A photograph of two women working together at a table. The woman on the left has blonde hair and is wearing a grey and black striped shirt and blue gloves. She is using a brush to apply yellow paint to a metal palette. The woman on the right has dark curly hair, wears glasses, a white shirt, and a black apron. She is smiling and looking at the work. On the table are several paint containers: a white one with a black lid, a red one, and a yellow one. There are also brushes and a white cloth.

Printed 2-7-2020
For current info visit
MyTBCC Course Search

TILLAMOOK BAY
COMMUNITY COLLEGE

SPRING 2020

IMPORTANT DATES

Spring Term 2020

February 24

Spring Term Registration Begins

March 29

Spring Registration
Closes at Midnight

March 30

Spring Term 2020 Begins

April 3

Last Day to Drop a Class

April 3

Spring Term Payment Due

May 22

Last Day to Withdraw

May 25

Summer Term Registration Begins

May 25

Memorial Day - Campus Closed

June 8-12

Spring Term Finals

June 12

Commencement

June 13

Spring Term Ends

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Cover Photo:

TBCC student Catherine Stout develops a custom ink color to create a woodcut print in an ART 270 Printmaking course as Instructor Karen Belanger looks on. The course introduces basic printmaking processes, techniques, and concepts while addressing historical and contemporary issues. Students will be presenting their work through an exhibit at the college in March.

February 17, 2020 6:38 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) Spring 2020, Volume 24, Number 4, is published quarterly by Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525. Periodical Postage Rate is paid at Tillamook OR. POSTMASTER: Send all address changes to Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525.

SPRING TERM 2020

Welcome to the Spring Term Class Schedule for Tillamook Bay Community College (TBCC)! We have all the credit and non-credit classes that will be offered at TBCC during the spring term in this schedule, along with other important information to navigate our processes.

As we enter the spring term, we have our eyes on graduation, as I know some of you do as well! This year it will be on Friday, June 12, at 6pm at the Nazarene Church on Third St. It is the highlight of the year for those of us that work at TBCC and is a very unique ceremony. I look forward to shaking hands with all of the graduates and sharing that special day with them.

At TBCC, we work very hard to help students get on a path, stay on the path to completion, and learn as much as possible in their classes and programs. Education and skills training are major keys to success in our world, and we want everyone to find the path that excites them and then pursue the education needed to be successful in that field. TBCC is adding new programs every year and can help students with any interests to find the path to completion, even if it involves continuing on from TBCC to another school or university. We have outstanding student services staff that love working with students to achieve their educational goals, as well as excellent faculty that love teaching students and helping them to achieve the learning outcomes in their courses.

So, enjoy the upcoming spring term. We wish you all the best as you continue your educational journey to find the path that fits you best. We are glad you picked TBCC to help you achieve those goals.

Sincerely,

Dr. Ross Tomlin
President, TBCC



WHAT'S NEW AT TBCC

TBCC adds Medical Assistant Program



Certified Medical Assistants (CMA) are an essential part of the healthcare team and work primarily in medical offices performing routine administrative and clinical duties. Administrative duties include scheduling appointments, maintaining medical records, and billing/coding for insurance purposes. Clinical duties include taking patient histories and vital signs, preparing patients for medical examinations and procedures, assisting healthcare providers with examinations and treatments, collecting and testing specimens, and educating patients on health promotion and disease prevention issues.

A certificate from TBCC provides classroom study and hands on training with local healthcare partners. Program completion satisfies eligibility requirements for the national certification exam. Contact Student Services for information on applying to the next cohort. The deadline for application is February 14 at 5PM. Don't miss it!

Welcome, Kandi Spitzer Dean of Academic Partnerships

Kandi joined the TBCC Office of Instruction as Dean of Academic Partnerships in January. In her role she will oversee TBCC's Dual Credit program in the high schools, the GED and Adult Basic Skills program, administer a Career Pathways grant that is a statewide initiative to implement short-term certificates in career-technical education programs to students, and oversee the Criminal Justice program for the college. Kandi holds a Bachelor's degree in Elementary Education and a Master's degree in Special Education. She has a rich background in program management, advocacy, and connecting people to resources and networks. Her work history includes serving as an adjunct faculty member at TBCC teaching GED preparation and Adult Basic Education courses, teaching at the K-12 level, serving as STEM Grant Director through Northwest Regional Educational Service District, and participating as a CASA advocate. Kandi is excited to help positively impact students across the county. She can be reached at kandispitzer@tillamookbaycc.edu.



NEWS YOU CAN USE | SPRING 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 \$200 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

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 \$200 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

For more information about **BRIDGES** or **NAVIGATORS**, contact Student Services at (503) 842-8222 ext. 1100 or studentservices@tillamookbaycc.edu.



Support when you need it.

NEWS YOU CAN USE | SPRING 2020

Apply Now for FAFSA

Have you applied for financial aid? You may qualify for aid during the Spring. 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 Sara Hartford (sarahartford@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 SPRING 2020

Upcoming Events and Spring Term Workshops

4/15 Acing the Job Interview (12 - 1PM)

Provides tips and tricks for preparing for a job interview. This content focuses on what to wear, what to bring, what to research and what to say in order to land the job. It is a wonderful introduction for new job seekers as well as a fun refresher for those making a career change.

4/21 Scholarship Workshop (12 - 1PM)

This workshop is designed to inform students of available scholarship opportunities and how to apply for them. Participants will be introduced to scholarships offered by TBCC's Foundation, the process to apply as well how to prospect for external funding resources.

4/22 Transfer Tips & Tools (12 - 1PM)

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.

5/13 Career Exploration & Planning Workshop (12 - 1PM)

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.

5/20 After Grad : Work or College? (12 - 1PM and 5:30 - 6:30 PM)

This presentation is designed to get you thinking about life after school. The content invites you to compare the benefits of continuing with school or joining the workforce. The content also acknowledges the path to success is unique to every person.

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 | SPRING 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
- Basic Healthcare Certificate - Coming Soon!
- MA - Coming Soon!

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 SPRING 2020

Kaisa Larson MA, BHS Medical Assisting and Medical Terminology

Kaisa Larson started her education at a community college, which contributes to the many reasons why she loves teaching Medical Assisting at TBCC. Kaisa earned an Associated Degree in Medical Assisting a few years after high school then went to work at PeaceHealth Medical Center for eight years. What she learned during the experience is that she loved to teach new medical assistants about the job. She decided to transition to teaching about her profession rather than working the profession herself. She went on to earn a Bachelor's degree in Health Science then later a Master's degree in Health Education from the University of Alabama.



What do you like best about teaching at TBCC?

I love to teach hands-on skills training. Yes, we also have the book learning where we study the physiology behind the mechanics, but it is fun to teach the hands on skills like taking vital signs and performing injections. Often when we do blood pressure testing, we practice on college staff or faculty from other classes. Students enjoy the work. I also like that I am teaching a career. Typically, students come into the program from a job. After they complete the Medical Assisting program, often they leave with a job offer for a career. I really love to see that happen for a student.

Tell us about your teaching philosophy.

