Computers

Basic Excel
Basic Microsoft® Excel 2013 provides thorough introductory training of Excel 2013. This course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Excel. Topics introduced include the Ribbon interface; entering and editing data; selecting cells and ranges; printing worksheets; creating formulas and functions; formatting cell contents; inserting and deleting columns, rows, and cells; charts; and more. **Textbook Required**

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Basic Word
Basic Microsoft® Word 2013 provides thorough introductory training of Word 2013. This course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Word. Topics introduced include the Ribbon interface, working with text, printing, using proofreading tools, creating bulleted and numbered lists, tables and forms, and more. **Textbook Required**

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Health Care

Certified Nurse Aide/Nurse Aide for Healthcare
Prerequisites: Minimum age 16, screened for non-hirable offenses. Must lift and move residents with no physical restrictions. Must complete 64 hours of 72 hour course, and 44 clinical hours. **Students must provide valid photo ID, SS card, and up-to-date immunization records when registering.**

This program is preparation for entry level nursing assistants to achieve a level of knowledge, skills, and abilities essentials to provide basic care to residents of long-term care facilities. Topics include residents’ rights, communication, safety, observation, reporting, and assisting residents in maintaining basic comfort and safety. Emphasis on effective interaction with members of the healthcare team.

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Textbook required ($60.00)

CPR Skills Check
Prerequisites: Must have completed a classroom course in the past and feel comfortable with your skills. Must bring copy of AHA online course certificate.
1. Log in to your OnlineAHA account
2. Click My Courses
http://www.onlineaha.org/
Contact 940-552-6291 ext. 2292 to set your date.

Pre-Registration is required for all classes.
Call 940-552-6291 ext. 2210

WWW.VERNONCOLLEGE.EDU/CE/ (940)-696-8752 OR (940) 552-6291 EXT. 2210

M=Monday T=Tuesday W=Wednesday R=Thursday F=Friday S=Saturday N=Sunday
### Personal Enrichment

**Modern Square Dancing**

*Allemande left* and a *dosa do*, kick up your heels and go man go. Come out and learn the basics of modern square dancing. Partner not required, wear comfortable shoes and be prepared to have fun. This is a great family orientated activity for ages 9 and up. This class is designed to teach new dancers the moves required to square dance around the world. The class is a three part series; six lessons in each session.

- **Session I:** 9/10-10/15 7:30 PM-9:00 PM  
  $10/person  
  CEU 0520V101 and 102
- **Session II:** 11/5-12/1 7:30 PM-9:00 PM R  
  $10/person  
  CEU 0520V101 and 102

**Bake Shop**

In this class, you will learn the basics of cake decorating from a very talented instructor. These basic instructions include icing techniques, borders, start tip techniques, shells, zig zags, writing and figure piping. You will also learn icing flowers, including the rose, utilizing various pastry tips.

- **9/15-10/20** 7:00 PM-8:30 PM T  
  $55  
  CEU 0269V101

**Daughters of the American Revolution (DAR) Genealogy Workshop**

Please join Western Trail Chapter, NSDAR and Vernon College as we help you discover your ancestors. The “hands-on” learning experience in a computer lab will provide you with the latest tips in genealogical research on the internet, family tree software applications, and maneuvering through ancestor websites. **Please bring a sack lunch.**

- **11/7** 9:00 AM-2:00PM S FREE  
  CEU 1705V101

**DNA and Genealogy Seminar**

DNA – The Cutting Edge of Genealogical Research

Have you seen the ads and are considering having your DNA tested? Were you tested and have no idea what your results mean? This seminar will provide information on the three types of DNA testing; how to interpret your DNA results; and using DNA in genealogical research. Whether you’re interested in your ancestral origins and ethnicity; the migration of your people; or want to connect with long lost family, this three hours seminar will help you better understand and use your results to their fullest.

