CLASSES & WORKSHOPS FROM THE SAFETY OF YOUR HOME!

REGISTER ONLINE:
cabrillo.edu/extension
Necessity is the mother of invention…

So, we’re inventing! Collaboration and human connection is what we do, and we are excited to provide you the opportunity to stay connected, engaged, and active in the safety of your own home. Our instructors and partners have worked with us to create entirely new, live instruction classes that meet in the virtual classroom. These will open a window for you, your family, friends, and neighbors to interact with your instructor and each other during the class. Many of these “new” opportunities are new versions of the classes and workshops we have always offered, led by the same instructors you’ve come to know and love. Some are entirely new partnerships with local organizations. All are designed to help keep you learning, creating, and connecting while you are safe at home.

Check out our new class categories below!

- **ENRICHMENT @ HOME**  PAGE 2
- **YOUTH CAMPS @ HOME**  PAGE 22
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• These classes are live, in real-time, and offered in a virtual classroom.
• Connect with other students who share your interests.
• See and interact with your instructor, and your fellow students, for a more personal experience.
• Access your virtual classroom via Zoom. Students do not need to have a Zoom account! You can join directly from your favorite web browser. Just one click, and you’ll be taken straight to your virtual classroom, no extra log-in required.

• Our online courses are fun, informative, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners.
• Complete any of these courses entirely from your home or office and at any time of the day or night.
• Choose from two convenient options to suit your needs: Instructor-led courses begin every 6 weeks. Self-paced courses allow you to complete a course on your own schedule.

Although we are not in the office, we are here for you!
You can still register online at cabrillo.edu/extension and if you have any questions, or need help getting registered, our staff is available Monday through Friday, 9:00am – 5:00pm.

You may leave us a message at 831-479-6331, or email us at extension@cabrillo.edu. We are checking voicemail and email several times a day, and will reply by the next business day. If you would like to talk to one of our staff, let us know a good time to call you back, and we can help get you registered over the phone.
Help—I’m a Homeschool Parent!
Quick Help with Technology and Education

For parents who are facing the challenge of homeschooling, and using technology in a whole new way, Wendy will become your personal tour guide through your new school environment.

Wendy will cover practical tools for using Zoom, Google Classroom, Google Suite, and how to use cell phones as an educational tool. She will also address privacy, internet security, and managing screen time. By the end of this crash course, you will feel more comfortable facilitating your child’s learning adventure.

For the last 30 minutes of class, Wendy will open the floor for Q&A to address individual situations and challenges.

Choose from several schedule options:
- Tue., April 14
  1:30 – 3:00 pm
- OR
- Thu., April 16
  8:00 – 9:30 pm
- OR
- Sat., April 18
  8:00 – 9:30 am
- OR
- Sat., April 25
  2:00 – 3:30 pm

Fee: $15
Wendy Milette

Using Technology to Stay Connected

Do you feel like technology is advancing too fast and you just want to catch up? Especially as we shelter in place, our phones, computers, and snazzy software is being used to help us stay connected to the people we know and love, the people we work with, and even as a way to learn! This interactive class will help you increase your technology skills so you can more easily use:

- Zoom and Google Hangouts for virtual conversations, classes, and meetings
- Other mobile technology like phones and tablets

Wendy has worked with people ages 6 to 96, helping them “make friends” with technology and use it to communicate, create, and connect! Come and explore the wonderful world of tech with Wendy.

For the last 30 minutes of class, Wendy will open the floor for Q&A to address individual situations and challenges.

Choose from several schedule options:
- Sat., April 18, 11:30 am – 12:30 pm
- OR
- Wed., April 29, 6:00 – 7:00 pm
- OR
- Mon., May 4, 4:30 – 5:30 pm

Fee: $15
Wendy Milette

Storytelling with Digital Media: Telling Your Shelter-in-Place Story

While we are all at home, our stories about this once in a lifetime experience are unfolding every day. Telling and sharing those stories is a great way to stay healthy and stay engaged. In this class, students will learn about simple storytelling and filmmaking tricks and techniques, and will learn the basics of using digital media tools to make your own short movie.

Whether your shelter in place experience was to start a garden, go through family photos, check on elderly neighbors, learn how to can fruit jam, homeschool your kids, or some combination of all of these, this class helps you tell and share your story. These stories can be shared on Facebook, Instagram, or any other social media platform, or even emailed to family and friends. Sharing your stories will help create & maintain your human connections, while having fun too!

Wendy will provide creative and technical guidance in personal storytelling that will result in a unique video. Students will learn about story development, basic lighting, sound, & video editing. Be prepared to express your creativity and have fun!

Required equipment:

- A smartphone, tablet, video camera or DSLR camera.
- A computer will help—but with mobile tech students can create everything with their device.
- Imagination!

3 Sat., April 18 - May 2
10:00 – 11:00am
Fee: $40
Wendy Milette
Intro to Adobe Illustrator

Learn the basics of Adobe Illustrator via live, interactive Zoom sessions with your instructor and fellow students. Your class will include live demos, as well as access to tutorial videos practice files. Whether you draw by hand or want to create an illustration from your photos, Illustrator allows you to create detailed, professional illustrations, logos, and many other creative images and designs! Adobe Illustrator is a large application and this is your chance to get acquainted with some of the fundamental tools and techniques most useful for graphic artists & photographers. Find out how to vectorize your pencil or ink drawings, convert a photo into editable vectors, create gradients, use layers, and more. Much of what will be learned is applicable in Photoshop and InDesign as well. Each class has a matching Exercise Learning Demonstration File in Adobe Illustrator, so you can follow along and learn by doing. Start with the basics and work your way up to creating beautiful illustrations & graphic design projects!

This class is appropriate for students ages 16 and older.

2 Mon., 2 Wed., & 2 Fri., April 20 - May 1
10:00 – 11:00 am
Fee: $75
Alix Mullins

Creating Logos, Text & T-Shirts:
Typography in Adobe Illustrator

Learn the detailed Typography controls for working with Text in Adobe Illustrator via live, interactive Zoom sessions with your instructor and fellow students. Your class will include live demos, as well as access to tutorial videos practice files. Working with Type is essential to creating unique, professional logos with vector artwork tools. Text slogans with graphic treatments, that would be displayed on a T-shirt or sticker, are also covered in this in-depth topic about the Text Control tools in Adobe Illustrator. The various tools for controlling text as graphic design elements are provided with this in-depth workshop. The layout capabilities for text are applicable to newsletters, publications, posters, and many other types of visual communication. The workshop includes a project where you can develop your own logo from scratch or a pencil sketch.

This class is designed for those students who have well developed characters using traditional drawing techniques, and who have completed Alix's Intro to Adobe Illustrator, or who have equivalent solid, fundamental Adobe Illustrator skills.

This class is appropriate for students ages 16 and older.

2 Mon., 2 Wed., & 2 Fri., May 4 – 14
10:00 – 11:00 am
Fee: $75
Alix Mullins

Character Illustration with Adobe Illustrator

Take your comic book, graphic novel, or picture book characters ideas and learn how to build them up layer by layer in Illustrator via live, interactive Zoom sessions with your instructor and fellow students. Your class will include live demos, as well as access to tutorial videos practice files. Alix will guide students through the steps that allow you to bring your images from pencil to the next level by creating & organizing your illustration files in Illustrator. Once your files are set up, your character can be illustrated in varying poses & expressions. This workshop will include video & live demos by your instructor, as well as access to tutorial videos & practice files.

This class is designed for those students who have well developed characters using traditional drawing techniques, and who have completed Alix's Intro to Adobe Illustrator, or who have equivalent solid, fundamental Adobe Illustrator skills.

This class is appropriate for students ages 16 and older.

Students will need to have the following in order to participate in this class:

- Laptop or Desktop Computer
- Access to Zoom Video platform / webcam
- Licensed, downloaded working copy of Adobe Illustrator CC installed on your computer.
- Adobe Illustrator subscriptions must be purchased and installed separately, independent of this class. Class fee does NOT include an Adobe software subscription. Software demonstrated in this class is available from Adobe for students for $20.99 a month for the single application or it is available as part of the entire Creative Cloud bundle for $52.99. Find out more at Adobe.com
- You can easily take the class without a Stylus Pen however if it's available, it can be helpful
- Recommended but not required: Wacom Drawing style Pen
- Google USER ID will be needed, as course materials are available via Google Classroom

2 Mon., 2 Wed., & 2 Fri., May 18 - 29
10:00 – 11:00 am
Fee: $75
Alix Mullins

For both Intro to Adobe Illustrator and Creating Logos, Text & T-Shirts classes, students will need to have the following in order to participate in this class:

- Laptop or Desktop Computer
- Access to Zoom Video platform / webcam
- Licensed, downloaded working copy of Adobe Illustrator CC installed on your computer. Adobe Illustrator subscriptions must be purchased and installed separately, independent of this class.
- Class fee does NOT include an Adobe software subscription. Software demonstrated in this class is available from Adobe for students for $20.99 a month for the single application or it is available as part of the entire Creative Cloud bundle for $52.99. Find out more at Adobe.com
- You can easily take the class without a Stylus Pen however if it’s available, it can be helpful
- Recommended but not required: Wacom Drawing style Pen
- Google USER ID will be needed, as course materials are available via Google Classroom

Alix Mullins

Alix has been a professional media and graphic designer for over 10 years and has taught Digital Media at Gavilan and Cabrillo colleges. She is an internationally published, award winning artist & photographer and her art has been shared across the world in the form of greeting cards, puzzles, posters and other manufactured items.

To register, visit us online at www.cabrillo.edu/extension or email us at extension@cabrillo.edu
Comic Theory and Technique

Explore comic theory, learn new skills, and connect with other artists and comic enthusiasts. This class will provide an outlet for students to workshop current comic ideas or improve existing ones.

Students will dive into the nitty gritty of comic theory, such as panel transitions, complex backgrounds, character development, page layouts, and more. Class time will be filled with activities and instruction, with plenty of time for dialog and feedback. Students will share their work, progress, and challenges each day, and will leave with tools to be stronger cartoonist and visual-story tellers.