I make it a practice to meet with every student two weeks into the term. I want to know how they are doing and if they feel they are struggling in anyway. You may not consider this a philosophy exactly, but I remember a student once saying to me, "I just don't think I can do it." It was not about the skill; she performed well academically. What I realized was she had never had anyone encourage her. I later watched her walk across the stage at graduation; her whole family was there to congratulate her. It was a great moment.



What advice do you have for TBCC students?

Believe in yourself. Trust that you can succeed if you put in the hard work. It is hard work but you will learn so much about yourself. When you graduate, you will have so much more than a piece of paper.

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

I love adventures with my kids: the beach, the zoo. We love to take adventures.

WHERE TO FIND ASSISTANCE | SPRING 2020

CAREER EDUCATION ADVISORS



Jenevieve Case

Career Education Advisor
& STEP Advisor

(503) 842-8222 ext. 1160

jenevievecase@tillamookbaycc.edu



Sara Hartford

Career Education Advisor
Disability Services

(503) 842-8222 ext. 1165

sarahartford@tillamookbaycc.edu



Sara Mustonen

Career Education Advisor

(503) 842-8222 ext. 1150

saramustonen@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 | SPRING 2020

Whether you are signing up to become a full-time, credit-seeking student, or taking a continuing education or community education class, you can apply at www.tillamookbaycc.edu.

STEP 1: APPLY FOR ADMISSION

Whether you are joining us for the first time or already have some college experience, TBCC has a place for everyone! To get started, visit our website, click on the "Future Student" tab, then the "Apply" tab. If you need assistance, we can help at 503-842-8222 ext. 1100 or stop by our central campus at 4301 Third Street, Tillamook.

STEP 2: MEET WITH AN ADVISOR

If you are applying as a first-time TBCC student or a returning college student, you will need to meet with one of our academic advisors before registration. During this meeting, you and your advisor will work together to make sure you take the right classes to meet your educational and career goals. If you are a community education or continuing education student, this meeting is not required.

STEP 3: REGISTER FOR CLASSES

First-time college students are required to attend an orientation before registering for courses.

New Student Orientation Sessions*

- **March 4, 9:00 a.m. - 12:00**
- **March 10, 5:30 p.m. - 8:30**
- **March 18, 1:00 p.m. - 4:00**

*Please register online while you apply for admission, during the meeting with your advisor, or by calling Student Services.

Other students may register by going to <http://www.tillamookbaycc.edu>, and logging in to MyTBCC. If you have any questions or problems, please be sure to contact us at Student Services, ext. 1100.

STEP 4: PAY FOR COLLEGE

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/

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

LEGEND FOR READING THIS SCHEDULE | SPRING 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
NKN	Neah-Kah-Nie High School 24705 Hwy 101 N Rockaway Beach	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 | SPRING 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 SPRING 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: 10px; 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 | SPRING 2020




Art

ART 131 01	Drawing I	TBCC	 3/30/2020 - 6/10/2020 MW 5:00 - 8:00 PM	Hannah Hood	3 CR
ART 181 01	Painting I	TBCC	 3/31/2020 - 6/11/2020 TR 1:00 - 4:00 PM	Karen Belanger	3 CR
ART 231 01	Drawing II	TBCC	 3/30/2020 - 6/10/2020 MW 5:00 - 8:00 PM	Hannah Hood	3 CR
ART 281 01	Painting II	TBCC	 3/31/2020 - 6/11/2020 TR 1:00 - 4:00 PM	Karen Belanger	3 CR



Business

BA 205 01	Business Communication	Online	 3/30/2020 - 6/13/2020	Tom Atchison	4 CR
BA 213 01	Managerial Accounting	Online	 3/30/2020 - 6/13/2020	Michael Weissenfluh	4 CR
BA 228 01	Computer Accounting Applications	Online	3/30/2020 - 6/13/2020	Michael Weissenfluh	4 CR
BA 250 01	Small Business Management	Online	 3/30/2020 - 6/13/2020	Tom Atchison	4 CR
BA 277 01	Business Ethics	Online	 3/30/2020 - 6/13/2020	Masyn Phoenix	4 CR
BA 280 01	Cooperative Education - Business Ex	Online	 3/30/2020 - 6/13/2020	Tom Atchison	3 CR
BA 290A 01	Business Seminar - Accounting	Online	 3/30/2020 - 6/13/2020	Michael Weissenfluh	3 CR
BA 290M 01	Business Seminar - Management	Online	 3/30/2020 - 6/13/2020	Tom Atchison	3 CR



Biology

BI 100 01	Biology of Human Body Systems	Online	3/30/2020 - 6/13/2020	Joseph Meyer	4 CR
BI 103 01	Biology (Hybrid)	Online/ TBCC	 3/30/2020 - 6/13/2020 T 7:00 - 10:00 PM	Joseph Meyer	4 CR
BI 213 01	Principles of Biology	TBCC	3/31/2020 - 6/11/2020 TR 10:00 - 11:30 AM	Bob Pietruszka	4 CR
	Principles of Biology LAB	TBCC	4/1/2020 - 6/10/2020 W 9:00AM - 12:00 PM	Bob Pietruszka	
BI 233 01	Human Anatomy and Physiology III	TBCC	 3/30/2020- 6/10/2020 MW 6:00 - 7:30 PM	Bob Pietruszka	4 CR
	Human Anatomy and Physiology III LAB	TBCC	 4/2/2020 - 6/11/2020 R 5:30 - 8:30 PM	Bob Pietruszka	
BI 234 01	Microbiology	TBCC	3/31/2020 - 6/11/2020 TR 1:00 - 3:00 PM	Bob Pietruszka	5 CR
	Microbiology LAB	TBCC	4/3/2020 - 6/12/2020 F 10:00 AM - 1:00 PM	Bob Pietruszka	



Computers

CAS 121 01	Beginning Keyboarding	Online	3/30/2020 - 6/13/2020	Sarah Miller	3 CR
CAS 171 01	Intermediate Excel	Online	 3/30/2020 - 6/13/2020	Michael Weissenfluh	3 CR
CAS 216 01	Beginning Word	Online	 3/30/2020 - 6/13/2020	Tom Atchison	3 CR

College Survival


CG 100 01	College Survival and Success	TBCC	 3/30/2020 - 6/10/2020 MW 1:00 - 2:30 PM	John Sandusky	3 CR
CG 100 02	College Survival and Success	Online	 3/30/2020 - 6/13/2020	John Sandusky	3 CR

Criminal Justice


CJA 102 01	Oregon Physical Abilities Test (ORPAT)	YMCA Gym	 4/3/2020 - 6/12/2020 F 8:00 - 9:00 AM	TBA	1 CR
CJA 202 01	Oregon Physical Abilities Test (ORPAT)	YMCA Gym	 4/3/2020 - 6/12/2020 F 8:00 - 9:00 AM	TBA	1 CR

