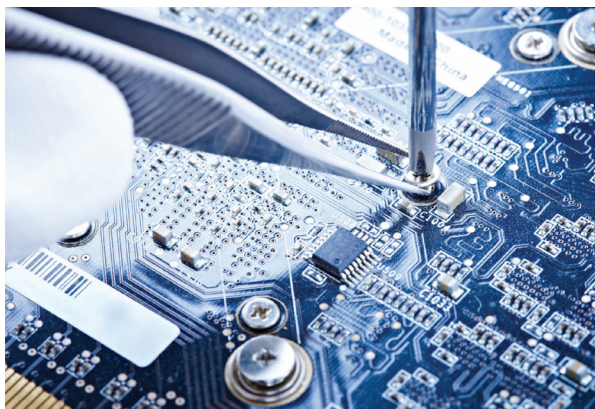


# Advance Professionally and Personally

Governors State University  
School of Extended Learning  
**Course Schedule**  
**Spring 2014**



Classes held on Governors State University Campus  
1 University Parkway, University Park, IL 60484

***[www.govst.edu/oc](http://www.govst.edu/oc)***  
**register at 708.534.4099**

### THE KNOWLEDGE EXCHANGE

TKE is a lifetime learning program designed for retired or semi-retired participants which meets on Fridays during 8-week long winter, spring and fall sessions. Courses are non-credit and peer led by volunteers with some participation by GSU alumni and faculty. Topics vary according to course content and may include: History, Science, Law, Liberal Arts, Current Events, Music, Philosophy and Special Expertise.

Lunch and Learn programs during the lunchtime period are free and open to the public. These presentations are informational and range in topic from travel to climate change to finance to art.

#### WINTER SESSION

**Fridays, January 10 – February 28, 2014**

**9 a.m. – 3 p.m.**

- The Dark Ages, 400AD to 1100AD
  - Cinema Studies: This is not a Cartoon! – Animation in Feature Film
  - Great Decisions 2014
  - Before the Fire: The Story of the First Chicago
- \$73 for the first class • \$28 for an additional course**

#### FREE Lunch and Learn

**Room B2203 • 12:15 – 1 p.m.**

- January 24 – Cook County Matters with the Cook County League of Women Voters
- January 31 – A Reverse Mortgage Re-Think with Marvin Cohen
- February 7 - Curriculum Meeting

#### SPRING SESSION

**Fridays, April 4 – May 23, 2014**

**9 a.m. – 3 p.m.**

- German Expressionism
  - WWI – The 100th Anniversary
  - Plato's Republic & Aristotle's Politics
  - Civil War Battles & Generals
  - Cinema Studies (Theme TBD)
- \$73 for the first class • \$28 for an additional course**

#### FREE Lunch and Learn

**Room B2203**

**12:15 – 1 p.m.**

- April 18 – Make the Most of Your Memory & Communicating with Relaxation Techniques, Presented by Paula Mantel
- April 11 - South Suburban Family Shelter with Vicki Meilach
- April 25 – Climate Change “In Our Hands”
- May 2 - Curriculum Meeting
- May 9 – Preventing Identity Theft, presented by Alex Saucedo of Charter One



### EXAMINATION PREPARATION

#### GRE Prep Course

Acquire strategies in math, reading comprehension, writing and verbal and quantitative skills to improve GRE scores. Textbook, practice tests and course materials included.

**Saturdays, February 22 - March 29, 2014**

**9 a.m. - Noon • \$399**

#### LSAT Prep Course

Acquire strategies in verbal skills, logic, critical reasoning and analytical writing to improve LSAT scores. Textbook, practice tests and course materials included.

**Thursdays, April 17 – May 22, 2014**

**6 - 9 p.m. • \$399**

### FREE WORKSHOP

#### Improving Your Credit Score & Budgeting for a Better Life

Financial education to give you a better understanding of personal finances. A Personal Financial Review is offered to help you recognize past or potential debt situations and determine future savings goals.

**Tuesday, February 25, 2014**

**6:30 – 8 p.m. • FREE**

**Reservations preferred —**

**Register online at [www.govst.edu/occe](http://www.govst.edu/occe)**



*Same-day registration may not be possible for some workshops*

### CREDIT COURSES & CERTIFICATES

#### Basic Life Support (BLS) for Healthcare Professionals & Providers – CPR

For healthcare providers, EMS personnel, physician assistants, doctors, dentists, nurses and respiratory therapists who must have a credentialed card documenting successful completion of a CPR course. *This class is for individuals certifying for the first time OR for those individuals recertifying a current valid AHA Healthcare Provider CPR card.*

**Saturday, February 1, 2014**

**8 a.m. - 1 p.m. • \$75 includes textbook and Barrier Device**

#### Lean Six Sigma Green Belt Certificate Course

The Lean Six Sigma Green Belt certificate course will focus on both Advanced Lean Techniques and Six Sigma “Green Belt” methodologies. Detailed and real-world examples of lean thinking will be reviewed with hands-on examples to enhance the learning experience. Learn how to integrate theories of business, statistics and the elimination of waste with the goal of achieving tangible results. Six Sigma methods will include project planning and various statistical tools to equip the student to be Green Belt certified and a practitioner of Lean Six Sigma at their organization.

