

VALDOSTA STATE UNIVERSITY



THE BRIDGE

Professional and Community Education

Spring 2022

Lifelong Learning: The Recipe for Success.

Career Development

Online Programs

CampDISCOVERY

Learning in Retirement

Leisure Learning



229.245.6484 • www.valdosta.edu/pace

LEARNING *in* RETIREMENT BEGINS ON PAGE 16

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Dear PACE Community,

Happy New Year! We look forward to having you with us for another exciting semester of new discoveries and learning experiences.

Whether you are looking to add or improve job skills, change careers, make the most of your retirement years, explore a hobby, or find enrichment opportunities for yourself or your kids, lifelong learning is your recipe for success.

As always, we're here to help you work toward your personal and/or professional goals. See you in class!

The PACE Team

Our Team

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Mission Statement

Professional & Community Education at Valdosta State University enhances the quality of life in the region by providing educational, artistic, cultural, technological, and economic development activities and programs for children and adults of all ages.

Testimonials

"The course was excellent, and interactions I had with staff at the continuing education office were great....So glad I chose to take classes through Valdosta State."

—Dara C., "Administrative Assistant Fundamentals"

"Kimberly Tanner is an excellent instructor. her content was first rate. It was a very useful six hours."

—Student, "Leading a Diverse Workforce"

"Shaun was very patient and did very well teaching a class of varying skills. Really enjoyed it!"

—Kevin O., "Guitar for Beginners"

"Very well presented class. The instructor was very responsive and knows his subject well."

—A.L., "Creating WordPress Websites"

"'Writing Your Life Story' is an excellent, educational and helpful course. My only regret is there isn't a part two."

—Tarius R., "Writing Your Life Story"

"I love my online classes and the VSU staff!"

—Karen K., "Creating Web Pages"

"I really enjoyed this course. It was both fun and challenging. Ray helped push our boundaries. He was an excellent teacher!"

—Student, "Drawing with Ray"

Attention HR Professionals!

Improve your knowledge, increase your value, and distinguish yourself in the HR field.



Preparation for PHR/SPHR Certification - Live/Virtual

Prepare to earn your PHR/SPHR designation. Demonstrate your commitment to the HR profession and set yourself apart as an expert in your field. (3.5 CEU)

Instructor: Ronnie Cooper

This course is suitable for preparation for HRCI and SHRM exams.

22WBPD01 | 13 Tues | 6:30 - 8:30 PM ET
Jan 25 - Apr 26 (No class Apr 19) | \$395

After Jan 11 - \$465 (materials not included; HRCI exam not included)

Training materials may be purchased at www.hrcp.com at a discount for VSU students.

Contact Sue Bailey at 229.245.6484 or subailey@valdosta.edu for complete information BEFORE purchasing materials.

Food Safety Manager Certification

The Georgia Food Code requires that food service establishments have at least one Certified Food Safety Manager on staff. This one-day training includes instruction and administration of the ServSafe® Food Safety Manager Certification exam. Textbook & exam included (.8 CEU)

Instructor: Sue Bailey, Certified Food Safety Instructor

22WBPD02 | Tues, Feb 15 | 9 AM - 6:30 PM | \$199 (After Feb 1, \$239)

22SBPD01 | Tues, Apr 12 | 9 AM - 6:30 PM | \$199 (After Mar 29, \$239)

ServSafe Exam-Only Sessions

For individuals seeking an exam proctor to take/retake the ServSafe exam.

Examinees must:

- Purchasing their study materials & exam voucher from www.servsafe.com.
- Register & pay the \$75 proctoring fee.



Call 229.245.6484 or email pace@valdosta.edu for upcoming exam-only dates/times and information on how to register.

Essentials of Human Resources w/ aPHR Prep - Live/Virtual

Begin your HR journey or boost your current HR knowledge of the key HR topics and fundamental issues surrounding HR. Lessons cover the essential employment and management tasks in the functional areas of HR. This course also prepares you to sit for HRCI®'s aPHR exam. (Course materials and aPHR exam not included in the course fee.) (1.6 CEU) **Instructor: Ronnie Cooper**

Contact Sue Bailey at 229.245.6484 or email subailey@valdosta.edu BEFORE purchasing materials for information about the discount code.

22WBPD03 | 8 Mon | Mar 7 - May 2 | 6:30 - 8:30 PM ET | \$249

(After Feb 15, \$299) | (No class session April 18)

Creating a Professional Online Presence - Live/Virtual

Explore how to manage your online presence on a variety of social media platforms. Learn best practices to create a professional identity and leverage your professional skills to virtually and securely network with companies and other professionals in your field. **Instructor: Britt Bugby** (.15 CEU)

22WBPD04 | Tue | Mar 15 | 6 - 7:30 PM ET | \$49

Questions?

Contact Sue Bailey at 229.245.6484 or pace@valdosta.edu



Customer Service Excellence - Live/Virtual

Each of us serves customers whether we realize it or not. We recognize the importance of providing excellent customer service to our external customers, but managers must also serve the needs of internal customers - our employees. Learn valuable and practical skills and techniques that can be applied to all customers. (.6 CEU)

Instructor: Dr. Kimberly Tanner

This training has been submitted to HR Certification Institute® for review.

22WBPD08 | 4 Tues | Feb 8 - Mar 1 | 11 AM - 12:30 PM ET | \$179

Leading a Diverse Workforce - Live/Virtual

In today's workforce, managers are tasked with leading diverse teams. This series is designed to provide the tools necessary to navigate common pitfalls and harness the strengths that these teams provide. Session topics include: Managing Unconscious Bias; Conflict Resolution Styles and Strategies; Effective Communication; Universal Design Strategies for the Workplace. (.6 CEU) 2.0 HR (General) Credits

Instructor: Dr. Kimberly Tanner



The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.

