

Join Us This Summer!



  
TILLAMOOK BAY  
COMMUNITY COLLEGE

SUMMER 2020

# IMPORTANT DATES

## Summer Term 2020

**May 25**

Summer Term Registration Begins

**May 25**

Memorial Day - Campus Closed

**June 21**

Summer Registration Closes at  
Midnight

**June 22**

Summer Term 2020 Begins

**June 26**

Deadline to Drop a Course or Audit

**June 26**

Deadline to Complete Payment or  
Payment Arrangements Due

**July 3**

Independence Day – Campus  
Closed

**July and August**  
**Campus Closed on Fridays**

**August 15**

8 Week Term Ends

**August 17**

Fall Term Registration Begins

**September 7**

Labor Day - Campus Closed

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*May 15, 2020 11:52 AM*

This publication is intended to inform students and residents about Tillamook Bay Community College's programs and services. It includes a listing of classes for the term and information about how to register. Every effort has been made to insure accuracy at the time of publication; however, the College reserves the right to make changes without prior notice. Tillamook Bay Community College Schedule of Classes (USPS #014-668) Summer 2020, Volume 25, Number 1, 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.

# SUMMER TERM 2020

Spring Term has been a very challenging time for all of us. By an Executive Order of the Governor, community colleges across Oregon were not allowed to offer face-to-face classes on campus. At TBCC, we transitioned nearly all of our courses for the Spring Term to online courses with very few cancellations. Both faculty and students rose to the challenge of teaching and learning under extraordinary circumstances. We are proud of the hard work by all to keep students progressing toward their degrees.

Typically in the spring you would hear me speak of the upcoming TBCC Commencement Ceremony. Unfortunately, due to restrictions related to the corona virus crisis, we had to postpone our 2020 ceremony. This is a big disappointment for graduates, and all of the faculty and staff. We are very proud of all our graduates and have pledged to reschedule the live ceremony as soon as we are allowed to do so. Even with the disappointments of the crisis, we are very excited about the new programs starting at TBCC both this summer and this coming fall. Our new Medical Assisting cohort will begin in summer, and our new Healthcare Administration and Agricultural Technology degree programs will begin in the fall. In addition, we will have a new Healthcare Certificate beginning this fall, which can be earned while still in high school.



We also have resources available to help students pay for college. If you have an interest in attending college but are concerned about financing your education, please check with us to learn about the options. We offer scholarships, free tuition with our Career-to-Career scholarship program, federal assistance with emergency needs due to the crisis, and more.

This summer we are offering almost 50% more classes than normal for a summer term. At the time of printing this schedule, our plan is to offer most classes online with some labs face-to-face with social distancing and safety protocols in place. However, we must follow the restrictions set out for us by the Governor's Executive Order. We will communicate any changes to the community as soon as we know.

However, the next few months play out, TBCC will continue to offer programs and transfer courses that meet our community's needs. For those of you that were planning to go away to college in the fall and find those classes are now online, TBCC likely has the general education courses you need in your first year at a fraction of the cost, taught by excellent faculty. We hope you will consider how we can be a resource to you.

I hope you all have a great summer and we see this crisis start to abate. We love serving and helping people in Tillamook County to find their career passion and start to make it a reality.

Sincerely,  
Dr. Ross Tomlin  
President, TBCC

# WHAT'S NEW AT TBCC

## What will Summer Term look like at TBCC?

This term most classes will be taught online with some on campus labs/classes **if the restrictions regarding face-to-face instruction are lifted**. You can expect the following types of course modalities:

- Online
- Face-to-face on-campus with social distancing/safety protocols
- Hybrid (both online and on campus)
- Remote - Zoom

We are looking forward to having students back on campus as soon as we are able to do so. In the meantime, we have a full line-up of summer courses to help keep you tracking toward your degree.



## Community Education Classes

Community education, continuing education, and workforce development classes are scheduled for Summer Term and will be held if restrictions regarding face-to-face instruction on campus and with our partner organizations are lifted and if social distancing/safety protocols can be met. Many classes will be available online and through Zoom technology. Please see class listings beginning on page 20.

## FAQ

- **Do I need to wear a face mask to campus?**  
Yes. All students who take classes on campus will be required to wear a mask and meet social distancing/safety protocols.
- **Do I have to take classes on Campus?**  
No. Most classes for summer term will be offered online. We have computers you can check out from the library if you need support.
- **Can I meet my academic advisor in person?**  
As soon as the Governor lifts the restriction on face-to-face interactions on campus we will begin meeting with students in person as long as we are observing all required safety measures.

## CAMPUS SAFETY IS IMPORTANT TO US!

### Preventative Measures

- Wash your hands with soap and water for at least 20 seconds.
- Use hand sanitizer if soap and water is not available.
- Cover your cough and sneeze with a tissue or your sleeve; throw tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Avoid contact with people who are sick.
- Stay home when you are sick, except to get medical care.

# WHAT'S NEW AT TBCC

## **TBCC adds Healthcare Administration Degree**

Beginning this fall, students at Tillamook Bay Community College (TBCC) will have a new degree option to choose from in the field of healthcare. The college has added an Associate of Applied Science (AAS) in Healthcare Administration which includes three career pathway certificate options.

The degree provides a comprehensive introduction to becoming a frontline leader in healthcare. Courses in business administration, finance, and human resources prepare students for positions that oversee a department or team by learning how to lead people and manage office operations. Students will also gain clinical hands-on training in their choice of a career pathway certificate in medical assisting, emergency medical services, or phlebotomy. The degree was designed to help meet the needs of local healthcare providers seeking to hire locally.

TBCC is excited about the growth opportunities and the ability to serve students and the local community.



These partnerships are only feasible through the generous on-going financial support provided by Adventist Health Tillamook. To learn more visit [www.tillamookbaycc.edu](http://www.tillamookbaycc.edu) or contact the Student Services team at [studentservices@tillamookbaycc.edu](mailto:studentservices@tillamookbaycc.edu), or (503) 842-8222 ext. 1100.

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## **New Agricultural Technology degree builds skills in agriculture and manufacturing**



To prepare students to meet the increased technological needs in the field of agriculture, TBCC has developed an Associate of Applied Science degree in Agricultural Technology. The degree offers coursework in large animal handling, welfare, and nutrition, programming and motor controls, drone technology, hydraulics and other manufacturing and technology.

The degree is a good fit for students who are seeking the technical knowledge and skills necessary for industrial agricultural systems while also working with animals in an agricultural environment. Students will learn to integrate and apply essential core information about production and handling methods in a dairy environment. To learn more visit [www.tillamookbaycc.edu](http://www.tillamookbaycc.edu) and click on academic programs. Or, contact student services at [studentservices@tillamookbaycc.edu](mailto:studentservices@tillamookbaycc.edu), or (503) 842-8222 ext. 1100.

