CLASS
Community Learning and Skill Sharing
Winter/Spring 2016
Community Learning and Skill Sharing

Community Learning and Skill Sharing. That’s what your Continuing Education department has dedicated its service to. We offer hands-on classes, workshops, courses, and events for the region taught by local residents and instructors. If you need more flexibility in programming, why not consider one of our many hundreds of online programs? You can learn at your own pace, on your own time, in your own home.

KERIE WEDIGE, PROGRAM MANAGER
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TALK TO US – WE’RE HERE FOR YOU!

The University of Wisconsin-Platteville is part of the UW System. As part of its mission, UW-Platteville strives to provide affordable, easily accessible education to everyone. As part of the university’s mission, the Office of Continuing Education brings together professionals and community members of all ages—from infant to adult—from across the state of Wisconsin, through lifelong and beneficial learning experiences. Continuing education classes, programs, and events focus on personal enrichment and professional development, and serve learners’ requests and needs by providing a supportive, convenient learning environment.

The Office of Continuing Education’s programs create shared learning connections between UW-Platteville and communities throughout Wisconsin and the nation.

CONNECT WITH US

Go to www.uwplatt.edu/continuing and “Connect With Us” to manage how you receive future information from us. Or call 608.342.1314 or 888.281.9472 to complete this information over the phone.
Children’s Swim Instruction Classes

**Session I: Saturdays, Feb 13–March 12**
- Infant or Child/Parent: 8:30–9 am or 10–10:45 am
- Beginner-Level VI: 9–9:45 am or 10–10:45 am

**Session II: Saturdays, April 2–30**
- Infant or Child/Parent: 8:30–9 am
- Beginner-Level VI: 9–9:45 am or 10–10:45 am

UW-Platteville, Williams Fieldhouse pool: $35 Infant or Child/Parent; or $40 Beginners–Level VI

If in doubt of your child’s ability, register for the lower level. Parents may observe the last class of each session from the balcony.

If Internet access is unavailable, please call our office at 608.342.1314 to request the registration forms by mail. All forms and fees must be paid in advance of taking your first class.

Levels of Swim Instruction

**Infant/Parent**: For children 6 months–2 years old, to help children feel comfortable in the water.

**Child/Parent**: For children 3–4 years old, to focus on the early basics of swimming.

**Beginner**: For children 5 plus years old who need water orientation, fundamentals of swimming.

**Level I**: Children who are comfortable in the water without support will learn basic skills in bobbing, floating, flutter kicking, rhythmic breathing, and strokes.

**Level II**: Children can already float by themselves, feel comfortable submerging their heads, have a proficient flutter kick, and are ready to learn the backstroke and front crawl with rhythmic breathing.

**Level III**: For children proficient in front and back crawl and are comfortable in water where they cannot touch the pool bottom. Focus on survival floating, elementary backstroke, and beginning diving.

**Level IV**: For swimmers proficient in front crawl with rhythmic breathing, back crawl, and elementary backstroke with a whip kick. Focus on sidestroke and breaststroke.

**Level V**: For swimmers proficient in front and back crawl, elementary backstroke, and sidestroke. Learn to master the breaststroke, rescue stroke, and surface dive.

**Level VI**: For swimmers proficient in front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke. Focus on butterfly, competitive turns, and increasing endurance.

*An adult must participate during each Infant/Parent or Child/Parent registration. Only one registration is necessary for each Infant or Child/Parent.

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Senior Water Exercise
Join us for a low-impact, water exercise class. Use the water to strengthen and tone your muscles and increase your flexibility and your range of motion. This program is designed for adults age 50 and over. Class size is limited, so register early.

