



SOUTHWESTERN

AN OREGON COMMUNITY COLLEGE

WINTER TERM
STARTS JAN. 8, 2024

COLLEGE NEWS AND COMMUNITY CLASSES



A Heartfelt Career

*Southwestern nurses
making a difference*

Have a heart? Nursing might be for you.

The year was 1963, two years after the college opened. The college's first Practical Nursing degree graduate Carole Matson completed her studies. She soon went to work serving her community. She helped deliver babies. She worked with veterans at a hospital during the Vietnam War, and she assisted others in foster care.

Along with Matson, through the years, nearly 9,000 individuals have completed nursing degrees and certificates at Southwestern. Many

of these graduates work locally in hospitals and medical clinics. Others in schools, home visit programs, and senior living facilities.

Still, others fan out across the world in careers contributing to the sustainability of their families and improving their communities.

Where can a nursing degree from Southwestern lead you? Wherever you can imagine. Many travel. Like Carole Matson did throughout her life,

some serve as nurses helping people in areas of conflict or, in developing countries. Some go into fitness and nutrition fields, disease prevention and surgery. Others go into spiritual wellness, pediatrics and research.

If you want to care for others, if you want a job that pays well and supports a family, a job that challenges you to constantly learn, nursing may be for you.

Nursing Career Outlook

ANNUAL JOB OPENINGS

- Southwest Region: 47 on average monthly
- Oregon: 2,505

2023 MEDIAN ANNUAL WAGE

- Southwest Region average: \$102,820
 - Starting \$81,889
 - Experienced \$133,744
- Oregon average: \$110,710
 - Starting \$84,614
 - Experienced \$136,240

OTHER

- Retirement outlook is high-risk on the south Oregon coast with 179 employees age 55 or older retiring soon.
- As of November 2023, there are 2,809 job postings for registered nurses in Oregon and 34 for Coos and Curry counties.
- Employment in the field is expected to grow statewide 8.2% by 2029.



FOR MORE INFORMATION:

Call or Text 541-240-8227
SWOCCbound@socc.edu

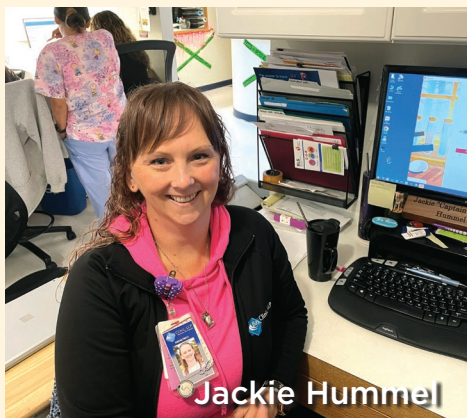
Sources: Oregon Employment Department and Lightcast

Nursing career paths are as unique as you

Jackie Hummel's journey was not easy. It took her a decade to reach the place she is in now, but she would do it all over again.

Jackie had spent fifteen years as a medical assistant most recently at Bay Clinic. But she wanted to do more. While working part-time, she entered the nursing program at Southwestern, and is now a Pediatric nurse, specializing in caring for infants and children, and providing phone triage, becoming the bridge between medical care and emotional support. As a mom of three herself, she understands what's going on at the other end of the phone.

Along the way, Jackie had support from fellow students and her family. Scholarships from the SWOCC Foundation and programs like STEP helped alleviate some of the financial burden. Regularly meeting with former nursing students provided guidance and boosted her self-esteem. Surrounding herself



Jackie Hummel



Heather Aldrich

with people who had walked a similar path gave her the strength to keep going.

Jackie says, "Stay determined and refuse to give up. Don't let setbacks discourage you from pursuing your dreams." Now she has new goals. Starting next year, she will be going back to school to earn her bachelor of science in nursing at OHSU with a plan to become a Family Nurse Practitioner.

Heather Aldrich thought she would like to be a nurse educator after she retired from nursing. But a short text four years ago made her think about it sooner. "I didn't leave nursing because I didn't love it (because I did, and I still do patient care), I just got an opportunity I couldn't pass up. I love explaining complicated concepts, watching the light go on in someone's eyes, and taking the 'terror' out of a potentially intimidating situation."

Heather started at Southwestern as a student after toying with the idea of medical school. Feeling at loose ends and visiting a friend in Coos Bay, on a whim she decided to try nursing. Eventually that led to a bachelor's degree from OHSU, then various kinds of nursing work from oncology, ICU, recovery, creating education programs for Bay Area Hospital, and teaching clinicals for the college.

Considering a nursing career but you've heard nursing school is hard? Heather says, "Nursing is for people with the right intent. Even if you're not a 'good student,' if you are a caring person, we want you."

Lori Shott's career path reflects the diverse opportunities available in nursing.

Lori has a lot of advice for students and anyone considering a nursing career. "Start with a solid foundation in the science of nursing assessment and hone those nursing instincts. Keep an eye on your nursing goal but balance it with an open mind too. Be willing to change, adapt and see where life takes you. You will be able to apply the

nursing process to whatever type of nursing career you end up doing."

For Lori that has meant working in assisted living facilities, labor and delivery, clinical informatics (specializing in data related to clinics and hospitals), care management, at the Waterfall Clinic, and now in private practice as a Family Nurse Practitioner. And she teaches nursing labs at Southwestern.



Chaz Davis

Reflecting back to when she was a nursing student 20 years ago she says, "We had to do a lot of pre-tending. Not anymore! Nursing education looks so much different now with the new technology. And the instructors at Southwestern have been (and some still are) nurses in the community which

adds a practical dimension to the education they provide."