22WBPD06 | 4 Tues | Jan 11 - Feb 1 | 11 AM - 12:30 PM ET | \$179

Best Practices for Your Hiring Process - Live/Virtual

Today's workforce is constantly changing and turnover is a reality of the workplace. Explore best practices to streamline your hiring processes, from creating the job post and interview questions to selecting the best applicant and onboarding your new employee. (.15 CEU)

Instructor: Jarrod Murray

This training has been submitted to HR Certification Institute® for review.

22WBPD09 | Tues | Mar 29 | 3 - 4:30 PM | \$79

Check our website, www.valdosta.edu/pace, under Programs/Career Development for more trainings and workshops added throughout the Winter/Spring semester.

Designing Effective & Meaningful Training Experiences - Live/Virtual

For HR Managers and anyone involved in training development, explore common principles and processes of Instructional Design. Learn how to apply Robert Gagné's Nine Events of Instruction model to develop engaging and effective training. (.3 CEU) 3.0 HR (General) Credits

Instructor: Britt Bugby



The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.

22WBPD05 | Tue & Thur | Mar 22 & 24 | 6 - 7:30 PM | \$99

Collective Bargaining: Process, Issues & Strategies - Live/Virtual

Explore distributive and integrative bargaining; how to prepare for sessions; the importance of communication; methods for satisfying both sides; application of these skills to non-union negotiations. (.2 CEU) 2.0 HR (General) Credits

Instructor: Ronnie Cooper



The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.

22SBPD02 | Mon | May 9 | 6:30 - 8:30 PM ET | \$89

Keep the 'Security' in Cybersecurity and in the Organization - Live/Virtual

Cybersecurity of sensitive data is critical to business success. Loss or compromise can lead to reputational damage and costly regulatory and statutory fines. Learn best practices in cybersecurity to assist with effective and secure communication in the workplace and reduce risk of cyberattacks that can lead to lost productivity. (.15 CEU) 2.0 HR (General) Credits

Instructor: Cathy Sowa



The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.

22WBPD07 | Tues | Mar 8 | 6 - 7:30 PM | \$79

More professional development and HRCI® pre-approved trainings can be found at our website, www.valdosta.edu/pace under Programs/Career Development.

Employers & Business Owners...

Let us help you upskill or reskill your employees to expand their capabilities.



We'll work with you to develop the in-person or online training that fits your needs and budget.

What are the benefits of upskilling or reskilling?

- Smaller investment than hiring and training new employees.
- Keeps employee skill sets up-to-date or teaches new skills for transition into different roles in the organization..
- Boosts morale and productivity.
- Improves retention - employees feel more positive in their roles and their future with your company.
- Employees happy with their work will be strong advocates for attracting new talent to your organization.

What training do we provide?

Soft and Hard Skills including:

- Communication (written, verbal, listening)
- Time Management and Organization
- Team Development and Collaboration
- Leadership
- Diversity & Inclusion
- Conflict Resolution
- Computer Applications
- Presentation and Writing Skills

Don't have time to send your employees to a class or seminar?

Online training is available 24/7 anywhere there is access to a computer and the internet.

Choose from more than 400 single-subject courses or pre-selected course bundles.

Make your own training!

We can CUSTOMIZE* training for your employees by combining 2 - 4 of the online courses you need.

- Convenient
- Cost effective
- Available 24/7

*Customized course bundles are available to businesses and organizations only.

Choose courses from these and many other topic areas:

- Accounting & Finance
- Business Communication
- Sales & Marketing
- Management & Leadership
- Project Management
- Computer Applications
- Web Technology
- Information Technology
- Programming
- Business Writing

Find a complete listing with descriptions, pricing, and start dates of single online courses and pre-bundled courses at www.ed2go.com/valdosta

Most online courses are available in instructor-led and self-paced tutorial formats.

Call Sue Bailey at 229-245-6484 or email pace@valdosta.edu with questions and to discuss your needs and options.

Enhance your knowledge & skills

New Manager

Build critical knowledge and skills to succeed and grow in your new managerial role.

CORE COURSES

- New Manager Suite (3 courses)
- Keys to Effective Communication

ELECTIVE COURSES (Minimum of 2)*

- Achieving Success with Difficult People
- Building Teams that Work
- Individual Excellence
- Effective Business Writing
- Diversity Training for Employees & Managers

Leadership

Develop leadership skills to achieve success in daily life and career advancement.

CORE COURSES

- Leadership Suite (4 courses)

ELECTIVE COURSES (Choose minimum of 2)*

- Introduction to Business Analysis
- Individual Excellence
- Business Finance for Non-Financial Personnel
- Effective Business Writing
- Six Sigma: Total Quality Applications

Project Management

Get started in the high-growth, high-demand field of project management. Gain foundational skills to manage projects efficiently and effectively.

CORE COURSES

- Project Management Fundamentals Series (2 courses)
- Keys to Effective Communication
- Fundamentals of Supervision & Management

ELECTIVE COURSES (Minimum of 2)*

- Collaborative Problem Solving
- Building Teams that Work
- Goal Setting & Time Management
- Effective Business Writing
- Diversity Training for Employees & Managers

*Find additional electives for each certificate above at our website, www.valdosta.edu/pace under "Certificate Programs."

Courses in certificate programs are \$129 unless otherwise noted. Suites/Series start at \$199.

To earn a certificate:

- Submit a **Certificate Program Agreement Form**
- Complete the program in 18 months with a 70% GPA.
- Submit the **Certificate Request Form** to receive your program certificate.
- Forms are available at www.valdosta.edu/pace under "Special Interest Certificate Programs."

Find complete details about all the Special Interest Certificate Programs we offer at www.valdosta.edu/pace under "Certificate Programs."

