



TILLAMOOK BAY

COMMUNITY COLLEGE



SPRING TERM SCHEDULE

Classes begin April 1, 2024

IMPORTANT DATES

Spring Term 2024

March 4

Spring Registration Opens

March 18 - 22

Winter Term - Finals Week

March 23

Winter Term Ends

March 25

Winter Term Grades Due

March 25 - 29

Spring Break

April 1

Spring Term Classes Start

April 5

Last Day to Drop/Payments Due

May 20

Summer Term Registration Opens

May 24

Last Day to Withdraw

May 27

College Closed - Memorial Day

June 10 - 14

Spring Term Finals Week

June 14

Commencement

June 15

Spring Term Ends

June 18

Spring Term Grades Due

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Cover Photo: A few of TBCC's Truck Driver Training students at their commencement ceremony in June 2023.

February 13, 2024 1:35 PM

This publication is intended to inform students and residents about Tillamook Bay Community College's programs and services. It includes a listing of classes for the term and information about how to register. Every effort has been made to insure accuracy at the time of publication; however, the College reserves the right to make changes without prior notice. Tillamook Bay Community College Schedule of Classes (USPS #014-668) Winter 2024, Volume 30, Number 3, is published quarterly by Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525. Periodical Postage Rate is paid at Tillamook OR. POSTMASTER: Send all address changes to Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525.

SPRING TERM 2024

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

As we enter the spring term, we have our eyes on graduation, as I know some of you do as well! It is scheduled to be on Friday, June 14. We had a wonderful ceremony last June, with our third consecutive graduation outside on the TBCC campus, and it was a beautiful day. We plan to do that again this year.

A big change to announce to everyone is that I am retiring as President of TBCC as of February 9, 2024. It has been a wonderful seven years leading the college. I am very pleased to announce that our Board of Education has chosen Dr. Paul Jarrell as the new TBCC President as of February 9. Dr. Jarrell has been in the role of Vice President of Instruction and Student Services at TBCC for the past 1.5 years. We are very fortunate to have him taking over for me, and I know that TBCC will be in good hands moving forward into the future. He will now do more of an introduction for the remainder of this welcome.

Hello everyone, and welcome to Spring Term at TBCC! As Dr. Tomlin mentioned, I will be starting Spring as the new President of TBCC. I am so thankful for Dr. Tomlin's leadership at TBCC and am very excited about this new opportunity. I have spent 30 years in higher education, mostly at community colleges, and my time at TBCC has, and will continue to be the highlight of my career.

As we begin to come out of winter, we can't help but notice that Spring is a time of "new". That is true for us here at TBCC! Many of you will be new students or take new classes; many of you will graduate this spring ready for new careers and opportunities. Our first cohort of students have started our new Nursing program, and later this spring, we will see construction begin on our new Healthcare Education building and Center for Industrial Technology building.

If you're around campus, please stop in and say hi. I could not be happier to be the new President at TBCC and be a part of your "new" at TBCC.

Dr. Ross Tomlin
Outgoing President, TBCC

Dr. Paul Jarrell
Incoming President, TBCC



WHAT'S NEW AT TBCC



MEET THE NEW PRESIDENT OF TILLAMOOK BAY COMMUNITY COLLEGE

On January 8th, the Board of Education unanimously approved Dr. Paul Jarrell as the new President of Tillamook Bay Community College (TBCC).

Dr. Jarrell has a Ph.D. in Biology from the University of Oregon and 30 years of experience in higher education as a faculty member, Dean, and Vice President. Prior to his employment at TBCC, he was the Executive Vice President of Lane Community College.

As the Vice President of Instruction and Student Services, Dr. Jarrell has been at TBCC for a year and a half. When asked about his approval as President from the Board, Dr. Jarrell said, "I am deeply honored and humbled to be chosen as the next President of TBCC, and I couldn't be happier. I feel such a strong connection to this college and community; I look forward to working together to make TBCC the best place to work and learn."

A key member of TBCC's Leadership Team, Dr. Jarrell has helped kickstart the Nursing program, contributed to the designs of the new Healthcare Education Building, and led initiatives to grow workforce development programs that emphasize internships and apprenticeship growth in the trades.



TILLAMOOK BAY COMMUNITY COLLEGE HEALTHCARE EDUCATION BUILDING UPDATE



Tillamook Bay Community College (TBCC) is moving forward with the layout and design of its new Healthcare Education Building. The new building will be located adjacent to the main campus building, connecting the two together through a courtyard.

The rest of the first floor will contain the lab and lecture space for our new Nursing program along with EMT, Medical Assisting, Phlebotomy, and a radiation certification

program that is in partnership with Adventist Health. The second floor will contain administrative offices, classrooms, and the Board of Education meeting room.

The community event center can be divided into four separate meeting spaces of different sizes. As one big room, it will have a capacity of up to 360 people. The north wall will be all glass looking out onto a courtyard and the current main campus building.

The new building will be located just south of the existing main campus across the current driveway. Groundbreaking is scheduled for late spring 2024. The building construction would then be completed in time to open the new facility in Fall 2025.

FOOD PANTRY

EVERYONE IS WELCOME AND
EVERYTHING IS **FREE**

*This institution is an
equal-opportunity provider*

- M-F FROM 8:00 - 5:00
- FULL PANTRY LOCATED
IN ROOM 106
- FRESH FOOD NOW AVAILABLE



DESPENSA DE ALIMENTOS

TODOS SON BIENVENIDOS
Y TODO ES **GRATIS**

*Esta institución es una proveedor
de igualdad de oportunidades*

- M-F DE 8:00 - 5:00
- DESPENSA UBICADA EN
HABITACIÓN 106
- COMIDA FRESCA YA
DISPONIBLE

Have questions? Email:
¿Preguntas? Contacta a:

kelliemckeehan@tillamookbaycc.edu

WHERE TO FIND ASSISTANCE



TBCC is invested in your success. We encourage all students to meet with a Success Coach (advisor) to create an education plan that will help you reach your goals. A Success Coach can help you to stay on track and connect to resources to support you along the way. They can also help you explore career options that could be a good fit for you and plan an education path to get there.

ADMISSIONS AND ACTIVITIES



Chris Biegun

Enrollment Navigator
Accessibility Services
(503) 842-8222 ext. 1125
chrisbiegun@tillamookbaycc.edu

Chris is your first stop for all admissions questions and for help connecting with services at TBCC.



Kellie McKeehan

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

Kellie can help you learn more about clubs and activities at TBCC.

SUCCESS COACHES/ADVISORS



Clara Blaser

Success Coach
(503) 842-8222 ext. 1152
clarablaser@tillamookbaycc.edu

Clara specializes in advising students interested in educational pathways in Healthcare, Nature & Outdoors.



Jude Schlotzhauer

Success Coach
(503) 842-8222 ext. 1150
judeschlotzhauer@tillamookbaycc.edu

Jude specializes in advising students interested in Manufacturing and Industrial Technology, Business, and Apprenticeships.



Baylee Beutel

Success Coach
(503) 842-8222 ext. 1151
bayleebeutel@tillamookbaycc.edu

Baylee specializes in advising students interested in educational pathways in People, Arts & Letters, and Science & Math.

LEARN MORE



Still trying to discover your passion?

Deciding what to study can be tough. Sometimes you know the field you want to work in. Other times you may only know that you want to work with people, outside in nature, or even that you enjoy math. To find inspiration, visit our website tillamookbaycc.edu and review our learning communities located under "academics" on the drop down menu.



WHERE TO FIND ASSISTANCE

TBCC has many resources that can benefit students and help you to be successful as a college student. We can help students navigate complex community and state resources, find ways for you to pay for your college education, and help you get connected with clubs and campus activities. If you have questions please reach out. We are here to help.

FINANCIAL AID ADVISORS



Sally Jackson

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

Sally helps students learn all the options for paying for college.



Beth McBride

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

Beth helps students learn all the options for paying for college.

SPECIAL FUNDING AND RESOURCES FOR STUDENTS



Jenevieve Case

Opportunity Programs Director
(503) 842-8222 ext. 1160
jenevievecase@tillamookbaycc.edu

Jenny helps students who qualify for SNAP benefits connect to more financial resources to help pay for their education.



Angelica Ortiz

Resource Navigator
(503) 842-8222 ext. 1170
angelicaortiz@tillamookbaycc.edu
Habla Espanol

Angelica helps students connect with local and state resources to support their success while in college.

TBCC is committed to a diverse campus.

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.

If you need support to attend TBCC we are here to help you!

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

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 student services at studentservices@tillamookbaycc.edu or call 503-842-8222 ext. 1100 with questions.

GETTING STARTED AT TBCC



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

STEP 1: APPLY FOR ADMISSION

Whether you are joining us for the first time or already have some college experience, TBCC has a place for everyone! To get started, visit our website, click on the "Getting Started" tab, then click "Apply." If you need assistance, we can help at 503-842-8222 ext.1100 or email studentservices@mail.tillamookbaycc.edu.

STEP 2: MEET WITH A SUCCESS COACH

If you are applying as a first-time TBCC student or a returning college student, you will need to speak with one of our Success Coaches before registration. During this meeting, you and your Success Coach 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 Success Coach 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.

Tuition and fees paid by students help 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.

Tuition and Fees

	In-State Per Credit	Out-of-State Per Credit
Tuition	\$108	\$128
Universal Fee	\$22	\$22

*Additional Fees

*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 \$50 late-payment fee.

You may make a payment:

In person at the TBCC Business Office window on the main campus at 4301 Third St, Tillamook, from 8:30 AM to 4:30 PM.

Online

Log into MyTBCC

- (1) Click Students
- (2) Click on Student Finances
- (3) Click on the Pay using Nelnet button located under My Account 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 or call (503) 842-8222 ext. 1240.



GETTING STARTED AT TBCC

COMPLETE COURSE INFORMATION

To see full course descriptions, additional course fees, and additional course information go to www.tillamookbaycc.edu and click on the student tab; then click MyTBCC.

1. Click on the Course Search icon
2. Choose the 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

CANVAS INSTRUCTIONS

All instructors teaching credit courses will use Canvas. Before you try to access Canvas, please make sure you can log into your TBCC email.

Once you are registered for classes:

1. Double-check that you are able to access your TBCC email.
2. To Access Canvas:
 - a. Go to <http://tillamookbaycc.edu>
 - b. Mouse over Students and click on Canvas
 - c. Log in with your TBCC email and Password

Note: While you'll be able to log into Canvas, your courses may not be visible until the start of the term.

If you have difficulty logging in, double-check that your TBCC email is set up and try logging in again with your TBCC email and password. If you continue to have difficulty, contact the IT department at 503-842-8222x 1610 or 1620.

