



**NORTHWEST FLORIDA  
STATE COLLEGE**

**PROFESSIONAL &  
CONTINUING EDUCATION**



## **SPRING 2017 SCHEDULE OF CLASSES**

**Personal Enrichment**

**Fitness & Wellness**

**Costa Leadership Institute**

**American Heart Association  
Training Center**

**Motorcycle Safety**

**850.729.6880**

**[www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE)**

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# General Information

## Professional & Continuing Education Non-Credit Registration

### Registration Information

There are 3 ways to register for Professional & Continuing Education non-credit classes. The registration form can be found on page 35 or online at [www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE).

- **Online:** Visit [www.nwfsc.edu/CERegister](http://www.nwfsc.edu/CERegister)
- **In-Person:** Register in the Students Services area at any NWF State College campus or center – Niceville, Hurlburt, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Payment can be made by cash or check only at any NWF State College campus or center Business Office.
- **Mail:** Fill out the Professional & Continuing Education registration form. Mail the form and a check to: NWF State College, Professional & Continuing Education, 100 College Blvd. East, Niceville, FL 32578.

#### Registration now open!

Registration is due 5 days prior to deadline for class.

### Canceled Classes

The NWF State College Professional & Continuing Education Department reserves the right to cancel classes based on low enrollment or other causes. Classes may be canceled due to the lack of enrollment five (5) business days prior to the first scheduled class. The student will be notified in advance via personal email, and a full refund will be provided. NWF State College reserves the right to add or delete without notice any courses offered on the website, or to alter the fees or costs.

### Dropping a Class

Dropping a class will not result in a refund. However, we understand there are circumstances that may occur and we will work with you to find another class for you to enroll in. Please contact (850) 729-6880 should you need help.

### Payment

Payment for classes can be made by cash or check only at any NWF State College Campus or Center Business Office. Payments can be made online with an e-check or credit card. Credit card payments will incur a 2.75% convenience fee. For payment questions, please contact the NWF State College Business Office at (850) 729-5385.

### Parking

All college students must display a parking permit in their vehicle when parking in designated parking areas during the fall and spring semesters. There is no charge for parking permits for Professional & Continuing Education students.

- New permits must be obtained each semester
- All permits must be visible on the rear view mirror (Alternatives: Driver side dash and sun visor)
- A single permit may be used for up to 4 vehicles
- Each vehicle must be registered under student's online account
- Permits may only be used for registered vehicles

Please visit [www.nwfsc.edu/Students/StudentLife/parking.cfm](http://www.nwfsc.edu/Students/StudentLife/parking.cfm) for more information.

### Staff Information

Julie Cotton, Director ..... (850) 729-5212  
*Professional & Continuing Education*

Laura Schultze, Coordinator ..... (850) 729-6085  
*Continuing Education*

Jamie Moncure, Coordinator ..... (850) 729-5253  
*Costa Leadership Institute*

Ashley Breihan, Coordinator ..... (850) 729-5366  
*Special Events*

Mike Hulion, Coordinator ..... (850) 729-5209  
*Motorcycle Safety*

Jerry Ann Chancellor, Office Specialist ..... (850) 729-4955  
*Professional & Continuing Education*

### Contact Information

100 College Blvd. East, Niceville, FL 32578

(850) 729-6880 • [leadership@nwfsc.edu](mailto:leadership@nwfsc.edu)

[www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE)

For campus maps, visit  
[www.nwfsc.edu/AboutNWF](http://www.nwfsc.edu/AboutNWF)

Like us on  
**Facebook**  
[www.facebook.com/  
NWFSCProfessionalAndContinuingEducation](http://www.facebook.com/NWFSCProfessionalAndContinuingEducation)



# Personal Enrichment Courses

## Artistic Corner



### **Mosaics Magic - Stained Glass Mosaics**

**Instructor: Dulcie Scalf**

Learn the basics of stained glass art while creating your own stained glass mosaic for your home or garden. No copper foiling or soldering required. The art of stained glass mosaics is a truly unique way to color your world. You will learn about working with stained glass and leave with a finished project. Materials for each project will be provided.

**January 25 – March 1**  
**Wednesdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. 330, Rm. 201**

**Fee: \$50.00**

**CRN #: 10113**

### **Drawing for Beginners**

**Instructor: Patti Overholt**

If you have always wanted to learn to draw or want to improve your drawing skills, you will enjoy this class. This course will introduce you to simple techniques using proven methods. If you can write, you can learn to draw! Join us to bring out your inner artist. **Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).**

**January 24 – February 28**  
**Tuesdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10109**

### **Advanced Drawing**

**Instructor: Patti Overholt**

This class is for those who have basic drawing experience but would like to try different drawing styles and mediums. **Prerequisite: Previous drawing classes. Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).**

**March 7 – April 18**  
**Tuesdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10110**



### **Colored Pencil Drawing**

**Instructor: Loretta Menendian**

This class is an introduction to colored pencils as a fine art medium. You will learn to work with various types of pencils and techniques. After learning to work with the medium, watercolor pencils will be introduced. The instructor will bring pencils and paper to the first class and show students the ones needed to be purchased.

**January 23 – February 27**  
**Mondays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10139**

**April 24 – May 22**  
**Mondays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10141**

**March 6 – April 17**  
**Mondays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10140**

### **Beginning Painting with Acrylics**

**Instructor: Loretta Menendian**

Painting with acrylics is an easy medium for all levels of artists. Come and experience the sheer pleasure of producing your own painting. Release the artist within you! **Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).**

**January 23 – February 27**  
**Mondays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10033**

### **Intermediate Painting with Acrylics**

**Instructor: Loretta Menendian**

Continue on with what you learned in Beginning Painting with Acrylics. You'll amaze yourself and others with your painting. Registration fee does not include supplies. **Prerequisite: Beginning Painting with Acrylics. Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).**

**March 6 – April 17**  
**Mondays**  
**10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10148**

**April 24 – May 22**  
**Mondays**  
**10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 500, Rm. 131**

**Fee: \$50.00**

**CRN #: 10149**





# Personal Enrichment Courses

## Artistic Corner

### Advanced Painting with Acrylics

Instructor: Loretta Menendian

This class is a continuation of Intermediate Painting with Acrylics. Continue to paint and create and become the artist you always wanted to be. Registration fee does not include supplies. **Prerequisite:** *Beginning/Intermediate Painting with Acrylics*. **Supplies required:** List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).

January 20 – February 24  
Fridays, 10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10133

January 20 – February 24  
Fridays, 1:00 – 3:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10134

March 3 – April 14  
Fridays, 10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10135

March 3 – April 14  
Fridays, 1:00 – 3:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10136

April 21 – May 26  
Fridays, 10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10137

April 21 – May 26  
Fridays, 1:00 – 3:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10138



### Artists' Workshop

Instructor: Loretta Menendian

Are you an artist working in acrylic, mixed media, pen and ink, pastels and watercolors? This class is for you - a place to share your work with others and have an instructor on hand to provide feedback and instruction. No oils please.

**Prerequisite:** *Continuing Education Art Class*.

January 18 – February 22  
Wednesdays  
10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10142

January 18 – February 22  
Wednesdays  
1:00 – 3:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10147

March 1 – April 12  
Wednesdays  
10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10143

March 1 – April 12  
Wednesdays  
1:00 – 3:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10144

April 19 – May 24  
Wednesdays  
10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10145

April 19 – May 24  
Wednesdays  
1:00 – 3:00 p.m.  
Niceville, Bldg. 500, Rm. 131  
Fee: \$50.00  
CRN #: 10146





# Personal Enrichment Courses

## Hobbies



### **NW Florida Gardening - Gardening in Paradise**

**Instructor: Karen Kirk Williams**

Gardening season is just around the corner, so this is an ideal time to join us for our "Gardening in Paradise" classes, where you'll find plenty of helpful information and inspiration to ensure your garden gets off to a good start. There are many beautiful plants that will perform well with minimal care, so our classes will feature photographs and information of some of the very best spring and summer plants for northwest Florida. We will also cover other topics of seasonal interest, designed to help you garden more efficiently and effectively, in a sustainable and environmentally friendly way. Gardening is good for your mind, body and soul, and can provide a peaceful and rewarding respite from the stresses we face every day. Especially when we learn how to garden with nature, rather than against it. Not only will we be rewarded with beautiful flowers, trees and shrubs, but our gardens will also provide wildlife with the vital food and habitat necessary for their survival.

**January 24 – February 28**  
**Tuesdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 330, Rm. 202**

**Fee: \$50.00**

**CRN #: 10031**

### **Photography**

**Instructor: Sharon Dooley**

Want to take great pictures, but don't know where to start? Come and join a professional photographer and learn! This class will cover basic techniques that can help you take better photographs, including composition, lighting, focusing and content. Discussions will cover the history of photography, early cameras and photographs, as well as good and bad photographic technique. An instructor-led trip to Niceville's Turkey Creek is included in this class. Students will share their photos with the class for a candid and open discussion of their success. Students must supply their own digital or analog camera and will be responsible for any photo developing.

**January 24 – February 7**  
**Tuesdays, 11:00 a.m. – 12:30 p.m.**

**Niceville, Bldg. 400, Rm. 127**

**Fee: \$25.00**

**CRN #: 10132**



### **Mah Jongg**

**Instructor: Hollis Albanese**

Do you want to learn the ancient orient game of Mah Jongg? This class will teach you how to play this fun and challenging game of tiles, which has been adapted and played in the United States since 1937. Students will learn the game according to the rules established by the National Mah Jongg League, Inc. This class will give you all of the skills you will need to join a Mah Jongg group or create one of your own. Learn how to play now for a lifetime of entertainment! No prior Mah Jongg experience or knowledge of the game is necessary.

**January 23 – March 20**  
**Mondays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400, Rm. 127**

**Fee: \$60.00**

**CRN #: 10030**



### **Mah Jongg Players' Club**

**Coordinator: Hollis Albanese**

Take the lessons Wednesdays 10:00 a.m. – 12:00 p.m. and then stay to practice and have more fun! This class is for students who have taken Mah Jongg or are enrolling in the Mah Jongg course for this semester.

**January 23 – March 20**  
**Mondays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 400, Rm. 127**

**Fee: \$15.00**

**CRN #: 10192**





# Personal Enrichment Courses

## Hobbies

### **Refining Your Bridge Skills**

**Instructor:** Audree Newman

Want to sharpen your basic skills of bridge? Do you know how to play bridge but want those fundamentals refined? This 8-week course will help you improve your basic understanding of the game and add winning “tricks” to your leisure fun! Review bidding, opening leads and signals, along with many other techniques of the game. Emphasis will be placed on bidding, competitive play and conventions.

**January 19 – March 9**

**Thursdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400, Rm. 127**

**Fee: \$60.00**

**CRN #: 10106**

### **Bridge Players' Club**

**Coordinator:** Audree Newman

CALLING ALL BRIDGE PLAYERS! Beginner and Intermediate players. Practice the skills you have learned. Join us for a casual day of bridge each Thursday. **Prerequisite: current enrollment in Spring 2017 Bridge class or previous Continuing Education Bridge classes.**

**January 19 – March 9**

**Thursdays, 12:30 – 2:30 p.m.**

**Niceville, Bldg. 400, Rm. 127**

**Fee: \$15.00**

**CRN #: 10191**



## Lunch & Learn



### **Creating a Florida-Friendly Cottage Garden**

**Instructor:** Karen Kirk Williams

If you long for a beautiful garden like those found in gardening magazines and books, you'll be pleased to learn that it is within your grasp. Here in the Florida Panhandle, it is possible to have a charming and colorful garden, often called a cottage garden, filled with flowers of many varieties. Traditional cottage gardens often also included fruit and flowering trees, shrubs, herbs, and vegetables planted amongst the flowers, so this style is ideal for anyone wishing to grow edibles, especially in smaller landscapes. One of the easiest ways to add a beautifully landscaped area to your yard is to start with a smaller cottage garden, filled with lots of flowering plants, then slowly add to it over time. Please join us for a fun Lunch & Learn as we cover basic guidelines for gardening in our area, feature some of the best plants for northwest Florida, and show how to go about designing and planting your garden. The cost of the lunch is included in the registration fee.