CREDIT COURSES | SPRING 2020

Criminal Justice

CJA 218 01	Criminal Justice Perspectives of Victims	Online		3/30/2020 - 6/13/2020	Adelynn Drescher	3 CR
CJA 225 01	Criminal Justice and the U.S. Constitution	TBCC		3/30/2020 - 6/10/2020 MW 3:30 - 5:00 PM	Paul Binford	3 CR
CJA 230 01	Police Report Writing	Online		3/30/2020 - 6/13/2020	Adelynn Descher	4 CR
CJA 263 01	Introduction to Corrections Casework	TBCC		3/30/2020 - 6/10/2020 MW 7:00 - 8:30 PM	Paul Letersky	3 CR
CJA 280A 01	Cooperative Education: Criminal Justice			3/30/2020 - 6/13/2020 Independent Study	Jeremy Dietrich	3 CR


Communications

COMM 111 01	Public Speaking	TBCC		3/30/2020 - 6/10/2020 MW 5:00 - 7:00 PM	Steve Dutton	4 CR
COMM 111 02	Public Speaking	Online		3/30/2020 - 6/13/2020	Michele DeGraffenreid	4 CR
COMM 215 01	Small Group Communication: Process	TBCC		3/31/2020 - 6/11/2020 TR 5:00 - 7:00 PM	Richard Jenks	4 CR

Economics

EC 202 01	Principles of Economics : Macro	Online		3/30/2020 - 6/13/2020	Darryl Spitzer	4 CR
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Education

ED 131 01	Applied Learning Theory I & II	TBCC		3/31/2020 - 6/11/2020 TR 4:00 - 5:30 PM	TBA	3 CR
ED 224 01	Foundations of Education	TBCC		4/1/2020 - 6/10/2020 W 5:30 - 8:30 PM	TBA	3 CR

English

ENG 106 01	Intro to Poetry	TBCC		3/31/2020 - 6/11/2020 TR 12:00 - 2:00 PM	Sydney Elliot	4 CR
ENG 260 01	Intro to Women Writers	TBCC		3/31/2020 - 6/11/2020 TR 2:00 - 4:00 PM	Andrea Ware	4 CR

Forestry

FOR 241 01	Dendrology	PRI		3/31/2020 - 6/11/2020 TR 3:30 - 4:30 PM	David Wells	3 CR
FOR 241 01	Dendrology LAB	PRI		4/3/2020 - 6/12/2020 F 10:00 AM - 1:00 PM	David Wells	3 CR

Geography


GEO 106 01	World Regional Geography	TBCC		3/31/2020 - 6/11/2020 TR 2:00 - 3:50 PM	Jared Schmidt	4 CR
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Health Education











EMS 106 01	EMT Part II	TBCC		3/31/2020 - 6/11/2020 TR 6:00 - 9:20 PM	Jodi Richardson	5 CR
HE 112 01	Standard First Aid/ Emergency Care	TBCC		5/2/2020 - 5/3/2020 SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 295 01	Health and Fitness for Life	Online		3/30/2020 - 6/13/2020	Kaisa Larson	2 CR
MP 111 01	Medical Terminology	Online		3/30/2020 - 6/13/2020	Kaisa Larson	4 CR
PE 295 01	Health and Fitness for Life LAB	Online		3/30/2020 - 6/13/2020	Molly Carlson	1 CR

CREDIT COURSES | SPRING 2020





History

HST 202 01	History of the United States from 1840-1914	Online		3/30/2020 - 6/13/2020	John Sandusky	4 CR
HST 247 01	Religion in the United States since 1840	TBCC		3/31/2020 - 6/11/2020 TR 1:00 - 3:00 PM	John Sandusky	4 CR
HST 260 01	History of Sexuality in America	TBCC		4/3/2020 - 6/12/2020 F 10:00 AM - 2:00 PM	Zachary Hamilla	4 CR

Manufacturing & Industrial Technology





APR 126 01	Electrical Systems Installation/NEC	NCRD 4		3/31/2020 - 6/9/2020 T 5:00 - 8:50 PM	Dennis Welch	3 CR
APR 201 01	Electrical Motor Controls	THS CCC44		3/30/2020 - 6/8/2020 M 6:30 - 9:20	John Farrier	2 CR
APR 223 01	Motor Control Operations Including	THS CCC44		3/31/2020 - 6/9/2020 T 5:00 - 8:50 PM	Clif Perkins	3 CR
APR 226 01	Electrical Code - Level III	THS CCC44		4/1/2020 - 6/10/2020 W 5:00 - 8:50 PM	Clif Perkins	4 CR
DRF 270 01	3D Modeling - Hybrid	TBCC/ Online	 	3/30/2020 - 6/13/2020 TBA	Chris Carlson	3 CR
GT 106 01	Intro to Green Technologies - Hybrid	THS CCC47/ Online	 	3/30/2020 - 6/8/2020 T 5:00 - 6:50 PM	Darryl Spitzer	3 CR
IMT 103 01	Applied Industrial Mathematics	Online		3/30/2020 - 6/13/2020	Chris Carlson	4 CR
IMT 280 01	Cooperative Education	TBA		3/30/2020 - 6/13/2020	Darryl Spitzer	3 CR
WLD 105 01	Intro to Welding Technology	THS CCCAS		4/1/2020 - 6/10/2020 T 5:00 - 8:50 PM	Nicolas Voss	3 CR
WLD 113 01	SMAW III	THS CCCAS		3/30/2020 - 6/10/2020 MW 1:00 -2:50 PM	Ron Carlbom	3 CR
WLD 120 01	Welding Lab	THS CCCAS		3/31/2020 - 6/11/2020 TR 2:00 - 4:50 PM	Raymond Mack	2 CR
WLD 203 01	GTAW III	THS CCCAS		3/30/2020 - 6/13/2020 MW 3:00 - 4:50 PM	Ron Carlbom	3 CR
WLD 261 01	Fabrication I	THS CCCAS		3/31/2020 - 6/11/2020 MW 5:00 - 8:50 PM	Ron Carlbom	4 CR
WLD 275 01	Welding for Certification	THS CCCAS		3/30/2020 - 6/13/2020 Vary/ Independent Study	Ron Carlbom	4 CR
WLD 280 01	Cooperative Education	TBA		3/30/2020 - 6/13/2020 Vary/ Independent Study	Ron Carlbom	3 CR

Math

MTH 095 01	Intermediate Algebra	TBCC		3/30/2020 - 6/10/2020 MW 2:00 - 4:30 PM	Heidi Coulter	4 CR
MTH 099 01	Math with Aleks (Hybrid)	Hybrid		3/30/2020 - 6/13/2020 TR 11:00 AM - 1:00 PM	Heidi Coulter	4 CR
MTH 105 01	Explorations in Mathematics	TBCC		3/30/2020 - 6/10/2020 MW 9:00 - 11:00 AM	Geza Laszlo	4 CR
MTH 111 01	College Algebra	TBCC		3/31/2020 - 6/11/2020 TR 2:00 - 4:30 PM	Chris Carlson	5 CR
MTH 112 01	Elementary Functions	TBCC		3/31/2020 - 6/11/2020 TR 2:00 - 4:30 PM	Geza Laszlo	5 CR

