



PERSONAL DEVELOPMENT



COMMUNITY EDUCATION PROGRAM

Make the time to take a class! Find your passion and enrich your life. Learn the things that will make you a more informed individual. (Some of them are fun too!)



To register, call: (201) 447-7488 • www.bergen.edu/continuinged

PERSONAL DEVELOPMENT

CD 579 *How to Choose a Contractor*

2 sessions; \$50

001, Sat.; February 4-February 11, 2012

Hours: 9:30 a.m.-12:00 p.m.

Location: TBA

This course is for anyone who is thinking about hiring a contractor. In an ever changing economy, people are realizing they cannot afford to move to that larger house and are deciding to renovate and add on and invest in their existing homes. Contractors are under estimating projects to secure a job and are not able to complete many projects, and the homeowners are left with uncompleted projects. These scenarios are costing the home owners a lot of additional expenses, disruption and heartache. This course will touch upon: What to look for when reviewing a contract and a proposal; understanding contractors' proposals and exclusions; how to check references for subcontractors and how to deal with payments and items that no homeowner should agree to.

Instructor: Jeff Lewis

BI 696 *How to Write and Sell a Magazine Article*

4 sessions; \$99

001, Wed.; March 7-April 4, 2012

(no class 3/21)

Hours: 7:00-9:00 p.m.

Location: TBA

This is the class where students get published. Ideal for aspiring or experienced writers alike, this four week course teaches you to think in terms of the marketplace and to understand what editors are looking for. Topics include developing sellable story ideas, choosing the right outlet, writing an effective query letter, plus writer's contracts and copyright.

Instructor: M.T. Schwartzman

CE 111 *For Mature Men*

6 sessions; \$50

001, Th.; March 29-May 3, 2012

Hours: 6:30-8:00 p.m.

Location: TBA

This class will provide men age 55 and older with a venue to discuss the issues that are most pressing to them. The weekly discussions will be facilitated by the instructors in the areas of: men's health & staying well; coping with retirement; lifelong learning; independent lifestyles for mature men; recreational activities, sports and hobbies; the women in our lives.

Instructors: Stan Friedmann and Dr. David Eichenholtz

✓**NEW**

CE 242 *How to Become a Licensed New York City Tour Guide*

5 sessions; \$299

001, Tue.; April 3-May 1, 2012

Hours: 6:30-9:00 p.m.

Location: TBA

The growth of New York City tourism has dramatically increased over the past decade, growing from 33 million visitors in 2001 to over 50 million visitors in 2011. This growth has spawned a new occupation and career opportunity for people that are unemployed and for those on fixed incomes, that of professional tour guiding.

The class will include: how to obtain a New York City Tour guide license, the skills needed to be successful, detailed history from architecture to transportation with anecdotes to get you started, how to add humor and emphasis to your presentations, how to research and plan tours, how to market yourself, conduct your own virtual tour of a New York City neighborhood, a practice exam, and what to expect on the day of the exam.

Instructor: Marc Foner

CE 234 *Introduction to Strunk & White*

3 sessions; \$75

001, Wed.; April 18-May 2, 2012

Hours: 7:00-8:30 p.m.

Location: TBA

Remember Strunk & White's "The Elements of Style" from those long-ago days at school? Of course you do, but you probably don't recall the lessons learned from this bible of good writing and the only manual of style ever to make the bestseller list. Now's your chance to brush up on it all: punctuation, grammar, commonly confused and misused words, and tips on English usage, good form, and proper composition. The lessons are timeless and useful to anyone who writes emails, memos, corporate reports, personal letters, or college term papers. Students should purchase their own copy of *Strunk & White (4th Edition)* recommended, available online or in bookstores) and bring it to the first class.

Instructor: M.T. Schwartzman

PERSONAL DEVELOPMENT

CE 212 Before You Buy that Diamond

1 session; \$45

001, Mon.; April 23, 2012

Hours: 6:30-9:30 p.m.

Location: TBA

If you're buying that engagement ring, or any other piece of diamond jewelry, this course is a must! You'll learn not only the 4 C's of quality, but also take an in depth look at new diamond treatments which are available, laboratory certification, and the pros and cons of purchasing diamonds online.

