



Academic Credit Courses p. 14

GED Preparation Courses p. 20

Workforce Development Courses p. 24

TBCC Fall 2019 Schedule of Classes

Academic Courses Workforce Training Community Education

IMPORTANT DATES

Fall Term 2019

August 20

Fall Term Registration Begins

September 22

Fall Registration Closes at Midnight

September 23

Fall Term 2019 Begins

September 27

Last Day to Drop a Class

September 27

Fall Term Payment Due

November 11

Veteran's Day - Campus Closed

November 28-29

Thanksgiving - Campus Closed

December 2-6

Fall Term Finals

December 7

Fall Term Ends

December 9

Fall Final Grades Due

What's New
at TBCC.....4

News You Can
Use.....5

Disability Services.....6

Academic and Training
Programs.....7

Getting Started at
TBCC.....11

Legend for Reading
Schedule.....13

Credit Courses.....14

Pre-College GED.....20

Workforce
Training.....24

Continuing
Education.....25

Community
Education.....31

Policies &
Information.....44

Directory.....46

Student Groups.....47

Cover Photo:

Story about Alumna Nicole Martin, RN at Adventist Health Tillamook on page 8.

August 27, 2019 10:03 AM

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) Spring 2019, Volume 23, Number 4, 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 TO FALL TERM

We hope everyone had a great summer, and are ready to get back to classes. All of us here at the college are excited for the upcoming fall activities, and to have students back on campus.

TBCC will have a lot of new program opportunities this year, including our new Welding program. This includes a full degree and certificate. There are also new Associate of Science degree programs in Agriculture, Animal Science and Natural Resources that join the AS degree program in Forestry which began last year. These degrees can prepare you to transfer to Oregon State University in their related Bachelor of Science degree programs. There is also a new certificate in Office Supervision within our online Business program, and a new Occupational Skills Training certificate with the Associate of General Science degree program.

For any of these programs, reach out to our outstanding group of advisors located in Student Services. They can provide guidance on how to sign up for courses in any of the programs, and develop a Career Education Plan that can help you achieve a degree on your schedule.

We are starting our third year of the Career-to-Career Scholarship program that focuses on people in Tillamook County that have been out of high school or have not taken college classes for at least 5 years, but want to attend college. We had our first eight Career-to-Career graduates this past June and they all did very well; several are going on to pursue a Bachelor's Degree. If you think you might be qualified, please check in with student services to apply. In addition, we will be offering several other scholarships using our new online platform. Please take advantage of these opportunities to get some resources to help you with college costs. There is a lot of money available to help you get the education you need to get a good paying career. You just need to seek it out by talking to our knowledgeable staff.

TBCC is joining a statewide community college movement called Guided Pathways. This will help us develop even better ways to help students get on a pathway toward a career, help them stay on the pathway and achieve a completion, whether that is a certificate or Career-Technical degree in order to get a good job right out of TBCC, or to transfer on to a university for a Bachelor's Degree. We are looking forward to enhancing these services to students over the coming year.

Have a great fall term, and I look forward to seeing you on campus. We do hope some of you will be involved with our Associated Students of TBCC or the Phi Theta Kappa Honor Society. It looks great on your resume, and will enhance your experience at the college. My door is always open to come by and say "Hi" and let me know how you are doing here at TBCC. We are committed to helping you succeed in your educational goals.

Sincerely,

Dr. Ross Tomlin
President, TBCC



WHAT'S NEW AT TBCC



Ron Carlbom stands with students from the Sheet Metal Arc Welding Class who participated in a welding project for the Garibaldi Museum. Front row left to right: Carlos Gijon, Jarrett Matson, Augustin Garcia, Ricardo Marquez-Pascual, Ron Carlbom. Back row left to right: Manuel Esquivel, Cyle Meyer, Adolfo Ceja, Jason Charles Ruhter, Joey Fagan. The museum made a donation to the welding program in honor of the students.

TBCC Launches Welding Degree Hires Ron Carlbom

This fall TBCC will launch an Associate of Applied Science degree in Welding. As a result of the new program, Mr. Ron Carlbom was hired as a full-time instructor for the program. Ron has over 27 years of welding experience and a Bachelors in Metals Technology from Montana State University. Ron most recently worked for Nehalem Marine Manufacturing for the past 13 years where he has specialized experience in marine welding. Ron has also worked on, built, and designed projects for medical autoclaves, Fort George Brewery, Star Princess Cruise Ship and the Toyocom computer chip factory. Ron has taught adjunct classes for us here at TBCC for a number of years. In recent terms he has tasked his classes with helping to build the new welding benches for Neah-Kah-Nie High School, welding a new stand for the SS Morning Star II rudder on display at the Garibaldi Museum, and has welded barbeques for the Port of Garibaldi. Ron brings a wealth of knowledge and a commitment to serving our students and the community. We are thrilled to welcome him on board.

One-Year Certificate in Occupational Skills Training Joins the TBCC Line-up This Fall.

A one-year certificate in Occupational Skills Training (OST) will be available to students beginning this fall. The certificate is offered as part of the Associate of General Studies degree and provides a unique combination of academic study and hands on training in a specific occupation. Students select an occupational interest in a field seeking specialist jobs such as butchering, wastewater treatment, aquaculture, or others and earn up to 50% of their program credits through training at a local business site.

Designed to quickly move a student into a field that is seeking skilled employees, this program fits a unique need in Tillamook County where specialist jobs are often needed with no local training program available. It supports students to earn an education and the skills for living wage jobs that can be supported locally.



To learn more contact the student services team at (503) 842-8222 ext. 1100.

NEWS YOU CAN USE | FALL 2019

JOIN A STUDENT SUCCESS COHORT!



Are you a first-year student? Our **BRIDGES** cohort program can help you get off to a strong start in college during your first term of enrollment.

Students who enroll in the **BRIDGES** program will meet twice per term with an advisor and have the chance to:

- Receive a \$600 Scholarship
- Qualify for Study Hall/ Tutoring Incentive Program
- Receive 1-on-1 support from a College Success Coach
- Participate in Enrichment Workshops:
 - a. Career Readiness and Planning
 - b. Financial Aid & Scholarships
 - c. Health & Wellness
 - d. University Transfer Exploration & Preparation
- Quarterly Free Lunch Socials for ALL group members

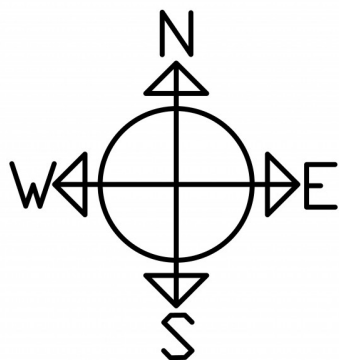


Support when you need it.

NAVIGATORS

Are you a second-year student who needs assistance with what comes after completing your degree?

Join the student cohort program for second-year students called **NAVIGATORS**! Students enrolled in this program can receive:



- a \$600 Scholarship
- Take Career & Life Planning for FREE
- 1-on-1 support from a Transfer Success Coach
- Participate in Enrichment Workshops:
 - a. Career Readiness & Planning
 - b. Financial Aid & Scholarships
 - c. Health & Wellness
 - d. University Transfer Exploration & Preparation
- Quarterly Free Lunch Socials for ALL group members.
- Field trips to University Campus Sites



Road trip to Western Oregon University!

For more information about **BRIDGES** or **NAVIGATORS**, contact Student Services at (503) 842-8222 ext. 1110 or studentservices@tillamookbaycc.edu.

NEWS YOU CAN USE | FALL 2019

Apply Now for FAFSA

Have you applied for financial aid? You may qualify for aid during the Fall. Contact our Financial Aid Advisors **BEFORE** you enroll in classes to learn about options to help you pay for college.

Do You Qualify for Disability Services?

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 as 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 or call (503) 842-8222 ext. 1610 or 1620.

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



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

ACADEMIC AND TRAINING PROGRAMS | FALL 2019

Annual Notice of Nondiscrimination

Tillamook Bay Community College offers a variety of certificates and degrees that can help lead to advancement in a variety of career fields. The college has an open admission policy; students must apply for admission and register for credit classes. The college will take steps to ensure that the lack of English language skills will not be a barrier to admission, participation in career technical education programs, or access to services, or activities.

Tillamook Bay Community College does not discriminate on the basis of race, color, national origin, disability, sex, age, religion, height/weight ratio, marital status, gender, gender identity, sexual orientation, organizational affiliation, political affiliation or protected veterans with regard to employment, admissions, access to education programs or activities as set forth in compliance with federal and state statutes and regulations.

Any persons having inquiries concerning Title II, Title IV, Title VI, or Title IX may contact: Pat Ryan, Director Facilities, Human Resources, Safety 4301 Third Street, Tillamook, Oregon, Room 122, Phone (503) 842-8222, ext. 1020. Any persons having inquiries concerning Section 504 may contact: Rhoda Hanson, Chief Student Services Officer; 4301 Third Street, Tillamook, Oregon, Room 114, Phone (503) 842-8222, ext. 1110

Transfer & General Studies Degrees

- Associate of Arts Oregon Transfer
- Oregon Transfer Module (1 year)
- Associate of Arts Oregon Transfer in Education
- Associate of Science
- Associate of Science Oregon Transfer in Business
- Associate of Science in Forestry
- Associate of Science in Natural Resources (New)
- Associate of Science in Animal Science (New)
- Associate of Science in Agricultural Science (New)
- Associate of General Studies

Associate of Applied Science (AAS) Degrees

AAS degrees are offered in the following areas:

- Business Administration (Online)
- Criminal Justice & Public Safety
- Manufacturing and Industrial Technology
- Welding Technology (New)

Partnerships in Healthcare

TBCC has developed partnerships with several Oregon community colleges and Tillamook Regional Medical Center to provide training for healthcare occupations in Tillamook County. These certificates and degrees are granted by partner colleges, but offer program prerequisites, general education requirements, related coursework, and sometimes program courses. visit www.tillamookbaycc.edu to learn more about programs.

