

# Personal Enrichment & Growth

## The 5 Most Dangerous Threats to Your Brain's Health

How would you like to think more creatively, finish your day's work with energy to spare, and enjoy a body and mind that is more powerful than yesterday? Sure, anybody would; but the real threat is if you don't you could be facing early cognitive problems that bring skyrocketing medically related costs of over \$100,000 a year! Don't let these threats to your brain's health deplete your savings, threaten your career longevity, increase your forgetfulness, bombard your energy, or attack your independence. You lead too active of a life to let these threats overpower you. Learn how to make simple changes that support and secure your energetic and dynamic lifestyle. Discover how to create healthier brain cells; learn exercises that are considered "smart moves" to boost your mental focus; and find out how food choices make a difference in the quality of performance, and creativity of your brain function. Come to this popular seminar and begin to energize and protect your brain cells so they can last your lifetime.

*This class qualifies for 3 clock hours of CEU's from NCCAP (National Certification Council for Activity Professionals)*

**Date: Sep 10**  
T# 3144.6 Thu 6:00pm - 9:00pm \$35\*

Material fee: \$30. Receive "The Brain Book" "Body Moves for Brain Fitness" and "Collective Works of Current Research."

Instructor: Deborah Harper

Location: RHC Business Bldg., B109

## How to be Successful despite a College Degree

The world has changed; the economy has changed, and having a college degree no longer guarantees you anything except initials after your name. If you've graduated, are about to graduate, or are the parents of a graduate, your understandably concerned about the future prospects for employment, housing and life in general. College taught you everything about your major but little about life, careers, family and your own economic and emotional independence. The answers are out there but in today's economy, you have to look hard to find them. That's why in this dynamic seminar, you'll learn how to:

- Create a plan for your career and the steps needed to get started.
- Locate the resources to find a job, a place to live, and how to get on your feet.
- Learn the soft skills that will help you advance in your career and life.
- Create a better parent/graduate relationship and build the support system you need

Take this important step towards enjoying the success you've earned and the freedom to create a life that you'll enjoy!

### Session 1

**Date: Sep 18**  
T# 3145.6 Fri 5:30pm - 8:30pm \$39\*

Instructor: Ellen Gibran-Hesse

Location: RHC Business Bldg., B119

### Session 2

**Date: Nov 20**  
T# 3146.6 Fri 5:30pm - 8:30pm \$39\*

Instructor: Ellen Gibran-Hesse

Location: RHC Business Bldg., B119

\*Material Fee: A \$30 fee is payable in class for workbook & CD.  
Optional Materials: Parenting book for \$24.95 or 39.95 with CD.

## S.A.T. Preparation

The SAT (Scholastic Aptitude Test) is practically mandatory for anyone looking to apply to a 4 year college/university. This class will prepare students for the SAT exam by introducing them to SAT questions, grammar, critical thinking, and mathematical applications. Additionally, students will learn test taking strategies and tips. At the end of the course students will take a practice exam and an assessment.

**Date: Sep 16 - Oct 7**  
T#3147.6 Wed 6:00pm - 9:00pm \$99\*

\*Materials fee: \$20 workbook payable the first day of class

Instructor: Antonio Cervantes

Location: RHC Rm HS10, Lot 3

## C-Best Preparation

The C-Best (California Basic Education Skills Test) is your first step toward teaching at the K-12 level in California. This class will focus on test taking skills needed to pass each section of the C-Best. The instructor will also share some tricks for landing a teaching position with public and private schools.

**Date: Sep 8 - Sep 29**  
T# 3148.6 Tue 7:00pm - 10:00pm \$99\*

\*Materials fee: \$20 workbook payable the first day of class

Instructor: Antonio Cervantes

Location: RHC Science Bldg., S303

## G.E.D. Preparation Workshop

This class will prepare students for the G.E.D. (General Education Development) exam. The class will cover strategies in the areas of math, reading, writing, basic grammar, science and social studies. Students will take practice exams throughout the course to determine areas that the students need to strengthen.

**Date: Sep 10 - Oct 8**  
T#3149.6 Thu 7:00pm - 10:00pm \$99\*

\*Materials fee: \$20 workbook payable the first day of class

Instructor: Antonio Cervantes

Location: RHC Rm HS10, Lot 3

## G.E.D. en Español

La mayoría de empleadores y programas de entrenamiento, colegios y universidades aceptan el certificado de GED como una equivalencia por el certificado de preparatoria. Estas clases preparan al alumno para tomar la versión en Español del examen de GED. Todas las clases de GED en Español son enseñadas en Español.