NOTICE OF NONDISCRIMINATION

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

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

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

LEGEND FOR READING THE SCHEDULE



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

Text Book Options



= No cost/Materials provided by instructor



= Available for checkout in the library

Class Location Abbreviations

ADVPI	Adventist Professional Building 1 980 Third St., Tillamook	TBA	To be arranged
AHT	Adventist Health Tillamook 1000 Third St., Tillamook	TBCC	TBCC Central Campus 4301 Third St., Tillamook
CCC	Clatsop Community College Merts Campus 6550 Liberty Ln., Astoria	TBCCN	TBCC North (Neah-Kah-Nie High School) 24705 Hwy 101 N., Rockaway Beach
DESC	Location in course description	TBCCS	TBCC South (Nestucca High School) 34660 Parkway Dr., Cloverdale
KCC	Kiwanda Community Center 346000 Cape Kiwanda Dr., Pacific City	THS	Tillamook High School 2605 Twelfth St., Tillamook
MPSCC	Manzanita Primary & Specialty Care Clinic 1044 Neahkahnne Creek Rd., Manzanita	THS/CCC	Tillamook High School/Career & College Center 2605 Twelfth St., Tillamook
NCRD	North County Recreation District 36155 Ninth St., Nehalem	THS/AS	Tillamook High School / Ag Shop 2605 twelfth St., Tillamook
NHS	Nestucca High School 34660 Parkway Dr., Cloverdale	TJHS	Tillamook Junior High School 3906 Alder Ln., Tillamook
NKN	Neah-Kah-Nie High School 24705 Hwy 101 N., Rockaway Beach	WARH	Warrenton Hampton Hill 550NE Skipanon Dr., Warrenton
NVELEM	Nestucca Valley Elementary 36925 Hwy 101 S., Cloverdale	YMCA	YMCA 610 Stillwell Ave., Tillamook
PCMED	Bay Shore medical Clinic 38505 Brooten Rd., Pacific City		
PRI	Partners for Rural Innovation Center 4506 Third St., Tillamook		
POTB	Port of Tillamook Bay Hangar B Rd. & D St., Tillamook		

CLASS MODALITIES

What class structure fits me?

Whether you prefer traditional face-to-face learning, remote online learning, or something in between, TBCC offers a variety of class formats, flexible options & more to suit your learning style & needs.

Face to Face (F)

These courses will be offered entirely in a face-to-face format. Students will attend class at specified times and at a specified location.

These courses are best if you:

- prefer to learn with in person instruction
- like being able to ask questions with immediate feedback
- want to be able to collaborate with other students face-to-face
- like having a set schedule

Hybrid (H)

These courses will have some course material delivered online. 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.

These courses are best if you:

- like structure of a set in-person class schedule
- like the addition of online material
- like the balance of structure and self-direction
- want to try out online learning with support of face to face instructor

Online (O)

These courses consist of fully online (asynchronous) instruction & learning. Students participate via Canvas. Students meet regular deadlines and milestones throughout the course, but can participate in the course based on their schedules. Synchronous class meetings are not required.

These courses are best if you:

- have excellent time-management skills
- like the convenience of learning from home
- have strong technology skills
- have an irregular schedule between work & family
- are an independent, self-motivated learner
- are able to have a place to work with little distraction
- have access to internet and a reliable computer

Hyflex (HY)

These courses are uniquely designed to meet a wide variety of student needs. They are simultaneously offered face-to-face, online (asynchronous) and remote synchronous (Zoom). Attend in the classroom when you can, participate online when it works better for you.

These courses are best if you:

- like the flexibility of being able to participate by different modalities (face-to-face, remote, etc.)
- have an irregular schedule between work & family
- like the ability to view lecture material in a different format (i.e. recorded lectures)
- experience/expect to experience changing circumstances throughout the term

Remote Synchronous (R)

These courses are 100% remote and exclude online courses. Students attend class sessions remotely at scheduled times (synchronously). There are no on-campus requirements. Students must be prepared to block class meeting times in their schedule and participate during those times.

These courses are best if you:

- like learning from home in real time with an instructor
- like immediate feedback
- like having a set class schedule
- have strong technology skills
- have a working camera/microphone for Zoom, and willingness to use these items

Blended (BL)

These courses happen at the same day/time each week, and students may attend either face to face or via Zoom. Though lectures may be recorded, this is not an online (asynchronous) course.

These courses are best if you:












- prefer to learn in real time with an instructor
- like immediate feedback
- may not always have reliable transportation/childcare
- like having a set schedule
- have a working camera/microphone for Zoom, and willingness to use these items

It is important to have access to a reliable computer and broadband internet as Canvas is required for all modalities.

Laptop rentals are free for all TBCC students.

Minimum Operating System for computers: Windows 10 (Chromebooks are not recommended)

CREDIT COURSES SPRING 2024

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
Allied Health					
AH 100 01	Medical Terminology	O	4/1/2024 - 6/15/2024	Kaisa Larson	4 CR
AH 130 01	Today's Careers: Health	O 	4/1/2024 - 6/15/2024	Lindsey Rivenes-Howard	2 CR
AH 244 01	Global Health	H 	4/4/2024 - 6/13/2024 R 10:00 AM - 12:00 PM	Staff	4 CR
Animal Science					
ANS 220 01	Introductory Horse Science	F 	4/1/2024 - 6/12/2024 MW 5:00 PM - 6:00 PM	Natalie Macias	3 CR
ANS 220 01 L	introductory to Horse Science LAB	F	4/2/2024 - 6/11/2024 T 3:00 PM - 6:00 PM	Natalie Macias	
Art					
ART 131 01	Drawing I	F	4/1/2024 - 6/12/2024 MW 3:00 PM - 6:00 PM	Sydney Elliott	3 CR
ART 181 01	Painting I	F 	4/2/2024 - 6/13/2024 TR 2:00 PM - 5:00 PM	Staff	4 CR
ART 211 01	History of Film	O 	4/1/2024 - 6/15/2024	Andrew Belanger	4 CR
ART 231 01	Drawing II	F	4/1/2024 - 6/12/2024 MW 3:00 PM - 6:00 PM	Sydney Elliott	3 CR
ART 281 01	Painting II	F 	4/2/2024 - 6/13/2024 TR 2:00 PM - 5:00 PM	Staff	3 CR
Biology					
BI 100 01	Biology of Human Body Systems	O 	4/1/2024 - 6/15/2024	Joe Meyer	4 CR
BI 103 01	Biology	F 	4/1/2024 - 6/12/2024 MW 9:30 AM - 11:00 AM	Joe Meyer	4 CR
BI 103 01 L	Biology LAB	F 	4/5/2024 - 6/14/2024 F 2:00 PM - 5:00 PM	Joe Meyer	
BI 223 01	Principles of Biology: Populations	F	4/2/2024 - 6/13/2024 TR 9:00 AM - 10:30 AM	Grant Mitman	4 CR
BI 223 01 L	Principles of Biology: Populations LAB	F	4/5/2024 - 6/14/2024 F 9:00 AM - 12:00 PM	Grant Mitman	
BI 233 01	Human Anatomy and Physiology III	F	4/2/2024 - 6/13/2024 TR 1:00 PM - 2:30 PM	Grant Mitman	4 CR
BI 233 01 L	Human Anatomy and Physiology III LAB	F	4/5/2024 - 6/14/2024 F 2:00 PM - 5:00 PM	Grant Mitman	
BI 234 01	Microbiology	F	4/1/2024 - 6/12/2024 MW 9:00 AM - 11:00 AM	Grant Mitman	5 CR
BI 234 01 L	Microbiology LAB	F	4/3/2024 - 6/12/2024 W 3:00 PM - 6:00 PM	June Mohler Mitman	
Business					
BA 205 01	Business Communication	O 	4/1/2024 - 6/15/2024	Thomas Atchison	4 CR
BA 213 01	Managerial Accounting	O 	4/1/2024 - 6/15/2024	Michael Weissenfluh	4 CR

CREDIT COURSES SPRING 2024

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
Business Cont.					
BA 228 01	Computer Accounting Applications	O 	4/1/2024 - 6/15/2024	Michael Weissenfluh	4 CR
BA 230 01	Entrepreneurial Marketing	O	4/1/2024 - 6/15/2024	Jessica Engelke	3 CR
BA 250 01	Small Business Management	O 	4/1/2024 - 6/15/2024	Toni Clough	3 CR
BA 277 01	Business Ethics	O 	4/1/2024 - 6/15/2024	Micah Smith	4 CR
BA 280 01	Cooperative Education - Business Experience	O 	4/1/2024 - 6/15/2024	Thomas Atchison	3 CR
BA 290 01	Business Seminar	O 	4/1/2024 - 6/15/2024	Thomas Atchison	4 CR
EC 202 02	Principles of Economics: Macroeconomics	O 	4/1/2024 - 6/15/2024	Thomas Atchison	4 CR
Chemistry					
CH 223 01	General Chemistry III	F 	4/1/2024 - 6/12/2024 MW 12:00 PM - 2:00 PM	Joe Meyer	5 CR
CH 223 01 L	General Chemistry III LAB	F 	4/4/2024 - 6/13/2024 R 12:00 PM - 3:00 PM	Joe Meyer	
College Success					
CG 100 01	College Survival and Success	O 	4/1/2024 - 6/15/2024	Jessica Engelke	3 CR
CG 100 02	College Survival and Success	F 	4/1/2024 - 6/15/2024 MW 5:00 PM - 6:30 PM	Ron Neu	3 CR
CG 100 03	College Survival and Success (Spanish)	O 	4/1/2024 - 6/15/2024	Angelica Ortiz Rios	3 CR
CG 140C 01	Career and Life Planning	H 	4/3/2024 - 6/12/2024 W 10:00 AM - 11:30 AM	Baylee Beutel	3 CR
Communications					
COMM 111Z 01	Public Speaking	F 	4/2/2024 - 6/13/2024 TR 12:00 PM - 2:00 PM	John Sandusky	4 CR
Computers					
CAS 171 01	Intermediate Excel	O 	4/1/2024 - 6/15/2024	Thomas Wolfe	3 CR
CAS 216 01	Beginning Word	O 	4/1/2024 - 6/15/2024	Sarah Miller	3 CR
CS 162 01	Computer Science II	O 	4/1/2024 - 6/15/2024	Nishant Bhajaria	4 CR
Criminal Justice					
CJA 199 01	Special Topics in Criminal Justice	F 	4/2/2024 - 6/11/2024 T 4:30 PM - 5:30 PM	Paul Letersky	1 CR
CJA 230 01	Police Report Writing	F	4/2/2024 - 6/13/2024 TR 5:30 PM - 7:30 PM	Staff	4 CR
CJA 245 01	Search Warrant Preparation	O 	4/1/2024 - 6/15/2024	Adelynn Drescher	3 CR

CREDIT COURSES SPRING 2024

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
Criminal Justice Cont.					
CJA 280A 01	Cooperative Education: Criminal Justice	O 	4/1/2024 - 6/15/2024	Staff	3 CR
Education					
ED 131 01	Applied Learning Theory I & II	O 	4/1/2024 - 6/15/2024	Staff	3 CR
ED 222 01	Constructive Discipline	H	4/1/2024 - 6/15/2024 R 7:00 PM - 8:30 PM	Sherry Cook	3 CR
ED 251 01	Overview of Exceptional Learners	HY 	4/1/2024 - 6/12/2024 MW 5:30 PM - 7:00 PM	Theresa Harper	3 CR
English					
ENG 106 01	Introduction to Poetry	HY 	4/1/2024 - 6/12/2024 MW 12:00 PM - 2:00 PM	Sydney Elliott	4 CR
ENG 201 01	Shakespeare	O 	4/1/2024 - 6/15/2024	Michelle DeGraffenreid	4 CR
Forestry					
FOR 241 01	Dendrology	F 	4/1/2024 - 6/12/2024 MW 3:00 PM - 4:00 PM	David Wells	3 CR
FOR 241 01 L	Dendrology LAB	F 	4/4/2024 - 6/13/2024 R 1:00 PM - 4:00 PM	David Wells	
Geography					
GEO 106 01	World Regional Geography	O 	4/1/2024 - 6/15/2024	Staff	4 CR
Geology					
G 202 01	Physical Geology	O 	4/1/2024 - 6/15/2024	Genifer Lara	4 CR
Green Technologies					
GT 106 01	Introduction to Green Technologies	O 	4/1/2024 - 6/15/2024	Staff	3 CR
Health Education					
EMS 106 01	EMT Part II	F	4/3/2024 - 6/12/2024 W 5:00 PM - 9:00 PM	Geoffrey Grace	4 CR
EMS 106C 01	EMT Part II Clinical	F	4/1/2024 - 6/15/2024	Geoffrey Grace	2 CR
EMS 106L 01	EMT Part II Lab	F	4/6/2024 - 6/15/2024 S 9:00 AM - 12:00 PM	Geoffrey Grace	1 CR
HE 110 01	CRP/AED Professional Rescuers and Health Care Providers	H	4/27/2024 - 4/28/2024 S Online U 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 112 01	Standard First Aid and Emergency Care	H	5/4/2024 - 5/5/2024 S Online U 9:00 AM - 4:00 PM	Jodi Richardson	1 CR
HE 295 01	Health and Fitness for Life	O 	4/1/2024 - 6/15/2024	Kaisa Larson	2 CR
PE 182A 01	Beginning Group Fitness	F	4/1/2024 - 6/12/2024 MW 12:30 PM - 2:00 PM	Molly Carlson	1 CR