Career Technical & Career Pathway Certificates

Agriculture and Natural Resources

- Forest Technology Certificate: 27 Credits

Business Administration (online)

- Accounting Clerk Certificate: 47 Credits
- Entry-Level Accounting Clerk Certificate: 14 Credits
- Basic Computer Literacy Certificate: 13 Credits
- Office Supervision: 47 Credits (New)

Criminal Justice and Public Safety

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

General Studies Degree

- Occupational Skills Training Certificate: 47 Credits

Manufacturing and Industrial Technology

- Certified Production Technician: 13-16 Credits
- MSSC CPT: 13-16 Credits (New)
- Welding Technology (New)
- Manufacturing Technician (4 certificates) with specialization in:
 - o Welding: 31 Credits
 - o Machining: 29 Credits
 - o Millwright: 33 Credits
 - o Electrical: 29 Credits

Non-Credit Training Certificates

- Truck Driver Training - CDL
- Phlebotomy

NURSING ALUMNI HIGHLIGHT FALL 2019

Nicole Martin

Registered Nurse, Adventist Health Tillamook & TBCC Alumna



Nicole Martin RN, Featured as the cover photo.

What inspired you to become an RN?

I grew up in Tillamook County. In grade school, my mom got a job working for the Tillamook hospital in the dietary department. Somedays, she would take my little sister and I to work with her. I remember seeing the comradery of the staff. I learned quickly that it was a very family oriented facility that cared for my mom and us as well. I attended school at Neah-Kah-Nie Jr/Sr High School all six years. In high school, people begin to ask what you want to do with the rest of your life.... So I started to dig deep and explore my interests. When I approached my junior year, I enrolled in the health careers academy which was then taught by Wendy Pickett. This laid the foundation of my medical career. I obtained my CPR and got to do many job shadows, which provided me with insights as to what I enjoyed and did not enjoy. I continued with the health careers academy my senior year, which was taught by Anna Kleeman. My senior year, I attended cadaver labs and research facilities... I spent weeks interning with Rob Soans PA.... and close to the end of the year, I was offered an opportunity by Anna to obtain my CNA. I said yes and started a ten week long night class, although, RN was the end goal for me during my senior year.

Upon graduating, I became a CNA, which was good money for a high school graduate! I worked for 9 years as a CNA before achieving my RN licensure. Having role model nurses and teachers at my side, everyday while working at Adventist Health Tillamook pushed me and reminded me to continue my education. I knew I had the drive... I just needed a break after high school. Seven years after graduating from Neah-Kah-Nie, I decided I was ready. I have been a registered nurse for one year now. The time has absolutely flown by. I am specializing in emergency medicine. I am in love with my career. I am excited to continuously be learning new things. And, I LOVE people. I get to challenge myself and provide compassionate care to people at some of the scariest times in a persons life.

Why did you decide to attend TBCC?

I chose TBCC because its home. Also for the Nursing partnership program. I watched many years of RN students attend TBCC and then Clatsop Community College, and it provided me with insight as to how to navigate this specific system. I had so much encouragement from nursing instructors and nurses to pursue this specific avenue. I did not really have to think about attending TBCC twice. It was just easy for me because of what I had already been exposed to by being a CNA. Also, I always knew that a big university was not for me. #smalltowngirl

What did you most enjoy about being a student at TBCC?

I absolutely loved the small class room sizes of TBCC. This was right up my alley coming from a rural high school. I could get the teachers attention and help if I ever needed it. The college was always clean and everyone of my teachers was 'business'. I use this word to describe an individual who is about getting a specific job accomplished. I never once felt that any instructor wasted my time. They did a great job at teaching the concepts required and running a tight ship.

INSTRUCTOR HIGHLIGHT FALL 2019

Anna Kleeman

RN, BSN (Bachelor of Nursing) & TBCC Adjunct Faculty

Tell me about your background?

I have been an RN since 1983. I started out at Linn Benton Community College then graduated from the Good Samaritan School of Nursing with a Diploma of Nursing and later received my Bachelor of Nursing online through University of Phoenix. In 1993 I moved back to my hometown of Tillamook and worked for eleven years at the Tillamook County Health Department in public health and primary care as well as at the Oregon Youth Authority and Tillamook Adventist Health. My favorite part of nursing is educating and interacting with my patients. While working at the hospital, I sometimes worked with the high school students from the health sciences program who were doing their CNA clinicals. I've always enjoyed working with the high school students and was excited that they had this opportunity while in high school. In 2007 the health sciences instructor position opened, and I entered the world of education. I was not only teaching high school students, but I was an adjunct instructor with TBCC for medical terminology as well as the CNA and phlebotomy courses. Our featured alumni Nicole Martin was one of my students during that first year. Nicole was a very motivated student who grabbed onto every learning opportunity. It's exciting to see that she continued until she reached her goal to become an RN. This is what keeps my passion for teaching fired up! I'm thankful that I can be a part of this program and encourage students to explore what their true passion is. It's been twelve years now and I still enjoy teaching. I love my community and I am very passionate about helping students in Tillamook.

Tell me about your teaching philosophy?

First, my goal is to let all students know they are capable. Sometimes we just need to be encouraged. When I was in high school I really wanted to be a nurse but didn't think I was smart enough however, with encouragement I was able to persevere. There are always bumps in the road and we need to view them as opportunities for growth. One of my favorite quotes is "Failure is a stepping stone to success" (Arianna Huffington). We are more resilient than we often realize. My teaching style is to attempt to engage all students. This can be difficult, but I want to tap into each student's unique learning style. Some need to see it, others hear it, and others need to physically interact with learning. I want to help students understand that learning is an active process, not passive and they have a responsibility to be actively involved. My goal is that every student is successful. This is what makes teaching challenging and rewarding at the same time.



What do you want people to know about the Health Occupations program?

The health science program is an Oregon Department of Education approved program of study that offers a total of eight courses that students can take starting in their freshman year of high school. Six of those courses are available for college credit and students can earn up to nineteen college credits that can be transferred towards a degree. Student learning opportunities include, exploration of various healthcare fields, medical terminology, anatomy and physiology, CPR, first aid and phlebotomy. The program is taught at Tillamook High School and is available to students from all three school districts; Nea-Kah-Nie, Nestucca and Tillamook. Students earn college credit that can be transferred toward a degree.

What do you like to do when you are not teaching?

My husband and I enjoy outdoor activities such as camping, hiking, backpacking, kayaking and biking the rails to trails paths. I also love to read historical fiction and suspense novels and spending time with my family is a priority especially my grandkids.

WHERE TO FIND ASSISTANCE | FALL 2019

CAREER EDUCATION ADVISORS



Cara Elder

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



Jenevieve Case

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



Andrea DeLancey

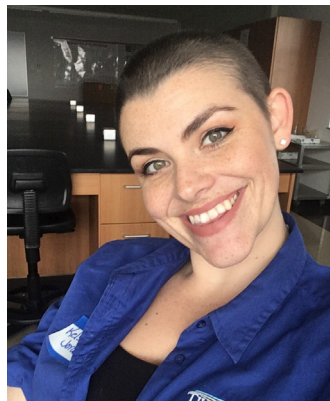
Career Education Advisor
(503) 842-8222 ext. 1150
andreadelancey@tillamookbaycc.edu

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 | FALL 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 "Future Student" Drop Down Menu

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. August 20, 9:00 AM - 3:00 PM, Enhanced Orientation
2. September 10, 9:00 AM - Noon
3. September 16, 5:30 - 8:30 PM
4. September 18, 1:00 - 4:00 PM

STEP 2: REGISTER

- www.tillamookbaycc.edu
- Click on "Future Student" and 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:

tillamookbaycc.edu/online-bookstore/

STEP 3: PAY FOR COLLEGE

Tuition and Fees

	In-State Per Credit	Out-of-State Per Credit
Tuition	\$100	\$120
Base Course Fee	\$4	\$4
Student Services Fee	\$2	\$2
Technology Fee	\$5	\$5

*Additional Fees

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 or 1220
 In Person: TBCC Store/Cashier
 4301 Third St., Tillamook, OR 97141
 By Mail: c/o TBCC Business Office
 4301 Third St., Tillamook, OR 97141

Are you receiving SNAP Benefits?

You may be eligible for **STEP!**

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

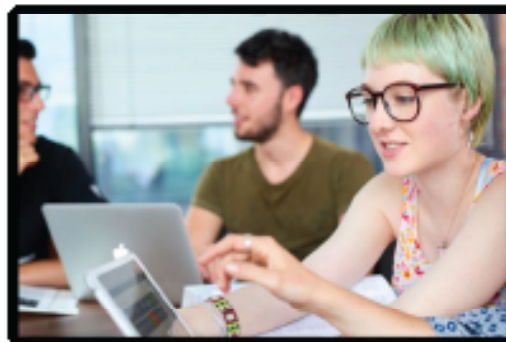
Do you need help getting started with a career? Would improving your skills help you advance in your current position? **STEP** can help you get started!

Some programs include:

- * Phlebotomy
- * Entry Level Accounting
- * Criminal Justice & Public Safety (EMT)
- * Commercial Driver's License (CDL)
- * Manufacturing & Industrial Tech (MIT)

STEP can also help with skill building classes such as Quickbooks, computer literacy, accounting, and more!

Participants may receive financial assistance with classes, trainings, supplies, and transportation. College navigation, career exploration, and job search support is also available!



