

adult education @ kennett

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Spring 2018

Computers and Technology

Microsoft Excel Basics *Maryanne Fiorello*

In this class for beginners you will learn how to use the basic features of Excel including basic terminology, how to navigate the program, how to create and use formulas, enter data, format worksheets, print, and create charts.

Meets Mondays March 5,12,19,26 5:30-8:00 p.m Room C220 Tuition \$80

Microsoft Excel Beyond Basics *Maryanne Fiorello*

If you have experience with the basics of using Excel and want to gain a more indepth knowledge of its features and improve your skills this class is for you. Can be taken back to back with Excel Basics class.

Meets Mondays April 2,9,16,30 5:30-8:00 p.m. Room C220 Tuition \$80

Computer Basics for Beginners *Debra Cottrell*

Are computers a new thing for you or are you looking for guidance on how to increase your productivity or comfort level? This is a one night beginning computer course. Computers are provided for this course.

Meets Monday April 2 5:30 - 7:30 p.m Room B114 Tuition \$35

Microsoft Word Basics *Debra Cottrell*

Want to learn how to use Microsoft Word? This one night computer course will cover the basics of creating and editing word documents Computers are provided for this course.

Meets Monday April 9 5:30 - 7:30 p.m Room B114 Tuition \$35

Language & Arts

French for Traveling 1 *Julia Penzina*

Learn some useful phrases that will help you in a French speaking country. We will learn how to introduce yourself, order food, make a reservation and ask for directions.

Meets Thursdays March 8, 15, 22, 29 6:00 - 8:00 p.m. Room: A154 Tuition: \$80

French for Traveling 2 *Julia Penzina*

Continue beyond French for Traveling 1 to learn more useful phrases that will help you in a French speaking country. .

Meets Thursdays April 12, 19 May 3, 10 6:00 - 8:00 p.m. Room: A154 Tuition: \$80

Health & Well Being

CPR/AED and First Aid *Pamela Clay-Storm*

This one night class is an American Heart Association Heartsaver CPR/AED and First Aid class; the certification received is good for two years. There will be three sessions offered.

Meets 5:30-8:00 p.m.

First course: Thursday, March 8th Second Course: Wednesday, April 4th

Third Course: Tuesday, May 15th

Room B182 Tuition \$50

Self-Hypnosis for Stress Relief *Gretchen Davidson*

Hypnosis is an accessible and natural way to help your mind, body, and spirit decompress from the everyday stressors in your life. Many people expect hypnosis to feel like a drastic change in consciousness. In reality, our minds naturally move in and out of trances throughout the day. Getting deeply engrossed in a novel and day-dreaming are both examples of times that we routinely go into a trance state. In this class you will learn how to consciously hypnotize yourself so you can work on accomplishing your personal goals for relieving stress.

Meets Tuesdays March 13, 20, 27 5:30 - 7:00 p.m. Room A147 Tuition \$70

Understanding Your Dreams *Gretchen Davidson*

Your dreams are an interesting and fun way to get to know yourself better. In this class we will learn practical techniques for learning to interpret your dreams. We will also set you up with a plan for how to use your dreams in an ongoing process of self-knowledge.

Meets Tuesday April 10th 6:00 - 8:00 p.m. Room A147 Tuition \$35

Inner Wisdom: Learning to Use Your Intuition *Gretchen Davidson*

Your intuition is your inner guidance system. You were born with this system to help you make judgments and decisions about situations in your life. Many of us have forgotten how to notice and follow the guidance our intuition gives us. This class helps you understand how your intuition communicates uniquely with you and gives you practical guidance on how to follow the insights you receive.

Meets Tuesdays May 8th and 15th 5:30 - 7:00 p.m. Room A147 Tuition \$60

Outdoors Skills

Wilderness Navigation *David Lottmann Northeast Alpine Start*

This comprehensive course goes far beyond a basic map & compass skills clinic. Classroom sessions cover such topics as "Survival/Improvised Navigation," reading topographic maps, understanding the many uses of a compass, triangulation, magnetic declination, with emphasis on practical real life use! On our last day we will head into the field on a moderate hike to practice skills learned in the classroom sessions; single point resection, using hand-rails, creating a white-out navigation plan, all with plenty of 1 on 1 coaching and modeling.

