



Prescott College

For the Liberal Arts, the Environment and Social Justice

Lifelong Learning Center *at Prescott College*

Inspiring a lifetime of learning for all ages ...
professional development, self-discovery, adventure

Spring Catalog 2012



Contact us today

Prescott College • 220 Grove Avenue • Prescott, Arizona 86301

(928) 350-4110 • (877) 350-2100 ext. 4110

lifelonglearning@prescott.edu • www.prescott.edu/lifelong-learning

About the Lifelong Learning Center at Prescott College

Providing life-enhancing learning opportunities for all ages in the following program areas:

- **Professional Development Programs**
Certifications, CEUs, workshops, classes, and conferences for professional growth and success in the areas of leadership, management, entrepreneurship, sustainability, digital media, education, art therapy, equine-assisted learning/mental health, behavioral health, wellness, and more.
- **Youth, Adult, Family, and Community Programs**
A diverse selection of life-enhancing experiences including camps, language classes, cultural programs, adventure trips, cooking, equine, digital media, dance, yoga, rock climbing, the arts, going green, communication, and more.
- **Educational Travel & Adventure Programs**
Travel, adventure, learning, and service programs for all ages in Costa Rica, Tanzania, Nepal, the Grand Canyon, and more.

See www.prescott.edu/lifelong-learning for a full listing of upcoming courses

Begin your lifelong learning journey with us:

- **Take a Course**
View course offerings and register for your next journey on our website
- **Teach a Course**
We are developing new and innovative programs and are currently seeking ideas and proposals for future programs. Contact us today if you are a professional in your field and would like to propose a course to teach
- **Become a Partner**
Become a partner in co-creating innovative courses or become a subcontractor providing course of your own through the Lifelong Learning Center

Contact us today to begin your lifelong learning journey

LLC Contact Information:
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Prescott, AZ 86301
lifelonglearning@prescott.edu
928-350-4110 / 877-350-2100 ext. 4110
www.prescott.edu/lifelong-learning

Course Descriptions

The course descriptions listed below summarize each course. Full descriptions, faculty biographies, and registration forms can be found on our website at: www.prescott.edu/lifelong-learning.

Avalanche Training Level I Refresher

This 11-hour course is designed to update and refresh backgrounds held by practicing backcountry recreationists, agency personnel, ski patrollers, and search and rescue volunteers. The emphasis will be on review of foundational material and updating skills and practices to conform to those currently covered in Level I courses. The refresher course curriculum complies with AAA standards for a Level I refresher. Prerequisites skills and training for this course include: Level I or Level II certification.

Dates/Times (2 dates from which to choose):

January 4-5 or February 8-9/5 p.m. first day-5 p.m. last day

Tuition: \$150 (optional: \$25 Avalanche Training Book)

Location: Kachina Peaks Wilderness on San Francisco Peaks.

Avalanche Training Level I Certification Course

The American Avalanche Association (AAA) Level I curriculum is intended as a twenty-four hour course designed to give participants a thorough practical introduction to avalanches as a phenomena and the skill to recognize the key conditions responsible for avalanche occurrence. Additionally, participants learn strategies for prudent decision-making and techniques for travel in avalanche terrain that will increase the odds of avoidance and survival. The Level I course complies with curriculum standards approved by the AAA.

Dates/Times (Two dates to choose from):

January 6-8 or March 2-4/3 p.m. Friday-5 p.m. Sunday

Tuition: \$300 (optional: \$25 Avalanche Training Book/\$30 Avalanche Gear-beacon, shovel, probe)

Location: Course in conducted in Kachina Peaks Wilderness on San Francisco Peaks.

Certificate in Digital Storytelling and Digital Media

Digital Film & Video Editing with Final Cut Pro – This course provides a weekend introduction to the basic principles and techniques of graphic editing and manipulation using Apple Final Cut Pro (FCP). The instructor facilitates use of the essential FCP tool sets, workspace, and some popular creative possibilities for narrative storytellers (January 6-8).