# WHERE TO FIND ASSISTANCE | SUMMER 2020

## CAREER EDUCATION ADVISORS



### 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



### Jenevieve Case

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

*If you receive SNAP benefits, the TBCC STEP program may be able to help you pay to take skill building classes. See ad on page 13.*

## 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

# NEWS YOU CAN USE | SUMMER 2020

## IMPORTANT!

### APPLY FOR FINANCIAL AID FOR SUMMER TERM



We strongly encourage all degree seeking student to apply for financial aid by submitting a Free Application For Federal Student Aid (FAFSA) or an ORSAA (for non-citizens).

**WWW.FAFSA.GOV OR  
WWW.OREGONSTUDENTAID.GOV**

You may not have qualified for aid in the past or think you do not have eligibility now, however, circumstances in today's world may provide funding opportunities for you. Applying for financial aid is free, it is done online and can be completed in less than 30 minutes! Do not delay - Submit your application today!

#### WE ARE HERE TO HELP

Contact a financial aid advisor if you need help.  
Kelsey Jordan – kelseyjordan@tillamookbaycc.edu  
Sally Jackson – sallyjackson@tillamookbaycc.edu  
(503) 842-8222, ext 1100

## TBCC EMERGENCY FUNDS

TBCC has emergency funds available to support students who have been impacted by an emergency situation in their life. If you are struggling and are considering dropping out of school, please contact our student services team to learn what options are available to you. You may be eligible to receive emergency funds. We all experience hardship, if you are in need, please reach out to [studentservices@tillamookbaycc.edu](mailto:studentservices@tillamookbaycc.edu), or (503) 842-8222 ext. 1100.

**We are here for you!**



TBCC has a Food Pantry to help meet our student's needs. During the Covid-19 pandemic we have moved the pantry to the lobby by the front door of the campus. It is open from 9 AM - 5 PM Monday - Friday. This means you have free access to food staples and personal hygiene items. The pantry is offered through a partnership with Oregon Food Bank Tillamook services. We hope you will use this resource.

# GETTING STARTED AT TBCC | SUMMER 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](http://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 [studentservices@tillamookbaycc.edu](mailto:studentservices@tillamookbaycc.edu).

## 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 speak with one of our career 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. This can be done over the phone. 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. Please plan to schedule a New Student Orientation with your advisor to complete your registration process. If you have any questions or problems, please be sure to contact us at Student Services, ext. 1100.

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.

## 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. Current term textbooks and pricing are available at: [tillamookbaycc.edu/online-bookstore/](http://tillamookbaycc.edu/online-bookstore/)

### Tuition and Fees

	In-State Per Credit	Out-of-State Per Credit
Tuition	\$102	\$122
Universal Fee	\$14	\$14

#### \*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. A complete listing of tuition and fees as well as additional out-of-state tuition costs is available from the TBCC Business Office.

### Payment Options

Tuition and fee payments can be made by check, money order, VISA, MasterCard, American Express, or Discover Card. 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.

**COVID 19 UPDATE:** Due to the current restrictions TBCC is unable to accept in person payments. The recommended method of payment is online. For questions contact [paymentinformation@tillamookbaycc.edu](mailto:paymentinformation@tillamookbaycc.edu) or call (503) 842-8222 ext. 1220, leave a message and someone will call you back.

- LOG INTO to MyTBCC
- Click Students
- Click on Student Finances
- Click on the Pay using Nelnet button located under My Accounts Info.

By mail with a check or money order. Send to:

TBCC  
Attn: Business Office  
4301 Third St.  
Tillamook, OR 97141.

(Please write the student ID# on your payment).

# LEGEND FOR READING THIS SCHEDULE | SUMMER 2020

## Day of Week Abbreviations

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

## Areas of the

**C = Central**  
**N = North**  
**S = South**

## Class Location Abbreviations


**KCC**      Kiwanda Community Center  
 34600 Cape Kiwanda Dr. Pacific City  
**NCRD**      North County Recreation District  
 36155 Ninth St., Neha  
**YMCA**      YMCA  
 610 Stillwell, Tillamook

## Complete Course Information

To see full course descriptions, additional course fees, and additional course information go to [www.tillamookbaycc.edu](http://www.tillamookbaycc.edu) and click on MyTBCC in the top right corner.

1. Click on the Course Search Icon
2. Choose 2020 SUMMER Term from the dropdown menu
3. Choose Undergraduate Credit from the Division dropdown menu
4. Click Search at the bottom of the page then select any course for detailed information

## Legend for How the Course will be Taught and Textbook Options - **NEW!**

	Modality	Description	Fee (if Any)
F	Face to Face	This course will be offered entirely in a face to face format. Students will attend class at specified times and at a specified location.	N/A
H	Hybrid	This class will have some course material delivered remotely. Students will also attend class at specific times and at a specified location. 51% of the course content, or more, is delivered face to face.	\$15
R	Remote Synchronous	This class will have all course material delivered remotely. Students will be required to attend class sessions virtually at a specified time.	\$35
O	Online	This class will have all course material delivered remotely with no requirements for a student to attend class at a specified time or location.	\$35
	Open Education Resource (OER)	No cost for textbook	N/A
\$	Low cost course text	Low cost textbook, defined as under \$35	N/A

# CREDIT COURSES | SUMMER 2020

## SUMMER TERM DISCLAIMER

Due to restrictions related to the corona virus pandemic, courses scheduled for summer term are subject to change. Courses/labs held on campus will require social distancing/safety protocols to be met. The goal is the safety of students and compliance with restrictions outlined by the Governor's Executive Order to ensure the safety of Oregon residents.

**The most up to date information regarding the status of classes for the term will be available at [www.Tillamookbaycc.edu](http://www.Tillamookbaycc.edu).**

### Moodle Instructions

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
  - Go to [www.tillamookbaycc.edu](http://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.)

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.