Still Our Most Popular Certificates

Grant Writing

CORE COURSES

- A to Z Grant Writing
- A to Z Grant Writing II - Beyond the Basics
- Writing Effective Grant Proposals

ELECTIVE COURSES Minimum of Two

- Grammar Refresher or Grammar Refresher II
- Get Grants!
- Become a Grant Writing Consultant
- Advanced Grant Proposal Writing

Creative Writing

CORE COURSES

- Beginning Writer's Workshop
- Grammar Refresher
- Research Methods for Writers

ELECTIVE COURSES Minimum of Three*

- Writeriffic: Creativity Training for Writers
- Advanced Fiction Writing
- The Craft of Magazine Writing
- Beginner's Guide to Getting Published

*Find additional electives for "Creative Writing" at the website, www.valdosta.edu/pace under "Certificate Programs."

We have over 400 ways to Upskill & Reskill!

We offer noncredit courses in many subject areas to...

- *Help make you better at your job.*
- *Prepare you for new roles and responsibilities.*

Add some of the most sought-after skills to your resume:

Communication & Interpersonal Skills

- Interpersonal Communication
- Written Communication for Business
- Keys to Effective Communication

Business & Operations

- Introduction to Business Analysis
- Managing Customer Service

Project Management

- High Speed Project Management
- Project Management Fundamentals

Programming & Database Management

- Introduction to Visual Basic
- Intro to C#, Java, OR XML Programming
- Oracle SQL Training

Management & Leadership

- Fundamentals of Supervision & Management
- Building Teams that Work
- Leadership

Find a full course listing and online registration at www.ed2go.com/valdosta

Unless otherwise noted, courses start at \$129.

6-week Online Courses*

Interact with expert instructors and fellow students in lively, online discussions. New sessions start every month. Sign up anytime!

Most courses also available in a self-paced tutorial format with 3 months access.

6-Week Online Course Schedule

MONTH	START
January	1/12/22
February	2/9/22
March	3/16/22
April	4/13/22
May	5/18/22

Schedule of start dates also available with each course description at www.ed2go.com/valdosta



Course Bundles SAVE You Money!

Take multiple online courses at a DISCOUNTED price while gaining an in-depth understanding of the VITAL skills employers are looking for.

- Soft Skills Suite | \$449
- Administrative Assistant Suite | \$329
- Supervisor Suite | \$329
- Speed Spanish Series | \$299
- Presentation Skills Suite | \$329
- Computer Networking Suite | \$329
- Accounting Fundamentals Series | \$229

Visit www.ed2go.com/valdosta to find more series and value suites for every need. Questions? Email pace@valdosta.edu.

We offer Customized Bundling for businesses and organizations. Call Sue Bailey to find out more at 229.245.6484 or email pace@valdosta.edu.

Nursing Continuing Professional Development



Choose from 35+ ALLEGRA accredited certificate topics starting at \$89

- Certificate in Stress Management
- Certificate in Pain Assessment & Management
- Certificate in Healthy Aging
- Certificate in Infectious Diseases and Infection Control
- Certificate in Nutrition, Chronic Disease and Health Promotion
- Certificate in Holistic and Integrative Health
- Certificate in Violence Prevention & Awareness
- Certificate in Global Healing Systems
- Certificate in Energy Medicine
- Certificate in Legal & Ethical Issues in Healthcare

Save with Nursing Professional Development Course Bundles starting at \$149.

- Nutrition & Health
- Mind-Body Therapies
- Women's Health
- Health Care Entrepreneurship

See all the accredited ALLEGRA certificate courses and bundles and register at www.ed2go.com/valdosta under "Courses>Health and Fitness."

ALLEGRA Learning Solutions, LLC:

- ANCC accredited provider
- ANCC "Accreditation with Distinction" award
- Acceptable for CE contact hours in all states
- CBRN approved provider (Provider #CEP 14693)
- NCBDE approved for diabetes educators
- NCBTMB approved (Provider Number 451562-11)

Let us help you and your resume shine!

Learning new skills or improving current skills can open the door to...

- Promotions
- Raises
- Increased job satisfaction
- New responsibilities in your organization
- A new career

We offer many online courses in the hard skills you need:

- Writing (grammar, business writing, technical writing)
- Project management
- Budgeting, business analysis, finance
- Presentation skills (graphic design, PowerPoint)
- Social media marketing, email marketing, SEO
- Computer skills (MS Office, Google Drive, Quickbooks)
- Programming (Java, C#, Python, SQL, JavaScript)

Find courses in these subject areas starting at \$129 at www.ed2go.com/valdosta

Don't forget to sharpen soft skills for success:

- Keys to Effective Communication | \$129
- Interpersonal Communication | \$129
- Mastering Public Speaking | \$129
- Goal Setting & Workplace Efficiency Training | \$99
- Achieving Success with Difficult People | \$129
- Individual Excellence | \$129
- Leadership | \$129
- Skills for Making Great Decisions | \$129
- Building Teams that Work | \$129
- Fundamentals of Supervision & Management | \$129

Register online for these and many other Career Fundamentals courses at www.ed2go.com/valdosta.

Questions? Call us at 229.245.6484 or email pace@valdosta.edu.

Full course listing and online registration at www.ed2go.com/valdosta

Online courses are available 24/7, whenever and wherever you have access to a computer and the internet.

Advanced Career Training - Online

You don't need a 4-year college degree to get into an in-demand career in:

Healthcare, Web Design & Development, Information Technology, Project Management, Hospitality, and more!

Course Features Include:

- Self-paced, start anytime, 24/7 access
- Books and materials included
- Financial assistance available
- Student Advisors available
- Industry Recognized Certifications

Register today, or for more information visit: careertraining.ed2go.com/Valdosta

Certified Physical Therapy Aide

9 months | \$1995 | Exam voucher included; externship offered
Master the skills you need for a career as a Physical Therapy Aide.

Dental Office Manager

18 months | \$3995 | Exam vouchers included
Learn all aspects of managing a dental office and prepare to sit for QBCU and Microsoft exams.

Pharmacy Technician

12 months | \$2495 | Exam voucher included; externship offered
Train to become a Pharmacy Technician in a retail or hospital setting.

IT Foundations Bundle

12 months | \$1695 | Exam vouchers included
Develop the skills needed to become a leader in the IT industry.

