

GOVERNORS STATE UNIVERSITY
SCHOOL OF EXTENDED LEARNING

20
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SPRING CATALOG





CONQUER YOUR NEXT

**Exam ▶ Certification ▶ Career Change ▶ Promotion
Skill ▶ English Goal ▶ Bucket List Item ▶
Retirement Goal ▶ Team Business Challenge ▶ Degree**

**School of Extended Learning (SXL) invites you
to explore your next life transition with us!**





HOW TO PAY FOR YOUR COURSES



WIOA



CEDA

1. Direct pay with all major credit cards except AMEX
2. Private loans; Email msebasco@govst.edu
3. Workforce Innovation Opportunity Act (WIOA) for those who meet eligibility; approved programs only
4. Loans with Affirm for Legal Studies programs; Email msebasco@govst.edu
5. Payment plans may be customized on an individual basis
6. CEDA funding for those who meet eligibility for approved programs

For more information, please contact continuinged@govst.edu.

WORKFORCE INNOVATION OPPORTUNITY ACT (WIOA)

RE-TRAIN *Re-train for a fresh start in 2021.*

Governors State University has many of its programs approved by the Will County Workforce Board for funding by the Work Innovation and Opportunity Act (WIOA). The Workforce Innovation and Opportunity Act is a federally funded grant program to assist unemployed individuals in entering or returning to the workforce. These programs are certified to provide education and training to adults and dislocated workers who have been awarded vouchers under this act. GSU honors these vouchers for our growing list of approved programs.

See if you qualify, learn more about the process, and view current approved programs at www.govst.edu/wioa.

NEWLY APPROVED PROGRAMS INCLUDE:

Supply Chain Trainings:

[Association for Supply Chain Management Certified in Logistics, Transportation and Distribution \(CLTD\)](#)

[Lean Six Sigma for Supply Chain Certification](#)

[SCPro Certification Test Prep](#) Level 1

[Bilingual Career Trainings](#)

[Project Management Professional \(PMP\)[®] Test Preparation](#)



And More!



NEW FEATURED TRAININGS!

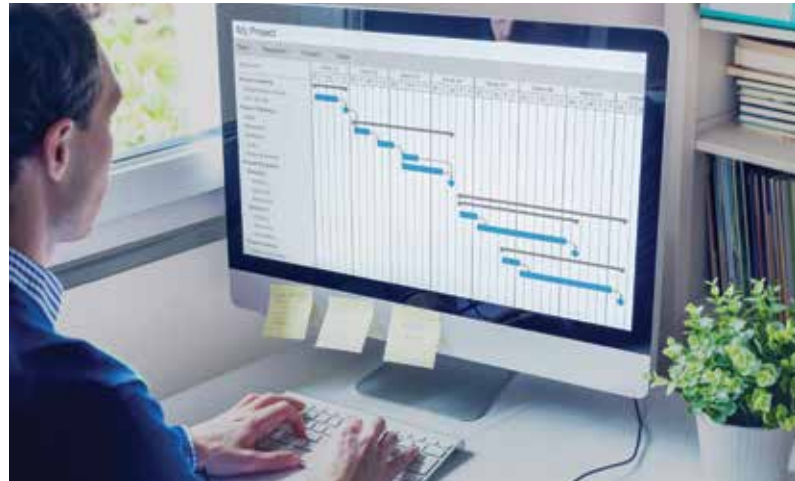
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SPRING CATALOG

Certified Ethical Hacker Prep Course

In just ten weeks, prepare to earn a trusted and respected ethical hacking certification that will set apart any information security professional! Explore key issues plaguing the information security world, incident management process, penetration testing, footprinting tools, network scanning techniques, enumeration techniques, system hacking methodology, steganography, Trojans, virus analysis, malware analysis procedure, social engineering techniques, identify theft, and social engineering countermeasures, wireless encryption, cryptanalysis, vulnerability analysis, and more!

