NEW!
Sterile Processing Technician program
Start your career in healthcare at COM!

Get the skills you need to become a
PHLEBOTOMY TECHNICIAN

Dream of being a nurse?
Take your first step into the field of nursing as a
Certified Nurse Aide!

www.com.edu/ce
TUITION-FREE HEALTHCARE CAREER TRAINING

You could qualify for free training in a healthcare career, depending on your income.

July 17, 31 • Aug 14, 28 • Sep 11, 25 • Oct 9, 23 • Nov 6, 20 • Dec 4, 18

HPOG Information Session 10 a.m. – 12 p.m. at the North County Learning Center
200 Parker Ct., League City, TX 77573.

409-933-8645 | www.com.edu/ce/allied-health

This document was supported by Grant [90FX0035-01-00] from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS. HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities.
COM's Continuing Education Division provides access to innovative, flexible and responsive lifelong learning opportunities. Whether you desire to acquire new workforce skills, upgrade current skills or seek personal enrichment, we offer something for you.

We offer career training and certification courses and programs that allow you to acquire the skills needed to enter entry-level positions.

We offer courses to help you upgrade your current skills and expand your knowledge as you seek to advance your career.

We also offer professional development courses needed for continued certification in your chosen profession.

And we offer many courses that may pique your interest in a new hobby, improve your fitness or enhance your knowledge of topics that are of special interest to you.

Let us help you continue your education throughout life!

COM Continuing Education
Lifelong Learning for Everyone
www.com.edu/ce
409-933-8586
ContEd@com.edu

CONTINUING EDUCATION’S MISSION
College of the Mainland’s Continuing Education division is dedicated to providing workforce development training programs, customized corporate training and lifelong learning opportunities that are innovative, flexible and responsive to the needs of the diverse communities we serve.

CONTINUING EDUCATION’S VISION
College of the Mainland’s Continuing Education division will be a vital community partner by providing training opportunities that prepare students for high-growth jobs in the future, offer educational pathways for new and incumbent workers and support continued personal and professional development.

HOW TO CONTACT US
The Continuing Education office is located in the Technical-Vocational Building, Room TVB-1475, on the main campus.
Phone: 409-933-8586 • Fax: 409-933-8026
Mail: Continuing Education, 1200 Amburn Rd., Texas City, TX 77591
Email: ContEd@com.edu

CONTINUING EDUCATION OFFICE HOURS
Open: Monday - Tuesday 8 a.m. – 7 p.m.
       Wednesday - Friday 8 a.m. – 5 p.m.

CE SCHEDULE DISCLAIMER
This schedule is for informational purposes and is subject to change. Changes subsequent to the issuance of the printed schedule will be posted online at www.com.edu/ceschedule and CE’s Facebook page at www.facebook.com/comcontinuinged. The electronic version of the schedule is the official schedule. Please refer to the online schedule for changes/updates.

TABLE OF CONTENTS

WORKFORCE PROGRAMS .......... 6
   Massage Therapist ............... 6
   Certified Nurse Aide .......... 8
   Dental Assistant .................. 9
   Electrocardiography (EKG) Technician .... 9
   Phlebotomy Technician ....... 10
   Medical Office/Insurance Specialist .... 11
   Sterile Processing Technician .... 11
   FAST-TRACK ONLINE REAL ESTATE PROGRAM .......... 14
INDUSTRIAL TRADE CAREERS .... 15
   Heating, Ventilation & Air-Conditioning .... 15
   Electrical I ......................... 16
   Instrumentation I ................. 16
   Mechanical Maintenance Tech, Basic ........ 17
   Mechanical Maintenance Technician, Intermediate .... 17
   Mechanical Maintenance Technician, Advanced ...... 18
   Manual Machinist ................. 18
   CNC Machinist .................. 19
   Industrial Pipefitting I .......... 19
   Welding ......................... 20
   ONLINE TRAINING .............. 21
   ONLINE TRAINING .............. 21
   ED2GO .......................... 22
   Online Career Training & Short Courses .... 22
   Online Career Training & Certifications .... 23
   Healthcare Online Career Training .......... 24
   PUBLIC SERVICE CAREERS ....... 27
   GULF COAST SAFETY INSTITUTE .... 31
   LIFELONG LEARNING PROGRAM .... 33
   Lifelong Learning Program Classes .... 35
   Community Lecture Series ....... 44
   Travel .......................... 45
   SPACE-AVAILABLE CLASSES .... 49
   CAMPUS MAPS ...................... 54

CONTINUING EDUCATION • FALL 2019 SCHEDULE
REGISTRATION IS EASY

Continuing education registration continues throughout the semester until classes are filled. Please register at least one week prior to the start date.

The registration form is available online at www.com.edu/ce and in the printed CE schedule.

PAYMENT OF FEES AND TUITION
All tuition and fees must be paid at the time of registration. We accept check, VISA, MasterCard, Discover and money orders. NO CASH OR AMERICAN EXPRESS IS ACCEPTED.

LIFELONG LEARNING PROGRAM (50+ DISCOUNT)
Students, age 50 or older, pay just 50 percent of the tuition on selected classes, excluding any fees (facility, nonresident, online, supplies, etc.) Look for this symbol. A photo ID will be required to show proof of age, i.e., a valid driver’s license, government issued ID card or passport.

A NONRESIDENT OF COM DISTRICT
A nonresident of the College of the Mainland district is subject to out-of-district fees. To be a legal resident of the COM district, you must reside in one of the following school districts: La Marque, Texas City, Dickinson (including San Leon and Bacliff but not including Seabrook or Kemah), Hitchcock and Santa Fe (including Algoa, Arcadia and Alta Loma).

BOOKS AND SUPPLIES
If books and supplies are required, they are not included in the tuition cost unless indicated in the course description. Some courses require the purchase of instructional supplies. A supply list will be provided at the time of registration. Books are usually available at the COM Bookstore or by ordering online at www.combookstore.com or at a vendor of your choosing.

CLASS CANCELLATIONS
Classes with insufficient enrollment are canceled before the start of the class. Students will be called when a class is canceled; however, occasionally we are unable to reach a student before the first class. A 100 percent refund will be processed automatically. Help avoid class cancellations by registering at least five days prior to the course start date.

REFUND POLICY
Refunds for fitness memberships and continuing education tuition and fees will be 100 percent refunded before the first day of class. Refund requests may be made in person, by phone (409-933-8586) or by fax (409-933-8026). Refund requests must be received during normal business hours at least one business day prior to the calendar start date of the class.

CLASS TRANSFERS
Students may request to transfer to a different class or section prior to the first class of the course for which the student is registered. One hundred percent of tuition already paid will be applied to the new course(s). Any additional tuition that is due must be paid when the transfer is processed.

Have you previously taken classes at COM?  
New to COM? Call to register or register in person.

REGISTER ONLINE

COM  
WWW.COM.EDU/CE/REGISTER
- Click “Register Online.”
- Follow the instructions for continuing education students.
- Questions about online registration? Click on the HELPDESK arrow located on the WebAdvisor main menu (bottom left) and fill out the form.

CALL CE OFFICE

409-933-8586 OR 1-888-258-8859, EXT. 8586
Monday – Tuesday  8 a.m. – 7 p.m.
Wednesday – Friday  8 a.m. – 5 p.m.
Leave a message and a CE representative will return your call within 24 business hours.

VISIT

Continuing Education Office, Technical Vocational Building, Room TVB 1475. Tuition and fees must be paid upon registration. Checks, money orders, credit and debit cards are accepted at the office.  
No cash or American Express is accepted.
Monday – Tuesday  8 a.m. – 7 p.m.
Wednesday – Friday  8 a.m. – 5 p.m.
MINIMUM AGE REQUIREMENTS
Any adult 18 years of age or older, or an individual between the ages of 16 and 18 who has officially withdrawn from high school, is eligible to enroll in CE courses. Select courses may require students to be at least 21 years old. High school students, 16 years of age or older, are permitted to enroll under the COM concurrent enrollment policy with approval from appropriate public school officials. Students who are 13-15 years old may be given permission to enroll in CE courses that are not funded by the state, provided that a legal guardian enrolls in the same class and attends all classes with the student.

AUDITING
Continuing education classes may not be audited.

RECORD OF ACHIEVEMENT: CEUS
Continuing Education Units (CEUs) are nationally recognized to record satisfactory completion of certain approved occupation-related programs. One CEU is awarded for every 10 contact hours of instruction included in a specified continuing education class or activity. Successful completion is attendance-based unless otherwise noted. Ninety percent attendance is required for successful completion of most classes. Some classes require 100 percent attendance. A COM Continuing Education Program CEU transcript may be requested from the registrar’s office at no charge. Reprints of CE certificates are available for $5.

QUESTIONS?
For specific course or program information, please call:
• 409-933-8285 Public Service Careers
• 409-933-8461 Lifelong Learning/50 Plus Program
• 409-933-8645 COM Learning Center-Allied Health
• 409-933-8162 Gulf Coast Safety Institute
• 409-933-8406 Industrial Crafts
For any questions about programs or courses, call 409-933-8586. The CE office staff will be happy to assist you or direct your call to the appropriate department.

A Word About Waiting to Register...
Each class has a minimum enrollment. Once that minimum is reached, the class has “made.” Find a class you like, and encourage a friend to join you! Sometimes two or three people can make a difference between having a course “make” or be canceled.

FINANCIAL ASSISTANCE

TEXAS PUBLIC EDUCATION GRANTS
Grants are available, based on need, to individuals who want to take occupation-related courses. Grants may be used for tuition only. TPEG-eligible programs are identified on page 6. Applications for TPEG assistance should be submitted at least two weeks before the class start date. Applicants must complete the FAFSA, the COM Financial Aid Application and the TPEG Noncredit Application.
Contact the Continuing Education Office at 409-933-8586 for more information.

THE HAZLEWOOD ACT/LEGACY PROGRAM
College of the Mainland may waive tuition and fees for Texas veterans, and their spouses and eligible children, who are no longer eligible under VA education benefits, were honorably discharged from the military after serving at least 180 days, entered the service with Texas as their home of record and have resided in Texas for at least 12 months prior to their registration date. Application procedures are as follows: The veteran/eligible spouse or child must provide proof of eligibility or ineligibility for GI/Montgomery benefits (Chapter 31, 33/Post 911) by requesting an education benefits letter from the VA office in Muskogee, Oklahoma, at 888-442-4551 or www.gibill.va.gov, provide a copy of the DD-214 and submit the appropriate Hazlewood Application (HE-V) and/or (HE-D) and required documentation to the Student Financial Aid/Veteran Affairs Office. Visit www.com.edu and select Student Financial Services for more information, or call the Student Financial Services/Veteran Affairs Office at 409-933-8274 or 1-888-258-8859, ext. 8274.

WORKFORCE INNOVATION & OPPORTUNITY ACT (WIOA)
College of the Mainland is an approved vendor of the Gulf Coast Workforce Development Board and Houston-Galveston Area Council to provide vocational training for eligible participants in workforce programs under the federally funded Workforce Innovation & Opportunity Act (WIOA). Participants qualifying for programs funded under WIOA receive free tuition, fees, books and possibly uniforms, tools and financial assistance with transportation and child care. Applicants may apply for services under the WIOA through their local Gulf Coast Careers office. Currently approved programs include CNC Machinist, HVAC, Industrial Pipefitting, Manual Machinist, Mechanical Maintenance Technician and Welding Programs. For more information on WIOA, call 409-933-8586.

Continuing Education Office Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Tuesday</td>
<td>8 a.m. – 7 p.m.</td>
</tr>
<tr>
<td>Wednesday – Friday</td>
<td>8 a.m. – 5 p.m.</td>
</tr>
</tbody>
</table>

For more information, call 409-933-8586.
GENERAL INFORMATION

COLLEGE CALENDAR
In accordance with the approved College calendar, the College will be closed on the following dates:

- Sept. 2: Labor Day
- Nov. 28 - Dec. 1: Thanksgiving
- Dec. 14 - Jan. 1: Winter Holidays

PARKING
Parking permits are mandatory. Parking permits are required to be displayed on the rear window, lower left side. Parking permits are available at the Campus Police Department, building #16 at no cost. Students will fill out a brief application and will need their vehicle license plate number(s) and VIN # (vehicle identification number).

1. No parking in a "no parking zone"
2. No parking against traffic or backing into a parking space in parking lots (A), (B), and (C)
3. Must park within marked spaces
4. No driving against the flow of traffic
5. No unauthorized parking in handicap spaces
6. No driving/parking on non-roadways (i.e., sidewalks and grass)

TOBACCO-FREE ENVIRONMENT
All College of the Mainland campuses are tobacco-free facilities. In addition, COM has a zero-tolerance policy for alcohol on campus.

STUDENT RECORD PRIVACY POLICY
College of the Mainland complies with the provisions of the Family Educational Rights and Privacy Act (Buckley Amendment of 1974, Public Law 90-247, as amended) and any regulations that may be promulgated therein. The College permits a student to inspect his or her own records and limits disclosure to others if a student has not granted access by prior written consent. No student record, demographics or schedule information will be shared with anyone over the phone or to any third party.

INTERNET OR HYBRID CLASSES
Students enrolling in Internet (IN) courses will be charged a $35 distance education fee per course; students enrolling in hybrid (HY) courses will be charged a $25 distance education fee per course. All students enrolled in Internet or hybrid classes for the first time are required to successfully complete the Online Learner Workshop.

BACTERIAL MENINGITIS VACCINATION REQUIREMENT
Continuing education students will be required to show proof of having the bacterial meningitis vaccine if they are younger than 22 and enrolling in CE courses or programs with 360 hours or more. Proof of vaccination must be provided to the Office of Admissions and Records 10 days before the first day of class. Visit www.com.edu/admissions/meningitis-vaccinations or stop by the Enrollment Center for more information.

TAX CREDIT
Continuing education tuition is not the same as credit tuition and cannot be reported on a 1098T form. The IRS does allow a tax credit for tuition, fees and books for CE courses relating to workforce training and improving job skills but does not allow the credit for hobby and other general lifelong-learning courses. To claim the credit on your taxes, save a copy of your registration and bookstore receipts and complete IRS form 8863 with your tax return.

CAMPUS CARRY
As of August 1, 2017, Texas community colleges are required to comply with Senate Bill 11, commonly known as the “campus carry” bill. Individuals holding a license to carry (LTC), formerly concealed handgun license, will have the legal right to carry a concealed handgun onto community college campuses; however, openly carrying a firearm on a college campus is illegal. Please take note that storing handguns in personal vehicles on campus is allowed.

A license holder may carry a concealed handgun on or about their person while on College District property or in any buildings or properties owned, leased, or rented by the College District except in areas that have been deemed gun free zones under this policy. For further information about gun free zone locations, Campus Carry policy, and campus safety, please see the following link, http://www.com.edu/campus-safety-and-secu-

COM'S HOME PAGE AT WWW.COM.EDU.
This policy applies to faculty, staff, students, visitors, and individuals and organizations doing business on behalf of the College District or while on the College District premises or properties owned, leased, or rented by College District. In accordance with law, this policy shall not apply to commissioned peace officers.

HB 1508 COMPLIANCE
As required by Texas HB 1508, applicants and enrollees need to be aware that an individual who has been convicted of an offense may be ineligible for issuance of an occupational license upon completion of the educational program:

1. Each licensing authority that may issue an occupational license to an individual who completes an educational program must establish guidelines which state the reasons a particular crime is considered to relate to a particular license and any other criterion that affects the decisions of the licensing authority;
2. Local or county licensing authorities may issue additional guidelines related to criminal history. Applicants should contact their respective local or county licensing authority for more details.
3. A person may request a criminal history evaluation letter regarding the personal eligibility for a license issued by a licensing authority under Texas Occupation Code 53.102.

Note: This does not apply to licenses granted by the law enforcement officers (Occupations Chapter 1701) or emergency medical services (Health and Safety Code Chapter 773).
## CE WORKFORCE PROGRAMS

### Possible Financial Aid Sources

See page 3 for more information about possible financial aid sources.

### CE WORKFORCE PROGRAMS

#### MASSAGE THERAPY

<table>
<thead>
<tr>
<th>HOURS</th>
<th>FOUND ON PAGE</th>
<th>TPEG</th>
<th>HAZLEWD</th>
<th>WIOA</th>
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<tbody>
<tr>
<td>545</td>
<td>6-7</td>
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#### ALLIED HEALTH CAREERS

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>HOURS</th>
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<th>TPEG</th>
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<th>WIOA</th>
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<tbody>
<tr>
<td>CERTIFIED NURSE AIDE</td>
<td>118</td>
<td>8</td>
<td>♦</td>
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<tr>
<td>DENTAL ASSISTANT</td>
<td>234</td>
<td>9</td>
<td>♦</td>
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<td>♦</td>
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<tr>
<td>ELECTROCARDIOGRAPHY (EKG) TECHNICIAN</td>
<td>149</td>
<td>9</td>
<td>♦</td>
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<tr>
<td>PHLEBOTOMY TECHNICIAN</td>
<td>196</td>
<td>10</td>
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<tr>
<td>MEDICAL OFFICE/INSURANCE SPECIALIST</td>
<td>132</td>
<td>11</td>
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<tr>
<td>STERILE PROCESSING TECHNICIAN</td>
<td>201</td>
<td>11</td>
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#### INDUSTRIAL TRADE CAREERS

<table>
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<tr>
<th>PROGRAM</th>
<th>HOURS</th>
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<th>TPEG</th>
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<th>WIOA</th>
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<tbody>
<tr>
<td>HVAC (LEVELS I, II, III)</td>
<td>298</td>
<td>15</td>
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<td>ELECTRICAL I</td>
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<td>16</td>
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<tr>
<td>INSTRUMENTATION I</td>
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<td>16</td>
<td>♦</td>
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</tr>
<tr>
<td>MECHANICAL MAINTENANCE TECH, BASIC</td>
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<td>♦</td>
<td>♦</td>
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<tr>
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<td>♦</td>
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<tr>
<td>MECHANICAL MAINTENANCE TECH, ADV</td>
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<td>18</td>
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<tr>
<td>MANUAL MACHINIST</td>
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<td>18</td>
<td>♦</td>
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<td>♦</td>
</tr>
<tr>
<td>CNC MACHINIST</td>
<td>252</td>
<td>19</td>
<td>♦</td>
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<td>♦</td>
</tr>
<tr>
<td>INDUSTRIAL PIPEFITTING I</td>
<td>288</td>
<td>19</td>
<td>♦</td>
<td>♦</td>
<td>♦</td>
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<tr>
<td>WELDING TECHNOLOGIES</td>
<td>varies</td>
<td>20</td>
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<td>♦</td>
</tr>
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</table>

#### PUBLIC SERVICE CAREERS

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>HOURS</th>
<th>FOUND ON PAGE</th>
<th>TPEG</th>
<th>HAZLEWD</th>
<th>WIOA</th>
</tr>
</thead>
<tbody>
<tr>
<td>SECURITY OFFICER</td>
<td>32</td>
<td>28</td>
<td>♦</td>
<td></td>
<td>♦</td>
</tr>
</tbody>
</table>

### BACTERIAL MENINGITIS VACCINATION REQUIREMENT

CE students younger than 22 years old will be required to show proof of having the bacterial meningitis vaccine if they are enrolling in CE courses or programs with 360 hours or more. Proof of the vaccination must be provided to the Office of Admissions 10 days before the first day of class. Visit [www.com.edu/admissions/meningitis-vaccinations.php](http://www.com.edu/admissions/meningitis-vaccinations.php) or go by the Enrollment Center or Continuing Education Office for more information.

### FINANCIAL AID INFORMATION

See page 3 for more information about possible financial aid sources.

### ABBREVIATIONS USED IN THIS SCHEDULE

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADM</td>
<td>Administration and Enrollment Center</td>
</tr>
<tr>
<td>AHC</td>
<td>Allied Health Center-League City</td>
</tr>
<tr>
<td>IND</td>
<td>Industrial Education Building</td>
</tr>
<tr>
<td>CE</td>
<td>Continuing Education</td>
</tr>
<tr>
<td>CL</td>
<td>Face-to-face classroom course</td>
</tr>
<tr>
<td>CLC</td>
<td>North County Learning Center-League City</td>
</tr>
<tr>
<td>COM</td>
<td>College of the Mainland</td>
</tr>
<tr>
<td>COS</td>
<td>Cosmetology Gulfway Plaza</td>
</tr>
<tr>
<td>FAB</td>
<td>Fine Arts Building</td>
</tr>
<tr>
<td>FIR</td>
<td>Firing Range</td>
</tr>
<tr>
<td>GCSI</td>
<td>Gulf Coast Safety Institute</td>
</tr>
<tr>
<td>HY</td>
<td>Hybrid course (50-85 percent online and 15 to 50 percent in the classroom)</td>
</tr>
<tr>
<td>IN</td>
<td>Internet course</td>
</tr>
<tr>
<td>LLGP</td>
<td>Lifelong Learning Gulfway Plaza</td>
</tr>
<tr>
<td>LRC</td>
<td>Learning Resources Center (Library)</td>
</tr>
<tr>
<td>OLW</td>
<td>Online Learner Workshop</td>
</tr>
<tr>
<td>OSA</td>
<td>Occupational Skills Award</td>
</tr>
<tr>
<td>PSC</td>
<td>Public Service Careers Building</td>
</tr>
<tr>
<td>SC</td>
<td>Student Center</td>
</tr>
<tr>
<td>SCI</td>
<td>Science/Math Building</td>
</tr>
<tr>
<td>SYN</td>
<td>Synonym-unique identifying number</td>
</tr>
<tr>
<td>TBA</td>
<td>To Be Announced</td>
</tr>
<tr>
<td>TVB</td>
<td>Technical-Vocational Building</td>
</tr>
<tr>
<td>WIA</td>
<td>Workforce Investment Act</td>
</tr>
</tbody>
</table>
Complete the required 500 clock hours mandated by the Texas Department of Licensing and Registration (TDLR) to prepare to enter the health care service industry in one year through our hands-on labs and classes. Massage therapists manipulate the soft tissue of one’s body by hand or through a mechanical or electrical apparatus for therapeutic purposes. Upon completing the program and clock hours, you will take the Texas State Board Exam for licensure. A licensed massage therapist works in an array of settings, such as spas, franchised clinics, physicians’ offices, hotels, cruise ships and fitness centers. Some massage therapists also travel to clients’ homes or offices to give a massage. Employment of massage therapists is projected to grow 26 percent from 2016 to 2026, much faster than the average for all occupations. The mean hourly wage is $19.23 per hour. (Source: Bureau of Labor Statistics)

Financial Aid is available through COM Student Financial Services.

