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Officer p. 4

**Opportunities for
SNAP Recipients** p. 5

**Ag/Natural Resources/
Forestry Coordinator
joins TBCC** p. 4

TBCC Winter 2019 Schedule of Classes

Community Education Workforce Training Academic Credit

IMPORTANT DATES

Winter Term 2018 - 2019

November 26

Winter term registration begins

December 24-January 1

Campus closed for winter break

January 6

Registration closes at midnight

January 7

Winter term 2019 begins

January 11

Deadline to drop a course or audit

Complete payment or payment arrangements due

January 21

MLK Jr. Day (College Closed)

February 25

Spring term registration opens

March 8

Last day to withdraw from a course

March 18-22

Winter term finals week

March 23

Winter term ends

March 25-29

Spring Break (Campus is open)

March 31

Last day to register for spring term

April 1

Spring term begins

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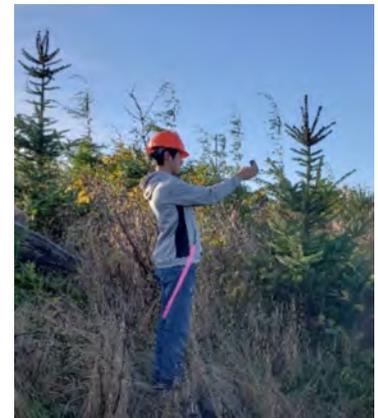
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During a Forestry 101 lab Gabe Garcia learns how to use the sight on an azimuth compass and how to adjust the rotating bezel to determine an azimuth from himself to different objects. He later used the compass to traverse a compass course given various azimuths and distances.



October 29, 2018 6:06 PM

This publication is intended to inform students and residents about Tillamook Bay Community College's programs and services. It includes a listing of classes for the term and information about how to register. Every effort has been made to insure accuracy at the time of publication; however, the College reserves the right to make changes without prior notice. Tillamook Bay Community College Schedule of Classes (USPS #014-668) Winter 2019, Volume 23, Number 3, is published quarterly by Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525. Periodical Postage Rate is paid at Tillamook OR. POSTMASTER: Send all address changes to Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525.

WELCOME

Welcome to the Winter Term Class Schedule for Tillamook Bay Community College (TBCC). Fall term has been very busy and we hope everyone has a safe and enjoyable holiday season. TBCC is unique in that we normally have more students begin classes in Winter Term than in Fall Term. We look forward to welcoming everyone to campus.

One thing to note is that our schedule does not include instructors or rooms in this paper version. But if you go to our website and check the online class schedule, all that information is available. All the information is available for our non-credit community education classes.

The college is moving into the statewide Guided Pathways initiative this year, which should impact students in a positive way. We are now requiring degree-seeking students to meet with their advisor every term and to have an up-to-date educational plan. The focus is to make sure all students stay on track with their educational plans. This means they would not be able to register for classes without first meeting with their advisor to discuss changes to the plan if that is the student's intent. This new requirement should help ensure that students do not take classes that will not count toward their major, which cost students more money and time.

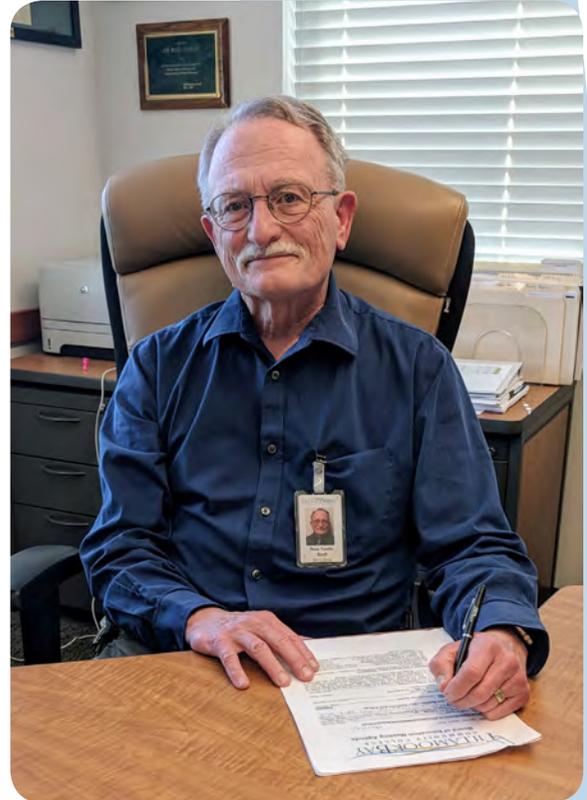
The other big push with Guided Pathways will be to ask all new students to identify at least a general area of study to get them on a track to again take classes that fit into their educational plan. This general area of study can be changed, but the focus is for all students to have a general major at all times so they are working toward a specific plan goal.

For those of you that are not degree-seeking, we will be offering more community education classes for community members, along with more continuing education classes for company employees to build their skills in different areas. Please check out the large non-credit class list in our schedule. If there are class topics you would like to see offered that are not here, please let us know. We want to meet the needs and interest of our community members if at all possible.

So, have a great Winter Term and know our staff is here to help you to be successful at TBCC no matter what education goals you have. We are proud to be the higher education institution for Tillamook County!

Sincerely,

Dr. Ross Tomlin
President, TBCC



WHAT'S NEW AT TBCC



Teresa Rivenes

TBCC welcomes new Chief Academic Officer

Dr. Teresa Rivenes joined TBCC in September as Chief Academic Officer (CAO) bringing with her many years of experience serving students in higher education. Not only has she been an adjunct and faculty instructor at both two-year and four-year colleges, with many years of higher education administration experience, she is also a community college graduate.

Teresa is no stranger to small communities and rural living. In fact, it is part of what attracted her to Tillamook. She is from a small farming community in Montana and has built her career around serving those in rural places. Most recently she held the role of Dean of Curriculum and Instruction with Rogue Community College and has been active on a number of higher education initiatives across the state. Teresa brings a depth of experience to the CAO position but she also brings energy and passion.

"I'm passionate about community college. It doesn't just change a student's life, it changes generations of lives, and strengthens communities" she says. "I really enjoy helping in those transitions."

Welcome Dr. Rivenes!

New Agriculture, Natural Resources and Forestry Program Coordinator joins TBCC

Megan Deane McKenna, is joining our community as the OSU Open Campus Coordinator and the TBCC Agriculture, Natural Resources, and Forestry Program Coordinator. Megan is a native of Oregon and is joining our staff after working for the Forest Service at the Hebo Ranger Station.

She holds a Masters Degree in Environmental Science and Policy and prior to grad school, taught math at an inner-city public high school for 5 years. With experience in instruction, natural resources, soil science, and wildlife management, she brings a wide range of knowledge to the classroom.

"I am a resource for students that are looking for local employment." Deane McKenna states. "Whether it is figuring out the job title you might be interested in or shadowing a local industry partner, I know how to navigate complex employment systems and look forward to helping anyone who stops by. My door is always open."



Megan Deane McKenna

WHAT'S NEW AT TBCC

TBCC Small Business Development Center expands capacity and services

The Small Business Development Center (SBDC) is on a roll. Literally. This fall they rolled out TBCC's first Truck Driver Training Preparation course as part of the College's goal to increase local workforce training opportunities. They have built their capacity to meet community needs by hiring Suzie Clark as a Business Training Coordinator and Teri Fladstol as a Business Trainer. Suzie will work with businesses to identify training needs and then coordinate Teri and the College's customized training program to deliver those services.

"We are excited to have even more resources we can offer small businesses in Tillamook County," states Arlene Soto, SBDC Director. "Suzie and Teri are valuable additions to the team, along with Rebecca Phoenix in our office, they will help us to connect with businesses and provide important resources to help them be successful."

In October, the SBDC began a Small Business Management (SBM) Program that was designed after listening to small businesses in Tillamook County and developing a program to deliver information and



Rebecca Phoenix, SBDC Support Specialist, Arlene Soto, SBDC Director, Suzie Clark, Business Training Coordinator, and Teri Fladstol, Business Trainer.

resources on business planning, financial management, human resources and more.

To find out more at the TBCC Small Business Development Center visit bizcenter.org/centers/tillamook-bay-sbdc.

SNAP benefit recipients can qualify for support to attend TBCC



Jenevieve Case

TBCC is happy to announce we will be participating in the STEP program (SNAP Training and Employment Program) in partnership with the Oregon Community College Consortia and Oregon Department of Human Services.

The STEP program provides assistance for SNAP recipients, allowing them to gain the skills and experience needed to succeed in a

fulfilling, sustainable career. Benefits for participating students may include: assistance with tuition and fees, book expenses, transportation costs, supplies, career exploration, job skills training, and more.

The STEP program is also a qualifying service for ABAWDs (Able-bodied Adults Without Dependents) and allows students to maintain their access to SNAP benefits while enrolled at TBCC.

The program can assist with the cost of GED and ESL classes as well. We are excited to offer this excellent program at TBCC! For more information please contact Jenny Case at 503-842-8222 ext. 1160

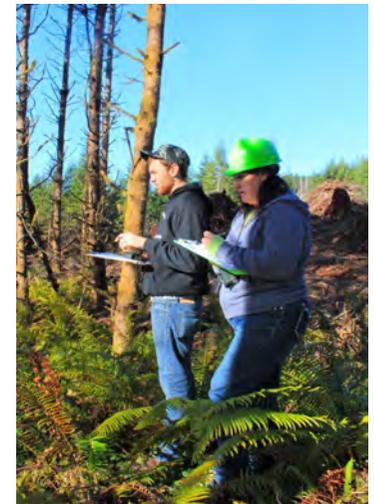
Are you a SNAP recipient? You may be eligible for **STEP!**

(SNAP Training & Employment Program through Tillamook Bay Community College)

STEP can help you achieve your goals! We provide support with career advising, job search and more!

We have many programs to choose from including:

- * Phlebotomy * EMT
- * Business/Accounting
- * Criminal Justice & Public Safety
- * Agriculture & Natural Resources
- * Commercial Driver's License (CDL)
- * Manufacturing & Industrial Tech (MIT)



Participants may receive financial assistance with tuition & fees, books, transportation, and supplies.

Assistance for GED and ESL students is available!

For information contact **Jenny Case**
at TBCC **503-842-8222 ext.1160**
or email



jeneviececase@tillamookbaycc.edu



Tillamook Bay Community College is an equal opportunity educator and employer.

Teacher Education Program



Tillamook Bay Community College, Oregon Coast Community College, and the Lincoln and Tillamook County School Districts are partnering on a new program with Western Oregon University to provide the education needed to become an educator.

- **Start as early as high school**
- **Begin your Bachelors degree at TBCC**
- **Find a local job in elementary education**

A rewarding career in teaching, just 4 years away!

2 years at home, earning a transfer degree at TBCC
 1 year studying at Western Oregon University (WOU)
 1 year student teaching in Tillamook County

**For more information, contact Cara Elder, at
 503-842-8222 ext. 1040, or caraelder@tillamookbaycc.edu.**



*Program development was supported in part by funding from Meyer Memorial Trust through their Equitable Education Portfolio, and through a collaboration with Tillamook County School District.

Equal Opportunity is the Law

It is the policy of TBCC and its Board of Education that there will be no discrimination or harassment on the grounds of race, religion, color, national origin, disability, sex, sexual orientation, age, height/weight ratio, marital status, gender, gender identity, organizational affiliation, political affiliation or protected veterans in employment, education, or activities as set forth in compliance with federal and state statutes and regulations.

**TWO YEARS FREE TUITION
WITH THE
Career-to-Career
Scholarship**

TILLAMOOK BAY
COMMUNITY COLLEGE



If you have five years of work experience, and a desire to advance in your current career or start something completely new, TBCC's Career-to-Career Scholarship can help you succeed!

**Come speak with a Career Education Advisor today to explore your options and get more information!
See us on campus, or call at 503-842-8222 ext. 1100**

TRUCK DRIVERS ARE IN HIGH DEMAND!

***Train for your Commercial Driver's License (CDL) in four weeks!
Prepare to take the CDL exam!***

- Classes are taught in Tillamook
- Space is limited to five students
- Partial scholarships are available

Truck Driver Training Preparation Courses will be offered:

**Jan. 28, 2019 - Feb. 22, 2019
March 18, 2019 - April 12, 2019**

**Great-paying local jobs!
Long-term job stability!**



Photo courtesy of Zwald Transport, Inc.
Photo credit: Chris Wassmer

**To learn more contact:
Suzie Clark, Business Training Coordinator
TBCC Small Business Development Center
(503) 842-8222 ext.1430**

Partners for Rural Innovation Building 4506 Third Street, Tillamook

IMPORTANT ANNOUNCEMENTS FOR STUDENTS

**OREGON
TRANSFER
DAY at TBCC!**
Wednesday
January 16th
10:00 A.M.
– 1:00 P.M.
(TBCC Lobby)

What is Oregon Transfer Day?