Chaz Davis believes that being a nurse is not just a job, but a calling. It goes beyond the routine tasks and medical procedures; it involves a sense of purpose and dedication to helping others in their most vulnerable moments. For Chaz, being a patient advocate is at the core of nursing.

After a ten-year career as a paramedic, Chaz was looking for a more structured lifestyle. Nursing fit the bill and now he's part of the surgery department at Curry General Hospital. He likes to point out that being a nurse is recession-proof. In times of economic uncertainty, healthcare remains an essential industry, ensuring job security for those in the field. Unlike other professions that can be outsourced or automated, the human touch and compassion provided by nurses cannot be replaced by technology.

About Southwestern Chaz says "It's the best kept secret! It's such an asset to this community, and the campus is beautiful. I never had a negative interaction, not just with Judy (Instructor Dr. Judith Dornbach) but with all the staff at the Curry Campus." Chaz's advice? "If you can invest some time, some money, and some focus, you'll come out with a secure, sustainable career. It's worth every minute."

Workforce & Job Trainings

COOS CAMPUS • IN-PERSON

To register: Call 541-888-7352 • Email firststop@socc.edu • Visit our office in Stensland Hall

Need help with tuition costs? Scholarships available thanks to a state grant. Call 541-888-7153 for info.

Maritime Training

For a complete list of maritime trainings offered by



Columbia Pacific Maritime

Visit: <https://colpacmaritime.com/>

MARI 0340 OPERATOR OF UNINSPECTED PASSENGER VESSEL (OUPV)

This eight-day class will satisfy the Coast Guard exam requirements for the OUPV or 6-pack captain license. This license is popular with fishing guides and tour boat operators carrying six or fewer passengers. Subjects include seamanship, navigation, Rules of the Road, and the federal regulations for small uninspected passenger vessels.

\$1,100 / 8-days
January 8-15, 2024
January 22-29, 2024
February 5-12, 2024
February 19-26, 2024
March 4-11, 2024

MARI 0281 MASTER 100-TON

This ten-day class will satisfy the Coast Guard exam requirements for a Master license. The Master is required to operate charter boats and other vessels

carrying more than six passengers. Subjects include seamanship, navigation, Rules of the Road, and the federal regulations for both inspected and uninspected passenger vessels.

\$1,300 / 10-days
January 8-17, 2024
January 22-31, 2024
February 5-14, 2024
February 19-28, 2024
March 4-13, 2024

MARI 0491 TANK BARGE DANGEROUS LIQUIDS (DL)

This five-day class will satisfy the Coast Guard exam requirements for Tankerman PIC (barge) (DL). Tankerman are highly-paid by oil transfer companies to take charge of ship to shore, or ship to ship transfer operations. Subjects include operational safety information, Rules and Regulations for dangerous liquids, tank safety, bulk shipment of chemicals, and pollution control.

\$800 / 5-days
January 8-12, 2024
March 4-8, 2024

Emergency Medicine

EMT 0501 ADVANCED CARDIAC LIFE SUPPORT (ACLS) REFRESHER

ACLS is an advanced, instructor-led classroom course that highlights the importance of team dynamics and communication, systems of care and immediate post-cardiac-arrest care. Students must provide proof the required precourse was done before entering the class, completed at elearning.heart.org/course/423.

Location: B2

Time: 9:00am-5:00pm

Cost: \$249

EMT 0501 01 Sat 1/27/24

Instructor: Tasha Renard

EMT 0501 02 Sat 2/17/24

Instructor: Tasha Renard

EMT 0501 03 Sat 3/23/24

Instructor: Alan Howard'

EMT 9401 PEDIATRIC ADVANCED LIFE SUPPORT (PALS) REFRESHER

This classroom, video-based, instructor-led course uses a series of simulated pediatric emergencies to reinforce the important concepts of a systematic approach to pediatric assessment, basic life support, PALS treatment algorithms, effective resuscitation and team dynamics. Students must provide proof the required precourse was done before entering the class, completed at elearning.heart.org/course/427.

Location: B2

Time: 9:00am-5:00pm

Cost: \$249

EMT 9401 01 Sun 1/28/24

Instructor: Tasha Renard

EMT 9401 02 Sat 2/17/24

Instructor: Alan Howard

EMT 9401 03 Sun 3/24/24

Instructor: Tasha Renard

EMS 0501 REFRESHER COURSES

This is a 24–48-hour professional refresher for currently licensed EMTs or Paramedics that follows the US Department of Transportation (DOT) National Standard Curriculum for Emergency Medical Technician Refresher. Students are trained according to the standards outlined in a face-to-face format and meet the Oregon and NREMT requirements for refresher training.

Location: B2

Instructor: Alan Howard

Time: 9:00am-5:00pm

Cost: \$149

HE 0501 04 BLS REFRESHER 2/23-2/25/24

HE 0501 05 ALS REFRESHER 3/1/-3/3/24

HE 0509 STANDARD FIRST AID & CPR/AED

This American Heart Association course follows the International Liaison Committee on Resuscitation (ILCOR) standards and OSHA requirements to prepare the student with knowledge, skills, and techniques necessary to recognize and provide care in first aid, respiratory and cardiac emergencies.

Instructor: Alan Howard

Location: B2

Cost: \$79

HE 0509 01 Fri 1/19/24

Time: 8:30am-12:30pm

HE 0509 02 Fri 2/16/24

Time: 8:30am-12:30pm

HE 0509 03 Fri 3/22/24

Time: 8:30am-12:30pm

HE 0533 02 AHA BLS HEALTHCARE PROVIDER

This basic life support course teaches healthcare professionals how to perform CPR to victims of all ages, as well as, other life-saving skills, in a wide variety of in-hospital and out-of-hospital settings. American Heart Association cards will be issued upon success completion of the course.