CREDIT COURSES SPRING 2024

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
Health Education Cont.					
PE 182B 01	Intermediate Group Fitness	F	4/1/2024 - 6/12/2024 MW 12:30 PM - 2:00 PM	Molly Carlson	1 CR
PE 295	Health and Fitness for Life Lab	O	4/1/2024 - 6/15/2024	Molly Carlson	1 CR
History					
HST 203 01	US History 1914 to Present	HY 	4/1/2024 - 6/12/2024 MW 10:00 AM - 12:00 PM	John Sandusky	4 CR
HST 260 01	History of Sexuality in America	H	4/1/2024 - 6/10/2024 10:00 AM - 12:00 PM	Kellie McKeehan	4 CR
Manufacturing and Industrial Technology					
APR 118 01	Bearings, Seals, and Lubrication	F	4/3/2024 - 6/12/2024 W 5:00 PM - 9:00 PM	Kenny Burdick	3 CR
APR 126 01	Electrical Systems Installation/ NEC	F	4/2/2024 - 6/11/2024 T 5:00 PM - 7:50 PM	Dennis Welch	3 CR
APR 210 01	Proportional Hydraulics	F 	4/2/2024 - 6/13/2024 TR 5:00 PM - 7:30 PM	Andrew Mata	3 CR
APR 226 01	Electrical Code III	F	4/3/2024 - 6/12/2024 W 5:00 PM - 8:50 PM	Clifton Perkins	4 CR
ELT 202 01	Advanced Electric Motor Control	F	4/4/2024 - 6/13/2024 R 8:00 AM - 11:00 AM	John Farrier	2 CR
ELT 225 01	Advanced Programmable Controllerrrs (PC Based)	F	4/3/2024 - 6/12/2024 W 2:00 PM - 5:00 PM	Tieson Hall	2 CR
IMT 118 01	Bearings, Seals, and Lubrication	F	4/3/2024 - 6/12/2024 W 5:00 PM - 9:00 PM	Kenny Burdick	3 CR
IMT 130 01	Applied Industrial Technology Mathematics	O	4/1/2024 - 6/15/2024	Staff	4 CR
IMT 210 01	Proportional Hydraulics	F 	4/2/2024 - 6/13/2024 TR 5:00 PM - 7:30 PM	Andrew Mata	2 CR
Math					
MTH 95 01	Intermediate Algebra	F 	4/1/2024 - 6/12/2024 MW 2:00 PM - 4:00 PM	Heidi Coulter	4 CR
MTH 99 01	Math with ALEKS	H 	4/2/2024 - 6/13/2024 TR 1:00 PM - 3:00 PM	Heidi Coulter	4 CR
MTH 105Q 01	Corequisite for Math in Society	O	4/1/2024 - 6/15/2024	Jennifer Fleming	1 CR
MTH 105Z 01	Math in Society	HY 	4/2/2024 - 6/13/2024 TR 10:00 AM - 12:00 PM	Jennifer Fleming	4 CR
MTH 112Z 01	Elementary Functions	O 	4/1/2024 - 6/15/2024	Jennifer Fleming	4 CR
MTH 213 01	Foundations of Elementary Math III	H 	4/1/2024 - 6/15/2024 M 5:30 PM - 7:30 PM	Alison Williams	4 CR
MTH 253 01	Calculus III	HY 	4/1/2024 - 6/15/2024 TR 11:00 AM - 1:00 PM	Chris Carlson	4 CR

CREDIT COURSES SPRING 2024

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
Music					
MUS 105 01	Music Appreciation	O	4/1/2024 - 6/15/2024	Denise Reed	3 CR
Nursing					
NURS 102	Introduction to Nursing Care in Non-Acute Settings	F	4/1/2024 - 6/10/2024 M 3:00 PM - 7:00 PM	Denise Church	5 CR
NURS 102C	Introduction to Nursing Care in Non-Acute Settings: Application	H	4/2/2024 - 6/10/2024 T 10:00 AM - 3:00 PM	Alex Tripp	5 CR
NURS 102D	Pharmacology	F	4/1/2024 - 6/10/2024 M 10:00 AM - 1:00 PM	Shawn Slover	2 CR
Philosophy					
PHL 202 01	Ethics	O 	4/1/2024 - 6/15/2024	Staff	4 CR
Physics					
PHY 203 01	General Physics III	O 	4/1/2024 - 6/15/2024	Staff	5 CR
Psychology					
PSY 201 01	Introduction to Psychology, Part I	F 	4/2/2024 - 6/11/2024 TR 3:00 PM - 5:00 PM	John Sandusky	4 CR
PSY 239 01	Introduction to Abnormal Psychology	F	4/2/2024 - 6/13/2024 TR 8:00 AM - 10:00 AM	David Coulter	4 CR
Reading					
RDRW 115 01	College Reading & Writing	H 	4/2/2024 - 6/13/2024 TR 1:00 PM - 3:00 PM	Katie Nelson	5 CR
Social Science					
SOC 206 01	Social Problems	F 	4/1/2024 - 6/12/2024 MW 4:00 PM - 6:00 PM	Kathy Sias	4 CR
Spanish					
SPA 103 01	First Year Spanish - Third Term	F	4/2/2024 - 6/13/2024 TR 10:00 AM - 12:00 PM	Tom Lackaff	4 CR
SPA 203 01	Second Year Spanish - Second Term	F	4/2/2024 - 6/13/2024 TR 10:00 AM - 12:00 PM	Tom Lackaff	4 CR
Statistics					
STAT 243Q 01	Corequisite for Statistics I	O 	4/1/2024 - 6/15/2024	Ron Neu	1 CR
STAT 243Z 01	Elementary Statistics	HY 	4/1/2024 - 6/12/2024 MW 12:30 PM - 2:30 PM	Chris Carlson	4 CR

CREDIT COURSES SPRING 2024

Class Code	Course Name	Modality & Textbook	Date/Time	Instructor	Credits
Welding					
WLD 113 01	SMAW III	F	4/1/2024 - 6/12/2024 MW 2:30 PM - 4:30 PM	Ron Carlbom	3 CR
WLD 120 01	Welding Lab	F 	4/3/2024 - 6/12/2024 WF 5:15 PM - 8:15 PM	Jude Schlotzhauer	2 CR
WLD 172 01	GMAW III	F	4/2/2024 - 6/13/2024 TR 3:00 PM - 5:00 PM	Ron Carlbom	3 CR
WLD 203 01	GTAW III	F	4/1/2024 - 6/10/2024 M 5:00 PM - 9:00 PM	Ron Carlbom	3 CR
WLD 262 01	Fabrication II	F 	4/2/2024 - 6/13/2024 TR 5:00 PM - 9:00 PM	Ron Carlbom	4 CR
WLD 275 01	Welding for Certification	F 	4/1/2024 - 6/15/2024 TBA	Ron Carlbom	4 CR
WLD 280 01	Cooperative Education	F 	4/1/2024 - 6/15/2024	Ron Carlbom	3 CR
Writing					
WR 121Q 01	English Composition I Corequisite	O 	4/1/2024 - 6/15/2024	Michele DeGraffenreid	1 CR
WR 121Z 01	Composition I	O 	4/1/2024 - 6/15/2024	Michele DeGraffenreid	4 CR
WR 122Z 01	Composition II	HY 	4/2/2024 - 6/13/2024 TR 11:00 AM - 1:00 PM	Michelle DeGraffenreid	4 CR
WR 227Z 01	Technical Writing	O 	4/1/2024 - 6/15/2024	Paul Lask	4 CR



TILLAMOOK BAY
COMMUNITY COLLEGE



WELCOME TO THE COMMUNITY

HOW CAN WE SUPPORT YOU?

Tillamook Bay Community College offers programs in [Nursing](#), [Business](#), [Education](#), [Criminal Justice](#), and [more](#). Get the skills you need right here at TBCC. Ask about Scholarships!

Contact us at: 503-842-8222
studentservices@tillamookbaycc.edu

**APPLY TODAY
& LEARN MORE**



COLLEGE PREPARATION SPRING 2024

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.



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 "ES-PAÑOL" 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 PREPERATION SPRING 2024



Class Code	Course Name	Date Days/Time	Location	Instructor
Adult Basic Education (ABE)				
ABE 7602 - Adult Basic Education				
Provides instruction for adults to improve their mathematic, reading, or writing skills for academic, employment, or personal goals. A fee is charged for this class.				
ABE 7602 01 - Spanish		4/1/2024 - 6/13/2024 MTWR 5:00 PM - 7:50 PM	TBCC 208	Tom Lackaff
ABE 7602 02 - English		4/1/2024 - 6/13/2024 MTWR 5:00 PM - 7:50 PM	TBCC 105	Robert Potestio
English for Speakers of Other Languages (ESOL)				
ESOL 7450 ESOL - Beginning ESOL				
Stresses beginning English skills related to work, education, community, and personal goals. Focuses on basic literacy in reading, writing, listening and speaking. Introduces basic grammar to support functional communication.				
ESOL 7450 01 - Beginning ESOL		4/1/2024 - 6/12/2024 MW 3:00 PM - 4:30 PM	TBCC 208	Staff
ESOL 7450 02- Beginning ESOL		4/1/2024 - 6/12/2024 MW 5:30 PM - 7:00 PM	TBCC 205	Alison Orr
ESOL 7451 01 - Intermediate ESOL		4/1/2024 - 6/13/2024 TR 3:00 PM - 4:30 PM	TBCC 208	Tom Lackaff
General Equivalency Diploma (GED) Preparation				
GED 7500 - GED Preparation				
Prepare for the GED examination by improving mathematic, reading, writing, social studies and science skills. A fee is charged for this class.				
GED 7500 - 01 - English		4/1/2024 - 6/13/2024 MTWR 5:00 - 7:50 PM	TBCC 105	Robert Potestio
GED 7500 - 02 - Spanish		4/1/2024 - 6/13/2024 MTWR 5:00 - 7:50 PM	TBCC 208	Tom Lackaff

ESOL & GED CLASSES

NOW AVAILABLE AT NIGHT

AHORA DISPONIBLE POR LA NOCHE

Beginning ESOL	MW	3:00-4:30 PM
Beginning ESOL	MW	5:30-7:00 PM
Intermediate ESOL	Th	3:00-4:30 PM
Spanish GED	M-Th	5:00-7:50 PM
English GED	M-Th	5:00-7:50 PM



**REGISTER AT ANY TIME
ONLY \$15 PER TERM**

**REGÍSTRESE EN
CUALQUIER MOMENTO
SOLO \$15 POR TERMINO**

SCAN TO
LEARN MORE

SCANEA PARA MIRAR
TODAS LAS BECAS



Questions? Contact: 503-842-8222

Register: tillamookbaycc.edu

¿Preguntas? Contact a: 503-842-8222

Registro: tillamookbaycc.edu



TRUCK DRIVERS ARE IN HIGH DEMAND

Train for your **Commercial Driver's License (CDL)** in just **four weeks** at Tillamook Bay Community College

■ CDL refresher class also available for CDL drivers with lapsed licenses

■ Space is limited to four students

CONTACT US TODAY



503-842-8222 x 1320



joanncritelli@tillamookbaycc.edu

**FUNDING
OPTIONS
AVAILABLE**



WORKFORCE AND CAREER TRAINING SPRING 2024

Truck Driver Training - CDL Certification

The Federal Motor Carrier Safety Administration, FMCSA, requires anyone seeking a CDL to receive formal training from an approved training provider. TBCC is an approved FMCSA CDL training provider. We are happy to collaborate with local businesses to meet this new requirement.

