



TILLAMOOK BAY
COMMUNITY COLLEGE

WINTER 2020

IMPORTANT DATES

Winter Term 2020

November 25

Winter Term Registration Begins

January 5

Winter Registration Closes at
Midnight

January 6

Winter Term 2020 Begins

January 10

Last Day to Drop a Class

January 10

Winter Term Payment Due

January 20

MLK Day - Campus Closed

March 16-20

Winter Term Finals

March 21

Winter Term Ends

March 23

Winter Final Grades Due

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Cover Photo:

Welding Student in Gina Maack's Welding Lab.

November 5, 2019 5:01 PM

This publication is intended to inform students and residents about Tillamook Bay Community College's programs and services. It includes a listing of classes for the term and information about how to register. Every effort has been made to insure accuracy at the time of publication; however, the College reserves the right to make changes without prior notice. Tillamook Bay Community College Schedule of Classes (USPS #014-668) Winter 2020, Volume 24, Number 3, is published quarterly by Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525. Periodical Postage Rate is paid at Tillamook OR. POSTMASTER: Send all address changes to Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525.

WELCOME TO WINTER TERM

For those of you that have been here with us through Fall term, you know how busy it has been, and we hope you all finish up the term successfully and have a wonderful, well deserved, holiday break.

This class schedule includes all of our offerings during the Winter term for both our credit and non-credit classes. Our non-credit classes include Adult Basic Education (ABE) and GED classes for those wanting to work toward passing their GED, or working to improve basic skills to meet personal, work, or educational goals. We also offer a GED class that is presented in Spanish, as well as English for Speakers of Other Languages classes that help students develop their English language skills. Non-credit courses also include our Workforce Training classes like Phlebotomy and Truck Driver Training as well as our community and continuing education classes. The class schedule also includes important updates and information for all students, including how to get started as a student at TBCC. We send this schedule to every household in Tillamook County each term and hope it is useful to those of you interested in what is happening at your community college. If you ever have any suggestions on how we can make the schedule more useful to you, please feel free to reach out to us with your comments at marketing@tillamookbaycc.edu.

Our Truck Driver Training program is going strong with classes being offered both in Tillamook and Astoria. The 4-week long program prepares graduates to take the CDL driving exam which qualifies them for immediate employment with a trucking company. We have had 16 graduates over the first year of the program, and all the students that passed their CDL exam have been employed. In addition, we have just received a very sophisticated truck driving simulator that will be used in class to build driving skills for students in simulated situations that they would not be able to practice in an actual truck. It is getting wonderful reviews as a great training tool, and is also able to be rented by trucking companies to provide updating of skills for current drivers.

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

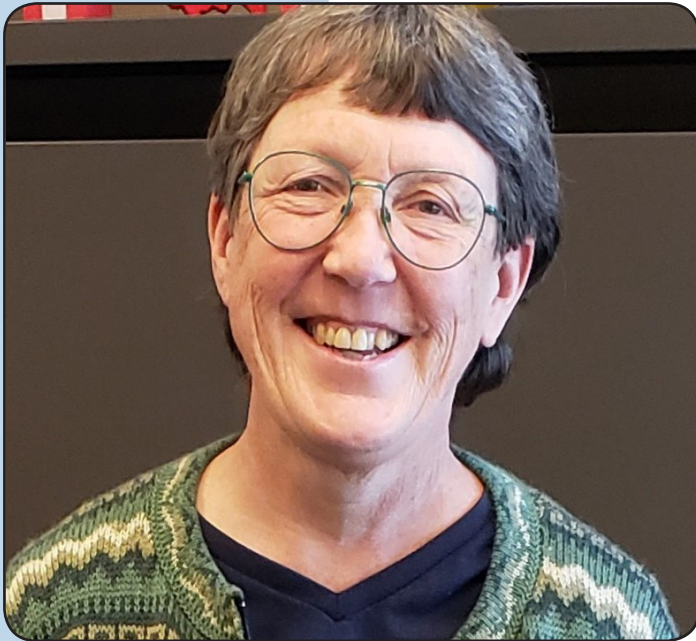
Sincerely,

Dr. Ross Tomlin
President, TBCC



WHAT'S NEW AT TBCC

Coffee and Connect



Kellie McKeehan joined TBCC as a member of the Student Services team this fall through the AmeriCorp program. She is the “Bridges” Cohort Success Coach, which helps first-year students connect with campus resources to get off to a strong start in their college career. Kellie is a bonified “People Person.” She moved to Tillamook from Colorado this past year with her family and loves this beautiful community. Kellie can be found on campus with a coffee cart nearby. Her goal is to meet with students just to talk about classes or life. She shares a cup of coffee with students and helps them to learn what is available to them at TBCC or out in the community for support. The irony? She owned a coffee shop for nine years in Colorado. “Helping students succeed in a community college is very rewarding because it opens doors for them. It may seem like something small now but it could turn into something transformational,” she says. Kellie can be reached at kelliemckeehan@tillamookbaycc.edu.

Loaded Down ‘n’ Trucking

Over 35 people attended a ribbon cutting at the Partners for Rural Innovation building on September 12 to get a first-hand look and the option to drive Tillamook Bay Community College’s new Truck Driver Training Simulator. The simulator is an addition to the Truck Driver Training program launched by the college last year. The simulator can be used to train new drivers on navigating adverse weather conditions and road hazards and is programmable to simulate any type of driving challenge. It records and evaluates the sessions to show improvement and progress. It is the only one of its kind in this region. The simulator cost \$115,000 and was funded entirely through grants from The Ford Family Foundation, USDA, and a grant from the Tillamook County Creamery Association’s Community Enrichment Committee Fund. To rent time on the new simulator or to learn more about the next Truck Driver Training course contact **Arlene Soto at TBCC 503-842-8222 x1410** or visit <http://tillamookbaycc.edu/commercial-drivers-license-cdl-training/>



NEWS YOU CAN USE | WINTER 2020

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

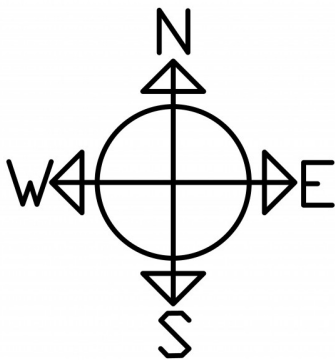


Support when you need it.

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
- Free Career & Life Planning
- 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. 1100 or studentservices@tillamookbaycc.edu.

NEWS YOU CAN USE | WINTER 2020

Apply Now for FAFSA

Have you applied for financial aid? You may qualify for aid during the WINTER. 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

NEWS YOU CAN USE WINTER 2020

Join us for Wednesday Workshops from 12-1:00 p.m. in Room 105!

1/22 Financial Literacy: Debit, Credit, and Prepaid Cards

Responsible credit card use is an important skill in personal finance. This lesson leads with a basic comparison of three popular payment types (debit cards, credit cards and prepaid debit cards). It then introduces students to the credit card billing cycle and provides a strategy for owning a credit card.

2/5 Transfer Tips & Tools: University & Specialty Program Workshop

Designed for students interested in learning how to best navigate the process of transferring credits, meeting application requirements, and finding funding at universities and other colleges after TBCC.

2/12 Self-Care 101: Health & Wellness Workshop

Feeling stressed? Interested in taking better care of yourself? This workshop will provide information about stress management and healthy living.

2/19 What Do I Want to Do Next? Career Exploration & Planning Workshop

Figuring out what to do with the rest of your life can seem overwhelming! Come to this session to get some concrete ideas on how to find the career or job you really want. We will help with career research, setting goals, and outlining the steps to meet those goals. We may also include one-on-one work with resume and cover letter writing, interviewing skills, and dressing for success tips.

TBCC LIBRARY

Central Campus, 2nd Floor
4301 Third Street, Tillamook, OR
97141
(503) 842- 8222, ext. 1720
9:00 AM - 7:00 PM, Monday -Thursday
9:00 - 4:30 Friday

- Tutoring services
- Research assistance
- Laptop and calculator checkout
- Study rooms
- Computer use

TBCC Food Pantry



TBCC has a partnership with the Tillamook Branch of the Oregon Food Bank. That means you have free access to food staples and personal hygiene items from a food pantry located in the TBCC Library. We hope you will use this resource.