- **11/14** 9:00 AM-12:00 PM S $15  
  CEU 1704V101

**Art of a Cowboy: Oil Painting Workshop**

Steven Boaldin, well-known artist will be traveling from Edmond, Oklahoma to demonstrate his unique oil painting technique. There will be a question and answer session to follow, as well as, attendees are invited to bring their own work to share. Mr. Boaldin is a cowboy artist and was a graphic artist for the Oklahoman Magazine. He was a commercial artist for 35 years before quitting to paint and share his work full time. He has a television show in Oklahoma called “The Art of a Cowboy”. Mr. Boaldin travels to ranches all over the US to observe his subject in person. You can see his amazing work for yourself on his website [www.artofacowboy.com](http://www.artofacowboy.com)

- **TBD** 9:00 AM-12:00 PM S $40  
  OR ATTEND BOTH SESSIONS FOR $75
- **TBD** 5:00 PM-8:00 PM S $40

**Conversational Sign Language**

This is a wonderful class for students who want to begin to learn sign language. American Sign Language will be taught. The instructor can accommodate many skill levels. Books will be provided for the duration of the class. Come and learn how to communicate by signing in this beginner’s level class!

- **10/3-10/24** 9:00 AM-1:00 PM S $110  
  SNLG1000V101

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**WWW.VERNONCOLLEGE.EDU/CE/  (940)-696-8752 OR (940) 552-6291 EXT. 2210  
M=Monday T=Tuesday W=Wednesday R=Thursday F=Friday S=Saturday N=Sunday**
Fall 2020 Continuing Education
Vernon Schedule – Vernon Campus

Personal Enrichment Continued

Holiday Floral Arrangements
Create your own holiday floral arrangement
Learn to create festive holiday arrangements to brighten your home for the holidays. All flowers and supplies are included.
Students must bring their own container.
TBD 7:00 PM-9:00 PM T $55
CEU 1333V101

Supervisors' Boot Camp
This workshop is a crash course in supervision, designed to teach supervisors how to handle the many difficult and common situations they will encounter with employees on a daily basis. Topics included in this seminar: Moving from peer to supervisor, supervisory roles and liability, employment law basics for supervisors, equal employment opportunity and sexual harassment, basic interviewing do’s and don’ts, conducting performance feedback, disciplinary actions, lawful terminations, supervisor’s roles in handling unemployment claims and effective meeting management.
10/29 8:30 AM-4:30 PM R $99
BMGT1020V101

SAIL – 55 PLUS CLUB
SENIORS ACTIVE IN LEARNING

SAIL is a membership club specially designed for adults 55 years of age and older.

A SAIL membership will include:
➢ Unlimited use of the King Fitness Center
➢ Access to PERSONAL ENRICHMENT classes**

Members will need to register for any personal enrichment class they wish to attend at NO charge.
**Some exceptions may apply

Get involved and get active at Vernon College!

Membership Fee: $75/semester

COOKING WITH FRIENDS:
Culinary Art Made Casual

Vernon College is excited to offer these special cooking classes on our Vernon Fall schedule. Each class will be held at the Culinary Academy in Burkburnett on a Saturday from 11:00am – 2:00pm for $30.00/person

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<td>October 24th</td>
<td>Cuban</td>
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<td>November 14th</td>
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Pre-registration is required

VERNOR COLLEGE
FALL HOURS:
MONDAY – THURSDAY
8:00 AM – 6:00 PM
FRIDAY
8:00 AM – 12:00 PM

WWW.VERNONCOLLEGE.EDU/CE/ (940)-696-8752 OR (940) 552-6291 EXT. 2210

M=Monday T=Tuesday W=Wednesday R=Thursday F=Friday S=Saturday N=Sunday
King Center Memberships:

September 1st – December 17th

Individual: (For persons 16 years & up) $50
Husband & Wife: $75
Senior: (For persons 60 years & up) $25
Family: $100

(For persons living in the same household. Children under the age of 13 must have adult supervision in the pool. Members must be at least 16 years of age to use the weight room.)

If you are interested in becoming a member of the King Center, here’s what you need to do:
1. Register with Admissions located in the Osborne Administration Building, Monday-Thursday 8am-5:30pm (you will need the social security number of each person you wish to register)
2. Go to Business office to pay and have your Student I.D. made.
3. All members and students will be required to show their I.D. cards at the King Center for access every time.

Check with your insurance provider to see if you are eligible for the program.