CREDIT COURSES | SPRING 2020

Math

MTH 213 01	Foundations of Elementary Math III	TBCC	 \$	3/31/2020 - 6/11/2020 TR 5:30 - 7:30 PM	Geza Laszlo	4 CR
MTH 243 01	Statistics I	TBCC	 \$	3/30/2020 - 6/10/2020 MW 1:00 - 3:30 PM	Geza Laszlo	5 CR
MTH 251 01	Calculus I	TBCC	 \$	3/30/2020 - 6/10/2020 MW 5:00 - 7:00 PM	Chris Carlson	4 CR
MTH 253 01	Calculus III	TBCC	 \$	3/30/2020 - 6/10/2020 MW 9:00 - 11:30 AM	Chris Carlson	5 CR

Music

MUS 205 01	Intro to Jazz History	Online		3/30/2020 - 6/13/2020	Denise Reed	3 CR
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Physical Science

G201 01	Intro to Physical Geology	Online		3/30/2020 - 6/13/2020	Genifer Lara	4 CR
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Psychology

PSY 201 01	Intro to Psychology I	TBCC		4/1/2020 - 6/10/2020 W 5:30 - 9:30 PM	Dustin Young	4 CR
PSY 239 01	Intro to Abnormal Psychology	TBCC		3/31/2020 - 6/11/2020 TR 8:00 - 10:00 AM	David Coulter	4 CR

Reading & Writing

RDWR 115 01	College Reading and Writing	TBCC		3/31/2020 - 6/11/2020 TR 3:00 - 5:00 PM	Evelyn Wilson	5 CR
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

Sociology

SOC 206 01	Social Problems	TBCC/ Online	 \$	3/31/2020 - 6/11/2020 T 4:00 - 6:00 PM	Dustin Young	4 CR
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Spanish

SPA 103 01	First Year Spanish III	TBCC	 \$	3/30/2020 - 6/10/2020 MW 3:30 - 5:30 PM	Isabel De Quesada	4 CR
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Writing

WR 121 01	English Composition I	TBCC	 \$	3/31/2020 - 6/11/2020 TR 6:00 - 8:00 PM	Andrea Ware	4 CR
WR 121 02	English Composition I	Online	 \$	3/30/2020 - 6/10/2020	Heather Clark	4 CR
WR 122 01	English Composition II	TBCC	 \$	3/30/2020 - 6/10/2020 MW 10:00 AM - 12:00 PM	Michele DeGraffenreid	4 CR
WR 122 02	English Composition II	TBCC	 \$	3/31/2020 - 6/11/2020 TR 6:00 - 8:00 PM	Michele DeGraffenreid	4 CR
WR 122 03	English Composition II	Online	 \$	3/30/2020 - 6/13/2020	Heather Clark	4 CR
WR 227 01	Technical & Professional Writing	Hybrid		4/1/2020 - 6/10/2020 W 5:30 - 7:30 PM	Sydney Elliot	4 CR
WR 254 01	Imaginative Writing III (Poetry)	TBCC		3/30/2020 - 6/10/2020 MW 2:00 - 4:00 PM	Sydney Elliot	4 CR

COLLEGE PREPARATION | SPRING 2021

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 | SPRING 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 3/30/2020 - 6/11/2020

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

ABE 7605 College Transitions - Math

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

ABE 7605 -01 3/31/2020 - 6/11/2020

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.

ABE 7606 - 01 3/30/2020 - 6/10/2020

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.

ABE 7607 - 01 3/30/2020 - 6/10/2020

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.

ESOL 7450 - 01 3/30/2020 - 6/10/2020

MW 5:00 - 6:30 PM TBCC Isa 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 3/30/2020 - 6/11/2020

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

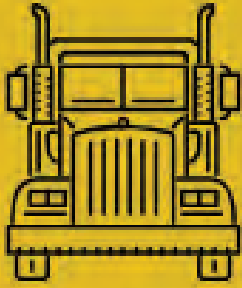
GED 7500 GED Preparation (Spanish)

GED 7500 - 02 3/30/2020 - 6/10/2020

MW 6:30 - 8:20 PM TBCC Isa De Quesada

3/31/2020 - 6/9/2020

T 5:00 - 8:20 PM TBCC Isa De Quesada



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.

APR. 6TH - MAY 1ST
MAY 11TH - JUN. 5TH
JUN. 1ST - JUN. 26TH*

* 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/



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!



AMERICA'S SBDC OREGON

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

POWERED BY SBA
 U.S. Small Business Administration

WORKFORCE AND CAREER TRAINING | SPRING 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	4/6/2020 - 5/1/2020		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		Bret Rivenes
CED 1180-03	5/11/2020 - 6/5/2020		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay		Bret Rivenes
CED 1180-02	6/1/2020 - 6/26/2020		Fees \$5,000	
MTWRF	8:00 am – 5:00 pm	CCC Merts Campus & TBA		James Crowe

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's 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 II

C

Clinical practicum that includes 100 clock hours of clinical training and orientation in a CLIA-regulated, accredited laboratory with a minimum performance of 100 successful unaided blood collections including venipunctures and skin punctures. Successful completion of this course, high school graduation (or equivalent), and the pre-requisite classroom course (Phlebotomy, Part I) will qualify participants to take the ASCP Phlebotomy Technician examination for certification.

Prerequisites: Phlebotomy Part I, completion of a criminal background check, 11-panel drug screen, immunizations, eLearning modules, and CPR card. Clinic hours will be scheduled with instructor

PHET 930L-01	3/30/2020 - 6/12/2020	Tuition \$250	Fees \$20	
				Jodi Richardson

CONTINUING EDUCATION | SPRING 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	4/7/2020		Fees \$20	
T	5:00 pm – 7:00 pm	PRI #114		Staff
SBD 1136-02	4/20/2020		Fees \$20	
M	9:00 am – 11:00 am	PRI #114		Staff
SBD 1136-03	5/6/2020		Fees \$20	
W	12:00 pm – 2:00 pm	PRI #114		Staff
SBD 1136-04	5/19/2020		Fees \$20	
T	3:00 pm – 5:00 pm	PRI #114		Staff
SBD 1136-05	6/1/2020		Fees \$20	
M	5:00 pm – 7:00 pm	PRI #114		Staff
SBD 1136-06	6/13/2020		Fees \$20	
S	1:00 pm – 3:00 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	4/18/2020, 4/25/2020		Fees \$175	
S	8:00am – 12:00pm	PRI #114		Teri Fladstol
SBD 2100-02	6/13/2020, 6/20/2020		Fees \$175	
S	8:00am – 12:00pm	PRI #114		Teri Fladstol

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 May 4th.

