

COMMUNITY EDUCATION CLASSES CONTINUED

HUMAN TRAFFICKING: YES, IT HAPPENS IN NEBRASKA

Human trafficking is a \$32 billion industry, and sex and labor trafficking is the faster growing crime. Learn about this crime and the efforts put forth by the Salvation Army and the Nebraska Human Trafficking Task Force to help survivors and stop traffickers.

7-8 pm Thursday, Feb. 17.

Instructor: LeeAnn Nielsen, human trafficking specialist. Cost: Free.

ADULT & YOUTH MENTAL HEALTH FIRST AID TRAININGS

Learn the risk factors and warning signs of mental illnesses, understand their impact and gain an overview of common supports. Learn how to offer initial help and connect people to the appropriate care. Also, learn common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia.

8 am - 5 pm Monday, Feb. 20, Adult

8 am - 5 pm Tuesday, March 14, Youth

Instructor: Michelle Rhoades

Cost: Free. (Sponsored by Region II Human Services, the Substance Abuse and Mental Health Services Administration, and Nebraska DHHS, Division of Behavioral Health)

ADULT KAYAKING

Learn to kayak during the winter months so you'll be ready for the open water in the summer! American Canoe Association certified instructor Scott Eveland will teach the basics of kayaking, with all the equipment (kayaks and life jackets) provided.

9 am - noon, Saturdays, Feb. 28 and March 4 at the Goodall Recreation Center swimming pool. Cost: \$29.

SELF-DEFENSE FOR FEMALES

This basic self-defense training class includes demonstration and active participation. Learn pressure points and striking areas to use on an assailant. Being aware of your surroundings and helpful hints on ensuring one's safety also will be discussed.

1-6 pm, Saturday, March 4. (Also offered at MPCC Imperial Feb. 25)

Instructor: Bill Redinger, retired Nebraska State Patrol.

Cost: \$75 individual or \$115 mother/daughter team

RESTART YOUR HEALTH

Want to change your diet? Want to detox from sugar and learn how to use real food to boost energy and cut sugar and carb cravings? Restart, a five-week nutritional class, sugar detox program and support group can help and empower participants to take charge of their health.

4:30-6:30 p.m. Wednesdays, March 8 - April 5.

Instructor: Cindy Arnold

Cost: \$139. Materials provided.

OGALLALA'S HISTORIC HOMES

Learn about the construction of the Mansion on the Hill, one of Ogallala's most historic homes, as well as the home's earliest inhabitants and their lives in the community. See several other historic homes in which affluent families once lived, and rare photos of these homes and their residents, and learn about their lives.

6:30-8:30 pm Thursday, March 9.

Instructor: Tomas England. Cost: \$5.

ATV SAFETY FOR YOUTH

This course is designed to provide youth (6-16) proper rider safety and handling techniques. Students also will learn about proper safety equipment and all-terrain vehicle pre-ride safety checks. ATVs and helmets provided for the class. Participants younger than 10 must be accompanied by a parent for the class. Class will be held at the Nebraska Department of Roads lot at Ogallala.

Session 1: 9 am - 12 pm, Session 2: 1-4 pm, May 20

Instructor: Dennis Holz. Cost: Free!

CHECK OUT WHAT MPCC HAS TO OFFER

- MPCC ONLINE CLASSES
- ADULT EDUCATION
- GED PREPARATION
- LEARNING ENGLISH LANGUAGE COURSES

CONTACT Us:

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 go to facebook.com & search "MPCC Ogallala Campus"

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The following person has been designated to handle inquiries regarding the non-discrimination policies: Area Director of Human Resources, Mid-Plains Community College-North Campus, 1101 Halligan Dr., North Platte, NE 69101, 308 535-3679 or toll free 800 658-4308, Ext. 3679. Inquiries involving McCook Campus students should be directed to the Area Dean of Student Life in McCook at 1205 East Third Street, McCook, NE 69001, 308 345-8108, or toll free 800 658-4348, Ext. 8108; or for North Platte Campus inquiries, the Associate Dean of Student Life in North Platte, 1101 Halligan Drive, North Platte, NE 69101, 308 535-3622 or toll-free 800 658-4308, Ext. 3622.