WWW.VERNONCOLLEGE.EDU/CE/

M=Monday T=Tuesday W=Wednesday R=Thursday F=Friday S=Saturday N=Sunday
Explore Career Training Opportunities ONLINE

Medical

Health and Fitness

Computer Applications
https://careertraining.ed2go.com/vernonedu/computer-applications-programs/

Arts and Design
https://careertraining.ed2go.com/vernonedu/arts-and-design-programs/

Event Planning
https://careertraining.ed2go.com/vernonedu/hospitality-programs/

Click Here for more options: https://careertraining.ed2go.com/vernonedu/

Enhance your Personal and Professional Skills ONLINE

Computer Skills
https://www.ed2go.com/vernonedu/online-courses/computer-courses/

Digital Photography

Grant Writing
https://www.ed2go.com/vernonedu/online-courses/grant-writing-a-to-z/

Sign Language
https://www.ed2go.com/vernonedu/online-courses/learn-sign-language/

Spanish Series
https://www.ed2go.com/vernonedu/online-courses/learn-sign-language/

Digital Marketing
https://www.ed2go.com/vernonedu/online-courses/digital-marketing-courses/

Click Here for more options: https://www.ed2go.com/vernonedu/
Vernon College Online Learning Resource Center for Medical Office Staff powered by PMI

COVID-19 Medical Practice Management Recovery And Survival Guide

HIPAA Rules You Need to Know

Telehealth & COVID-19 Bundle

Click Here for more options:
https://www.pmimd.com/wichitafalls/

Continuing Education for K-12 Educators

Advanced Classroom Management
Behavior is Language
Child Abuse: Working with Abused and Neglected Children
Drugs & Alcohol in Schools: Understanding Substance Use & Abuse

These are just some of the options waiting for you!

Click Here:
https://www.virtualeduc.com/email-marketing/Fall_20/vc.html

Texas Defensive Driving

Click Here:

This course is State approved by the TDLR as CP-090 and powered by ticketschool.com
Firefighter Academy
Information packets and admittance request forms will be located online. [www.vernoncollege.edu/fast-track](http://www.vernoncollege.edu/fast-track). Look for packet in September 2020.
For further information contact: Rusty Downs - rdowns@vernoncollege.edu

CULINARY ARTS/HOSPITALITY ACADEMY NOW IN WICHITA FALLS!!! COME SEE US NOW TO REGISTER!

**Introduction to Hospitality Industry**
Identify the segments and career opportunities in the hospitality industry; discuss current issues facing the hospitality industry; and discuss the impact of customer service.

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**Sanitation and Safety**
A study of personal cleanliness; sanitary practices in food preparation; causes, investigation, control of illness caused by food contamination (Hazard Analysis Critical Control Points); and work place safety standards. Identify causes of and prevention procedures for food-borne illness, intoxication, and infection; demonstrate good personal hygiene and safe food handling procedures; describe food storage and refrigeration techniques; explain sanitation of dishes, equipment, and kitchens including cleaning material, garbage, and refuse disposal; and discuss Occupational Safety and Health Administration (OSHA) requirements and effective workplace safety programs. ServSafe certification included.

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**Basic Food Preparation**
A study of the fundamental principles of food preparation and cookery to include Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition, and professionalism. Demonstrate skills in knife, tool and equipment handling, and operate equipment safely and correctly; demonstrate proficiency in dry and moist heat cooking methods; produce a variety of food products applying principles of food handling and preparation; and implement professional standards in food production.

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**Nutrition and Menu Planning**
Application of principles of nutrition in planning menus for the food service industry. Trace the changes in nutritional requirements of the human body throughout the lifecycle; associate nutrients to their related food groups; identify foods in the food pyramid; recognize substitutions in the food exchange program; and prepare a menu for a target group assuring nutritional needs are met.

11/18-2/22  5:30pm – 7:30pm  MTW  $400

**Hospitality Facilities Management**
Identification of building systems, facilities and sustainability management, and security and safety procedures. Describe the role and function of the engineering and maintenance department of lodging and food service establishments; describe the purpose of security procedures for guest protection, internal control, and ADA building requirements; and analyze the selection factors for contract maintenance services.

