

Registration

Register NOW!

Many classes fill quickly. Classes may be canceled if minimum enrollment is not met at least three working days before class begins. Register as soon as possible to assure a place in the course(s) you want. We recommend that you register no later than four working days before class. You may register for most classes up until the starting date, but if you delay, the class may either be full or canceled due to insufficient enrollment. Sorry, no registrations are accepted at classes.

Complete the registration form and bring it in, or:

Register online

<http://www.western.edu/extendedstudies>

Once your registration is received and processed, we will send you a confirmation of your enrollment.

Mail it

**Extended Studies
206 Taylor Hall
Western State College
of Colorado
Gunnison, CO 81231**

Call us

at 970-943-2885

Fax us

at 970-943-7068

E-mail us

lnelson@western.edu

Payment

There are four easy ways to pay for classes:

- Cash
- Credit card (Visa, Discover, or MasterCard)
- Check or money order
- Financial Aid (Credit classes for Western students)

Post-Secondary Enrollment Options (PSEO)

High school students who qualify may enroll in credit courses which can be applied toward a college degree or high school credit. Students must be juniors or seniors and must carry a 2.5 grade-point average. Most school districts will reimburse their enrolled students upon successful completion of the course.

Immunization Requirement

Students attending Extended Studies classes must be immunized or sign an immunization waiver.

Western State College of Colorado Extended Studies is a part of the Colorado Statewide Extended Campus. State funds were not used to produce this document.

Scholarships

Colorado's Statewide Extended Studies Program has provided some funds for tuition scholarships which may be used for either credit or non-credit classes.

To apply for a scholarship, contact

Western State College of Colorado Extended Studies,

Layne Nelson, (970)943-2885, 206 Taylor Hall,

or lnelson@western.edu. You must be a Colorado resident to apply.

Academic Course Considerations

- 1. Transcripts.** If you discontinue your participation in a course and do not follow the procedure to acquire an official drop/withdrawal, you will receive a failing grade on your transcript.
- 2. Financial Aid.** If you are receiving financial aid, specific federal, state, and college policies apply regarding refunds and repayments to financial aid programs. Contact Financial Aid for more information.
- 3. Appeals.** You can request an exemption to the drop policy if you feel your situation was beyond your control. Follow the procedures outlined in the Financial Appeal Form and submit to Extended Studies.

Extended Studies Financial Appeal Process

Refunds and drops will be granted based on the policies of Western State College of Colorado Extended Studies.

Students can request an exemption to these policies. Extended Studies will review requests, and exemptions will be granted only if the situation is beyond the control of the

student. Extended Studies staff assumes that students have read and understand the drop policy.

The request must be in the following format:

1. The request should be typed in letter format and addressed to Extended Studies. Only written appeals will be considered. It should be clearly stated whether the request is for a refund and/or drop or withdrawal.
2. The letter should be very thorough, giving specific details. Please include dates and times, especially dates of missed class sessions.
3. If requesting an exemption due to medical reasons, documentation must be provided for this exemption.
4. If requesting an exemption due to work-related reasons, please have your immediate supervisor verify in writing on letterhead from your department, the reasons for which you are requesting an exemption.

When requesting a refund, you must submit the request at the time of drop or within 10 calendar days. It is important to submit the request as soon as possible. The amount of the refund is determined by the drop policy.

Drop Refund Deadlines:

COURSE DURATION	LAST DAY TO DROP	DROP REFUND POLICY
Classes with 5 or more class meetings	Before first class meeting	100% refund
	Before second class meeting	100% refund less \$25 fee
	Before third class meeting	50% refund less \$25 fee
		No refund after 3rd class meeting
Weekend courses and courses with 4 or fewer class meetings	Two weeks prior to the start date of the course	Full refund
	One week prior to the start date of the course	No refund unless a wait-listed student is available.
Math 099 or English 099	Before third class meeting	100% refund
	Before fifth class meeting	50% refund

Withdrawal Deadlines: *(After these deadlines, a failing grade will be recorded.)*

COURSE DURATION	LAST DAY TO WITHDRAW	WITHDRAWAL REFUND POLICY
5 weeks or less	Before third class meeting	No refunds, grade of W recorded
6 weeks or more	Before fifth class meeting	
Weekend courses	Day following the conclusion of the course	No refunds, grade of W recorded
Math 099 or English 099	Before the 14th class meeting	No refunds, grade of W recorded

General Information

For further information about any of the areas listed below or for course information, call Extended Studies at 970-943-2885, stop by 206 Taylor Hall, or e-mail Inelson@western.edu.

Registration and Payment Information

Payment for classes is due with your registration. Telephone registrations, faxed registrations, and e-mail registrations are accepted with a Visa, MasterCard, or Discover number.

Registration Confirmations

Extended Studies staff will call to remind you of class dates and times. You will be notified if there are changes in your class, such as location, time, date, or instructor. If classes are cancelled, you will be notified as soon as possible.

Undergraduate Credit

Undergraduate credit classes offered through Extended Studies are based on semester credits and have the same academic expectations, including class time, as those offered through resident instruction.

Graduate Credit

Some classes are offered for graduate credit through partnerships with colleges which have graduate programs.

Transcript Information

Transcripts for undergraduate credit can be obtained by contacting the Western State College of Colorado Registrar's Office, 970-943-2047. For Adams State College graduate credit transcripts, call Adams State College Records Office, 719-587-7321.

Evaluations

Students have an opportunity to evaluate class content and their instructor at the conclusion of the class. Input from students is important, as it helps improve future classes. Evaluations are anonymous.

Liability Waivers

Classes which present a degree of risk may require your signature on a waiver of liability. Waivers are distributed at the first class meeting and must be signed.

Photograph Policy

Photos of students and instructors in various classes are often taken to promote Western State College of Colorado Extended Studies. Such photos are used in Extended Studies schedules of classes, flyers, and other marketing pieces.

Selective Service Information

Males who are 18 years of age or older, born after 1960, and who are not permanent residents of the Trust Territory of the Pacific Islands or the Northern Mariana Islands MUST be registered with the Selective Service to comply with Colorado law and to register

for credit classes. Individuals not in compliance are subject to penalty of law and to withholding of transcripts.

Textbook/Materials

Textbooks and materials needed for classes are listed in the course descriptions.

Continuing Education Units (CEUs)

The Continuing Education Unit (CEU) is a nationally recognized method of quantifying the time spent in the classroom during professional development and training activities. Ten hours of instruction = 1.0 CEU. One hour of instruction = 0.1 CEU. CEU appear on your Western State College of Colorado transcript; however, they are not college credits and do not fulfill degree requirements.

Prerequisites

Prerequisites for some classes listed in this brochure are mentioned in the course descriptions. Students who enroll in graduate credit must be within 12 hours of receiving their undergraduate degree or must already have graduated.

Refund Policy For Withdrawals and Dropping a Course

The following information pertains to policies and procedures of Western's Extended Studies that affect your enrollment in Extended Studies courses. It is your responsibility to be familiar with these policies, and unless otherwise specified, they apply to all programs and courses.

Drop A Course

Drops from a course result in a refund if they occur during the time-frames specified. The effective drop date is the business day Extended Studies staff received your request. Non-attendance or non-payment does not constitute a drop. Full refunds are not given after that last day to drop.

Withdrawal

A student cancels his/her academic course registration, it results in a withdrawal. Withdrawals occur after the drop deadline, up until the withdrawal deadline. No refunds are issued for a withdrawal. If the student does not officially drop or withdraw from a course, he/she will receive a U (unsatisfactory), F, or TF (Technical Failure) grade for that course.

Cancellations

Extended Studies reserves the right to cancel classes and to make changes when warranted. Participants will be notified if classes are cancelled and will receive a full refund. Checks that are returned for non-payment are assessed a \$17 service charge.



WESTERN STATE COLLEGE OF COLORADO

Extended Studies Registration Form

206 Taylor Hall, Gunnison, CO 81231 • phone 970.943.2885 • fax 970.943.7068

Personal Information

WSC ID or Social Security # _____

NAME _____
LAST FIRST MIDDLE

MAILING ADDRESS _____

CITY, STATE, & ZIP _____

PHONE NUMBERS _____
HOME WORK OR ALTERNATE NUMBER

EMAIL ADDRESS _____ DATE OF BIRTH _____ / _____ / _____

How many credits are you currently enrolled in at Western? _____ *(If 18 credits or over, you must complete an overload form)*

SEX: Male Female US CITIZEN: Yes No DO YOU HAVE A BACHELOR'S DEGREE? Yes No

HOW DID YOU HEAR ABOUT THE COURSE(S)?
 Shopper Mailing Picked up schedule Web Instructor Friend

In order to comply with civil rights laws, WSC must attempt to collect race/ethnicity information about our students and employees. We invite you to voluntarily self-identify your race/ethnicity below. Refusal to provide this voluntary information will not subject you to any adverse treatment. This information is confidential and used only in compliance with the law.

1) Do you consider yourself to be of Hispanic/Spanish origin or Latino/Latina regardless of race? Yes No

2) In addition, if applicable, select one or more of the following racial categories to describe yourself:

American Indian or Alaska Native Asian Black or African American Native Hawaiian or other Pacific Islander White

Class Enrollment

LIST THE COURSES OF YOUR CHOICE					OFFICE USE ONLY				
CRN#	#CREDITS	COURSE TITLE	FEE	REGISTERED IN BANNER		PAYMENT PROCESSED			
				DATE	INITIAL	DATE	INITIAL	RECEIPT #	
			TOTAL FEE						

Drop Refund Policy

For details on the refund policy, consult the Extended Studies Schedule Booklet, page 3.

COURSES WITH 5 OR MORE MEETINGS: Full refund if dropped by first class meeting; no refunds after third class meeting.

WEEKEND COURSES OR 4 OR FEWER MEETINGS: Full refund if dropped 2 weeks prior to start date.

Refunds after this point contingent upon wait-listed students.

WITHDRAWALS: No refunds for withdrawals. See withdrawal deadlines in the schedule booklet.

