

Professional Development

Art & Photography

Summer Youth Camps

Crochet

Cooking

Health & Wellness

Environmental Science

Fitness

College Preparation

Youth Programs

Educational Travel

Garden Expo



**SOUTHWEST REGION**

**Continuing Education**

in cooperation with UW-Extension

*Serving Richland, Rock, and Sauk counties  
-and surrounding communities*

**CONTINUING EDUCATION AND  
PROFESSIONAL DEVELOPMENT**

# COURSE CATALOG

**Keep Through May 2017**

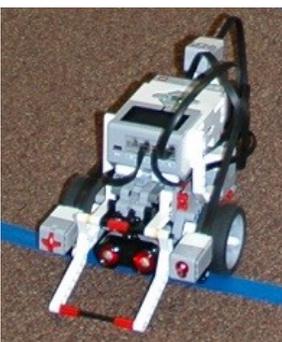
UW-Baraboo/Sauk County

UW-Richland

UW-Rock County



**Baraboo:** [ce.uwc.edu/Baraboo/catalog](http://ce.uwc.edu/Baraboo/catalog)



**Richland:** [ce.uwc.edu/Richland-center/catalog](http://ce.uwc.edu/Richland-center/catalog)



**Rock:** [ce.uwc.edu/Janesville/catalog](http://ce.uwc.edu/Janesville/catalog)

## Table of Contents

<b>Baraboo</b>	<b>3 - 6</b>
<b>Richland</b>	<b>6 - 9</b>
<b>Rock</b>	<b>10 - 12</b>
<b>Online Courses</b>	<b>12 - 14</b>
<b>Registration Info</b>	<b>15</b>

Welcome to our new Southwest Region Continuing Education catalog serving the campuses of UW-Baraboo/Sauk County, UW-Richland, and UW-Rock County. My main goal is to meet the needs of each community and the surrounding communities of our campuses by offering courses beginning with students in 1st grade - retirement. I know there is always more we can offer you in terms of customized trainings for businesses, professional development opportunities, personal enrichment, and youth programming, so please don't be shy in asking for new courses or offering your expertise as an instructor. I also know as an institution nearly 200,000 Wisconsinites tap into UW Colleges and Extension resources each day. Each one has a story-about a class that opened doors, a program that inspired, or a community partner who earned their trust. And every one of those stories can have a positive impact on the future of UW Colleges and UW Extension, in your hometown and around the state. Please share your story with us today at uwcx.org. I look forward to working with you in the new year and hope to meet you in one of our classes or on one of our trips.

Looking forward to a great 2017,

*Jessica Laeseke*

Jessica Laeseke

Regional Director of Continuing Education



## Bachelor of Applied Arts & Sciences (BAAS)

Designed for busy adults who want to continue their education, the University of Wisconsin Colleges' BAAS degree is a 60-credit degree completion program giving you the skills and knowledge to achieve your career goals. Whether you've earned an associate degree from UW Colleges or a Wisconsin technical college, you can complete your degree in as few as two years. Available at all Southwest Region Campuses.

A truly collaborative degree, the BAAS features courses offered through the UW Colleges and several UW four-year partners. Classes are taught by distinguished faculty with convenient scheduling options, including on-campus, online and via distance education. With the lowest per credit tuition in the UW System, your bachelor's degree has never been more affordable.

For a transcript evaluation, questions about admission, enrollment, courses, or any other information contact:

UW-Baraboo/Sauk County and UW-Richland: Joanna Muller Email: Joanna.muller@uwc.edu Phone: 608-647-6186 x228

UW-Rock County: Karen Greenler Email: Karen.greenler@uwc.edu Phone: 608-758-6565 x240

### Contact Information:

#### UW-Baraboo/Sauk County:

Online ce.uwc.edu/Baraboo/catalog  
 Email brbceeadmin@uwc.edu  
 Phone 608-355-5220  
 In Person Tue & Wed, 10:00 – 4:30 pm & Thursday 9:00 - 5:00 pm

#### UW-Richland:

Online ce.uwc.edu/Richland-center/catalog  
 Email RLNCE@uwc.edu  
 Phone 608-647-6186 x4  
 In Person Mon, Tue, & Fri, 9:00 - 4:00 pm

#### UW-Rock County:

Online ce.uwc.edu/janesville/catalog  
 Email jessica.laeseke@uwc.edu  
 Phone 608-758-6565 x360  
 In Person Mon - Fri 8:00 – 10:00 am & Wednesday 8:00 –2:00 pm

### Customized Business Solutions

The UW Colleges Southwest Regional Continuing Education Office can customize training to best fit your company's needs. We can offer these trainings at your business or at our campuses in Baraboo, Janesville, and Richland Center. Contact us today to see if we can find a solution to fit your needs!

Email: [jessica.laeseke@uwc.edu](mailto:jessica.laeseke@uwc.edu) OR

Call the Regional Office at 608-647-6186 x4

### Here are a few questions to consider before getting started:

- Do you want the training to be on our campus or at your facility?
- Are you looking for a one day training or something with long-term outcomes?
- Do you need the training to be in-person or do you have the flexibility of an online training format?
- What is the specific goal you want the training to obtain?
- Do you need Continuing Education Units (CEU's) awarded?
- How many employees do you anticipate in the training?

# UW-Baraboo/Sauk County

## Personal Enrichment

### NEW: Basic Drawing

Explore beginning level pencil drawing from still life objects to figure drawings. Also use mixed medias like pen, colored pencils, and chalk for drawing. *Instructor Peg Durkin. Supplies not included.*  
**Thursdays, February 2 - 16** 5:30 - 7:30 pm \$40

### Basic Digital SLR Photography

Become the photographer you hoped you would be when you bought your Digital SLR camera. Learn about PASM (Tv) shooting modes, understand F-Stops, control exposures, manage camera controls, content and framing, and the rule of thirds. Practice taking pictures in different settings and receive instant feedback. *Instructor Whitney Robarge.*  
**Wednesdays, February 15 & 22** 5:30 - 8:30 pm \$59  
**Wednesdays, May 3 & 10** 5:30 - 8:30 pm \$59

### NEW: Geology of Baraboo

UW-Baraboo/Sauk County Assistant Professor of Geology, Melissa Hage is ready to take you on a journey through the Baraboo area's rich geologic past. Discover popular destinations in new ways and begin to look at the Baraboo area through the eyes of a geologist.  
**Wednesdays, March 1 - 22** 5:30 - 6:30 pm \$40

### NEW: Wine 101

There is a technique to tasting wine and once you know the secrets you can detect the expensive ordinary wines from the truly unique wines. You will also discover components of wine, sensory physiology, what yeast does, grape varieties and where they grow, and how to pair wine and food. In the last class, put your knowledge to the test in a tasting. *Instructor Mark Hamdan-Krause. Supplies included.*  
**Mondays, March 6 & 13** 6:00 - 8:00 pm \$45

### NEW: Watercolor & Acrylics

Learn the difference between watercolor and acrylics and how to use colors and techniques to make a successful painting. Start at the beginning with the brushes, paints, and paper. Then move to simple exercises and end by creating a complete painting. *Instructor Peg Durkin. Held in Plain at the Green Technology Training & Enterprise Center. Supplies not included.*  
**Thursdays, March 9 - 30** 5:30 - 7:30 pm \$50

### Archaeological Field School

Whether you want to receive college credits, pick-up a new hobby or change career paths as an adult, or determine if a career in archaeology is for you as a junior or senior in high school, this course is for you. Learn how to identify artifacts in the field and lab, survey & excavation techniques, record keeping procedures, how to wash, catalog, analyze & curate artifacts and visit important local archaeological sites. The primary site you will work on dates back to the Middle and/or Late Archaic (5,000 – 500 BC) period. If you cannot commit to the entire 6 weeks, you may participate in the first or last two weeks of the course instead.

