



TILLAMOOK BAY  
COMMUNITY COLLEGE

WINTER TERM 2021



# IMPORTANT DATES

## Winter Term 2021

**November 23**  
Winter Term Registration Begins

**November 26-27**  
Thanksgiving - Campus Closed

**November 30 - December 4**  
Finals Week

**December 5**  
Fall Term Ends

**December 21 -25 , 28 and Jan. 1**  
Campus Closed

**January 3**  
Last Day to Register

**January 4**  
First Day of Winter Term

**January 8**  
Last Day to Drop Classes

**January 18**  
MLK Day - Campus Closed

**February 26**  
Last Day to Withdraw

**March 1**  
Registration Opens

**March 20**  
Term Ends

**March 22 - 26**  
Spring Break

**March 28**  
Last Day to Register

**March 29**  
First Day of Spring Term

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**Cover Photo:**  
Sharyl Carle shows off a piece of art she created during Digital Printmaking. To read the instructor highlight about art instructor Karen Belanger, turn to page 51.

*November 2, 2020 12:23 PM*

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

# WINTER TERM 2021

Welcome to the Winter Term Class Schedule for Tillamook Bay Community College (TBCC).

For those of you that have been here during the fall term, we hope you all finish up the term successfully and have a wonderful holiday break. It has certainly been a challenging fall with the pandemic but the College has managed to maintain a majority of classes face to face to provide students with the modality that best fits their situation and learning style.

TBCC is maintaining all the safety protocols for COVID-19, and in fact are going beyond the CDC/OHA guidelines to ensure we keep our building safe for faculty, staff, and students. Our up-to-date COVID-19 Response Plan for TBCC can be viewed on our website at <https://tillamookbaycc.edu/covid-19-information/>.



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

Some exciting news for the College includes our purchase of the building across Third Street from the main campus for our Manufacturing, Welding, and Agricultural Technology programs. We will be getting it ready for classes during winter term and hope to hold spring classes there. We will provide more information about our new building in the media between now and the holiday period.

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

Sincerely,  
Dr. Ross Tomlin  
President, TBCC

# WHAT'S NEW AT TBCC

## What will Winter Term look like at TBCC?

Winter term classes will be taught in many different modalities. Many will be taught online or through Zoom and many will be offered on campus. Students who attend class on campus will need to wear a face covering, only attend if they are feeling well, and will need to adhere to social distancing regulations.

If you need to check out a laptop computer or access a WiFi connection we can help. Please contact the TBCC library at 503-842-8222 ext. 1720 to learn how. Students can access our WiFi from the parking lot without having to enter the building. If you need support you can contact our IT team at 503-842-8222 ext. 1610 or 1620.

## Community Education, Workforce Training, and SBDC Classes

Community education, continuing education, workforce development classes and classes offered through the Small Business Development Center are scheduled for winter term and will be held if social distancing and safety protocols can be met. Many classes will be available online and through Zoom technology. Please see class listings beginning on page 23.

## FAQ

- **Do I need to wear a face covering to campus?**  
Yes. All students, staff, faculty, and guests on the campus must wear a face covering while on campus and meet social distancing/safety protocols.
- **Do I have to take classes on campus?**  
No. Many classes will be offered online or through Zoom. You can work with your advisor to create a plan that will keep you on track. We have computers you can check out from the library if you need support.
- **Can I meet my academic advisor in person?**  
Yes. You will need to schedule an appointment, wear a face covering, and observe all safety protocols. See page 6 for contact information.

## CAMPUS SAFETY IS IMPORTANT TO US!

- We have worked hard to put a plan in place that will ensure safety on our campus.
- All students will need to wear a face covering, sign in upon arrival, and maintain social distancing at all times.
- Classrooms have been arranged to maintain 6 feet between students. Labs have special protocols in place too.
- You can view the TBCC Campus Reopening Plan at <https://tillamookbaycc.edu/covid-19-information/>.



# WHAT'S NEW AT TBCC

## Welcome Thomas Lackaff, Spanish GED Instructor



Earlier this year TBCC welcomed a new ESOL/Spanish GED Instructor, Tom Lackaff. Tom has been teaching extensively in the Portland area as well as in South Korea and New Jersey. He earned his MA-TESOL at Portland State University.

Tom has been visiting the Oregon coast his whole life, and two years ago decided to make the move to be closer to his father. He was looking for work in language education at the same time that TBCC was searching for a ESOL/Spanish GED instructor.

Tom said when in the classroom he always tries to make it a fun experience for students. "If I can get a laugh out of a difficult subject, I think it helps make the medicine go down," he said.

"I always do my best to remember that everyone has a unique story, and likewise has unique goals," Tom said. "The more I get to know the students, the better equipped I will be to help them map out a bridge toward those goals. I am most looking forward to helping students design, construct and cross their own bridges."

Apart from the requisite love of language and learning, Tom is also better-than-average at ping pong.

## Hy-Flex Classrooms: The New Wave of Technology at TBCC

TBCC is introducing a new modality for students this winter term: Hy-Flex courses (currently offered in Applied Math and College Algebra) lets the student choose their learning experience. Students can pick if they would like to take the class face-to-face, online, or a combination of both.

"It's all about the student," said VP of Instruction Teresa Rivenes. "And it gives the college a lot of potential to meet a student's needs on a case by case basis. It gives us the ability to be any kind of class that a student wants in any modality they want, at the time they want it."

This new modality is being discussed at other colleges in Oregon, but TBCC is the first to implement it. The two pilot programs in math this winter will help determine what other classes to offer as Hy-Flex in the future.

"The technology is really exciting," said Dr. Rivenes. "It has really great potential for us because we are so small and can't offer every single class every hour of the day. But with Hy-Flex, a student can choose how they want to take the class, and can change it up throughout the term to do what works best for them."



# WHERE TO FIND ASSISTANCE WINTER 2021

## CAREER EDUCATION ADVISORS



### Sara Mustonen

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



### Kellie McKeehan

Career Education Advisor  
Student Engagement Facilitator  
(503) 842-8222 ext. 1155  
kelliemckeehan@tillamookbaycc.edu



### Jenevieve Case

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



### Sara Hartford

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

## FINANCIAL AID ADVISORS



### Sally Jackson

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



### Kelsey Jordan

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

## TBCC EQUITY AND INCLUSION STATEMENT

Tillamook Bay Community College is enriched by diversity. Each individual uniquely enhances and strengthens our learning environment.

- We value a community that promotes respect and dignity for all.
- We identify and eliminate barriers to learning.
- We provide equitable support and a safe and inclusive environment.-
- We promote full engagement in our college community.
- We do this through access, opportunity, and advancement for all.



# NEWS YOU CAN USE WINTER 2021

## IF YOU NEED SUPPORT TO ATTEND TBCC WE ARE HERE TO HELP YOU!

**DISABILITIES SERVICES.** If you have a physical, learning, or emotional disability that you fear may impact your learning, contact Student Services to speak with a disability services coordinator before enrolling for the term at [studentservices@tillamookbaycc.edu](mailto:studentservices@tillamookbaycc.edu) or (503) 842-8222 ext. 1100.

**HOW TO PAY FOR COLLEGE.** Are you unsure how you are going to pay for classes? Contact our Financial Aid advisors BEFORE you enroll in classes to see how we can help! There are scholarships, grants, state, and federal aid options available. Let us help you navigate what opportunities may be best for you.

**TRANSFERRING CREDITS TO TBCC:** If you have credits from another college and would like to transfer those credits here, request an official transcript from that school to be sent to the TBCC Registrar as soon as possible. Contact Robert Moore at [robertmoore@tillamookbaycc.edu](mailto:robertmoore@tillamookbaycc.edu) or call 503-842-8222, ext. 1145 with questions.

**STEP:** If you receive SNAP benefits, the TBCC STEP program may be able to help you pay to take skill building classes. Contact Jenny Case to learn more at 503-842-8222 ext. 1160 or email [jenevievecase@tillamookbaycc.edu](mailto:jenevievecase@tillamookbaycc.edu).

## HOW TO APPLY FOR EMERGENCY FUNDS TO HELP YOU STAY IN SCHOOL

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.

