most travelers imagine. From the Alps and the Black Forest in the south, to the wine producing Rhein Valley to the sandy beaches in the north, we'll discuss the pros and cons to each region. Learn about transportation options (trains, planes and rental cars) and accommodation selections from grand hotels to unique bungalows. Whether you are looking to bike and hike across Germany or take it easy, we'll answer all your questions about travel in Germany. Los geht's! (Let's go!)

Simone Kuzma spent many years living and working in Germany and is the founder of Wanderlust: Wanderlearn, a Cincinnati-based company specializing in travel education and experiential trips.

Tues., 6:30–8:30 pm; Mar. 10; \$24 (no discounts), #1070-01

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; Mar. 2; \$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; Jan. 12; \$29, #1548-01

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

Italy Insights

Join us on a "talking tour" to survey this region, from the historic, pre-Roman areas of southern Italy, through the scenic Tuscany hill towns and Renaissance wonders of Florence to romantic Venice and the Alpine lakes. Learn about some of the less explored areas too, such as Sicily and the Veneto. Take a look at special interest travel like spas and cooking schools; then examine the pros and cons of rental cars and rail passes. We'll discuss accommodations, such as pensions, economical villa and apartment rentals, and even some famous palaces that are available to tourists.

Simone Kuzma is the founder of Wanderlust:

Wanderlearn, a Cincinnati-based company.

Tues., 6:30–8:30 pm; Jan. 20; \$24, #1314-01

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

The Moundbuilders: Exploring the Ancient Earthworks of the Ohio Valley

Who were the Moundbuilders? Why did they build so many complex earthworks? Examine archaeological data about the earthworks in the region surrounding present day Cincinnati to learn how the prehistoric inhabitants built their impressive monuments. Learn how changes in society over time are reflected in the types of monuments people built, art and artifact styles, and burial customs. This is the ideal course for anyone who wants to see and learn about the prehistory of the region.

Alisa Strauss, PhD, teaches in the Anthropology Dept. at UC; she is especially interested in prehistoric pottery and projectile points, American Indian food techniques, mythology and religion.

Sat., 1–3:30 pm; Feb. 7; \$29, #1543-01

Location: UC main campus

No Weather Worries

Before venturing out:

- Check the email and voicemail you gave Communiversity for notifications
- Call Communiversity Class Status Line to see if your class is meeting
513-556-6932
- Check **uc.edu** to see if UC is closed – if it is, then so are we!





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; Jan. 15–Mar. 19; 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; Jan. 14–Mar. 18; 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; Jan. 13–Mar. 17; 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)

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; Jan. 20–Mar. 10; 8 wks; \$99 (no discounts), #4325-01

Thurs., 5:15–6:15 pm; Jan. 22–Mar. 12; 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; Jan. 26 & Feb. 2; 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)

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., 11:30 am–1 pm; Jan. 24–Feb. 28; 6 wks; \$139 (no discounts), includes all materials and food; #8124-01

Location: Cincinnati Nutrition Center (Silverton)

Hypnotherapy for Pain Relief

Put another tool in your pain management toolbox as you explore hypnotherapy. Recognize various contributing factors to pain, benefit from group sharing and perspective, and experience hypnosis inductions for stress and for pain. Come away with a CD and materials 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.

Wed., 6:30–8:30 pm; Feb. 18 & 25; 2 sessions; \$49 (no discounts), plus \$15 CD and materials fee payable to instructor at first class; #6047-01

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; Feb. 9 & 16; 2 wks; \$59 per person (no discounts); wear shorts and t-shirt; bring a mat, a small blanket or throw and a bath towel to class; #4348-01

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

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 Glendening's teaching experience as well as her stage experience is extensive.

Mon., 6:45–7:45 pm; Feb. 9–Mar. 16; 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, coordination, enhanced muscle tone 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; Jan. 26–Mar. 16; 8 wks; \$99 (no discounts), #4510-01

Thurs., 5–6 pm; Jan. 29–Mar. 19; 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.

Wed., 6:30–8:30 pm; Jan. 28–Feb. 11; 3 sessions; \$69, plus \$35 CDs and material fee payable to instructor at first class; #6120-01

Location: UC Victory Pkwy Campus



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.