Web Design Professional

12 Months | \$2995
Gain the skills needed to use your creative skills to start a fast-paced career in website design and maintenance in any industry.

Digital Arts Certificate

12 months | \$3295
Jump-start a career in graphic design, fine arts, visual marketing, and more.

Certified Network Defender (CND)

6 months | \$2895 | Exam voucher included
Train to protect, detect, and respond to network cyber-breaches. Must have understanding of basic networking fundamentals & terminology.

Project Management Essentials with CAPM® Prep

6 months | \$1195
Improve your marketability with project management skills that are transferable across industries.

Certified Model Know-How

9 months | \$1995
Build a life-long modeling career. Gain knowledge and skills from an expert - Naima Mora, supermodel and winner of America's Next Top Model.

Certified Wedding Planner

9 Months | \$1595 | Externship offered
Train for a career that combines creativity and organization to make a bride's dreams come true.

Veterinary Office Manager

18 months | \$3995 | Exam voucher included
Gain skills to manage the business aspects of a veterinary practice and learn veterinary assistant basics.

You may be eligible for financial aid for Advanced Career Training programs. See page 15 for information or contact us at 229.245.6484 or pace@valdosta.edu.

Hot Health & Fitness Careers in Georgia*

NASM Certified Nutrition Coach

6 Months | \$1295 | Exam voucher included
Learn nutritional science and behavior change coaching strategies.

NCSF Sports Nutrition Specialist

6 Months | \$645 | Exam voucher included
Add to your fitness-related credential or allied health license.

NASM Certified Personal Trainer + Corrective Exercise

12 Months | \$1895 | Voucher included
Become a successful NASM personal trainer with Corrective Exercise Specialization (CES).

NASM Certified Personal Trainer (SPANISH)

6 Months | \$1295 | Exam voucher included
Al obtener la certificación NASM CPT, puede ingresar a cualquier gimnasio / instalación en la nación y ser empleado como entrenador personal certificado.

AFAA Group Fitness Instructor

6 Months | \$745 | Exam voucher included
Become employable in a gym as a certified group fitness instructor.

NASM Performance Enhancement Specialist (PES)

6 Months | \$745 | Exam voucher included
Prepare for a career as a coach, athletic trainer, sports professional, or personal trainer with PES certification.

Fitness Business Management

6 Months | \$2495 | Meets ACSM approval criteria
Prepare to implement a successful business system in a variety of public, private, and medical settings.

NCSF Certified Strength Coach

6 Months | \$645 | Exam voucher included
Further your education in the field of strength and conditioning.

NASM Certified Personal Trainer w/Exam Prep

6 Months | \$1295 | Exam voucher included
Earn NASM CPT certification to be employed in any gym/facility in the nation as a certified personal trainer.

NASM Corrective Exercise Specialist (CES)

6 Months | \$745 | Exam included
Enhance your personal training skills to help post-rehab and injured clients recover and remain active.

NASM Certified Personal Trainer + Performance Enhancement

12 Months | \$1895 | Exam vouchers included
Become a NASM Certified Personal Trainer and Performance Enhancement Specialist.

*Prerequisites may apply; email pace@valdosta.edu or call 229.245.6484 for information.

Open the door to your future!

Explore some of the high-demand career fields in Georgia.

Chartered Tax Professional

18 Months | \$1895
Gain skills as a tax preparer for individual tax returns for almost all U.S. taxpayers. Start working and earn while completing your course work.

Peer Support Specialist

3 Months | \$645
Learn how to use your experiences to help others through mental illness or addiction recovery.

Medical Interpreter (Spanish/English)

9 Months | \$2395 | Must be fluent in Spanish and English
Prepare to work in hospitals, medical offices, and other healthcare settings.

Teacher's Aide with ParaPro Prep

6 Months | \$1695
Train to become a paraprofessional educator and prepare to sit for the ETS ParaPro Assessment.

Adobe Certified Associate

12 Months | \$2595 | 5 exam vouchers included
Develop the skills to be an Adobe Creative Suite design professional. (Programs: Dreamweaver, Illustrator, Photoshop, InDesign, and Animate.)

Payroll Practice and Management with Microsoft Excel 2019

12 Months | \$2395 | Exam voucher included
Prepare for an entry-level position as a payroll specialist.

Certified Health Unit Coordinator

6 Months | \$1495 | Exam voucher included
Learn the skills needed to manage the activities of the people working in a health unit to provide healthcare to patients.

Certified Administrative Professional with Microsoft Office Specialist 2019

12 Months | \$3595 | Exam vouchers included
Prepare to become an effective administrative assistant in any industry and become certified in CAP and MOS.

Leadership in Energy and Environmental Design (LEED)

3 Months | \$745 | Exam fee included
Learn green building and sustainable design practices to support engineers, architects, landscapers, contractors, etc. in designing eco-friendly buildings and spaces.

We offer 325+ Advanced Career Training courses. Discover your new career at careertraining.ed2go.com/valdosta

Questions? Email pace@valdosta.edu.

Paralegal Certificate Course[®] - Online

Are you looking for a challenging career in a growing market? Invest in your future today! Start your career as a paralegal professional. This 14-week program includes both Paralegal 1 and Paralegal 2, each a 7-week session.

Winter/Spring/Summer 2022 Session start dates:

Jan 10 | Mar 7 | May 2 | Jun 27 | Aug 22

ONLINE | \$1,895*

(Text-only and Live/Virtual formats also available)

*Tuition does NOT include course materials. Materials are purchased separately and are subject to shipping charges.

MyCAA and Sallie Mae Funding Accepted - see page 15 for more information. CLS by BARBRI also offers a convenient monthly payment option (subject to eligibility check).