Dates: February 1 – April 9, 2021, Asynchronous

Fee: \$750 (plus book)



Project Management Professional (PMP®) Certification



Earn your PMP Certification by taking our **100% online**, on-demand preparation course. Our curriculum is broken down into eight weeks and covers the five performance domains in detail. Learn simplifications of formulas in time, cost and procurement management, advanced problem-solving techniques, workflow diagramming techniques, and study over 200+ mock PMP exam questions. This preparation course exceeds the necessary 35 hours of project management training requirement by the PMI to apply for the PMP exam.

Dates: Jan 25 – March 21, 2021

Fee: \$1,200

WIOA

Digital Badge Available!



What is a Digital Badge?

A digital badge validates a learned skill or achievement. It has a unique URL that can be shared electronically via social media, online portfolios, web sites and email signatures. Show employers and contacts what you have achieved!



EKG Technician

EKG technicians are in demand! EKG technicians work in physician's offices, hospitals, clinics, and insurance companies to provide data for health and life insurance policies. This EKG Technician program covers the detailed anatomy and physiology of the heart, medical disease processes and terminology, ethics and legal aspects of patient contact, electrocardiography and echocardiography, an introduction to the function and proper use of the EKG machine and 12-lead placements and other practices.

Dates: Ongoing Enrollment

Fee: \$1,199

ACADEMIC TEST PREPARATION

GRE Preparation Course **100% Online**

Acquire strategies in math, reading comprehension, writing, and verbal and quantitative skills to improve GRE scores using acclaimed Cambridge test preparation materials. Fee includes textbook, practice tests, and all course materials.

Date: March 27, 2021

Time: 9 a.m. – Noon

Fee: \$429

LSAT Preparation Course

Prepare for the Law School Admissions Test (LSAT). All American Bar Association (ABA)-approved law schools, many non-ABA-approved law schools, and most Canadian law schools require an LSAT score from applicants. The test lasts four hours and consists entirely of multiple-choice questions with one unscored writing exercise at the end. It is divided into five 35-minute sections: reading comprehension, analytical reasoning, two logical reasoning sections, and one un-scored “experimental” section.

Date: March 27, 2021

Time: 9 a.m. – Noon

Fee: \$429

SAT/ACT Prep Course Part 2

Prepare to do well on the math questions of the ACT and the new SAT. The ACT math tests your knowledge of arithmetic, algebra, geometry, trigonometry, and basic statistics. Learn how to use your time wisely so that you finish as many math questions as possible in the 60 minutes the ACT gives you for the math test. In addition to reviewing arithmetic, algebra, geometry, trigonometry, and basic statistics, you’ll also cover functions and other algebra II subjects now tested on the SAT.

Date: Ongoing

Time: Self-paced

Fee: \$100



At Governors State University, we offer pathways to help you master your next operational mission —to find purpose forever.

GI Bill Covers up to 100% of Tuition Cost
Prior Learning Credit (JST, CCAF, CLEP, DSST)

KYLE BRODNICK, CLASS OF 2019
 POLITICAL SCIENCE, B.A.
 U.S. ARMY VETERAN

www.govst.edu/veterans

PROFESSIONAL DEVELOPMENT

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SPRING CATALOG

Business



Certified Administrative Professional with Microsoft Office Specialist 2019 (Exam Vouchers Included)

Prepare for the Certified Administrative Professional (CAP) and Microsoft Office Specialist (MOS) credential exams for Word, Excel, PowerPoint, Outlook, and Access. You will learn the fundamentals of workplace administration, including organizational communication, management, and human resources, as well as how to effectively use the Microsoft Office 2019 suite.

Funding Available: **WIOA**

Dates: Ongoing Enrollment
12 Months/425 Course Hours
Fee: \$3,595

Certified Associate in Project Management Preparation Course – CAPM® ONLINE



This introduction to project management fundamentals includes topics such as Communications, Procurement and Time Management, reinforced through pre-recorded videos and practical examples.