If you have a disability and require an accommodation while attending Mid-Plains Community College, please contact: Robin Rankin, North Campus, 308 535-3637 or 800 658-4308, Ext. 3637, rankinr@mpcc.edu; Chris Turner, South Campus, 308 535-3715 or 800 658-4308, Ext. 3715, turnerc@mpcc.edu; or Brandon Lenhart, McCook Community College, 308 345-8128 or 800 658-4348, Ext. 8128, lenhartb@mpcc.edu, or disabilityservices@mpcc.edu. For the latest version of this statement, visit www.mpcc.edu/non-discrimination-policy. REV 12-2016

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Mid-Plains Community College
Ogallala Campus

COURSE SCHEDULE
SPRING 2017

MID-PLAINS COMMUNITY COLLEGE
Mid-Plains Community College
Ogallala Campus
512 East B. Street, South
Ogallala, NE 69153

FOR-CREDIT CLASS OPTIONS

All times are mountain standard time. Classes start the week of Jan. 16 and conclude the week of May 5 unless noted

ACCOUNTING

ACCT 1200 NP B1 INTRODUCTORY ACCOUNTING I
3 credits, 8-8:50 am, MWF, Reichle

ACCT 1210 NP B1 INTRODUCTORY ACCOUNTING II
3 credits, 8:30-9:45 am, TTh, Reichle

ACCT 2170 NP B1 INTRODUCTORY COST ACCOUNTING
3 credits, 10-11:15 am, MW, Reichle

AGRICULTURE

AGRI 1015 OG 01 ANIMAL AGRICULTURE
3 credits, 6-9 pm, W, Heinert

ART

ARTS 2990 OG 01 DIGITAL PHOTOGRAPHY, PHOTOSHOP
1 credit, 6-9 pm, T 2/7-3/14, Fowler

BUSINESS

BSAD 1050 OG 01 INTRO TO BUSINESS
3 credit, 6-9 pm, T, Griffith

BSAD 2000 MC B1 INTRODUCTION TO LEADERSHIP CONCEPTS
3 credits, 12-1:30 pm Th, Mowry

BSAD 2250 NP A1 WI BUSINESS COMMUNICATIONS
3 credits, 7-7:50 am, MWF, Chittick

OFFT 2080 MC A1 BUSINESS MATH AND CALCULATOR
3 credits, 1:30-4:30 pm, W, Stalder

COMPUTER

CSC 1502 OG 01 BEGINNING COMPUTERS I
.5 credit, 9 am-noon, T, 2-21/3-7, Vogl

CSC 1504 OG 01 BEGINNING COMPUTERS II
.5 credit, 9-12 pm, T, 3-14/3-28, Vogl

CSC 1563 OG 01 QUICKBOOKS
1 credit, 6-9 pm, T/Th, 3-21/4-6, Thraen

CSC 1643 OG 01 SPREADSHEETS FOR MICROCOMPUTERS (EXCEL)

1 credit, 6-9 pm, TTh, 4-11/4-27, Thraen

CSC 2990 OG 01 POWERPOINT
.5 credit, 6-9 pm, Th, 3-2/3-16, Thraen

ECONOMICS

ECON 2120 NP D2 PRINCIPLES OF ECONOMICS-MICRO
3 credits, noon-3 pm, Sun, 1-15/3-10, Nutt

EARLY CHILDHOOD

FACS 1120 MC C1 CHILD DEVELOPMENT
4 credits, 10-10:50 am, MWF, Hauxwell

FACS 1150 MC D1 INTRO TO EARLY CHILDHOOD ED
3 credits, noon-1:15 pm, MW, Esch

FACS 2070 MC C1 FAM/COMMUNITY RELATIONSHIPS
3 credits, 9-9:50 am, MWF, Hauxwell

EDUCATION

EDUC 1310 OG 01 INTRO TO PROFESSIONAL EDUCATION
3 credits, 4-7 pm, Sun, 1-15/3-11, Pavlik

ENGLISH

ENGL 1020 OG 01 ENGLISH COMPOSITION II
3 credits, 6-9 pm, W, 1-16/5-11, Fetters

ENGL 1520 OG 01 CREATIVE WRITING
3 credits, 9-9:50 am MWF, 1-16/5-11, Docekal (can be dual credit)