ACADEMIC AND TRAINING PROGRAMS | WINTER 2020

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.

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 Sciences (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.

Programs

- EMS Certification
- Phlebotomy

Partnerships

- Linn Benton Community College
- Oregon Coast Community College
- Central Oregon Community College

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

INSTRUCTOR HIGHLIGHT WINTER 2020

Ron Carlbom

Welding Instructor

Tell us about your background:

I didn't start out planning on a career in welding. I started with an interest in drafting. Computer aided drafting was new back then and not user friendly. I needed more hands on work. I wanted to "do" more. I transitioned to metals technology. There were times when I wondered why I went for a Bachelor's degree; was I really going to need it in the long run? But I'm glad I did, because it has really worked out for me. I worked in my field for my whole career. I think that is rare. Every day was a different day. There was no monotony. I started out with Tig welding and structural steel. I worked on pressure vessels and locally I built tide gates. I have had a great career.

Why would a student be interested in earning a degree or certificate in Welding?

Some people can weld. But those with blueprint and fabrication techniques can become a leader in a shop. They have the potential to move into a foreman role or even start their own business. Both the degree and certificate offer courses that will help a student to do more than just weld.

Tell us about your teaching philosophy:

I want students to have a good base knowledge to avoid pitfalls. I want to share with them everything I know. I think about what industry experience I have that I can I share with students to help them in the future to troubleshoot what is in front of them.

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

I am deep in a rebuild/remodeling project of my home which I enjoy. I also have a set of kayaks I don't seem to take out enough but I would like to.



WHERE TO FIND ASSISTANCE | WINTER 2020

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



Sara Mustonen

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



Sara Hartford

Career Education Advisor
(503) 842-8222 ext. 1165
sarahartford@tillamookbaycc.edu

FINANCIAL AID ADVISORS



Sally Jackson

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



Kelsey Jordan

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

GETTING STARTED AT TBCC | WINTER 2020

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. December 4, 9:00 AM - Noon (Room 107)
2. December 10, 1:00 - 4:00 PM (Room 107)
3. December 17, 5:30 - 8:30 PM (Room 107)

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!



Assistance for GED, ESOL & ABE students is available!



For information contact Jenny Case

503-842-8222 ext.1160

or email

jenevievecase@tillamookbaycc.edu



LEGEND FOR READING THIS SCHEDULE | WINTER 2020

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)

CREDIT COURSES | WINTER 2020

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 2020 Winter Term from the dropdown menu
- Choose Undergraduate Credit from the Division dropdown menu
- Click Search at the bottom of the page then select any course for detailed information



Open Educational Resource (OER)

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="text-align: center; background-color: #4a86e8; color: white; border-radius: 50%; padding: 20px; 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 | WINTER 2020








Agriculture and Natural Resources

ANS 215 01	Beef/Dairy Industries		THS CCCAC	1/9/2020 - 3/19/2020 R 5:30 - 8 :30 PM	Hayden Bush	3 CR
ESR 171	Environmental Science: Biological Perspectives		Hybrid TBCC 202	1/7/2020 - 3/17/2020 T 5:00 - 8:00	Lori Loeffler	4 CR
FW 251 01	Principles of Fish/Wildlife Conservation		Online	1/6/2020 - 3/22/2020	Genifer Lara	3 CR


Art

ART 270 01	Printmaking		TBCC	1/6/2020 - 3/18/2020 MW 1:30 - 4:30 PM	Karen Belanger	3 CR
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Business

BA 131 01	Introduction to Business Technology		Online	1/6/2020 - 3/22/2020	Tom Atchison	4 CR
BA 212 01	Principles of Accounting II		Online	1/6/2020 - 3/22/2020	Michael Weissenfluh	4 CR
BA 222 01	Financial Management		Online	1/6/2020 - 3/22/2020	Michael Weissenfluh	3 CR
BA 223 01	Principles of Marketing		Online	1/6/2020 - 3/22/2020	Tom Atchison	4 CR
BA 224 01	Human Resource Management		Online	1/6/2020 - 3/22/2020	Rebecca Phoenix	3 CR
BA 226 01	Business Law I		Online	1/6/2020 - 3/22/2020	Tom Atchison	4 CR
BA 256 01	Income Tax		Online	1/6/2020 - 3/22/2020	Michael Weissenfluh	3 CR




Biology

BI 102 01	Biology		TBCC Hybrid	1/7/2020 - 3/17/2020 Online / T 7:00 - 10:00 PM	Joe Meyer	4 CR
BI 112 01	Cell Biology for Health Occupations		TBCC	1/7/2020 - 3/19/2020 TR 1:00 - 3:00 PM	Robert Pietruska	5 CR
BI 112 01	Cell Biology for Health Occupations Lab		TBCC	1/10/2020 - 3/20/2020 F 1:00 - 4:00 PM	Robert Pietruska	
BI 212 01	Principles of Biology II		TBCC	1/7/2020 - 3/19/2020 TR 10:00 - 11:30 AM	Robert Pietruska	4 CR
BI 212 01	Principles of Biology II Lab		TBCC	1/8/2020 - 3/18/2020 W 9:00 - 12:00 PM	Robert Pietruska	
BI 232 01	Human Anatomy and Physiology II		TBCC	1/6/2020 - 3/18/2020 MW 6:00 - 7:30 PM	Robert Pietruska	4 CR
BI 232 01	Human Anatomy and Physiology II Lab		TBCC	1/9/2020 - 3/19/2020 R 5:30 - 8:30 PM	Robert Pietruska	

Computers

CAS 133 01	Basic Computer Skills/ Microsoft Office		Online	1/6/2020 - 3/22/2020	Michael Weissenfluh	4 CR
CAS 170 01	Beginning Excel		Online	1/6/2020 - 3/22/2020	Michael Weissenfluh	3 CR

College Survival

CG 100 01	College Survival and Success		TBCC	1/6/2020 - 3/18/2020 MW 8:30 - 10:00 AM	John Sandusky	3 CR
CG 100 02	College Survival and Success		TBCC	1/7/2020 3/19/2020 TR 5:00 - 6:30 PM	John Sandusky	3 CR
CG 100 03	College Survival and Success		Online	1/6/2020 - 3/22/2020	Colman Joyce	3 CR

Criminal Justice

CJA 105 01	Intro to Criminal Justice System: Police, Courts, Corrections		TBCC	1/6/2020 - 3/18/2020 MW 10:00 AM - 12:00 PM	Paul Letersky	4 CR
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CREDIT COURSES | WINTER 2020

Criminal Justice Cont'd

CJA 114 01	Intro to the Juvenile Process	TBCC	1/6/2020 - 3/18/2020 MW 6:00 - 7:30 PM	Paul Binford	2 CR
CJA 210 01	Arrest, Search, and Seizure	TBCC	1/7/2020 - 3/19/2020 TR 5:30 - 7:00 PM	Joel Stevens	3 CR
CJA 212 01	Criminal Law	TBCC	1/7/2020 - 3/19/2020 TR 7:00 - 8:30 PM	Jeremy Dietrich	3 CR
CJA 243 01	Narcotics and Dangerous Drugs	Online	1/6/2020 - 3/22/2020	Adelynn Drescher	3 CR



Communications

COMM 111 01	Public Speaking	TBCC	1/6/2020 - 3/18/2020 MW 12:00 - 2:00 PM	Steve Dutton	4 CR
COMM 111 02	Public Speaking	Online	1/6/2020 - 3/22/2020	Michele DeGraffenreid	4 CR
COMM 140 01	Intro to Intercultural Communication	TBCC	1/6/2020 - 3/18/2020 MW 2:00 - 4:00 PM	Richard Jenks	4 CR

Economics

EC 201 01	Principles of Economics : Micro 	Online	1/6/2020 - 3/22/2020	Darryl Spitzer	4 CR
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English

ENG 105 01	Intro to Drama	TBCC	1/7/2020 - 3/19/2020 TR 12:00 - 2:00 PM	Sydney Elliot	4 CR
ENG 216 01	Intro to Teen and Children's Literature 	TBCC	1/7/2020 - 3/19/2020 TR 3:30 - 5:30 PM	Sydney Elliot	4 CR
ENG 254 01	Survey of American Literature 	TBCC	1/6/2020 - 3/18/2020 MW 4:00 - 6:00 PM	Simeon Dreyfuss	4 CR