1/11-2/17  7:30pm – 9:30pm  MTW  $200

**Intermediate Food Preparation**
Continuation of previous food preparation course. Topics include the concept of pre-cooked food items, as well as scratch preparation. Covers full range of food preparation techniques. Master the identification of spices, oils, and vinegars; discuss and prepare various protein foods; discuss and prepare various fruits, vegetable, starches, and farinaceous dishes; and discuss and prepare sandwiches and salads.

3/2-5/26  5:30pm – 9:30pm  TW  $925

**Hospitality Human Resources Management**
Principles and procedures of human resource management in the hospitality industry. Describe the procedures involved in recruiting, interviewing, selecting, hiring, training, developing, and terminating employees; and describe federal and state laws and regulations relating to human resources management.

3/1-5/24  5:30pm – 9:30pm  M  $300

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**FUNDING OPPORTUNITIES AVAILABLE FOR ALL ACADEMIES!**
CALL 940-696-8752 EXT 3213 FOR MORE INFO!
DRILLING FLUID TECHNICIAN

Prerequisites: 21 Years of Age, Competent communication skills, Basic computer skills, Competent with the use of handheld scientific calculators, Pass math pre-test before course registration. Attendance is mandatory.

In this entry level course, the Drilling Fluid Technician will gain the knowledge, skills and competencies essential to evaluate drilling fluids and systems. The 200 hour course topics include calculations, treatments and techniques, petroleum regulations, petroleum safety, chemical process technologies, fluid compositions, chemical safe handling practices, well control principles and fluid composition reporting and treatment recommendations.

9/14-10/16 8:00am - 5:00pm MTWRF $6000

Court Reporting: Coming in 2021!!!!

This program will begin as an online program lasting 18 months. There will be 6 modules to complete each lasting 11 weeks. Each module consists of 3 sections. Students will be responsible for renting or purchasing a book and equipment. Approximate cost of the program is $7200.00, payment can be made per module. Call for more information regarding books and equipment rental or purchasing! An A to Z class will be held in late July for those interested in finding out more about this program.

January start date TBD 6:00pm - 9:00pm MTW $1200 Module 1

COMPUTERS:

Essential Computing Skills

Designed for the beginner, it’s an easy, fun way for computer novices to learn how to use computers, components of a typical computer, computer concepts, controlling programs, managing files, the Internet, the Cloud, email basics & overview of common applications/software.

9/14-9/23 6:00 PM-8:30 PM MW $57
10/10-11/7 9:00 AM-11:00 AM S $57

Excel Refresher

Brush up your skills with instruction in terminology, program parameters, display characteristics, formatting features, mathematical functions, and printing. Demonstrate basic spreadsheet concepts and create; formulas/functions, charts, graphs, and generate reports.

9/12-10/3 9:00 AM – 11:00 AM S $45

Basic Excel

Basic Microsoft® Excel provides thorough introductory training. This course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Excel. Topics introduced include the Ribbon interface; entering and editing data; selecting cells and ranges; printing worksheets; creating formulas and functions; formatting cell contents; inserting and deleting columns, rows, and cells; charts; and more.

9/28-10/7 6:00 PM – 8:00 PM MW $45
11/14-12/12 9:00 AM – 11:00 AM S $45
Intermediate Excel
Intermediate Microsoft® Excel provides thorough hands on training. Topics include large worksheets and workbooks tables; outlines; inserting clip art; pictures and SmartArt; templates; digital signatures; and more.

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Word Refresher
Get hands on experience for beginning level skills. Topics include the Ribbon interface, working with text, printing, using proofreading tools, creating bulleted and numbered lists, tables, forms and much more.

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HEALTH CARE:

Certified Nurse Aide/Nurse Aide for Healthcare
Prerequisite: Minimum age 16, screened for non-hirable offenses. Must present: SS card, valid photo ID and updated shot records upon enrollment.

Must lift and move residents with no physical restrictions. Must complete 64 hours of the 72 hour course and 44 clinical hours. For entry level nursing assistants to achieve a level of knowledge, skills, and abilities essential to provide basic care to residents of long-term care facilities.