For a complete Moodle Guide:






[www.tillamookbaycc.edu](http://www.tillamookbaycc.edu)

Click MyTBCC


Log-in

Click Students

Click 'here' under Moodle Navigation

Class Code	Course Name	Modality & Textbook	Date	Instructor	Credits
<b>Art</b>					
<b>ART 103 01</b>	<b>Art History Survey</b>	O 	6/22/2020 - 8/29/2020	Jared Schmidt	4 CR
<b>Business</b>					
<b>BA 101 01</b>	<b>Introduction to Business</b>	O 	6/22/2020 - 8/29/2020	Tom Atchison	4 CR
<b>BA 177 01</b>	<b>Payroll Accounting</b>	O 	6/22/2020 - 8/29/2020	Michael Weissenfluh	3 CR
<b>BA 206 01</b>	<b>Management Fundamentals</b>	O 	6/22/2020 - 8/29/2020	Tom Atchison	3 CR
<b>BA 218 01</b>	<b>Personal Finance</b>	O 	6/22/2020 - 8/29/2020	Michael Weissenfluh	3 CR

# CREDIT COURSES | SUMMER 2020

Class Code	Course Name	Modality & Textbook	Date	Instructor	Credits
<b>Biology</b>					
BI 112 01	Cell Biology for Health Occupations	H	6/22/2020 - 8/29/2020	Joe Meyer	5 CR
BI 112 LAB			6/23/2020 - 8/25/2020 T 7:00 PM - 10:00 PM		
<b>Computers</b>					
CAS 133 01	Basic Computer Skills/Microsoft Office	O 	6/22/2020 - 8/29/2020	Michael Weissenfluh	4 CR
<b>College Survival</b>					
CG 100 01	College Survival and Success	O 	6/22/2020 - 8/29/2020	John Sandusky	3 CR
CG 140C 01	Career and Life Planning	O 	6/22/2020 - 8/29/2020	Kellie McKeenan	3 CR
<b>Criminal Justice</b>					
CJA 105 01	Introduction to Criminal Justice Systems: Police, Courts & Corrections	F	6/23/2020 - 8/27/2020 TR 5:00 PM - 7:00 PM	Paul Letersky	4 CR
CJA 211 01	Civil Liability and Ethics in Criminal Justice	F	6/23/2020 - 8/27/2020 TR 5:30 PM - 7:30 PM	Ryan Connell	3 CR
CJA 225 01	Constitutional Law	F	6/22/2020 - 8/26/2020 MW 5:30 PM - 7:00 PM	Paul Binford	3 CR
<b>Communications</b>					
COMM 111 02	Public Speaking	O 	6/22/2020 - 8/29/2020	Michele DeGraffenreid	4 CR
<b>Economics</b>					
EC 201 01	Principles of Economics : Micro	O 	6/22/2020 - 8/29/2020	Darryl Spitzer	4 CR
EC 202 01	Principles of Economics : Macro	O 	6/22/2020 - 8/29/2020	Darryl Spitzer	4 CR
<b>Health Education</b>					
HE 110 01	CPR/AED for Professional Rescuers and Health Care Providers	F \$	7/25/2020 - 7/26/2020 SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 112 01	Standard First Aid and Emergency Care	F \$	7/11/2020 - 7/12/2020 SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 295 01	Health and Fitness for Life	O	6/22/2020 - 8/29/2020	Kaisa Larson	2 CR
PE 295 01	Health and Fitness for Life LAB	O	6/22/2020 - 8/29/2020	Molly Carlson	1 CR

# CREDIT COURSES | SUMMER 2020

	Class Code	Course Name	Modality & Textbook	Date	Instructor	Credits
Credit Courses	<b>Manufacturing &amp; Industrial Technology</b>					
	IMT 118 01	Bearings, Seals and Lurication	O	6/23/2020 - 8/27/2020 T 5:00 PM - 7:50 PM	Darryl Spitzer	3 CR
	IMT 280 01	Cooperative Education	O	6/22/2020 - 8/29/2020	Ron Carlbom	3 CR
	WLD 113 01	SMAW III	F	6/22/2020 - 8/29/2020 MW 1:00 - 2:50 PM	Ron Carlbom	3 CR
	WLD 120 01	Welding Lab	F	6/23/2020 - 8/28/2020 TR 2:00 - 4:50 PM	Ron Carlbom	2 CR
	WLD 203 01	GTAW III	F	6/22/2020 - 8/27/2020 MW 3:00 - 4:50 PM	Ron Carlbom	3 CR
	WLD 280 01	Cooperative Education	O	6/22/2020 - 8/29/2020 Vary/ Independent Study	Ron Carlbom	3 CR
<b>Math</b>						
	MTH 095 01	Intermediate Algebra	RO	6/22/2020 - 8/26/2020 MW 5:00 PM - 7:00 PM	Heidi Coulter	4 CR
	MTH 099 01	Math with Aleks	O 	6/22/2020 - 8/29/2020	Heidi Coulter	4 CR
	MTH 105 01	Applied Math	O	6/22/2020 - 8/29/2020	Chris Carlson	4 CR
	MTH 111 01	College Algebra	O 	6/22/2020 - 8/29/2020	Chris Carlson	5 CR
<b>Music</b>						
	MUS 205 01	Intro to Jazz History	O 	6/22/2020 - 8/29/2020	Denise Reed	3 CR
<b>Physical Science</b>						
	G 202 01	Physical Geology	O	6/22/2020 - 8/29/2020	Genifer Lara	4 CR
	G 207 01	Geology of the Pacific Northwest	O \$	6/22/2020 - 8/29/2020	Genifer Lara	3 CR
	G 109 01	Physical Science (Meterology)	O	6/22/2020 - 8/29/2020	TBA	4 CR
<b>Reading &amp; Writing</b>						
	RDWR 115 01	College Reading and Writing	RO	6/22/2020 - 8/26/2020 MW 1:00 PM - 3:00 PM	Laura Moore	5 CR
<b>Social Sciences</b>						
	PSY 101 01	Psychology and human Relations	O	6/22/2020 - 8/29/2020	Dustin Young	4 CR
	REL 101 01	World Religions	O	6/22/2020 - 8/29/2020	John Sandusky	4 CR
	SOC 204 02	Sociology in Everday Life	O \$	6/22/2020 - 8/29/2020	Dustin Young	4 CR
<b>Writing</b>						
	WR 121 01	English Composition I	O 	6/22/2020 - 8/29/2020	Heather Clark	4 CR
	WR 122 01	English Composition II	O 	6/22/2020 - 8/29/2020	Heather Clark	4 CR

# Are you receiving SNAP Benefits?

## You may be eligible for **STEP!**

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

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

### Programs Include:

- Phlebotomy
- Emergency Medical Technician (EMT)
- Entry Level Accounting
- Basic Healthcare Certificate
- Criminal Justice
- Commercial Driver's License (CDL)
- Real Estate Pre-License Training
- Computer Literacy
- Construction & Contractor's Board (CCB) Exam Prep Class
- Skill building classes such as Quickbooks

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



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

For information contact Jenny Case

**503-842-8222 ext.1160**

**[jeneviececase@tillamookbaycc.edu](mailto:jeneviececase@tillamookbaycc.edu)**



Funding for this project was provided by the United States Department of Agriculture. USDA is an equal opportunity employer, provider and lender.