This class is appropriate for students ages 16 and older.

Students need to have paper, pencil, eraser, and scissors. Students may also work on a tablet, but that’s not necessary. Templates and prompts are provided in digital form, and having the ability to print simple documents is helpful, but not necessary.

2 Tue. & 2 Thu., April 21 - 30
4:00 – 5:00 pm
Fee: $60
Meggie Ramm

Meggie Ramm (they/them pronouns) is a cartoonist and comic educator that LOVES comics. They hold an MFA in comics from California College of the Arts, and currently teach comics to schools across the Bay Area (aka the best job on the planet). They are the sole creator of the online kids comics ‘Stick World’, the writer of the educational comic podcast ‘Pop! Whiz! Bang!’, and are currently working on their first full length graphic novel. When they aren’t doing something with comics (which is rare), they are rewatching Buffy the Vampire Slayer for the 80th time. To learn more about Meggie go to http://www.meggieramm.com/

Carving and Layering: Multi-Color Linocut Printing from Home

Meet Melissa virtually in her beautiful home studio for this interactive class, as you learn to make multi-color linoleum block prints in the comfort of your own home. In this class students will learn how to make dynamic prints using multiple linoleum blocks and layering two or three different colors of ink. Learn strategies for carving, registering (lining up) layers of color, how to plan your multi-color print, and how different colors interact. Be ready to experiment and be playful!

During class sessions Melissa will demonstrate various techniques and tools, answer questions and provide feedback. Students will have time to learn the techniques in class. Between classes students will have time to practice techniques and work on their carvings and prints, and will have access to Melissa’s tips and tricks. Each class meeting will offer an opportunity to review progress and get feedback and support. During the class students should be able to create at least one multi-color block print, and several individual prints of that multi-colored image. After class they will also have skills and confidence to continue carving, inking, and printing their own colorful block prints at home!

Melissa will keep “Office Hours” in the Google Classroom on Tuesday and Thursday from 10:00 am to 10:30 am to be sure she answers any posted questions between classes.

 students will need to prepare one or two sketches or photos before class to use as the basis for their prints. Melissa will share a Pinterest file with students to help students make design decisions and explore illustration styles.

Please see the class registration webpage for a link to the Class Letter with the list of supplies and tools that students will need to have on hand for this class. Please be sure you have all of the required supplies on hand. Melissa has provided a list of supplies with links to online vendors, as well as recommendations for local vendors who are offering curbside pick-up. Once you have acquired the items on the materials list you will be well prepared to make many more beautiful prints in the comfort of your home! These are the very same items that Melissa uses to make her prints!

Mon., Wed. & Fri. April 27 - May 1
10:00 am – 12:00 noon
Fee: $75

Melissa West

Melissa West is a member of the California Society of Printmakers and WEAD (Women Eco Artists Dialog). She has been exhibiting her work throughout California for over 15 years. She loves printmaking because of the workman-like process of carving and printing blocks. is a member of the California Society of Printmakers and WEAD (Women Eco Artists Dialog).

To learn more about Melissa and her work, go to www.mswest.com

Classes are offered via Zoom, but students do not need to have a Zoom account! You can join directly from your favorite web browser. Just one click, and you’ll be taken straight to your virtual classroom, no extra log-in required.
Learning to Look: Birds of the Monterey Bay
Learning to look longer deepens one’s focus and concentration and sharpens the senses to notice the extraordinary in everything around them. Join Yvette of Art Factory and your fellow students in the virtual classroom to discover this observational technique and the fundamentals of drawing at the intersection between art and science.
Beautiful birds big and small, from the snowy plover to the great egret, will be the inspiration for your drawings. Each class session will focus on a new reference image, and build up from fundamental skills. No experience required!
The following materials are required to participate in this class, and all are available at Lenz Arts, and online at Dickblick.com: pencil, eraser, sharpened, 6B pencil, colored pencils, blending stump, 1 kleenex, drawing paper, scrap paper.

3 Wed., April 22 - May 6
6:30 – 8:30 pm
Fee: $90
Yvette Contois

Digital Photography: Basics and Beyond
Would you like to use some of the extra time you have on your hands learning more about your digital camera? Do the complicated menus confuse you? Would you like to connect with like-minded photographers? Jeff will familiarize you with the most important features of your camera so you can take better photos.
This live instruction class will be taught in the virtual classroom, and is designed so students can learn new techniques, get helpful tips, then have a day between each class meeting to complete simple activities that allow them to try out their newfound skills. Students return to each class meeting and share their experience, ask questions, and get guidance from Jeff. Besides learning to control your camera, you’ll learn how to avoid bad lighting situations and recognize when the lighting is right for general photos, formal portraits, architecture, landscapes, and small objects (for Etsy, eBay, or Craigslist). If you’ve got a moderately priced camera and a desire to learn, your photos will be forever changed after this class.
Be sure to have your camera, your manual, and questions with you at each class meeting.
Sat., Mon., Wed. & Fri., April 25 - May 1
9:00 – 10:00 am
Fee: $50
Jeff Luhn

Great Shots From Cell Phone Cameras!
Would you like to use some of the extra time you have on your hands learning more about your cell phone camera? Join Jeffery Luhn, a professional photographer for 35 years, as he shares his excitement and knowledge about cell phone cameras with you. Learn about the limitations, workarounds, unconventional uses, effects, editing, latest apps, and the advantages that cell phone cameras have over full size cameras. Most of all, learn to have fun with one of the most innovative and accessible technology toys of the modern age!
This live instruction class will be taught in the virtual classroom. Students will need to have a laptop or tablet, in addition to their phone, so they can follow along with Jeff’s instructions about how to change settings on their phone camera. This platform is perfect for this kind of class, and for the “safe at home” situation we all find ourselves in!
Check out a video clip of the class: https://vimeo.com/116131905
Sun., Tue. & Thu. April 26 - 30
9:00 – 10:00 am
Fee: $40
Jeff Luhn

Yvette Contois
Yvette Contois, BFA has been giving art lessons to adults & children since 1990. She has a K-12 Art Teaching Certification, and her guiding passion is bringing art into the lives of her students. You will also find her in the studio/classroom at the Art Factory, teaching art at Santa Cruz Montessori, and freelancing as a technical illustrator.

Jeffery Luhn
Jeffery has been a commercial photographer for more than 35 years. He has shot for many multinational corporations in over 30 countries. He has produced over 500 videos for companies and individuals, including Apple, Pixar, IBM, and Hewlett Packard. Visit Jeffery’s website at www.LuhnPhoto.com to see his work.
Springtime Sewing Social
Connect with fellow sewing, textiles, fiber arts, and fashion enthusiasts from the comfort of your home to improve your sewing skills and complete your springtime sewing projects. This weekly class will meet in the virtual classroom and offer opportunities to come together to talk sewing, share some inspiration, and enjoy Kiki’s custom Spotify playlist to set the mood for the day! Each week Kiki will offer her skilled guidance and tutorials, answer questions about students’ current sewing projects, offer advice on how to find supplies and tools online, and invite everyone to share their own experience, challenges, tools, and tips. This class is all about staying connected, creative, and engaged through our shared passion.

Students should have a sewing project of their choice, either in progress or to start. Please see the class registration webpage for a link to the Class Letter with additional important information about materials, tools, or supplies that students will need to have on hand for this class.

6 Fri., April 17 - May 22
10:00 am – 1:00 pm
Fee: $160
Kiki Barrett - see bio page 11

Capsule Wardrobe: Easy Pants or Skirt, and Top
This is a great time to organize your closet, simplify your life, and get more in-tune with your personal style! In this workshop, Kiki will address how you can construct simple capsule garments that work for you, and your life. A capsule wardrobe is a mini wardrobe made up of really versatile pieces that you love to wear. Capsule wardrobes can save you time, money, offer more comfort, simplicity, and versatility. Kiki will discuss some of the many reasons behind a capsule wardrobe, and how to assess your own closet and wardrobe.

During the scheduled class time, students will learn skills to help them construct essential wardrobe pieces that will help them grow their existing sewing and garment construction skills. With the skills covered in this class, they will be able to create either an easy pair of pants or a skirt, and a top. Students will leave this class with a list of pattern choices all have a modern ease that is appropriate for every level sewist.

Please see the class registration webpage for a link to the Class Letter with the list of supplies and tools that students will need to have on hand for this class.

2 Sat., May 2 & 9
10:00 am – 12:00 noon
Fee: $55
Kiki Barrett

Kimono-Inspired Jacket Workshop
Kimono inspired dusters and jackets are everywhere in fashion. This workshop will show you a simple way to create your own unique topper using 5 rectangles. No pattern needed for this project! We will not be sewing during our class time, and instead will discuss the best fabrics to use, as well as ways to build on the basic design to add details such as a border or pockets. So, it is not required that you have your fabric or materials before the class meeting. Our class time will be spent exploring creative and practical ways to create your beautiful kimono style jacket!

Please see the class registration webpage for a link to the Class Letter with the list of supplies and tools that students will need to have on hand for this class.

2 Sat., May 2 & 9
10:00 am – 12:00 noon
Fee: $55
Kiki Barrett

Refashioning: Men’s Button up and Beyond
Coco Chanel is known for taking a simple men’s shirt and converting it to an iconic piece of fashion. In this class you will learn about the growing “refashioning” movement and the possibilities it offers for creativity. Using the men’s button up shirt, a dress form, sketching or simple pattern pieces, Kiki will show the best techniques for deconstructing existing garments, as well as sewing techniques to create a new garment. Kiki will show students several examples to help students think outside the box of what is possible.

In between class meetings Kiki will answer questions posted in the Google Classroom on May 20th, 6:30 – 7:00 pm. Students may post their questions and time before 6:00 pm that day.

This class is for sewists with prior experience in garment sewing. Please see the class registration webpage for a link to the Class Letter with the list of supplies and tools that students will need to have on hand for this class.