Payment Information

Visa Cash CARDHOLDER NAME _____
 MasterCard Check *(payable to Western State College of Colorado)* CARD NUMBER _____
 Discover EXPIRATION DATE _____
 Financial Aid Extended Studies Scholarship AUTHORIZED SIGNATURE _____

For Office Use Only

DATE _____ REFUND \$ _____ AUTHORIZED _____ INITIAL _____

Course Offerings

Extended Studies Spring 2010

ANTHROPOLOGY

GERTRUDE BELL: A VICTORIAN ICON IN PERSIA

Linda Smith

36041, ANTH 297, Credit: 1, \$135

36042, NON CREDIT, \$80

Date: 2/19/2010-2/21/2010

Day: Fri., 6:00PM-9:00PM; Sat. and Sun., 10:00AM- 4:00PM

Location: Hurst 130

Grading: Satisfactory/Unsatisfactory

Discover the life of Gertrude Bell (1868-1926).

Bell was a brilliant Victorian archeologist, adventurer, linguist, climber, and writer who established the modern state of Iraq and founded the Baghdad Museum of Antiquities.

Learn about the most powerful woman in the British Empire, after World War I. Follow Bell on her travels through Persia on horseback and camel which earned her the gold medal of the Royal Geographical Society and other prestigious awards.

ART

BASIC DRAWING

(NON ART MAJORS)

Melissa Neuner

35956, ART 197, Credit: 1, \$220

35957, NON CREDIT, \$180

Date: 3/01/2010-4/26/2010

Day: Monday

Time: 6:00PM-8:00PM

Location: Studio Art School, 502 Bellevue,

Crested Butte

Textbook: The New Drawing on the Right Side of the Brain (Paperback) by Betty Edwards. 1999. \$16.95.

Materials Fee: Approximately \$25. Instructor will collect fee and place group materials order.

Restrictions: Art majors or minors at Western State College cannot enroll in this course.

Grading: A-F

Any non-art majors who are looking to learn the basics of drawing or improving upon their current skills must embrace this opportunity to receive hands-on drawing instruction. Students build an understanding of how the artist views the world and subsequently transfers it to the two dimensional plane. Drawing skills are broken into basic components and then rebuilt into a holistic approach to drawing. This technique yields success to all levels of developing artists. The instructor designed this course around the idea that EVERY student can draw; it is simply a matter of taking the time to learn. No previous experience is required and all levels are welcome.

CERAMICS, COLOR, & DESIGN II

Donna Rozman

35970, ART 397, Credit: 1, \$200

35971, NON CREDIT, \$165, (GAC members can receive a \$15 discount)

Date: 4/09/2010-4/18/2010

Day: Fri., 4/09/2010, 7:00PM-9:00PM; Sat., 4/10/2010, 9:00AM-5:00PM Sun., 4/11/2010, Noon-5:00PM; Sat., 4/17/2010, 9:00AM-4:00PM; Sun., 4/18/2010, Noon-5:00PM

Location: Gunnison Arts Center

Grading: Satisfactory/Unsatisfactory

No refunds after 4/02/2010.

CREATURE FEATURES: CARVING DESIGNS IN CLAY

Laura Elm

35997, NON CREDIT, \$150

Date: 2/13/2010-2/14/2010

Day: Saturday, Sunday

Time: 10:00AM-4:00PM

Location: LCE Fine Art Studio, 822 Whiterock, Crested Butte

Create small sculptural vessels using easy hand-building techniques. Hollow formed heads with unusual character faces are the primary focus. Learn simple modeling and carving in three dimensions while creating unique creatures. No experience necessary. Beginners and intermediate skill levels are welcome.

PRINT MAKING AND FABRIC ART

(NON ART MAJORS)

Tristan Bunker

35960, ART 197, Credit: 1, \$190

35959, NON CREDIT, \$165

Date: 2/04/2010-4/08/2010

Day: Thursday

Time: 6:00PM-8:00PM

Location: Studio Art School, 502 Belleview, Crested Butte

Restrictions: Art majors or minors at Western State College cannot enroll in this course for credit

Grading: A-F

Discover a variety of ways to create art with fabric. From reproducible custom print designs for t-shirts, bags, and other fabric surfaces to creating a fabric wall hanging to learning the basics of batik, take the opportunity to explore fabrics as a diverse artistic medium.

SUCCESSFUL WATERCOLOR

(NON ART MAJORS)

Melissa Neuner

35961, ART 197, Credit: 1, \$190

35955, NON CREDIT, \$165

Date: 2/10/2010-4/21/2010

Day: Wednesday

Time: 6:00PM-8:00PM

Location: Studio Art School, 502 Belleview, Crested Butte

Restrictions: Art majors or minors at Western State College cannot enroll in this course.

Grading: A-F

This class is for those who have always wanted to learn the basics of how to create successful watercolor paintings. Over eight short weeks, participants receive instruction on how to utilize the translucent quality of watercolor paints, how to mix and find colors in a palette, what tools one can utilize to alter paint, and

how to compose an appealing painting from both a technical and an aesthetic standpoint. This is an open, supportive, and fun class, designed to work everyone's creative muscles and ensure everyone leaves each week feeling relaxed and successful.

ASTRONOMY

ASTRONOMY FOR OUTDOOR EDUCATORS

Michael Zawaski

35907, OLRM 397, Credit: 1, \$135

35908, PHYS 397, Credit: 1, \$135

35909, NON CREDIT, \$80

Date: 3/26/2010-3/28/2010

Day: Fri., 7:00PM-10:00PM; Sat., 8:00AM-Noon, 2:00PM- 5:00PM and 7:00PM-10:00PM;

Sun., 8:00AM-Noon

Location: Gym 17

Grading: Satisfactory/Unsatisfactory

Textbook: Optional: 365 Starry Nights by Chet Raymo, approximately \$15

Materials: Materials provided by instructors and included in course fee; students need a flashlight and warm clothes. An intensive introduction to the practice of sky watching and the science of astronomy are provided in this weekend course. Content includes a variety of interactive presentations and activities on astronomy basics, such as perspective on size, scale, and contents of the universe and Earth's place in it; the movements of the sun, planets, and stars in the sky; Earth seasons; phases of the moon; constellations and associated stories from Greek and Native American mythology; and perspective on the use of space probes and space-based telescopes. Students have an opportunity to observe and practice effective techniques for teaching astronomy and sky watching to learners of different ages. No refunds after 3/19/2010.

BIOLOGY

CELL BIOLOGY YOU WANT TO KNOW

Kathryn Vogel

35976, NON CREDIT, \$50

Date: 2/09/2010-3/16/2010, no class 2/23/2010

Day: Tuesday

Time: 5:00PM-7:00PM

Location: Crested Butte

Materials fee: \$5 payable to instructor

This is a short course for people who have asked themselves questions such as: How could all the tissues of my body develop from just one cell? or How do antibodies in my blood know to destroy the particular bacterial cell of my infection? During the five class meetings students explore the basic cell biology underlying such topics as 1) mutation and genetic disease (DNA, RNA and protein molecules), 2) cell division and differentiation, 3) the immune system and neurobiology (membranes and cell-cell communication), and 4) stem cells, gene therapy and cancer (control of gene expression). Voluntary student presentation during the final class. No prior course work in cell biology or chemistry is needed. Just bring curiosity and questions.

ECOLOGY, CONSERVATION, AND MARINE MAMMAL BEHAVIOR: A UNIQUE FIELD COURSE IN THE DROWNED CAYES, BELIZE

Jessica Young, Caryn Self-Sullivan

13186, ENVS 397, Credit: 3

13187, BIOL 397, Credit: 3

Date: 6/09/2010-6/23/2010

Prerequisites: BIOL 301, ENVS 390 or Instructor Permission

Cost: \$3800 includes course materials, credits, housing, meals, field trips, ground and water transfer fees. Cost does not include airfare, tips, or personal expenses.

Application deadline: 12/10/2009

Grading: A-F

Become totally immersed in the study of manatees and dolphins through lectures and learning activities, literature review, debate, projects, and field research. This unique field course combines an overview of the ecology, behavior, and conservation of sirenians and cetaceans with hands-on research in the Drowned Cayes, Belize. You'll spend 3-4 hours on the water each day and explore a labyrinth of mangrove islands, seagrass beds, and coral patches searching for elusive manatees and charismatic dolphins. Each day, students work on an independent field study, learn basic principles of marine ecology, conservation and marine mammal behavior, and study research findings in primary literature. Students spend significant time in boats or on water as well as in the terrestrial marine ecosystem and have the opportunity to do basic ecological research while snorkeling in seagrass beds, mangrove boggles, or on coral reefs. In addition, local tidal communities are extra-curricular activities and include snorkeling or diving at Turneffe Atoll.

BUSINESS

BASICS OF EBAY SELLING

Olen Batchelor

35934, NON CREDIT, \$30

Date: 5/01/2010

Day: Saturday

Time: 9:00AM-3:00PM

Location: Taylor 129

Learn to make a supplemental or full-time income from an eBay-trained Certified Education Specialist. This multimedia course includes eBay University's own training materials and covers selling basics and beyond including: research, opening and using a Paypal account, improving individual listings with better descriptions and digital photography, security, and post-sale activities such as billing and shipping. Do not spend frustrating hours poring over tedious instructions. Trial and error is error. Learn from a long-time successful seller.

GRANT WRITING

Maryo Ewell

35922, BUAD 397, Credit: 1, \$135

35923, NON CREDIT \$80

Date: 2/16/2010-3/10/2010 (last week will include individual

meetings one additional evening)

Day: Monday each week plus Wed. 3/10/2010

Time: 6:00PM-8:30PM

Location: Taylor 102

Grading: Satisfactory/Unsatisfactory

Take the mystery out of grant writing! Students are given what they need to prepare an effective grant proposal for a nonprofit organization in this course. They learn how to research funding sources, write a proposal, budget, and understand vocabulary common to grant writing.

E-MARKETING YOUR SMALL BUSINESS

Layne Nelson

36004, EXT ST, NON CREDIT, \$35

Date: 3/31/2010-4/07/2010

Day: Wednesday

Time: 6:00PM-7:30PM

Location: TBD

E-marketing means using digital technologies to help sell your goods or services. These technologies are a valuable complement to traditional marketing methods whatever the size of your company. The basics of marketing remain the same - creating a strategy to deliver the right messages to the right people. What has changed is the number of options a small business has to deliver that message. Though businesses continue to make use of traditional marketing methods, such as advertising, direct mail and PR, emarketing adds a whole new element to the marketing mix. Many businesses are producing great results with e-marketing and its flexible and cost-effective nature makes it particularly suitable for small businesses. Learn how to develop an e-marketing plan utilizing email, websites, links, banner ads, social networking, search engine optimization, and more.