## EVERYONE IS WELCOME AT THE TBCC FOOD PANTRY DURING SCHOOL HOURS

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 main campus building. It is open from 8:30 AM - 7:00 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 WINTER 2021

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 email [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 a new student orientation before registering for courses. Please contact your Advisor to schedule a New Student Orientation to complete your registration process.

Email accounts are created upon Application. 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 cash, 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.

You may make a payment in person at the TBCC Cashier window on the main campus at 4301 Third St, Tillamook, OR from 8:30 AM to 4:30 PM except during the lunch hour.

- LOG INTO 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).

For questions contact [paymentinformation@tillamookbaycc.edu](mailto:paymentinformation@tillamookbaycc.edu) or call (503) 842-8222 ext. 1240.



# GETTING STARTED AT TBCC WINTER 2021

## 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 2021 Winter Term from the dropdown menu
  3. Choose Undergraduate Credit from the Division dropdown menu (or noncredit for community education classes)
  4. Click Search at the bottom of the page then select any course for detailed information
- 

## Moodle Instructions

All instructors teaching credit courses now use Moodle. Be sure to get familiar with this online format before your classes start.

1. Access your TBCC email account
  2. Look for an email with your Moodle credentials
  3. To access Moodle
    - Go to <http://tillamookbaycc.edu>
    - Click on Moodle (top right)
    - Enter your login credentials
- 

## LIBRARY SERVICES

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

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

# LEGEND FOR READING THIS SCHEDULE WINTER 2021

## Day of Week Abbreviations

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

## Areas of the County

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



## Class Location Abbreviations

<b>ADVP1</b>	Adventist Professional Building 1, 980 Third St., Tillamook	<b>TBCC</b>	TBCC Central Campus 4301 Third St., Tillamook
<b>AHT</b>	Adventist Health Tillamook 1000 Third St., Tillamook	<b>TBCCN</b>	TBCC North (Neah-Kah-Nie High School) 24705 Hwy 101 N., Rockaway Beach
<b>CCC</b>	Clatsop Community College Merts Campus 6550 Liberty Ln, Astoria	<b>TBCCS</b>	TBCC South (Nestucca High School) 34660 Parkway Dr., Cloverdale
<b>DESC</b>	Location in course description	<b>THS</b>	Tillamook High School 2605 Twelfth St., Tillamook
<b>GM</b>	Garibaldi Museum 112 Garibaldi Ave., Garibaldi	<b>THS/CCC</b>	Tillamook High School / Career & College Center 2605 Twelfth St., Tillamook
<b>KCC</b>	Kiwanda Community Center 34600 Cape Kiwanda Dr. Pacific City	<b>THS/CCC/AS</b>	Tillamook High School / AG Shop 2605 Twelfth St., Tillamook
<b>MPSCC</b>	Manzanita Primary & Specialty Care Clinic 1044 Neahkahnie Creek Rd., Manzanita	<b>THS/CHRS</b>	Tillamook High School Chorus Room 2605 Twelfth St., Tillamook
<b>NCRD</b>	North County Recreation District 36155 Ninth St., Nehalem	<b>TJHS</b>	Tillamook Junior High School 3906 Alder Ln., Tillamook
<b>NHS</b>	Nestucca High School 34660 Parkway Dr., Cloverdale	<b>TMP</b>	Tillamook Medical Plaza1 100 Third St., Tillamook
<b>NKN</b>	Neah-Kah-Nie High School 24705 Hwy 101 N Rockaway Beach	<b>WARH</b>	Warrenton Hampton Hill 550 NE Skipanon Dr., Warrenton
<b>NVELEM</b>	Nestucca Valley Elementary 36925 Hwy. 101 S. Cloverdale	<b>WRKSR</b>	WorkSource Oregon 2101 Fifth St., Tillamook
<b>NWSDS</b>	NW Senior & Disability Services 5010 E. Third St., Tillamook	<b>YMCA</b>	YMCA 610 Stillwell, Tillamook
<b>PCMED</b>	Bay Shore Medical Clinic 38505 Brooten Rd., Pacific City		
<b>PRI</b>	Partners for Rural Innovation Center 4506 Third St., Tillamook		
<b>RCCH</b>	Rockaway Community Church 400 S Third Ave., Rockaway Beach		
<b>SDACH</b>	Seventh Day Adventist Church 2610 First St., Tillamook		
<b>TBA</b>	To Be Arranged		



# LEGEND FOR READING THIS SCHEDULE WINTER 2021

## Legend for How the Course will be Taught and Textbook Options

	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-HY	Hy-Flex	These courses are uniquely designed to meet a wide variety of student needs. They are offered online, face to face, or synchronous remote simultaneously. Come when you need to, stay online when you do not.	N/A
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

**Enrollment in Online and Remote Synchronous courses is limited to residents of Oregon, Washington, and Idaho.**


### WINTER TERM DISCLAIMER

Due to restrictions related to the novel coronavirus pandemic, courses scheduled for winter 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).**

**To learn more about campus operations during the coronavirus please visit <https://tillamookbaycc.edu/covid-19-information/>**

# CREDIT COURSES WINTER 2021

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
<b>Allied Health</b>					
AH 100 01	Medical Terminology	O	1/4/2021 - 3/20/2021	Kaisa Larson	4 CR
AH 102 01	Phlebotomy II	F	1/5/2021 - 3/11/2021 TR 3:30 PM - 5:30 PM	Jodi Richardson	4 CR
<b>Animal Science</b>					
ANS 121 01	Introduction to Animal Science	F	1/4/2021 - 3/20/2021 TH 3:00 PM - 4:30 PM	Joseph Meyer	4 CR
ANS 121 01	Introduction to Animal Science - LAB	F	1/4/2021 - 3/20/2021 W 1:00 PM - 4:00 PM	Joseph Meyer	
ANS 122 01	Large Animal Handling and Welfare, Milk Quality, and Nutrition	F	1/5/2021 - 3/16/2021 T 1:00 PM - 2:00 PM	Troy Downing	4 CR
ANS 122 01	Large Animal Handling and Welfare, Milk Quality, and Nutrition	F	1/7/2021 - 3/18/2021 R 1:00 PM - 3:00 PM	Troy Downing	3 CR
<b>Art</b>					
ART 140 01	Digital Photography	H	1/5/2021 - 3/18/2021 T 1:00 PM - 3:00 PM	Karen Belanger	3 CR
ART 270 01	Printmaking	F	1/4/2021 - 3/20/2021 TR 3:00 PM - 6:00 PM	Andrew Belanger	3 CR
<b>Business</b>					
BA 101	Introduction to Business	O 	1/4/2021 - 3/20/2021	Tom Atchison	4 CR
BA 131 01	Introduction to Business Technology	O	1/4/2021 - 3/20/2021	Tom Atchison	4 CR
BA 212 01	Principles of Accounting	O	1/4/2021 - 3/20/2021	Michael Weissenfluh	4 CR
BA 222 01	Financial Management	O	1/4/2021 - 3/20/2021	Michael Weissenfluh	3 CR
BA 223 01	Principles of Marketing	O	1/4/2021 - 3/20/2021	Tom Atchison	4 CR
BA 224 01	Human Resource Management	O	1/4/2021 - 3/20/2021	Rebecca Phoenix	3 CR
BA 226 01	Business Law I	O	1/4/2021 - 3/20/2021	Tom Atchison	4 CR
BA 256 01	Income Tax	O	1/4/2021 - 3/20/2021	Michael Weissenfluh	3 CR
<b>Biology</b>					
BI 102 01	Biology	H	1/5/2021 - 3/16/2021 T 6:30 PM - 9:30 PM	Joe Meyer	4 CR
BI 102 01	Biology - LAB	H	1/5/2021 - 3/16/2021 T 6:30 PM - 9:30 PM	Joe Meyer	