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

TBCC Facilities are ADA accessible. For questions regarding access or accommodations please contact: Pat Ryan, Director: Human Resources, Facilities, and Safety; 4301 Third Street, Tillamook, OR. 97141. 503-842-8222 x1020 with seven days advance notice.

# COLLEGE PREPARATION | SUMMER 2020

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

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

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

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

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



Tome su GED en  
ESPANOL

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

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

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

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

## About the Courses

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

**General Equivalency Diploma (GED)** Tillamook Bay Community College can assist you in obtaining the equivalent to a high school diploma, the GED, which will enable you to pursue further education, improve your employment status or fulfill a personal goal. Financial assistance may be available to cover the cost of GED testing fees.

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

## New Students Begin Here

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

## What is the GED® test like?

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

### Four (4) parts:

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

# COLLEGE PREPARATION | SUMMER 2020

Class Code	Course Name	Date Days/Time	Location	Instructor
<b>Adult Basic Education (ABE)</b>				
<b>ABE 7602</b>	<b>Adult Basic Education</b>			
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.				
<b>ABE 7602-01</b>		6/22/2020 - 8/27/2020 MTWR 4:00 - 6:50 PM	TBCC	Irvin Jacob
<b>ABE 7605</b>	<b>College Transitions - Math</b>			
Use of whole numbers, fractions, and decimals to write, manipulate, interpret and solve application and formula problems.				
<b>ABE 7605 -01</b>		6/23/2020 - 8/27/2020 TR 4:00 - 5:50 PM	TBCC	Irvin Jacob
<b>ABE 7606</b>	<b>College Transitions - Reading</b>			
Instruction in vocabulary, dictionary use, motor skills, comprehension, some study skills.				
<b>ABE 7606 - 01</b>		6/22/2020 - 8/26/2020 MW 4:00 - 4:50 PM	TBCC	Irvin Jacob
<b>ABE 7607</b>	<b>College Transitions - Writing</b>			
Instruction includes basic communication skills, language mechanics, grammar, spelling, sentence structure and paragraph development.				
<b>ABE 7607 - 01</b>		6/22/2020 - 8/26/2020 MW 4:00 - 5:50 PM	TBCC	Irvin Jacob
<b>English for Speakers of Other Languages (ESOL)</b>				
<b>ESOL 7450</b>	<b>ESOL A - Integrated Skills</b>			
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.				
<b>ESOL 7450 - 01</b>		6/22/2020 - 8/26/2020 TR 4:00 - 6:00 PM	Online/Remote	Isa De Quesada
<b>General Equivalency Diploma (GED) Preparation</b>				
<b>GED 7500</b>	<b>GED Preparation</b>			
Prepare for the GED examination by improving mathematic, reading, writing, social studies and science skills. A fee is charged for this class.				
<b>GED 7500 - 01</b>		6/22/2020 - 8/27/2020 MTWR 4:00 - 6:50 PM	TBCC	Irvin Jacob
<b>GED 7500</b>	<b>GED Preparation (Spanish)</b>			
<b>GED 7500 - 02</b>		6/22/2020 - 8/24/2020 MTWR 6:00 - 8:00 PM	TBCC	Isa De Quesada
		6/22/2020 - 8/26/2020 TWR 6:00 - 8:00 PM	Online/Remote	Isa De Quesada



Did You Know,

that the Tillamook Bay SBDC  
offers more than just classes?

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

TILLAMOOK BAY  
COMMUNITY COLLEGE

AMERICA'S  
**SBDC**  
OREGON

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

POWERED BY  
**SBA**  
U.S. Small Business  
Administration



## TRUCK DRIVER TRAINING

GET ON YOUR ROAD TO SUCCESS!

Contact us today to get  
started.

TILLAMOOK BAY  
COMMUNITY COLLEGE



“

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

*-Kyle Tuinstra, program graduate*

”

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

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

**JUNE 15 - JULY 10\***

**JULY 6 - JULY 31**

**AUG. 17 - SEPT. 11**

\* this class takes place in Astoria

**To receive a registration packet,  
call (503) 842-8222 ext 1320**

**or go to:**

[www.tillamookbaycc.edu](http://www.tillamookbaycc.edu)

Click on Academic Programs and select  
Commercial Drivers Training

# WORKFORCE AND CAREER TRAINING | SUMMER 2020

## Truck Driver Training - CDL Preparation

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 JoAnn Critelli 503-842-8222 x1320 or [joanncritelli@tillamookbaycc.edu](mailto:joanncritelli@tillamookbaycc.edu)

## Small Business Development Center

**For a current list of available classes through the TBCC Small Business Development Center, please visit [www.BizCenter.org/Tillamook](http://www.BizCenter.org/Tillamook)**

## TBCC Online Training

NEW online career training programs to prepare you for a new career, or help you advance within your current occupation. Learn new skills and prepare for industry-recognized certifications. All career training programs are open enrollment, register and start the program at your convenience. Visit <https://careertraining.ed2go.com/tbcc> for career training program information, registration and payment or contact [joanncritelli@tillamookbaycc.edu](mailto:joanncritelli@tillamookbaycc.edu)

- Process Technician
- Quality Inspector
- Robotics Technician
- CNC Machinist
- Green Supply Chain Professional
- Six Sigma Yellow, Green or Black Belt
- Maintenance Technician
- Manual Machinist
- Mechatronics



**FREE! ONLINE Self-Paced Tutorial courses.**

**Register at [www.ed2go.com/tbcc](http://www.ed2go.com/tbcc) before June 30, 2020.**

**Search for FREE in the course search bar.**

Courses include a mix of hard and soft skills that apply to today's changing job market. Having the right skills and knowing how to utilize them is vital for both job seekers and those currently employed. Students leverage these courses to enter the workforce or advance their career. Staff and employees can use this as a professional development opportunity that can be completed online.

- Creating Web Pages
- Creating WordPress Websites
- Fundamentals of Supervision and Management
- Twelve Steps to a Successful Job Search
- Keys to Effective Communication
- Managing Customer Service
- Marketing Your Business on the Internet
- Personal Finance
- Small Business Marketing on a Shoestring
- Individual Excellence

Tillamook Bay Community College

# Online Learning

anytime, anywhere ...

Learn from  
the comfort  
of home!

## Online Professional Education for Educators

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

- 1 to 6 Month Format
- On the Fence? Course Navigation Demo Available
- 30+ Course Offerings

### Course Topics Include:

- General Education
- Exceptional Education
- Early Childhood
- Reading
- Math
- Common Core
- English Language Learner



Visit our website for course details!

[www.virtualeduc.com/tbcc](http://www.virtualeduc.com/tbcc)

## Hundreds of Instructor-Led Online Short Courses

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners.