It is an opportunity for students to meet with college, university representatives, and learn about each campus's offerings, admissions requirements, navigating college costs and financial aid, and find tools to make your transition to a four-year university successful.

All TBCC students, high school students and anyone else considering earning college credits

through TBCC then transferring to a four-year college or university would find value in attending.

Oregon Transfer Days is a collaboration between Oregon's community colleges and four-year universities with a common goal of helping students to succeed in the exciting transition to four year colleges and universities.

A list of participating universities will be available in January.

This group is designed to help students get off to a strong start their first year of college



NEW STUDENTS! You can join **BRIDGES**

You will have the chance to:

- Meet other students and staff
- Enjoy extra support from advisors

- Attend special workshop opportunities
- AND qualify to receive tuition reimbursements, book scholarships, and more!

RETURNING STUDENTS You can join **NAVIGATORS**

By joining Navigators, your benefits include:

- Extra support from our advisors in a classroom setting
- Special transfer workshops offered throughout the year
- Free transfer and scholarship organizer
- University CAMPUS SITE VISIT field trips
- Qualification to receive book scholarships and MUCH more!



If you are planning to transfer from TBCC next year, this group is for you!

For more information about BRIDGES & NAVIGATORS, contact Student Services 503-842-8222 ext 1100, studentservices@tillamookbaycc.edu.

NEWS YOU CAN USE

Apply Now for FAFSA

Have you applied for financial aid? There is still time to apply. Contact our Financial Aid Advisors BEFORE you enroll in classes to learn about options to help you pay for college.

Do you need Assistance?

If you have a physical, learning, or emotional disability that you fear may impact your learning, make an appointment with Cara Elder (caraelder@tillamookbaycc.edu) as soon as possible before enrolling in your first term.

Campus Closures and Delays – FLASH ALERT

What's the best way to get up to the minute information about campus closures, weather-related delays, and other TBCC facilities related information? Sign up for FlashAlert and receive notifications on the device of your choice. TBCC uses FlashAlert to send out this information to participants well as to the Portland news networks.

It is quick and easy to sign up; and there is no cost!

To register go to:
<http://flashalert.net/news.html?id=4003>

Our amazing I.T. team is available to assist you in registering if needed.

You can find them in Room 126.

Extended hours at Student Services until 7 pm on Tuesday and Wednesday



The WAVE and TBCC have made it even easier to get your education!

Obtain a current term sticker from Student Services and present your valid TBCC ID upon boarding for **FREE bus service** from Cannon Beach to Lincoln City, Oceanside to Tillamook Forest Center, and Tillamook Town Loop.

**Excludes all Portland intercity route services.*

For a complete schedule and more information call us at 503.842.8283 or visit us at:
tillamookbus.com

TBCC Stop Times:
7:09 am
8:09 am
9:09 am
10:09 am
11:09 am
12:09 pm
1:09 pm
2:09 pm
3:09 pm
4:09 pm
5:09 pm
6:24 pm

ASSOCIATE DEGREES & CERTIFICATE PROGRAMS

TBCC offers a variety of certificates and degrees that can help lead to well-paying jobs and advancement in a variety of fields. Certificates take fewer credit hours to complete and associate degrees can be completed in two years in most cases.

Transfer & General Studies Degrees

Intended for students who want to transfer to a 4-year college or university and earn a bachelor's degree.

- Associate of General Studies
- Associate of Science
- Associate of Science in Forestry
- Associate of Arts Oregon Transfer
- Associate of Arts Oregon Transfer-Education
- Oregon Transfer Module (1 year)
- Associate of Science Oregon Transfer in Business

Associate of Applied Science (AAS) Degrees

Intended for students who want to earn a college degree and gain technical skills in a specific area.

AAS degrees are offered in the following areas:

- Agriculture and Natural Resources
- Business Administration (online)
- Criminal Justice and Public Safety
- Manufacturing and Industrial Technology

Career Technical & Career Pathway Certificates

Certificates are shorter than two-year degrees and help you get skills for jobs that are generally at the entry level. Below is a list of certificates available through TBCC.

Agriculture & Natural Resources Certificates

Forest Technology: 27 credits

Business Administration Certificates

- Accounting Clerk: 47 Credits
- Entry-Level Accounting Clerk: 14 Credits
- Basic Computer Literacy: 13 Credits

Criminal Justice and Public Safety Certificates

- Corrections Technician: 16 Credits
- Corrections Professional: 26 Credits
- Emergency Medical Services: 17 Credits
- Law Enforcement Specialist: 27 Credits



Manufacturing and Industrial Technology Certificates

- Certified Production Technician: 13 Credits
- Manufacturing Technician (4 certificates) with specialization in:
 - Welding: 31 Credits
 - Machining: 34 Credits
 - Millwright: 32 Credits
 - Electrical: 29 Credits

WHERE TO FIND ASSISTANCE | WINTER 2019

CAREER EDUCATION ADVISORS



Cara Elder

Student Success Coordinator/
Disability Services
(503) 842-8222 ext. 1140
caraelder@tillamookbaycc.edu
Yo hablo español



Miryang Kim

(mee-dee-young)

Career Education Advisor
(503) 842-8222 ext. 1150
miryangkim@tillamookbaycc.edu



Jenevieve Case

Career Education Advisor
& STEP Advisor
(503) 842-8222 ext. 1160
jenevievecase@tillamookbaycc.edu

FINANCIAL AID ADVISORS



Sally Jackson

Financial Aid Advisor/Veterans
Services
(503) 842-8222, ext. 1130
sallyjackson@tillamookbaycc.edu



Kelsey Jordan

Financial Aid Advisor
(503) 842-8222, ext. 1135
kelseyjordan@tillamookbaycc.edu

GETTING STARTED AT TBCC | WINTER 2019

Whether you are signing up to become a full-time, credit-seeking student, or taking a continuing education or community education class, you apply at www.tillamookbaycc.edu. Follow the steps below to get started. If you have any questions, always feel free to call us at Student Services, (503) 842-8222 ext. 1100, or stop by our central campus at 4301 Third Street, Tillamook.

STEP 1: APPLY

- www.tillamookbaycc.edu
- Click on Admissions and Registration

Sign up for Orientation

Only first-time, credit-seeking students need to complete the orientation prior to registering. Please call Student Services at (503) 842-8222 ext. 1100 to register for one of the following dates. (College Now students do NOT need to attend orientation until after high school graduation.)

1. Thursday, Nov. 29, from 1:00 PM – 4:00 PM
2. Tuesday, Dec. 4, from 9:00 AM - Noon
3. Wednesday, Dec. 12, from 5:30 PM - 8:30 PM

STEP 2: REGISTER

- www.tillamookbaycc.edu
- Click on Admissions and Registration follow the prompts

Purchase Textbooks

TBCC has an online bookstore available 24/7 through MBS Direct. Books can be purchased online 24 hours a day, 7 days a week. Have a question? Call (800) 325- 3252. The TBCC Store cashier is also available during business hours to assist you with questions. Current term textbooks and pricing are available through the TBCC Store, or at bookstore.mbsdirect.net/tbcc.htm.

STEP 3: PAY FOR COLLEGE

Tuition and Fees

	In-State Per Credit	Out-of-State Per Credit
Tuition	\$97	\$117
Base Course Fee	\$4	\$4
Student Services Fee	\$2	\$2
Technology Fee	\$5	\$5

Tuition and fees paid by students help to pay for the support services offered by the college, such as library, technology, and other activities available for students. Course fees also support the costs of supplies, equipment, facility use, and additional instructional costs for specific courses.

Any additional fees are listed with the course description in MyTBCC within the course search. Please see the Cashier in the TBCC Store for a complete listing of tuition and fees as well as additional out-of-state tuition costs.

Payment Options

Tuition and fee payments can be made by cash, check, money order, VISA, MasterCard, American Express, or DiscoverCard. Payment arrangements must be made by 4:30 PM on the Friday of the first week of the term, or you will be charged a \$75 late-payment fee.

Online: Log into MyTBCC

Phone: 503-842-8222 ext. 1240

In Person: TBCC Store/Cashier, 4301 Third St., Tillamook, OR 97141

By Mail: c/o TBCC Business Office, 4301 Third St., Tillamook OR, 97141

LEGEND FOR READING THIS SCHEDULE | WINTER 2019

Day of Week Abbreviations

U = Sunday
M = Monday
T = Tuesday
W = Wednesday
R = Thursday
F = Friday
S = Saturday

Areas of the County

C = Central
N = North
S = South

Class Location Abbreviations

ADVP1	Adventist Professional Building 1, 980 Third St., Tillamook	TBCCN	TBCC North (Neah-Kah-Nie High School) 24705 Hwy 101 N., Rockaway Beach
DESC	Location in course description	TBCCS	TBCC South (Nestucca High School) 34660 Parkway Dr., Cloverdale
MPSCC	Manzanita Primary & Specialty Care Clinic 1044 Neahkahnie Creek Rd., Manzanita	THS	Tillamook High School 2605 Twelfth St., Tillamook
NCRD	North County Recreation District 36155 Ninth St., Nehalem	THS/CCC	Tillamook High School / Career & College Center 2605 Twelfth St., Tillamook
NHS	Nestucca High School 34660 Parkway Dr., Cloverdale	THS/CCC/AS	Tillamook High School / AG Shop 2605 Twelfth St., Tillamook
NVELEM	Nestucca Valley Elementary 36925 Hwy. 101 S. Cloverdale	THS/CHRS	Tillamook High School Chorus Room 2605 Twelfth St., Tillamook
NWSDS	NW Senior & Disability Services 5010 E. Third St., Tillamook	TJHS	Tillamook Junior High School 3906 Alder Ln., Tillamook
PCMED	Bay Shore Medical Clinic 38505 Brooten Rd., Pacific City	TMP	Tillamook Medical Plaza1 100 Third St., Tillamook
PRI	Partners for Rural Innovation Center 4506 Third St., Tillamook	TRMC	Tillamook Regional Medical Center 1000 Third St., Tillamook
RCCH	Rockaway Community Church 400 S Third Ave., Rockaway Beach	WARH	Warrenton Hampton Hill 550 NE Skipanon Dr., Warrenton
SDACH	Seventh Day Adventist Church 2610 First St., Tillamook	WRKSR	WorkSource Oregon 2101 Fifth St., Tillamook
TBA	To Be Arranged	YMCA	YMCA 610 Stillwell, Tillamook
TBCC	Tillamook Bay C. C. Central Campus 4301 Third St., Tillamook		



Open Educational Resource (OER)



Evening class

ONLINE AND HYBRID COURSE LIST | WINTER 2019

ONLINE AND HYBRID COURSE LIST

Enrollment in online courses is limited to residents of Oregon, Washington, and Idaho. Online courses are subject to an additional \$35 fee. Hybrid courses are subject to an additional \$15 fee.

What is a hybrid course?

A hybrid course combines face-to-face instruction in a campus classroom and/or lab with online instruction. A significant portion of the course learning takes place online, so required classroom/lab time is reduced.