Forestry

FOR 251 01	Recreation Resource Management	PRI	1/7/2020 - 3/19/2020 TR 5:00 - 6:30 PM	Zach Lee	4 CR
FOR 251 01	Recreation Resource Mgmt Lab 1/11, 1/25, 2/8, 2/22, 3/7	PRI	1/11/2020 - 3/7/2020 S 9:00 - 1:00 PM	Zach Lee	

Health Education

EMS 105 01	EMT Part I	TBCC	1/7/2020 - 3/19/2020 TR 6:00 - 9:20 PM	Jodi Richardson	5 CR
FN 225 01	Nutrition	TBCC	1/6/2020 - 3/18/2020 MW 3:00 - 5:00 PM	Jessica Linnell	4 CR
HE 110 01	CPR/AED for Professional Rescuers and Health Care Providers	TBCC	1/17/2020 - 1/18/2020 S/SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 112 01	Standard First Aid and Emergency Care	TBCC	2/7/2020 - 2/8/2020 S/SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 250 01	Personal Health	Online	1/6/2020 - 3/22/2020	Kaisa Larson	3 CR
HE 295 01	Health and Fitness for Life	Online	1/6/2020 - 3/22/2020	Kaisa Larson	2 CR
PE 295 01	Health and Fitness for Life LAB	Online	1/6/2020 - 3/22/2020	Molly Carlson	1 CR
MP 111 01	Medical Terminology	Online	1/6/2020 - 3/22/2020	Kaisa Larson	4 CR

History








HST 203 01	History of the US from 1914 	TBCC	1/7/2020 - 3/19/2020 TR 12:00 - 2:00 PM	John Sandusky	4 CR
HST 285 01	The Holocaust	TBCC	1/6/2020 - 3/18/2020 MW 2:00 - 4:00 PM	John Sandusky	4 CR

CREDIT COURSES | WINTER 2020

Manufacturing & Industrial Technology

APR 125 01	Electrical Circuits Wiring Methods	NCRD 4	1/7/2020 - 3/17/2020 T 5:00 - 7:00 PM	Dennis Welch	3 CR
APR 222 01	Hazardous Locations	THS CCC44	1/7/2020 - 3/17/2020 T 5:00 - 7:50 PM	Clifton Perkins	3 CR
APR 225 01	Electrical Code/ Level II	THS CCC44	1/8/2020 - 3/18/2020 W 5:00 - 8:50 PM	Clifton Perkins	4 CR
ELT 126 01	Intermediate Programmable Controllers	THS CCC44	1/6/2020 - 3/22/2020 As Announced	Joshua Huffman	2 CR
IMT 104 01	Rigging, Lifting and Safety Inspection	TBA	1/9/2020 - 3/19/2020 R 5:00 - 8:50 PM	Ron Carlbom	3 CR
IMT 222 01	Lean Manufacturing and Process Control	TBA	1/7/2020 - 3/17/2020 T 5:00 PM - 6:50 PM	Darryl Spitzer	3 CR
MCH 220 01	Machining II	TBA	1/6/2020 - 3/16/2020 M 5:00 - 8:50 PM	Andrew Mata	3 CR
MCH 220 02	Machining II	TBA	1/9/2020 - 3/19/2020 R5:00 - 8:50 PM	Andrew Mata	3 CR
WLD 102 01	Blueprint Reading	TBA	1/8/2020 - 3/18/2020 W 5:00 - 8:50 PM	Ron Carlbom	4 CR
WLD 105 01	Welding Technologies	THS CCCAS	1/8/2020 - 3/18/2020 T 5:00 - 8:50 PM	Nic Voss	3 CR
WLD 111 01	SMAW I	NKN CLSRM	1/8/2020 - 3/18/2020 W 5:00 - 8:50 PM	Daniel Gernert	3 CR
WLD 112 01	SMAW II	THS CCCAS	1/6/2020 - 3/18/2020 MW 1:00 - 2:50 PM	Ron Carlbom	3 CR
WLD 120 01	Welding Lab	THS CCCAS	1/7/2020 - 3/19/2020 TR 2:00 - 4:50 PM	Gina Maack	2 CR
WLD 202 01	GTAW II	THS CCCAS	1/6/2020 - 3/18/2020 MW 3:00 - 4:50 PM	Ron Carlbom	3 CR

Math

MTH 095 01	Intermediate Algebra	 TBCC	1/7/2020 - 3/19/2020 TR 2:00 - 4:30 PM	Heidi Coulter	4 CR
MTH 099 01	Aleks Mathematics	Hybrid	1/7/2020 - 3/19/2020 TR 11:00 AM - 1:00 PM	Heidi Coulter	4 CR
MTH 111 01	College Algebra	 TBCC	1/7/2020 - 3/19/2020 TR 2:00 - 4:30 PM	Christopher Carlson	5 CR
MTH 112 01	Elementary Functions	 TBCC	1/7/2020 - 3/19/2020 TR 2:00 - 4:30 PM	Geza Laszlo	5 CR
MTH 112 02	Elementary Functions	 Online	1/6/2020 - 3/22/2020	Chris Carlson	5 CR
MTH 212 01	Foundations of Elementary Math II	 TBCC	1/7/2020 - 3/19/2020 TR 5:30 - 7:30 PM	Geza Laszlo	4 CR
MTH 252 01	Calculus II	 TBCC	1/6/2020 - 3/18/2020 MW 9:00 - 11:30 AM	Geza Laszlo	5 CR
PHY 202 01	General Physics	 TBCC	1/6/2020 - 3/18/2020 MW 12:00 - 2:00 PM	Geza Laszlo	4 CR
PHY 202 01	General Physics LAB	TBCC	1/10/2020 - 3/20/2020 F 12:00 - 3:00 PM	Geza Laszlo	

Music

MUS 206 01	Intro to the History of Rock Music	Online	1/6/2020 - 3/22/2020	Denise Reed	3 CR
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CREDIT COURSES | WINTER 2020


Physical Education

PE 182A 01	Beginning Group Fitness	YMCA Gym	1/6/2020 - 3/18/2020 MW 8:00 - 9:30 AM	Molly Carlson	1 CR
PE 182B 01	Intermediate Group Fitness	YMCA Gym	1/6/2020 - 3/18/2020 MW 8:00 - 9:30 AM	Molly Carlson	1 CR

Philosophy

PHL 201 01	Being and Knowing	Online	1/6/2020 - 3/22/2020	Jeff Sellars	4 CR
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Political Science

PS 201 01	US Government: Foundations and Principles	TBCC	1/10/2020 - 3/20/2020 F 1:00 - 4:50 PM	Gary Albright	4 CR
PS 205 01	International Relations	 TBCC	1/6/2020 - 3/18/2020 MW 1:00 - 3:00 PM	Zachary Hamilla	4 CR

Psychology

PSY 101 01	Psychology and Human Relations	Online	1/6/2020 - 3/22/2020	Dustin Young	4 CR
PSY 202 01	Intro to Psychology II	TBCC	1/9/2020 - 3/19/2020 R 5:30 - 9:30 PM	David Coulter	4 CR
PSY 215 01	Human Development	TBCC	1/7/2020 - 3/19/2020 TR 8:00 - 10:00 AM	David Coulter	4 CR

Reading & Writing

RDWR 115 01	College Reading and Writing	TBCC	1/6/2020 - 3/18/2020 MW 10:00 AM - 12:00 PM	Andrea Ware	5 CR
RDWR 115 02	College Reading and Writing	TBCC	1/7/2020 - 3/19/2020 TR 6:00 - 8:00 PM	Evelyn Wilson	5 CR

Science

GS 106 01	Physical Science (Geology)	 Online	1/6/2020 - 3/22/2020	Genifer Lara	4 CR
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Sociology

SOC 204 01	Sociology in Everyday Life	Online	1/6/2020 - 3/22/2020	Adelynn Drescher	4 CR
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Spanish