**Notice to Students Regarding Licensing**

Effective September 1, 2017, HB 1508 amends the Texas Occupations Code Section 53 that requires education providers to notify potential or enrolled students that a criminal history may make them ineligible for an occupational license upon program completion. The following website provides links to information about the licensing process and requirements: [https://www.tdlr.texas.gov/mas/mas.htm](https://www.tdlr.texas.gov/mas/mas.htm)

Should you wish to request a review of the impact of criminal history on your potential Massage Therapy Certificate prior to or during your quest for a certificate, you can visit this link and request a “Criminal History Evaluation”: [https://www.tdlr.texas.gov/misc/evaluation/MAS-Therapist-or-Instructor.pdf](https://www.tdlr.texas.gov/misc/evaluation/MAS-Therapist-or-Instructor.pdf)

### Course Listings

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSSG 1013</td>
<td>Anatomy and Physiology for Massage</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>This course will provide an in-depth coverage of the structure and function of the human body, including cell structure and function, tissues, body organization, and the integumentary, skeletal, muscular, nervous, and endocrine systems. Content will emphasize homeostasis/wellness care. This course meets the minimum 75-contact-hour requirement for Anatomy and Physiology for licensure. Co-requisite: MSSG 1009</td>
<td></td>
</tr>
<tr>
<td>MSSG 1009</td>
<td>Health and Hygiene</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Students will study safety and sanitation practices including universal precautions. Students will also learn the importance of proper body mechanics, maintaining a healthy lifestyle, maintaining the massage environment, and the advantage of therapeutic relationships. Co-requisite: MSSG 1013</td>
<td></td>
</tr>
<tr>
<td>MSSG 1011</td>
<td>Massage Therapy Fundamentals I</td>
<td>96</td>
</tr>
<tr>
<td></td>
<td>This course will introduce the theory and the application of skills necessary to perform basic massage skills. Students will demonstrate proficiency in the skills necessary to perform basic massage skills within the rules and regulations set by TDLR. Pre-requisite: MSSG 1013; MSSG 1009. Co-requisite: MSSG 1009, MSSG 1013</td>
<td></td>
</tr>
<tr>
<td>MSSG 2013</td>
<td>Kinesiology for Massage</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>This course is an applied study of human kinesiology. Muscle movements and dysfunctions will be discussed and palpated. Theory and practice of functional muscle testing will also be discussed. Pre-requisite: MSSG 1013, MSSG 1009; MSSG 1011; Co-requisite: MSSG 2014</td>
<td></td>
</tr>
<tr>
<td>MSSG 2014</td>
<td>Pathology for Massage</td>
<td>48</td>
</tr>
<tr>
<td></td>
<td>This course is a general discussion of pathologies as they relate to massage therapy and includes universal precautions and their management in professional practice. Etiology, signs, symptoms, and the physiological and psychological reactions to disease and injury will also be discussed. Pre-requisite: MSSG 1013, MSSG 1009; MSSG 1011; Co-requisite: MSSG 2013</td>
<td></td>
</tr>
<tr>
<td>MSSG 2011</td>
<td>Massage Therapy Fundamentals II</td>
<td>112</td>
</tr>
<tr>
<td></td>
<td>This course will introduce the theory and the application of skills necessary to perform basic massage skills. Students will demonstrate proficiency in the skills necessary to perform basic massage skills within the rules and regulations set by TDLR. Pre-requisite: MSSG 1013, MSSG 1009; MSSG 1011; MSSG 2013; MSSG 2014; Co-requisite 1005</td>
<td></td>
</tr>
<tr>
<td>MSSG 1005</td>
<td>Hydrotherapy/Therapeutic Modalities</td>
<td>32</td>
</tr>
<tr>
<td></td>
<td>Students will learn the use of accepted hydrotherapy and holistic healthcare modalities of external application of temperature for its reflexive effect. Pre-requisite: MSSG 1013, MSSG 1009; MSSG 1011; MSSG 2013; MSSG 2014; Co-requisite MSSG 2011</td>
<td></td>
</tr>
</tbody>
</table>
MSSG 1007  Business Practices & Professional Ethics  48
The course is the study of physical and financial office practices and marketing. A discussion of ethical practices for massage therapists as established by law or regulatory agency will also be discussed. Pre-requisite: MSSG 1013, MSSG 1009; MSSG 1011; MSSG 2013; MSSG 2014; MSSG 2011; MSSG 1005; Co-requisite MSSG 2086

MSSG 2086  Massage Therapy Internship  50
This course is a work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. A learning plan is developed by the college and the employer. Pre-requisite: MSSG 1013, MSSG 1009; MSSG 1011; MSSG 2013; MSSG 2014; MSSG 2011; MSSG 1005; Co-requisite MSSG 1007

TOTAL HOURS  545

ANATOMY AND PHYSIOLOGY FOR MASSAGE – 75 HRS
8.5-week course. Clock hour program through TDLR. Must complete the required 500 clock hours before taking the TX Massage State Licensure Exam.
Cost:  In district: $519  Out of district: $524
SYN: 5782 MSSG-1013-221CL 09/03/19-10/29/19 TTH
05:30PM-10:00PM COS 104 C Dunn

HEALTH AND HYGIENE – 20 HRS
3-week course. Clock hour program through TDLR. Must complete the required 500 clock hours before taking the TX Massage State Licensure Exam.
Cost:  In district: $170  Out of district: $175
SYN: 5783 MSSG-1009-221CL 09/04/19-09/18/19 MW
05:30PM-10:00PM COS 104 M Massey

MASSAGE THERAPY FUNDAMENTALS I – 96 HRS
11-week course. Clock hour program through TDLR. Must complete the required 500 clock hours before taking the TX Massage State Licensure Exam.
Cost:  In district: $645  Out of district: $650
SYN: 5785 MSSG-1011-221CL 09/23/19-12/04/19 MW
05:30PM-10:00PM COS 104 M Massey

KINESIOLOGY FOR MASSAGE – 64 HRS
6-week course. Clock hour program through TDLR. Must complete the required 500 clock hours before taking the TX Massage State Licensure Exam.
Cost:  In district: $625  Out of district: $630
SYN: 5787 MSSG-2013-221CL 10/31/19-12/19 TTH
05:30PM-10:00PM COS 104 M Massey/Dunn
05:30PM-10:00PM COS 104

DEEP TISSUE MASSAGE – 8 HRS
Students will be taught how to use their forearms, elbows, ulnar side of the palms on certain muscles or certain locations on the body with the proper amount of pressure.
Cost:  In district: $175  Out of district: $180
SYN: MSSG-2000-002CL 09/28/19 S
08:00AM-05:00PM COS 104 C Dunn

CRANIAL RELEASE – 8 HRS
This course would teach the students the anatomy and muscles of the head. Students will also learn the symptoms that cranial release would help to reduce by massaging certain muscles of the cranium.
Cost:  In district: $175  Out of district: $180
SYN: MSSG-2000-003CL 10/26/19 S
08:00AM-05:00PM COS 104 C Dunn

SACRAL RELEASE – 8 HRS
This course would teach the students the proper technique for massaging the sacral bone to reduce the pressure on the sacral plexus. Students will learn the benefits the client will experience in pain relief within the lumbar.
Cost:  In district: $175  Out of district: $180
SYN: MSSG-2000-004CL 11/16/19 S
08:00AM-05:00PM COS 104 C Dunn

The COM Learning Center – North County is located at 200 Parker Ct. in League City.
It offers allied health care programs, allied health professional development courses.

Call 409-933-8645 for more information or visit www.com.edu/nc.
ALLIED HEALTH CAREERS

Allied Health classes are offered at the Texas City main campus as well as the COM Learning Center-North County at 200 Parker Ct. on FM 518 in League City. Applications for allied health certificate programs are available at the COM Learning Center-North County and in the Continuing Education department on the main campus. Completed applications must be returned to the COM Learning Center-North County. Applications are also available online at www.com.edu/ce. $35 fee for each Internet course.

CERTIFIED NURSE AIDE
An approved application is required prior to registration. Call 409-933-8645 for details and approval.

A vital part of the health care field, certified nurse aides provide compassionate basic care for patients. This program trains nurse aides in classes and clinicals to work in hospitals and long-term care facilities. The average hourly wage for certified nurse aides is $11.80. Between 2014-2024, the need for certified nurse aides is projected to grow by 17 percent. (Source: Bureau of Labor Statistics)

Notice to Students Regarding Licensing
Effective September 1, 2017, HB 1508 amends the Texas Occupations Code Section 53 that requires education providers to notify potential or enrolled students that a criminal history may make them ineligible for an occupational license upon program completion. The following website provides links to information about the licensing process and requirements: https://hhs.texas.gov/doing-business-hhs/licensing-credentialing-regulation
Should you wish to request a review of the impact of criminal history on your potential licensure prior to or during your quest for a degree, you can visit this link and request a “Criminal History Evaluation”: https://records.txdps.state.tx.us/DpsWebsite/CriminalHistory/ and compare it to the requirements for CNA’s here: https://hhs.texas.gov/doing-business-hhs/licensing-credentialing-regulation
This information is being provided to all persons who apply or enroll in the program, with notice of the requirements as described above, regardless of whether or not the person has been convicted of a criminal offense. Additionally, HB 1508 authorizes licensing agencies to require reimbursements when a student fails to receive the required notice.

Course #  Title  Hrs
NURA 1001 Nurse Aide for Health Care I  78
This course prepares entry-level nursing aides to gain the knowledge, skills and abilities to provide basic care to hospital patients and residents of long-term care facilities. Students must enroll concurrently in Nurse Aide Clinicals (NURA-1060) to complete the Certified Nursing Aide (CNA) Program.

NURA 1060 Nurse Aide for Health Care II  40
Clinical experiences are unpaid, external learning experiences. Students must enroll concurrently in Nurse Aide for Health Care I (NURA-1001) to complete the COM Certified Nursing Aide Program. Tuition includes malpractice insurance and the state exam fee.

TOTAL HOURS  118

State certification: Students successfully completing these courses will be prepared to take the state exam. Students will also complete the Healthcare Provider CPR certification. Students will be required to purchase supplies needed for program participation. A complete list of supplies will be available the first day of class; the estimated cost of supplies is $65. Tuition includes malpractice insurance ($16), the ID badge fee ($6), CPR certification training, and industry recommended professional skills training and the state exam fee. Due to state standards, students must complete all 40 hours of the clinical rotation. Failure to comply could result in the inability to sit for the Certified Nurse Aide Examination.

NURSE AIDE FOR HEALTHCARE I AND II – 118 HRS
Students must enroll at the same time in SYN: 5797 NURA-1001-193CL and SYN: 5799 NURA-1060-193CL.

Cost:  In district: $669 Out of district: $747
SYN: 5797 NURA-1001-193CL 09/03/19-10/03/19 MTWTH 08:45AM-12:45PM
SYN: 5799 NURA-1060-193CL 10/07/19-11/19/19 MTWTHF 06:00AM-02:00PM

Students must enroll at the same time in SYN: 5805 NURA-1001-295CL and SYN: 5806 NURA-1060-195CL.

Cost:  In district: $669 Out of district: $747
SYN: 5805 NURA-1001-295CL 10/14/19-11/14/19 MTWTH 06:00PM-10:00PM
SYN: 5806 NURA-1060-195CL 10/26/19-12/09/19 SSU 06:00AM-02:00PM

Students must enroll at the same time in SYN: 5802 NURA-1001-194CL and SYN: 5803 NURA-1060-194CL. There will be no class Nov. 27-29.

Cost:  In district: $669 Out of district: $747
SYN: 5802 NURA-1001-194CL 10/21/19-11/21/19 MTWTH 08:45AM-12:45PM
SYN: 5803 NURA-1060-194CL 11/25/19-12/04/19 MTWTHF 06:00AM-02:00PM

CNA STATE TEXAS REVIEW – 4 HRS
This course is a co-requisite to NURA 1001 and NURA 1060. Students will review for the state exam, Certified Nursing Assistant. Class registration is only for COM CNA students who have completed the CNA program in the fall 2019 semester.

Cost:  In district: $669 Out of district: $747
SYN: 5793 NURAX-1002-193CL 10/25/19 TH 08:45AM-12:45PM
SYN: 5794 NURAX-1002-194CL 12/02/19 M 08:45AM-12:45PM
SYN: 5796 NURAX-1002-195CL 12/13/19 F 08:45AM-12:45PM

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REGISTRATION FOR FALL 2019
BEGINNS JULY 29, 2019.
DENTAL ASSISTANT
Occupational Skills Award
An approved application is required prior to registration. Call 409-933-8645 for details and approval.

Through hands-on labs and classes, this program trains students to work as dental assistants, a rapidly growing branch of the health care field. Dental assistants perform a variety of tasks in dental offices, from patient care to record keeping.

The average hourly wage for dental assistant is $16.95. Between 2014-2024, the need for dental assistants is projected to grow 18 percent. (Source: Bureau of Labor Statistics)

Notice to Students Regarding Licensing
Effective September 1, 2017, HB 1508 amends the Texas Occupations Code Section 53 that requires education providers to notify potential or enrolled students that a criminal history may make them ineligible for an occupational license upon program completion. NOTE: Criminal history checks are required for clinical experience purposes.

Should you wish to request a review of the impact of criminal history on your potential licensure prior to or during your quest for a degree, you can visit this link and request a “Criminal History Evaluation”: https://records.txdps.state.tx.us/DpsWebsite/CriminalHistory/

This information is being provided to all persons who apply or enroll in the program, with notice of the requirements as described above, regardless of whether or not the person has been convicted of a criminal offense. Additionally, HB 1508 authorizes licensing agencies to require reimbursements when a student fails to receive the required notice.

DENTAL CHAIRSIDE ASSISTING – 80 HRS
Tuition includes six hours of CPR training, the malpractice insurance fee ($16); ID badge fee ($6). Training includes lab experience. Lab experiences will take place on Saturdays (6) from 9am-1 pm, and are tentatively scheduled as follows: 09/14, 09/28, 10/12, 10/26, 11/09, 11/23.

Cost: In district: $1031 Out of district: $1036

Course #  Title Hrs
DNTA 1015 Dental Chairside Assisting 80
This course will cover pre-clinical chairside assisting procedures, instrumentation and OSHA and other regulatory agencies’ standards. Students will practice equipment safety, select armamentarium for introductory dental skills, implement infection and hazard control protocol, perform equipment maintenance, and demonstrate specific pre-clinical chairside assisting procedures.

DNTA 1003 Registered Dental Assisting Exam Review 24
This course prepares dental assistants to meet Texas State Board of Dental Examiners examination requirements. It includes a review of radiology, infection control and jurisprudence. This course prepares the student to take the state of Texas Registered Dental Assistant Exam.

DNTA 1060 Clinical Dental Assistant 100
This course will cover a health-related, work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. The clinical professional provides direct supervision.

TOTAL HOURS 204
State certification: Students successfully completing these courses will be prepared to take the Texas Registered Dental Assistant Exam.

REGISTERED DENTAL ASSISTANT EXAM REVIEW – 24 HRS
Students must pay for the Texas Academy of General Dentistry Registered Dental Assistant exam (approximately $75) near the end of the program.

Cost: In district: $265 Out of district: $270

Cost: In district: $119 Out of district: $124

ELECTROCARDIOGRAPHY (EKG) TECHNICIAN
An approved application is required prior to registration. Prerequisite: A high school diploma or GED and previous healthcare experience or certification
Call 409-933-8645 for details and approval.

This program trains students to become EKG technicians, a key part of the medical team. EKG technicians prepare patients for an EKG by attaching electrodes to patient’s arms, legs and chest. They also operate EKG machines while monitoring, interpreting, and documenting patients’ results, and they maintain and troubleshoot technical problems with EKG machines. EKG technicians work in health clinics, hospitals, and medical offices. Between 2010-2020, the need for EKG technicians is projected to grow 22 percent. The mean hourly wage is $15.67. (Source: Bureau of Labor Statistics)

Notice to Students Regarding Licensing
Effective September 1, 2017, HB 1508 amends the Texas Occupations Code Section 53 that requires education providers to notify potential or enrolled students that a criminal history may make them ineligible for an occupational license upon program completion. NOTE: Criminal history checks are required for clinical experience purposes.

Should you wish to request a review of the impact of criminal history on your potential licensure prior to or during your quest for a degree, you can visit this link and request a “Criminal History Evaluation”: https://www.precheck.com/

This information is being provided to all persons who apply or enroll in the program, with notice of the requirements as described above, regardless of whether or not the person has been convicted of a criminal offense. Additionally, HB 1508 authorizes licensing agencies to require reimbursements when a student fails to receive the required notice.
**Course # | Title | Hrs**
--- | --- | ---
ECRD 1011 | Electrocardiography and Telemetry Monitoring | 64
This introductory course is designed to teach the fundamentals of cardiovascular anatomy and physiology. Topics include basic electrocardiography procedures, interpretation of basic dysrhythmias and appropriate treatment modalities. Additional topics include an understanding of the heart and the implications of decreased cardiac output and its application in interpreting electrical activity. It also emphasizes the recognition of common and potentially lethal dysrhythmias.

EMSP 1050 | Introduction to 12-lead ECG Interpretation | 21
The course will cover the interpretation of 12-lead electrocardiograms (ECGs) to identify dysrhythmias, axis deviation and myocardial ischemia, injury and infarction. It will discuss the clinical significance of abnormalities.

CVTT 1060 | Clinical: Cardiovascular Technology | 64
This course will cover a health-related, work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. The clinical professional supervises.

**TOTAL HOURS | 149**

National certification: Students successfully completing these courses will be prepared to take the national exam given by National Healthcareer Association (NHA).

**ELECTROCARDIOGRAPHY AND TELEMETRY – 64 HRS**

Hybrid course. Tuition includes CPR certification training, malpractice insurance fee ($16), ID badge fee ($6) and testing fee ($161), which includes study guide and practice exams. Students must concurrently enroll in SYN: 5814 EMSP-1050-293CL and SYN:5816 CVTT-1060-193CL. Class meets face to face once a week beginning Tuesday, 09/03/19. CPR will be held on Tuesday, 10/15 and Thursday, 10/17 in CLC 106 from 6p-9p.

Cost: In district: $714 Out of district: $719
SYN:5815 ECRD-1011-293HY 09/03/19-10/29/19 T
06:00PM-09:15PM AHC 104 J Kutinac

**INTRODUCTION TO 12-LEAD ECG I INTERPRETATION – TELEMETRY MONITORING – 21 HRS**

FACE-TO-FACE CLASS Prerequisite: Completion of SYN:5815-ECRD-1001-293HY and Enrollment in SYN:5816-CVTT-1060-193CL. This course includes industry recommended professional skills training. There will be no class 11/28.

Cost: In district: $230 Out of district: $235
SYN: 5814 EMSP-1050-293CL 11/05/19-11/26/19 TTH
06:00PM-09:00PM CLC 112 J Kutinac

**CLINICAL: CARDIOVASCULAR TECHNOLOGY (EKG) – 64 HRS**

*Course length is 64 hours and the instructor will coordinate the times

Cost: In district: $119 Out of district: $124
SYN: 5816 CVTT-1060-193CL 12/02/19-01/24/19 MTWTHF
8:00AM- 5:00PM TBA J Kutinac

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**PHLEBOTOMY TECHNICIAN**

**Occupational Skills Award**

An approved application is required prior to registration.
Prerequisite: A high school diploma or GED and previous healthcare experience or certification
Call 409-933-8645 for details and approval.

A rapidly growing occupation in the health care, phlebotomists draw blood for tests, transfusions, research or blood donations. COM trains phlebotomy technicians in the safest methods of drawing blood with as little patient discomfort as possible.

The average hourly wage for phlebotomy technicians is $14.75. Between 2014-2024, the need for phlebotomy technicians is projected to grow 25 percent. (Source: Bureau of Labor Statistics) They find employment in hospitals, doctor’s offices, medical and diagnostic laboratories, and blood donor centers.

**Notice to Students Regarding Licensing**

Effective September 1, 2017, HB 1508 amends the Texas Occupations Code Section 53 that requires education providers to notify potential or enrolled students that a criminal history may make them ineligible for an occupational license upon program completion. NOTE: Criminal history checks are required for clinical experience purposes.

Should you wish to request a review of the impact of criminal history on your potential licensure prior to or during your quest for a degree, you can visit this link and request a “Criminal History Evaluation”: https://www.precheck.com/

This information is being provided to all persons who apply or enroll in the program, with notice of the requirements as described above, regardless of whether or not the person has been convicted of a criminal offense. Additionally, HB 1508 authorizes licensing agencies to require reimbursements when a student fails to receive the required notice.

**Course # | Title | Hrs**
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PLAB 1023 | Phlebotomy Technician | 96
This course introduces students to the basic knowledge and skills of the phlebotomy profession. Students learn types of blood collections utilizing the proper techniques and universal precautions. The required textbook is available in the COM Bookstore.

PLAB 1060 | Clinical: Phlebotomy | 100
This course will cover a health-related, work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. The clinical professional supervises.

**TOTAL HOURS | 196**

National certification: Students successfully completing these courses will be prepared to take the national exam given by American Society for Clinical Pathology.

**PHLEBOTOMY TECHNICIAN – 96 HRS**

Tuition includes malpractice insurance ($16), six hours of CPR certification training, and industry recommended professional skills training.