**Non-credit 6 weeks** M-F May 30 - July 7 7:30 - 4:30 pm \$400  
**Non-credit 1st, 2 wks** M-F May 30 - June 9 7:30 - 4:30 pm \$180  
**Non-credit last, 2 wks** M-F June 26 - July 7 7:30 - 4:30 pm \$180

## Excursions

### Austin, Minnesota

Join us for another exciting adventure as we travel to Austin Minnesota. Austin is home to the Hormel institute, world leader in cancer research through the study of food agents and cell functions. Experience a 3D simulation of molecules and possibly sample cancer prevention foods. Next we will travel to the SPAM Museum, depicting the rich history of Hormel Foods. Lunch will be on your own downtown as you pick from a variety of restaurants and do a little shopping. After lunch meet at the Rydjour Bike Museum that has a collection of bicycles dating back to 1868 for you to ride and see the progression of the bicycle. We will end our day at the Paramount Theatre the oldest theatre in Austin, and one of the four oldest in Minnesota. We will learn about the theatre, escape in its beauty, and eat some popcorn before departing for home. *Lunch on your own.*

*Departure times:*

*UW-Baraboo/Sauk County 6:30 am return 8:00 pm*

*Reedsburg Shopko 7:00 am return 7:30 pm*

*UW-Richland 8:00 am return 6:30 pm*

*If we take two buses we will adjust the times or pick two dates.*

**Wednesday, March 15** 6:30am - 8:00 pm \$55

### Dyersville, Iowa

Dyersville, Iowa is our next stop as we explore Basilica of St. Francis Xavier, one of 82 Basilicas in the United States and the only one in a rural community. We will also visit the National Farm Toy Museum with approximately 30,000 farm toys and the largest collection of cast iron toys. The Dyer-Botsford House is also on the list as the home of the city's founder, James Dyer, which includes restored furnishings and artifacts from Dyersville and over 2,000 dolls. Explore FarmTek and look at their hydroponics (vegetables grown without soil), Aquaponics (fish to grow lettuce), and Foder (seed to feed animals in 7 days). If you're lucky you can feed the pigs. A trip to Dyersville is not complete without a trip to Field of Dreams where we will meet a ghost player and talk about the film and the location as well as take photos and sign autographs, you are also welcome to run the bases. *Includes lunch.*

*Departure times:*

*UW-Baraboo/Sauk County 6:00 am return 7:30 pm*

*Reedsburg Shopko 6:30 am return 7:00 pm*

*UW-Richland 7:30 am return 6:00 pm*

*If we take two buses we will adjust the times or pick two dates.*

**Wednesday, May 18** 6:00 am - 7:30 pm \$69

### Spring Campus Preview

At preview day you will meet professors, current students, other parents, and alumni. Attend sample classes and meet with advisors. Learn about our affordable tuition and opportunities for financial aid. Ask questions about our guaranteed credit transfer. Learn about student life and ability to get involved with sports, music, theater, & student clubs! **Parents are encouraged to attend.**  
**Wednesday, April 12** 9:00 - 11:30

### Tap Into It

Nearly 200,000 Wisconsinites tap into UW Colleges and Extension resources each day. Each one has a story-about a class that opened doors, a program that inspired, or a community partner who earned their trust. Please share your story with us today at uwcx.org!

# UW-Baraboo/Sauk County

## Computer Classes

Held in the Aural Umhoefer Classroom Building, room A216 (except the Introductory Computer Series, held in Plain).

### NEW: Facebook Basics

Discover why Facebook is the most popular social networking site on the internet. Setup your Facebook page, learn to upload photo albums, write on a wall, send messages, and create a social calendar. Keep in contact with distant relatives or old friends. *Instructor Mark Hamdan-Krause.*

**Wednesday, March 1** 5:30 - 7:30 pm \$20

### Excel: Formulas and Functions

Even if you're a beginner, you can learn to create and use simple macros to design and organize the best possible worksheet for your needs. Learn about a variety of Excel formulas and functions that can increase your productivity and make your life easier. *Instructor Mark Hamdan-Krause.*

**Wednesday, March 8** 5:30 - 8:30 pm \$30

### Excel: Tables, Charts, & Macros

Build on your basic understanding of Excel to create more punch in your reports, tables and charts, as well as use macros and advanced program functions tailored to fit your needs. *Instructor Mark Hamdan-Krause.*

**Wednesday, March 15** 5:30 - 8:30 pm \$30

### Introduction to Google Docs

Google Docs is a free cloud-based document program that people and some businesses are converting to instead of spending money on software that does similar things. Create letters, brochures, slide show presentations, and spreadsheets as you discover what Google Docs has to offer. You do need a Gmail account. *Instructor Mark Hamdan-Krause.*

**Wednesday, March 22** 5:30 - 7:30 pm \$20

### PowerPoint Basics

Learn the basics to create slides and capture your audience's attention like a professional. Use themes, layouts and pictures to enhance your presentation. Learn to create electronic albums for special occasions like graduation or anniversaries. *Instructor Mark Hamdan-Krause.*

**Wednesday, March 29** 5:30 - 7:30 pm \$20

### NEW: Introduction to Computers

Starting with the basics, learn how to customize, protect, and personalize your computer. Discover different accessories, like Paint and Word and what you can do with them. We will be using Windows 7 computers, but knowledge can be transferred to other versions of Windows (XP, 8, 10).

**Fridays, April 28 & May 5** 9:00 - 11:30 am \$30

### NEW: Introduction to File & Photo Management

Create, rename, copy, and move folders. Save files to a new folder. Use a USB flash drive and learn how to get pictures & video off your phone. Take this course and become organized and search for files the easy way.

**Friday, May 12** 9:00 - 11:30 am \$30

### NEW: Introduction to the Internet

Learn how to search online, listen to your favorite songs, save favorite websites to your desktop, navigate web pages, and keep your computer safe while on the internet.

**Friday, May 19** 9:00 - 11:00 am \$25

## NEW: Introduction to Email

Learn what to do and what not to do in an email, how to send and receive emails, be safe, attach documents, create email folders, and set up contacts. *Best if preceded by Intro. to Computers and File Management.*

**Friday, May 26** 9:00 - 11:00 am \$25

**Introductory Computer Series held in the Plain Green Technology Training & Enterprise Center & taught by Marilyn Peckham.**

## Computer Class Discounts

Both Excel Courses \$50

Introductory Computer Series \$99

Take 2 or more computer classes and receive a 10% discount

## Fitness Classes

### Yoga Therapy

Slow moving class concentrating on certain areas of your body and includes exercises not normally seen in yoga like jaw work and massages.

1<sup>st</sup> & 4<sup>th</sup> week: neck, shoulders, and upper back, 2<sup>nd</sup> & 5<sup>th</sup> week: mid & lower back, and the 3<sup>rd</sup> & 6<sup>th</sup> week: hips & legs. *Instructor Tatsiana O'Neill.*

**Tuesdays, Jan. 17 - Feb. 21** 8:30 - 9:30 am \$40

**Tuesdays, Feb. 28 - April 4** 8:30 - 9:30 am \$40

**Tuesdays, April 11 - May 16** 8:30 - 9:30 am \$40

### Friday Morning Wake Up Yoga

A Hatha-based yoga class designed to keep you moving from one pose to another in rhythm with your breath, focusing on natural movement and core strength. Join to improve circulation, mental clarity, balance, and positive energy through gentle yoga postures. *Instructor Tatsiana O'Neill.*

**Fridays, Jan. 20 - Feb. 24** 8:30 - 9:30 am \$40

**Fridays, March 3 - 31** 8:30 - 9:30 am \$35

**Fridays, April 7 - May 19** 8:30 - 9:30 am \$40

### Dancercise

Hottest music hits? Check. Energy packed and addictive? Absolutely! Crush over 500 calories in this cardio fitness class. This dance party is sure to introduce some new moves to your repertoire! You will have simplified options as well as more advanced move choices for those wanting a challenge. We will also incorporate free weights, step and some strength training, so please bring a mat and a towel. No prior experience required, just come ready to shake it and have fun! *Instructor Lexi Stewart.*

**Tuesdays, Jan. 24 - Feb. 28** 5:30 - 6:30 pm \$55

**Tuesdays, March 7 - 28** 5:30 - 6:30 pm \$45

**Tuesdays, April 11 - May 16** 5:30 - 6:30 pm \$55

### Zumba Gold®

Zumba Gold® is for first-time or deconditioned exercisers, seniors, or anyone who has wanted to try Zumba, but would prefer an easier-paced class. *Instructor Erika Gerhardt, AFFA Certified and Zumba Licensed.*

**Wednesdays, Jan. 25 - Mar. 15** 10:15 - 11:00 am \$55

**Wednesdays, April 12 - May 17** 10:15 - 11:00 am \$45

**Are you interested in Gardening? Whether you are a pro or a novice we have the expo for you! Check out UW-Richland's 5th annual Garden Expo coming up on March 25th, pre-register for \$10.**

# UW-Baraboo/Sauk County

## Total Body Fitness Party

This 60 minute addictive workout will challenge every muscle in your body! Come get strengthened and shaped while we get motivated by the beats of popular dance hits. This fitness class combines interval and strength training with the use of step, weights and some barre work. You will build long and lean muscles in the legs and arms, tone hips and thighs and improve balance and posture. Lexi will give options for all levels and abilities. Please bring a mat or towel to class, along with a water bottle. Come have FUN- ditch the workout, join the party! *Instructor Lexi Stewart.*

<b>Thursdays, Jan. 26 - Mar. 2</b>	<b>5:30 - 6:30 pm</b>	<b>\$55</b>
<b>Thursdays, March 9 - 30</b>	<b>5:30 - 6:30 pm</b>	<b>\$45</b>
<b>Thursdays, April 13 - May 18</b>	<b>5:30 - 6:30 pm</b>	<b>\$55</b>

## NEW: STRONG by Zumba®

Music-Driven H.I.I.T. workout for men & women. Athletic conditioning-style workout for beginners AND athletes! *Instructor Erika Gerhardt, AFFA Certified & Zumba Licensed. Join today for an excellent workout!*

<b>Mondays, Jan. 23 - Mar. 13</b>	<b>5:30 - 6:30 pm</b>	<b>\$55</b>
<b>Mondays, April 3 - May 8</b>	<b>5:30 - 6:30 pm</b>	<b>\$45</b>

## Beginning Fencing

Learn an interesting life-long sport, while getting a great workout, and meeting new people. This class will teach you the basics of competition sport fencing, and the French technique. When you feel comfortable fencing you are welcome to join the Baraboo Blades Fencing Club, open to all fencers who have completed a beginning fencing course. *Instructor Ron Poniatowski began fencing at UW-Parkside.*

<b>Thursdays, April 6 - May 11</b>	<b>6:00 - 7:30 pm</b>	<b>\$99</b>
------------------------------------	-----------------------	-------------

## Fitness Class Discounts

Dancercise Series	\$140
Total Body Fitness Series	\$140
Yoga Series	\$110
Zumba Gold® Series	\$95
STRONG by Zumba®	\$95
Take 2 or more fitness classes & receive a 10% discount (not Fencing)	

## Distinguished Lecture Series

The distinguished lecture series showcases experts in their field in free lectures open to the campus and community.

