PERSONAL ENRICHMENT

PERSONAL INTEREST

NEW Present Moment Meditation

Learn to use Present Moment Meditation, a light-hearted, practical approach that makes meditation inviting and beneficial for everyone. You'll see positive results in every area of your daily life—work, family, home, health, relationships, personal goals, and more. Each meeting includes two meditations, a short presentation on topics relating to meditation and stress reduction, discussion and Q & A time.

CES 0966 (.6 CEU) $59/Senior Cost $47.20

4 weeks	Mon	Sep 19	6-7:30 pm
Sec. 947001	LA200		K. Bindu Henning
4 weeks	Mon	Nov 7	6-7:30 pm
Sec. 947002	LA200		K. Bindu Henning

Meet with K. Bindu Henning on Nov. 4 for a 2 hour informative class: *Present Moment Meditation for Everyone's Benefit.* See page 22.

MEET INSTRUCTOR ***Kathy Bindu Henning »***

Kathy Bindu Henning's transformational work is the culmination of 35 years of experience in the areas of meditation and the art of self-discovery. Kathy has studied with some of the world's most renowned meditation and human potential teachers of our time. For six years she lived full-time in meditation centers in India and around the world.

Kathy states that the best part of teaching is watching others experience the benefits of meditation and watching how it impacts their life in such wonderful ways. This semester, Kathy is teaching *Present Moment Meditation*. If you are looking to reduce stress and increase the positive results in your life then this class is for you!

KIDS ON CAMPUS

If using online registration, all emergency contact information will be stored electronically and can be updated via WebAdvisor if information changes. Registration by any other method requires that a completed emergency information form be submitted at time of registration—see page 46.

Video Game Creation Workshop I

For as long as you can remember you've played video games. Now, learn to create them! Using Game Maker software, design and program a real working game. Learn to create 2D environments, and discover how to access and use online game resources. Best of all, on the last day of class show off your creation to friends and family and then take it home to play. Bring headphones or ear buds to class.

CES2 6093 $139

8 weeks	Sat	Oct 1	9-11 am
Sec. 949701	AS600	Grades 5 & 6	W. Marra
8 weeks	Sat	Oct 1	11 am-1 pm
Sec. 949704	AS600	Grades 7, 8, 9	W. Marra

Video Game Creation Workshop II

Bring the thumb drive with the game you started in Video Game Creation I and create your own characters and more. Continue using Game Maker software to update, add to and improve your game. Learn to create multi-player options while discovering even more online game resources including sound and action. ***Prerequisite:*** CES 2-6093 Video Game Creation Workshop I. Bring headphones or ear buds to class.

CES2 6118 $139

8 weeks	Sat	Oct 1	9-11 am
Sec. 949707	AS320	Grades 5, 6, 7, 8, 9	J. Ruff

Video Game Creation Workshop III

Bring the thumb drive with the games you designed in Video Game Creation I and II and get ready to do some advance gaming. Using Game Maker software you'll create new games and improve your skills as a game developer. Learn advanced multi-player programming and game design with script writing, while discovering new ideas and more online game resources. ***Prerequisite:*** CES 2-6118 Video Game Creation Workshop II. Bring headphones or ear buds to class.

CES2 6126 $139

8 weeks	Sat	Oct 1	11 am-1 pm
Sec. 949703	AS320	Grades 5, 6, 7, 8, 9	J. Ruff

Radical Robots

Robots are everywhere—in your family's car, in your doctor's office, even on the space shuttle! Discover how robots came to exist and how they are used in the movies and in science fiction books. Learn engineering principles as you do different robot experiments. Rally with your classmates in building and programming Lego® Mindstorm™ robots.

CES 8395 $139

8 weeks	Sat	Oct 1	9-11 am
Sec. 949706	AS940	Grades 3 & 4	J. Scollan
8 weeks	Sat	Oct 1	11 am-1 pm
Sec. 949702	AS940	Grades 5 & 6	J. Scollan
8 weeks	Sat	Oct 1	1-3 pm
Sec. 949705	AS940	Grades 7, 8, 9	J. Scollan

YOUTH

The Successful Student Seminar: Middle School

Attention middle school students! Enhance your time management skills and learn strategies to complete assignments and tests successfully. Tips on improving your memory, organizational skills and note-taking are just a few of the helpful subjects covered. Develop study and learning skills that will benefit you in middle school and beyond! Workbook provided.

CES 7153 $119

6 weeks	Wed	Sep 21	6-8 pm
Sec. 949403	F110		P. Schneider
6 weeks	Sat	Nov 5	11 am-1 pm
Sec. 949404	LA270		P. Schneider

The Successful Student Seminar: High School

Learn valuable study skills for high school that can carry over into your college years. Learn organizational, time management and test taking strategies. Enhance your knowledge of note taking, outlining, writing papers, oral presentations, the use of graphic organizers and researching papers. Set down a solid foundation leading to greater success in the classroom.

CES 7319 $119

6 weeks	Sat	Nov 5	1-3 pm
Sec. 949405	LA270		P. Schneider