Truck Driver Training: CDL Class A Certification

C

CDL Class A training is an overview and introduction to the safe operation of a commercial vehicle and the field of logistics. Safety is a key component. Upon completion of the course, TBCC schedules a third-party tester for the CDL Class A Pre-Trip, Backing, and Driving tests, (additional test fee, paid by the student.) PREREQUISITE: Oregon CDL Learner Permit, DOT physical, driving record check, drug screen, and background check. It is up to the student to research eligibility requirements in the state for which the student desires to practice. 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. Training dates and locations are approximate and subject to change. Additional associated fees are approximately \$500. Partial and full scholarships may be available.

CED 1180-01 MTWRF	3/18/2024 - 4/12/2024 8:00 AM - 5:00 PM	TBCC/PORT	Fees \$5,000 Corey Scott
CED 1180-02 MTWRF	4/22/2024 - 5/17/2024 8:00 AM - 5:00 PM	TBCC/PORT	Fees \$5,000 Corey Scott
CED 1180-03 MTWRF	5/20/2024 - 6/14/2024 8:00 AM - 5:00 PM	TBCC/PORT	Fees \$5,000 Corey Scott

CDL Class A License Refresher or Employee on the Job Training Options

C

Customized training for lapsed CDL license holders, CDL A holders with restrictions, experienced drivers with farm endorsement or employees receiving on the job training. TBCC instructor will assess your current skill level and work with you independently to review the current method of conducting a pre-trip inspection and observe practice drives. CDL refresher class includes the required FMCSA Theory portion of instruction and the use of TBCC truck for test day. Safety is a key component. Upon completion of the course, TBCC schedules a third-party tester for the CDL Class A Pre-Trip, Backing, and Driving tests, (additional test fee, paid by the student.) PREREQUISITE: Oregon CDL Learner Permit, DOT physical, driving record check, drug screen, and background check. It is up to the student to research eligibility requirements in the state for which the student desires to practice. For more information and to register, please contact JoAnn Critelli at 503-842-8222 x1320 or joanncritelli@tillamookbaycc.edu. Additional associated course fees are approximately \$500. Partial and full scholarships may be available.

CED 1178	Schedule varies	TBCC/PORT	Fees \$2,200
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WORKFORCE AND CAREER TRAINING SPRING 2024

Small Business Development Center

The Tillamook Bay Small Business Development Center (SBDC) is part of a state-wide network of centers that help Oregon's Small Businesses. Through Free, one on one advising; educational programs and workshops (some fees may apply); and connections to a network of resources, we help our county's small businesses thrive! Call us at 503-842-8222x1420 to make an appointment.

Ready, Set, Start Your Business!

C

This course is helpful for anyone who wants to start and sustain a successful small business. Learn how to evaluate a business idea and whether it's right for you. Find resources helpful for small businesses. Review the pros and cons of different forms of ownership. Discuss why businesses succeed or fail. Three hours sessions are offered Tuesdays from 9 am to 12 pm or Thursdays 1 pm to 4pm, schedule your appointment today! For more information, contact 503-842-8222x1420 or rudellarriba@tillamookbaycc.edu.

Oregon Real Estate Broker Pre-Licensing

C

The Tillamook Bay Small Business Development Center is pleased to offer this new training opportunity. Attend this accelerated real estate broker license course designed to prepare you for the Oregon real estate broker license exam. This course is the fastest way to qualify to take the state exam and meets all of the Oregon Real Estate Agency pre-license criteria. Classes are every Thursday evening. You must have online capacity, self-study, attend all evening sessions and attend a 9 am to 5 pm exam preparation day on Saturday, June 8th. Additional 10-15 hours per week of online home study required. Taught by an experienced principal broker. For more information call 503-551-4467 or email linda@sts.careers. All materials provided. Must have online access.

SBD 5180-01
RS

4/4/2024 - 6/6/2024 and 6/8/2024
5:30 PM - 8:30 PM

Zoom/Online

Fees \$699
Janda Fleming

Oregon Property Manager Pre-Licensing

C

This is an accelerated Property Manager Pre-Licensing course designed to prepare students for the Oregon Property Manager License Exam. This course is the fastest way to qualify to take the state exam, which covers the role of property managers, tenant relations, fair housing, lease agreements and more. Classes include 2 hours of live video conferencing instruction every Tuesday evening and online self-directed study each week for a total of 60 hours over a 7-week period. For more information, please call 503-551-4467 or email linda@sts.careers. All materials provided. Must have online access.

SBD 5160-01
T

4/9/2024 - 5/21/2024
6:00 PM - 8:00 PM

Zoom/Online

Fees \$629
Julia Juarez

WORKFORCE AND CAREER TRAINING SPRING 2024

Small Business Development Center Cont.

Small Business Management

C

Small Business Management is for your small business as it grows and develops. SBM will help business owners and managers that are stymied by day-to-day tasks that keep them working “at” their business instead of “on” their business. You will learn how to implement a plan for sound growth and expansion, better understanding of your financial statements, forecasting and inventory. Experience is the best teacher and you will learn by class work, one-on-one counseling and peer mentorship. SBM members will meet once a month for a 3 hour class and then have their choice of private counseling in either the SBDC office or at their place of business. Session topics include:

Oct. Business Strategy, Sustainability, Resiliency and Scalability
 Nov. Marketing, Customer Experience and Fulfillment
 Dec. Sales, Pricing, Partnering and Pipeline Management
 Jan. Budgeting, Accounting, Finance and Access to Capital
 Feb. Systems, Technologies and Information Management
 Mar. Human Resources and Human Capital Management
 Apr. Managing the Supply Chain, Distribution and Inventories
 May Operations, Quality and Risk Management
 Jun. Contracts Administration and Vendor Management

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

SBD 9353-01 W	Second Wed. of the month, Oct.-June 5:00 PM - 8:00 PM	Fees \$400 Leon Telesmanich
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Master Mind

C

SBM Mastermind Class is for business owners who have completed an SBM Class from 2017 to 2023. Business owners will take theories they learned in the Small Business Management classes and drill down into specifics that apply to their daily activities. Participants will be able to network with other small business owners, have access to subject matter experts and advising sessions with SBDC advisors

Sep. Business Strategy
 Oct. Marketing
 Nov. Sales and Pricing
 Dec. Finances
 Jan. Systems, Technologies and Information Management
 Feb. HR Management
 Mar. Supply Chain, Distribution and Inventories
 Apr. Operations
 May Contracts and Procurement Management

For more information on registration and scholarships, contact 503-842-8222 x1420 or rudellarriba@tillamookbaycc.edu.

SBD 9030-01 W	4th Wednesday of the month, September - May 6:00 PM - 8:00 PM PRI #107	Fees \$200 Leon Telesmanich
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WORKFORCE AND CAREER TRAINING SPRING 2024

Small Business Development Center Cont.

CCB Pre-Licensing Exam Classes AND the official CCB Exam

C

Over the course of the class, we will cover the following information:

- Lesson 1: Business Structure, Business Finance, Business Taxes
- Lesson 2: Bids and Estimates, Contracts, Project Management, Lien Law
- Lesson 3: Oregon Code, Safety, Environmental Issues, Building Envelope
- Lesson 4: Oregon Construction Law, Employees, Subcontractors

After each lesson, an exam is given on the topics presented. The exam is not an open book test, but each exam only covers the material presented for that lesson (so, 4 smaller exams instead of one big one at the end). The passage percentage you need for each exam is 70% or above. If you do not pass an exam, you will have one opportunity to retake it the same day. We provide all course materials weeks before the class (including online videos and practice exams), so you'll be well prepared for the class.

For information on class times and registration, contact 503-842-8222 x1420 or rudellarriba@tillamookbaycc.edu.

What's Your Plan: Writing a Compelling Business Plan

C

Business Plans provide a road map for where you want your business to go. Lenders require business plans when considering your funding request and it is helpful to know how to write your plan compellingly. In this class, students learn how to write a compelling business plan using LivePlan software, including guidance on writing your mission statement, key strategic milestones and financial forecasts.

For information on class times and registration, contact 503-842-8222 x1420 or rudellarriba@tillamookbaycc.edu

SBD 1148-01
T

4/2/2024 - 4/23/2024
5:30 PM - 7:30 PM

PRI #114

Fees \$175
Teri Fladstol

**ARE
YOU
IN
CTE?**



ROUNDHOUSE FOUNDATION GRANT

Cover equipment and fees
for qualifying CTE programs

NO APPLICATION NEEDED

When you enroll in any qualifying CTE program your financial aid package will be automatically adjusted to include funds from the Roundhouse Foundation Grant

Learn more: brittalawrence@tillamookbaycc.edu

*funds vary based on enrollment



COMMUNITY EDUCATION SPRING 2024



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 online at tillamookbaycc.edu or by using the Non-Credit Registration Form found on page 47. You may mail the form with payment to:

TBCC
Attn: JoAnn Critelli
4301 Third Street
Tillamook, OR 97141

Register early!

Some classes fill quickly and classes not meeting the minimum enrollment may be canceled. 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 email joanncritelli@tillamookbaycc.edu.

DRIVER INSTRUCTION

Driver Education for High School Students with Permit

C

This ODOT certified class includes 30 hours of online 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 for class registration and payment. Course fee \$300. Contact instructor for class schedule, class fills quickly.

CED 1120-01

ONLINE

Jerry Conrady

COMMUNITY EDUCATION SPRING 2024

AARP Smart Driver

C

The instructor uses the "Smart Driver Guidebook" and video content to teach current rules of the road and defensive driving techniques. Learn how to operate your vehicle more safely, including adjustments to accommodate common age-related changes in vision, hearing, and reaction time. You may be eligible to receive an insurance discount upon completing the course, so consult your agent for details. Call 503-871-2816 to pre-register, fees payable at class. AARP members \$20, non-members \$25. Bring AARP membership card to class. Class may be cancelled due to low enrollment, please pre-register.

CED 8305-01

6/11/2024

T

9:00 AM - 4:30 PM

TBCC 105

Stephen Pickering

DMV Knowledge Practice Tests

C

TBCC Library offers access to Department of Motor Vehicles (DMV) Practice Tests, for free. The popular driver education platform Driving-Tests.org is now available. Access Driving –Tests to prepare for your auto, CDL or motorcycle knowledge exams by visiting <https://tillamookbaycc.driving-tests.org>. Tests are accessible from any computer or mobile device.

