

CONTINUING EDUCATION *and*
PROFESSIONAL DEVELOPMENT

PERSONAL ENRICHMENT

CUSTOMIZED TRAINING

**LEARNING SOLUTIONS for
YOUR ORGANIZATION**

EDUCATIONAL TRAVEL

New York Theater Tour

Alpine Countries

Morocco

Greek Islands

Boundary Waters

COURSE OPTIONS – SPRING 2023

LET TODAY BE THE START OF
SOMETHING NEW!

REGISTER
ONLINE AT
CE.UWOSH.EDU

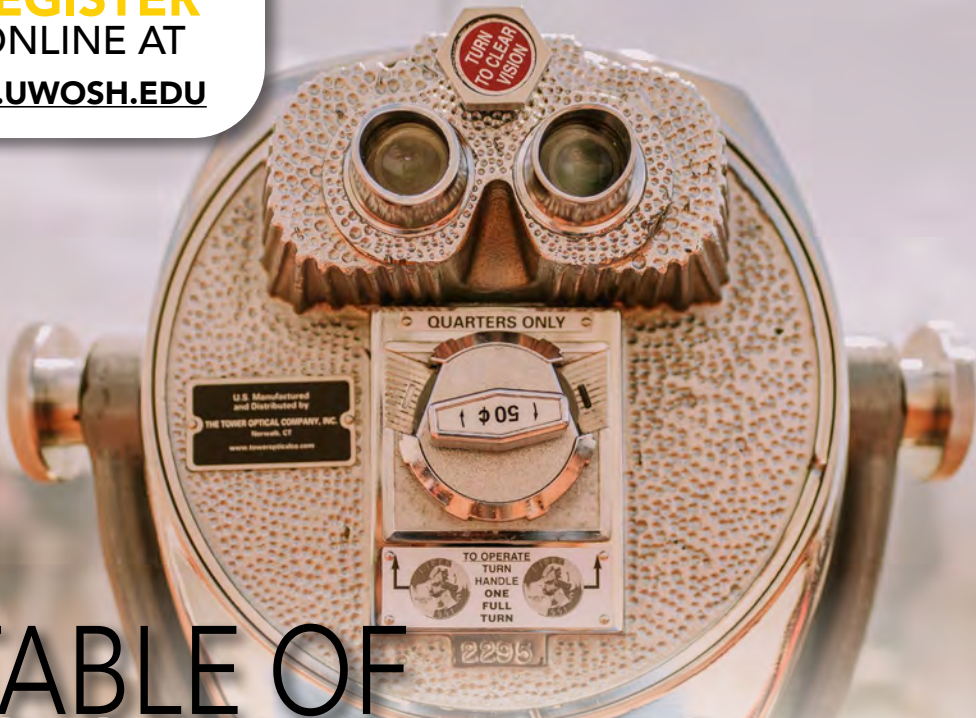


TABLE OF CONTENTS

ONLINE CAREER TRAINING **5**

RETIREMENT / GRANDPARENTS **6**

EDUCATIONAL TRAVEL **8**

UW OSHKOSH ONLINE **13**

PERSONAL ENRICHMENT **14**

HEALTH & WELLNESS **17**

FINANCIAL PLANNING **19**

DEGREES & CERTIFICATES **20**

TEST PREP **21**

PROFESSIONAL DEVELOPMENT **22**

UWO+ **23**

UW EXTENDED CAMPUS **24**

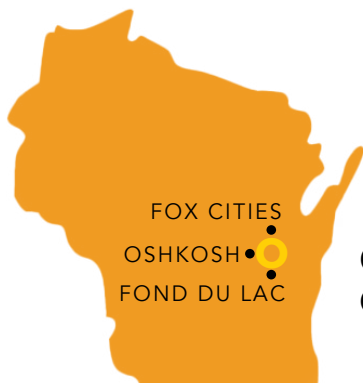
HOW TO REGISTER **30**



REGISTRATION: PAGE 31



UNIVERSITY OF WISCONSIN
OSHKOSH



OUR CAMPUSES: Oshkosh | Fond du Lac | Fox Cities



Continuing Education
800 Algoma Blvd.
Oshkosh, WI 54901
920-424-1129
uwosh.edu/conted



Continuing Education
400 University Dr.
Fond du Lac, WI 54935
920-929-1153
[uwosh.edu/fdl/
continuing-education](http://uwosh.edu/fdl/continuing-education)



Continuing Education
1478 Midway Rd.
Menasha, WI 54952
920-832-2636
[uwosh.edu/fox/
continuing-education](http://uwosh.edu/fox/continuing-education)

REGISTER NOW



**REGISTER TODAY FOR
SPRING 2023**

2 EASY OPTIONS

1. Register online at:
ce.uwosh.edu
2. Use the Registration Form
at the back of this booklet.

NEVER STOP LEARNING BECAUSE
LIFE NEVER STOPS TEACHING.

- Kirill Korshikov



Like us on Facebook @ UWOCContinuingEducation

WELCOME TO CONTINUING EDUCATION

As an educational presence in the Oshkosh, Fox Cities, and Fond du Lac locations, UW Oshkosh is recognized as a four-year, bachelor and graduate - degree granting institution. Yet most people don't realize that UW Oshkosh offers educational and cultural opportunities that extend beyond the typical classroom. These opportunities present themselves in the form of non-degree career preparation, customized training, personal development, educational travel, youth programming, and collaborative events that provide cultural enrichment. Through UW Oshkosh's Office of Continuing Education, the University is able to offer our communities unique, practical, and thoughtful programming that falls under the heading of "continuing education."



This year, try a new course or travel with us to places you've never seen! Let today be the start of something new!

Suzanne Lawrence, Director of Continuing Education for the UWO Campuses of Oshkosh, Fox Cities, and Fond du Lac
lawrences@uwosh.edu
920-929-1153

SOLUTIONS THAT WORK FOR YOU!

Improve the performance, productivity, and profitability of your organization with education that is suited for you. Identify your specific needs – we'll help you find the right course, workshop or seminar to meet your goals. Select from existing courses or let us create one for you. Customized or credit courses can stand alone or lead to a certificate or UW degree.

For more information about customized classes for your work site, contact us at **920-929-1153**.