# CREDIT COURSES WINTER 2021

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
<b>Biology - Continued</b>					
BI 212 01	Principles of Biology II	F	1/5/2021 - 3/18/2021 TR 9:00 AM - 10:30 AM	Bob Pietruszka	4 CR
BI 212 01	Principles of Biology II - LAB	F	1/4/2021 - 3/20/2021 F 9:00 AM - 12:00 PM	Bob Pietruszka	
BI 232 01	Human Anatomy and Physiology II	F	1/4/2021 - 3/20/2021 MW 2:00 PM - 3:30 PM	Bob Pietruszka	4 CR
BI 232 01	Human Anatomy and Physiology II - LAB	F	1/4/2021 - 3/20/2021 R 1:00 PM - 4:00 PM	Bob Pietruszka	
BI 232 02	Human Anatomy and Physiology II - LAB	F	1/4/2021 - 3/20/2021 T 12:00 PM - 3:00 PM	Bob Pietruszka	
<b>Chemistry</b>					
CH 222 01	General Chemistry II	F	1/4/2021 - 3/20/2021 MW 10:00 AM - 12:00PM	Joe Meyer	5 CR
CH 222 01	General Chemistry II - LAB	F	1/4/2021 - 3/20/2021 R 9:00 AM - 12:00 PM	Joe Meyer	
<b>Computers</b>					
CAS 133 01	Basic Computer Skills/Microsoft Office	O	1/4/2021 - 3/20/2021	Michael Weissenfluh	4 CR
CAS 170 01	Beginning Excel	O	1/4/2021 - 3/20/2021	Michael Weissenfluh	3 CR
CS 162 01	Computer Science II	O	1/4/2021 - 3/20/2021	Christopher Carlson	4 CR
<b>College Success</b>					
CG 100 01	College Survival and Success	F	1/4/2021 - 3/16/2021 MW 5:00 PM - 6:30 PM	Robert Moore	3 CR
CG 100 02	College Survival and Success	O	1/4/2021 - 3/20/2021	Teresa Rivenes	3 CR
CG 140 01	Career and Life Planning	O	1/4/2021 - 3/20/2021	Kellie McKeehan	3 CR
<b>Criminal Justice</b>					
CJA 114 01	Introduction to the Juvenile Process	F	1/5/2021 - 3/18/2021 TR 5:30 PM - 7:00 PM	Jeremy Dietrich	3 CR
CJA 115 01	Introduction to Jail Operations	O	1/4/2021 - 3/20/2021	Adelynn Drescher	3 CR
CJA 211 01	Civil Liability and Ethics in Criminal Justice	F	1/5/2021 - 3/18/2021 TR 1:00 PM - 2:30 PM	Paul Letersky	3 CR
CJA 246 01	Fish and Wildlife Enforcement	F	1/5/2021 - 3/18/2021 TR 7:00 PM - 8:30 PM	Paul Binford	3 CR
CJA 262	Introduction to Correctional Treatment	F	1/5/2021 - 3/18/2021 TR 5:30 PM - 7:00 PM	Ryan Connell	3 CR
REGISTRATION OPENS NOVEMBER 2, 2020		WWW.TILLAMOOKBAYCC.EDU			WINTER TERM

# CREDIT COURSES WINTER 2021




Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
<b>Communications</b>					
COMM 111 01	Public Speaking	F	1/4/2021 - 3/17/2021 MW 11:00 AM - 1:00 PM	Steve Dutton	4 CR
COMM 140 01	Introduction to Intercultural Communication	F	1/4/2021 - 3/17/2021 MW 12:00 PM - 2:00 PM	Richard Jenks	4 CR
<b>Economics</b>					
EC 201 01	Principles of Economics: Microeconomics	O	1/4/2021 - 3/20/2021	Darryl Spitzer	4 CR
<b>Education</b>					
ED 251 01	Overview of Exceptional Learners	F	1/4/2021 - 3/18/2021 TR 5:30 PM - 7:00 PM	Kandi Spitzer	3 CR
ED 258 01	Multicultural Education: Principles	R	1/8/2021 - 3/19/2021 F 1:00 PM - 4:00 PM	Denise Reed	4 CR
<b>English</b>					
ENG 105 01	Introduction to Drama	O	1/4/2021 - 3/17/2021	Sydney Elliott	4 CR
ENG 254 01	Survey of American Literature	O	1/4/2021 - 3/20/2021	Simeon Dreyfuss	4 CR
<b>Forestry</b>					
FOR 112 01	Computing Applications in Forestry	F	1/5/2021 - 3/18/2021 TR 5:00 PM - 6:30 PM	Aaron Inman	3 CR
FW 251 01	Principles of Fish and Wildlife Conservation	O 	1/5/2021 - 3/18/2021	Lara Genifer	3 CR
GEO 265 01	Introduction to GIS	F	1/5/2021 - 3/18/2021 TR 3:00 PM - 5:00 PM	Howard Harrison	3 CR
<b>Geology</b>					
G 202 01	Physical Geology	O	1/4/2021 - 3/20/2021	Genifer Lara	4 CR

# CREDIT COURSES WINTER 2021

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
<b>Health Education</b>					
EMS 105 01	EMT Part I	F	1/5/2021 - 3/18/2021 TR 5:30 PM - 9:00 PM	Jodi Richardson	5 CR
HE 110 01	CPR/AED for Professional Rescuers and Health Care Providers	F	2/6/2021 - 2/7/2021 SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 112 01	Standard First Aid and Emergency Care	F	2/27/2021 - 2/28/2021 SU 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 250 01	Personal Health	O	1/4/2021 - 3/20/2021	Kaisa Larson	3 CR
PE 182A 01	Beginning Group Fitness	O	1/4/2021 - 3/17/2021	Molly Carlson	1 CR
HE 295 01	Health and Fitness for Life Lab	O	1/4/2021 - 3/20/2021	Kaisa Larson	1 CR
PE 295	Health and Fitness for Life Lab	O	1/4/2021 - 3/20/2021	Molly Carlson	1 CR
NUTR 240	Human Nutrition	R	1/4/2021 - 3/20/2021 MW 3:30 PM - 5:00 PM	Jessica Linnell	3 CR
<b>History</b>					
HST 102 01	Western Civilization: Medieval to Early Modern	F	1/5/2021 - 3/18/2021 TR 1:00 PM - 3:00 PM	John Sandusky	4 CR
HST 203 01	History of the United States from 1914	O	1/4/2021 - 3/20/2021	John Sandusky	4 CR
<b>Leadership</b>					
Lead 242 01	Personal Leadership Development	F	1/4/2021 - 3/20/2021 T 5:30 PM - 8:30 PM	Micah Smith	3 CR
<b>Manufacturing and Industrial Technology</b>					
APR 122 01	AC/DC Motor Principles	F	1/5/2021 - 3/16/2021 T 5:00 PM - 7:50 PM	Dennis Welch	3 CR
APR 222 01	Hazardous Locations	F	1/5/2021 - 3/16/2021 T 5:00 PM - 7:50 PM	TBD	3 CR
APR 225 01	Electrical Code - Level II	F	1/6/2021 - 3/17/2021 W 5:00 PM - 8:50 PM	Clif Perkins	4 CR
ELT 126 01	Intermediate Programmable Controlleres (PC Based)	F	1/6/2021 - 3/17/2021 W 1:00 PM - 3:50 PM	Joshua Huffman	2 CR
IMT 103 01	Applied Industrial Technology Mathematics	O	1/4/2021 - 3/20/2021	Chris Carlson	4 CR
IMT 200 01	Pumps and Valves	F	1/7/2021 - 3/18/2021 R 5:00 PM - 8:50 PM	Nic Voss	3 CR
IMT 230 01	Techniques of Preventive Maintenance	O	1/4/2021 - 3/21/2021	Darryl Spitzer	3 CR
MCH 220 01	Machining II	F	1/4/2021 - 3/15/2021 M 5:00 PM - 8:50 PM	Andrew Mata	3 CR