Instructors: Eva Ressler, Session A and D; Myra Sue Momot, Session B and C

UW-Platteville, Williams Fieldhouse pool: $90/26 sessions

**Session A:**
- Mondays and Wednesdays, Jan 25–May 2, 9–9:50 am
  (no class March 21, 23, 28)

**Session B:**
- Tuesdays and Thursdays, Jan 28–May 3, 9–9:50 am
  (no class March 22, 24)

**Session C:**
- Tuesdays and Thursdays, Jan 28–May 3, 10–10:50 am
  (no class March 22, 24)

**Session D:**
- Mondays and Wednesdays, Jan 25–May 2, 10–10:50 am
  (no class March 21, 23, 28)

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Water Aerobics
Looking for a fitness class that doesn’t strain your joints? Join us for a fast-paced workout in the WATER!

Instructors: Jean Bradley, Session A; Myra Sue Momot, Session B

UW-Platteville, Williams Fieldhouse Pool: $90/26 sessions

**Session A:**
- Mondays and Wednesdays, Jan 25–May 2, 6–6:50 pm
  (no class March 21, 23, 28)

**Session B:**
- Tuesdays and Thursdays, Jan 28–May 3, 8–8:50 am
  (no class March 22, 24)

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YOUTH: LEARN TO SWIM!

Register today online at [www.uwplatt.edu/continuing/childrens-swim](http://www.uwplatt.edu/continuing/childrens-swim)

Get out and improve your health in an enjoyable, fun-filled way.

Register today online at [www.uwplatt.edu/continuing/fitness](http://www.uwplatt.edu/continuing/fitness)
Sharpen your skills, or learn new ones with our instructor-led online courses.

Online Continuing Education courses run for six weeks (with a 10-day extension period available at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

Master the fundamentals of business, supervision, leadership, communication, and more.

- **Building Teams that Work**
  Learn the secrets of dynamic team building.

- **Fundamentals of Supervision and Management**
  Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

- **Fundamentals of Supervision and Management II**
  Learn how to be an effective manager or supervisor. Master the basics of communicating effectively, and learn tools for developing your own interpersonal skills.

- **Individual Excellence**
  Master twelve career-enhancing skills including goal setting, time management, personal organization, and creativity.

- **Interpersonal Communication**
  Become aware of the conscious and unconscious codes of meaning we send when communicating with others.

- **Introduction to Business Analysis**
  Learn powerful techniques to improve your decision-making skills at work.

- **Keys to Effective Communication**
  Lost for words? Don’t be! Learn to build rapport, trust, warmth, and respect through conversation.

- **Leadership**
  Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

- **Mastery of Business Fundamentals**
  Acquire practical experience in strategic planning, management, and finance without enrolling in an MBA program.

**Enroll Today!**

Details on any of these courses can be found at: [www.ed2go.com/uwplatt](http://www.ed2go.com/uwplatt)

You can also reach us by calling

888.281.9472 or locally, 608.342.1314
PADI Course: Open Water Scuba Diving Instruction
The PADI Open Water SCUBA class is your passport to dive the world. You will be provided everything needed to learn to dive and receive your PADI Open Water certification card. This course is necessary to become a certified diver, and it's a lifetime certification—you will not have to pay to keep your certification card valid. Steps 1 and 2 will be covered in this course. Step 3 (purchased separately) is your dive to receive your Open Water certification. Schedule your dive with Breezeway Bubbles Scuba LLC (during the summer at Devil's Lake in Baraboo, Wisconsin), or dive with a certified dive shop while on vacation.

Instructor: Don Johnson of Breezeway Bubbles Scuba LLC
UW-Platteville, Rm 105, Ullsvik Hall
and Williams Fieldhouse Pool: $275
Fri, Jan 22–Sun, Jan 24:
Class times: Fri, Jan 22, 6–9 pm, and Sat, Jan 23, 10 am–2:30 pm;
Pool times: Sat, Jan 23, 4:30–8:30 pm, and
Sun, Jan 24, 8 am–Noon.
Class minimum of 10—maximum 14. Registration deadline is Fri, Jan 15; you will need to read the book provided prior to attending class.
Register today online at www.uwplatt.edu/continuing/enrichment

Painting with Light
Have you ever wanted to learn how to paint objects with light in your photography? Learn the basics of light painting. Armed with various light sources and simple equipment, you will learn to add drama to your night photography. Students should bring their camera and a tripod if they have one.