GSU is a Registered Education Provider (R.E.P) with the PMI® The textbook is an additional fee.

Funding Available: **WIOA**

Dates: April 10, 2021
Fee: \$550

Diversity, Equity, and Inclusion

Discover ways to acknowledge, embrace and champion diversity through gaining an understanding of various cultural perspectives. Through reflective activities, internalize the true meaning and outcomes of implicit bias (how thoughts, feelings and actions are influenced by social cues), while learning the tools to engage in difficult but necessary conversations. Blackboard will be used for discussions and resource postings.

Dates: March 10 – 31, 2021
Time: Wednesday's 4 – 6 p.m., Synchronous
Fee: \$199

Project Management Professional Preparation Course – PMP® ONLINE



Funding Available: **WIOA**

Dates: January 25, 2021
See featured training page 3 for details.

Lean Six Sigma Green Belt Certificate



Detailed and real-world examples of lean thinking will be reviewed with hands – on examples to enhance the learning experience. Learn how to integrate theories of business, statistics, and the elimination of waste with the goal of achieving tangible results.

Funding Available: **WIOA**

Dates: January 23, 2021 to March 6, 2021
VIRTUAL CLASS (Live online with instructor)
APRIL 3 start date is also available.
Time: Saturdays, 9 a.m. – Noon
Fee: \$1,500 plus textbooks and software

Human Resources



PHR/SPHR Certification Preparation

The live online course will provide an overview of key areas in human resources management designed to better prepare HR professionals for the national PHR (Professional in HR) or the SPHR (Senior Professional in HR) exams.

Funding Available: **WIOA**

Dates: Offered throughout the year, sign up to start today.
Fee: \$1,299 (includes all books and materials)

Email continuinged@govst.edu to register.



100% Online

WIOA

Workforce Innovation and Opportunity Act



Digital Badge

CANNABIS

THE CANNABIS INDUSTRY

Illinois State Cannabis Certification

Course: Responsible Vendor Training

This four-hour Illinois State Cannabis Certification Course will fulfill the state's mandatory classroom training for individuals seeking to work with Cannabis and Marijuana upon recreational legalization on January 1, 2020 in the State of Illinois.

Dates: February 6 and April 3, 2021

Time: 10 a.m. – 2 p.m.

Fee: \$200

VIRTUAL (Live online with instructor)

Cannabis 101

Learn about the different types of cannabis, the effects it can have on you, and how the laws surrounding consumption apply to you.

Dates: March 13, 2021

Time: 6 p.m.

Fee: \$35

VIRTUAL (Live online with instructor)

Cannabis in the Workplace

Learn the impacts of legalized cannabis and considerations for the workplace.

Dates: February 25, 2021

Time: 6 p.m.

Fee: \$35

VIRTUAL (Live online with instructor)

Medical Cannabis

The Medical Cannabis course offers an introduction of the medicinal uses for cannabis and how cannabis interacts with the human body to treat conditions and symptoms. The legal aspects of cannabis for medicinal purposes are reviewed.

Dates: March 27, 2021

Time: 10 a.m. to 1 p.m.

Fee: \$99

VIRTUAL (Live online with instructor)

Email continuinged@govst.edu to register.



Courses are presented in partnership with Illinois Equity Staffing; a Chicago-based consulting firm specializing in cannabis education, recruiting, human resources administration, payroll processing and social equity compliance/reporting for the cannabis industry.



Education

New Leaders Mentor Program

This program pairs an experienced administrator as a mentor with a new leader or protege (District, Principal, Assistant Principal, Coordinator, Dean). The pairs will meet virtually and/or face-to-face for a minimum of 50 hours throughout the school year. The Mentor/Protege Teams also meet monthly at GSU for discussion on topics relevant to their practice.