FOUNDATIONS OF INVESTING

Steve Ogden

35906, NON CREDIT, \$60

Date: 2/16/2010-3/09/2010

Day: Tuesday

Time: 6:00PM-8:30PM

Location: Taylor 316

The most common investments used to meet financial goals-what they are and when to use them-are covered in this course that assists individuals and couples in setting and achieving financial goals.

MARKETING YOUR SMALL BUSINESS ON A BUDGET

Layne Nelson

35986, NON CREDIT, \$35

Date: 3/03/2010-3/10/2010

Day: Wednesday

Time: 6:00PM-7:30PM

Location: Taylor 325

Participants in this class learn how to market and advertise their businesses on a budget! For most small businesses, highly effective marketing is a make-or-break necessity. Marketing is what brings the dollars in the door. Business owners have to let people know about all the wonderful things their businesses can provide! Marketing can take time and money, which are often in short supply for many small business owners, but there are ways to market a business without spending a fortune! Students learn hands-on, valuable, and proven methods for identifying their markets, creating plans, and marketing their businesses on a budget. There are many ways to get the word out about businesses that won't drain owners' resources.

COMMUNICATION

BLOGGING FOR PROFESSIONAL DEVELOPMENT

Tristan Palmgren

35877, COTH 397, Credit: 1, \$135

35878, NON CREDIT, \$80

Date: 3/05/2010-3/07/2010

Day: Fri., 2:00PM-5:00PM; Sat., 8:00AM-5:00PM;
Sun., 1:00PM-5:00PM

Location: Taylor 101

Grading: Satisfactory/Unsatisfactory

The Internet offers students and professionals an unparalleled opportunity to share thoughts about their careers with others in their field. Writing those ideas for an audience helps writers form their thoughts as much as express them. In this course, students look at examples of the ways that blogging and other forms of web publishing have changed careers for better or for worse. Blogs can take many forms, and students decide how to create a blog that works to their professional advantage and fits their chosen field or area of interest. The final assignment asks the students to begin web publishing in some form.

FAITH IN FILM: EXAMINING SPIRITUALITY THEMES FOUND IN MOVIES

Susan Searle

35910, COTH 397, Credit: 1, \$135

35911, NON CREDIT, \$80

Date: 1/25/2010-3/08/2010

Day: Monday

Time: 6:30PM-9:00PM

Location: Taylor 316

Grading: A-F

Up until 50 years ago, people learned values, ethics, morals, and spirituality through their religious institutions and families. Today, much of our culture learns about these things through popular movies. But, what is really being taught in some of these films and what do film makers intend when creating their films? How can we enhance our spiritual lives through a deeper understanding of this powerful media? The course examines the issues of poverty and globalization, ethical concerns, and spiritual questions through watching and discussing current blockbusters.

LEFT BRAIN/RIGHT BRAIN: POETRY AND BLOGGING

Phil Ward

35981, COTH 397, Credit: 1, \$135

35982, NON CREDIT, \$80

Date: 1/27/2010-4/07/2010

Day: Wednesday

Time: 5:30PM-7:00PM

Location: Taylor 128

Grading: Satisfactory/Unsatisfactory

Using Miller Williams' classic text, *Patterns in Poetry*, the class explores three to nine forms of poetry with a target to write five to ten drafts of poems in each form. The purpose of the class is to use different poetic forms to stretch the tension of poetic ideas into different forms, and to explore poetic forms that might be suitable for one idea, but not for others. Furthermore, the class manages a poetry blog where each student is responsible for entering drafts of poems, in a poetic form and as the student, so the class can see how blogs can be used to give feedback in both areas. The blog also allows the class to develop links and find poetic aids for writing. Class time is devoted to understanding brainstormed ideas for topics, forms, raw materials, concrete languages, and other methods of extracting poetry from the poet. While the class functions as a workshop for poets, it also explores poetic schools and critical traditions in poetry as they pertain to the forms and to poetic critical tools.

PHOTO DOCUMENTARY & PHOTOJOURNALISM

Phil Ward

35979, COTH 397, Credit: 2, \$250

35980, NON CREDIT, \$130

Date: 1/26/2010-4/20/2010

Day: Tuesday

Time: 5:00PM-7:30PM

Location: Taylor 128

Grading: Satisfactory/Unsatisfactory

Materials: Students should own their own digital camera that can use a zoom lens 4 to 6X and has manual controls for the f-stop, shutter speed, flash, and film speed. Using basic digital cameras, the class concentrates on storytelling with cameras and taking good photos of events, activities, and public projects in order to tell a story. The class learns the basic laws of

photojournalism and the basic rules of American newspapers and press in altering (or not) photos through Photoshop. While the class learns basic photo rendering techniques through Photoshop and other photo editors, the goals are only to render an image true to the original and learn to resize photos for reproduction on the web and in print mediums. This class is for the intermediate to advanced student in photography and concentrates on 'truth telling,' or documenting reality as the camera can see it, not art/illustration photography. Students should have some profession or semi-professional goal that includes some form of news media (print, web, and/or documentary).

SHAMANIC JOURNEYING

Barbara Haas

35829, COTH 397, Credit: 1, \$135

35831, GRAD CR, Credit: 1, \$145

35830, NON CREDIT, \$80

Date: 1/27/2010-2/24/2010

Day: Wednesday

Time: 6:00PM-9:00PM

Location: Taylor 316

Grading: Satisfactory/Unsatisfactory

Other: Bring a blanket and a journal.

Textbook: Choose from reading list provided by instructor.

Shamanism is the most ancient spiritual practice known to man. This course provides the basics of shamanic journeying, and the skills learned are used to increase well-being and inner strength. The insights and wisdom gained are then used for class discussions, and personal reflection and journaling. Each session includes information and time to experience journeying, which enables the student to journey independently in the future. Instructor has taken courses from Michael Harner, Sandra Ingerman, and Tom Cowan from the Foundation of Shamanic Studies since 1991.

THE SPIRITUALITY OF MYSTICISM

Susan Searle

35912, COTH 397, Credit: 1, \$135

35913, NON CREDIT, \$80

Date: 4/05/2010-4/21/2010

Day: Monday, Wednesday

Time: 6:30PM-9:00PM

Location: Taylor 316

Grading: A-F

Textbook: The Mystic Heart, Wayne Teasdale, \$15

Come learn and practice several different techniques for quieting the body and mind. Through contemplation, meditation, centering and other traditions participants learn more about themselves and their connection to the world. Students explore how the inner path leads to the outer path of serving others. This course involves discussion and reflection on compassionate action, nonviolence, interfaith, and developing a mystical character. Participants reflect on the lives of famous mystics like Thomas Merton, Thomas Keating, Julian of Norwich, Thich Nhat Hanh, and others. Students are required to keep a journal for reflection. Each session includes meditation practice time.

STUDIO TELEVISION PRODUCTION SITCOM

Mike Brooks, Jack Lucido

35880, COTH 397, Credit: 2, \$250

35881, NON CREDIT, \$100

Date: 1/22/2010-1/31/2010

Day: Fri., 6:00PM-10:00PM; Sat., 9:00AM-5:00PM;

Sun., 12:00PM-4:00PM

Location: Taylor 103

Grading: Satisfactory/Unsatisfactory

This hands-on course gives students the opportunity to learn the practices of studio television production, its basic technologies, and the format known as sitcom. Students operate studio equipment, and learn the basics of directing, studio production, and control room equipment. Students also write and perform in the sitcom format.

COOKING

COOKING ITALIAN FOOD

Karen Immerso

35983, NON CREDIT, \$45

Date: Mon., 2/08/2010, 5:00-6:00PM in Taylor 325;

Sat., 2/13/2010, 9:00AM-Noon at Fred Field Heritage Building

This class is an opportunity for those who enjoy Italian foods to make homemade pasta, ravioli,

manicotti, and cannoli. This hands-on, participatory workshop includes a short, one hour meeting Monday evening to discuss menus and recipes in general and, specifically to distribute tasks for gathering and preparing ingredients needed for Saturday's pasta making session. On Monday, the students create a list of what is needed and on Saturday, the participants actually cook the meal and enjoy their delicious creations. All ingredients are provided.

CUISINE FROM AROUND THE WORLD

Keely Murphy

35953, NON CREDIT, \$220

Date: 12/15/2009, 12/29/2009, 1/12/2009, 1/19/2010

Day: Tuesday

Sun., 6:00PM-9:00PM

Location: Arrangements Catering Kitchen, 307 Sixth St, Crested Butte

Class cooks learn four regional styles of cuisine and take home their dinner creations. Francaise Cuisine, Italiano Platos, Southwestern U.S. and South American Flavors tempt your taste buds as cooks learn to create dishes from these four regions. All classes are hands-on food prep with recipes provided for four-course meals, serving two guests.

DANCE

BEGINNER SOCIAL BALLROOM DANCING

Rita Bohn, Robert Wojtko

35967, ESS 197, Credit: 1, \$135 per person

35966, NON CREDIT, \$70 per person

Date: 2/07/2010-4/11/2010

Day: Sunday

Time: 3:00PM-4:30PM

Location: West Gym

Grading: Satisfactory/Unsatisfactory

Always admired ballroom dancers gliding across the dance floor? Loved movie classics starring Fred Astaire and Ginger Rogers? Dance and romance doesn't get any better than that and it inspires people to want to learn how to ballroom dance! The opportunity to learn four traditional ballroom dances--Waltz, Foxtrot, Swing, and Rumba--has arrived. Participants learn more

than just steps in class, but also attain the confidence to venture out onto a dance floor with a regular partner... or a new one. Whether you are attending a party in Portland, a wedding in Wisconsin, or a class reunion in Connecticut, you can dance with confidence.

GUNNISON ARTS CENTER SCHOOL OF DANCE

The Gunnison Arts Center School of Dance offers dance classes which are available for college credit

through Western's Extended Studies program.

College credit costs \$100 per course, in addition to the Gunnison Arts Center fee. Classes begin each semester, concluding with a chance to perform. Full schedules will be available at the Gunnison Arts Center at 102 S. Main. Please call (970) 641-4029 for more information.

Register with the Gunnison Arts Center, prior to registering for college credit. Courses offered for one college credit are:

Beginning Hip Hop

Intermediate/Advanced Hip Hop

Hip Hop Tap

Beginning Tap

Intermediate/Advanced Tap

Intermediate/Advanced Modern

Intermediate/Advanced Ballet

EDUCATION

INTEGRATING BRAIN BASED LEARNING INTO THE CURRICULUM II

Barbara Haas

35828, GRAD CR, Credit: 1, \$115, Spring, Level II,

1/16/2010-4/13/2010

Day: Wednesday

Time: 3:45-5:30PM

Location:Gunnison Elementary School, Room 223

Grading: Satisfactory/Unsatisfactory

Textbook: Cooperative Learning or SmartCards by Dr. Spencer Kagan and/or any book of your choice from Kagan or Eric Jensen.