What is "continuing education?" For most people, continuing education is typically associated with adults looking to complete a bachelor's or master's degree. However, in the context of the University System, we define continuing education in broad terms since the University believes that education can happen in uncommon settings and through a variety of different activities. With a wealth of education and expertise, our on-campus and continuing education faculty and staff are well prepared to bring quality education to the Oshkosh, Fox Cities and Fond du Lac communities in various ways whether it be through a personal enrichment or professional development course, educational travel, or customized training.

FREE CLASSES



You will notice throughout this catalog that some classes are offered for FREE and labeled with the green "FREE" symbol. These classes fill unique needs in our community. As our gift to you, try a course on us and experience the value of life-long learning! We are able to offer these designated courses for free due to the generosity of our Continuing Education faculty who donate their time and expertise for the benefit of the communities we serve!

Online Advanced Career Training



Our online programs can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a certificate of completion.

All materials are included in the program fees. Each course has an instructor assigned to answer questions and solve student problems.

Features:

- **6-18 month self-paced, start anytime**
- **Textbook and materials included**
- **Prepare for industry certification**
- **Certification exam vouchers included**
- **Financial assistance available**
- **Student advisors provide you coaching, motivation, and career readiness support**

Freight Broker / Agent Training

Acquire the skills needed in this fast-growing industry. Learn detailed information about the freight broker sector of the transportation industry and about the brokerage process from start to finish.

Certified Electronic Health Records Specialist

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

Certified Medical Administrative Assistant with Medical Billing and Coding

This course will teach you how Administrative Medical Assistants are versatile and valuable members of the healthcare team who handle a broad range of duties. You will also be prepared for the Certified Medical Administrative Assistant (CMAA) certification exam offered by the National Healthcareer Association (NHA)

Cisco CCNA Certification Training

With a CCNA Security certification, a network professional demonstrates the skills required to develop a security infrastructure, recognize threats and vulnerabilities to networks, and mitigate security threats.

CompTIA A+, Network+, and Security+

This program provides a comprehensive foundation for IT professionals, incorporating CompTIA™ A+, CompTIA™ Network+, and CompTIA™ Security+ specific training, and prepares you for the corresponding industry exams that are desirable for IT professionals.

ICD-10 Medical Coding

Prepare for the future of medical coding by mastering the steps for using the ICD-10-CM and ICD-10-PCS to code medical diagnoses and procedures.

Pharmacy Technician

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

Purchasing and Supply Chain Management

Develop essential managerial skills, and learn how to effectively manage all aspects of the purchasing process, including procurement, distribution, supply chain management, and more.

To enroll or learn more, visit or call us at:
(920) 832-2636
uwfox.trainonline.cc

EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.

- Nelson Mandela

IN ACTION



LEARNING IN RETIREMENT

Are you looking for something to keep yourself sharp, active, and involved? Learning in Retirement (LIR) is a self-directed, membership-based association of people 50+, offering learning opportunities to its members.

Your LIR Membership fee includes:

- Attendance at unlimited programs
- Learning sessions led by experts
- Member-led interest groups
- Tours of local business and industry
- Theater and Music Performances

Try it for the spring semester for only \$50! LIR - all the fun of learning without homework, tests or grades.

For more information and to register, visit: uwosh.edu/lir
(920) 424-0876 or lir@uwosh.edu





GRANDPARENTS UNIVERSITY®

Make memories at UW Oshkosh July 13-14, 2023 with hands-on learning and fun! Grandparents University® brings grandparents and their grandchildren (ages 8-12) together for two fun-filled days of education and exploration. Spend the night in UWO's beautiful Horizon Village. Eat meals together at Blackhawk Commons. Pick a major and enjoy learning together while experiencing campus life. Enjoy a Titan-inspired graduation.

Learn more and register at:

uwo.sh/gu

conted@uwosh.edu

Grandparents University®



**ENJOY A
TITAN-INSPIRED
GRADUATION!**



**SCIENCE
MAJOR**



**ART
MAJOR**



**ANIMALS
MAJOR**



**TECH
TITANS**



EDUCATIONAL TRAVEL

Educational travel opportunities open to ALL community members regardless of location and campus affiliation.



NEW YORK THEATER TOUR MAY 24 - 28, 2023

In five adventure-filled days, you and a group of like-minded travelers will experience three outstanding Broadway performances. You'll be able to explore many of the city's most popular attractions such as: Statue of Liberty, Ellis Island, Empire State Building, Brooklyn Bridge, Central Park, 9/11 Memorial and Museum, High Line, Times Square, Grand Central Terminal, Wall Street, historic neighborhoods, and numerous world famous museums.

The price for the trip includes the following items:

- Three plays
- Four nights at a conveniently located hotel in the Theater District
- Group tours of some of New York's many "must see" attractions
- Optional excursions with your trip leader at an additional charge

Fees: \$2,450 (based on double occupancy). This is subject to change based on airfare and other increases to hotel, etc. for 2022. Add \$650 for single occupancy.

Group Leader:

Susan Rabideau, Fox Cities Campus Theater Director

TO RESERVE YOUR SEAT

TODAY, contact Suzanne Lawrence at 920-929-1153 or email lawrences@uwosh.edu.



BOUNDARY WATERS CANOE EXPEDITION -

JULY 25-30, 2023

The Boundary Waters in northern Minnesota is the largest wilderness area east of the Rocky Mountains and north of the Florida Everglades. The more than 1 million acres contains over 1200 miles of canoe routes and over 2000 individual campsites. Challenge yourself physically and unplug yourself mentally as you spend 6 days paddling this pristine wilderness with 2 guides who combined have completed more than 20 trips in this natural wonderland. Price includes transportation from Menasha, all food in the wilderness, and all necessary equipment. Personal gear excluded.

Fee: \$800

Primary Group Leader: Bruce Peters





EXPLORING THE ALPINE COUNTRIES

SEPTEMBER 7-18, 2023

Austria – Germany – Switzerland

Discover storybook castles and opulent palaces amidst stunning Alpine vistas as you explore Austria, Germany, and Switzerland. Visit Schönbrunn Palace in Vienna. Take a cruise along the legendary Danube. Stroll the quaint streets of Salzburg, the "City of Music." Spend a night in the heart of the Black Forest. Visit Augsburg, renowned for its ancient architecture. Witness the beauty of Linderhof Palace and its perfect decorated gardens. Enjoy a scenic train ride aboard the Matterhorn Gotthard Bahn. Spend two nights in Zermatt, an Alpine village at the foot of the Matterhorn. From Vienna and the Black Forest to the Swiss Alps and Lucerne, explore the heart of Europe.