Instructor: David Bidwell

THE ARTS

CE 764 Aesthetics of Photography

10 sessions; \$300

001, Tue.; February 28-May 8, 2012

(no class 3/20)

Hours: 6:30-9:00 p.m.

Location: TBA

Learn the basics and beyond. Discover your own form of expression in photography. Whether you are interested in exploring and releasing your artistic talents or if you are a scrapbooking enthusiast interested in preserving your memories through quality photographs, this class is for you. You will learn the technical tools that will best enable you to achieve compelling pictures. Manage the digital workflow; be ready to take, store, organize, manage and edit your photos. Among the photographic genres to be explored are: nature, street, and travel photography. **Required camera type:** single lens reflex; digital or film.

Instructor: Steve Cohen

CE 219 Intermediate Photography

10 sessions; \$300

001, Wed.; February 29-May 9, 2012

(no class 3/21)

Hours: 6:30-9:00 p.m.

Location: TBA

"There is no such thing as inaccuracy in a photograph. They are all accurate. None of them is the truth." ~ Richard Avedon

Now that you have the basics we will continue to develop your photographic skills. In this course we will solidify your understanding of the technical aspects of photography and then focus on composition. Our goal is to begin to shape your personal vision and visual style. **Required camera type:** single lens reflex; digital or film.

Instructor: Keith Verkem

CE 004 Pencil Drawing Fundamentals

8 sessions; \$190

001, Th.; March 1-May 3, 2012

(no class 3/22, 4/5)

Hours: 6:30-9:30 p.m.

Location: TBA

This course will cover the many aspects of pencil drawing techniques. Participants will learn various applications such as shading, cross hatching, simple perspective, contour drawing and value (light to dark). Through demonstrations and detailed explanations, you will learn proper ways to hold a pencil and achieve maximum control to produce a multitude of effects. This course will also cover the methods of drawing, measuring by eye and more. This class is ideal for beginners. Drawing materials not included. A list of materials will be provided upon registration.

Instructor: Thomas Valenti

CE 211 Intermediate Watercolor

6 sessions; \$125

001, Sat.; March 10-April 21, 2012

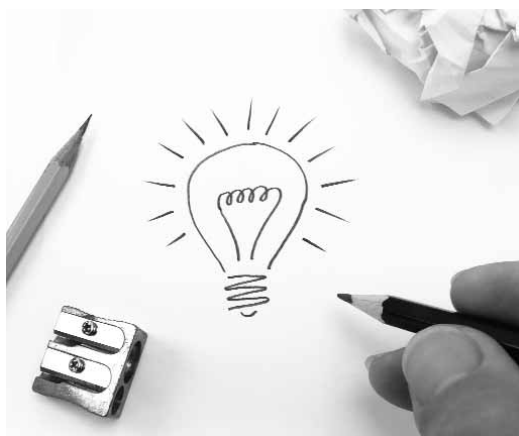
(no class 3/24)

Hours: 10:00 a.m.-12:00 p.m.

Location: TBA

This course is designed for anyone with a reasonably good understanding of how to handle watercolor techniques. Discussions and demonstrations provide students with unlimited information regarding color mixing, creating atmospheric effects, tonal painting (light and dark), preserving white paper, creating special effects (using credit cards, razor blades, palette knife), wet into wet painting and much, much more. Simple landscape motifs will be used as the model for demonstrations and no drawing skills are required. A list of materials will be provided upon registration. The cost of materials is not included in tuition.

Instructor: Thomas Valenti



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CE 110 Watercolor for Beginners

6 sessions; \$125

001, Sat.; March 10-April 21, 2012

(no class 3/24)

Hours: 12:30-2:30 p.m.

Location: TBA

This is the most comprehensive watercolor course you will ever find. Ideally suited for beginners who have never held a brush, yet even the most experienced watercolorists attending this course will learn to see watercolor from a new perspective. Through a series of simple and easy-to-follow demonstrations and detailed verbal analysis, students will learn the way watercolors work in order to produce beautiful paintings. Please note: a list of necessary materials will be distributed and reviewed on the first day of class. The cost of materials is approximately \$125-\$140, and is not included in the tuition.

Instructor: Thomas Valenti

CE 109 Recreational Cartooning

6 sessions; \$135

001, Tue.; March 27-May 1, 2012

Hours: 6:30-8:30 p.m.