Digital Illustration & Graphics with Adobe Illustrator – This course provides a weekend introduction to the basic principles and techniques of graphic editing and manipulation using Adobe Illustrator. The instructor facilitates use of the essential Illustrator tool sets, workspace, and some popular creative possibilities (February 17-19).

Digital Story Production – This course provides a weekend introduction to the basic principles and techniques of digital acquisition of image and sound for digital storytelling. The instructor facilitates use of the essential techniques of production and creative possibilities for digital media producers (March 2-4).

Social Media – Group Marketing & Communications – This course provides a weekend introduction to the basic principles and techniques of crowd-sourcing, group marketing, and communications using social media platforms. The instructor facilitates use of the essential techniques and creative possibilities for social media (April 13-15).

Instructor: David James Baker

Times: 3 p.m. Friday-5 p.m. Sunday

Tuition: \$2,450 for full certificate (6 courses) or \$475 for individual courses

Location: Prescott College Digital Media Lab

QiGong Tai Chi with Kyla Haber

Through slow repetitive movements participants learn to calm their nervous system, quiet the mind, and gain youthful vitality. The practice of classical QiGong Tai Chi results in flexibility, coordination, and grace. By the end of this series of sessions participants will feel a force of energy running through the body; feeling fresh, alert, and renewed with a sense of calmness and greater mental clarity. Instructor: Kyla Haber.

Dates/Times: Jan 24-Mar 6/7 sessions/Tues/5:30-7 p.m.

Tuition: \$75

Location: Prescott College Crossroads Center 103/104

Beginning Conversational Spanish in Prescott

This is a nine-week, beginning-level Spanish course for those with little or no prior experience learning Spanish. This course is for adult learners and will focus on developing the ability to converse in Spanish. By the end of this course, learners will be able to carry out a basic conversation in the present tense in Spanish. Instructor: Melita Schwartz

Dates/Times: Jan 25-Mar 28 (no class 3/14)/9 Session/Wed/ 5-6:30p.m.

Tuition: \$90

Location: Prescott College Rosewood Building – 371 N. Garden St.

Beginning Conversational Spanish in Tucson

This is a nine-week, beginning-level Spanish course for those with little or no prior experience learning Spanish. This course is for adult learners and will focus on developing the ability to converse in Spanish. By the end of this course, learners will be able to carry out a basic conversation in the present tense in Spanish. Instructor: Carmen Alexis Osorio

Dates/Times: Jan 25-Mar 28 (no class 3/14)/9 Session/Wed/5-6:30p.m.

Tuition: \$90

Location: Prescott College Tucson Center – Tucson, AZ

Intermediate Conversational Spanish in Prescott

This is an intermediate level Spanish language class which introduces new vocabulary and focuses on learning or reviewing the preterit, imperfect, subjunctive, and future tenses. All conversations will be conducted in Spanish using a variety of media, situations, and tasks to foster authentic communication and oral practice. Participants converse in class and make oral presentations on topics of their choice to raise their fluency and cultural sensitivity in increasingly complex settings. Instructor: Melita Schwartz

Dates/Times: Jan 26-Mar 29 (no class 3/15)/9 sessions/Thur/5-6:30 p.m.

Tuition: \$90

Location: Prescott College Rosewood Building – 371 N. Garden St

Intermediate Conversational Spanish in Tucson

This is an intermediate level Spanish language class which introduces new vocabulary and focuses on learning or reviewing the preterit, imperfect, subjunctive, and future tenses. All conversations will be conducted in Spanish using a variety of media, situations, and tasks to foster authentic communication and oral practice. Participants converse in class and make oral presentations on topics of their choice to raise their fluency and cultural sensitivity in increasingly complex settings. Instructor: Carmen Alexis Osorio

Dates/Times: Jan 26-Mar 29 (no class 3/15)/9 sessions/Thur/5-6:30 p.m.