New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- Monthly start sessions
- Discussion Areas
- Expert Instructors

### Categories Include:

- Arts and Design
- Business
- Computer Science
- Language
- Legal
- Math and Science
- Test Prep
- Writing



Visit our website to find a course!

[ed2go.com/tbcc](http://ed2go.com/tbcc)

# COMMUNITY EDUCATION | SUMMER 2020

## SUMMER TERM DISCLAIMER

Due to restrictions related to the corona virus pandemic, community education, continuing education, and workforce development classes will be held if TBCC and our partner organizations we are allowed to provide face-to-face instruction and if social distancing/safety protocols can be met. The goal is the safety of students and compliance with restrictions outlined by the Governor's Executive Order to ensure the safety of Oregon residents.

**The following courses are all subject to change based on the Governor's Executive Order. The most up to date information regarding the status of classes for the term will be available at [www.Tillamookbaycc.edu](http://www.Tillamookbaycc.edu).**

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## Important Information about Registration

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

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

### How to Read Course Information:

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

### How to Register:

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

For all other non-credit courses offered through TBCC please register using the Non-Credit Registration Form found on page 41. You may mail the form with payment to:

Tillamook Bay Community College  
Attn: 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](mailto:joanncritelli@tillamookbaycc.edu).

# COMMUNITY EDUCATION | SUMMER 2020

## Personal Development

### DRIVER INSTRUCTION

**\*\*\*While under the Covid-19 Executive Order the 30 hour classroom instruction will be offered online, the 12 hour driving instruction will take place once restrictions are lifted.\*\*\***

#### 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 Thursday, June 18th in room 215 from 6 to 7 pm, (or may take place via zoom due to restrictions) the following classes will be held Thursday, Friday, and Saturday mornings, 9 am to 12 pm. Students MUST bring Oregon Instruction Permit to orientation. No class will be held July 3rd and 4th. \$75 scholarship available to students who qualify Free or Reduced Lunch from their school. Please call 541-961-9753, email [two@trainingwheelsoregon.com](mailto:two@trainingwheelsoregon.com) or Facebook at Training Wheels Driver Education and Training for class registration and payment. Course fee \$275.

CED 1120-02

6/25/2020 – 7/18/2020

RFS

9:00 am - 12:00 pm

TBCC 102

Jerry Conrady

**\*\*\*While under the Covid-19 Executive Order the 30 hour classroom instruction will be offered online, the 12 hour driving instruction will take place once restrictions are lifted.\*\*\***

#### Driver Education for Adults

C

\*\*\* 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. Mandatory orientation class held June 18th in room 215 from 6 to 7 pm, the following classes will be held Thursday, Friday, and Saturday mornings, 9 am to 12 pm. Drive times are scheduled in addition to the classroom time. No class will be held July 3rd and 4th. Students must have their Oregon permit or a valid Driver License before class starts. Please call 541-961-9753, email [two@trainingwheelsoregon.com](mailto:two@trainingwheelsoregon.com) or Facebook at Training Wheels Driver Education and Training for class registration and payment. Course fee \$450.

CED 8306-02

6/25/2020 – 7/18/2020

RFS

9:00 am – 12:00 pm

TBCC 102

Jerry Conrady

**\*\*\*Private Driving instruction will take place once Executive Order Covid-19 restrictions are lifted.\*\*\***

#### Private Driving Lessons for Adults

C

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

CED 8414-02

6/25/2020 – 7/18/2020

To be arranged with instructor.

Jerry Conrady

# COMMUNITY EDUCATION | SUMMER 2020

## Personal Development

### EARTH MATTERS

#### 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. The second-class session will meet in Tillamook's forestland, around Sollie Smith, to observe and note beneficial conditions. Students with disabilities or special needs please contact 503-842-8222 ext. 1320 for additional information.

CED 1146-01  
T

9/8/2020-9/22/2020  
6:00 pm – 8:00 pm

Tuition \$35  
TBCC 103

David Wells

### HOBBY AND RECREATION

#### No Fear Fly Fishing

C

Interested in learning fly fishing? Have no fear! This basic course introduces people of all ages and abilities to the art, craftiness and science of tricking fish into thinking feathers, steel and bits of this-n-that tied to a string are actually food! You will gain an appreciation of: Stream Structure & Ecology, Salmonid Life Cycle & Trout Foods. Students will actually construct 1 or 2 simple artificial flies . . . dry & nymph, learn how to use a fly rod to cast a fly 25' or more, hook and land a fish and understand how and why all this happens. Above all, students will HAVE FUN SAFELY OUTDOORS! There will be classroom and field instruction. Curiosity about nature and the ability to swim or tread water are the only prerequisites. Students with disabilities or special needs please contact 503-842-8222 ext. 1320 for additional information.

CED 1101-01  
T

08/04/2020-9/15/2020  
6:00 pm – 7:00 pm

Tuition \$45 Fees \$20  
TBCC 105

John Putman

#### Free-Range Art

C

This summer's free-ranging watercolor class is expanding its scope, encouraging a mix of styles and materials. Does this sound exciting? It will be! We may even use iPads! We'll meet at various locations, recording and capturing the beautiful, historic, and amazing sites of Tillamook County. Transportation is necessary, and we will encourage and coordinate carpooling. Come join us and let's go! First class will meet at TBCC campus for a brief orientation. Email instructor for course materials and more details: [allisonasbjornsen@gmail.com](mailto:allisonasbjornsen@gmail.com). Students with disabilities or special needs please contact 503-842-8222 ext. 1320 for additional information.

CED 1031-01  
W

08/05/2020 – 09/06/2020  
1:00 pm – 4:00 pm

Tuition \$79  
TBCC 102

Allison Asbjornsen

# COMMUNITY EDUCATION | SUMMER 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.

**PROGRAMMING IS SUBJECT TO CHANGE DUE TO RESTRICTIONS RELATED TO THE COVID-19 CRISIS. FOR ACCURATE COURSE INFORMATION PLEASE VISIT THE YMCA WEBSITE.**

## 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	6/22/2020 – 9/4/2020		
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	6/22/2020 – 9/4/2020		
MWF	9:00 am – 10:00 am	YMCA Therapy Pool	Susan Urrey
CED 8513-02	6/23/2020 – 9/3/2020		
TR	7:30 am – 8:30 am	YMCA Therapy Pool	Sharon Shreve
CED 8513-03	6/22/2020 – 9/4/2020		
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	6/23/2020 – 9/3/2020		
TR	8:30 am – 9:15 am	YMCA Competition Pool	Sherryl Klingelhofer

### Swim Hit C

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	6/23/2020 – 9/3/2020		
TR	9:15 am – 9:45 am	YMCA Competition Pool	Sherryl Klingelhofer

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - YMCA Continued

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.