**February 16**

**Thursday, 11:00 a.m. – 1:00 p.m.**

**Rutherford's, Regatta Bay, Destin**

**Fee: \$30.00**

**CRN #: 10214**



### **Outlook and Opportunities - Prepping Your Portfolio**

**Instructor:** Matt Ritter, A.A.M.S.

This Lunch & Learn will discuss the economy and actions to take today. We'll explore today's stock market, the importance of asset allocation, preparation for volatile markets and opportunities in the current environment. The cost of the lunch is included in the registration fee.

**March 7**

**Tuesday, 11:00 a.m. – 1:00 p.m.**

**Rutherford's, Regatta Bay, Destin**

**Fee: \$30.00**

**CRN #: 10215**



# Personal Enrichment Courses

## Language & Personal Development

### **Beginning Conversational Spanish**

**Instructor:** Engracia F. Ornelas

¡Dilo en español! Say it in Spanish! In this course we will focus on pronunciation, conversational Spanish skills, useful phrases, and important aspects of Spanish-speaking culture. This is a practical, easy, and enjoyable conversational method that will help you learn Spanish quickly through continuous interaction. Learn how to carry a conversation and speak with confidence when interacting with native speakers! ¡Hasta pronto!

**January 25 – March 1**

**Wednesdays, 5:00 – 7:00 p.m.**

**Niceville, Bldg. 400, Carr, Riggs, & Ingram Rm. 306**

**Fee: \$50.00**

**CRN #: 10107**

### **Creative Writing**

**Instructor:** Angela Yuriko Smith

Release your creativity! Learn to draw upon your own experiences and share them in words. This class will explore various aspects of creative writing. Discussions will include such topics as word count, gaining inspiration from world news, personalizing your work, writing as therapy, how to get your work read and writing as a tool for change.

**March 6 – April 17**

**Mondays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$50.00**

**CRN #: 10153**



### **Intermediate Conversational Spanish**

**Instructor:** Engracia F. Ornelas

Building upon the foundation of the Beginning Conversational Spanish class, this course continues your exploration of Spanish language and culture. **Prerequisite: Beginning Conversational Spanish.**

**March 8 – April 19**

**Wednesdays, 5:00 – 7:00 p.m.**

**Niceville, Bldg. 400, Carr, Riggs, & Ingram Rm. 306**

**Fee: \$50.00**

**CRN #: 10108**

### **How to Write for Children**

**Instructor:** Angela Yuriko Smith

If you have the perfect story for children simmering in your imagination, this class will help you bring that story to life! The class will explore finding your voice, appropriate topics, how to handle sensitive issues, self-publishing, and creating a character.

**January 23 – February 27**

**Mondays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$50.00**

**CRN #: 10206**



### **Creative Exercise - Writing With Prompts**

**Instructor:** Angela Yuriko Smith

Exercise your creative muscles every week as we explore writing with prompts. Each week a new prompt will challenge your literary skills. Stories from the class will then be presented in an open mic format. Spoken word and performance skills will also be part of the class, to help you learn to present your work in a dynamic and effective manner.

**January 26 – March 2**

**Thursdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 330, Rm. 208**

**Fee: \$50.00**

**CRN #: 10208**

**March 9 – April 20**

**Thursdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. 330, Rm. 208**

**Fee: \$50.00**

**CRN #: 10207**

### **Beginning Sign Language**

**Instructor:** Carissa L'Orange

Want to learn a new language? Join us in learning Beginning Sign Language! This class will include a variety of basic conversational signs, as well as the alphabet, numbers, and colors. You will also have a chance to see stories in sign language via video and DVD. Textbook included in registration fee.

**January 24 – February 28**

**Tuesdays, 4:30 – 6:30 p.m.**

**Niceville, Bldg. 400, Rm. 127**

**Fee: \$55.00**

**CRN #: 10105**





# Personal Enrichment Courses

## Food & Entertainment



### ***Chef's Choice***

**Four Local Restaurants  
(Chefs of the Emerald Coast)**

**Coordinator: Jess Parnell**

Each session of this unique course will consist of a lunch at one of several local restaurants. During each exciting class, culinary specialists from the restaurant where you are dining will share their personal cooking techniques with you. The \$17.50 cost of each lunch is included in the registration fee. Any changes to attendance dates must be phoned in at least 7 days prior to your regularly scheduled luncheon. **The fee for this class fee is non-refundable. Class size is limited. The Chef's demonstration begins at 12:00 p.m. Deadline for registration is January 17, no exceptions.**

**Wednesdays, 11:45 a.m. – 1:15 p.m.**

January 25	Jackacuda's Seafood and Sushi 56 Harbor Blvd., Destin
February 15	Fuel at Northlight 113A John Sims Pkwy., Niceville
March 8	Clemenza's at Uptown Station 75 Eglin Pkwy. NE #126, Fort Walton Beach
March 29	TBA

**Fee: \$80.00**

**CRN #: 10150**

### ***Wine - The Lubricant of Human Relations***

**Instructor: Moe Powers**

Join us for an exciting trip through the fascinating world of wine. You'll discover new vintages like Cortese, Torrontes, and Nebbiolo, while also learning more about old favorites like Chardonnay, Cabernet Sauvignon, and Pinot Noir. Learn how to demystify and decipher wine labels and wine lists. Grasp the significance of the vintage and alcohol by volume (ABV) on the label, and feel comfortable and confident when the wine list is handed to you. On the wings of wine you'll fly from continent to continent and country to country, finding something new and interesting at each stop. We'll pair wine with food (or food with wine) and sample some of these combinations along the way. We'll follow the journey of the humble, unassuming grape from the vineyard to your glass, discovering the secrets of its transformation along the way. This adventure will provide the basic details you can use to make knowledgeable decisions when purchasing wine. All of this in the company of a wonderful group of folks (with whom you'll be tasting these wines) who share your passion for fine wine and food. By the way, there's a field trip.

**February 1 – February 22**

**Wednesdays, 2:30 – 4:30 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$60.00**

**CRN #: 10034**

**Wednesdays, 11:45 a.m. – 1:15 p.m.**

February 1	Jackacuda's Seafood and Sushi 56 Harbor Blvd., Destin
February 22	Fuel at Northlight 113A John Sims Pkwy., Niceville
March 15	Clemenza's at Uptown Station 75 Eglin Pkwy. NE #126, Fort Walton Beach
April 5	TBA

**Fee: \$80.00**

**CRN #: 10151**

# Northwest Florida State College Meeting & Special Event Facilities



**Call 850.729.5366  
for a quote!**

## Need space for your next event?

We offer extensive event management experience and attractive, convenient, and affordable meeting rooms and outdoor facilities. Host a memorable event in one of the college meeting rooms or facilities at one of our locations across Okaloosa and Walton Counties: Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton.

We can provide the following upon request for your event space:

**Small and large meeting rooms  
Catering • IT assistance**

**Our professional staff will ensure  
that your specific event needs are met  
and that your function is truly a success!**

**[www.nwfsc.edu/SE](http://www.nwfsc.edu/SE)  
[specialevents@nwfsc.edu](mailto:specialevents@nwfsc.edu)**



## PE Courses Workshops



### **Travel Destinations and More**

**Instructor: Tammy McDaniel**

Looking to travel on your own? Solo travel is on the rise, so join us for some great travel tips. Learn how to pay less for your travel. Discover where solo travelers are going. Compare the value of using a Travel Consultant vs booking your own travel online. We'll also discuss travel trends for 2017, including "The 10 Most Popular 'Bucket-List' Locations". Bring your lunch and join us as we discover the world through travel!

**February 2, 9, 23**

**Thursdays, 12:00 – 1:30 p.m.**

**Niceville, Bldg. 400, Carr, Riggs, & Ingram Rm. 306**

**Fee: \$25.00**

**CRN #: 10200**



### **Workshop for Individual Investors**

**Instructor: Matt Ritter, A.A.M.S.**

This class will provide you with the basics of stocks, bonds, mutual funds, annuities, as well as other financial strategies including asset allocation, portfolio diversification, estate planning, and legacy planning. Your instructor, Mr. Matt Ritter, A.A.M.S., is an accredited financial expert who wants to ensure that you learn the best way to make your money work for you.

**January 26 – March 2**

**Thursdays, 6:00 – 7:00 p.m.**

**Niceville, Bldg. 400, Carr, Riggs, & Ingram Rm. 306**

**Fee: \$35.00**

**CRN #: 10112**



### **Authentic Living**

**Instructor: Tolliny Rankins**

A life coaching workshop that offers tools to help you create a more fulfilling lifestyle, this class will actively engage you as you learn how to bring out the best in your own life. Whether you want to discover a purpose or reawaken your passions, get started now by making and taking time to appreciate the silver linings in your life. Bring your lunch and join certified life coach, trainer and consultant Tolliny Rankins as we explore the joy and satisfaction of Authentic Living!

**March 2**

**Thursday, 11:00 a.m. – 1:30 p.m.**

**Niceville, Bldg. 400, Carr, Riggs, & Ingram Rm. 306**

**Fee: \$20.00**

**CRN #: 10111**





# Personal Enrichment Courses

## History, Politics & Government



### **Florida Through the Ages**

**Instructors:** Gail Lynn Meyer & Michael Weech

Come to the Heritage Park & Cultural Center for a four class series on the history of Northwest Florida, from the earliest hunter-gatherers to the modern society of today. Students will learn about major periods of the region's history through lessons, artifacts, and hands-on activities. Learn about the area's prehistoric inhabitants, European colonization, its involvement in the Civil War, and the progress of its citizens up to the present. Cost of park entrance is included in the registration fee.

**January 17, 31, February 14, 28**

**Tuesdays, 11:00 a.m. – 1:00 p.m.**

**Heritage Park & Cultural Center, Fort Walton Beach**

**Fee: \$30.00**

**CRN #: 10209**

### **World War II**

**Instructor:** John Dabrowski

World War II: The Great War of the Greatest Generation. In this course we will examine the causes and events leading up to the war, its important campaigns and battles, and finally, the war's consequences. Both the European and Pacific theatres will be covered, and video clips will be shown.

**January 23 – February 27**

**Mondays, 1:00 p.m. – 3:00 p.m.**

**Niceville, Bldg. 350, Rm. 302**

**Fee: \$50.00**

**CRN #: 10210**

### **The Civil War**

**Instructor:** John Dabrowski

This class will help you gain knowledge, understanding, and appreciation of the Civil War – the conflict that reshaped our national character! We will be covering the causes of this conflict, including the “what-ifs” that might have averted it. Most of the course will focus on the war's important battles, including the strategies that led up to them and the tactics that decided their outcomes. Emphasis will be placed on the commanders, and their strengths and weaknesses that determined the fates of those who fought under them. Finally, we will briefly cover the effects, both short and long term, that the war had on our nation. Come ready to both learn and participate.

**January 24 - February 28**

**Tuesdays, 2:30 - 4:30 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$50.00**

**CRN #: 10230**



### **European History**

**Instructor:** Dan Ritter

In the late Twelfth Century, European monarchs launched several failed invasions of the Middle East. At the same time, Christendom was torn between two popes. And the entire era was terrorized by frequent outbreaks of the Black Plague. Some cities lost over one-third of their entire population. And yet, those Twelfth Century Europeans viewed the future with less apprehension and more hope than those of us at the start of the Twenty-First Century – which was preceded by 100 years of unprecedented innovation and prosperity. Why? Were they just less educated? Are we just more paranoid? By focusing on the past, the present, and maybe ourselves a bit, we will try to shed some light on this mystery.