Instructor: Terry Greene

Location: B2

Cost: \$105

HE 0533 01 Fri 1/26/24

Time: 8:30am-12:30pm

HE 0533 02 Fri 2/16/24

Time: 8:30am-12:30pm

HE 0533 03 Fri 3/22/24

Time: 8:30am-12:30pm

Job Training

IND 4100 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Location: Lakeview E

Cost: \$139

IND 4100 01 Tue 1/16/24

Time: 8:30am-12:30pm

IND 4100 02 Tue 2/13/24

Time: 8:30am-12:30pm

IND 4100 03 Tue 3/12/24

Time: 8:30am-12:30pm

RE 0100 01 REAL ESTATE BROKER LICENSE COURSE

This accelerated course prepares you to qualify for the Oregon Real Estate Broker's License Exam in just ten weeks. It is a hybrid course, combining live lecture with the 150-hour on-line home study to meet the Oregon Real Estate Agency (OREA). The course and instructor are certified by the OREA.

For more information phone Stacey Harrison at 503-551-4467 or stacey@sts.careersemt.

Instructor: Debra Roth

Location: Stensland 203

Cost: \$695

Day: Tue 1/9/24-3/12/24

Time: 6:00pm-9:00pm

Study session held Saturday 3/19/24 9:00am-5:00pm

ONLINE JOB TRAINING

RE 0177 01 PROPERTY MANAGEMENT

Get prepared to take the State of Oregon Property Manager License Exam. This course is the fastest way to qualify to take the exam which covers the role of property managers, tenant relations, fair housing, lease agreements and more. You must attend all evening class sessions via Zoom, and have online capacity to complete the self-study portion of this course. Taught by an experienced Property Manager. For information call (503) 551-4467 or email stacey@sts.careers. All materials provided.

Instructor: Julia Jaure

Location: Zoom

Cost: \$629

Day: Tue, 1/16/24-2/27/24

Time: 6:00pm-8:00pm

IND 4100 04 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Location: Zoom/Canvas

Cost: \$145

Days: 1/8/24 - 3/21/24

CHILD CARE PROVIDER TRAININGS

Offered through Southwestern's

CARE Connections Child Care Resource & Referral**For information and to register call 541-888-7957**

Classes are now being offered at no cost online:

- Department of Human Services Child Care Provider Orientation
- Family Child Care Provider Overview
- Recognizing & Reporting Child Abuse & Neglect
- Introduction to Child Care Health and Safety

Community Classes

Southwestern's Community Education offers life-long learning and personal enrichment opportunities to the community. Non-credit classes are provided by qualified instructors from our community. Course and section numbers are located before course title. Winter term classes are 11 weeks long from January 8, 2024 to March 21, 2024 unless otherwise indicated by a date(s).

COOS CAMPUS • IN-PERSON

To register: Call 541-888-7352 • Email firststop@socc.edu • Visit our office in Stensland Hall

The Arts

ART 0257 01 CERAMICS BASICS

Explore in a studio setting the art of working in clay. In this course, students are guided to develop skills with hand-building and wheel-throwing techniques. Perfect for beginning and intermediate potters.

Instructor: Annie Pollard

Location: Eden 5

Cost: \$129

Day: Tue

Time: 6:00pm-9:00pm

ART 0259 01 ADVANCED CERAMICS

Create works of art through supervised mentoring of advanced techniques for advanced level potters. Course cost does not include clay. Clay is purchased as needed in class through the ceramics department.

Instructor: Aimee Bennett

Location: Eden 5

Cost: \$209

Day: Mon, Wed

Time: 12:30pm-3:30pm

MUP 0105 65 COMMUNITY CHOIR

The SWOCC Community Choir provides an opportunity for singers of all levels to participate in a musically rich, and socially engaging choral ensemble. The Community Choir will focus on providing a safe and stimulating environment for people of all backgrounds to learn, practice, and perform quality choral literature in a large group setting. Focus will be placed on healthy vocal production, musically inspiring performance, strong social connections, and effectively working with others. A wide variety of musical styles will be explored, and participants will present a concert performance at the end of each term. This is a non-auditioned ensemble, but the ability to match pitch is requested.

Instructor: Ken Graber

Location: Sunset 2

Cost: \$30

Day: Mon

Time: 6:30pm-8:00pm



Special Interest

G 025CB 01 REGIONAL GEOLOGY – CAPE BLANCO FIELD TRIP

A lecture in the field

to highlight the significant geologic

features along the Oregon Coast with

stops focused between Cape Blanco

and Brookings. Some of the highlights are stops

at: Cape Blanco, Cape Sebastian, Arch Rock, Rainbow

Rock overlook, Harris Beach and more. The course consists of a field trip arranged to illustrate

the geologic setting, stratigraphy and structure, topography, age and origin, significant events through geologic time, and

special features unique to the region.

Instructor: Ron Metzger

Day: Saturday 1/20/2024

Time: 7:15am-6:30pm

Location: Itinerary in Canvas & sent via email

Cost: \$60 (includes transport, participants bring lunch)



G 025DU 01 REGIONAL GEOLOGY – DUNES FIELD TRIP

A lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused between Yachats and Horsfall Beach. Some stop highlights include volcanic features at Smelt Sands Beach,

Devils Churn, Strawberry Hill and Heceta Head. Then transitioning into the Oregon Dunes National Recreation Area with stops at Oregon Dunes Day Use and Horsfall Beach. The course consists of a field trip arranged to illustrate the geologic setting, stratigraphy and structure, topography, age and origin, significant events through geologic time, and special features unique to the region.