Arabic for Beginners

Acquire a basic understanding of the Arabic language and learn to express yourself in that language as you focus on alphabet recognition, basic structures and vocabulary. Emphasis will be on pronunciation, expressions and basic communication skills. You should also be prepared to work on your own outside of class in order to get the most out of this experience.

Youssef Costandi, MD, was past president of the Egyptian-American Club and has an abiding desire to help others learn the basics of his native language. Dr. Costandi is multi-lingual; he received his early education in a French school which was directed by the Jesuit Fathers in Cairo.

Mon., 6–8 pm; Jan. 26–Mar. 9; 7 wks; \$169, plus \$10 for vocabulary CD plus 100 pages of resource material — payable to instructor at first class; #7502-01

Location: UC Victory Pkwy Campus

French for Beginners

Master the basics of the most romantic of the romance languages. Simple dialogues, questions, basic vocabulary, and expressions for travel and everyday situations will be the focus. Enjoy learning correct pronunciation and how to communicate while traveling as you explore aspects of life in modern French speaking countries.

Joe Costandi, MD, received his early education in the French school, College de la Sainte Famille, which was directed by the Jesuit fathers in Cairo. He speaks French fluently and is an active member of the Alliance Francaise.

Thurs., 6–8 pm; Jan. 29–Mar. 12; 7 wks; \$169, plus text “Learn French the Fast and Fun Way” and companion CD by Bourquin-Leete, published by Barron’s (available at UC and DuBois Bookstores plus online booksellers); #7002-01

Location: UC Victory Pkwy Campus

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; Jan. 22–Mar. 12; 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

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; Jan. 28–Mar. 18; 8 wks; \$189, includes materials; #7076-01

Location: UC Victory Pkwy Campus



Music and Dance

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

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; Jan. 23–Mar. 20 (no class Feb. 27); 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; Jan. 22–Feb. 26; 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; Jan. 22–Feb. 26; 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; Jan. 13–Feb. 24; 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)

Guitar IV

Take your guitar playing to the next level as you focus on advanced note reading on all strings, key signatures, and main chord shapes in more depth. We'll have fun incorporating some more popular songs. 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., 6:40–7:55 pm; Jan. 13–Feb. 24; 7 wks; \$159 (no discounts), plus text "The FJH Young Beginner Guitar Method: Lesson Book 3" (CD not required) available from UC or DuBois Bookstores plus online booksellers; #4229-01

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



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; Feb. 11–25; 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

Piano One: Recreational Music Making

Using the “Musical Moments” curriculum, 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. Emphasis is placed on wellness and the joy of making music, right from the first lesson! Meet in a state-of-the art piano facility; each piano has a headphone and groups are kept small. This introductory course does not require a piano at home, although it is recommended.

Dr. Sophie Wang, teacher and performer of piano, is affiliated with the UC’s College-Conservatory of Music and is trained in Recreational Music Making.

Tues., 6:10–7:10 pm; Jan. 20–Mar. 10; 8 wks; \$160 (no discounts), plus purchase and bring to class “Musical Moments: A Recreational Music Making Program: Book One with CD.” Available online or at UC Bookstore; #4216-01

Location: UC main campus

Piano Two: Recreational Music Making

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), enabling you to go at your own pace, with lots of interaction from the instructor. Class is designed for those who have taken Piano I with us or who possess the equivalent skills.

Dr. Sophie Wang, teacher and performer of piano, is affiliated with the UC’s College-Conservatory of Music and is trained in Recreational Music Making.

Tues., 7:20–8:20 pm; Jan. 20–Mar. 10; 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; Jan. 22–Mar. 12; 8 wks; \$89, plus \$8 materials fee for CD, payable to instructor at first class; #5229-01

Location: UC Victory Pkwy Campus

Swing Dances: An Introduction

From Jitterbug (Single Time Swing) to East Coast Swing (Triple Time), you’ll be picking up your feet and having a ball. Swing to music from the ’50s and ’60s, honky-tonk, C & W, and even rock. Gain self-confidence in maneuvering around a dance floor and increase your repertoire of fast dance movements as you learn these always popular styles of dance. You’ll begin by mastering the basics and then add some new combinations as you go. Wear leather soled shoes to allow for smooth turning, please. Partner recommended but not required.