SBD 1148-01	5/4/2020, 5/18/2020, 6/1/2020, 6/15/2020		Fees \$175	
M	5:30 pm – 7:30 pm	PRI #114		Teri Fladstol
REGISTRATION OPENS FEBRUARY 24, 2020		WWW.TILLAMOOKBAYCC.EDU		SPRING TERM

CONTINUING EDUCATION | SPRING 2020

QuickBooks Pro for Business

C

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

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

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

SBD 5130-01 4/21/2020 - 6/23/2020 Fees \$285

T 5:30pm – 7:30pm 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 5/29/2020 - 5/30/2020 Fees \$355

FS 8:00am – 5:00pm PRI #114 Judy Beebe

Oregon Real Estate Broker Pre-Licensing

C

The Tillamook Bay Small Business Development Center is pleased to offer this new training opportunity. Attend this accelerated real estate broker license course designed to prepare you for the Oregon real estate broker license exam. This course is the fastest way to qualify to take the state exam and meets all of the Oregon Real Estate Agency pre-license criteria. Classes are every Thursday evening for ten weeks. You must have online capacity, self-study, attend all evening sessions, and **attend a 9am to 5pm exam preparation day on Saturday, June 13th**. Additional 10-15 hours per week of online home study required. Taught by an experienced principal broker. For more information call 503-551-4467 or email stacey@sts.careers. Materials provided.

SBD 5180-01 4/9/2020 - 6/11/2020 & 6/13/2020 Fees \$650

R 5:30pm – 8:30pm PRI #114/Zoom/Online Janda Fleming

Basic Notary Seminar

C

Secretary of State Corporation Division is holding a FREE Notary Seminar for all new, current and renewing notaries. Register online at <http://notsem.sos.state.or.us> or call 503-986-2200. This seminar covers not only the rules and regulations for Oregon Notaries, it also explains how to properly identify the signer, what to record in your journal as well as what requirements are needed to create a proper Oregon Notarial Certificate. Seating is limited.

SBD 9073-01 4/1/2020 Fees - None

W 9:00 AM - 12:00 PM PRI#107 Heather Wilson

CONTINUING EDUCATION | SPRING 2020

Safety and Health – Adventist Health Tillamook

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 \$99. 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 contact your insurance. For more information, contact Sue Phillips-Meyer at (503) 815-2443.

CED 1187-02	3/19/2020 – 5/7/2020	SDACH	
R	6:30 – 8:30 PM		Ginny Gabel, Sue Phillips- Meyer
CED 1187-03	5/7/2020 – 6/25/2020	SDACH	
R	1:30 – 3:30 PM		Ginny Gabel, Sue Phillips- Meyer

Powerful Tools for Caregiving

C

This is a six-week education program developed by Legacy Caregiver Services for family and friends caring for older adults who have stroke, Alzheimer's, Parkinson's disease or similar long-term conditions. The free six- week class provides family caregivers with the skills and confidence to better care for themselves while caring for others. The goal is to help caregivers to thrive as individuals. Class participants report they are better at caring for themselves, have fewer feelings of anger, guilt and depression, have increased confidence and ability to cope with the demands of caregiving, and take more advantage of community services. No charge, but registration is required by 4/17/20. To register, contact Ginny at (503) 815-2270 or gabelgl@ah.org

CED 6570-01	4/21/2020 – 5/26/2020	SDACH Conference Room	
T	10:00 am – 12:30 pm		Gabel/Reding

COMMUNITY EDUCATION | SPRING 2020

Get a Boost with Community Education this Spring at TBCC!



Genealogy/Family History

Learn the best methods to research, document, and preserve your family's story. Form a cohesive narrative and discover hereditary traits, traditions, and connections. See more on page 30..



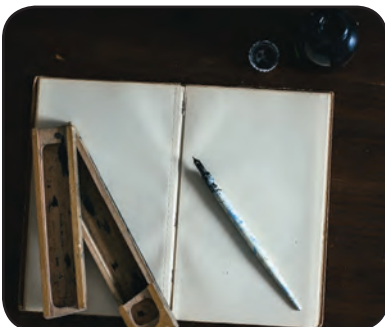
Seniors and Basic Computing Skills

Learn or refresh the skills you need to feel confident online and with basic applications. See Sheryl Neu's class on page 30.



Ballroom Dancing

Wally Nelson's course is back this spring. Learn and improve on several iconic dance styles, see page 30 to register early. Space is limited.



Oregon's Big Trees

Whether to simply enjoy and understand the trees around us better or to plan landscaping decisions in your life, register for Dave Well's class on page 29 to learn and recognize the factors that impact tree growth.



Spring Drawing Studio

Practice and improve your drawing abilities this spring using various materials. A refreshing challenge that will surprisingly change the way you look at your surroundings. See Allison Asbjørnsen's course on page 30.

Honey Bees

Check out Intro to Beekeeping and Plight of the Honeybee on page 29 to find out all about the financial and environmental impact this unique insect has on our world.

COMMUNITY EDUCATION | SPRING 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).

Registration opens February 24, 2020.

How to Register:

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

For all other non-credit course offered through TBCC please register using the Non-Credit Registration Form found on page 45. You may mail the form with payment or bring the form in person to TBCC-Student Services
4301 Third Street, Tillamook, OR 97141

Register early!

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

Have an idea for a class?

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

Professional Development

COMMUNICATION AND EDUCATION

Early Childhood Education Training

C

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.nwregionalccrr.org or call us at 503-815-4448 - Se Habla Español. Offered at no cost.

CEU 1130-01 4/2/2020 – 6/18/2020

R 6:00 PM – 8:00 PM ESD Various Instructors

Facilitating Effective and Enjoyable Meetings

C

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. Please register by 5/4/2020. **Purchase of 'Facilitator's Guide to Participatory Decision-Making' 2nd edition by Sam Kaner prior to class is required. (available on TBCC online bookstore)**

CEU 9105-01 5/7/2020 - 5/21/2020

Tuition \$50+ Book Cost

R 6:00 - 8:00 PM TBCC 205 Beverly Stein

Stress Management in the Workplace

C

Stress isn't the enemy. It is our perceptions of stress that amp our anxiety and use up all our steam. Events happen every day. How we interpret those events can set the stage for how we feel and how we react to others. Reducing stress is as easy as understanding what stress is, understanding what stress is to you, and using that knowledge to restructure your thoughts. Turn stress into a stepping stone, not a stumbling block!

Register and pay \$145 online at <http://www.yougotclass.org/index.cfm/Tillamookbaycc>

5/7/2020 - 5/21/2020

Tuition \$50

Online

Meredith Brown

COMMUNITY EDUCATION | SPRING 2020

Professional Development Cont'd

LANGUAGE

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

4/15/2020-05/22/2020

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

Personal Development

DRIVER INSTRUCTION

AARP Smart Driver

C, S

The instructor uses the 'Smart Driver Guidebook' and video content to teach current rules of the road and defensive driving techniques. Learn how to operate your vehicle more safely, including adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Consult your insurance agent about eligibility for insurance discounts offered for class completion. You may register and pay at class. AARP members \$15, non-members \$20. Bring AARP membership card to class.

CED 8305-01

5/4/2020

M

8:30 AM - 3:30 PM

TBCC 105

Sherry Green

CED 8305-02

5/13/2020

W

9:00 AM - 4:00 PM

TBCCS Cloverdale

Sherry Green

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, March 12th session in room 215 from 5 to 8 pm**, 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. Course fee \$275.