COMMUNITY EDUCATION

Introduction to Bullet Journaling

C

Need a better tool to organize your thoughts, goals or calendar? Track the Past. Order the Present. Design the Future. Discover an analogue solution for the digital age. All you need is a notebook and pen to get started. Bullet journaling is a great tool for planning, goal setting, documenting, and awareness of how you've been using your time.

DROP-IN WORKSHOP

4/11/2024

R

5:30 PM - 6:30 PM

TBCC 102

Fees: \$0

Wendy Meier

Italic Calligraphy and Cursive Italic Handwriting

C

Would you like to improve your hand writing skills for clarity and beauty? Attend the introduction and practice of Italic Calligraphy and Cursive Italic Handwriting course. This historic script is popular for a reason: it is elegant, yet very legible, and the cursive version is faster to write than American Cursive Handwriting.

CED 1104-01

4/18/2024 - 5/23/2024

R

5:30 PM - 6:30 PM

TBCC 102

Fees \$64 Supplies \$5

Wendy Meier

Real World Photography: Photographing Tillamook County

C

The class will meet at various locations and create fun images of waterfalls, ocean waves, landscapes, and other local attractions in beautiful Tillamook County. Transportation will be necessary. Photographers follow the light, so class may meet on other days, and at other times of the day including morning and mid-day. The first meeting will start at the TBCC campus where we will discuss basic camera operation, photographic techniques for blurring moving water, static landscapes, storms, and how to share images online. We will then get some hands-on practice to help you get the most out of your camera. Bring your fully charged digital camera and your manual to the first class session. This class works best with interchangeable lens cameras (DSLR's and mirrorless camera bodies). Be prepared for rescheduling to different days and times, including mornings on weekdays because spring weather is unpredictable. Email instructor for more details: donbackman@mail.tillamookbaycc.edu.

CED 2073-01

4/2/24 first class, other dates vary

T

6:00 PM - 7:50 PM

TBCC 103

Fees \$99

Don Backman

COMMUNITY EDUCATION SPRING 2024

Real World Photography: Photographing Spring Flowers!

C

The class will be meeting in various locations and photographing some of the spring beauty of Tillamook County, and possibly the flower farms in the Willamette Valley. The first class will meet at the TBCC campus where we will discuss basic camera operation, how to share images online, close-up and macro photography techniques, and how to create photos of flowers and other small objects. Transportation will be necessary. Bring your fully charged digital camera and your manual to the initial class session. We will then get some hands-on practice to help you get the most out of your camera. This class will work best with interchangeable lens cameras (DSLR's/Mirrorless cameras). Be prepared for rescheduling to different days and times, including mornings on weekdays because spring weather is unpredictable. Email instructor for more details: donbackman@mail.tillamookbaycc.edu.

CED 2073-02
T5/7/24 first class, other dates vary
6:00 PM - 7:50 PM

TBCC 103

Fees \$99
Don Backman

Discover the Zentangle® Method

C

Looking for a simple exercise to unwind and relax? Like yoga for the brain, learn to slow busy thoughts by simply drawing small repetitive patterns. The Zentangle® Method is an easy, relaxing, fun way to draw with surprising benefits! If you can write your name, you can learn to create beautiful images by drawing structured patterns with paper, pen, and pencil. Supplies are provided. The Zentangle® Method was created by Rick Roberts and Maria Thomas. Instructor is a Certified Zentangle® Teacher (CZT). Drop in, come and go throughout the term as your schedule allows. Registration is not necessary.

CED 1013-01
T4/9/2024 - 5/28/2024
12:15 PM - 1:15 PM

TBCC 102

Fees \$0
JoAnn Critelli, CZ

Beginning Welding for Artisans

C

Beginning Welding for Artisans is open to students who have no prior welding experience. Students will learn to utilize the individual welding booths, the grinding bench, and the plasma cutting station. Students will work on 4 aspects of Art Welding: 1. Welding Lab Regulations - Safety & Tool Operation - Proper Personal Protection Equipment (PPE) 2. MIG Welding - The basics of safely controlling and utilizing this tool to join metal and to create dimension and depth. 3. Plasma Cutting - The basics of free form and guided plasma cutting. 4. Forming and Altering - The basics of adjusting surfaces; utilizing grinders and molding tools. Registration deadline:

CED 2130-01
S4/6/2024 - 6/15/2024
1:00 PM - 4:00 PM

THS/CCC/AS

Fees \$309 Supplies \$70
Jude Schlotzhauer

Trees of Tillamook

C

Trees and forests are integral to the ecology, economy and enjoyment of Tillamook County. This 3-week class will help you with the identification of our native tree species, how trees grow, and an overview of the Oregon Forest Practices Act. New this class will be the Private Forest Accord agreement updates to forest laws. If you work in the tourism or wood product industry this class will enhance your ability to understand and share a great Oregon story, Tillamook's forests. The course is being taught by a professional forester with more than 40 years of experience in Tillamook's forests. He is a skilled storyteller, with television, radio and live audience experience with the ability to bring information to life.

CED 1143-01
T5/15/2024 - 5/29/2024
5:00 PM - 7:00 PM

TBCC 103

Fees \$39
Dave Wells

COMMUNITY EDUCATION SPRING 2024

Personal Story Telling for Grown-Ups C

Would you like to tell your life story in a creative way? Attend this five week course where you will learn how to craft a 10-12 minute personal story that will culminate in a performance for family and friends on the last class day. We will discuss story structure, how to share our experiences and feelings, some tips on performing and the importance of story-telling in our communities and the world. Bring 3 ideas of what you may want to tell about, something to write with and write on and an open heart and mind. Instructor has 30 years of experience as commercial producer, director, author, playwright and story coach. Register soon, class size is limited.

CED 1007-01	4/2/2024 - 4/30/2024		Fees \$150
T	2:00 PM - 4:00 PM	TBCC 104	Shay Knorr

4 Week Financial Workshop Plan C

Looking for a quick workshop to boost your financial Knowledge? Understand key features of bonds, stocks, and mutual funds. Learn steps you can take to prepare for retirement. Discover how insurance can help protect you against unexpected life events and learn basic of estate planning. Instructor is a professional finance advisor.

CED 6523-01	5/1/2024 - 5/22/2024		Fees \$0
W	1:00 PM - 2:30 PM	TBCC 103	Val Braun

Tech Foundations for Individuals C

Whether you're a tech novice or just need a refresher, these six individualized one-on-one Tech Foundations sessions cater to what you want to learn. With help for computer navigation essentials, smartphone basics, internet, safety tips and more, feel more confident with a variety of technology skills. Dive into file management, video calling, and confidently troubleshoot common issues with the support of a patient instructor and practical hands-on experience. With semi-flexible session times, these will help you acquire the skills to navigate the digital world. It is recommended to bring your own device if possible, and a list of topics you'd like help learning. Instructor will contact student to schedule sessions.

CED 7010-01	4/3/2024 - 6/15/2024		Fees \$39
	Flexible Schedule	TBCC TBA	Nikole Clark

Managing Your Windows Computer C

This course will provide you with the basics of files and file management including naming conventions, file systems, directories, operating systems, file manipulation, file recovery tools and techniques and more with Windows 10 and Windows 11 computers. We will also cover disk partitions, disk backup and restore techniques and Hard Disk Drive and SSD differences. If you have a Windows laptop computer, you are encouraged to bring it to each session and work along as we cover a variety of topics.

CED 9093-01	4/6/2024 - 4/20/2024		Fees \$99
S	10:00 AM - 3:00 PM (1hr lunch)	TBCC 202	Robert Pietruszka

COMMUNITY EDUCATION SPRING 2024

Tillamook County Family YMCA

The following classes are provided in partnership with YMCA. Register and pay for these courses at the YMCA. The "Y" stands for YMCA member. "NY" stands for non-member. "SDNC-0" stands for no-cost programming for seniors and disabled community members. Please call 503-842-9622 for more information. The YMCA reserves the right to make changes without prior notice.

AQUATIC FITNESS

Deep Water Fitness

C

With the aid of the float belt, 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-110.

CED 8513-01 MWF	4/1/2024 - 6/21/2024 8:30 AM - 9:30 AM	High Cardio YMCA Therapy Pool	Galena Flores
CED 8513-02 MWF	4/1/2024-6/21/2024 5:15 PM - 6:00 PM	Medium Cardio YMCA Therapy Pool	Maria Anzorena

Aqua Boot Camp

C

High-intensity Aquafit cardio workout with intervals of total body toning and core strength development. If you are looking for a great cross-training option or you are simply looking for a more intense Aquafit class, Aqua Bootcamp is for you! *Intermediate to Advanced swimmers* \$Y-0 NY-78.

CED 8614-01 TR	4/2/2024 - 6/20/2024 6:15 AM - 7:15 AM	YMCA Competition Pool	Erin Averill
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Aquatic Arthritis

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 TR	4/2/2024 - 6/20/2024 10:30 AM - 11:30 AM	YMCA Therapy Pool	Lori Kaiser
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Aqua Zumba

C

Aqua Zumba blends dance with water resistance using water weights, kickboards & other tools to help tone and build a total body workout. \$Y-0 NY-78.

CED 8617-01 TR	4/2/2024 - 6/20/2024 9:00 AM - 10:00 AM	YMCA Therapy Pool	Denise Beeler
CED 8617-02 TR	4/2/2024 - 6/20/2024 6:00 PM - 7:00 PM	YMCA Therapy Pool	Denise Beeler

Mid-Morning Movers

C

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

CED 8509-01 MWF	4/1/2024 - 6/21/2024 10:00 AM - 11:00 AM	YMCA Therapy Pool	Annita White
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FITNESS AND HEALTH SPRING 2024

YMCA

LAND FITNESS

Bootcamp

C

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

CED 8605-01	4/3/2024 - 6/19/2024		
W	5:15 AM - 6:15 AM	YMCA STUDIO	Molly Carlson

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	4/1/2024 - 6/21/2024		
MF	5:15 AM - 6:15 AM	YMCA STUDIO	Sarah Patterson

CED 8519-02	4/2/2024 - 6/20/2024		
TR	10:00 AM - 11:00 AM	YMCA STUDIO	Kelly Benson

CED 8519-03	4/3/2024 - 6/19/2024		
W	5:30 PM - 6:30 PM	YMCA STUDIO	Sarah Patterson

CED 8519-04	4/6/2024 - 6/22/2024		
S	8:30 AM - 9:30 AM	YMCA STUDIO	Benson/Flores

CED 8519-05	4/1/2024 - 6/17/2024		
M	5:30 PM - 6:30 PM	YMCA STUDIO	Galena Flores

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	4/2/2024 - 6/20/2024		
TR	8:30 AM - 9:30 AM	YMCA GYM	Sarah Patterson

CED 8516-02	4/2/2024 - 6/20/2024		
TR	4:15 PM - 5:15 PM	YMCA STUDIO	Sarah Patterson

CED 8516-03	4/6/2024 - 6/22/2024		
S	10:00 AM - 11:00 AM	YMCA STUDIO	Sarah Patterson

Zumba Gold

C

Love to Dance? Want to exercise? Come learn basic dance moves and burn fat. Need to sit down? Grab a chair and follow along. Cool down with stretches. This class is perfect for beginners but can satisfy all levels. \$Y-0 NY-78.