Join teachers who are learning and sharing as they incorporate brain-based research into their lessons. Come explore cooperative learning structures and practice lessons that ensure accountability and equal participation for all students. Add new techniques weekly, encourage fellow teachers, and practice with peers in a friendly, supportive learning environment.

ENGLISH

ADVANCED FICTION & CREATIVE NON-FICTION WORKSHOP

Tyler Sage
35916, ENG 397, Credit: 2, \$250
35917, NON CREDIT, \$100
Date: 2/02/2010-4/13/2010
Day: Tuesday
Time: 7:00PM-10:00PM
Location: Taylor 129
Grading: Satisfactory/Unsatisfactory
The intention of this course is to give students and community members access to a graduate school-style fiction and creative non-fiction workshop led by an alumna of the Iowa Writers' Workshop. After a brief introduction regarding the art of reading and responding to written work, the class consists of workshops in which student work is discussed. Each student is asked to submit two pieces over the course of the semester and to provide weekly written responses to other work. The atmosphere is rigorous, but supportive and non-intimidating.

BASIC WRITING

Staff
35810, ENG 099, Credit: 3, \$295
Date: 1/11/2010-5/07/2010
Day: Tuesday, Thursday
Location: Taylor 128
Time: 9:30AM-10:45AM
Staff
35811, ENG 099, Credit: 3, \$295
Date: 1/11/2010-5/07/2010
Day: Monday, Wednesday
Location: Taylor 101

Time: 2:00PM-3:15PM
Staff
35809, ENG 099, Credit: 3, \$295
Date: 1/11/2010-5/07/2010
Day: Tuesday, Thursday
Location: Hurst 107
Time: 2:00PM -3:15PM

EXPRESS YOURSELF

Susan Wilson
36046, NON CREDIT, \$80
Date: 2/10/2010-4/14/2010
Day: Wednesday
Time: 6:00PM-8:00PM
Location: TBD
Express Yourself is designed to explore and nurture the inner voice that is trapped beneath the day-to-day obligations and routines that is called life. During this eight-week course, students peel back the layers that define them as individuals and begin a journey that may help them discover their unique voices and experiences. Participants learn about themselves as well as their creative potential, while writing about what they know and what they have forgotten. Students write throughout the course and learn to express themselves and enrich their lives with this process of exploration and self-discovery.

GENRE FICTION WORKSHOP

Tristan Palmgren
36043, COTH 397, Credit: 2, \$250
36044, NON CREDIT, \$100
Date: 2/22/2010-4/19/2010
Day: Online
Grading: A-F
The academy has an often unfriendly relationship with genre fiction--yet students ignore the contributions these various genres have made to the literary canon at their own risk. This course examines some of most popular genre fiction categories: science fiction, fantasy, horror, mystery, romance, thriller, and humor. Students read stories from these genres, and try

hand at writing their own stories, and workshop other students' work. This is a writing-heavy

course. Students should make sure that their schedules leave them enough time for significant out-of-class work.

WHERE I'M FROM: A WOMEN'S POETRY CLASS

Susan Wilson
36045, NON CREDIT, \$80
Date: 2/06/2010-4/10/2010
Day: Saturday
Time: 9:00AM-11:00AM
Location: TBD

This course is designed for those who are new to this art and are looking for a nudge and the right venue to share and explore the craft of poetry with others. During this course, participants explore contemporary poets, discuss their craft, and find inspiration in their successes. Students draft and share in each class and celebrate our successes in an environment that supports individual and group successes.

UNDERSTANDING THE NON-CONVENTIONAL NARRATIVE

Tristan Palmgren
35875, ENG 397, Credit: 2, \$250
35876, NON CREDIT, \$100
Date: 2/01/2010-4/02/2010
Location: Online
Grading: A-F

By the end of this course, students have examined forms of stories that were not necessarily familiar to them before the class started. By analyzing stories limited by the form they are presented with such as stories told via a tabletop role-playing game, in which authors cannot assume how players' characters react to events, students gain a better understanding of the tools all narratives employ. The focus of this course is on literature analysis and should not be taken simultaneously with Creating the Non-Conventional Narrative.

A WRITER'S "ART HISTORY" OF MODERN AMERICAN FICTION

Tyler Sage
35914, ENG 397, Credit: 2, \$250
35915, NON CREDIT, \$100
Date: 2/03/2010-4/14/2010
Day: Wednesday
Time: 7:00PM-10:00PM
Location: Taylor 304
Grading: A-F

This is an introductory course to the history and practice of modern American fiction writing, from the perspective of a writer. The focus is on learning to read as a writer, on the evolution and influence of the elements of craft, and on the connections between the art of fiction and the artistic and popular culture in which it operates. Coursework includes brief readings and excerpts from a variety of authors, discussions of these readings, film viewings, and writing exercises. Because of the artistic focus, the majority of the class writing is creative in nature- students engage with authors through imitation, fictive response, and basic craft exercises. The course is intended for any student interested in creative writing, narrative or visual art, or art history.

EXERCISE AND SPORT SCIENCE

AMERICAN RED CROSS CPR

36006, NON CREDIT, \$25
Date: 2/10/2010
Day: Wednesday
Time: 7:00PM-10:00PM
Location: Gym 132

Comments: Price includes book and ARC card. This is American Red Cross CPR for the workplace. Practical skill on Resci Anne and a written test are included. Students receive a certification from the American Red Cross upon completion of both the written test and skill evaluation.

AMERICAN RED CROSS FIRST AID

36007, NON CREDIT, \$25

Date: 2/17/2010

Day: Wednesday

Time: 7:00PM-10:00PM

Location: Gym 132

Prerequisites: Must have valid CPR card.

Comments: Price includes book and ARC card.

This is American Red Cross First Aid for the workplace. If only Adult CPR is needed, participants do not need to complete First Aid.

Both written and skill tests are administered.

Students receive a certification from the

American Red Cross upon completion of both the written test and skill evaluation.

BEGINNING MEDITATION

Sherrill Stenson

35919, ESS 197, Credit: 1, \$150

35920, NON CREDIT, \$120

Date: 2/02/2010-4/13/2010

Day: Tuesday

Time: 12:20PM-1:50PM

Location: Gym 17

Grading: Satisfactory/Unsatisfactory

Textbook: The Healing Path of Yoga by Nischala Devi

Students practice and learn the basic techniques used by Raja yogis. With dedication, inner peace, clarity, and calmness are increased.

Regular practice of meditation can improve test scores, boost immune systems, improve sleep, diminish depression, and more. Most importantly, participants learn to listen to their own hearts.

BETTER BODY BASICS: HOW TO ACHIEVE YOUR FITNESS GOALS

Anna Swisher

35926, ESS 197, Credit: 1, \$135

35927, NON CREDIT, \$80

Date: 1/25/2010-3/24/2010

Day: Monday, Wednesday

Time: 11:00AM-11:55AM

Location: Taylor 316 and Escalante Fitness Center

Grading: A-F

Prerequisite: Escalante Fitness Center pass

The purpose of the course is to help students attain their fitness and nutrition goals. Student learn how to make lasting changes by addressing the interconnected factors that contribute to weight gain and loss, including cardiovascular and strength training activities, food choices, and emotional factors that influence our decisions. The course includes both a custom-tailored exercise plan and a personalized nutritional consultation and dietary analysis.

COACHING BASKETBALL

Daniel Trujillo

35930, ESS 197, Credit: 2, \$250

35931, NON CREDIT, \$100

Date: 2/08/2010-4/07/2010

Day: Monday, Wednesday

Time: 6:00PM-7:50PM

Location: Gym 204

Grading: A-F

The basic fundamental principles and concepts of basketball, including an overview of popular defensive and offensive philosophies that are successful today, are covered in this class.

Additionally, the course studies individual fundamentals and skill development as well as team offensive and defensive strategies.

Ideal for students interested in coaching or for community members looking to enhance their basketball IQ.

CROSS COUNTRY SKI OUTING FOR BEGINNERS 50 AND BETTER

Karen Immerso

35975, NON CREDIT, \$20 (no senior discount available)

Date: 2/11/2010-2/25/2010

36050, NON CREDIT, \$20 (no senior discount available)

Date: 2/25/2010

Day: Thursday

Time: 8:00AM-2:00PM

This outing is for those 50 years old and better who are interested in a gentle, learn-as-we go, classical style cross country skiing adventure with others who enjoy being out in winter. First-timers are encouraged to participate as beginner tips are offered and "patience while having fun" is the theme for the day. Participants can expect to rent or borrow skis, boots, and poles. Wear warm clothing in layers, bring water,

snacks, and sun protection. In new snow, gaiters are recommended. The meeting place and carpooling will be announced. Rental equipment available from WSC Wilderness Pursuits for a nominal fee.

MARATHON TRAINING FOR BEGINNERS

Jane Tunnadine
35944, NON CREDIT, \$15
Date: 3/06/2010
Day: Saturday
Time: Noon-4:00PM
Location: Colorado Fitness

Want to learn how to train for a marathon? This course is designed for runners who want to experience the thrill of finishing their first 26.2-mile marathon. The secret to successful marathon training lies within staying supremely motivated, training smart and safe, and maintaining proper nutrition. Included in this workshop are discussions about various training programs, how to choose the best marathon for you, and nutritional information to train your best and finish long runs strong. A basic gait analysis on a treadmill is also a part of this workshop. Participants are eligible for a discount in the MountainAir Marathon held in September 2010.

PERSONAL TRAINING TECHNIQUES AND EVALUATION

Kyle Busing
35899, ESS 397, Credit: 3, \$300
35900, NON CREDIT, \$150
Date: 2/02/2010-4/27/2010
Day: Tuesday
Time: 6:00PM-9:00PM
Location: Gym 204
Grading: A-F

The primary discussion topics of this class are the scientific principles and concepts of personal training, the practical guidelines of client consultation and evaluation, testing protocols and norms, exercise technique, and program design. Students study targeted, up-to-date information that gives them the knowledge to work with clients who have special exercise needs, such as pregnant women, older adults,

prepubescent children, athletes, obese clients, and those with medical concerns. Important topics regarding the business of personal training, which includes facility and equipment maintenance, business management, and legal issues are also highlighted.