SPA 102 01	First Year Spanish II	 TBCC	1/6/2020 - 3/18/2020 MW 3:30 - 5:30 PM	Isabel De Quesada	4 CR
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Writing

WR 121 01	English Composition I	 TBCC	1/6/2020 - 3/18/2020 MW 10:00 AM - 12:00 PM	Michele DeGraffenreid	4 CR
WR 121 02	English Composition I	 TBCC	1/6/2020 - 3/18/2020 MW 6:00 - 8:00 PM	Michele DeGraffenreid	4 CR
WR 121 03	English Composition I	 Online	1/6/2020 - 3/22/2020	Heather Clark	4 CR
WR 122 01	English Composition II	 TBCC	1/6/2020 - 3/18/2020 MW 10:00 AM - 12:00 PM	Simeon Dreyfuss	4 CR
WR 122 02	English Composition II	 TBCC	1/7/2020 - 3/22/2020 TR 6:00 - 8:00 PM	Andrea Ware	4 CR
WR 122 03	English Composition III	 Online	1/6/2020 - 3/22/2020	Heather Clark	4 CR
WR 227 01	Technical & Professional Writing	TBCC	1/6/2020 - 3/18/2020 MW 3:00 - 5:00 PM	Andrea Ware	4 CR
WR 253 01	Imaginative Writing II	TBCC	1/6/2020 - 3/18/2020 MW 2:00 - 4:00 PM	Sydney Elliot	4 CR

COLLEGE PREPARATION | WINTER 2020

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.

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 | WINTER 2020

Adult Basic Education (ABE)

ABE 7602 Adult Basic Education

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

ABE 7602 01	1/6/2020 - 3/19/2020		Fees \$15	
MTWR	4:00 – 6:50 PM	TBCC		Irvin Jacob

ABE 7605 College Transitions - Math

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	1/7/2020 - 3/19/2020		Fees \$15	
TR	4:00 – 5:50 PM	TBCC		Irvin Jacob

ABE 7606 College Transitions - Reading

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

ABE 7606 01	1/6/2020 - 3/18/2020		Fees \$15	
MW	4:00 – 4:50 PM	TBCC		Irvin Jacob

ABE 7607 College Transitions - Writing

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

ABE 7607 01	1/6/2020 - 3/18/2020		Fees \$15	
MW	4:00 – 5:50 PM	TBCC		Irvin Jacob

English for Speakers of Other Languages (ESOL)

ESOL 7450 ESOL A – Integrated Skills

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	1/6/2020 - 3/18/2020		Fees \$15	
MW	5:00 - 6:30 PM	TBCC		Isabel De Quesada

General Equivalency Diploma (GED) Preparation

GED 7500 GED Preparation

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

GED 7500 01	1/6/2020 - 3/19/2020		Fees \$15	
MTWR	4:00 - 6:50 PM	TBCC		Irvin Jacob

GED 7500 GED Preparation (Spanish)

GED 7500 02	1/6/2020 - 3/18/2020		Fees \$15	
MW	6:30 - 8:20 PM	TBCC		Isabel DeQuesada

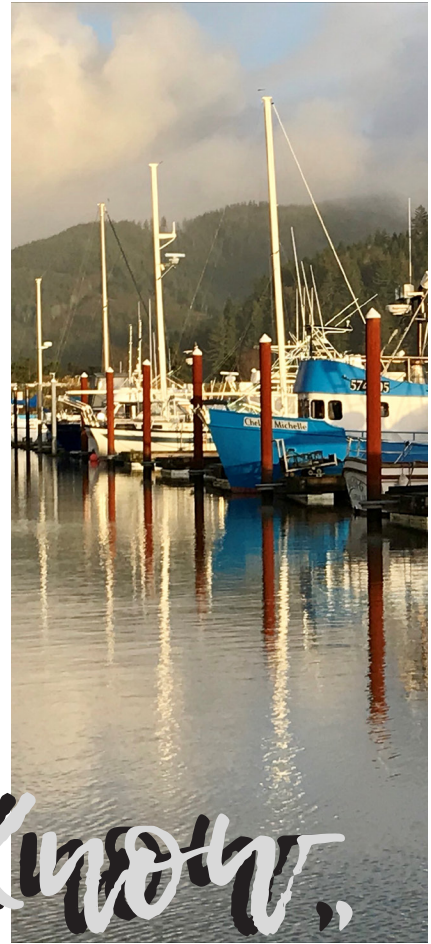
GED 7500 02	1/7/2020 - 3/17/2020		Fees \$15	
T	5:00 - 8:20 PM	TBCC		Isabel DeQuesada

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!



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



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.

JAN. 6TH - JAN 31ST

JAN. 27TH - FEB. 21ST*

FEB. 24TH - MAR. 20TH

* 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/

WORKFORCE AND CAREER TRAINING | WINTER 2020

Truck Driver Training

Truck Driver Training: CDL Certification

C

An overview and introduction to the safe operation of a commercial vehicle and the field of logistics. Course content 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. Course meets for 160 hours, including classroom and practice driving. Upon completion of the course, TBCC schedules a tester for the CDL Class A Pre-Trip, Backing, and Driving tests. (additional fee, paid by the student.) PREREQUISITE: Oregon CDL Learner Permit, DOT physical, driving record check, drug screen, and background check. Course limited to 4 students per section. For more information and to register, please contact Suzie Clark at 503-842-8222 x1430 or suzieclark@tillamookbaycc.edu.

CED 1180-01	1/6/2020 - 1/31/2020		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		Buzz Wilcox Bret Rivenes
CED 1180-02	1/27/2020 - 2/21/2020		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	CCC Merts Campus & TBA		James Crowe
CED 1180-03	2/24/2020 - 3/20/2020		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		Buzz Wilcox Bret Rivenes

Customized Training - Employee Development

At TBCC we know that people make the difference. We create professional training solutions for your business based on your business' needs. We work in partnership with qualified, statewide industry experts to create training options that will help you meet your goals. The training programs and resources of TBCC assist in developing your skilled workforce and managers to support your success as an organization. By identifying your challenges, we will rapidly customize a solution for your specific business needs.

Examples of training topics:

- Employee, Supervisor, and Leadership training
- Management and Employee Communication Skills
- Project Development and Management
- Continuous Improvement and Lean Processes
- Ethics and Social Responsibility within Decision Making
- Organization-specific Training

Learn it today, apply it tomorrow, and build business success now and in the future. *Contact Joann Critelli at 503-842-8222 x1320*

Healthcare Professionals

Phlebotomy I

C

This course includes 40 hours of classroom instruction in anatomy and physiology of the circulatory system, specimen collection, specimen processing and handling, and laboratory operations (e.g., safety, quality, control, etc.). This course also includes a skills component to prepare students for clinical experience in Phlebotomy II. Enrollment is limited to 14 students. Successful completion of this course, high school graduation (or equivalent), and 100 hours of clinical experience (Phlebotomy, Part II) will qualify participants to take the ASCP Phlebotomy Technician examination for certification. Phlebotomy II requires (through an authorized service provider) a criminal background check, 11-panel drug screen, immunizations and CPR card before placement into clinical sites. Cost of background check and screening (approximately \$147) is born by student, payable to authorized service provider and must be completed before the completion of Phlebotomy I. Details are provided on the first day of Phlebotomy I class or contact JoAnn Critelli at (503) 842-8222 x1320 or joanncritelli@tillamookbaycc.edu for information regarding screenings with authorized provider. Register online at www.tillamookbaycc.edu or in person with Student Services at TBCC.

PHET 930F-01	1/6/2020 - 3/22/2020	Tuition \$250	Fees \$20	
TR	4:00 - 5:50 PM	TBCC 101		Jodi Richardson

CONTINUING EDUCATION | WINTER 2020

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	1/14/2020		Fees \$20	
T	4:00 - 6:00 PM	PRI #114		Staff
SBD 1136-02	1/27/2020		Fees \$20	
M	1:00 - 3:00 PM	PRI #114		Staff
SBD 1136-03	2/12/2020		Fees \$20	
W	2:00 - 4:00 PM	PRI #114		Staff
SBD 1136-04	2/28/2020		Fees \$20	
F	5:00 - 7:00 PM	PRI #114		Staff
SBD 1136-05	3/14/2020		Fees \$20	
S	1:00 - 3:00 PM	PRI #114		Staff
SBD 1136-06	3/24/2020		Fees \$20	
T	5:00 - 7:00 PM	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 two four-hour Saturday classes.