CED 8505-01	4/1/2024 - 6/19/2024		
MW	5:45 PM - 6:30 PM	YMCA GYM	Jeannie Christensen

FITNESS AND HEALTH SPRING 2024

YMCA CONTINUED

Spinning

C

This class offers a variety of rides, movements, coaching, and motivation that keeps riders safe, excited, and engaged. Your workout will consist of a combination of fast-paced cycling and strategic lighter rest intervals to get you recovered for the next burst. \$Y-0 NY-45.

CED 8599-01	4/1/2024 - 6/17/2024		
M	6:00 PM - 7:00 PM	YMCA CYCLE STUDIO	Nancy Jones

Cycle Together

C

Instructor-guided bike workout takes participants through warm-up, cardio, sprints, intervals, high intensity and recovery. \$ Y-0 NY-78.

CED 8532-01	4/2/2024 - 6/20/2024		
TR	5:15 PM - 6:15 PM	YMCA CYCLE STUDIO	Lexus Byington

Common Core

C

Core strengthening for abdominal and low back muscle groups to support balance, functional movement, and injury prevention. Class includes a variety of activities using body weight, Yoga, Pilates, balls, and hand weights. Modifications for intensity level and all necessary equipment provided. \$Y-0 NY-78 SDNC-0.

CED 8612-01	4/2/2024 - 6/20/2024		
TR	7:30 AM - 7:45 AM	YMCA STUDIO	Michelle Jenck

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 SDNC-0.

CED 8538-01	4/1/2024 - 6/21/2024		
MWF	10:00 AM - 11:00 AM	YMCA GYM	Galena Flores

On The Ball Plus

C

This class is designed to improve overall strength with an emphasis on core strength and balance using a stability ball and weights, and incorporating the use of a medicine ball, Pilates, mini ball, and exercise bands. Studio class is from 7:30 a.m. to 8:15 a.m. Warm up/walk is from 7:00 a.m. to 7:30 a.m. (optional). \$Y-0 NY-110.

CED 8607-01	4/1/2024 - 6/21/2024		
MWF	7:00 AM - 8:15 AM	YMCA STUDIO	Debby Hendrickson

Peak Pilates III

C

Through a series of floor exercises using resistance and rings, we will build, sculpt and tone muscles giving your body a long, lean look. Flexibility and posture will improve as stretching your body is a vital part of this class. \$Y-0 NY-45.

CED 8501-01	4/3/2024 - 6/19/2024		
W	9:45 AM - 10:45 AM	YMCA STUDIO	Kelly Benson

CED 8501-02	4/4/2024 - 6/20/2024		
R	11:15 AM - 12:15 PM	YMCA STUDIO	Kelly Benson

Golden Age Discount

Audit a credit class at TBCC this term! When you audit a course, you attend the lessons and learn without stressing over grades, deadlines, or tests. You can enroll purely for your well-being and enjoyment.

FILL OUT A GOLDEN AGE APPLICATION AT THE STUDENT SERVICES DESK

Golden Age Card Discount

- The college will provide a 100% discount on tuition when you register with a Golden Age Card on or after the first day of the class
- The college will provide a 50% discount on tuition when you register with a Golden Age Card before the first day of class
 - Must be 62+ to be eligible. You are responsible for all class fees

Lifelong Learning

- Learning keeps you and your brain healthier and more active
- Get an emotional boost; learning something new can boost your self-esteem
- Meet people in the community, discover a new hobby, or learn for the sake of learning



**Call 503-842-8222
for more information**

FITNESS AND HEALTH SPRING 2024

YMCA CONTINUED

Step On Up

C

Do you like exercising to music? Then you're ready to Step On Up! Old school step aerobics keep the heart pumping for this 45-minute class. Basic to advanced options offered with plenty of repetition to create muscle memory. Class includes kickboxing and strength training moves. Perfect for those seeking variety and a moderate to intense (but fun!) workout. \$Y-0 NY-78.

CED 8629-01	4/2/2024 - 6/20/2024		
TR	5:45 PM - 6:30 PM	YMCA RB COURT	Michelle Jenck

Insanity

C

Extreme cardio conditioning for every fitness level. Together, you will build strength, improve cardiovascular endurance, and develop precision and speed without lifting a single weight. \$Y-0 NY-78

CED 1166-01	4/2/2024 - 6/20/2024		
T	8:15 AM - 9:00 AM	YMCA RB COURT	Galena Flores

Core Cardio and More

C

Fun and functional total body conditioning class that fuses cardio, core and strength training with weights. Tone and strengthen by alternating emphasis on muscle groups and cardio exercises. Great for all fitness levels. \$Y-0 NY-45.

CED 8531-01	4/4/2024 - 6/20/2024		
R	5:15 AM - 6:15 AM	YMCA STUDIO	Nancy Jones

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-110.

CED 8528-01	4/1/2024 - 6/21/2024		
MWF	8:30 AM - 9:30 AM	YMCA STUDIO	Sarah Patterson

Cardio Drumming/Fitness

C

A 45-minute class of cardio that uses highly effective movements to get your heart pounding and sweat pouring as you improve your agility, coordination and strength with exciting music and group energy. \$Y-0 NY-78.

CED 8514-01	4/2/2024 - 6/20/2024		
TR	10:00 AM - 10:45 AM	YMCA GYM	Annita White

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 SDNC-0.

CED 8608-01	4/1/2024 - 6/21/2024		
MWF	8:45 AM - 10:00 AM	YMCA GYM	Monica Pyle

Tai Jai Quan/Moving for Better Balance

C

Integrated training experience in motor-sensory-cognitive systems and postural control with the ultimate goal of improving performance of daily functional tasks and reducing incidence of falls among older adults.

CED 7772-01	4/2/2024 - 6/20/2024		
TR	8:45 AM - 9:45 AM	YMCA STUDIO	Jim Dow/Monica Pyle

FITNESS AND HEALTH SPRING 2024

YMCA CONTINUED

Moving for Better Health/Qigong

C

Stressed? Seeking physical and mental balance? Want to boost your immune function and restore your body to optimal health? Qigong ("chee gong") is an ancient practice of postures and slow movements which has been shown to improve vitality and health, even reducing hypertension and chronic pain. This class focuses on breathing, stance, and mindfulness. Participants can be seated or standing and movements can be performed by virtually anyone. Comfortable clothes and shoes recommended. \$Y-0 NY-0.

CED 8601-01	4/2/2024 - 6/20/2024		
TR	8:00 AM - 8:30 AM	YMCA STUDIO	Michelle Jenck

Cognition, Coordination, and Control

C

Delay the Disease © training & Qigong to improve BALANCE, REDUCE FALLS ...increase positive mood, productivity, and memory...slow effects of Parkinson's, Alzheimer's, dementia and the aging brain & body. \$Y-0 NY-0.

CED 8602-01	4/3/2024 - 6/19/2024		
W	1:00 PM - 2:30 PM	YMCA STUDIO	Sherryl Klingelhofer

TIME

C

TIME stands for Therapy Inspired Movement Exercise. It is based on the 8 forms of Tai-Chi used in Movement for Better Balance. Through a period of time as an Occupational Therapist, Tim found similarities to different rehabilitative exercises that could be integrated into the forms by changing them in different ways. This has been used to help with many conditions from peripheral neuropathy of the upper extremities, stroke rehab, shoulder rehab, Parkinson's rehab, gait and balance issues as well as cognitive training. The forms emphasize fluid movement with full AROM when possible. Movements can be graded up or down based on ability. There is also education and discussion regarding chronic pain management, education on conditions, and time for questions and answers. The class will be limited to 15 people at most as some are there for rehab and individual attention is needed at times. \$Y-0 NY-45.

CED 8515-01	4/3/2024 - 6/19/2024		
W	11:15 AM - 12:00 PM	YMCA STUDIO	Tim Patching

YOGA

Evening Yoga with Molly

C

This energizing yoga class includes flow (fluid movement) as well as static postures (the holding of poses) and promotes strength, balance and flexibility. All levels welcome. \$Y-0 NY-45.

CED 1195-01	4/1/2024 - 6/17/2024		
M	7:00 PM - 8:00 PM	YMCA STUDIO	Molly Carlson

Gentle Flow Yoga

C

Synchronize breath with movement. With a focus on linking conscious breath with a mindful flow, the poses run together and become like a dance to awaken strength, energy, and flexibility in a fun atmosphere. \$Y-0 NY-78.

CED 8569-01	4/2/2024 - 6/20/2024		
TR	5:30 PM - 6:30 PM	YMCA STUDIO	Tiffany Wildharber



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FITNESS AND HEALTH WINTER 2024

YMCA CONTINUED

Sun Salutations

C

Basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. \$Y-0 NY-45.

CED 1140-01	4/2/2024 - 6/18/2024		
T	5:15 AM - 6:15 AM	YMCA STUDIO	Tiffany Wildharber

Lunchtime Yoga

C

Looking for a bit of a lunchtime break? Join us for 30 minute yoga session to reconnect and recharge you during the midday. All levels welcome! Combining both Hatha and Vinyasa-styles, connecting the mind, body, and breath. Feel free to stay for an additional 30 minutes of core work and cool down. \$Y-0 NY-78.

CED 8500-01	4/2/2024 - 6/20/2024		
TR	12:15 PM - 1:15 PM	YMCA STUDIO	Trish Root

Gentle Yoga for Beginners/Yoga for Vets

C

Simple, safe, effective yoga for those just getting started with their yoga practice or for those with limited mobility. This slow to moderate paced yoga class is accessible to all ability levels and will leave you feeling limber, warm and relaxed. \$Y-0 NY-45.

CED 1014-01	4/1/2024 - 6/17/2024		
M	11:15 AM - 12:00 PM	YMCA STUDIO	Molly Carlson

FITNESS AND HEALTH SPRING 2024

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). NCRD reserves the right to make changes without prior notice.

AQUATIC FITNESS

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 functional fitness and overall quality of life. Participants regulate the intensity of their workouts by using the waters resistance making it effective for all fitness levels. No swimming skills required. Non-members \$75 payable to NCRD.

CED 8564-01	4/1/2024 - 6/7/2024		
MWF	8:00 AM - 8:50 AM	NCRD POOL	McCann/Boggs

Water Walking for Fitness, Therapy and Rehabilitation N

For individuals with arthritis, or back, knee or hip injuries, or other conditions that can make traditional forms of exercise difficult. Participants will establish their own water exercise routine to meet their individual needs. Participants will increase strength and stamina; build and tone muscles; improve circulatory & cardiovascular systems; and reduce stress and tension. Non-members \$75 / \$60 payable to NCRD.

CED 8570-01	4/1/2024 - 6/7/2024		
MWF	10:15 AM - 11:00 AM	NCRD POOL	NCRD Aquatic Staff
CED 8570-02	4/1/2024 - 6/7/2024		
MWF	11:15 AM - 12:00 PM	NCRD POOL	NCRD Aquatic Staff
CED 8570-03	4/2/2024 - 6/6/2024		
TR	6:00 PM - 7:00 PM	NCRD POOL	NCRD Aquatic Staff

LAND FITNESS

Barre Fusion N

A bliss filled full body workout that focuses on building core strength, improving balance, and increasing flexibility. This is an approachable way for all fitness levels to get a great low impact workout, while tuning in to the mind-body connection. Enjoy balletic movement and strengthening at the barre, low impact fun cardio, and sculpting on the mat. Don't let the lightweights fool you, Barre Fusion is a burner! Non-members \$75 payable to NCRD.