Instructor: Steven Gassman
UW-Platteville, Rm 115, Ullsvik Hall: $25
Tues, Feb 2, 7–9 pm

Goal Sculpting: The Art of Making Your Goals Come True
Eight life-changing classes! Find out “who you are” by answering a few questions. You will determine where you wish to spend more time and energy in order to create balance and joy in your life. Learn about the importance of your goal—no matter if its focus is health, spiritual, relational, career, etc. Shelley Reuter has a special aptitude for working with people of all ages to create release and healing for them. Her contagious enthusiasm brings freedom and vitality to her students. Come feel your own power increase and achieve the goals you never thought you could.

Instructor: Shelley Reuter, founder of Guiding Wellness LLC,
UW-Platteville, Rm 113, Ullsvik Hall: $160
Tuesdays, Feb 2–23, and March 1–29, 3–5 pm or 6–8 pm
(no class March 22, spring break)
To learn more about Reuter, visit our website at www.uwplatt.edu/continuing/enrichment

I have worked with many emotional/spiritual healers, and I can certify that Shelley is amongst the best of the best. She has helped me through many stressful issues in my life. Thank you Shelley.

– Ken

Blender 3D
Have you ever wanted to create stunning 3D computer images but can’t draw a straight line with a ruler? This is the class for you. Can’t afford high-end software or know where to start with it if you did? Blender 3D is free, stable, and safe, for your home computer. Eliminate the frustration of trying to learn this process alone during this introductory class on Blender 3D computer graphics. Dave Langkamp is a retired industrial designer with over 15 years of Blender 3D experience. He’ll get you started simply and easily so that you can create something extraordinary with this amazing software. Come join us and we’ll have some fun along the way.

Instructor: Dave Langkamp,
UW-Platteville, Rm 110, Ulrich Hall: $175
Mondays, Feb 8–29; March 7, 14, 6–8 pm

Soap Making for Gift Giving and Fun
If you have a microwave and access to a Michael’s or Hobby Lobby craft store then you can have fun making melt-and-pour decorative soaps. Learn about ingredients, techniques, and how to melt-and-pour soap bases with mix-ins, fragrances, colors, in a variety of unique soap molds. Soap-making is fun and makes a unique and thoughtful gift for any occasion. Register one week prior to class to secure your spot. Limited to 10 participants—sign up early with a friend.

Instructor: Holly Voll, UW-Platteville, Rm 115, Art Building: $25, plus $6 material fee due day of class
Session A: Wed, Feb 3, 6–8:30 pm
Session B: Wed, April 6, 6–8:30 pm

Learn to Turn: An Introduction to Woodturning
Take six hands-on beginner woodturning classes to learn theories of woodturning combined with hands-on experience. Students will turn a few projects that reinforce the techniques being taught. Possible projects include a bud vase, weed pot, spinning top, honey dipper, mallet, pen, bowl, and platter. This class is taught by members of the Harry Nohr Woodturning Club.

Instructor: Clyde Holverson,
UW-Platteville, Rm 15, Russell Hall: $125 includes supplies
Fridays, Feb 5, 12, 19, 26; March 4, 11, 6–9 pm
Digital Camera Basics
Do you have a digital camera? Would you like to learn more about how your camera works and how to take better pictures? In this class, we will look at the options and settings available on most digital cameras and explain how they affect your pictures. Students should bring their digital camera and user manual.
Instructor: Steven Gassman,
UW-Platteville, Rm 107, Ullrich Hall: $25
Tues, Feb 9, 7–9 pm