Instructor: Win McLaughlin

Day: Saturday 2/3/2024

Time: 8:00 am – 5:30 pm

Location: Itinerary in Canvas & sent via email

Cost: \$60 (includes transport, participants bring lunch)

Community Classes

COOS CAMPUS • IN-PERSON

G 025DU 02 REGIONAL GEOLOGY – DUNES VIRTUAL FIELD TRIP

A lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused between Coos Bay and Yachats. The course consists of a virtual field trip.

Instructor: Win McLaughlin

Location: Online-On Demand

Cost: \$60

WR 0100 01 WRITING YOUR AUTOBIOGRAPHY

Who better to tell your story than YOU? Come and learn how to put together all of your stories into a book. Your autobiography is sure to be something cherished. This course will introduce you to the techniques of writing an autobiography.

Instructor: Sally Harrold

Location: Zoom at 11:30am-1:50pm

Day: Tue

Cost: \$105

Time: 1:30pm-4:00pm

DRIV 0620 01 AARP SMART DRIVER COURSE

This course is for all ages and offers you an important opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles, and our roads. For more information and to pre-register call 541-260-1539.

Location: Newmark 207

Instructor: Bryan Tooley

Day: Wed 1/17/24

Time: 9:30am-4:00pm

Cost: AARP members \$20, non-members \$25, check or cash is payable to AARP at the class.

HD 0964 01 INTERPERSONAL PROBLEM SOLVING

Interpersonal Problem Solving is for both men and women (separate sessions). The length of the program is 36 weeks (Oregon State Law) and the intake/assessment fee is \$150.00 Each session attended is \$35.00. Alternatives to Violence offers these classes in cooperation with The SAFE Project. Appointments are scheduled with Chuck Stepping at 541-808-7436 or 541-888-1048 Ext 102.

Location: Newmark 207

Mondays 12pm-1:30pm Women's Group

Mondays 3pm-4:30 pm Men's Group

Mondays 6pm-7:30 pm Men's Group

Tuesdays 3pm-4:30 pm Men's Group

Tuesdays 6pm-7:30 pm Men's Group

Wednesdays 9am-12pm Intake/Orientation

IND 0905 01 MARINE SAFETY

This is an Oregon State Marine Board approved course that will provide the instruction (with prior study) to pass the Oregon Boater Education Card test. Pre-registration is required and is completed by calling 541-267-6152.

Instructor: George Tinker

Cost: \$15

Location: Columbia Pacific Maritime, 2140 Newmark Ave

Day: TBA

Time: 8:00am-5:00pm

Cooking

CRT 0185 01 PERFECT PASTA

What's better than eating pasta made from scratch? In this hands-on class you will gain the skills needed to whip up a fresh batch of pasta. Learn how to prepare the dough, roll out the noodles, and cook them to perfection. The Chef will provide instruction on a variety of common pastas that you be able to achieve both in the class and later in your home.

Instructor: Chef Chris Foltz

Location: OCCI Hollandaise Kitchen, room 121

Cost: \$89

Day: Sat 3/9/24

Time:

9:00am-12:00pm

Please Note:

As a safety

precaution

students

attend-

ing cook-

ing classes

must wear

pants and

closed toe

shoes. Menu

items are sub-

ject to change

up to the day of the

class based on avail-

ability, costs, and shipping

times.



Community Classes

COOS CAMPUS • IN-PERSON

Fitness & Recreation

HE 0201 01 MINDFUL MOVEMENT & MEDITATION

Meditation and mindful movement for modern everyday living. This course is designed for those who need to relax and restore both body and mind. We'll begin with a gentle yoga asana (posture) sequence intended to release tension and anxiety, mobilize the joints, increase circulation and energy, and connect body and breath to focus attention.

Restorative classes are a time to allow the physical body

to rest to prepare for meditation. Meditation is a practice by which we achieve a greater sense of awareness, relaxation, with the objective of the here and now. In this course, we will explore various techniques of meditation to find the right choice for you. All levels are welcome. Appropriate for those with limited mobility.

Instructor: Kelli Bosak

Location: Rec Center 131

Day: Wed

Cost: \$99

Time: 6:00pm-7:15pm

PE 0507 01 YOGA FOR HEALTH – BEGINNER

Join us for a restorative, therapeutic yoga practice that's safe and comfortable. Improve posture, balance, strength, flexibility and stress reduction while calming and quieting the mind. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Patrons may bring their own for use.

Instructor: Linda Laverty

Location: Rec Center 121

Day: Mon

Cost: \$75

Time: 1:00pm-2:15pm

PE 0506 01 YOGA FOR HEALTH – INTERMEDIATE

A more challenging Yoga practice with restorative and therapeutic benefits. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Patrons may bring their own for use.

Instructor: Linda Laverty

Location: Rec Center 121

Day: Wed

Cost: \$75

Time: 1:00pm-2:15pm

PE 0509 01 ZUMBA®

Zumba® Fitness is a global brand that fuses fitness, entertainment and culture into an addictive dance-fitness class. Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning.

Instructor: Tina Woodworth

Location: Rec Center 131

Days: Tue, Thur

Cost: \$95

Time 5:15pm-6:05pm

PE 0503 01 PILATES® EXERCISE

Pilates® is a body conditioning routine that helps build flexibility and muscle strength. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core, as well as improving coordination and balance.