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

SBD 2100 -01	1/25/2020 , 2/1/2020		Fees \$175	
S	8:00 AM - 12:00 PM	PRI #114		Teri Fladstol
SBD 2100-02	3/7/2020 , 3/14/2020		Fees \$175	
S	8:00 AM - 12:00 PM	PRI #114		Teri Fladstol

Legal & Insurance

C

- Contract Management – Business success depends on negotiation skills in selling, buying, contracts, and lease agreements. Learn how to negotiate win-win deals that work.
- Business Resiliency – Planning, insuring, and protecting your business from all life throws your way. Learn how to mitigate risk and reduce the worry of what “could” happen.
- Cyber Security – More and more business is conducted online, but what are the risks? Learn the techniques to foil online criminals who are intent on stealing from your business.

SBD 9354-01	1/8/2020, 2/12/2020, 3/11/2020		Fees \$250	
W	5:00 - 8:00 PM	PRI #107		Subject Experts

CONTINUING EDUCATION | WINTER 2020

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. Class is every other Monday for eight weeks beginning February 10th.

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

SBD 1148-01 2/10/2020, 2/24/2020, 3/9/2020, 3/23/2020

Fees \$175

M 5:30 - 7:30 PM

PRI #114

Teri Fladstol

Solo Business Builders

C

You became a solopreneur because you love what you do. But when you get bogged down in running your business; you can lose track of the passion that got you started. There's another way! Solo Business Builders is designed specifically to help you build the solopreneur business of your dreams and prevent burnout. This class includes:

- 30 hours of classroom business education with subject matter experts
- One-on-one advising opportunities
- Cohort learning and networking
- Access to market research in your field, and more.

This class is three hours every Thursday for eight weeks. For more information, contact 503-842-8222 x1420 or rebeccaphoenix@tillamookbaycc.edu

SBD 9074 -01 1/20/2020 - 3/9/2020

Fees \$395

M 9:00 AM - 12:00 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 3/20/2020 - 3/21/2020

Fees \$355

FS 8:00 AM - 5:00 PM

PRI #114

Judy Beebe

Sales, Marketing, & Customer Service

C

- Image & Branding – Learn about the value of a strong business brand and how to maintain a positive image in the market.
- Great Customer Service Skills – Refining customer service skills is ongoing in any business. Develop ways to continuously improve the experience customers have when they buy from you.
- Growing Your Business – How big is too big? Growth is a major cause of business failure, but it's also the way to create long term wealth. Learn what it means to grow a business and what it takes to be successful.

SBD 7773-01 1/14/2020, 2/11/2020, 3/10/2020

Fees \$250

T 12:00 - 3:00 PM

PRI #107

Subject Experts



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

POWERED BY



CONTINUING EDUCATION | WINTER 2020

Safety and Health – Adventist Health Tillamook

CHIP (Complete Health Improvement Program)

C

Are you concerned about being overweight or having diabetes, cancer, hypertension, osteoporosis, high cholesterol, or heart disease? Take charge now and in 30 days revolutionize the way you feel. Without any gimmicks, pills or expensive diets you can cut your risk of heart attack by 50% or more, adding years to your life. Includes supper every night. Attend a free information/registration session on January 21 or 23 from 6:30 – 7:30 pm at Seventh Day Adventist Church. For more information, call Ginny at (503) 815-2270.

CED 8706-01 2/3/2020 - 3/12/2020

MTR 5:45 - 8:00 PM SDACH Ginny Gabel, RN

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 Ginny at (503) 815-2270.

CED 1187-01 1/9/2020 - 2/27/2020

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

Childbirth Class

C

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

CED 8715-01 1/8/2020 - 2/5/2020

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

CED 8715-02 3/4/2020 - 4/1/2020

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

Living Well with Chronic Conditions

C

This program will help you learn new ways to deal with issues caused by many chronic conditions. Over 6 weeks, we will cover such topics as handling stress, depression, talking to your provider, managing medications, and fighting fatigue and frustrations. Group discussion is the basis for this program developed by Stanford University. No charge, but registration is required. For more information, call Ginny at (503) 815-2270.

CED 8704-01 2/4/2020 - 3/10/2020

T 1:30 - 4:00 PM SDACH Ginny Gabel, RN



COMMUNITY EDUCATION | WINTER 2020

Get a Boost with Community Education this Winter at TBCC!



Accomplish Meeting Agendas

Learn to organize effective meetings to mesh ideas and maximize engagement and productivity. See Beverly Stein's course on page 29, starting 1/14/2020.

Address Challenging Behaviors

Learn how to better support the youth in your life and community. In this course, familiarize yourself with common stressful challenges that youth face in order to approach and respond to behaviors effectively. See Dustin Young's course on page 29, starting 1/6/2020.

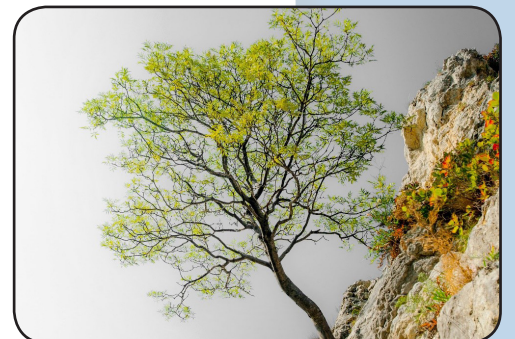


Drive with Confidence

Driver's education is available this winter for students with permits or adults looking to learn safe driving practices – a good way to become comfortable on the road and reduce insurance costs. See more on page 32.

Stay Strong and Adapt

In the wake of adversity, face stress or trauma at home or the workplace with new resiliency. Dustin Young's course begins 2/10/2020. See entry on page 33.



COMMUNITY EDUCATION | WINTER 2020

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 partnerships with the YMCA, North County Recreational District (NCRD) and Adventist Health Tillamook (AHT) for fitness, health, safety and general interest classes, and with the 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).

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.

Registration opens November 25, 2019.

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.

Professional Development

COMMUNICATION AND EDUCATION

NEW! Addressing Challenging Behaviors

Looking to support children or teens through struggles of ongoing stress or trauma? This class will explain the impact of stressful situations on youth and teach how the community can support these individuals. The course focuses on common behavioral challenges in the community and school settings, and it will review possible responses and approaches to address these challenging behaviors.

CED 9099-01	1/6/2020 - 1/29/2020	Tuition: \$89	
MW	6:00 - 8:00 PM	TBCC 104	Dustin Young

NEW! Early Childhood Education Training

Northwest Regional Child Care Resource and Referral offers community-based training for providers that covers child care and the early learning profession. Core topics include diversity; family and community systems; health, safety, and nutrition; human growth and development; learning environments and curriculum; observation and assessment; personal, professional, and leadership development; program management; special needs; and understanding and guiding behavior. Sessions build on previous knowledge in order to implement learned material and think in depth. Trainings are held at the Northwest Regional Education Service District 2515 3rd Street Tillamook, OR. For information on training dates, topic descriptions, and registration visit the training calendar on www.nwregionallccrr.org or call us at 503-815-4448 - Se Habla Español

CEU 1130-01	1/9/2020 - 3/26/2020		
R	6:00 - 8:00 PM	ESD	Various Instructors

NEW! Facilitating Effective and Enjoyable Meetings

Frustrated with meetings that are unorganized and don't produce results? This class teaches how to create an effective agenda that sticks to the timeline and guides discussions so everyone is heard and decisions are made. We will explore innovative ideas for making meetings fun and productive while encouraging team building.