No Needles Required: Infinity Scarfs
Finger knitting and using your arm to create infinity scarfs is easy and fun, and both techniques will be taught in this class. A finger-knit infinity scarf makes a wonderful gift—and it only takes 30 minutes to make one. All you need is yarn, scissors, and your fingers to make a trendy extra-warm infinity scarf. If you have never given finger-knitting a try, you will be amazed at how relaxing it is to do. Additionally, the arm-knitting technique will be taught so that you can create a beautiful yarn scarf. Both methods will result in wonderful gifts for giving. Participants will need to bring both a 30 and 55 yard ball of super chunky wool yarn and a pair of scissors.
Instructor: Mikayla Wedige,
UW-Platteville, Rm 113, Ullsvik Hall: $15
Session A: Wed, Feb 10, 6–7:30 pm
Session B: Mon, Feb 15, 6–7:30 pm

Wheel Thrown Ceramics
This nine-week course will introduce or reintroduce students to making pottery on a potter’s wheel. Emphasis will be placed on wheel technique, form, glazing, and decorating. The course is open to beginners and advanced students alike. Hand-builders are also welcome to join in. Clay included.
Instructor: Tom Cabezas,
UW-Platteville, Rm 111, Art Building: $289
Thursdays, Feb 18, 25; March 3, 10, 17, 31; April 7, 14, 21, 6–9 pm
(no class March 24, spring break)

How to Increase Your Social Security Income up to 67%
Discover how to stop working by age 62 and increase your Social Security income by up to 67 percent by using SSA Reg. 202.25. Protect yourself from future changes Congress plans to make to Social Security; you only get one chance to retire right … and give the biggest gift you can give to your spouse using SSA Pub.05-10069.
Instructor: Michelle Bertram,
UW-Platteville, Rm 103, Ullrich Hall: $25
Tues, Feb 23, 6–7:30 pm

Digital Cameras I: Beyond the Basics
Would you like to learn more about how your digital camera works and how to take better pictures? We will take a careful look at the options and settings available on most digital cameras to explain how they affect your pictures. Students should bring their digital camera and user manual.
Instructor: Marie Whisenant,
UW-Platteville, Rm 110, Ullrich Hall: $90
Thursdays, March 3, 10, 17, 31; April 7, 14, 6–8 pm
(no class March 24, spring break)
Intuition: Your Guide to Your Best Self
We often live our lives on auto-pilot … missing the experiences, coincidences, and opportunities that lie just beyond our awareness. Yet we all have the ability to connect with our essential selves and listen to that small voice that will guide us to a purposeful life. This class, taught by a medium, Reiki practitioner, and spiritual teacher, will help you listen to that voice. Learn to connect with your body’s energy center, identify and describe your aura, and to notice emotional or physical blocks that may be holding you back. Ultimately, you will feel more confident about your journey to happiness, wholeness, and finding your purpose in life.
Instructor: Tracy Spensley,
UW-Platteville, Rm 0104, Ulsvik Hall: $25
Tues, March 8, 6–8 pm

An Introduction to Origami
Origami is the craft (or art) of folding paper into shapes and sculptures. The word derives from the Japanese word “oru’” meaning “to fold”, and “kami” which means “paper.” In this introductory course, you will learn basic folds by following origami instructions. Simple projects will be demonstrated during class, projects will be created, and instructions will be provided to take home. Origami paper will be provided.
Instructor: Susan Fager,
UW-Platteville, Rm 0104, Ulsvik Hall: $25
Tues, March 15, 6–8 pm

Attention Empaths
Do you take on other people’s “stuff”? Do your emotions get the best of you, or do you feel sad, upset, agitated, or on-edge and you can’t pinpoint why you feel this way? Do you walk into a room and immediately feel things? Do you meet someone and right away get a feeling on them? Then this is the class for you. If you answered “yes” to any of these questions, you would be considered an Empath. An empath is someone who feels and takes on the emotions of other people and may not even be aware that they are doing so. Are you ready to learn how to truly be the Empath you came here to be? Empaths are here to assist the planet in one way or another. Our jobs are to step into the divine light and use our abilities and gifts as an empath and serve. It will be helpful to learn what form of Empath you are. We’ll discuss what you’re meant to “do” with it and how to control your responses. Join us, as we all work together to become in tune with WHO we are and learn to love the empathetic traits that are a gift to all.
Instructor: Tracy Spensley,
UW-Platteville, Rm 0104, Ulsvik Hall: $25
Tues, April 12, 6–8 pm