**January 24 – February 14**

**Tuesdays, 11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$35.00**

**CRN #: 10203**

### **Miracle That Changed the World - U.S. Constitution**

**Instructor:** Tom Johnson

The framers of the U.S. Constitution and their early Americans compatriots truly regarded the Constitution as a miracle. Their work resulted in the greatest nation in history, a nation based upon law, with the Constitution being the supreme law of the land. Failure to understand and follow the principles upon which the Constitution was established puts our nation, and its greatness, at risk. Come and join us as we learn about the origins of this miraculous document, and the challenges facing it today.

**January 26 – March 2**

**Thursdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 520, Rm. 147**

**Fee: \$50.00**

**CRN #: 10104**





# Personal Enrichment Courses

## History, Government & Politics

### **Beginning Genealogy**

**Instructor: Beverly Gross**

This class will introduce you to the fascinating world of genealogy! We will start with you, giving hints and suggestions of how to find those people who came before you. We will show you how to get started and organized for your search. It's exciting to see how, when and where your family fits history. Your instructor, Beverly Gross, has been doing family research for over 50 years, taking courses and researching in many states, as well as in France and the Panama Canal Zone. Join her as she helps you answer the question "Who were my ancestors?"

**January 31 – February 28**

**Tuesdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. 350, Rm. 304**

**Fee: \$45.00**

**CRN #: 10197**



### **Migration in Early America**

**Instructor: Beverly Gross**

When European settlers arrived on the shores of North America, they found it already occupied. Among the many gifts these natives provided, the most valuable may have been their trails to the different parts of the land. By focusing on this network of trails, we will examine the early migrations that took those early settlers into the heart of North America.

**February 1 – March 1**

**Wednesdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. 350, Rm. 304**

**Fee: \$45.00**

**CRN #: 10198**

## Computers & Beyond

### **Social Media 101**

**Instructor: Angela Yuriko Smith**

This workshop-style class will help to answer your questions about social media such as Facebook, as well as exploring basic skills like navigating Amazon, using search engines and setting up email signatures. Presented in an open forum, this class will be a fun and friendly exploration of modern technology. **Please bring your preferred phone, laptop or tablet.**

**January 23 – February 13**

**Mondays, 10:30 a.m. – 12:30 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$35.00**

**CRN #: 10116**



### **Beginning Blogging**

**Instructor: Angela Yuriko Smith**

Blogging is a wonderful way to keep up with family and friends, enhance your online presence and manage your own publication. Topics covered in this class will include how to receive free products to review, make extra money from advertising, lay out a good post and what to keep private.

**February 20 – April 10**

**Mondays, 10:30 a.m. – 12:30 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$35.00**

**CRN #: 10205**



### **Beginning/Intermediate Microsoft Excel**

**Instructor: Tom Johnson**

In this class you will learn how to use Microsoft Excel to work with numbers quickly and easily using basic formulas and functions. Students will create a personal budget using Excel's financial features. We will also learn how to input, edit, move and print data, as well as how to create charts to present your data. The computer labs use Windows 7 and Office 10. **Please bring a flash drive for use in this class.**

**January 30 – February 20**

**Mondays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 310, Rm. 112**

**Fee: \$40.00**

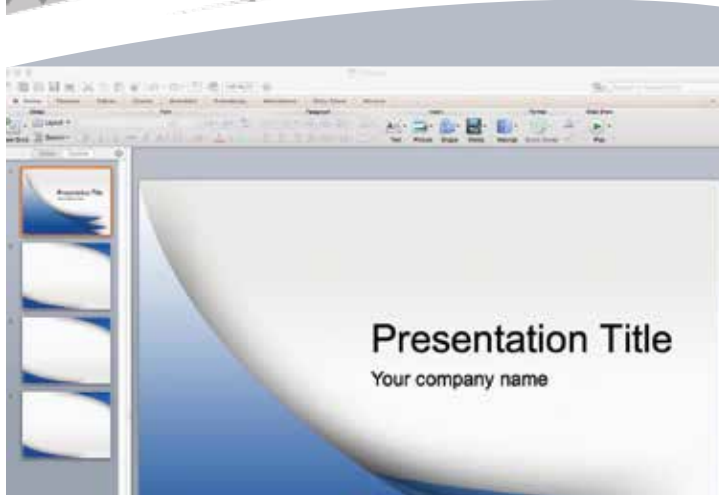
**CRN #: 10152**





# Personal Enrichment Courses

## Computers & Beyond



### **Microsoft PowerPoint**

**Instructor: Jess Parnell**

PowerPoint is a presentation software that allows you to create dynamic slide presentations that can include animation, narration, images, and videos. In this class, you will learn your way around the PowerPoint environment. In addition to learning how to create new presentations and open existing files you will also learn how to use and modify the Ribbon and the Quick Access toolbar.

**January 31 – February 21**  
**Tuesdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 310, Rm. 112**

**Fee: \$40.00**

**CRN #: 10201**

### **Apple Mac**

**Instructor: Eddie Branch**

The course focuses on the Mac computer, using the most recent operating system. Topics covered include: general use, system, preferences, Mail, Contacts, Calendar, Notes, Reminders, Safari, FaceTime and the App Store. Also covered will be Photos, iMovie, Pages, Numbers and Keynote. This course is for those with limited knowledge of the Mac who want to become more familiar with their system. ***Please bring your laptop to class.***

**January 26 – March 2**  
**Thursdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$55.00**

**CRN #: 10131**



### **Photos, iTunes and iWorks on the Apple Mac**

**Instructor: Eddie Branch**

This course will focus on the Mac computer and the Photos, iTunes, Pages, Numbers and Keynote Applications. We will cover importing, syncing and editing photos, using iTunes to backup and restore IOS devices, as well as adding music, movies, and playlists. The iWorks portion of the class will focus on creating and formatting documents and templates. This course is for those with a working knowledge of the Mac with the goal of increasing your knowledge to be an advanced or intermediate user.

**January 26 – March 2**  
**Thursdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$55.00**

**CRN #: 10196**



### **3D Printing**

**Instructor: Daren Jones**

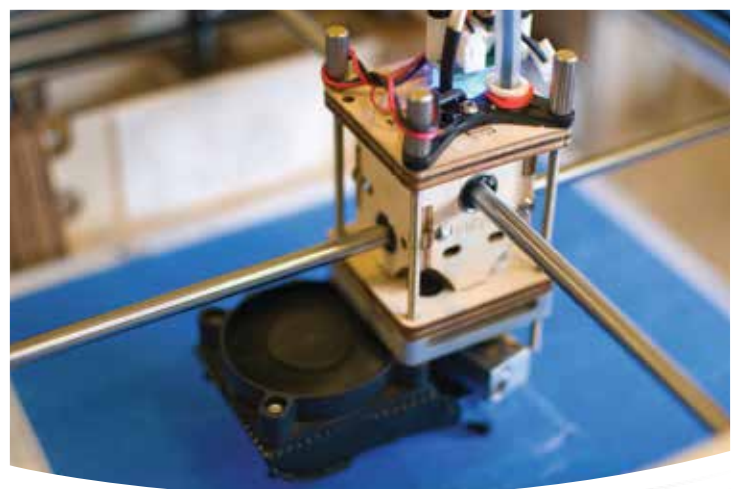
What the mind can imagine, a 3D Printer can make! Digital creations come to life as the layers are laid down. Visualize the design. Create the design. Use a 3D modeling CAD program to bring it to life with the 3D printer. Come and join the class to explore this amazing new technology. Don't forget to bring your imagination as we find out what is going on in NWF State College's Advanced Technology and Design Department!

**February 4 – February 25**  
**Saturdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 310, Rm. 107**

**Fee: \$40.00**

**CRN #: 10199**



# Kids on campus

NORTHWEST FLORIDA  
STATE COLLEGE

*NWF State College Kids on Campus program  
is a unique opportunity for summer enrichment and  
fun learning in a college environment.*

**Summer Program**  
**For Kids Entering 3<sup>rd</sup> thru 8<sup>th</sup> Grade**

**Session 1: June 12-22, 2017**  
**Session 2: July 10-20, 2017**

**Sports ~ Art**  
**Academics ~ Dance ~ Music**

Kids on Campus is open to students entering 3rd - 8th grade. Camps are offered every June and July and each camp runs for two weeks. Students choose from a variety of classes such as: athletics, hands-on science, fine and performing arts, academics, and art. Students create their own schedules. Brochures will be available in April, registration will follow in May. Volunteer opportunities are available for high school students entering 10th -12th grade. Students can volunteer their time during the camp, to earn community service hours toward their Bright Future Scholarship, and a variety of other scholarships.



[www.nwfsc.edu/KidsOnCampus](http://www.nwfsc.edu/KidsOnCampus)  
(850) 729-6086 • [KOC@nwfsc.edu](mailto:KOC@nwfsc.edu)  
100 College Blvd. E., Niceville, FL 32578



## PE Courses

### Science



**Astronomy**

**Instructor: Anthony Russo**

Ever look up to the night sky and wonder what's out there? Join us at the NWF State College observatory and find out! We'll learn how to view and identify planets, nebulae, star clusters and distant galaxies. Discover how astronomers determine the distance, size, temperature and brightness of celestial objects. Bring your own binoculars or telescope. Don't have a telescope? We'll show you how to purchase, set up and use one.

**February 7 – February 28**  
**Tuesdays, 6:00 – 8:00 p.m.**

**Niceville, Bldg. 750, Observatory**

**Fee: \$35.00**

**CRN #: 10204**



### **Science Seminars & Explore the Environment Workshop Series**

Looking to learn more about science? Come join us for the Science Seminars lecture series, hosted by the NWF State College Science department. For a more hands-on experience, the Science Department will also be hosting a series of Environment Workshops. All are from 11:00 a.m. to noon, in Room 110 of the Robert E. Greene Jr. Science Building (Bldg. 350) on the Niceville Campus. The lectures and workshops are both free and open to the public. The following dates are scheduled for this year. For more information, including a list of speakers and topics, please call (850) 729-5376.

**Science Seminar Dates:**

**January 20 • September 8**

**Explore the Environment Workshops:**

**March 3 • July 14 • November 17**

❖ Personal Enrichment ❖





# Personal Enrichment Courses

## Chautauqua Center (DeFuniak Springs)

### Acrylic Painting

**Instructor:** Marvin Tweedy

In this class, you will learn to mix and paint better than you ever thought you could! Local artist Marvin Tweedy will guide you through the process of mixing paints to achieve the colors and effects you desire. He will also teach techniques you can use to create depth in two-dimensional surfaces. We will explore the three main brush types and their uses, as well as a variety of painting techniques. These techniques include, but are not limited to, glazes, scrubs, pointillism, stippling, and dry brush. Supplies are available locally for less than \$30. **Supplies required:** List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).

**January 26 – March 2**

**Thursdays, 4:00 – 6:00 p.m.**

**DeFuniak Center, Bldg. 500, Rm. 154**

**Fee: \$50.00**

**CRN #: 10242**

**March 23 – April 27**

**Thursdays, 4:00 – 6:00 p.m.**

**DeFuniak Center, Bldg. 500, Rm. 154**

**Fee: \$50.00**

**CRN #: 10243**



### Introduction to Computers

**Instructor:** Jennifer Ludemann

This course is meant for the student with little or no computer experience who wants to learn how to better use a computer. Sessions will cover the basics of personal computers (PCs), including the vocabulary of computing, hardware, and software. Students will experience hands-on training with the Windows operating system, including significant practice using a mouse. Organizing and saving information using files and folders will also be covered in depth.