Instructor:

Melissa Loudenbeck

Location:

Rec Center 121

Cost: \$105

Days:

Tue, Thur

Time:

12:00pm-12:50pm

PE 0505 01 TURBO KICK

Turbo Kick is a combination of intense kickboxing moves, as well as a unique blend of intense interval strength and endurance training all perfectly choreographed to high energy and motivating music. Turbo Kick requires no previous kickboxing experience or equipment.

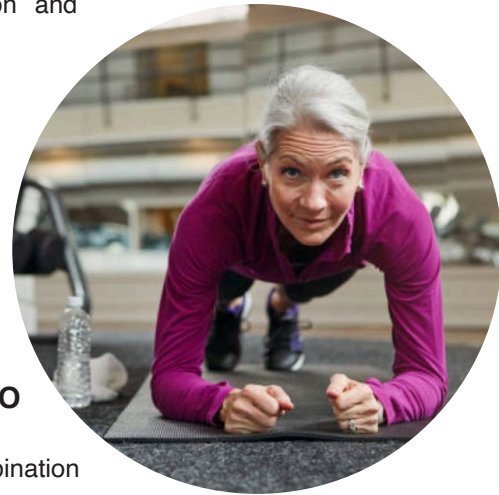
Instructor: Melissa Loudenbeck

Location: Rec Center 121

Days: Mon, Wed

Cost: \$105

Time: 5:30pm-6:20pm



Study for your GED® for **FREE** at Southwestern

*GED® orientation takes place for
new students by appointment.*

We also offer: **ADULT BASIC SKILLS** and
ENGLISH AS A SECOND LANGUAGE

Call 541-888-1593 or
email apce@socc.edu

Check out our great local gifts!



**SOUTHWESTERN
CAMPUS STORE**

Coos Campus
Stensland Hall
M-F ■ 8-4

HEADS UP

Major FAFSA changes are coming.
Here's what you need to know:

A new, simplified version of the Free Application for Federal Student Aid (FAFSA) will be available in December 2023 for the 2024-2025 academic year.

Changes included in the FAFSA Simplification Act:

- Students and families will measure their ability to pay for college using the **Student Aid Index (SAI)** instead of the Expected Family Contribution (EFC).
- **Federal Pell Grant eligibility** will expand to more students.
- Financial aid eligibility will be calculated using **federal tax information received directly from the IRS.**

Updates available on [StudentAid.Gov](https://studentaid.gov)

NEW DEGREE PATHWAY: Water Quality Technology

Offered in collaboration with Umpqua Community College

Working in Water Supply offers lucrative job options as well as the chance to give back to your community by delivering clean water and helping to renew the world's most essential resource.

With your degree find employment as

- Water and Wastewater Treatment Plant and System Operator
- Natural Science Manager
- Inspector, Tester, Sorter, Sampler, and Weigher

Water Quality Technology classes are provided online through UCC. Students take the rest of the classes for this degree in person or online through Southwestern. The degree prepares students for a level 1 certification exam which is required to work in water treatment facilities.

For more information call 541-888-7312
or email daniel.koopman@socc.edu.

SOUTHWESTERN OREGON COMMUNITY COLLEGE

TRIO

STUDENT SUPPORT SERVICES

TRIO Student Support Services provides **FREE** services including:

- Tutoring
- Transfer Planning
- Private Study Area
- Advising
- Career Counseling
- Financial Aid/Scholarship Assistance

For more information
or to see if you qualify
call us at 541-888-7419

The Student Support Services (SSS) program is one of the TRIO projects funded by the U.S. Department of Education, Division of Special Services for the Disadvantaged, Title IV, Higher Education Act of 1965. 100-percent of annual program costs (\$360,708) are provided through a grant by the U.S. Department of Education.

Curry Campus

COMMUNITY CLASSES & JOB TRAINING

To register: Call 541-813-1667 • Email curryfirststop@socc.edu • Visit us on the Curry Campus

For a complete list of degrees available at the Curry Campus go to www.socc.edu/curry and click on Degrees & Certificates.

Need help with tuition costs? Scholarships available thanks to a state grant. Call 541-888-7153 for info.

Or scan here:



Job Training

HE 0509 99 STANDARD FIRST AID & CPR/AED

This course follows the International Liaison Committee on Resuscitation (ILCOR) standards, and OSHA requirements to prepare the student with knowledge, skill, and techniques necessary to recognize and provide care in first aid, respiratory, and cardiac emergencies using the latest CPR and emergency cardiac care guidelines. Students learn how to perform rescue breathing; CPR; how to use personal protective equipment; how to use an Epinephrine Auto-Injector; and how to operate an Automated External Defibrillator (AED). CPR/AED and First Aid certification is given upon completion of course requirements. Certification can be from one of the following ILCOR agencies: American Heart Association; American Red Cross, EMS Safety; or any other provider following ILCOR standards. This is a stand-alone training that will help you gain employment or maintain employment in fields where safety of others is paramount such as early childhood educators, exercise instructors, mariners, public safety/security, or other positions where the employer requires this training. Instruction is provided on infant, child, and adult persons in this course.

Instructor: Amber Espinoza

Location: Curry Campus 137A/B

Day: Thur 1/18/24

Cost: \$79

Time: 9:00am-1:00pm

HE 0533 99 AHA BLS HEALTHCARE PROVIDER

This basic life support course teaches healthcare professionals how to perform CPR to victims of all ages, as well as other life-saving skills, in a wide variety of in-hospital and out-of-hospital settings. American Heart Association cards will be issued upon successful completion of the course.