Meets Tuesday, and Thursday May 8 & 10 6:00 - 8:00 Room A159 Tuition \$80
Saturday, May 12th field session 9am-1pm

Home Repair

Basic Plumbing and When to Call for Help *Joel Whitcher Master Plumber from Pay Less Plumbing*

Own a house? Buying a house? Renting? Learn plumbing basics that can save you time and money. Class will cover: plumbing safety, basic plumbing terms, basic plumbing operations, simple faucet repairs, what to do with leaking pipes, simple basic repairs, toilet fixes 101, and what to look at when buying or renting.

Meets Tuesdays March 27, April 3,10,17 6:00 - 8:00 pm Room A159 Tuition \$80

Electricity Basics *Jerry Kelly Master Electrician and Journeyman*

This class will cover : Electrical safety; How stuff works; Basic electrical theory; Electrical calculations for the average person; Circuit planing; and Electrical troubleshooting basics using test instruments.

Meets Tuesdays and Thursday March 27,29 April 3,5,10,12 6:00 - 8:00 pm Room C114 Tuition \$80
Materials Fee: \$20

Cooking

Anyone Can Cook *Debra Cottrell*

Whether you are a student, young adult, a junk food junky, inexperienced cook or bad cook you can learn to make good easy inexpensive meals from scratch. Learn what basic ingredients to buy and basic food preparation techniques that can allow you to make lots of different meals on a budget.

Meets Wednesdays April 11 and 18th 5:30-7:30 p.m. Room C154 Tuition \$60

Bringing Healthy Ideas to the Family Table *Joel Weeman*

Picky eater at your table? Kids only want to eat white bread and pasta? Join us as we explore some ways to expose our families to a healthier, more diverse diet. We will try some recipes to introduce your family to more fresh veggies, fruits and grains; from breakfast to dinner. Help your kids get excited about good food that is good for them and find some recipes that get them into the kitchen as well.

Meets Wednesdays March, 7, 14, 21 6:00 - 8:00
Room Mineral Springs Cafe Tuition \$60
Course Material Fee: \$60

For Young Adults

Are You Ready For Life After High School Series

Classes meets on Wednesdays 3:00 - 4:45 pm \$15.00 per class or take all for \$50.00

Anyone Can Cook	May 2nd
It's Your Money!	May 9th
What's Under My Hood?	May 16th
Clothing Care and Repair	May 23rd
Starting College 101: Know Before You Go	May 30th

For Detailed Descriptions see our website.

Classes are open to area residents, 16 years or older. Most classes require a minimum of 5 students in order to run. Get your friends, family and co-workers to join you in signing up!! If this number is not reached 24 hours prior to class, the class will be cancelled and those registered contacted.

Location: Unless otherwise noted, all classes will be held at Kennett High School
409 Eagles Way North Conway, NH 03860.

Park in rear parking lot and enter the main back door

Registration Form

Name: _____ Phone(s) _____
Address _____
E-mail _____

Total Tuition: Due: _____ Check _____ # _____ Cash _____ Date : _____

Selected Courses:

Submit registration form with payment: Make checks payable to “Career and Technical Adult Education”

Checks will not be cashed until course start date.

We can now accept credit card payments which will be subject to a 4% handling fee. Credit Card payments can be made in person or over the phone at (603) 356-4370 at the Career Tech Office Mondays - Friday.

Mail to: Career and Technical Adult Education c/o Deb Cottrell, Kennett High School
409 Eagles Way, North Conway, NH 03860 Email: d_cottrell@sau9.org Phone: (603) 356-4308

CANCELLATION POLICY: Students cancelling a class the day a class starts or later will be issued a credit to be used within one year of issue.