PILATES

Kenny Marks
35864, ESS 197, Credit: 1, \$150
35865, NON CREDIT, \$120
Date: 2/22/2010-4/21/2010
Day: Monday, Wednesday
Time: 5:30PM-7:15PM
Location: Taylor 308
Grading: Satisfactory/Unsatisfactory
Prerequisites: Must be at least 14 years old
Discover the many health benefits of the Pilates method! This energetic class challenges the fitness and core strength of participants, while teaching an exercise regime useful for an entire lifetime of personal strength and flexibility. People of all body types and fitness levels are welcome to enjoy this progressive exercise class.

PURSUIT OF BALANCE

Linda Olesen
35932, ESS 197, Credit: 2, \$250
35933, NON CREDIT, \$100
Date: 3/02/2010-4/22/2010
Day: Tuesday, Thursday
Time: 5:30PM-8:45PM
Location: Taylor 325
14 Extended Studies
Grading: Satisfactory/Unsatisfactory
Balance is the goal to living life, and this workshop explores the "self" regarding physical, emotional, intellectual, and spiritual balance, combining chakra awareness. A movement portion includes yoga, qigong, and the Five Tibetan Rites. The yoga segment emphasizes chakra opening poses and color awareness. Chigong is a deep therapeutic practice that utilizes gentle movements with positive consciousness and affirmations and self-acupressure massage to move chi. The Five Tibetans - dynamic exercises for health, energy, and personal power - are also learned. Journaling is strongly suggested between each session.

SCUBA

Donna Sloan-Adams
35968, ESS 197, Credit: 1, \$225
35969, NON CREDIT, \$185
Date: 1/29/2010-1/31/2010
Day: Fri., 6:00-10:00PM; Sat., 8:00AM-5:00PM;
Sun.,
8:00AM-4:00PM
Location: Taylor 129 and Western's Pool
Grading: Satisfactory/Unsatisfactory
Textbook/Materials: Student kits-which include textbook, workbook, student folder, dive tables, answer sheets, and informational literature-are included in the fee. The textbook is available from Extended Studies and needs to be picked up prior to the class. Masks, fins, and snorkels may be rented for an additional fee of \$15 or may be purchased from the instructor. No refunds after 1/22/2010.

SCUBA UPDATE

Donna Sloan-Adams
36003, NON CREDIT, \$65
Date: 1/31/2010
Day: Sunday
Time: 8:00AM - Noon
Location: Western's Pool
Prerequisites: Must be a certified diver
The SCUBA Skills Update program is designed to update participants' scuba diving skills learned in the Open Water Diver course but is not a training course for uncertified divers. The dive leader determines whether or not divers are in need of more than an update. No refunds after 1/22/2010.

SNOWSHOEING: AN OUTING IN THE WOODS

Karen Immerso
NON CREDIT, \$25
Date: 2/18/2010
Day: Thursday
Time: 8:00AM – 2:00PM
This outing is for those 50 years old and better who are interested in a winter walk in woods with snowshoes as the mode of transportation. First-timers are encouraged to participate as beginner tips are be offered and a gentle pace is set for the group. Participants can expect to rent or borrow snowshoes. Poles are recommended for balance. Wear warm clothing in layers.

Waterproofed hiking boots or comfortable snow boots are required. Bring water, snacks, and sun protection. In new snow, gaiters are recommended. The meeting place and carpooling will be announced. Rental equipment available from WSC Wilderness Pursuits for a nominal charge.

TAE KWON DO

Sheryl Kramis
35977, ESS 197, Credit: 1, \$150
35978, NON CREDIT, \$120
Date: 2/04/2010-4/29/2010
Day: Thursday
Time: 5:30PM-7:30PM
Location: West Gym
Grading: Satisfactory/Unsatisfactory
Equipment needed: Students need a mouth guard, foot and hand pads. Uniforms are required to test. All equipment can be purchased from the instructor.
Additional fees: All students have the opportunity to test to earn "belts." The test fee is \$45 payable to the instructor.
Learn the basics of the martial art of Tae Kwon Do, the Korean art of self-defense. It is a martial art that promotes physical health, self-discipline, and self-defense. All ages welcome. No experience needed.

VINYASA YOGA

Susan Searle
35889, ESS 197, Credit: 1, \$150
35890, NON CREDIT, \$120
Date: 1/19/2010-4/22/2010
Day: Tuesday, Thursday
Time: 5:45PM-6:50PM
Location: The Sanctuary, 405 W. Tomichi, (behind House of China)
Grading: A-F

35887, ESS 197, Credit: 1, \$150
35888, NON CREDIT, \$120
Date: 1/19/2010-4/22/2010
Day: Tuesday, Thursday
Time: 4:30PM-5:35PM
Location: The Sanctuary, 405 W. Tomichi, (behind House of China)
Grading: A-F

35891, ESS 197, Credit: 1, \$150
35892, NON CREDIT, \$120
Date: 1/19/2010-4/22/2010

Day: Tuesday, Thursday
Time: 12:30PM-1:35PM
Location: Taylor 308
Grading: A-F

35893, ESS 197, Credit: 1, \$150
35894, NON CREDIT, \$120
Date: 1/19/2010-4/22/2010
Day: Tuesday, Thursday
Time: 9:00AM-10:00AM
Location: The Sanctuary, 405 W. Tomichi,
(behind House of China)
Grading: A-F

The word vinyasa means "flow." In this vigorous style of yoga, students connect asanas (poses) to the breath, the presence of mind from one moment to the next, and incorporate body, mind, and spirit into a dynamic practice. This is a physical and spiritual practice of yoga that helps improve the strength, the flexibility, and the inner peace of the students.

WALK/JOG SPRING FITNESS

Daniel Trujillo
35935, ESS 197, Credit: 1, \$135
35936, NON CREDIT, \$80
Date: 3/23/2010-4/29/2010
Day: Tuesday, Thursday
Time: 4:30PM-6:30PM
Location: Gym 203 plus outdoors
Grading: A-F

Walk/Jog Spring Fitness is designed to condition the heart and muscles through continuous walking, jogging, and/or running. Additionally, flexibility as well as proper warm-up and cool-down techniques are taught to improve the students' range of motion. This class contains moderate to vigorous activity and is designed to improve muscle tone and the cardiovascular system through a planned program of fitness walking and/or jogging. This class is perfect for students looking to obtain or maintain fitness levels leading into the summer or for community members who are looking to get active.

WOMEN'S WEIGHT TRAINING

Anna Swisher
35924, ESS 197, Credit: 1, \$150
35925, NON CREDIT, \$80
Date: 1/26/2010-4/15/2010

Day: Tuesday, Thursday
Time: 11:00AM-12:15PM
Location: Escalante Fitness Center
Grading: A-F

Prerequisite: Escalante Fitness Center pass
Regular weight training can improve body composition, bone density, flexibility, balance, muscle mass, strength, and work capacity. It's time to get in the weight room ladies! Students learn proper weight lifting techniques for a variety of exercises and engage in weight training workouts. Students also design, in conjunction with the instructor, a personalized training plan. This course covers the basics of designing a training plan and offers women a supportive environment to make lasting changes to their health through weight training.

YOGA I

Brenda Flemming
35937, ESS 197, Credit: 1, \$175
35939, NON CREDIT, \$135
Date: 2/23/2010-4/22/2010
Day: Tuesday, Thursday
Time: 3:30PM-4:45PM
Location: Gym 17
Grading: Satisfactory/Unsatisfactory
Textbook/Materials: Light on Yoga by B. K. S. Iyengar and one additional book

This course is the right fit for a spectrum of people-- brand-new students interested in beginning the study of yoga to those who enjoy working at the Level 1 pace. Students not only learn the classic poses, but also yoga philosophy and proper nutrition for the yoga lifestyle. This course also incorporates elements of history, science, art, environmental studies, anatomy, and kinesiology. The instructor has studied yoga since 1986 and aims to motivate her students to live up to their full potential in health and in life.

YOGA: CRESTED BUTTE

Brenda Flemming
35942, ESS 197, Credit: 1, \$175
35943, NON CREDIT, \$135
Date: 3/01/2010-4/26/2010
Day: Monday
Time: 6:30PM-8:00PM
*Credit students must attend Tuesday or Thursday classes in Gunnison.
Location: The Gym, Crested Butte
Grading: Satisfactory/Unsatisfactory
See description under Yoga I.

YOGA FOR THE ATHLETIC

Sherrill Stenson
35918, NON CREDIT, \$80
Date: 2/03/2010-3/10/2010
Day: Wednesday
Time: 12:20PM-1:50PM
Location: Taylor 308

Football teams such as the Chicago Bears, the Denver Broncos, and the New York Giants as well as other athletic organizations are embracing yoga for its ability to improve performance and reduce injuries. Improve athletic performance by reducing the likelihood of muscle pulls, ligament strains, lower back pain, stiffness, and tightness. This class is developed with athletes' needs in mind.

YOGA INTERMEDIATE

Brenda Flemming
35940, ESS, 297, Credit: 1, \$175
35941, NON CREDIT, \$135
Date: 2/23/2010-4/22/2010
Day: Tuesday, Thursday
Time: 5:00PM-6:30PM
Location: Gym 17

Grading: Satisfactory/Unsatisfactory
Prerequisite: Yoga I

Textbook/Materials: Light on Yoga by B. K.S. Iyengar and one additional book.

Designed for continuing yoga students who wish to enhance their study of Iyengar yoga and bring it to a deeper level. Students cultivate and improve their classic yoga poses, but also expand their knowledge of yoga philosophy and proper nutrition for the yoga lifestyle. This course also incorporates elements of history, science, art, environmental studies, anatomy, and kinesiology. The instructor has studied yoga since 1983 and aims to motivate her students to live up to their full potential in health and in life.

FOREIGN LANGUAGE

FRENCH CONVERSATION

II

Cheryl Jackson
35879, NON CREDIT, \$80
Date: 2/16/2010-4/27/2010
Day: Tuesday

Time: 5:30PM-7:00PM

Location: Taylor 303

Designed for the student who desires to learn basic conversation, grammar, and reading concepts in French. This class welcomes students who want to brush up on their French and those new to the language.