For information contact Jenny Case

503-842-8222 ext.1160

or email

jenevievecase@tillamookbaycc.edu



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

**Assistance for
GED, ESOL &
ABE students is
available!**

LEGEND FOR READING THIS SCHEDULE | FALL 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	SDACH	Seventh Day Adventist Church 2610 First St., Tillamook
AHT	Adventist Health Tillamook 1000 Third St., Tillamook	TBA	To Be Arranged
CCC	Clatsop Community College Merts Campus 6550 Liberty Ln, Astoria	TBCC	Tillamook Bay C. C. Central Campus 4301 Third St., Tillamook
DESC	Location in course description	TBCCN	TBCC North (Neah-Kah-Nie High School) 24705 Hwy 101 N., Rockaway Beach
GM	Garibaldi Museum 112 Garibaldi Ave., Garibaldi	TBCCS	TBCC South (Nestucca High School) 34660 Parkway Dr., Cloverdale
KCC	Kiwanda Community Center 34600 Cape Kiwanda Dr. Pacific City	THS	Tillamook High School 2605 Twelfth St., Tillamook
MPSCC	Manzanita Primary & Specialty Care Clinic 1044 Neahkahnie Creek Rd., Manzanita	THS/CCC	Tillamook High School / Career & College Center 2605 Twelfth St., Tillamook
NCRD	North County Recreation District 36155 Ninth St., Nehalem	THS/CCC/AS	Tillamook High School / AG Shop 2605 Twelfth St., Tillamook
NHS	Nestucca High School 34660 Parkway Dr., Cloverdale	THS/CHRS	Tillamook High School Chorus Room 2605 Twelfth St., Tillamook
NRFPD	Nestucca Rural Fire Protection District- Community Room 30710 Hwy 101 S, Hebo	TJHS	Tillamook Junior High School 3906 Alder Ln., Tillamook
NVELEM	Nestucca Valley Elementary 36925 Hwy. 101 S. Cloverdale	TMP	Tillamook Medical Plaza1 100 Third St., Tillamook
NWSDS	NW Senior & Disability Services 5010 E. Third St., Tillamook	WARH	Warrenton Hampton Hill 550 NE Skipanon Dr., Warrenton
PCMED	Bay Shore Medical Clinic 38505 Brooten Rd., Pacific City	WRKSR	WorkSource Oregon 2101 Fifth St., Tillamook
PRI	Partners for Rural Innovation Center 4506 Third St., Tillamook	YMCA	YMCA 610 Stillwell, Tillamook
RCCH	Rockaway Community Church 400 S Third Ave., Rockaway Beach		



Open Educational Resource (OER)



Evening class

CREDIT COURSES | FALL 2019

Learn More

To see course descriptions, additional course fees, 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 2019-2020 Fall 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. • You can now have your TBCC email forwarded to your personal account! <p>Still need help? Call IT (503) 842-8222 ext. 1610 or 1620.</p> <div style="border: 1px solid black; border-radius: 50%; padding: 20px; text-align: center; margin-top: 20px;"> <p>Free Microsoft Office Suite w/ TBCC Student Email!</p> </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 | FALL 2019

Code/Credit	Course Name	Location	Dates Day Time	Course/Instructor	Credit
Agriculture and Natural Resources					
AG 221 01	Metals and Welding	THS CCCAS	9/23/2019 - 12/4/2019 MW 1:00 - 2:50 PM	Ron Carlborn	3 CR
ANS 121 01	Introduction to Animal Science (Hybrid)	 THS CCCAC 	9/26/2019 - 12/5/2019 R 5:30- 8:30 PM	Hayden Bush	4 CR
Art					
ART 103 01	Art History Survey	TBCC	9/24/2019 - 12/5/2019 TR 2:00 - 4:00 PM	TBA	4 CR
ART 115 01	Basic Design - 2D Foundations (Hybrid)	 TBCC	9/24/2019 - 12/5/2019 TR 4:30 - 6:30 PM	Karen Belanger	3 CR
Business					
BA 101 01	Introduction to Business (Hybrid)	TBCC 	9/24/2019 - 12/3/2019 T 8:00 - 10:00 AM	Tom Atchison	4 CR
BA 101 02	Introduction to Business	Online 	9/23/2019 - 12/7/2019	Tom Atchison	4 CR
BA 177 01	Payroll Accounting	Online 	9/23/2019 - 12/7/2019	Michael Weissenfluh	3 CR
BA 206 01	Management Fundamentals	Online 	9/23/2019 - 12/7/2019	Tom Atchison	3 CR
BA 211 02	Principles of Accounting	Online 	9/23/2019 - 12/7/2019	Michael Weissenfluh	4 CR
BA 218 01	Personal Finance	Online 	9/23/2019 - 12/7/2019	Michael Weissenfluh	3 CR
BA 285 01	Human Relations in Organizations	Online 	9/23/2019 - 12/7/2019	Tom Atchison	3 CR
Biology					
BI 101 01	Biology	 TBCC	9/23/2019 - 12/4/2019 MW 6:00 - 8:00 PM	Joe Meyer	4 CR
BI 101 01	Biology Lab	 TBCC	9/24/2019 - 12/3/2019 T 5:30 - 8:30 PM	Joe Meyer	
BI 211 02	Principles of Biology I	TBCC	9/24/2019 - 12/5/2019 TR 10:00 - 11:30 AM	Bob Pietruszka	4 CR
BI 211 02	Principles of Biology I Lab	TBCC	9/25/2019 - 12/4/2019 W 9:00 AM - 12:00 PM	Bob Pietruszka	
BI 222 01	Human Genetics	TBCC	9/24/2019 - 12/5/2019 TR 3:00 - 4:30 PM	Bob Pietruszka	3 CR
BI 231 01	Human Anatomy and Physiology I	 TBCC 	9/24/2019 - 12/4/2019 MW 6:00 - 7:30 PM	Bob Pietruszka	4 CR
BI 231 01	Human Anatomy and Physiology I Lab	 TBCC 	9/26/2019 - 12/5/2019 R 5:30 - 8:30 PM	Bob Pietruszka	
Computers					
CAS 133 01	Basic Computer Skills / Microsoft Office	Online 	9/23/2019 - 12/7/2019	Michael Weissenfluh	4 CR
College Survival					
CG 100 01	College Survival and Success	TBCC 	9/23/2019 - 12/4/2019 MW 4:00 - 5:30 PM	Cara Elder	3 CR
CG 100 02	College Survival and Success	TBCC 	9/23/2019 - 12/4/2019 MW 8:30 - 10:00 AM	John Sandusky	3 CR
CG 100 03	College Survival and Success	Online 	9/23/2019 - 12/7/2019	Colman Joyce	3 CR

CREDIT COURSES | FALL 2019

Criminal Justice

CJA 100 01	Professions in Criminal Justice	TBCC	9/24/2019 - 12/3/2019 T 1:00 - 2:00 PM	Paul Letersky	1 CR
CJA 101 01	Cultural Diversity in the CJ Field	TBCC	9/24/2019 - 12/3/2019 T 5:30 - 6:30 PM	Joel Stevens	1 CR
CJA 105 01	Introduction to CJ System	TBCC	9/23/2019 - 12/4/2019 MW 5:30 - 7:30 PM	Paul Binford	4 CR
CJA 115 01	Introduction to Jail Operations	TBCC	9/23/2019 - 12/4/2019 MW 6:00 - 7:30 PM	William Barnett	3 CR
CJA 254 01	Leading Police Resilience	TBCC	9/24/2019 - 12/5/2019 TR 10:00 - 12:00 PM	Paul Letersky	4 CR

Communications

COMM 111 01	Public Speaking	TBCC	9/24/2019 - 12/5/2019 TR 12:00 - 2:00 PM	Steve Dutton	4 CR
COMM 111 02	Public Speaking	Online	9/23/2019 - 12/7/2019	Michele DeGraffenreid	4 CR
COMM 214 01	Interpersonal Communication: Process and Theory	TBCC	9/24/2019 - 12/5/2019 TR 7:00 - 9:00 PM	Richard Jenks	4 CR

Economics

EC 215 01	Economic Development in the U.S.	Online	 9/23/2019 - 12/7/2019	Darryl Spitzer	4 CR
-----------	----------------------------------	--------	---	----------------	------


Education

ED 251 01	Overview of Exceptional Learners	TBCC	9/24/2019 - 12/5/2019 TR 4:00 - 5:30 PM	TBA	3 CR
-----------	----------------------------------	------	--	-----	------



English

ENG 104 01	Introduction to Literature (Fiction)	TBCC	9/24/2019 - 12/5/2019 TR 12:00 - 2:00 PM	Sydney Elliot	4 CR
ENG 250 01	Introduction to Folklore and Mythology	TBCC	9/24/2019 - 12/5/2019 TR 4:00 - 6:00 PM	Sydney Elliot	4 CR


Forestry

FOR 111 01	Introduction to Forestry	 PRI	9/24/2019 - 12/5/2019 TR 6:00 - 7:00 PM	Brent Long	3 CR
FOR 111 01	Introduction to Forestry Lab	LAB TBA	S	Brent Long	

Health Education

CG 130H 01	Introduction to Today's Careers	Online	 9/23/2019 - 12/7/2019	Kaisa Larsen	2 CR
EMS 100 01	Introduction to Emergency Medical Services	 TBCC	9/26/2019 - 12/5/2019 R 5:30 - 8:30 PM	Jodi Richardson	3 CR
HE 110 01	CPR/AED for Professional Rescuers and Health Care Providers	TBCC	10/5/2019 - 10/6/2019 SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 295 01	Health and Fitness for Life	Online	9/23/2019 - 12/7/2019	Kaisa Larson	2 CR
PE 295 01	Health and Fitness for Life Lab	Online	9/23/2019 - 12/7/2019	Molly Carlson	1 CR
MP 111 01	Medical Terminology	Online	9/23/19 - 12/7/2019	Kaisa Larson	4 CR

History










HST 203 01	History of the US from 1914	Online	 9/23/2019 - 12/7/2019	John Sandusky	4 CR
HST 246 01	Religion in the US	TBCC	9/24/2019 - 12/5/2019 TR 2:00 - 4:00 PM	John Sandusky	4 CR

CREDIT COURSES | FALL 2019










Library Science

LIB 101 01	Library Research & Beyond: Find, Select, and Cite	TBCC		9/23/2019 - 12/2/2019 M 11:30 AM - 12:30 PM	Masyn Phoenix	1 CR
------------	---	------	---	--	---------------	------