**PROGRAMMING IS SUBJECT TO CHANGE DUE TO RESTRICTIONS RELATED TO THE COVID-19 CRISIS. FOR ACCURATE COURSE INFORMATION PLEASE VISIT THE YMCA WEBSITE.**

## AQUATIC FITNESS CONTINUED

### 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	6/23/2020 – 9/3/2020		
TR	10:00 am – 11:00 am	YMCA Therapy Pool	Nick Johnson
CED 8503-02	6/23/2020 – 9/3/2020		
TR 1	1:00 am – 12:00 pm	YMCA Therapy Pool	Lori Kaiser
CED 8503-03	6/27/2020 – 9/5/2020		
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	6/22/2020 – 9/4/2020		
MWF	10:00 am – 11:00 am	YMCA Therapy Pool	Jim Jett

### Water Dance

C

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

CED 2030-01	6/23/2020 – 9/3/2020		
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, kettlebells, medicine balls, drills, obstacles, HIIT, and Tabata style formats. Class can be modified to fit your ability. You will love the variety that this class has to offer. \$Y-0 NY-45

CED 8605-01	6/24/2020 – 9/2/2020		
W	5:15 am – 6:15 am	YMCA STUDIO	Molly Carlson
CED 8605-02	6/23/2020 – 9/3/2020		
TR	12:15 pm – 12:45 pm	YMCA STUDIO	Molly Carlson

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - YMCA Continued

### LAND FITNESS CONTINUED

#### 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 TR	6/23/2020 – 9/3/2020 5:45 am – 6:30 am	YMCA SPIN RM	Eva Manderson
CED 8532-02 TR	6/23/2020 – 9/3/2020 10:00 am – 11:00 am	YMCA SPIN RM	Lori Kaiser
CED 8532-03 MW	6/22/2020 – 9/2/2020 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 MWF	6/22/2020 – 9/4/2020 10:00 am – 11:00 am	YMCA GYM	Galena Flores
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#### Fit n' Fabulous

S

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

CED 8591-01 T	6/23/2020 – 9/1/2020 8:30 am – 10:00 am	KCC	Susie Wenrick
CED 8591-02 R	6/25/2020 – 9/3/2020 8:30 am – 10:00 am	KCC	Darcy Fugate

#### 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 MWF	6/22/2020 – 9/4/2020 7:15 am – 8:15 am	YMCA STUDIO	Darcy Fugate
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#### 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 TR	6/23/2020 – 9/3/2020 7:00 am – 7:45 am	YMCA STUDIO	Kelly Benson
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# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - YMCA Continued

### LAND FITNESS CONTINUED

#### 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 TR	6/23/2020 – 9/3/2020 5:15 am – 5:45 am	YMCA STUDIO	Molly Carlson on T Sarah Patterson on R
CED 1166-02 T	6/23/2020 – 9/1/2020 5:45 pm – 6:15 pm	YMCA STUDIO	Sarah Patterson
CED 1166-03 TR	6/23/2020 – 9/3/2020 8:30 am – 9:00 am	YMCA RB COURT	Galena Flores

#### 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 TR	6/23/2020 – 9/3/2020 8:00 am – 8:30 am	YMCA STUDIO	Michelle Jenck
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#### 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 MWF	6/22/2020–9/4/2020 8:30 am – 9:30 am	YMCA GYM	Sarah Patterson
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#### 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 MF	6/22/2020 – 9/4/2020 5:15 am – 6:15 am	YMCA STUDIO	Galena Flores on M Sarah Patterson on F
CED 8519-02 TR	6/23/2020 – 9/3/2020 9:45 am – 10:45 am	YMCA SOUTH GYM	Galena Flores
CED 8519-03 MW	6/22/2020 – 9/2/2020 7:00 pm – 8:00 pm	YMCA SOUTH GYM	Sarah Patterson

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - YMCA Continued

### LAND FITNESS CONTINUED

#### 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	6/22/2020 – 9/4/2020		
MWF	8:30 am – 9:30 am	YMCA STUDIO	Thea Defeyter on MW & Phil Gates on F
CED 8608-02	6/22/2020 – 9/4/2020		
MWF	9:00 am – 10:00 am	YMCA STUDIO	Thea Defeyter on MW & Phil Gates on 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	6/23/2020 – 9/3/2020		
TR	8:30 am – 9:30 am	YMCA GYM	Sarah Patterson
CED 8516-02	6/27/2020 – 9/5/2020		
S	8:30 am – 9:30 am	YMCA STUDIO	Ahndrea Sousa
CED 8516-03	6/22/2020 – 9/2/2020		
MW	5:45 pm – 6:45 pm	YMCA GYM	Jeannie Christensen
CED 8516-04	6/23/2020 – 9/1/2020		
T	6:30 pm – 7:30 pm	YMCA STUDIO	Neri Perez
CED 8516-05	6/26/2020 – 9/4/2020		
F	5:45 pm – 6:45 pm	YMCA STUDIO	Neri Perez

#### Zumbini

C

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

CED 8610-01	6/27/2020 – 9/5/2020		
S	10:00 am – 10:45 am	YMCA RB COURT	Ahndrea Sousa

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - YMCA Continued

### 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	6/24/2020 – 9/2/2020		
W	5:30 pm – 6:30 pm	YMCA STUDIO	Tiffany Wildharber

#### Hatha Yoga Level 1

C

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

CED 8590-01	6/22/2020 – 9/4/2020		
MWF	10:30 am – 11:30 am	YMCA STUDIO	Thea DeFeyter

CED 8590-02	6/25/2020 – 9/3/2020		
R	5:30 pm – 6:30 pm	YMCA STUDIO	Thea DeFeyter

#### 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	6/22/2020 – 9/4/2020		
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	6/22/2020 – 8/31/2020		
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	6/23/2020 – 9/3/2020		
TR	9:00 am – 10:00 am	YMCASTUDIO	Molly Carlson

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - North County Recreation District (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 (option 1).