Topics include:

- Time Management
- Difficult Conversations
- Strategies for At-Risk Students
- Framework of Poverty
- Professional Learning Communities

Emerging Leaders Program

This program is designed for teacher leaders who want to perfect their leadership skills and are considering becoming a formal school leader. Emerging Leaders will participate in 4 seminars throughout the school year to enhance their effectiveness as an informal school leader.

For a list of topics for this year, program pricing and to enroll for the August cohort, visit www.govst.edu/educator-training. Contact Sandra Mickles at smickles2@govst.edu for details.

QualiKEYS for Frontline Staff Training

The QualiKEYS method helps participants learn how to effectively “listen”, create, and maintain a professional environment, and manage difficult situations. This group training may be delivered virtually to assist frontline staff in recognizing their own needs, understanding the needs and expectations of their customers and learning how to positively impact their organization’s commitment to improved customer relations. This interactive workshop is a “must” for receptionists, administrative assistants, clerks, etc. and includes:

- Defining Customer Service
- Providing Quality Service
- Forms of Communication
- Developing Positive Relations and Teamwork
- Professionalism and Work Ethic

Sessions are customized and arranged to meet districts’ needs and schedule.

QPR (Question, Persuade, and Refer) Training for Suicide Prevention

This educational, emergency mental health gatekeeper training intervention teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicidal warning signs and behaviors. The QPR Institute believes anyone can help prevent suicide.

School districts are invited to schedule a FREE group QPR educator training by emailing kkarstensen@govst.edu.





CULTURAL COMPETENCY

FOR THE CLASSROOM

Three 90-minute virtual sessions equals a transformed classroom.

JOIN race, gender and identity experts Dr. Joseph Flynn and Dr. Andrae Marak for a transformative workshop on shifting multicultural education in schools from mere tolerance to cultural competency by understanding how racism functions systemically. Educators will gain fluency in concepts, realities, and reactions to conversations about race. Topics are presented in interactive group zoom sessions and breakout activities that will inspire educators to value and incorporate the cultural differences of students for a broadened classroom experience.

LEARN TO:

- recognize how unconscious, unintentional bias shapes current teaching practices
- understand concepts of positionality, power, intersectionality, and authentic care
- use a strengths-based approach to focus on potential rather than problems and pathologies
- explore Restorative Justice principles and values to repair relationships and build community

For pricing, or to schedule your group training, please contact Cynthia Staples at cstaples@govst.edu.

Health & Human Services

CADC Test Preparation

This course is intended to prepare applicants for the CADC exam. It has been approved for 21 CEU's from the Illinois Certification Board and/or as a 2-hour credit course to GSU students. The course is divided up into three on-campus full class days.

Dates: March 4 – 6, 2021

Time: 9 a.m. to 5 p.m.

Fee: \$299

CPC Certified Medical Administrative Assistant with Medical Billing and Coding (Exam Vouchers Included)

Begin a career in the healthcare industry with little to no experience within the sector! This comprehensive program provides a foundation of medical vocabulary and teaches essential medical office management skills that healthcare managers look for when hiring new front office staff. It prepares you to sit for the Certified Professional Coder (CPC) exam and the Certified Medical Administrative Assistant (CMAA) exam.

Funding Available: **WIOA**

Dates: Ongoing Enrollment
12 Months/500 Course Hours

Fee: \$3,195

www.govst.edu/wia

Payment plans are available.

Dialysis Technician

As kidney failure continues to be a growing national health problem, kidney disease is driving the growing demand for well-trained dialysis technicians. Dialysis technicians are employed in hospitals, outpatient clinics, and other medical facilities. This comprehensive online program will prepare students for the Certified Clinical Hemodialysis Technician (CCHT) exam. Course content includes: procedures to operate kidney dialysis machines, preparation of the dialyzer, reprocessing and delivery systems, equipment maintenance, skills to monitor and record a patient's vital signs, the process for a dialysis teams' administration of local anesthetics and drugs as needed, patient assessment procedures and training for at-home dialysis treatment, and more! *Students may purchase a refurbished laptop for \$75 to use for this class.*

Online, Self-paced

Dates: Ongoing Enrollment

Fee: \$1,299

See new [EKG Technician](#) Training on the Featured Trainings page 3.