# CREDIT COURSES WINTER 2021

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
<b>Math</b>					
MTH 095 01	Intermediate Algebra	F 	1/4/2021 - 3/17/2021 MW 2:00 PM - 4:00 PM	Heidi Coulter	4 CR
MTH 099 01	Math with Aleks	H	1/4/2021 - 3/17/2021 MW 9:00 AM - 11:00 AM	Heidi Coulter	4 CR
MTH 099 02	Math with Aleks	F	1/5/2021 - 3/18/2021 TR 5:00 PM - 7:00 PM	Ronald Neu	4 CR
MTH 105 01	Applied Math	R-HY	1/5/2021 - 3/18/2021 TR 2:00 PM - 4:00 PM	Geza Laszlo	4 CR
MTH 111 01	College Algebra	R-YF	1/4/2021 - 3/20/2021 TR 10:30 AM - 12:30 PM	Geza Laszlo	4 CR
MTH 111 02	College Algebra	O	1/4/2021 - 3/20/2021	Chris Carlson	4 CR
MTH 112 01	Elementary Functions	F 	1/4/2021 - 3/17/2021 MW 4:30 PM - 6:30 PM	Geza Laszlo	5 CR
MTH 212 01	Foundations of Elementary Math II	F 	1/4/2021 - 3/17/2021 MW 10:00 AM - 12:00 PM	Geza Laszlo	4 CR
MTH 252 01	Calculus II	O 	1/4/2021 - 3/17/2021	Chris Carlson	4 CR
<b>Music</b>					
MUS 206 01	Introduction to the History of Rock Music	O	1/4/2021 - 3/20/2021	Denise Reed	3 CR
<b>Philosophy</b>					
PHL 202 01	Ethics	F	1/4/2021 - 3/20/2021 MW 3:30 PM - 5:30 PM	John Sandusky	4 CR
<b>Physics</b>					
PHY 201 01	General Physics	F	1/4/2021 - 3/20/2021 MW 2:30 PM - 4:00 PM	Geza Laszlo	4 CR
PHY 201	General Physics Lab	F	1/4/2021 - 3/20/2021 F 2:00 PM - 5:00 PM	Geza Laszlo	
<b>Political Science</b>					
PS 201 01	US Government: Foundations and Principles	F	1/8/2021 - 3/19/2021 F 1:00 PM - 5:00 PM	Gary Albright	4 CR
PS 244 01	Global Health	O	1/4/2021 - 3/20/2021	Zac Hamilla	4 CR
<b>Psychology</b>					
PSY 101 01	Psychology and Human Relations	F	1/5/2021 - 3/18/2021 TR 4:00 PM - 6:00 PM	John Sandusky	4 CR
PSY 215 01	Human Development	F	1/5/2021 - 3/18/2021 TR 8:00 AM - 10:00 AM	David Coulter	4 CR

# CREDIT COURSES WINTER 2021

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
<b>Reading</b>					
RDWR 115 01	College Reading and Writing	F	1/4/2021 - 3/20/2021 TR 6:00 PM - 8:00 PM	TBD	5 CR
RDWR 115 02	College Reading and Writing	R	1/4/2021 - 3/17/2021 MW 11:30 AM - 1:30 PM	Sydney Elliot	5 CR
<b>Sociology</b>					
SOC 206 01	Social Problems	O \$	1/4/2021 - 3/20/2021	Dustin Young	4 CR
<b>Spanish Language</b>					
SPA 102 01	First Year Spanish: Term 2	H 	1/5/2021 - 3/16/2021 T 5:30 PM - 8:30 PM	Isabel De Quesada	4 CR
SPA 102 02	First Year Spanish: Term 2	O	1/4/2021 - 3/20/2021	Cara Elder	4 CR
SPA 202 01	Second Year Spanish: Term 2	F	1/5/2021 - 3/18/2021 TR 2:30PM - 4:30 PM	Isabel De Quesada	4 CR
<b>Welding</b>					
WLD 102 01	Blueprint Reading	F	1/6/2021 - 3/17/2021 W 5:00 PM - 8:50 PM	Ron Carlborn	4 CR
WLD 111	SMAW I	F	1/4/2021 - 3/17/2021 TR 5:00 PM - 6:50 PM	Daniel Genert	3 CR
WLD 112 01	SMAW II	F	1/4/2021 - 3/17/2021 MW 1:00 PM - 2:50 PM	Ron Carlborn	2 CR
WLD 120 01	Welding Lab	F	1/5/2021 - 3/18/2021 TR 5:00 PM - 7:50 PM	Gina Maack	2 CR
WLD 171 01	GMAW II	F	1/7/2021 - 3/18/2021 M 5:00 PM - 8:50 PM	Nicolas Voss	3 CR
WLD 202 01	GTAW II	F	1/4/2021 - 3/17/2021 MW 3:00 PM - 4:50 PM	Ron Carlborn	4 CR
<b>Writing</b>					
WR 121 01	English Composition I	F \$	1/4/2021 - 3/20/2021 MW 4:00 PM - 6:00 PM	Andrea Ware	4 CR
WR 121 02	English Composition I	O \$	1/4/2021 - 3/20/2021	Heather Clark	4 CR
WR 122 01	English Composition II	F \$	1/5/2021 - 3/18/2021 TR 11:00 AM - 1:00 PM	Michele DeGraffenreid	4 CR
WR 122 02	English Composition II	O \$	1/4/2021 - 3/20/2021	Heather Clark	4 CR
WR 127 01	Intro to Professional Writing	F	1/4/2021 - 3/20/2021 M 3:00 PM - 5:00 PM	Sydney Elliott	3 CR
WR 227 01	Technical & Profession Writing	F	1/4/2021 - 3/17/2021 M 3:00 PM - 5:00 PM	Sydney Elliott	4 CR

# COLLEGE PREPARATION WINTER 2021

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

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

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

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

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



Tome su GED en  
ESPAÑOL

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

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

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

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

## About the Courses

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

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

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

## New Students Begin Here

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

## What is the GED® test like?

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

### Four (4) parts:

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



# COLLEGE PREPARATION WINTER 2021

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>		1/4/2021 - 3/18/2021 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>		1/5/2021 - 3/18/2021 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>		1/4/2021 - 3/17/2021 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				
<b>ABE 7607 - 01</b>		1/4/2021 - 3/17/2021 MW 4:00 - 5:50 PM	TBCC	Irvin Jacob
<b>English for Speakers of Other Languages (ESOL)</b>				
<b>ESOL 7450 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>		1/4/2021 - 3/17/2021 MW 3:00 - 4:30 PM	TBCC	Thomas Lackaff
<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>		1/4/2021 - 3/20/2021 MTWR 4:00 - 6:50 PM	TBCC	Irvin Jacob
<b>GED 7500</b>	<b>GED Preparation (Spanish)</b>			
<b>GED 7500 - 02</b>		1/4/2021 - 3/20/2021 MTWR 5:00 - 7:50 PM	TBCC	Thomas Lackaff



# ARE YOU RECEIVING **SNAP** BENEFITS?

## **YOU MAY BE ELIGIBLE FOR STEP - A SNAP TRAINING AND EMPLOYMENT PROGRAM THROUGH TBCC**

Do you need help getting started with a career ? Would improving your skills help you advance in your current position?

**STEP** can help you get started!



### **PROGRAMS INCLUDE:**

- ✓ Phlebotomy
- ✓ Entry Level Accounting
- ✓ Basic Healthcare Certificate
- ✓ EMS/Criminal Justice
- ✓ Commercial Driver's License
- ✓ Real Estate Pre-License Training
- ✓ Computer Literacy
- ✓ Construction and Contractor's Board Exam Prep
- ✓ Skill building classes such as Quickbooks



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

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



For information contact Jenny Case

503-842-8222 ext. 1160

[jenevievecase@tillamookbaycc.edu](mailto:jenevievecase@tillamookbaycc.edu)

Funding for this projects 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.

## The Tillamook Bay SBDC is here to help you with....



- Free Advising
- CCB Test Prep
- Capital Access Team
- Market Research
- Cybersecurity
- QuickBooks Assistance
- Business Planning
- Real Estate Broker
- Pre-Licensing
- And so much more.....

business  
**oregon**

**Call today for more info!**  
**503-842-8222 x1420**

**TILLAMOOKBAY**  
COMMUNITY COLLEGE

**EMAIL US TODAY AT [TILLAMOOKSBDC@BIZCENTER.ORG](mailto:TILLAMOOKSBDC@BIZCENTER.ORG)**  
**OR VISIT OUR WEBSITE AT [OREGONSBDC.ORG](http://OREGONSBDC.ORG)**

The Small Business Development Center is partially funded by the U.S. Small Business Administration. The support given by the Small Business Administration through such funding does not constitute or express an implied endorsement of any of the cosponsors; or participants' opinions, products, or services. Special arrangement for disabled individuals will be made if requested in advance. 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.