For additional information, call Suzanne Lawrence, Director, at 920-929-1153 or email: lawrences@uwosh.edu





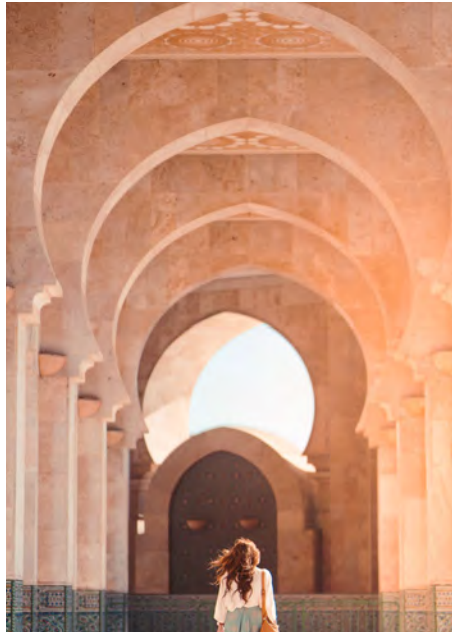
GREECE ISLAND HOPPER

MAY 17 - 27, 2024

Optional 3-Night Istanbul Post Tour Extension

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, an Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotiri. From the ruins of Athens to the bright rooftops of Mykonos and Santorini – embrace the country at its best. **To reserve your seat today,** contact Suzanne Lawrence at 920-929-1153 or email: lawrences@uwosh.edu





COLORS OF MOROCCO

FEB 8 - 22, 2024

Get to know the vibrant culture and colorful backdrops that are distinctively Morocco. Explore Fes, one of the holiest cities in the world, on a walking tour in the Medina, where donkeys and mules laden with goods still walk the ancient market. Make your way to your desert camp by 4x4 jeep and spend a full day exploring the Sahara Desert. Travel the rugged "Road of a Thousand Kasbahs" to the UNESCO World Heritage site of Kasbah Ait-Ben-Haddou. In Marrakech, get a true taste of Moroccan hospitality during an interactive cooking class at a women's cooperative. Experience Morocco's deep history, unique atmosphere and welcoming people on an unforgettable journey.

To reserve your seat today, contact Suzanne Lawrence at 920-929-1153 or email: lawrences@uwosh.edu



MOROCCO 2024
Call Today! 920-929-1153

**REGISTER
ONLINE AT
[CE.UWOSH.EDU](https://ce.uwosh.edu)**



MILWAUKEE BEER BARONS HISTORY TOUR

Tour the Milwaukee County Historical Society a.k.a. "Brewer's Bank." Enjoy lunch in a historic restaurant featuring original woodwork, tile arches, leaded/stained glass, and carved bar. Visit a Polish Bar that houses the oldest sanctioned tenpin bowling alley in the U. S. set by human pinsetters. End with a docent tour of the final resting place of many of the city's beer barons, politicians, and social elite and view their elaborate headstones and crypts.

Date: Thu, Jun 8

Time: 7:30am-6pm

Cost: \$139; \$5 discount for UWO Alumni and UWO LIR Members. Pick-ups/drop-offs in Menasha, Oshkosh, and Fond du Lac



MILWAUKEE'S FRIDAY FISH FRY TOUR

Start with a tour of one of Milwaukee's beautiful Catholic Churches. Sample two of Milwaukee's favorite half-sized fish fries along with all the sides and fixings. Between fish fries, tour a brewery and sample beer/soda. Conclude the day with Milwaukee's famous frozen custard!

Dates: Fri, Mar 31

Time: 7:30am-5:45pm

Cost: \$134; \$5 discount for UWO Alumni and UWO LIR Members. Pick-up/drop-offs in Menasha, Oshkosh, and Fond du Lac

IF SOMETHING GOOD HAPPENS,
TRAVEL TO CELEBRATE
IF SOMETHING BAD HAPPENS,
TRAVEL TO FORGET
IF NOTHING HAPPENS,
TRAVEL TO MAKE SOMETHING HAPPEN

- Alex Whirley

UW OSHKOSH ONLINE

BACHELOR'S DEGREES AND PROFESSIONAL CERTIFICATES

**100% ONLINE.
NO ENTRANCE EXAMS.**

UNDERGRADUATE

- AVIATION MANAGEMENT
- FIRE AND EMERGENCY RESPONSE MANAGEMENT
- LEADERSHIP AND ORGANIZATIONAL STUDIES
- LIBERAL STUDIES

CERTIFICATES

- AVIATION MANAGEMENT
- EMERGENCY MANAGEMENT
- FIRE SERVICE MANAGEMENT
- LEADERSHIP AND ORGANIZATIONAL STUDIES
- LEADERSHIP DEVELOPMENT
- ORGANIZATIONAL ADMINISTRATION

UWO.SH/ONLINE • OCE@UWOSH.EDU • (920) 424-0234

OSHKOSH, FOND DU LAC AND FOX CITIES CAMPUSES

SPRING 2023 | 13

ENRICHMORE

**REGISTER
ONLINE AT
[CE.UWOSH.EDU](https://ce.uwosh.edu)**

GENEALOGY - FIND YOUR FAMILY ROOTS

Are you interested in your family history? Learn where to begin looking for information, how to manage it, and genealogy etiquette. Join us for this informative and interesting journey.

Dates: Wed, Feb 1, 8, 15, 22; Mar 1

Time: 6pm-8pm

Location: UW O Fox Cities Campus

Cost: \$49

Instructor: Rose Marie Lewis

BEGINNING GUITAR

Have you always wanted to play the guitar but weren't sure where to start? Learn basic chords and develop the ability to change chord shapes so you can play some of your favorite songs. Students will be required to have their own guitar, picks, and tuner.

Dates: Mon, Feb 6, 13, 20, 27 and Mar 6, 13, and 20

Time: 5pm-6:30pm

Location: UW O Fox Cities Campus

Cost: \$159 includes written course material

Instructor: Chad Ellis, Appleton Music Academy

INTERMEDIATE GUITAR

Do you know basic chords, but want to advance your skills so you can really rock out? Learn to play more complex songs in this next level course. Students will be required to have their own guitar, picks, and tuner. Completion of beginner guitar is recommended prior to taking this class.