CED 8588-01	4/5/2024 - 6/14/2024		
F	10:00 AM - 11:00 AM	NCRD GYM	Cohns

HIIT - High Intensity Interval Training N

Just as it sounds, this is a quick, full body strength and cardio workout. HIIT is a great way to increase your endurance and build strength quickly. This is a circuit training workout that will push you to the edge of your fitness ability and beyond, quickly. It is intense as its name suggests, though don't be afraid, it will be wickedly fun, and will be able to accommodate beginner fitness enthusiasts all the way up to experienced athletes. Non-members \$75 payable to NCRD.

CED 8613-01	4/1/2024 - 6/10/2024		
M	11:00 AM - 11:45 AM	NCRD GYM	Hannah Culver

FITNESS AND HEALTH SPRING 2024

NORTH COUNTY RECREATION DISTRICT (NCRD) CONTINUED

Sunday Fit Day

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 \$75 payable to NCRD.

CED 8589-01	4/7/2024 - 6/16/2024		
U	9:00 AM - 10:00 AM	NCRD GYM	Gina Grassetth

Freestyle Pilates

N

This unconventional Pilates class is mat-based and is focused on strength, stability, posture, proper breath control, and flexibility at the core. All movements are performed on a mat on the floor or standing. You will achieve results by using gravity and your body's own resistance for most routines. Each class is different and sometimes small props, such as glides, the magic ring, balls, or weights are involved. All levels of expertise from beginners to advanced are welcome. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8572-01	4/1/2024 - 6/12/2024		
MW	9:00 AM - 10:00 AM	NCRD GYM	Wendy Bakker

Functional Fitness for Seniors

N

Functional fitness includes exercises that mimic the movements of our daily activities - walking, squatting, bending, pushing, and pulling. Each class contains the key elements of balance, mobility, strength, and coordination. Benefits 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. This class is designed to help you stay independent longer with vitality. This fun and engaging class is appropriate for any age or fitness level and can be done standing or seated. Free to Fitness Center Members. Non-members \$80 payable to NCRD.

CED 8550-01	4/2/2024 - 6/13/2024		
TR	10:00 AM - 10:45 AM	NCRD GYM	Chruchill/Grassetth

Tone & Sculpt

N

Whether you're trying to get in better shape, or looking to compliment your support as a hiker, biker, kayaker, surfer- we've got you covered! This fun unique blend of strength training with light to medium weights and cardio is carefully designed to help you get stronger, boost metabolism, and meet life's challenges, both physically and mentally- on and off the mat. Free to Fitness Center Members. Non-members \$80 payable to NCRD.

CED 8625-01	4/2/2024 - 6/14/2024		
TF	8:00 AM - 9:00 AM	NCRD GYM	Michelle Churchill

Stretch & 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 decompressed, centered, and restful. This class is perfect for the senior population. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8571-01	4/1/2024 - 6/12/2024		
MW	10:00 AM - 11:00 AM	NCRD GYM	Tara Hollaway

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TILLAMOOK BAY
COMMUNITY COLLEGE

FITNESS AND HEALTH SPRING 2024

NORTH COUNTY RECREATION DISTRICT (NCRD) CONTINUED

Mindfulness in Motion

N

Mindfulness in motion will involve a series of gentle flowing movements supported by breath that will promote a sense of overall well-being. Intentional movement will be paired with mindfulness practices that will guide you towards balance and peace within. The foundation of this practice is breathwork accompanied by gentle movement and thoughtful intention. Mindfulness in motion will help you improve your balance, coordination, mobility, concentration, promote creativity, relax your mind, and learn new ways to respond to stress and flow with life with more ease. This is a class appropriate for any age or fitness level and can be done standing or seated. Participants don't need to memorize or learn forms but rather they follow along with the instructor and do what they see. For all levels. Free to Fitness Center Members. Non-members \$80 payable to NCRD.

CED 8583-01	4/2/2024 - 6/13/2024		
TR	11:00 AM - 12:00 PM	NCRD GYM	Cohns/Golden

Cuban Salsa

N

Rueda de Casino is a form of salsa dancing originating in Cuba in the 1950's. The dance form exploded in popularity in Miami in the 1980's and 1990's. Pairs of dancers form a circle, with dance moves called out by one person, a caller. Some moves involve the swapping of partners, where the dancers move around the circle to the next partner. Other moves will translate directly to 1:1 partner dancing. In the class you will learn basic dance partnering techniques, in addition to specific moves. No partner necessary. You will be given the opportunity to learn to either lead or follow. Rueda de Casino is a fun social dance style. Come join me in building a salsa dancing community. Dress in comfortable clothing and flat shoes with a smooth sole so that you can easily move around. Free to Fitness Center members. Non-members \$75 payable to NCRD. Class limited to 20 participants

CED 8521-01	4/3/2024 - 6/12/2024		
W	6:00 PM - 7:00 PM	NCRD GYM	Marie Tripp

Group Strength Training

N

Exciting class blending cardio, ab training, light and heavy weights, full body strength and various equipment into an efficient workout. This class will target a variety of aspects of fitness including strength, balance, stability, core strength, agility, endurance and more...making your workouts more functional and of course fun! Designed for all fitness levels. Free to Fitness Center members. Non-members \$75 payable to NCRD

CED 8623-01	4/4/2024 - 6/13/2024		
R	9:00 AM - 10:00 AM	NCRD GYM	Gina Grasseth

Spin Fusion

N

The secret to a strong healthy body is to mix up your training. Let us introduce you to our Spin Fusion where light weights and core work meet the world of spin. Join us while we build, tone, and strengthen our bodies then transition ourselves to bikes that go nowhere yet can take you everywhere. We will shake up your workouts while jamming out to music that will make you forget you are even working out! We welcome all ages and fitness abilities. Designed for all fitness levels. Fitness Center members only..

CED 8630-01	4/2/2024 - 6/11/2024		
T	9:00 AM - 10:00 AM	A.E. Doyle Room	Bakker/Konruff

FITNESS AND HEALTH SPRING 2024

NORTH COUNTY RECREATION DISTRICT (NCRD) CONTINUED

Spin

N

Ride from the ocean to the mountains in an uplifting, encouraging and transformative environment. We ride together because many are stronger than one. Our goal is to inspire, connect, sweat and to find the best version of ourselves. We ride to find clarity, to find our power. We ride to feel strong in our hearts. We ride to connect to our community, and we ride to find the fun in every day. The ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great intentional workout. Designed for all fitness levels. Free to Fitness Center members.

CED 8575-01 M	4/1/2024 - 6/10/2024 6:00 AM - 6:45 AM	A.E. Doyle Room	Kiley Konruff
CED 8575-02 W	4/3/2024 - 6/12/2024 12:00 PM - 12:45 PM	A.E. Doyle Room	Kiley Konruff
CED 8575-03 F	4/5/2024 - 6/14/2024 6:00 AM - 6:45 AM	A.E. Doyle Room	Kathye Knight
CED 8575-04 S	4/6/2024 - 6/15/2024 8:30 AM - 9:30 AM	A.E. Doyle Room	Nancy Jones

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 is 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 \$75 payable to NCRD.

CED 8581-01 R	4/4/2024 - 6/13/2024 8:00 AM - 9:30 AM	ZOOM	Brook/Ortiz
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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 \$75 payable to NCRD.

CED 8567-01 S	4/6/2024 - 6/15/2024 8:00 AM - 9:30 AM	ZOOM	Lorraine Ortiz
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Radiant Yoga

N

Shine brighter! This class is for any level student ready for more radiant energy and increased vibrancy & flexibility. Using mindfulness and traditional Hatha yoga, we lengthen the spine, strengthen the shoulders, open the hips, and connect to our breath & heart centers. We flow from one posture to the next at a slow-paced building strength & endurance on the mat. It's mindful, not challenging yoga. We end with the ultimate energy renewing pose, savasana. You'll walk out of class feeling open, glowing from within and ready for the day. Free to Fitness Center members. Non-members \$75 payable to NCRD.

CED 8616-01 T	4/2/2024 - 6/11/2024 9:00 AM - 10:00 AM	Riverview	Liz Carroll
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FITNESS AND HEALTH SPRING 2024

NORTH COUNTY RECREATION DISTRICT (NCRD) CONTINUED

Vinyasa Slow Flow Yoga N

Vinyasa Flow Yoga emphasizes ease of movement between postures with guided breath. Breathing techniques are integrated with moving meditation that improves flexibility and strength. It also creates a sense of mindfulness with freedom and fluidity in the body and mind. Let go of tension by combining breath, meditation, and movement. Flowing between postures makes this an intermediate level class. Holding postures work to align, strengthen and promote flexibility. Free to Fitness Center members. Non-members \$75 payable to NCRD.

CED 8568-01	4/4/2024 - 6/13/2024		
R	5:30 PM - 6:30 PM	Riverview	Nancy Jones

Yin Yasa Yoga N

A powerful pairing of two different styles of yoga; Yin yoga fuses together the Yin style of long-held passive poses with the dynamic, yang style of Vinyasa (flow). This class introduces a beautifully balanced combination of mindfully flowing through poses utilizing breath and balance, followed by the passive practice of Yin Yoga to restore your body and mind. You will leave the class feeling calm and grounded, a great way to end your busy day when you feel tired, low energy, or just want to unwind. Free to Fitness Center members. Non-members \$75 payable to NCRD.

CED 8562-01	4/1/2024 - 6/10/2024		
M	5:15 PM - 6:45 PM	Hybrid	Kim Gores

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 \$75 payable to NCRD.

CED 8582-01	4/3/2024 - 6/12/2024		
W	8:00 AM - 9:30 AM	Hybrid	Janet Paulson

Restorative Yoga N

Restorative yoga is an accessible practice that anyone can do to combat stress, promote healing, an overall sense of wellbeing and can even lead to better sleep. Calming guidance and props are used in the postures to support the body in gentle, comfortable positions which are held for extended periods. A restorative yoga practice calms the nervous system and facilitates relaxation states that can otherwise be elusive. Participants are asked to wear comfortable clothing and bring a yoga mat and eye covering—the rest of the props will be provided. Free to Fitness Center members. Non-members \$75 payable to NCRD.

CED 8558-01	4/1/2024 - 6/14/2024		
M	10:00 AM - 11:00 AM	Riverview	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 \$75 payable to NCRD.

CED 8565-01	4/5/2024 - 6/14/2024		
F	8:00 AM - 9:30 AM	Hybrid	Lucy Brook



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
- ✓ Oregon Property Manager Pre-Licensing Online Course
- ✓ 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
jeneviececase@tillamookbaycc.edu

Funding for this project was provided by the United States Department of Agriculture. USDA is an equal opportunity employer, provider, and lender. Tillamook Bay Community College is an equal opportunity educator and employer. TBCC Facilities are ADA accessible. For questions regarding access or accommodations please contact: Pat Ryan, Director: Human Resources, Facilities, and Safety; 4301 Third Street, Tillamook, OR. 97141, 503-842-8222 x1020 with seven days advance notice.



REGISTRATION FORM

NON-CREDIT

YEAR: 23-24 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				
6	Mailing Address	City	State	ZIP	
7	Mobile Phone Number	Alternate Phone Number			

Registration Drops

1	Prefix - 4-digit number - section	Course Title:
2	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

8	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)

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

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

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

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.

FINAL EXAM SCHEDULE SPRING 2024

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. If you have questions or need additional help, call the Registrar at (503) 842-8222, ext. 1045.

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.