Wine & Food Pairings Course*
Instructor: Julie G. Loeffelholz,
Julie’s Da Vine Wine & Stein, Platteville
UW-Platteville, Rm 113, Ulsvik Hall: $60 for all three; or register individually $25 per class.
Tuesdays, April 12–26, 6:30-8:30 pm
Week #1: Wine 101. You will learn the basics of growing grapes: processes of picking, fermentation, bottling, and labeling. Presentation will include images from a local winery, Sinnippee Valley Winery LLC, located in Kieler, Wisconsin. History and information related to the science involved will be shared.
Week #2: Wine 201. Learn types of wines available locally, nationally, and internationally. Learn how to taste wines and what to look for during a wine tasting. Order wines in restaurants with confidence, and learn the proper serving of wines. Glassware, pouring spouts, storage, aeration of wines, etc., will also be covered.
Week #3: Wine 301. Shared will be the types of wines served with the different parts of a meal. Discuss dessert wines, sipping wines, and dinner wines. Food pairings with wine types appropriate with fish, poultry, and beef. Additionally, we’ll cover dessert wines, Aperitifs’, and casual wines, and which snacks—including cheeses, chocolates, and fruits—pair well with various wines.
*Disclosure: No wine will be served during the instruction of this course.

Planning for the Inevitable
Get your legal affairs in order. Not planning ahead appropriately for disability and death can cause many problems for your family and friends at an already difficult time. Join Attorney Kristin Karrmann of the firm of Karrmann Law Offices LLC, as she sorts through relevant and practical information for Wisconsin. This program is not a substitute for consulting with your own attorney, but it will familiarize you with legal terminology and Wisconsin estate planning methods and issues so that you will be knowledgeable when you consult an estate planner. Topics include powers of attorney for health care, living wills, general durable powers of attorney, wills, non-probate transfers, revocable and irrevocable trusts, Wisconsin marital property law, and marital property agreements.
Instructor: Kris Karrmann,
UW-Platteville, Rm 105, Ulsvik Hall: $30
Thursdays, April 21, 28, 6–7:30 pm

Register today online at www.uwplatt.edu/continuing/enrichment
Digital Cameras II: Basic Image Editing
Once you’ve captured that moment, how do you maximize your image's impact? Learn to edit and enhance your digital photographs in Digital Cameras II. Learn basic editing techniques using Adobe Photoshop, through many tools and techniques common to other applications. Topics include correcting and enhancing lighting and color, cropping and straightening, making selections, using image layers, and preparing an image for printing and the web. Basic computer skills are required, including opening applications and finding, opening, and saving files.
Instructor: Marie Whisenant,
UW-Platteville, Rm 110, Ullsvik Hall: $90
Thursdays, April 21, 28, May 5, 12, 19, 26, 6–8 pm

Mindful Stress Reduction
Join us for this workshop on how to cultivate daily mindfulness and a seated meditation practice. Mindfulness Meditation is a non-sectarian, research-based, form of meditation derived from a 2,500-year-old Buddhist practice. According to recent research, there are five key ways that mindfulness training increases physical and mental health:
• It strengthens immune system and physiological responses to stress and negative emotions.
• It improves social relationships with family and strangers.
• It reduces stress, depression, and anxiety and increases well-being and happiness.
• It increases openness to experience, conscientiousness, and agreeableness and reduces negative associations with neuroticism.
• It leads to greater psychological mindfulness.
Please wear comfortable clothes and bring something to sit on if you prefer to sit on the floor.
Instructor: Lisa Antoniotti,
UW-Platteville, Rm 1016, Ullsvik Hall: $25
Sat, April 23, 9–11:30 am