2 Sat., May 16 & 23
10:00 am – 12:00 noon
Fee: $55
Kiki Barrett

Kiki Barrett
Kiki is a local designer and sewing instructor with a passion for helping others get past the fear and frustration of sewing with a sewing machine. She has shown ready-to-wear collections locally since 2013 and looks forward to helping others continue to grow as a designer and/or seamstress.

View a video interview with Kiki at:
https://vimeo.com/188352338

Classes are offered via Zoom, but students do not need to have a Zoom account! You can join directly from your favorite web browser. Just one click, and you’ll be taken straight to your virtual classroom, no extra log-in required.
FRIDAY NIGHT PASTA PARTIES!

Do you miss having dinner with your friends? Are you looking for something fun to do on a Friday night, now that we all need to stay home?

Join Chef Sean, and other enthusiastic foodies in their kitchens, as you prepare food together in the virtual classroom. We will make delicious pasta dishes and fresh sauce, all in the comfort (and safety) of your own kitchen! All you need is a few simple tools that are already in your kitchen, some basic groceries, your enthusiasm, and your appetite!

Each night we will prepare a different dish, then enjoy our meal together! $25 each class, or take all three for $65.

Friday Night Pasta Party: Ricotta Stuffed Manicotti
Join Chef Sean as he makes one of his favorite Friday night dishes - ricotta stuffed manicotti, broccoli rabe, and chard. Loaded with cheese, classic marinara and fresh herbs, green veggies, and fragrant herbs, this will fill your house with the smell of comfort food. It will please pasta and veggie lovers, and will win over any picky eater. Sean will guide you through the simple and satisfying steps as you create a meal that the whole family will enjoy.

Using the ingredients list, suggestions for local fresh food options who provide curb-side pickup or delivery, and a list of simple tools found in most kitchens, Chef Sean will guide you through preparing this meal step by step, then leave you to enjoy your delicious masterpiece in the comfort of your own home!

Please see the class registration webpage for a link to the Class Letter with the list of ingredients and tools that students will need to have on hand for this class.

Fri., April 24
5:00 – 6:00 pm
Fee: $25

Friday Night Pasta Party: Fusilli, Pesto Salad with Marcella Beans
Chef Sean will help you fill your Friday with the floral earthiness of fresh pesto, buttery beans, and savory fusilli pasta. Fusilli’s curly spiral shape holds the flavors around it, and the Marcella bean’s incredibly thin skin and creamy texture blend beautifully with the vibrant tastes of pesto, cherry tomatoes, and arugula. This is such a crowd pleaser and can be enjoyed as a main dish, or as the perfect side for grilled fish.

Using the ingredients list, suggestions for local fresh food options who provide curb-side pickup or delivery, and a list of simple tools found in most kitchens, Chef Sean will guide you through preparing this meal step by step, then leave you to enjoy your delicious masterpiece in the comfort of your own home!

Please see the class registration webpage for a link to the Class Letter with the list of ingredients and tools that students will need to have on hand for this class.

Fri., May 1
5:00 – 6:00 pm
Fee: $25

Friday Night Pasta Party: Traditional Lasagne Bolognese
You’d be hard pressed to think of a more umami-packed dish than Lasagne Bolognese, with its delicate layers of pasta and rich bolognese sauce. It offers a true umami—that perfect combination of flavor, aroma, and textures that inevitably leaves you with eyes rolled back saying “mmmmmm.” It is true comfort food, which is just what we all need right now, and the steady, calming process of making lasagne is as soothing as the smell of it cooking in your house. Spend your Friday evening curled up and cozy with your fresh delicious lasagne!

Using the ingredients list, suggestions for local fresh food options who provide curb-side pickup or delivery, and a list of simple tools found in most kitchens, Chef Sean will guide you through preparing this meal step by step, then leave you to enjoy your delicious masterpiece in the comfort of your own home!

Please see the class registration webpage for a link to the Class Letter with the list of ingredients and tools that students will need to have on hand for this class.

Fri., May 8
5:00 – 6:00 pm
Fee: $25

Sean Adams

Sean has had a lifelong passion for food, community, and local produce. He is an advanced student in the Cabrillo Culinary Arts and Hospitality Management program, and an instructor at Teen Kitchen Project, inspiring the next generation of chefs and foodies.

Classes are offered via Zoom, but students do not need to have a Zoom account! You can join directly from your favorite web browser. Just one click, and you’ll be taken straight to your virtual classroom, no extra log-in required.
BRUNCH “WITH” FRIENDS!

Meet new foodie friends, or invite your BFF, as you all learn how to make some of the most classic, well-known brunch favorites with Chef Sean in the comfort and safety of your home kitchen. Each week there is a new menu, and a new group of enthusiastic foodies for you to cook together via the magic of the virtual classroom! Chef Sean has provided an ingredients list, and recommendations for local businesses where you can shop, or get deliveries, for these items. Each Sunday he will guide students through the steps of each menu item, and then your delicious brunch is ready to enjoy.

$25 each class, or take all three for $65

Selecting and Cooking Local, Sustainable Fish
This is the perfect time of year to brush up on your salmon cooking skills! Sean will discuss one of his favorite vendors at the Santa Cruz Harbor—H&H Fresh Fish, a local & sustainable seafood company. In this class Chef Sean will discuss how to select the best fresh, local salmon, and will demonstrate how to prepare pan seared salmon with a variety of classic and modern sauces. Sean will also discuss a variety of cooking methods for salmon, and other easy to prepare sauces that can complement this delicate and delicious local resource.

Using the ingredients list, suggestions for where to buy your local, fresh salmon, and list of simple tools found in most kitchens, Chef Sean will guide you through preparing this meal step by step, then leave you to enjoy your delicious masterpiece in the comfort of your own home!

Please see the class registration webpage for a link to the Class Letter with the list of ingredients and tools that students will need to have on hand for this class.

Thu., April 23
5:00 – 6:00 pm
Fee: $25
Sean Adams - see bio page 15

Brunch “With” Friends: Sunday Brunch Classics
Join Chef Sean Sunday morning as he guides you through the steps to prepare a special brunch of delicious and decadent classics. Whether you celebrate Easter, or want to fill your Sunday morning with fragrant comfort food, this morning class is perfect! Students will prepare eggs benedict, with either traditional smoked ham or Florentine with spinach and crispy home fries—yum! You will learn how to conquer tricky hollandaise sauce, make perfect poached eggs, and create the perfect crispy on the outside, smooth and creamy on the inside home fries. Enjoy your comforting fragrant brunch together with your fellow students, your friends and family who may join the class with you. PJ’s, sweats, or your favorite comfy Sunday clothing is encouraged!

Using the ingredients list, suggestions for local fresh food options who provide curb-side pickup or delivery, and list of simple tools found in most kitchens, Chef Sean will guide you through preparing this meal step by step, then leave you to enjoy your delicious masterpiece in the comfort of your own home!

Please see the class registration webpage for a link to the Class Letter with the list of ingredients and tools that students will need to have on hand for this class.

Sun., April 19
10:00 – 11:00 am
Fee: $25
Sean Adams

Brunch “With” Friends: Huevos Rancheros
This is one of Chef Sean’s all-time favorite brunch items. Learn to make the perfect fried eggs to serve on hearty, hot corn tortillas and smothered in super flavorful, homemade enchilada sauce. This filling dish, that originated as Mexican farm food, has layers of unique flavors and textures that blend together perfectly. Whether you keep it super simple, or add cheese, beans, and avocados, this brunch packs a flavor punch like no other!

Using the ingredients list, suggestions for local fresh food options who provide curb-side pickup or delivery, and list of simple tools found in most kitchens, Chef Sean will guide you through preparing this meal step by step, then leave you to enjoy your delicious masterpiece in the comfort of your own home!

Please see the class registration webpage for a link to the Class Letter with the list of ingredients and tools that students will need to have on hand for this class.

Sun., April 26
10:00 – 11:00 am
Fee: $25
Sean Adams

Brunch “With” Friends: Spanish Omelette
Also known as a “Spanish Tortilla,” this is an amazingly delicious dish. It looks rustic and simple from the outside, but the careful preparation transforms humble ingredients into a combination of flavors and textures that will truly surprise you! Chef Sean will guide you step by step to create a delicacy that’s great with a fluffy green salad, pea shoots and pickled onion, or all by itself! Once you learn the basics of this dish, you can expand and experiment with your own combinations of ingredients for almost endless possibilities.

Using the ingredients list, suggestions for local fresh food options who provide curb-side pickup or delivery, and list of simple tools found in most kitchens, Chef Sean will guide you through preparing this meal step by step, then leave you to enjoy your delicious masterpiece in the comfort of your own home!

Please see the class registration webpage for a link to the Class Letter with the list of ingredients and tools that students will need to have on hand for this class.

Sun., May 3
10:00 – 11:00 am
Fee: $25
Sean Adams

Classes are offered via Zoom, but students do not need to have a Zoom account! You can join directly from your favorite web browser. Just one click, and you’ll be taken straight to your virtual classroom, no extra log-in required.

To register, visit us online at www.cabrillo.edu/extension or email us at extension@cabrillo.edu
Live Culture Fermentation in Your Home Kitchen

Fermenting is one of their favorite things to do at Happy Girl Kitchen, and it is a perfect thing to do as you shelter in place! This workshop will begin with an introductory sermon on live culture fermenting, the history and benefits. Then students get hands on in their own kitchens to make cabbage kraut, then spicy kimchi. Todd will divulge all of their secrets on how to get the right texture and flavor for sour vegetables and pickles. He will cover salt content, temperature, texture and storage time, plus unique flavor combinations. All of the recipes shared in class are simple, raw and delicious and students will learn how to keep fermenting more at home!

At the end of this workshop students will have ferment fever, ready to start fermenting all sorts of vegetables, and will learn how to design their own recipes. Each student will complete a bowl of sauerkraut, and a batch of kimchi in 2 simple glass fermentation set ups, and will have recipes, and new knowledge to keep fermenting more at home!

Todd will also offer guidance on how to best use the fresh, seasonal vegetables available here on the Central Coast, and tips for identifying the best recipes and methods for the in-season produce.

Please see the class registration webpage for the Class Letter link with the tools & ingredients list that students need to have on hand.