ANS 215	Beef/Dairy Industries	(Hybrid)	1/8/2019 - 3/19/2019	3 CR
AG 225	Organic Waste Management	(Hybrid)	TBD	2 CR
BA 131	Introduction to Business Technology	(Online) (OER)	1/7/2019 - 3/23/2019	4 CR
BA 211	Principles of Accounting I	(Online) (OER)	1/7/2019 - 3/23/2019	3 CR
BA 222	Financial Management	(Online) (OER)	1/7/2019 - 3/23/2019	3 CR
BA 223	Principles of Marketing	(Online) (OER)	1/7/2019 - 3/23/2019	4 CR
BA 224	Human Resource Management	(Online) (OER)	1/7/2019 - 3/23/2019	3 CR
BA 226	Business Law I	(Online) (OER)	1/7/2019 - 3/23/2019	4 CR
BA 256	Income Tax	(Online) (OER)	1/7/2019 - 3/23/2019	3 CR
CAS 133	Basic Computer Skills/Microsoft Office	(Online) (OER)	1/7/2019 - 3/23/2019	3 CR
CAS 170	Beginning Excel	(Online) (OER)	1/7/2019 - 3/23/2019	3 CR
CG 100	College Survival and Success	(Online) (OER)	1/7/2019 - 3/23/2019	3 CR
CG 130H	Intro to Today's Careers: Health	(Online)	1/7/2019 - 3/23/2019	2 CR
CJA 244	Tactical Communication in Crisis Incidents	(Online)	1/7/2019 - 3/23/2019	3 CR
COMM 111	Public Speaking	(Online)	1/7/2019 - 3/23/2019	4 CR
EC 201	Principles of Economics: Microeconomics	(Online) (OER)	1/7/2019 - 3/23/2019	4 CR
ENG 254	Survey of American Literature	(Online) (OER)	1/7/2019 - 3/23/2019	4 CR
ESR 171	Enviro. Science: Biological Perspective	(Hybrid) (OER)	1/10/2019 - 3/21/2019	4 CR
G 201	Introduction to Physical Geology	(Online)	1/7/2019 - 3/23/2019	4 CR
G 202	Physical Geology	(Online)	1/7/2019 - 3/23/2019	4 CR
HE 250	Personal Health	(Online)	1/7/2019 - 3/23/2019	3 CR
HST 203	History of the United States from 1914	(Online) (OER)	1/7/2019 - 3/23/2019	4 CR
LEAD 242	Personal Leadership Development	(Online)	1/7/2019 - 3/23/2019	3 CR
MP 111	Medical Terminology	(Online)	1/7/2019 - 3/23/2019	4 CR
MTH 020	Basic Math	(Online)	1/7/2019 - 3/23/2019	4 CR
MUS 206	Introduction to the History of RockMusic	(Online)	1/7/2019 - 3/23/2019	3 CR
WR 121	English Composition I	(Online)	1/7/2019 - 3/23/2019	4 CR
WR 122	English Composition II	(Online)	1/7/2019 - 3/23/2019	4 CR
WR 227	Technical and Professional Writing I	(Online) (Hybrid)	1/7/2019 - 3/23/2019	4 CR

CREDIT COURSES | WINTER 2019

Credit Courses

Where to learn more

To see instructors, course descriptions, and additional course information go to www.tillamookbaycc.edu and click on MyTBCC in the top right corner.

- Click on the Course Search Icon
- Choose 2018-2019 Winter Term from the dropdown menu
- Choose Undergraduate Credit from the Division dropdown menu
- Click Search at the bottom of the page then select any course for detailed information



Open Educational Resource (OER)



Evening class

**What is an OER?
(Open Educational Resource)
OER = Student Savings!**

Many of TBCC's courses utilize OERs - no-cost or low-cost resources used in place of expensive textbooks.

See an OER symbol next to a course in the schedule? This means your instructor is using these resources to save you money! Don't feel comfortable using an electronic format? Most OERs include the choice to print them out for a small fee if an electronic format is not preferred.

I registered for classes, now what? You Moodle!

All instructors now use Moodle! Be sure to get familiar with this online format before your classes start!

1. Access your email
2. Access Moodle

Email	Moodle
<ul style="list-style-type: none"> • Email accounts are created upon TBCC Registration. • Temporary passwords are sent to your personal email on file with your application. • If you are a previous TBCC student, you can call IT to reset your password. • Important! TBCC email is how TBCC will communicate with you. To check email go to www.tillamookbaycc.edu and click Email in the upper right corner. <p>Still need help? Call IT (503) 842-8222 ext. 1610 or 1620.</p> <div style="text-align: center; margin-top: 20px;"> </div>	<ul style="list-style-type: none"> • Go to www.tillamookbaycc.edu • Click on Moodle (top right) • Click on New Account (if you don't already have an account) • Fill in form and use TBCC email address (this email is where you will find your class enrollment keys. For on-ground classes, you may get them the 1st day of class.) <p>New Users – When checking your TBCC email, open the Moodle message, click on the web link it contains. Your account will be confirmed & you will be logged in.</p> <p>For a complete Moodle Guide: www.tillamookbaycc.edu Click MyTBCC Log-in Click Students Click 'here' under Moodle Navigation</p>

CREDIT COURSES | WINTER 2019

Where to learn more

To see instructors, course descriptions, and additional course information go to www.tillamookbaycc.edu and click on MyTBCC in the top right corner.

- Click on the Course Search Icon
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- Choose Undergraduate Credit from the Division dropdown menu
- Click Search at the bottom of the page then select any course for detailed information



Open Educational Resource (OER)



Evening class

		Location	Dates	Day	Time	
Agriculture and Natural Resources						
AG 211 01	Survey and Construction	PRI	1/7/2019 - 3/20/2019	MW	4:00 pm - 6:20 pm	3 CR
AG 225 01	Organic Waste Management (Hybrid)	TBD	TBD	TBD	TBD	2 CR
ANS 215 01	Beef/Dairy Industries (Hybrid)	PRI	1/8/2019 - 3/19/2019	T	5:00 pm - 8:50 pm	3 CR
ESR 171 01	Enviro. Science: Biological Perspective(Hybrid)	PRI	1/10/2019 - 3/21/2019	R	5:00 pm - 8:00 pm	4 CR
LEAD 242 01	Personal Leadership Development	Online	1/7/2019 - 3/23/2019	Online		3 CR
Art						
ART 181 01	Painting I	TBCC	1/7/2019 - 3/20/2019	MW	6:00 pm - 8:50 pm	3 CR
ART 212 01	Modern Art History - Early 20th Century	TBCC	1/7/2019 - 3/20/2019	MW	3:00 pm - 5:20 pm	4 CR
ART 270 01	Printmaking	TBCC	1/8/2019 - 3/21/2019	TR	3:00 pm - 5:50 pm	3 CR
Business						
BA 131 01	Introduction to Business Technology	Online	1/7/2019 - 3/23/2019	Online		4 CR
BA 211 01	Principles of Accounting I	Online	1/7/2019 - 3/23/2019	Online		3 CR
BA 222 01	Financial Management	Online	1/7/2019 - 3/23/2019	Online		3 CR
BA 223 01	Principles of Marketing	Online	1/7/2019 - 3/23/2019	Online		4 CR
BA 224 01	Human Resource Management	Online	1/7/2019 - 3/23/2019	Online		3 CR
BA 226 01	Business Law I	Online	1/7/2019 - 3/23/2019	Online		4 CR
BA 256 01	Income Tax	Online	1/7/2019 - 3/23/2019	Online		3 CR
Biology						
BI 102 01	Biology	TBCC	1/7/2019 - 3/20/2019	MW	3:00 pm - 4:20 pm	4 CR
BI 102 01	Biology Lab	TBCC	1/8/2019 - 3/19/2019	T	10:00 am - 12:50 pm	
BI 112 01	Cell Biology for Health Occupations	TBCC	1/8/2019 - 3/21/2019	TR	3:00 pm - 4:50 pm	5 CR
BI 112 01	Cell Biology for Health Occupations	TBCC	1/11/2019 - 3/22/2019	F	10:00 am - 12:50 pm	Lab
BI 232 01	Human Anatomy and Physiology II	TBCC	1/7/2019 - 3/20/2019	MW	10:00 am - 11:20 pm	4 CR
BI 232 01	Human Anatomy and Physiology II	TBCC	1/10/2019 - 3/21/2019	R	10:00 am 12:50 pm	Lab
Computer Application Systems						
CAS 133 01	Basic Computer Skills/Microsoft Office	Online	1/7/2019 - 3/23/2019	Online		4 CR
CAS 170 01	Beginning Excel	Online	1/7/2019 - 3/23/2019	Online		3 CR

CREDIT COURSES | WINTER 2019

College Survival

CG 100 01	College Survival and Success		TBCC	1/7/2019 - 3/23/2019	MW	10:15 am - 11:45 am	3 CR
CG 100 02	College Survival and Success		Online	1/7/2019 - 3/23/2019	Online		3 CR
CG 100 03	College Survival and Success		TBCC	1/10/2019 - 3/21/2019	R	6:00 pm - 8:50 pm	3 CR

Communications

COMM 111 01	Public Speaking		TBCC	1/8/2019 - 3/21/2019	TR	3:00 pm - 4:50 pm	4 CR
COMM 111 02	Public Speaking		Online	1/7/2019 - 3/23/2019	Online		4 CR
COMM 140 01	Introduction to Intercultural Communication		TBCC	1/8/2019 - 3/19/2019	T	5:30 pm - 9:20 pm	4 CR

Criminal Justice

CJA 105 01	Introduction to Criminal Justice System: Police, Courts, Corrections		TBCC	1/7/2019 - 3/20/2019	MW	1:00 pm - 2:50 pm	4 CR
CJA 114 01	Introduction to the Juvenile Process		TBCC	1/9/2019 - 3/20/2019	W	6:00 pm - 8:50 pm	2 CR
CJA 218 01	Criminal Justice Perspectives of Violence and Aggression		TBCC	1/7/2019 - 3/20/2019	MW	3:00 pm - 4:50 pm	3 CR
CJA 225 01	Criminal Justice and the U.S. Constitution		TBCC	1/8/2019 - 3/19/2019	T	5:00 pm - 7:50 pm	3 CR
CJA 243 01	Narcotics and Dangerous Drugs		TBCC	1/10/2019 - 3/21/2019	R	6:00 pm - 8:50 pm	3 CR
CJA 244 01	Tactical Communication in Crisis Incidents		Online	1/7/2019 - 3/23/2019	Online		3 CR
CJA 245 01	Search Warrant Preparation		TBCC	1/8/2019 - 3/19/2019	T	6:00 pm - 8:50 pm	2 CR
CJA 260 01	Introduction to Correctional Institutions		TBCC	1/7/2019 - 3/18/2019	M	6:00 pm - 8:50 pm	3 CR

Economics

EC 201 01	Principles of Economics: Microeconomics		Online	1/7/2019 - 3/23/2019	Online		4 CR
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English

ENG 105 01	Introduction to Literature (Drama)		TBCC	1/8/2019 - 3/21/2019	TR	1:00 pm - 2:50 pm	4 CR
ENG 254 01	Survey of American Literature		Online	1/7/2019 - 3/23/2019	Online		4 CR

Forestry

FOR 240 01	Forest Biology		PRI	1/7/2019 - 3/20/2019	MW	9:00 am - 10:30 am	4 CR
FOR 240 01	Forest Biology Lab		PRI	1/12/2019 - 3/23/2019	S	10:00 am - 2:00 pm	Lab
GEO 265 01	Introduction to GIS		PRI	1/8/2019 - 3/21/2019	TR	1:00 pm - 3:50 pm	3 CR

Health Education

HE 110 01	CPR/AED for Professional Rescuers and Health Care Professionals		TBCC	1/12/2019 and 3/21/2019	SU	9:00 am - 4:00 pm	1 CR
HE 112 01	Standard First Aid and Emergency Care		TBCC	2/2/2019 and 2/3/2019	SU	9:00 am - 4:00 pm	1 CR
HE 250 01	Personal Health		Online	1/7/2019 - 3/23/2019	Online		3 CR
CG 130 H 01	Introduction to Today's Careers: Health		Online	1/7/2019 - 3/23/2019	Online		2 CR
EMS 105 01	EMT Part I		TBCC	1/8/2019 - 3/21/2019	TR	6:00 pm - 9:20 pm	5 CR
MP 111 01	Medical Terminology		Online	1/7/2019 - 3/23/2019	Online		4 CR

CREDIT COURSES | WINTER 2019

Where to learn more

To see instructors, course descriptions, and additional course information go to www.tillamookbaycc.edu and click on MyTBCC in the top right corner.