FAMILY & CONSUMER SCIENCE
FACS 1070 MC D1 OBSERV, ASSESSMENT, GUIDANCE
3 credits, 12-1:15 pm, T Th, Hauxwell

FACS 1600 MC C1 HUMAN DEVELOPMENT
3 credits, 8:30-9:45 pm, T Th, Hauxwell

HISTORY

HIST 2020 MC A1 AMERICAN HISTORY II SINCE 1877
3 credits, 5:30-7 pm, Th, Clouatre

INFORMATION TECHNOLOGY

INFO 1000 NP D1 INTRO TO INFORMATION TECH
3 credits, 8:30-9:45 am, MW, Luke

INFO 1220 NP D1 PC TROUBLESHOOTING/REPAIR
3 credits, 4-7 pm W, Luke

INFO 1260 NP D1 CUSTOMER SERVICE/HELP DESK
3 credits, 12-1:15 pm, MW, Luke

INFO 1620 MC B1 NETWORK ADMINISTRATION
3 credits, 8-11 am, Th, Luke

INFO 2025 NP D1 OPERATING SYSTEMS II
3 credits, 9 am-12 pm, Th, Luke

MATH

MATH 0090 NP D1 MATH FOR HEALTH OCCUPATIONS
2 credits, 3-5 pm, MW, 1-16/3-10, Volentine

MATH 1010 NP A3 INTERMEDIATE ALGEBRA
3, credits, 5-6:30 pm W, Swanson

MATH 1150 OG 02 COLLEGE ALGEBRA
3 credits, 8-9:15 am, TTh, Ayres (can be dual-credit)

MATH 1200 BB D2 ELEMENTS OF STATISTICS
3 credits, 12-3 pm S, Staff

EMERGENCY MEDICAL

EMTL 1110 OG 01 CPR RESCUER
.5 credit, 9 am - 6 pm, 4/29, Staff

EMTL 1530 OG 01 EMERGENCY MEDICAL TECH II
4 credits, 6-10 pm, M, Bowlin

NURA 1100 OG 01 NURSING ASSISTANT
4 credits, 7:30 am-12:30 pm, Th, Dethlefs

MUSIC

MUSC 2990 OG 01 BEGINNING GUITAR
1 credit, 6:30-8 pm W, 1-18/3-22, Josjor

PHILOSOPHY

PHIL 1150 MC D1 INTRO TO LOGIC & CRIT THINKING
3 credits, 4-7 pm S, 3-12/5-11, Clouatre

POLITICAL SCIENCE

POLS 1000 MC D2 AMERICAN GOVERNMENT & POLITICS
3 credits, 4-7 pm S, 1-15/3-5, Clouatre

PSYCHOLOGY

PSYC 1810 OG 01 INTRO TO PSYCHOLOGY
3 credits, 6-9 pm, M, Holechek

PSYC 2700 NP C1 POSITIVE PSYCHOLOGY
3 credits, 12-1:15 pm, MW, Johnson

PSYC 2800 NP C1 ABNORMAL PSYCHOLOGY
3 credits, 5-8 pm, Th, Johnson

SCIENCES

BIOS 2260 OG 01 HUMAN ANATOMY & PHYSIOLOGY
4 credits, 8-11 am, W, Patin

BIOS 2261 OG 01 HUMAN ANATOMY & PHYS LAB
0 credit, arranged, W, Staff

CHEM 1060 NP A1 SURVEY OF CHEMISTRY II
4 credits, 7-7:50 am MWF, McLean (Must take lab CHEM 1061)

GEOG 1050 OG 1L PHYSICAL GEOGRAPHY
4 credits, online, Knight (Take online lab GEOG 1051 OG 1L)

SOCIOLOGY

SOCI 1010 IM A1 INTRO TO SOCIOLOGY
3 credit, 5:30-8:30 pm, Th, Hink-Wagner

SPEECH

SPCH 1090 OG 01 FUNDAMENTALS OF HUMAN COMMUNICATION

3 credits, 6-9 pm, T, Docekal

SPCH 1110 OG 01 PUBLIC SPEAKING

3 credits, 8-8:50 am, MWF, Docekal (can be dual credit)

COMMUNITY EDUCATION CLASSES

YOGA WITH PAT

An introduction to the basic yoga warm-ups, postures and breathing techniques. Build strength, flexibility, increase balance and stamina. Also, a guided deep relaxation to reduce stress and increase overall wellbeing. All levels welcome. 8:30-9:30 a.m. Saturdays and/or 6-7 pm Wednesdays. Six -week sessions begin Jan. 14, Feb. 25 and April 8. Instructor: Pat Neumann, Yoga Alliance certified instructor. Cost: \$65 per session.

