



ADULT TRAINING PROGRAMS

2019 SPRING-SUMMER COURSE CATALOG

OCM BOCES - LIVERPOOL & CORTLAND

CAREER TRAINING

Welding
Cosmetology
Construction
Electrical
HVAC/R
Health Occupations
Office Technology
More

PLUS

Part-time Evening Classes

Literacy Classes

Free High School Equivalency
Diploma Programs

REMEMBER!

Hold on to this catalog through the spring and summer for program and class dates! See full course descriptions online.

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PART-TIME DOZENS OF CLASSES

FREE HIGH SCHOOL EQUIVALENCY & LITERACY CLASSES

FOR BUSINESSES CUSTOMIZED TRAINING

MISSION

We commit to provide our community with the highest quality education and training necessary to successfully meet the challenges and opportunities of the 21st century.

LEARN MORE OPEN HOUSE IS EVERY THURSDAY AT 1 P.M.

Can't make it? Call (315) 453-4455
for an appointment.

CONTACT INFORMATION

General Information: (315) 453-4455 or 1-800-444-4406

Part-Time Class Information: (315) 453-4600

Part-Time Registration: www.ocmboces.org/adulted

Full-Time Admissions: (315) 453-4400

Literacy: (315) 453-4672

Business & Industry Training: (315) 453-4466

OCM BOCES LEADERSHIP

District Superintendent: **Dr. Jody Manning**

Assistant Superintendent for Student Services: **Colleen Viggiano**

Director, Adult Education: **Mari Ukleya**

Coordinator, Adult Education: **Matt Tarolli**

Coordinator, Health Occupations: To be announced.

FINANCIAL AID/COMMUNITY PARTNERS

GETTING STARTED: FINANCIAL AID RESOURCES

TYPES OF AID

Federal Pell Grants: Money available that does not have to be repaid.

Student Loans: The U.S. Department of Education offers eligible students Direct Subsidized Loans and Direct Unsubsidized Loans. No credit check involved. These are need-based loans.

Parent Plus Loans: Loans available to parents of dependent students to help pay for college or career school.

PAYMENT PLANS

Payment plans are available. Our financial aid office will help you secure the best financial aid package to suit your needs and help you attain your education goals. Contact them with your financial aid questions at:

315-453-4422 or 315-453-4677

OUR COMMUNITY PARTNERS

ACCES-VR

ACCES-VR (Adult Career and Continuing Education Services – Vocational Rehabilitation) may provide financial assistance for training costs to eligible individuals with disabilities.

Syracuse ACCES-VR Office (Cayuga, Cortland, Jefferson, Madison, Onondaga, Oswego counties)

315-428-4179 or 800-782-6164

Southern Tier ACCES-VR Office (Broome, Chenango, Chemung, Delaware, Otsego, Schuyler, Steuben, Tioga and Tompkins counties)

607-721-8400 or 800-888-5010

Cortland Works

(Cortland County residents)

99 Main Street

Cortland, NY 13045

607-758-7585

Working Solutions One-Stop Career Center

1006 Oneida Plaza Drive

Oneida, NY 13421

315-363-2400

CNY Works

(Onondaga County residents)

960 James Street

Syracuse, NY 13203

315-473-8250



Tompkins Workforce New York

(Tompkins County residents)

Center Ithaca Building

171 East State Street

Ithaca, NY 14850

607-272-7570

Veteran Services

Post 9/11 GI Bill

Phone: 1-888-GIBILL-1

or 1-888-442-4551

OCM BOCES Certifying Official:

315-453-4400



OCM BOCES is a proud partner of
the America Job Center network.



OCM BOCES is accredited through the
Council on Occupational Education
7840 Roswell Road
Building 300, Suite 325
Atlanta, GA 30350
(770) 396-3898 or (800) 917-2081

HIGH SCHOOL EQUIVALENCY & LITERACY PROGRAMS

OUR LITERACY PROGRAMS

- We offer literacy classes geared toward individual student academic levels.
- Day and evening classes are available.
- A distance-learning program is available for those who are unable to attend regular classes and are over 21.
- Classes are FREE of charge for students without a high school diploma or equivalency.

Please see the next page for more detailed information on our literacy programs.

HSE (HIGH SCHOOL EQUIVALENCY) PREPARATION

Improve your skills to pass New York State's TASC test to earn a high school equivalency diploma. For further information, call **(315) 453-4672**.