**January 30 – March 6**

**Mondays, 11:00 a.m. – 12:15 p.m.**

**DeFuniak Center, Bldg. 501, Rm. 202**

**Fee: \$35.00**

**CRN #: 10241**

Visit our website for the most updated  
calendar of events and classes  
[www.nwfsc.edu/PE](http://www.nwfsc.edu/PE)



### Social Media Basics

**Instructor:** Jennifer Ludemann

The course is an introduction to the various social media sites, and the purposes and uses of each site. Students will create an account on an applicable social media and learn how to upload and post photos, videos and links to other sites, as well as making contacts and general posting. Social media safety and dos and don'ts will be addressed. Students will learn how to avoid computer malware, account hacking and identity theft by discriminate posting and sharing. Sites to be introduced may include Facebook, Pinterest, Twitter, Instagram, classmates.com, Google+, LinkedIn, and Myspace. Emphasis will be on the most popular sites.

**March 20 – April 24**

**Mondays, 11:00 a.m. – 12:15 p.m.**

**DeFuniak Center, Bldg. 501, Rm. 202**

**Fee: \$35.00**

**CRN #: 10240**





# Personal Enrichment Courses

## South Walton Center



### **Microsoft Windows 10**

Instructor: Carl Lofstrom

This course is designed to help you gain proficiency in personal computing using the new, state-of-the-art Windows 10 Operating System from Microsoft. Starting with the basics, we will move on to a broad range of topics, including: Customizing Windows, Surfing the Web, Sending and Receiving Emails, Getting Social with Windows, Working with Photos, Working with Multimedia, Editing Documents, Working with Files, Sharing Data, Implementing Security and Maintaining Windows. This is a hands-on course, so ***please bring your own laptop, and a flash drive, to class.*** We will be connecting to the center's Wi-Fi Network.

**January 23 – February 27**

**Mondays, 10:00 a.m. – 12:00 p.m.**

**South Walton Center, Rm. 113**

**Fee: \$55.00**

**CRN #: 10032**



### **Mixed Media...Finding Your Creative Self!**

Instructor: Betty Pinkston

Art can be enriching and expanding, but most of all art can be FUN! Join us as we explore the freedom art gives us to express ourselves, to share ideas, and to play. We will combine a variety of mediums and techniques, including acrylic paints, stencils, impressions, crayons, pastels and found objects to create new works of art. Even if you think you can't draw, you can learn to express yourself through art!

**January 27 – March 3**

**Fridays, 1:00 – 3:00 p.m.**

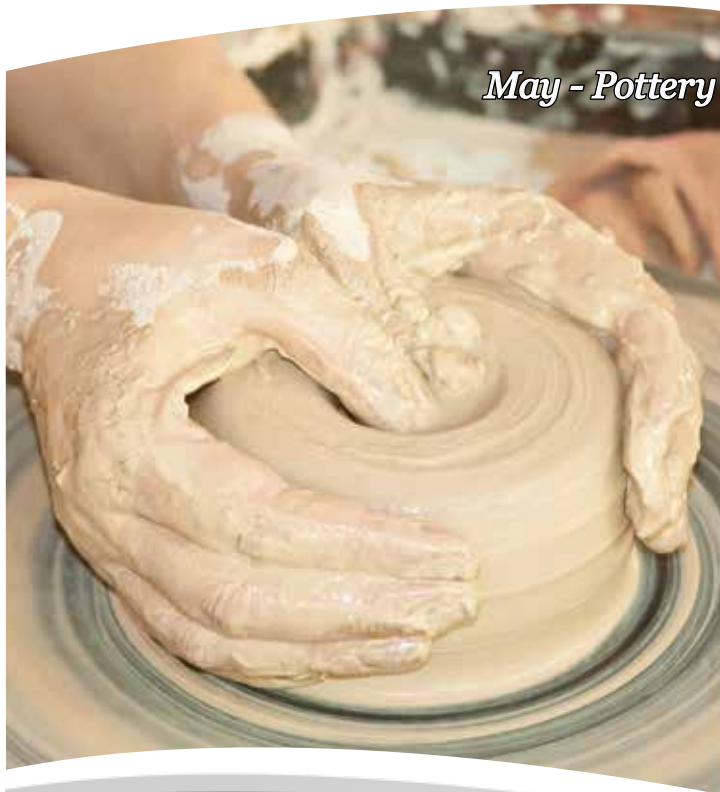
**Coastal Branch Library**

**Fee: \$50.00**

**CRN #: 10202**



## Summer Preview



*May - Pottery*



*June/July - MIG Welding*

For more information on  
Personal Enrichment courses,  
call (850) 729-6085 or  
e-mail [schultzl@nwfsc.edu](mailto:schultzl@nwfsc.edu).





# Fitness & Wellness Courses

## Niceville Campus



### Yoga

**Instructor:** Holly Solaas

Traditional hatha yoga practiced in a relaxed atmosphere. The practice sessions begin with a warming up period, then the practice of the asanas, followed by a few minutes of relaxation.

**Students must provide their own mats.**

**January 17 – March 7**  
**Tuesdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$35.00**

**CRN #: 10167**

**January 19 – March 9**  
**Thursdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$35.00**

**CRN #: 10165**

**March 21 – May 9**  
**Tuesdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$35.00**

**CRN #: 10168**

**March 23 – May 11**  
**Thursdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$35.00**

**CRN #: 10166**

### Health and Wellness - Plain and Simple!

**Instructor:** Nisse Fiske

Why can't you have your cake and eat it too? You can! Health and wellness isn't about deprivation or starvation. It's about balance. Learn how to balance what's important for your health goals without giving up the things you love. Led by an ACE certified Health Coach, this course will cover topics from easy meal prep to simple fitness. The key to overall health isn't just about what you eat and what you do, it's about understanding why and how. Learn tips and tricks that will help you achieve healthy goals that you never believed possible!

**January 26 – March 2**  
**Thursdays, 4:15 – 5:15 p.m.**

**Niceville, Bldg. 500, Rm. 128**

**Fee: \$30.00**

**CRN #: 10156**

### Zumba Gold

**Instructor:** Dawn Hamilton

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: we want you to want to work out, to love working out, and to want to continue to work out! The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological and psychological needs specific to these populations.

**January 25 – March 22**

**Wednesdays**

**5:00 – 6:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$35.00**

**CRN #: 10186**

**March 29 – May 17**

**Wednesdays**

**5:00 – 6:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$35.00**

**CRN #: 10188**



### Fitness Boot Camp

**Instructor:** Cynthia McGinnis

Fitness Boot Camp is a military inspired work out that is built on three fundamentals of training: agility, cardio and strength. Boot camp workouts target muscles throughout your entire body using body weight exercises and circuits that keep you moving. No matter what your current fitness level, exercises can be modified for each individual. Boot Camp is for all age groups; everyone is welcome and encouraged to participate. Boot Camp promotes camaraderie, overall fitness and team effort! **Please bring a mat and towel.**

**January 27 – April 21**

**Fridays, 11:00 – 11:30 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$30.00**

**CRN #: 10211**





# Fitness & Wellness Courses

## Niceville Campus

### Cut to the Core

**Instructor:** Cynthia McGinnis

An intense 20 minute workout designed to improve the overall conditioning of your core. The core is a collection of muscles which stabilize and move the spine. Close to the spine and deep inside the abdomen is the inner core, which is comprised of the *diaphragm, pelvic floor, multifidi, deep cervical flexors, and transverse abdominus*. These strange-sounding muscles engage first during movement or breathing to protect the spine. The class starts with a 5 minute warm up, 20 minutes of core strengthening and a 5 minute stretch, cool down. **Please bring a mat and towel.**

**January 27 – April 21**

**Fridays, 11:30 a.m. – 12:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$30.00**

**CRN #: 10154**

### Older But...BETTER!

**Instructor:** Anita Kurz

Have you been wanting to start an exercise program but been unsure how to begin? Are you intimidated about going to a health club? This is the class for you! Incorporating aerobic exercise (walking on the track at the arena) with strength training, this class slowly and gently leads you on the path to improved cardiovascular health and muscle conditioning. Other benefits of the class include increased flexibility, balance and coordination. Every participant is encouraged to work at his or her own pace. With over 30 years of experience as a fitness instructor, Anita Kurz most enjoys helping beginners. Wear comfortable clothing and walking shoes.

**Bring light weights (1-2 lbs.) or soup cans and an exercise band.** If you are unsure if this class is suitable for you, please consult your physician. All new students, please arrive 15 minutes early for a one-time orientation.

**January 17 – February 22**

**Tuesday/Thursday  
2:00 – 3:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10079**

**April 18 – May 25**

**Tuesday/Thursday  
2:00 – 3:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10081**

**February 28 – April 13**

**Tuesday/Thursday  
2:00 – 3:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10080**

### It's Only Rock and Roll

**Instructor:** Anita Kurz

Calling all you Baby Boomers! (Or anyone else interested in having a great cardio workout!) Come join us for a rockin' good time working out to the hits of the 60's, 70's and 80's as we go back to our aerobic dance class roots.

**January 23 – February 27**

**Mondays, 3:00 – 4:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$30.00**

**CRN #: 10155**

**April 24 – May 22**

**Mondays, 3:00 – 4:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$30.00**

**CRN #: 10158**

**March 6 – April 17**

**Mondays, 3:00 – 4:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$30.00**

**CRN #: 10157**

### Enerchi

**Instructor:** Anita Kurz

Enerchi is a fitness class based on the principles of Chi Kung (energy work). Using slow, mindful movements and a small, lightweight ball, the class progresses through a series of postures geared towards developing balance, strength, flexibility, coordination and concentration. The class ends with a 15-minute stretch segment. Information regarding the ball will be available at the first class. All new students please arrive 15 minutes early on the first day for an orientation.

**January 18 – February 24**

**Wednesday/Friday  
8:30 – 9:45 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$55.00**

**CRN #: 10162**

*The next 2 sections are for those students who have enrolled in the 1<sup>st</sup> 6-week session of Enerchi.*

**March 1 – April 14**

**Wednesday/Friday  
8:30 – 9:45 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$55.00**

**CRN #: 10163**

**April 19 – May 26**

**Wednesday/Friday  
8:30 – 9:45 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$55.00**

**CRN #: 10164**





# Fitness & Wellness Courses

## Niceville Campus

### EXERCISE THROUGH RELAXATION

**Enerchi** and **Tai Chi** are based on the principle of relaxation. The more relaxed you are, the easier movement flows from and through you. Therefore, all movements are produced slowly and mindfully, with body awareness a primary goal.

**For new students only:** Tai Chi class levels are based on accumulated knowledge. Enrollment in Tai Chi II and III are at the discretion of the instructor.

### Tai Chi I

**Instructor: Anita Kurz**

In this 6-week session, you will learn the Eight Essential Movements, which begin to develop the mindfulness, strength, flexibility, balance and coordination necessary to begin the practice of Tai Chi. There are many styles of Tai Chi. This class teaches the Yang style 64 postures. (The Yang style is the most common form taught in the West.) These 64 postures will begin to be taught in the 2nd 6-week session of Tai Chi I if the student chooses to continue. **Prerequisite: Enrollment in Tai Chi I in Fall 2016.**

**January 17 – February 23**

**Tuesday/Thursday**

**8:30 – 9:30 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10173**

*The next 2 sections are for those students who have enrolled in the 1<sup>st</sup> 6-week session of Tai Chi I.*

**February 28 – April 13**

**Tuesday/Thursday**

**8:30 – 9:30 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10174**

**April 18 – May 25**

**Tuesday/Thursday**

**8:30 – 9:30 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10175**



### Tai Chi II

**Instructor: Anita Kurz**

This course is a continuation of Tai Chi I. It is advised that Tai Chi I students register for this class only after taking two sessions of Tai Chi I.