Cost: In district: $870 Out of district: $875
SYN: 5791 PLAB-1023-293CL 09/03/19-12/10/19 TTH
06:00PM-09:30PM AHC 104 V Moreno

Students must enroll at the same time in SYN: 5792 PLAB-1060-193CL.
**CONTINUING EDUCATION • FALL 2019 SCHEDULE**

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**MEDICAL OFFICE – 24 HRS**

Students will be charged an additional $25 for each hybrid course. Hybrid Class meets once a week on Tuesdays. Students must concurrently enroll in SYN: 5808 MDCA-1043-293HY.

**Cost:**
- In district: $275
- Out of district: $280

**Course Information**
- **MDCA 1000 Medical Office**: 24 Hrs
  - This course will provide students with an introduction to medical office operations, equipment, procedures and human relations skills.

- **MDCA 1043 Medical Insurance Specialist**: 108 Hrs
  - This course emphasizes medical office coding for payment and reimbursement by patient or third-party payers for ambulatory care settings.

**TOTAL HOURS**: 132

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**MEDICAL INSURANCE SPECIALIST – 108 HRS**

Students will be charged an additional $25 for each hybrid course. Hybrid class includes Medical Terminology, and meets once a week on Tuesdays beginning 09/24 and on two Thursdays, 10/03 and 10/10, for Professional Skills training. The instructor can provide additional information in the syllabus. Students must concurrently enroll in SYN 5807-MDCA-1000-293HY. Students interested in the credit HIM Program may be able to request a credit by examination for Medical Terminology upon acceptance and enrollment of 6 hours in the HIM program. Please contact the CE AH Director for more information at 409-933-8512.

**Cost:**
- In district: $1275
- Out of district: $1280

**Course Information**
- **MDCA 1002 Human Disease/Pathophysiology**: 48 Hrs
  - A study of anatomy and physiology with emphasis on human pathophysiology, including etiology, prognosis, medical treatment, signs and symptoms of common diseases of all body systems.

- **HPRS 1006 Essentials of Medical Terminology**: 24 Hrs
  - A study of medical terminology, word origin, structure, and application.

- **HPRS 1091 Special Topics in Health Professions and Related Science: Sterile Processing I**: 89 Hrs
  - This course addresses topics such as preparing instruments and equipment for use in the operating room or sterile setting, including proper techniques, compliance with standards, and assembling.

- **HPRS 1091 Special Topics in Health Professions and Related Science: Sterile Processing II**: 40 Hrs
  - This course will cover a health-related, work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. The clinical professional provides direct supervision.

**TOTAL HOURS**: 201

Skills lab and clinicals located at UTMB Health.

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**STERILE PROCESSING TECHNICIAN**

**Occupational Skills Award**

An approved application is required prior to registration.

Call 409-933-8645 for details and approval.

Through hands-on labs and classes, this program trains students to work as sterile processing technicians, a rapidly growing branch of the health care field. Sterile Processing Techs perform a variety of tasks in the operating room setting including instrument and equipment processing and incorporating infection control procedures.

The average hourly wage for a Medical Equipment Preparer (Sterile Processing Technician) is $17.42. Between 2016-2026, the need for medical equipment preparers like sterile processing technicians is projected to grow up to 14 percent. (Source: O*NET online)

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**HUMAN DISEASE/PATHOPHYSIOLOGY – 48 HRS**
A study of anatomy and physiology with emphasis on human pathophysiology, including etiology, prognosis, medical treatment, signs and symptoms of common disease of all body systems. Students must concurrently enroll in SYN: 6004-HPRS 1091-200CL, SYN: 6005 HPRS 1091-201CL, SYN: 6008 HPRS 1006-200CL.

<table>
<thead>
<tr>
<th>Cost:</th>
<th>In district: $390</th>
<th>Out of district: $395</th>
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<tbody>
<tr>
<td>SYN: 6003 MDCA-1002-200CL</td>
<td>09/03/19-10/15/19 TTH</td>
<td>AHC 115</td>
</tr>
</tbody>
</table>

**ESSENTIALS OF MEDICAL TERMINOLOGY – 24 HRS**
Students must concurrently enroll in SYN: 6004 HPRS 1091-200CL, SYN: 6004 HPRS 1091-201CL, SYN: 6003 MDCA 1002-200CL.

<table>
<thead>
<tr>
<th>Cost:</th>
<th>In district: $360</th>
<th>Out of district: $365</th>
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<tbody>
<tr>
<td>SYN: 6008 HPRS-1006-200CL</td>
<td>09/09/19-10/14/19 M</td>
<td>AHC 115</td>
</tr>
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</table>

**SPECIAL TOPICS IN HEALTH PROFESSIONS AND RELATED SCIENCE: STERILE PROCESSING I – 89 HRS**
Topics address recently identified current events, skills, knowledge, and/or attitudes and behaviors pertinent to the technology or occupation and relevant to the professional development of the student. Students must concurrently enroll in SYN: 6004 HRPS 1091-201CL SYN: 6008 HRPS 1006-200CL; SYN: 6003 MDCA 1002-200CL. Students will need to schedule one 8-hour day with the instructor toward the end of the class. That will be a one-on-one lab day.

<table>
<thead>
<tr>
<th>Cost:</th>
<th>In district: $831</th>
<th>Out of district: $836</th>
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<tr>
<td>SYN: 6004 HPRS-1091-200CL</td>
<td>10/17/19-12/09/19 MTTH</td>
<td>AHC 115</td>
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<tr>
<td>Skills lab and clinicals located at UTMB Health.</td>
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**SPECIAL TOPICS IN HEALTH PROFESSIONS AND RELATED SCIENCE: STERILE PROCESSING II - 40 HRS**
Students must concurrently enroll in SYN: 6004 HPRS 1091-200CL, SYN: 6008 HPRS 1006-200CL, SYN: 6003 MDCA 1002-200CL. Course length is 40 hours; will be coordinated by instructor. The schedule is designed for students to attend 8 hours a day during the day, 5 days per week. (The date range listed includes extra time in the event that students need more days to complete the 100-hour requirement.) For any questions, please contact 409-933-8645.

<table>
<thead>
<tr>
<th>Cost:</th>
<th>In district: $119</th>
<th>Out of district: $124</th>
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<tbody>
<tr>
<td>SYN: 6005 HPRS-1091-201HY</td>
<td>12/16/19-01/31/20 M</td>
<td>AHC 115</td>
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<tr>
<td>Skills lab and clinicals located at UTMB Health.</td>
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**CPR TRAINING CENTER CLASSES**

**BLS (HEALTHCARE PROVIDER CPR) – 5 HRS**
Designed for the health care provider, the course includes one and two-rescuer adult CPR, child CPR, infant CPR, and adult and pediatric foreign body airway obstruction. The American Heart Association (AHA) strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

<table>
<thead>
<tr>
<th>Cost:</th>
<th>In district: $59</th>
<th>Out of district: $64</th>
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<td>09/27/19</td>
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<tr>
<td>09:00AM-02:00PM</td>
<td>CLC 106</td>
<td>COM Faculty</td>
</tr>
<tr>
<td>SYN: 5811 EMSPX-1019-210CL</td>
<td>10/22/19</td>
<td>T</td>
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<tr>
<td>05:00PM-10:00PM</td>
<td>CLC 106</td>
<td>COM Faculty</td>
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<tr>
<td>SYN: 5812 EMSPX-1019-211CL</td>
<td>11/19/19</td>
<td>T</td>
</tr>
<tr>
<td>05:00PM-10:00PM</td>
<td>CLC 106</td>
<td>COM Faculty</td>
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<td>COM Faculty</td>
</tr>
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</table>

**BLS (BASIC LIFE SUPPORT) CPR SKILLS CHECKOFF – 2 HRS**
This class is for students needing to complete the skills check off and/or exam portion of the online American Heart Association Basic Life Support for healthcare provider course. Students will take the online portion of the CPR course found on the American Heart Association website https://onlineaha.org, and must bring their test results and certificate of completion to the class. The student can schedule a time that works with the Instructor by calling 409-933-8279.

<table>
<thead>
<tr>
<th>Cost:</th>
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<tr>
<td>11:00AM-01:00PM</td>
<td>CLC 106</td>
<td>K Sellers</td>
</tr>
</tbody>
</table>
CERTIFICATE IN FOOD, NUTRITION, AND HEALTH
(16 contact hours) Food and nutrition have a profound impact on our health and well-being, yet many of us are not aware of what foods to eat, which diets are healthy, and where our food originates. The goal of this course is to provide a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health.

Throughout this course, you will become more conscious of what we eat, why we eat it, how it is prepared, and what consequences our food choices have on our health as well as the health of our planet. You will also learn how to change our eating habits for more healthful outcomes, including swapping processed sugar for other sweeteners, adding probiotics to the diet, and harnessing the healing effect of herbs.

Ultimately, you will gain insight into how food interacts with our bodies on multiple levels—physical, mental-emotional, and spiritual—as well as the impact it has globally. (16 contact hours)
www.ed2go.com/mainland

CERTIFICATE IN HEALTHY AGING
As the population in the United States ages, there are many opportunities to learn how to work with seniors in multiple settings in a way that supports quality of life. In the Certificate in Healthy Aging, you’ll gain an overview of specific aspects of aging to provide a long-term foundation for treatment of the senior community and overall health during the later years of life.

This certificate is designed for anyone working in the health care field, those who are interested in the topic, those who are working with the aging population, or anyone who wishes to prepare for a career in aging services or gerontology. (10 contact hours)
www.ed2go.com/mainland

CERTIFICATE IN LEGAL AND ETHICAL ISSUES IN HEALTHCARE
Healthcare professionals face ethical and legal dilemmas every day of their professional lives. In this certificate, you’ll learn the legal and ethical risks that result from factors in the medical industry, including ever-shrinking resources, shorter lengths of stay, high-acuity patients, the availability of more complex information, diverse patient populations, and the use of technology.

By the end of the course, you’ll have a solid grasp of crucial topics in the healthcare industry that are important to anyone working in the medical field. (12 contact hours)
www.ed2go.com/mainland

CERTIFICATE IN STRESS MANAGEMENT
Stress is at epidemic levels in the world today. In this certificate program, you will explore the physiological, social and psychological impacts of stress and study modalities to get stress under control. You will examine the relationship between stress and health, nutrition, and physical activity, and discover how stress can develop in the workplace. You will also learn about the different therapies that can help reduce stress, including how healthy living habits—such as exercise and diet—can help counteract the negative impact of stress.

At the end of this course, you will appreciate the importance of recognizing the impact of stress, and you will have gained knowledge of strategies and therapies to reduce and manage stress. (14 contact hours)
www.ed2go.com/mainland

EXPLORE A CAREER AS AN ADMINISTRATIVE MEDICAL ASSISTANT
Learn what it takes to have a successful career as an administrative medical assistant in the exciting and high-demand world of healthcare. In this course, you will master the basics of scheduling patients’ appointments, surgeries, and hospital admissions. In addition, you will discover how to create, maintain, and file medical charts. You will also find out how to verify patients’ insurance, create encounter forms (charge tickets), post charges, obtain pre-authorizations from insurers, and schedule return visits.

After that, go behind the scenes as you learn how to apply diagnostic and procedure codes to patients’ accounts and bill their insurance companies. Next, explore additional accounts receivable tasks including posting payments and adjustments, billing secondary insurance, and following up on unpaid insurance claims. You will also learn what a daily sheet is, why it’s important, and how to keep track of all your patient accounts on a daily, monthly, and yearly basis.

Finally, delve into the basics of keeping a medical office running smoothly—from ordering supplies to scheduling staff meetings and making travel arrangements.

If you’re organized, a “people person,” and interested in a secure job in the healthcare field, a career as an administrative medical assistant may be just what you’re looking for. This course will set you on the path to that career and help you determine which aspect of medical information management—from patient contact to billing and coding—suits you best.
www.ed2go.com/mainland

FOR DETAILS ON MORE CLASSES, VISIT WWW.ED2GO.COM/MAINLAND.

SPANISH FOR MEDICAL PROFESSIONALS
BECOME AN OPTICAL ASSISTANT
MEDICAL MATH
FAST-TRACK ONLINE REAL ESTATE PROGRAM

Students in this program prepare for careers as real estate agents, who have an average annual salary of $53,100 according to the Bureau of Labor Statistics. Classes are available online in partnership with RÉcampus at https://portal.recampus.com/re/mainland.

The Texas Real Estate Commission requires students to complete 180 class hours before taking the Texas Real Estate Salesperson Exam. Six courses are mandatory: Real Estate Principles I, Real Estate Principles II, Real Estate Law of Agency, Real Estate Law of Contracts, Real Estate Finance and Texas Real Estate Promulgated Contracts and Forms. The cost is $155 plus tax for each required course.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tr>
<td>RELE 1002</td>
<td>Real Estate Principles I</td>
<td>30</td>
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<tr>
<td>RELE 1039</td>
<td>Real Estate Principles II</td>
<td>30</td>
</tr>
<tr>
<td>RELE 2002</td>
<td>Real Estate Law of Agency</td>
<td>30</td>
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<tr>
<td>RELE 1012</td>
<td>Real Estate Law of Contracts</td>
<td>30</td>
</tr>
<tr>
<td>RELE 1020</td>
<td>Real Estate Finance</td>
<td>30</td>
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<tr>
<td>RELE 1010</td>
<td>Real Estate Promulgated Contracts and Forms</td>
<td>30</td>
</tr>
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</table>

Total Hours: 180

State certification: Students successfully completing these courses will be prepared to take the Texas Real Estate Salesperson Exam.

REAL ESTATE DISCLAIMER

Students enrolling in Real Estate education courses having a criminal history, may be ineligible for the license they seek. Students may request a criminal history evaluation prior to enrolling in courses or applying for a real estate, inspector or appraiser license. Students who are potential applicants may request a criminal history evaluation, by submitting a completed Moral Character Determination Form to the Texas Real Estate Commission prior to applying for a license. Students should refer to the criminal history eligibility guidelines set out in Texas Occupations Code §53.025 and TREC Rule 541.1.

https://portal.recampus.com/re/mainland
INDUSTRIAL TRADE CAREERS

Heating, Ventilation and Air-Conditioning Occupational Skills Award

REQUIRED COURSE SEQUENCE
Select classes will be offered each semester
Textbooks are not included in course cost.

COM’s Heating, Ventilation and Air-Conditioning Program prepares students for a successful career as an HVAC technician and/or installer through hands-on training. HVAC technicians work with systems in commercial offices, industrial complexes, manufacturing plants, schools, hospitals, hotels, restaurants and residential homes. The need for qualified HVAC technicians and installers in the Gulf Coast Region is anticipated to grow 25.7 percent by 2024. The median hourly wage is $21.46, with entry-level positions starting below that rate (Source: Workforce Solutions, 2016). Financial assistance is available.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>HART 1001</td>
<td>Basic Electricity for HVAC</td>
<td>48</td>
</tr>
<tr>
<td></td>
<td>This course is a study of the fundamental principles of electricity as required for the heating, ventilation and air-conditioning trade. Students will demonstrate the proper use of test equipment, electrical circuits, and component theory and operation. They will apply electrical calculations and demonstrate electrical safety. Students will receive an OSHA 10 credential.</td>
<td></td>
</tr>
<tr>
<td>HART 1038</td>
<td>Air-Conditioning, Level I</td>
<td>96</td>
</tr>
<tr>
<td></td>
<td>This course is a study of HVAC principles, terminology, tools and skills. Students will identify and demonstrate use of tools for HVAC, perform brazing and soldering operations, and apply trade mathematics. Prerequisite: HART-1001</td>
<td></td>
</tr>
<tr>
<td>HART 1005</td>
<td>Air-Conditioning, Level II</td>
<td>96</td>
</tr>
<tr>
<td></td>
<td>This course is a study of practical application of air-conditioning principles, including air properties, maintenance operations, thermodynamics and compressors. Prerequisites: HART-1001, HART 1038</td>
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<tr>
<td>HART 2036</td>
<td>Air-Conditioning, Level III</td>
<td>48</td>
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<tr>
<td></td>
<td>This course is an advanced study of troubleshooting principles. Students will demonstrate the use of test equipment to conduct performance tests and diagnose problems in air-conditioning and refrigeration systems. Prerequisites: HART-1001, HART 1038, HART 1005</td>
<td></td>
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<tr>
<td>HART 1043</td>
<td>EPA Course and Test</td>
<td>10</td>
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<tr>
<td></td>
<td>This course covers Section 608 of the Federal Clean Air Act of 1990. Students will receive intensive training in the required areas in preparation for the certification exam. The certification exam is included. Prerequisites: HART-1001, HART 1038, HART 1005</td>
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TOTAL HOURS 298

AIR-CONDITIONING LEVEL III – 48 HRS

<table>
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<td>GCIS 117</td>
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DID YOU KNOW?
The number of HVAC technicians needed for the Gulf Coast Region is anticipated to grow 25.7% by 2024 with the median salary of $21.46/hour depending on skill level.

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COM’s NCCER Electrical Program prepares students for a successful career in an entry-level position as an Electrical helper often leading into Electrical technician careers. Electrical helpers install, operate, maintain and repair electrical wiring and control systems. Careers are available in residential, multi-dwelling, commercial environments, refineries, manufacturing, utilities and construction.

The need for qualified Electricians in the Gulf Coast Region is anticipated to grow by 30.8 percent by 2024. The median hourly wage is $22.13, with entry level positions starting below that rate (Source: Workforce Solutions, 2017). Financial assistance is available.

<table>
<thead>
<tr>
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<th>Title</th>
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<tbody>
<tr>
<td>CNBT 1018</td>
<td>Electrical - NCCER Core</td>
<td>64</td>
</tr>
<tr>
<td>ELPT 1011</td>
<td>Electrical - NCCER Level 1</td>
<td>96</td>
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<tr>
<td>ELPT 1041</td>
<td>Electrical - NCCER Level 2-A</td>
<td>64</td>
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<tr>
<td>ELPT 1045</td>
<td>Electrical - NCCER Electrical Level 2-B</td>
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</table>

**Electrical I Occupational Skills Award**

**REQUIRED COURSE SEQUENCE**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>INTC 1007</td>
<td>Instrumentation - NCCER Level 1</td>
<td>96</td>
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</table>

**INSTRUMENTATION-INDUSTRIAL MATHEMATICS – 64 HRS**

Cost: In district: $475 Out of district: $480
SYN: 5842 TECM-1001-222CL 10/15/19-12/10/19 TTH
06:00PM-10:00PM IND 009 W Welch
Mechanical Maintenance Technician, Basic Occupational Skills Award

REQUIRED COURSE SEQUENCE
Required for Mechanical Maintenance Technician Intermediate and Advanced OSA and the Machinist OSA
Select classes will be offered each semester.
Textbooks are not included in course cost.

COM’s Mechanical Maintenance Technician Program prepares students for a successful career as a mechanical maintenance technician and millwright. Mechanical maintenance technicians work in petrochemical, refineries, manufacturing, production, power plants, maritime, aerospace, hospitals, commercial facilities and machine shops. The need for mechanical maintenance technicians and millwrights in the Gulf Coast Region is anticipated to grow by 44.1 percent by 2024. The median hourly wage is $24.66, with entry-level positions starting below that rate (Source: Workforce Solutions, 2016). Financial assistance is available.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
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<tr>
<td>INMT 1005</td>
<td>Introduction to Industrial Maintenance</td>
<td>64</td>
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<tr>
<td>TECM 1001</td>
<td>Industrial Mathematics</td>
<td>64</td>
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<tr>
<td>MCHN 1002</td>
<td>Print Reading for Machine Trades and Rigging</td>
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<tr>
<td>POFT 1006</td>
<td>Job Search and Employment Skills</td>
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<tr>
<td>WLDG 1021</td>
<td>Metallurgy and Welding Fundamentals</td>
<td>64</td>
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TOTAL HOURS 296

INDUSTRIAL MAINTENANCE, INTRODUCTION – 64 HRS
Cost: In district: $485 Out of district: $490
SYN: 5830 INMT-1005-222CL 10/21/19-12/11/19 MW 06:00PM-10:00PM IND 012 D Wall

METALLURGY AND WELDING FUNDAMENTALS – 64 HRS
Cost: In district: $475 Out of district: $480
SYN: 5829 WLDG-1021-221CL 10/15/19-12/10/19 TTH 06:00PM-10:00PM IND 012 T Ward

Mechanical Maintenance Technician, Intermediate Occupational Skills Award

REQUIRED COURSE SEQUENCE
Prerequisite: Basic Mechanical Maintenance Technician OSA
Textbooks are not included in course cost.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>MCHN 2005</td>
<td>Millwright III – Bearings, Seals &amp; Couplings</td>
<td>64</td>
</tr>
<tr>
<td>MCHN 2007</td>
<td>Millwright IV – Lubrication, Valves &amp; Pumps</td>
<td>64</td>
</tr>
</tbody>
</table>

Did you know?
The number of Mechanical Maintenance Technicians needed for the Gulf Coast Region is anticipated to grow 44.1% by the year 2024 with the median salary of $24.66/hour depending on skill level.
MCHN 2012 Millwright V–Gear Boxes, Chain & Belt Drives 64
This course teaches the recognition and application of gearboxes, and it reviews drive installations using chain and belt drives. This course will focus on troubleshooting, repairing and installing gearboxes, chain drives and belt drives. Prerequisites: MCHN-2005, MCHN-2007

INMT 2003 Pumps, Compressors and Mechanical Drives 64
Students will study the theory and operations of various types of pumps and compressors. Topics include mechanical power transmission systems including gears, v-belts and chain drives. Prerequisites: MCHN-2005, MCHN-2007, MCHN-2012

TOTAL HOURS 256

MILLWRIGHT V-GEAR BOXES, CHAINS AND BELT DRIVES – 64 HRS

Course #  Title  Cost  Hrs
MCHN-1008 Basic Lathe 64
MCHN-1013 Basic Milling 64
MCHN-1038 Basic Machine Shop 64
MCHN-2041 Advanced Machining 64

TOTAL HOURS 192

MILLWRIGHT VIII - ALIGNMENT AND VIBRATION – 64 HRS

Course #  Title  Cost  Hrs
MCHN-1008 Basic Lathe 64
MCHN-1013 Basic Milling 64
MCHN-1038 Basic Machine Shop 64
MCHN-2041 Advanced Machining 64

TOTAL HOURS 256


The need for qualified manual machinists in the Gulf Coast Region is anticipated to grow by 37.7 percent by 2024. The median hourly wage is $19.81, with entry level positions starting below that rate (Source: Workforce Solutions, 2016). Financial assistance is available.
COM’s CNC Machinist Program prepares students for a successful career creating precision parts using computer numerical controlled (CNC) lathes and mills. CNC machinists work in fabrication and machine shops supporting the petrochemical, refineries, manufacturing, and aerospace industries.