CED 9105-01	1/14/2020 - 1/28/2020	Tuition \$50	
T	12:00 - 2:00 PM	TBCC 205	Beverly Stein

COMMUNITY EDUCATION | WINTER 2020

Professional Development Cont'd

COMMUNICATION AND EDUCATION CONT'D

Keys to Effective Communication

C

If you often find yourself at a loss for words or lack confidence in your communication abilities, you will appreciate this course. Each lesson works through the step by step process needed to become a great conversationalist. You will learn to use communication to build rapport and create environments of trust, warmth, and respect. Become more confident, create a great first impression, get along well with others, and create more and better personal and professional relationships. \$95 Register and pay via www.ed2go.com/tbcc

1/15/2020 - 2/26/2020

Online

Dawn Lianna

LANGUAGE

NEW! Spanish for Travel

C

This course teaches students basic phrases to help guide them through trips in Spanish speaking countries. Each week will focus on a specific topic: transportation, food and beverages, telling time, help in emergencies, and basic conversation. In addition to vocabulary, students will improve their pronunciation and learn about everyday customs and courtesies.

CEC 6012-01

1/7/2020 - 2/7/2020

Tuition \$89

TR

6:30 - 8:00 PM

TBCC 204

Molly Rosbach

CEC 6012-02

2/11/2020 - 3/12/2020

Tuition \$89

TR

6:30 - 8:00 PM

TBCC 204

Molly Rosbach

Spanish for Medical Professionals

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. \$95 Register and pay via www.ed2go.com/tbcc

1/15/2020 - 2/26/2020

Online

Tara Bradley Williams

Spanish for Law Enforcement

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. \$95 Register and pay via www.ed2go.com/tbcc

1/15/2020 - 2/26/2020

Online

Tara Bradley Williams



COMMUNITY EDUCATION | WINTER 2020

Professional Development Cont'd

TECHNOLOGY

Intro to Coding

Introduces the basics of computer programming and various programming languages. New technologies that allow people outside of the computer science field to be able to create their own web pages using code. Students will learn the basics of HTML, CSS, and Java Script in this course, as well as the practical uses for each. \$195

Register at: <http://www.yougotclass.org/catalog-complete.cfm/Tillamookbaycc>

2/03/2020 - 2/28/2020

Online

Jeff Kritzer

Intro to C# Programming

Develop an understanding of programming fundamentals: input/output operations, decision making, and looping. Then, explore the many benefits of object oriented programming, with plenty of vivid, real-life examples. Gain hands-on experience with sequential data files, and learn to build a professional-looking and intuitive Graphical User Interface (GUI) application on your very own computer. \$115 Register and pay via www.ed2go.com/tbcc

1/15/2020 - 2/26/2020

Online

Mike Orsega

Creating Web Pages

Using HTML, learn to create a Web site in this extensive, workshop. Learn the fundamentals of web design and then 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. This course also covers critical and timely information on securing the best possible location in search engine listings, and powerful no-cost or low-cost web marketing strategies. \$115 Register and pay via www.ed2go.com/tbcc

1/15/2020 - 2/26/2020

Online

Alan Simpson

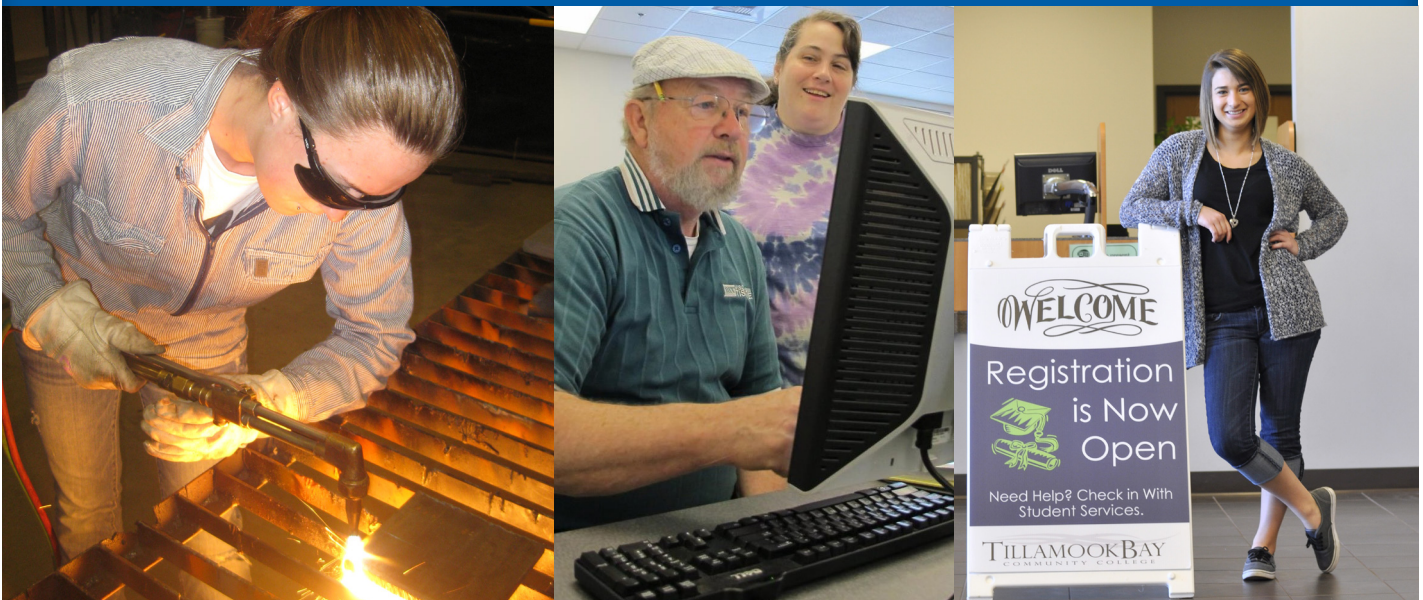
Social Media for Business

Find a continuous supply of new customers by using social media. Whether you consider yourself a social media novice or a seasoned veteran, this course will give you a solid foundation and thorough understanding of what social media is and how you can use it to grow your business. Learn about the five most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest, and Instagram—and learn to use them to promote your business. Gain techniques for measuring and tracking your social media success. \$95 Register and pay via www.ed2go.com/tbcc

1/15/2020 - 2/26/2020

Online

Brad Semp



COMMUNITY EDUCATION | WINTER 2020

Personal Development

DRIVER EDUCATION

Driver Education for High School Students (with Permit) C

This ODOT certified class includes 30 hours classroom and 12 hours in the car (6 hours behind-the-wheel instruction and 6 hours in-car observation). Drive times are scheduled in addition to the classroom time. Course Requirements: Teens must be 15-17 years old and complete the course before their 18th birthday. Attendance at ALL sessions are mandatory. Missed sessions must be made-up at an additional cost. **Mandatory parent/teen orientation is held at the first class, Thursday, January 16 session**, the following classes will be held Friday evenings and Saturday mornings. Student MUST bring Oregon Instruction Permit AND a photocopy of your permit to orientation. \$75 scholarship available to students who bring to Student Services proof of Free or Reduced Lunch from their school. Please contact Jerry at 541-961-9753, email two@trainingwheelsoregon.com or Facebook at Training Wheels Driver Education and Training for class registration and payment. \$275

CED 1120-01	1/16/20, 1/17/20, 1/24-2/22/20			
F	5:00 - 8:00 PM	TBCC	102	
S	9:00 AM - 12:00 PM	TBCC	102	Jerry Conrady

Driver Education for Adults C

This class is for anyone with a driver license or for adults 18 and up with permits. The course includes 30 hours of classroom instruction and 6 hours in the car. **First class will meet Thursday, January 16**, the following classes will be held Friday evenings and Saturday mornings. Drive times are scheduled in addition to the classroom time. Students must have their Oregon permit or a valid Driver License before class starts. Please contact Jerry at 541-961-9753, email two@trainingwheelsoregon.com or Facebook at Training Wheels Driver Education and Training for class registration and payment. \$450

CED 8306-01	1/16/20, 1/17/20, 1/24-2/22/20			
F	5:00 - 8:00 PM	TBCC	102	
S	9:00 AM - 12:00 PM	TBCC	102	Jerry Conrady

Private Driving Lessons for Adults C

Receive 6 hours of behind the wheel instruction. Learn good driving habits and skills to pass the DMV behind the wheel drive test or customize this course to your personal needs such as practice in Portland downtown traffic or freeway driving. Please contact Jerry at 541-961-9753, email two@trainingwheelsoregon.com or Facebook at Training Wheels Driver Education and Training for class registration and payment. \$300

CED 8414-01	1/16/2020 - 2/22/2020			
	Date and Time to be arranged with Instructor.			Jerry Conrady

EARTH MATTERS

Horticulture Specialist I (Master Gardener)

Anyone with a strong interest in gardening and a desire to volunteer in their community may take the OSU Master Gardener training. Master Gardener trainees will receive in-depth horticultural training and learn about gardening in Tillamook County's unique environment. In exchange, participants will be expected to volunteer answering community horticulture questions. Participants will be working at the OSU Extension Office, helping at community events, and sharing information at a variety of Master Gardener activities. Please register at the OSU Extension Office at 4506 3rd Street, Tillamook or call 503-842-3433 if you have additional questions.