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 and Safety*
4301 Third Street, Tillamook, Oregon,
Room 122, Phone (503) 842-8222, ext. 1020 or TDD
(503) 842-2467

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 SPRING 2024

GOLDEN AGE DISCOUNT

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

Golden Age Discount Option One:

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

Golden Age Discount Option Two:

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

ADDING OR DROPPING A COURSE

Courses may be added or dropped online at www.tillamookbaycc.edu by clicking on the link to MyTBCC during the regular registration period, or by filing a Registration & Change Form with Student Services. During the first week of the term, courses can be dropped online or in person at Student Services. The deadline to drop and have charges removed varies by course length and type. The drop deadline for credit courses is published in the quarterly Schedule of Classes. Students receiving financial aid should check with their academic and/or financial aid advisor before dropping a class. Dropping or withdrawing from a class can affect financial aid eligibility.

Dropping a Course

Prior to the published drop deadline, students may drop any registered course by completing the official drop process. Such action will result in no charges for the course or courses (or reimbursement if the charges have already been paid). The course or courses will not appear on the student's transcript. If dropping a class changes level of enrollment it may affect any Federal Financial Aid or veteran's benefits that the student is eligible to receive.

WITHDRAWING FROM COURSES

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

Refunds for College Preparation Courses

Students who officially drop from an ABE/GED/ESOL course during the first week of the course will receive a refund.

Refunds for Credit Courses

Students who officially drop a credit course during the first week of the term will receive a refund. A student unable to complete a course due to hardship may follow TBCC's petition process as appropriate. If granted, the student will receive a voucher to help defray the cost of retaking the class.

Refunds for Community & Continuing Education Courses

Early registration is encouraged for all courses. A decision to cancel a course, based on enrollment or instructor availability, may be made as many as ten days prior to the start date. Courses are canceled 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 canceled by TBCC. Students must drop a course before the start date to receive a refund. Students requesting special consideration for refunds after the refund deadline should submit a Student Account Petition Form to the Business Office. Agencies offering courses in partnership with TBCC have their own refund policies.

Official Withdrawal

Students may formally withdraw from courses by filing a Withdrawal Form with Student Services. Students doing a complete withdrawal may be required to repay certain amounts of financial aid. Again, it is important that if students are receiving financial aid or veteran's benefits, they contact the appropriate office with intent to withdraw. The withdrawal date is based on the date that the college is provided with "official" notice of withdrawal. Official notice occurs when the Student Services Office is notified of the intent to withdraw.

POLICIES & INFORMATION SPRING 2024

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

Student Accessibility 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:

- Student Accessibility Services: Rhoda Hanson, Associate Vice President of Student Services
(503) 842-8222, ext. 1110.
- Sexual Harassment: Rhoda Hanson, Associate Vice President of Student Services
(503) 842-8222, ext. 1110.
- Harassment based on race/ethnicity/national origin: Human Resources
(503) 842-8222, ext. 1022.
- Students' rights, responsibilities, and conduct: Rhoda Hanson, Associate Vice President of Student Services
(503) 842-8222, ext. 1110.
- Academic grievances: Paul Jarrell, Vice President of Instruction and Student Services
(503) 842-8222, ext. 1030.
- Other harassment: Rhoda Hanson, Associate 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 for detailed information on drugs and their harmful effects, counseling and assistance programs, state and federal laws, and college policies pertaining to the illegal use of drugs.

DIRECTORY SPRING 2024

Helpful Telephone Numbers:

Main Phone (503) 842-8222

TDD	(503) 842-2467
Main Fax	(503) 842-8334
Office of Instruction.....	ext. 1340
Business Office	ext. 1220
Community & Continuing Education.....	ext. 1320
Facilities	ext. 1020
Human Resources	ext. 1021
President's Office	ext. 1015
Small Business Development Center.....	ext. 1420

Student Services

Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1100

8:30 AM -6:00 PM Monday-Thursday
8:30 AM - 4:30 PM Friday
studentservices@mail.tillamookbaycc.edu

Career Education Advising

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1151, 1152, & 1150
bayleebeutel@tillamookbaycc.edu
clarablaser@tillamookbaycc.edu
judeschlotzhauer@tillamookbaycc.edu
8:30 AM - 4:30 PM

Student Accessibility Services

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1125
8:30 AM - 4:30 PM, Monday - Friday
chrisbiegun@tillamookbaycc.edu

OSU Open Campus

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

Full-time Faculty

Tom Atchison	ext. 1815
Ron Carlbom	ext. 1900
Chris Carlson.....	ext. 1835
Michele DeGraffenreid.....	ext. 1830
Sydney Elliott	ext. 1825
Tom Lackaff.....	ext. 1810
Geza Laszlo	ext. 1820
Joe Meyer	ext. 1840
Grant Mitman.....	ext. 1805
John Sandusky	ext. 1875

Veterans Educational Benefits

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

Financial Aid

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

Grades / Student Records

Student Services, Central Campus, 1st Floor Lobby
(503) 842- 8222, ext. 1145
8:30 AM - 4:30 PM, Monday - Friday
studentservices@mail.tillamookbaycc.edu

Change Log-In Password

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

Business Office / Cashier

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

Current term textbooks and pricing are available through
<http://tillamookbaycc.edu/online-bookstore/>

First Week of Term Hours

Monday - Thursday, 8:00 AM - 6:00 PM; Friday, 8:30 AM - 4:30 PM

Regular Office Hours

Monday - Friday, 8:30 AM - 4:30 PM
Closed Noon - 1 PM

Office hours are subject to change

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.

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



ACADEMIC AND TRAINING PROGRAMS SPRING 2024

Tillamook Bay Community College offers a variety of certificates and degrees that can help lead to careers in a variety of fields. The Learning Communities are groups of similar degrees and certificates that have a common first-term, which allows students to take classes then decide exactly what degree/certificate they want to pursue.

BUSINESS

Associate of Science Transfer:
Business

Associate of Science Oregon Transfer:
Business

Associate of Applied Science: Business
Administration (online)
Emphasis: Accounting, Management
or Entrepreneurship

Business Administration Certificates

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

HEALTHCARE

Associate of Applied Science:
Healthcare Administration

Associate of Applied Science:
Nursing

Healthcare Certificates

- Nursing Assistant I
- Basic Healthcare Certificate
- Emergency Medical Services
- Medical Assistant
- Phlebotomy Technician Certificate

Partnerships in Healthcare (Learn and practice local)

- Diagnostic Imaging AAS Degree:
Linn-Benton Community College
- Medical Laboratory Technology
AAS Degree: Portland Community
College
- Occupational Therapy Assistant AAS
Degree: Linn-Benton Community
College
- Pharmacy Technician Certificate:
Central Oregon Community College

ARTS & LETTERS

Associate of Arts Oregon Transfer:
English MTM

Associate of Arts Oregon Transfer:
Language (Spanish)

Associate of Arts Oregon Transfer:
Fine Arts

MANUFACTURING & INDUSTRIAL TECHNOLOGY

Associate of Applied Science:
Manufacturing & Industrial Technology

Manufacturing & Industrial Technology Certificates

- Certified Production Technician
- Structural Maintenance and
Construction
- MSSC CPT
- Manufacturing Technician (4
certificates)
with specialization in:
 - Welding
 - Machining
 - Millwright
 - Electrical

Associate of Applied Science: Welding
Technology

Welding Technology Certificates

- Welding Technology
- Shielded Metal Arc Welding (CPC)
- Gas Metal Arc Welding (CPC)
- Gas Tungsten Arc Welding (CPC)

Associate of Applied Science:
Agricultural Technology

NATURE & OUTDOORS

Associate of Science: Forestry

Associate of Science: Natural Resources

Associate of Science: Animal Science

Associate of Science: Agricultural
Science

NON-CREDIT TRAINING CERTIFICATES

- Truck Driver Training - 4-week CDL
preparation course
- MSSC - Certified Production
Technician

PEOPLE

Associate of Arts Oregon Transfer:
Education

- Elementary Education: Math
- Elementary Education: Social Science
- Elementary Education: Science
- Elementary Education: Language
Arts

Associate of Arts Oregon Transfer:
Psychology

- Associate of Science Transfer:
Sociology

- Associate of Science Transfer:
Sociology & Anthropology

- Associate of Arts Transfer:
Sociology

- Associate of Arts Transfer:
Sociology &

- Anthropology

Associate of Applied Science:
Criminal

Justice and Public Safety

Criminal Justice and Public Safety Certificates

- Corrections Technician
- Corrections Professional
- Law Enforcement Specialist

SCIENCE & MATH

Associate of Science Oregon Transfer:
Biology MTM

Associate of Science Oregon Transfer:
Math

Associate of Science Oregon Transfer:
Computer Science

Associate of General Studies Occupational Skills Training Certificate:

The Occupational Skills Training (OST) program is a one-year certificate program that provides a unique combination of academic learning and hands-on training in the students' field of choice to obtain gainful employment. Students earn up to 50% of their program credits through training at local business sites. Almost any occupation can be addressed (e.g. Vet Tech, Dental Assistant, Medical Coding and more).

TBCC STAFF HIGHLIGHT



Chris Biegun, Enrollment Navigator - *Chris has been at TBCC for almost two years and is a familiar face at the Student Services desk; he can help you register for class, find resources, and provide assistance.*

What is your role at TBCC?

My primary role is to assist in all aspects of enrollment by aligning students with the resources needed to be successful. The Student Services “liaison” if you will.

How do you like working with students?

It’s been a mutually rewarding experience. Each student offers a unique opportunity, enabling a relationship supported by trust and understanding and that feels good.

What are some benefits of community college?

It’s an approachable and diverse opportunity for students of all walks of life. Community colleges tend to be more welcoming, whether you’re a first-time student or someone seeking a class for self-enrichment. They offer a more sensible and affordable options in comparison to starting in a four-year institution.

What do you do for fun?

A fresh cup of coffee and a full day to play in the studio. Admiring the latest LEGO build with my son. Hanging with friends and family.

If you had one piece of advice for a new student, what would it be?

Try to remind yourself that you’re here and that’s already a huge accomplishment. Focus on sustaining that momentum and use it as a driving force to achieve the next goal.



Helping People To Grow Better Together.

OUR PLATFORM



Our team of advisors is composed of experienced professionals, including successful business owners, who are ready to provide expert advice on your business needs.



Discover a Wide Variety of Classes at Tillamook Bay SBDC. These small class sizes are led by seasoned instructors who give personalized attention to each student.



Our squad of savvy coaches, trainers, and former students are local to Tillamook county, armed with expert knowledge, top-notch skills, and a serious passion for launching your business dreams!

WHY CHOOSE US?

Small businesses are the cornerstone of any thriving community, providing a more stable source of income and a secure future. At Tillamook Bay SBDC, we are committed to helping entrepreneurs establish and grow their small businesses in the community. Our extensive resources include low-cost classes and free advising to support you every step of the way.

CONTACT US



www.oregonsbdc.org



OUR STORY

The Oregon Small Business Development Network was launched in 1983 and is part of the America's Small Business Development Centers national network. The Oregon Network is a well-established partnership between 17 Oregon community colleges, two state universities, the U.S. Small Business Administration and the Oregon Business Development Department.



OUR VISION

Tillamook Bay SBDC along with the community can bring about a stronger infrastructure of small businesses, creating a flourishing economy and a stronger community.



OUR MISSION

To help small business owners thrive in Tillamook by providing advice, education and supporting the local community by assisting small business owners to achieve their goals. As a result, the economy and residents of the area flourish.



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