Manufacturing & Industrial Technology

APR 124 01	Electrical Systems and Operations		NCRD 4	9/23/2019 - 12/7/2019 T 5:00 - 8:50 PM	TBA	3 CR
APR 221 01	Advanced AC Circuitry		TBA	9/24/2019 - 12/3/2019 T 5:00 - 8:50 PM	TBA	3 CR
APR 224 01	Electrical Code/Level 1		NCRD 4	9/25/2019 - 12/4/2019 M 5:00 - 8:50 PM	Clif Perkins	4 CR
ELT 110 01	Electricity for Non-Electricians		THS CCC44	9/24/2019 - 12/3/2019 T 5:00 - 8:50 PM	Mark Farrier	2 CR
IMT 204 01	Intro to Pneumatics		THS CCC47	9/26/2019 - 12/5/2019 R 5:00 - 7:50 PM	TBA	2 CR
MCH 102 01	Intro to Manufacturing (Hybrid)		THS CCC47	 9/24/2019 - 12/3/2019 T 5:00 - 6:50 PM	Darryl Spitzer	4 CR
MCH 121 01	Manufacturing Processes I		THS CCC47	9/23/2019 - 12/2/2019 M 5:00 - 8:50 PM	Andrew Mata	4 CR
WLD 111 01	Shielded Metal Arc Welding & Oxy-Acetylene Cutting		THS CCCAS	9/23/2019 - 12/4/2019 MW 1:00 - 2:50 PM	Ron Carlborn	4 CR
WLD 120 01	Welding Lab		THS CCCAS	9/23/2019 - 12/7/2019 TR 2:00 - 4:50 PM	Ron Carlborn	2 CR
WLD 172 01	GMAW III		THS CCCAS	9/25/2019 - 12/4/2019 W 5:00 - 8:50 PM	Nicolas Voss	3 CR
WLD 201 01	Gas Metal Arc Welding/ Gas Tungsten		THS CCCAS	9/23/2019 - 12/4/2019 MW 3:00 - 4:50 PM	Ron Carlborn	3 CR

Math

MTH 099 01	Aleks Mathematics	Online		9/23/2019 - 12/7/2019	Sarah Miller	4 CR
MTH 099 02	Aleks Mathematics	TBCC		9/24/2019 - 12/5/2019 TR 11:00 AM - 1:00 PM	Heidi Coulter	4 CR
MTH 095 01	Intermediate Algebra	TBCC		9/24/2019 - 12/5/2019 TR 2:00 - 4:30 PM	Heidi Coulter	4 CR
MTH 105 01	Explorations in Mathematics	TBCC		9/24/2019 - 12/5/2019 TR 2:00 - 4:00 PM	Geza Laszlo	4 CR
MTH 111 01	College Algebra	TBCC		9/24/2019 - 12/5/2019 TR 2:00 - 4:30 PM	Chris Carlson	5 CR
MTH 111 02	College Algebra	Online		9/23/2019 - 12/7/2019	Chris Carlson	5 CR
MTH 112	Elementary Functions	TBCC		9/22/2019 - 12/4/2019 MW 2:00 PM - 4:30 PM	Chris Carlson	5 CR
MTH 211 01	Foundations of Elementary Math I	TBCC		9/24/2019 - 12/5/2019 TR 5:30-7:30	Geza Laszlo	4 CR
MTH 251 01	Calculus I	TBCC		9/23/2019 - 12/4/2019 MW 9:00 - 11:30 AM	Geza Laszlo	4 CR
PHY 201 01	General Physics I	TBCC		9/23/2019 - 12/4/2019 MR 12:00 - 1:30 PM	Geza Laszlo	4 CR
PHY 201 01	General Physics I Lab	TBCC		9/27/2019 - 12/6/2019 F 12:00 - 3:00 PM	Geza Laszlo	4 CR

Music

MUS 108 01	Music Cultures Of the World	Online		9/23/2019 - 12/7/2019	Denise Reed	3 CR
------------	-----------------------------	--------	--	-----------------------	-------------	------

REGISTRATION OPENS AUGUST 20, 2019

WWW.TILLAMOOKBAYCC.EDU

FALL TERM

CREDIT COURSES | FALL 2019

Physical Education

PE 182A 01	Beginning Group Fitness	YMCA	9/23/2019 - 12/6/2019 MW 8:00 - 9:30 AM	Molly Carlson	1 CR
PE 182B 01	Intermediate Group Fitness	YMCA	9/23/2019 - 12/6/2019 MW 8:00 - 9:30 AM	Molly Carlson	1 CR

Philosophy

PHL 202 01	Ethics	Online	9/23/2019 - 12/7/2019	Jeff Sellers	4 CR
------------	--------	--------	-----------------------	--------------	------


Physical Science

G 202 01	Physical Geology	Online	9/23/2019 - 12/7/2019	Genifer Lara	4 CR
G108 01	Physical Science (Oceanography)	Online	9/23/2019 - 12/7/2019	Genifer Lara	4 CR


Political Science

PS 201 01	US Government: Foundations and Principles	TBCC	9/24/2019 - 12/5/2019 TR 11:00 AM - 1:00 PM	Zachary Hamilla	4 CR
-----------	---	------	--	-----------------	------


Psychology

PSY 101 01	Psychology and Human Relations	 TBCC	9/24/2019 - 12/5/2019 TR 7:30 - 9:30 PM	John Sandusky	4 CR
PSY 201 01	Intro to Psychology I	TBCC	9/24/2019 - 12/5/2019 TR 8:00 - 10:00 AM	David Coulter	4 CR







Reading & Writing

RDWR 115 01	College Reading and Writing	 TBCC	9/24/2019 - 12/5/2019 TR 6:00 - 8:00 PM	Simeon Dreyfuss	5 CR
RDWR 115 02	College Reading and Writing	TBCC	9/23/2019 - 12/4/2019 MW 1:00 - 3:00 PM	Laura Moore	5 CR

Spanish

SPA 101 01	First Year Spanish	TBCC	 9/23/2019 - 12/4/2019 MW 3:30 - 5:30 PM	Isabel De Quesada	4 CR
SPA 201 01	Second Year Spanish	TBCC	9/23/2019 - 12/4/2019 MW 6:00 - 8:00 PM	Laurel Hendrickson	4 CR

Writing

WR 121 01	English Composition I	TBCC	 9/23/2019 - 12/4/2019 MW 10:00 AM - 12:00 PM	Sydney Elliott	4 CR
WR 121 02	English Composition I	 TBCC	 9/23/2019 - 12/4/2019 MW 6:00 - 8:00 PM	Michele DeGraffenreid	4 CR
WR 121 03	English Composition I	Online	 9/23/2019 - 12/7/2019	Heather Clark	4 CR
WR 122 01	English Composition II	TBCC	 9/23/2019 - 12/4/2019 MW 10:00 AM - 12:00 PM	Laura Moore	4 CR
WR 122 02	English Composition II	Online	 9/23/2019 - 12/7/2019	Heather Clark	4 CR
WR 252 01	Imaginative Writing	TBCC	9/23/2019 - 12/4/2019 MW 2:00 - 4:00 PM	Sydney Elliott	4 CR

Learn More

To see course descriptions, additional course fees, 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 2019-2020 Fall 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

COLLEGE PREPARATION | FALL 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.



Tome su GED en
ESPANOL

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.

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 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 | FALL 2019

ABE/GED

Adult Basic Education (ABE)

ABE 7602 Adult Basic Education

\$15

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 9/23/2019 - 12/6/2019

MTWR 4:00 – 6:50 PM TBCC Irvin Jacob

ABE 7605 College Transitions - Math

\$15

Use whole numbers, fractions, and decimals to write, manipulate, interpret and solve application and formula problems. A fee is charged for this class.

ABE 7605 01 9/24/2019 - 12/5/2019

TR 4:00 – 5:50 PM TBCC Irvin Jacob

ABE 7606 College Transitions - Reading

\$15

Instruction in vocabulary, dictionary use, motor skills, comprehension, some study skills. A fee is charged for this class

ABE 7606 01 9/23/2019 - 12/4/2019

MW 4:00 – 4:50 PM TBCC Irvin Jacob

ABE 7607 College Transitions - Writing

\$15

Instruction includes basic communication skills, language mechanics, grammar, spelling, sentence structure and paragraph development. A fee is charged for this class.

ABE 7607 01 9/23/2019 - 12/5/2019

MW 4:00 – 5:50 PM TBCC Irvin Jacob

English for Speakers of Other Languages (ESOL)

ESOL 7450 ESOL A – Integrated Skills

\$15

Stresses beginning English skills related to work, education, community, and personal goals. Focuses on basic literacy in reading, writing, listening and speaking. Introduces basic grammar to support functional communication. A fee is charged for this class.

ESOL 7450 01 9/23/2019 - 12/4/2019

MW 5:00 - 6:30 PM TBCC Isa deQuesada

General Equivalency Diploma (GED) Preparation

GED 7500 GED Preparation

\$15

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 9/23/2019 - 12/5/2019

MTWR 4:00 - 6:50 PM TBCC Irvin Jacob

GED 7500 GED Preparation (Spanish)

\$15

GED 7500 02 9/23/2019 - 12/4/2019

MW 6:30 - 8:20 PM TBCC Isabel DeQuesada

GED 7500 02 9/23/2019 - 12/4/2019

T 5:00 - 8:20 PM TBCC Isabel DeQuesada



TAKE YOUR NEXT STEP

EARN YOUR GED AT TBCC

- Individualized support
- \$15 to take the class
- Start anytime
- Course available in Spanish and English

To learn more contact our student services (503) 842-8222 ext. 1100,
or visit us on campus at 4301 Third Street in Tillamook.



Did You Know, that the Tillamook Bay SBDC offers more than just classes?

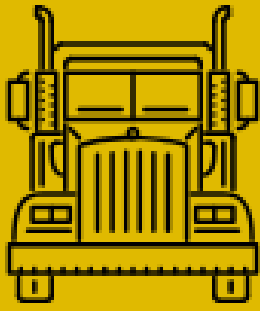
- Free Advising
- Capital Access Team
- SCALE Oregon
- Global Trade Center
- Market Research
- Recipe to Market
- Cybersecurity
- Franchising Assistance
- Government Contracting Assistance
- Construction Contractor Board Test Prep
- Business Planning
- Veterans Assistance
- GrowthWheel
- and More!

TILLAMOOK BAY
COMMUNITY COLLEGE

AMERICA'S
SBDC
OREGON

CONTACT US AT (503)842-8222 X 1420
TILLAMOOKSBDC@BIZCENTER.ORG
OR VISIT US AT BIZCENTER.ORG AND
FACEBOOK.COM/TILLAMOOKSBDC/

POWERED BY
SBA
U.S. Small Business
Administration



TRUCK DRIVER TRAINING

GET ON YOUR ROAD TO SUCCESS!