The need for qualified CNC machinists in the Gulf Coast region is expected to grow by 37.7 percent by 2024, with the median hourly wage at $19.81, with entry level positions starting below that rate (Source: Workforce Solutions, 2016). Financial assistance is available.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
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<tbody>
<tr>
<td>MCHN-2003</td>
<td>CNC Programming</td>
<td>124</td>
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<tr>
<td>MCHN-1026</td>
<td>CAM/Mastercam</td>
<td>64</td>
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<tr>
<td>MCHN-2038</td>
<td>CAM Multi-Axis</td>
<td>64</td>
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<tr>
<td>TOTAL HOURS</td>
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**DID YOU KNOW?**

The number of Manual and CNC Machinist needed for the Gulf Coast Region is anticipated to grow 37.7% by the year 2024 with the median salary of $19.81/hour depending on skill level.

COM’s NCCER Industrial Pipefitting Program prepares students for a successful career in an entry-level position as a Pipefitter helper often leading into a Pipefitter career. Pipefitters layout, assemble, install, and repair pipelines or pipe systems that carry water, steam, air or other liquids or gases for production and process systems. Careers are available in petrochemical, refineries, manufacturing, utilities and construction.

The need for qualified Pipefitters in the Gulf Coast Region is anticipated to grow by 28.2 percent by 2024. The median hourly wage is $23.60, with entry level positions starting below that rate (Source: Workforce Solutions, 2017). Financial assistance is available.
**WELDING**

**WELDING, MULTIPLE PROCESSES – 112 HRS**

Enter a field with growing opportunities with COM’s Welding Technology Program. Graduates find jobs in the oil and gas industry, energy exploration, power plants and construction.

The median hourly wage is $23.02, with entry-level positions starting below that rate. The need for qualified welders in the Gulf Coast region is anticipated to grow by 15.1 percent by 2024. (Source: Workforce Solutions, 2018)

COM’s program prepares a student completing the Welding, Multiple Processes class to be hired as a welder SMAW (shielded metal arc welding) helper/tacker. Students completing three classes may be hired as a structural welder (SMAW), while students completing five classes may be hired as a pipe welder (SMAW). The course includes a $200 lab fee. Not included is approximately $250 for personal equipment. There will be no classes July 4.

<table>
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<tr>
<td>08:30AM-05:00PM</td>
<td>WLD 010</td>
</tr>
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</table>

Interested in a Career in WELDING?

Careers in Welding Technology now provide many job opportunities for skilled technicians. There is a great demand for qualified applicants in transportation equipment, industrial machinery, fabricated products and manufacturing industries. Specialization in construction, repair, industrial and commercial application are prevalent. Employers usually give preference to training program graduates.

Complete one welding class to become a Welder SMAW helper/tacker.

Complete three classes to become a Structural Welder SMAW.

There is a one-time investment of approximately $250 for personal equipment.

Included in tuition is a $200 lab fee.

Financial assistance may be available through Workforce Solutions or Hazlewood Act benefits.

For more information, call 409-933-8586.

A Word About Waiting to Register…

Each class has a minimum enrollment. Once that minimum is reached, the class has “made.” Find a class you like, and encourage a friend to join you! Sometimes two or three people can make a difference between having a course “make” or be canceled.

The Center for Legal Studies is a legal education company focused on providing students with the most affordable and effective legal education possible. Our goal is to provide our students with the flexibility necessary to achieve their academic goals while continuing with their everyday lives. New classes start every eight weeks.

- **Paralegal Certificate Course©**: $1395
- **Advanced Paralegal Certificate Course***: $2100 / $350ea.

15 Specialty Topic Courses
- **Legal Nurse Consultant**: $895
- **Software Essentials for the Law Office**: $729
- **Advanced Legal Research & Writing**: $729
- **Employment Law SIIRM Preferred Provider**: $729
- **Personal Injury**: $729
- **Legal Secretary**: $729
- **Legal Investigator**: $729
- **Victim Advocacy Nova Approved**: $729
- **Mediation**: $729
- **Intellectual Property Law for Engineers**: $729
- **Law School Prep**: $300
- **Test Prep Courses ACT/SAT/GRE/GMAT/LSAT**: $300

All courses are designed to provide students with practical real-world skills they need to be job-ready. Courses are non-credit, continuing education. Above listed pricing reflects tuition only. Required books and materials are not included. All certificates of completion are issued by College of the Mainland.

Call for more information: **1-800-522-7737**

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To register for courses, enter this link into your web browser.

[https://www.lamberseducation.com/com](https://www.lamberseducation.com/com)
These high-quality courses are taught by industry experts and designed to quickly deliver specific skills and knowledge that help to advance personal or professional development. Our online classroom is informative, convenient, and highly interactive.

**Accounting Fundamentals**
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

**Introduction to Microsoft Excel 2016**
Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

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

**Grammar Refresher**
Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

**Accounting Fundamentals Series**
If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

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

**Medical Terminology: A Word Association Approach**
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

**SQL Series**
SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses.

**Introduction to Microsoft Excel 2013**
Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

**Microsoft Excel 2016 Series**
Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

**Effective Business Writing**
Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

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

---

24/7 Access • All classes start new every month • Certificate of completion
6-week format • Average 24 work hours • Discussion boards • Mobile accessible

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Travel Agent Training – 250 hrs
Learn the basic skills needed to operate a computer reservation system for airlines, travel agencies, cruise lines, hotel, or as a home-based agent, and get started in a career in the travel industry.

Principles of Green Building – 30 hrs
The Principles of Green Buildings (FCB) program explains the science that individuals in the building, remodeling, or trade industries need to know in order to make buildings perform more efficiently.

Grant Writing – 300 hrs
Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program.

Event Management & Design – 300 hrs
From planning to pyrotechnics, the Event Management and Design Online Training Program will teach you everything you need to know to create events that are truly special.

Fitness Business Management - 200 hrs
Learn how to manage a personal training program, department, or facility as a strategic business with this innovative program.

Pharmacy Technician – 330 hrs
Learn the skills you need to become a pharmacy tech in a hospital or retail setting. You'll gain the skills and knowledge to qualify for entry-level positions in pharmacies, and you'll be prepared for national certification. 330 HRS

Certified Personal Trainer – 62 hrs
Prepare for an in-demand career as a personal trainer as you earn a nationally recognized W.I.T.S. certification and gain real-life experience in an internship.

Certified Wedding Planner – 340 hrs
This comprehensive program covers everything an aspiring wedding planner needs to know to get started in the business. Whether you plan on working part-time or full-time, this program will provide all the knowledge you need to work as a professional wedding planner or start your wedding planning business.

Human Resources Professional – 120 hrs
Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam.

Non-Profit Management – 360 hrs
Examine the fundamental principles of nonprofit management, explore the roles and responsibilities of a nonprofit board of directors and the management team, discover the essential aspects of fundraising, and become acquainted with the fundamentals of the budgeting process.

Program Features:
• One-On-One Instructor Assistance
• 24-Hour Access
• All Materials and Books are Included!
• Certificate Upon Successful Completion
• Courses Start Anytime
• 3-6 Months of instruction

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program.

Complete any of these Career Online Programs entirely from your home or office and at any time of the day or night.

For detailed objectives, outlines, demos, frequently asked questions, pricing and program ratings call us or visit our website.

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COLLEGE OF THE MAINLAND
HEALTH CARE ONLINE CAREER TRAINING

Prepare for employment in some of today’s hottest careers with a comprehensive, affordable, and self-paced online Career Training Program.

One-On-One Instructor Assistance
24-Hour Access
All Materials and Books are Included!
Certificate Upon Successful Completion
Courses Start Anytime
3-6 Months of Instruction

Complete any of these Career Online Programs entirely from your home or office and at any time of the day or night.

For detailed objectives, outlines, demos, frequently asked questions, pricing and program ratings visit our website.

Learn More!

career.ed2go.com/com
(409) 933-8112

COLLEGE OF THE MAINLAND

Administrative Dental Assistant
Learn the essential skills for managing the business aspects of a dental practice and becoming an administrative dental assistant. 150 HRS

Administrative Medical Specialist with Billing & Coding
Get the training you need to become an Administrative Medical Specialist, medical receptionist, scheduler, insurance specialist or diagnostic or procedural coder. 300 HRS

Administrative Medical Specialist with Billing & Coding + Terminology
This program combines the Administrative Medical Specialist program with training in medical billing and coding, plus medical terminology to give you a competitive edge in the healthcare field. 360 HRS

Certified Personal Trainer
Prepare for an in-demand career as a personal trainer as you earn a nationally-recognized W.I.T.S. certification and gain real-life experience in an internship. 62 HRS

Medical Transcription
Learn to transcribe medical reports in hospitals, offices or from home with the most popular transcription program in the country for entry-level training. 240 HRS

CompTIA Healthcare IT Technician
This course teaches the fundamentals of healthcare IT (HiT) by using the CompTIA Healthcare IT Technician (HIT-001) exam objectives as the framework. 80 HRS

ICD-10 Medical Coding
Prepare for the future of medical coding by mastering the steps for using the ICD-10-CM and ICD-10-PCS to code medical diagnoses and procedures. 100 HRS

Medical Billing & Coding
With the Medical Billing and Coding (MBC) program, you'll gain the skills you need to enter one of the fastest-growing fields in allied health as a medical billing specialist, medical coder, or medical office manager. 240 HRS

Medical Billing & Coding + Terminology
This program combines the Medical Billing & Coding program with 60 hours of medical terminology training to give you a competitive edge in the healthcare field. 300 HRS

Physical Therapy Aide
Learn the responsibilities of a PT aide including a working knowledge of anatomy and medical terminology. By the end of this program, you will be fully prepared to obtain an entry-level position as a PT aide. 150 HRS
LEGAL NURSE CONSULTANT TRAINING COURSE

This exciting program prepares medical professionals for a career in the legal field as legal nurse consultants. Building on your medical education and possible clinical experience, this course provides the RN and PA with fundamental skills necessary to advise law firms, health care providers, insurance companies, and governmental agencies regarding medically related issues and to appear in court as expert witnesses. The course teaches legal concepts related to the health care industry, as well as the role a legal nurse consultant might play in litigation areas such as medical malpractice, toxic torts, product liability, personal injury, wrongful death, criminal law, and workers’ compensation. Any RN or PA interested in entering the legal field can benefit from the education provided by this course. The course is also open to anyone interested in the field of forensic testimony and medical-legal issues, but participants without an RN or PA background might not be able to take the LNCC exam after graduation. Legal Nurse Consultant Certified (LNCC) is a discretionary test separate from this training course that experienced registered nurses graduating from this course may decide to sit for. LNCC test eligibility requirements are discussed during this training course; however, RNs graduating from this course need not take the LNCC in order to practice as legal nurse consultants.

Arizona, Colorado, Idaho, and Utah Nurses Associations are members of the Western Multi-State Division. This continuing nursing education activity is approved by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Successful graduates will receive a certificate for 42 contact hours of continuing nursing education from The Center for Legal Studies that they may be able to use to fulfill continuing education requirements.

Course Objectives:

- Define the role of a legal nurse consultant and explain history and evolution of the profession
- Describe 2 major systems of law, the 3 types of law, and the 4 sources of law
- Review the law of Intentional and Unintentional Torts
- Identify liability concerns of healthcare providers
- Analyze the role of the LNC before the trial begins
- Review the methods of obtaining medical records and other evidence that is governed by the Rules of Evidence
- Identify and review the legal documents used to obtain evidence
- Explain informed consent, treatments decisions, and review the liability concerns of health care providers in each
- Discuss criminal law and complex litigation scenarios
- Discuss the history of the Specialty of Legal Nurse Consulting
- Discuss the skills needed for entry into special practice
- Professionalism and Ethics: discuss the standards of practice and performance expected of an LNC
- Identify the 5 responsibilities of a LNC in the litigation process
- Examine the role of the LNC in evaluating Toxic Tort and Criminal Cases
- The damages stage of litigation: Identify the 4 types of damages available and discuss the factors that determine their application to the case
- Recall the evaluation steps taken by the LNC in a professional negligence case
- Identify and discuss the 3 different forms of Alternative Dispute Resolution
- Discuss the LNC’s role in the Law Firm
- Discuss the issues presented to LNCs in the insurance industry
- Discuss the issues presented to LNCs in private practice areas
- Discuss the issues presented to LNCs in Government Service
- Discuss the issues presented to LNCs in Risk Management
- Medical record analysis: discuss the protocol LNCs should follow when receiving medical records
- Legal Writing: Review the writing techniques that will captivate your target audience
- Discuss the literature research process and the methods of research
- Discuss the advantages and challenges of working as an independent LNC

A registered nurse can work as a legal nurse consultant in a variety of different capacities:

- Full or part-time as an employee of a law firm
- Full or part-time as an independent contractor to a law firm
- Full or part-time in the clinical setting and consulting with a law firm, and/or testifying as an expert witness on a part time basis
- Full or part-time as an employee with an insurance company or hospital in risk management
- Students will receive 42 hours of instruction and will be required to prepare assignments and pass weekly quizzes. Successful graduates will be awarded a Certificate of
- Course Completion from a sponsoring university.
- Successful graduates will also receive a certificate for 42 contact hours of continuing nursing education from The Center for Legal Studies that they may be able to use to fulfill continuing education requirements.
- This certificate does not carry academic credit and will not show on transcripts. Students or employers may request records from the participating university upon completion of the course.

DISCLAIMER: The Center for Legal Studies, is not affiliated with, nor do we endorse, any entity producing, marketing, reselling, or distributing healthcare goods or services consumed by or used on patients.


08/26/19-10/11/19 Online
10/21/19-12/06/19 Online
PARALEGAL CERTIFICATE COURSE

The Paralegal Certificate Course© is the cornerstone of The Center for Legal Studies programs. Paralegalism is one of the fastest growing careers in the country. The U.S. Bureau of Labor Statistics projects the number of paralegals to increase 28% between 2008 and 2018, much faster than the national average for all occupations. The national median earnings for paralegals is currently $44,480.00/Year and freelance paralegal professionals average significantly more across the board. The Paralegal Certificate Course© is available in a variety of formats to suit your schedule and is offered through colleges and universities nationwide. Successful graduates will receive a professional certificate from the college or university of their choice. California paralegals may need to complete Advanced Paralegal coursework to meet the requirements of California Business and Professional Code §6450. Please click here for more information. New Mexico paralegals need to fulfill additional educational requirements to meet the requirements of Rule 20-115 NMRA. Please click here for more information.

Legal Research Requirement
WESTLAW© online legal research access is required for CLS students taking the Paralegal Certificate Course© in the following formats:
- Live lecture – Required for duration of course.
- Online – Required for the second half of the paralegal online course, access valid for a maximum of 7 weeks.
- DVD – Required for the second half of the paralegal DVD course, access valid for a maximum of 60 days.
- WESTLAW© is optional for those students taking the Text-Only format of the course. If you have access to the Internet, we highly recommend purchasing WESTLAW© online legal research access. Access lasts for 60 days from date of activation and you must be currently enrolled to purchase.
- WESTLAW online legal research access, available for only $89.00. Order Online


08/26/19-10/11/19 online
10/21/19-12/06/19 online

REGISTRATION AVAILABLE ONLINE AT
http://tx-dps.com/affiliates/college-of-the-mainland

TEXAS ONLINE DEFENSIVE DRIVING AND DRIVER’S EDUCATION

Texas Teen Driver Education Course
(TEA Course Provider #C2636) $129.95
- Has both a parent-taught and virtual-instructor-taught version
- Includes all DPS forms
- Meets all DPS requirements

REGISTRATION AVAILABLE ONLINE AT
http://tx-dps.com/affiliates/college-of-the-mainland

TEXAS ONLINE DEFENSIVE DRIVING AND DRIVER’S EDUCATION

College of the Mainland and SAFETY-USA are proud to offer three online Texas Education Agency approved driving courses. These courses feature:
- Online text and interactive videos
- Full audio or read-along text for the hearing impaired
- Courses in both English and Spanish
- 24/7 customer phone support
- 24/7 course accessibility with exclusive course memory

REGISTRATION AVAILABLE ONLINE AT
http://tx-dps.com/affiliates/college-of-the-mainland

College of the Mainland
HAZARDOUS MATERIALS INCIDENT COMMANDER – 32 HRS
This course meets curriculum and skills requirements for Texas Commission on Fire Protection for Hazardous Materials Incident Commander certification. Topics include curriculum and skills in the TCFP Curriculum Manual for Hazardous Materials Incident Commander. Successful completion of the course will make students eligible for the TCFP’s certification examination, provided they satisfy TCFP testing requirements. Prerequisite: Awareness- and Operations-Level Responders certification or completion of FIRE OFFICER II.

Cost: In district: $250 Out of district: $255
SYN: 5889 FIRT-2012-001IN
08/26/19-12/11/19
Internet M Simons/D McLerran

FIRE OFFICER III – 56 HRS
This course meets curriculum and skills requirements for the Texas Commission on Fire Protection for Fire Officer III. Topics include curriculum and skills in the TCFP Curriculum Manual for Fire Officer III. Successful completion of the course will make students eligible for the TCFP’s certification examination, provided they satisfy TCFP testing requirements. Suggested Prerequisite: Fire Officer II certification or completion of FIRE OFFICER II.

Cost: In district: $250 Out of district: $255
SYN: 5892 FIRT-2056-001IN
08/26/19-11/15/19
Internet D McLerran

SFFMA FIREFIGHTER I
The following two courses satisfy curriculum and certification standards for the State Firefighters and Fire Marshals Association (SFFMA) Firefighter I. Topics include curriculum and competencies as set forth in the SFFMA Curriculum Manual for Firefighter I. Students must enroll in FIRS 1001 and FIRS 1007. Students successfully completing the course will be eligible to test for the SFFMA Firefighter I certification examination, provided they satisfy SFFMA testing requirements. Prerequisite: Student must be sponsored by a Fire Department. Contact Danny McLerran, Director of Fire Technology, for information at 409-933-8378 or dmlcerran@com.edu. In order to satisfy SFFMA Firefighter I requirements, students must enroll in the following two courses: FIRS 1001 and FIRS 1007.

FIREFIGHTER CERTIFICATION I – 76 HRS
The cost for both courses is included in FIRS 1001. This course is one in a series of courses in basic preparation for a new firefighter. The course must be taken in conjunction with Firefighter Certification II, III, IV, V, VI, and VII to satisfy the Texas Commission on Fire Protection (TCFP) curriculum for Basic Structural Fire Suppression, Course #100. Subjects include curriculum and competencies as set forth in the TCFP Curriculum Manual for Basic Fire Suppression. Firefighter Certification I and II combined satisfy curriculum and skills requirements for State Firemen’s and Fire Marshal’s Association (SFFMA) Fire Fighter I certification. In order to qualify for the SFFMA Fire Fighter I certification exam, students must attend scheduled classes and skills labs to complete required skills.

Cost: In district: $595 Out of district: $900
SYN: 1812 FIRS-1001-201CL
08/26/19-12/11/19 MW
06:00PM-10:00PM PSC 118 J Valdina/G Obert
08:00AM-05:00PM 08/31/19-12/14/19 5

FIREFIGHTER CERTIFICATION II – 76 HRS
The cost for both courses is included in FIRS 1001. This course is one in a series with Firefighter Certification I, III, IV, V, VI and VII to satisfy the Texas Commission on Fire Protection (TCFP) curriculum for Basic Structural Fire Suppression, Course #100. Subjects include the TCFP Curriculum Manual for Basic Fire Suppression.

Cost: In district: $595 Out of district: $900
SYN: 1813 FIRS-1007-202CL
08/26/19-12/11/19 MW
06:00PM-10:00PM PSC 118 J Valdina/G Obert
08:00AM-05:00PM 08/31/19-12/14/19 5

BASIC MARINE FIRE SUPPRESSION – 90 HRS
This course satisfies curriculum requirements of the Texas Commission on Fire Protection (TCFP) for Hazardous Materials Incident Commander certification. Topics include curriculum and competencies set forth in the TCFP curriculum for Hazardous Materials Incident Commander. TCFP testing fees are the responsibility of the student. Successful completion of the course will make students eligible for the TCFP’s certification examination, provided they satisfy TCFP testing requirements.

Cost: In district: $250 Out of district: $255
SYN: 5893 FIRT-2056-001IN
08/26/19-11/15/19
Internet D McLerran/J Hall

Students will be charged an additional $25 fee for each hybrid course and a $35 fee for each Internet course.

SECURITY AND LOSS PREVENTION

COMMISSIONED SECURITY OFFICER

COM’s Commissioned Security Officer Course, which can be completed in about a week, prepares students for a career as a commissioned security officer. Commissioned security officers guard, patrol or monitor premises to prevent theft, violence or infractions of rules. They may operate X-ray and metal detector equipment. They may work in a wide variety of places, including public buildings, retail stores, industrial facilities and office buildings. The median hourly wage in Texas is $24,680 per year/ $11.87 per hour. (Source: Bureau of Labor Statics)

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>SLPS 1013</td>
<td>Commissioned Security Officer</td>
<td>32</td>
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This course provides required training to carry firearms for private security employment. Training consists of Texas Commission on Private Security Levels II and III covering the role of the security officer, legal power and authority for arrest, search and use of force, professionalism, leadership, ethical conduct, written documentation, emergency situation conflict resolution and commission rules and regulations. Students must pass written exams and demonstrate proficiency with a handgun and shotgun. Successful completion of the course will provide initial certification through the Texas Private Security Bureau to carry a firearm for private security employment.