CED 1120-02

3/12/2020 – 3/21/2020, 4/3/2020 – 4/18/2020

F

5:00 - 8:00 PM

TBCC 102

Jerry Conrady

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 students 18 and up. The course includes 30 hours of classroom instruction and 6 hours in the car. First class will meet Thursday, March 12th in room 215, 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. Course fee \$450.

CED 8306-02

3/12/2020 - 4/11/2020

F

5:00 - 8:00 PM

TBCC 102

Jerry Conrady

COMMUNITY EDUCATION | SPRING 2020

Personal Development Cont'd

DRIVER INSTRUCTION

Private Driver 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. Private lessons are \$300.

CED 8306-02 3/12/2020 - 4/11/2020

To be Arranged with Instructor

Jerry Conrady

EARTH MATTERS

Introduction to Beekeeping

C

This class is for those thinking about becoming beekeepers or those simply interested in learning more about honey bees. Students will learn how bees are cared for and handled in hives, including the specific challenges honeybees and beekeepers face in Tillamook's climate.

CED 2068-01 4/9/2020, 4/10/2020 Tuition \$20

RF 1:00 pm – 4:00 pm TBCC 104 Claire Moody

Plight of the Honeybee

C

The plight of pollinators (honeybee specific) is a discussion about the miracle of the honeybee and why pollination is necessary for human survival. We will look at the current status of Colony Collapse Disorder, how pesticides effect the honeybee, and other challenges bees face, including loss of foraging, mono crops, urban sprawl, mites, and disease.

CED 2067-01 4/13/2020 – 5/18/2020 Tuition \$39

M 5:30 pm – 6:30 pm TBCC 204 Brad York

Oregon's Big Trees

C

Many people enjoy the experience of being among big trees but haven't thought about how and why they grew there. This course will unravel some of that mystery, teaching the varying factors that impact tree growth. We will look at different tree species' potential size, what environmental conditions favor tree growth, and how proximity and density of other trees effect growth and health. This information will help individuals understand forestry decisions while also maximizing sustainability and potential of landscaping projects. One class session will meet in Tillamook's forestland to observe and note beneficial conditions.

CED 1146-01 5/05/2020 – 5/19/2020 Tuition \$35

T 6:00 pm – 8:00 pm TBCC 205 Dave Wells

Seed to Supper Gardening Class

N,C, S

This free six-week course gives novice adult gardeners the tools they need to successfully and sustainably grow their own food. Participants will receive a course book and starter supplies, including a gardening trowel, seeds, and plant starts. Participants will learn how to build healthy soil, plot out their growing spaces, plant climate-appropriate crops, and care for and harvest their bounty and will earn a gardening certificate upon completion. Registration is required online at foodrootsnw.org/seed-to-supper and space is limited. For questions, call Julia Wentzel 503-815-2800.

CED 193-01 3/19/2020 - 4/30/2020 (no class 4/9) R 5:30 - 7:30 PM Manzanita Library

CED 193-02 3/18/2020 - 4/22/2020 W 5:30 - 7:30 PM Tillamook Library

CED 193-03 3/17/2020 - 4/21/2020 T 5:30 - 7:30 PM Pacific City Library



COMMUNITY EDUCATION | SPRING 2020

Personal Development Cont'd

HOBBY AND RECREATION

Ballroom Dancing C

Have fun learning various ballroom styles such as the fox trot, waltz, cha-cha, tango, rhumba, and jitterbug. Line dance will also be taught as time allows. Develop confidence and grace on the dance floor and reap the benefits of this excellent partner exercise. Class will not be held on May 25th, but moved to Tuesday the 26th. Limit 24 students. Please register at TBCC.

CED 1002-01	4/6/2020 – 6/1/2020	Tuition \$50 per person	
M	7:00 pm – 9:00 pm	TJHS	Wally Nelson

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	3/30/2020 – 6/8/2020	Tuition \$79	
M	6:00 pm – 8:00 pm	TBCC 203	Richard Paris

Spring Drawing Studio C

Build and refine your drawing skills indoors using charcoal, pencil, and ink. Strengthen drawing techniques and improve your observation skills while working with still life subjects.

CED 1107-01	3/31/2020 – 5/26/2020	Tuition \$80	
T	1:00 pm – 4:00 pm	TBCC 104	Allison Asbjørnsen

ACHIEVEMENT AND ENJOYMENT

Financial Education and Mortgage Readiness C

FREE 3 class series that will help you learn essential skills such as budgeting, how to repair your credit, and your next steps to becoming a first time homebuyer. As a thank you for attending, each participant will receive a \$15 gift certificate to the Tillamook Habitat for Humanity ReStore as well as be entered to win a \$100 gift certificate. Location is at Tillamook County Habitat for Humanity @ 4192 Hwy. 101 (across from the Creamery). To reserve your seat register online at tillamookhabitat.

CED 1194-01	4/14, 5/19, 6/9		
T	5:30 - 7:30 PM		Various Instructors

Genealogy C

We will delve into the booming social skill of family history and genealogy and focus on developing solid research and organizational skills to properly analyze genealogical sources and records. We will cover the basics of getting started, vital records, census records, land records, internet genealogy sources, and DNA (genetic genealogy).

CED 2066-01	4/3/2020 – 6/12/2020	Tuition \$79, Fees \$5	
F	3:00 pm – 4:30 pm	TBCC 107	Brad York

Seniors and Basic Computers C

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

CED 7061-01	4/3/2020 - 4/17/2020	Tuition \$35	
F	10:00 AM - 12:00 PM	TBCC 107	Sheryl Neu

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	3/3-/2020 - 6/10/2020		
MW	12:00 - 1:00 PM	TBCC 101	Sydney Elliot

COMMUNITY EDUCATION | SPRING 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	3/30/2020 – 6/12/2020		
MWF	8:00 am – 9:00 am	YMCA Therapy Pool	Linda Josi

Deep Water Fitness C

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

CED 8513-01	3/30/2020 – 6/12/2020		
MWF	9:00 am – 10:00 am	YMCA Therapy Pool	Susan Urrey

CED 8513-02	3/31/2020 – 6/11/2020		
TR	7:30 am – 8:30 am	YMCA Therapy Pool	Sharon Shreve

CED 8513-03	3/30/2020 – 6/12/2020		
MWF	6:30 pm – 7:30 pm	YMCA Therapy Pool	Susan Urrey

Hydro HIT/Swim HIT C

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

CED 8546-01	3/31/2020 – 6/11/2020		
TR	8:30 am – 9:15 am	YMCA Competition Pool	Sherryl Klingelhofer

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

CED 8546-02	3/31/2020 – 6/11/2020		
TR	9:15 am – 9:45 am	YMCA Competition Pool	Sherryl Klingelhofer

Joyful Joints C

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

CED 8503-01	3/31/2020 – 6/11/2020		
TR	10:00 am – 11:00 am	YMCA Therapy Pool	Nick Johnson

CED 8503-02	3/31/2020 – 6/11/2020		
TR	11:00 am – 12:00 pm	YMCA Therapy Pool	Lori Kaiser