**PROGRAMMING IS SUBJECT TO CHANGE DUE TO RESTRICTIONS RELATED TO THE COVID-19 CRISIS. FOR ACCURATE COURSE INFORMATION PLEASE VISIT THE NCRD WEBSITE.**

### 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	6/29/2020 – 8/31/2020		
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	6/29/2020 – 9/4/2020		
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	7/4/2020 – 9/5/2020		
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	6/30/2020 – 9/3/2020		
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	7/2/2020 – 9/3/2020		
R	9:15 am - 10:05 am	NCRD POOL	McCann/Smith

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - North County Recreation District (NCRD) Continued

*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 (option 1).*

**PROGRAMMING IS SUBJECT TO CHANGE DUE TO RESTRICTIONS RELATED TO THE COVID-19 CRISIS. FOR ACCURATE COURSE INFORMATION PLEASE VISIT THE NCRD WEBSITE.**

### LAND FITNESS

#### AM Boot Camp

N

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

CED 8589-01	6/21/2020 – 9/6/2020		
U	9:00 am - 10:00 am	NCRD GYM	Gina Grasseth

#### 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	6/22/2020 – 9/9/2020		
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	6/23/2020 – 9/10/2020		
TR	9:00 am - 10:00 am	NCRD GYM	Gina Grasseth

#### Group Strength Training for Seniors

N

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

CED 8550-01	6/23/2020 – 9/10/2020		
TR	10:00 am - 10:50 am	NCRD 5	Debbie Crosman

#### Intro to PiFlow

N

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

CED 1135-01	6/24/2020 – 9/9/2020		
W	5:30 pm – 6:30 pm	NCRD GYM	Wendy Bakker

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - North County Recreation District (NCRD) Continued

### LAND FITNESS CONTINUED

#### 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	6/23/2020 – 9/10/2020		
TR	5:30 pm - 6:30 pm	NCRD GYM	Gina Grasseth

#### 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	6/26/2020 – 9/11/2020		
F	9:00 am - 10:00 am	NCRD GYM	Rosa Erlebach

#### 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	6/22/2020 – 9/11/2020		
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	6/22/2020 – 9/9/2020		
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	6/23/2020 – 9/10/2020		
TR	6:30 pm - 7:30 pm	NCRD GYM	Rosa Erlebach

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - North County Recreation District (NCRD)

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**PROGRAMMING IS SUBJECT TO CHANGE DUE TO RESTRICTIONS RELATED TO THE COVID-19 CRISIS. FOR ACCURATE COURSE INFORMATION PLEASE VISIT THE NCRD WEBSITE.**

### YOGA

#### Chair Yoga N

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

CED 8581-01	7/2/2020 – 9/17/2020		
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	7/4/2020 – 9/19/2020		
S	8:00 am - 9:30 am	NCRD 5	Lorraine Ortiz

#### Feel Good Flow Yoga N

Vinyasa is a flowing, dynamic practice that cultivates presence by connecting movement with breath. We begin with stillness. Then build strength and flexibility by moving into flow with rooted foundation and curiosity. Then, we put it all together and end where we began—shavasana. Level I-2. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1127-01	6/30/2020 – 9/15/2020		
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	7/2/2020 – 9/17/2020		
R	5:45 pm - 7:15 pm	NCRD 5	Chick, Janac, Paulson, Pulitzer

# COMMUNITY EDUCATION | SUMMER 2020

## Fitness and Health - North County Recreation District (NCRD)

### YOGA CONTINUED

#### 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

6/29/2020 – 9/14/2020

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 people seek out yoga mainly for the physical benefits, such as strength and flexibility, there is so much more to discover through a complete yoga practice, which includes dynamic meditation techniques and applied philosophy. Level 1-2 students are welcome to enjoy this alignment-based asana and meditation practice that will bring the body into balance, develop strength and focus the mind to express the wisdom of the heart. What happens on the mat can impact your life off the mat. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1128-01

7/3/2020 – 9/18/2020

F

11:30 am – 1:00 pm

NCRD 5

Lynda Chick

#### Mid-Life Yoga

N

Discover the benefits of yoga in your 50s, 60s 70s and beyond! Creative stretches, classical yoga poses and simple explanations of anatomy combine to promote flexibility, balance, core strength and increased awareness, all in a supportive environment. Wear comfortable clothing that allows ease of movement. Class is available to all levels of practice, with modifications to suit your body and experience. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8582-01

7/1/2020 – 9/16/2020

W

8:00 am - 9:30 am

NCRD 5

Janet Paulson

#### 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

7/1/2020 – 9/16/2020

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. Non-members \$65 payable to NCRD.

CED 8565-01

7/3/2020 – 9/18/2020

F

8:00 am - 9:30 am

NCRD 5

Liz Carroll

REGISTRATION OPENS MAY 25, 2020

WWW.TILLAMOOKBAYCC.EDU

SUMMER TERM

# STUDENT RESOURCES | SUMMER 2020

## YOU CAN RIDE THE BUS TO TBCC



**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](http://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

## DISABILITY SERVICES

**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](mailto:sarahartford@tillamookbaycc.edu)) as soon as possible before enrolling in your first term. Or call her at (503) 842-8222 ext. 1165.

## LIBRARY SERVICES

Central Campus, 2nd Floor  
4301 Third Street, Tillamook, OR 97141  
(503) 842- 8222, ext. 1720  
9:00 AM - 5:00 PM, Monday -Thursday  
9:00 - 4:30 Friday (Closed Fridays in July and August)

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

## FLASH ALERT EMERGENCY NOTIFICATIONS

What's the best way to get up to the minute information about campus weather-related delays or closures, 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 I.T. team is available to assist you in registering if needed, (503) 842-8222 ext. 1610 or 1620.

# STUDENT RESOURCES | SUMMER 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



*Support when you need it.*

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

# FINAL EXAM SCHEDULE | SUMMER 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](http://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](http://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: <https://tillamookbaycc.edu/about-tbcc/security-safety-and-equal-opportunity/>

# POLICIES & INFORMATION | SUMMER 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](http://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 | SUMMER 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](http://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 | SUMMER 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

## Full-time Faculty

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

The hours shown below will only be in effect if the campus is able to open to the public. Please also note that the college is closed Friday's in July and August. You can reach anyone at the college via email or by calling their phone extension and leaving a message.