- Click on the Course Search Icon
- Choose 2018-2019 Winter Term from the dropdown menu
- Choose Undergraduate Credit from the Division dropdown menu
- Click Search at the bottom of the page then select any course for detailed information



Open Educational Resource (OER)



Evening class

History

HST 102 01	Western Civilization: Medieval to Early Modern	TBCC	1/7/2019 - 3/23/2019	MW	7:45 am - 9:35 am	4 CR
HST 203 01	History of the United States from 1914	Online	1/7/2019 - 3/23/2019	Online		4 CR

Library Science

LIB 101 01	Library Research and Beyond: Find, Select and Cite	TBCC	1/8/2019 - 3/19/2019	T	3:00 pm - 3:50 pm	1 CR
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Manufacturing & Industrial Technology

APR 122 01	AC/DC Motor Principles	NCRD4	1/8/2019 - 3/19/2019	T	5:00 pm - 8:50 pm	3 CR
APR 222 01	Hazardous Locations	THSCC	1/9/2019 - 3/20/2019	W	5:00 pm - 8:50 pm	3 CR
ELT 125 01	Basic Programmable Controllers - (PC Based)	THSCCC	1/9/2019 - 3/20/2019	W	6:00 pm - 8:50 pm	2 CR
ELT 230 01	Automation Control Visual	TBA	1/10/2019 - 3/21/2019	R	6:00 pm - 8:50 pm	2 CR
IMT 200 01	Pumps and Valves	THSCCC	1/8/2019 - 3/19/2019	T	5:00 pm - 8:50 pm	3 CR
IMT 230 01	Techniques of Preventive Maintenance	THSCCC	1/7/2019 - 3/18/2019	M	5:10 pm - 8:00 pm	3 CR
WLD 111 01	Shielded Metal Arc Welding (E7024)& Oxy-acetylene Cutting	THS CCCAS	1/7/2019 - 3/20/2019	MW	5:00 pm - 8:50 pm	4 CR

Math

MTH 020 01	Basic Math	Online	1/7/2019 - 3/23/2019	Online		4 CR
MTH 070 01	Introductory Algebra	TBCC	1/7/2019 - 3/20/2019	MW	10:00 am - 12:20 pm	4 CR
MTH 095 01	Intermediate Algebra	TBCC	1/7/2019 - 3/20/2019	MW	3:00 pm - 5:20 pm	4 CR
MTH 095 02	Intermediate Algebra	TBCC	1/7/2019 - 3/20/2019	MW	6:00 pm - 8:20 pm	4 CR
MTH 111 01	College Algebra	TBCC	1/8/2019 - 3/21/2019	TR	3:00 pm - 5:20 pm	5 CR
MTH 112 01	Elementary Functions	TBCC	1/7/2019 - 3/20/2019	MW	10:00 am - 12:20 pm	5 CR
MTH 252 01	Calculus II	TBCC	1/8/2019 - 3/21/2019	TR	10:00 am - 12:20 pm	5 CR

Music

MUS 206 01	Introduction to the History of Rock Music	Online	1/7/2019 3/23/2019	Online		3 CR
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CREDIT COURSES | WINTER 2019

Nutrition

FN 225 01	Nutrition	TBCC 103	1/7/2019 3/20/2019	MW	4:00 pm - 5:50 pm	4 CR
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Philosophy

PHL 201 01	Being and Knowing	Online	1/7/2019 3/23/2019	Online		4 CR
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Physical Education

PE 142A 01	Zumba Fitness I	YMCA GYM	1/8/2019 - 3/21/2019	TR	8:00 am - 9:30 am	1 CR
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PE 182A 01	Beginning Group Fitness	YMCA GYM	1/7/2019 - 3/22/2019	MWF	8:30 am - 9:30 am	1 CR
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PE 182B 01	Intermediate Group Fitness	YMCA GYM	1/7/2019 - 3/22/2019	MWF	8:30 am - 9:30 am	1 CR
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Physical Science

G 201 01	Introduction to Physical Geology	Online	1/7/2019 - 3/23/2019	Online		4 CR
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G 202 01	Physical Geology	Online	1/7/2019 - 3/23/2019	Online		4 CR
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Political Science

PS 201 01	US Government: Foundations and Principles	TBCC	1/11/2019 - 3/22/2019	F	1:00 pm - 4:50 pm	4 CR
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Psychology

PSY 202 01	Introduction to Psychology, Part II	 TBCC 205	1/10/2019- 3/21/2019	R	5:30 pm - 9:20 pm	4 CR
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PSY 215 01	Human Development	TBCC 205	1/7/2019 - 3/23/2019	TR	8:00 am - 9:50 am	4 CR
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Reading and Writing

RDWR 115 01	College Reading and Writing	TBCC 204	1/8/2019 - 3/21/2019	TR	1:00 pm - 2:50 pm	5 CR
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RDWR 115 02	College Reading and Writing	 TBCC 204	1/7/2019 - 3/20/2019	MW	6:00 pm - 7:50 pm	5 CR
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Spanish

SPA 102 01	First Year Spanish - Second Term	 TBCC 101	1/7/2019 - 3/20/2019	MW	6:00 pm - 7:50 pm	4 CR
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Writing

WR 121 01	English Composition I	TBCC 205	1/7/2019 - 3/20/2019	MW	1:00 pm - 2:50 pm	4 CR
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WR 121 02	English Composition I	Online	1/7/2019 - 3/23/2019	Online		4 CR
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WR 122 01	English Composition II	TBCC 203	1/7/2019 - 3/20/2019	MW	1:00 pm - 2:50 pm	4 CR
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WR 122 02	English Composition II	Online	1/7/2019 - 3/23/2019	Online		4 CR
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WR 122 03	English Composition II	TBCCS 3	1/7/2019 - 3/21/2019	MTWR	10:55 am - 11:50 am	4 CR
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WR 227 01	Technical and Professional Writing I (Hybrid)	 TBCC 203	1/10/2019 3/21/2019	R	05:30 pm 07:20 pm	4 CR
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COLLEGE PREPARATION | WINTER 2019

TBCC cares about all of our students and we want to see each of you succeed. Improving your skills is the key to earning a better paying job or advancing in the job you are in.

College Preparation courses are dedicated to preparing students for higher education or employment through the following programs:

- Adult Basic Education Program
- GED Preparation- English and Spanish
- English for Speakers of Other Languages

We offer day and night classes to fit school around the rest of your life, and course materials are available in Spanish and English. You may begin courses at any time.

El colegio de TBCC se preocupa por todo los estudiantes, queremos ver cada uno de ustedes triunfar. Mejorando sus habilidades es la clave para ganar un trabajo mejor pagado, avanzar en el trabajo en el cual ya estas, o para continuar en un programa de colegio. Ofrecemos clases por día y por la noche para adaptar la escuela alrededor del resto de su vida.



TBCC is now offering its GED Preparation classes and Adult Basic Education classes in Spanish.

Learning in all classes can be self-paced and students can benefit from individualized assistance, or small group work.

To find more information about class times, look for the classes marked "SPANISH" on the following pages.

Para obtener más información sobre los horarios de las clases, busque las clases marcadas con "ESPAÑOL" en las siguientes páginas.

Each Class is Free

About the Courses

Adult Basic Education Program (ABE) classes are designed for adult learners who need to learn or re-learn basic skills to meet work, educational, or personal goals.

General Equivalency Diploma (GED) Tillamook Bay Community College can assist you in obtaining the equivalent to a high school diploma, the GED, which will enable you to pursue further education, improve your employment status or fulfill a personal goal. Financial assistance may be available to cover the cost of GED testing fees. If you need help, contact Amy Alday-Murray at (503) 842-8222 ext. 1070

English for Speakers of Other Languages (ESOL) will help students develop their English language skills. Topics will include grammar, writing, reading, vocabulary development, pronunciation, and conversation skills.

New Students Begin Here

We want to help you get started! You may begin these courses at any time during the term. Each term is 11 weeks and the total cost for the entire term, no matter when you enroll, is only \$15. For more information, please contact Student Services at (503) 842-8222 ext. 1100.

What is the GED® test like?

The GED® test has been updated to make sure it measures what graduating high school seniors know and what colleges and employers will expect of you.

Four (4) parts:

- Science (90 minutes)
- Social Studies (90 minutes)
- Reasoning Through Language Arts (150 minutes including a 10-minute break)
- Mathematical Reasoning (155 minutes)

COLLEGE PREPARATION | WINTER 2019

Adult Basic Education (ABE)

ABE 7602 Adult Basic Education NC

Provides instruction for adults to improve their mathematic, reading, or writing skills for academic, employment, or personal goals. A fee is charged for this class.

ABE 7602 01 1/7/2019-3/21/2019

MTWRF 4:00 pm – 6:50 pm TBCC 208 Irvin Jacob

ABE 7605 College Transitions - Math NC

Use of whole numbers, fractions, and decimals to write, manipulate, interpret and solve application and formula problems.

ABE 7605 01 1/8/2019-3/21/2019

TR 4:00 pm – 6:50 pm TBCC 208 Irvin Jacob

ABE 7606 College Transitions - Reading NC

Instruction in vocabulary, dictionary use, motor skills, comprehension, some study skills.

ABE 7606 01 1/7/2019-3/20/2019

MW 4:00 pm – 5:50 pm TBCC 208 Irvin Jacob

ABE 7607 College Transitions - Writing NC

Instruction includes basic communication skills, language mechanics, grammar, spelling, sentence structure and paragraph development.

ABE 7607 01 1/7/2019-3/20/2019

MW 4:00 pm – 5:50 pm TBCC 208 Irvin Jacob

English for Speakers of Other Languages (ESOL)

ESOL 7450 ESOL A – Integrated Skills NC

Stresses beginning English skills related to work, education, community, and personal goals. Focuses on basic NC literacy in reading, writing, listening and speaking. Introduces basic grammar to support functional communication.

ESOL 7450 01 1/7/2019 - 3/20/2019

MW 2:00 pm - 3:50 pm TBCC 208 Irvin Jacob

ESOL 7451 ESOL B – Integrated Skills NC

Adult non-native English learners improve their reading, writing, listening, and communication skills with academic and employment focus from intermediate to advanced levels.

ESOL 7451 01 1/7/2019 - 3/20/2019

MW 2:00 pm - 3:50 pm TBCC 208 Irvin Jacob

General Equivalency Diploma (GED) Preparation

GED 7500 GED Preparation NC

Prepare for the GED examination by improving mathematic, reading, writing, social studies and science skills. A fee is charged for this class.

GED 7500 01 1/7/2019 - 3/21/2019

MTWR 4:00 pm - 6:50 pm TBCC 208 Irvin Jacob

GED 7500 GED Preparation (Spanish) NC

Prepare for the GED examination by improving mathematic, reading, writing, social studies and science skills. A fee is charged for this class.

GED 7500 02 1/7/2019 - 3/21/2019

MWR 5:30 pm - 8:20 pm TBCC 105 Isabel DeQuesada

REGISTRATION OPENS NOVEMBER 26, 2018

WWW.TILLAMOOKBAYCC.EDU

WINTER TERM



Tillamook Bay Small Business Development Center

We're in the Partners for Rural Innovation Building.
Some classes remain in the main TBCC campus at 4301
Third St, Tillamook

A variety of professional resources

Free one-on-one advising Low-cost trainings

Strategy assistance in gaining business capital

In-depth, hands-on classes to help you grow your business

Free market research

Tillamook Bay SBDC

4506 Third St #101
Tillamook, OR 97141
503-842-8222 x1420
tillamooksbdc@bizcenter.org

To see a list of workshops, or for more information, please see Community and Continuing Education course listings, or contact the SBDC directly.



Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Contact Arlene Soto, 4306 Third St, Tillamook OR 97141, 503-842-8222 x1410

U.S. Small Business Administration

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Business and Employee Development

Truck Driver Training: CDL Preparation C

Overview and introduction to the safe operation of a commercial vehicle and the field of logistics. Includes the operation of basic and secondary control systems, coupling and uncoupling a tractor and trailer, cargo handling, and the proper method of conducting a pre-trip inspection. Covers applicable federal regulations including hours of service requirements and Commercial Driver's Licensing (CDL) requirements and distribution channels. Also includes methods of managing speed effectively, responding to road and weather conditions, and accident scene management. Safety is a key component. Course meets for 160 hours, including classroom and practice driving. PREREQUISITE: Current Oregon CDL Learner Permit *may be acquired at end of first week of class, DOT physical, driving record background check, and drug screen For more information and to register, please contact 503-842-8222 x 1430 or suzieclark@tillamookbaycc.edu. Course limited to 5 students per section.

CED 1180-01	1/28/2019-2/22/2019		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		TBD
CED 1180-02	3/18/2019-4/12/2019		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		TBD

How to Start a Business: A Step by Step Guide C

The best Small Business 101 course you will ever take! Learn how to evaluate your business idea and business planning basics. What are the different forms of ownership you need to consider? Why do businesses succeed? Why do businesses fail? This course is critical for anyone that wants to start and sustain a successful small business. For more information, contact 503-842-8222 x1420 or arlenesoto@tillamookbaycc.edu.

Community & Continuing Ed.