## Healthy & Happy Living

Are you interested in simple methods to improve your eating and exercise behaviors? Matt Fencl, UW-Baraboo/Sauk County Assistant Professor of Health, Exercise Science, and Athletics will identify and explain a number of basic catchphrases used to help you overcome the difficulties of making unhealthy choices. Improve your nutrition choices, physical activity habits, and achieve a better healthy, active lifestyle, just in time for the new year.

<b>Monday, February 13</b>	<b>5:00 - 6:00 pm</b>
----------------------------	-----------------------

## Journey to Antarctica

Melissa Hage, Assistant Professor of Geology at UW-Baraboo/Sauk County traveled down to the ice twice, each for three months during her field seasons. Come hear about her journey to the bottom of the world as she shares her trip diary and a little scientific knowledge with you.

<b>Tuesday, April 4</b>	<b>12:30 - 1:30 pm</b>
-------------------------	------------------------

## Youth Programming

### Boo-U After School Art

Calling all 10-14 year olds. Did you know there are thousands of ideas out there for paper sculpting? Once you begin, the sky's the limit! Join Sarah Znidarsich as you take on the sculpting world and learn a variety of paper sculpting techniques. Some of your creations will include paper lanterns, pendants, and landscapes. Make new friends, connect with old ones and experiment with new art materials and techniques to continually develop your art skills. *Class size is limited, so register early. Supplies included.*

<b>Mondays, February 6 - March 13</b>	<b>4:00 - 5:30 pm</b>	<b>\$89</b>
---------------------------------------	-----------------------	-------------

## Youth Camps Summer 2017

### Archaeological Field School

Whether you want to receive college credits, pick-up a new hobby or change career paths as an adult, or determine if a career in archaeology is for you as a junior or senior in high school, this course is for you. Learn how to identify artifacts in the field and lab, survey & excavation techniques, record keeping procedures, how to wash, catalog, analyze & curate artifacts and visit important local archaeological sites. The primary site you will work on dates back to the Middle and/or Late Archaic (5,000 – 500 BC) period. If you cannot commit to the entire 6 weeks, you may participate in the first or last two weeks of the course instead.

<b>Non-credit 6 weeks</b>	<b>M-F</b>	<b>May 30 - July 7</b>	<b>7:30 - 4:30 pm</b>	<b>\$400</b>
<b>Non-credit 1st, 2 wks</b>	<b>M-F</b>	<b>May 30 - June 9</b>	<b>7:30 - 4:30 pm</b>	<b>\$180</b>
<b>Non-credit last, 2 wks</b>	<b>M-F</b>	<b>June 26 - July 7</b>	<b>7:30 - 4:30 pm</b>	<b>\$180</b>

### STEM Overnight Camp

A program to offer middle school students hands-on experience to practice new skills, create friendships, experience a glimpse of college life, and think about their career path. Our program provides a variety of academic courses, team building activities, and field trips to foster learning. Past courses include astronomy, chemistry, CSI, ecology, geocaching, physics, and robotics. Students stay at UW-Richland's residential housing facilities, nestled in the beautiful hills of Southwestern Wisconsin's driftless region. Night recreational activities are planned that usually include bowling, a private pool party, and a banquet and graduation held on the last evening of the program. *Students should have completed 6th grade and not entered 9th grade. Cost includes all meals, snacks, and lodging. Arrive at 10:00 am on Monday and depart at 10:00 am on Friday.*

<b>Monday - Friday, June 26 - 30</b>	<b>\$400</b>
--------------------------------------	--------------

### Amazing Robotics Challenge

Amazing Robots returns to UW-BSC this summer! Amazing Robots are built with interchangeable parts and are powered by open-source robot brains. Program your bot's brain and control it remotely. Flashing lights, moving motors, wheels, levers and arms will be at your command. Your Amazing Robot will cooperate with other bots to complete this year's Amazing Challenge! The Robotics Challenge is an intense week-long robotics program for ages 10-14. *Class size is limited, so register early.*

<b>Monday - Friday July 10 - 14</b>	<b>12:30 - 4:00 pm</b>	<b>\$119</b>
<b>Monday - Friday July 30 - Aug. 4</b>	<b>8:30 am - noon</b>	<b>\$119</b>

### Computer Programming– Coming Summer 2017!

## UW-Baraboo/Sauk County

### Elementary Academy and Middle School University

Elementary Academy and Middle School University are designed for the academically or creatively talented and students are recommended to the program by their teacher. Look for a flyer from your teacher in March for the summer program. This program is for students entering grades 1st - 9th. *Time and course options are still being finalized.*  
**Monday - Friday, July 24 - 28**

### Readers Camp

Last summer Dr. Seals took middle school students on a science fiction journey through books as they discovered time travel and invading Martians. *Summer 2017 dates and TBD.*

### Art Academy Week

Join us for a full week of exploring various art forms and working in the art studio on campus. Past classes have explored painting, sculpting, drawing, photography, printmaking, glee, and animation. This program is for the budding artist who loves art and is for students entering grades 1st - 9th. *Time and course options are still being finalized.*  
**Monday - Friday, July 31 - August 4**

### Mentors Needed for English Language Camp

The English Language Camp provides intensive programming intended to improve international students' oral comprehension and English speaking skills. The program further serves to increase international students' understanding of United States culture in preparation for one year of high school studies in the United States. The program offers the opportunity to work closely with another culture. Teens receive training and experience to facilitate learning of the English language and educate international students about U.S. culture. You will gain better understanding about your culture and learn to effectively interact with individuals from another culture. Many teens describe the experience almost as if they had traveled to another culture. Because some teens may miss work to participate in the program, each of the U.S teens receive compensation for their time. Meals, lodging and activity fees will be provided. *Overnight program, with lodging and program at UW-Richland.*  
**Thursday, August 10 - Friday, August 18**

### Other Youth Opportunities

We offer camps at each campus in the region, so if you are visiting someone near Janesville or Richland Center check them out! Some camps also bus students in for the day. Contact us to learn more!

### College Prep

#### ACT Prep

Attention: High School Students!! Nail the ACT! Your ACT score is too important for you to walk into the test unprepared! Learn strategies for test taking, solve math problems in algebra, geometry and trigonometry, practice proper use of English, and analyze and interpret scientific research summaries. Master basic concepts, strategies and reasoning skills and then practice the skills. Practice the skills under "real" test conditions. All areas covered will include both content and test taking strategies. You will learn from top instructors in English, Math, and Science.  
**Saturday, February 18 9:00 - 4:00 pm \$59**

## UW-Richland

### Cooking

#### Spices & Seasonings

"Spice up" your recipes and learn new ways to eat your favorite dishes! This class will show you how to best utilize the spices and seasonings you have in the cupboard and how to get the most bang for your buck. Explore different spices and seasonings, their traditional and not so traditional use as you make an entire meal in class! *Instructor Kitty Boarts.*  
**Wednesdays, Feb 8 - March 15 5:30 - 7:30 pm \$85**

#### NEW: Main Ingredients: Vegetables

Vibrant veggies are the spotlight of your dish in this new course. You will take vegetables to a new level in entrees, side dishes, and appetizers. Explore new ways to make vegetables the focal point of a dish and the proper way to prepare vegetables. This class is completely hands-on as you prepare dishes in class and sample them. *Instructor Kitty.*  
**Tuesdays, Feb 21 - March 14 5:30 - 7:30 pm \$60**

#### NEW: Spices & Seasonings II

Expand on what you learned in Spices & Seasonings as you delve into the world of new spices and spice pairings. *Highly recommended that you have taken Spices & Seasoning.* *Instructor Kitty Boarts.*  
**Wednesdays, March 29 - May 3 5:30 - 7:30 pm \$85**

#### Fermentation 101

Join Faith Anacker, owner of Fizeology Foods and learn what our ancestors knew about keeping your diet in check with fermented foods. In this series learn about the fermentation of yogurt, vegetables, fizzy drinks, & flat breads. During yogurt and flatbread classes you will go home with starters for each and for vegetables and fizzy drinks you will ferment these in a hands-on class. Take one course (\$25) or the entire series(\$85).  
**Thursdays, March 23 - April 13 5:30 - 7:30 pm \$85/\$25**

#### NEW: Freezer & Crockpot Meals Saving Money and Time

Learn how meal planning can save you money & time while preparing delicious and nutritious from-scratch foods. Each week you'll prepare and take home a "meal in bag" to cook in your crockpot or freeze for later. *Instructor UW-Extension Family Living Agent, Chelsea Wunnicke .*  
**Tuesdays, April 4 & 18 5:30 - 7:00 pm \$30**

### Art & Photography

#### Basic Digital SLR Photography

Become the photographer you hoped you would be when you bought your Digital SLR camera. Learn about PASM (Tv) shooting modes, understand F-Stops, control exposures, manage camera controls, content and framing, and the rule of thirds. Practice taking pictures in different settings and receive instant feedback. *Instructor Marilyn Peckham*  
**Thursdays, February 16 & 23 5:30 - 8:30 pm \$59**  
**Wednesdays, April 5 & 12 5:30 - 8:30 pm \$59**

#### Give the Gift of an Experience

If you are looking for gifts for someone who seems to have everything, consider giving the gift of an upcoming Continuing Education course. We will email you a personalized certificate to give for birthdays, holidays, or just because. Applied to all Continuing Education courses, including youth and professional development. Give the gift of an experience today!