This class is offered via Zoom.

Tue., April 28
6:00 – 8:00 pm
Fee: $35
Todd Champagne

Pickling Vegetables 3 ways in Your Home Kitchen

As we all think about ways to make healthy food at home during our shelter in place, this is a perfect skill to practice—and the outcome is delicious! Pickles is a fun word to say, they are even more fun to make, and you can pickle almost any vegetable. Learn how to make pickles 3 different ways all in the safety and comfort of your own kitchen. We will be making fresh refrigerator pickles & fermented pickles during class, and there will be a demonstration and discussion of making shelf stable vinegar pickles that will be hot water bath canned. Learn easy steps for selecting, preparing, spicing and acidifying vegetables into ready to eat, mouthwatering, healthy snacks.

Students will learn about important food safety principles of pickling. With your new pickling know-how you’ll be sure that no vegetables go to waste because of a surplus in the garden, an overabundance at the farmers market, or an overloaded refrigerator! Get pickling for health and fun!

Students will use fresh, seasonal vegetables noted on the ingredients list, and simple supplies and tools as well. Todd will offer tips identifying the best recipes and methods for the in-season produce.

Please see the class registration webpage for the Class Letter link with the tools & ingredients list that students need to have on hand.

This class is offered via Zoom.

Tue., May 5
6:00 – 8:00 pm
Fee: $35
Todd Champagne

Beekeeping Basics and Honeybee Biology

This class is appropriate for adults with little to no experience in keeping bees. Whether you are interested in learning sustainable backyard beekeeping practices or just want a better understanding of how these delicate, intricate creatures benefit us and our planet, you will leave this class a-buzz with new energy!

This course covers hive structure, colony dynamics and delves into basic honeybee biology. We will discuss the history of beekeeping, from honey production to pollination contracts, and discuss current trends (and rifts) in colony management practices. By the end of the course, students who are interested in obtaining their own hive will have a good understanding of equipment, tools, management practices, bee biology, and how we can work together to support these vital pollinators.

2 Mon., 1 Wed. & 1 Fri., April 20 - 27
9:00 – 10:00 am
Fee: $50
Emily Bondor

Seasonal Hive Management for Beekeepers

This class is designed for beekeepers with existing hives. We will discuss keeping bees locally, the ways to expand individual hives and increase the size of your apiary. We will cover different styles of hives, various pieces of equipment and management approaches. The class will focus on IPM approaches, different options for tackling parasitic Varroa mites, and seasonal hive management techniques. Students will be encouraged to compare notes and strategies, and to foster community engagement and mentorship.

By the conclusion of the class, students will leave with detailed knowledge of different ways to deal with Varroa mites, and a seasonal outline for hive management.

2 Mon., 1 Wed. & 1 Fri., May 11 - 18
9:00 – 10:00 am
Fee: $50
Emily Bondor

These classes will conclude with a virtual live hive dive in Emily’s home apiary hives, where you can experience the inner workings of a bee hive!

Emily Bondor
Emily is a Bay Area beekeeper and educator committed to raising locally-adapted, treatment-free bees. She is the owner of Santa Cruz Bee Company and the president of the Santa Cruz Bee Guild. Learn more about her work at www.santacruzbeecompany.com

Classes are offered via Zoom, but students do not need to have a Zoom account! You can join directly from your favorite web browser. Just one click, and you’ll be taken straight to your virtual classroom, no extra log-in required.

Todd Champagne
Todd has taught literally thousands of people how to safely pickle vegetables. He is a graduate of the UC Davis Acidified Foods Manufacturing School. Todd is the co-owner and founder of Happy Girl Kitchen, a CA State Licensed Cannery & viable organic vegetarian business, voted best pickle in Monterey County by Monterey County Weekly readers since opening in 2013.

To register, visit us online at www.cabrillo.edu/extension or email us at extension@cabrillo.edu
**ADUs, Granny Units, and Other Small Spaces: Design, Costs, and Construction**

Have you ever thought about building an Accessory Dwelling Unit (ADU) on your property, but did not know where or how to start? Are you interested in learning about rough costs for these smaller homes? Do you want to learn about the process, how long it is likely to take, and some good design guidelines to make small spaces feel larger? Do you want to learn how to determine an ADU can be built on your property? Are you wondering how a design and construction firm may help you with a project like this, and what exactly they do?

During this comprehensive workshop, which will include a slide presentation of recent designs of completed ADU’s, students will hear from local professionals in the fields of green building, residential design, and construction.

Topics covered are:

- How to determine ADU feasibility on your property
- How to get started
- The process for designing and building an ADU
- Rough costs for ADUs of different sizes, building on a slope, cost of utilities, different costs by city/region, water meter fees
- Value engineering - how to save money during design and construction
- Design concepts and ideas for making small spaces work
- Possible uses for ADUs
- Timeframe for the entire process
- Overview of how a loan can be used for construction, and payoff time
- Common pitfalls

Sat., May 9
1:00 – 5:00 pm
Fee: $58

Taylor Darling, Spencer Keenan, Cody Work, & John Work - see bios

Taylor Darling is a co-owner of Santa Cruz Green Builders, a company firmly committed to building green. He and his team have extensive experience designing and building ADUs in Santa Cruz County.

Cody Work, BA, designs ADUs, new houses, kitchen remodels and home additions at Santa Cruz Green Builders. She has worked as an interior designer throughout the Monterey Bay area.

Spencer Keenan holds a BS in Industrial Design, is co-owner of Santa Cruz Green Builders, and acts as a Project Manager.

John Work has a BS in mechanical engineering, is a designer for Santa Cruz Green Builders, and also does plumbine system design.

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**Good Sleep is a Reachable Dream**

If you or someone you love struggles to get a good night’s sleep, this class will help! As a pillar of health, our quality of sleep has a significant impact on our mind and body, so healthy sleep is an essential part of our self care. In this class, we will explore how meal times, exercise, stress, and lifestyle can have a positive impact on sleep and overall health. Participants will learn to identify and eliminate the root causes for their sleep issues, and learn easy ways to create an evening routine specifically designed for them to naturally balance sleep cycles. Students will learn about safe herbal sleep support, ways to reduce stress, and how they can implement simple lifestyle changes to drift into restful, sound sleep each night!

Wed., May 13
7:00 – 8:30 pm
Fee: $20

Jackie Christensen

**Balanced Blood Sugar**

Balancing your blood sugar can help you maintain a healthy weight, maintain your energy, and support your overall wellness—but it can be tricky! Mood & energy swings, stress & anxiety, weight gain & food cravings, and a host of other issues can be addressed by balancing your blood sugar, but knowing what’s right for your body is important! This class will help you create a personalized plan to naturally balance blood sugar through lifestyle, food choices, and herbal support. This plan will help you reduce stress and sedentary time to stabilize energy throughout the day, and stay calm, clear and focused. Participants will learn how to identify signs of blood sugar imbalances, and will develop a personalized 30-day diet and lifestyle plan in class that will help balance their blood sugar.

Wed., April 29
7:00 – 8:30 pm
Fee: $20

Jackie Christensen

**Calming Inflammation Naturally**

Learn how to make food choices, choose simple exercise, and implement lifestyle changes to calm the fires of inflammation and improve your overall health. Inflammation is your body’s first line of defense against toxins, infections and injuries, and we tend to think of it in terms of the external signs like swelling and bruising. But inflammation occurs naturally in your body in many different ways, and can contribute to several health and quality of life issues.

Find out how you can calm inflammation naturally to help reduce pain, and address many other health concerns. In this class participants will learn how to identify and remove foods that can trigger inflammation, and how to develop a 30 day meal, herbal, and lifestyle plan to calm chronic inflammation. Students will go home with an outline of common causes for inflammation, and a template to create their 30 day plan.

Wed., May 20
7:00 – 8:30 pm
Fee: $20

Jackie Christensen
How to Become a Loan Signing Agent

Already a Notary? Now what? Make the most out of your notary commission by becoming a certified Loan Signing Agent. Our live instruction class is offered via Zoom and will teach you how to notarize loan documents and give you a simple strategy to launch your new business. Learn the information and tools you need to succeed as a Signing Agent from the comfort of your home. Our expert teachers are seasoned in the business; they'll teach you the process of completing a signing, best practices in the industry, and how to get loan signing assignments. Students are eligible to access our private Facebook page to ask questions, watch webinars, and receive updates using your computer, or just your smartphone! A certificate is awarded upon completion of the course.

Topics include:
- Notarize a loan package from any bank successfully every time
- The do's and don'ts of the profession
- What to discuss with your clients
- How to develop your own business
- Getting signed up with busy signing agencies

Prerequisite: You must be a Notary or have completed the ‘Become a Notary Public’ class.

Mon., Tue., & Thu., May 18, 19 & 21
6:00 – 8:00 pm
Fee: $99

Essential Legal Documents in a Time of Crisis

This pandemic has a lot of us thinking about how unprepared we are for the future. It's time to get essential documents in order, and the good news is that protecting your family's finances, and addressing potential, critical medical decisions, is easier with a little expert advice. This class will help you to create well thought out, concise legal documents, that will help you and your family.

Creating a Will or Revocable Trust guarantees that your wishes will be abided, and avoids probate for your family, which is a time consuming, expensive process.

Practicing social distancing is essential, but not infallible. Should medical care become necessary, it's vital to have an assigned appointee to make your wishes known, make medical decisions in your best interest, and have access to your medical records.

Our legal expert will discuss relevant medical documents, including Durable Power of Attorney and Medical Release Forms, that could make treatment easier, quicker, and less confusing for all concerned.

After three class sessions, our experienced attorney will work with you to complete these documents, discuss the noted issues, and advise you on how to get them filed.
- California Wills: Legal requirements, do's and don'ts, and a list of considerations
- Revocable Trust: Avoiding probate, and what should you include?
- Durable Power of Attorney: How will this assist me in medical decisions?