CED 1136-01	1/07/2019		Fees \$20	
M	4:00 pm – 6:00 pm	PRI #114		Staff
CED 1136-02	1/23/2019		Fees \$20	
W	11:00 am – 1:00 pm	PRI #114		Staff
CED 1136-03	2/6/2019		Fees \$20	
W	4:00 pm – 6:00 pm	PRI #114		Staff
CED 1136-04	2/18/2019		Fees \$20	
M	3:00 pm – 5:00 pm	PRI #114		Staff
CED 1136-05	3/8/2019		Fees \$20	
F	4:00 pm – 6:00 pm	PRI #114		Staff
CED 1136-06	3/26/2019		Fees \$20	
T	9:00 am – 11:00 am	PRI #114		Staff

Financial Management C

- **Managing Cash Flow** – Do you know where your money goes each month? Do you run out of funds before you run out of bills? Learn where cash is being used wisely or wasted in your business.
 - **Understand Financial Statements** – Use the financial information in your business to build profitability. Learn how to read a balance sheet and income statement so you understand the trends in your business.
 - **Finding \$\$\$** – Learn the various ways to fund business needs from startup to maturity and from working capital to purchasing assets. Understand credit and how to approach a lender.
- For pricing and registration, contact 503-842-8222 x1420 or arlenesoto@tillamookbaycc.edu.

SBD 7772-01	1/9/2019, 2/13/2019, 3/13/2019		Fees \$250	
W	5:00 pm – 8:00 pm	PRI #114		Arlene Soto

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Fitness and Health - North County Recreation District

The following classes are provided in partnership with the North County Recreation District (NCRD). Please contact NCRD for registration. Class fees are payable to NCRD. For more information, call (855) 444-6273.

Adult Swim Lessons N

Swim instruction for all levels, from the basics to polishing of strokes for the advanced swimmer. If you've always wanted to learn how to swim, or if you want to improve your style, this is the class for you. Six lessons for \$36 payable to NCRD. Call (855)444-6273 prior to first lesson.

CED 1105-01	1/7/2019 – 3/18/2019		
M	11:30am – 12:00pm	NCRD POOL	Sue Dindia-Gray

Aqua Yoga N

Traditional yoga poses adapted to the water environment. The water's buoyancy aids balance and stability. The water's resistance adds a weight bearing component. The warmth of the water allows soft tissues and muscles to stretch more comfortably, all contributing to a safe and enjoyable practice for all ability levels. \$45 payable to NCRD.

CED 8557-01	1/5/2019 – 3/23/2019		
S	9:45 am - 10:45 am	NCRD POOL	Lucy Brook

Deep Water Aqua-Exercise N

Class is conducted primarily in deep water. Participants will wear an aqua jogger flotation belt to stabilize the core while working out. No swimming skills are required. Exercises will include stretching, toning, strengthening and cardiovascular. Beneficial for persons of all fitness levels. Participants will use the water's resistance to regulate the intensity of the workout. \$50 payable to NCRD.

CED 8560-01	1/8/2019 – 3/21/2019		
TR	7:15 pm - 8:15 pm	NCRD POOL	Nancy Smith

AM-Aqua-fit Workout N

Conducted in shallow water, aqua-aerobics combined with strength, balance and core stability exercises to increase mobility, build muscle and improve overall quality of life. Participants regulate the intensity of their workouts by using the resistance of the water making it effective for all fitness levels. \$75 payable to NCRD.

CED 8564-01	1/7/2019 – 3/22/2019		
MWRF	8:00 am - 9:00 am	NCRD POOL	Barbara McCann

Water Therapy Exercise/Arthritis Foundation Program N

For individuals with arthritis or back, knee, hip or other conditions that make exercise difficult. Participants will establish a regular water exercise routine designed to meet individual needs. This class will increase strength and stamina; build and tone muscles; improve circulatory & cardiovascular systems; and reduce stress and tension. This class is for those who want the benefit of water exercise without the fast paced aerobic routine. \$60 payable to NCRD.

CED 8570-01	1/10/2019 – 3/21/2019		
R	9:15 am - 10:05 am	NCRD POOL	McCann/Smith

Group Strength Training for Seniors N

This class encourages a total body workout designed for all fitness levels. All movements are adapted for standing or sitting and are safely performed using a variety of modalities, i.e. free weights, bands, rings, balls, and your own body resistance. Benefits will include muscle strength/endurance, aerobic conditioning, increase in balance, joint flexibility, range of motion, decreased loss of bone mass, increased core strength, and elevated mood levels. Friendly and fun for all. Free to Fitness Center Members. Non-members \$70 payable to NCRD.

CED 8550-01	1/3/2019 – 3/21/2019		
TR	10:00 am - 10:50 am	NCRD 5	Debbie Crosman

Community & Continuing Ed.

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Feel Good Flow Yoga N

Whether to revitalize your practice or satisfy your yoga curiosity, see how your mat could be your magic carpet ride to strength and flexibility. With rooted foundation, safe alignment, focus and breath techniques, discover balance and core strength so you can flow with confidence on and off the mat! All levels welcome. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1127-01 1/1/2019 – 3/19/2019

T 4:00 pm - 5:30 pm NCRD 5 Amy Pulitzer

Zumba N

A fun, energizing, Latin-inspired dance class that gets you moving. Easy to follow movements create an invigorating workout that tones your body from head to toe. For all fitness levels. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8553-01 1/3/2019 – 3/21/2019

TR 6:30 pm - 7:30 pm NCRD GYM Rosa Erlebach

PM Boot Camp N

If you are looking for a challenging workout that will take you to a new level of fitness, then this is the one for you. A mixture of calisthenics, body weight, strength training, core development and intervals will leave you feeling exhausted yet exhilarated. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8556-01 1/3/2019 – 3/21/2019

TR 5:30 pm - 6:30 pm NCRD GYM Gina Grassetth

Restorative Yoga N

The restorative yoga practice goes deep into the connective tissue and releases tension throughout the body. Postures are held for extended periods and the use of props help to support and anchor the body. Breathing techniques and relaxation cues are given. The restorative practice ends with savasana (deep relaxation), leaving your body feeling deeply rejuvenated and ready for what comes next. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8558-01 1/2/2019 – 3/20/2019

W 5:45 pm - 7:15 pm NCRD 5 Ortiz/Carroll

Beginning Classical Yoga N

A nurturing environment provides inspiration, patience, and breath awareness while practicing beginning classical yoga poses. Release tension, strengthen muscles, build core strength, increase balance and flexibility and let your spirit soar! Wear comfortable clothing that allows easy breathing and freedom of movement. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8562-01 12/31/2018 – 3/18/2019

M 5:15 pm – 6:45 pm NCRD 5 Tom Janac

Very Gentle Yoga N

Ready to explore yoga? Do you want to build your inner strength throughout your body, including core strength? Starting slowly and gently we'll learn body awareness while focusing on breath. Using classical yoga poses, we will explore the flexibility of the spine and the possibilities that yoga offers to improve/maintain balance. Each class ends with a guided relaxation and short meditation. Wear comfortable clothing that allows easy breathing and freedom of movement. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8565-01 1/4/2019 – 3/22/2019

F 8:00 am - 9:30 am NCRD 5 Lucy Brook

Classical Yoga N

Start your weekend off right with a yoga practice emphasizing the spirit of yoga, classical postures, pranayama and guided relaxation. Using classical yoga as the context you will build a core of strength throughout the body and improve flexibility and balance. Appropriate for all levels. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8567-01 1/5/2019 – 3/23/2019

S 8:00 am - 9:30 am NCRD 5 Lorraine Ortiz

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Stretch/Flex/Balance N

This class is designed to erase the tension brought by everyday stress. Exercises are designed to increase dynamic balance while improving core strength, flexibility, and overall strength. Movements flow gently from one to another with deep breathing as a guide. You will walk out of class feeling relaxed and revitalized. Free to Fitness Center members. Non-members \$90 payable to NCRD.

CED 8571-01 1/2/2019 – 3/22/2019
MWF 10:00 am - 11:00 am NCRD 5 Erlebach/Knapp

Core Pilates N

The benefits of Pilates include a strong and toned core, improved flexibility and balance, long and lean muscles, and enhanced relaxation and stress relief. Your own body weight and standing and floor movements are used in class, while incorporating other tools such as bands, stability balls, Pilate rings, and light weights to increase overall strength. All levels of expertise from beginners to advanced are welcome. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8572-01 1/2/2019 – 3/20/2019
MW 9:00 am - 10:00 am NCRD GYM Wendy Bakker

Hatha for All N

Students of all levels are welcome at this traditional Hatha practice that will challenge, invigorate, and renew. We'll explore the various aspects of Hatha-breath control, mind focusing, flexibility, strength, balance, and stamina building; and leave class with a satisfied body, calm and clear frame of mind, improved core strength and an uplifted spirit. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8580-01 1/3/2019 – 3/21/2019
R 5:45 pm - 7:15 pm NCRD 5 Carroll, Chick, Janac, Pulitzer

Chair Yoga N

For those wishing to experience yoga with the support of a chair, this class offers classical yoga postures and breathing to awaken the senses, infuse energy, and expand a feeling of well-being, building strength, core strength, flexibility and balance. Each class ends with a guided relaxation and short meditation. Come ready to feel great! No prior yoga experience necessary, simply a curiosity about the benefits of this ancient practice and the willingness to give it a try. Wear comfortable clothing that allows easy breathing and freedom of movement. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8581-01 1/3/2019 – 3/21/2019
R 8:00 am - 9:30 am NCRD 5 Ortiz/Brook

Mid-Life Yoga N

Leading you into your 50's, 60's, 70's and beyond! Approaching practice with steadiness and awareness, move safely into being ready for the day's activities. Creative stretches, classical yoga poses, and simple explanation of anatomy combine to promote flexibility, balance, core strength and increased energy, to encourage further integration of body, breath and mind. Each class ends with a guided relaxation. Wear comfortable clothing that allows easy breathing and freedom of movement. Class is available to all levels of practice, adjusting and modifying poses to suit your experience. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8582-01 1/2/2019 – 3/20/2019
W 8:00 am - 9:30 am NCRD 5 Lucy Brook

Tai Chi: Movement for Better Balance N

A progressive class of twelve traditional Tai Chi movements proven to be effective in increasing balance, core strength, and flexibility. Class starts from the beginning series each term. For all levels. Free to Fitness Center Members. Non-members \$80 payable to NCRD.

CED 8585-01 1/2/2019 – 3/20/2019
MW 11:00 am - 12:00 pm NCRD GYM Debbie Crosman

Golden Age Discounts do not apply to any partnership agency courses (e.g. NCRD, YMCA, and TRMC). For more info on Golden Age Discount see page 39.

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

AM Boot Camp

N

Cardio and toning in an intense workout that incorporates weights, step drills, obstacles, ropes, Bosu's, medicine balls, sandbags, kettles and other fun workout equipment. Running/walking, HITT, and Tabata style formats. You will love the variety this class has to offer. Free to Fitness Center members. Non-members \$45 payable to NCRD.

CED 8589-01 1/6/2019 – 3/24/2019

U 9:00 am - 10:00 am NCRD GYM Gina Grassetth

Group Strength

N

This class utilizes dumbbells, medicine balls, resistance bands and your own body weight for a non-stop, low impact workout targeting the entire body and improving posture. Designed for all fitness levels. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8586-01 1/3/2019 – 3/21/2019

TR 9:00 am - 10:00 am NCRD GYM Gina Grassetth

Steady at the Barre

N

Wellness starts with a strong body. Strength can be achieved in many different ways. Steady at the Barre will guide you through a series of exercises that stabilize and strengthen the core, increase flexibility and balance, and define your body, as well as challenge your mind/body connection. Free to Fitness Center members. Non-members \$45 payable to NCRD.

CED 8588-01 1/4/2019 – 3/22/2019

F 9:00 am - 10:00 am NCRD GYM Rosa Erlebach

Intro to PiFlow

N

All levels of fitness welcome! This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of adding movement, all while working on balance. It is a low impact workout that leaves your body looking long, lean and incredibly defined. Free to Fitness Center Members. Non-members \$80 payable to NCRD.

CED 1135-01 1/2/2019 – 3/20/2019

MW 5:30 pm – 6:30 pm NCRD GYM Wendy Bakker

Living Yoga

N

Yoga is the ancient art of living from the wisdom of the heart. Although many seek out yoga mainly for the physical benefits, such as strength and flexibility, there is so much more to discover through a complete practice that also includes dynamic meditation techniques, applied philosophy, and nutrition. Students of all levels are welcome to enjoy this alignment-based asana and meditation practice that will bring the body into balance, develop core strength and focus the mind to express the wisdom of the heart. Safety, feeling and efficacy are the cornerstones of this class. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1128-01 1/4/2019 – 3/22/2019

F 11:30 am – 1:00 pm NCRD 5 Lynda Chick

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Fitness and Health – YMCA

The following classes are provided in partnership with YMCA. Register and pay for these courses at the YMCA. "Y" stands for YMCA member. "NY" stands for non-member. Please call (503) 842-9622 for more information. The YMCA reserves the right to make changes without prior notice.