Instructor: Amber Espinoza

Location: Curry Campus 137A/B

Day: Wed 2/28/24

Cost: \$105

Time: 9:00am-1:00pm

IND 4100 04 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Location: Zoom/Canvas

Days: 1/8/24 - 3/21/24

Cost: \$145

Art

ART 0240 99 MIXED MEDIA

Open to all levels of artists and crafters, this class will be an exploration into the components that make your collage piece a good work of art. Basic art principles will be reviewed and applied to the world of collage making. We will be focusing on process-based creation, material manipulation, experimentation and play. Guided exercises will help develop and empower each artist to successfully create quality results. Discussions and insights into the narrative of the art created during our time together will help continue each artist's journey. Please bring a sack lunch each day. Pickup a list of supplies to bring at the Curry Campus.

Instructor: Leslie Wilkinson

Location: Curry Campus 138A/B Cost: \$75; Materials Fee \$25

Days: Fri 3/8/24, Sat 3/9/24

Time: 10:00am-3:00pm

ART 0147 99 COLOR DRAWING

This course is designed to teach the fundamentals of color theory applied to colored pencil and marker drawings. Using elements of design students will learn to combine different color combinations of the color wheel to produce drawings that enhance drawing mark making techniques.

Instructor: Gary Christensen

Location: Curry Campus 138A/B

Day: Mon, Wed

Cost: \$90 Fee: \$20

Time: 1:00pm-3:20pm

Cooking

CRT 0107 31 THE MYSTERY OF SOURDOUGH

This two-part class teaches you how to make simple sourdough bread with step-by-step instructions. Learn how and what to feed your starter, how to store it, and what to make with the discard. Sample sweet breads and treats made with the sourdough discard. You'll leave the class with a sourdough starter and ideas and recipes for utilizing the discard. Please bring a mason jar with lid or sealed container to transport your sourdough starter home. The second part is Sourdough Day - celebrate and share the sourdough you made at home. Bring your bread and something to share (soup, sandwich fixings, salad). Sample breads, share recipes, ask questions.

Instructor: Karen Perry

Location: Curry Campus 137A/B

Days: Sat 2/17/24 & Sun 3/10/24

Cost: \$45

Time: 10:00am-12:20pm



Fitness

PE 0506 99 YOGA FOR HEALTH

An introduction to the Hatha physical yoga. Includes the background, safety precautions, and value of yoga. Stretching postures, proper breathing techniques, and stress reduction will be emphasized. This course will focus on the health and wellness aspects that are gained in making yoga an integral part of everyday life.

Instructor: Leslie Caswell

Location: Curry Campus 138A/B

Days: Mon, Wed

Note increased Cost: \$88

Time: 8:30am-9:50am

PE 0506 98 YOGA FOR HEALTH

Location: Curry Campus 138A/B

Days: Wed

Cost: \$68

Time: 5:30pm-6:50pm

PE 0504 99 TAI CHI

This course in Tai Chi is a gentle, relaxed non-sweat, personal exercise (translated as the "Grand Ultimate") for any age. The 'Yang Form' will be taught along with 'Chi Gwa' (circulating breath) and 'Silk Cocoon Chen' (fine intertwining energy). This course is noncompetitive and will start with the basics, and then individuals will progress at their own rate.

Instructor: Deane McConnell

Location: Curry Campus 137A/B

Day: Tue

Cost: \$63

Time: 10:00am-11:20am

PE 0504 98 TAI CHI

Location: Curry Campus 137A/B

Day: Tue

Cost: \$63

Time: 5:30pm-6:50pm

PE 0570 99 LOW-IMPACT AEROBICS

This Low Impact Aerobics class uses easy to follow dance steps and rhythmic movements that are choreographed to upbeat music. This is a fun way to get you moving while improving your cardiovascular system, muscle strength, flexibility, and balance, while boosting your overall fitness level. This is a great class for active seniors no matter your level of fitness. You are encouraged to work at your own fitness level and to modify moves based on your fitness needs. Mats are not supplied and needed for floor exercises.

Instructor: Mary Whitaker

Location: Curry Campus 138A/B

Days: Tue, Thur

Cost: \$63

Time: 8:30am-9:50am

Special Interest

WR 0115 99 INTRODUCTION TO GRANT WRITING

This Introduction to Grant Writing course provides a basic understanding of grant writing and the foundations of project development. We will cover how to prepare your organization to apply for grants and identify local sponsors and small grants to consider. The course is open to all but geared toward smaller non-profits.

Instructor: Alisa Green

Location: Curry Campus 137A/B

Days: Sat 1/27/24 & 2/10/24

Cost: \$75

Time: 10:00am-12:20pm

ASL 0501 31 AMERICAN SIGN LANGUAGE

Introduces the natural, signed language of American Deaf people. Includes instruction in proper sign formation, American Sign Language (ASL) grammar and vocabulary, expressive and receptive skills. Emphasis on history of ASL, the Deaf community in North America, and Deaf education.

Instructor: BJ Farris

Location: Curry Campus 206

Days: Tue, Thur

Cost: \$115

Time: 4:00pm-5:20pm

GED 0745 99 GED

The GED program prepares adults age 16 or older for passing the GED exam, entry to postsecondary degree or certificate programs, training, and/or success in the workforce. Classes are offered in Reasoning through Language Arts, Mathematics, Social Studies, and Science. GED classes adhere to Oregon Adult College and Career Readiness Standards.

Instructor: Claudia Moser

Location: Curry Campus 234

Days: Mon, Tue, Wed, Thur

Cost: **NO COST**

Time: 12:00pm-2:00pm

ESL 0747 66 ENGLISH AS A SECOND LANGUAGE

The English as a Second Language program offers classes in reading, listening, speaking, and writing English. ESL classes are offered according to Oregon Adult Learning Standards guidelines. Class is a live Zoom session with instructor.