Contact us today to get
started.

TILLAMOOK BAY
COMMUNITY COLLEGE



“

*This program gets you ready to be able to apply
for really good paying jobs... \$5000 and four
weeks and you are ready to apply for \$50,000
to \$80,000 per year jobs, that's pretty cool.*

-Kyle Tuinstra, program graduate

”

**Tillamook County employers are
looking for qualified Truck
Drivers. After taking TBCC's four
week Truck Driver Training
course, that could be YOU!**

Contact us today! Let us help
you get started in one of our
upcoming classes.

SEP. 9TH - OCT 4TH

SEP. 23RD - OCT. 18TH*

OCT. 21ST - NOV. 15TH

* this class takes place in Astoria

**To receive a registration packet,
call (503) 842-8222 ext 1430**

or go to:

**[tillamookbaycc.edu/commercial-
drivers-license-cdl-training/](http://tillamookbaycc.edu/commercial-drivers-license-cdl-training/)**

WORKFORCE AND CAREER TRAINING | FALL 2019

Truck Driver Training

Truck Driver Training: CDL Certification

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:** DOT physical, driving record check, drug screen, and background check. Oregon CDL Learner Permit may be obtained during first week or prior to class. Space is limited. Early registration recommended. This program is expanding so more dates/locations may be added. For more information and to register, please contact program coordinator Suzie Clark at 503-842-8222 x1430 or suzieclark@tillamookbaycc.edu.

CED 1180-01	9/9/2019 - 10/4/2019		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		TBA
CED 1180-02	9/23/2019 - 10/18/2019		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	CCC Merts Campus & TBA		James Crowe
CED 1180-03	10/21/2019 - 11/15/2019		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		TBA

Continuing Education Units for Educator Recertification

C

TBCC is in partnership with Virtual Education Software Inc. (VESi) to provide continuing education units for educator recertification. The classes are affordable and convenient and may be taken on the go with VESi's new tablet-compatible format. All PDU's are compatible with Oregon Teachers Standards and Practices Commission (TSPC) requirements for recertification.

Visit <http://www.virtualeduc.com/tbcc/> for a complete list of course descriptions and syllabi.

New and Popular Courses!

- English Language Learner 45 PDU *NEW
- Behavior is Language: Strategies for Managing Disruptive Behavior 45 PDU
- Harassment, Bullying & Cyber-Intimidation in Schools 30 PDU
- Response to Intervention: Practical Information for the Classroom Teacher 45PDU
- Six Traits of Writing Model: Teaching & Assessing 30PDU
- Teaching Secondary Math Conceptually: Meeting Mathematics Standards 45PDU

Register at www.virtualeduc.com/tbcc/



CONTINUING EDUCATION | FALL 2019

Small Business Development Center

Ready, Set, Start Your Business!

C

If you are thinking of starting a business, this is a great place to begin! 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 helpful for anyone who wants to start and sustain a successful small business. For more information, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

SBD 1136-01	9/5/2019		Fees \$20	
R	2:00 – 4:00 PM	PRI #114		Staff
SBD 1136-02	9/17/2019		Fees \$20	
T	9:00 - 11:00 AM	PRI #114		Staff
SBD 1136-03	10/2/2019		Fees \$20	
W	4:00 - 6:00 PM	PRI #114		Staff
SBD 1136-04	10/14/2019		Fees \$20	
M	11:30 AM - 1:30 PM	PRI #114		Staff
SBD 1136-05	10/29/2019		Fees \$20	
T	5:00 - 7:00 PM	PRI #114		Staff
SBD 1136-06	11/16/2019		Fees \$20	
S	10:00 - 12:00 PM	PRI #114		Staff
SBD 1136-07	12/4/2019		Fees \$20	
W	2:00 - 4:00 PM	PRI #114		Staff
SBD 1136-08	12/16/2019		Fees \$20	
M	9:00 - 11:00 AM	PRI #114		Staff

Launch Your Business: The Next Steps

C

You've learned what it takes to start a business and decided it IS right for you, now what? This class will walk you through the early steps in getting your small business off the ground. Learn how to evaluate the 360 degrees of your business and what direction to go next. Session topics include:

- Business Concept (business idea, product portfolio, etc.)
- Customer Relations (marketing, sales and service, etc.)
- Organization (ownership, employees, etc.)
- Operations (facilities, funding, etc.)

This course consists of four two-hour classes every other Monday beginning September 16th. For more information, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

SBD 2100 -01	9/16/2019, 9/30/2019, 10/14/2019, 10/28/2019	Fees \$175	
M	5:30 pm – 7:30 pm	PRI #102	Teri Fladstol



CONTACT US AT (503)842-8222 X 1420
TILLAMOOKSBDC@BIZCENTER.ORG
 OR VISIT US AT BIZCENTER.ORG AND
FACEBOOK.COM/TILLAMOOKSBDC/



CONTINUING EDUCATION | FALL 2019

What's Your Plan: Writing a Compelling Business Plan

C

Looking for a way to be more effective as a business owner? Trying to finance your business? Want to plan for business expansion? Retirement? Selling your business? Your business plan provides a roadmap to business success, helps in raising capital, and provides a way to communicate a business concept. Students will have access to LivePlan software to create their business plan. In this class you will learn:

- What a business plan is
- Why a business plan is so important
- Who will read your business plan
- How to put a business plan together
- Resources and much more.

Students who complete this program and finish their business plan within 3 months can apply for \$125 reimbursement of class fees. For more information, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

Class is every other Monday for eight weeks.

SBD 1148-01 10/7/2019, 10/21/2019, 11/4/2019, 11/18/2019

Fees \$175

M 5:30 - 7:30 PM PRI 107 PRI #107 Arlene Soto

QuickBooks Pro for Business: Desktop Version

C

Come learn how to maintain accurate accounting records, critical for any successful business, using the Labyrinth Book as a textbook. Hands-on, interactive sessions include instructor led discussion, work with the QuickBooks software, and time for questions and answers. One hour will overlap with QuickBooks Pro: Online. For more information, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

- Learn to use the popular accounting package QuickBooks Pro: Desktop
- Understand the benefits and drawbacks of using this software
- Explore tricks to make using QuickBooks easier in business

Class is seven three hours sessions. One-on-one business advising at the business site is also available.

SBD 5130 -01 9/14/2019 - 10/26/2019

Fees \$285

S 9:00 AM - 12:00 PM PRI #107 Teri Fladstol

QuickBooks Pro for Business: Online Version

C

Come learn how to maintain accurate accounting records, critical for any successful business, using the Labyrinth Book as a textbook. Hands-on, interactive sessions include instructor led discussion, work with the QuickBooks software, and time for questions and answers. One hour will overlap with QuickBooks Pro: Desktop. For more information, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

- Learn to use the popular accounting package QuickBooks Pro: Online
- Understand the benefits and drawbacks of using this software
- Explore tricks to make using QuickBooks easier in business

Class is seven three hours sessions. One-on-one business advising at the business site is also available.

SBD 5131-01 9/14/2019 - 10/26/2019

Fees \$285

S 11:00 AM - 2:00 PM PRI #107 Teri Fladstol

Construction Contractors Board (CCB) Training and Exam Prep

C

This two-day live class will prepare you for the exam and teach you how to set up your business for success. The registration fee of \$355 includes all class sessions, class materials, a copy of the current edition of the Oregon Contractor's Reference Manual, chapter quizzes, and two 80-question practice exams. For more information, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org. Minimum of 5 enrolled students to run this class; if this is not met, class will be cancelled.

SBD 8301-01 10/18/2019 - 10/19/2019

Fees \$355

FS 8:00 AM - 5:00 PM PRI #102 Judy Beebe

CONTINUING EDUCATION | FALL 2019

Advanced Notary Seminar

C

Secretary of State Corporation Division is holding a FREE Advanced Notary Seminar for current notaries. Register online at <http://notsem.sos.state.or.us/> or call 503-986-2200. Advanced notary public seminars are appropriate for those who are experienced, commissioned notaries. They do not meet the training qualifications for a notary application and will not help you to pass the exam. These advanced classes discuss employee notary issues, notario and elder abuse fraud, difficult certificates, and journaling witnesses, among other topics. Seating is limited. PREREQUISITE: Must be a current notary

SBD 9083-01 11/3/2019

Fees \$0

W 9:00 AM - 12:00 PM

PRI #107

Heather Wilson

Oregon Real Estate Broker Pre-Licensing

C

The Tillamook Bay Small Business Development Center is pleased to offer this new training opportunity. Attend this accelerated real estate broker license course designed to prepare you for the Oregon real estate broker license exam. This course is the fastest way to qualify to take the state exam and meets all of the Oregon Real Estate Agency pre-license criteria. Classes are every Thursday evening, excluding Thanksgiving. You must have online capacity, self-study, attend all evening sessions, and attend a 9am to 5pm exam preparation day on Saturday, December 14th. Additional 10-15 hours per week of online home study required. Taught by an experienced principal broker. For more information call 503-551-4467 or email stacey@sts.careers. Materials provided.

SBD 5180-01 10/3/2019 - 12/12/2019, 12/14/2019

RS 5:30 - 8:30 PM

PRI #114 / Zoom Online

Janda Fleming

Small Business Management I

C

This 9 month class meets once a month and includes one-on-one confidential business mentoring, textbooks, market research, peer networking, financial analysis, subject expert guest speakers, and more. Session topics include:

- OCT** Establishing Business Direction – Learn how to create a strategic direction for your business.
- NOV** Strategic Planning – Using the strategic direction from session one, develop a meaningful strategic plan.
- DEC** Succession Planning – Learn why it's important to develop an exit strategy early and work toward maximizing value in the business operation.
- JAN** Image & Branding – Learn about the value of a strong business brand and how to maintain a positive image in the market.
- FEB** Great Customer Service Skills – Develop ways to continuously improve the experience customers have when they buy from you.
- MAR** Growing Your Business – Learn what it means to grow a business and what it takes to be successful
- APR** Understand Financial Statements – Use the financial information in your business to build profitability.
- MAY** Managing Cash Flow – Learn where cash is being used wisely or wasted in your business.
- JUN** Finding \$\$\$ – Learn the various ways to fund business needs.