## Photoshop Elements 12

Learn to fix red eye, crop unwanted parts of a photo, add text to photos, combine two or more photos into one, and correct digital images to enhance the quality of your photos. Photoshop Elements is an inexpensive, readily available program, providing you with all the tools to make each picture flawless. *Limit of 8 people. Instructor Marilyn Peckham*

**Thursdays, March 2 - 16** 5:30 - 8:30 pm \$75

**Wednesdays, April 19 - May 3** 5:30 - 8:30 pm \$75

**\*\*Pair Photoshop Elements and Digital SLR for \$119.\*\***

## NEW: Learn the Stitches– Crochet

Learn several different stitches of crochet and create squares of each stitch. Then put them together in an afghan. *This is a beginner level course. Instructor Linda Muller. Supplies not included.*

**Mondays, February 6 - 27** 6:00 - 8:00 pm \$40

## NEW: Hats-Crochet

Learn how to crochet hats and get the perfect fit every time. *This is a beginner level course. Instructor Linda Muller. Supplies not included.*

**Mondays, March 6 & 13** 6:00 - 8:00 pm \$20

## NEW: Watercolor & Acrylics

Learn the difference between watercolor and acrylics and how to use colors and techniques to make a successful painting. Start at the beginning with the brushes, paints, and paper. Then move to simple exercises and end by creating a complete painting. *Instructor Peg Durkin. Held in Plain at the Green Technology Training & Enterprise Center. Supplies not included.*

**Thursdays, March 9 - 30** 5:30 - 7:30 pm \$50

## NEW: Tapestry– Crochet

Tapestry crochet lets you add color and interest to your projects. Seamlessly change colors and create pictures within your work. Explore two types of tapestry crochet in the round and rows and create a small project of each kind. This course is an *intermediate level. Instructor Linda Muller. Supplies not included.*

**Mondays, March 20 - April 10** 6:00 - 8:00 pm \$40

## NEW: Amigurumi– Crochet

Amigurumi is creating stuffed animals or dolls by crocheting. You will learn how to create stuffed projects and how to seamlessly increase and decrease. *Intermediate level with Linda Muller. Supplies not included.*

**Mondays, April 24 & May 1** 6:00 - 8:00 pm \$20

## NEW: Outdoor Painting & Drawing

Class held outdoors as you draw and/or paint the landscape you see. Guided expertise and help is provided as you create your next masterpiece! *Instructor Peg Durkin. Supplies not included.*

**Tuesdays, May 2 & 9** 5:30 - 7:30 pm \$30



Amigurumi



Tapestry

## Excursions

### Austin, Minnesota

Join us for another exciting adventure as we travel to Austin Minnesota. Austin is home to the Hormel institute, world leader in cancer research through the study of food agents and cell functions. Experience a 3D simulation of molecules and possibly sample cancer prevention foods. Next we will travel to the SPAM Museum, depicting the rich history of Hormel Foods. Lunch will be on your own downtown as you pick from a variety of restaurants and do a little shopping. After lunch meet at the Rydjour Bike Museum that has a collection of bicycles dating back to 1868 for you to ride and see the progression of the bicycle. We will end our day at the Paramount Theatre, the oldest theatre in Austin, and one of the four oldest in Minnesota. We will learn about the theatre, escape in its beauty, and eat some popcorn before departing for home. *Lunch on your own.*

*Departure times:*

*UW-Baraboo/Sauk County 6:30 am return 8:00 pm*

*Reedsburg Shopko 7:00 am return 7:30 pm*

*UW-Richland 8:00 am return 6:30 pm*

*If we take two buses we will adjust the times or pick two dates.*

**Wednesday, March 15** 6:30am - 8:00 pm \$55

### Dyersville, Iowa

Dyersville, Iowa is our next stop as we explore Basilica of St. Francis Xavier, one of 82 Basilicas in the United States and the only one in a rural community. We will also visit the National Farm Toy Museum with approximately 30,000 farm toys and the largest collection of cast iron toys. The Dyer-Botsford House is also on the list as the home of the city's founder, James Dyer, which includes restored furnishings and artifacts from Dyersville and over 2,000 dolls. Explore FarmTek and look at their hydroponics (vegetables grown without soil), Aquaponics (fish to grow lettuce), and Foder (seed to feed animals in 7 days). If you're lucky you can feed the pigs. A trip to Dyersville is not complete without a trip to Field of Dreams where we will meet a ghost player and talk about the film and the location as well as take photos and sign autographs, you are also welcome to run the bases. *Includes lunch.*

*Departure times:*

*UW-Baraboo/Sauk County 6:00 am return 7:30 pm*

*Reedsburg Shopko 6:30 am return 7:00 pm*

*UW-Richland 7:30 am return 6:00 pm*

*If we take two buses we will adjust the times or pick two dates.*

**Wednesday, May 18** 6:00 am - 7:30 pm \$69

## Health & Wellness

### Wellness Concepts: A Healthy Lifestyle

Faith is back to share mindfulness practices in wellness and food for a healthy lifestyle. These practices are economically friendly and will increase your knowledge of health foods and simple concepts to help support a healthy lifestyle. Learn the foundation of Fizzleology philosophy of relationships, how your body works, and how your body responds to its environment for preventative medicine. You will also share in the joy of wild foods and how to identify and use them.

**Thursdays, April 27 & May 4** 5:30 - 7:30 pm \$40

# UW-Richland

## Garden Expo 2017

The 5th annual Garden Expo digs deeper and cultivates the possibilities of horticulture in your backyard, and throughout southern Wisconsin. Held in the UW-Richland Wallace Student Center. Presentations include vegetable gardening, small fruit growing, monarch butterflies, and straw bale gardening. The cost is \$10 if you pre-register and \$12 at the door, *includes materials, parking, lunch, vendor booths, and all presentations.*

**Saturday, March 25** 8:00 - 4:00 pm \$10 or \$12

## Garden Expo Workshop-Food Preservation

See different preservation equipment, view the difference between frozen, dehydrated and canned produce, and practice making a recipe for freezer storage and leave with a half-pint of jam!

**Saturday, March 25** 8:00 - 9:00 am \$20

## Computer Classes

Held in the Classroom Building room 211 and taught by Marilyn Peckham, unless stated otherwise.

### Introduction to Computers

Starting with the basics, learn how to customize, protect, and personalize your computer. Discover different accessories, like Paint and Word and what you can do with them. We will be using Windows 7 computers, but knowledge can be transferred to other versions of Windows (XP, 8, 10).

**Fridays, February 3 & 10** 9:00 - 11:30 am \$30

**Fridays, April 28 & May 5** 9:00 - 11:30 am \$30

### Introduction to File & Photo Management

Create, rename, copy, and move folders. Save files to a new folder. Use a USB flash drive and learn how to get pictures & video off your phone. Take this course and become organized and search for files the easy way.

**Friday, February 17** 9:00 - 11:30 am \$30

**Friday, May 12** 9:00 - 11:30 am \$30

### Introduction to the Internet

Learn how to search online, listen to your favorite songs, save favorite websites to your desktop, navigate web pages, and keep your computer safe while on the internet.

**Friday, February 24** 9:00 - 11:00 am \$25

**Friday, May 19** 9:00 - 11:00 am \$25

### Introduction to Email

Learn what to do and what not to do in an email, how to send and receive emails, be safe, attach documents, create email folders, and set up contacts. *Best if preceded by Intro. to Computers and File Management.*

**Friday, March 3** 9:00 - 11:00 am \$30

**Friday, May 26** 9:00 - 11:00 am \$25

Introduction to Computer Series beginning in April will be held in Plain at the Green Technology Training & Enterprise Center.