CED 9054-01	1/9/2020 - 4/2/2020			
R	9:00 AM - 4:30 PM	PRI	105/107	Various Instructors

Intro to Solid Waste Management C

Participants will learn the basics of solid waste management, both on a global scale and in Tillamook County. Topics covered include waste composition, composting, hazardous waste, recyclables and recycling, e-waste, transfer stations and landfills, dairy and livestock waste management, and commercial and residential waste management. Class is free for Tillamook County residents.

CED 2034-01	2/14/2020, 2/21/2020			
F	9:00 AM - 4:30 PM	TBCC	103	Troy Downing

COMMUNITY EDUCATION | WINTER 2020

Personal Development Cont'd

EARTH MATTERS CONT'D

Master Recycler

C

Participants will learn to minimize the impacts of materials and learn strategies that encourage thoughtful consumption, the reduction of toxins and the recovery of our material resources. Aspects relating to local recycling efforts are also emphasized. Class is free. You are asked for 30 volunteer hours and to be a recycling advocate within your own circle. This course is to be taken concurrently with Introduction to Solid Waste Management

CED 6560-01

2/21/2020 - 3/6/2020

F

9:00 AM - 4:30 PM

TBCC 103

David McCall

NEW! Big History, Factfulness, and Sustainable Development:

C

Why things are better than you think, but we still have a long way to go!

Dive into the universe's 13.8 billion year history and the broader context of sustainability. "Big History, Factfulness and Sustainable Development" examines our past, explains our present, and imagines our future through eight thresholds. Threshold 1: The Big Bang, Threshold 2: Stars Light Up, Threshold 3: New Chemical Elements, Threshold 4: Earth & the Solar System, Threshold 5: Life on Earth, Threshold 6: Collective Learning, Threshold 7: Agriculture and Threshold 8: The Modern Revolution and Sustainable Development. In threshold 8 we review the progress we have made the last 50-100 years and the future through the lens of remote sensing, data analytics and the UN Sustainable Development Goals (SDGs). This course is offered at no cost.

CED 7101-01

2/4/2020 - 2/25/2020

T

6:30 - 8:30 PM

TBCC 205

Greg Cermak

MIND AND BODY

Long Term Care Consumer Basics

C

Confused about licensed, long-term care in Oregon? This course will demystify the all-too common acronyms associated with long-term care to assist you in determining the best type of facility for you or your loved one. Presenters will discuss how to be a savvy consumer before signing any contract, describe the perks and pitfalls of community based care, and provide instruction of how and where to apply for Medicaid. Most importantly, presenters will discuss the additional rights that are afforded to all residents living in licensing, long-term care settings in Oregon. This course is offered at no cost.

CED 9110-01

3/6/2020

MW

1:00 - 3:00 PM

TBCC 104

Bosworth/Spegman

Resiliency Practice

Do you know someone who seems to "bounce back" from difficult events? Are you exposed to high stress or high trauma in your profession? 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

2/10/2020 - 3/4/2020

Tuition: \$89

MW

6:00 - 8:00 PM

TBCC 207

Dustin Young

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

1/6/2020 - 3/18/2020

MW

12:00 - 1:00 PM

TBCC 101

Sydney Elliott

HOBBY AND RECREATION

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

1/6/2020 - 3/9/2020

Fees \$79

M

6:00 - 8:00 PM

TBCC 102

Richard Paris

COMMUNITY EDUCATION | WINTER 2020

Fitness and Health – YMCA

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

AQUATIC FITNESS

Aqua Strut (Water Walking) C

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

CED 8511-01	1/6/2020 - 3/22/2020		
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	1/6/2020 - 3/22/2020		
MWF	9:00 - 10:00 AM	YMCA Therapy Pool	Susan Urrey
CED 8513-02	1/6/2020 - 3/22/2020		
TR	7:30 - 8:30 AM	YMCA Therapy Pool	Sharon Shreve
CED 8313-03	1/6/2020 - 3/22/2020		
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	1/6/2020 - 3/22/2020		
MWF	10:00 - 11:00 AM	YMCA Therapy Pool	Jim Jett

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	1/6/2020 - 3/22/2020		
TR	10:00 - 11:00 AM	YMCA Therapy Pool	Nick Johnson
CED 8503-02	1/6/2020 - 3/22/2020		
TR	11:00 AM - 12:00 PM	YMCA Therapy Pool	Lori Kaiser
CED 8503-03	1/6/2020 - 3/22/2020		
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 you shouldn't miss! \$Y-0 NY-78

CED 2030-01	1/6/2020 - 3/22/2020		
TR	6:00 - 7:00 PM	YMCA Therapy Pool	Denise Beeler

COMMUNITY EDUCATION | WINTER 2020

Fitness and Health – YMCA

AQUATIC FITNESS CONT'D

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 1/6/2020 - 3/22/2020

TR 8:30 - 9:15 AM YMCA Comp. 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 1/6/2020 - 3/22/2020

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

LAND FITNESS

Bootcamp

C

Cardio and toning in an athletic-style workout that incorporates one or more of the following: weights, bands, steps, kettles, medicine balls, drills, obstacles, HIIT, and Tabata style formats. Class can be modified to fit your ability. You will love the variety that this class has to offer. \$Y-0 NY-45

CED 8605-01 1/6/2020 - 3/22/2020

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

CED 8605-02 1/6/2020 - 3/22/2020

TR 12:15 - 12:45 PM 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 1/6/2020 - 3/22/2020

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

CED 1166-02 1/6/2020 - 3/22/2020

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

CED 1166-03 1/6/2020 - 3/22/2020

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

P90X Live

C

P90X Live is the total-body strength and conditioning group fitness class for anyone looking to get lean, toned, and fit! This motivation, results-driven workout is designed to burn calories and build muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate. \$Y-0 NY-45

CED 8593-01 1/6/2020 - 3/22/2020

W 12:15 - 12:45 PM YMCA Studio Galena Flores

Strength Train Together (More course offerings on next page.)

C

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

CED 8519-01 1/6/2020 - 3/22/2020

MF 5:15 - 6:15 AM YMCA Studio Courtney Fortenberry

CED 8519-02 1/6/2020 - 3/22/2020

TR 9:45-10:45 AM YMCA South Gym Galena Flores

COMMUNITY EDUCATION | WINTER 2020

CED 8519-03 1/6/2020 - 3/22/2020
S 10:00 - 11:00 AM YMCA Studio Galena Flores

CED 8519-04 1/6/2020 - 3/22/2020
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 1/6/2020 - 3/22/2020
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 1/6/2020 - 3/22/2020
TR 8:30 - 9:30 AM YMCA Gym Sarah Patterson

CED 8516-02 1/6/2020 - 3/22/2020
S 8:30 - 9:30 AM YMCA Studio Ahndrea Sousa

CED 8516-03 1/6/2020 - 3/22/2020
MW 5:45 - 6:45 PM YMCA Gym Jeannie Christensen

CED 8516-04 1/6/2020 - 3/22/2020
T 5:45 - 6:45 PM YMCA Studio Neri Perez

CED 8516-05 1/6/2020 - 3/22/2020
R 6:30 - 7:30 PM YMCA Studio Neri Perez

CED 8516-06 1/6/2020 - 3/22/2020
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 1/6/2020 - 3/22/2020
S 10:00 - 10:45 AM YMCA RB Court 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

CED 8532-01 1/6/2020 - 3/22/2020
TR 5:30 - 6:30 AM YMCA Spin Room Eva Manderson

CED 8532-02 1/6/2020 - 3/22/2020
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 1/6/2020 - 3/22/2020
MWF 7:15 - 8:15 AM YMCA Studio Darcy Fugate