TOTAL HOURS 32

COMMISSIONED SECURITY OFFICER – 32 HRS

Contact Dan Blackford at 409-933-8485 for further information.

Cost: In district: $260 Out of district: $265
SYN: SLPS-1013-101CL 09/30/19-10/03/19 MTHW
08:00AM-05:00PM RANGE D Blackford
SYN: SLPS-1013-102CL 12/09/19-12/12/19 MTHW
08:00AM-05:00PM RANGE D Blackford

SECURITY FIREARMS REQUALIFICATION – 7 HRS

This course provides training for every-two-years firearms requalification and continuing education training mandated by the Texas Commission on Private Security in order to recertify as a commissioned security officer. Training must take place within the last 90 days prior to the expiration date of the commission. Contact Dan Blackford at 409-933-8485 for further information.

Cost: In district: $65 Out of district: $70
SYN: SLPS-2000-101CL 09/06/19 F
08:00AM-03:00PM RANGE D Blackford
SYN: SLPS-2000-102CL 10/04/19 F
08:00AM-03:00PM RANGE D Blackford
SYN: SLPS-2000-103CL 12/06/19 F
08:00AM-03:00PM RANGE D Blackford

LAW ENFORCEMENT

TCOLE FIREARMS INSTRUCTOR – 40 HRS

This course is designed to comply with mandated TCOLE training standards for the issuance of a Firearms Instructor License. Topics covered include instruction methodology, weapons handling, weapons maintenance, course of fire development, range development and exposure to airborne lead dust. Prerequisite: Each student will be required to shoot three courses of fire (revolver/pistol/shotgun) on the first day and obtain a minimum score of 90 percent (two attempts). A student unable to achieve 90 percent will not be allowed to participate in the course at this time. No refunds will be issued. Each student must provide a letter on letterhead confirming current employment or designation by agency chief administrator or academy coordinator as a firearms instructor. Minimum age is 21. Tuition includes all necessary professional standard ammunition, range fees, target supplies, weapon cleaning supplies and notebook.

Cost: In district: $450 Out of district: $455
SYN: CJLE-2038-101CL 09/16/19-09/20/19 MTHWF
08:00AM-05:00PM RANGE D Blackford

TCOLE PATROL RIFLE CERTIFICATION – 16 HRS

This course is designed to test the students shooting ability and decision making skills. Students will become familiar with the types of situations that may require the use of a patrol rifle and how to effectively deploy it. This course consists of classroom lecture and live fire training. Each student must be a licensed TCOLE Peace Officer. Students will receive 16 hours of TCOLE training credit hours. While attending the course it is recommended that students bring their own patrol rifle chambered in 5.56/.223, two magazines, a sling and their body armor or trauma plate carrier. Contact Dan Blackford for more information 409-933-8485.

Cost: In district: $125 Out of district: $130
SYN: CJLE-2037-101CL 09/26/19-09/27/19 THF
08:00AM-05:00PM RANGE D Blackford

NEED YOUR TCOLE MANDATED TRAINING?

Is your department looking for more training for its officers? Contact College of the Mainland Law Enforcement Training for all of your training needs. COM can accommodate nearly any training request you may have from Basic Peace Officer to Master Instructor.

Call us and we will be happy to work with you. For more information, call Thom Karlok at 409-933-8299.
CIVIL FIREARMS PRACTICE – 3 HRS
This is a structured handgun practice session. Instructors are present for assistance in improving skills and accuracy. The on-campus firing range is located next to parking lot E. Students may use a personal handgun with instructor approval. Use of handgun (if needed), ammunition, targets, the range fee and safety equipment is included in tuition. All students must wear long pants and closed-toe shoes on the range. The minimum age is 18.

Cost:  
In district: $32  
Out of district: $37  
SYN: 5862 CIVI-7001-201CL  
06:30PM-09:30PM  
D Blackford

SYN: 5864 CIVI-7001-202CL  
06:30PM-09:30PM  
D Blackford

SYN: 5865 CIVI-7001-203CL  
06:30PM-09:30PM  
D Blackford

SYN: 5866 CIVI-7001-204CL  
06:30PM-09:30PM  
D Blackford

SYN: 5867 CIVI-7001-205CL  
06:30PM-09:30PM  
D Blackford

SYN: 5868 CIVI-7001-206CL  
06:30PM-09:30PM  
D Blackford

SYN: 5869 CIVI-7001-207CL  
06:30PM-09:30PM  
D Blackford

CONCEALED HANDGUN LICENSE/LTC – 5 HRS
This course is designed for those wanting to obtain a concealed handgun permit. Covered topics are those required by Texas. State law requires passing a written test and demonstrating proficiency with a handgun before obtaining a license. Use of handgun (if needed), ammunition, targets, the range fee and safety equipment is included in tuition. All students must wear long pants and closed-toe shoes on the range. Personal handguns may be used with instructor approval. The minimum age is 21. This class is not for someone who does not know how to safely operate and fire a handgun.

Cost:  
In district: $97  
Out of district: $102  
SYN: 5856 CIVI-7003-101CL  
08:00AM-01:00PM  
D Blackford

SYN: 5857 CIVI-7003-102CL  
08:00AM-01:00PM  
D Blackford

SYN: 5858 CIVI-7003-103CL  
08:00AM-01:00PM  
D Blackford

SYN: 5859 CIVI-7003-104CL  
08:00AM-01:00PM  
D Blackford

FIRST STEP BASIC HANDGUN (LADIES ONLY) – 8 HRS
This course provides beginner-level instruction for those interested in personal protection with a handgun. This course consists of classroom and practical-use segments. Training will expose students to the sizes and types of handguns and help in the personal gun selection process. It will emphasize safe handling and storage procedures. Use of handguns, targets, ammunition, safety equipment and range fee is included in tuition. All students must wear long pants and closed-toe shoes while on the range. Registration is required a minimum of three days prior to the course date. The minimum age is 21.

Cost:  
In district: $207  
Out of district: $212  
SYN: 5872 CIVI-7009-201CL  
06:00PM-10:00PM  
D Blackford

FIRST STEP BASIC HANDGUN – 8 HRS
This course provides beginner-level instruction for those interested in personal protection with a handgun. This course consists of classroom and practical-use segments. Training will expose students to the sizes and types of handguns and help in the personal gun selection process. It will emphasize safe handling and storage procedures. Use of handguns, targets, ammunition, safety equipment and range fee is included in tuition. All students must wear long pants and closed-toe shoes while on the range. Registration is required a minimum of three days prior to the course date. The minimum age is 21.

INTERMEDIATE DEFENSIVE HANDGUN – 12 HRS
This course is designed to begin real-life training for handgun use in quick-reaction self-defense. Training will include danger awareness, planned response, quick-reaction shooting techniques and safety after an incident. The minimum age is 21, and students must have a Concealed Handgun License CHL or a License to Carry LTC. Student must provide own handgun and carry method equipment. Ammunition, targets, range fees and safety equipment is included in tuition. All students must wear long pants and closed-toe shoes while on the range. Registration is required a minimum of three days prior to the course date.

BASIC TACTICAL RIFLE – 12 HRS
This course will introduce students to the tactical rifle. Students will build a strong foundation with their rifle while becoming safe and confident in skill level. This is a great course for the shooter wanting to learn the fundamentals with a rifle and build skills for advanced shooting. Student will learn firearms safety; nomenclature; fundamentals of loading and unloading procedures; zeroing procedures; malfunction clearing; shooting positions; multiple target engagements; moving and shooting. Students will need to provide their own rifle in 5.56 or .223, a sling and at least 2 magazines. Ammunition, range fees, targets and safety equipment are included in the tuition. All students must wear long pants and closed-toed shoes while on the range.

LIFELONG LEARNING DISCOUNT
Students, age 50 or older, pay just 50 percent of the tuition on selected classes, excluding any fees (facility, nonresident, online, supplies, etc.) Look for this symbol. A photo ID will be required to show proof of age, i.e., a valid driver’s license, government issued ID card or passport.
AN INSIDE LOOK AT TODAY’S HOTTEST CAREERS!

Plant expansions mean opportunities for high school students in the Petrochemical and Construction Trades industries.

A SPECIAL FORUM FOR:
- High School CTE Directors and Staff
- Counselors
- Advisors
- STEM Directors
- Faculty

Tuesday, October 22, 2019
8:00 a.m. – 2:00 p.m.
San Jacinto College Central
CPET Center
7901 Fairmont Parkway
Pasadena, Texas 77507

Hosted by the Community College Petrochemical Initiative
(A partnership of 9 community colleges)

FREE ADMISSION & LUNCH!

Important information to help high school students chart their educational path to today’s well-paying, in-demand careers.

Roundtable discussions with career professionals in each area:
- Analyzer Tech
- CADD
- Electrical
- Instrumentation
- Machining/Millwrighting
- Process Technology
- Pipefitting
- Scaffolding
- Welding

Visit with college representatives to learn more about training in these career fields.

SAVE THE DATE! – OCTOBER 22, 2019
Registration opens in August
For more information contact Kelly Dando | kdando@Lee.Edu | 281.425.6221
HOW TO DEVELOP AND MAINTAIN AN EFFECTIVE LOCKOUT/TAGOUT PROGRAM – 8 HRS
This Lock-Out/Tag-Out (LOTO) class is designed to help the worker and the employer understand what the definition of LOTO is and the procedures to address hazardous energy in the workplace as per OSHA. It will also address some of the components for the company to consider when setting up LOTO procedures, or the individual to consider before starting a project. By the end of the class, the student will be able to identify some of the hazards seen in the workplace, as well as, the procedures that should be used for those hazards, and the risks associated with not using proper LOTO procedures. The class will include class discussion and hands-on exercises.
Cost: FREE
SYN: 5821 OSHT-1071-116CL 09/06/19 F
08:00AM-05:00PM GCSI 112 J Cherry

IMPROVING YOUR RESPIRATORY PROTECTION PROGRAM – 8 HRS
Respiratory protection programs are more than just buying respirators and making them available to your workforce. This class will cover the requirements of the OSHA standard, how to develop your respirator cartridge change out schedule, and identify the typical pitfalls that could result in an OSHA citation.
Cost: FREE
SYN: 5822 OSHT-1071-117CL 09/20/19 F
08:00AM-05:00PM GCSI 112 S Roberson

WALKING WORKING SURFACES IN CONSTRUCTION AND GENERAL INDUSTRY – 8 HRS
Providing safe walking-working surfaces (WWS) is critical for both general industry and construction work. OSHA’s updated rule on Walking-Working Surfaces (29 CFR 1910 Subpart D) not only aligns the construction and general industry regulations, but also outlines new requirements related to WWS and safe means of accessing these surfaces. Understanding these requirements can have a major impact on maintaining compliance and providing a safe environment for work at heights. The presenter will share the impact of recent changes to the regulations, the differences between the general industry and construction guidelines, as well as, tips on how to incorporate management of WWS into a safety program.

PROTECTING YOUR HEARING IN THE WORKPLACE – 8 HRS
In this class we will cover hearing loss prevention; noise induced hearing loss development and effects; in-depth analysis of hearing protective devices: determining record ability of a STS (Standard Threshold Shift); principles of noise, noise measurement, and engineering controls which includes noise measurement equipment and procedures for measuring noise demonstration. Various types of hearing protection and measuring devices will be demonstrated.
Cost: FREE
SYN: 5824 OSHT-1071-119CL 10/18/19 F
08:00AM-05:00PM GCSI 112 J Sanders

WORKER’S COMPENSATION-INITIAL DOCUMENTATION THROUGH RETURN TO WORK – 8 HRS
It is essential to properly report and document every on-the-job injury. From the initial filing of the Texas DWC-1, Employer’s First Report of Injury or Illness to making a Bona Fide Offer of Employment there are many pitfalls to avoid. Understanding how to correctly report the incident details can make the difference in the acceptance or denial of the incident by your workers’ compensation carrier. In the end, returning injured employees back to work as soon as medically possible following an injury is a major goal of the workers’ compensation system and all case managers. Workers’ compensation case managers should always seek to provide the best possible outcome for both the employee and employer.
Cost: FREE
SYN: 5825 OSHT-1071-120CL 11/01/19 F
08:00AM-05:00PM GCSI 112 N Stuart
The determination of occupational health hazards is complicated. This course will look at the various health hazards outlined by OSHA and describe symptoms, organs targeted, and how to locate information and controls used to prevent or lessen the effects of these hazards.
Cost: FREE
SYN: 5826 OSHT-1071-121CL 11/15/19 F
08:00AM-05:00PM GCIS 112 S Wilson

INCIDENT INVESTIGATION – 8 HRS
An incident investigation is the account and analysis of an incident based on information gathered by a thorough examination of all causal and contributing factors involved. It gets to the root causes of the incident, so similar occurrences can be prevented and future losses in the workplace can be avoided. Investigations are conducted to meet legal compliance, but more importantly to help prevent reoccurrences. Therefore, it is essential to ensure those who are responsible for investigating incidents are properly trained. The objectives of this course will focus on techniques for gathering complete, accurate and objective incident data, how to conduct effective interviews, identifying causal and contributing factors, reporting findings and various tools and techniques for conducting an investigation. Additionally, we will discuss some common mistakes that companies often make when conducting incident investigations and how to avoid them.
Cost: FREE
SYN: 5827 OSHT-1071-122CL 12/06/19 F
08:00AM-05:00PM GCIS 112 B Hamilton

A Word About Waiting to Register…
Each class has a minimum enrollment. Once that minimum is reached, the class has “made.” Find a class you like, and encourage a friend to join you! Sometimes two or three people can make a difference between having a course “make” or be canceled.

Continuing Education Office Hours
<table>
<thead>
<tr>
<th></th>
<th>Monday – Tuesday</th>
<th>Wednesday – Friday</th>
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<td>8 a.m. – 7 p.m.</td>
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For more information, call 409-933-8586.
Welcome to the COM Lifelong Learning Program. We are located in a 15,000 square foot facility in the Gulfway Plaza. Within this facility, we have art class rooms, a computer lab, a glass-art classroom with cutting equipment and grinders. We have a sewing room with areas for quilting and fabric storage; there is a dance studio and an exercise room. Our students are our highest priority and we strive to maintain a welcoming and inclusive atmosphere.

We are offering numerous classes, trips and lectures. We have morning, afternoon, and evening classes.

Our program is designed for lifelong learners. Students aged 50 Plus receive a special rate as indicated in the course offerings. However, anyone over the age of 18 can register for our classes.

For information on day trips, evenings at the theater, or extended travel, please contact the Lifelong Learning Center at 409-933-8461.

To register you can call 409-933-8586 Monday and Tuesday from 8 a.m. to 7 p.m. and Wednesday through Friday 8 a.m. to 5 p.m. or stop by the Continuing Education Office on the main campus, or use WebAdvisor online.

Mark your calendar for these important dates:

- July 29: First day of Registration for Fall 2019
- Sept. 2: Labor Day Holiday
- Sept. 3: Classes begin
- Nov. 28-Dec. 1: Thanksgiving Holiday
- Dec. 14-Jan. 1: Winter Holidays

We are available to speak to local groups or organizations about our program. If you have suggestions for other new day or evening courses or are interested in teaching a course, please contact our office at 409-933-8432.

Find us on Facebook: College of the Mainland 50 Plus Program, www.facebook.com/com50plus
409-933-8432
www.com.edu/50plus

LOCATION CODES

<table>
<thead>
<tr>
<th>Location Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>FAB</td>
<td>Fine Arts Building</td>
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<tr>
<td>LLGP</td>
<td>Lifelong Learning Gulfway Plaza</td>
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<tr>
<td>GYM</td>
<td>College Of The Mainland</td>
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<td>LLGP</td>
<td>Lifelong Learning Gulfway Plaza</td>
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<tr>
<td>WJCC</td>
<td>Wayne Johnson Community Center</td>
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<tr>
<td>LRC</td>
<td>Learning Resources Center</td>
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<tr>
<td>CLC</td>
<td>COM Learning Center – North County</td>
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</tbody>
</table>

We are available to speak to local groups or organizations about our program. If you have suggestions for other new day or evening courses or are interested in teaching a course, please contact our office at 409-933-8432.

Find us on Facebook: College of the Mainland 50 Plus Program, www.facebook.com/com50plus
409-933-8432
www.com.edu/50plus
LIFELONG LEARNING PROGRAM VISION
The College of the Mainland Lifelong Learning Program will be respected regionally and nationally for excellence in the development and delivery of innovative educational opportunities for adults.

LIFELONG LEARNING PROGRAM MISSION
The College of the Mainland Lifelong Learning Program’s mission is to provide educational opportunities for adult students by offering personal enrichment classes in a positive, accepting, and intergenerational environment. The Lifelong Learning Program staff collaborates with academic departments and the community to develop programs that meet society’s existing and emerging educational needs.

50 PLUS PROGRAM ID CARD INFORMATION
50 Plus Program students in a (SENR) exercise class that is located in the gym or 50 Plus Fitness Membership to use the gym on main campus will receive a free ID card to access into the gym facility. Students who want an ID to receive the benefits below must pay a one-time $5 fee. If the ID card is lost or stolen, the replacement cost is $5. Debit or credit card payments can be made at the gym front desk. Cash or check payments can be made to the cashier in the Enrollment Center during business hours. Please bring a valid photo ID when having your senior ID made. After registering each semester (fall, spring, summer) for a 50 Plus Fitness Membership, you must take the ID card to the gym front desk for activation.

Note: A student must wait 24 hours after registering for a class to obtain a photo ID. Seniors possessing a valid 50 Plus Program ID card and currently enrolled in the Lifelong Learning Program are entitled to the following COM benefits:

- Use of the COM Library
- Use of the Innovations Computer Lab in TVB-1324
- Discount on COM cosmetology services at The Salon (call 409-933-8480)
- Free admission to COM Community Theatre productions (call 409-933-8345)

REGISTRATION FOR LIFELONG LEARNING PROGRAMS
Students may register in person at the Lifelong Learning Center Gulfway Plaza beginning on July 29. Students may also register in person in the CE Office on the main campus, or current students may register by phone by calling 409-933-8226 or use WebAdvisor online by pasting the following into the web browser: (https://webadvisor.com.edu/WebAdvisor/WebAdvisor?TOKENID=5206097774&SS=3&APP=ST&CONSTITUENCY=WBCE)

If this is your first time to register as a student age 50 or older, you must register in person and show proof of age. The Continuing Education schedule is online: https://www.com.edu/ce/schedule

CANCELLATION OF CLASSES
If the college cancels a class, an automatic 100 percent refund of tuition and fees is initiated. To drop a class, you must notify the Continuing Education Office (409-933-8586) no later than one business day prior to the class start date to receive a refund.

TRIP CANCELLATION
If for any reason you cannot attend a trip you registered for, you must call the Lifelong Learning Program Office at 409-933-8461 or 409-933-8912 at least 48 hours prior to departure. Refunds are given on a case-by-case basis, according to the refund dates listed in each trip description. Extended travel trips follow the procedures printed on the flier for each trip.

WAITING LISTS
Want to attend a class or trip that is full? Contact the Lifelong Learning Program Office at 409-933-8461 to join a waiting list.

HANDICAPPED-ACCESSIBLE PARKING
Need a handicapped-parking permit? Contact campus police at 409-933-8403.

COURTESY RIDE
Need a ride from COM’s parking lot to any building on main campus? Call campus police at 409-933-8403. A police officer or employee will pick you up and take you to the building.

HOURS FOR LIFELONG LEARNING GULFWAY PLAZA
Monday – Friday 8 a.m. – 5 p.m. (Hours vary when classes are in session.)

OTHER FACILITY HOURS
- COM Cosmetology Lab – Gulfway Plaza in La Marque Call 409-933-8480 to make an appointment. Open Thursday and Friday 8:30 a.m. – 5 p.m.
- Innovations Lab, TVB-1324, 409-933-8370 Open Monday – Thursday 7 a.m. – 7 p.m.
- Library, 409-933-8448 open Monday – Thursday 8 a.m. – 9 p.m. present an ID at the library circulation desk to obtain a library card at no cost.