REALITY SPANISH FOR THE SERVICE INDUSTRY® SEMINAR

LingoLynx.com
36055, NON CREDIT, Free
Date: 1/21/2010

Day: Thursday

Time: Noon-1:30PM, lunch provided

Location: Taylor 316

Sample Spanish class! Through this short, interactive, and fun Spanish class, participants learn 12-16 words which they immediately can use in their workplaces. Taught through a unique, multi-sensory approach, which is research-based and adult-tailored, participants can analyze the effectiveness and key applications of this type of seminar for their employees. LyngoLynx offers customized instructional programs in Reality Spanish® and Reality English® for multiple industry and community sectors.. These courses are delivered to students through prescribed, innovative classroom instruction plus interactive, independent student learning materials for use out of class. This coordinated instructional system is designed to take the learner who has limited or no ability to speak either English or Spanish, to a place of spontaneous speech, focusing on comprehensible 'bites' of language and active comprehension, in order to connect with native speakers. For more information on the program visit www.lingolynx.com. Register by January 14, 2010.

SPANISH FOR BEGINNERS WITH AN "INTERCAMBIO"

Karen Immerso
35992, NON CREDIT, \$80
Date: 2/10/2010-4/21/2010
Day: Wednesday
Time: 6:30-8:00PM

Location: Gunnison Community School
(see description below)

SPANISH FOR ADVANCED BEGINNERS AND INTERMEDIATES WITH AN "INTERCAMBIO"

Karen Immerso
35993, NON CREDIT, \$80

Date: 2/10/2010-4/21/2010

Day: Wednesday

Time: 6:30-8:00PM

Location: Gunnison Community School

Textbooks: Recommended but not required: The University of Chicago Spanish-English Dictionary.

Available at the Book Worm

Are you looking for a place to start or continue working with the Spanish language? These two classes run concurrently and offer a way to learn the Spanish language in an active and fun learning environment. The Beginning Spanish class introduces students to basic vocabulary, pronunciation, grammar, and expressions useful to everyday life. Spanish for Advanced Beginners and Intermediates is a continuation of the Beginning Spanish class or a refresher course for students who already use and conjugate verbs and simple verb tenses. The first hour is "in-class" time. The last half-hour of class is an "intercambio" or "exchange" during which time all students practice speaking through conversations with other adults in conjunction with the Literacy Action Program's English Language Class for the Latino community. Activities and handouts are included. A basic dictionary can be helpful. The University of Chicago Spanish-English Dictionary is recommended and available through the Bookworm.

MATH

MATH 098, BEGINNING ALGEBRA

35812, MATH 098, Credit: 3, \$295

Date: 1/11/2010-5/07/2010

Day: Monday, Wednesday, Friday

Time: 9:00AM-9:50AM

Location: Hurst 230

Grading: Satisfactory/Unsatisfactory

An introduction to algebra with a review of basic arithmetic. Includes decimals, fraction, percentage, ratio, proportion, signed numbers, algebraic expressions, factoring, exponents and radicals, linear equations, and graphs. MATH 098 is offered through Extended Studies, and a fee is assessed. Credit does not count toward graduation.

MATH 099, INTERMEDIATE ALGEBRA

35814, MATH 099, Credit: 3, \$295

Date: 1/11/2010-5/07/2010

Day: Monday, Wednesday, Friday

Time: 10:00AM-10:50AM

Location: Hurst 020

Grading: Satisfactory/Unsatisfactory

35813, MATH 099, Credit: 3, \$295

Date: 1/11/2010-5/07/2010

Day: Monday, Wednesday, Friday

Time: 1:00PM-1:50PM

Location: Hurst 020

Grading: Satisfactory/Unsatisfactory

35816, MATH 099, Credit: 3, \$295

Date: 1/11/2010-5/07/2010

Day: Tuesday, Thursday

Time: 11:00AM-12:15PM

Location: Taylor 316

Grading: Satisfactory/Unsatisfactory

35815, MATH 099, Credit: 3, \$295

Date: 1/11/2010-5/07/2010

Day: Monday, Wednesday, Friday

Time: 9:00AM-9:50AM

Location: Kelley 128

Grading: Satisfactory/Unsatisfactory

A review of the arithmetic of fractions and decimals, percentage problems, signed numbers, arithmetic, and topics of basic algebra, including simplifying algebraic expressions, solving and graphing linear equations, basic factoring, working with algebraic fractions, and solving rational and quadratic equations. This course is designed for students who need a review of the basic algebra skills necessary to complete the required mathematics courses MATH 131 or MATH 140. MATH

099 is offered through Extended Studies and a fee is assessed. Credit does not count toward graduation.

Prerequisite: ACT math score of 16 or above; SAT math score of 400 or above, MATH 098; or Accuplacer Elementary Algebra test score of 60 or above.

MUSIC

BEGINNING GUITAR

Dwight Grupp

35944, NON CREDIT, \$220

Date: 3/03/2010-4/21/2010

Day: Wednesday

Time: 5:00PM-6:00PM

Location: Taylor 129

Want to learn how to play the guitar? Designed for beginners only, this class starts with the basics and educates students about the history of the guitar and its diverse styles of music. The class smoothly transitions into learning how to play the guitar. Basic music theory principles are taught and students are shown how to apply them to the guitar. Students also learn how to play chords and how to get their hands and fingers comfortable with actual guitar playing. Participants also learn strumming patterns, how to read music tablature, and start playing songs. Students must provide their own guitar.

INTERMEDIATE GUITAR

Dwight Grupp

35945, NON CREDIT, \$220

Date: 3/03/2010-4/21/2010

Day: Wednesday

Time: 6:30PM-7:30PM

Location: Taylor 129

Did you take Beginning Guitar last semester, but still want to learn more? Continue making progress by taking Intermediate Guitar. This class starts where Beginning Guitar left off and furthers the student's understanding of open-position chords, key signatures, strumming patterns, barre chords, hammer-on, pull offs, and using the capo. The course then focuses on finger patterns known as scales, explores chord structures including root, third and fifth as well as extensions (such as sus 4, add 9, 5th, major, minor, diminished, augmented, sharp and flat). Students learn to understand the concept of

caged and continue to study alternative chord structures and strumming patterns. Intermediate Guitar concludes with some basic music theory principles and time to explore and improvise. Students must provide their own guitar.

OUTDOOR LEADERSHIP

AVALANCHE LEVEL I

Crested Butte Mountain Guides

OLRM 397, Credit: 1, \$100 + course fee payable CBMG

(\$275 or \$395 for hut trips)

35840, 1/01/2010-1/03/2010

35841, 1/15/2010-1/17/2010

35842, 1/26/2010-1/28/2010

35843, 1/29/2010-1/31/2010, Hut trip

35844, 2/05/2010-2/07/2010

35845, 2/19/2010-2/21/2010

35846, 3/05/2010-3/07/2010, Hut trip

35847, 3/12/2010-3/14/2010

Location: Crested Butte

Grading: Unsatisfactory/Unsatisfactory

Comments: Students must register with Crested Butte Mountain Guides, (970) 349-5430 prior to registering for credit with Extended Studies.

Be introduced to avalanche hazards in the Level I Avalanche Safety Course. Learn the basics of how to recognize these hazards, how to manage them, how to minimize them, and finally how to respond in case of an emergency. Spend the course building up to a decision making process to help backcountry travelers decide where, how, and when to travel. Expect to gain an understanding of safe travel in a winter environment, what sorts of hazards to watch for, and the various pressures that weigh on the decision making process.

AVALANCHE LEVEL II

Crested Butte Mountain Guides

OLRM 397, Credit: 1, \$100 + \$400 course fee payable CBMG

35848, 1/21/2010-1/24/2010

35849, 2/25/2010-2/28/2010

Location: Crested Butte

Grading: Unsatisfactory/Unsatisfactory

Comments: Students must register with Crested Butte Mountain Guides, (970) 349-5430 prior to registering for credit with Extended Studies.

The AIARE Level II Avalanche Safety Course builds and expands the foundations of avalanche safety taught in the Level I curriculum by introducing snow metamorphism, guidelines and recording standards for weather, snowpack and avalanches, testing techniques, and data interpretation. The course covers snow metamorphism and weather effects on snow, surface hoar formation, slab mechanics, stability testing, observation guidelines, recording standards, and stability analysis. The class becomes familiar with all test techniques and interpretation. The Level 2 student develops an understanding of snow metamorphism, the effect of temperature gradient, and its relation to the formation of the hazardous conditions. The class is introduced to standardized methods of collecting and recording data.

AVALANCHE LEVEL II

Silverton Mountain
26163, OLRM 397, Credit: 1, \$100 + course fee payable
to Silverton Mountain
Date: 12/04/2009-12/06/2009
Day: Friday, Saturday, Sunday
Location: Silverton Mountain
Grading: Unsatisfactory/Unsatisfactory
Comments: Students must register with Silverton Mountain, (970)387-5706, prior to registering for credit with Extended Studies. Silverton Mountain, with its steep avalanche terrain and onsite avalanche professionals, provides the ideal location for this course. Through this course participants learn about variability and complexity of avalanche terrain including identification of grain types and the physical processes leading to their formation, the usage and interpretation of common stability tests, and important decision-making methods while working in avalanche terrain. Course topics include weather, snow in the atmosphere, development of the snow pack, avalanche phenomenon, terrain analysis, stability evaluation, human factors, risk assessment, decision making, rescue, full profiles, hasty profiles, data collection and recording, safe travel techniques, continual re-evaluation of situation/hazard, and multiple burials.

AVALANCHE REFRESHER COURSE

Crested Butte Mountain Guides
NON CREDIT, \$75 course fee payable CBMG
Date: (attend one date only) 1/09/2010, 1/20/2010, 1/30/2010, 2/10/2010, 2/20/2010
Time: 8:00AM-6:00PM
Location: Crested Butte
Comments: Students must register with Crested Butte Mountain Guides, (970) 349-5430
Prerequisite: Successful completion of a Level 1 Avalanche Course.

This is the ideal short-format course for people looking to refresh their current avalanche safety knowledge, or for those looking to learn of the newest, latest and greatest tests and techniques. This one-day course is entirely field based. It focuses on terrain recognition, travel techniques, decision-making, and a mock rescue scenario. Teacher-student ratios are kept small to maximize travel options and learning time. All material presented in this course is consistent with AIARE (American Institute of Avalanche Research and Education) curriculum.

Participants must arrive ready to travel in the winter backcountry in a variety of conditions and terrain, and need to provide themselves with all avalanche rescue gear, a backcountry travel system (either AT or telemark set up with skins, or a split-board), food and water.