For info on registration and scholarships, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

SBD 9028-01 Second Tuesday of the Month Oct. - Jun

Fees \$600

T 12:00 - 3:00 PM

PRI #107

Arlene Soto

Leadership, Management, & Planning

C

- Establishing Business Direction – Successful businesses operate with a mission, a vision statement, communicate values, understand the company culture and set realistic goals with actions. Learn how to create a strategic direction for your business.
- Strategic Planning – Using the strategic direction from session one, participants will develop a meaningful strategic plan and learn how to implement planning into their business model.
- Succession Planning – Learn why it's important to develop an exit strategy early and work toward maximizing value in the business operation.

For information contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

SBD 9132-01 10/8/2019, 11/12/2019, 12/10/2019

Fees \$250

T 12:00 - 3:00 PM

PRI#107

Arlene Soto

CONTINUING EDUCATION | FALL 2019

Small Business Management II

C

This 9 month class meets once a month and includes one-on-one confidential business mentoring, textbooks, market research, peer networking, marketing analysis, subject expert guest speakers, and more. Session topics include:

OCT	Developing a Company Culture – Learn how to build a company culture that empowers employees and rewards them effectively and affordably. Learn the value of professional development for all staff.
NOV	Hiring & Firing – Learn how to find and attract the right employees as well as how to terminate employees without risk of legal action.
DEC	Team Building – Learn to build the most effective teams possible.
JAN	Contract Management – Business success depends on negotiation skills in selling, buying contracts, and lease agreements. Learn how to negotiate win-win deals that work.
FEB	Business Resiliency – Learn planning, insuring, and protecting for all life throws your way.
MAR	Cyber Security – Learn the techniques to foil online criminals who are intent on stealing from your business.
APR	The Power of Social Media – 79% of the U.S. population has at least one social networking profile, (Statista.com, 2019). Are you using these powerful marketing tools in your business?
MAY	Work Life Balance – Learn the strategies to care for self, business, and family without burnout.
JUN	Creating a Website That Works – Learn how to build your online presence so customers find you.

For info on registration and scholarships, contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

SBD 9353-01	Second Wednesday of the Month Oct. - Jun	Fees \$600
W	5:00 - 8:00 PM	PRI #107
		Arlene Soto

Human Resources

C

•Developing a Company Culture– Learn how to build a company culture that empowers employees and rewards them effectively and affordably. Learn the value of professional development for all staff.

•Hiring & Firing – Getting the right employees is crucial to business success. Learn the ins and outs of finding and attracting the right people. Also, learn how to terminate employees without risking legal action.

•Team Building – For business teams to be effective they need to have strong leadership and identified purpose. Learn to build the most effective teams possible.

For information contact 503-842-8222 x1420 or tillamooksbdc@bizcenter.org.

SBD 9327-01	10/9/2019, 11/13/2019, 12/11/2019	Fees \$250
W	5:00 - 8:00 PM	PRI #107
		Arlene Soto



CONTINUING EDUCATION | FALL 2019

Safety and Health – Adventist Health Tillamook

Childbirth Preparation

C

This is an introduction to the last stage of pregnancy and preparation for the new role of parenting. It covers techniques of relaxation, stress reduction and methods of breathing to ease labor, medications, vaginal and cesarean deliveries. We will tour the Birthing Unit and learn about bottle/breastfeeding and basics of newborn care. The last class will offer car seat safety and infant CPR. You should attend between your seventh and eighth month. No charge for mom and one support person. Contact Ginny Gabel at (503) 815-2270 or gabelgl@ah.org.

CED 8715-01 9/4/2019 - 10/2/2019

W 7:00 - 9:00 PM TRMC CONFA Ginny Gabel, RN

CED 8715-02 10/16/2019 - 11/13/2019

W 7:00 - 9:00 PM TRMC CONFA Ginny Gabel, RN

Savvy Caregiver

C

The Savvy Caregiver workshop is designed for caregivers who assist persons with any Dementia causing disease such as Alzheimer's disease. Topics covered include understanding dementia and its progressive losses, improving communication skills as a caregiver, how to connect to available resources, effective ways to involve family and friends in caregiving and most importantly how to reduce the adverse impact of caregiving. This 6-week class is offered at no charge. Registration is required. A minimum of 6 students is necessary to hold class. Contact Stacie Zuercher at 503-815-2062 to register.

CED 1183-01 9/17/2019 - 10/22/2019

T 10:00 AM - 12:00 PM NWSDS Ginny Gabel, RN / Stacie Zeurcher

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 \$75. A spouse or support person is included in the cost. Many insurance plans will cover Diabetes education often known as Medical Nutrition Therapy so we will work with your insurance. For more information, contact Sue Phillips-Meyer at (503) 815-2443.

CED 1187-01 9/12/2019 - 10/31/2019

R 1:00 - 3:30 PM NWSDS Ginny Gabel, RN/Sue Phillips-Meyer, RN

Optimize Your Brain

C

This 8-week series is created to teach that following lifestyle principles can lead to improved brain function in areas such as improving your capacity to learn, retain and apply knowledge, increase creativity, motivation and achieve goals. We will discuss 8 principles of health that directly affect the brain and may decrease your risk of Alzheimer's. Students, parents, professionals, and teachers can use these practical tips and the information presented to improve clarity in thinking, manage emotions and boost overall life satisfaction. Take this opportunity to maximize your intellectual and emotional intelligence. Cost is \$25-\$75. Scholarships available. To register contact Ginny Gabel at (503) 815-2270 or gabelgl@ah.org.

CED 2036-01 11/15/2019 - 12/10/2019

T 1:30 - 3:30 PM SDACH Ginny Gabel, RN

Living with Cancer : Thriving and Surviving

C

Cancer survivors have similar concerns and problems, regardless of the type of cancer they experience. They must deal not only; with their cancer, but also with the impact it has on their lives and emotions. This 6-week class will help participants gain self-confidence in the ability to control symptoms and learn how their health problems affect their lives. The small group meets once a week and is highly interactive, focusing on building skills, sharing experiences and support. This program was originally developed in the UK with collaboration by Stanford University. There is no charge. To register contact Ginny Gabel at (503) 815-2270 or gabelgl@ah.org.

CED 1186-01 10/9/2019 - 11/13/2019

W 1:30 - 3:30 PM AHT Ginny Gabel, RN

CONTINUING EDUCATION | FALL 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: 10/1, 10/29, 11/12, 11/26. 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 by contacting LeeAnn McNutt at (503) 815-2409. Certification costs are \$75 payable to Adventist Health Tillamook. Call (503) 815-2409 to schedule a skills check off time. For questions, email mcnuttl@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. 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 10/1, 10/29, 11/12, 11/26. 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 by contacting LeeAnn McNutt at (503) 815-2409. Certification costs are \$75 payable to Adventist Health Tillamook. Call (503) 815-2409 to schedule a skill check off time. For questions, email mcnuttl@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

LeAnn McNutt

Advanced Cardiac Life Support (ACLS)

C

This two-day certification course is for the EMT, Paramedic, RN and MD. It provides the knowledge and skill needed to perform in the first 30 minutes of an actual resuscitation. This includes medication and electrical intervention. Recertification is also offered (the second day of dates listed). Class fee is \$175 payable to Adventist Health Tillamook (this does not include books) NOTE: MUST SHOW CURRENT HEALTHCARE PROVIDER CPR CARD AT REGISTRATION. For questions and registration call LeeAnn McNutt at 503-815-2409 or email at mcnuttl@ah.org

CED 9016-01

10/7/2019 - 10/8/2019

MT

Call to Schedule

Adventist Ed Center

LeAnn McNutt



COMMUNITY EDUCATION | FALL 2019

Important Information about Registration

Tillamook Bay Community College (TBCC) is committed to lifelong learning and our Community and Continuing Education program plays an important role. The classes in this program are non-credit and taken for personal enrichment, interest, fitness, or to enhance work skills.

TBCC enjoys its partnership with YMCA, North County Recreational District (NCRD), Adventist Health Tillamook (AHT) for fitness, health, safety and general interest classes and Small Business Development Center (SBDC) for business and employee development and customized training.

How to Read Course Information:

The course title is listed in bold on the top line, along with county locations. Beneath the course description is the course code (listed in bold), the dates and times held, the location and room, the day(s) of the week class is held, and the instructor's name(s).

Registration opens August 20, 2019.

How to Register:

Visit or contact our partners directly for registration, partner course descriptions include registration contact information.

For all other non-credit courses offered through TBCC you may register
Online at: www.tillamookbaycc.edu
In person: visit Student Services at
TBCC, 4301 Third Street, Tillamook
By phone: call 503-842-8222 ext.1100

Register early!

Some classes fill quickly and classes not meeting the minimum enrollment may be cancelled. Please see Policies and Information regarding class cancellation refunds.

Have an idea for a class?

TBCC is always interested in exploring new offerings. Ideas and requests for classes are welcome. For more information contact JoAnn Critelli at 503-842-8222 ext. 1320 or joanncritelli@tillamookbaycc.edu.