CLASSROOM LOCATIONS FOR HSE PREP

LIVERPOOL

OCM BOCES MAIN CAMPUS
110 Elwood Davis Road

Day Classes

Mon - Thurs 8:30 AM - 11:30 PM

Mon - Thurs 12:30 PM - 3:30 PM

Evening Classes

Mon - Wed 5:00 PM - 8:00 PM

MATTYDALE

Salina Civic Center
2826 LeMoyne Avenue

Tuesdays/Thursdays
5:00 PM - 8:00 PM

CORTLAND

Cortland Works
99 Main St.
Wednesdays/Fridays
12:30 PM - 3:30 PM

DID YOU KNOW?

New York State's High School
Equivalency Exam is
called the TASC.

TASC TEST DATES PLEASE CALL:

(315) 453-4672

Computer-based testing
available in Liverpool.

Test dates are subject to
sufficient student enrollment.

TASC TEST DATES

2019 Dates:

March 15 & 16 Main Campus

April 5 & 6 Cortland

May 10 & 11 Main Campus

June 14 & 15 Cortland

June 21 & 22 Main Campus

July 19 & 20 Main Campus

August 2 & 3 Cortland

Friday: Please arrive at 4:45 PM

Saturday: Please arrive at 7:45 AM

DID YOU KNOW?

If you passed a
Regents exam, it can
replace a sub-test on
the TASC test.

Call for details.

HIGH SCHOOL EQUIVALENCY & LITERACY PROGRAMS

NATIONAL EXTERNAL DIPLOMA PROGRAM

The web-based high school equivalency diploma program assesses student knowledge in eight competency areas, including: Cultural Literacy, Health Literacy, Civic Literacy and Community Participation, Consumer Awareness and Financial Literacy, 21st Century Workplace Skills, Geography and History and Science, as well as foundation skills in communication and technology. Candidates work from home and meet weekly with an assessor. This program is designed for adults who have work skills, training and/or life experience. Candidates must be 21 or older and have internet access. **For information, call (315) 453-4672 or (315) 453-4662.**

DISTANCE LEARNING

Do you want your high school equivalency diploma but are unable to attend class? Prepare for the TASC exam in your own home. Materials will be sent to you through your local library. In-house tutoring is available.

For more information, call (315) 453-4672 or (315) 453-4686 or (315) 453-4682.

ESOL CLASSROOM LOCATIONS

LIVERPOOL

**OCM BOCES Main Campus,
110 Elwood Davis Road**

Day Classes

Mon/Wed 8:30 AM - 12:30 PM
Tues/Thurs 8:30 AM - 1:30 PM

Evening Classes

Mon/Wed 5:30 PM - 8:30 PM

Math Classes

Mon/Wed 12:30 PM - 2:30 PM

SOLVAY

**Solvay High School
600 Gertrude Ave.**

Mon/Wed 5:30 PM - 8:30 PM

DEWITT

**DeWitt Community Library
5110 Jamesville Road**

Mon/Wed

10:00 AM - 1:00 PM

MANLIUS

**Manlius Library
1 Arkie Albanese Ave**

Tues/Thurs

9:00 AM - 12:00 PM

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

Learn English to get a job or enter training/college programs. Study reading, writing, and vocabulary. Practice pronunciation and conversation. All levels of classes available. Students can register in the ESOL classroom. For more information, call Colleen at (315) 453-4684 or (315) 453-4672.

LITERACY SERVICES DIRECTORY

Main number: (315) 453-4672

English for Speakers of Other Languages (ESOL): (315) 453-4684

National External Diploma Program: (315) 453-4662

High School Equivalency Classes: (315) 453-4672

Distance Learning Program: (315) 453-4682

FULL-TIME PROGRAMS

ADMISSION REQUIREMENTS

Every student is required to take a free assessment called the TABE (Test of Adult Basic Education). The assessment takes approximately one hour and is offered on Thursdays at 2:00 p.m. or Tuesdays at 10 a.m. by appointment. Please inquire about additional times. A TABE preparation guide with practice questions and resources is available at Open House.

MINIMUM SCORES REQUIRED ON THE TEST OF ADULT BASIC EDUCATION (TABE)

TRAINING PROGRAM	COST*	GRADE EQUIVALENT	
		READING	MATH
Auto Technician	\$7,873	10.0	9.0
Central Sterile Processing Technician	\$7,436	10.0	8.9
Cosmetology	\$9,700	8.9	7.0
Construction Trades	\$7,883	8.9	8.9
Dental Assisting	\$8,018	10.9	8.9
Electrical Maintenance Technician	\$9,211	10.0	10.0
HVAC/R Technician	\$7,834	10.0	10.0
Licensed Practical Nurse**	\$13,050	12.0	10.0
Medical Assisting	\$7,650	10.9	8.9
Office Technology	\$7,650	10.0	8.9
Welder/Fitter	\$8,445	10.0	10.0

* Additional fees required for books, supplies & uniforms. See pages 7-11 for specific fee estimates for each full-time program.