ECOPSYCHOLOGY: CHANGE AND HUMAN DEVELOPMENT*

*This program is part of the Wilderness Therapeutic Programming Certificate
Extended Studies Certificate Program
Michael Jospe
35951, OLRM 397, Credit: 4, \$1225
35952, NON CREDIT, \$1000
Date: 2/08/2010-5/07/2010
Day: Monday, 5:00PM-7:00PM, 2 phone sessions per month
Online Course Work: Weekly readings and postings Weekend Intensives: Friday at 4:00PM through Sunday at 3:00PM; 2/19/2010-2/21/2010, 3/05/2010-3/07/2010,

4/02/2010-4/04/2010, 4/16/2010-4/18/2010

Grading: A-F

Prerequisite: OLRM 397, Wilderness Based Therapeutic Programming

Program participants examine how nature has a positive effect on the body, mind, and spirit by looking at the literature from the field of ecopsychology and discuss how it can be applied to Therapeutic Wilderness Programming. Students also explore the processes of change, both personally and theoretically, and learn how nature and wilderness can be a catalyst for change. Students are encouraged through papers and class discussions to express how ecopsychology, change theory, and metaphor could be applied to the populations they are interested in working with. Concepts such as change, transition, metaphor, group process, and human development are examined through personal experience. Students deepen their basic understanding of how to create a therapeutic wilderness experience and receive support and helpful feedback for implementing it in their own way. Additionally, special attention is placed on the skills of deep listening, questioning, and processing.

INTRODUCTION TO WILDERNESS THERAPY

Michael Jospe

35962, OLRM 397, Credit: 2, \$250

35963, NON CREDIT, \$175

Date: 3/26/2010-3/28/2010

Day: Friday at 4:00PM through Sunday at 3:00PM

Location: Taylor 129 plus field experience

Grading: Satisfactory/Unsatisfactory

Designed for those interested in learning more about wilderness and eco therapies, this course gives students the opportunity to explore the therapeutic aspects of the human-nature relationship through personal experience, literature, and group discussion that takes place out in nature over the course of one intensive weekend. Participants learn a variety of techniques for guiding themselves and others toward a deeper connection to their identities and nature. This is an ideal course for individuals currently working in the fields of psychology, psychotherapy, outdoor leadership, and for students interested in becoming wilderness guides or wilderness therapists. Those who have previously worked in the field of

wilderness therapy find that this class provides an entirely new perspective. No refund after 3/19/2010.

MULTI-PITCH ROCK CLIMBING

Tom Zimmer

35928, OLRM 397, Credit: 1, \$160

35929, NON CREDIT, \$115

Date: 4/09/2010-4/11/2010

Day: Fri., 3:00PM-8:00PM; Sat., 8:00AM-6:00PM; Sun., 7:00AM-5:00PM

Location: Gunnison area

Grading: A-F

Prerequisites: Personal rock climbing experience, OLRM 396 or equivalent, can climb a minimum of 5.9 on top-rope; can confidently lead 5.7 using artificial protection; can build natural and artificial anchors

This advanced rock climbing course takes a climber's technical skills to the next level by learning how to properly and safely climb multi-pitch routes. With this advanced skill set, the student can take advantage of the numerous climbing areas in the state including Gunnison's famous Black Canyon. In addition, students are exposed to institutional multi-pitch techniques necessary for guiding and instructing clients. Topics covered include: building proper anchors, various belaying techniques, a variety of risk management concerns and precautions, time management, rope management for both one and two ropes, multi-pitch rappelling, alpine climbing ethics, emergency and rescue techniques, and more. Students must come into this course possessing the rock climbing skills necessary to lead climb in order to move forward with these advanced skills.

SKI MOUNTAINEERING

Crested Butte Mountain Guides

OLRM 397, Credit: 1, \$100 + \$525 course fee payable

CBMG

35873, 4/08/2010-4/11/2010

35874, 4/15/2010-4/18/2010

Location: Crested Butte

Grading: Unsatisfactory/Unsatisfactory

Comments: Students must register with Crested Butte Mountain Guides, (970) 349-5430 prior to registering for credit with Extended Studies.

Prerequisites: Advanced skier or rider with backcountry ski seasons; Avalanche Safety Level I

This course is designed for the advanced skier/rider who wants to take it to the next level. This course gives students an introduction to the techniques and mind set needed for true ski mountaineering. During the three day progression, the course covers some fundamental mountaineering skills such as: ice axe use, boot and ski crampon use, self arrest, anchor and belay rappel techniques, glacial travel, mixed climbing, steep skinning and downhill skiing techniques. Begin in the mountains of Crested Butte and progress to a technical descent on one of Colorado's famous 14'ers.

WHY KNOTS

Dwight Grupp
35946, NON CREDIT, \$30
Date: 3/06/2010-3/07/2010
Day: Saturday, Sunday
Time: 12:00M-3:00PM
Location: Taylor 129

Whether your vacations plans are to go fishing, camping, sailing, or rock climbing, be prepared by learning some knots that can improve your experience. Knots also can be incorporated in art, construction work, or can be just for entertainment. Take this two-day workshop and leave with a basic understanding of rope construction, rope materials, rope maintenance, storing rope, and knot tying techniques.

WILDERNESS FIRST RESPONDER

WMI of NOLS
35837, OLRM 397, 3 credits \$200 + plus course fee,
\$596 for Western State College students, \$660 for others
Dates: 3/13/2010-3/21/2010
Location: Gym 17
Prerequisites: Minimum age 18 years old.
Grading: A-F
Comments: Students must register with WMI of NOLS. Register on line at <http://www.nols.edu/portal/wmi/courses/4973/apply/>, prior to registering for credit with Extended Studies. An email confirmation of your registration will be sent from WMI of NOLS.

WILDERNESS FIRST RESPONDER RECERTIFICATION

MWMI of NOLS
35838, OLRM 397, 1 credit, \$100 + plus \$265 course fee,
Dates: 3/05/2010-3/07/2010
Location: TBD
Prerequisites: Minimum age 18 years old.
Grading: Satisfactory/Unsatisfactory
Comments: Students must register with WMI of NOLS. Register on line at <http://www.nols.edu/portal/wmi/courses/4972/apply/>, prior to registering for credit with Extended Studies. An email confirmation of your registration will be sent from WMI of NOLS.

WILDERNESS QUEST II & RITE OF PASSAGE FACILITATION

Michael Jospe
35964, OLRM 397, Credit: 3, \$200 + \$500 Course Fee
Date: April 16, 5:00PM-6:30PM Telephone conference class, first reading assignment due; May 1, Intention paper due; May 8, 4:00PM-7:00PM, on-campus in-classroom meeting; May 9, Leave at 7:30AM for Utah; May 16 return to WSC by 7:30PM; June 3 final paper due.
Location: Gunnison area field experience
Grading: A-F
Prerequisite: Instructor permission required. Must have completed Mentorship Level I, attended a guided wilderness quest or vision fast and have soloed for at least 3 days.
The focus of this professional training is on guiding wilderness quests and rite of passage ceremonies. Participants must have completed Level 1 Mentorship, attended a guided wilderness quest or vision fast, and soloed for at least three days. Online learning, on-campus classroom sessions, and fieldwork in locations adjacent to Gunnison are combined in this training. In addition to the academic work, students are required to assist in the facilitation of the Extended Studies Spring Wilderness Quest or another spring/summer Wilderness Quest through the Earth-Based Institute. No refunds after 4/01/2010.

WILDERNESS SURVIVAL SKILLS

Michael Jospe, Darren Silver

35949, OLRM 397, Credit: 2, \$250

35950, NON CREDIT, \$175

Date: 4/23/2010-4/25/2010

Day: Friday, 4:00PM through Sunday, 3:00PM

Location: Taylor 102 and field experience

Grading: Satisfactory/Unsatisfactory

This course is designed for students who are excited to learn the skills necessary to survive in the wilderness. This weekend course consists of two nights in the field. Topics covered are shelter building, primitive fire making, animal tracking, nature awareness skills, water collection, food gathering, and much more! These are the essential skills that all outdoor enthusiasts and leaders must know. Course focuses on students developing a high level of confidence so these skills can be applied to any environment, season, or situation. Additionally, students deepen their relationship to the natural world through exploring the concept of long-term survival or wilderness living. In order to earn the full two credits, participants must complete in-class readings, participate in group discussions, complete online assignments, and write a final reflection paper. No experience necessary. Combine this course with the Advance Survival Skills Intensive to earn three credits and a ton of knowledge that can save lives. No refunds after 4/15/2010.

WILDERNESS VISION QUEST

Michael Jospe

35965, OLRM 397, Credit: 3, \$200 + \$750 course fee

Date: April 16, 5:00PM-6:30PM Telephone conference class, first reading assignment due; May 1, Intention paper due; May 8, 4:00PM-7:00PM, on-campus in-classroom meeting; May 9, Leave at 7:30AM for Utah; May 16 return to WSC by 7:30PM; June 3 final paper due.

Location: Gunnison area

Grading: A-F

The wilderness is a powerful vehicle for self discovery, rites of passage, and spiritual renewal. By marking transitions such as college graduation, career change, relationship change, and overall "inertia," we are empowered to seek direction, purpose, and commitment to our higher callings. On all of our quests, students are supported in developing a

strong, clear intention through nature awareness, contemplative exercises, "The Way of Council," ritual, and inquiry. This eight-day wilderness experience culminates in a three- to four-day "Vision Fast Ceremony," a powerful "Medicine Walk," or another wilderness rite of passage ceremony appropriate for participants' needs. Most importantly, students gain practical and effective tools and post-trip coaching to help successfully incorporate growth into their day-to-day lives. No refunds after 4/01/2010

POLITICAL SCIENCE

WASHINGTON, DC: A POLITICAL EXPERIENCE

Abbey Kuhns

35995, POLS 397, Credit: 3

Date: 3/01/2010, 3/08/2010, 3/29/2010, 4/19/2010,

6:00PM-8:00PM plus travel to Washington, DC 3/14/2010-3/20/2010

Grading: A-F

Cost: \$1850 includes 3 credits, airfare, lodging, breakfast and lunch daily, transportation, tickets and entrance fees. Personal items, dinners, and other fees outside of the program activities are the student's responsibility.

This course provides an insider's perspective on politics and policy-making in Washington, DC. Beyond traditional sightseeing activities, students have the opportunity to engage with members of the legislative and/or executive branches, representatives from federal government agencies, interest groups, public policy organizations, non-profit organizations, and more. In addition, the week-long trip to DC introduces students to the many and varied career options to work within or in cooperation with our federal government.