Dates: Mon, Feb 6, 13, 20, 27 and Mar 6, 13, and 20

Time: 6:30pm-8pm

Location: UW O Fox Cities Campus

Cost: \$159 includes written course material

Instructor: Chad Ellis, Appleton Music Academy



LEARN TO KNIT

Create something cozy as you learn how to begin a project, read a pattern, knit, purl, and a handful of other skills. During class, you will work on a simple neck warmer and receive guidance for starting your next piece.

Dates: Thu, Feb 9, 16, and 23

Time: 6pm-8pm

Location: UW O Fox Cities Campus

Cost: \$59

Instructor: Hope Vickman



CERAMICS – MAKE AND TAKE MUGS

Start with a piece of clay and create your own mugs to sip your morning coffee from. In this class, you will learn the hand building technique of slab construction, surface decoration, and glazing. You will walk away with a set of mugs, completely designed by you.

Dates: Tue, Feb 21, 28 and Mar 14

Time: 5:30pm-8:30pm

Location: UW O Fox Cities Campus

Cost: \$45

Instructor: Jaime McGuan, Master Potter

DON'T BE FOOLED BY YOUR SMART PHONE - FREE CLASS!



Learn how to manipulate all those tiny buttons (apps) and make your smartphone your greatest helper. Topics include understanding option menus, configuring security settings, setting up email, managing contacts, texting, sending images, editing photos and videos, and more! **Class is free but registration is required. There will be two four-week classes, one for iPhone users and one for Android users**

iPhone Dates: Thu, Feb 23; Mar 2, 9, and 16

Android Dates: Thu, Apr 6, 13, 20, 27

Time: 4pm-6pm

Location: UWO Fox Cities Campus

Cost: FREE

Instructor: Ahilan Sivasamy

PAINTING PARTY

Take a blank canvas/framed glass and create a polished piece in one session. Paint your own masterpiece one step at a time with Ona by Design. No experience or artistic ability is required – anyone can do it! Bring a friend and make it an event. Cost includes supplies and instruction. Classes take 2-3 hours.

Location: Ona's Home Studio in Neenah



Stained-Glass Painting: 8 x 10 glass picture frame with chain. Choose from several designs to create this faux stained-glass painting.

Date: Wed, Mar 2; 6pm

Cost: \$30



American Flag: 16 x 20 Canvas

Date: Wed, Apr 26, 6pm

Cost: \$35



ZOOM FOR BEGINNERS - FREE CLASS!



Learn to use Zoom to connect with family and friends. Time to experiment with this fun tool is built into the class as well. **Class is free but registration is required.**

Date: Thu, Mar 30

Time: 4pm-6pm

Location: UWO Fox Cities Campus

Cost: FREE

Instructor: Ahilan Sivasamy, UWO Instructor of Computer Science



UKRAINIAN EASTER EGG DECORATING

Learn about Ukrainian Easter traditions and the history behind this beautiful art form, called pysanky, while creating your own masterpiece to take home. After 3 hours, you will have a work of art that can last centuries, and the tools needed to make more.

Choose a Session:

Tue, Mar 28; 5:30 – 8:30 pm

OR

Thu, Mar 30; 5:30 – 8:30 pm

Location: UWO Fox Cities Campus

Cost: \$42

Instructor: Sandy Dixon

COMMUNITY GARDEN PLOTS

Garden plots are available at the UWO Fox Campus. They vary in size, averaging about 20'X20' per plot. Please note that as a plot owner, occasionally assisting with group gardening maintenance is expected.

Location: UWO Fox Cities Campus

Cost: \$20/plot

**REGISTER
ONLINE AT
[CE.UWOSH.EDU](https://ce.uwosh.edu)**

EMERGENCY PREPAREDNESS 101

Are you ready in the event of an emergency? Learn what kinds of emergencies to prepare for, how to prepare, what to have on hand, and how to set up a communication plan.

Date: Tue, Apr 4

Time: 6pm-7:30pm

Location: UWO Fox Cities Campus

Cost: \$10

Instructor: Eric Rasmussen,
Director of Emergency
Management

SELF-DEFENSE/SITUATIONAL AWARENESS CLASS

Learn self-awareness and a variety of hand, knee, and elbow strike techniques, pressure points, and methods for escaping if unexpectedly grabbed. Receive general safety tips. The instructor is a UWO Police Officer and a martial arts instructor. This class is being offered twice.

Dates: Thu, Apr 13 **OR** Thu, Aug 3

Time: 4pm-6pm

Location: UWO Campus

Cost: \$25



COLORFUL COASTERS

Use alcohol inks to create brilliant abstract art pieces that double as coasters! Learn the unique interaction of these vibrant inks and their expressive color properties.

Dates: Thu, Apr 13

Time: 6pm-8pm

Location: UWO Fox Cities Campus

Cost: \$29

Instructor: Melissa Hartzheim, The
Hartzey Haven



TREE AND SHRUB PRUNING CLINIC

Enjoy a presentation on proper tree and shrub pruning techniques followed by an optional hands-on pruning lab. You will be able to test your new pruning skills on the campus trees and shrubs before trying them out at home.

Date: Sat, April 15

Time: 8:30am-11:30am

Location: UWO Fond du Lac Campus
OR

Date: Sat, April 22

Time: 8:30 – 11:30am

Location: UWO Fox Cities Campus

Cost: \$20

Instructor: Eamonn Lenaghan,
Certified Arborist

HEALTH & WELLNESS

FIT AT FOX SPRING 2022

Ready to get back into exercising and a healthier lifestyle but not sure where to start? Get personal attention from a qualified instructor to help you develop and maintain functional strength, balance, and flexibility. You will be using different weight equipment and cardio machines under the instructor's guidance. Geared toward mature adults, but open to all age levels. Classes start the week of January 2 and run through the week of April 14 (15 weeks).

Choose a Session:

Mon/Wed 5:15-6:00pm
OR

Tues/Thu 8:30-9:15am

Location: UWO Fox Cities Campus

Cost: \$159

Instructor: Thain Jones, UWO Fitness Instructor

FIT AT FOX PUNCH CARD – 10 PUNCHES

Not sure about a 15-week fitness class commitment? Get a punch card! You can attend any of the class sessions that fit your schedule, with a limit of 10 class sessions.

Cost: \$75



INTRO TO REIKI

Reiki is becoming increasingly mainstream and is utilized in hospitals and wellness centers around the world. Join us to discuss a brief synopsis of Reiki and have your questions surrounding this energetic healing modality answered.