LIKE US ON FACEBOOK
www.facebook.com/COMLifelongLearning

Continuing Education Office Hours

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<th>Days</th>
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<tr>
<td>Monday – Tuesday</td>
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For more information, call 409-933-8586.
**NEW**

**ART: ADVANCED CRICUT – 36 HRS**
This advanced class is for those who already have a basic working knowledge of Cricut Design Space and already have a Cricut Explore machine or newer. Learn how to create projects in the Cricut machine, import SVG files and implement their designs, etch glass, create name plates, and cut quilt patterns. Students work with vinyl, HTV, wood, fabric, and much more. Supplies: Required list of supplies will be provided at time of registration (estimated cost $50-$100)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 5898 SENR-7112-101CL  09/06/19-11/22/19  W
01:00PM-04:00PM  LLGP 103  D Garza

**ART: ADVANCED DRAWING – 36 HRS**
This class will combine the drawing from photographs class and basic colored pencils class. When participants have completed a value (black and white) drawing, they may advance to colored pencils. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 5894 SENR-7022-101CL  09/04/19-11/20/19  W
01:00PM-04:00PM  LLGP 101  K Flores

**ART: BEGINNING DRAWING – 36 HRS**
This course is focused on the fundamentals of drawing using observation and build drawing techniques. Students will learn to develop a visual language using lines, forms and depth. The course will progress from basic black and white forms to rendering images with shading and colors. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 5896 SENR-6007-101CL  09/05/19-11/21/19  TH
09:00AM-12:00PM  LLGP 103  K Flores

**ART: BASIC KNITTING – 36 HRS**
Students will learn basics of the knit & Purl stitches, as well as the different types of yarn, what the label means, and the tools used in knitting. Students will learn how to increase, decrease and bind off yarn. Students will learn how to recognize the difference in how the stitches look, where to put stitch markers and their placement. Students will learn how to choose the correct needle and yarn for their project and how to follow patterns and charts. No experience needed. Supplies: Required list of supplies will be provided at time of registration (estimated cost $20)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 5897 SENR-7056-201CL  09/05/19-11/21/19  TH
05:30PM-08:30PM  LLGP 106  B Wilson

**ART: BEADED EMBROIDERY ON FABRIC (BEGINNER) – 36 HRS**
Students will learn specific skills for embroidering with beads and sequence. This course is for beginners that want to learn the basic skills in beaded embroidery on fabric. These skills will be taught through lecture, demonstration, and hands on projects. Supplies: Required list of supplies will be provided at time of registration (estimated cost $50-$60)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 5898 SENR-7112-101CL  09/06/19-11/22/19  F
01:00PM-04:00PM  LLGP 101  R Vance

**ART: BEADED FASHION JEWELRY (ADVANCED) – 36 HRS**
Advanced beaders will learn new techniques and hone developed skills for bead stitching and bead stringing through the use of lectures, demonstrations, and hands-on student projects. Optional field trip to Houston-area bead shops for additional fee. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100-$150)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 6093 SENR-7050-101CL  09/04/19-11/20/19  W
09:00AM-12:00PM  LLGP 104  A Laffey

**ART: BEADED FASHION JEWELRY (BEGINNER) – 36 HRS**
Students will learn specific beginners’ skills in the techniques of bead stitching and bead stringing. Techniques will be taught by lecture, demonstration, and hands-on projects. Optional field trip to Houston-area bead shops for additional fee. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100-$200)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 6094 SENR-7048-101CL  09/04/19-11/20/19  W
01:00PM-04:00PM  LLGP 104  R Wilcox

**ART: BEADED PAPER EMBROIDERY – 36 HRS**
Advance embroidery skills with a paper technique from the 15th century. This advanced class is for those who have taken an embroidery class or beginner and have some experience. Students will learn to do various stitches including cross stitch and blackwork on perforated paper. Adding beads, cutting and backing the project will all be part of the lessons. Supplies: Required list of supplies will be provided at time of registration (estimated cost $20-$40)

Cost:  50 Plus: $15  In district: $42  Out of district: $47
SYN: 6095 SENR-6006-101CL  09/05/19-11/21/19  TH
09:00AM-12:00PM  LLGP 104  P Ouellette
SYN: 6096 SENR-6006-102CL  09/05/19-11/21/19  TH
01:00PM-04:00PM  LLGP 104  P Ouellette
ART: BEADING DELICAS CYLINDER – 36 HRS
This course is designed for advanced beaders with the knowledge of using Delicas (cylinder) beads for creating projects. Students will learn to make bracelets, wall hanging, amulet bags, and other projects. Students will also learn the following stitches: peyote, brick, herringbone and other basic stitches. Supplies: Required list of supplies will be provided at time of registration (estimated cost $25-$30)

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6097 SENR-7064-101CL 09/06/19-11/22/19 F
09:00AM-12:00PM LLGP 102 M Warling
SYN: 6098 SENR-7064-102CL 09/06/19-11/22/19 F
01:00PM-04:00PM LLGP 102 M Warling
SYN: 6099 SENR-7064-201CL 09/09/19-11/25/19 M
05:30PM-08:30PM LLGP 102 M Warling

ART: BRAZILIAN EMBROIDERY (BEGINNERS) – 36 HRS
Students may choose to learn the art of Brazilian embroidery or crochet. Brazilian Embroidery is a three-dimensional embroidery using bullions and cast-ons, and other stitches commonly used in other embroidery using rayon thread. Students may also choose to learn crochet.

Supplies: Required list of supplies will be provided at time of registration (estimated cost $25)

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5901 SENR-7046-101CL 09/05/19-11/21/19 TH
09:00AM-12:00PM LLGP 106 C Walker

ART: BRAZILIAN EMBROIDERY (INTERMEDIATE TO ADVANCED) – 36 HRS
Students will continue to develop skills in the art of Brazilian embroidery, chicken scratch embroidery or crochet.

Supplies: Required list of supplies will be provided at time of registration (estimated cost $25-$30)

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5900 SENR-7033-101CL 09/05/19-11/21/19 TH
12:30PM-03:30PM LLGP 106 C Walker

ART: CAKE DECORATING: BUTTERCREAM ROYAL ICING AND FONDANT SKILLS – 24 HRS
Students will learn basic essentials to cake decorating using buttercream, royal icing, and fondant - including coloring icing, icing consistency, proper bag angle, and pressure control. Students will learn to fill and use a piping bag with and without a coupler, icing tips, flower nails, and other equipment to transform their baked treats into amazing deserts. Students will learn to level, tort, fill, and apply icing to a cake. In addition, various piping techniques will be taught to pipe designs, borders, flowers, and produce royal icing transfers that can be customized and stored for long periods of time. Supplies: Required list of supplies will be provided at time of registration (estimated cost $50-$75)

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5902 SENR-7090-201CL 09/05/19-11/21/19 TH
05:30PM-07:30PM LLGP 103 D Seyfang

ART: CANDY, CAKES, AND COOKIES – 24 HRS
Students are guided through a survey of various decorative mediums for candy, cakes, and cookies. Students will learn to use piping bags with and without a coupler as well as alternatives to using a piping bag. Students will also learn to mold chocolate to top cakes/cupcakes, use and make molds to hold desserts, and pipe decorations using patterns and freestyle designs. The use of store bought marshmallows/candy to add a personal touch when time is limited will be discussed. Students will make cake pops and cookies, focusing on 3D, benefits of using royal icing, make ahead royal icing transfers, and creative uses for cookie cutters. Students will also work with mirror glaze, marshmallow fondant, candy clay, and rice crispy treats to sculpt/model cake decorations.

Supplies: Required list of supplies will be provided at time of registration (estimated cost $50)

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5903 SENR-6003-101CL 09/09/19-11/25/19 M
04:30PM-06:30PM LLGP 103 D Seyfang

ART: COLLAGE PAINTING WITH PAPERS AND PAINT – 36 HRS
Collage is a mixed media created through assemblage, using various materials. This class is for students at any skill level. You do not have to be an “artist” to enjoy creating a collage masterpiece! Artwork will be assembled on Masonite boards or cradled boards.

Supplies: Required list of supplies will be provided at time of registration (estimated cost $25)

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5904 SENR-7068-101CL 09/06/19-11/22/19 F
09:00AM-12:00PM LLGP 101 D Runion
SYN: 5905 SENR-7068-102CL 09/09/19-11/25/19 M
09:00AM-12:00PM LLGP 101 D Brady

ART: CREATIVE GREETING CARDS – 36 HRS
Students will never need to buy a greeting card again after learning how to make their own beautiful personalized cards. Supplies: Required list of supplies will be provided at time of registration (estimated cost $50-$100)

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5906 SENR-7020-101CL 09/09/19-11/25/19 M
01:00PM-04:00PM LLGP 106 M Waller
**ART: DRAWING WITH COLORED PENCILS (ADVANCED) – 36 HRS**

This course is designed for intermediate and advanced students only. Artists will develop in the next level of producing quality colored pencil drawings by learning new skills and reviewing products currently on the market. Students will learn to shade, highlight, and blend using layering and burnishing techniques. Colored pencils can produce a variety of texture, value, and tones. Drawing skills are not necessary to enjoy this class. Supplies: Required list of supplies will be provided at time of registration (estimated cost $20-$30)

Cost: 50 Plus: $15  In district: $42  Out of district: $47  
SYN: 6007 SENR-7126-101CL  09/05/19-11/21/19  TH 01:00PM-04:00PM  LLGP 102  S Daniel

**ART: FUSED GLASS (ADVANCED) – 36 HRS**

Students should have three semesters of glass work before signing up for this class. Students will learn new techniques and concentrate on perfecting skills. Students will create larger designs that take several class periods to complete. Students will also incorporate art design principals, painting skills, new painting materials, frit work, Dremel work, techniques to display work, and get out of their comfort zones to create interesting art! Students must bring their own tools. Required Supply Fee: $75

Cost: 50 Plus: $15  In district: $42  Out of district: $47  
SYN: 5907 SENR-7018-101CL  09/09/19-11/25/19  M 09:00AM-12:00PM  LLGP 104  D Deats

**ART: FUSED GLASS (BEGINNER) – 36 HRS**

This course introduces students to fused glass concepts and techniques. At its simplest, glass fusing is a process in which formulated compatible COE 96 glass is assembled and then melted/fused together in a kiln. Students will use the basic steps required to make colorful creations by cutting, stacking, and melting together pieces of transparent and opalescent colored glass. Projects include various styles of pendants, yard art, wired bugs, a wind chime, and a bowl. Students must bring their own tools. Required Supply Fee: $75

Cost: 50 Plus: $15  In district: $42  Out of district: $47  
SYN: 5908 SENR-7017-101CL  09/09/19-11/25/19  M 01:00PM-04:00PM  LLGP 104  D Deats

**ART: INTRODUCTION TO DECORATIVE VENEERING – 36 HRS**

This course is designed to introduce students to the art of decorative veneering; the use of thin wooden veneers of varying types, grain patterns, and colors to create decorative patterns for panels, borders, boxes and a variety of other uses. Students will learn to align wood grain in a variety of styles (slip match, book match, double book match), develop different styles of borders, and use these techniques to plan a three-dimensional tray. Students will also learn other decorative veneering techniques, including mosaic veneering and stringing. Although there are no prerequisites for this course, students should be prepared to take precision measurements and work carefully and safely in an organized manner to achieve best results. Supplies: Required list of supplies will be provided at time of registration (estimated cost $75)

Cost: 50 Plus: $15  In district: $42  Out of district: $47  
SYN: 5910 SENR-7123-101CL  09/04/19-11/20/19  W 09:00AM-12:00PM  LLGP 102  N Hansen

**ART: LIFE STORY WRITING – 24 HRS**

Everyone has a story to tell, and all of our stories matter! Our children and great-grandchildren will enjoy them for years to come. Creative writing tips will be presented and editing help offered.

Cost: 50 Plus: $15  In district: $42  Out of district: $47  
SYN: 5911 SENR-7013-101CL  09/04/19-11/20/19  W 01:00PM-03:00PM  LLGP 106  S Adams

**ART: MOSAIC – 36 HRS**

Students will learn from a mosaic artist how to make modern mosaic projects. This class is for beginners as well as more advanced students. Students will leave this class with a completed project. Optional field trip to view other mosaic artists and a glass supply shop for an additional fee. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100-$110)

Cost: 50 Plus: $15  In district: $42  Out of district: $47  
SYN: 5913 SENR-7019-101CL  09/06/19-11/22/19  F 09:00AM-12:00PM  LLGP 104  M Beasley

**NEW**

**COM’S LIFELONG LEARNING PROGRAM**

Lifelong Learning Gulfway Plaza  
14057 Gulfway Plaza  
La Marque, TX 77568
ART: ORIGAMI – 24 HRS
Origami from the Japanese ori - to fold and gami - paper. People think of origami as an art form or craft; however origami is the perfect tool for teaching people of all ages a multitude of skills without them knowing they are learning. The class, for novices and those with some experience, will cover the standard origami bases, basic animals, useful items and decorative forms, along with modular origami. Students will use some models to make greeting cards. Supplies: Required list of supplies will be provided at time of registration (estimated cost $60)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5928 SENR-7047-101CL 09/09/19-11/25/19 M
01:00PM-04:00PM LLGP 105 T Ledoux

ART: PHOTOGRAPHY AS A HOBBY (EXPERIENCED) – 36 HRS
Have you always wanted to take your photography skills to the next level? Perhaps you have been a photographer for years and just moved to the digital camera? Or, you acquired a camera and are not sure how to use it. Through this course, students can overcome those obstacles and many more that will move them from taking pictures, to taking photographs! Students need to bring their own camera.
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5928 SENR-7047-101CL 09/09/19-11/25/19 M 01:00PM-04:00PM LLGP 105 T Ledoux

ART: PAINTING WITH OILS (BEGINNERS) – 36 HRS
This course is designed for the oil painting beginner. It focuses on the techniques of the great masters and how to hold the brush, mix paint and use glazes. Techniques include exploring color and using light and shadow to create drama. The course starts with a limited paint pallet, expanding as the class progresses. Supplies: Required list of supplies will be provided at time of registration (estimated cost $60)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5923 SENR-7038-202CL 09/03/19-11/19/19 T 05:00PM-08:00PM LLGP 101 D Wheeler
SYN: 5922 SENR-7038-201CL 09/09/19-11/25/19 M 05:30PM-08:30PM LLGP 101 D Wheeler

ART: PAINTING WITH WATERCOLORS (ABSOLUTE BEGINNERS) – 36 HRS
This course is only for students who have never taken watercolor painting. Even those who have never handled a brush before will enjoy exploring watercolor’s complexities while learning how to deal confidently with washes and color mixing. Students will discover their hidden potential while learning the fundamentals of this art form. Supplies: Required list of supplies will be provided at time of registration (estimated cost $75-$100)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5926 SENR-7089-101CL 09/04/19-11/20/19 W 09:00AM-12:00PM LLGP 101 L Johnson

ART: PAINTING WITH WATERCOLORS (INTERMEDIATE/ADVANCED) – 36 HRS
Students will learn new methods of color, paint, application and design. This is an ongoing class for the more seasoned artist as well as those wanting to brush up their techniques. Supplies: Required list of supplies will be provided at time of registration (estimated cost $70-$100)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5925 SENR-7035-102CL 09/05/19-11/21/19 TH 09:00AM-12:00PM LLGP 101 L Johnson
SYN: 5924 SENR-7035-101CL 09/09/19-11/25/19 M 01:00PM-04:00PM LLGP 101 S Anderson

ART: PAINTING WITH OILS (ADVANCED) – 36 HRS
Students will work with the instructor to improve techniques and skills in oil painting. Students may start from scratch or bring their present work. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5918 SENR-7010-101CL 09/03/19-11/19/19 T 09:00AM-12:00PM LLGP 101 D Wheeler
SYN: 5919 SENR-7010-102CL 09/05/19-11/21/19 TH 01:00PM-04:00PM LLGP 101 K Wells

ART: PAINTING WITH ACRYLICS (BEGINNERS) – 36 HRS
This beginner to intermediate class provides all the basics of using acrylic paints and the techniques needed to create finished artwork. The first two classes will focus on technique, with an introduction to blending paints and the use of a variety of tools other than brushes and acrylic mediums. The remaining classes will allow the students to paint various subjects that will incorporate the techniques learned. Supplies: Required list of supplies will be provided at time of registration (estimated cost $40)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5917 SENR-7037-101CL 09/03/19-11/19/19 T 09:00AM-12:00PM LLGP 103 D Brady

ART: PAINTING WITH WATERCOLORS (INTERMEDIATE/ADVANCED) – 36 HRS
The remaining classes will allow the students to paint various subjects that will incorporate the techniques learned. Supplies: Required list of supplies will be provided at time of registration (estimated cost $75-$100)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5915 SENR-7088-101CL 09/05/19-11/21/19 TH 01:00PM-04:00PM LLGP 103 S Moody

ART: PAINTING ON SILK – 36 HRS
Experience the joy of painting on silk. Students will learn basic painting techniques for silk, including how to prepare the silk and final display options. Learn to create frameable paintings, wall hangings and wearable art. Supplies: Required list of supplies will be provided at time of registration (estimated cost $30-$50)
Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5914 SENR-7036-101CL 09/09/19-11/25/19 W 09:00AM-12:00PM LLGP 103 M Anderson

ART: PHOTOGRAPHY AS A HOBBY (INEXPERIENCED) – 36 HRS
Whether the desire is to photograph your family, vacations, or the world around you, this course will introduce students to basic photography skills and camera features that will significantly improve their photographs. While a digital single lens reflecting camera is recommended, which ever camera students have is perfect. Students need to bring their own camera.
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5929 SENR-7049-101CL  09/09/19-11/25/19  M
09:00AM-12:00PM  LLGP 105  T Ledoux

ART: PICTURE FRAMING – 36 HRS
Students will use a variety of techniques and materials to create their own picture frames. Students will learn to measure accurately for matting and how to assemble completed frames with or without glass, backer boards, or attachments for hanging the frame. Supplies: Required list of supplies will be provided at time of registration (estimated cost $75)
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5930 SENR-7100-101CL  09/09/19-11/25/19  M
09:00AM-12:00PM  LLGP 102  N Hansen

ART: PORTRAIT PAINTING – 36 HRS
This class is designed for beginners in portrait painting who have a painting background in other genres. The class focuses on direct observational portrait painting either from a photograph or fellow classmates. The course emphasizes “seeing,” simplifying, and the importance of beginning a painting well. The instructor will discuss color as it relates to skin tones and how to achieve a “likeness” of the subject. Students will learn how to paint the flesh palette and will learn the alla prima – or wet-on-wet technique. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100)
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5931 SENR-7096-101CL  09/03/19-11/19/19  T
01:00PM-04:00PM  LLGP 101  C Noone

ART: CLOTHING CONSTRUCTION – 36 HRS
Become knowledgeable with sewing terms and their definition, the different parts and operation of the sewing machine, selecting and caring for different types of fabrics, and the sewing notions to meet a desired need. Students will learn the proper sewing tools, their names, and their functions. The overall objective of the course is to construct a garment or wearing apparel that is appealing to the student. Supplies: Required list of supplies will be provided at time of registration (estimated cost $50)
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6079 SENR-7727-101CL  09/09/19-11/25/19  M
04:00PM-07:00PM  LLGP 106  T Harris

ART: QUILTING (ALL LEVELS) – 36 HRS
Students needing help with a current sewing or quilting project, or those wanting to start a new project can join this class to learn how to complete it. Students will work on projects for their homes and/or wardrobes. Supplies: Required list of supplies will be provided at time of registration (estimated cost $75-$350)
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5978 SENR-7119-101CL  09/03/19-11/19/19  T
09:00AM-12:00PM  LLGP 106  E. Tutt
SYN: 5979 SENR-7119-102CL  09/03/19-11/19/19  T
12:30PM-03:30PM  LLGP 106  E. Tutt
SYN: 5980 SENR-7119-201CL  09/09/19-11/19/19  T
05:30PM-08:30PM  LLGP 106  E. Tutt

ART: STAINED GLASS (ADVANCED) – 24 HRS
This class is for students with experience in working with stained glass who would like to further develop their skills. Supplies: Required list of supplies will be provided at time of registration (estimated cost $150-$300)
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5932 SENR-7004-101CL  09/03/19-11/19/19  T
10:30AM-12:30PM  LLGP 104  P Stettler

ART: STAINED GLASS (BEGINNERS) – 24 HRS
Come learn the art of stained glass. Students will be taught to construct a panel from start to finish with the Copper Foil technique which will provide the basis to building additional panels. A small panel will be the class project. Supplies: Required list of supplies will be provided at time of registration (estimated cost $150-$300)
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5933 SENR-7003-101CL  09/03/19-11/19/19  T
08:15AM-10:15AM  LLGP 104  P Stettler
SYN: 5934 SENR-7003-201CL  09/03/19-11/19/19  T
06:00PM-08:00PM  LLGP 104  P Stettler

ART: STAINED GLASS, LEAD CAME (ADVANCED) – 36 HRS
Lead Came is an H channel that conforms to the shape of the glass when the glass is inserted. This method is typically used for larger windows that need more support. Students will assemble a panel in this class. Students will learn how to cut and solder the lead joints, when to reinforce a panel, seal and provide the finishing touches. Beginners and Advanced Stained
Glass classes are pre-requisites to this class. Supplies: Required list of supplies will be provided at time of registration (estimated cost $75-$100)

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5935 SENR-7044-101CL  09/03/19-11/19/19  T
02:00PM-05:00PM  LLGP 104  P Stettler

ART: TANGLED ART 101 (BEGINNER) – 18 HRS
This class covers the techniques of the Zentangle® method founded by Maria Thomas and Rick Roberts. Zentangle® method was designed to open inner gates to creativity so art can be created in an easy and relaxed manner without a long learning curve. Students will create art the very first day of class. This class will focus on learning a core set of tangles and Zentangle® techniques of working on white, black, and tan tiles. Supplies: Required list of supplies will be provided at time of registration (estimated cost $55-$65)

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5936 SENR-6011-101CL  09/09/19-10/14/19  M
01:00PM-04:00PM  LLGP 103  V McMillen
SYN: 6090 SENR-6011-102CL  10/21/19-11/25/19  M
01:00PM-04:00PM  LLGP 103  V McMillen

ART: TANGLED ART, BEYOND THE BASICS (INTERMEDIATE TO ADVANCED) – 36 HRS
This class will include projects selected by the teacher covering advanced topics such as shading, complex tangles, “Reticula and Fragments,” as well as projects selected by the students to do either individually or as class projects. Projects will be selected from a variety of the Zentangle® challenges available on the Internet. Each week, several projects will be selected to work on for the month. Students should be familiar with the Zentangle® method either through previous exposure to Zentangle® or by having taken the Zentangle® beginner course. It is recommended that students take at least the first 4 weeks of the beginner course before joining this class. Supplies: Required list of supplies will be provided at time of registration (estimated cost $50)

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5937 SENR-7104-101CL  09/03/19-11/19/19  T
01:00PM-04:00PM  LLGP 103  V McMillen

ART: USING A CRICUT – 36 HRS
Students will discover the wonderful world of die cutting and learn to use the Cricut (die-cutting machine). Students will learn to create art and have the Cricut cut it out. Students will also learn to emboss, write, cut quilt patterns, make picture mats, and create wall designs using vinyl. Students will make cutting files called SVG that can be used with any die cutting machine and learn to create pop-up-cards, layered cards, and pictures. Student must have a laptop or tablet computer to access the internet. Supplies: Required list of supplies will be provided at time of registration (estimated cost $150-$300)

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5938 SENR-7101-101CL  09/04/19-11/20/19  W
09:00AM-12:00PM  LLGP 103  M Waller

ART: WIRE-WRAPPED JEWELRY – 36 HRS
Learn how to make fabulous wire jewelry – no experience needed! Students will learn basic wire techniques and a little history of wire jewelry. Students will also learn to make bezels and frames to set stones, beads, and buttons. Students projects include a pendant, 2 styles of bracelets, 2 styles of earrings, and a necklace with wrapped cabochon.