Aquatic Fitness

Aqua Strut (Water Walking) C

This Class is performed primarily in shallow water and is designed to improve cardiovascular fitness, muscular strength and endurance, flexibility, and body composition. For men and women of all ages. No swimming skills required. \$Y-0 NY-110

CED 8511-01 1/7/2019 – 3/23/2019

MWF 8:00 am - 9:00 am YMCA Therapy Pool Linda Josi

Deep Water Fitness C

With the aid of the Aqua Jogger, participants are suspended in the water without their feet touching the bottom. Movements involve use of hands, arms, legs and feet, creating a total body workout. \$Y-0 NY-78/110

CED 8513-01

MWF 9:00 am – 10:00 am YMCA Therapy Pool Susan Urrey

CED 8513-02

TR 7:30 am - 8:30 am YMCA Therapy Pool Sharon Shreve

CED 8513-03

MWF 6:30 pm – 7:30 pm YMCA Therapy Pool Susan Urrey

Hydro HIT/Swim HIT C

Hydro Hit: High intensity anaerobic intervals with attention to muscle balance. *Shallow water, no swim skills required.* \$Y-0 NY-78

CED 8546-01

TR 8:30 am - 9:15 am YMCA Competition Pool Sherryl Klingelhofer

Swim Hit: High intensity work such as repetitive diving and treading with weight, mixed with swimming and running with no flotation. *Deep and underwater, some swim skills required.* \$Y-0 NY-78

CED 8546-02

TR 9:15 am – 9:45 am YMCA Competition Pool Sherryl Klingelhofer

Joyful Joints C

Recreational, low intensity, low impact exercise class designed primarily for those with some form of arthritis. A medical consent form is recommended from the participant's health care provider before entering this class. \$Y-0 NY-78

CED 8503-01

TR 10:00 am -11:00 am YMCA Therapy Pool TBA

CED 8503-02

TR 11:00 am – 12:00 pm YMCA Therapy Pool Lori Kaiser

CED 8503-03

S 10:00 am - 11:00 am YMCA Therapy Pool Lori Kaiser

Golden Age Discounts do not apply to any partnership agency courses (e.g. NCRD, YMCA, and TRMC). For more info on Golden Age Discount see page 39.

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Mid-Morning Movers

C

This water fitness class is performed primarily in shallow water and is designed to improve cardiovascular fitness, muscular strength and endurance, flexibility and body composition. For men and women of all ages. No swimming skills required. \$Y-0 NY-110

CEC 8509-01

MWF 10:00 am - 11:00 am YMCA Therapy Pool Jim Jett

Water Dance

C

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, water dance blends dance and water resistance for one pool party you shouldn't miss! \$Y-0 NY-78

CEC 2030-01

TR 6:00 pm - 7:00 pm YMCA Therapy Pool Denise Beeler

Land Fitness

Bootcamp

C

Cardio and toning in an athletic-style workout that incorporates one or more of the following: weights, bands, steps, kettles, medicine balls, drills, obstacles, HIIT, and Tabata style formats. Class can be modified to fit your ability. You will love the variety that this class has to offer. \$Y-0 NY-78

CEC 8605-01 1/7/2019 – 3/23/2019

W 5:15 am - 6:15 am YMCA Studio Molly Carlson

Enhanced Fitness

C

Focus on dynamic cardiovascular exercise, strength training, balance, and flexibility--everything older adults need to maintain health and function as they age. In a typical class, participants will experience: a 5-minute warm up to get the blood flowing to the muscles; a 20-minute aerobic workout that gets participants moving, or a walking workout to lively music the class chooses; a 20-minute strength training workout with weights for each individual's needs; a 5-minute cool down; a 10-minute stretching workout to keep the muscles flexible. Balance exercises throughout the class. \$Y-0 NY-0

CEC 8538-01 1/7/2019 – 3/23/2019

MWF 10:00 am - 11:00 am YMCA GYM Kelly Benson

Insanity Live

C

Extreme cardio conditioning for every fitness level. Together, you'll build strength, improve cardiovascular endurance, and develop precision and speed-without lifting a single weight. \$Y-0 NY-45/78/110

CEC 1166-01 1/7/2019 – 3/23/2019

TR 5:30 am – 6:00 am Studio Courtney Fortenberry

CEC 1166-02 1/7/2019 – 3/23/2019

T 7:00 pm – 7:30 pm Studio Sarah Patterson

CEC 1166-03 1/7/2019 – 3/23/2019

W 9:45 am – 10:15 am Racquetball Galena Flores

On The Ball

C

This class is designed to improve strength and endurance of your core and back. We will focus on balance and stability while working with the ball and weights. An overall strengthening class. \$Y-0 NY-110

CEC 8607-01 1/7/2019 – 3/23/2019

MWF 7:15 am – 8:15 am YMCA STUDIO Darcy Fugate

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Cycling

C

Instructor-guided bike workout takes participants through warm-up, cardio, sprints, climbs, and cool-down. Space is limited, so arrive to class early to get your seat. \$Y-0 NY-78/110

CED 8532-01	1/7/2019 – 3/23/2019		
TR	5:30 am – 6:30 am	YMCA Spin Room	Eva Manderson
CED 8532-02	1/7/2019 – 3/23/2019		
TR	10:00 am - 11:00 am	YMCA Spin Room	Lori Kaiser

Step & Sculpt

C

Achieve total body fitness with aerobic and strength training exercises. Class combines floor, step, weights, bands, and balls to increase cardiovascular endurance and overall body conditioning. Modifications given to accommodate all fitness levels. \$Y-0 NY-110

CED 8528-01	1/7/2019 – 3/23/2019		
MWF	8:30 am - 9:30 am	YMCA GYM	Sarah Patterson/Galena Flores

Strength Train Together

C

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. \$Y-0 NY-78/110

CED 8519-01	1/7/2019 – 3/23/2019		
MF	5:15 am - 6:15 am	YMCA STUDIO	Courtney Fortenberry
CED 8519-02	1/7/2019 – 3/23/2019		
TR	9:45 am - 10:45 am	YMCA SOUTH GYM	Galena Flores
CED 8519-03	1/7/2019 – 3/23/2019		
S	10:00 am-11:00 am	YMCA STUDIO	Galena Flores

Zumba

C

Learn basic dance moves while burning stress and calories in this fun, welcoming group fitness class. Low to high intensity. Great for all fitness levels. \$Y-0 NY-78/110

CED 8516-01	1/7/2019 – 3/23/2019		
TR	8:30 am - 9:30 am	YMCA GYM	Ahndrea Sousa
CED 8516-02	1/7/2019 – 3/23/2019		
S	8:30 am - 9:30 am	YMCA STUDIO	Sarah Patterson
	3:00 pm – 4:00 pm	YMCA STUDIO	Ahndrea Sousa
CED 8516-03	1/7/2019 – 3/23/2019		
MW	5:45 pm – 6:45 pm	YMCA GYM	Jeannie Christensen
CED 8516-04	1/7/2019 – 3/23/2019		
T	5:45 pm – 6:45 pm	YMCA STUDIO	Neri Perez
CED 8516-05	1/7/2019 – 3/23/2019		
R	6:30 pm - 7:30 pm	YMCA STUDIO	Neri Perez
F	5:45 pm - 6:45 pm	YMCA STUDIO	Neri Perez

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COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Moving for Better Balance and Health C

Studying and “playing” (practicing) 8-form Tai Chi mixed with many Qigong moves; five animals, eight brocades, silk reeling, more. Chinese poetry & guided meditative relaxation.

CED 8530-01	1/7/2019 – 3/23/2019			
TR	1:00 - 2:30 pm	YMCA STUDIO		Sherryl Klingelhofer

Qigong C

Stressed? Seeking physical and mental balance? Want to boost your immune function and restore your body to optimal health? Qigong (“chee gong”) is an ancient practice of postures and slow movements which has been shown to improve vitality and health, even reducing hypertension and chronic pain. This class focuses on breathing, stance, mind intent and movements to facilitate the flow of energy through the body. Participants can be seated or standing and movements can be performed by virtually anyone. Comfortable clothes and shoes recommended. \$Y-0 NY-0

CED 8601-01	1/7/2019 – 3/23/2019			
TR	8:00 am – 8:30 am	YMCA STUDIO		Michelle Jenck

Tai Chi Moving for Better Balance 8, 10, 16, 24, 48 C

In addition to the recognized physiological and cognitive benefits of the practice of Tai Chi, this class improves strength, balance and coordination. Movements involve weight bearing and non-weight bearing stances, proper body alignment and coordinated movements conducted in a continuous, circular flowing motion. \$Y-0 NY-110

CED 8608-01	1/7/2019 – 3/23/2019			
MWF	8:30 am - 9:30 am	YMCA STUDIO	Beginner’s class	TBA
MWF	9:00 am – 10:00 am	YMCA STUDIO		Kelly Benson/Phil Gates

Beginning Yoga C

The heart of this practice is to increase strength, flexibility, and balance of body and mind by applying the principles of yoga. The class focus is on freedom in the spine and developing core strength. Breath awareness is considered through movement and attention to develop inner stillness and connection between mind and body for fluid movement in and out of the classroom. \$Y-0 NY-110

CED 8522-01	M1/7/2019 – 3/23/2019			
WF	10:30 am - 11:30 am	YMCA STUDIO		Thea Defeyter

Yoga Flow C

Improve flexibility, strength, balance and mind/body function. Consider deep core muscle structure for improved posture and mobility. Explore the basic elements of yoga and supported posture. By improving the deep core muscle structure and freeing the shoulders, hips and spine this class provides the possibility for enhanced freedom in movement. \$Y-0 NY-78

CED 8526-01	1/7/2019 – 3/23/2019			
TR	9:00 am - 10:00 am	YMCA STUDIO		Molly Carlson

Sun Salutations Yoga C

Greeting the sun, celebrate the new day. We will move through variations of Surya Namaskara or Sun Salutation, a set of 12 yoga asanas, which bring your body, breath and mind together. When performed in the morning, it revitalizes your body and refreshes your mind, leaves you feeling energetic throughout the day. Without the Sun, there will be no life on Earth. Sun Salutation is an ancient technique of paying respect or expressing gratitude to the Sun that is the source of all forms of life on the planet. Great for balance, core strength and flexibility. Modifications available for all levels. \$Y-0 NY-78

CED 1140-01	1/7/2019 – 3/23/2019			
MWF	6:30-7:15 am	YMCA STUDIO		Tiffany Wildharber

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Vinyasa Flow Yoga

C

The heart of this practice is to increase strength, flexibility, and balance of body and mind by applying the principles of yoga. The class will focus on freedom in the spine and developing core strength. Breath awareness is considered through movement and attention to develop inner stillness and connection between body and mind for fluid movement in and out of the classroom. \$Y-0 NY-78

CED 8569-01 1/7/2019 – 3/23/2019
 MR 5:30 pm - 6:30 pm YMCA STUDIO Tiffany Wildharber

Gentle Yoga

C

For those who want a softer, nurturing, slow paced, well supported and relaxing class. \$Y-0 NY-45

CED 1189-01 1/7/2019 – 3/23/2019
 W 5:30 pm - 6:30 pm YMCA STUDIO Tiffany Wildharber

Group Exercise

C

Offers students' knowledge and skills to keep fit for life. Teaches safe performance of movement and exercise in a progressive approach. Includes cardiovascular and muscular endurance, flexibility, and body composition. Aerobic training principles stressed using target heart rate and Borg methods. \$Y-0 NY-110

CED 1189-01 1/7/2019 – 3/23/2019
 MWF 8:30 am - 9:30 am YMCA RACQUETBALL CT Molly Carlson

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COMMUNITY & CONTINUING EDUCATION | WINTER 2019

North Tillamook County

Tai Chi

N

Based on eight forms of Tai Chi, this nationally recognized program is designed to improve balance and prevent falls and can be performed by virtually anyone. Of particular benefit to seniors, classes are also beneficial for anyone suffering from declines in motor function due to physical or other health limitations, such as Multiple Sclerosis or Parkinson's disease. Qigong exercise will be included. No classes Thanksgiving week, Christmas week, or New Year's week. Cost is \$30 which may be paid to the instructor at the first class. For more information, call Linda Werner, 503.398.5223.

CED 1125-02	11/5/2018-1/14/2019			
MF	2:30 pm – 3:30 pm	Garibaldi Museum		Linda Werner
R	9:00 am - 4:00 pm	NCRD		John Benson

South Tillamook County

The following classes are provided in conjunction with Tillamook County Wellness. Visit www.tillamookcountyhealthmatters.org for wellness events, information and resources. Like us on Facebook or download the app.

