

PREVIEW

FALL 2010



Continuing Education
Register Online
www.gcccd.edu/ce

ECRWSS
Residential Customer

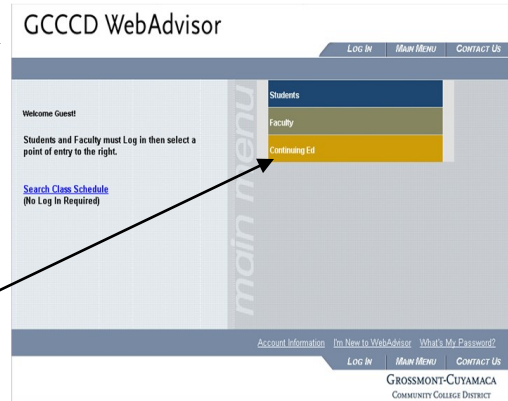
GROSSMONT-CUYAMACA
COMMUNITY COLLEGE DISTRICT
Continuing Education
900 Rancho San Diego Pkwy
El Cajon, CA 92019-4369
Return Service Requested

Non-Profit Organization
U.S. Postage
PAID
Grossmont-Cuyamaca
Community College District

NEW! ONLINE REGISTRATION ON WEBADVISOR!

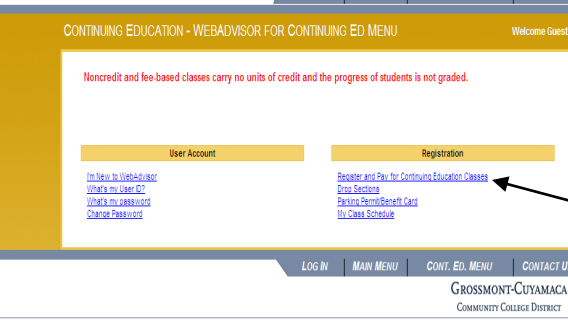
Continuing Education has moved to a new online registration system! WebAdvisor can be accessed on our new website: www.gcccd.edu/ce

1.) Choose the Continuing Education button on the main screen



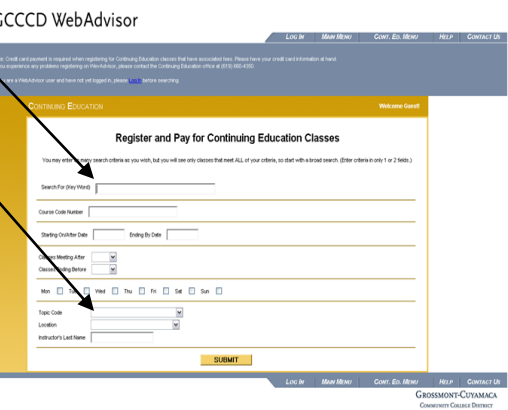
GCCCD WebAdvisor

If you have used WebAdvisor before please Log-In

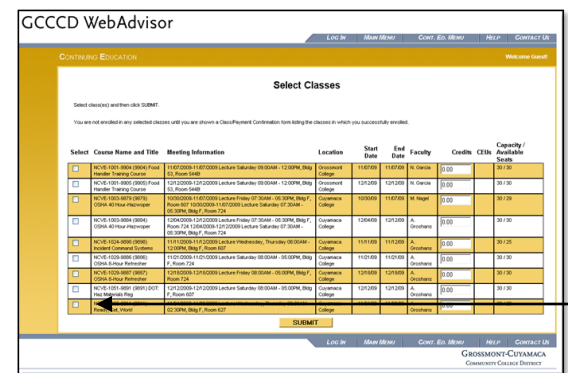


2.) Select "Register and Pay" under the Registration heading

3.) Select a Topic Code from the menu, or search by Keyword (e.g. Yoga)