LSW/LCSW Preparation Course – 2-day Workshop

This review course uses the most **up-to-date** examination materials from Licensing Exam Preparation Services, LLC and reflects the latest diagnostic publication (DSM-5™). Attendees will receive a comprehensive study guide with *current practice questions*, test-taking strategies, and more.

Dates: January 25, 2021

Time: 9 a.m. to 4 p.m.

Fee: \$285

Pharmacy Technician Certification Program with Clinical Externship (optional) –ONLINE

This comprehensive **online** 50-hour program will prepare students to work as a pharmacy technician in a retail or other pharmacy setting and to take the Pharmacy Technician Certification Board's PTCB exam.

Funding Available: **WIOA**

Dates: Ongoing, given 6 months to complete

Fee including textbook: \$1,199

Phlebotomy Technician Certification

Program with Clinical Externship

This 90-hour program prepares professionals to collect blood specimens from clients for the purpose of laboratory analysis. Students will develop comprehensive skills to perform venipunctures completely and safely. Course includes terminology, anatomy and physiology; blood collection procedures; specimen hands-on practice; and training in techniques to perform puncture methods.

Funding Available: **WIOA** Approved Program – Workforce Innovation and Opportunity Act

Dates: Ongoing, given 6 months to complete

Fee including textbook: \$1,999

Information Technology

CompTIA™ Certification Training: A+, Network+, Security+ (Vouchers Included)

Become proficient in cyber security concepts such as attacks and mitigation, security applications, risk assessment, disaster recovery and incident response, cloud computing, mobile devices, BYOD and SCADA, in addition to vulnerability assessment. This course will prepare you for three CompTIA IT certifications that are ideal for entry-level and mid-level professionals: A+, Network+ and Security+. The CompTIA certifications are the most-recognized, vendor-neutral credentials in the industry.

Self-paced/12 Months to complete/480 Course Hours

Funding Available: **WIOA**

Fee: \$3,995

CompTIA A+ with ITIL Foundation (Vouchers Included)



CompTIA™ A+ Certification is internationally recognized, giving you a competitive advantage no matter what country you are working in and what hardware you're working with. This certification also gives you an ITIL Foundation, giving you a general awareness of the key elements, concepts, and terminology used in the ITIL® service lifecycle, including the links between lifecycle stages, the processes used, and their contribution to service management practices. Upon completion of the course, you will be given vouchers to sit for the following exams: CT-012 CompTIA A+ Exam 220-1001, CT-013 CompTIA A+ Exam 220-1002, and ITIL Foundation Certification Exam.

Self-paced/12 Months to complete/310 Course Hours

Funding Available: **WIOA**

Fee: \$2,495

Front-End Web Developer



Everything a user sees and interacts with on a website was built by a front-end developer. This course offers an access point into this growing job market. Learn how to use HTML, CSS, and JavaScript to create functional, responsive web applications, and put theory into practice by building the front-end of a website. The portfolio you develop in this course will be a vital asset when you enter the web development field.

Self-paced/6 Months to complete/160 Course Hours

Funding Available: **WIOA**

Fee: \$1,995



Legal Studies

Upcoming Sessions: 14-week Session, ONLINE

Start January 11, March 8, May 3 and June 28

Paralegal Certificate Course

Learn how to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, and assist in preparing cases for courtroom litigation.

Funding Available: **WIOA**

Fee: \$1,595

Continuing Education Units and Contact Hours
90 contact hours or 9.0 CEUs



SALARY EXPECTATIONS

Paralegal

\$45,750 to \$64,500

Senior Paralegal/Legal Assistant

\$69,500 to 89,750

Payment plans are available. Education Loans are also available through Affirm. Contact SXL staff at continuinged@govst.edu for details.