Jeff Greatorox is a dance enthusiast and experience teacher of dance.

Fri., 8:45–9:45 pm; Jan. 23–Mar. 20 (no class Feb. 27); 8 wks; \$79, #5262-01

Location: UC Victory Pkwy Campus

Ukulele III

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; Jan. 13–Feb. 24; 7 mtgs; \$159 (no discounts), bring your own ukulele (soprano, concert, or tenor — no baritone) to class, instructor will discuss book/materials in class; #4218-01

Location: UC Victory Pkwy Campus



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

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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.

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

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

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

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Continued, next page.

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Learn the basic characteristics of the four main types of tissues, the general and special senses, cellular metabolism, body chemistry, and significant events in the life span, from fertilization through old age.

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Learn how to use Adobe InDesign software to design and produce professional-quality letterhead, brochures, business cards, and more.

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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.

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

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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; Jan. 26; \$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)

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), owns Metamorphosis: Holistic Wellness Center LLC and has been in the health and fitness industry for over 25 years.

Sat., 11 am–12:30 pm; Feb. 7; \$19 (no discounts), plus \$5 supply fee payable to instructor; #6055-01

Location: Metamorphosis (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; Feb. 11–Mar. 4; 4 wks; \$159 (no discounts), #6046-01

Location: UC Victory Pkwy Campus

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.

Sat., 1–3:30 pm; Jan. 31; \$29, All students MUST register by January 22 if they wish to have the instructor provide tarot cards and runes for \$25 (payable to instructor in class). If you enroll after January 22, you must bring your own supplies (or come to class without and simply listen and observe). We will be using the Rider-Waite tarot deck and Elder Futhark runes; #6157-01

Location: UC main campus

Heart of Meditation: The Path of Simplicity

2500 years ago, the Buddha set forth a path of great simplicity and directness, by which the whole of life can be transformed. That profoundly original path, still taught today, requires no exotic practices — only a willingness to let life's confusion and conflict settle down in the clear space of meditation. The awareness developed in meditation can begin to pervade all aspects of our lives, bringing wisdom to our actions. 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 and the author of "Take-Home Dharma" and "Impermanence: The Only Lesson You Will Ever Need."

Thurs., 7–8:30 pm; Feb. 5–26; 4 wks; \$49, #6038-01

Location: Dharma Center of Cincinnati (Upper Northside)

Preparing a New Generation for Success: Finishing Touches

Discover how to project a positive appearance, learn what to do and say in any situation as you prepare for new relationships and new experiences (school, college, job, party, or an important event). Topics include: posture and body language, what to wear, grooming, beauty basics, personality, dining etiquette tips, civility, art of conversation, and social skills. We are offering two sections of this course — Mondays is Basic Training for Young Men; and Wednesdays is Finishing for Young Women.

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., 4–6 pm; Feb. 9–23; 3 wks; \$119 (no discounts), For Young Men; #6051-01

Wed., 4–6 pm; Feb. 11–25; 3 wks; \$119 (no discounts), For Young Women; #6051-02

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; Jan. 26–Feb. 9; 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)



Photography

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

Digital Photography: Basic

Photography: Taking It to the Next Level

See page 21 for details.

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., 6:30–8:30 pm; Feb. 10; \$29, #8344-01

Location: UC main campus

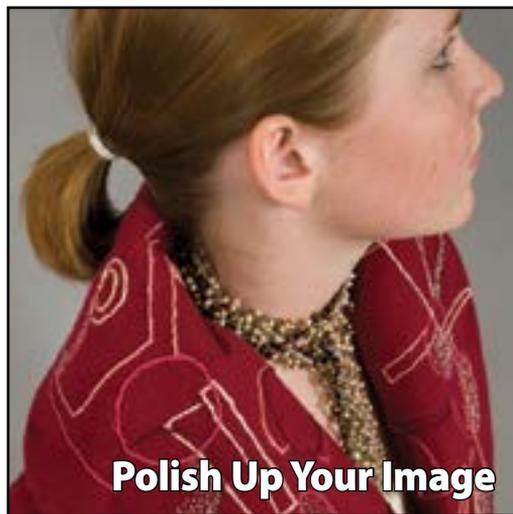
What to Wear and How to Wear It

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; Jan. 28; \$29, #6156-01

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





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 collectibles for you to see. Further celebrate our area's rich baseball history by learning where to find and how to visit: 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 more!