PSYCHOLOGY

CHILD PSYCHOPATHOLOGY: INFANT AND EARLY CHILDHOOD

Kari Commerford
35883, PSY 397, Credit: 1, \$135
35884, NON CREDIT, \$80
Date: 4/02/2010-4/04/2010
Day: Fri. 6:00PM-9:00PM; Sat. 10:00AM-5:00PM; Sun. 10:00AM-3:00PM
Location: Kelley 129
Grading: Satisfactory/Unsatisfactory
The etiology, assessment, diagnosis, and treatment of infancy and early childhood psychopathological disorders are explored throughout this weekend course. Class discussions focus on universal infancy and early childhood concerns, including but not limited to, feeding disorders, mental retardation, elimination disorders, tics, habits, ADD and ADHD, and pervasive developmental disorders. The course examines the benefits and limitations of the diagnostic process and ethical considerations for this population. No refunds after 3/19/2010.

CHILD PSYCHOPATHOLOGY: LATE CHILDHOOD AND ADOLESCENCE

Kari Commerford
35885, PSY 397, Credit: 1, \$135
35886, NON CREDIT, \$80
Date: 4/23/2010-4/25/2010
Day: Fri. 6:00PM-9:00PM; Sat. 10:00AM-5:00PM; Sun. 10:00AM-3:00PM
Location: Kelley 129
Grading: Satisfactory/Unsatisfactory
The etiology, assessment, diagnosis and treatment of late childhood and adolescent psychopathological disorders are the focus of this weekend course. Class discussion centers on learning disorders, oppositional defiant disorder, behavior changes, conduct disorders, mood disorders, and eating disorders. Sleep problems and self-harm amongst adolescences is also a part of the conversation. The benefits and limitations of the

diagnostic process are examined and the class discusses ethical considerations for this population. No refunds after 4/16/2010

CONSCIOUSNESS WITH ECKHART TOLLE

Patricia Reycraft
35872, NON CREDIT, \$80
Date: 3/30/2010-4/29/2010
Day: Tuesday, Thursday
Time: 3:30PM-5:00PM
Location: Taylor 303
Eckhart Tolle, author of the Power of Now and A New Earth, is a renowned writer of influential spiritual books. His profound, yet simple teachings help people find inner peace and greater fulfillment in their lives. Through reading assignments, DVD's, class discussions, and his own website, students increase their understanding of Eckhart Tolle and deepen their own consciousness and inner peace. The core of the teachings is the transformation of consciousness, a spiritual awakening that Eckhart sees as the next step in human evolution. An essential aspect of this awakening is transcending our ego-based state of consciousness.

DEATH & DYING

Mark Todd
35903, PSY 397, Credit: 1, \$135
35904, NON CREDIT, \$80
Date: 3/26/2010-3/28/2010
Day: Fri. 5:00PM-8:00PM; Sat. 9:00AM-6:00PM; Sun. 9:00AM-Noon
Location: Taylor 102
Grading: Satisfactory/Unsatisfactory
Death is explored as an experience that is biological, forensic, political, commercial, cultural, and in the end, very personal. Students take field trips to the local funeral home and cemetery and talk to the county coroner, a hospice worker, and a local minister. Religious beliefs are not covered in this class, which is taught by Western professor Mark Todd, formerly a licensed funeral director and embalmer. No refunds after 3/19/2010.

GROUP THERAPY & PSYCHODRAMA

Suzy Coykendall

35901, PSY 397, Credit: 1, \$135

35902, NON CREDIT, \$80

Date: 4/09/2010-4/11/2010

Day: Fri. 5:00PM-8:00PM; Sat. 9:00AM-4:00PM;

Sun. 9:00AM-3:00PM

Location: Kelley 129

Grading: Satisfactory/Unsatisfactory

The basics of group therapy, as well as group work for adults, adolescents, and children, are topics of this course. Different theoretical approaches are presented, and students participate in group exercises, both as leaders and as members.

Psychodrama is spotlighted, and various practical applications are provided and outlined. No refunds after 4/16/2010.

PSYCHOLOGY OF HUMAN STRENGTHS

Chris Luekenga

35998, PSY 397, Credit: 1, \$135

35999, NON CREDIT, \$80

Date: 3/29/2010-4/26/2010

Day: Monday

Time: 6:00PM-8:30PM

Location: Taylor 325

Grading: A-F

Providing an overview of the emerging field of positive psychology is the focus of this class. Positive psychology is the scientific study of what goes right in life and what makes life worth living. Various topics of discussion include positive experiences such as pleasure and flow; positive traits such as character, strength, values, and talents; and the social institutions that enable these, such as friendships, love, education, and religion are covered. Examination of current research and applications solidifies the understanding of the concept of positive psychology.

PERSONAL INTEREST

MESSAGE FOR FAMILY AND FRIENDS

Michelle Zanga

35972, NON CREDIT, \$60

Date: 3/24/2010-4/14/2010

Day: Wednesday

Time: 7:00PM-8:30PM

Location: Taylor 325

Want to learn some massage techniques that you can use on your family and friends to help them feel better? Participants learn basic massage strokes and gentle stretches to help most common problem areas as well as proper body mechanics. Body mechanics are an important aspect of giving a massage. It is not about "hand strength"! Many of the techniques practiced in class can be used on yourself outside of class. Join this class and you and your friends and family may be glad you did!

RETIRE OR REWIRE

David Baillie

35921, NON CREDIT, \$25

Date: 2/01/2010-3/01/2010

Day: Monday

Time: 6:00PM-8:00PM

Location: Taylor 303

Retire or Rewire is a workshop designed to provide the senior population of the Gunnison Valley (both preretirees and retirees) a philosophy, a methodology, a structured process, a strategy, and the tools necessary to allow them to design and implement an individual, personalized retirement plan* for an exciting, fulfilling and meaningful "life after 60." Note: The program does not address "estate planning," nor is it a financial guide to investment. Rather, the program addresses each participant's individual needs for personal fulfillment and results in a creative, personalized, actionable agenda to guide the rest of their lives.

SMALL BUSINESS DEVELOPMENT CENTER

Contact:

(970)943-3157

mlaverty@western.edu

SMALL BUSINESS DEVELOPMENT CENTER COURSES

Extended Studies is working in cooperation with the SBDC to offer these courses.

Register through Extended Studies, (970)943-2885 or online at

www.western.edu/extendedstudies.

BRANDING & LOGOS FOR SMALL BUSINESS

Laura Elm

36001, NON CREDIT, \$10

Date: 2/17/2010

Day: Wednesday

Time: 12:30PM-1:30PM

Location: Taylor 307

Is your business also your brand? Bring your marketing plan, ideas, and logos along to evaluate them with a critical eye. Take your business to a whole new level. Learn how to create affordable business documents and presentation materials. Find out just how effective the right tools can be.

HOW TO BORROW MONEY TO GROW A BUSINESS

Paul Dunford, Finance Director, Region 10

Marilyn Laverty, Director of the Small Business Development Center

Lance Michaels, President, US Bank

35984, NON CREDIT, Free

Date: 4/01/2010

Day: Thursday

Time: 7:30AM- 9:00AM

Location: Teleconference

Join this class via teleconference and learn directly from experienced loan officers what is needed before an individual approaches a bank officer. This is an opportunity to gain an understanding of why specific questions are asked regarding a loan application. Understand the ins and outs of borrowing without using a home as equity; expanding and purchasing equipment to build your business credit with the bank; and obtaining a line of credit to smooth cash flow. Become familiar with the Small Business Administration

(SBA), which has funds designed especially for small business equipment loans. Upon registration and payment, participants are given a telephone number, code, and dialing instructions to provide access to this teleconference.

INCREASE YOUR COMPANY'S PROFITABILITY

Marilyn Laverty, Director of the Small Business Development Center

35985, NON CREDIT, Free

Date: 2/23/2010

Day: Tuesday

Time: 5:30PM-7:30PM

Location: Borick 121

Need to forecast your business' revenues and expenses for 2010? Want an easy-to-follow format for planning cash flow and measuring profitability? This hands-on workshop includes a case study and a step-by-step method to estimate and track your cash flow. Now is the best time to learn techniques for increasing profitability.

SIDEWAYS THINKING: THE ART OF PERIPHERAL VISION

Laura Elm

36002, NON CREDIT, \$10

Date: 3/10/2010

Day: Wednesday

Time: 12:30PM-1:30PM

Location: Taylor 307

Develop your brainstorming capacity to generate creative ideas. Learn to see problems as opportunities. Enhance and develop skills in problem solving, collaboration and creativity with visual thinking, and storyboarding techniques.

PREPARING YOUR YEAR-END TAXES ON TIME THIS YEAR

Mary Fisher
36008, NON CREDIT, \$15

Date: 1/05/2010

Day: Tuesday

Time: 6:00PM-8:00PM

Location: Taylor 316

Discover everything you need to know to insure that you are in compliance with payroll year-end reports, contractor 1099 IRS submissions, sales tax payments, estimated quarterly income taxes, payroll 941 filings, and W-2 annual forms for your employees. Learn what is due by when and leave class with your own checklist that organizes your year-end reporting or supports you to review your accountant's status.

PROCESSING PAYROLL ON QUICKBOOKS

Mary Fisher
36009, NON CREDIT, \$15

Date: 1/12/2010

Day: Tuesday

Time: 6:00PM-8:00PM

Location: Taylor 316

Learn how to convert your payroll to QuickBooks Payroll. Discover tips and tricks to save you time and

insure accuracy. Not sure what the entire payroll module can do? Join this one-night class to get any question you ever had about QuickBooks Payroll answered.

POINT OF SALE ON QUICKBOOKS

Mary Fisher
36010, NON CREDIT, \$15

Date: 1/19/2010

Day: Tuesday

Time: 6:00PM-8:00PM

Location: Taylor 316

Learn the advantages of QuickBooks Point of Sale software and how Point of Sale can save you time in your business. The instructor helps the students estimate what it takes to upgrade, how much time they should budget to upload their inventory, and discusses the reports they can run to monitor their inventory levels and profitability by product. Class may walk through the step-by-step project plan that the instructor implemented with many businesses to automate inventory and sales. QuickBooks is the number #1 small business accounting software. It is diverse and easy to customize. Do not miss the opportunity to learn Point of Sale shortcuts from a QuickBooks professional.