

Conway Non-Credit Offerings

Spring 2008

**53 Technology Lane
Suite 150, Room 114
Conway, NH 03818**

**Point of Contact: Clayton Groves, Program Coordinator:
cgroves@ccsnh.edu
(603) 447-3496 Tel
(603) 447-3549 Fax**

**For Berlin Campus: (603) 752-1113
Toll Free 1-800-445-4525**

Watercolors - The Passionate Medium.

**Saturday, January 26th and Sunday, January 27th
9:00am to 5:00pm
Tuition: \$200.**

Art Instructor Lynn Driscoll, has been teaching the medium watercolors at the college for the last five years. She will reveal and teach watercolor techniques and methods used to achieve a variety of textures seen in her vivid works of realism. Lynn will explain the contrast between light and dark values and how they interact with each other to produce pieces of art that come to life. Both days of this workshop will be filled with class assignments with certain concepts so that each student will have the opportunity to paint and understand, to open up and discover this exciting medium and simply to have fun learning. Students will leave this workshop with much knowledge and the ability to produce wonderful pieces of their own long after this class is over. Enjoy.
Supply list will be available after registration. This class is intended for beginner to intermediate students.

A Classic Approach to Painting

5 sessions- 9:30am-12:30pm
Saturdays- Feb. 2nd- March 1st
Tuition- \$125.00

Rose Mahanor has her M.F.A in Fine Arts. She has a N.H. art teaching certificate, taught in public schools, along with having taught several college art courses. She has twenty years of experience as a practicing artist, having exhibited art work in several different states.

Want to get a solid understanding of basic painting skills? Basic color theory, color shape relationship and paint application are several areas covered in this classic painting course. For centuries fine artists have used these methods to help both beginners and novice painters to improve their painting skills. During the five sessions each participant will be painting a still life in order to reinforce their understanding and appreciation of painting. Basic drawing skills will also be incorporated into each lesson.

Materials:

1. A basic set of h2o soluble paints-small tubes -yellow, red, blue, white and black (if you want more colors it's helpful)
2. a palette knife
3. Three oil brushes-sizes: 1/8", 1/4", 1/2"
4. water container
5. paint rags
6. two 9"x12" primed canvases

Basic Portrait Drawing

5 sessions - 9:30am-12:00pm

Saturdays- April 5th- May3rd

Tuition -\$125.00

Rose Mahanor has her M.F.A in Fine Arts. She has a N.H. art teaching certificate, taught in public schools, along with having taught several college art courses. She has twenty years of experience as a practicing artist and with art galleries exhibitions. What a great way to spend a few hours a week, learning to draw portraits. Take the mystery out of drawing faces by understanding the use of geometric shape, line and form relationships. Shading techniques, material usage and a brief over view of the anatomical structure of the human skull will also be covered in this class. During the five sessions each participant will be drawing from both a 2D and 3D image of a face using the basic drawing techniques, covered in class, in order to complete their art work.

Materials:

1. 9"x12" or bigger drawing pad or sketch book
2. charcoal and or graphite drawing pencils- soft, medium and hard
3. eraser---preferably kneaded
4. a soft rag

. The Usui System of Natural Healing:

Reiki Level I Training

Friday March 14, 6 - 9 pm & Saturday March 15, 9 -6 pm

Tuition: \$150; limited to 12 students

Students will learn the history, philosophy, and practical uses of this 3000 year old, hands on healing art which was rediscovered by Mikao Usui in the late 19th century. Reiki is a means of accessing universal healing energy and can be utilized with people, plants and animals. It is deeply relaxing, can be used to heal acute and chronic conditions and enhances the body's immune system. At the conclusion of the class a certificate will be given; additionally 12 contact hours are available for continuing education.

Instructor: Jan Smith

Learn How to Heal Yourself!
An overview of four self-healing modalities

4 sessions: Wednesdays March 5, 12, 19 & 26, 6pm – 8pm

Tuition: \$25 per session or \$85 for the series

Session 1: Meditation and Guided Imagery March 5

Learn how to meditate and use creative visualization for stress relief, relaxation, enhancing peak performance and achieving wellness. Guided imagery meditation is effective in releasing disease processes, promoting positive behavioral habits and improving overall wellbeing.