Date: Tue, Feb 21

Time: 6pm-7pm

Location: UWO Fox Cities Campus

Cost: \$20

Instructor: Cynthia Graham, LCMT, RM, CNMT and Reiki Master

UNDERSTANDING CHAKRA ENERGIES

Our energy centers (chakras), affect all we experience, including love, happiness, peace, and abundance. In this class, we will learn about the first 7 chakras, how they affect us, what they govern, how to detect blockages, and how to open and balance the energy channels.

Date: Tue, Feb 28

Time: 6pm-8pm

Location: UWO Fox Cities Campus

Cost: \$30

Instructor: Cynthia Graham, LCMT, RM, CNMT and Reiki Master

REIKI I

Reiki improves personal healing, relaxation, stress relief, depression, high blood pressure and more. This class uses basic techniques to perform hands-on healing with Usui Reiki discipline. Students will receive a self-healing session and be certified as a Reiki level one practitioner.

Dates: Tues, Mar 7 and 14

Time: 6pm-9pm

Location: UWO Fox Cities Campus

Cost: \$150

Instructor: Cynthia Graham, LCMT, RM, CNMT and Reiki Master

Women's WELLNESS & EDUCATION



STUDY OF THE GIFTS OF IMPERFECTION

You are invited to an intensive, but rewarding study of *The Gifts of Imperfection*, based on the work and research of Brené Brown. *The Gifts of Imperfection* is a curriculum that focuses on letting go of the habits and emotional protections we have put into our life so that we can show up as our most authentic selves and live wholeheartedly.

Dates & Times:

Fri, Mar 3, 5pm–8pm

Sat, Mar 4, 9am–4:30 pm;

Sun, Mar 5, 9am–3pm (optional)

Location: UW Oshkosh Campus

Cost: \$149

Receive: Instruction by a mental health therapist who is trained and certified as a Daring Way Facilitator, in the work of Brené Brown; Workbook for *The Gifts of Imperfection* by Brené Brown; Box lunch supper on Friday; Lunch, snacks, and beverages on Saturday & Sunday.

Visit uwo.sh/womenswellness for more details.



Instructor: Jennifer Olkowski, Therapist and Owner, Genuine Courage. Jennifer is a mental health therapist with over 20 years of experience helping

clients move through their crisis and challenges and life adjustments. She trained and became certified as a Daring Way Facilitator, in the work of Brené Brown, in 2017. She is also specially trained in exposure and response prevention, a highly evidenced based treatment for OCD and anxiety disorders. Her current passion is working towards her certification as an Emotion Focused Therapist, which she is bringing to individuals, couples and families.



FINANCIAL PLANNING

**REGISTER
ONLINE AT
[CE.UWOSH.EDU](https://ce.uwosh.edu)**

RETIREMENT PLANNING FUNDAMENTALS

Whether you are nearing retirement, already retired, or beginning to develop a retirement plan, you can benefit from a wealth of real-world information and strategies for retirement success. These strategies can help you make the appropriate choices when confronted by investment alternatives, insurance coverage, increasing health care costs, tax reduction methods, and proper disposition of your estate at death.

Dates: Wed, Jan 25, Feb 1, 8

Time: 6pm-8:30pm

Location: Online

Cost: \$99 per individual or couple if registered by Jan. 11; \$119 per individual or couple after Jan. 11

Instructor: Sulay Ringwala, Financial Advisor, Private Wealth Management and Roger Klumb, CFP®, Financial Advisor, Private Wealth Management
uwosh.edu/sh/retirementplanning

FOUNDATIONS OF INVESTING

Learn about the importance of developing an investment strategy, the impact of asset allocation, and the influence of inflation on your long-term goals. Gain information about mutual funds, investing in stocks, and the outlook for the future.

Dates: Thu, Feb 9, 16, 23; Mar 2

Time: 6pm-7pm

Location: Online

Cost: \$29

Instructor: Kyle Lukowitz

LET'S TALK MONEY!

Maximize Social Security withdrawals, analyze the 4% rule and gauge whether your money will last through retirement. Analyze the pros and cons of annuities and learn how to fund long term care and how to navigate Medicare. Learn the best way to rollover your retirement account to enhance returns.

Dates: Wed, Mar 1, 8, 15; 6pm-7:30pm

Location: UW O Fox Cities or online

Cost: \$29

Instructor: Winch Financial

TIME MATTERS: A WOMEN'S RETIREMENT OUTLOOK

Explore the financial concerns facing women who are getting ready for or have recently transitioned to retirement. Discuss income strategies and address how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care.

Dates: Thu, Mar 9, 16, 23, and 30

Time: 6pm-7pm

Location: Online

Cost: \$29

Instructor: Kyle Lukowitz

WILLS AND TRUSTS

Are you prepared to provide for your loved ones at death? We'll focus on types of estate plans and the advantages and disadvantages of each. You'll learn ways to avoid probate, understand irrevocable and revocable trusts, why you want to appoint a Power of Attorney, and how to set up charitable remainder trusts.

Dates: Wed, Apr 19, 26; 6pm-7:30pm

Location: UW O Fox Cities or online

Cost: \$29

Instructor: Winch Financial

UW OSHKOSH ONLINE

DEGREE AND CERTIFICATE PROGRAMS

**100% ONLINE.
NO ENTRANCE EXAMS.**



[UWO.SH/ONLINE](https://uwo.sh/online) • OCE@UWOSH.EDU • (920) 424-0234

TESTPREP

ACT PREP COURSE

This program provides 12 hours of instruction in the four academic areas of the ACT exam (Reading, English, Math, and Science). Participants will receive an orientation to the ACT and the opportunity to take two official retired ACT tests, as well as additional quizzes. The instructors will teach test-taking strategies for each of the components and for the entire test, and students will practice with printed materials where test-taking tips can be applied and reinforced.

Dates: Saturdays, Jan 7 - Feb 11

Time: 9am-12pm

Location: UW Oshkosh Campus

Also available online – start anytime!