# Truck Drivers Are in High Demand

\* Great paying local jobs available. Long term stability.

- ▶ Train for your Commercial Driver's License (CDL) in four weeks at Tillamook Bay Community College and Clatsop Community College
- ▶ CDL refresher class also available for CDL drivers with lapsed licenses
- ▶ Scholarships and loans are available
- ▶ Classes run multiple times a year.
- ▶ Upcoming Classes:  
**Tillamook: Feb. 1 - Feb. 26**  
**Astoria: March 1 - March 26**

**Contact  
us Today:**



503-842-8222 x 1320



[joanncritelli@tillamookbaycc.edu](mailto:joanncritelli@tillamookbaycc.edu)



**Clatsop  
Community  
College**

# WORKFORCE AND CAREER TRAINING WINTER 2021

## WINTER TERM DISCLAIMER

Due to restrictions related to the novel coronavirus pandemic, community education, continuing education, and workforce development classes will be held if TBCC and our partner organizations 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).**

### Truck Driver Training - CDL Preparation

#### Truck Driver Training: CDL Certification

C

An overview and introduction to the safe operation of a commercial vehicle and the field of logistics. Course content includes the operation of basic and secondary control systems, coupling and uncoupling a tractor and trailer, cargo handling, and the proper method of conducting a pre-trip inspection. Covers applicable federal regulations including hours of service requirements and Commercial Driver's Licensing (CDL) requirements and distribution channels. Also includes methods of managing speed effectively, responding to road and weather conditions, and accident scene management. Course meets for 160 hours, including classroom and practice driving. Upon completion of the course, TBCC schedules a tester for the CDL Class A Pre-Trip, Backing, and Driving tests, (additional fee, paid by the student.) **PREREQUISITE:** Oregon CDL Learner Permit, DOT physical, driving record check, drug screen, and background check. Course limited to 4 students per section. For more information and to register, please contact JoAnn Critelli at 503-842-8222 x1320 or [joanncritelli@tillamookbaycc.edu](mailto:joanncritelli@tillamookbaycc.edu).

CED 1180-01	2/1/2021 – 2/26/2021		Fees \$5,000
MTWRF	8:00 am – 5:00 pm	TBCC & Port of Tillamook Bay	Bret Rivenes
CED 1180-02	3/1/2021 - 3/26/2021	Clatsop Community College	Fees \$5,000
MTWRF	8:00 am - 5:00 pm	Merts Campus	Bret Rivenes

#### CDL Refresher Class

C

Customized training for lapsed CDL license holders. If your CDL license expired within the past four years our instructor will work with you independently to review the current method of conducting a pre-trip inspection and observe practice drives. The CDL refresher class includes the use of our truck for test day. For more information and to register, please contact JoAnn Critelli at 503-842-8222 x1320 or [joanncritelli@tillamookbaycc.edu](mailto:joanncritelli@tillamookbaycc.edu).

CED 1178-01		Fees \$1,700
Independent Study — hours vary		Bret Rivenes

#### Truck Driving Simulator

Our truck driving simulator is available to rent for all businesses, truck drivers, or individuals who want to “test drive” a truck-driving career option. Our state-of-the-art equipment simulates real-life road conditions. Simulated repetition of road and weather hazards in a safe and controlled environment builds muscle memory to develop safe, real-life response. For more information and to schedule trainings, please contact JoAnn Critelli at 503-842-8222 x1320 or [joanncritelli@tillamookbaycc.edu](mailto:joanncritelli@tillamookbaycc.edu).

CED 7082-01	Fees Vary
Trainings are available in December and January	Bret Rivenes

# WORKFORCE AND CAREER TRAINING WINTER 2021

## Healthcare Professionals

### Phlebotomy II

C

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

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

PHET 930L-01 1/4/2021 – 3/19/2021 Tuition \$348 Fees \$50 Jodi Richardson

• AH 102-01 is the three credit undergraduate Phlebotomy II option. Speak with your advisor to discuss financial aid possibilities.

## Small Business Development Center

### Ready, Set, Start Your Business!

C

If you are thinking of starting a business, this is a great place to begin! Learn how to evaluate your business idea and business planning basics. What are the different forms of ownership you need to consider? Why do businesses succeed? Why do businesses fail? This course is helpful for anyone who wants to start and sustain a successful small business. For more information, contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org).

SBD 1136-01 R	1/07/2021 4:00 pm – 6:00 pm	PRI #114	Fees \$20
SBD 1136-02 M	1/18/2021 1:00 pm – 3:00 pm	PRI #114	Fees \$20
SBD 1136-03 W	2/03/2021 2:00 pm – 4:00 pm	PRI #114	Fees \$20
SBD 1136-04 F	2/19/2021 5:00 am – 7:00 pm	PRI #114	Fees \$20
SBD 1136-05 S	3/06/2021 1:00 pm – 3:00 pm	PRI #114	Fees \$20
SBD 1136-06 T	3/16/2020 5:00 pm – 7:00 pm	PRI #114	Fees \$20

### Digital Skills Training

Are you looking for some new Digital Skills? Curious about how to set up your Google Business account or create a website? How about skills for managing your business remotely? The Tillamook SBDC will be holding once monthly Digital Skills Training classes; email us and let us know what you're interested in learning and we'll put a class together. Email your ideas to [lindseygann@tillamookbaycc.edu](mailto:lindseygann@tillamookbaycc.edu) and make sure to visit our website at [www.oregonsbdc.org](http://www.oregonsbdc.org) for a list of current classes and to register.



# WORKFORCE AND CAREER TRAINING WINTER 2021

## Small Business Development Center Cont.

### What's Your Plan: Writing a Compelling Business Plan

C

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

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

Students who complete this program and finish their business plan within 3 months can apply for \$125 reimbursement of class fees. Class is every Monday for four weeks beginning March 8th, 2021.

For more information, contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org).

SBD 1148-01	03/08/2021-3/29/2021		Fees \$175
M	5:30 pm – 7:30 pm	PRI #105	Teri Fladstol

### QuickBooks Pro for Business

C

Good financial information is key to business success. Come learn how to maintain accurate accounting records using QuickBooks. Participants receive a 500 page book published by Labyrinth Learning to guide them through the basics of using QuickBooks. Hands-on, interactive sessions include instructor led discussion, work with QuickBooks software for the online or desktop version, and time for questions and answers. For more information, contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org).

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

Class is five, four hour sessions. One-on-one business advising at the business site is also available.

Minimum of 5 enrolled students to run this class; if this is not met, class will be cancelled.

SBD 5130-01	2/06/2021 - 03/06/2021		Fees \$285
S	9:00 am – 1:00 pm	PRI #105	Teri Fladstol

### Solo Business Builders

C

Solo Business Builders is designed specifically to help solo entrepreneurs build the business of their dreams and prevent burnout. This class includes:

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

This class is three hours every Thursday for ten weeks. For more information, contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org)

SBD 9074-01	1/21/2021 - 3/25/2021		Fees \$395
R	5:00 pm – 8:00 pm	PRI #107	Teri Fladstol

# WORKFORCE AND CAREER TRAINING WINTER 2021

## Small Business Development Center Cont.

### Construction Contractors Board (CCB) Training and Exam Prep

C

This two-day live class will prepare you for the exam and teach you how to set up your business for success. The registration fee of \$355 includes all class sessions, class materials, a copy of the current edition of the Oregon Contractor's Reference Manual, chapter quizzes, and two 80-question practice exams. For more information, contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org).

Minimum of 5 enrolled students to run this class; if this is not met, class will be cancelled.

SBD 8301-01	3/19/2021 - 3/20/2021		Fees \$355
FS	8:00 am – 5:00 pm	PRI #107	Judy Beebe

### Sales, Marketing, & Customer Service

C

- Image & Branding – Learn about the value of a strong business brand and how to maintain a positive image in the market.
  - Great Customer Service Skills – Refining customer service skills is ongoing in any business. Develop ways to continuously improve the experience customers have when they buy from you.
  - Growing Your Business – How big is too big? Growth is a major cause of business failure, but it's also the way to create long term wealth. Learn what it means to grow a business and what it takes to be successful.
- For information contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org).