Advance Care Planning
Learn the process of understanding, reflecting on, and discussing future medical decisions regardless of age and current health status. Although sometimes connected to those who are chronically or critically ill, all individuals can express their healthcare wishes at any time. Remember, “Healthcare providers cannot respect your choices if they are not known.”
Advance Care Planning includes:
• Understanding your health care treatment options
• Clarifying your health care goals
• Weighing your options about what kind of care and treatment you would want or not want
• Decide whether you want to appoint a health care agent or complete a health care directive
• Communicating your wishes and any documents with your family, friends, and health care provider
Instructor: Lisa Antoniotti,
UW-Platteville, Rm 1016, Ullsvik Hall: $10
Sat, April 23, 12:30–1:30 pm

Coupon-Shy to Coupon-Savvy: Couponing for Beginners
Stretch your hard-earned dollars farther by learning the art of couponing. If you like saving money, and you have some extra space in your garage or a large pantry, then join Julie Hewitt for some ethical, couponing tips that normal shoppers can use. Learn about the many resources that make matching sales and coupons easy, not to mention the availability of coupons obtainable to print from online or to send to your mobile devices.
Instructor: Julie Hewitt, UW-Platteville, Rm 113, Ullsvik Hall: $15
Mon, April 25, 6–7 pm

Create Your Very Own Vision Board
A vision board is a collage of images, pictures, and affirmations of your dreams, goals, and things that make you happy. It can also be called a dream board, treasure map, or vision map. Creating a vision board can be a useful tool to help you conceptualize your goals and can serve as a source of motivation as you work towards achieving your dreams. Seeing a vision board regularly helps remind you what you want to do, be, have, and helps to ensure that you continue to move towards those things, both consciously and unconsciously. Bring a friend.
Instructor: Beth Thomas,
UW-Platteville, Rm 116, Ullsvik: $35 or buy one, get one half off when you register with a friend
Wed, April 27, 6–9 pm

Lighting for Outdoor Photography
In this class we will take a look at how lighting affects outdoor photography. We will discuss how to look for pleasing light and when the best light occurs. The subjects of contrast, warmth, and direction, as it pertains to photographic lighting will be covered. Students need only bring a notebook and samples of their photography to discuss. Instructor: Steven Gassman,
UW-Platteville, Rm 1016, Ullsvik Hall: $40
Sat, April 30, 9 am–1 pm

For-Sale-By-Owner (FSBO)
What is a title insurance commitment? When should a real estate condition report be provided? How do I draw out the legal description to my property? If you have ever been involved in selling or purchasing real estate, you may have had these questions. This information-packed course, although focusing on the fundamentals of residential real estate transactions, will provide the base of information necessary for other types of real estate transactions as well. Instructor Attorney Kris Karrmann has assisted clients in buying and selling real estate for over 20 years and will explain the basics that every land owner or potential land owner should know. If you have ever thought about selling real estate without a broker or if you just want to understand more about one of the largest investments that most people make, this course is for you.
Instructor: Kris Karrmann, UW-Platteville, Rm 116, Ullsvik Hall: $25
Tues, May 10, 6–8 pm
Budget 101-100% ONLINE
A personal spending plan is a powerful and effective financial tool. Find out what it is in this online course. You will learn to build a flexible, useable, and high effective budget to help you reach your goals. Debit elimination techniques are available for consultation via email and online discussion boards.
Instructor: Jeanine O’Brien, Online: $59

Debt-free Living-100% ONLINE
This online course shows ways to pay off your credit cards, car loans, other installment loans, and a 30-year mortgage in an amazingly short time. You work through this online course in the privacy of your own home. This course is a critical part of you taking back control of your money along with the Budget 101 course. Your instructor is a financial management specialist certified in debt elimination techniques and is available for consultation via email and online discussion boards.
Instructor: Jeanine O’Brien, Online: $59

Workplace SOLUTIONS

ONLINE LEARNING CENTERS
The Office of Continuing Education offers career-focused online courses designed to give you the latest in learning, and to provide the skills necessary to acquire professional caliber in-demand occupations. Our instructor-facilitated courses are available anytime, anywhere. All you need is a web-enabled computer and a desire to learn skills that will prepare you for a new career or update current skill sets.