CED 8503-03	4/4/2020 – 6/13/2020		
S	10:00 am – 11:00 am	YMCA Therapy Pool	Lori Kaiser

Mid-Morning Movers C

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

CED 8509-01	3/30/2020 – 6/12/2020		
MWF	10:00 am – 11:00 am	YMCA Therapy Pool	Jim Jett

COMMUNITY EDUCATION | SPRING 2020

Fitness and Health – YMCA

AQUATIC FITNESS CONT'D

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 3/31/2020 – 6/11/2020

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

LAND FITNESS

Bootcamp

C

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

CED 8605-01 4/1/2020 – 6/10/2020

W 5:15 am – 6:15 am YMCA STUDIO Molly Carlson

CED 8605-02 3/31/2020 – 6/11/2020

TR 12:15 pm – 12:45 pm YMCA STUDIO Molly Carlson

Cycling

C

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

CED 8532-01 3/31/2020 – 6/11/2020

TR 5:45 am – 6:30 am YMCA SPIN RM Eva Manderson

CED 8532-02 3/31/2020 – 6/11/2020

TR 10:00 am – 11:00 am YMCA SPIN RM Lori Kaiser

CED 8532-03 3/30/2020 – 6/10/2020

MW 12:15 pm – 12:45 pm YMCA SPIN RM Darcy Fugate

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 3/30/2020 – 6/12/2020

MWF 10:00 am – 11:00 am YMCA GYM Galena Flores

Fit 'n' Fabulous

C

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

CED 8591-01 3/31/2020 – 6/9/2020

T 8:30 am – 10:00 am KCC Susie Wenrick

CED 8591-02 4/2/2020 – 6/11/2020

R 8:30 am – 10:00 am KCC Darcy Fugate

COMMUNITY EDUCATION | SPRING 2020

Fitness and Health – YMCA

LAND FITNESS CONT'D

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 3/30/2020 – 6/10/2020

MW 8:30 am – 9:30 am YMCA RB COURT 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 3/31/2020 – 6/11/2020

TR 5:15 am – 5:45 am YMCA STUDIO Courtney Fortenberry

CED 1166-02 3/31/2020 – 6/9/2020

T 7:00 pm – 7:30 pm YMCA STUDIO Sarah Patterson

CED 1166-03 3/31/2020 – 6/11/2020

TR 8:30 am – 9:00 am YMCA RB COURT Galena Flores

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 3/31/2020 – 6/11/2020

TR 1:00pm – 2:30 pm YMCA STUDIO Sherryl Klingelhofer

On the Ball

C

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

CED 8607-01 3/30/2020 – 6/12/2020

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

Pilates on the Mat

C

Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates is named for its creator, Joseph Pilates, who developed the exercise in the 1920's. \$Y-0 NY-78

CED 8501-01 3/31/2020 – 6/11/2020

TR 7:00 am – 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 3/31/2020 – 6/11/2020

TR 8:00 am – 8:30 am YMCA STUDIO Michelle Jenck

COMMUNITY EDUCATION | SPRING 2020

Fitness and Health – YMCA

LAND FITNESS CONT'D

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	3/30/2020–6/12/2020		
MWF	8:30 am – 9:30 am	YMCA GYM	Sarah Patterson

Strength Train Together

C

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

CED 8519-01	3/30/2020 – 6/12/2020		
MF	5:15 am – 6:15 am	YMCA STUDIO	Courtney Fortenberry
CED 8519-02	3/31/2020 – 6/11/2020		
TR	9:45 am – 10:45 am	YMCA SOUTH GYM	Galena Flores
CED 8519-03	3/30/2020 – 6/10/2020		
MW	7:00 pm – 8:00 pm	YMCA SOUTH GYM	Sarah Patterson

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	3/30/2020 – 6/12/2020		
MWF	8:30 am – 9:30 am	YMCA STUDIO	Thea Defeyter M&W Phil Gates F
CED 8608-02	3/30/2020 – 6/12/2020		
MWF	9:00 am - 10:00 am	YMCA STUDIO	Thea Defeyter M&W Phil Gates F

Zumba

C

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

CED 8516-01	3/31/2020 – 6/11/2020		
TR	8:30 am – 9:30 am	YMCA GYM	Sarah Patterson
CED 8516-02	4/4/2020 – 6/13/2020		
S	8:30 am – 9:30 am	YMCA STUDIO	Ahndrea Sousa
CED 8516-03	3/30/2020 – 6/10/2020		
MW	5:45 pm – 6:45 pm	YMCA GYM	Jeannie Christensen
CED 8516-04	3/31/2020 – 6/9/2020		
T	5:45 pm – 6:45 pm	YMCA STUDIO	Neri Perez
CED 8516-05	4/2/2020 – 6/11/2020		
R	6:30 pm – 7:30 pm	YMCA STUDIO	Neri Perez
CED 8516-06	4/3/2020 – 6/12/2020		
F	5:45 pm – 6:45 pm	YMCA STUDIO	Neri Perez

COMMUNITY EDUCATION | SPRING 2020

Fitness and Health – YMCA

LAND FITNESS CONT'D

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 4/4/2020 – 6/13/2020

S 10:00 am – 10:45 am YMCA RB COURT Ahndrea Sousa

YOGA

Gentle Yoga

C

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

CED 1189-01 4/1/2020 – 6/10/2020

W 5:30 pm – 6:30 pm YMCA STUDIO Tiffany Wildharber

Hatha Yoga Level I

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 3/30/2020 – 6/12/2020

MWF 10:30 am – 11:30 am YMCA STUDIO Thea DeFeyer

CED 8590-02 4/2/2020 – 6/11/2020

R 5:30 pm – 6:30 pm YMCA STUDIO Thea DeFeyer

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 3/30/2020 – 6/12/2020

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 3/30/2020 – 6/8/2020

M 5:30 pm – 6:30 pm YMCA STUDIO Tiffany Wildharber

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 3/31/2020 – 6/11/2020

TR 9:00 am – 10:00 am YMCA STUDIO Molly Carlson

COMMUNITY EDUCATION | SPRING 2020

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	3/30/2020 – 6/8/2020		
M	11:30 am – 12:00 pm	NCRD POOL	Sue Dindia-Gray

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	3/30/2020 – 6/12/2020		
MWRF	8:00 am - 9:00 am	NCRD POOL	Barbara McCann

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	4/4/2020 – 6/13/2020		
S	9:45 am - 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	3/31/2020 – 6/11/2020		
TR	7:15 pm - 8:15 pm	NCRD POOL	Nancy Smith

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	4/2/2020 – 6/11/2020		
R	9:15 am - 10:05 am	NCRD POOL	McCann/Smith

LAND FITNESS

AM Bootcamp 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	3/29/2020 – 6/7/2020		
U	9:00 am - 10:00 am	NCRD GYM	Gina Grasseth

COMMUNITY EDUCATION | SPRING 2020

LAND FITNESS CONT'D

Core Pilates

N

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

CED 8572-01 3/30/2020 – 6/10/2020

MW 9:00 am - 10:00 am NCRD GYM Wendy Bakker

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 3/31/2020 – 6/11/2020

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

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. targeting the entire body and improving posture. Designed for all fitness levels. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8550-01 3/31/2020 – 6/11/2020