** Additional academic/admission requirement for LPN program: TEAS test (Test of Essential Academic Skills). Cost is \$75.

GET STARTED BY STOPPING BY OUR OPEN HOUSE 1:00 P.M. EVERY THURSDAY

110 Elwood Davis Road, Liverpool, NY 13088
Or call 315-453-4400 to schedule an appointment.



NEED HELP WITH CHILDCARE TO ATTEND SCHOOL?

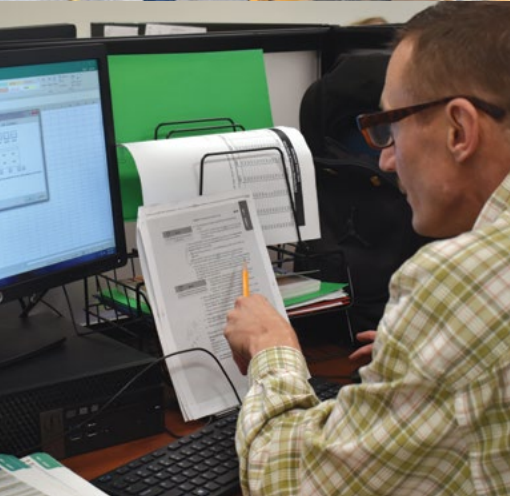
Try our 3-DAY PRESCHOOL PROGRAM
ONLY \$190 PER YEAR • CALL 315-433-2234

Preschool at Thompson Road OCM BOCES

ARTS & CRAFTS ● MUSIC APPRECIATION ● CREATIVE MOVEMENT ● ACTIVITIES
PUPPET SHOWS ● COMPUTER SKILLS ● COOKING ● MATH & SCIENCE ● LANGUAGE ACTIVITIES



FULL-TIME CAREER TRAINING



MEDICAL ASSISTING

Train for a rewarding career in one of the fastest-growing occupations in the medical profession. Work with physicians and other health professionals, assisting with the delivery of high-quality health care. Students learn both the administrative and clinical aspects of working in the medical office, including: word processing, HIPAA requirements, medical office procedures, and medical billing including ICD-10 and CPT-4 coding. Clinical coursework includes infection control, vital signs, medical office laboratory tests, pharmacology, EKGs, medical specialty assisting, and phlebotomy. The program includes a four-week clinical experience in a health care facility. Upon completion, students can sit for the Certified Clinical Medical Assistant exam.

Fee:\$7,650*
Median student loan:\$4,766
Graduation Rate:91%
Job Placement Rate:82%
Program Length:780 hours
Start Dates:August 2019
Days/Times:M-F 8:00 AM-3:00 PM
at Main Campus in Liverpool;
M-F 8:30 AM - 3:30 PM at **Cortlandville
Campus**
Additional Requirements:Physical &
professional CPR testing fee
SOC Code:31-9092
U.S. Dept. of Labor:www.bls.gov/SOC

*Tuition subject to change. Estimated fee for books and supplies is \$364, with another \$185 in optional costs.

CLASSES IN LIVERPOOL & CORTLAND

LICENSED PRACTICAL NURSE

This is an opportunity to join the nation's second-largest health care group in one of the most demanding health occupations in the country. LPNs provide quality care in a variety of health care settings. Students are taught to assist with daily patient care, medication administration, data collection, and documenting patient conditions. Students also learn to help educate and give emotional support to patients. Anyone with a high school diploma or equivalency diploma may apply. Upon completion of the program, graduates are eligible to sit for the required State Licensing Exam.

Fee:\$13,050*
Median student loan:\$8,214
Graduation Rate:79%
Job Placement Rate:93%
Program Length:1,290 hours
Start Dates:
Daytime: ...September 2019 (8 AM - 3 PM,
M-F, clinical hours 6:30 AM - 1:30 PM)
Evening: July 2019 (4 - 11 PM, M-Th)
Additional Requirements:Physical,
immunizations, professional CPR, licensing
application and \$75 TEAS exam fee.
SOC Code:29-2061
U.S. Dept. of Labor:www.bls.gov/SOC

*Tuition subject to change. Additional fee required for books, supplies, & uniform.