Tai Chi Yang Family Style Long Form

S

Tai Chi is more than just a martial art; it is also a practical, living philosophy. Balance and harmony is the goal, because when one is in balance, everything in life just works better. Join an on-going class and learn the 105 moves of the Long Form. Practice balance, concentration, and slowing down! No classes Christmas week or New Year's week. \$60 for 12 weeks or \$5 drop-in fee per class. Payment may be made on the first day of class. Class held at NRFPD Community Room, 30710 Highway 101, Hebo.

CED 2051-01	12/4/2018 – 3/5/2019			
TR	8:45 am – 9:45 am	NRFPD Community Room, Hebo		Linda Werner

Tai Chi Yang Family Style Short Form

S

Tai Chi concentrates on relieving the physical effects of stress. In addition, the regular practice of Tai Chi can have favorable effects on balance, flexibility, energy, and cardiovascular fitness. Additional Qi Gong exercises will be incorporated into the class. Join an on-going class and learn the 24 moves of the Short Form. No classes Christmas week or New Year's week. \$60 for 12 weeks or \$5 drop-in fee per class. Payment may be made on the first day of class. Class held at NRFPD Community Room, 30710 Highway 101, Hebo.

CED 1125-01	12/4/2018 – 3/5/2019			
TR	10:00 am – 11:00 am	NRFPD Community Room, Hebo		Linda Werner

Safety and Health – Tillamook Regional Medical Center

Phlebotomy I

C

This course includes 40 hours of classroom instruction in anatomy and physiology of the circulatory system, specimen collection, specimen processing and handling, and laboratory operations (e.g., safety, quality, control, etc.). This course also includes a skills component to prepare students for clinical experience in Phlebotomy II. *Enrollment is limited to 14 students.* Requires CPR card, criminal background check, 10-panel drug screen, and immunizations before being placed into clinical sites. \$147 cost is borne by the student. Successful completion of this course, high school graduation (or equivalent), and 100 hours of clinical experience (Phlebotomy, Part II) will qualify participants to take the ASCP Phlebotomy Technician examination for certification.

CEDU 930F-01	1/08/2019 – 3/24/2019			
TR	4:00 pm – 5:50 pm	TBCC		TBA

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Heartsaver CPR/First Aid/AED Certification and Recertification C

This online course covers material from Heartsaver CPR, AED, and First Aid. The First Aid section covers how to assess an ill or injured person and provide first aid to control bleeding, immobilize bone, muscle, and joint Injuries and more. A skills check-off must be performed within 60 days of the completion date of the online class. Choose one of the following dates for skills check off session: 1/8, 1/22, 1/5, 2/19, 3/5, 3/19. All skills check-off sessions are from 9:00 am to 12:00 pm at Adventist Professional Building, 980 Third Street Suite 300. You must bring completion form from the online class. Please register and pay for the online class at the registration desk. \$75 payable to TRMC. Call (503) 815-2409 to schedule a skills check off time. For questions, email mcnuttll@ah.org.

CED 9018-01 Online coursework; skills check off on one of dates listed above
9:00 am - 12:00 pm Adventist Ed Center LeeAnn McNutt

Healthcare Provider BLS Certification and Recertification C

This online course is for any healthcare professional. Program is compatible with PC and Macintosh computer systems. Review the topics of adult, child and infant CPR, symptoms of a heart attack, and foreign-body airway obstruction. Includes use of the AED and bag-valve mask. A skills check-off must be performed within 60 days of completion date of online class. Choose one of the following dates for skills check off session: 1/8, 1/22, 1/5, 2/19, 3/5, 3/19. All skills check-off sessions are from 9:00 am to 12:00 pm at Adventist Professional Building, 980 Third Street Suite 300. Please register and pay for the online class at the registration desk. \$75 payable to TRMC. Call (503) 815-2409 to schedule a skills check off time. For questions, email mcnuttll@ah.org

CED 9019-01 Online coursework; skills check off on one of dates listed above
9:00 am - 12:00 pm Adventist Ed Center LeeAnn McNutt

CHIP (Complete Health Improvement Program) C

Are you concerned about being overweight or having diabetes, cancer, hypertension, osteoporosis, high cholesterol, or heart disease? Take charge now and in 30 days revolutionize the way you feel. Without any gimmicks, pills or expensive diets you can cut your risk of heart attack by 50% or more, adding years to your life. Includes supper every night. Attend a free information/ registration session on Jan 8 or 10 from 11am – 12 noon at the Adventist Church Lower Level. For more information, call Ginny at (503) 815-2270.

CED 8706-01 1/21/19 – 2/28/19
MTR 10:30am - 1:00 pm Adventist Church
2610 First St, Tillamook Ginny Gabel

Childbirth Class C

An introduction to the last stage of pregnancy and preparation for the new role of parenting. Covers techniques of relaxation, stress reduction and methods of breathing to ease labor, medications, vaginal and cesarean deliveries. We will be touring the Birthing Unit and learn about bottle/breast-feeding and basics of newborn care. You should begin classes between your seventh and eighth month. No charge for mom and one support person. Register by calling (503) 815-2270.

CED 8715-01 1/2/2019 – 1/30/2019
W 7:00 pm - 9:00 pm TRMC CONFA Ginny Gabel
3/6/2019 – 4/3/2019
W 7:00 pm - 9:00 pm TRMC CONFA Ginny Gabel

Living with Cancer: Thriving & Striving C

This program will help you learn new ways to deal with issues caused by many chronic conditions. Over the 6 weeks we will cover such topics as handling stress, depression, talking to your provider, managing medications, and fighting fatigue and frustrations. Group discussion is the basis for this program developed by Stanford University. Herald Center, 2710 First Street, (east of Tillamook Adventist Church) No charge but registration is required by calling 503-815-2270.

CED 1186-01 1/16/2019 – 2/20/2019
W 2:00 pm – 4:30 pm TRMC CONFA Ginny Gabel

COMMUNITY & CONTINUING EDUCATION | WINTER 2019

Diabetes Undone

C

If you have diabetes or pre-diabetes, there's hope for change. This is a dynamic course that will empower you to address the root causes of disease through simple lifestyle strategies such as nutrition, activity, stress management and more. Dr. Wes Youngberg, author of *Good-bye Diabetes* and Brenda Davis, world-renowned dietitian will guide you through a hope-filled journey to undo your disease and reclaim your health. The local program contains a short video-based lecture, cooking demos, taste testing, and class discussion by local instructors. Cost is \$60. A spouse or support person is included in the cost. Many insurance plans will cover Diabetes education often known as Medical Nutrition Therapy so check with your insurance. For more information, contact Sue Phillips-Meyer at (503) 815-2443.

CED 1187-01 1/17/2019 – 3/8/2019

R 2:30 pm – 4:30 pm Adventist Church Ginny Gabel
Sue Phillips-Meyer

Depression & Anxiety Recovery

C

The program will cover: how to prevent or overcome the 10 high risk factors, recognizing the symptoms, discuss what may be missing from your diet, light box therapy, overcoming grief and loss, and how to change your thinking to defeat depression, use of medications, and more. You will also learn about enhancing the brain's frontal lobe function to conquer depression for good. FREE INFORMATION & REGISTRATION SESSION will be held on 1/8/19 at 3:00PM - 4:00PM. Cost of seminar & payments options will be discussed at this session. This is your opportunity to register and receive books.

CED 1188-01 1/15/2019 – 3/5/2019

T 3:00 pm – 5:00 pm Adventist Church Ginny Gabel

Personal Development

AARP Smart Driver

C

The instructor uses the "Smart Driver Guidebook" and video content to teach current rules of the road and defensive driving techniques. Learn how to operate your vehicle more safely, including adjustments to accommodate common age-related changes in vision, hearing, and reaction time. You may be eligible to receive an insurance discount upon completing the course, so consult your agent for details. Pre-register at TBCC, pay at class. AARP members \$15, non-members \$20. Bring AARP membership card to class. *Course must meet minimum enrollment of 8 to run.*

CED 8305-01 03/19/2019

M 9:00 am - 4:00 pm TBCC John Benson

Beginning Guitar

C

Long-time guitar player, guitar teacher and band member, Richard Paris, will teach students basic forms of the most commonly used chords and strumming patterns. Students will learn some music theory and become able to recognize basic music notations. They will learn about root notes and song keys, and they will learn to play common major and minor scales. By the end of this class each student will be able to play a song or songs in their area of interest.

CED 1024-01 Tuition \$0 Fees \$79

M 6:00 pm – 8:00 pm TBCC Richard Paris

Watercolor Design & Imaging: Painting Land, Sea & Sky

C

Join us for in-lab practical lessons, featuring the painting of water-media subject elements of earth, sea and sky. All levels. Students will bring their own materials, including aquarelle or gouache [designer] paints, a 9" x 12" watercolor block of paper; a smaller postcard-sized "color test pad"; an idea sketchbook; a selection of brushes; a watercolor mixing palette; water containers; 2B pencils and a sharpener; kneaded eraser, ruler, small natural sea sponge; table salt; reference materials; and paper towel roll.

Marcia Wilson is an award-winning professional artist. For more information contact 503-842-5159 or marciaw92@gmail.com. You also may view her portfolio at www.ArtWanted.com/MLWilson

CED 1120-01 Tuition \$0 Fees \$230

W 7:00 pm – 9:00 pm TBCC Marcia Wilson

FINAL EXAM SCHEDULE | WINTER 2019

Final exams are scheduled for the last week of each term. All final week classes will be held, but how the time is used is the instructor's prerogative. The final week schedule is subject to change if circumstances such as college closure occur and make-up of class time is necessary. Certain time increments are available to instructors who need to schedule make-up exams.

All night classes (beginning 5:30 PM or later) will take the final exam during finals week. For classes that meet regularly on two evenings (e.g., Tuesday and Thursday), the exam will occur on the last evening during finals week.

1. No student will be required to take more than two back-to-back examinations.
2. No student will be required to take more than three exams in one day.
3. Students may select which course's final exam to reschedule if item number 1 or 2 occurs. Schedule the make-up exam with the instructor.
4. If item number 1 or 2 occurs, it is the student's responsibility to notify the instructor prior to the originally scheduled exam and arrange item number 3.
5. **All make-up exams under item number 3 must be completed** by 5:00 PM March 21, 2019.
6. Finals shall be given during the final week unless otherwise approved by the Chief Academic Officer.

Prerequisites

Many credit classes require prerequisites. Prerequisites are conditions that must be met in order to gain access to a particular class. These conditions are usually the completion of, or enrollment in, other courses, achieving specific placement test scores, or by departmental approval. If a course has a prerequisite, it will be listed with the course description. If you believe that you meet the prerequisite yet are not being allowed to enroll, contact your advisor. If you do not meet the prerequisite but still wish to be considered, contact the instructor. If you have any other questions, contact Student Services at (503) 842-8222, ext. 1100.

Grades

Grades are posted at MyTBCC at www.tillamookbaycc.edu. If you have questions or need additional help, call the Director of Student Services at (503) 842-8222, ext. 1110.

Statement of Nondiscrimination

It is the policy of Tillamook Bay Community College and its Board that there will be no discrimination or harassment on the grounds of race, color, sex, marital status, sexual orientation, religion, national origin, age, disability, height/weight ratio, organizational affiliation, or political affiliation in any educational programs, activities or employment. Lack of English language skills will not be a barrier to admission and participation in career and technical education programs. Persons having questions about nondiscrimination should contact:

- *Title II and Title IX Coordinator, Pat Ryan, Director of Facilities, Human Resources, Safety, 4301 Third Street, Tillamook, Oregon, Room 122, Phone (503) 842-8222, ext. 1020 or TDD (503) 842-2467*
- *Section 504 Coordinator, Rhoda Hanson Director of Student services, 4301 Third Street, Tillamook, Oregon, Room 116, Phone (503) 842-8222, ext. 1110*

Student Rights/Responsibilities

TBCC provides educational opportunities for a wide variety of individual and community needs. Rules and regulations regarding student conduct assure an atmosphere conducive to pursuing an education. At the same time, students have certain rights guaranteed to them by the Constitution. The Student Rights and Responsibilities information is available in the TBCC Catalog, the TBCC Student Handbook, and on the college web site at www.tillamookbaycc.edu.