### Windows 10

Whether you are new to Windows 10 or just want to learn a few tricks, this class is for you. We will discuss the desktop, apps, and learn where everything is. Feel free to bring your Windows 10 laptop or just come to learn from this lecture class. *Held in Melvill Hall, Pippin Conference Room.*

**Wednesday, February 8** 5:30 - 7:30 pm \$20

**Friday, March 17** 9:00 - 11:00 am \$20

## NEW: Introduction to Google Docs

Google Docs is a free cloud-based document program that people and some businesses are converting to, instead of spending money on software that does similar things. Create letters, brochures, slide show presentations, and spreadsheets as you discover what Google Docs has to offer. You can also store your files. You do need a Gmail account.

**Tuesday, February 21** 5:30 - 7:30 pm \$20

**Friday, April 7** 9:00 - 11:00 am \$20

## Excel Basics 2013

Master the essential skills to build an effective spreadsheet. Set up fully formatted worksheets quickly and efficiently. Practice using tabs, formulas, create graphs, and work with ranges of data.

**Tuesdays, March 7 - 21** 5:30 - 8:10 pm \$75

## Excel Intermediate 2013

Create formulas using Absolute Cell References and Order of Operations. Explore sort and filter features, appearance of values, and methods to combine data.

**Tuesdays, March 28 - April 11** 5:30 - 8:10 pm \$75

## Excel Advanced 2013

Create Pivot Tables and Macros. Use Validation to improve speed and accuracy of data entry. Learn to set limits on what can be entered, add drop-down lists, and pop-up explanation boxes.

**Tuesdays, April 18 & 25** 5:30 - 8:30 pm \$55

## Computer Class Discounts

Excel Series \$175

Introductory Computer Series \$99

Take 2 or more computer classes and get a 10% discount

## Love of Learning Lectures

Love of Learning Lectures are free & open to the campus and community.

## Thinking Outside the Cardboard Container: Becoming more Creative

Marnie Dresser has taught at UW-Richland since 1992, and is currently teaching a course for the BAAS degree called Creativity and Problem-Solving. Marnie has been studying creativity systematically since 1998; she has presented at an international conference and other regional venues, and works as a creativity consultant. Her Love of Learning Lecture will focus on some basic habits and exercises that will help you become more creative. She will also discuss issues and traits related to creativity, such as risk-taking, failure, and originality. During her lecture participate in an exercise to enhance your creativity and leave with ideas to continue fostering your creativity. *Lecture held at the Spring Green Library.*

**Tuesday, March 14** 7:00 - 8:00 pm

## Art in Math, Math in Art

Join UW-Richland art and math lecturers, Gregory Johnson and Stephanie Kernik as you delve into the world of math and art. You might not think math and art have anything in common, but Gregory and Stephanie know they do. Come join us as you begin to see art in math and math in art. *Held in the UW-Richland Pippin Conference Center.*

**Wednesday, April 5** 6:00 - 7:00 pm

## Youth Camps Summer 2017

### Archaeological Field School

Whether you want to receive college credits, pick-up a new hobby or change career paths as an adult, or determine if a career in archaeology is for you as a junior or senior in high school, this course is for you. Learn how to identify artifacts in the field and lab, survey & excavation techniques, record keeping procedures, how to wash, catalog, analyze & curate artifacts and visit important local archaeological sites. The primary site you will work on dates back to the Middle and/or Late Archaic (5,000 – 500 BC) period. If you cannot commit to the entire 6 weeks, you may participate in the first or last two weeks of the course instead.

**Non-credit 6 weeks M-F May 30 - July 7 7:30 - 4:30 pm \$400**  
**Non-credit 1st, 2 wks M-F May 30 - June 9 7:30 - 4:30 pm \$180**  
**Non-credit last, 2 wks M-F June 26 - July 7 7:30 - 4:30 pm \$180**

### Robotics

Build your LEGO® MINDSTORMS®EV3 robot. This is an intense 5-day robotics program. Robots will be built with interchangeable parts, and are fully programmable to kick a ball, move in a circle, and listen to your commands. Innovation and creativity are required. Students will learn about electronics, physics, computer programming, and maybe how what you learn in math class helps you build a robot! Age 11 - 14 from 9 - noon & ages 8 – 11 from 1 - 4pm. *Pair with Outdoor Adv. camp for a discount.*

**Monday - Friday, June 19 - 23 \$89**

### Outdoor Adventure Camp

Explore nature and everything about it during this week long camp, completely outdoors either at UW-Richland or the Smart Farm. If you enjoy camping, hiking, or just being outside, this camp is for you. Last year we studied entomology, geocaching, forestry, & biology. Ages 8 –11 from 9 - noon & ages 11 - 14 from 1 - 4pm. *Pair with Robotics for a discount.*

**Monday - Friday, June 19 - 23 \$70**

### STEM Overnight Camp

A program to offer middle school students hands-on experience to practice new skills, create friendships, experience a glimpse of college life, and think about their career path. Our program provides a variety of academic courses, team building activities, and field trips to foster learning. Past courses include astronomy, chemistry, CSI, ecology, geocaching, physics, and robotics. Students stay at UW-Richland's residential housing facilities, nestled in the beautiful hills of Southwestern Wisconsin's driftless region. Night recreational activities are planned that usually include bowling, a private pool party, and a banquet and graduation held on the last evening of the program. *Students should have completed 6th grade and not entered 9th grade. Cost includes all meals, snacks, and lodging. Arrive at 10:00 am on Monday and depart at 10:00 am on Friday.*

**Monday - Friday, June 26 - 30 \$400**

### Elementary Academy, College for Kids, Middle School U

Designed for academically or creatively talented students recommended to the program by their teacher. Look for a flyer from your teacher in March for the summer program. This program is for students entering grades 1st - 9th. *Busing is available for part of the day from Mazo to RC, Viroqua to RC, and N.O.W. to RC. Ask us about other busing options. Celebrating 35 years in the summer of 2017!*

**Monday - Friday, July 10 - 14 \$89**

### Art Academy

Dive into the world of painting and drawing with different mediums, using your imagination. The options are endless! Use your talent to showcase your creations and let your inner artist shine! This program is for the budding artist who loves art! Ages 8 – 11 from 9 - noon & ages 11 - 14 from 1-4pm. Different projects than summer 2016. *Pair with Intermediate Robotics for a discount.*

**Monday - Friday, July 31 - August 4 \$80**

### NEW: Intermediate Robotics

Build your LEGO® MINDSTORMS®EV3 robot and take it to the next level in this intermediate class. Challenge yourself and others as you go beyond what you expected. Age 11 - 14 from 9 - noon & ages 8 – 11 from 1 - 4pm. *Pre-req. of Robotics Pair with Art Academy for a discount.*

**Monday - Friday, July 31 - August 4 \$89**

### Mentors Needed for English Language Camp

The English Language Camp provides intensive programming intended to improve international students' oral comprehension and English speaking skills. The program further serves to increase international students' understanding of United States culture in preparation for one year of high school studies in the United States. The program offers the opportunity to work closely with another culture. Teens receive training and experience to facilitate learning of the English language and educate international students about U.S. culture. You will gain better understanding about your culture and learn to effectively interact with individuals from another culture. Many teens describe the experience almost as if they had traveled to another culture. Because some teens may miss work to participate in the program, each of the U.S teens receive compensation for their time. Meals, lodging and activity fees will be provided. *Overnight program, with lodging and program at UW-Richland.*

**Thursday, August 10 - Friday, August 18**

### Other Youth Opportunities

Stay tuned for additional offerings at Richland. Did you know we offer camps at each campus in the region? If you are visiting someone near Baraboo or Janesville check them out! Some camps also bus students in for the day. Contact us to learn more!

### Spring Campus Preview

At preview day you will meet professors, current students, other parents, and alumni. Attend sample classes and meet with advisors. Learn about our affordable tuition and opportunities for financial aid. Ask questions about our guaranteed credit transfer. Learn about student life and your ability to get involved with sports, music, theater, student clubs & more! **Parents are encouraged to attend and see our beautiful campus!**

**Wednesday, April 19 3:00 - 5:00 pm**

### Continuing Education Needs You!

If you have course suggestions, trip ideas, know someone who would be a great instructor, or want to share your own expertise or hobby with the community, please let us know! Please look at other campus offerings for ideas or call us and suggest something you have always wanted to do and get it off your bucket list! We are here to serve you and look forward to hearing from you soon.