LEVEL 1 KAYAK: KICKSTART YOUR KAYAK (FOR YOUTH AGES 8-13)

Youth ages 8-13 can learn the basics of kayaking in the Goodall Recreation Center swimming pool. Kayaks and lifejackets provided.

9 a.m. - noon, Jan. 21 at Goodall Rec Center.

Instructor: Scott Eveland, American Canoe Association certified instructor. Cost: \$29.

CARD SHARKS

Bring your cribbage board and a deck of cards, or just the cards, and play your favorite card game. Share your love of the game with others.

6-8 pm the first and third Wednesdays of each month, Jan. 18-May 17. No cost!

QPR (QUESTION, PERSUADE AND REFER) FOR SUICIDE PREVENTION

Learn to recognize a suicide crisis, and know how and where to find help. QPR is intended to teach warning signs, clues and suicidal communications of people in trouble so one can act vigorously to prevent a possible tragedy. 6-8 pm Wednesday, Jan. 25.

Instructor: Brenda Peterson. Cost: No fee. (Sponsored by Region II Human Services, the Substance Abuse and Mental Health Services Administration, and Nebraska DHHS, Division of Behavioral Health)

SECRETS OF A BEEHIVE

The life of a honeybee hive. See hive makeup, equipment used in harvesting honey and learn what to do to promote honeybees in your landscape. Sampling also.

6-8 p.m. Thursday, Jan. 26.

Instructor: Carol Kraus. Cost: Free!

OIL PAINTING WITH KAREN POCHOP

Painters of all levels are invited to join in this step-by-step oil painting class, "Soft Pink Roses." At class completion, take home a completed painting.

9 am - 3 pm, Saturday, Feb. 4.

Instructor: Karen Pochop. Cost: \$75, includes supplies.

OPEN WATER DIVING CERTIFICATION

Planning a trip to Mexico in late spring? Get your scuba diving certification with this Professional Association of Diving Instructors Open Water Diver course. Course includes independent and classroom study, confined water dives and open water dives. After successfully completing open water dive 4, you've earned your certification. The classroom session will be held 4-8 pm, Thursday, March 30. Confined water dives will be held from 9 am - 1 pm April 2 and April 9 in the Goodall Recreation Center indoor pool. Open water dives are scheduled for May 7 and May 14 at Lake McConaughy, weather and water temperature permitting.

Instructor: Deland Humpherys, PADI certified instructor. Cost: \$429. (Mask, snorkel and fins required prior to open water dives)

HOW TO GAIN FINANCIAL PEACE

We all need a plan for our money. Dave Ramsey's Financial Peace University is that plan. Through video teaching, class discussions and interactive small group activities, FPU presents biblical, practical steps show you how to get rid of debt, manage your money, and spend and save wisely.

6-8 p.m. Mondays, Feb. 6-April 3. (Must register by Jan. 16 to receive materials)

Facilitator: Danielle McChesney. Cost: \$59

48 DAYS TO THE WORK YOU LOVE

Learn to recognize new opportunities in the workplace, create a plan and then move with confidence to higher levels of success and accomplishment by participating in Dan Miller's 12-week training program designed for people of all ages, academic backgrounds and work experiences.

6:30-8 p.m. Thursdays, Feb. 9- March 30.

Facilitator: Mary Lawson. Cost: \$119, includes materials.

WOODCARVING

From chip carving to more advanced carving, this might be just the hobby you're looking for. Come learn techniques to help you become a great woodcarver.

5-7 p.m. Thursdays, Feb. 16 and 23, March 2 and 9.

Instructor: Archie Silvrants. Cost: \$29.