SBD 7773-01	1/13/2021, 2/10/2021, 3/10/2021		Fees \$250
W	5:00 pm – 8:00 pm	Main Campus #214	Subject Experts

### Legal & Insurance:

C

- Contract Management – Business success depends on negotiation skills in selling, buying, contracts, and lease agreements. Learn how to negotiate win-win deals that work.
  - Business Resiliency – Planning, insuring, and protecting your business from all life throws your way. Learn how to mitigate risk and reduce the worry of what “could” happen.
  - Cyber Security – More and more business is conducted online, but what are the risks? Learn the techniques to foil online criminals who are intent on stealing from your business.
- For information contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org).

SBD 9354-01	1/12/2021, 2/09/2021, 3/09/2021		Fees \$250
T	12:00 pm – 3:00 pm	Main Campus #215	Subject Experts

### Launch Your Business Academy – Spanish and English

C

When you own your own business, you will often find yourself working in the business and never on the business. This program is a great opportunity to refocus and take the next steps for building and strengthening your business. Class topics include business positioning, working on your mission and vision, evaluating your strengths/weaknesses/opportunities/threats (SWOT), gaining financial management skills, and more! This is also a great opportunity to network with other small businesses in the area. Taught by Dr. Alberto Flores of the Oregon Coast Community College. For more information, contact 503-842-8222 x1420 or [tillamooksbdc@bizcenter.org](mailto:tillamooksbdc@bizcenter.org).

SBD 2101 01	03/19/2021-03/20/2021		Fees \$175
FS	9:00 am – 5:00 pm	PRI #105	Dr. Alberto Flores

Tillamook Bay Community College

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



# COMMUNITY EDUCATION WINTER 2021

## Important Information about Registration

Tillamook Bay Community College's (TBCC) Community and Continuing Education program provides lifelong learning opportunities. 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, and North County Recreational District (NCRD) for fitness and health classes, and with the Small Business Development Center (SBDC) for business development.

### 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 48. 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.

## 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 of instruction 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 online sessions are mandatory. Missed sessions must be made-up at an additional cost. Mandatory parent/teen orientation is held online. \$75 scholarship available to students who provide proof of Free or Reduced Lunch from their school. Please contact Jerry at 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 1120-01

TBA

Jerry Conrady

# COMMUNITY EDUCATION WINTER 2021

## CREATIVITY, HOBBY, AND ART

### Beginning Guitar

C

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

CED 1024-01	1/4/2021 – 3/15/2021		Fees \$79
M	6:00 pm – 8:00 pm	TBCC 102	Richard Paris

### Community Creative Writing Workshop

O

Open for all levels of writers. We will explore the genres of poetry, short fiction, and creative non-fiction through discussion and classroom activities. Students will have the chance to share their writing in a supportive and positive atmosphere with the aim of receiving constructive feedback and achieving personal writing goals.

CED 2070-01	1/4/2021 – 2/15/2021		Fees \$88
M	5:30 pm – 7:30 pm	Zoom/Online	Isabel De Quesada

### Introduction to Beekeeping

C

For those thinking about becoming beekeepers or those simply interested in learning more about honeybees. Students will learn about handling and caring for beehives, including the specific challenges honeybees and beekeepers face in Tillamook's climate.

CED 2068-01	12/2/2020, 12/4/2020		Fees \$20
WF	1:00 pm – 4:00 pm	TBCC 105	Claire Moody

CED 2068-02	1/20/2021, 1/22/2021		Fees \$20
WF	1:00 pm – 4:00 pm	TBCC 104	Claire Moody

### Poetry of Color

A beginner's guide to reading and interpreting poetry. We will focus on poetry from modern authors of color and how their poetry is important in current times. We will learn to use a poet's biography and elements of craft to interpret meaning and emotional response. This course will emphasize the importance of empathy in writing as well as the purpose of art and poetry as means of social change.

CED 2075-01	2/24/2021 — 3/10/2021		Fees \$29
W	6:00 pm – 8:00 pm	Zoom/Online	Kelsey Jordan

### Real World Photography: The Beginning

Bring your fully charged camera, cell phone, or DSLR/mirrorless camera and manual. The class will introduce you to basic camera functions that will help improve your photos. We will discuss topics such as manual/pro-mode, the photographic triangle, composition, and how to take a variety of images including sunsets and landscapes. The course will also cover sharing images on common social media platforms such as Flickr, Facebook, and Instagram. Class will be held via Zoom if Covid precautions prevent classroom meetings.

CED 2073-01	3/2/2021 - 3/16/2021		Fees \$39
T	6:00 pm - 8:00 pm	TBCC 204	Don Backman

# COMMUNITY EDUCATION WINTER 2021

## LIFE LONG LEARNING

### Financial Workshop for Individual Investors

C

This course will focus on setting goals, minimizing risks, and simply making good investment decisions. Topics will include certificates of deposit, government bonds, tax-free bonds, mutual funds, stocks, annuities, retirement plans, and individual portfolio development tailored to each unique financial situation.

CED 6521-01	1/26/2021 — 2/9/2021		Fees: \$20
T	6:00 PM – 8:00 PM	TBCC 204	Brett Hurliman

### Intro to Dairy Waste Management

C

Participants will learn the basics of dairy waste management. Topics covered include manure management: facilities, handling, and storage; the Oregon confined animal feeding permit program; methane digesters on dairies; air emissions from dairy operations; manure equipment calibration; and the animal waste management plan's development and components. Class is free for Tillamook County residents.

CED 2034-01	2/12/2021		
F	8:00 AM – 12:00 PM	TBCC 104	Troy Downing

### Long Term Care Consumer Basics

C

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

CED 9110-01	3/8/2021		
M	12:00 PM – 2:00 PM	TBCC 105	Bosworth/Spegman

### Seniors and Basic Computers

C

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

CED 7061-01	3/1/2021 — 03/15/2021		Fee \$35
M	11:00 AM – 1:00 PM	TBCC 107	Ron Neu

### Your Personal Owner's Manual

O

Every new appliance includes a manual about how to get the most out of it. It usually has instructions, sometimes a diagram, and a troubleshooting guide. We usually don't read it cover to cover, but tuck it away for 'just in case.' Do you have a manual for YOU? People will treat you the way you teach them to treat you, but first you have to know what you want and how you want to be treated! After this interactive course, you'll feel more confident sharing that important information with others.

CED 2072-01	2/06/2021		Fees: \$27
S	10:00 AM – 11:30 AM	Zoom/Online	Michele Duncan King

# COMMUNITY EDUCATION WINTER 2021

## 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	1/4/2021 – 3/19/2021		
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	1/4/2021 – 3/19/2021		
MWF	9:00 am – 10:00 am	YMCA Therapy Pool	Susan Urrey

CED 8513-02	1/5/2021 – 3/18/2021		
TR	7:30 am – 8:30 am	YMCA Therapy Pool	Sharon Shreve

CED 8513-03	1/4/2021 – 3/19/2021		
MWF	5:30 pm – 6:30 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	1/5/2021 – 3/18/2021		
TR	8:30 am – 9:15 am	YMCA Competition Pool	Sherryl Klingelhofer

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

CED 8546-02	1/5/2021 – 3/18/2021		
TR	9:15 am – 9:45 am	YMCA Competition Pool	Sherryl Klingelhofer



# FITNESS AND HEALTH WINTER 2021

## YMCA Continued

### 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	1/5/2021 – 3/18/2021		
TR	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	1/4/2021 – 3/19/2021		
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	1/5/2021 – 3/18/2021		
TR	6:00 pm – 7:00 pm	YMCA Therapy Pool	Denise Beeler

### LAND FITNESS

#### Bootcamp

C

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

CED 8605-01	1/6/2021 – 3/17/2021		
W	5:15 am – 6:15 am	YMCA STUDIO	Darcy Fugate

#### 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

CED 8532-01	1/5/2021 – 3/18/2021		
TR	5:15 – 6:00 am	YMCA CYCLING STUDIO	Eva Manderson

# FITNESS AND HEALTH WINTER 2021

## YMCA Continued

### LAND FITNESS CONTINUED

#### 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-110

CED 8538-01	1/4/2021 – 3/19/2021		
MWF	10:00 am – 11:00 am	YMCA GYM	Galena Flores