**January 17 – February 23**

**Tuesday/Thursday, 9:40 – 10:40 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10176**

*The next 2 sections are for those students who have enrolled in the 1<sup>st</sup> 6-week session of Tai Chi II.*

**February 28 – April 13**

**Tuesday/Thursday**

**9:40 – 10:40 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10177**

**April 18 – May 25**

**Tuesday/Thursday**

**9:40 – 10:40 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10178**

### Tai Chi III

**Instructor: Anita Kurz**

This course is a continuation of Tai Chi II.

**January 18 – February 24**

**Wednesday/Friday, 9:50 – 10:50 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10179**

*The next 2 sections are for those students who have enrolled in the 1<sup>st</sup> 6-week session of Tai Chi III.*

**March 1 – April 14**

**Wednesday/Friday**

**9:50 – 10:50 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10180**

**April 19 – May 26**

**Wednesday/Friday**

**9:50 – 10:50 a.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10181**



# Fitness & Wellness Courses

## Niceville Campus

### **Beginning/Intermediate Ballroom Dancing**

**Instructor: Patrick Scharmen**

Come and learn 7 major dances: Waltz, Foxtrot, Tango, Latin/Rhythm, Rumba, Cha-Cha and Swing. Learn the secrets of ballroom dancing: basics and elements, patterns, basics of lead and follow, footwork and minor technique, styling, frame, poise and posture. And the best part – have fun at the same time!

**January 24 – March 2**

**Tuesday/Thursday**

**6:00 – 7:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10183**

**March 7 – April 20**

**Tuesday/Thursday**

**6:00 – 7:00 p.m.**

**Niceville, Bldg. 200, Rm. 314**

**Fee: \$50.00**

**CRN #: 10184**

### **Jazz Dance**

**Instructor: Nate Beechum**

This course will acquaint the beginning student with the fundamentals of jazz dance technique, history and composition. Emphasis will be placed on correct body alignment, which will facilitate movement and balance. We will focus on technique as an expressive activity, to include kinesthetic awareness of the whole self. This awareness forms the basis of classical and modern jazz dance. By utilizing the elements of dance (time, space and energy), students will also develop composition and improvisation skills.

**January 24 – April 18**

**Tuesdays, 6:30 – 8:00 p.m.**

**Niceville, Bldg. 100, Rm. 125**

**Fee: \$120.00**

**CRN #: 10159**

## Fort Walton Beach Campus

### **Yoga**

**Instructor: Melinda Roman**

Traditional hatha yoga practiced in a relaxed atmosphere. The practice sessions begin with a warming up period, followed by the practice of the asanas, and concluding with a few minutes of relaxation. **Students must provide their own mats.**

**January 25 – March 22**

**Wednesdays, 12:00 – 1:00 p.m.**

**Fort Walton Beach, Bldg. 48, Rm. 861**

**Fee: \$35.00**

**CRN #: 10172**

### **Zumba Gold**

**Instructor: Dawn Hamilton**

The Zumba program fuses hypnotic Latin rhythms with easy-to-follow moves to create a one-of-a-kind fitness program. Our goal for you is simple: want to work out, love working out, and want to keep working out! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological and psychological needs specific to these populations.

**January 23 – March 20**

**Mondays, 5:00 – 6:00 p.m.**

**Fort Walton Beach, Bldg. 48, Rm. 861**

**Fee: \$35.00**

**CRN #: 10185**



### **Beginning/Intermediate Ballroom Dancing**

**Instructor: Rachel Nicholson**

Come and learn 7 major dances: Waltz, Foxtrot, Tango, Latin/Rhythm, Rumba, Cha-Cha and Swing. Learn the secrets of ballroom: basics and elements, patterns, basics of lead and follow, footwork and minor technique, styling, frame, poise and posture. And the best part – have fun at the same time!

**January 25 – March 22**

**Wednesdays, 6:00 – 7:30 p.m.**

**Fort Walton Beach, Bldg. 48, Rm. 861**

**Fee: \$50.00**

**CRN #: 10182**





# Fitness & Wellness Courses

## South Walton Center

### **Zumba Gold**

**Instructor: Barbara Reynolds**

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: we want you to want to work out, to love working out, and to want to continue to work out! The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological and psychological needs specific to these populations.

**January 18 – March 8**

**Wednesdays**

**10:00 – 11:00 a.m.**

**Boys & Girls Club,  
South Walton**

**Fee: \$35.00**

**CRN #: 10189**

**March 22 – May 10**

**Wednesdays**

**10:00 – 11:00 a.m.**

**Boys & Girls Club,  
South Walton**

**Fee: \$35.00**

**CRN #: 10190**



### **Gentle Yoga**

**Instructor: Barbara Reynolds**

This yoga program is recommended for beginning exercisers and/or active older adults. The essence of this yoga class is breathing, feeling, and listening to our bodies. We will focus on improving flexibility, joint mobility, posture, respiratory health, while improving our mind/body. Emphasis will be on stretching, toning postures and letting go of judgment or competition towards ourselves and others. This program is safe, effective and exercise science-supported. Modifications can be implemented as needed. ***Please bring your own yoga mat.***

**January 18 – March 8**

**Wednesdays**

**11:00 a.m. – 12:00 p.m.**

**Boys & Girls Club,  
South Walton**

**Fee: \$35.00**

**CRN #: 10169**

**March 22 – May 10**

**Wednesdays,**

**11:00 a.m. – 12:00 p.m.**

**Boys & Girls Club,  
South Walton**

**Fee: \$35.00**

**CRN #: 10170**

### **Senior Pilates**

**Instructor: Barbara Reynolds**

This class is safe and appropriate for the active older adult who wants to improve their strength and flexibility. We will focus on mindful breathing to achieve concentration and control of our body as an integrated unit. Some of the benefits include preventing bone deterioration, improving posture, and boosting the immune system. Also it reduces stress, fatigue discomfort, restores natural balance, and improves sleeping and core stabilization.

**January 23 – March 20**

**Mondays, 3:10 – 4:10 p.m.**

**Coastal Branch Library**

**Fee: \$35.00**

**CRN #: 10160**

**March 27 – May 15**

**Mondays, 3:10 – 4:10 p.m.**

**Coastal Branch Library**

**Fee: \$35.00**

**CRN #: 10161**

For more information on  
Fitness & Wellness courses  
visit [www.nwfsc.edu/FW](http://www.nwfsc.edu/FW)  
or call (850) 729-6085.

# customized training

At the Costa Leadership Institute, we understand that effective professional development must help businesses meet the increased demands they face in today's market. To address these needs, we offer Customized Training that enables you to leverage our resources to improve your most valuable resource – your people.

Contact the Costa Leadership Institute to learn how we can develop a customized training program for you and your team. Classes can be delivered at one of our facilities or at your place of business, and are delivered by the same dynamic instructors that teach our Open Enrollment sessions. Training can be specifically tailored to address your industry and the unique challenges you and your team face.

Please take a moment to visit our website ([www.nwfsc.edu/CLI](http://www.nwfsc.edu/CLI)) to view the broad range of topics and types of courses available. Our Customized Training team will gladly work with you to develop an offering that will provide the best value for your team. And if you need a type of training that is not listed on our website, please let us know. We are always looking for opportunities to better serve our community!



[www.nwfsc.edu/CLI](http://www.nwfsc.edu/CLI)  
**850.729.6880**

# Leadership Okaloosa

## **Community Leadership Program** *(by application only)*

Leadership Okaloosa is an esteemed leadership training and development program with a 24 year history of being a vital part of Okaloosa County's growth and development of its leaders. This 9 month experience is designed to enhance the participant's leadership skills and provide community awareness.

Hosted from September to May, participants receive classroom training by certified instructors and are given opportunities to interact with various key community leaders.

Throughout the program, participants forge networking relationships that lead to long lasting personal and professional relationships. Leadership Okaloosa is hosted by the Northwest Florida State College Costa Leadership Institute with the support of the Crestview Area Chamber of Commerce, Destin Area Chamber of Commerce, Greater Fort Walton Beach Chamber of Commerce, and Niceville Valparaiso Chamber of Commerce.

### **Benefits to the Participant:**

- Learn leadership training and development
- Network with others in the community
- Be equipped and motivated to assume leadership roles in the community
- Interact with community leaders
- Develop an awareness of the region, its needs, and the Legislative process

Applications are accepted May through August. The class size ranges from 25-35 participants.

Fee: \$925

Visit [www.nwfsc.edu/LI](http://www.nwfsc.edu/LI) for dates and application.







# Costa Leadership Institute Courses

## Leadership

### **Servant Leaders as Decision Makers**

**Instructor:** Dr. John Hoskins

The ability to make a decision and point the direction out to others is the mark of a leader. Every day we are challenged with decisions in our personal lives, and workplaces. By clearly stating and restating the desired goal, the leader gives certainty and purpose to others who may have difficulty in achieving it for themselves. Servant-leaders employ a number of essential tools in order to make the best possible decisions towards meeting goals. These include collaboration, accountability, effective listening, emotional intelligence, and handling conflict in a healthy, productive way. Servant-leaders recognize that decision making falls predominantly inside two crucial dimensions: (1) proper procedures that ensures a vigorous consideration of the depth and breadth of an issue and (2) a healthy criteria to base the decisions upon. This seminar will provide an overview of these servant-leadership principles so that attendees can make their own decisions better and more effective.

**Thursday, February 9**

**8:00 – 11:00 a.m.**

**Niceville, Bldg. 400, Carr, Riggs & Ingram Rm. 306**

**Fee: \$60.00**

**CRN #: 10195**

### **Conflict Resolution for Servant Leaders**

**Instructor:** Dr. John Hoskins

How do you deal with conflict? For many people, the goal is to D.I.E. - Deny, Ignore, and Evade. This strategy is dreadfully damaging and leads to hidden agendas and passive-aggression. It results in a culture that neither values nor trusts people. Servant-leadership principles utilize a holistic systems approach to facilitate the peaceful end of destructive conflicts, and the prevention of subsequent retribution. Servant-leaders attempt to resolve human differences in healthy and productive ways, leading to reconciliation while resolving the initial problem. This seminar will serve attendees by providing an overview of servant-leadership principles and assisting each person in the application of beneficial and holistic practices resulting in a peaceful resolution to problems leading to conflict.

**Thursday, April 6**

**4:00 – 6:00 p.m.**

**Niceville, Bldg. 400, Carr, Riggs & Ingram Rm. 306**

**Fee: \$75.00**

**CRN #: 10226**

## Computers & Technology

### **Introduction to Microsoft Excel 2013**

**Instructor:** David Chancellor

Microsoft Office Excel 2013 - Level 1 – This introductory class teaches students how to work with worksheets and workbooks. Students will learn how to create, modify and analyze data, as well as format common business reports such as budgets, inventory reports, invoices, and charts. This class is designed for students who desire the skills necessary to create edit, format, and print basic Microsoft Office Excel 2013 worksheets.

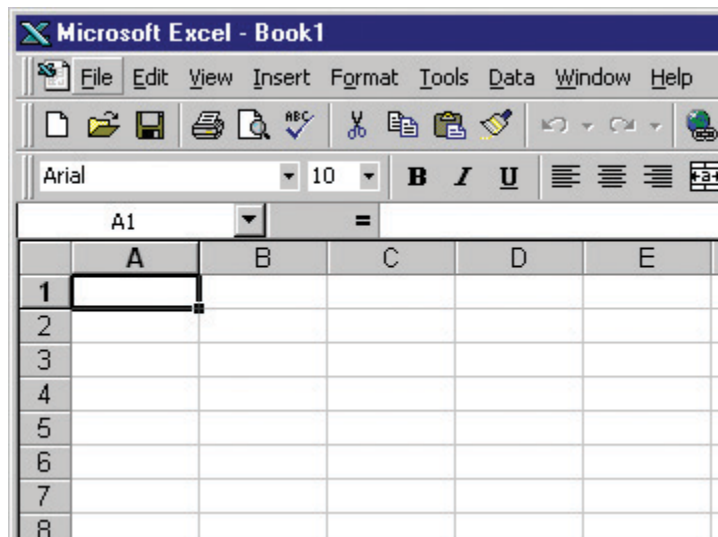
**Tuesday, January 31**

**9:00 – 11:00 a.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$50.00**

**CRN #: 10231**



### **Intermediate Microsoft Excel 2013**

**Instructor:** David Chancellor

Microsoft Office Excel 2013 – Level 2 - The primary focus of this class is using the analysis components within Excel to budget and manage financial expenses. Working with a sample budget, students will learn advanced concepts such as using data ranges, linking multiple workbooks, and summarizing data with formulas. Students will also learn to use tables and present information with charts.