**Location: Three Rivers Safety Center**

**1615 W. Jefferson St.**

**Joliet, IL 60453**

**[www.trma.org](http://www.trma.org)**

**Wednesdays, February 5 – March 19, 2014**

**1 – 4 p.m. • \$1,500 plus textbooks and software**

(TRMA members receive a \$150.00 Discount)

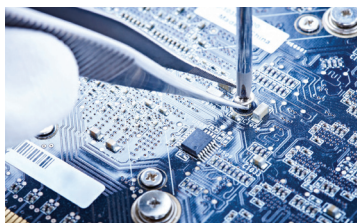
Prerequisites: basic understanding of statistics and bachelor’s degree preferred (but not required)

#### Computer Technician Certification Training

Start your career in IT with an overview of computer hardware and best practices. Course includes hands-on installation and configuration of motherboards, hard drives, memory, multi-media devices and introduction to multi-vendor equipment. Prepare for CompTIA certification, the A+ certification recognized nationally and highly regarded. No prerequisites.

**Saturdays, March 1 – April 5, 2014**

**9 a.m. – 4 p.m. • \$1,300 includes textbook**



### PERSONAL ENRICHMENT

#### Advanced Stained Glass

Expanding on the uses and qualities of light, color, and line covered in ART-3309, explores the concepts of design, color theory and history of stained glass; traditional and non-traditional methods of stained glass construction and design; kiln-working techniques such as slumping, fusing, paté de verre and enameling.

**Wednesdays, January 21 - May 11, 2014**

**7:30-10:20 p.m. • \$500**

#### Zumba

**GSU Fitness Center**

**Tuesdays and Thursdays, January 28 – April 13, 2014**

**5:30 – 6:30 p.m. • \$100**

Dance away those unwanted pounds with Zumba dance and aerobic elements. Getting fit has never been this fun!



#### Aqua Yoga

**GSU Fitness Center Pool**

**Tuesdays, January 28**

**– April 15, 2014**

**8:30 – 9:30 a.m. • \$15**

Yoga performed in a pool has all of the benefits of yoga and more. Suitable for all ages and physical abilities, especially those with chronic pain syndromes, fibromyalgia, arthritis and injuries.

#### Chi Waves

**GSU Fitness Center Pool**

**Wednesdays, January 29 – April 16, 2014**

**11:15 a.m. – Noon • \$30**

Chi Waves utilizes water buoyancy to assist balance. Deep breathing and stretching incorporated into Thi Chi, Yoga and various dance style moves.

#### Rape Aggression Defense (R.A.D.) Be Prepared!

**Fitness Center**

**Saturday, March 8, 2014**

**9 a.m. – 5 p.m. • \$75\***

Course includes lecture, discussion and hands-on self-defense techniques suitable for all women.

\* A corporate membership structure is available for organizations providing five or more adult annual memberships. The annual rate per individual is \$225.00. For additional information please contact the Fitness Sales office at 708.534.4556 or A1106.

Unless otherwise indicated, all classes, workshops and conferences conducted at:

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1 University Parkway, University Park, IL 60484

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### AMERICAN LANGUAGE AND CULTURE INSTITUTE

#### ESL Programs

The School of Extended Learning offers assistance to English Language Learners including private tutoring, workshops, community outreach programs, socialization opportunities as well as an Intensive English Program.

The Intensive ESL Program is for those interested in improving their English language skills for academic purposes. Course offerings include: Listening and Speaking, Reading and Writing, Integrated Studies, Multimodal Composing, Pronunciation, Cross Cultural Contexts and TOEFL® test preparation. Beginning to advanced level courses offered.

#### American Cultural and Professional Development Experience

Experience American culture, attend professional development workshops, learn about American journal publishing practices and gain instruction in academic English in this innovative 10-week summer program at Governors State University.

**Contact:** Nell Rose Hill, English Language Learner Program Coordinator, 708.534.3143, [nhill3@govst.edu](mailto:nhill3@govst.edu)

### IMPROVED COMMUNICATION WITH RELAXATION TECHNIQUES WORKSHOPS

#### Make the Most of Your Memory

Learn practical information with user-friendly fundamental neurobic techniques to increase your memory abilities in learning names and anything else you need to remember. Nutritional tips and fitness activities for improved brain chemistry included.

**Tuesday, April 29, 2014**  
**10 a.m. - Noon • \$20**

#### Relaxing Works Wonders

Learn simple techniques to rejuvenate your body, mind and spirit. Feel refreshed and energized with invaluable breathing techniques, tips on getting a good night's sleep, and nutritional pick-me-ups.

**Tuesday, May 6, 2014**  
**10 a.m. - Noon • \$20**

### PROFESSIONAL DEVELOPMENT

#### American Home Inspectors Training Institute (AHIT)

GSU partnered with industry leader AHIT to offer a comprehensive home inspection course. Certified home inspectors are self-employed, earning an average of \$50,000 annually. Learn from AHIT's instructors, successful entrepreneurs with over 100 years combined experience. AHIT recognized by ASHI, NAHI, NACHI, CREIA, TREC and other professional organizations.

#### 2014 Dates

**March 14 – 16, June 27 – 29, October 3 – 5**

**8 a.m. – 6 p.m.**, class period includes hands-on, off-site location inspections

• **\$1,795 - includes all materials\***

\* Early Registration Deadline: two weeks prior to the scheduled session:  
**\$1,595** discounted fee

**Register:** call 877.215.7924, may register up to the day prior to the class, discount not allowed.



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