Upcoming Sessions: 6-week Sessions, ONLINE

Dates: January 11, 2021 to February 26, 2021

March 8, 2021 to April 23, 2021

May 3, 2021 to June 18, 2021

June 28, 2021 to August 13, 2021

A GED or high school diploma is required.

100% Online, Asynchronous

Legal Secretary Certificate Course

Designed for both beginning and experienced secretaries, students will learn legal terminology; legal process, jurisdiction and venue, ethics, written communications including letters, pleadings, discovery, notices and motions; filing procedures, billing and accounting; time management; records management; overview of commonly used word and data processing programs; legal research; memoranda preparation, and citation format.

Fee: \$995

Alternative Dispute Resolution Certificate Course

This intensive course is designed to train and qualify students to develop or participate in conflict mediation processes. Participants will review the growth and application of settlement options in the United States. The course focuses on both traditional and non-traditional dispute resolution options.

Fee: \$995

Victim Advocacy

NACP & NOVA approved! This intensive program is designed to train and qualify individuals to assist crime victims. The course provides an overview of criminal procedure and discusses the devastating effects crime can have on its victims.

Fee: \$995



SAFETY

Trades

CNC Machinist



Computers control much of the world today. The manufacturing industry is no exception, and you can make yourself an indispensable part of the future of manufacturing with this intensive overview of workholding, math, inspection, safety, metal cutting, materials, quality, and grinding skills. Six Sigma, 5S, Lean, and TPM concepts are also introduced.

Dates: Ongoing Enrollment 12 Months
195 Course Hours

Fee: \$1,995

WIOA – Bilingual Career Training available

www.govst.edu/wia

HVAC/R Certified Technician



(Voucher Included)

This course requires one year of HVAC/R experience and uses hands-on service call simulations to prepare for the HVAC Excellence or NATE certification exams. By course completion, you will be ready to pass the HVAC Excellence Core and Professional Technician exams, the NATE Core and Specialty Test exams, and the EPA 608 certification exam. You will also receive a voucher package to take the HVAC Excellence exams.

Dates: Ongoing Enrollment
12 Months/162 Course Hours

Fee: \$2,895

WIOA – Bilingual Career Training available

www.govst.edu/wia



Safety and Risk Management

The OSHA 10-hour General Industry Outreach Training Program is designed to promote workplace safety and health and to make workers more knowledgeable about workplace hazards and their rights. Outreach training does not fulfill the training requirements found in OSHA standards. Employers are responsible for providing additional training for their workers on specific hazards of their job as noted in many OSHA standards.

Dates: May be scheduled with instructor

Contact Amy Barsha at 708.534.4565 for details.

MICRO-LEARNING/SKILLS TRAININGS

Learn new skills with instructor-led courses offered online, anytime! You will get 6 weeks of instruction by experts in their fields and interact with fellow classmates in online discussion areas. There are hundreds of courses to choose from and monthly start sessions.

Here are some of our favorites!

Register at ed2go.com/gsutrainings

***Upcoming Sessions:
January 13 and February 10, 2021***

- Accounting Fundamentals – \$199
- Adobe Value Suite – \$299
- Craft-of-magazine-writing – \$115
- Event Planning Suite – \$199
- Fundamentals-of-technical-writing – \$115
- Ged-preparation – \$115
- Grammar-refresher – \$100
- Intermediate Microsoft Excel 2019/Office 365 – \$129
- Managing Customer Service – \$115
- Small Business Suite – \$299
- Soft Skills Suite – \$395
- Word-powerpoint-excel-2016-training – \$324
- **And More!**





TRAIN FOR TOMORROW

Problem=X

**UNMOTIVATED
EMPLOYEES?**

MIDDLE MANAGEMENT

NOT STEPPING UP?

POOR EMAIL ETIQUETTE?

CUSTOMER SERVICE

THAT'S A LIABILITY?

**PROCESS OR QUALITY
CHALLENGES?**

Whatever your X, we can help you fix it.