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

Intro to Pi-Flow

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 3/30/2020 – 6/10/2020

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

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 3/31/2020 – 6/11/2020

TR 5:30 pm - 6:30 pm 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 4/3/2020 – 6/5/2020

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

COMMUNITY EDUCATION | SPRING 2020

LAND FITNESS CONT'D

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 3/30/2020 – 6/12/2020

MWF 10:00 am - 11:00 am NCRD 5 Erlebach/ Knapp

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 3/30/2020 – 6/10/2020

MW 11:00 am - 12:00 pm NCRD GYM Debbie Crosman

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 3/31/2020 – 6/11/2020

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

YOGA

Advance Your Yoga Practice – Level 1-2

N

If you want to move and sweat this is the class for you. This class is an alignment focused, strong beginner to intermediate level yoga class for increased strength and flexibility. Participants are invited to explore yoga through mantra and mudra work, deconstructing yoga poses, and expanding into their fullest expression of each pose. Each class will test and build greater balance throughout the sequence culminating with opportunities to practice inversion poses. Free to Fitness Center members. Non-members \$65 payable to NCRD. 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 2069-01 4/5/2020 – 6/21/2020

U 4:30 pm – 6:00 pm NCRD 5 Emily Fanjoy

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. 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 8581-01 4/2/2020 – 6/18/2020

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

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 4/4/2020 – 6/20/2020

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

COMMUNITY EDUCATION | SPRING 2020

YOGA CONT'D

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 3/31/2020 – 6/16/2020

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

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 4/2/2020 – 6/18/2020

R 5:45 pm - 7:15 pm NCRD 5 Chick, Fanjoy, Janac, Paulson, Pulitzer

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 3/30/2020 – 6/15/2020

M 5:15 pm – 6:45 pm NCRD 5 Tom Janac

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 4/3/2020 – 6/19/2020

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

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 4/1/2020 – 6/17/2020

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

COMMUNITY EDUCATION | SPRING 2020

YOGA CONT'D

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

4/1/2020 – 6/17/2020

W

5:45 pm - 7:15 pm

NCRD 5

Ortiz/Carroll

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.

CED 8565-01

4/3/2020 – 6/19/2020

F

8:00 am - 9:30 am

NCRD 5

Liz Carroll



CULTIVATE
SKILLS
FOR YOUR
FUTURE.

LET "SOMEDAY" BE TODAY.

FINAL EXAM SCHEDULE | SPRING 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 on the final day of the term.
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 | SPRING 2020

Golden Age Discount

Individuals 62 years of age and older are eligible for a Golden Age Discount. The Golden Age Discount applies to tuition only for credit courses. Individuals must complete an application and obtain a Golden Age Card. Students must meet all the admission and course requirements in order to enroll in the course (e.g. Application for Admission, verification of course pre-requisites). All course fees must be paid in full.

Golden Age Discount Option One:

The college will provide a 50 percent discount on tuition when students with a Golden Age Card register at any time during the registration period.

Golden Age Discount Option Two:

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

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 financial aid eligibility.

Dropping a Course

Prior to the published drop deadline, students 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 the student's transcript. If dropping a class changes level of enrollment it may affect any Federal Financial Aid or veteran's benefits that the student is eligible to receive.

Withdrawing from Courses

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

Refunds for College Preparation Courses

Students who officially drop 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 as many as ten days prior to the start date. Courses are cancelled 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 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

Students may formally withdraw from courses by filing a Withdrawal Form with Student Services. Students doing a complete withdrawal may be required to repay certain amounts of financial aid. Again, it is important that if students are receiving financial aid or veteran's benefits, they contact the appropriate office with 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 | SPRING 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.
- 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 Student Services Officer
(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 | SPRING 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
paymentinformation@tillamookbaycc.edu

Current term textbooks and pricing are available through the TBCC Store or at <http://tillamookbaycc.edu/online-bookstore/>

Regular Office Hours

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

Extended Office Hours (1st week of term)

*Monday - Thursday, 8:00 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 8:00 AM - 6:30 PM, Monday and Thursday.

Career Education Advising

Student Services, Central Campus, 1st Floor Lobby
 (503) 842- 8222, ext. 1140
arahartford@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
sarahartford@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



REGISTRATION FORM

NON-CREDIT

YEAR: 19-20 TERM: _____

Part A: Course Registration Requests

1	Prefix - 4-digit number – section	Course Title:	Tuition	Fees
	Prefix - 4-digit number - section	Course Title:	Tuition	Fees
	Prefix - 4-digit number - section	Course Title:	Tuition	Fees

Part B: Student Information

2	TBCC ID Number	Date of Birth (MM/DD/YY)		
	Last Name		Other Names Used	
3	First Name		Middle Name	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female
4	Mailing Address		City	State ZIP
5	Email Address			
6	Mobile Phone Number		Alternate Phone Number	
7	High School/GED – Name of School	City	State	Year Graduated/Obtained
8				

Registration Drops

Prefix - 4-digit number - section	Course Title:
Prefix - 4-digit number - section	Course Title:

TBCC uses this information to better understand and serve our students:

Do you consider yourself to be Hispanic or Latino? <input type="checkbox"/> Yes <input type="checkbox"/> No	Select one or more of the following racial categories to describe yourself: <input type="checkbox"/> American Indian or Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White
Do you Speak a language other than English in your home? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Are you a veteran of the US Military <input type="checkbox"/> Yes <input type="checkbox"/> No	

Part C: Registration Confirmation

9	My enrollment with Tillamook Bay Community College will signify my consent to and acceptance of all policies and procedures governing my enrollment, including financial liability. I understand that physical education classes, lab activities, and some courses may involve physical activity and exertion. By signing this agreement I agree to hold Tillamook Bay Community College harmless for any injury incurred as a result of my participation in these activities.	
	Signature	Date (MM/DD/YY)

DISCLOSURE STATEMENT

RACE/ETHNICITY: In compliance with State and Federal reporting requirements the College must seek to identify the ethnic background of the students. TBCC is legally required to maintain the confidentiality of this information. You may decline to provide the data without in any way prejudicing your enrollment.

DISABILITY: TBCC affirms the right of all individuals to equal opportunity in education and employment and will provide reasonable accommodations to individuals with disabilities. For assistance contact Disability Support Services (ext. 1140) or Affirmative Action Office (ext. 1020) at TBCC (503) 842-8222

Remove this page.
Once filled out, return to Student Services to move forward with registration.

Remove this page.
Once filled out, return to Student Services to move forward with registration.

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.



ASTBCC students at the Oregon State Capital

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

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

LET "SOMEDAY" BE TODAY

NOW
AVAILABLE
COMPLETELY
ONLINE

BUSINESS
ADMINISTRATION

ASSOCIATE OF ART
OREGON TRANSFER

ASSOCIATE OF SCIENCE

ASSOCIATE OF
GENERAL STUDIES