**Date: Oct 20 - Nov 17**  
T# 3150.6 Martes 7:00pm - 10:00pm \$99\*

\*Materials fee: \$25 workbook payable the first day of class

Instructor: Antonio Cervantes

Location: RHC Science Bldg., S303

## Personal Enrichment & Growth, continued

### Who Do You Think You Are?

**(What you think you are is what you will become!)**

The journey to the life you are supposed to have Create the life you want! You will love this thought-provoking, soul-searching course. Kellie Nicholson's inspirational way of approaching life is an enlightening look at the human condition that will benefit everyone.

- Are you disappointed in your life?
- Do you wonder why you don't have a better career?
- Do you feel that you should have a better life?
- Do you wish you had more money?
- Are you a young person with no goals or aim in life?
- Do you wonder why you aren't married?
- Do you wonder why you are in an unfulfilled relationship?
- What is the problem? Since you can't change the world, you can only change YOU!
- Are you a 2 or a 4? Don't let life happen 2 you! Make it happen 4 you!

In this class you will take quizzes & be given assignments that will help you to discover your obstacles to a happy life. Instead of just telling you what to do, Kellie Nicholson's exercises will show you how. You will learn ways to clear the path to everything you want and the things that successful people know and do. The secret to a happy life isn't a secret anymore!

**Date: Sep 8**

T# 3151.6 Tue 7:00pm - 10:00pm \$35\*

\*Materials fee: \$10 workbook payable the first day of class

Instructor: Kellie Nicholson

Location: RHC Business Bldg., B109

*Instructor: Kellie Nicholson's triumph over many obstacles, such as childhood trauma, crime, divorce and illness, has given her a unique perspective on life that has led her to happiness and the life that she always wanted. Her successful businesses, Grandma Gillie's Greetings and Cards With a Heart, have been the most rewarding, as she not only works for herself, providing products that make others happy, but also contributing to charitable causes.*

### Women's 7 Secrets of Confidence & Charm to Captivate Almost Any Man

You're a great girl with a heart of gold, right? And YES, you have a generous soul, a zest for life and love to laugh, right? But, something is still seriously missing, right? This is the Absolute Best Class for Women...taught by a man! Confidence coach, singles expert and image consultant, Mark Aguirre, MBA presents an interactive and entertaining class for women that will teach you the proven and simple techniques to make you absolutely irresistible, considerably more attractive and allow you to instantly triple your chances for love and romance with quality men. Master the art of successful flirting, sending attractive body language signals and REALLY understand what men are thinking and how you can benefit! Write down all your questions ladies and prepare for Mark's direct and engaging advice on making this a year like no other!

**Date: Sep 26**

T# 3152.6 Sat 9:00am - 11:00am \$39\*

\*Material Fees: \$20 payable to the instructor in class.

Instructor: Mark Aguirre

Location: RHC Business Bldg., B109

### Confidence 101: Be Absolutely Irresistible Using Your Hidden Social Power & Confidence

Curious on how you could quickly become more irresistible and confident in any social situation? Take this opportunity today to learn how to exude all the secrets of confidence, chemistry and conversation in the presence of others. Learn what your body language is really saying about you and how you can quickly transform a more luring impression. Master strategies of effective "icebreakers", read body language, remember important names, enhance your sales skills, increase your level of respect using social dynamics, reverse psychology tactics and much more!

*Presenter: Mark Aguirre, MBA is a top marketer and sales trainer and a refreshing confidence coach and speaker. Prepare for a no-holds-barred, self-enrichment approach to building your social skills and personal dynamic.*

**Date: Sep 12**

T# 3153.6 Sat 9:00am - 11:30am \$39\*

\* Materials Fee: \$20 payable to instructor on the first day of class.

Instructor: Mark Aguirre

Location: RHC Business Bldg., B109

## Professional Development

### Introduction to Logistics Management One-day Workshop

The course is intended for students seeking a career in logistics management. Elements to be covered are: planning, sourcing, production, delivering, and returning products. Students will be receiving "real world" applications of the logistics function applicable to any business model.

**Date: Sep 12**

T# 3154.6 Sat 8:00am - 4:00pm \$75

Instructor: Sergio Cazorla

Location: RHC Science Bldg., S210

### How to Become a Mystery Shopper

Do you like to shop, eat out, go to the movies, have your hair styled, buy flowers or play golf? Mystery shopping is a splendid way to earn extra money and have fun at the same time. Shoppers receive assignments from companies that do business evaluations at a variety of businesses. This class will present an overview of how mystery shopping works, what types of assessment forms are used, do's and don'ts of completing an assignment, how to get into the "shoppers network," and how to avoid scams. Elaine Moran is an author, lecturer, mystery shopper and instructor. She has over 20 years experience as a mystery shopper and educator and is the author of how to become a mystery shopper, the only book you'll ever need.

**Date: Sep 22**

T# 3155.6 Tue 6:00pm - 9:00pm \$45\*

\*Material Fee: \$20 payable to the instructor first day of class for book "How to Become a Mystery Shopper".

Instructor: Elaine Moran

Location: RHC Business Bldg., B109