Tue., Wed., & Thu. & May 26, 27 & 28
6:00 – 8:00 pm
Fee: $99

College Planning: Finding Colleges That Fit and How to Afford Them

Is it hard to imagine how you can afford to pay for one (or more) college educations? Are you concerned about your child's path to college? Do the application requirements and deadlines seem confusing? Even if your child gets into the college of their choice, paying for college is one of the largest expenditures most parents face in their lifetimes.

If you are a parent with a middle or high school student, this class will help you and your student plan and prepare for college. We'll discuss:
- How to search for colleges that fit
- How to understand what admission committees are looking for
- How to write that dreaded essay and create an excellent resume
- What strategies can help you reduce college costs through planning
- Various savings methods and tax strategies
- How you can maximize potential financial aid with some advanced planning

This class will help you understand the selection and application process, and make financial decisions that avoid many of the common mistakes that can cost your family hard-earned money.

High school students are encouraged to join Session 1 with their parent(s) at no extra cost.

2 Tue. & 2 Thu., April 21 - 30
6:45 – 7:45 pm
Fee: $50
Stephen Shapiro, Maureen Casey

Maureen Casey
Maureen Casey, MA is a credentialed California Instructor and Administrator, a former college counselor, and a principal at Casey Educational Consulting, offering college preparatory academics and guidance.

Steve Shapiro
Stephen Shapiro, CPA, CFP, has advised individuals on financial matters for over 20 years and has led financial workshops since 1989.

To register, visit us online at www.cabrillo.edu/extension or email us at extension@cabrillo.edu
Intro to Creative Digital Illustration – Level 1 (Ages 12–15)

This camp is focused on helping aspiring young artists, who want to take their art to a higher level, learn illustration software in a fun, creative way. This intro class includes clear lessons, instructor interactions, and practice time to learn how to use the fundamental tools. This is a great way to get a young artist up and running with modern, digital tools so they can create great graphics and illustrations at home.

Projects are focused around creating a beginning illustration using the Adobe Illustrator tools & basic graphic design and illustration techniques.

2 Mon., 2 Wed., & 2 Fri., April 20 - May 1
11:30 am – 12:30 pm
Fee: $75
Alix Mullins

Students will need to have the following in order to participate in these classes:

- Laptop or Desktop Computer
- Access to Zoom Video platform / webcam
- Licensed, downloaded working copy of Adobe Illustrator CC installed on your computer
- Adobe Illustrator subscriptions must be purchased and installed separately, independent of this class. Class fee does NOT include an Adobe software subscription. Software demonstrated in this class is available from Adobe for students for $20.99 a month for the single application or it is available as part of the entire Creative Cloud bundle for $52.99. Find out more at Adobe.com
- You can easily take the class without a Stylus Pen however if it’s available, it can be helpful
- Recommended but not required: Wacom Drawing style Pen
- Google USER ID will be needed, as course materials are available via Google Classroom

Intro to Creative Digital Illustration – Level 2 (Ages 14–17)

Designed specifically for students who have already taken the Creative Digital Illustration summer camps with Alix, this class will start with a refresh on skills, and is focused on helping students continue to learn the professional industry standard illustration software. Students can create illustrations from their pencil sketches or their photographs. Specifically for aspiring teen artists who want to continue to build on their basic illustrator skills. This class reviews the fundamental tools and continues to add more advanced tools and techniques. Students will complete one or more final illustrations based on the student’s own creative ideas, either from drawings or photographs. This is a great way to get a young artist to enhance their existing skills so they can create great graphics and illustrations at home.

Students may create illustrations from their photos or drawings from a sketchbook! If they want to, and in addition to the items noted below, they will need one of the following: a scanner, a smartphone, or a helpful parent with a camera to take photos of the students’ sketches.

2 Mon., 2 Wed., & 2 Fri., May 18 - 29
11:30 am – 12:30 pm
Fee: $75
Alix Mullins

Character Illustration with Adobe Illustrator (Ages 12–15)

Take your comic book, graphic novel, or picture book character drawings and learn how to build them up, layer by layer, in Illustrator via live, interactive Zoom sessions with your instructor and fellow students. Alix will guide students through the steps to allow you to bring your images to the next level by creating & organizing your illustration files in Illustrator. Once your files are set up, your character can be illustrated in varying poses & expressions. This workshop will include live demos by your instructor, as well as access to tutorial videos & practice files.

This class is designed for those students who have developed characters using traditional drawing techniques. Students should also have completed Alix’s Intro to Adobe Illustrator, or have equivalent solid, fundamental Adobe Illustrator skills.

Students will need to have the following in order to participate in this class:

- Laptop or Desktop Computer
- Access to Zoom Video platform / webcam
- Licensed, downloaded working copy of Adobe Illustrator CC installed on your computer
- Adobe Illustrator subscriptions must be purchased and installed separately, independent of this class. Class fee does NOT include an Adobe software subscription. Software demonstrated in this class is available from Adobe for students for $20.99 a month for the single application or it is available as part of the entire Creative Cloud bundle for $52.99. Find out more at Adobe.com
- You can easily take the class without a Stylus Pen however if it’s available, it can be helpful
- Recommended but not required: Wacom Drawing style Pen
- Google USER ID will be needed, as course materials are available via Google Classroom

2 Mon., 2 Wed., & 2 Fri., May 4 - 15
11:30 am – 12:30 pm
Fee: $75
Alix Mullins

Alix Mullins
Alix has been a professional media and graphic designer for over 10 years and has taught Digital Media at Gavilan and Cabrillo colleges. She is an internationally published, award-winning artist & photographer and her art has been shared across the world in the form of greeting cards, puzzles, posters and other manufactured items.
**Make Your Own Mini Comics at Home (Ages 9-12)**

Dive into comic making in your home surrounded by other comic lovers in a class led by a comic artist! Students will learn both writing and drawing elements with classes focusing on character design, poses, facial expressions, settings, emanata (aka the secret code of comics) and much more! This class will give students all the information they need to craft and create their own comics at home with the materials they have on hand.

Students need to have paper, pencil, eraser, and scissors. Students may also work on a tablet, but that’s not necessary. Templates and prompts are provided in digital form, and having the ability to print simple documents is helpful, but not necessary.

Mon., Wed., Fri., April 20 - May 1
4:30 – 5:30 pm
Fee: $60

Meggie Ramm

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**Science Meets Art: Illustrating Insects, (Ages 9-12)**

Is your child a budding entomologist (bug scientist) or a blossoming artist? Do they want to learn to draw while exploring insects both beautiful and weird? Join Yvette of the Art Factory for this exploration of where science meets art. Your child will “learn to look longer” while learning the fundamentals of drawing and explore a variety of art mediums alongside their new friends in the virtual classroom.

Each day, students will get inspired by a new Central Coast insect. The creatures will advance in difficulty as the skills build as the classes progress.

The following materials are required to participate in class, and all are available at Lenz Arts, and online at Dickblick.com: pencil, eraser, sharpener, blending stump, 1 kleenex, 6B pencil, colored pencils, drawing paper and bristol board paper.

3 Tue. & 3 Thu., April 21 - May 7
1:00 – 2:00 pm
Fee: $90

Yvette Contois

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**Storytelling with Digital Media: Make Your Own Movies! (Ages 9-12 and 13-15)**

Kids love to read stories and watch movies, but they also love to invent their own characters, tell their own stories, and make their own movies! This camp opens the door for students to use their imagination to develop colorful characters, design and build a set, create unique stories, and make their own movie magic using stop motion animation! They will learn basic set design, story development, lighting, sound, and editing.

Every object has the potential to be brought to life with stop motion!

This is a project that will keep your kids busy using the materials in your own home. Once they have the basic tools they can take this knowledge they gain and keep creating endlessly!

Using Stop Motion Studio Pro, a movie making app, students will create an animated video using characters they love. We will explore claymation, creating original music with GarageBand (if you have Apple devices), creating spiffy graphics with Adobe Spark, and learning to edit short videos with Stop Motion Studio or iMovie. Students can spend time at home learning to use digital media to create stop motion animation movies!

Please see the class registration webpage for a link to the Class Letter that includes the supply list. The list will serve as a guide for things that work well to create characters and sets for an original stop motion animation video.

**Ages 9 - 12**
2 Tue. & 2 Thu., April 21 - 30
3:30 – 4:30 pm
Fee: $60

**Ages 13 - 15**
2 Tue. & 2 Thu., April 21 - 30
5:00 – 6:00 pm
Fee: $60

Wendy Milette

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**Yvette Contois**

Yvette Contois, BFA has been giving art lessons to adults & children since 1990. She has a K-12 Art Teaching Certification, and her guiding passion is bringing art into the lives of her students. You will also find her in the studio/classroom at the Art Factory, teaching art at Santa Cruz Montessori, and freelancing as a technical illustrator.

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**Meggie Ramm**

Meggie Ramm (they/them pronouns) is a cartoonist and comic educator that LOVES comics. They hold an MFA in comics from California College of the Arts, and currently teach comics to schools across the Bay Area (aka the best job on the planet). They are the sole creator of the online kids comics ‘Stick World’, the writer of the edumomic ‘Teach Kids Comics’ one half of the educational comic podcast ‘Plop! Whiz! Bang!’, and are currently working on their first full length graphic novel. When they aren’t doing something with comics (which is rare), they are rewatching Buffy the Vampire Slayer for the 80th time.

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**Wendy Milette**

Wendy Milette, MFA, is a GATE mentor and Hi-Tech Innovation Lab Director at Pacific Elementary School, and the Director of Media Arts Education for the MY HERO Project, a globally connected learning community. To learn more go to myhero.com. She has been working with youth for over 30 years. Wendy lives in Davenport with her husband Chris and their cat, Tink.
Cooking @ Home: Learn to Make Dinner with Chef Sean! (Ages 8-11)

Join Chef Sean, and other hungry kids in their kitchens too, as you prepare food together in the virtual classroom. We will meet just before dinner to make delicious (and easy) pepperoni polenta pizzetas with mozzarella cheese and tomato sauce. This is a fun and simple way to make something the whole family will enjoy. Each person can customize their own pizzeta with whatever ingredients they have in the fridge!

No cooking or cutting necessary during class, and you can prep everything the night before using Chef Sean’s ingredients list and tips. These tasty meals can be made with easy-to-get ingredients and tools you already have at home!

