



# CHICAGO STATE UNIVERSITY

## Options

### Continuing Education

The Program of Choice for Life-Long learning

#### Six Week Summer Session Begins July 23, 2022

##### **Hair Braiding - Part I**

Learn to hold and start the individual braid. Individual braids include box braids, regular size braids, micros and micromini. Learn to do goddess braids, casamas, and sculpture and design. We'll also learn kinky twist, Senegalese, regular, flat twist, twistees/comb twist and sculpture twist. Instr: Charlotte Henderson Sat, 11:00am - 12:15pm, Fee: \$113

##### **Hair Braiding - Part II**

Advance to more complex styles. Learn more about dreadlocks, silky dreads, natural dreads, and cork screws. We'll cover interlocking/tree braiding, strand by strand, weaving/sew on, lacing, bonding and fusion knots, and care and maintenance. Materials not included. Instr: Charlotte Henderson Sat, 12:30pm - 1:45pm, Fee: \$113

##### **Thinking About Buying Foreclosure Property?**

Today, more than ever, there are vast opportunities to invest in real estate. Regardless of credit, income, or social status, anyone can invest in real estate or make money within the industry. Foreclosure investing is one of the most profitable ways of investing in real estate. Learn how to: become an investor, buy and flip property, use no money down techniques, and make money before investing in property. Instr: Howard Naugles Thurs, 6:30pm - 8:30pm, Fee: \$83

##### **Word Basics with Microsoft 2010**

Learn the basics of word processing with Microsoft Word. Learn how to create, save, edit and print documents. Also learn how to move, copy, format documents using proofing tools, tabs and indents. You will create, sort, format, merge and perform calculations in tables. This beginning level class will help you with basic document preparation. Students must bring a USB to each class for their assignments and homework. Instr: TBA Sat, 9:00am - 11:00am, Fee: \$83

##### **Introduction to Excel 2010**

Excel is a powerful application designed to manage financial information, perform mathematical calculations, track database information, and more. Although the spreadsheets you create do not necessarily have to contain numbers, the strength of Excel lies in its capabilities to manipulate numeric information. The most common uses of Excel are to create spreadsheets, lists, tables, and charts. Students must bring a USB to each class for their assignments and homework. Instr: TBA Sat, 11:00 am - 1:00pm, Fee: \$83

**What's in Your Closet? - Update Your Wardrobe - Basic Sewing** This is the sewing class you've been waiting for! This "you can make it" class is designed to get you started. Learn basic sewing skills. Limited enrollment. Materials not included. (Minimum age 17) Instr: TBA Sat, 12 Noon - 1:30pm, Fee: \$141

### **Introduction to Steppin' (Adults)**

If you are a stepper wannabe, this is your opportunity to learn the fundamentals of this progressive art form that originated right here in Chicago. Join others like yourself for this fun-filled adventure in steppin'. Dazzle your friends with your mastery of the basic 8-count. No partner needed. Instr: Andrea Lawson Tues, 6:30pm - 8:00pm, Fee: \$89

### **Intermediate/Advanced Steppin' (Adults)**

Now that you have the fundamentals under your belt, it's time to begin working on those fancy turns. Learn the combinations you see everyone breezing through. Develop your own signature move. Improve your footwork past the basic pattern. No partner needed. Students must have taken an introductory course or receive instructor's permission in order to register for this course. Instr: Andrea Lawson Sat, 3:30pm - 5:00pm, Fee: \$89

### **Weight Training**

This class, designed for men and women, introduces the principles and skills of weight training for health, fitness, athletic conditioning and body composition on state-of-the-art equipment. Your workout is closely supervised. Register early! Instr: John Mammie Sat, 9:30am - 11:00am, Fee: \$83

### **Total Body Fitness**

Watch those pounds melt away! This class is designed for all fitness levels. You will work your whole-body using weights and machines. It incorporates strength training for fitness, and health and body conditioning. Instr: John Mammie Sat, 8:00am - 9:30am, Fee: \$83