#### Evening Yoga with Molly

A yoga class for all levels. We will explore postures that promote rejuvenation, balance, length and strength. Class includes flow (fluid movement) and static postures (the holding of poses). This evening practice will conclude with restorative postures, which prepare the body and mind for restful sleep. Challenging variations will be suggested for more advanced students and easier options will be available for newer students. \$Y-0 NY-45

CED 1195-01	1/4/2021 – 3/15/2021		
M	7:00 pm – 8:00 pm	YMCA STUDIO	Molly Carlson

#### Insanity

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-110

CED 1166-01	1/5/2021 – 3/18/2021		
TWR	8:45 am – 9:30 am	YMCA STUDIO	Galena Flores

#### On The Ball

C

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

CED 8607-01	1/4/2021 – 3/19/2021		
MWF	7:00 am – 8:15 am	YMCA STUDIO	Darcy Fugate

#### Pilates on the Mat

C

Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movement. 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	1/5/2021 – 3/18/2021		
TR	10:00 am – 11:00 am	YMCA STUDIO	Kelly Benson

CED 8501-02	1/5/2021 – 3/18/2021		
TR	5:30 pm – 6:30 pm	YMCA STUDIO	Kelly Benson

# FITNESS AND HEALTH WINTER 2021

## YMCA Continued

### LAND FITNESS CONTINUED

#### 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-45/-78

CED 8519-01 MF	1/4/2021 – 3/19/2021 5:15 am – 6:15 am	YMCA STUDIO	Sarah Patterson
CED 8519-02 TR	1/5/2021 – 3/18/2021 10:00 am – 11:00 am	YMCA SOUTH GYM	Galena Flores
CED 8519-03 W	1/6/2021 – 3/17/2021 5:30 pm – 6:30 pm	YMCA STUDIO	Sarah Patterson
CED 8519-04 S	1/9/2021 – 3/20/2021 8:30 am – 9:30 am	YMCA STUDIO	Vanessa Cham

#### Step & Sculpt

C

Achieve total body fitness with aerobic and strength training exercises using floor, step, weights, bands, and balls to increase cardiovascular endurance and overall body conditioning. Modifications given to accommodate all fitness levels. \$Y-0 NY-78

CED 8528-01 MF	1/04/2021-3/19/2021 8:30 am - 9:30 am	YMCA STUDIO	Sarah Patterson
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#### Tai Chi Moving for Better Balance — Beginner

C

Continuous instruction on basic tai chi fundamentals, using flowing motion to improve strength, balance and coordination. Movements are both weight bearing and non-weight bearing and focus on proper body alignment. \$Y-0 NY-110

CED 8608-01 MWF	1/4/2021 – 3/19/2021 8:30 am – 9:00 am	YMCA GYM	Kelly Benson
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#### Tai Chi/Qigong

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 8608-02 MWF	1/4/2021 – 3/19/2021 9:00 am – 10:00 am	YMCA GYM	Kelly Benson
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#### Saturday Tai Chi/Qigong

Tai Chi basic international 8 form and 24 form. QiGong exercise will increase flexibility and, through breathe exercise, will increase oxygen and energy levels to enhance your other favorite activities. \$Y-0 NY-45

CED 8608-03 S	1/9/2021 – 3/20/2021 10:00 am – 11:00 am	YMCA STUDIO	Phil Gates
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# FITNESS AND HEALTH WINTER 2021

## LAND FITNESS CONTINUED

### 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

CED 8516-01	1/5/2021 – 3/18/2021		
TR	8:30 am – 9:30 am	YMCA GYM	Sarah Patterson
CED 8516-02	1/4/2021–3/17/2021		
MW	5:45 pm – 6:45 pm	YMCA GYM	Jeannie Christensen

## 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	1/4/2021–3/29/2021		
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	1/4/2021–4/2/2021		
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. \$40 payable to NCRD.

CED 8557-01	1/9/2021–3/27/2021		
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	01/5/2021–4/1/2021		
TR	7:15 pm - 8:15 pm	NCRD POOL	Nancy Smith
REGISTRATION OPENS NOVEMBER 2, 2020		WWW.TILLAMOOKBAYCC.EDU	WINTER TERM



# FITNESS AND HEALTH WINTER 2021

## North County Recreation District (NCRD) Continued

### AQUATIC FITNESS CONTINUED

#### Water Therapy Exercise/Arthritis Foundation Program

N

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

CED 8570-01	1/7/2021–4/1/2021		
R	9:15 am - 10:05 am	NCRD POOL	McCann/Smith

### 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	1/3/2021 – 3/21/2021		
U	9:00 am - 10:00 am	NCRD GYM	Gina Grassetth

#### Core Pilates

N

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

CED 8572-01	1/4/2021 – 3/24/2021		
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	1/5/2021 – 3/25/2021		
TR	9:00 am - 10:00 am	NCRD GYM	Gina Grassetth

#### Group Strength Training for Seniors

N

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

CED 8550-01	1/5/2021 – 3/25/2021		
TR	10:00 am - 10:50 am	NCRD GYM	Debbie Crosman

# FITNESS AND HEALTH WINTER 2021

## North County Recreation District (NCRD) Continued

### LAND FITNESS CONTINUED

#### Intro to PiFlow

N

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

CED 1135-01

1/4/2021 – 3/24/2021

MW

5:30 pm – 6:30 pm

NCRD GYM

Bakker/Churchill

#### PM Boot Camp

N

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

CED 8556-01

1/5/2021 – 3/25/2021

TR

5:30 pm - 6:30 pm

NCRD GYM

Gina Grassetth

#### Steady at the Barre

N

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

CED 8588-01

1/8/2021 – 3/26/2021

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

1/4/2021 – 3/26/2021

MWF

10:00 am - 11:00 am

NCRD GYM

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

1/4/2021 – 3/24/2021

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

1/5/2021 – 3/25/2021

TR

6:30 pm - 7:30 pm

NCRD GYM

Rosa Erlebach

# FITNESS AND HEALTH WINTER 2021

## North County Recreation District (NCRD)

### 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	12/31/2020 – 3/18/2021		
R	8:00 am - 9:30 am	ZOOM	Brook/Yoga Staff

#### Classical Yoga

N

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

CED 8567-01	1/2/2021 – 3/20/2021		
S	8:00 am - 9:30 am	ZOOM	Lorraine Ortiz

#### Feel Good Flow Yoga

N

In the Feel Good Flow class, postures are practiced to align, strengthen and promote flexibility in the body while connecting to the breath. We flow from one posture to the next spending time on the mat, standing poses, and balancing at the barre. We make a full circuit of the body's range of motion by lengthening the spine and opening the shoulders and hips. We move but all levels are welcome. We end with the ultimate pose, savasana. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1127-01	12/29/2020 – 3/16/2021		
T	4:00 pm - 5:00 pm	NCRD GYM	Liz Carroll

#### Level I Yoga: Asana and Pranayama for Peace

N

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

CED 8562-01	12/28/2020 – 3/15/2021		
M	5:15 pm – 6:45 pm	ZOOM	Theresa Hanks

#### 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	1/1/2021 – 3/19/2021		
F	4:00 pm – 5:30 pm	ZOOM	Lynda Chick

# FITNESS AND HEALTH WINTER 2021

## North County Recreation District (NCRD)

### YOGA CONTINUED

#### 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	12/30/2020 – 3/17/2021		
W	8:00 am - 9:30 am	ZOOM	Yoga Staff

#### 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	12/30/2020 – 3/17/2021		
W	6:00 pm – 7:00 pm	ZOOM	Liz 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	1/1/2021 – 3/19/2021		
F	8:00 am - 9:30 am	ZOOM	Lucy Brook

#### Yoga 4 Vets

N

A chair-oriented yoga practice accessible to those who have limited movement, and to any level student who wants to create a strengthening practice with slower movement. Our goal is to facilitate, encourage and improve alignment, strength and balance. Quiet centering and warm-up asanas are followed by strengthening and balance poses, using wall or chair for support as needed. Practice is concluded with savasana, a time of relaxation, synthesis, nourishment, and healing. Our goal is to leave the practice calm and energized, and to have encouraged union of body, breath, mind, intuition, inner joy. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8580-01	12/31/2020 – 3/18/2021		
R	4:00 pm - 5:00 pm	ZOOM	Lucy Brook