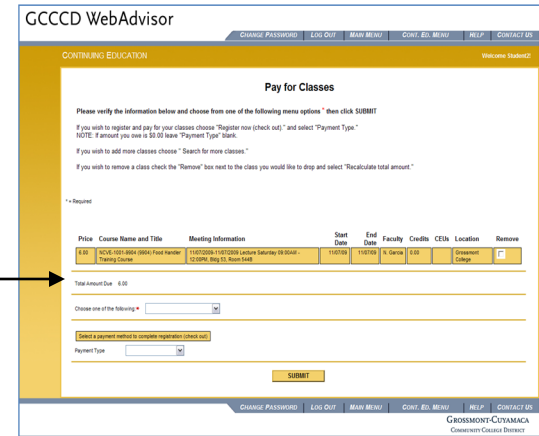


4. Hit [Submit]

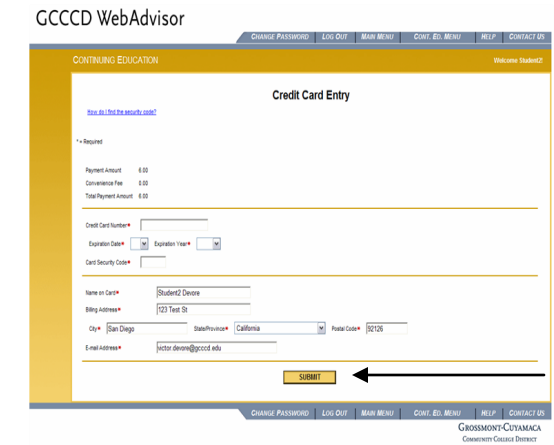


5.) Select the class you wish to take and click [Submit]

6.) Once you have selected your class, please note the options at the top of the screen



7.) Verify that the class you selected is correct and note the "Total Amount Due"

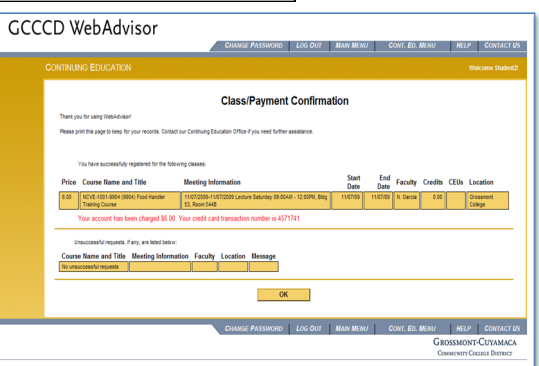


8.) Select an option from the "Choose one of the following" menu, select a "Payment Type" if necessary and click [Submit]

9.) Enter your credit card information and verify that any information that has appeared at the bottom is correct and click [Submit]

Note: If you do not enter your information and click [Submit] you will not be registered for the class

10.) Please verify that you were successfully registered and click [OK].



A confirmation of your registration will be e-mailed to you

If you have any questions regarding WebAdvisor and online registration, please call the Continuing Education Office at 619-660-4350

Note: If you are new to WebAdvisor you will be asked to fill out an application before you can register for classes. After you complete the application you will be sent an e-mail with your user name (first name, last name) and a password. This password will expire the first time you use it, and you will be asked to create another.

FEE-BASED CLASSES

ARTS & CRAFTS (FBAC)

So You Thought You Couldn't Draw

You have always wanted to draw, but you thought you had to be born with talent. Not true. Sandra Angelo's nationally recognized, award winning, revolutionary 30-minute drawing system will help transform you into an artist, fast!

Paint Like Monet in a Day

WOW! That's colored pencil? Pencil can simulate the look of oils, acrylics, pastels, airbrush, watercolor and more without the expense and mess. A super easy class even for the new-artist.

Gourds for Fall Decorations

Just in time to decorate for Fall...Come learn how to turn gourds into works-of-art for your home and gift-giving.

BUSINESS & CAREERS (FBBC)

OSHA 8-Hour Refresher

This 8-hour course is designed to maintain the 40-hour or 24-hour Occupational Safety & Health Administration (OSHA) Annual Certificate required for employees in the public or private sector, large or small businesses, who work with hazardous waste in any place from management operations to on-site clean-up.