Other popular courses:

- Legal Nurse Consultant Training Course
- Legal Secretary Certificate Course
- Advanced Paralegal Certificate Course
- Software Essentials for the Law Office
- Victim Advocacy Certificate Course

Paralegal Certificate Course[®] Live/Virtual Format

Spring Course Dates:

Feb 14 - Apr 11, 2022

Classes held via Zoom:

Mon & Wed | 6:00pm - 9:00pm

and Sat | 8:30am - 1:00pm ET for eight weeks

No Zoom classes on Feb 21 - Presidents Day.



Questions? Contact Sue Bailey at 229.245.6484 or email pace@valdosta.edu.

Register and find a complete list of legal training courses at: legalstudies.com/vendor/valdosta

NEW! Digital Badges

Upon successful completion of your course, you'll receive email instructions to claim your badge issued through Credly.

What are the benefits of digital badges?

- An additional way to market your skills-based training.
- Badges can be shared and verified online through social media profiles, website, emails, and on the Credly worldwide network.
- Clicking on a badge allows the viewer to see the details of your achievements and skills.
- You can share your Credly profile with potential employers, allowing them to see the full scope of your abilities.

Why choose CLS by BARBRI?

- CLS has 40+ years of experience training paralegal and legal support professionals.
- The new CLS by BARBRI is backed by BARBRI's extensive legal learning data science and court methodology developed by its team of legal experts.
- 7- to 14-week courses offer students 24/7 access, allowing them to work the courses into their busy schedules.
- It's the most flexible, job-ready legal education available.

Thinking about a new career in real estate?

We have all 75 hours of training you need to get your Georgia Sales Real Estate License.



Georgia Real Estate Salesperson Pre-Licensing - ONLINE

Get your real estate license in Georgia with our real estate pre-licensing course powered by The CE Shop.

This 75-hour course prepares you for the Georgia state licensing exam and provides the practical business knowledge and foundation necessary to be a successful real estate agent in Georgia.

- State approved.
- Complete in as little as two weeks.
- Online access on all devices.

Contact Sue Bailey at pace@valdosta.edu or call 229.245.6484 for pricing and enrollment information.

Georgia Real Estate Pre-License Packages

Choose the one that's right for you!

- Course Only - \$259
- Standard Package - \$319
- Value Package - \$359
- Premium Package - \$435

Look for Promo Codes to save 20% or more off course fees.

You will also find courses for:

- Exam Prep
- Post-Licensing
- Continuing Education

Exclusive 40% Military Discount

Active duty service members, those in transition to civilian life, or family of a military member - becoming a real estate agent is a great opportunity. (Available on pre-licensing products only.)

TRY BEFORE YOU BUY!

Take advantage of the FREE 5-day trial for your Georgia Salesperson Pre-Licensing Course.
Learn more at valdostastate.theceshop.com

Our 6 Most Popular Self-Paced, Open-Entry Courses

These interactive courses provide instruction from experts at a pace that meets your needs.

FULLY ONLINE | CHOOSE YOUR START DATE | AVAILABLE 24/7 | 6 MONTHS TO COMPLETE YOUR COURSE | ALL MATERIALS INCLUDED

A complete list of courses can be found at www.valdosta.edu/pace under “Teacher Recertification.”

Behavior Is Language

Discover what students are trying to tell you through the “language” of their behavior. Learn behavioral techniques and intervention strategies.

4.5 CEU | 4 PLU | \$219

Why DI? An Introduction to Differentiated Instruction

Gain an understanding of the framework of and need for creating supportive learning environments for diverse learning populations.

4.5 CEU | 4 PLU | \$219

Reading and Writing in Content Area

Learn how to teach reading and writing in various subject matter fields at the secondary level.

3 CEU | 3 PLU | \$199

Build School Communities: Brain Smart Classroom Management

Develop strategies, rituals, and environmental design skills to create safe havens of learning to benefit all members of the school community.

3 CEU | \$199

Teaching Diversity

Explore the knowledge, tools, and dispositions to effectively facilitate a diverse classroom. Learn to apply knowledge of the richness of contributions from our diverse society to the teaching field.

3 CEU | 3 PLU | \$199

Drugs and Alcohol in Schools

Gain a more comprehensive understanding of the influences of alcohol and drugs in the classroom and understand the complex dynamics that contribute to this biological and social phenomenon.

3 CEU | 3 PLU | \$199

English Language Learner Series:

Each course in this series: \$219 | 4.5 CEU

ELL: Language Acquisition

Gain an understanding of the process of second language acquisition and the role of the classroom teacher.

ELL: Methods & Materials

Learn how to apply instructional methods in creating lessons, create a motivating and caring learning environment, and integrate reading, writing, speaking and listening skills.

ELL: Evaluation & Assessment

Discover what it means to have a high-quality assessment and scope of assessments including initial placement, annual assessments, and exit assessments.

ELL: Linguistics

Explore theoretical foundations of linguistics and how to apply the knowledge and skills in ELL classrooms and content classrooms.

2 PLU/2.4 CEU Courses for Teachers - Online

- Courses available in Child Development, Classroom Technology, Math and Science, Reading and Writing.
- Most courses are available in instructor-led and self-paced formats.
- For a complete course list, visit ed2go.com/valdosta under “Teacher Professional Development.”

Complete information for all of our online teacher recertification courses can be found at www.valdosta.edu/pace.

Questions? Call 229.245.6484 or email pace@valdosta.edu.

Drawing with Ray - Virtual/Zoom

Stop saying “I can’t draw!” because you CAN. Drawing is a learned skill. In this interactive course, practice a variety of fundamental techniques to develop your drawing skills. Artist and VSU professor **Ray Noll** will help you discover the joy of drawing! A list of supplies will be emailed with your registration receipt and can also be found at www.valdosta.edu/pace with the course description.



22WPELO1 | 5 Mon | Mar 7 - Apr 4 | 6 - 7:45 PM | \$89
(Supplies not included)

Register online at www.valdosta.edu/pace under “Programs>Leisure Learning” or call 229.245.6484 to register by phone.