Please see the class registration webpage for the list of ingredients and tools that students will need to have on hand for this class.

2 Mon., 2 Tue. & 2 Wed., April 20 - 29
3:00 – 4:00 pm
Fee: $90
Sean Adams - see bio page 27

Cooking @ Home: Learn to Make Dinner with Chef Sean! (Ages 12-14)

Join Chef Sean, and other hungry kids in their kitchens too, as you prepare dinner together in the virtual classroom, and in your real kitchen. We will make healthy snacks, fantastic finger food, all in the comfort (and safety) of your own kitchen! We’ll meet Mondays, Tuesdays, and Wednesdays just before dinner. All you need is a few simple tools that are already in your kitchen, some basic groceries, your enthusiasm, and your appetite!

Some of the delicious meals we will make together include: creative kid-friendly charcuterie board, filled with meat, sliced veggies, cheeses, crackers, sliced apples and ranch dressing; crunchwrap supreme with scrambled eggs, beans, and cheese all wrapped up in a big flour tortilla and pan fried to a golden brown; stuffed bell peppers with rice, corn, and turkey. The great thing about these recipes is that they can easily be prepared ahead of time and for the entire family! Also, all recipes can be made vegetarian.

Some cooking and cutting is necessary during class. Be sure to have everything ready from Chef Sean’s ingredients list and tips. Students will learn how to get organized, identify their tools, and learn to prepare food safely on their own—otherwise known as Mise en Place, which means “everything in its place.”

No cooking or cutting necessary during class, and you can prep everything the night before using Chef Sean’s ingredients list and tips. These tasty meals can be made with easy-to-get ingredients and tools—you might already have everything at home!

Students may share their delicious meals in the Google classroom after the live meeting so they can see what everyone has made—yum!

Please see the class registration webpage for a link to the Class letter with the list of ingredients and tools that students will need to have on hand for this class.

2 Mon., 2 Tue. & 2 Wed., April 20 - 29
4:30 – 5:30 pm
Fee: $90
Sean Adams
Giving and Receiving Feedback
To truly improve performance, we need to create a culture of continuous feedback.
In this class, you will:
• Learn and practice the 1-minute praise and 1-minute redirect models of feedback
• Practice asking for feedback and building receptivity
• Learn and practice a simple and powerful way of giving feedback regularly
• Learn and practice a model for anticipating challenges, and diverting them before they become performance issues
Mon., April 20 OR Tue., April 21
5:00 – 8:00 pm 9:00 am – 12:00 noon
Fee: $64

Setting Goals and Achieving Results
One of your primary responsibilities as a leader is to drive your team toward results. This involves being crystal clear about where you are heading, and why, and then managing the needs, expectations and workload of your team in order to achieve those results. Come to this class to:
• Explore the common barriers to achieving goals.
• Compare your top organizational goals to your own daily activities as a way to assess credibility.
• Practice writing clear outcome statements that can guide a project.
• Develop a plan to track progress as a team.
Wed., April 22
1:00 – 4:30 pm
Fee: $68

Performance Evaluations
Much of the struggle with poor performance can be alleviated when we provide a higher degree of clarity for our employees. Start with clear and actionable goals. In this class you will:
• Examine behaviors of high, mid, and low performance
• Identify meaningful ways to delegate and address accountability
• Gain insight into creating effective performance evaluations
Mon., April 27 OR Tue., April 28
5:00 – 8:00 pm 9:00 am – 12:00 noon
Fee: $64

Effective Delegation
One of the primary responsibilities of a developing leader is to delegate effectively. You need to be able to identify an employee’s strengths and weaknesses, select and delineate work tasks clearly, and appropriately monitor the execution of the tasks throughout the employee development process. Come to this half day class to:
• Be introduced to situational leadership and how to apply it to your work team
• Learn when to delegate, when to coach, when to support and when to direct.
• Identify tasks that you can safely delegate.
• Practice delegating effectively using a “conversation planner.”
• Practice following-up with employees to ensure tasks are done completely, and the skills they need to succeed are learned.
Wed., April 29
1:00 – 4:30 pm
Fee: $68

Managing Conflict
Conflict can’t be avoided, but the way we handle it can be improved. In fact, handling conflict constructively can build trust in your relationships and increase your credibility. It can also stimulate new and better ideas and keep your workforce engaged. In this practice-based class you will:
• Understand the tension we feel between showing that we care and addressing tough topics
• Identify signs that you need to speak up and get involved
• Practice listening and giving powerful (yet supportive) feedback in times of stress
• Practice mediating a conflict between two others who are in a conflict at work
Wed., May 6
1:00 – 4:30 pm
Fee: $68

Coaching for Results
Coaching, a crucial leadership skill for successful supervisors, combines building relationships, providing support and monitoring progress. Coaching empowers your employees to develop the skills they need to succeed.
Come to this course to:
• Learn and practice the precursors to coaching: being curious and asking good questions
• Review and practice a powerful 4-step model for coaching
• Develop a detailed plan to coach a specific person on your team
Mon., May 4 OR Tue., May 5
5:00 – 8:00 pm 9:00 am – 12:00 noon
Fee: $64

Classes are offered via Zoom, but students do not need to have a Zoom account! You can join directly from your favorite web browser. Just one click, and you’ll be taken straight to your virtual classroom, no extra log-in required.

Jennifer Mount has over 15 years of experience in the design and facilitation of leadership development programs throughout the world. She has worked with Fortune 500 Companies such as Microsoft, 3M, and Amgen as well as non-profits, small businesses and entrepreneurs to help enhance employee skills and work performance.

Rosario Montes-Arena, MBA, is a Management Consultant, trainer and former Senior Manager in the high tech industry. She has 30+ years experience in developing teams and leaders. Her coaching skills include effective communication, facilitation, and team performance.
**CERTIFICATE PROGRAM**

### Introduction to Medical Insurance Billing, Part 1

One of the physician’s most valued employees is the one who does the insurance billing. Learn medical billing techniques and how to follow up and collect on billed claims. You will learn:

- How to bill Medicare, Medicaid (MediCal in California), TRICARE and CHAMPVA
- Updated information on the new Medicare contractor, Noridian Healthcare Solutions
- Learn how to keep current with changes in rules and regulation of government plans
- How to read an Explanation of Benefits (EOB)

**Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing Parts I & II.**

**Sat., April 25**
9:00 am – 12:30 pm
Class offered via Zoom and Google Classroom

**Fee:** $85
**Plus $49 materials fee paid in class**

### Medical Insurance Billing, Part 2

For those students who have completed the intro course or those who are already Billers and want to further their knowledge in medical billing.

You will learn:

- The difference between PPO’s, HMO's, IPA’s and other managed care issues
- The ins and outs of contracting with managed care plans
- HCPCS Level II coding—when to use these codes
- Analyze and solve difficult billing problems, denial management
- HIPAA—Health Insurance Portability & Accountability Act
- Open discussions on various issues of concern

**Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing Parts I & II.**

**Mon. & Tue., April 20 & 21**
6:30 – 8:30 pm
Class offered via Zoom and Google Classroom

**Fee:** $85
**Plus $39 materials fee paid in class**

### CPT, ICD, & HCPCS Coding

In this course the student will learn the difference between CPT, ICD, and HCPCS codes and when to use them for billing claims:

- Indicating the appropriate diagnosis codes
- Code the primary reason for each patient visit
- Appropriate procedure codes for insurance companies
- Learn billing for supplies, injections and dental claims

**Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing Parts I & II.**

**Sun., April 19**
9:00 am – 3:15 pm
Class offered via Zoom and Google Classroom

**Fee:** $95
**Plus $49 materials fee paid in class**

**ELECTIVE COURSES**

### Start Your Own Medical Billing Service

Many medical practices receive most of their income from insurance companies. Thus, medical billing services are in demand. In this class you will learn:

- How to obtain clients & setting your fees
- What other services a billing service could offer
- Marketing your services
- Where to obtain HIPAA compliant software
- Sample HIPAA Business Associate Agreement & Independent Contractor Agreement
- How to obtain updates from insurance companies
- Sole Proprietorship, Partnership, Corporation & LLCs discussed

**Sat., April 25**
1:00 – 3:00 pm
Class offered via Zoom and Google Classroom

**Fee:** $65
**Plus $29 materials fee paid in class**

### Medical Front Office Certificate Program

This program has been designed for those interested in becoming a Medical Front Office/Medical Receptionist/Intake Coordinator. This class will prepare you to begin a rewarding career and to become an integral part of the medical office team.

Topics covered include:

- Basic Medical Benefit Terms and Plans
- Eligibility and Insurance Benefit Verification
- Appointment Scheduling (Manual and Computerized)
- Improving Telephone Skills
- Patient Arrival, Check-In and Departure
- Handling Medical/Office Forms
- HIPAA/ Patient Privacy & Confidentiality
- Medical Terminology (specific to the front office)

This two-part course will be offered under the following format: Part one will be lecture, part two will be a home-study computer course (using your own computer) concentrating on computerized appointment scheduling and new patient set-up. Students are given one month to complete part two of this course.

**Wed. & Thu., April 22 & 23**
6:30 – 8:30 pm
Class offered via Zoom and Google Classroom

**Fee:** $105
**Plus $79 materials fee paid in class**

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**TAKE THE ENTIRE MEDICAL BILLING CERTIFICATE PROGRAM FOR JUST $395**

Plus a materials fee of $285 for all textbooks, workbooks & tutorial software. Fees are payable directly to instructor in class.

**Kris Patterson** is the owner of a successful Medical Billing and Consulting firm and has taught Medical Insurance Billing classes for over twenty years.

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**Workers’ Compensation & Personal Injury**

Learn how to bill California Workers’ Compensation and Personal Injury cases. Some of the areas this workshop will cover are:

- Overview California Workers' Compensation
- Workers’ Compensation Appeals Board Liens
- Learn tips for screening patients up front
- Maximizing reimbursement
- Turning objection letters into payments
- Negotiating with attorneys on lien cases
- Automobile insurance carriers and personal injury

**Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing Parts I & II.**

**Sat., April 25**
9:00 am – 12:30 pm
Class offered via Zoom and Google Classroom

**Fee:** $85
**Plus $49 materials fee paid in class**

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**Medical Insurance Billing Program**

If you are looking for another career or supplementary income, our Certificate Program in Medical Insurance Billing can make you a valued professional in the fast-growing healthcare field.