Instructor: Karen Taylor

Location: Curry Campus 234

Days: Mon, Wed

Days: Tue

Cost: **NO COST**

Time: 5:00pm-7:50pm

Time: 5:00pm-6:50pm

FREE!

SWOCC WORKS

Construction & Heavy Equipment Operator Pre-Apprenticeship Program



CLASSES START JANUARY 2024 – COOS & CURRY CAMPUSES
EARN A BOLI APPROVED CERTIFICATE IN TWO TERMS

- Entry-Level Construction Skills
 - OSHA Safety Training
- Prepare for a Job in the Trades

No experience necessary. Must be 16 years old to apply.

GET STARTED:

Email: swocccworks@socc.edu | Call :541-888-1545

Southwestern's Small Business Development Center

Business Spotlight

Little Creek Bilingual School



Little Creek is a registered home-based school serving children aged 2 to 8 years. It's located in a picturesque forest, and surrounded by creeks, which served as the inspiration for naming the school "Little Creek."

Fernanda Lucas De La Torre's family needed to find childcare for their son after they moved to Oregon from Quito, Ecuador. Out of that need, Little Creek Bilingual School was created, and now families in Coos County have access to a school that promotes bilingual and multicultural learning.

"Our mission is to create awareness in a community that considers the child as a complete and competent being. A place where education is inspired by family cultures and their diversities, seeking to generate positive change in our community and in the world," Fernanda states.

Having a well-defined vision for the school she aspired to establish and having satisfied all the necessary licensing requirements, Fernanda connected with Derek Tonn, Director of the Southwestern SBDC. This connection was made through a program called "Launch and Learn," which the SBDC was collaborating on with the South Coast's regional Child Care Resource & Referrals, known as CARE Connections. Under Derek's guidance, Fernanda gained insights into a wealth of valuable resources at her disposal.

Over the course of an 11-month period, the two delved into an array of critical topics such as marketing, branding, advertising, financial matters, and entrepreneurship. Their collaborative efforts culminated in the grand opening of Little Creek in May 2023.



"I am very grateful to Derek Tonn and the SBDC for being a great guide through this overwhelming process of starting a business and continuing to learn, grow, and create more changes in my field," Fernanda said. "I want to encourage those people who are reading this that your ideas are valuable, your passion for what you do, and the changes that you can generate in your community are necessary. Look for that guidance and support when you do not know clearly what the path is because there are great professionals who will give you light and concrete tools to continue."

"Fernanda has been an absolute pleasure to collaborate with," remarked Derek. "Our collaborative efforts encompassed website design strategies, logo development, pricing strategies, and the refinement of her ideal customer profiles. Fernanda has not only created a position for herself but has also empowered other parents to pursue employment outside their homes while entrusting their children to her care. The children have the unique opportunity to learn about different cultures and languages, being immersed daily in both English and Spanish language content. This early exposure will

undoubtedly provide them with a valuable head start. It's evident that Fernanda is poised for remarkable success, and it may not be long before she faces high demand".

Fernanda was born and raised in the picturesque city of Quito, Ecuador, surrounded by the breathtaking beauty of mountains and volcanoes.

Her education commenced with studies of Dramatic Art in Buenos Aires, Argentina. Within the realm of this artistic experience, she uncovered the significance of fostering creativity from the earliest years of life. It was this revelation that prompted her decision to pursue a career in education.

She holds a degree in Early Childhood Education with a specialization in artistic and expressive languages, in addition to a degree in General Education. She has held positions as a lead teacher, academic coordinator, Spanish teacher, and overseer of theater, artistic installations, and creative writing workshops. Her passion for education is matched by her dedication to the growth and development of her students.

Register for Business Advising!

Click on the code below:



Want to start a business? Need help creating a business plan? Contact us 541-888-7182.

Community Education

ONLINE COMMUNITY CLASSES

To register: Call 541-888-7352 • Email firststop@socc.edu • Visit our office in Stensland Hall

These online courses are accessed through myLakerLink.socc.edu.

After registering, log into myLakerLink and click on "Canvas" under Quick Links for access to your class.

Online Special Interest Classes



ENG 0115 01 JANE EYRE, A ROMANCE FULL OF MYSTERY

Within this course, students will read/review Jane Eyre as well as view the many film adaptations made throughout history. Students will have an opportunity to take a deeper look at the romance between Rochester and Jane as well as the abuse she faced throughout the entirety of the novel. Do you ever wonder where "plain Jane" came from? A deeper look into the character of Jane Eyre will provide you with the answer to this question and many more. Her story may seem like a romance, but through close-reading exercises, activities, zoom meetings and adaptations, students will find that Jane's story is much more than that, it is a story of self-love, acceptance and a young woman's journey to find herself and figure out the meaning of true love.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99

ENG 0120 01 PHANTOM OF THE OPERA

Within this course, you will have the opportunity to review and study The Phantom of the Opera. You will learn the importance of stage performance techniques and will receive the opportunity to explore genre and gothic themes, the language used within the play and the overall representation.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99

WR 0110 01 SHORT STORY WRITING

In this course you will learn the basics of short story writing. Within this course, you will explore and examine major themes and genres (such as comedy, romance, tragedy and history) as well as writing techniques and format.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99