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 9/23/2019 - 12/7/2019

MWF 8:00 - 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 9/23/2019 - 12/7/2019

MWF 9:00 - 10:00 AM YMCA Therapy Pool Susan Urrey

CED 8513-02 9/23/2019 - 12/7/2019

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

CED 8313-03 9/23/2019 - 12/7/2019

MWF 6:30 - 7:30 PM YMCA Therapy Pool Susan Urrey

Mid-Morning Movers

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 8509-01 9/23/2019 - 12/7/2019

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

REGISTRATION OPENS AUGUST 20, 2019

WWW.TILLAMOOKBAYCC.EDU

FALL TERM

COMMUNITY EDUCATION | FALL 2019

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 9/23/2019 - 12/7/2019

TR 10:00 - 11:00 AM YMCA Therapy Pool Nick Johnson

CED 8503-02 9/23/2019 - 12/7/2019

TR 11:00 AM - 12:00 PM YMCA Therapy Pool Lori Kaiser

CED 8503-03 9/23/2019 - 12/7/2019

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

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 that you shouldn't miss! \$Y-0 NY-78

CED 2030-01 9/23/2019 - 12/7/2019

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

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 9/23/2019 - 12/7/2019

TR 8:30 - 9:15 AM YMCA Therapy Pool Sherryl Kingelhofer

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

CED 8546-02 9/23/2019 - 12/7/2019

TR 9:15 - 9:45 AM YMCA Comp. Pool Sherryl Kingelhofer

Land Fitness

Bootcamp

C

Cardio and toning in an athletic-style workout that incorporates one or more of the following: weights, bands, steps, kettlebells, 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-45

CED 8605-01 9/23/2019 - 12/7/2019

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

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

CED 1166-01 9/23/2019 - 12/7/2019

TR 5:30 - 6:00 AM YMCA Studio Courtney Fortenberry

CED 1166-02 9/23/2019 - 12/7/2019

T 7:00 - 7:30 PM YMCA Studio Sarah Patterson

CED 1166-03 9/23/2019 - 12/7/2019

W 9:45 - 10:15 AM YMCA RB Court Galena Flores

CED 1166-04 9/23/2019 - 12/7/2019

TR 8:30 - 9:00 AM YMCA RB Court Galena Flores

COMMUNITY EDUCATION | FALL 2019

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 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	9/23/2019 - 12/7/2019		
MF	5:15 - 6:15 AM	YMCA Studio	Courtney Fortenberry
CED 8519-02	9/23/2019 - 12/7/2019		
TR	9:45 - 10:45 AM	YMCA South Gym	Galena Flores
CED 8519-03	9/23/2019 - 12/7/2019		
S	10:00 - 11:00 AM	YMCA Studio	Galena Flores
CED 8519-04	9/23/2019 - 12/7/2019		
MW	7:00 - 8:00 PM	YMCA South Gym	Sarah Patterson

Group Exercise

C

Circuit style HIIT workout. Circuits will challenge your cardiovascular and muscular endurance in a series of low to high intensity movements that can be easily modified to fit your fitness goals. \$Y-0 NY-110

CED 1190-01	9/23/2019 - 12/7/2019		
MW	8:30 - 9:30 AM	YMCA RB Court	Molly Carlson

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- NY-78/110

CED 8516-01	9/23/2019 - 12/7/2019		
TR	8:30 - 9:30 AM	YMCA Gym	Ahndrea Sousa
CED 8516-02	9/23/2019 - 12/7/2019		
S	8:30 - 9:30 AM	YMCA Studio	Sarah Patterson
CED 8516-03	9/23/2019 - 12/7/2019		
MW	5:45 - 6:45 PM	YMCA Gym	Jeannie Christensen
CED 8516-04	9/23/2019 - 12/7/2019		
T	5:45 - 6:45 PM	YMCA Studio	Neri Perez
CED 8516-05	9/23/2019 - 12/7/2019		
R	6:30 - 7:30 PM	YMCA Studio	Neri Perez
CED 8516-06	9/23/2019 - 12/7/2019		
F	5:45 - 6:45 PM	YMCA Studio	Neri Perez

Zumbini

C

Music and movement experience for ages 0-4 and their caregivers. Expect dancing, singing, and instrument playing. This provides exposure to musical benefits, bonding, and development of cognitive, social, emotional and physical skills. \$Y - 35 NY- 145

CED 8610-01	9/23/2019 - 12/7/2019		
S	10:00 - 10:45 AM	YMCA Racquetball Room	Ahndrea Sousa

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 bike. \$Y-0 NY-78/110 **(Class Offerings on Following Page)**

COMMUNITY EDUCATION | FALL 2019

CED 8532-01 9/23/2019 - 12/7/2019
TR 5:30 -6:30 AM YMCA Spin Room Eva Manderson

CED 8532-02 9/23/2019 - 12/7/2019
TR 10:00 - 11:00 AM YMCA Spin Room Lori Kaiser

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-0NY-110

CED 8607-01 9/23/2019 - 12/7/2019
MWF 7:15 - 8:15 AM YMCA Studio Darcy Fugate

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 9/23/2019 - 12/7/2019
MWF 8:30 - 9:30 AM YMCA GYM Sarah Patterson

Pilates On The Mat

C

Exercise that consists of low-impact flexibility, muscular strength and endurance movements. Emphasizes proper postural alignment, core strength and muscle balance. \$Y-0 NY-78

CED 8501-01 9/23/2019 -12/7/2019
TR 7:15 - 7:45 AM YMCA Studio Kelly Benson

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 9/23/2019 - 12/7/2019
TR 8:00 - 8:30 AM YMCA Studio Michelle Jenck

Tai Chi Moving for Better Balance

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 9/23/2019 -12/7/2019
MWF 8:30 - 9:30 AM YMCA Studio Thea Defeyter & Phil Gates(F)

CED 8608-02 9/23/2019 - 12/7/2019
MWF 9:00 - 10:00 AM YMCA Studio Thea Defeyter & Phil Gates(F)

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 9/23/2019 - 12/7/2019
TR 1:00 - 2:30 PM YMCA Studio Sherryl Klingelhofer

COMMUNITY EDUCATION | FALL 2019

Hatha Yoga Level 1

C

The heart of this practice is to Increase Strength, flexibility, and balance of body and mind by applying the principles of Hatha Yoga. Mon: Deep Stretch Wed: Hard Work Fri: Restorative \$Y-0 NY-110

CED 8590-01 9/23/2019 - 12/7/2019

MWF 10:30 - 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 9/23/2019 - 12/7/2019

TR 9:00 - 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 9/23/2019 - 12/7/2019

MWF 6:30 - 7:15 AM YMCA Studio Tiffany Wildharber

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 9/23/2019 -12/7/2019

MR 5:30 - 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 9/23/2019 - 12/7/2019

W 5:30 - 6:30 PM YMCA Studio Tiffany Wildharber

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

CED 8538-01 9/23/2019 -12/7/2019

MWF 10:00 - 11:00 AM YMCA Gym Kelly Benson

Fit 'n' Fabulous

C

Fit n' Fabulous is a low impact cardio workout to fun music for 35 minutes followed by a total body weight work out for another 30 minutes. There is also a five minute warm up and cool down that includes stretching. All levels welcome! \$Y-0 NY-78

CED 8591- 01 9/23/2019 - 12/7/2019

TR 8:30 -10:00 AM KCC Susie Wenrick/Kelly Benson

COMMUNITY EDUCATION | FALL 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 9/23/2019 - 12/9/2019

M 11:30 AM - 12:00 PM 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 9/28/2019 - 12/14/2019

S 9:45 - 10:00 AM NCRD Pool Jennifer Childress

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 9/24/2019 - 12/12/2019

TR 7:15 - 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 9/23/2019 - 12/13/2019

MTWR 8:00 - 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 9/26/2019 - 12/12/2019

R 9:15 - 10:05 AM NCRD Pool Barbara McCann/Nancy 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 9/24/2019 - 12/19/2019

TR 10:00 - 10:50 AM NCRD 5 Debbie Crosman

COMMUNITY EDUCATION | FALL 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 10/1/2019 - 12/20/2019

T 4:00 - 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 9/24/2019 - 12/19/2019

TR 6:30 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 9/24/2019 - 12/19/2019

TR 5:30 - 6:30 PM NCRD Gym Gina Grasse

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 10/2/2019 - 12/21/2019

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

Level I 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 9/30/2019 - 12/16/2019

M 5:15 - 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 10/4/2019 - 12/20/2019

F 8:00 - 9:30 AM NCRD 5 Liz Carroll

COMMUNITY EDUCATION | FALL 2019

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.

CED8567-01 10/5/2019 - 12/21/2019

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

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 9/23/2019 - 12/20/2019

MWF 10:00 - 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 9/23/2019 - 12/18/2019

MW 9:00 - 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 10/3/2019 - 12/19/2019

R 5:45 - 7:15 PM NCRD 5 Janac/Paulson/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 10/3/2019 - 12/19/2019

R 8:00 - 9:30 AM NCRD 5 Ortiz/Paulson

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 10/2/2019 - 12/18/2019

W 8:00 - 9:30 AM NCRD 5 Janet Paulson

COMMUNITY EDUCATION | FALL 2019

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 9/23/2019 - 12/18/2019

MW 11:00 AM - 12:00 PM NCRD Gym Debbie Crosman

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 9/22/2019 - 12/16/2019

U 9:00 - 10:00 AM NCRD Gym Gina Grasseeth

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 9/24/2019 - 12/19/2019

TR 9:00 - 10:00 AM NCRD Gym Gina Grasseeth

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 9/27/2019 - 12/20/2019

F 9:00 - 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 9/23/2019 - 12/18/2019

MW 5:30 - 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 and applied philosophy. 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. What happens on the mat can help you live better off the mat. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1128-01 10/4/2019 - 12/20/2019

F 11:30 AM - 1:00 PM NCRD 5 Lynda Chick

COMMUNITY EDUCATION | FALL 2019

Personal Development

NEW! Seniors and Basic Computers

C

Are you looking for a basic computer class or a quick refresher? Adults (55 and older) will learn the basics of email, email attachments, how to upload and download, store documents and photos whether on computer/laptop, tablet or smartphone. Some class time will be devoted to recognizing spam, when to call for help and who to call for help.

CED 7061-01 9/27/2019 Fee \$35
F 10:00 AM - 12:00 PM TBCC 107 Sheryl Neu

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 9/23/2019 - 11/25/2019 Fee \$79
M 6:00 - 8:00 PM TBCC Richard Paris

Yoga for Lunch

C

Restore, revitalize, and relax with a combination of hatha and yin yoga. This playful class will combine a variety of styles to energize participants through breath-work, motion, chakra awareness, and stretching. Wear comfortable clothes. Some mats provided. Drop-ins welcome. Staff and students invited. This course is offered at no cost.

