

JSCC

New Year's Resolutions Series



Haven't made up your mind on your New Year's Resolutions? We can help! Join us for:

- Yoga
- Volunteering
- Zumba for Kids
- Healthy Cooking
- Playing the Piano
- Basic Crocheting
- Public Speaking
- Texas Hold'em
- Everyday Spanish
- Starting a Business
- Reducing your Debt
- Managing your Time
- Voice/Singing Lessons
- Intro to World Cuisine
- REducing, REusing & REcycling!
- Maximizing your iPhone Technology

Public Speaking

Does the notion of standing in front of a group of people to talk cause you to shiver? Get over your fears and speak with confidence! This class will focus on both planned and impromptu speaking engagements.



Reducing your Debt Load

Did you almost pass out when you received your credit card statement after the Christmas holidays? If you lose your job, could you afford to be without one for at least 3 months? The average credit card debt is \$5,100 and many people struggle to pay the minimum payment each month. This class will help you reduce your debt by learning how to budget and how to save.



iPhone Master

If you're just getting to know your iPhone, or iPod Touch, this hands-on workshop is for you. Learn how to download and navigate through the various programs, discover how to sync media with your computer using iTunes, manage your photos, use your phone as a GPS, and much more.



REducing, REusing, REcycling

Learn the three Rs of recycling! Know you should be recycling but don't know how to get started? Want to ramp up your recycling effort? Then this is the class for you! Join us for this fun, interactive class as we learn how to go green and become better citizens of the world. Mother Nature approved!



Playing the Piano

Want to learn a skill that will last a lifetime? The piano is the answer! Join others to learn basic chords and popular tunes. What better way to awaken your musical potential.



Starting a Business

Many people dream of starting their own businesses, but few people ever take the steps to get started. Learn what you will need to know to make your dreams come true, from making a business plan to knowing what legal aspects will need to be completed.



Managing your Time

Don't waste any more time! Time is your most valuable asset and we want to be sure you get the most out of your day. Improve your time management skills by learning to prioritize tasks and activities, eliminate unnecessary activities, and manage your personal and professional time efficiently.



Crocheting for Fun!



Tired of the sticker price for all those fun scarves in the stores? Can't find one in your colors? Or do you just wish you just had something to do with your hands while watching TV? Try crocheting! Crocheting is fun, easy, and inexpensive—just one hook, a little yarn, and away you'll go, making great accessories for you or gifts for friends. And if you're not a beginner, but want to find some new patterns, make some new friends, or just find some time to work on a project, come join us! You never know when you might learn something new!



Gentle Yoga for Arthritis & Health



Yoga has been practiced for more than 5,000 years and millions of people have enjoyed the health benefits of practicing yoga. This class is geared toward people suffering from arthritic conditions, but anyone can attend. Yoga has been proven to improve flexibility, strength, posture, breathing, stress level, lower your blood pressure, help prevent heart disease and improve mood and concentration.

Are you Toxic? Healthy Cooking Class



Want to improve your diet? Are you a diabetic and need to adjust your eating habits? This class can help you learn how to cook meals that will improve your energy and heart health, lose weight, and still taste great!

An Introduction to World Cuisine



The growing popularity of ethnic restaurants throughout the U.S. has introduced many to the tastes of world cuisine. Television shows like “Bizarre Foods” and “No Reservations” have brought many Americans into contact with distant cultures and exotic foods. Have you ever wanted to try to cook like the street vendors of Vietnam or the great chefs of Bombay? Join us as we look into the culture, history, and food of some of the most fascinating world cultures.

Zumba for Kids



Zumba has been the new exercise craze for adults, but it is also a great activity for children of all ages. This is a great way to get your children out from in front of the TV, let them meet new friends, and have a blast creating a new exercise habit.

Everyday Spanish



This is not your proper speaking Spanish class! This is for those people that want to learn how to carry on day-to-day conversations in Spanish. Learn how to recognize and speak basic Spanish words and phrases such as “hello,” “how are you,” “are you hurt,” “can you help me,” etc. This course will concentrate on conversation at a beginner’s level, including words for greetings, directions, numbers, streets, and colors, plus basic emergency phrases.

Voice/Singing Lessons



Do you sound like a cat being hit by an 18-wheeler when you sing? Or, do you sing well, but want to improve? If you answered yes to either question, then this class is for you! Learn how to carry a tune and sing with others, with the radio, in the shower, or wherever your heart desires. It doesn’t matter if you are a beginner or professional, this class will help you improve your voice.

Texas Hold-'em Basics: What to Know Before You Go All In

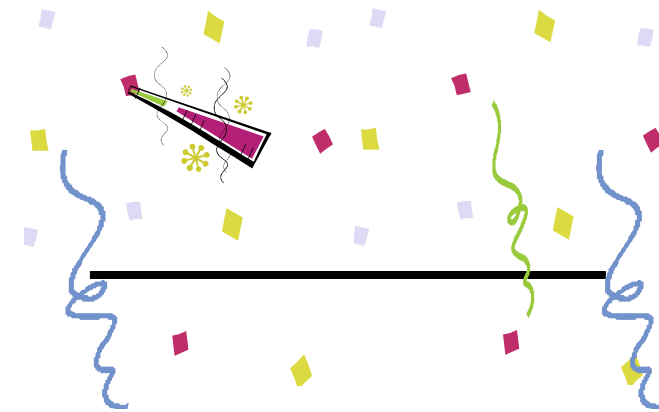


This course is limited to 12 people and will familiarize the learner with terminology and strategy of the game. *No gambling or actual betting is allowed on the Jackson State campus.*

Volunteering 101



Always wanted to volunteer, but don’t know how to get started? Come out to Jackson State and hear what various organizations need in terms of volunteers. From the Humane Society to Boys’ and Girls’ Club, find out what organization is the right fit for you.



For class schedule and prices contact
Continuing Education
at:

<http://www.jsc.edu/continuing-education.html>