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CPR Basic Life Support (Healthcare Providers)
Prerequisites: Please wear appropriate clothing to be on floor.
The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

In the classroom, students participate in simulated clinical scenarios and learning stations. Students work with an AHA BLS Instructor to complete BLS skills practice and skills testing. Students also complete a written exam. American Heart Association BLS for Healthcare Providers Course Completion Card is valid for two years.

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CPR Recertification Skills Check
Need skills verification after completing online course?
A skills session is the hands-on portion of an AHA eLearning course & includes Parts 2 and 3 skills practice & testing. This course is designed for the renewal candidates who have completed the AHA online courses
http://www.onlineaha.org/

It is conducted in person by an AHA instructor after a student completes Part 1 online. REQUIREMENT FOR ANY MEDICAL PROGRAM:
BLS BASIC LIFE SUPPORT - HeartCode BLS (#15-3254)
(2 hour online course $28.50)
Must bring two copies of Online AHA completion certificate to Skills Check session or skills cannot be performed & no refund will be allowed.
Must register by noon the Tuesday prior to the preferred class date.

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PHLEBOTOMY:

Phlebotomy Certification I
Prerequisites: Minimum age 18, high school diploma or GED. No felony convictions. Must present updated shot records upon enrollment. Good hygiene and health. No artificial/sculptured nails or nail tips. The Phlebotomy Certification program is a marketable skills program that generates an institutional certificate.

8/25-10/15 6:00pm – 9:00pm TR $290

Phlebotomy Certification II
Prerequisites: Successful completion of Phlebotomy I. The Phlebotomy Certification program is a marketable skills program that generates an institutional certificate. Upon completion of Phlebotomy I and II, you will have an opportunity to take a national certification exam.

10/21-12/9 6:00pm – 9:00pm W $561

HUMAN RESOURCES

SHRM Essentials of Human Resource Management
Prerequisites: Must be registered one week before start date.
The SHRM Essentials of Human Resource Management course offers a broad overview of the human resource functions. It covers today’s most vital and timely topics, including employment law, selecting qualified employees, compensation, orientation and training, and the employee performance process. SHRM Essentials of Human Resource Management material included in tuition.


11/5-11/12 8:00 AM-4:30 PM R $485

SHRM Learning System: HR Certification Test Prep
Prerequisites: Must be registered one week before start date.
This intensive 12 week program combines expert instruction with the most current SHRM Learning System, so you will learn faster, retain more knowledge and stay on track as you prepare for the exam. SHRM Learning System material is included in tuition.

9/9-12/2 6:00pm – 9:00pm W $1095

Hire Right
There may be no fool proof way to improve your odds in hiring the best person for your company/office but this course can certainly improve those odds! Learn more about: Recruiting and selection process, How to evaluate applications/resumes, Pre-hire testing, How to conduct a proper interview, Drug testing and physical exams Job offers, and Putting it all together!

10/28 8:00 AM-12:00 PM W $60

PROFESSIONAL DEVELOPMENT:

Conflict Management for Supervisors & Managers
Is workplace conflict taking time away from important tasks? Taking your focus off providing high quality products and services for your customers? With a few basic tools, you can greatly improve your ability to get a handle on disruptive behaviors before they cause you money and give you a headache.
Topics:
- The cost of conflict
- Basic Conflict resolution techniques
- Basic skills managers need to deal with conflict
- Basic mediation skills managers need
- Harnessing the power of positive conflict for better problem solving
- Through case studies and classroom exercises, attendees will work through common workplace conflict situations and will leave with a plan to improve their skills in managing workplace conflict.

11/3 9:00 AM-4:00 PM T $169
### Certified Medication Aide Update
**Prerequisites: Must bring license number to class.**
Intensive training in an identified pertinent area(s) to meet continuing education and/or review/update requirements associated with professional licensure or certification.

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### Intravenous Therapy-Theory & Techniques
**Prerequisites: Must be a LVN or healthcare professional**
This course teaches the basic theory and techniques of venipuncture, continuous and intermittent intravenous infusions and intra-osseous infusion techniques. Emphasis is on medication administration techniques, venous system physiology, appropriate anatomical site selection, rapid identification of localized and systemic complications of intravenous therapy and methods to decrease infiltration, infection, and extravasation rates associated with intravenous therapy. Special focus upon electrolytes, blood and blood product, lipid and hyperalimentation infusions, and risks of intravenous therapy for pediatric and elder populations.