Location: TBA

Learn to create visual images that communicate important life ideas and messages with humor and wit. This course will teach you how to design, draw, and develop ideas, culminating in the printing and producing of your own set of cards and cartoons. Learn tips and tricks from a professional cartoonist with over 30 years of experience, and turn everyday events into funny, whimsical comic strips, cards, and logos.

Instructor: Dave McCoy

CE 214 Introduction to Calligraphy

3 sessions; \$50

001, Wed.; March 28-April 11, 2012

Hours: 7:00-9:00 p.m.

Location: TBA

FT 018 Introduction to Calligraphy

3 sessions; \$50

001, Wed.; April 18-May 02, 2012

Hours: 7:00-9:00 p.m.

Location: Fort Lee High School, 3000 Lemoine Avenue, Fort Lee, NJ

Do you admire the fine art of calligraphy? Have you ever thought about learning it yourself? All it takes is a little time, patience and practice to begin producing results. Make something you're doing look special. Show off your new talent by addressing invitations, writing a special poem or vows for framing, or hand-lettering names on

award certificates. The Chancery Cursive style of calligraphy will be taught. Please bring \$10 to the first class to give to the instructor for materials.

Instructor: Robin Altman

About the instructor: As a young girl, Robin Altman was introduced to calligraphy by a family friend, and she pursued it as a hobby. Years later, her hobby led to opening "Calligraphy by Robin," a side-business in which she provided calligraphy services for consumers and corporations seeking special handwritten items. She currently continues to use calligraphy for personal pleasure.

✓NEW

CE 244 Shibori

2 sessions; \$95

001, Th.; April 5 & Sat.; April 7, 2012

Hours: 6:30-9:00 p.m. (Th.) &

10:00 a.m.-12:30 p.m. (Sat.)

Location: TBA

Learn this interesting historical Japanese textile art. You will make a unique silk scarf which will be created with your own personal expression of color and design. All materials and handouts will be supplied in class. No experience needed. Materials fee of \$20 payable to instructor and is not included in the tuition.

Instructor: Karen Skoglund

Health, Fitness & Self-Awareness

CE 129 Belly Dance for Fitness

6 sessions; \$125 per person

001, Mon.; February 6-March 12, 2012

Hours: 7:30-9:00 p.m.

Location: C-106D

002, Sat.; February 4-March 10, 2012

Hours: 10:00-11:30 a.m.

Location: C-106D

Learn this traditional form of female Middle Eastern dance characterized by smooth, flowing, complex movements. This unique art form will target muscles in the abdominal, hip and chest regions combining fitness and fun. You will enrich body and soul through an intense core workout, as well as build your confidence and self-esteem.

Instructor: Nahreen Oshana Ure

PERSONAL DEVELOPMENT

CE 237 Intermediate Belly Dance for Fitness

6 sessions; \$125 per person

001, Mon.; April 2-May 7, 2012

Hours: 7:30-9:00 p.m.

Location: C-106D

002, Sat.; March 31-May 5, 2012

Hours: 10:00-11:30 a.m.

Location: C-106D

This intermediate course will add elegance to the techniques learned in level one by incorporating a veil to your belly dancing skills. Dancing with a veil emphasizes the grace of certain arm and shoulder movements and will further strengthen all your abdominal muscles while flowing arm movements will tone your upper body and arms.

Prerequisite: CE 129

Instructor: Nahreen Oshana Ure

CE 213 Thinking Positive Thoughts

12 sessions; \$250

001, Sat.; February 11-May 5, 2012

(no class 3/24)

Hours: 9:00 a.m.-12:00 p.m.

Location: TBA

Life's beautiful; it's just messy! Learn to unlock mental blocks, achieve your goals, deal with adversity and work at your full potential by changing your mindset. We'll learn how to achieve self-discipline, a new outlook on life through positive realization, self hypnosis, and controlled attention. You will acquire the skills to think differently and see things from a different perspective. Season life's journey how you want it with the outcome you deserve!

Instructor: Michael Lee, Certified NLP Life Coach

✓NEW

CE 238 What's New in Dentistry?

3 sessions; \$50

001, Mon.; February 27-March 12, 2012

Hours: 6:30-8:30 p.m.