Participation in the Certificate Program is not required. Courses may be taken individually as long as you meet the prerequisites.

**Certificate Program**

- Introduction to Medical Insurance Billing
- Advanced Medical Insurance Billing, Part II
- CPT, ICD9, ICD10 & HCPCS Coding
- Workers’ Compensation & Personal Injury
- Computerized Medical Insurance Billing (A Home Study Course)

Course materials and texts are NOT included in the registration fee. Material fees are payable to instructor at the first class meeting for each course. Please see each course description for the appropriate fees.

Those who complete the Certificate Program will receive a Certificate of Completion issued by the college.

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**TAKE THE ENTIRE MEDICAL BILLING CERTIFICATE PROGRAM FOR JUST $395**

Plus a materials fee of $285 for all textbooks, workbooks & tutorial software. Fees are payable directly to instructor in class.

**Kris Patterson** is the owner of a successful Medical Billing and Consulting firm and has taught Medical Insurance Billing classes for over twenty years.
ONLINE CLASSES | ED2GO

Welcome to www.ed2go.com/cabrillo
Over 500 courses are available on our ed2go website!

HOW TO GET STARTED
1. Visit our Online Instruction Center: www.ed2go.com/cabrillo
2. Select your class and follow the prompts.

New sections of Ed2Go classes begin on the following dates:
April 15, May 13, & June 17

CHILDREN, PARENTS, & FAMILY
Adobe Animate CC Training
This self-paced course will train you in the basics of Animate (formerly Adobe Flash). If you’re new to Animate, need to update your Flash skills, or want to start designing rich, interactive animations, this course is for you. By course completion, you will have the skills you need to deliver your interactive animations to any device.

Common Core Standards for English Language Arts K-5
Gain confidence in applying the Common Core State Standards for English Language Arts (reading, writing, speaking and listening, and language) to the K-5 classroom.

Empowering Students With Disabilities
Explore common disabilities you’ll encounter in the classroom and master techniques for promoting academic, behavioral, and social skills in students with special needs.

Homeschool With Success
Discover how to homeschool your children in a way that ensures they get what they need both academically and socially.

How to Get Started in Game Development
There has never been a better time to start a career in the game development industry. Games can be found on computers, the Web, gaming consoles, and virtually every mobile tablet and phone. Whether you want to start your own independent game project at home or work with a small creative team or for a large game development studio, this course will prepare you to start developing your own games.

Introduction to Digital Scrapbooking
Learn to use digital editing techniques to show off your photos and memorabilia in Introduction to Digital Scrapbooking! Using Photoshop Elements 11, 12, or 13, this course will teach you how to make the most of your scrapbooking talents and artistic ideas when you combine traditional and digital scrapbooking.

Luscious, Low-Fat, Lightning-Quick Meals
Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!

Genealogy Basics
Learn where to look, who to contact, and how to use research tools to begin an exciting exploration of your roots.
CHILDREN, PARENTS, & FAMILY

Photographing Nature with Your Digital Camera
Nature photography can be a fun, relaxing, and exciting hobby! In this course, you’ll learn about the many aspects of outdoor photography as well as how to master your digital camera’s controls and features. You’ll be taking exceptional nature photos in no time!

Understanding Adolescents
Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop, and how you can best meet their needs.

Ready, Set, Read!
A learning specialist shows you how to raise a successful reader and writer.

ACCOUNTING & FINANCES

Introduction to QuickBooks
Gain control of your business as you learn to use this powerful accounting software to create and print invoices, track your payables and receivables, and more.

Introduction to QuickBooks Online
Use this cloud-based accounting program to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.

Intermediate QuickBooks
Master the advanced features of QuickBooks and learn to manage multiple company files, create customer statements, enter price levels for inventory, and much more.

Introduction to Crystal Reports
Learn how to use Crystal Reports to create attractive business documents that are easy to read and understand.

Introduction to Microsoft Excel
Become proficient in using Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Microsoft Excel - Pivot Tables
Master all the features of Excel Pivot Tables, including little-known options and settings, layouts, calculated fields, multi-level subtotals, Pivot Charts, Timelines, and Slicers.

Performing Payroll in QuickBooks
Learn how to use QuickBooks to create paychecks, pay taxes, generate forms, and produce dazzling reports.

QuickBooks for Contractors
Learn how to use the Premier Contractor Edition of QuickBooks 2014 for your construction business to create contract estimates, perform time tracking and job costing, generate powerful reports, and much more.

Introduction to Crystal Reports
Learn how to use Crystal Reports to create attractive business documents that are easy to read and understand.

BUSINESS SOFTWARE

Introduction to Microsoft Outlook
Get up to speed with the latest developments, including how to manage your email, calendar, and contacts and how to get the most out of program tools.

Introduction to Microsoft PowerPoint
Learn how to use Microsoft PowerPoint to create exciting slide presentations that include SmartArt, multimedia, animation, sound, charts, clip art, and hyperlinks.

Introduction to Microsoft Project
Discover how to effectively plan, implement, manage, and control projects using Microsoft Project, the world’s most popular project management software.

Introduction to Microsoft Word
Learn how to create and modify documents using Microsoft Word, the world’s most popular word processing program.

Introduction to Lightroom 5
Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

Introduction to Microsoft Project
Discover how to effectively plan, implement, manage, and control projects using the world’s most popular project management software.

Introduction to SQL
Gain a solid working knowledge of the most powerful and widely used database programming language.

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

Purchasing Fundamentals
Improve your company’s bottom line by mastering the fundamentals of purchasing.

Certificate in Global Healing Systems
(13 contact hours) Deepen your knowledge of medical treatment by exploring alternative health care practices from India, China, Eastern Europe, and Central, North, and South America.

Creating WordPress Websites
Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites.

Romance Writing
Whether you’re a new or experienced writer, this course will teach you the skills you need to write a romance novel that will make readers swoon.

Introduction to Microsoft Excel
Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Introduction to Lightroom 5
Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

Introduction to Microsoft Project
Discover how to effectively plan, implement, manage, and control projects using the world’s most popular project management software.

Introduction to SQL
Gain a solid working knowledge of the most powerful and widely used database programming language.

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

To register, visit us online at www.cabrillo.edu/extension or email us at extension@cabrillo.edu
Over the 6-week course you’ll be shown step-by-step the process of grant proposal writing, whether you are tackling a federal grant, one from a national private foundation or a smaller grant from your local foundation. Learn to recognize what makes a project attractive to a funding agency and in just a few weeks, you’ll be prepared to convert an idea into a complete, well-developed package. You’ll also see how to follow up on a proposal, and when it’s possible to turn a “no” into a “yes.”

Learn how to take your online marketing efforts to another level. Our all-new Digital Marketing Suite of online classes will help foster the skills needed to position you more effectively in the highly competitive digital landscape. Learn to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.

Take all 3 classes listed below for just $249!

Marketing Your Business on the Internet
Find out how to market your business on the Internet, even if you have little or no money to spend! In this practical, hands-on course, you’ll discover proven methods that will help you establish an Internet presence and build an online brand identity. You’ll learn how search engine optimization (SEO) works and how to track your site’s performance using Web analytics. You’ll understand how to use online advertising, email marketing, and social media (including blogs) to drive business to your Web site. Finally, you’ll learn how to keep your visitors coming back again and again!

Achieving Top Search Engine Positions
The vast majority of Web traffic comes from search engines. That means the most important thing you can do to increase your website’s traffic is to improve its search engine ranking. To do that, you have to understand both the art and science of search engine optimization (SEO). Gain the knowledge you need to boost your website’s visibility and discover how search engines crawl the Web, rank websites, and find previously undiscovered sites.

By the end of the course, you’ll have mastered proven, step-by-step SEO strategies that you can implement right away.

Using Social Media in Business
One of the biggest challenges for most business owners is to find a continuous supply of new customers. Over the past decade, some have differentiated themselves by leveraging the Internet and social media to do just that. As you progress through the course, you’ll master a simple process for making social media work for you. You’ll learn about the five most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest, and Google+—and study secrets for using them and other social media platforms to promote your business.

Introduction to InDesign CC
Learn to use advanced features in Adobe InDesign Creative Cloud (CC) to produce professional brochures, forms, and documents.

Introduction to Adobe Acrobat X
Learn how to use Adobe Acrobat X to create PDF files and take advantage of its many time-saving features, communication options, and forms.

Introduction to Digital Scrapbooking
Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques.

Introduction to Illustrator CS6
Learn to design and draw vector art, work with shape gradients, and manipulate color images using Adobe Illustrator CS6.

Learn from the comfort of home!
Microsoft Word
Learn to use the basic features of Word (now available through Office 365) to type, edit, format, spell check, and print professional-looking documents, letters, and reports.

Microsoft Excel
Learn to use basic, intermediate, and advanced features of Microsoft Excel.

Microsoft PowerPoint
Learn how to use Microsoft PowerPoint (now available through Office 365) to create professional-looking presentations using slide and layout masters that make global changes in a snap.

Microsoft Access
Learn to build, edit, and maintain a database in Microsoft Access, complete with tables, reports, forms, macros, and queries to give you fast access to all your important information.

Microsoft Outlook
Learn how to organize, edit, manage, and report data using Microsoft Access.

Windows 10
Learn to use this powerful new operating system, including how to customize your desktop, manage files and folders, and navigate the Web with the new Microsoft Edge browser.

Visit our Website to find more courses!

CREATIVE WRITING

Advanced Fiction Writing
Explore advanced fiction writing techniques with a published novelist.

Beginning Writer’s Workshop
Get a taste of the writer’s life and improve your writing skills in this introduction to writing creatively.

Breaking Into Sitcom Writing
Learn from a veteran TV comedy writer how to write professional sitcom scripts and how to break into show business.