# UW-Rock County

## Personal Enrichment

### NEW: Homemade Takeout

Do you ever wish you could create your favorite takeout meal? If so, this class is for you. Each week will feature a different takeout meal including Chinese, Indian, Japanese, and Middle Eastern. Take one class or all five as you create crab rangoon, tabbouleh, lamb korma, maki, and more! *Instructor Tanisha Lanae, check her out on Youtube, Facebook, and Instagram at /naturalvrouw ex. Facebook.com/naturalvrouw. You can take the entire series (\$75) or select the homemade takeout to prepare (\$25).*

**Thursdays, Feb. 16 - March 16** 5:30 - 7:30 pm \$75/\$25

### NEW: Fundamentals of Music

Have you ever wondered what all of the "stuff" is on a page of music? Find out in Fundamentals of Music. Whether you need a brush up on basic music theory or want to start at the beginning, this course will help you to move ahead on your own! Simple notation, rhythm and melodic patterns, intervals, and some basic piano techniques will be covered. *Instructor Lannette Calhoun, UW Rock County Lecturer teaching choir, and piano.*

**Tuesdays, Feb. 21 - March 7** 6:30 - 9:00 pm \$50

### NEW: Drawing 101

For the beginner, this drawing class will have you looking like an expert with a variety of drawing techniques to produce professional results from beginners. This is a hands-on class with *instructor Kelly Hausknecht, art on display at the Edgerton Hospital through Feb. Supplies not included.*

**Tuesdays, Feb. 21 - March 14** 9:00 - 12:00 pm \$50

### NEW: Famous Paintings by YOU!

Recreate paintings by the masters including Van Gogh, Picasso, and Georgia O'Keefe. Some painted in acrylics and others in watercolor. *Instructor Kelly Hausknecht. Supplies not included. Pair with Drawing 101.*

**Tuesdays, Feb. 21 - March 14** 1:00 - 4:00 pm \$50

### NEW: Salads & Appetizers

Take one or both as you make a sweet balsamic vinaigrette, with a spinach salad to include fruit and nuts, and finish with your very own garlic yeast rolls or create a raspberry vinaigrette atop a field salad with radicchio and pear, topped off with brie, walnut, and honey pastry cups. *Instructor Tanisha Lanae, take one (\$20) or both (\$30).*

**Wednesdays, April 5 & 12** 5:30 - 7:30 pm \$30/\$20

### NEW: Mosaic Masterpieces

Arrange tiles, stones, and glass to create stepping stones for your garden, tile designs for tabletops & walls, and borders for mirrors & picture frames. *Instructor Kelly Hausknecht. Supplies not included.*

**Wednesdays, April 5 - 26** 9:00 - 12:00 pm \$50

### Earth Week

Earth Day is Saturday, April 22nd. Each day April 17 – April 21, we will have a different topic leading up to Earth Day. Topics in order of discussion include population issues; global climate & air issues; energy issues; water & ocean issues; and agriculture & biodiversity issues. Come each night (\$60) or choose the presentation (\$15) of the most interest. *Instructor Krissy Weisgerber, lecturer at UW-Rock County in biology.*

**Monday - Friday April 17 - 21** 6:00 - 8:00 pm \$15/\$60

## Campus Lectures

The campus lecture series showcases experts in their field in free lectures open to the campus and community.

### Obreros Unidos (United Workers) in Wisconsin

In 1969, statewide grape boycotts reduced grape consumption in Wisconsin by 41%. Migrant workers in Wisconsin were part of a nationwide movement to gain union recognition for migrant labor, as well as legally establish a 'living wage' and improve work conditions. Jesus Salas is a third generation migrant farmworker who became an important leader and organizer of the farmworker movement in Wisconsin. In this talk, Jesus will tell stories from his own experiences as a worker and leader of migrant laborers in Wisconsin. The talk will be followed by community discussion of migrant and immigrant labor issues today. Co-Sponsored by the Wisconsin Humanities Council, the History and Spanish Departments of UW-Rock County and the Workers' Rights Center. *Located in Williams Hall, Lecture Hall W130.*

**Tuesday, March 7** 6:30 - 8:30 pm

### What's Happening with the Wisconsin Economy

While the Wisconsin economy was not as negatively affected by the Great Recession as many other states, the recovery has been painfully slow. Why is that and what are the engines of economic growth and development of the Wisconsin economy? More important, what can we do you foster stronger economic growth and development? *Partnership between UW-Madison Alumni of Rock County and UW-Rock CE.*

**Tuesday, March 21** 6:30 - 8:30 pm

## Fitness

### All Levels Bootcamp

Looking to burn more than 500 calories in just 45 short minutes? Join us in the workout that will push you to your limits and make you sweat! We will incorporate full body exercises, free weights, and stretching. All levels are welcome and options will be provided for all! Grab your friends and come join us for a morning refresher. In the end, you'll leave the class feeling exhilarated and ready to conquer your day. *Instructor Akaylah holds a Master's Degree in Health and Human Performance and is a certified Group Fitness Instructor and certified personal trainer. She is also our HES instructor on the Rock Campus. Ask about student (\$15) and staff (\$30) pricing options.*

**Tues. & Thurs., Feb. 16 - Mar 9** 7:45 - 8:30 am \$45

### LEVEL ONE: Foundations Yoga Fit Training

The first step on the path toward becoming a yoga teacher or simply deepening your practice, Level One provides the tools to create inspiring vinyasa yoga classes grounded in proper alignment and the safety of exercise science. **Note:** In order to receive a Certificate of Completion for Level One, you must also complete eight hours of practice teaching as a community service, in which you bring the gift of yoga, free of charge, to individuals who would not normally be exposed to yoga on a regular basis. *UW-Rock County is hosting this training for you to become a certified instructor and earn money teaching/training people with yoga. You must register at: <https://www.yogafit.com/find-yoga-teacher-training/level-one-foundations-Janesville-WI-1968/>. Register now to get the early bird discount, regular registration is \$429, and late registration is \$459.*

**Sat. & Sun., April 1 & 2** 8:00 - 6:00 pm **Early Bird: \$399**

# UW-Rock County

## College Prep

### ACT Strategies

Register for this series of prep classes to improve your score on the ACT exam! Take the class when you need it most. Take ACT Strategies just prior to taking the actual ACT exam so you are less likely to forget what you learned before you take the test. Pinpoint your strengths and weaknesses. Begin the course by taking a carefully designed diagnostic test. Use the detailed score report to determine exactly what you need to focus on during the course. Gain experience by writing a practice essay and take the ACT with detailed score results. Feel more confident and comfortable. Gain tips to assist in test anxiety. Learn a variety of test-taking strategies that can help you increase your speed and accuracy on the ACT. You'll spend about a third of the class working on carefully designed problems under test conditions and get immediate feedback on your performance. *Two Saturday sessions from 8:00 to noon and M-W from 6:00 - 8:00 pm, ends the Wednesday before the national ACT test.*

**Prep for February 11, 2017 test** \$145

**Prep for April 8, 2017 test** \$145

**Prep for June 10, 2017 test** \$145

## Youth Programming

### Youth Orchestra Spring Session

Join the UW-Rock County Youth Orchestra. Students from middle school through high school with at least two years of experience with a band or stringed instrument can join the UW-Rock County Youth Orchestra. Students rehearse January - April with a final performance in May. This spring students have also been invited to join the Beloit Symphony Orchestra's Family Concert in May. Performing pieces from Halo®, Romeo & Juliet, Valdres, and Norwegian Dances.

**Thursdays, January 26 - May 5** 7:00 - 8:30 pm \$75

### STEM Day 2017

Instructors who are experts about STEM take middle school students on a journey through different STEM classes to give them a taste of a variety of career paths and hands-on experiments. Past courses have included, chemistry, psychology, biology, engineering, and more. *Exact courses with instructors will be posted in late January on our website.*

**Saturday, February 25** 10:00 am - 4:00 pm \$35

## Youth Camps Summer 2017

### Archaeological Field School

Whether you want to receive college credits, pick-up a new hobby or change career paths as an adult, or determine if a career in archaeology is for you as a junior or senior in high school, this course is for you. Learn how to identify artifacts in the field and lab, survey & excavation techniques, record keeping procedures, how to wash, catalog, analyze & curate artifacts and visit important local archaeological sites. The primary site you will work on dates back to the Middle and/or Late Archaic (5,000 – 500 BC) period. If you cannot commit to the entire 6 weeks, you may participate in the first or last two weeks of the course instead.

**Non-credit 6 weeks M-F May 30 - July 7** 7:30 - 4:30 pm \$400

**Non-credit 1st, 2 wks M-F May 30 - June 9** 7:30 - 4:30 pm \$180

**Non-credit last, 2 wks M-F June 26 - July 7** 7:30 - 4:30 pm \$180

## Robotics

LEGO WeDo 2.0 robots are a great introduction to building & programming robots! Use step by step instructions to start and by the end of camp you're creating and programming your own unique adaptations to the robots. Ages 11 - 14 create & program your own robots to satisfy challenge requirements; catapults, & insects. Robots built to transport, explore, sort, and collaborate together providing hours of fun.