Location: TBA

The Dental office is now a place where you can expect a more medical approach of care. Dentistry has evolved with new materials designed to last longer and aid in the prevention of tooth loss. The use of coatings on teeth to prevent decay has been around for years. Today your dentist may reach back and use a laser on your teeth or gums. Your crowns can be made while you wait because of new technologies. Dental technology aids the dentist in diagnosis as well as in the delivery of advanced care. In this first lecture we will cover the standard of care as well as these new technologies. The link between oral disease and systemic problems exists. Control of periodontal disease is vital to maintaining overall

general health. The lack of attention to oral home care leads to inflammatory factors being released into the tissues and bloodstream. TMJ pain and conditions can be evaluated using computerized analysis. Headaches and Migraine pain can be evaluated and treated. Sleep Apnea can be treated using Dental oral appliances instead of the CPAP equipment. A discussion of the cause of headaches, migraine pain and associated neck pain will be discussed. The causes of snoring and sleep apnea will also be explained and treatment reviewed. After each lecture you will be able to ask any questions and discuss new procedures.

Instructors: Michel Mouravieff, D.M.D. and Michael Varallo, D.M.D.

Pet Care

HH 161 Parenting Your Pet: Basic Pet Care for Every Stage of Life

1 session; \$60

001, Sat.; April 7, 2012

Hours: 9:00 a.m.-12:00 p.m.

Location: TBA

Pet parenthood is a promise to care for the basic needs of your best friend. In this workshop, pet parents will learn the basics of grooming, including how to brush your pet's teeth, safe nail and ear care, the importance of bathing and brushing, proper medication techniques, and more. Learn how to make the most of your relationship with your pet, from how to kitten and puppy-proof your house to the special nutritional and exercise needs of "senior" pets. This informative class will include hands-on practice using animal prototypes.

Instructor: Lisa Picht, LVT

HH 155 Pet First Aid

1 session; \$60

001, Sat.; April 21, 2012

Hours: 9:00 a.m.-12:00 p.m.

Location: TBA

Your best friend depends upon you for love, affection and his/her well being. In this class, you will learn the basics of first aid, how to handle an injured animal and the normal vital signs for cats and dogs. Students will practice on animal models the proper techniques for securing limbs and performing CPR. This class is a must for pet parents. Students will be issued certificates of completion.

Instructor: Lisa Picht, LVT

PERSONAL DEVELOPMENT

Security Officers Training

CD 562 Security Officers Registration Act (SORA)

3 sessions; \$100

001, Wed/Thu/Fri.; February 1-3, 2012,

Hours: 9:00 a.m.-5:00 p.m.

Location: TBA

002, Sat.; Feb., 11, 18, 25, 2012

Hours: 9:00 a.m.-5:00 p.m.

Location: TBA

003, March 14, 15, 16, 2012

Hours: 9:00 a.m.-5:00 p.m.

Location: TBA

004, Wed/ Thu/ Fr April 25, 26, 27, 2012

Hours: 9:00 a.m.-5:00 p.m.

Location: TBA

005, Wed/Thu/ Fri, May 16-18, 2012

Hours: 9:00 a.m.-5:00 p.m.

Location: TBA

As of January 8, 2007, anyone hired by a licensed Security Agent must comply with SORA. Active law enforcement officers working in an off-duty security capacity for a licensed Security Agency must obtain a Security Officer Certification. If your goal is to work in the security field, you

should get certified. This course is 24 hours. All students will be subject to a background check. This course requires additional fees not reflected in the tuition: A fee of \$75 to the State Police, and \$70.25 for fingerprinting. For more information, please visit: www.njsp.org

Instructor: Jerry O'Connor

ME 521 Security Officer Recertification Course

1 session \$40

001, Sat.; March 17, 2012

Hours: 9:00 a.m.-5:00 p.m.

Location: TBA

This a mandatory re-certification course for the Security Officer Professional who's NJ State SORA Certification is about to expire. You can attend this course 60 days prior to expiration date. This 8 hour class update you in First Aide, Use of Force, Ethics, Theft Prevention, New Terrorism Awareness and policy of Legal Powers and Limitations. New standard on emergency procedures are discussed. The renewal fee will be \$80.20 to the New jersey State Police is not included in the tuition.

Instructor: Jerry O'Connor



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