WR 0102 01 INTRO TO AUTOBIOGRAPHY WRITING

Within this course, students will have the opportunity to improve their writing skills through autobiography writing. This class is designed to help each individual student through the process of autobiography writing and display improvement through each activity and instruction. The nostalgia of writing one's own story is a gift that may be shared with a larger audience should the author decide to publish. Both a fun and engaging course, autobiography writing will enhance the students' writing abilities and release/display their talent and potential.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99

ENG 0105 01 GENDER ISSUES IN ROMEO AND JULIET

Within this course, students will read/review Romeo and Juliet as well as view the many film/stage adaptations of the famous story. Students will have an opportunity to take a deeper look at the famous "romance" that has played a major role throughout history. What makes Romeo and Juliet compatible? Which gender-roles do they assume? By breaking down the relationship between multiple characters in the story, students will gain a better understanding and awareness of the gender issues present within Shakespeare's Romeo and Juliet. Where does their romance start and tragedy begin? We will explore the answer and so much more within this course.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99





Did you know you can take an undergraduate course at Southwestern Oregon Community College and not be seeking a degree or certificate?

We welcome our community to take a class for:

- Personal enrichment
- Improve job skills
- Make yourself more marketable on your resume with a business class
- Fine-tune your writing or computer skills
- Learn about agroecology, forestry, welding, human services, and much more.

Prior to registering for a class, non-degree seeking students need to complete the Community Education and Personal Enrichment Application.

Some courses may have prerequisites that can only be waived with instructor consent.

APPLICATION



Auditing Courses:

- Students who are interested in taking a class, but do not need the credit, may choose to audit credit classes and pay only 50% of the regular tuition. Students auditing classes participate fully in the class, but are not required to take tests and do not receive grades. To qualify for the audit discount, registration is required within the refund period.
- Seniors 65 years of age or older receive FREE tuition (ORS 341.518). Tuition will be waived for any approved credit course, audited by an Oregon resident 65 years of age or older. Payment for all fees and supplies are the responsibility of the student.

Decisions



What's next?

Did you know: Graduating with a college degree significantly increases your earning potential. Yet, enrollment for rural male students in Oregon has significantly declined in recent years.

Thanks to grant-funding, SWOCC's "Team REAL" is actively recruiting male students ages 18-24 to participate in a unique opportunity to benefit from extra support in college, including:

- ➡ FREE textbooks!
- ➡ Additional mentorship and advising
- ➡ Workplace internships
- ➡ Community-based learning opportunities

Find out more about Team REAL and if you (or someone you know) qualifies by calling 541-888-1527.

SOUTHWESTERN
Oregon Community College
1988 Newmark Ave.
Coos Bay, OR 97420

ECRWSS

PERIODICALS
POSTAGE
PAID AT
COOS BAY, OR

RESIDENTIAL POSTAL CUSTOMER

Physics & Astronomy Lecture Series

SAVE THE DATE:

January 26, 2024 - 6:30pm
Umpqua Lecture Hall

Gravitation Wave Astronomy

Dr. Xavier Siemens, Astrophysicist
& Physics Professor at Oregon
State University

COOS CAMPUS
1988 Newmark Ave., Coos Bay

Watch a live stream of lectures at
www.youtube.com/@SouthwesternOR/streams

For more information contact Dr. Aaron Coyner
541-888-7244 | aaron.coyner@socc.edu

FREE

THE RETURN OF THE GEOLOGY LECTURE SERIES

January 17, 2024 - 6:30pm
Umpqua Lecture Hall

WHALES OF THE OREGON COAST

Present, Past, and Really Past

Join paleontologist Win McLaughlin on
a tour through deep time on the Oregon
coast to investigate everything from
miniature fossil dolphins, to the
oldest baleen whale, to some
truly fearsome predators
of the past!



COOS CAMPUS
1988 Newmark Ave., Coos Bay

Watch a live stream of lectures at
www.youtube.com/@SouthwesternOR/streams

For more information contact Dr. Win McLaughlin
541-888-7002 | win.mclaughlin@socc.edu

 Help someone become a nurse! www.socc.edu/give

Tax-deductible **nursing scholarships** help make college possible for local students. Give online or clip
this form and send a check payable to SWOCC Foundation, 1988 Newmark Ave., Coos Bay, OR 97420.

Name _____

Date _____ Phone _____

Email Address _____

Address _____

City/State/Zip _____

The Southwestern Oregon Community College Campus News is published quarterly under US Postal Service number 011363. Postage is paid at the Coos Bay Post Office. Volume number 62/Issue number 3. Inquiries should be directed to the office of the Vice President of Instruction (541) 888-7417.

Southwestern Oregon Community College does not discriminate on the basis of race, color, gender, sexual orientation, marital status, religion, national origin, age, disability status, gender identity, or protected veterans in employment, education, or activities as set forth in compliance with federal and state statutes and regulations. Persons having questions about equal opportunity and nondiscrimination should contact the Vice President of Administrative Services in Tioga 511. Phone 541-888-7206 or TDD 541-888-7368. All other issues, concerns and complaints should also be directed to the Vice President of Administrative Services for referral to the appropriate administrator. Campus Security Report - Jeanne Clery Act: The "Jeanne Clery Disclosure for Campus Security Policy and Campus Crime Statistics Act" (formerly the Campus Security Act) is a federal law that requires institutions of higher education to disclose campus security information, including crime statistics for the campus and surrounding area. As a current or prospective Southwestern student or employee, you have a right to obtain a copy of this information. You may review this information by accessing the federal government web site (enter "Southwestern Oregon Community College" in the search field) or on the Southwestern web site. You may also obtain a hard copy of this information upon request by contacting Administrative Services at 541-888-7206.

Information in this publication was believed to be correct at press time; however, information is subject to change without notice.