An Introduction to Voiceovers- Virtual

Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo>

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

Upon registration you will be contacted by Voices For All to schedule your class for a day and time convenient for you. Must be 18 and over. | \$49

Call 229.245.6484 to register or register online at www.valdosta.edu/pace under “Programs>Leisure Learning.”

Learn a New Language - Online

Explore different cultures while learning a new language. Classes start at \$119. Register at www.ed2go.com/valdosta.

- Conversational Japanese
- Discover Sign Language
- Beginning Conversational French
- Spanish for Law Enforcement
- Speed Spanish



CampDISCOVERY Youth Programs at VSU PACE

Spring Break 2022: April 4 - 8

Week-long art and STEM camps run morning, afternoon, or all day.

Morning & afternoon snacks provided; supervised lunch period for all-day campers.

Full schedule and complete details will be available on our website, www.valdosta.edu/pace, after January 1.

Call us at 229-245-6484 or email pace@valdosta.edu to get on our mailing list to receive our children’s camp catalog for Spring Break and summer.

Expand Your Horizons - Online

The sky’s the limit with convenient online learning! Choose from a variety of fun and educational courses starting at \$119. Find more online classes and register at www.ed2go.com/valdosta.

- Learn to Buy and Sell on eBay
- Where Did All My Money Go?
- Stocks, Bonds, and Investing: Oh, My!
- Secrets of Better Photography
- Growing Plants for Fun and Profit
- Genealogy Basics
- Introduction to Digital Scrapbooking

To learn more about these and all of our classes and programs, email pace@valdosta.edu or call us at 229.245.6484

Financial Assistance for Career Training

MyCAA

Military spouses can receive a \$4000 scholarship to train online and learn at your convenience for a career that moves with you wherever you are stationed.

WHO IS ELIGIBLE?

Spouses of active duty Army, Navy, Air Force, or Marine service members in pay grades E1-E5, W1-W2, or O1-O2.

Spouses of National Guard or AGR Members must be on federal Title 10 active duty orders.

POPULAR PROGRAMS:

- Certified Bookkeeper
- Medical Billing & Coding
- Web Design
- Human Resources Professional
- NASM Certified Personal Trainer
- And more...

Visit the MyCAA Spouse Portal at <https://aiportal.acc.af.mil/mycaa> to create your account

Army CA

The Army Credentialing Assistance (Army CA) program provides up to \$4,000 per year in funding for Active Duty, Army Reserve, and Army National Guard Soldiers who want to pursue training that leads to credentials for in-demand career fields while serving or preparing for the transition to civilian life. Army CA is designed to help Soldiers earn in-demand, industry-recognized credentials while expanding their personal and professional development.

To be eligible for Army CA funding, you must be able to complete your career training before you leave the service, so it's important to start preparing now.

Learn more about eligible programs and apply at ArmyIgnitED, <https://www.armyignited.com/app/>

Sallie Mae Student Loans

Sallie Mae offers flexible loans to pay for technical training or trade school, distance learning or other continuing education programs to cover the total cost of education and certain related expenses. Call 229.245.6484 or email pace@valdosta.edu for complete information.

Frequently Asked Questions

Do I have to apply to VSU to take PACE classes? How do I register?

No. All of our classes are open to the public. We have 3 ways to register: online, by phone, and in person.

Can my minor child take adult PACE classes?

Due to Minors on Campus policies, children under 18 may not participate in online or in-person adult PACE classes.

What about masks?

PACE follows VSU policy based on CDC guidelines. Individuals who have not been fully vaccinated for COVID-19 are strongly encouraged to wear masks while in VSU buildings.

What is your refund / cancellation / transfer policy?

Unless otherwise stated, full refunds minus \$5 or 5%, whichever is greater, will be given by calling 229.245.6484 at least three work days prior to the start of the program. No refunds less than three work days prior to the start of a class, but registrants may send a substitute. No partial refunds for classes missed. Full refunds for classes canceled by VSU.

Where will my course be held? What about parking?

Except where noted, classes are held at the Regional Center for Continuing Education, 903 N Patterson Street, Valdosta. Parking permit details will be provided with your registration receipt.

Is financial aid available for PACE classes?

HOPE scholarships and Federal Financial Aid are not applicable to noncredit courses. Participants in certain career training courses may be eligible for financial aid from private lenders. Call 229.245.6484 or email pace@valdosta.edu for more information.



About Learning in Retirement

Our Mission

We provide a unique opportunity for cultural growth, lifelong learning, and recreation for individuals 50+ years of age. LIR is member-led and university-sponsored. Members are involved in determining curriculum, recruiting new members, managing the budget, and developing social programming.

LIR Registration Fee

There are no extra fees above your \$75/semester or \$135 yearly (if paid in fall) membership for LIR classes except when noted in class descriptions.

Where are LIR classes held?

Most classes are held in the Regional Center for Continuing Education (RCCE), 903 N Patterson St., or in the adjacent PACE Annex or the Extension. Exceptions will be noted in the class description.

Parking Permits

Ample parking is available adjacent to our building. Parking permit information will be provided with your registration receipt.

LIR Depends on Volunteers!

We could not function without member volunteers! We need people to teach classes and to serve on all our committees. For information, call 229-245-6484.

Can't make it to class?

Our volunteer instructors put a lot of effort into preparing their classes. We ask that you help us avoid 'less than expected' or 'no attendance' on class days:

- Only sign up for classes you plan to attend.
- Be careful that you don't sign up for two classes with the same date/time.
- You can add courses throughout the semester.

If you find you cannot make it to a class, please let us know as early as possible by calling 229-245-6484.



Help Us Grow!

Donate online to Learning in Retirement! A tax deductible contribution of \$75 will provide a scholarship for someone who would like to participate but cannot afford a membership. Donations of any amount are welcome and will be used to support our programming and special events. Visit www.valdosta.edu/pace for more information.