Tuition: \$90

Location: Prescott College Tucson Center – Tucson, AZ

Kempo Karate: Environmental Awareness and Self Development

Kempo can be considered a mixed martial art in itself as it involves many different types of techniques. In addition to striking techniques, Kempo also incorporates take-downs, joint-locks, and other maneuvers. Successful completion of this course includes a Kempo Karate Certificate and Yellow Belt. For ages 18 to 60. Instructor Master Aaron Kravetz

Dates/Times: Feb 1-Mar 7/6 Sessions/Wed/6-8 p.m.

Tuition: \$100 (includes certificate, yellow belt, and materials)

Location: Prescott College Crossroads 103/104

Evolving Mind: Master Destiny

Homo sapiens (thinking “man”) is claimed to be 40,000 years old. What does biology, genetics, and neuroscience say about the human brain now? What is the difference between mind and consciousness? Is there a non-corporeal mind? Think about it... “A man’s reach should exceed his grasp, else what’s a heaven for?” (Robert Browning). Join us for a lecture and discussion on the connections between intelligences, brain, consciousness, and mind; determinants of human life and cultures. Instructor: Dorothy Keilt

Date/Time: Feb 4/10 a.m.-Noon

Tuition: \$20

Location: Prescott College Rosewood Building – 371 N. Garden St.

Wilderness First Responder Recertification Course

This three day scenario-based course is designed as review and practice of evacuation and decision making guidelines. It also provides wilderness medicine practitioners with current updates in the wilderness medicine field. This course may be used to recertify Wilderness First Responder and Wilderness EMT (wilderness portion only) certifications. You must possess a valid WFR certification of at least 72 hours in order to recertify through this course.

Dates/Time: Feb 10-12/7:45 a.m. Friday-5 p.m. Sun

Tuition: \$275

Location: Prescott College San Juan 201 B/C

The Brain Gym® Twenty-Six

Brain Gym® is an educational model that provides a tool box full of developmental movement activities to assist in creating patterns of learning for reaching permanent personal and professional goals. Participants in the session will learn The Twenty-Six Brain Gym® exercises and experience whole brain integration through whole body movement. This eight-hour workshop is perfect for students, teachers, parents, artists, athletes, health care practitioners, student-teachers, and business professionals. Instructor: Frank Cardamone

Dates: February 11/8 a.m.-5 p.m.

Tuition: \$100

Location: Prescott College Manzanita Chapel

Brain Gym® 101: Balance for Daily Life

Brain Gym® is an educational model that provides a tool box full of developmental movement activities to assist in creating patterns of learning for reaching permanent personal and professional goals. Participants will experience whole brain integration through whole body movement and learn The Twenty-Six Brain Gym® exercises, the Edu-K Balance process, and Dennison Laterality Repatterning. Completion of this course awards the 24-hour Brain Gym® 101 Certificate. Instructor: Frank Cardamone

Dates/Times: Feb 11, 18, 25 (3 Consecutive Sat)/8a.m.-5p.m.

Tuition: \$300

Location: Prescott College Manzanita Chapel

Juggling for Fun, Exercise, and Awareness

This juggling course is about learning the skill of juggling, starting with the basic three ball pattern, and it provides a fun environment for physical exercise and observing the learning process itself. Juggling is actually really good for the brain; research has shown that cognitive abilities increase with juggling; i.e. juggling makes one a better thinker. Every level of juggler is welcome from beginner to pro. Instructor: Frank Cardamone

Dates/Times: Feb 14-Mar 27(no class 3/13)/6 Sessions/Tues/5:30-6:30p.m.

Tuition: \$30

Location: Prescott College Crossroads 101/102

Learn Self Hypnosis to Excel in Life

Learn self hypnosis to expand your mind and ability to easily learn and retain information. Participants are shown how to effortlessly enter an altered state of consciousness and directed on programming the subconscious once self hypnosis has been attained. Individual needs are addressed and the varying methods for influencing the subconscious include: what to tell yourself, what not to tell yourself, the proper use of visualization, and scripting verbal success. Participants leave with knowledge to constructively work with their subconscious to effectively use self hypnosis; applying this knowledge and skill to many areas of life. Instructor: Dr. Leo Gagnon

Date/Time: Feb 18/9 a.m.-Noon

Tuition: \$75

Location: Prescott College Rosewood Building – 371 N. Garden St.