Cost: \$230

uwo.sh/actprep

REGISTERED ENVIRONMENTAL HEALTH SPECIALIST/SANITARIAN EXAM ONLINE PREP COURSE

Prepare for the Registered Environmental Health Specialist/Registered Sanitarian (REHS/RS) exam with this eight-week, 16-hour, online prep course. Broken down by exam topic areas, this preparation course will give you the resources you need to pass the exam. Study the various topics you need to know and gain the depth of knowledge you'll need to be successful. Make the most of your study time by targeting your efforts on relevant information. This program is for individuals who are interested in obtaining their REHS/RS credential. The course includes: a comprehensive study guide; opportunities to study with peers; sample exam questions; overview of the application process

Dates: March 27 - May 19

Cost: \$350-490, discounts available for active and retired military

uwo.sh/sanitarian

ONLINE GMAT TEST PREP COURSE

Receive 24 hours of expert classroom instruction on the Quantitative, Verbal, Integrated Reasoning, and Analytical Writing sections of the GMAT. This comprehensive course includes a review of the mathematical and verbal concepts tested on the GMAT and prepares you for the questions typically seen on this test. You will also strengthen the critical thinking skills tested in both the Integrated Reasoning and Analytical Writing sections. This session is good for individuals preparing for admission into graduate programs in any business school or college, including current university juniors and seniors as well as people who have been in the business world and are considering returning to the university for any graduate business program. **Variety of start dates – visit our website for details**

Cost: \$749

uwo.sh/gmat-prep

ONLINE GRE TEST PREP COURSE

The UW Oshkosh GRE Prep Class is ideal for those seeking to begin an advanced degree from a wide range of fields. Our GRE preparation curriculum is a program developed by a test-preparation experts. You'll receive 24 hours of targeted instruction to help you fully prepare for the GRE. In addition, the GRE Prep Class course materials include GRE practice tests, so you can practice the skills and strategies you are learning in class on real test questions. You'll master strategies to improve your GRE score with the help of experienced GRE instructors who care about your success.

Variety of start dates – visit our website for details

Cost: \$749

uwo.sh/gre-prep

YOUR LIFE DOES NOT GET BETTER BY CHANCE. IT GETS BETTER BY CHANGE.

PROFESSIONAL DEVELOPMENT

**REGISTER
ONLINE AT
[CE.UWOSH.EDU](https://ce.uwosh.edu)**

CALMING THE ANXIOUS BRAIN

For educators and youth workers: Learn about the four youth personalities that professionals struggle with in the classroom and beyond. Become confident in utilizing healthy and wholistic strategies to calm youth with trauma and determine common triggers for youth and professionals.

Dates: Mon, Feb 6, and Feb 20

Time: 5:30pm-7:30pm

Location: UWO Fox Cities Campus

Cost: \$39

Instructor: Tammy J. Ladwig, PhD.
UWO Professor of Teaching & Learning and Women and Gender Studies

HELPING STRUGGLING READERS: THE SCIENCE OF READING & DYSLEXIA

Scientific research across multiple fields has shown consistent and converging evidence about why some students have trouble with reading, writing, and spelling. As a result of this research the term "Science of Reading" (SOR) has been coined. SOR studies how our brains learn to read, write, and spell. This workshop will introduce participants to the SOR, dyslexia, and support systems for struggling readers.

Dates: Wed, Mar 22, 29 and Apr 5

Time: 5:15pm-6:30pm

Location: Online

Cost: \$59

Instructor: Kelly Steinke, MA Ed.,
NBCT, UWO Instructor

ADOLESCENT HEALTH SYMPOSIUM

Join a diverse community of lifelong learners and return to your organization with new and exciting strategies for working with youth! Each year, we bring together experts in the field and discuss a variety of trending topics in the areas of health education and adolescent wellness. This year's topics include:

- Track 1: Risk Factors
- Track 2: Health Promotion and Protective Factors
- Track 3: Emerging Health Issues

This professional development opportunity is perfect for educators, health providers, social service workers, parents and more. University Credit is available and up to 0.9 CEUs can be awarded for full participation in the Symposium. Visit uwo.sh/ahs for complete workshop descriptions.

Date: Feb 16-17, 2023

Location: Virtual via Zoom

Cost: \$174 early bird for an individual, group and student rates available





**YOUR FUTURE.
YOUR WAY.
ON YOUR TIME.**

**100% ONLINE
NO ENTRANCE EXAMS**

**BACHELOR'S DEGREES
GRADUATE DEGREES
PROFESSIONAL CERTIFICATES**

GRADUATE

- EDUCATIONAL LEADERSHIP AND POLICY

UNDERGRADUATE

- ASSOCIATE OF ARTS AND SCIENCES
- COMMUNICATION STUDIES
- CRIMINAL JUSTICE
- HUMAN SERVICES LEADERSHIP
- LEADERSHIP AND ORGANIZATIONAL DEVELOPMENT
- MEDICAL IMAGING [DEGREE COMPLETION]

CERTIFICATES

- CERTIFICATE IN FORENSIC INVESTIGATION
- PROFESSIONAL COMMUNICATION
- WEB DESIGN

UWO.SH/ONLINE • OCE@UWOSH.EDU • (920) 424-0234

OSHKOSH, FOND DU LAC AND FOX CITIES CAMPUSES

SPRING 2023 | 23

UW OSHKOSH ONLINE

IN COLLABORATION WITH UW EXTENDED CAMPUS

**100% ONLINE.
NO ENTRANCE EXAMS.**



GRADUATE CERTIFICATES

- APPLIED BIOINFORMATICS
- DATA SCIENCE
- SUSTAINABILITY AND WELLBEING

UNDERGRADUATE

- ASSOCIATE OF ARTS AND SCIENCES
- APPLIED COMPUTING

GRADUATE

- APPLIED BIOTECHNOLOGY
- CYBERSECURITY
- DATA SCIENCE
- INFORMATION TECHNOLOGY MANAGEMENT
- SUSTAINABLE MANAGEMENT

UWO.SH/ONLINE • OCE@UWOSH.EDU • (920) 424-0234

PROFESSIONAL DEVELOPMENT

CYBERSECURITY AND DIGITAL RISK MANAGEMENT CERTIFICATE

The UW Oshkosh Cybersecurity and Digital Risk Management Certificate provides learners with foundational knowledge of Cybersecurity concepts, threats, and risk management practices to help support a more secure organizational environment. A general understanding of technology is recommended; however, the coursework is designed to be approachable for all levels of learners who want to gain a better understanding of the Cybersecurity landscape.