SCHOOL OF EXTENDED LEARNING

Visit www.govst.edu/business-training to tell us your needs, and request a free consultation with our Director of Corporate and Community Education, Cynthia Staples.



ENGLISH LANGUAGE LEARNING CENTER

We believe that language is the key to inclusion, community connection and job readiness.

These programs go far beyond the basics. Our goal is to provide complete confidence when communicating, whether in writing, speaking, or engaging in online forums.

Email aota@govst.edu for details.

Bilingual Career Trainings

As a non-native English speaker, you have an advantage over many job applicants in some growing and in-demand industries. Adults who are fluent in languages like Spanish, Arabic, Polish, Chinese, are needed by employers now!

ESL for Parents

In partnership with local School Districts, we offer in-person, virtual, or hybrid instruction with multiple course options including Reading and Vocabulary; Listening, Speaking, and Grammar; Writing and Grammar; Integrated Skills; or Citizenship Test Preparation.

Intensive English Program (IEP)

Those interested in pursuing higher education or career advancement will master reading and writing skills, vocabulary, grammar, critical thinking and formal and informal interactions with this comprehensive program.

PERSONAL GROWTH/HOBBY

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Introduction to Interior Design

Learn to transform plain living spaces into beautiful and functional rooms. This course will teach you how to design every aspect of a room while considering color theory, industry trends, special arrangements, floor plans, design ideas, and interior design basics.

Dates: January 13 and February 10, 2021

6 Weeks Access/24 Course Hours

Fee: \$115

Introduction to Voiceovers

One-on-One Video Conference

Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery.

One-time, 90 minute, one-on-one, video-chat class!

Learn more: <http://www.voicesforall.com/ooo>.

Dates: Video Conference date determined by you and your voice coach.

Fee: \$49

Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).

Contact: **Suzanne Patterson** for more information and to be connected with your voice coach.

Love Your Money, Love Your Life

Your money should work for you, so you can WORK LESS and LIVE MORE. Sadly, many families are not working to live, but living to work, and their money is a liability versus an asset. Make peace with your money to live the life you deserve and retire with dignity, with no payments and overflow to give generously. In four hours over two days, you will learn new “money moods,” how to handle creditors, foreclosures, or even bankruptcy, effective budgeting, saving, debt management, purchasing, college savings, and retirement strategies, and more!

Dates: February 16 and 17, 2021

Time: 6 – 8 p.m.

Fee: \$35



Fundamentals of Food and Wine Pairing

Peas and carrots, peanut butter and jelly, steak, and cabernet sauvignon... There is a synergy in our favorite food combinations. This same balance can be achieved with food and wine. We will teach you how to create unforgettable food and wine pairings at home, for events and dining out. We will reveal some of the most cherished insider secrets and strategies for game changing food and wine synergy.

Dates: February 11, 2021

Time: 6:30 – 8 p.m.

Fee: \$30 per person

Health & Wellness

Pilates

This low-impact exercise works your entire body. Aside from a strong focus on ab work, the exercises work the inner and outer thighs, as well as strengthen the back, hamstrings, and glutes. Pilates will help you become stronger, more flexible, can lead to better posture and improve your overall sense of wellbeing.

Dates: March 17 –April 14, 2021

Wednesdays, noon to 1 p.m. via Zoom

Fee: \$25

Tai Chi

Reduce stress gently; feel better, through graceful movement and exercise. Tai Chi is an ancient low-impact Chinese tradition, which involves movements performed in a slow, concentrated, and intentional way with deep focus on breathing. Tai Chi is different than yoga. It is a practice that combines meditative movement and balance. Students will learn sequences of movements, basic body alignments, the 70% rule of moderation, and more.

Date: March 1 – 29, 2021

Time: Mondays, 6 – 7 p.m.

Virtual (Live online with instructor)

Fee: \$25

Dates are subject to change. Please confirm with

[Michelle Sebasco](#).