**Tuesday, February 28**

**9:00 – 11:00 a.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$50.00**

**CRN #: 10220**



# Costa Leadership Institute Courses

## Computers & Technology

### **File Management and Digital Organization**

**Instructor:** Jamie Moncure

Do you save everything on your computer, but then can't find it? Do you want to become more organized in the digital world? In this course, you will learn how to scan, save, upload and organize your important digital documents and pictures. And do so in a secure and efficient way. In our digital world, information is never more than a click away. This class will help you make sure you always know where your important documents are, as well as a backup!

**Tuesday, March 21**  
**9:00 – 10:00 a.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$30.00**

**CRN #: 10225**



### **Microsoft Word 2013**

**Instructor:** Michelle Cook

Microsoft Office Word 2013 delivers innovations that can help you easily create professional-quality documents, control distribution of sensitive information, and collaborate with others. In this introductory training you will create, edit, and enhance standard business documents using Microsoft Office Word 2013. The intended audience for this course is the individual who wants to gain basic knowledge of working with Microsoft Word 2013.

**Thursday, March 30**  
**4:00 – 6:00 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$45.00**

**CRN #: 10224**

## Certification & Exam Prep

### **SAT Exam Prep**

If you are planning to take the SAT in the near future, join our test prep sessions. The key to success in college is preparation, beginning with the SAT. Discover how you can help yourself or your teen find confidence and earn better scores with our SAT prep. High scores mean more scholarship opportunities!

**Niceville, Bldg. 400, Rm. 308 (unless otherwise noted)**

**Fee: \$160.00**

Date(s)	Day(s)	Time	CRN #
Jan 10, 12, 17, 19	Tues/Thurs	4:00 – 6:00 p.m.	10252
Jan 14, 21	Saturdays	8:00 a.m. – 12:00 p.m.	10253
Feb 14, 18	Tues/Thurs Saturday	4:00 – 6:00 p.m. 8:00 a.m. – 12:00 p.m.	10254
Feb 16	Tues/Thurs Saturday	4:00 – 6:00 p.m. 8:00 a.m. – 12:00 p.m.	10254
<i>Location: Niceville, Bldg. 400, Rm. 302</i>			
Feb 21, 23, 25	Tues/Thurs Saturday	4:00 – 6:00 p.m. 8:00 a.m. – 12:00 p.m.	10256
March 7, 9, 11	Tues/Thurs Saturday	4:00 – 6:00 p.m. 8:00 a.m. – 12:00 p.m.	10257
April 15, 22	Saturdays	8:00 a.m. – 12:00 p.m.	10258
<i>Location: Niceville, Bldg. 400, Rm. 130</i>			
April 11, 13, 18, 20	Tues/Thurs	4:00 – 6:00 p.m.	10259
May 13, 20	Saturdays	8:00 a.m. – 12:00 p.m.	10260

### **ACT Exam Prep**

With college degrees becoming more and more important in our society, we have seen an increase in the number of students who contact us for information on taking the ACT or SAT and/or receiving assistance in preparing for those tests. If you are planning to take the ACT in the near future, join our test prep sessions.

**Niceville, Bldg. 400, Rm. 308/309 (unless otherwise noted)**

**Fee: \$160.00**

Date(s)	Day(s)	Time	CRN #
Jan 28, Feb 4	S	8:00 a.m. – 12:00 p.m.	10263
Jan 24, 26, 31, Feb 2	T/Th	4:00 – 6:00 p.m.	10262
March 25, April 1	S	8:00 a.m. – 12:00 p.m.	10264
March 21, 23, 28	T/Th	4:00 – 6:00 p.m.	10265
March 30	T/Th	4:00 – 6:00 p.m.	10265
<i>Location: Niceville, Bldg. 400, Rm. 306</i>			
May 6, 13	S	8:00 a.m. – 12:00 p.m.	10266





# Costa Leadership Institute Courses

## Certification & Exam Prep



### **PMP® Certification Exam Prep**

**Instructor: Mike Carey**

NWF State College is excited to offer the PMP® Exam Preparatory Course, providing the knowledge needed to evolve the career of a successful Project Management Professional and get ready for the PMI® PMP® exam. This course will prepare you for the PMP® exam over four days of intensive project management training with one of the most complete set of PMP® exam study tools currently available on the market. Discussion topics include: The Ten Knowledge Areas of Project Management (Integration, Scope, Time, Cost, Quality, Human Resources, Communications, Risk, Procurement and Stakeholder), The Five Process Groups of Project Management (Initiating, Planning, Executing, Monitoring and Controlling, and Closing), Professional and Social Responsibility, and Framework. This course aligns to the guidelines and best practices of the *PMI® Project Management Book of Knowledge (PMBOK) 5th edition*.

PMP® Exam Success Study System includes the following:

- Crosswind Boot Camp Manual and Web-based Exam Simulation Application with 26 tests (3000+ questions)
- Three 11" x 17" laminated certification exam placemat/wall posters (Processes, Swim Lanes, and Mind Maps)
- Web-based Flashcard Application
- Three audio downloads (Introduction and Study Strategies, Terms/Definitions, and Processes) via website for each student
- 3 PMP® Exam Quick Reference Guides
- Fulfills the required 35-hour PMI® contact hour requirement toward your exam application requirement

**February 4, 5 and February 11, 12**

*(Class meets Saturday and Sunday, two consecutive weekends to complete 4 days of training.)*

**8:00 a.m. – 5:30 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$750.00**

**CRN #: 10171**

### **QPR Certification**

**Instructor: Tonya Nascimento,  
Certified QPR Gatekeeper Instructor**

QPR stands for Question, Persuade, and Refer – 3 simple steps that anyone can learn to help save a life from suicide. This two hour training is designed to increase understanding of the causes of suicide, how to recognize signs of impending attempts, and how to help the person who is suicidal seek help from a mental health professional. Participants will earn the designation of Certified QPR Gatekeeper by successfully completing this training.

**Thursday, February 16**

**2:00 – 4:00 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$60.00**

**CRN #: 10245**

### **CompTIA Security+ Certification Bootcamp**

**Instructor: David Chancellor**

Information security affects all areas of business, not just the IT department. Staying ahead of ever-changing security issues is a career imperative. This course will prepare you for certification testing and real-world situations by examining the following CompTIA Security+ objectives:

- Network Security
- Compliance and Operational Security
- Threats and Vulnerabilities
- Application, Data and Host Security
- Access Control and Identity Management
- Cryptography

**April 1, 2 and April 8, 9**

*(Class meets Saturday and Sunday, two consecutive weekends to complete 4 days of training.)*

**8:00 a.m. – 6:00 p.m.**

**Format: 40 Hours**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$700.00**

**CRN #: 10228**

Visit our website for the most updated  
calendar of events and classes  
[www.nwfsc.edu/CLI](http://www.nwfsc.edu/CLI)



# Costa Leadership Institute Courses

## Certification & Exam Prep

### **State of Florida Paramedic Certification Exam Review**

**Instructor:** Dr. Marjorie Bowers, EdD, RN, Paramedic

This two-day course will:

- Help to prepare you to successfully complete the State of Florida Paramedic Certification Exam
- Identify personal knowledge areas of strength and weakness
- Assist you in mastering specific test-taking and study preparation techniques
- Provide in-class exams with several hundred practice questions
- Supply you with a comprehensive Study Guide and a 200 question take-home exam written by Dr. Bowers

**July 15 – 16**

**9:00 a.m. – 5:00 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$200.00**

**CRN #: 10267**

### **EMT Review for the National Registry Exam**

**Instructor:** Dr. Marjorie Bowers, EdD, RN, Paramedic

This one-day course will:

- Prepare you to successfully complete the National Registry EMT exam
- Identify your topic areas of strength and weakness
- Help you master specific study preparation and test-taking techniques
- Provide a comprehensive take home Study Guide written by Dr. Bowers
- Review many exam questions throughout the day
- Provide you with a take-home on-line code to EMT Review Plus from Limmer Creative. You will have unlimited internet access to over 1,100 practice test questions

**May 19**

**9:00 a.m. – 5:00 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$130.00**

**CRN #: 10244**

**July 14**

**9:00 a.m. – 5:00 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$130.00**

**CRN #: 10251**

### **Florida Teacher Certification Exam Review (FTCE)**

**Social Science Review**

This class will cover social science concepts needed for the Florida Teacher Certification Subject Area Exam (FTCE) in Elementary Education.

Topics include:

- History (time, continuity, change)
- Geography (people, places, environment)
- Government/Civics (government and civics)
- Economics (production, distribution, consumption)

**Call (850) 729-6880 for dates.**

### **Florida Teacher Certification Exam Review (FTCE)**

**Science Review**

This class will cover science concepts needed for the Florida Teacher Certification Subject Area Exam (FTCE) in Elementary Education.

Topics include:

- Nature of Science
- Physical Sciences
- Earth and Space
- Life Science

**Call (850) 729-6880 for dates.**

### **Florida Teacher Certification Exam Review (FTCE)**

**General Knowledge and Elementary Education Math Review**

This 8 hour class will cover basic concepts from both the General Knowledge and Elementary Education Mathematics portions of the FTCE exams.

Concepts include:

- Number sense and concepts
- Geometry and measurement
- Operations, algebraic thinking, and the coordinate plane
- Counting and number in base ten
- Fractions, ratios, and integers
- Probability, statistics, and data interpretation.

This class will include lecture and practice exercises.

**Call (850) 729-6880 for dates.**





# Costa Leadership Institute Courses

## Professional Development

### **Culture in the Work Place**

**Instructor:** Gail Derrick

This course will address the knowledge and understanding of the role of cultural awareness and its relationship to the conditions, dynamics, and values of a diverse community. The participants will evaluate cultural influences, analyze socialization processes in light of the changing demographics of American society, and recognize how cultural variations in settings influence relationship building and personal growth. How we live, work, and interact in an ever changing global environment is vital to understanding others and building relationships founded on shared values and appreciation of differences.

**Thursday, January 26**

**2:00 – 4:00 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$50.00**

**CRN #: 10229**



### **Grammar for the Business Professional**

**Instructor:** Patrice Williams

This training will provide you with a refresher on the rules of grammar and punctuation. Successful communication in business requires writing that is clear, concise, and correct. Your emails, memos, letters, and reports will all benefit from the skills you will gain in this course. Students will learn how to avoid making common errors in daily writing. Specific topics to be covered include the following:

- Agreement
- Capitalization
- Commonly Confused Words
- Consistency of Tense
- Parallel Structure
- Punctuation Marks

**Thursday, February 2**

**8:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$75.00**

**CRN #: 10213**

### **It's Deductible!**

**Instructor:** Gay Lynn Brown

Do you own a small business? A home business, perhaps, or an online business, or maybe even a brick and mortar business? Do you want to know what you can deduct from your personal business on your taxes and how to document it? Then this class is for you! Not only will this course help you get ready for this year's taxes, it will also make filing in future years much easier. You will learn money saving tips, receive simple finance suggestions, and gain a better understanding of the tax laws.