- Duration: Up to 16 weeks, divided into seven modules
- Modality: Online, self-paced with access to the instructor at any time, non-credit
- Technology: The course will be instructed using the Canvas platform, including readings, videos, discussions and quizzes.
- Time: Students should anticipate eight to 10 hours of coursework per module.
- Materials: All content is included in the course modules, no textbook is required. Login information will be provided approximately one week prior to the course start date.
- Additional Information: The seven modules must be completed in sequence. A certificate of completion will be issued upon the conclusion of Module 7.

Dates: Feb 1 – May 31, 2023

Cost: Register before Feb. 1, 2023: \$949 for the full certificate (\$150 savings); Register on or after Feb. 1, 2023: \$1099 for the full certificate

<https://uwo.sh/ce-cybersecurity>

DIGITAL COMMUNICATIONS CERTIFICATE

Focus on creating meaningful virtual connections. Brush up on your verbal and non-verbal communications skills and receive tactics to be more effective. Learn about the technology available, how to use it and how to troubleshoot common problems. Get up to speed quickly so that you may communicate more effectively and increase your influence professionally & personally. This is a flexible, self-paced, online certificate.

Cost: \$299

About the Instructors:

KRISTIN BOCK is a certified body language specialist and holds a Bachelor of Arts degree in Psychology. Kristin has worked in the non-profit world for 25+ years and throughout her various positions has become increasingly aware of the true power of body language.

MICHAEL PATTON is a Lecturer in the Information Systems department within the UWO College of Business. He earned his MBA and MSIS from UWO and his BA in Political Science from the University of Iowa. He has held leadership positions in Information Systems for organizations of varied size and industry for over 20 years.

uwo.sh/digital-communications

PARTICIPANT FEEDBACK: *"It was very helpful and has impacted how I interact with people over Zoom!"*

PROFESSIONAL DEVELOPMENT

DATA ANALYTICS BOOT CAMP

Students who complete the University of Wisconsin Data Analytics Boot Camp will develop concrete, in-demand data skills and will be ready to apply what they learn in the professional world!

- Learn Intermediate Excel, Python, JavaScript (D3.js, Leaflet.js), HTML5/CSS, API Interactions, SQL, Tableau, Fundamental Statistics, Machine Learning, R, Git/GitHub, and more.
- Complete projects using real data sets from the worlds of finance, healthcare, government, social welfare and more. Use your portfolio to demonstrate that you can use your data skills to solve real business problems.
- Study part-time through an innovative online format, combining engaging content to work through on your own schedule and interactive live classes with expert instructors.
- Benefit from a wide range of career services to position you for success as you work to advance in your current career or seek a new opportunity.
- Develop concrete, in-demand data skills. Graduate from the program ready to apply your knowledge in the professional world.

Dates:

Next Cohort: April 24 - Oct 19, 2023

uwo.sh/data-analytics-bootcamp

CODING BOOT CAMP

Gain key skills for a career in web development. The University of Wisconsin Coding Boot Camp is designed to prepare students with the knowledge needed to tap into today's digital economy. Through a hands-on, part-time schedule, you benefit from market-driven curriculum and dedicated support.

- Learn front- and back-end technologies through a full stack curriculum including HTML, CSS, JavaScript, database theory, Git and more.
- Gain in-depth knowledge from trained instructors with professional industry experience and receive additional support from tutors outside of class.
- Build a comprehensive portfolio of applicable projects to showcase your skills to future employers.
- Demonstrate your achievements with a Certificate of Completion from the University of Wisconsin.

Dates:

Next Cohort: Feb. 27-Aug. 17, 2023

Summer Cohort: May 22-Nov. 16, 2023

uwo.sh/coding-bootcamp



Data Analytics Boot Camp

Spring Cohort: Apr 24 - Oct 19

Coding Boot Camp

Spring Cohort: Feb27-Aug 17

Summer Cohort: May 22-Nov 16

Visit bootcamp.wisconsin.edu/data/



24/7 On Demand Academic Support

to help you stay on track and succeed in the program



University-Backed Educational Materials

that are in line with local market demands so you can stand out to employers



Exclusive Access to 260+ Employer Partners

through the Career Engagement Network

"It was a great, informative, and well-paced program that helped me master everything from the basics of coding to the complex intricacies of databases, servers and development patterns."

- CARLOS C., TRILOGY-POWERED BOOT CAMP LEARNER



**Learn from the
comfort of home!**

24-Hour Access

Discussion Areas

6 Week Format

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

**Complete any of these
courses entirely from
your home or office
and at any time of the
day or night.**

Prices start
as low as: **\$115**

INSTRUCTOR-LED ONLINE COURSES

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Discover Sign Language

It's truly amazing how much you can communicate just by using your hands. Add in different facial expressions, and you have a full conversation! In this course, you will discover how to use this graceful, expressive language to communicate.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language. This course will provide you the skills to write SQL queries to create tables, retrieve data from single or multiple tables, manipulate data in a database, and gather statistics from data stored in a database.

Project Management Fundamentals

Master the essentials of project management with an experienced Project Management Professional as your guide. This course provides the concepts you need to plan, implement, control and close any type of project.

Real Estate Investing

Discover how to make money in real estate, even if you have little to start with. This course includes specially designed worksheets and hands-on activities to take the guesswork out of your investing in the real estate market.

Start Your Own Small Business

Learn how to transform your passion and talent into a viable small business. This course will teach you about financing, marketing techniques, employee management, policy writing, and time management - everything you need to know to start your very own small business.

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. In no time, you will be able to hold conversations. This course is designed for anyone who wants to learn Spanish *pronto*.

To enroll or learn more, visit or call us at:

(920) 832-2636

uwfox.course.online

FOR SOCIAL WORKERS, PROFESSIONAL COUNSELORS, AND MARRIAGE AND FAMILY THERAPISTS:

ETHICS AND BOUNDARIES IN TRAUMA WORK: UNIQUE CHALLENGES AND OPPORTUNITIES

Social workers and other mental health professionals are on the front lines of addressing the multitude of social ills that result from trauma exposure. This workshop examines the unique ethical questions raised by our work with trauma survivors. Participants will explore the adequacy of current definitions of trauma and ways our profession can address traumatizing effects of toxic stressors such as racism, poverty and other forms of oppression. CEH/CEUs: 4.5 CEHs/0.4 CEUs

Date: Fri, Jan 27; 9am-1pm

Location: Virtual via Zoom

Cost: \$99, discounts available for current UWO students

Instructor: Debra Minsky-Kelly, LCSW

ETHICS AND BOUNDARIES IN A WORLD OF TECHNOLOGY

The management of ethics, boundaries, and confidentiality in a world of constantly emerging technology and social media is especially challenging for human service professionals. This workshop will address the technology challenges encountered during the provision of human services. Strategies will be discussed utilizing the recently updated NASW Technology Standards and current best practices from the literature.