OSHA 10-Hour Construction Safety

The 10-hour OSHA course covers Federal OSHA mandated topics, such as; an overview of the OSHA Act, how to locate specific OSHA regulations, how inspections, citations, and penalties work, etc.

DOT: Hazardous Materials Regulations

This course covers the Department of Transportation (DOT) Hazardous Materials Regulations (HMR) governing the transportation of hazardous substance.

How to Be Your Own Private Investigator

This class shows you the methods professional investigators use to obtain their information. Learn where to find, how to search for, and how to utilize public records and databases.

Creating Holiday Gift Baskets for Fun & Profit

The holidays are when people search often in vain for that perfect gift! That's where a gift basket service comes in –creative baskets filled with goodies.

How to Leave a Positive Legacy at Work

Controlling the Fear & Mastering the Art of Public Speaking

Industry2Classroom Teacher Preparation Pipeline

Industry2Classroom is a top-down, bottom-up recruiting and training program, designed to reach out to those who are interested in either supplementing their income or mapping out a future as a career technical training professional. We've designed a series of six 4 - hour courses that cover topics including Teaching Methods and Styles, Learning Styles, Classroom Management, and more. Please visit <http://www.industry2classroom.org/> for more information.

Grossmont-Cuyamaca Community College District

8800 Grossmont College Dr., El Cajon, CA 92020-1799 (619)644-7010

www.gcccd.edu

Governing Board Members: Richard D. Alexander, Greg Barr, Bill Garrett, Mary Kay Rosinski, Deanna Weeks Student Members: Christopher Enders, Charles Taylor III

Chancellor: Cindy L. Miles, Ph.D.,

Grossmont College President: Sunita V. Cooke, Ph.D.,

Cuyamaca College President:

COMPUTERS (FBCS)

Computer Fun & Gadgets

Adobe Photoshop Elements

DANCE (FBDA)

Ballroom for Beginners

Ballroom dancing is elegant, timeless, and great exercise, too.

Learn the basics of six popular dances.

Just Latin

Tired of going to night clubs and watching everyone else have all the fun? Learn popular Latin dances: Salsa, Merengue, Rumba, and more! Join us for great exercise and fun.

International Ballroom Dance

Ballroom dancing is elegant, timeless, and great exercise too. This class will cover waltz, foxtrot, quickstep, and tango.

Country Western Line Dancing

You don't have to join a health club to get fit! Line dancing is fun and excellent aerobic exercise. Learn ten or more popular line dances while having a blast and burning calories.

Country Western Dance for Beginners

See why country western dancing is hotter than ever! Learn the Two-step, Cowboy Cha Cha, Cowboy Polka, Jitterbug, and Waltz. Get ready for a good time!

East Coast Swing

East Coast Swing has been synonymous with "jitterbug" for a number of years. All ages are welcome.

West Coast Swing

West Coast Swing referred to as the "California Dance", is a structured dance to slower swing music. You will learn the five basic steps and dance patterns to make you the envy on any dance floor.

Salsa Dancing

This class is for you if you are interested in learning to dance one of the hottest and most popular dances. You will have a great time learning Salsa from the basic steps leading to more variations of steps and turns.

Belly Dancing: Beginning

Belly dancing is an ancient and graceful dance form. It's a fun way to exercise and learn new moves you can use on the dance floor. Using exciting music you will learn alignment, strength, isotations, and basic step techniques.

Belly Dancing: Intermediate

In this class you will build your movement vocabulary while getting a great workout. Learn veil dancing, finger cymbal patterns, foot work and drum solo techniques.

FINANCIAL PLANNING (FBFI)

Retirement Planning Today

It takes more than money to live a "rich life." This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals.

Visit www.gcccd.edu/ce or www.cuyamaca.edu/preview for Computer Course descriptions

Registration begins in August! Sign-up today!

www.gcccd.edu/ce or

www.cuyamaca.edu/preview

FITNESS & RECREATION (FBFR)

Horseback Riding Part I and II

Enjoy learning how to ride a horse! Experience the wide-open spaces and the tranquility of the countryside on horseback.