Learning in Retirement Officers

- President..... Vicki Gay
- Vice President..... Holly Gougeon
- Secretary.....Marie Sooy
- Treasurer.....Lynn Ross
- Historian.....Carol Jennings
- Social Committee Chair.....Marie Sooy
- Publicity Committee Chair.....Carol Jennings
- Curriculum Committee Chair..... Vicki Gay

Want detailed descriptions and a class calendar?

Email pace@valdosta.edu or call 229-245-6484.

CLASSES START MONDAY, JANUARY 31

Special Events

Registration Open House

Tues | Jan 11 | 10 AM - 1 PM

“Welcome Back” Kick-Off Lunch

22SLIR001 | Wed | Jan 26 | 11 AM - Business Meeting
11:30 AM - Lunch: \$15 | 12:00 - Program

End of the Year Potluck & Installation of Officers for 2022-2023

22SLIR002 | Fri | Apr 29 | 11:30 AM

Leisure & Crafts

Mahjongg for Newcomers

Newcomers only please. Instructor: Elizabeth Burnette
22SLIR101 | 4 Mon | Jan 31 - Feb 21 | 11:30 AM - 12:30 PM

Mahjongg

Instructor: Elizabeth Burnette
22SLIR102 | 12 Mon | Jan 31 - Apr 25 | 12:30 - 3 PM
(No class Apr 4)

Create a Memory Pillow

Instructor: Marie Sooy
22SLIR103 | Thurs | Apr 21 | 1 - 4 PM

Pine Cone Flowers

Instructor: Madonna Terry
22SLIR104 | Wed | Feb 23 | 1 - 3 PM

Mixed Media Critters

Instructor: Holly Gougeon
22SLIR105 | Wed | Mar 16 | 1 - 3 PM

Painted Mandala

Instructor: Holly Gougeon
22SLIR106 | Mon | Apr 11 | 10 AM - 12 PM

Painting on Burlap

Instructor: Madonna Terry
22SLIR117 | Wed | Mar 2 | 1 - 3 PM

Bingo Night

(Kennedy Center, Valdosta) (\$1/card)
22SLIR107 | Section A | Fri | Feb 11 | 7 - 10 PM
22SLIR108 | Section B | Fri | Mar 11 | 7 - 10 PM
22SLIR109 | Section C | Fri | Apr 15 | 7 - 10 PM

Chemo Cap Crew

Facilitator: Annette Woodruff
Location: Pearlman Cancer Center Conference Room
Bring 4.5 mm crochet hook or #10 and #13 or #7 circular knitting needles.
22SLIR110 | Section A | Thurs | Feb 24 | 10 AM - 12 PM
22SLIR111 | Section B | Thurs | Mar 31 | 10 AM - 12 PM
22SLIR112 | Section C | Thurs | Apr 28 | 10 AM - 12 PM

Fun with Origami

Instructors: Lynn Ross & Holly Gougeon
22SLIR113 | Wed | Mar 16 | 11 AM - 12 PM

LIR Game Day

Facilitator: Lynn Ross
22SLIR114 | Wed | Mar 23 | 1 - 4 PM

Sew for a Cause

Facilitators: Vicki Gay & Elaine Southall
22SLIR115 | Tues | Feb 22 | 10 AM - 3 PM

Make a Spring Wreath

Instructor: Vicki Gay
Extra \$15 fee for supplies; paid to instructor in class
22SLIR116 | Thurs | Mar 10 | 2 - 3 PM

History, Social Studies & Science

Salt, Sugar, Fat

Instructor: Dennis Bogyo
22SLIR201 | 8 Mon | Jan 31 - Mar 8 | 9 - 10 AM

Views of the News

Instructors: James LaPlant & Dick Saeger
22SLIR202 | 12 Fri | Feb 4 - Apr 22 | 10 AM - 12 PM
No class Apr 8.

Tales from the Florida Storyteller

Instructor: Bill Ryan
22SLIR203 | 3 Mon | Mar 7 - 21 | 10 - 11 AM

Learning in Retirement

History, Social Studies & Science

Spotting Fake News

Instructor: Gwen Ruttencutter
22SLIR204 | Wed | Mar 30 | 1- 2 PM

Why Go to America: Push & Pull Factors Behind Colonization

Instructor: Dixie Ray Haggard
22SLIR205 | Mon | Feb 7 | 10 - 11 AM

Manifest Destiny, Abolition, and Southern Paranoia in Creating the Civil War

Instructor: Dixie Ray Haggard
22SLIR206 | Mon | Feb 14 | 10 - 11 AM

The Mythology of “The Lost Cause” and Its Legacy

Instructor: Dixie Ray Haggard
22SLIR207 | Mon | Feb 21 | 10 - 11 AM

Photo Journey: Danube River

Instructor: Judy Baxter
22SLIR208 | Thurs | Apr 28 | 1 - 3 PM

Visit to Croatia

Instructor: Donald Roberson
22SLIR209 | Thurs | Mar 17 | 1 - 2 PM

Visit to the Czech Republic

Instructor: Donald Roberson
22SLIR210 | Thurs | Mar 24 | 1 - 2 PM

A Tale of Two Williams

Instructor: Deborah Barnard
22SLIR211 | Thurs | Feb 3 | 1 - 2 PM

Aigen: One Man’s War

Instructors: John Brown & Joyce Aigen
22SLIR212 | Thurs | Mar 31 | 1- 2:30 PM

Good to Know

Simple Selling Secrets

Instructor: Diamond Jim Halter
22SLIR301 | Mon | Feb 28 | 3 - 4 PM

Dementia 101

Instructor: Debra Tann
22SLIR302 | Thurs | Feb 10 | 1 - 2:30 PM

Was it Something I Ate?

Instructor: Sue Bailey
22SLIR303 | Wed | Mar 23 | 11 AM - 12 PM

Avoiding Payment Card Fraud

Instructor: Cathy Sowa
22SLIR304 | Mon | Apr 18 | 11 AM - 12 PM

Household Pest Control

Instructor: Zane Marshall
22SLIR305 | Wed | Apr 13 | 1 - 2 PM

What Shall I Do Tomorrow?