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### HVAC CEU:
**Occupation Code and Better Business Practices** (TDLR Provider #21931)
Professional Development - Vernon College will offer 8 hour CEU course to meet TDLR requirements.
TDLR provider #1250

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**Must register by noon Friday 10/23/20**

### WOW Customer Service
"WOW! What great customer service!" and recommend your company to others? This workshop has lots of great tips, many of which can be implemented right away. Training includes:
- Know what your customers want
- Build a customer service culture
- Specific customer service behaviors
- Essential skills for serving customers
- It takes a team to provide exceptional customer service
- Problem-solving techniques

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### Developing High Performance Teams
Teams fail to complete their objectives 60% of the time. But when teams work, they outperform a group of individual performers. Teams also differ in how well they perform. There is a difference between teamwork and a high-performance team. In this workshop, we'll discuss how to create teams that not only meet their performance objectives, but exceed them!

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### Supervisors' Boot Camp
This workshop is a crash course in supervision, designed to teach supervisors how to handle the many difficult and common situations they will encounter with employees on a daily basis. Topics included in this seminar: Moving from peer to supervisor, supervisory roles and liability, employment law basics for supervisors, equal employment opportunity and sexual harassment, basic interviewing do's and don'ts, conducting performance feedback, disciplinary actions, lawful terminations, supervisor's roles in handling unemployment claims and effective meeting management.

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### Leadership Skills For Women
In this course, we will examine some of the specific issues that typically hold women back in the workplace and how to overcome them. Take charge of your leadership development today and create your personal plan!

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Time Management
It seems there are never enough hours in the day to get everything done. But get it done it must. In this workshop we will discuss tools, tips and techniques to be more effective and efficient. Training includes:
- Being efficient versus being effective
- The myth of multi-tasking
- Essential skills for getting them most out of the day
- Time-tested tips, tools and techniques
- Adapting project management practices to your work
- The digital age: foe or ally?
This training is appropriate for anyone who wants to get more done with less stress.

9/30 8:00 AM – 12:00 PM W $60

IADC Well Control Level 4 Supervisor
The objective of this course is to teach well control competency to toolpushers, OIMs, wellsite supervisors, superintendents, and engineers. A secondary objective is to prepare participants for IADC WellSharp well control certification exam. Certification can be taken for Surface or Combined Surface and Subsea. BOP equipment, drilling fluids, barrier management, kick detection, shut-in procedures, kill sheets, various methods of well control, and organizing a well control operation are all taught in this course. A thorough understanding of how well control problems develop, how they should be solved, and how to prevent them are discussed. There is an extensive amount of simulator work in the course with an assortment of simulated problems.

Click here for available fall dates:
https://murchisondrillingschools.com/pages/well-control-level-4

All classes are 8:00 AM – 5:00 PM MTWR
Murchison Drilling School - Duke

IADC Well Control Level 2 Introductory
The objective of this three-day course is to lay a solid foundation in well control. The U-Tube concept, gas laws, basic math skills, pressure basics, kick detection, kill sheet, drilling fluids, BOP equipment, shut-in procedures, and basic methods of well control are all covered. This is IADC WellSharp certification.

10/6-10/8 8:00 AM – 5:00 PM TWR
Murchison Drilling School - Duke
https://murchisondrillingschools.com/pages/well-control-level-2
FALL 2020 Continuing Education
Wichita Falls – CCC Fitness and Personal Enrichment

Fitness Center Hours
Mon – Thurs 7am -8pm
Friday – 8am- 12pm
Saturday – 9am -1pm

Community Fitness Membership
This membership grants community members who are not student's full access to the Fitness Center. (Excludes fitness classes)
8/31-12/18 $50

Fitness Classes

Spin
This class will get your blood moving! High intensity cardio class on stationary bikes with a vibrant instructor. Let the good times roll in this Spin class!
9/2-12/16 7:30AM-8:30AM W $45