Gentle/Hatha Yoga

An introductory yoga course which combines static and dynamic posture and integrates this with physical exercise and mental discipline.

Pilates Fusion

This class is a combination of Hatha Yoga & Pilates core strengthening exercises designed to improve posture, increase flexibility, firm and tone your muscles, as well as improve balance and coordination.

Power Yoga

Achieve greater flexibility and strength, reduce stress to improve mental and physical health.

T'ai Chi

This ancient Chinese exercise form consists of a series of classical martial art postures which gracefully flow together in slow motion. It emphasizes mental tranquility, inner awareness, and relaxation.

FOOD (FBFD)

Hosting a Holiday Tea Party

The ritual of taking tea is a "celebration". Experience a sense of enchantment people long for in our fast paced society.

99¢ Gourmet

Learn how to cut your food costs by 25 to 50%. This class will show you how to find GOOD food at cheap prices; plan & prepare quick meals, and stretch your food budget.

GARDENING (FBGA)

Hillside Gardening

Landscape Designer Connie Beck will show you how to make the most of gardening on a slope! Topics to be covered include erosion control, proper plant choices, terracing, and retaining walls.

Water Smart Landscaping

Landscape Designer Connie Beck takes the mystery out of Xeriscape and shows you why Xeriscape is not "Zero-Scape"!

HEALTH (FBHE)

CPR

First Aid

CPR/First Aid Renewal

BLS-Healthcare Provider

LANGUAGE (FBLA)

Learn to Speak Chinese

Chinese will be a critical language in the 21st century. This program enables you to speak Chinese in a few easy lessons.

See our other Language class descriptions online:

Spanish Conversation I & Italian for Beginners

Our schedule changes frequently so please check our website often for updates and new classes!
www.gcccd.edu/ce or
www.cuyamaca.edu/preview

For information on parking, refunds, full course descriptions, classroom locations, and our updated class schedule please visit our website at:
WWW.GCCCD.EDU/CE

SPECIAL INTEREST (FBSI)

Meditation for Relaxation

Learn more about your inner power to set a positive intent to live a healthy and balanced life. Contact the "Healer Energy" within you for a total mind, body, and spirit experience.

Reiki Level One

Learn about the philosophy, practice and be attuned to Traditional Usui Reiki, Level One by a qualified and dedicated Reiki Master. Awaken your energy centers and begin to channel more energy through your system.

San Diego County Gemstones

Everyone loves gems! Whether for their monetary value or personal adornment. Explore the geological history of San Diego County and current mining activities. Learn to recognize, identify, and evaluate gems and minerals.

Lapidary Techniques for Gemstones

A month long tumbling project is anticipated using an assorted selection of Gem material for timely evaluation of the polishing process and with distribution of the final product made to members of the class.

Clutterology

Tired of searching for *something* or stumbling over stuff? Change your surroundings to work for you with simple ways to remove clutter and get organized.

WRITING (FBWR)

Who Wants to Be a Published Author?

This nuts and bolts workshop covers publishing via a publisher, agent, self-publishing, vantage press, E-publishing, and Print-On-Demand. Whether you have an idea for a national best seller, or want to generate some extra cash from your writing, or produce your family's history, this workshop is for you.

NONCREDIT CLASSES

ENGLISH AS A SECOND LANGUAGE

Please visit www.gcccd.edu/ce, the Continuing Education Office, or call us at 619-660-4350 for English as a Second Language Course information.

VOCATIONAL EDUCATION

OSHA 40-Hour Hazwoper (NCVE 1003)

This 40 hour course provides Federal and State certification for those who work with hazardous waste for management operations, emergency response team or trainers, and site clean up. This course satisfies the requirements for generalized employee training under the Occupational Safety & Health Administration (OSHA) 1910.120 and State of California Regulations 5192 Title 8.

Food Handler Training Certificate (NCVE 1001)

This course is designed for individuals who are, or will be, working in a food or service industry job which requires Food Handler Certification. The San Diego County Department of Health has approved this three-hour course.

Phone: 619-660-4350
Continuing Education Office
Cuyamaca College A-104