CENTRAL STERILE PROCESSING TECHNICIAN

The Central Sterile Processing Technician is responsible for the procurement of surgical supplies and sterile equipment. Central Sterile Processing Technicians provide support to all patient-care services, including diagnostic and surgical application in a health care facility. They are responsible for cleaning, decontaminating, processing, assembling, sterilizing, storing and distributing the medical devices required for patient care. The 21-week training program includes the basics of medical terminology, anatomy and physiology, microbiology, infection prevention and control, principles and methods of the sterilization process, cleaning, decontaminating, processing, packaging, distributing, storing and inventory control of sterile goods, instruments, trays and equipment. Also included is a 200-hour internship component at a local health care facility. Students completing the program can sit for the Certification Board for Sterile Processing and Distribution (CBSPD) certification.

Fee:\$7,436*
Median student loan:\$3,423
Graduation Rate:82%
Job Placement Rate:76%
Program Length:678 hours
Start Date:August 2019
Days/Times:M-F 8:00 AM - 3:00 PM
Additional Requirements:Physical,
current immunizations (MMR, Varicella, PP)
and testing fee.
SOC Code:31-9093
U.S. Dept. of Labor:www.bls.gov/SOC

*Estimated fee for books, supplies, & uniform is \$232, with another \$125 in optional costs.

COSMETOLOGY

DENTAL ASSISTING

This program is approved by the New York State Education Department Office of the Professions for licensure and certification purposes. The hands-on program format provides an excellent opportunity for those with an interest in the dental profession to begin a rewarding career. Students receive training in a well-equipped dental classroom/lab and are trained on state-of-the-art Eaglesoft software. Coursework includes: sciences in dentistry, dental terminology, emergency care, infection control, preventive dentistry, clinical assisting and procedures, dental radiology, and a minimum 200 hours of internship experience in a dental office.

Fee:\$8,018*
 Median student loan:\$4,766
 Graduation Rate:86%
 Job Placement Rate:97%
 Program Length:780 hours
 Start Dates:August 2019
 Days/Times:M-F 8:00 AM - 3:00 PM
 Additional Requirements:Physical, health immunizations, Professional CPR and testing fee.
 SOC Code:31-9091
 U.S. Dept. of Labor:www.bls.gov/SOC

*Tuition subject to change. Estimated fee for books, supplies, & uniform is \$282, with another \$733 in optional costs.

COSMETOLOGY

Cosmetology is an adult program designed to prepare students for a career in the appearance enhancement field. Classes follow the New York State approved curriculum required for taking the state licensing exams. The Cosmetology program offers students the opportunity to practice their skills during regular classes and clinics. An advanced placement option is also available to students who have already completed partial training.

Fee:\$9,700*
 Median student loan:\$6,000
 Graduation Rate:80%
 Job Placement Rate:87%
 Program Length:1,100 hours
 Start Date:August 2019
 Days/Times:M-F 8:30 AM - 3:30 PM
 SOC Code:39-5012
 U.S. Dept. of Labor:www.bls.gov/SOC
 Additional Requirement:Licensing Fee

*Tuition subject to change. Additional fees for book & kit is \$875.

We have a full-service salon clinic available to the public on Wednesdays and Fridays. A nail clinic is available Fridays only.

Our adult students, under the supervision of their instructors, can provide many salon services at substantial savings to you and your family. Please call (315) 453-4650 for your appointment or for additional information.

Did You Know?

Shampoo, Set, Blow Dry\$5
 Shampoo, Haircut, Style\$5
 Chemical Relaxer (includes cut & style) ..\$20
 Ionic Relaxer (includes cut & style)\$20
 Perm (includes cut & style)\$25
 Single-Process Color\$15
 Double-Process Color\$30
 Corrective Color\$25
 Highlights-Full Head\$25
 Highlights-Partial\$15
 Guylights\$15
 Facials\$5
 Makeup Application\$5
 Waxing Eye, Lip, Chin\$5
 Paraffin Wax\$3
 Spa Pedicure\$5

OFFICE TECHNOLOGY

Begin with the office basics of keyboarding, letter writing, business English, filing, and the use of various office machines including desktop computers, copiers and multi-line telephone systems. Each one of these focus areas requires a four-week internship to complete the program. Students may specialize in one or more of the following areas:

OFFICE SUPPORT SPECIALIST

Continue to develop skills required to be proficient in a business office setting. This program is designed for people who are looking to take their basic computer skills to the next level. The curriculum includes Microsoft Windows®, Word®, Excel®, PowerPoint®, and Access®, in addition to incorporating the administrative skills needed for a variety of office-related careers.