COMMUNITY EDUCATION | WINTER 2020

Step & Sculpt

C

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

CED 8528-01 1/6/2020 - 3/22/2020

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 1/6/2020 - 3/22/2020

TR 7:00 - 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 1/6/2020 - 3/22/2020

TR 8:00 - 8:30 AM YMCA Studio Michelle Jenck

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

C

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

CED 8608-01 1/6/2020 - 3/22/2020

MWF 8:30 - 9:30 AM YMCA Studio Thea Defeyter & Phil Gates(F)

CED 8608-02 1/6/2020 - 3/22/2020

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 1/6/2020 - 3/22/2020

TR 1:00 - 2:30 PM YMCA Studio Sherryl Klingelhofer

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 1/6/2020 - 3/22/2020

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 1/6/2020 - 3/22/2020

TR 9:00 - 10:00 AM YMCA Studio Molly Carlson

COMMUNITY EDUCATION | WINTER 2020

Sun Salutations Yoga

C

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

CED 1140-01 1/6/2020 - 3/22/2020

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 1/6/2020 - 3/22/2020

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 1/6/2020 - 3/22/2020

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 1/6/2020 - 3/22/2020

MWF 10:00 - 11:00 AM YMCA Gym Galena Flores

Fit 'n' Fabulous

S

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 1/6/2020 - 3/22/2020

TR 8:30 - 10:00 AM KCC Susie Wenrick

Fitness and Health – NCRD

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.

AQUATIC FITNESS

Adult Swim Lessons

N

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

CED 1105-01 1/6/2020 - 3/16/2020

M 11:30 AM - 12:00 PM NCRD Pool Sue Dindia-Gray

COMMUNITY EDUCATION | WINTER 2020

Aqua Stretch

N

The main focus of this class is stretching to improve flexibility. The water's buoyancy aids balance and stability. The water's resistance adds a weight bearing component which increases strength and muscle tone. The warmth of the water allows soft tissues and muscles to stretch more comfortably making this a safe and enjoyable workout for all fitness levels. \$45 payable to NCRD.

CED 8557-01 1/11/2020 - 3/21/2020

S 9:45 - 10:45 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 1/7/2020 - 3/19/2020

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 1/6/2020 - 3/20/2020

MWRF 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 1/9/2020 - 3/19/2020

R 9:15 - 10:05 AM NCRD Pool Barbara McCann/Nancy Smith

LAND FITNESS

Group Strength Training for Seniors

N

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

CED 8550 - 01 1/7/2020 - 3/19/2020

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

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 12/31/2019 - 3/17/2020

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

COMMUNITY EDUCATION | WINTER 2020

Zumba

N

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

CED 8553-01 1/7/2020 - 3/19/2020

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 1/7/2020 - 3/19/2020

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

Restorative Yoga

N

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

CED 8558-01 1/1/2020 - 3/18/2020

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 12/30/2019 - 3/16/2020

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 1/3/2020 - 3/20/2020

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

Classical Yoga

N

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

CED 8567-01 1/4/2020 - 3/21/2020

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

COMMUNITY EDUCATION | WINTER 2020

Stretch/Flex/Balance

N

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

CED 8571-01 1/6/2020 - 3/20/2020

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

CED 8572-01 1/6/2020 - 3/18/2020

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 1/2/2020 - 3/19/2020

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 1/2/2020 - 3/19/2020

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

Mid-Life Yoga

N

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

CED 8582-01 1/1/2020 - 3/18/2020

W 8:00 - 9:30 AM NCRD 5 Theresa Hanks

Tai - Chi: Movement for Better Balance

N

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

CED 8585-01 1/6/2020 - 3/18/2020

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

COMMUNITY EDUCATION | WINTER 2020

AM Boot Camp

N

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

CED 8589-01 1/5/2020 - 3/15/2020
U 9:00 - 10:00 AM NCRD Gym Gina Grassetth

Group Strength

N

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

CED 8586-01 1/7/2020 - 3/19/2020
TR 9:00 - 10:00 AM NCRD Gym Gina Grassetth

Steady at the Barre

N

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

CED 8588-01 1/10/2020 - 3/20/2020
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.

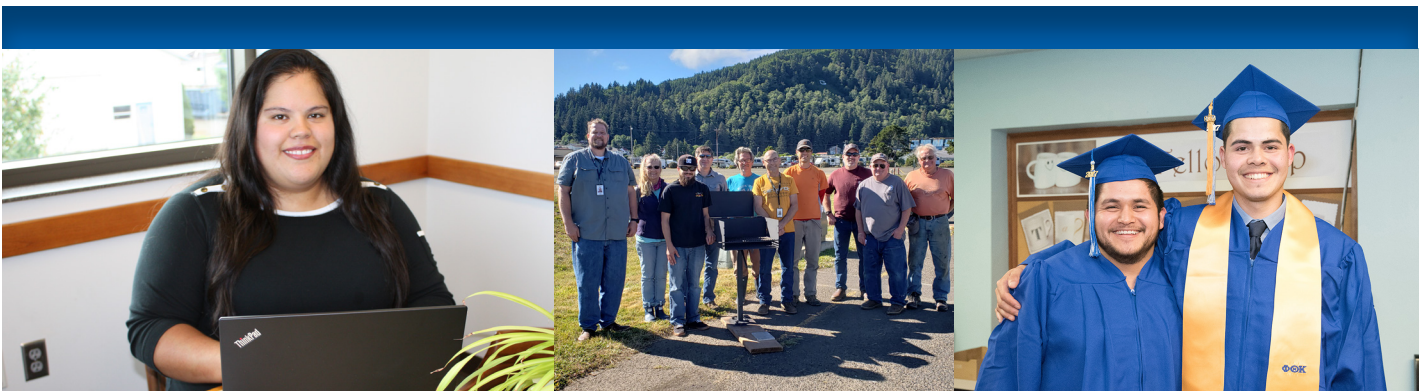
CED 1135-01 1/6/2020 - 3/18/2020
MW 5:30 - 6:30 PM NCRD Gym Wendy Bakker

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 1/3/2020 - 3/20/2020
F 11:30 AM - 1:00 PM NCRD 5 Lynda Chick



FINAL EXAM SCHEDULE | WINTER 2020

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

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

1. No student will be required to take more than two back-to-back examinations.
2. No student will be required to take more than three exams in one day.
3. Students may select which course's final exam to reschedule if item number 1 or 2 occurs. Schedule the make-up exam with the instructor.
4. If item number 1 or 2 occurs, it is the student's responsibility to notify the instructor prior to the originally scheduled exam and arrange item number 3.
5. **All make-up exams under item number 3 must be completed** by 5:00 PM March 20, 2020.
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 Chief of Student Services, 4301 Third Street, Tillamook, Oregon, Room 116, Phone (503) 842-8222, ext. 1110*

Student Rights/Responsibilities

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

Student Disclosure Statement and Consumer Information

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

POLICIES & INFORMATION | WINTER 2020

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 | WINTER 2020

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.

Student Complaints

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

- Disability Services: Rhoda Hanson
Chief 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 | WINTER 2020

Helpful Telephone Numbers:

Main Phone (503) 842-8222

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

TBCC Store / Cashier

Central Campus, 1st Floor Lobby
Phone: (503) 842-8222, ext. 1240 or 1220
Fax: (503) 842-8334
<http://tillamookbaycc.edu/online-bookstore/>

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
8:30 AM - 4:30 PM

Disability Services

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

Full-time Faculty

Tom Atchison	ext. 1815
Ron Carlbom	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

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 FacebookL Beta Delta Epsilon Tillamook

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Tillamook, OR

Oregon Transfer Day

Wednesday, January 15 2020



Students from across Tillamook County are welcome and encouraged to attend Oregon Transfer Day on the TBCC campus.

Whether you are actively planning to transfer, or just getting started with considering four-year degree options you can get their questions answered by College and University Representatives.

Students will learn more about each college's offerings, admissions requirements, choosing courses wisely, navigating college costs and financial aid, and tools to make their transition as seamless as possible. To learn more, contact student services: studentservices@tillamookbaycc.edu or 503-842-8222 ext. 1100.