Gary Crouch 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.

Mon., 6–8 pm; Mar. 9 & 16; 2 sessions; \$29, #4110-01

Skiing

All levels of skiers will have the chance to get the most out of skiing! Groups will be formed with people of similar capabilities so that you may learn at your own pace. Please arrive at least 30 minutes early the first night. In order to start your lesson promptly, we need to allow time to process your pass and to assign the groups.

Perfect North Slopes professional staff concentrates on making skiing easy by utilizing the American Teaching System (ATS).

Your Choice of Dates:

Tues., 6–9 pm; Jan. 6–27; #2010-01

Thurs., 6–9 pm; Jan. 8–29; #2010-02

Times: Your choice of start times for each one-hour lesson: 6, 7 or 8 p.m.

No matter your level of skiing ability, come when it suits you best; 4 one-hour lessons;

Fees: (Four-week lesson program)

\$40 paid to UC for instruction (no discounts)

\$50 paid to Perfect North for ski and boot rental (optional)*

\$80 paid to Perfect North for lift tickets (required)*

*Fees to Perfect North to be paid at first class.

Please note: Equipment rental and lift tickets are good for up to 8 hours each visit.

Location: Perfect North Slopes, Lawrenceburg, Indiana

Snowboarding

All levels of boarders will have the opportunity to enhance their riding ability. Groups will be formed with people of similar capabilities so that you may learn at your own pace. Please arrive at least 30 minutes early the first night. In order to start your lesson promptly, we need to allow time to process your pass and to assign the groups.

Perfect North Slopes Professional Staff strive to make snowboarding lessons geared to individual needs.

Your Choice of Dates:

Tues., 6–9 pm; Jan. 6–27; #4136-01

Thurs., 6–9 pm; Jan. 8–29; #4136-02

Times: Your choice of start times for each one-hour lesson: 6, 7 or 8 p.m.

No matter your level of ability, come when it suits you best; 4 one-hour lessons

Fees: (Four-week lesson program)

\$40 paid to UC for instruction (no discounts)

\$50 paid to Perfect North for snowboard and boot rental (optional)*

\$80 paid to Perfect North for lift tickets (required)*

*Fees to Perfect North to be paid at first class.

Please note: Equipment rental and lift tickets are good for up to 8 hours each visit.

Location: Perfect North Slopes, Lawrenceburg, Indiana

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; Jan. 25–Mar. 1; 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; Jan. 25–Mar. 1; 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.

Sun., 9 am–2 pm; Jan. 18 & 25; 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 your own brown bag; #4604-01

Location: UC main campus

GMAT Preparation: Concentrated

Our concentrated course is team-taught and class size is kept small to enhance your learning experience. The English instructor provides an intro to the Graduate Management Admission Test, including common misconceptions, time management tips, and insights into how to study. He covers the analytical writing assessment and verbal sections. The math instructor teaches the quantitative and integrated reasoning sections and reviews concepts of algebra and geometry. You'll work with authentic test questions and responses and arm yourself with skills and confidence by learning helpful strategies.

Allen Feibelman, MA, is an associate professor at Chatfield College and has taught with the UC English Department. Allen has also taught for Princeton Review.

Jane Allen, MEd in mathematics, teaches College Preparatory and Honors Math at Kings High School.

Sat., 9 am–1 pm; Feb. 7–28; 4 wks; \$199 (no discounts), plus text “The Official Guide for GMAT Review” (2015), Wiley Publishing, Inc., available from UC and DuBois bookstores plus online booksellers; #4607-01

Location: UC main campus

GRE Preparation: Concentrated

Our concentrated content and small class size will help you lay the foundation for success on the GRE test. You'll work with authentic questions and responses and gain confidence by learning helpful strategies in our team-taught course. The English instructor provides the intro to the GRE, including common misconceptions, time management tips, and insights into how to study; his focus is on teaching analytical writing and verbal reasoning skills. The math instructor teaches quantitative reasoning skills along with a review of concepts of algebra and geometry.