### **Yoga**

Yoga is a way of living that includes physical exercise, meditation and breathing techniques. During this six (6) week course, each person works at their own level to increase strength, flexibility and relaxation. One goal is to increase self-awareness and muscle control. Larry Turner is a

retired Licensed Clinical Psychologist and RN who has been practicing / teaching yoga for over 20 yrs. He often used different yoga techniques in his clinical practice and when working with trauma victims. Instr: Larry Turner Tues, 12 Noon - 12:45 pm, Fee: \$75

### **Martial Arts for Kids (Ages 5 - 10)**

Children can apply the physical and mental skills learned in martial arts into all aspects of life. The class is jam-packed with excitement and fun to keep students interested and motivated so they can reap the long-term benefits of training. Minimum age: 5. Instr: Larry Tankson Sat, 3:00pm - 4:00pm, Fee: \$67

### **Photography: Shooting Like a Pro for Fun, and Profit**

Learn how to take great pictures with any digital camera. Learn for fun and for profit. Understand basic lighting, off camera lighting, and the right equipment to buy. Also, learn the right resolution to shoot photos, how to market, and how to sell photos online. At the end of the course, you will be able to take great photos with any digital camera, better understand photographic lighting, and money-making markets with your digital camera, and how to make great enlargements suitable for framing. 6 Weeks Instr: Carey Williams Weds, 6:30 pm - 8:30pm, Fee: \$83

### **Beginning Piano II, F Major Scale & Chords**

If you really want to be heard, make music and not noise! Learn to play the piano in an electronic piano lab setting. Previous musical background is helpful but not required. Book available in class. Fee for book not included. Minimum age 7 years old. Class begins August 4, 2022. Instr: Danita Coney, Thurs, 6:00 pm - 7:00pm, Fee: \$81

### **REGISTRATION INFORMATION**

**BY MAIL** Complete the attached registration form, sign and mail with your check. Make checks/money orders payable to Chicago State University. Mail registration form and payment to Options Program –

JDC 201, CSU, 9501 S. King Drive, Chicago, IL 60628. Please use one registration form for each person registering

**BY PHONE** Register by phone at 773 995- 4466 with a Visa, MasterCard, Discover, or American Express. Be sure to have all the requested information on your registration form when you call.

**BRING IN YOUR REGISTRATION** Register in-person in the Options Program office, Jacoby Dickens Athletic Center, Room 201. Office hours are 9:00 am - 5:00 pm, Mon through Fri.

### **GENERAL INFORMATION**

**COURSE FEES** Refer to course description for fees. Fees are payable by check, money order, American Express, Discover, Visa, or MasterCard.

**CLASS MEETINGS** The Summer session begins Saturday, April 30, 2022, and ends Friday, June 10, 2022. See course descriptions for exceptions.

**PARKING DECALS** Parking decals are available for \$10.00 for students enrolled in Options classes. There is a \$5.00 fee to enter the campus. Please note, decals can be purchased at the parking booths after students have registered. Students enrolled in

the university's academic courses are not eligible for Options parking decals. Seniors, 60 and over, enrolled in Options courses, receive FREE parking decals.

**CLASS SIZE** The university reserves the right to limit the size of classes and to cancel classes due to insufficient enrollment.

**CANCELING YOUR REGISTRATION** In the event that you must cancel your course registration, we encourage you to send someone in your place by simply informing the Options department of the name change. Registration cancellations by phone or in writing must be received at least seven days prior to the published course start date. Cancellation requests received before the seven-day deadline will result in fees being refunded, less a \$10 administration fee. Processing may take six to eight weeks. We regret that no refund is available when a course registration is cancelled after the seven-day deadline. Failure to read the information contained in this schedule does not constitute exemption from stated regulations.

### **FOR MORE INFORMATION**

CALL US 773-995-4466 VISIT OUR WEBSITE [csu.edu/ContinuingEducation/Options.htm](http://csu.edu/ContinuingEducation/Options.htm)