## 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](mailto:studentservices@tillamookbaycc.edu)

## Career Education Advising

Student Services, Central Campus, 1st Floor Lobby  
(503) 842- 8222, ext. 1165 & 1150  
[Sarahartford@tillamookbaycc.edu](mailto:Sarahartford@tillamookbaycc.edu)  
[Saramustonen@tillamookbaycc.edu](mailto:Saramustonen@tillamookbaycc.edu)  
8:30 AM - 4:30 PM

## Disability Services

Student Services, Central Campus, 1st Floor Lobby  
(503) 842- 8222, ext. 1165  
8:30 AM - 4:30 PM, Monday - Friday  
[sarahartford@tillamookbaycc.edu](mailto:sarahartford@tillamookbaycc.edu)

## Veterans Educational Benefits

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

## Financial Aid

Student Services, Central Campus, 1st Floor Lobby  
(503) 842- 8222, ext. 1130  
[tbccfinancialaid@tillamookbaycc.edu](mailto: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](mailto:johnsousa@tillamookbaycc.edu)

## Change Log-In Password

- Go to [www.tillamookbaycc.edu](http://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

## TBCC Store / Cashier

Central Campus, 1st Floor Lobby  
Phone: (503) 842-8222, ext. 1240 or 1220  
Fax: (503) 842-8334  
[paymentinformation@tillamookbaycc.edu](mailto: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*

## Library

Central Campus, 2nd Floor near balcony  
(503) 842-8222, ext. 1720  
9:00 AM - 5:00 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

# ACADEMIC AND TRAINING PROGRAMS | SUMMER 2020

Tillamook Bay Community College offers a variety of certificates and degrees that can help lead to careers in a variety of 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

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

- Associate of Arts Oregon Transfer
  - Oregon Transfer Module (1 year)
  - Major Transfer Module (1 year)
- Associate of Arts - Transfer: English
- Associate of Arts Oregon Transfer in Education
  - Elementary Education: Math
  - Elementary Education: Social Science
  - Elementary Education: Science
  - Elementary Education: Language Arts
- Associate of Science
- Associate of Science Oregon Transfer in Business
- Associate of Science in Forestry
- Associate of Science in Natural Resources
- Associate of Science in Animal Science
- Associate of Science in Agricultural Science
- Associate of Science- Transfer: Biology
- Associate of General Studies

## Associate of Applied Science (AAS) Degrees

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

- Agriculture Technology
- Business Administration (online)
- Criminal Justice and Public Safety
- Healthcare Administration
- Manufacturing and Industrial Technology
- Welding Technology

## Partnerships in Healthcare

Certificates and degrees are granted by partner colleges, but TBCC offers program prerequisites, general education requirements, and related coursework.

- Nursing AAS: Oregon Coast CC
- Diagnostic Imaging AAS: Linn-Benton CC
- Medical Laboratory Technology AAS: PCC
- Occupational Therapy Assistant AAS: Linn-Benton CC
- Pharmacy Technician Certificate: Central OR CC

## Career Technical & Career Pathway Certificates

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

### Business Administration Certificates

- Accounting Clerk
- Entry-Level Accounting Clerk
- Basic Computer Literacy
- Office Supervision

### Criminal Justice and Public Safety Certificates

- Corrections Technician
- Corrections Professional
- Law Enforcement Specialist

### Healthcare Certificates

- Basic Healthcare Certificate
- Emergency Medical Services (EMS)
- Certified Medical Assistant (CMA) Certificate
- Phlebotomy Technician Certificate

### Manufacturing and Industrial Technology Certificates

- Certified Production Technician
- MSSC CPT
- Welding Technology
- Manufacturing Technician (4 certificates) with specialization in:
  - o Welding
  - o Machining
  - o Millwright
  - o Electrical

### Welding Technology Certificates

- One-Year Welding Technology Career Pathway Certificate (CPC)
  - o Shielded Metal Arc Welding (CPC)
  - o Gas Metal Arc Welding (CPC)
  - o Gas Tungsten Arc Welding (CPC)

### Associate of General Studies

- Occupational Skills Training Certificate

## Non-Credit Training Certificates

- Truck Driver Training - CDL
- Phlebotomy Technician Non-credit or credit



# REGISTRATION FORM

NON-CREDIT

YEAR: 20-21 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)		
3	Last Name		Other Names Used	
4	First Name	Middle Name	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
5	Mailing Address	City	State	ZIP
6	Email Address			
7	Mobile Phone Number	Alternate Phone Number		
8	High School/GED – Name of School	City	State	Year Graduated/Obtained

## 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.**

**Tillamook Bay Community College**  
**Attn: Student Services**  
**4301 Third Street**  
**Tillamook, OR 97141**

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

# INSTRUCTOR HIGHLIGHT | SUMMER 2020

## Tom Atchison, PhD Dept. Chair & Faculty, Business Administration Program

### Tell me about how you came to teach at TBCC?

I earned a Bachelor of Science in Education from University of Portland 1987 and a Master in Business Administration from George Fox in 1996. My initial goal was to work in education. However, I found opportunities to work in the business field, partly because there weren't education job openings at the time. While working in the field, I decided to become an adjunct faculty at several Portland universities before becoming a full-time instructor at TBCC in the business program. Being at TBCC led me to pursue my education beyond a master's degree and in 2013, I completed my Doctorate of Management also at George Fox. Completing my doctorate degree led me to have an even deeper understanding of management, but I still really enjoy teaching in this area for the college.

### What do you like best about teaching at TBCC?

Three things initially come to mind. I like having the opportunity to support students who have career goals and helping them reach those career goals. Second, I like that faculty and students have a better relationship, active interaction, and more engagement, rather than just a professor talking to student. Third, I enjoy engagement in the Tillamook community, and the campus community in general.

### Tell me about your teaching philosophy.

I am a believer in process, not only teaching, but also learning as a process. By that I mean learning that enhances our lives enables a contribution for ourselves along with preparing ourselves for work. I am also a big believer in critical thinking and practical learning. Critical thinking is important for the workplace and people in general. By practical, I mean that students can apply what they are learning to our current life, not just learning about business theory. I tailor my lessons to the real world activities and application rather than just assignment to be completed for the sake of the class. I have heard from



students that they were able to apply this material to their real life – by engaging students in meaningful discussions and asking them to reflect – these are key concepts for my class.

### What advice do you have for TBCC students?

Time management: I think this is fundamental, whether it be for an online or on-ground class. Manage or balance our time in a way that we stay at peace with our families as well as with work & school; I learned and experienced this while going back to school as an adult.

- Find a learning pace that works for you & your family.
- Keep in contact with instructors.

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

Most of my free time over the past 20 years has involved spending time with family – hiking, camping, & helping them grow as well as coaching baseball and soccer. I enjoy fishing (another reason why I love it here in Tillamook) and within the last 5 years I've started duck hunting.



## **Get a Jump Start this Summer at TBCC**

**Take classes over the summer!**

**Get a jump-start on your classes for fall.**

**Take a course while you are home on break from the University.**

### **Offering.**

**PSYCHOLOGY \* GEOLOGY \* SOCIOLOGY \* MATH**

**BUSINESS ADMINISTRATION COURSES**

**PRINCIPLES OF MICRO AND MACRO ECONOMICS**

**COLLEGE READING AND WRITING \* WRITING 121 & 122**

**AND MUCH MORE!**

Apply at [www.tillamookbaycc.edu](http://www.tillamookbaycc.edu).

For questions contact, [studentservices@tillamookbaycc.edu](mailto:studentservices@tillamookbaycc.edu), or (503) 842-8222 ext. 1100,