Instructor: Donald Roberson
22SLIR306 | 2 Wed | Feb 2 & 9 | 11 AM - 12 PM

Health & Fitness

Yoga

Instructor: Kathleen Hamill
22SLIR401 | 12 Wed | Feb 2 - Apr 27 | 10 - 10:45 AM
(No class Apr 6.) Bring a yoga sticky mat and cotton yoga strap.

Range of Motion

Instructor: Kathleen Hamill
22SLIR402 | 12 Tues & 12 Thurs | Feb 1 - Apr 28 | 10 - 10:45 AM
(No class Apr 5 & 7.)

Introduction to Tai Chi®

Instructor: Luana Goodwin
22SLIR403 | 12 Tues & 12 Thurs | Feb 1 - Apr 28 | 11 AM - 12 PM (No class Apr 5 & 7.)

Line Dance Fun & Fitness

Instructor: Jerry Morton & Linda Crook
22SLIR404 | 11 Fri | Feb 4 - Apr 22 | 10 AM - 12 PM
(No class April 8.)

Low Impact Exercise

Instructor: Lindsay Freidhoff
22SLIR405 | 4 Mon | Jan 31, Feb 28, Mar 28, Apr 25 | 10 - 11 AM

Hawaiian Dance

Instructor: Marguerite Gravlee
22SLIR406 | Wed | Mar 2 | 11 AM - 12 PM

Boost Your Longevity in Your 60’s & 70’s

Instructor: Martina Cephus
22SLIR407 | Thurs | Feb 17 | 1 - 2:30 PM

Bowling for Fun

Facilitator: Mickie Gieske
22SLIR408 | 13 Wed | Feb 2 - Apr 27 | 2 - 4 PM

VSU Student Recreation Center memberships are open to LIR members.

- 1) LIR members get the current faculty/staff rate of \$90/semester. Current summer rate is \$70.
- 2) You should bring your registration receipt to the REC center as verification of LIR membership.
- 3) Parking permit information will be provided with your registration receipt.

Learning in Retirement

Excursions & Tours

Water Bottling Plant Tour (Douglas, GA)

22SLIR501 | Thurs | Feb 24 | 12:15 PM Departure

Lapham-Patterson House Tour (Thomasville, GA)

22SLIR502 | Wed | Mar 9 | 11:30 AM Departure

\$10/person fee, paid at the door (cash only)

Valdosta Traffic Management Center Tour

22SLIR503 | Wed | Feb 16 | 1:30 - 2:30 PM

Valdosta/Lowndes Parks & Recreation

22SLIR504 | Wed | Feb 9 | 1 - 2:30 PM

Informational talk followed by Senior Center tour

Natural Bridge Historic Site & Battle

Reenactment (Tallahassee, FL)

22SLIR505 | Sat | Mar 5 | 10 AM Departure

\$5 Park Entry Fee: Reenactment of small skirmish

22SLIR506 | Sun | Mar 6 | 10 AM Departure

\$5 Park Entry Fee: Reenactment of full battle

Florida Caverns State Park (Marianna, FL)

22SLIR507 | Thurs | Apr 14 | 10 AM Departure

Guided tour of the caverns. \$10.75, paid at door

Learn to Square Dance @ Valdosta Senior Center

22SLIR508 | Tues | Beginning Feb 1 | 6:30 - 8:30 PM

Your first night is free. After that, \$30 per 10 weeks.

Tour of the Traveling Library

Instructor: Eric Mathis

Location: South Georgia Regional Library

22SLIR509 | Fri | Apr 15 | 10 - 11 AM

Fine Arts & Literature

Drama Group

Facilitator: Marie Sooy

22SLIR601 | 11 Fri | Feb 4 - Apr 22 | 1 - 3 PM

(No class Apr 8.)

Writer's Meet-Up

Instructor: Harriet Messcher Jansen

22SLIR602 | 12 Tues | Feb 1 - Apr 26 | 1 - 2 PM

(No class Apr 5.)

Book Review: "The Cloudbuster Nine"

Facilitator: Bill Eger

22SLIR603 | Thurs | Mar 10 | 1 - 2 PM

Book Review: "The Gown"

Facilitator: Mary Helen Watson

22SLIR604 | Tues | Apr 12 | 2 - 3 PM

Book Review: "The Personal Librarian"

Facilitator: Patricia Marks

22SLIR605 | Mon | Apr 25 | 11 AM - 12 PM

Opera Overview: "Cavalleria"

Instructor: Roberta Magnasco

22SLIR606 | Wed | Feb 23 | 11 AM - 12 PM

Theater Guild Valdosta Spring Preview

Facilitator: Theater Guild Staff

22SLIR607 | Tues | Feb 1 | 2 - 3 PM

Have Fun with Ukulele Strum

Instructor: Joan Shepard

22SLIR608 | 12 Mon | Jan 31 - Apr 25 | 2 - 3:30 PM

(No class April 4.)

Memoir Writing

Instructor: Jean Arambula

22SLIR609 | 3 Thurs | Feb 3, Mar 17 & Apr 14 | 2 - 3 PM

Computers & Technology

Introduction to 3D Printing

Instructor: Eric Mathis

Location: South Georgia Regional Library

22SLIR701 | Fri | Feb 18 | 10 - 11 AM

eResources at South GA Regional Library

Instructor: Eric Mathis

Location: South Georgia Regional Library

22SLIR702 | Fri | Mar 18 | 10 - 11 AM

Facebook Basics

Instructor: Elena Schmitt

22SLIR703 | Thurs | Mar 3 | 1 - 2:30 PM

DON'T FORGET!
LIR Registration Open House
Tuesday, January 11
10 AM - 1 PM



Office of
Professional & Community Education
Valdosta State University
1500 N Patterson St
Valdosta GA 31698-0435

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Hot Health & Fitness Careers

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Certified Nutrition Coach

Fitness Business Management

See page 10 for more information