Supplies: Required list of supplies will be provided at time of registration (estimated cost $100-$200)

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5940 SENR-7114-101CL  09/03/19-11/19/19  T
01:00PM-04:00PM  LLGP 102  R Wilcox

ART: WOODWORKING WITH HAND TOOLS (INTRODUCTION) – 36 HRS
This course is intended for beginning and intermediate students who desire to learn or improve their knowledge and skill using basic woodworking hand tools. Discussion will include wood and tool terminology, layout techniques, joinery, and finishes. Instructor will cover sharpening, proper tool selection, and project layout, all with proper technique and safety in mind at all times. Optional field trip to a local saw mill for additional fee. Supplies: Required list of supplies will be provided at time of registration (estimated cost $200)

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 5943 SENR-7094-101CL  09/05/19-11/21/19  TH
09:00AM-12:00PM  LLGP 102  R Goodheart
SYN: 5944 SENR-7094-201CL  09/05/19-11/21/19  TH
05:30PM-08:30PM  LLGP 102  R Goodheart

ART: WOODWORKING – BEYOND THE BASICS (INTERMEDIATE) – 36 HRS
This course is for students looking to continue honing their woodworking skills and expanding their knowledge in the workshop. Basic Woodworking class is a prerequisite. Emphasis is on form, function, and organization. Other discussions include the proper tools for the task and tool maintenance, workspace management, how to read the wood, and finding the fun when planning projects, finishing projects, and safety. Supplies: Required list of supplies will be provided at time of registration (estimated cost $100)

Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 5942 SENR-7108-201CL  09/04/19-11/20/19  W
05:00PM-08:00PM  LLGP 102  R Goodheart
SYN: 5941 SENR-7108-101CL  09/09/19-11/25/19  M
01:00PM-04:00PM  LLGP 102  R Goodheart

COMPUTER: ABSOLUTE BEGINNERS – 24 HRS
Whether students have never worked with or have forgotten what they learned about computers, this class will meet students where they are. The class will cover how to get a computer up and running and how to shut it down safely. Students will learn to make Microsoft Windows “friendlier” or personalized and basic hardware differences. This class includes an introduction to keyboarding, email and Facebook. Students will need to bring a USB flash/jump drive to class. There will be no class 11/29.

Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 5945 SENR-7011-101CL  09/13/19-12/06/19  F
08:00AM-10:00AM  LLGP 105  M Baker

College of the Mainland
COMPUTER: BASIC INTERNET – 25 HRS
Students should have some basic computer skills to benefit from this course. This course will explain in simple terms what the Internet is, how to get connected, and how to navigate it safely. Students will learn to browse the Internet, email, text, shop online, and experience commonly used Internet applications. Whether using a smart phone, tablet, personal computer, or even thinking of buying a device to access the Internet, students will find this information useful. A College of the Mainland ID/password and classroom computers will be provided.
Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 5947 SENR-7034-101CL  09/04/19-11/20/19  W
10:15AM-12:15PM  LLGP 105  J Hoggatt

COMPUTER: SHOPPING ONLINE – 20 HRS
Are you tired of driving to stores looking for the things you want or need and feeling unsure if you got a good deal? With a smartphone or computer, students can shop online to find the best price and have purchases delivered to the front door. Enjoy shopping in stores? Learn how to use the Internet to find the best prices in the area before taking a shopping spree. There are online coupons that can be printed used straight from a smartphone. This class is an introduction to the wonderful world of “Online Shopping!” - showing students how to search for items, find the best prices and buy with confidence and security. Students should have some basic computer skills to benefit from this course. College of the Mainland ID/Password and classroom computers will be provided. Smartphones are useful to bring to class, but not required.
Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 6092 SENR-7121-101CL  09/05/19-11/07/19  TH
12:30PM-02:30PM  LLGP 105  G Ward

COMPUTER: MICROSOFT DASHBOARD – 24 HRS
This class offers a fantastic alternative to hiding precious family photos in boxes or on the computer. Students will learn to use the Heritage Makers System on a computer to build a photo project. The basics are the same for all Heritage Maker projects. Students will use their own personal photos for class project.
Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 5947 SENR-7034-101CL  09/04/19-11/20/19  W
10:15AM-12:15PM  LLGP 105  J Hoggatt

COMPUTER: PHOTOSHOP – 36 HRS
This course will introduce students to the complexity of Photoshop and simplify the process of using this photo manipulation application. Students will be introduced to Photoshop’s interface and tools while learning basic editing tools from corrections to exposure, adjustments and cropping. Furthermore, students will be using edits like text, layers and combining photographs. Intermediate computer skills required.
Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 5952 SENR-7115-201CL  09/09/19-11/25/19  M
05:00PM-08:00PM  LLGP 105  T Ledoux

EXERCISE: BALANCE TRAINING – 24 HRS
This class focuses on the exercises that improve balance, proprioception, and coordination. Students will perform different activities to strengthen the muscles of the feet, ankles, legs, and core in all planes of motion. A chair will be used for support as need and modifications will be given to accommodate the needs of students.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 6000 SENR-7124-101CL 09/05/19-11/26/19 TTH
01:30PM-02:30PM LLGP 107 P Trevisani

EXERCISE: COUNTRY WESTERN DANCE – 12 HRS
Participants will be introduced to different styles of Country Western (Partner) dance styles which may include 2-Step, Polka, Waltz, Nightclub 2, East Coast Swing & West Coast Swing in a fun and easy manner. Participants will learn Lead/Follow skills and patterned foot movements. The class prepares participants to practice what they learn at the many local venues. Students must wear footwear or dance socks that slide and swivel easily and do not stick to the floor.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 6156 SENR-7083-101CL 09/09/19-11/25/19 M
06:30PM-07:30PM LLGP 108 P Trevisani

EXERCISE: DANCE AND TONE – 18 HRS
Come join a fun filled cardio dance and toning class. Students will perform cardio exercise dances to various types of music and tone their entire bodies using various types of equipment.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5954 SENR-7122-101CL 09/06/19-11/22/19 F
08:30AM-10:00AM LLGP 107 A. Johnson Galdamez

EXERCISE: DANCE FOR HEALTH – 24 HRS
This class blends dance, music and exercise to improve overall health and physical fitness. Students may join this class at any time during the semester. Students must wear footwear or dance socks that slide and swivel easily and do not stick to the floor. No partner is needed.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5955 SENR-7001-101CL 09/09/19-11/25/19 MW
11:00AM-12:00PM LLGP 107 P Trevisani

EXERCISE: LINE DANCING – 24 HRS
Line dancing involves performing patterned foot movements in a line in unison to music. Line dancing not only blends exercise and recreation, it is also a fun way to meet new people and experience personal satisfaction from accomplishments. This class is for students who have never had a line dancing class. Students must wear footwear that slides and swivels easily and does not stick to the floor. No partner is needed.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5957 SENR-7006-201CL 09/05/19-11/26/19 TTH
05:30PM-06:30PM LLGP 108 P Horton
06:45PM-07:45PM LLGP 108 P Horton

EXERCISE: SPINNING (KEISER BIKES) – 24 HRS
Indoor cycling on Keiser spin bikes offers a fun and effective way to burn fat and improve cardiovascular endurance to music. Students learn cycling techniques and tips. Individuals may join this class at any time during the semester.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5963 SENR-7085-101CL 09/05/19-11/26/19 TTH
07:15AM-08:15AM GYM Raw A. Johnson Galdamez

EXERCISE: PILATES/YOGA (MIXED) – 24 HRS
This class combines yoga, Pilates and low-impact interval exercises with music. This class is for students needing a slower paced exercise class. The instructor will work with the student for exercise modification, if needed.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5961 SENR-7080-101CL 09/04/19-11/25/19 MW
08:30AM-09:30AM LLGP 107 A. Johnson Galdamez

EXERCISE: PILATES, WEIGHTS, AND DRUMS CARDIO (MIXED) – 16 HRS
This class combines three exercises classes into one. Students will perform different exercises each day to help strengthen and tone different areas of the body: Pilates, resistance bands, balls, hand weights, and drumming on the Pilate balls with drum sticks. Students will be shown modifications for all exercises, but will be encouraged to challenge themselves as the semester progresses.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 6091 SENR-7113-101CL 09/05/19-11/25/19 TTH
10:45AM-11:45AM LLGP 107 P Trevisani

EXERCISE: PILATES/YOGA (MIXED) – 24 HRS
This class combines yoga, Pilates and low-impact interval exercises with music. This class is for students needing a slower paced exercise class. The instructor will work with the student for exercise modification, if needed.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5961 SENR-7080-101CL 09/04/19-11/25/19 MW
08:30AM-09:30AM LLGP 107 A. Johnson Galdamez

EXERCISE: SIT-N-FIT (INTERMEDIATE) – 24 HRS
This is an enjoyable, structured, rhythmic exercise class that will tone muscles and increase endurance. This class includes chair and floor exercises set to music.

Cost: 50 Plus: $15
In district: $42
Out of district: $47
SYN: 5962 SENR-7002-101CL 09/05/19-11/26/19 TTH
09:30AM-10:30AM LLGP 107 P Trevisani
SYN: 6158 SENR-7002-102CL 09/04/19-11/25/19 MW
12:30PM-01:30PM LLGP 107 P Trevisani
EXERCISE: TEXAS TWO-STEP (INTRODUCTION) – 12 HRS
The country western (partner) dance style is easy and fun to learn. Students will learn lead/follow skills and turns, pivots, wraps, promenades and spins. The class readies students to practice what they learn at the many local dance venues. Students must wear footwear or dance socks that slide and swivel easily and do not stick to the floor. A partner is needed.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5967 SENR-7082-201CL 09/09/19-11/25/19 M 07:45PM-08:45PM LLGP 108 P Trevisani

EXERCISE: TAI CHI I – 24 HRS
If you value feeling good and have a desire to be physically and mentally healthy, learn Tai Chi and experience feeling of relaxation and increased energy. This course will introduce students to the Yang style Tai Chi short form and some of the Chinese breathing exercises called Chi-Kung.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5965 SENR-7078-101CL 09/04/19-11/25/19 MW 04:00PM-05:00PM LLGP 108 N Skynear
SYN: 5966 SENR-7078-102CL 09/04/19-11/25/19 MW 02:30PM-03:30PM LLGP 108 N Skynear

EXERCISE: TOTAL BODY FITNESS – 24 HRS
Participants will learn to properly and safely stretch, warm up, and perform abdominal, upper-body and lower-body exercises. They will reap cardiovascular benefits while doing fun, low-impact dance aerobics. This class is appropriate for students who never exercise as well as those who frequent the gym. Students are encouraged to wear comfortable, loose-fitting clothes and tennis shoes, and bring a water bottle and hand towel.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5968 SENR-7070-101CL 09/04/19-11/25/19 MW 09:35AM-10:35AM LLGP 107 A Johnson Galdamez


EXERCISE: YOGA AND STRESS REDUCTION – 24 HRS
Students will learn the art of slow, measured movements to develop strong muscles, agility and flexibility, which can reduce the effects of the aging process. Through the art of breathing, relaxation and self-awareness, students will experience increased energy levels and decreased aches and pains. Yoga positions are done on the floor. Due to space, students will be limited to one yoga class per semester. Students must attend the section for which they registered. Required Supplies – towel or blanket for lying down on floor during exercise.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5974 SENR-7071-103CL 09/05/19-11/26/19 TTH 08:30AM-09:30AM LLGP 107 A Johnson Galdamez
SYN: 5972 SENR-7071-101CL 09/04/19-11/25/19 MW 11:30AM-12:30PM LLGP 108 B Lambert
SYN: 5973 SENR-7071-102CL 09/04/19-11/25/19 MW 01:00PM-02:00PM LLGP 108 B Lambert

EXERCISE: ZUMBA – 24 HRS
Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-kind fitness program that will tone and sculpt the body while burning unwanted fat. Students may join this class at any time during the semester.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5975 SENR-7077-101CL 09/05/19-11/26/19 TTH 09:30AM-10:30AM LLGP 108 R. Jiron
SYN: 6081 SENR-7077-201CL 09/05/19-11/26/19 TTH 05:30PM-06:30PM LLGP 107 S Gerhardt

LIVING A HEALTHY LIFE – 36 HRS
Students will learn about the benefits of a healthy life style, eating fresh foods, and incorporating super foods into their diet. This class will include information on whole foods and a plant-based diet.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5976 SENR-7102-101CL 09/09/19-11/22/19 M 09:00AM-12:00PM LLGP 103 S Mitchiner

SPANISH I (BEGINNERS) – 24 HRS
Students will obtain a working knowledge of beginning Spanish, learn common vocabulary and phrases and then proceed to verbs and sentence construction. The last class will be a conversational class at a local Spanish-speaking restaurant for an additional fee.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5981 SENR-7015-101CL 09/06/19-11/22/19 F 08:30AM-10:30AM LLGP 106 A Johnson Galdamez

SPANISH II – 24 HRS
Spanish II is a continuation of Spanish I. Topics include constructing full sentences, advanced verbs and increasing vocabulary.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 5982 SENR-7043-101CL 09/09/19-11/25/19 M 10:45AM-12:45PM LLGP 106 A Johnson Galdamez
COMMUNITY LECTURE SERIES
(Students Must Register for Lectures)

LECTURE: GENEALOGY OVERVIEW
Students will learn about upcoming trips to Genealogical Libraries and will learn the basic method and system for studying Genealogy. Come experience the thrill of finding ancestors you never knew you had. During upcoming trips, students may discover birth, marriage, or death records along with probate records and perhaps “wills.” The various libraries are full of our ancestors’ records. It’s up to the student to learn to dig a little deeper and develop persistence and techniques along the way.

Cost: FREE
SYN: 6100 SENRL-8401-101CL 09/04/19 W 01:00PM-03:00PM LLGP 102

LECTURE: OVERVIEW OF THE LOCAL FBI WITH CASE PRESENTATION
This presentation will be an overview of the FBI in our community. It will help students understand who the FBI is, what they do and don’t do, misconceptions, territory they cover, and the violations they work. The presenter will cover national priorities for the FBI and what that looks like on a local level. There will be a case presentation of the 1990 Jennifer Shuett child abduction that lead to an arrest in 2009.

Cost: FREE
SYN: 6101 SENRL-8101-101CL 09/18/19 W 01:00PM-03:00PM LLGP 102

LECTURE: AARP DRIVER SAFETY COURSE
This one-day safety course is sponsored by the AARP. This class gives students tools for safer driving techniques to compensate for age-related problems. NOTE: This is NOT a ticket dismissial class. This is a certified course recognized by most major insurance companies for discounted rates so students have the option to pay for a course completion certificate. The certificate fee is $15 for students with AARP membership cards, $20 for non-members. Taught by AARP Instructor Barbara Cook.

Cost: FREE
SYN: 6102 SENRL-8301-101CL 09/20/19 F 09:00AM-01:00PM LLGP 103
SYN: 6111 SENRL-8301-102CL 11/15/19 F 09:00AM-01:00PM LLGP 103

LECTURE: EXTENDED TRAVEL PRESENTATION
A representative from Premier World Discovery will present a slideshow of upcoming extended travel trips. For details of upcoming trips, see back cover. For more information, please call 409-933-8912.

Cost: FREE
SYN: 6103 SENRL-8201-101CL 09/25/19 W 01:00PM-03:00PM LLGP 105

LECTURE: THE FIELD OF FORENSIC ACCOUNTING; PAST PRESENT AND FUTURE
How Forensic Accounting has evolved from criminal behaviorist theories, to former FBI Agents branching out to serve private sector needs, and later progressing full circle via widespread law enforcement analytical tactics to combat multiple threats and trends.

Cost: FREE
SYN: 6104 SENRL-8101-102CL 09/25/19 W 01:00PM-03:00PM LLGP 102

LECTURE: GENEALOGY IRENE WALTERS FROM CLAYTON
Genealogical research using US naturalization records and passenger lists.

Cost: FREE
SYN: 6105 SENRL-8101-103CL 10/02/19 W 01:00PM-03:00PM LLGP 102

LECTURE: ABSOLUTE HOSPICE-PARKINSON’S
Absolute Hospice will present an in-service related to Parkinson’s disease. Learn about current definitions of Parkinson’s disease, possible risk factors, recognizing signs and symptoms, measures to manage the disease, medication considerations, possible complications from the disease, building a support system, and the use of in-home care services.

Cost: FREE
SYN: 6106 SENRL-8101-104CL 10/09/19 W 01:00PM-03:00PM LLGP 102

LECTURE: A BEGINNER’S GUIDE TO ANDROID PHONES
If you’ve never had a smartphone before then using an Android and navigating the operating system may seem frightening. Although there are many different versions of Android, there are some basic beginner’s tips that students can use to get the most of their Android. This is a hands-on session. Please bring a phone or tablet.

Cost: FREE
SYN: 6107 SENRL-8004-101CL 10/18/19 F 01:00PM-03:00PM LLGP 103

LECTURE: ABSOLUTE HOSPICE-ALZHEIMER’S
Absolute Hospice will present an in-service related to Alzheimer’s disease. Learn about definitions of Alzheimer’s disease, risk factors, recognizing signs and symptoms, stages of functional loss, possible complications and advanced stages, possible triggers or causes for behavior problems, beneficial care practices, coping resources, and types of in-home care services.

Cost: FREE
SYN: 6108 SENRL-8101-105CL 10/23/19 W 01:00PM-03:00PM LLGP 102
TRAVEL

TRIP: HOUSTON ASTROS WALK OF FAME TOUR AND GAME
Students will have a learning experience as they take a self-guided tour at the center field walk of fame. Following the tour, students will enjoy themselves as they cheer on the Astros against the Oakland A’s. Trip cost includes transportation and admission ticket. Students may buy dinner during the game - it’s $1 hot dog night! Tickets have been pre-purchased for this event, therefore, they are non-transferable and non-refundable.
Cost: $55
SYN: 6112 SENRT-9001-101CL 09/10/19 T 05:00PM-11:00PM

TRIP: GENEALOGY CLAYTON LIBRARY
Students will travel to Clayton Library for Genealogical Research, one of the top Genealogy research libraries in the United States. Beginner and advanced students alike will be accompanied and assisted by instructor, Debbie Cothern. She will assist students in tracing their family history using research skills and resources of the library. This library houses over 70,000 reels of microfilm and other electronic databases. Trip cost covers transportation and instructional costs. Students may buy lunch at Bodegas Mexican Restaurant or bring a sack lunch and eat at the library.
Refund deadline: 9/6/19
Cost: $25
SYN: 6114 SENRT-9501-101CL 09/17/19 T 09:15AM-05:00PM

TRIP: SEA STAR BASE GALVESTON
Get on board the flagship motor vessel, the MV Baysmart Express, as students take a 3-hour cruise from Offatts Bayou through Galveston and Houston Ship Channels. This cruise offers a unique look at the local waterways; allowing students to take in the environment - from wetlands that are a haven for local wildlife and many bird species, to the maritime industries and marine traffic. It’s a side of Galveston that can only be seen from the water. Trip cost includes transportation and admission ticket. Students may buy lunch following the excursion. Tickets have been pre-purchased for this event, therefore, they are non-transferable and non-refundable.
Cost: $50
SYN: 6115 SENRT-9001-104CL 10/02/19 W 08:00AM-03:00PM

LECTURE: GENEALOGY-LEARNING FROM YOUR DNA
Wondering who you really are? Come and hear the lecturer’s exciting story about how her DNA test helped her to find her family she never knew she had.
Cost: FREE
SYN: 6109 SENRL-8101-106CL 10/30/19 W 01:00PM-03:00PM LLGP 102

LECTURE: ABSOLUTE HOSPICE-DIABETES
Absolute Hospice will present an in-service related to Diabetes Mellitus. Learn about current diabetes definitions, the three major types of diabetes, risk factors for diabetes, recognizing signs and symptoms, necessary skills to deal with diabetes, management of diabetes mellitus, and types of in-home care services.
Cost: FREE
SYN: 6110 SENRL-8101-107CL 11/06/19 W 01:00PM-03:00PM LLGP 102

TRIP: THEATRE UNDER THE STARS (TUTS) AT HOBBY CENTER: CHORUS LINE
The singular sensation that is A Chorus Line opened on Broadway in 1975 and was an instant classic. This incisive portrait of the life of the Broadway dancer received nice Tony Awards® as well as the 1976 Pulitzer Prize for Drama. It went on to become one of the longest-running shows in Broadway history. A brilliantly complex fusion of song, dance and compellingly authentic drama, A Chorus Line is the musical for everyone who’s ever had a dream and put it all on the line. Trip cost includes transportation and admission ticket. Students may buy dinner prior to the show.
Tickets have been pre-purchased for this event, therefore, they are non-transferable and non-refundable.
Cost: $55
SYN: 6113 SENRT-9001-102CL 09/17/19 T 04:00PM-11:00PM

TRIP: EXPERIENCE TEXAS HISTORY
Spend a day in Austin learning about Texas history. Students will visit the Capitol, Texas State Cemetery, and the LBJ Presidential Library. During a guided tour of the Capitol, students will visit essential sections of the Capitol and receive information about the building, Texas History and the legislature. Students will take a guided tour of the Texas State Cemetery. The Cemetery’s historical significance is defined by the many early Texas Founders buried there, such as Stephen F. Austin, Robert Potter, and Edwin Waller, Austin’s first mayor. The Cemetery is unique because it represents every aspect of Texas history from European Colonization to modern day Texas politics. The final stop will be a self-guided tour at the LBJ Presidential Library. At the library, students will experience the life and times of Lyndon B. Johnson, one of the nation’s most fascinating presidents, and the era of his administration. It is suggested to wear comfortable shoes. Trip cost includes transportation and admission ticket. Students may buy lunch following the Texas State Cemetery visit. Refund deadline: 9/13/19
Cost: $59
SYN: 6138 SENRT-9001-103CL 09/24/19 T 06:00AM-08:00PM