Senior Water Aerobics
This is a low impact water exercise class. When it comes to the best exercise for seniors, aqua aerobics or water exercise is the right choice! Water exercise is safe and beneficial to seniors with a variety of fitness levels and abilities.
8/31-12/18 9:00 AM-10:00 AM MWF $65

Metcon Crush
Are you ready to crush your goals while testing your limits? Metcon Crush is specifically designed to push you mentally and physically to the next level of fitness. Michael Alonzo is a personal trainer and will be delivering workouts for this class TWICE a week! From lifting weights, cardio, abs crushing and stretching this class will definitely give you the jump start you need to get healthy this fall!
8/31-12/16 10:30 AM-11:30 AM MW $65

Yoga
Challenge your mind-body awareness in a multi-level Yoga class. Classes will practice a variety of asanas and Pranayama with an emphasis on improving core and overall strength, flexibility, balance and focus. Appropriate for all fitness levels.
8/31-12/28 9:00 AM-10:00 AM TF
AND 6:00 PM-7:00 PM MW $75

Private Swim Lessons
Please contact CCC Fitness Center at 940-689-3765 for more information regarding swim lessons for Fall 2020.

Follow us!
Facebook.com/VCFitnessCenter
Instagram.com/vcfitnesscenter

(940)-696-8752 OR (940)-552-6291 EXT. 3213
WWW.CCC.VERNONCOLLEGE.EDU/CE/
Personal Enrichment Classes

Sign Language for Beginners
This class is wonderful for students interested in beginning sign. American Sign Language will be taught. The instructor can accommodate many skill levels. Books will be provided for the duration of the class. Come and learn how to communicate by signing in this beginner’s level class!

9/15-11/10 6:00 PM-8:00 PM  T  $90

Quilting for Beginners!
Come join this beginner class to show you how to use the sewing machine to create gifts and memories to last a lifetime. This class will teach your way around the sewing machine, to be creative with fabric and using needles to tie up loose ends. Sewing machine preferred if available. A few units will be available to share. You will choose your own fabric to create masterpieces and a trade to pass on to your children and grandchildren. A truly awesome craft that very few still master. Come let us tech you how to begin the art!

9/24-11/12 9:00 AM-12:00 PM  R  $75

Quilting Workshop
Come join the Red River Quilters Guild to learn quilting tips and techniques. Typically the 3rd Saturday of the month. Must bring sewing machine and supplies. Please contact RRQG to register and for more information on supplies.

9/19 9:00 AM-4:00 PM  S
10/19 9:00 AM-4:00 PM  S

Modern Square Dancing
FUN! Good, clean, fun! Couples and singles welcome in this class promoting the enjoyment of square dancing. From experts to beginners, this class will teach you new and old ways to dance. NO dancing experience required. Just a good attitude and a willingness to let loose. Children with parent’s welcome.

9/19 7:00 PM-9:00 PM  T  $25
10/17 7:00 PM-9:00 PM  T  $25

Culinary Around the World
Enjoy an evening cooking up tasty creations. Have a blast in the state of the art kitchen while preparing an appetizer, entrée, and dessert. Enjoy your creations family-style as you conclude your evening. Classes are held at the CEC Center in Wichita Falls.

Cajun
Crab-stuffed catfish filets with Cajun remoulade, dirty rice, maque choux (corn), New Orleans bread pudding with hard sauce.

9/18 6:00 PM-9:00 PM  F  $30

French Pastries!
Learn how to make blitz puff pastry and use it to produce napoleons. Learn how to make pate choux, eclairs, cream puffs, and paris-brest. (A dessert named for the 1910 bicycle race from Paris to Brest.) Please note: A meal will not be served during this class, so please be sure to dine/snack before arrival!

10/16 6:00 PM-9:00 PM  F  $30

Salvadoran Menu
El Salvador pupusas (meat hand pie) with curtido (cabbage salad). Casamiento (black beans and rice), Horchata de Arroz (sweet rice beverage), Quesadilla Salvadorena (Salvadoran Sweet Cheese poundcake).

11/20 6:00 PM-9:00 PM  F  $30

Mexican Fiesta
Mexican Chopped Salad, pork tamales, charro beans and rice. Sopapillas for dessert and Rompope (Mexican eggnog)

12/11 6:00 PM-9:00 PM  F  $30