Allen Feibelman, MA, is an associate professor at Chatfield College and has taught with the UC English Department. Allen has also taught for Princeton Review.

Jane Allen, MEd in mathematics, teaches College Preparatory and Honors Math at Kings High School.

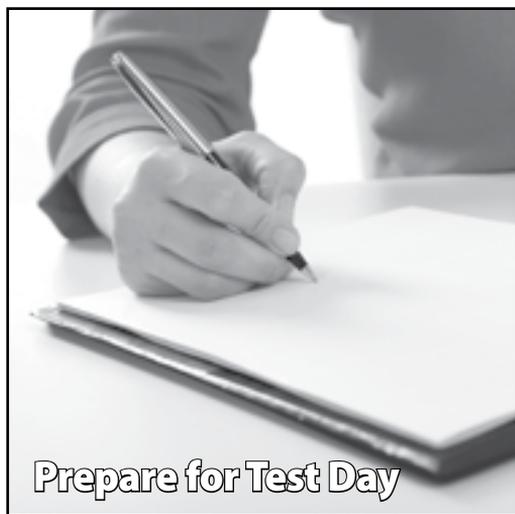
Sat., 9 am–1 pm; Feb. 7–28; 4 wks; \$199 (no discounts), plus text “The Official Guide to the GRE revised General Test with CD-ROM,” 2nd ed., a publication of the Educational Testing Service, available from UC and DuBois bookstores plus online booksellers; #4608-01

Location: UC main campus

LSAT Preparation Class

Prepare to take the LSAT by spending 4 sessions delving into a detailed analysis of each LSAT problem type, getting critiques of your writing samples, taking a full-length mock exam, and developing strategies along with a sense of timing and confidence.

Class is offered two times each year; once in April and again in August. Check out our next catalog for details.



Prepare for Test Day

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; Feb. 22 & Mar. 1; 2 days; \$154 (no discounts), plus text “Cracking the SAT” 2015 edition, a publication of The Princeton Review, available from UC and DuBois bookstores plus online booksellers). Lunch not included — bring your own brown bag; #4603-01

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; Jan. 21–Mar. 11; 8 wks; \$189 (no discounts), plus \$35 fee for materials and text books payable to instructor in class; #4602-01

Location: UC main campus



Photography

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

Digital Photography: Basic Level

Get started with the basics in this introductory class. Bring your Point and Shoot digital camera to class as we explain some of the most common functions and features; i.e., focus, zoom, flash, shutter speed, ISO, white balance, storing images, and composition. Become familiar with some of the terminology and basic photo editing as well (sizing, cropping, toning and printing). We'll incorporate some feedback of images you take outside of class, so you can learn by doing. The focus is on taking better pictures — while your camera is left in the automatic mode.

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., 5:45–7:15 pm; Feb. 5–Mar. 12; 6 wks; \$129 (no discounts), #3823-01

Location: UC main campus

Photography: Taking It to the Next Level

So you bought a nice camera and you feel a bit overwhelmed with all of the buttons and dials. This course is designed to help you understand the controls of the camera to help you create better pictures. Your pictures will improve and you will have a better understanding of your camera after the first class. We'll begin with a discussion of the technical aspects of photography but emphasis will be placed on telling stories with pictures and how to share them online or in print. You'll be encouraged to create a personal narrative based on your individual interests. Classes will include interactive lecture, demonstrations, and sharing of each other's images.

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

Thurs., 7:30–9 pm; Feb. 5–Mar. 12; 6 wks; \$159 (no discounts), plus bring your camera (any type) to class; #3824-01

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 Communiversy 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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University of Cincinnati
PO Box 210093
Cincinnati, OH 45221-0093

Phone: 513-556-6932
Fax: 513-556-0873
E-mail: ce@uc.edu
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*.)

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