Yoga Live Class ONLINE

Yoga is a great way to increase flexibility, improve health and physical fitness, and reduce stress. Developed up to 5,000 years ago in India as a holistic approach to wellbeing, this series of movements and poses work the entire body. Yoga is a no judgement zone, non-competitive, and is about being present in the moment. Every pose can be modified to fit your individual needs.

Date: April 6 – May 4, 2021

Time: Tuesdays, Noon – 1 p.m.

Fee: \$25 (half hour sessions)

Dates are subject to change. Please confirm with

[Michelle Sebasco](#).



[Jaguar Line Dancin' at GSU](#) – ONLINE!

Dawn the Dancin' Deeva is committed to having fun while striving for excellence in dance. Dawn believes everyone has the ability to increase their physical and emotional well-being, through dance. This online, relaxed, family dancing experience promotes self-confidence, self-respect, inner strength, discipline, and appreciation through dance. Join this class to learn the latest line dance steps from the comfort of your home. ***We will meet via the BAND app for live virtual instruction and a ton of dancin' fun!***

Date(s): February 4 – March 4, 2021

Time: 12 to 1 p.m.

Fee: \$25



The KNOWLEDGE EXCHANGE

This lifelong learning program is designed for the retired/semi-retired and offers a relaxed, friendly classroom environment on the GSU Campus. This group has formed a community of shared learning, social interaction and the free exchange of opinions and ideas.

The Knowledge Exchange Winter & Spring Zoom Classroom Sessions:

\$55 / 8-week class

Winter January 15 – March 5

Music Inspired By Literature

Great Decisions 2021

(Foreign Policy Association Discussion)

Clowns in Medieval Islamic Literature

Prehistoric, Medieval and Renaissance Art

Spring April 2 – May 21

Unknown and Overlooked Composers

Mannerism, Baroque, and Neo-Classicism in Art

The Poetry of War

**Cinema Studies: Coming of Age – 21st Century
Girls and Boys**

Great Decisions 2021 / Spring Repeat

(Foreign Policy Association Discussion)

www.govst.edu/tke

For more information, please contact Suzanne Patterson at 708.534.4393.

EARN A DEGREE OFF-CAMPUS COHORTS

If you are ready to earn your bachelor's degree but cannot make it to the Governors State University Campus, study with us at a convenient off-campus location! These partnerships with area community colleges are designed to provide adults with a seamless path to degree completion after earning an associate degree at the community college. Take a mix of upper division and online classes at GSU to earn your accredited Bachelors Degree. Our advisors will provide academic study plans, resources and assistance every step of the way.

TRITON COLLEGE

- B.A. Communication
- B.A. Criminal Justice
- B.S. Information Technology

KANKAKEE COMMUNITY COLLEGE – North Extension Center in Bradley

- Course work from College of Business
- Course work from BHA Health Administration

JOLIET JUNIOR COLLEGE – Romeoville Campus

- B.A. Criminal Justice

Contact Michelle Sebasco, Director of Academic Partnerships, or visit www.govst.edu/offcampused for details.



**IF YOU WANT MORE FROM YOUR
CRIMINAL JUSTICE EDUCATION,**

this transfer partnership program is it! Take advantage of affordable tuition rates and scholarship opportunities.

AT JJC:

- Earn your Associates in Applied Science, and transfer to GSU.
- Take GSU Bachelor of Arts in Criminal Justice courses at JJC's Romeoville campus!
- Stay connected to your JJC network.

CRIMINAL JUSTICE: THE GSU WAY

- Learn technical and theoretical Criminal Justice concepts
- Explore Criminal Justice impacts in the context of race, class, and gender.
- Learn Restorative Justice concepts to provide broader justice solutions for community problem-solving.
- Prepare for employment as a Police Officer, Corrections Officer, Federal Agent, or entrance into Law School and Graduate School

JOLIET JUNIOR COLLEGE (JJC) & GOVERNORS STATE UNIVERSITY (GSU)