Basic Yoga for Prescott College Students

This basic yoga course offers techniques for maintaining health and wellness for current Prescott College students. This course will explore fundamental yogic asanas "postures," as well as preliminary yogic philosophies that will enable participants to begin and/or strengthen their personal yoga practice. Bring your own mat. This is not a "drop-in" class – registration is required prior to start date. Instructor: Skyler Jess

Dates/Times: Feb 27-Apr 9 (no class 3/12)/6 Sessions/Mon/5:-6:15p.m.

Tuition: \$30

Location: Prescott College Manzanita Chapel

Instant Piano for Hopelessly Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this course. Instructor: Craig Coffman

Date/Time: Mar 2/6:30-9:30 p.m.

Tuition: \$65 (includes all materials for the course-workbook & practice DVD)

Location: Prescott College Crossroads Center 204

Fabulous Faux – Classic Tuscan Metallics

Save thousands and learn a faster, easier way to use paint to replicate Old World, stone-like walls, and classic looks for a traditional theme. Learn how to add "bling" from metallics. The instructor, a professional decorative painter with many years experience, shows beginners some tricks of the trade, money-saving tips, how to have perfect edges, and how to "rescue" your wall. Bring a paint shirt. Instructor: Linda Coffman

Date/Time: Mar 2/6-8:30 p.m.

Tuition: \$65 (includes all materials for the course-painting kit and DVD)

Location: Prescott College Crossroads Center 202

Vipassana and Mindful Movement Meditation Retreat

In silence and through mindful movement, meditation, and community we will explore truly touching our moment to moment experience. Movement sessions include joint opening, yoga asana, and free flow, as we learn to cultivate open awareness in the fertile soil of silence. In meditation, streams of stillness and movement merge into one river. There is not a tuition fee for this retreat; donations will be accepted in the spirit of Dana. More information is provided at the retreat. Instructors: Brian Lesage and Liz Faller

Dates/Times: Mar 2/7-8:30 p.m., Mar 3/9 a.m.-5 p.m., Mar 4/9a.m.-3p.m.

Tuition: Donations accepted in the spirit of Dana (pre-registration is required)

Location: Prescott College Manzanita Chapel

Investing in your Values:

Socially Responsible Investing in the Age of Globalization

In the age of globalization, it can be challenging for individual investors to be certain their money is being placed parallel to their values. Participants are provided with a basic structure for screening for socially responsible investments. Learn the general guidelines for selecting corporations that agree with values including how to avoid "sin stocks" and learn how to identify asset classes and create criteria for selecting risk appropriate investments in the areas of the environment, social justice, and corporate governance. Instructor: John Farmer

Date/Time: Mar 6/6-8:30 p.m.

Tuition: \$40

Location: Prescott College Rosewood Building – 371 N. Garden St.

Math Skills Refresher

This course is a review of basic math skills necessary to succeed in math for students and community members alike. Participants gain mathematical fluency in working with fractions, decimals, scientific notation, percentages, ratios, order of operations, and linear equations. The course is designed to help participants master these essential arithmetic skills, while developing confidence in their mathematical abilities. Please bring calculator and book for course (Arithmetic and Algebra by Proga – purchase through Amazon/Prescott College at: <http://bookstore.prescott.edu/>) Instructor: Matthew Einsohn

Dates/Times: Mar 19-April 30/7 Sessions/Mon/6-7:30 p.m.

Tuition: \$70

Location: Prescott College Rosewood Building – 371 N. Garden St.

Healthy Living Workshops

The Healthy Living Workshops are a series of FREE workshops specifically designed for people living with ongoing health conditions and the family members caring for them. The workshops are designed to help participants learn to self-manage and take control of the problems caused by ongoing health issues. Topics include, goal setting, problem solving, nutrition, fitness, communication with health providers, and much more. Instructor: Virginia Rodriguez

Dates/Times: Mar 20-Apr 24/6 Sessions/Tues/5:30-8 p.m.