Instructor: Jan Smith

Session 2: Reiki and Energy Healing March 12

Participants will learn the history, philosophy and practical uses of Reiki and have the opportunity to experience its healing effects. Learn to scan your own and other's energy fields, to recognize areas of constriction, and receive intuitive information about the current functioning of your body, mind and spirit. Students will learn about the seven chakras of the body and how to open them thru a facilitated meditation.

Instructor: Jan Smith

Session 3: Emotional Freedom Technique (EFT) March 19

EFT is based on the discovery that imbalances in the body's energy system have profound effects on one's personal psychology. The belief is that the cause of all negative emotions is a disruption of the body's energy system; correcting these imbalances, which is done by tapping on certain body locations often leads to rapid remedies.

Instructor: Jan Smith

Session 4: Science of Mind: How to use the power of your Subconscious Mind to create the life you want March 26

The Science of Mind philosophy believes that we can "do, be or have" anything we want - if we can learn to access the power of our subconscious mind and utilize it according to universal laws. Students will be introduced to the "Law of Attraction", be given tools to begin using it in their life and learn ways to clear negative thoughts and self-limiting beliefs which often create obstacles to our success.

Instructor: Jan Smith

Jan M. Smith, M.S.W., is a psychotherapist, intuitive counselor and Usui Reiki Master who has been practicing since 1976. Her business, Intuit Counseling Services, in Conway offers sessions in intuitive counseling, Reiki, EFT (Emotional Freedom Technique), and Guided Imagery.

From Internet ZERO to internet Hero in 8 weeks

8 Sessions

Fridays

Tuition for all 8 \$165 (savings of \$30)

Or Register for individual workshops

This series of workshops is specially designed to give you the comfort you need while surfing the Web. Have you ever felt like you can't keep up with modern technology? Have you ever been lost online while trying to accomplish a simple goal? Have you been looking for a way to get caught up with your friends and family? If you said yes to any of these questions than these are the workshops for you! You can take all (6) workshops for one low price, or pick and choose the workshops you'd like. These courses are taught by Clay & Kristin Groves, who are both long time educators and love sharing what they have learned with the community.

Session 1

Web Surfing 101

Introduction to the Internet

6:00 pm - 8:00 pm

Friday • Feb 29

Tuition \$25

Do you feel like everyone around you is great at using the Internet, but you just can't seem to keep up? Do you know what it means to Google something? Have you ever wanted to do research online to find phone numbers or directions? Well now is your chance to get a very basic introduction to using the internet.

Session 2

Internet Communication 101

Introduction to Email

6:00 pm - 8:00 pm

Friday • March 7

Tuition \$25

Learn how to open a web based email that you can use forever. Keep in touch with Friends and Family. Send pictures and file to your grandkids. This workshop will give you the skills you need to communicate in our rapid fire world.

Session 3

Online File Sharing 101

Introduction to Managing Digital Photos

6:00 pm - 8:00 pm

Friday • March 21

Tuition \$25

Wow, you've got all these digital pictures and now you don't know what to do with them. In this course you'll learn how to use photo-storing websites to organize and share your digital pictures.

Sessions 4&5
Blogging 101
Introduction to Online Journaling
2 Sessions • 6:00 pm - 8:00 pm
Fridays • March 28 & April 4
Tuition \$35

Blogging is an online scrapbook that is a great way to share your adventures with your friends and family. You can share stories, ideas, pictures and videos. It is a wonderful tool for getting a lot of information out in a short time.

Sessions 6
MySpace101
Introduction to Social Networking
1 Session • 6:00 pm - 8:00 pm
Fridays • April 11
Tuition \$25

Finally you can use social networking sites like My Space to communicate with your kids and grandchildren. My Space is the most popular social networking site on the internet. You'll learn to open and manage your profile, add pictures and music. Most importantly you'll have fun sharing your life with your kids and grandkids.

Sessions 7&8
eBay 101
Introduction to Online Auctions
2 Sessions • 6:00 pm - 9:00 pm
Fridays • April 25 & May 2
Tuition \$50

Did you ever look at the old stuff around your house and say, "Wow I bet I could make a ton of money if I sold this on E Bay"? Here's your chance! Bring a couple small items to sell the first class, learn how to assess the value of the items, how to list them on E Bay and how to get the most money possible for them. On the second class you'll learn how to close out your auction and how to avoid scams, how to get paid, various shipping methods and most importantly how much fun online auctions can be. You could easily make enough money during this course to make it pay for itself. * Basic computer skills are required for this course.