Check out all our online learning partners.
Go to our website at: www.uwplatt.edu/continuing/online-learning-centers

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Skilled Trades and Industrial

Career WebSchool
Real Estate Appraisal and Inspection

Legal Studies
Legal Education is our Specialization

Health Ed Today
Skills to excel in Professional Health Care
Pharmacy Technician Program
Dental Assisting Program
Medical Billing and Coding
EKG Technician Program
Electronic Health Record Management
Phlebotomy Technician Program
Medical Administrative Assistant
Dialysis Technician Program
Medical Terminology

For assistance in locating the right workplace solutions for your business, please contact Kerie Wedige at 608.342.1314 or toll free at 888.281.9472.
Monday–Thursday afternoons, July 11–14, 2016

College for Kids and Middle University are summer academic enrichment programs for students in kindergarten through ninth grade. Our programs emphasize the arts, science, technology, and creativity. We encourage all curious and enthusiastic students to register.

Since 1982, the University of Wisconsin-Platteville has offered this valuable enrichment opportunity for regional students. With the support of UW-Platteville faculty and local businesses, our program has continued to challenge and inspire young minds through science, technology, poetry, and much more. Make plans to join us!

Check back in April for more information at www.uwplatt.edu/continuing/college-kids-and-middle-university

Make plans now to join us for motivational speaker, life coach, and NBC Fitness Expert, ALI MCWILLIAMS

Total Wellness: Tips to a Strong and Healthy Mind, Body, and Spirit

Saturday, April 9 | 10–11:30 am
UW-Platteville campus

FREE COMMUNITY EVENT brought to you by the Office of Continuing Education and Office of Multicultural Student Affairs

Registration required, space is limited www.uwplatt.edu/continuing/free-community-event-ali-mcwilliams

CONNECT WITH US
If this is your first time receiving print material from Continuing Education, don’t let it be your last. We’re reaching out to you, to invite you to CONNECT WITH US. We want to hear from you. Your input is important to how we schedule upcoming classes, events, and business services. Go to www.uwplatt.edu/continuing and “Connect with Us” to manage how you receive future information from us. Or call 608.342.1314 or 888.281.9472 to complete this information over the phone.
Presented in a fast, fun, interactive format, Real Colors® Personality Instruments let participants learn how to quickly identify their own temperament or “color,” and that of others. Using this powerful knowledge, employees develop more effective communication skills and build better relationships, both in and out of the workplace.

Using Real Colors® Personality Instruments, participants will:

- Discover their personal strengths
- Learn to recognize the strengths of others
- Learn how to build instant rapport with people
- Learn the most effective methods of speaking to different people
- Learn to hear what people are really saying
- Discover the different ways individuals’ process information

Learn to appreciate and value the viewpoints of others. Contact our office today to learn more about bringing this dynamic workshop to your company.

CALL KERIE WEDIGE AT 608.342.1314 OR 888.281.9472
WE PROVIDE ALL THE EQUIPMENT YOU NEED TO LEARN TO DIVE—
INCLUDING A WETSUIT FOR THE POOL.
EXPERIENCED, PATIENT INSTRUCTORS | FUN, NO PRESSURE ATMOSPHERE
SEE PAGE 5 FOR DETAILS

This is the course you need to take in order to become a certified diver.
THIS IS A LIFETIME CERTIFICATION—
you will not have to pay to keep your certification card valid.

REGISTER ONLINE TODAY AT
WWW.UWPLATT.EDU/CONTINUING/ENRICHMENT

To request disability accommodations, contact the Office of Continuing Education
at 608.342.1314 or 888.281.9472.