PEER TUTORING AT TBCC

# FREE HOMEWORK ASSISTANCE

*Currently, we have tutors available in a wide variety of subjects*

CONTACT THE LIBRARY TO REQUEST A PEER TUTOR

TBCC Library  
4301 3rd Street  
2nd Floor  
Tillamook, OR 97141

Winter Term Hours  
Monday – Thursday  
9AM-7PM  
Friday  
9AM-4:30PM

Phone: 503-842-8222 ext.1720  
E-mail: [masynphoenix@tillamookbaycc.edu](mailto:masynphoenix@tillamookbaycc.edu)  
[www.tillamookbaycc.edu/library](http://www.tillamookbaycc.edu/library)

PEER TUTORING IS A FREE COLLEGE SERVICE TO HELP YOU SUCCEED. OUR TUTORS ARE TOP STUDENTS WHO CAN HELP YOU UNDERSTAND COURSE CONTENT AND GUIDE YOU IN COLLEGE STUDY STRATEGIES. TUTORS MEET WITH YOU ONCE A WEEK, AND HELP YOU ON A ONE-TO-ONE BASIS.

THE LIBRARY IS ALSO ALWAYS ACCEPTING APPLICATIONS TO BECOMING A PEER TUTOR. CONTACT THE LIBRARY TODAY TO FIND OUT HOW.

# STUDENT RESOURCES WINTER 2021

## 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

## TBCC OFFERS LAPTOPS TO STUDENTS

If you need a laptop to take your classes, we offer a check out service through the library. You can contact the library at 503-842-8222 ext. 1720 to learn how. You can also access a Wifi connection on campus or in the TBCC parking lot using the Wifi code that is available to students.

If you are having trouble getting the tools you need to be successful, please contact our student services team who can assist you to learn what is available to help you including emergency funds. They can be reached at [studentservices@tillamookbaycc.edu](mailto:studentservices@tillamookbaycc.edu) or 503-842-8222 ext. 1100.

## 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 WINTER 2021

## 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

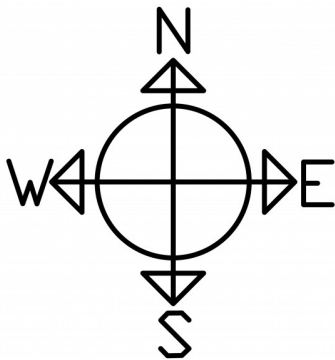


*Support when you need it.*

## NAVIGATORS

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

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



- A \$200 Scholarship
- Free Career & Life Planning
- 1-on-1 support from a Transfer Success Coach
- Participate in Enrichment Workshops:
  - a. Career Readiness & Planning
  - b. Financial Aid & Scholarships
  - c. Health & Wellness
  - d. University Transfer Exploration & Preparation
- Quarterly Free Lunch Socials for ALL group members.
- Field trips to University Campus Sites

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

# FINAL EXAM SCHEDULE WINTER 2021

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 Vice President of Instruction.

## 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 Registrar at (503) 842-8222, ext. 1045.

## 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, Vice President 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 WINTER 2021

## 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 Vice President of Instruction 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 WINTER 2021

## 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, Vice President of Student Services  
(503) 842-8222, ext. 1110.
- Sexual Harassment: Rhoda Hanson, Vice President of Student Services  
(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, Vice President of Student Services  
(503) 842-8222, ext. 1110.
- Academic grievances: Teresa Rivenes, Vice President of Instruction  
(503) 842-8222, ext. 1030.
- Other harassment: Rhoda Hanson, Vice President of Student Services  
(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 WINTER 2021

## Helpful Telephone Numbers:

### Main Phone (503) 842-8222

TDD .....	(503) 842-2467
Main Fax .....	(503) 842-8334
Office of Instruction. ....	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 Carlbom .....	ext. 1845
Chris Carlson .....	ext. 1835
Michele DeGraffenreid .....	ext. 1830
Sydney Elliott .....	ext. 1825
Geza Laszlo .....	ext. 1820
Bob Pietruszka .....	ext. 1805
John Sandusky .....	ext. 1875
Michael Weissenfluh. ....	ext. 1810

## 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. 1155 & 1150  
[Kelliemckeehan@tillamookbaycc.edu](mailto:Kelliemckeehan@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. 1100  
8:30 AM - 4:30 PM, Monday - Friday  
[studentservices@tillamookbaycc.edu](mailto:studentservices@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. 1145  
8:30 AM - 4:30 PM, Monday - Friday  
[robertmoore@tillamookbaycc.edu](mailto:robertmoore@tillamookbaycc.edu)

## 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 - 7:00 PM, Monday - Thursday  
9:00 AM - 4:30 PM, Friday  
*Library hours are subject to change when  
classes are not in session.*

## OSU Open Campus

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

## Change Log-In Password

- Go to [www.tillamookbaycc.edu](http://www.tillamookbaycc.edu)
- Click on MyTBCC
- Log In to MyTBCC by using your User Name (Student ID #) and Password
- Click on person icon & choose My Profile & Settings
- Click on my password and privacy
- Enter your new password

# ACADEMIC AND TRAINING PROGRAMS WINTER 2021

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:
  - Welding
  - Machining
  - Millwright
  - Electrical

### Welding Technology Certificates

- One-Year Welding Technology Career Pathway Certificate (CPC)
  - Shielded Metal Arc Welding (CPC)
  - Gas Metal Arc Welding (CPC)
  - 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)	Gender	<input type="checkbox"/> Male <input type="checkbox"/> A Gender Not Listed	<input type="checkbox"/> Female <input type="checkbox"/> Decline to Answer
3	Last Name		Other Names Used		
4	First Name		Middle Name		

## Part C: Contact Information

5	Email Address	<input type="checkbox"/> Subscribe for up-to-date Community Education events and scheduling		
6	Mailing Address	City	State	ZIP
7	Mobile Phone Number	Alternate Phone Number		

## 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**

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# INSTRUCTOR HIGHLIGHT WINTER 2021

## Karen Belanger Art Instructor

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

I have been teaching in various capacities for over 30 years. I had moved to the coast and was teaching out of my own studio when one of my private students showed me an ad in the Tillamook County Shopper for an art history instructor. I answered that ad and here I am!

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

The very best thing about teaching at TBCC is the opportunity to work with amazing students. I love working with young people. No matter the age, the enthusiasm and love of learning makes all of my students young people. I love to get to know my students - their stories, their where's, and how's and why's and help them understand how art can improve their lives.

I also appreciate the staff and faculty at TBCC. Everyone works so hard to put students first and make this a safe and successful environment for learning and growth. I'm grateful to be a part of such an incredible institution.

### Tell me about your teaching philosophy.

I believe that learning can only happen in a safe environment. This makes one of my primary goals to create a safe learning space for my students. It's important to me to get to know my students individually so that I can help them progress from where they are to the next level. Each student is unique and deserves to be respected in their individuality. When this environment is created students can more effectively take responsibility for their own learning, find meaning in the content, and transfer their learning into their everyday lives.

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

I would like to encourage all students to take advantage of the incredible opportunities that can be found at TBCC. Knowledge is power and here they have the chance to increase their knowledge and



strengthen the foundations of a lifetime of learning. We don't know what the future holds for us, but the more we learn the more prepared we are for whatever comes. TBCC offers an inclusive learning environment where individuals are respected, where each student has a team of faculty and staff who know and care about them, and where they can go for help with personal as well as educational needs.

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

When I'm not in the classroom I can usually be found in front of my easel, behind the pages of book, or with my feet in the ocean. I love to travel and learn all that I can about people and places. My brain is constantly seeking new challenges and information. I enjoy exploring nature with my husband and our dog Twilly. I especially love playing with my grandchildren, even though they are far away in Arizona and Utah. I also enjoy opportunities to serve in the community.





# AGRICULTURE TECHNOLOGY

PREPARES STUDENTS TO MEET THE  
INCREASED TECHNOLOGICAL NEEDS  
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