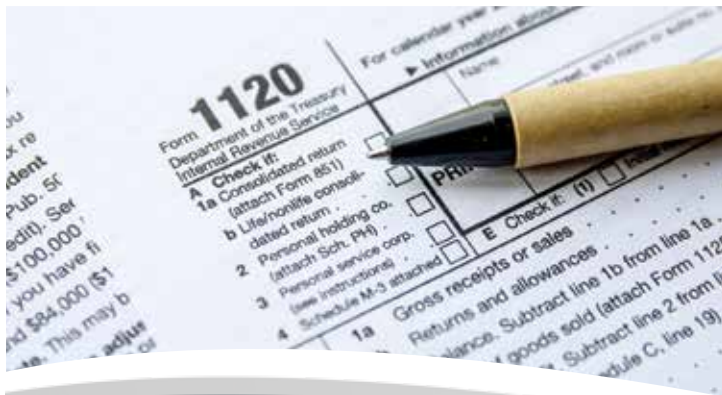
**Friday, January 27**

**9:00 – 11:00 a.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$50.00**

**CRN #: 10187**



### **The Value of Ethics in the Workplace**

**Instructor:** David Schjott

Join us for an early morning session! Ethics and moral responsibility are vitally important for employees and companies alike. This course will examine the concept of ethical behavior, while providing examples where ethics were clearly violated. Types and categories of ethics will be addressed and the role they play in our work culture will also be examined. Students will be encouraged to join an interactive discussion, where common sense examples and suggestions can be shared, to help make our workplaces more vibrant and responsible entities.

**Friday, February 10**

**7:30 – 9:00 a.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$50.00**

**CRN #: 10216**



# Costa Leadership Institute Courses

## Professional Development

### **Minimizing Liability for Business Professionals**

**Instructor:** Robert Klostermeyer

Spend two hours discussing business law with a lawyer! This unique course will help business professionals identify the differences between civil and criminal law. Students will also learn the important elements of various types of civil law suits by using actual cases to demonstrate basis for liability. This is a great opportunity to learn practical methods for minimizing civil liability.

**Thursday, February 16**

**3:00 – 5:00 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$60.00**

**CRN #: 10217**

### **Beginning Spanish for Business**

**Instructor:** Engracia Ornelas

Spanish is spoken by more than 350 million people and is the fourth most commonly spoken language in the world. More than ever, fluency in both business English and business Spanish can provide a boost to your career. If you are living and working in the United States, you need to be fluent in business Spanish. “Fluent” jumps out on a résumé, and makes recruiters take notice. This class will introduce you to Spanish and help you begin the exciting journey to becoming bilingual.

**Thursday, February 23**

**5:00 – 7:00 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$50.00**

**CRN #: 10219**

### **Negotiation Techniques**

**Instructor:** Anita Skipper

The ability to successfully negotiate is an essential life skill. This training will help you recognize effective negotiation practices, learn new negotiation skills, and develop self-awareness during a negotiation process. The aim of win-win negotiations is to find a solution that is acceptable to both sides.

**Tuesday, February 21**

**1:00 – 4:00 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$60.00**

**CRN #: 10218**

### **Intermediate Spanish for Business**

**Instructor:** Engracia Ornelas

Continue the lessons learned in the beginner course and increase your confidence in communicating in Spanish! This course expands upon the basics to allow you to go past the initial stages of conversation and comprehend more advanced dialogues in Spanish in a business setting.

**Thursday, April 20**

**4:30 – 6:30 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$50.00**

**CRN #: 10246**



### **Integrating Social Media into Your Business**

**Instructor:** Matthew Titus

Can social media really make your business intelligence better? What are the drawbacks, and what data should you try to integrate? How can this truly give your enterprise a competitive advantage? Sites like Facebook and Twitter are staples of the modern advertising landscape. Learn how to harness social media to increase your business and reach new clients (as well potential employees).

**Tuesday, March 7**

**8:30 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$75.00**

**CRN #: 10249**





# Costa Leadership Institute Courses

## Professional Development

### **Reaching Your Personal & Professional Best**

**Instructor:** Dr. David Schjott

This seminar is designed to highlight a 'common sense' approach to personal improvement. Curriculum will include tips and suggestions to make your work, life and family more fulfilling and sustaining, while striving to become your personal best! In today's fast-paced world, everyone can benefit from the lessons in keeping organized and having time for it all that this course provides.

**Friday, March 10**

**7:30 – 9:00 a.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$50.00**

**CRN #: 10250**



### **Principles of Customer Service**

**Instructor:** Shane Moody

Everyone knows what good customer service is like, so why is it so hard to provide on a consistent basis? How do we make our customers feel valued and appreciated? What steps can we follow to serve our customers quickly and efficiently, while still delighting them? And, is the customer truly "always right"? This course will help to answer these questions by focusing on the basic principles of customer service.

**Thursday, March 8**

**9:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 400, Carr, Riggs, & Ingram Rm. 306**

**Fee: \$60.00**

**CRN #: 10248**

### **Workforce 101**

**Instructor:** Monica Early, Matthew Titus, Ronnie Stanley, and Jamie Moncure

Are you entering the workforce or starting a new career? Build your confidence and make yourself more marketable to employers by attending this course! Show an employer you have the necessary skills to be an asset to their business. Our instructors will draw on their years of experience in professional settings to help you learn how to succeed in the modern workplace. This course can be listed as an education line on your resume and includes a certificate of completion. But, most importantly, it shows an employer you are prepared!

**Friday, March 24**

**8:00 a.m. – 2:30 p.m.**

**Niceville, Bldg. 400, Rm. 308**

**Fee: \$40.00**

**CRN #: 10234**

**Saturday, April 29**

**8:00 a.m. – 2:30 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$40.00**

**CRN #: 10235**

### **Grant Writing USA**

Costa Leadership Institute at Northwest Florida State College and Grant Writing USA will present a two-day grants workshop in Niceville, April 20-21, 2017. This training is for grant seekers across all disciplines. Attend this class and you'll learn how to find grants and write winning grant proposals.

Beginning and experienced grant writers from city, county and state agencies as well as nonprofits, K-12, colleges and universities are encouraged to attend. Multi-enrollment discounts and discounts for Grant Writing USA returning alumni are available. Tuition payment is not required at the time of enrollment.

Tuition is \$455 and includes everything: two days of terrific instruction, workbook, and access to our Alumni Forum that's packed full of tools, helpful discussions and more than 200 sample grant proposals. Seating is limited, online reservations are necessary.

**Thursday/Friday, April 20 – 21**

**Niceville, Bldg. 400, Janet Nadel Morell Rm. 302**

**Signup through Grant Writing USA at [grantswriting.com](http://grantswriting.com)**



# Costa Leadership Institute Courses

## Professional Development



### **Safety & Security Assessment in the Workplace**

**Instructor:** Chief Billy Looper

Any successful business entrepreneur or manager knows the details of their industry, their customer, and the product or service they provide. But, to truly excel in business, one must be prepared for unexpected work place safety and security issues. Instructor Chief Billy Looper will help students to assess how prepared their businesses are for any unfortunate event, and what to do if, and when, one occurs. Lunch will be provided in this class.

**Wednesday, April 12**  
**11:30 a.m. – 1:00 p.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$40.00**

**CRN #: 10227**

### **Introduction to Myers-Briggs Personality Types**

**Instructor:** Candys Hess

This introductory workshop gives participants a foundation on Myers-Briggs personality types. Participants will gain a firm grasp of their own personality preferences. Through group activities, participants can expect to learn how to better communicate with others, leverage their own strengths and those of others, and avoid or cope with stresses associated with working outside of your personality preferences.

**Friday, April 14**  
**8:00 a.m. – 10:00 a.m.**

**Niceville, Bldg. 400, Charles K. & Eileen H. Arpke Rm. 315**

**Fee: \$110.00 (Fee includes MBTI assessment and MBTI report)**

**CRN #: 10268**

### **Strategies for Stress & Energy Management**

**Instructor:** Tonya Nascimento

Poor energy-management can hinder your performance and zap your productivity, while leading to additional and unnecessary stress. In this workshop you will learn practical and creative ways to manage stress and increase energy using your body and mind. Identify where you carry your stress in your body, gain awareness of your body's response to stress, and learn the science behind physiological relaxation. Learn the most energizing mind-set to have, how to retrain your thoughts to increase energy and decrease negative stress, and how to develop a personal plan to balance stress and energy in your life – at work and at home – to maximize your productivity while maintaining an inner calm. Get more done, perform better, and feel less stress doing it!

**Tuesday, April 18**  
**12:30 – 4:30 p.m.**

**Niceville, Bldg. 400, Carr, Riggs, & Ingram Rm. 306**

**Fee: \$60.00**

**CRN #: 10247**

### **Shielded Metal Arc (Stick) Welding**

**Instructor:** Scottie Smith

Shielded Metal Arc Welding, also known as "Stick" welding, is the most common welding technique in use today. It is used to build small projects, make repairs to farm equipment and to construct bridges and power plants around the country. This introductory course provides students with the technical understanding and knowledge necessary to safely weld using the Shielded Metal Arc process and equipment. Upon completion, students should be able to identify safety hazards, equipment and components, and set-up equipment for proper application.

**Saturdays, April 1, 8, 22, 29**  
**8:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. 560**

**Fee: \$225.00**

**CRN #: 10237**

For more information on the  
Costa Leadership Institute  
visit [www.nwfsc.edu/CLI](http://www.nwfsc.edu/CLI)  
or call (850) 729-5253.





**Students must bring the appropriate text book with them for all AHA courses.  
Text books, an AHA requirement, are available for purchase at the  
NWF State College Barnes and Noble Bookstore.**

### **Heart Saver (Open to the Public)**

The Heart Saver Course teaches the basic techniques of adult CPR, First Aid and use of an AED. Students also learn to use barrier devices in CPR and give first aid for choking for responsive adult, child and infant victims. This course is intended for responders like security personnel, teachers, parents, lifeguards, airline personnel, corporate employees, family members of patients at high risk for sudden cardiac death, other rescuers, and those who need or want to learn CPR and how to operate an AED.

**Fee: \$50.00**

*Book Required: Student required to purchase Heart Saver First Aid CPR AED Student Workbook, 2016*

#### **Niceville Campus**

**Bldg. 400, Carr, Riggs & Ingram Rm. 306**

**2nd Friday of each month  
8:30 a.m. – 12:30 p.m.**

Dates	CRN #
Friday, January 13	10090
Friday, February 10	10091
Friday, March 10	10092
Friday, April 14	10093
Friday, May 12	10094
Friday, June 9	10095

#### **Fort Walton Beach Campus**

**Bldg. FW-41, Rm. 126**

**3rd Friday of each month  
12:30 – 5:30 p.m.**

Dates	CRN #
Friday, February 17	10096
Friday, May 19	10124

#### **Robert L. F. Sikes Education Center, Crestview**

**Rm. 304**

**8:00 a.m. – 12:30 p.m.**

Dates	CRN #
Friday, February 3	10082
Friday, May 5	10083

### **Basic Life Support (BLS)**

BLS (CPR), 4.5 contact hours. The BLS Course teaches the skills needed to perform CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device, and oxygen), use of an AED on adults and children, and relief of a FBAO in responsive and non-responsive victims.