CEH/CEUs: 4.5 CEHs/0.4 CEUs

Date: Fri, Feb 10; 9am-1pm

Location: James P. Coughlin Center, 625 E. County Rd. Y, Oshkosh, WI 54901

Cost: \$99, discounts available for current UWO students

Instructor: Jeanne Wagner, MSW, LCSW, ACSW

DO YOU SEE WHAT I SEE? SEEING CLIENTS IN NEED THROUGH A TRAUMA LENS

We invite you to join us for an interesting and interactive workshop on trauma informed care. In this workshop, we will explore the wide-ranging impact trauma has on children and adults. We will use a neurodevelopmental and attachment-based approach in our presentation. We will also cover strategies to use in your practice..The following self-paced, short courses are being offered virtually. Visit our website for full descriptions. Sign up anytime!

- Approaches to Difficult Situations
- Harm Reduction
- Helper as a Person
- Multiculturalism
- Reducing Stress Through Self Care
- Service Planning
- Stages of Change
- Therapeutic Communication

CEH/CEUs: 4.5 CEHs/0.4 CEUs

Date: Fri, Feb 24; 9am-1pm

Location: James P. Coughlin Center, 625 E. County Rd. Y, Oshkosh, WI 54901

Cost: \$99, discounts available for current UWO students

Instructor: Stacey Otto, OCSW, IMH-E® and Elizabeth Pupeter, MT-BC, WMTR

Visit uwo.sh/sw-workshop for more information and to register.

SAVE THE DATE FOR THE NORTHEAST WISCONSIN SUICIDE PREVENTION SUMMIT: FOCUS ON RESILIENCY

This program is a collaboration with UW-Green Bay and the Center for Suicide Awareness. Visit our website for more information.

CEH/CEUs: 6 CEHs/0.6 CEUs

Dates: Thu, May 11; 8:30am-4:15pm

Location: Virtual via Zoom

Cost: \$99 for professionals, \$25 for students

REGISTER TODAY

FOR SPRING 2023

REGISTER ONLINE: [CE.UWOSH.EDU](https://ce.uwosh.edu)

HOW TO REGISTER

Payment is due in full upon registration, except for travel options.

MAIL: Complete the registration form on the last page and mail with payment.

ONLINE: [CE.UWOSH.EDU](https://ce.uwosh.edu)

You can register online and pay with check or credit card (Visa, MasterCard, or Discover)

IN PERSON: Please call in advance to determine if the Office of Continuing Education is open for in-person registration.

PHONE: Call 920-832-2636 and we will assist you with registration. **NOTE:** We do not take credit cards over the phone, but you are able to register yourself and use a credit card.

REFUNDS: Refunds will be made if the Continuing Education Office is contacted one full week prior to the start of the class. No refunds will be given after this date. This does not apply to travel opportunities where reservations need to be made in advance. UWO reserves the right to cancel a course due to low enrollments and full refunds will then be given. Some exclusions apply.

NOTE: Courses, dates and fees are subject to change.

COURSE CONFIRMATION:

Registration confirmation is sent one week prior to class starting (via email). If you do not receive confirmation that your class is running, please contact us at UWO, Fox Cities at 920-832-2636 or 920-929-1153.

FAQs

HOW WILL I KNOW IF MY CLASS IS CANCELED DUE TO WEATHER?

If the campus is open, we will hold classes. In the event your class session is canceled, we will make every effort to contact participants with the contact information provided to us. If a participant elects to not attend due to weather, no credit or refund will be given.

I WON'T BE ABLE TO ATTEND. HOW DO I CANCEL MY ENROLLMENT?

- If you need to cancel your enrollment, contact the corresponding campus Continuing Education Department via phone. If you cancel one week or more ahead of the class start date, a refund will be issued to you, but **SOME** exceptions may apply depending on the course and specific campus refund policy. If less than one week notice is given, you will not be eligible to receive a refund.
- Educational Travel Policy: All travel deposits and payments are non-refundable due to mandatory deposits made on your behalf.

DO I NEED TO PURCHASE A TEXTBOOK OR ANY SUPPLIES FOR MY COURSE?

Textbook and supply information can be found on the Continuing Education registration website within the course description and will be sent via email with the class confirmation approximately one week prior to the start of your class. Students are responsible for making sure that they have all of the materials for the course prior to the start date. If texts are required, you will be notified in advance. Required texts can be purchased at a local book store or through an online venue.

EXPRESS SIGN UP

REGISTER ONLINE CE.UWOSH.EDU

or complete and submit the form below

**ALL information MUST be completed
for your registration to be processed.**

Mail completed form with payment for selected courses to the address below.

Please Print

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

HOME ☐ WORK ☐ CELL ☐

EMAIL _____

Please provide email address.

This will be our main method of communicating with you.

COURSE TITLE	CAMPUS	FEE
FEES ARE DUE WITH REGISTRATION	TOTAL FEES	

REGISTRATION FEE ENCLOSED

Check No: _____ Check Amount: _____

Please make your check payable to UW Oshkosh OCE.

Mail completed registration form with check enclosed to:

UWO Fox Cities
Continuing Education
1478 Midway Rd.
Menasha, WI 54952
920-424-1129
uwosh.edu/conted

TO REGISTER AND PAY ONLINE by
debit/credit, go to CE.UWOSH.EDU

VISA

MasterCard

DISCOVER

How did you learn about UWO Continuing Education?

☐ Direct Mail ☐ Email ☐ Website ☐ Facebook ☐ LinkedIn

☐ Senior Center ☐ Library ☐ Magazine Ad ☐ Word of Mouth

☐ Other _____

Need another registration form? Feel free to make a copy!

Suzanne Lawrence, Director of Continuing Education | lawrences@uwosh.edu

NON-PROFIT ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 239
OSHKOSH, WISCONSIN

UNIVERSITY OF WISCONSIN OSHKOSH
UWO FOX CITIES

1478 Midway Rd. / Menasha, WI 54952



EDUCATIONAL TRAVEL PAGES 8-12



CE.UWOSH.EDU



Like us on Facebook @ UWOCContinuingEducation