Introduction to Screenwriting
Learn everything you need to know to write a great script, structure, character creation, and dialogue to marketing and selling your screenplay.

Journaling
Learn how journaling can help you learn more about yourself, explore your dreams, values, and beliefs, improve your health, survive unwanted change, succeed in your career, and express your creativity.

Mystery Writing
Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful author.

Publish and Sell Your E-Books
Learn how to use free tools to publish an e-book, and then list and sell your e-books in the world’s largest online bookstores.

Research Methods for Writers
Learn the most efficient and effective methods to conduct research for any writing project.

Romance Writing
Whether you’re a new or experienced writer, this course will teach you the skills you need to write a romance novel that will make readers swoon.

The Craft of Magazine Writing
If you’re a determined new writer, this class will provide you with the skills you need to get published.

Grammar Refresher
Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Writing for ESL
Learn how to write in English more effectively to succeed in college and at work.

Writing Young Adult Fiction
Develop your own young adult novel and learn how to break into one of today’s hottest publishing markets.

The Keys to Effective Editing
If you aspire to be an editor, this course will teach you the fundamentals of top-notch editing for both fiction and nonfiction.

Travel Writing
Profit from your experiences in exotic lands (or in your own backyard) by learning how to write and sell travel articles and books.

Write and Publish Your Nonfiction Book
Become a professional author or advance your career by learning to write, edit, and publish nonfiction books of all types.

Write Fiction Like a Pro
A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story.

Write Your Life Story
Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others.

Writeriffic: Creativity Training for Writers
Banish writer’s block forever with these tricks from the published writer’s toolbox.

Writing for Children
Published children’s author shows you how to touch the hearts of children by creating books for them.

Writing for Children
Learn Microsoft Office in Six Weeks
From the Comfort of Home

Most Popular
Self-Paced Tutorials

Speed Spanish
Imagine yourself speaking, writing, and reading Spanish. This class is designed for anyone who wants to learn Spanish pronto.

Twelve Steps to a Successful Job Search
Get the job you want quickly and easily in any economy. Taught by a world renowned author and career advisor, you will be given step-by-step instructors on how to get that job, build rapport with interviewers in this motivational course that will increase your confidence.

Understanding Adolescents
Uncover the secrets of the adolescent mind. This course helps you gain valuable information on how adolescents feel, how their identities develop, and how you can best meet their needs.

Get Assertive!
Get the assertiveness training you need in order to become more confident and powerful with family members, friends, bosses, co-workers, professionals. It is your turn to speak up!

For a full listing of all of our Self-Paced Online Tutorials, please visit our website.

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**LANGUAGES**

**An Introduction to Teaching ESL/EFL**
Learn how to be an effective English language teacher from an expert in the field.

**Beginning Conversational French**
Discover how easy it can be to learn common words and phrases for both leisure and business.

**Conversational Japanese**
Whether you want to learn conversational Japanese for travel or just for fun, you’ll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

**Easy English 1**
In this easy and fun course, you’ll learn the basic English skills you need for real-life activities including shopping, job-hunting, and handling medical emergencies.

**Easy English 2**
In this easy and fun course, you’ll review some basic English skills and build more intermediate-level English skills for real-life activities including using the bank, finding a job or a home, dealing with sicknesses, and making good shopping decisions.

**Easy English 3**
Build on the language skills you mastered in Easy English 2, as you learn to talk about real-life situations including looking for a job, making a budget, buying a home, and taking care of your health.

**Enhancing Language Development in Childhood**
Enrich the lives of your children by learning fun and natural ways to help them become proficient speakers and thinkers.

**Grammar for ESL**
If English is your second language and you’re headed to college, this course will teach you the principles of grammar and structure you’ll need to succeed.

**Speed Spanish**
Learn six easy recipes to glue Spanish words together into sentences, and you’ll be engaging in conversational Spanish in no time.

**Instant Italian**
Learn Italian from the comfort of your home in this fun and enjoyable online course.

**Practical Ideas for the Adult ESL/EFL Classroom**
Learn ESL teaching strategies for fostering a more successful learning environment for your adult ESL/EFL students, as well as how to create activities that build a bridge from the classroom to the real world.

**Spanish for Law Enforcement**
Master the fundamentals of the Spanish language by practicing basic conversational skills and learning essential Spanish terminology for law enforcement situations.

**Spanish in the Classroom**
Learn the essential Spanish for teachers so you can communicate effectively with your Spanish-speaking students and parents.

**Speed Spanish**
Learn six easy recipes to glue Spanish words together into sentences, and you’ll be engaging in conversational Spanish in no time.

**Teaching ESL/EFL Grammar**
Learn new methods for teaching English grammar that will both engage and challenge ESL/EFL students.

**Teaching ESL/EFL Reading**
Discover practical techniques and methods for teaching reading in any ESL or EFL environment that will help you become a more confident and effective reading teacher.

**GRANT WRITING**

**A to Z Grant Writing**
Learn how to research and develop relationships with potential funding sources, organize grant-writing campaigns, and prepare proposals.

**Advanced Grant Proposal Writing**
Gain a full understanding of the criteria funders use to determine whether your grant proposal gets funded or rejected.

**Becoming a Grant Writing Consultant**
Increase your income while working from home by starting a grant writing consulting business.

**Get Grants!**
Learn how to develop successful, fundable grants from experts in the field.

**Nonprofit Fundraising Essentials**
Learn the basics of fundraising for nonprofit organizations, from annual and special fund drives to more advanced projects involving corporate and foundation relations, major gifts, and planned giving.

**Writing Effective Grant Proposals**
Learn to prepare grant proposals that get solid results for your favorite organization or charity.

**PERSONAL DEVELOPMENT**

**Get Funny!**
Learn how to use humor to speak more effectively, write better, and increase your popularity.

**Grammar Refresher**
Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

**Grammar Refresher II**
Take your grammar and language mechanics skills to the next level, and master the building blocks of effective writing.

**Happy and Healthy Pregnancy**
In this course, you’ll learn how the stages of pregnancy affect your body, emotions, and budget, and how to prepare yourself and your family to welcome your new baby.

**Lose Weight and Keep It Off**
Discover how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

**Merrill Ream Speed Reading**
Acclaimed speed reading expert teaches you how to save yourself time by reading faster with better comprehension.

**Resume Writing Workshop**
Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.

**Twelve Steps to a Successful Job Search**
World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy.

Visit our website for more courses and view start dates for the courses that interest you! www.ed2go.com/cabrillo
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START YOUR OWN BUSINESS

How to Make Money From Your Writing
You really can make money with your writing. Whether you want to create your own business, add to your income, supplement your retirement, or boost what you’re earning as a writer, you’ll find the how-to’s here.

Introduction to Interior Design
Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.

Learn to Buy and Sell on eBay
Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Start a Pet Sitting Business
Discover how to translate your love of animals into a fun and profitable career.

Start and Operate Your Own Home-Based Business
An experienced entrepreneur teaches you how to develop the motivation, discipline, and creativity to quit your job and be your own boss.

Start Your Own Arts and Crafts Business
Learn how to start your own arts and crafts business from a professional artist.

Start Your Own Gift Basket Business
Express your creativity in a fun and profitable way, by starting a home-based business as a gift basket designer.

Start Your Own Online Business
Learn how to leverage the Internet to start your own online business and build a website to sell your traditional and digital products and services.

Starting a Consulting Practice
Find out how you can earn income by sharing your training or knowledge with others.

TEACHING AND EDUCATION

Creating a Classroom Website
Learn how to create a classroom website and how having one can make you a more effective and dynamic teacher.

Content Literacy: Grades 6-12
Learn practical strategies for incorporating reading, writing, and the other literacy skills outlined in the Common Core State Standards into your content area for adolescent students.

Guided Reading and Writing: Strategies for Maximum Student Achievement
Get the professional development training you need to improve student literacy as an accomplished teacher shares the secrets of turning guided reading strategies into opportunities for teaching writing.

Singapore Math Strategies: Model Drawing for Grades 1-6
In this professional development course for teachers, you’ll get the training you need to start teaching model drawing, the powerful Singapore Math strategy that gives word problems a visual context.

Singapore Math: Number Sense and Computational Strategies
In this teacher training course, you’ll learn Singapore’s innovative and practical strategies for solving addition, subtraction, multiplication, and division problems.

Teaching Preschool: A Year of Inspiring Lessons
In this course on teaching preschoolers, you’ll learn how to come up with creative and balanced preschool lesson plans for every month of the school year.

Teaching Writing: Grades K-3
Learn how to nurture student writers in the early elementary classroom.

Teaching Math: Grades 4-6
Reinvent math instruction for grades 4-6 by bringing hands-on learning, inexpensive manipulatives, and real-world connections into your classroom.

Teaching Science: Grades 4-6
Increase your effectiveness as a science teacher for children in fourth through sixth grades.

TOOLS FOR TEACHERS

Creating Classroom Centers
Learn how to create engaging, easy-to-maintain classroom center activities that boost independent learning while increasing small-group instruction time.

Creating K-12 Learning Materials
Increase student performance and earn extra income by converting your ideas for instructional aids into reality.

Solving Classroom Discipline Problems
Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.

Survival Kit for New Teachers
Veteran instructor shares the secrets for success in your first years of teaching.

Teaching Adult Learners
Learn powerful techniques for reaching and motivating adult learners in today’s student-centered classroom.

Teaching High School Students
Master the latest teaching strategies to help you reach high school students, including differentiated instruction and classroom management.

Teaching Students With ADHD
Learn practical strategies for helping children with attention deficit hyperactivity disorder (ADHD) succeed in school.

Teaching Students With Autism: Strategies for Success
Help your students with high-functioning autism and Asperger’s Syndrome unlock their potential in the classroom.

The Creative Classroom
Enrich your teaching talents and encourage your students’ creative thinking as you learn to turn your classroom into a creative classroom.

Visit our website for more courses and view start dates for the courses that interest you!

www.ed2go.com/cabrillo

Visit us online at www.cabrillo.edu/extension or email us at extension@cabrillo.edu