**Fee: \$55.00**

*Book Required: Student required to purchase Basic Life Support (BLS) Provider Manual, 2016*

**Niceville, Bldg. 400, Carr, Riggs & Ingram Rm. 306**

**2nd Monday of each month and last Saturday of each month  
Time: 8:30 a.m. – 1:00 p.m.**

Dates	CRN #	Dates	CRN #
Monday, January 9	10097	Monday, April 10	10102
Saturday, January 28	10098	Saturday, April 22	10103
Monday, February 13	10099	Monday, May 08	10115
Saturday, February 25	10100	Monday, June 12	10118
Monday, March 25	10101	Saturday, June 24	10119

### **HeartCode Skills Check (Open to the Public)**

For American Heart Association courses that include psychomotor skills such as CPR, students, after the online eLearning portion is complete, must complete an in-person skills practice and testing session to obtain an AHA course completion card. Skills Sessions are conducted by authorized AHA Instructors.

**Fee \$50.00**

Dates	CRN #
Friday, January 27	10084
Friday, February 24	10085
Friday, March 31	10086
Friday, April 28	10087
Friday, May 26	10088
Friday, June 30	10089

*Prerequisite: online eLearning portion must be completed and certificate of completion must be presented prior to testing.*

Call for appointment time: (850) 729-6880. Must specify which HeartCode when registering.



**American  
Heart  
Association®**

**AUTHORIZED  
TRAINING  
C E N T E R**

### ***Pediatric Advanced Life Support (PALS) – Initial***

This two-day course uses a scenario-based, team approach to teach pediatric emergency respiratory management or cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies. Recognition and treatment of infants and children at risk for cardiopulmonary arrest utilizing a systematic approach to pediatric assessment is the focus of this course.

**Fee: \$150.00**

*Book Required: Student required to purchase book, Pediatric Advanced Life Support: Provider Manual Professional Ed. Edition*

**CEUs: 16 hours**

**Niceville Campus, Bldg. 510, Rm. 180**

**8:30 a.m. – 5:00 p.m.**

Dates	CRN #
Monday & Tuesday, January 30 & 31	10120
Monday & Tuesday, April 24 & 25	10121

### ***Pediatric Advanced Life Support (PALS) – Refresher***

The Pediatric Advanced Life Support (PALS) Provider Refresher course is for current PALS providers who wish to renew their provider status. This course provides a refresher on the cognitive and psychomotor skills needed to resuscitate and stabilize infants and children in respiratory failure, shock or cardiopulmonary arrest.

**Prerequisite: PALS Initial and current BLS Card Required**

**Fee: \$85.00**

*Book Required: Student required to purchase book, Pediatric Advanced Life Support: Provider Manual Professional Ed. Edition*

**CEUs: 8 hours**

**Niceville Campus, Bldg. 510, Rm. 180**

**8:30 a.m. – 5:00 p.m.**

Dates	CRN #
Monday, February 6	10122
Monday, May 1	10123

For more information call (850) 729-6880,  
email [chancelj@nwfsc.edu](mailto:chancelj@nwfsc.edu)  
or visit [www.nwfsc.edu/AHA](http://www.nwfsc.edu/AHA).

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- ***Personal Finance and Investments***
- ***Start Your Own Business***
- ***Test Prep***
- ***Spanish***
- ***Starting a Nonprofit***
- ***Computer Classes***



• [www.ed2go.com/nwfsc](http://www.ed2go.com/nwfsc) •





# Health Care Provider Training

## **Advanced Stroke Life Support Pre-Hospital**

This course addresses the prehospital, emergency department, and stroke unit management of patients with acute stroke by incorporating interactive discussions, hands-on workshops, video and standardized patients. It covers the differential diagnosis of stroke, rapid recognition of five major stroke syndromes, training in the use of the Miami Emergency Neurologic Deficit (MEND) exam, and the use of thrombolytic therapy in acute ischemic stroke patients.

**Fee: \$150.00**

*Book Required: ASLS (Advanced Stroke Life Support)  
Pre-Hospital Provider Package*

**CEUs: 8 hours**

**Niceville Campus, Bldg. 510, Rm. 180**

**8:30 a.m. – 5:30 p.m.**

Dates	CRN #
Tuesday, April 4	10127

## **Acute Coronary Syndromes & 12-Lead Interpretation Provider**

Participants learn a rapid and systematic approach to prehospital and emergency department evaluation and management of patients with acute coronary syndromes (ACS). Pathophysiology, clinical assessment, 12-lead ECG performance and interpretation, dysrhythmia recognition, indications and contraindications for reperfusion therapy (including coronary intervention and thrombolytics), and field treatment are reviewed. The curriculum emphasizes the standard of care as outlined in guidelines from the American College of Cardiology and the American Heart Association and stresses interaction through hands-on ECG performance, case-based workshops, and immersive simulation training scenarios. Use of a focused Prehospital Checklist and Algorithm emphasizes accurate and efficient field management and reporting to the emergency department. Patient management in the emergency department is also reviewed, as optimal care requires inter-professional teamwork.

**Fee: \$150.00**

*Book Required: ACS (Acute Coronary Syndromes) Provider Manual*

**Niceville Campus, Bldg. 510, Rm. 180**

**8:30 a.m. – 5:30 p.m.**

Dates	CRN #
Monday, March 6	10128

Also offering  
**State of Florida Paramedic Certification  
Exam Review**  
and the  
**EMT Review for the National Registry Exam**  
(see page 26 for dates)

## **PHTLS – Pre-Hospital Trauma Life Support**

This course is recognized around the world as the leading continuing education program for pre-hospital emergency trauma care. The mission of PHTLS is to promote excellence in trauma patient management by all providers involved in the delivery of prehospital care through global education. PHTLS is developed by NAEMT in cooperation with the American College of Surgeons' Committee on Trauma. The Committee provides the medical direction and content oversight for the PHTLS program. PHTLS courses improve the quality of trauma care in your area and decrease mortality.

**Fee: \$150.00**

*Book Required: Student required to purchase book, PHTLS:  
Prehospital Trauma Life Support - With Access, 8th edition*

**CEUs: 16 hours**

**Niceville Campus, Bldg. 510, Rm. 180**

**8:30 a.m. – 5:30 p.m.**

Dates	CRN #
Monday & Tuesday, May 15 & 16	10129

For more information call (850) 729-6880,  
email [chancelj@nwfsc.edu](mailto:chancelj@nwfsc.edu)  
or visit [www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE).



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# Motorcycle Safety Courses

## Basic Rider Course

Motorcycle Safety Basic Rider Course is a 2 day course designed for beginning riders. The course is from 7:00 a.m. – 4:00 p.m. The Basic Rider Course consists of 16 hours of instruction including 5 hours in the classroom and 11 hours of intense riding on the parking lot range. This course will teach students how to operate a motorcycle safely and strongly emphasizes the special skills and mental attitude required for dealing with everyday riding. Participants will use bikes provided by NWF State College.

Dates	CRN #	Dates	CRN #
January 7-8	10001	April 22-23	10020
January 14-15	10002	April 29-30	10021
January 18-19	10003	May 6-7	10022
January 21-22	10004	May 13-14	10023
January 28-29	10005	May 17-18	10024
February 4-5	10006	May 20-21	10025
February 11-12	10007	May 27-28	10026
February 15-16	10009	June 3-4	10027
February 18-19	10008	June 10-11	10028
February 25-26	10010	June 14-15	10029
March 4-5	10011	June 17-18	10035
March 11-12	10012	June 24-25	10036
March 15-16	10013	July 1-2	10037
March 18-19	10014	July 8-9	10050
March 25-26	10015	July 15-16	10051
April 1-2	10016	July 19-20	10052
April 8-9	10017	July 22-23	10053
April 12-13	10018	July 29-30	10054
April 15-16	10019		

Niceville, Bldg. 710, Rm. 005

Classes Meet: 7:00 a.m. – 4:00 p.m.

Fee: \$200.00 (note if you are paying with an SF182, please have the SF182 approved prior to registering for the class)



## Advanced Rider Course

Motorcycle Safety Advanced Rider/Sport Bike Course. This 8 hour course is designed for experienced motorcycle riders to complement the skills learned and experienced in previous rider courses. Special emphasis is given to self-assessment, risk management, rider behavior, riding strategies, and overall skill development, particularly in braking, cornering, and swerving procedures and techniques. This training is conducted on your own bike.

Dates	CRN #	Dates	CRN #
January 20	10038	May 19	10042
February 17	10039	June 16	10043
March 17	10040	July 21	10044
April 21	10041		

Niceville, Bldg. 710, Rm. 005

Class Meets: Fridays, 7:00 a.m. – 4:00 p.m.

Fee: \$100.00 (note if you are paying with an SF182, please have the SF182 approved prior to registering for the class)

## Private Lessons

(Available Upon Request)

For more information contact Mike Hulion at (850) 729-5209 or email [motorcyclesafety@nwfsc.edu](mailto:motorcyclesafety@nwfsc.edu).

Fee \$100

CRN #: 10212

Review the requirements for both Motorcycle Safety courses at [www.nwfsc.edu/MS](http://www.nwfsc.edu/MS).  
For more information call (850) 729-5209 or email [motorcyclesafety@nwfsc.edu](mailto:motorcyclesafety@nwfsc.edu).





# Northwest Florida State College

## Professional & Continuing Education Registration Form

### Registration Information

There are 3 ways to register for Professional & Continuing Education, non-credit classes.

**Online:** Visit [www.nwfsc.edu/CERRegister](http://www.nwfsc.edu/CERRegister).

**In-Person:** Register in the Students Services area at any NWF State College campus or center – Niceville, Hurlburt, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Fill in the form below. Payment can be made by cash or check only at any NWF State College campus or center Business Office.

**Mail:** Fill in the form below with required information. Mail the form and a check to: NWF State College, Professional & Continuing Education, 100 College Blvd. East, Niceville, FL 32578.

Registration is due 5 days prior to deadline for class.

### Dropping a Class

Dropping a class will not result in a refund. However, we understand there are circumstances that may occur and we will work with you to find another class for you to enroll in. Please contact (850) 729-6880 should you need help.

\* Last Name: \_\_\_\_\_ \* First Name: \_\_\_\_\_ Middle/Maiden: \_\_\_\_\_

\* Mailing Address: \_\_\_\_\_ \* Phone Number: \_\_\_\_\_

\* City: \_\_\_\_\_ \* State: \_\_\_\_\_ \* Zip Code: \_\_\_\_\_

\* Email: \_\_\_\_\_

\* Date of Birth (mm/dd/yyyy): \_\_\_\_\_ Gender: ☐ Male ☐ Female

Student I.D. #: \_\_\_\_\_

Company/Organization: \_\_\_\_\_ Job Title: \_\_\_\_\_

*\* Required Fields*

CRN #	Title	Date(s)	Time	Fee

REGISTER IN-PERSON: Register for Professional & Continuing Education classes at any NWF State College campus or center.

**Northwest Florida State College, Niceville Campus**, Office of Enrollment Services, Student Services Center, 100 College Blvd. East, Niceville, FL 32578

**Fort Walton Beach Campus**, Business Office, Bldg. 1, 1170 Martin Luther King Jr. Blvd., Fort Walton Beach, FL 32547

**Chautauqua Center**, 908 U.S. Highway 90 West, DeFuniak Springs, FL 32433

**Hurlburt Field Center**, Education Services Building 90220, 221 Lukasik Avenue, Hurlburt Field, FL 32544

**Robert L. F. Sikes Education Center**, 805 E. James Lee Boulevard (Highway 90), Crestview, FL 32539

**South Walton Center**, 109 Greenway Trail (off Hwy. 331 South), Santa Rosa Beach, FL 32459

Payment - To pay for a class, payment can be made by cash or check only at any NWF State College Campus or Center Business Office.

Payments can be made online with an echeck or credit card. Credit card payments will incur a 2.75% convenience fee.

For payment questions, please contact the NWF State College Business Office at (850) 729-5385.

Rev. 11/3/2015 EA/EO

**Northwest Florida State College Professional & Continuing Education**  
**100 College Blvd. E., Niceville, FL 32578 ♦ [www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE) ♦ 850.729.6880**



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