Student Disclosure Statement and Consumer Information

The Student Disclosure Statement (as required by the Higher Education Act), including important information on financial assistance opportunities, rules and regulations, institutional programs and policies, graduation and transfer rates, security policies and crime statistics, Campus safety and Security, and student rights under the Family Education Rights & Privacy Act, is available in Student Services and in the TBCC Catalog which is posted on the TBCC website at:
www.tillamookbaycc.edu.

POLICIES & INFORMATION | WINTER 2019

Golden Age Discount

Individuals 62 years of age and older are eligible for a Golden Age Discount. All students using the Golden Age Discount must meet all the admission and course requirements in order to enroll in the course(s). Credit courses require the completion of the Application for Admissions and may require verification of college level reading, writing, and math skills through testing or previous college credit on a transcript.

Golden Age Discount Option One:

The college will provide a 50 percent discount on credit and continuing education courses. You may register and qualify for the 50 percent tuition discount at any time during the registration period each term. This discount applies to tuition only for credit and continuing education courses offered at TBCC. Students must meet all the prerequisites in order to register for credit courses. The discount does not apply to fees of partnership/agency courses.

Golden Age Discount Option Two: Applies only to Credit Courses

The college will waive all tuition for credit course audits when space is available in the class. The student must register for the course only on or after the first meeting of the course each term. Students who register prior to the first day of the term should use Option One. These tuition waivers require instructor permission which must be obtained through an instructor signature in the audit section on the TBCC Registration and Change Form. Students must meet all prerequisites in order to register for credit classes. The discount covers only tuition.

Adding or Dropping a Course

Courses may be added or dropped online at www.tillamookbaycc.edu by clicking on the link to MyTBCC during the regular registration period or by filing a Registration & Change Form with Student Services. During the first week of the term, courses can be dropped online or in person at Student Services. The deadline to drop and have charges removed varies by course length and type. The drop deadline for credit courses is published in the quarterly Schedule of Classes. Students receiving financial aid should check with their academic and/or financial aid advisor before dropping a class. Dropping or withdrawing from a class can affect your financial aid eligibility.

Dropping a Course

Prior to the published drop deadline, you may drop any registered course by completing the official drop process. Such action will result in no charges for the course or courses (or reimbursement if the charges have already been paid). The course or courses will not appear on your transcript. If dropping a class changes your level of enrollment it may affect any Federal Financial Aid or Veteran's benefits that you are eligible to receive.

Withdrawing from Courses

You may formally withdraw from courses by filing a Withdrawal Form with Student Services. If you have applied for financial aid or veteran's benefits, you must also notify the appropriate office of your intention to withdraw. Withdrawing will result in a grade of "W" appearing for the course or courses on your transcript. There is no refund available on withdrawal from courses after the first week of class. You may withdraw from a course through the end of the 8th week of classes.

Refunds for College Preparation Courses

Students who officially withdraw from an ABE/GED/ESOL course during the first week of course duration will receive a refund. Course duration for students enrolling after June 26 will be measured from date of enrollment.

Refunds for Credit Courses

Students who officially drop a credit course during the first week of the term will receive a refund. A student unable to complete a course due to hardship may follow TBCC's petition process as appropriate. If granted, the student will receive a voucher to help defray the cost of retaking the class.

Refunds for Community & Continuing Education Courses

Full refund is received if the course is dropped before it starts or during the first one-fifth of the course duration. Dropping a course can be done online or with the Add/Drop Form available at the Student Services window. No refund is allowed for a course of short duration (1-2 class sessions/workshops) unless the course is dropped three business days before the start date. Students requesting special consideration for refunds after the refund deadline should submit a Student Account Petition Form to the Business Office. If granted, the student will receive a voucher to help defray the cost of retaking the class or taking another class. Agencies offering courses in partnership with TBCC have their own refund policies.

Official Withdrawal

You may officially withdraw from college using the same form that is used to withdraw from courses. By doing a complete withdrawal you may put yourself in a position of having to repay certain amounts of your financial aid. Again, it is important that if you are receiving financial aid or veteran's benefits, you contact the appropriate office with your intent to withdraw. The withdrawal date is based on the date that the college is provided with "official" notice of withdrawal. Official notice occurs when the Student Services Office is notified of the intent to withdraw.

POLICIES & INFORMATION | WINTER 2019

Unofficial Withdrawal

An unofficial withdrawal takes place when a student does not provide the college with official notification. Students who stop attending without formally withdrawing will receive the grades assigned by their instructors and will be responsible for payment of tuition and fees. The date of withdrawal for Title IV purposes will be based on the best available academic record. A withdrawal date will be determined by the college when one of these four instances occurs:

- The date the student begins the college's withdrawal process (described on page 45).
- The date the student officially notified the Registrar of intent to withdraw in writing.
- The midpoint (50%) of the term if the student withdraws without notifying the college.
- The last due date of attendance at an academically-related activity as documented by the college.

Students with Disabilities

Disability Services collaborates with students, staff, faculty, and community members to create inclusive, equitable, diverse, and sustainable learning environments for all. Tillamook Bay Community College provides a wide range of in-class and campus access services to students who experience documented disabilities. The department is a resource for creative problem-solving to enhance access in the areas of admission/registration assistance, advising, and advocacy accommodations for classes, including:

- Test accommodations (extended time, reduced distraction, reader, scribe);
- Alternate format (computer text with digital audio, Braille);
- Technology (computer software and hardware and other devices);
- Service Providers (video-remote sign language interpreting); and
- Accessibility information, maps, and basic mobility orientation.

Course Policies

Attendance, auditing courses, course cancellation, course prerequisites, withdrawal from courses and the Course Catalog available at:

Student Services, Central Campus, 1st

Floor Lobby

(503) 842-8222, ext. 1100

8:30 AM - 4:30 PM, Monday - Friday

<http://tillamookbaycc.edu/admissions-registration/register-for-courses/course-catalogschedules/>

Student Complaints

For assistance, support, or help in obtaining information about complaint procedures and resolving problems, please contact the following:

- Disability Services: Rhoda Hanson
(503) 842-8222, ext. 1110.
- Sexual harassment: Rhoda Hanson
(503) 842-8222, ext. 1110.
- Harassment based on race/ethnicity/national origin: Pat Ryan
(503) 842-8222, ext.1020.
- Students' rights, responsibilities, and conduct: Rhoda Hanson
(503) 842-8222, ext. 1110.
- Academic grievances: Ann Hovey, Chief Academic Officer
(503) 842-8222, ext. 1030.
- Other harassment: Rhoda Hanson
(503) 842-8222, ext. 1110.

Students can directly access detailed information about the student grievance procedures in the general catalog on the College website <http://www.tillamookbaycc.edu/catalog>.

Drug Free School and Workplace

TBCC recognizes controlled substance abuse as illegal and interfering with effective teaching, work, and the development of a safe and healthy environment for learning. The college has a fundamental legal and ethical obligation to prevent controlled substance abuse and to maintain an alcohol/drug free work and educational environment.

See the college website, www.tillamookbaycc.edu for detailed information on drugs and their harmful effects, counseling and assistance programs, state and federal laws, and college policies pertaining to the illegal use of drugs.

DIRECTORY | WINTER 2019

Helpful Telephone Numbers:

Main Phone (503) 842-8222

TDD	(503) 842-2467
Main Fax	(503) 842-8334
Academic Services.....	ext. 1080
Business Office	ext. 1220
Community & Continuing Education.....	ext. 1320
Facilities/ Human Resources	ext. 1020
President's Office	ext. 1015
Small Business Development Center.....	ext. 1420

TBCC Store / Cashier

Central Campus, 1st Floor Lobby
Phone: (503) 842-8222, ext. 1240 or 1220
Fax: (503) 842-8334

paymentinformation@tillamookbaycc.edu

Current term textbooks and pricing are available through the TBCC Store or at bookstore.mbsdirect.net/tbcc.htm.

8:30 AM - 4:30 PM, Monday - Friday
Extended office hours during the first week of the term open Monday - Thursday, 7:30 AM to 6:30 PM.

Student Services

Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1100
8:30 AM - 4:30 PM, Monday, Thursday, Friday
8:30 AM - 7:00 PM Tuesday, Wednesday
studentservices@tillamookbaycc.edu

Extended office hours during the first week of the term open 7:30 AM to 6:30 PM, Monday and Thursday.

Career Education Advising

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1140
caraelder@tillamookbaycc.edu
miryangkim@tillamookbaycc.edu
8:30 AM - 4:30 PM

Disability Services

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1140
8:30 AM - 4:30 PM, Monday - Friday
caraelder@tillamookbaycc.edu

Full-time Faculty

Tom Atchison	ext. 1815
Sydney Elliott	ext. 1825
Geza Laszlo	ext. 1820
Bob Pietruszka	ext. 1805
John Sandusky	ext. 1875
Michael Weissenfluh.....	ext. 1810

Veterans' Educational Benefits

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1130
8:30 AM - 4:30 PM, Monday - Friday
sallyjackson@tillamookbaycc.edu

Financial Aid

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1130
tbccfinancialaid@tillamookbaycc.edu
8:30 AM - 4:30 PM, Monday - Friday

Grades / Student Records

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1110
8:30 AM - 4:30 PM, Monday - Friday
rhodahanson@tillamookbaycc.edu

Library

Central Campus, 2nd Floor near balcony
(503) 842-8222, ext. 1720
9:00 AM - 7:00 PM, Monday - Thursday
9:00 AM - 4:30 PM, Friday
Library hours are subject to change when classes are not in session.

OSU Open Campus

503-842-3433
TBCC Partners for Rural Innovation Center, Room 113
4506 Third Street, Tillamook

Change Log-In Password

- Go to www.tillamookbaycc.edu
- Click on MyTBCC
- Log In to MyTBCC by using your User Name (Student ID #) and Password
- Click on Personal Info beside your name
- Choose the Password tab
- Enter your new password
- Set a hint in case you forget your password

Phi Theta Kappa

2018 Chapter Awards

Included:

- Regional Most Distinguished Member
- Regional Art Award
- Phi Theta Kappa Five Star Chapter
- Chapter Reach Award
- Most Distinguished College Project

Contact advisor Sheryl Vanselow at
503-842-8222 ext. 1220
sherylvanselow@tillamookbaycc.edu,
or
Karey Woodke at 503-842-8222 ext. 1230
kareywoodke@tillamookbaycc.edu,
for more information.



International Honor Society for Community Colleges

TBCC's Beta Delta Epsilon Chapter invites current students who have completed 12 college-level credits at TBCC with a GPA of 3.25 or higher to join this active society where members gain experience in leadership, scholarship, and service.

2018-2019 officer positions available.

Join the chapter and become a student leader by participating in meetings, events and community service.*

*Students do not have to participate to be a member. Join us now. Find us on MyTBCC on the Student Organizations tab, or follow us on Facebook: **Beta Delta Epsilon Tillamook**

Serve the College Community as a Member of ASTBCC!

The Associated Students of Tillamook Bay Community College (ASTBCC), operate under a constitution designed to promote student activities that stimulate the social, physical, moral, and intellectual growth of students. It provides an important link to other students, college staff, and the public, through a variety of activities.



As an enrolled student at TBCC, you are already a member, so get involved and help make a difference in student life on campus!

Join us at our next meeting or event, or contact ASTBCC Advisor Kelsey Jordan at 503-842-8222 ext. 1135 or kelseyjordan@tillamookbaycc.edu

The TBCC Student Ambassadors Club is a group of student volunteers dedicated to serving and representing Tillamook Bay Community College. Ambassadors are selected to help promote college activities assist with tasks related to events put on by the college, such as orientations, registration drives, and awards events.

Requirements for Membership:

- Completion of 12 credit hours of associate degree coursework;
- Be in good standing with the college;
- Adhere to the school conduct code and policies; and
- A GPA of 2.5 or higher.

To Maintain Membership:

- Attend a required annual orientation meeting;
- Participate in a minimum of two activities annually; and
- Maintain a GPA of 2.5 or higher.

Contact Miryang Kim at 503-842-8222 ext. 1050 or at miryangkim@tillamookbaycc.edu



Join the TBCC Student Ambassadors Club!



4301 Third Street Tillamook, Oregon 97141

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At
Tillamook OR

**CHANGE YOUR MIND.
CHANGE YOUR LIFE.**

**TBCC offers a variety of
educational opportunities
that can help prepare you
for the workforce or to
transfer on to a four-year
university.**

**LEARN MORE AT:
TILLAMOOKBAYCC.EDU**



**Winter Term Registration Opens November 26, 2018
Classes Start January 7, 2019**

**Contact Student Services for support to apply and register
(503) 842-8222 ext. 1100 or visit www.tillamookbaycc.edu**