Tuition: Free offering – pre-registration is required! (Donation for book requested/not required)

Location: Prescott College Rosewood Building – 371 N. Garden St.

DreamTending

This day-long workshop explores the wisdom of dream images, helping each participant to expand self-awareness and insight. DreamTending is a method of working with dreams that considers dream images as "living images." Come join us for this experiential day which includes DreamTending, guided meditation, and collage making. Participants come away with a better understanding of dreams and a method of working with dreams on an on-going basis. Instructor: JoHanna McNamee

Date/Time: Mar 24/10 a.m.-4 p.m.

Tuition: \$80

Location: Prescott College Rosewood Building – 371 N. Garden St.

Please Understand Me!

People are different in fundamental ways – intelligence, creativity, communication styles, partnering, parenting, leadership, work styles, etc. Understanding these differences makes it possible to appreciate others for who they are, even though they are very different than you. Come and take a short and easy personality indicator test and learn more about “why you are the way you are.” Explore the four basic psychological functions of thinking, feeling, sensation, and intuition. Individuals, couples, and work-teams welcome! Instructor: JoHanna McNamee

Date/Time: Mar 31/10 a.m.-4 p.m.

Tuition: \$80

Location: Prescott College Rosewood Building – 371 N. Garden St.

Living in the Time of Great Change

This course utilizes and follows the book Living in the Time of Prophecy: The Gospel of the Stone, Part I. Participants will read a chapter or group of chapters prior to each session. In each session, the stories will be explored in order to provide an illumination of our own life’s journey. This course offers a better understanding of change in our lives and provides more tools to enhance our joy, amidst the changes in our world. Instructor: Sean Forrester

Date/Times: Apr 5-May 10/6 Sessions/Thurs/6-7:30 p.m.

Tuition: \$75

Location: Prescott College Rosewood Building – 371 N. Garden St.

EFT and Self-Forgiveness

Our view of ourselves is often formed by what parents, teachers, peers, and others have told us at an impressionable age. Consequently, many of us are living a legacy of shame and guilt. Shame and guilt have a low vibration, which depletes our energy. In this class you will learn the EFT (Emotional Freedom Technique) procedure and use this tapping technique to help you feel at peace with yourself. EFT and self-forgiveness together can restore the balance of energy and enable you to feel happier and healthier. Instructor: Mary Ellen Gray

Date/Time: May 5/9 a.m.-Noon

Tuition: \$45

Location: Prescott College Rosewood Building – 371 N. Garden St.

The Lifelong Learning Center offers Certificates in:

- Digital Storytelling and Digital Media
- Experiential Education
- Coaching
- Certificate in Sustainability Design, Management & Entrepreneurship

For more information, certificate course descriptions, and dates, visit our website at:
www.prescott.edu/lifelong-learning

Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Emergency Contact Name/Number: _____

Birth Date: _____

Course(s): _____

Tuition Fee(s) Enclosed: _____

Master Card Visa American Express Discover

Card #: _____

Authorization Code (3 or 4 digit code on back or front of card): _____

Expiration Date: _____

Name as it appears on card: _____

Make checks payable to:
Prescott College

Mail to:
The Lifelong Learning Center
Prescott College
220 Grove Avenue
Prescott, AZ 86301

Registration, Payment, Refund Information

Full payment must accompany registration form and is due no later than two weeks prior to course start date*. Registration after that date, as space permits. Registration is first come/first served. A **signed Participant Agreement is required for ALL courses and can be found on the LLC website or by contacting the LLC office.** Additionally, some courses require a completed/signed Medical Form, which is posted on the LLC website or available by contacting the LLC office. There will be no refunds granted two weeks prior to or after the course start date*.

*Please note: some registration deadlines and refund dates vary depending on the course. The registration form and/or program description on the LLC website, for your selected course, will state official deadlines and dates.

Questions? Contact the Lifelong Learning Center at:
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