*Age 11 - 14 from 9 - noon & ages 8 - 11 from 1 - 4pm.*  
**Monday - Friday, June 19 - 23** \$150

### Computer Programming I

This is an exciting introduction to computer programming. Learn the basics of crafting programs using computers starting with a series of unplugged activities followed by drag-and-drop programming. Apply your new skills to create simple animations and learn to debug programs through problem solving & collaboration. *Ages 8-11 from 9-noon & ages 11-14 from 1-4pm.*

**Monday - Friday, June 19 - 23** \$150

### STEM Overnight Camp

A program to offer middle school students hands-on experience to practice new skills, create friendships, experience a glimpse of college life, and think about their career path. Our program provides a variety of academic courses, team building activities, and field trips to foster learning. Past courses include astronomy, chemistry, CSI, ecology, geocaching, physics, and robotics. Students stay at UW-Richland's residential housing facilities, nestled in the beautiful hills of Southwestern Wisconsin's driftless region. Night recreational activities are planned that usually include bowling, a private pool party, and a banquet and graduation held on the last evening of the program. *Students should have completed 6th grade and not entered 9th grade. Cost includes all meals, snacks, and lodging. Arrive at 10:00 am on Monday and depart at 10:00 am on Friday.*

**Monday - Friday, June 26 - 30** \$400

### College for Kids

Designed to meet the needs of highly motivated children allowing them to investigate a variety of topics, experience creativity and problem solving, develop awareness of different career paths and options as they broaden their interests. For students entering grades 1st - 9th. *Details on instructors and full course details coming March 2017.*

**Monday - Friday, July 17 - 21** \$100

### Engineering Extravaganza

Explore civil, mechanical, aerospace, and environmental engineering through different hands-on activities building and testing your modules. Experience a taste of each engineering discipline through the engineering design process; asking, imagining, planning, creating, and improving designed models. *Age 11 - 14 from 9 - noon & ages 8 - 11 from 1 - 4pm.*

**Monday - Friday, July 31 - August 4** \$150

### Computer Programming II

Hone in on your algorithmic thinking, debugging and problem solving by building upon your skills with drag and drop programming of animations and story boards. New students welcome to start your journey into coding! Get ready to program! *Ages 8-11 from 9-noon & ages 11-14 from 1-4pm.*

**Monday - Friday July 31 - August 4** \$150

### Youth Programming Discounts

Attend camps all day for a 10% discount.

## Mentors Needed for English Language Camp

The English Language Camp provides intensive programming intended to improve international students' oral comprehension and English speaking skills. The program further serves to increase international students' understanding of United States culture in preparation for one year of high school studies in the United States. The program offers the opportunity to work closely with another culture. Teens receive training and experience to facilitate learning of the English language and educate international students about U.S. culture. You will gain better understanding about your culture and learn to effectively interact with individuals from another culture. Many teens describe the experience almost as if they had traveled to another culture. Because some teens may miss work to participate in the program, each of the U.S. teens receive compensation for their time. Meals, lodging and activity fees will be provided. *Overnight program, with lodging and program at UW-Richland.*

**Thursday, August 10 - Friday, August 18**

## Other Youth Opportunities

Stay tuned for additional offerings at Rock. Did you know we offer camps at each campus in the region? If you are visiting someone near Baraboo or Richland Center check them out! Some camps also bus students in for the day. Contact us to learn more!

## Spring Campus Preview

At preview day you will meet professors, current students, other parents, and alumni. Attend sample classes and meet with advisors. Learn about our affordable tuition and opportunities for financial aid. Ask questions about our guaranteed credit transfer. Learn about student life and your ability to get involved with sports, music, theater, student clubs & more!

**Parents are encouraged to attend and see our beautiful campus!**

**Tuesday, April 25**

**11:30 - 1:30 pm**

## Online Courses

### Wisconsin Indians Today

This course is designed to inform students about Wisconsin Indian tribes, their histories and sovereignty, and to place current and important Wisconsin tribal issues into cultural and historical context. This non-credit class does meet certain DPI standards and requirements to satisfy ACT 31. This is a four-week course offered completely online. *Instructor Dr. Renee Gralewicz, UW-Fox Valley professor of Anthropology/Sociology.*

**April 1 - 30**

**\$119**

### Digital Marketing Certificate

Come get a fundamental yet advanced introduction to eMarketing. The course includes improving email promotions, analyzing your web site traffic, search engine optimization, and successful online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors can provide the latest, most advanced information and answer your toughest questions. Three one-month courses. Individual courses (\$195): Improving Email Promotions, Boosting Your Web Site Traffic, and Online Advertising. *Instructor Dan Belhassen.*

**Starts at the beginning of each month**

**\$495**

## Most Popular! Certificate in Data Analysis

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills. Get a basic understanding of how to analyze data in a business setting. Then learn the many business decisions involved in comparing groups for differences. Learn the statistics behind these group differences and relationships. Finally, perform inquiries useful to your business or organization and develop the skills necessary to communicate results through graphs and text your fellow employees will understand. Whether your business is home-based or a large company, this certificate will take you to the next level. Three one-month courses (\$195): Introduction to Data Analysis, Intermediate Data Analysis, and Advanced Data Analysis. *Instructor John Rutledge.*

**Starts at the beginning of each month**

**\$495**

## Social Media for Business Certificate

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work, the possible uses for your organization, and how social networks are used. Take back a plan to integrate social networks into your communication and marketing plan. Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Three one-month courses (\$195): Intro. to Social Media, Marketing Using Social Media, and Integrating Social Media in Your Organization. *Instructor Jennifer Selke & Nicole Siscaretti.*

**Starts at the beginning of each month**

**\$495**

## Dementia Care

As baby boomers age, the 21st century workforce is challenged to care for an exponentially growing population of persons with dementia. This course provides essential knowledge and understanding about neurological diseases that affect cognition and memory, and practical application of effective skills for supporting persons with dementia. Nearly all disciplines benefit from expertise in Dementia Care Specialists, as do families of persons with dementia. Come away with increased knowledge in how to care for persons with dementia. Two-month course with *Pamela Atwood.*

**February, April, and June start dates**

**\$495**

## Using Cell Phones in the Classroom

Class, turn your cell phones - - on! Most of your students have cell phones, and now you can use this valuable tool in your classroom to engage and involve your students more in their learning. Discover how to implement cell phones in your classroom from a teacher who has done it successfully. Come away with a step-by-step how-to plan on enhancing your students' learning, and your teaching. *Instructor Ryan Moore.*

**April and July start dates**

**\$145**

## Tap Into It

Nearly 200,000 Wisconsinites tap into UW Colleges and Extension resources each day. Each one has a story-about a class that opened doors, a program that inspired, or a community partner who earned their trust. Please share your story with us today at [uwcx.org](http://uwcx.org)!

# Online Courses & Registration

## Certificate in Customer Service

Customer service is essential for business. With the increase in technology, human interaction with customers is more important than ever. Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is one of the central factors in organizational success. Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organizations success. You will also take away some extraordinary customer service techniques you won't find anywhere else. Individual courses (\$145): Keys to Customer Service and Extraordinary Customer Service. *Instructors Nanette Sanders-Cobb.*  
**Starts at the beginning of each month \$245**

## Certificate in Non-Profit Administration

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus, and staff need to be even more productive. Get the best training on revenue generation and program evaluation for nonprofits with our Certificate in Non-Profit Administration. You will come away with the latest information from instructors who train people in nonprofits. Individual courses (\$245): Revenue Generation and Program Evaluation. *Instructors Myia Welsh.*  
**Starts at the beginning of each month \$245**

## Accounting and Finance for Non Financial Managers

Every successful person in the workplace utilizes financial information to aid effective decision making. Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses. Learn practical techniques to increase your effectiveness and career. Get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance. *Instructor Sharon deFonteny.*  
**February, April, and June start dates \$195**

## Instagram for Business

With over 100 million users, Instagram is a marketing gold mine. Discover ways to have your audience generate excellent content for you. Build your community while doing it. Learn how to make hashtags work for you, how to make and keep your followers happy and how a small input can cause exponential growth. We'll also explore do's and don'ts of Instagram to get you on the fast track to success. Make the most of Instagram and lead your business to unending exposure. An android or iOS device is needed to take full advantage of this class. *Instructor Nicole Siscaretti.*  
**February, April, and June start dates \$195**

## Dealing with Difficult People in the Workplace

Dealing with difficult personalities and broaching challenging subjects is a workplace necessity and takes skill, tact, and confidence. Gain skills to be an effective team member and leader in the workplace by taking control of the conversation, managing your reactions, and navigating problematic interactions with ease. These skills will guide you to find your voice and communicate effectively in the workplace. *Instructor Dr. Kate Webster.*  
**February, April, and June start dates \$195**

### Remember

We offer customized trainings to businesses and can take courses to businesses and locations outside of Baraboo.