CED 8603-01 9/23/2019 - 12/4/2019
MW 12:00 - 1:00 PM TBCC 101 Sydney Elliott

UAS Remote Pilot Ground School 14CFR Part 107

C

The Remote Pilot in Command is the FAA license that covers Commercial Drone operations by individuals operating UAV's in the United States. Anyone operating a Drone/UAV for a company, school or commercial endeavor is required to hold the license. This course will cover the material needed to prepare for the test. Fee includes course materials. The class is 20 hours. Course dates and times to be arranged.

CEU 1199-01 TBA Fee \$225
TBA Darryl Spitzer

NEW! Learn How To Manage Your Money

N

Want to learn how to create a Spending and Saving Plan? How about ways to pay down debt? This course covers six modules: Examine your Thoughts about Money. Personal Finance Awareness. Creating a Personal Financial Dream Vision Board. Building a Plan to Realize that Dream with Actionable Steps. Keeping your Money Simple. Tips & Tricks for Success. Register and pay for class through TBCC.

CED 6590-01 10/15/2019 - 10/29/2019 Tuition \$89 Fee \$10
T 6:30 - 8:30 PM NCRD Liz Carroll

NEW! Psychological First Aid (PFA)

C

Psychological First Aid (PFA) is an evidence-informed modular approach to connect, assist and coach children, adolescents, adults, and families in the immediate aftermath of natural disaster/crisis/violence. Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such events, may struggle with or face new challenges following the event. PFA was developed by the National Child Traumatic Stress Network and the National Center for PTSD. Learn common responses to disasters, basic intervention principles and Core Actions for Psychological First Aid. CEU's available upon request.

CED 9095-01 9/24/2019 - 10/17/2019 Fee \$89
TR 6:00 - 8:00 PM TBCC 207 Dustin Young

NEW! Resiliency Practice

C

Learn the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. Adapt skills to cultivate resiliency and improve the quality of life. Teachers, mental health professionals, medical professionals, first responders, law enforcement and others who have exposure to high stress/high trauma will find this class beneficial in addressing compassion fatigue. CEU's available upon request.

CED 9096-01 10/29/2019 - 11/21/2019 Fee \$89
TR 6:00 - 8:00 PM TBCC 207 Dustin Young

REGISTRATION OPENS AUGUST 20, 2019

WWW.TILLAMOOKBAYCC.EDU

FALL TERM

COMMUNITY EDUCATION | FALL 2019

Online Classes

Coding Certificate

Online

Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one's chances of becoming a higher value to organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. Finally, discover the advanced features of CSS and learn how to use this very powerful language. \$595 Register at <http://www.yougotclass.org/catalog-complete.cfm/Tillamookbaycc>

WordPress Certificate

Online

WordPress is the most popular content management system (CMS) for website and blog design. After successfully completing the WordPress Certificate you will know how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS, and PHP, know necessary regular WordPress maintenance, create WordPress website backup, and know how to apply SEO techniques in WordPress. \$495 Register at <http://www.yougotclass.org/catalog-complete.cfm/Tillamookbaycc>

Certificate in Project Management

Online

In today's business environment, there is a need for good project management. First, gain the skills, tools and templates to confidently develop and maintain a project. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes. \$495 Register at <http://www.yougotclass.org/catalog-complete.cfm/Tillamookbaycc>

Social Media for Business Certificate

Online

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. \$495 Register at <http://www.yougotclass.org/catalog-complete.cfm/Tillamookbaycc>

Digital Marketing Certificate

Online

Receive a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions. \$495 Register at <http://www.yougotclass.org/catalog-complete.cfm/Tillamookbaycc>

Certificate in Customer Service

Online

Customer service is now essential for business and all work organizations. With the increase of technology, human interaction with customers becomes all the more important. Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. \$245 Register at <http://www.yougotclass.org/catalog-complete.cfm/Tillamookbaycc>

Creating Web Pages

Online

Learn how to plan the content, structure and layout of your Web site, create pages full of neatly formatted text, build links between the pages and to the outside world, and add color, backgrounds, graphics, and tables. 6 week online course \$95. Please register and pay via www.ed2go.com/tbcc

Introduction to C# Programming

Online

This course starts with programming fundamentals: input/output operations, decision making, and looping. Then, you will explore the many benefits of object-oriented programming, with plenty of vivid, real-life examples. Self-paced online course \$115. Please register and pay via www.ed2go.com/tbcc

Introduction to SQL

Online

SQL is one of the most requested skills from today's data-driven employers. Learn the key concepts of Structured Query Language (SQL), and gain a solid working knowledge of this powerful and universal database programming language. 6 week online course \$95. Please register and pay via www.ed2go.com/tbcc

COMMUNITY EDUCATION | FALL 2019

Customer Service Fundamentals

Online

As someone who participates in delivering high levels of customer service, you're an important ambassador for your organization. In this course, you will discover a number of dynamite methods to bring out your best and also do the same for the people you work with. You will learn how to measure customer service—from your company's point of view and from the customers—and discover how to anticipate the needs of your customers. 6 week online course \$95. Register at www.ed2go.com/tbcc

Keys to Effective Communication

Online

If you often find yourself at a loss for words or lack confidence in your communication abilities, you will appreciate this course. Become more confident, create a great first impression, get along well with others, and create more and better personal and professional relationships. 6 week online course \$95 or self-paced online course \$115.

Please register and pay via www.ed2go.com/tbcc

Leadership

Online

Leadership skills can help you gain the respect and admiration of others, while also allowing you to enjoy success in your career and more control over your destiny. Even if you don't hold a leadership position, this course will teach you how to use the principles of great leaders to achieve success in almost every aspect of your daily life. 6 week online course \$95 or self-paced online course \$115. Please register and pay via www.ed2go.com/tbcc

Spanish for Medical Professionals

Online

What do you do if a patient needs your help, but you can't understand them? What if you encounter worried family members, but aren't able to reassure them that everything will be fine? Our simple and enjoyable Spanish for Medical Professionals course will give you the basic tools you need to bridge the communication gap. 6 week online course \$95 or self-paced online course \$115. Please register and pay via www.ed2go.com/tbcc

Spanish for Law Enforcement

Online

You'll start with simple vocabulary for everyday topics including colors, numbers, conversational phrases, family names, and words for asking questions. You will learn Spanish terminology you can use during arrests, traffic stops, medical emergencies, and many other common law enforcement situations. 6 week online course \$95. Please register and pay via www.ed2go.com/tbcc

Visit www.ed2go.com/tbcc

Over 400 online classes including:

How to Get Started in Game Development

Introduction to Database Development

Discover Digital Photography

Photoshop

InDesign

Illustrator

Lightroom

Blogging and Podcasting for Beginners



Ed2Go offers a wide range of highly interactive courses that you can take entirely over the Internet. Over 400 online courses are available! All courses are led by expert instructors, many of whom are nationally known authors. Ed2Go's online courses are affordable, fun, fast, convenient, and geared just for you.

Ed2go registration and payment is done online at: www.ed2go.com/tbcc.

FINAL EXAM SCHEDULE | FALL 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 December 6, 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 on 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 or 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 | FALL 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 (only fees will need to be paid). 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 the course will receive a refund.

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

Early registration is encouraged for all courses. A decision to cancel a course, based on enrollment or instructor availability, may be made at least two days prior to the start date. Courses are canceled by the Chief Academic Officer (CAO) or his/her designee. Generally, the criterion for such cancellation is an enrollment of less than ten students or the guarantee set by the College. However, depending upon individual course circumstances, courses may be offered with fewer students. Refunds will be made if the course is cancelled by TBCC. Students must drop a course three days before the start date to receive a refund. Students requesting special consideration for refunds after the refund deadline should submit a Student Account Petition Form to the Business Office. 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 | FALL 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 4).
- 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 for course accommodations, 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>

Student Complaints

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

- Disability Services: Rhoda Hanson
Director of Student Services
(503) 842-8222, ext. 1110.
- Sexual harassment: Rhoda Hanson
(503) 842-8222, ext. 1110.
- Harassment based on race/ethnicity/national origin:
Pat Ryan, Facilities, H.R. and Safety
(503) 842-8222, ext. 1020.
- Students' rights, responsibilities, and conduct:
Rhoda Hanson
(503) 842-8222, ext. 1110.
- Academic grievances: Teresa Rivenes, 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 | FALL 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

Full-time Faculty

Tom Atchison	ext. 1815
Ron Carlborn	ext. 1845
Chris Carlson	ext. 1835
Michele DeGraffenreid	ext. 1830
Sydney Elliott	ext. 1825
Geza Laszlo	ext. 1820
Bob Pietruszka	ext. 1805
John Sandusky	ext. 1875
Michael Weissenfluh	ext. 1810

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.

Regular Office Hours

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

Extended Office Hours (1st week of term)

*Monday - Thursday, 7:30 AM to 6:30 PM;
Friday, 8:30 AM to 4:30 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 - 6:30 PM, Monday and Thursday.

Career Education Advising

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1140
caraelder@tillamookbaycc.edu
andreadelancey@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

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
johnsousa@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

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 our next
meeting or event!

ASTBCC Advisor, Kelsey Jordan
503-842-8222 ext.1135 or
kelseyjordan@tillamookbaycc.edu



ASTBCC students at the Oregon State Capital

Phi Theta Kappa



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.

Contact 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.

Find us on MyTBCC on the Student Organizations tab, or follow us on Facebook. Beta Delta Epsilon Tillamook



THINKING ABOUT GOING BACK TO SCHOOL?

JOIN US ANYTIME
BETWEEN 9 AM AND NOON
AUGUST 20, 2019 AT
NEW STUDENT ORIENTATION

ATTEND 20 MINUTE
INFORMATION SESSIONS
ABOUT PROGRAMS AND
SERVICES THAT ARE OF
INTEREST TO YOU.

- Library & Tutoring
- Paying for College
- Business Degrees
- Criminal Justice/EMS
- Transfer Degrees
- Education
- MIT/Welding
- Health Career
- Nat. Resources/Forestry/Ag/An. Science

New Student Orientation Day continues Noon to 3 pm for
students enrolled for fall term 2019-20.

**Contact Student Services to register
studentservices@tillamookbaycc.edu**

Drop-ins Welcome!