LIKE US ON FACEBOOK
www.facebook.com/COMLifelongLearning
TRIP: ALLEY THEATRE-VIETGONE
It’s 1975. Saigon has fallen. He lost his wife. She lost her fiancé. But now in America, a strange new land of cowboys, hippies, and bikers, these two Vietnamese refugees just might find each other. Remixing history and culture into a funny and energetic fantasia, playwright Qui Nguyen creates a contemporary twist on the boy meets girl story that The New York Times hails as “a raucous, immensely moving comedy.” Using his irreverent, infectious style, Nguyen takes audiences on a hilariously rip-roaring ride across 1970s America with a hot soundtrack that serves up hip-hop, sass, and revolution. Trip cost includes transportation and admission ticket. Students may buy dinner prior to the show. Tickets have been pre-purchased for this event, therefore, they are non-transferable and non-refundable.
Cost: $40
SYN: 6116 SENRT-9001-105CL 10/08/19 T 04:00PM-11:00PM

TRIP: GENEALOGY MONTGOMERY COUNTY-CONROE, TX
Students will travel to Montgomery County Library in Conroe, Texas. Beginner and advanced students alike will be accompanied and assisted by instructor, Debbie Cothren. She will assist students in tracing their family history using research skills and resources of the library. This library houses many resources including: Special Collections, Dawes Rolls (Native American), South Louisiana Records by Hebert, 19th Century military records and various books for each of the United States. Trip cost covers transportation and instruction. Students may buy lunch at a local restaurant or bring a sack lunch and eat at the library. Refund deadline: 10/4/19
Cost: $25
SYN: 6117 SENRT-9502-101CL 10/15/19 T 08:15AM-05:00PM

TRIP: BIRDWATCHING GALVESTON
Travel to Galveston Island to see migrant traps and migrating shorebirds and song birds. Students should wear comfortable clothes, hiking or closed-toed shoes and be prepared to walk in grassy, brushy areas. Students are encouraged to bring bottled water, snacks, binoculars and a camera. Trip cost includes transportation and the guided tour. Students may buy lunch at a local restaurant. Refund deadline: 10/11/19
Cost: $25
SYN: 6119 SENRT-9601-101CL 10/22/19 T 08:30AM-04:30PM

TRIP: BIRDWATCHING SAN BERNARD
Travel to San Bernard National Wildlife Refuge looking for wintering birds such as song birds, ducks and raptors. Students should wear comfortable clothes, hiking or closed-toed shoes and be prepared to walk in grassy, brushy areas. Students are encouraged to bring bottled water, snacks, binoculars and a camera. Trip cost includes transportation and the guided tour. Students may buy lunch at a local restaurant in Oyster Creek. Refund deadline: 11/1/19
Cost: $25
SYN: 6122 SENRT-9602-102CL 11/12/19 T 08:30AM-04:30PM

TRIP: GENEALOGY GEORGE MEMORIAL LIBRARY – RICHMOND, TX
Students will travel to George Memorial Library in Richmond, Texas. Instructor Debbie Cothern will assist students in tracing their family history using library resources. Library records focus on the southeastern United States, including Civil War, federal censuses, pensions and Texans in the Mexican War. Trip cost covers transportation and instruction. Students may buy lunch or bring a sack lunch and eat at the library. Refund deadline: 11/1/19
Cost: $25
SYN: 6121 SENRT-9503-101CL 11/12/19 T
08:00AM-05:00PM

TRIP: ENSEMBLE THEATRE: THE DEW OF MERCY
Family and faith are at the center of this World Premiere Musical full of traditional Christmas Carols and inspirational original music. The Mercy family is hosting their annual family Christmas gathering where there’s more than merriment behind each smile, and presents aren’t the only things getting unwrapped! Everyone is ready to unload long held grudges, misunderstandings, and a multitude of sins when a sudden family crisis threatens to divide them. In their desperation, they realize how much they love each other and call upon the mercy of God, to keep them together. Trip cost includes transportation and admission ticket. Student may buy dinner prior to the show. Tickets have been pre-purchased for this event, therefore, they are non-transferable and non-refundable.
Cost: $60
SYN: 6123 SENRT-9001-109CL 11/15/19 F
04:00PM-11:00PM

TRIP: CULTURAL DAY IN HOUSTON – PHOENICIA MARKET (DOWNTOWN)
Join us for a day of uniqueness as we travel streets of Houston in search of cultural wisdom. This trip will take students to Phoenicia Specialty Market, a Mediterranean market with deli & prepared foods, plus cheeses, baked goods, meats, and more. Students will travel throughout the building and enrich their cultural knowledge of faraway lands and the foods they use to nourish their bodies. Students may want to bring some type of insulated container for any purchases. Trip cost includes transportation. Students may buy lunch during the visit. Refund deadline: 11/8/19
Cost: $29
SYN: 6124 SENRT-9001-110CL 11/19/19 T
10:00AM-05:00PM

TRIP: SOCIETY FOR PERFORMING ARTS (SPA) AT HOBBY CENTER: THE COLOR PURPLE
Students will travel to Clayto Library for Genealogical Research, one of the top Genealogy research libraries in the United States. Beginner and advanced students alike will be accompanied and assisted by instructor, Debbie Cothern. She will assist students in tracing their family history using research skills and resources of the library. This library houses over 70,000 reels of microfilm and other electronic databases. Trip cost includes transportation and instructional costs. Students may buy lunch at Bodegas Mexican Restaurant prior to the show or bring a sack lunch and eat at the library. Refund deadline: 11/15/19
Cost: $25
SYN: 6125 SENRT-9001-102CL 11/26/19 T
09:15AM-05:00PM

TRIP: HOUSTON BALLET: THE NUTCRACKER
Snowflakes. Sword fights. Dancing dolls. A Christmas tree that reaches the sky. Stanton Welch’s opulent production of The Nutcracker is one of the most splendid ever staged. In this, the most traditional holiday tale, Clara and Drosselmeyer travel together to the Land of the Sweets where the Sugar Plum Fairy is reunited with her prince — and where the magic happens. With grand sets and stunning costumes, The Nutcracker features the entire company of dancers as well as many Houston Ballet Academy students playing hundreds of fun and exciting roles. Trip cost includes transportation and admission ticket. Students may buy dinner prior to the show. Tickets have been pre-purchased for this event, therefore, they are non-transferable and non-refundable.
Cost: $75
SYN: 6127 SENRT-9001-111CL 12/03/19 T
04:00PM-11:00PM

A Word about Waiting to Register…
Each class has a minimum enrollment. Once that minimum is reached, the class has “made.” Find a class you like, and encourage a friend to join you! Sometimes two or three people can make a difference between having a course “make” or be canceled.

LIKE US ON FACEBOOK
www.facebook.com/COMLifelongLearning
TUITION-FREE HEALTHCARE CAREER TRAINING

You could qualify for free training in a healthcare career, depending on your income.

July 17, 31 • Aug 14, 28 • Sep 11, 25 • Oct 9, 23 • Nov 6, 20 • Dec 4, 18

HPOG Information Session 10 a.m. – 12 p.m. at the North County Learning Center
200 Parker Ct., League City, TX 77573.

409-933-8645 | www.com.edu/ce/allied-health

This document was supported by Grant [90FX0335-01-00] from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS. HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities.
Space-available classes are workforce credit classes that accept continuing education students. Continuing education students are not required to take a college placement test or apply to the college. These classes are available to a limited number of continuing education students who must complete all course objectives, take exams and meet attendance requirements. Students will receive a grade of pass or fail; however, no college credit hours are earned.

Space-available classes start and end with the fall credit class schedule – fall (Aug. 26 – Dec. 13). Full course descriptions are available in the College catalog and more information about these courses is in the credit schedule. Both documents are online at www.com.edu/admissions/schedule-catalog.php.

The following space-available classes are $270 for in-district students or $275 for out-of-district students. There is an additional $25 fee for each hybrid course and a $35 fee for each online course.

### ACCOUNTING AND BUSINESS

#### FEDERAL INCOME TAX: INDIVIDUAL – 48 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5798 ACNT-1031-201CL
  - 06:00PM-07:20PM
  - TVB 1225
  - M Williams

#### INTRODUCTION TO ACCOUNTING – 48 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5795 ACNT-1003-001IN
  - Internet
  - M Williams
  - 07:30PM-08:50PM
  - TVB 1225

#### PRINCIPLES OF ACCOUNTING I – 64 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5786 ACNT-1025-101CL
  - Internet
  - M Williams
  - 09:30AM-10:50AM
  - TVB 1225

#### PRINCIPLES OF ACCOUNTING II – 64 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5790 ACNT-1026-201CL
  - 06:00PM-07:20PM
  - TVB 1318
  - C Burton
  - 11:00AM-12:20PM
  - TVB 1225
  - M Williams

### COMPUTER INFORMATION SYSTEMS

#### INTRODUCTION TO DATABASE – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5801 ITSW-1007-101HY
  - 01:30PM-03:20PM
  - TVB 1432
  - F Alexander

#### DATABASE PROGRAMMING – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5800 ITSE-2009-201HY
  - 08/26/19-11/11/19
  - MW
  - 06:30PM-08:20PM
  - TVB 1432
  - R Barton

### COMPUTER NETWORKING

#### INTRODUCTION TO PC OPERATING SYSTEMS – 80 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5998 ITSC-1005-128HY
  - 10/22/19-12/12/19
  - TTH
  - 01:30PM-03:20PM
  - TVB 1224
  - P Chance

#### PERSONAL COMPUTER HARDWARE – 80 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5999 ITSC-1025-118HY
  - 08/27/19-10/17/19
  - TTH
  - 01:30PM-03:20PM
  - TVB 1224
  - P Chance

#### IMPLEMENTING & SUPPORTING CLIENT OPERATING SYSTEMS – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5993 ITNW-1025-218HY
  - 08/27/19-10/17/19
  - TTH
  - 06:00PM-08:20PM
  - TVB 1224
  - J Iturriaga

#### IMPLEMENTING & SUPPORTING SERVERS – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5995 ITNW-1053-228HY
  - 10/22/19-12/12/19
  - TTH
  - 06:00PM-08:20PM
  - TVB 1224
  - J Iturriaga

### DRAFTING

#### ADVANCED COMPUTER AIDED DRAFTING – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5992 DFTG-2032-201HY
  - 08/26/19-12/09/19
  - M
  - 06:00PM-08:50PM
  - TVB 1230
  - S Britt

#### ELECTRICAL DRAFTING – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5989 DFTG-2007-201HY
  - 08/27/19-12/10/19
  - T
  - 06:00PM-08:50PM
  - TVB 1220
  - A Gregory

#### PIPE DRAFTING – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5991 DFTG-2023-201HY
  - 08/28/19-12/11/19
  - W
  - 06:00PM-08:50PM
  - TVB 1220
  - A Gregory

#### TECHNICAL DRAFTING – 64 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5985 DFTG-1005-201CL
  - 08/29/19-12/12/19
  - TH
  - 06:00PM-09:50PM
  - TVB 1220B1
  - A Gregory

#### STRUCTURAL DRAFTING – 96 HRS
- **Cost:** In district: $270, Out of district: $275
- **SYN:** 5984 ARCE-1052-201HY
  - 08/29/19-12/12/19
  - TH
  - 06:00PM-08:50PM
  - TVB 1220
  - E Boushehri
### PERSONAL ENRICHMENT

#### FINE ARTS

Space-available classes are academic/credit classes in which continuing education students may enroll for personal enrichment. These classes are available to a limited number of noncredit students who are expected to complete all course objectives, take exams and meet attendance requirements. Students will receive a grade of either pass or fail; however, no college credit hours are earned. Noncredit students do not have to take college placement tests or apply to the College to take these classes. Space-available classes start and end with the fall credit class schedule – fall (Aug. 26 – Dec. 13). Full course descriptions are available in the College catalog, and more information can be viewed in the credit schedule at www.com.edu/schedule.

### DIGITAL VIDEO – 96 HRS

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<td>TVB 1572A</td>
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### DUCK & COVER ACAPPELLA – 48 HRS

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<tr>
<td>06:00PM-07:20PM</td>
<td>FAB 111</td>
<td>J Heffel</td>
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### GUITAR ENSEMBLE – 48 HRS

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<td>J Kiefer</td>
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### GUITAR ENSEMBLE/TRIO – 48 HRS

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### JAZZ COMBO – 48 HRS

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### JAZZ ENSEMBLE – 48 HRS

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### MAINLAND CHORALE – 48 HRS

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### WOODWIND ENSEMBLE – 48 HRS

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### STUDIO ARTS - 96 HRS

This course allows beginning to advanced non-credit students to fully participate in any of the three 2-D studio credit courses taught by Mark Greenwalt. Students are expected to be active participants within the collaborative studio environment and broadly pursue course objectives along with their credit student peers. Students have the option of attending Drawing on Mondays and Wednesdays from 9:30am - 12:20pm, or Design Painting on Monday and Wednesdays from 2:00pm - 4:50pm. For more information regarding specific courses contact Mark at 409-933-8673 or mgreenwalt@com.edu.

<table>
<thead>
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<tr>
<td>FAB 130</td>
<td>M Greenwalt</td>
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</table>
Parking permits are mandatory.

A parking permit should be displayed on each automobile parked on any COM campus. Parking permits are available in the Campus Police office at no cost. Students will fill out a brief application and will need their vehicle license plate number(s). A current student ID card or state issued picture ID is required to receive a parking permit. A fine will be imposed on any student who fails to comply with parking regulations.

Learn how to obtain a temporary or permanent permit for your vehicle at www.com.edu/police or contact the COM Police Department at 409-933-8403.
### CONTINUING EDUCATION REGISTRATION

<table>
<thead>
<tr>
<th>SSN or Student ID</th>
<th>NAME (Last, First, Middle Initial)</th>
</tr>
</thead>
</table>

#### CHECK ONE:
1. Do you consider yourself to be Hispanic/Latino?
   - [ ] Yes
   - [ ] No
2. In addition, please select one or more of the following racial categories to describe yourself:
   - [ ] American Indian or Alaska Native
   - [ ] Asian
   - [ ] Black or African American
   - [ ] Native Hawaiian or Pacific Islander
   - [ ] White

<table>
<thead>
<tr>
<th>PHYSICAL ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
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</table>

**Date of Birth**

**Sex**
- [ ] Male
- [ ] Female

**Home Phone**

**Business/Cell Phone**

**EMAIL ADDRESS**

### COURSES TO ADD

<table>
<thead>
<tr>
<th>TERM</th>
<th>SYNONYM</th>
<th>COURSE ABBREVIATION</th>
<th>COURSE #</th>
<th>SECTION #</th>
<th>COST</th>
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### COURSES TO DROP

<table>
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<tr>
<th>TERM</th>
<th>SYNONYM</th>
<th>COURSE ABBREVIATION</th>
<th>COURSE #</th>
<th>SECTION #</th>
<th>COST</th>
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</thead>
</table>

**Refund policy:** NO REFUNDS will be made after a class begins. We will be happy to issue a full refund if cancellation is received before the class start date. This policy is based on the fact that CE classes are self-supporting. Registration fees are used for instructors as well as for supplies.

**Please initial:** __________________

### PERSONAL

COM Continuing Education, Technical-Vocational Building, Rm T-1475, 1200 Amburn Road, Texas City, (credit card, debit, money order or check) NO CASH ACCEPTED

### CALL

409-933-8586 OR 1-888-258-8859, EXT. 8586. CREDIT CARD OR DEBIT ONLY

### ONLINE

Use WebAdvisor https://webadvisor.com.edu. RETURNING STUDENTS ONLY
COLLEGE MISSION
College of the Mainland is a learning-centered, comprehensive community college dedicated to student success and the intellectual and economic prosperity of the diverse communities we serve.

COLLEGE VISION
College of the Mainland will be a valued and vital community partner by striving to enrich our expanding community and preparing our students to learn, work and live in a diverse, dynamic and global environment.

COLLEGE OF THE MAINLAND BOARD OF TRUSTEES
Kyle Dickson, Board Chair, Melissa Skipworth, Secretary, Alan Waters, Vice-Chair, Dawn King, Dr. Verna Henson, Dr. William (Bill) McGarvey, Donald G. Gartman

ACCREDITATION
College of the Mainland is accredited by:
The Commission on Colleges of the Southern Association of Colleges and Schools to award associate degrees and certificates. Contact the Commission on Colleges at 1866 Southern Ln., Decatur, GA 30033-4097 or call 404-679-4500 for questions about the accreditation of College of the Mainland. The Commission is to be contacted only if there is evidence that appears to support the institution’s significant non-compliance with a requirement or standard.

DISCLAIMER STATEMENT
College of the Mainland reserves the right to withdraw a student due to any inability to maintain the prescribed rate of progress or for behavior detrimental to the learning process of the student or class. College of the Mainland also reserves the right to make changes in regulations, courses, fees and other matters of policy and procedure when deemed necessary. These provisions are not to be regarded as an irrevocable contract between the student and the college.

NONDISCRIMINATION STATEMENT
College of the Mainland is an equal opportunity/affirmative action educational institution and employer. The College District prohibits discrimination, including harassment, against any individual(s) on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender, to include gender identity and gender expression, or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.
Further, as a recipient of Federal financial assistance, College of the Mainland prohibits discrimination against any beneficiary of, applicant to, or participant in programs financially assisted under Title I of the Workforce Innovation and Opportunity Act, on the basis of the individual’s citizenship status or participation in any WIOA Title I–financially assisted program or activity. Inquiries concerning application of Title IX of the Education Amendments of 1972, as amended, may be referred to the College’s Title IX Coordinator or the U.S. Department of Education’s Office of Civil Rights. The College District designates the following persons to coordinate its efforts to comply with Title IX of Education Amendments: Lonica Bush, Title IX Coordinator, at lbush@com.edu, 1200 Amburn Road, Texas City, TX 77591, 409-933-8229, (local) or 1-888-258-8859, ext. 8229. College of the Mainland is an equal opportunity/affirmative action educational institution and does not discriminate on the basis of race, sex, age, religion, veteran status or national origin.

DECLARACIÓN E INFORMACIÓN PÚBLICA
El College of the Mainland ofrece programas vocacionales y académicos publicados en el presente catalogo. La admisión a estos programas se efectúa a base de la graduación de una escuela secundaria acreditada o por medio de un certificado de GED o aprobación individual. Es la política del College of the Mainland no discriminar a base de sexo, desventaja física, raza, color, edad u origen nacional en sus programas educativos y vocacionales, ni en las actividades y el empleo, de acuerdo con los requisitos del Titulo IX, Sección 504, y del Titulo VI. El College of the Mainland tomará medidas para asegurar que el desconocimiento del idioma inglés no sea obstáculo a la admisión y participación en todos los programas educativos y vocacionales.

PARKING PERMITS ARE MANDATORY.
Learn how to obtain a temporary or permanent permit for your vehicle at www.com.edu/police or contact the COM Police Department at 409-933-8403.
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EXTENDED TRAVEL
OPEN TO STUDENTS 18 AND OLDER

Great Trains & Grand Canyons
MAR. 15, 2020
6 DAYS

Highlights
- Two Rail Journeys
- Grand Canyon National Park
- Oak Creek Canyon
- Sedona Trolley Tour
- Chapel of the Holy Cross
- Tlaquepaque & Uptown Sedona
- Montezuma Castle
- Jerome
- Old Town Scottsdale

Inclusions
- Roundtrip Airfare - HOU
- 5 Nights Accommodations
- 8 Meals
- Sightseeing per Itinerary
- Admissions per Itinerary
- Hotel Transfer
- Motorcoach Transportation
- Baggage Handling at Hotels
- Professional Tour Director

$2749 pp double
$2849 pp double

Highlights of Bavaria & Austria
Oberammergau Passion Play
JUL. 14, 2020
9 DAYS

Highlights
- 2 Nights in Munich area
- Highlights of Munich-guided Tour
- Glockenspiel, Marienplatz & Olympic Park
- Oberammergau
- Passion Play
- King Ludwig II Castle

Inclusions
- Roundtrip Airfare - IAH
- 7 Nights Hotel Accommodations
- 12 Meals
- Professional Tour Director
- English-speaking local guides
- Tickets & Reserved Seating to Passion Play
- Deluxe Motorcoach
- Sightseeing & Admissions per itinerary
- Hotel Transfer
- Professional Tour Director
- Baggage Handling (1 checked bag)

$5799 pp double
$5899 pp double

New York City & Hudson River Valley
featuring Boston, Vermont, New Hampshire & Maine
OCT. 16, 2020
7 DAYS

Highlights
- New York City Tour
- Statue of Liberty/Ellis Island
- 9/11 Memorial/Museum
- Broadway Show
- One World Trade Center/Observation Deck
- Rockefeller Center
- Times Square & Central Park
- West Point Tour
- New Paltz/Historic Huguenot St.
- Hyde Park-FDR Historic Site
- Crown Maple Syrup
- Boscobel House & Gardens
- Hudson River Cruise
- Kingston/Manhattan/Hudson Valley

Inclusions
- Roundtrip Airfare - HOU
- 6 Nights Accommodations
- 8 Meals
- Sightseeing per itineraries
- Admissions per itinerary
- Deluxe Motorcoach
- Hotel Transfers
- Professional Tour Director
- Baggage Handling

$3499/$3599 pp double

Historic South Holiday
DEC. 6, 2020
7 DAYS

Highlights
- 2 Nights Charleston, SC
- 2 Nights Savannah, GA
- 2 Nights St. Augustine, FL
- Charleston City Tour
- Boone Hall Plantation
- Fort Sumter Boat Tour
- Charleston Holiday Lights
- Beaufort
- Beaufort Hose-Drawn Carriage Tour
- Savannah City Tour
- The Pirates’ House Restaurant
- Jekyll Island Trolley Tour
- Lunch at Jekyll Island Club
- St. Augustine Trolley Tour
- Nights of Lights-St. Augustine

Inclusions
- Roundtrip Airfare-HOU
- 6 Nights Accommodations
- 10 Meals
- Sightseeing per itinerary
- Admissions per itinerary
- Motorcoach Transportation
- Baggage Handling at Hotels
- Professional Tour Director
- Hotel Transfers

$2899/2999 pp double

For information contact:
Traci Payne
409-933-8912 or tpayne5@com.edu

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