## Certificate in Project Management

Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field, or in any line of work. Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes. Three one month courses (\$195) Intro to Project Management, Project Management Processes, and Project Management Knowledge Areas. *Instructor Christina Martinez and Ronald DeCamp.*

**Starts at the beginning of each month \$495**

## Six Sigma Belt Certificate

Six Sigma professionals are in strong demand by organizations around the world. On the front-lines of Six Sigma efforts are Green Belts. LERN's Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as trained specialists able to work on Six Sigma projects. Although not required participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to teach the material and guide candidates as they work on their projects. Three one-month courses (\$195): Introduction, Intermediate, and Advanced Six Sigma Green Belt. *Instructor Scott Follett.*

**Begins the beginning of each month \$495**

## Google Analytics

If you are not reviewing your website statistics, then you are missing several key opportunities to profit from your website traffic. This course, aimed at non-technical users, will take you through all the key techniques and how to use website analytics using the world-standard Google Analytics, a free online tool. You'll understand your visitor traffic better, learn how to calculate return on investment (ROI) for your online advertising, and find out how to get more conversions and sales from your website visitors. A must for anyone serious about leveraging more success from their website. Google Analytics is part of a certificate in Google Tools. *Instructors Dan Belhassen and Susan Hurrell.*

**February, April, and June start dates \$195**

## For Parents of Boys

Boys learn differently than girls, get worse grades than girls, and face certain challenges in school. Find out how you can help your son succeed more in school. Discover why males do 30% less school work than females, fidget more, like new and hard challenges, and more. Take home 9 tips for helping your boy learn and succeed more in school. Learn something new about how you learn. *Instructor William Draves.*

**February, April, and June start dates \$95**

# Online Courses

## Certificate in Sales

Social media and digital technologies, when understood and leveraged effectively, can enable you to find new clients and motivate these clients to take action in more efficient and strategic ways. Whether you are a beginner new to the sales process or a seasoned professional who loves selling, understanding the basic steps of sales and freeing your mind of negativity is the foundation to your business success. Gain a better understanding of the importance of the sales function and learn new skills in relationship management, prospecting, customer management, and delivering a compelling sales presentation. Move yourself or your sales team to increased success. Three one month courses, individual courses (\$195) Strategic Selling with Social Media, Getting Started in Sales, and Power Selling. *Instructors Tim Street and Maria Coons.*

**Begins the beginning of each month** **\$495**

## Creative Problem Solving Skills

In today's business environment, employers expect employees to have a solid set of interpersonal skills. The ability to solve problems quickly and effectively is a critical interpersonal skill well worth developing. Using the problem solving model in this course will enable you to be more successful. Interpersonal and business relationships fail because of poor problem solving. Find out how to recognize problems and deal with them more appropriately. You will take home techniques relevant for any organization or group context. *Instructor Cathy Niven.*

**March, May and July start dates** **\$195**

## Onboarding New Employees

Ensure a smooth transition from best candidate to star employee. Onboarding is the process of socializing new employees into the organization. Onboarding of employees begins well before traditional new-hire orientation and has long reaching implications. At the conclusion of the class you will have constructed an Onboarding Program for use in your own organization. *Instructor Anita Orozco.*

**February, April, and June start dates** **\$195**

## Certificate in Learning Styles

New research and information is coming out frequently about how your learners - and you - learn. Here's what we know. In the last century, everyone was taught equally by teaching them the same. But we know we each learn differently, in this century, you teach everyone equally by teaching them differently. You will get the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum. Three one month courses, individual courses (\$195) Gender in the Classroom, Generational Learning Styles, & Students with Autism Spectrum Disorder. *Instructors Kassia Dellabough, Julie Coates, and William Draves.*

**March, April, June, and July start dates** **\$395**

## The Flipped Classroom

The flipped classroom concept focuses on a vibrant exchange of ideas and group learning that makes for a fascinating and memorable experience. Explore what defines a flipped classroom; why it is important, the advantages, how to implement, and some examples of how others have benefited from this process. *Instructor Dr. John Meyer.*

**March, April, June, and July start dates** **\$395**

## Managing Social Media Platforms

Different social networks have distinct characteristics, different features, and are used to develop a two-way communication and marketing strategy for your organization. Get a skill set for working and managing different social media platforms. Find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communications and marketing. You will get a firm foundation in Twitter, LinkedIn, and Facebook platforms. Come away with an understanding of these social networks and practical, how-to techniques to integrate social networks into your organization or business. Three one month courses, individual courses (\$195) Facebook for Business, LinkedIn, and Twitter. *Instructors Jennifer Selke and Suzanne Kart.*

**Begins the beginning of each month** **\$495**

## Change Management Skills for Human Resources Professionals

Strategically applying/utilizing the various disciplines within human resources in order to cause organizational change and add value is often referred to as "change management." HR professionals are increasingly being asked to develop the personal skills and attitudes for implementing change as well as a technical understanding of how to apply the tools for change. In this class participants will learn how to successfully plan, implement, communicate, create employee involvement and commitment, and add value during change. This class is beneficial to human resources professionals within organizations or those seeking to enter the field of Human Resource Strategy Consulting. *Instructor Sally Schmall.*

**March, May and July start dates** **\$245**

## Lewy Body Dementia

Sometimes referred to as the "crossroads of Alzheimer's and Parkinson's disease" Lewy Body Dementia is now the second-most common cause of dementia. People who have LBD struggle to find good care because their symptoms are challenging, characterized by great fluctuations in alertness and complex behaviors. This course will help families and professionals understand the clinical indicators to seek appropriate diagnosis, common behavioral manifestations, strategies to manage them, and resources to support the patient and family. *Instructor Pamela K. Atwood.*

**February, April, and June start dates** **\$145**

## Basics of Bookkeeping

How do you keep track of the day-to-day financial transactions of a business? Whether you are looking to advance in your career, or you're an entrepreneur, or part of a family business, this course will help you if you are looking to understand the numbers. The Basics of Bookkeeping course will help you understand, and know how to record, every penny that comes into your business and every penny that goes out of your business. This course shows you how to create a chart of accounts that meet your needs. All of the money you spend, and all of the money you earn, has a place to go. How do you record them? Even if you outsource your bookkeeping needs, you should still have a basic understanding of what happens with the money you earn and spend. No one should be blind to his or her finances! In this course you will learn where the numbers go and why, bookkeeping terminology as well as what it means to keep track of the numbers. *Instructor Sharon deFonteny.*

**February, April, and June start dates** **\$495**

# Registration Information

## Registration is as Easy as 1-2-3 !

**Register at least one week in advance. Registration is not guaranteed unless accompanied by a payment.**

### UW-Baraboo/Sauk County:

**Online** ce.uwc.edu/Baraboo/catalog  
**Email** brbceeadmin@uwc.edu  
**Phone** 608-355-5220  
**In Person** Tue & Wed, 10:00 – 4:30 pm & Thursday 9:00 - 5:00 pm  
**Mail** 1006 Connie Road  
 Baraboo WI 53913

### UW-Rock County

**Online** ce.uwc.edu/janesville/catalog  
**Email** jessica.laeseke@uwc.edu  
**Phone** 608-758-6565 x360  
**In Person** Mon - Fri 8:00 – 10:00 am & Wednesday 8:00 –2:00 pm  
**Mail** 2909 Kellogg Avenue  
 Janesville WI 53546

### UW-Richland:

**Online** ce.uwc.edu/Richland-center/catalog  
**Email** RLNCE@uwc.edu  
**Phone** 608-647-6186 x4  
**In Person** Mon, Tue, & Fri, 9:00 - 4:00 pm  
**Mail** 1200 US Hwy 14 West  
 Richland Center WI 53581

\*\*\*All checks made out to the campus and mailed to Continuing Education at the above campus address.\*\*\*

### Registration Confirmation:

After you have registered for a course, assume the class will start as scheduled. Confirmation notices will be sent via email one week prior to the start of class. You will be notified if the course you have registered for is canceled, due to weather or insufficient enrollment.

### Cancellations and Refunds:

The University reserves the right to cancel any program due to low enrollment or other reason. In the event of a class cancellation by the University, a full refund is automatically processed. If you withdraw from a class, you must notify us at least one week before the first class in order to receive a refund, less a \$10 administrative fee. Call during business hours to cancel. (Please note: we make financial commitments to our instructors based on enrollments received. Your participation is part of that commitment.) There is no refund for travel programs unless we fill your spot from our wait list.

---

### Registration Form (please print):

\_\_\_\_\_

Name

\_\_\_\_\_

Address City State Zip

\_\_\_\_\_

Phone Number Email

Method of payment:  Cash  Check  Credit Card (can't be mailed)

Course Title	Campus	Start Date	Fee

I would like to be added to your mailing list.

Please offer a course in \_\_\_\_\_ The best time of day for me to take a course is: morning afternoon evening

**Continuing Education Needs You!** If you have course suggestions, trip ideas, know someone who would be a great instructor, or you would like to share your expertise or hobby with the community, please let us know! Please look at other campus offerings for ideas or call us and suggest something you have always wanted to do and get it off your bucket list! We are here to serve you and look forward to hearing from you soon.



**SOUTHWEST REGION**

# Continuing Education

in cooperation with UW-Extension

*Serving Richland, Rock, and Sauk counties  
—and surrounding communities.*



1006 Connie Road  
Baraboo WI 53913  
608-355-5220  
brbceadmin@uwc.edu



1200 US Hwy 14 West  
Richland Center WI 53581  
608-647-6186 x4  
RLNCE@uwc.edu



2909 Kellogg Avenue  
Janesville WI 53546  
608-758-6565 x360  
jessica.laeseke@uwc.edu

**Look inside for courses January - May** for adults and youth opportunities and youth camps through summer 2017. We offer courses for personal enrichment, professional development, youth, and customized trainings for business.

**Check out the catalog!**