Fee:\$7,650*
Median student loan:\$4,766
Graduation Rate:94%
Job Placement Rate:88%
Program Length:780 Hours
Start Dates:August 2019
Days/Times:M-F 8:00 AM - 3:00 PM
SOC Codes:	43-6014 • 43-3021 • 43-3031 • 43-9060
U.S. Dept. of Labor:www.bls.gov/SOC
*Tuition subject to change. Estimated fee for books & supplies is \$95.	

ADMINISTRATIVE SUPPORT SPECIALIST

This training program will focus on the skills necessary for mid- to upper-level office support positions such as administrative assistant, executive secretary, legal secretary, medical secretary, and general secretary. The focus is on extensive Word® proficiency and also incorporates Excel®, PowerPoint®, and Access®, depending on the clerical position of interest.

MEDICAL BILLING & CODING

Learn necessary medical and technological skills for entry-level medical billing and coding. The curriculum includes training in medical terminology, anatomy and physiology, medical office administration and medical billing and coding, utilizing the new ICD-10-CM as well as the current ICD-10-CM, along with computers and more general administrative skills. Class will also focus on electronic medical health care record management with **state-of-the-art Medent software**.

Fee:\$7,650*
Median student loan:\$4,766
Graduation Rate:94%
Job Placement Rate:88%
Program Length:780 Hours
Start Dates:August 2019
Days/Times:M-F 8:00 AM - 3:00 PM
SOC Codes:	43-6014 • 43-3021 • 43-3031 • 43-9060
U.S. Dept. of Labor:www.bls.gov/SOC
*Tuition subject to change. Estimated fee for books & supplies is \$387 total.	

BOOKKEEPING & ACCOUNTING

Continue on to a concentration in the financial aspect of running an office. Develop skills in manual bookkeeping procedures and payroll as well as computerized methods of these functions using software such as Excel® and QuickBooks®.

Fee:\$7,650*
Median student loan:\$4,766
Graduation Rate:94%
Job Placement Rate:88%
Program Length:780 Hours
Start Dates:August 2019
Days/Times:M-F 8:00 AM - 3:00 PM
SOC Codes:	43-6014 • 43-3021 • 43-3031 • 43-9060
U.S. Dept. of Labor:www.bls.gov/SOC
*Tuition subject to change. Estimated fee for books & supplies is \$216.	

AUTOMOTIVE TECHNICIAN

You can prepare for direct entry into automotive mechanics, service, and repair employment by completing this program. Instruction includes preparation for the National Automobile Technicians Education Foundation (NATEF) certification in four modules: brake systems, electrical and electronic systems, engine performance, and suspension and steering. You will receive direct instruction and hands-on applications in a well-equipped automotive shop. Prior to completion, all students will perform a four-week internship with a local automotive employer.

Fee:\$7,873*
 Median student loan:\$6,611
 Graduation Rate:79%
 Job Placement Rate:80%
 Program Length:800 hours
 Start Dates:April 2019
 Days/Times: M-Th 2:00 PM to 9:00 PM
 SOC Code:49-3023
 U.S. Dept. of Labor: www.bls.gov/SOC
 Location: Cortlandville Campus

*Tuition subject to change. Estimated fee for books & supplies is \$184.

CLASSES IN CORTLAND

WELDER/FITTER

This intensive, hands-on training program offers participants the opportunity to become a member of a well-paying, skilled profession. Students will develop an understanding and proficiency in the areas of shop math, basic drafting, blueprint reading, safety, and the use of oxy-acetylene and plasma-arc cutting equipment. MIG (GMAW), TIG (GTAW), Flux-Core (FCAW) and Stick (SMAW) welding processes will be taught in all positions, as well as an introduction to basic pipe-welding processes. Training follows the standards set by the American Welding Society (AWS). The program includes job shadowing and a four-week internship. Welders are employed in industrial settings such as manufacturing, heavy construction, and repair shops.

Fee:\$8,445*
 Median student loan:\$3,123
 Graduation Rate:88%
 Job Placement Rate:96%
 Program Length:812 hours
 Start Dates:

Days:August 2019
 Location: Main Campus
 Days/Times: M-F 8:00 AM - 3:30 PM
 Evenings:July 2019
 Location:Thompson Road
 Days/Times: M-F 3:30 PM - 8:30 PM
 SOC Code:51-4121
 U.S. Dept. of Labor: www.bls.gov/SOC
 Added Requirements: jacket, helmet, boots

*Tuition subject to change. Estimated fee for books, tool kit and OSHA exam is \$351.

CONSTRUCTION TRADES

This is a comprehensive introduction to all aspects of residential building construction from foundations to rough and finished carpentry. Skills will be taught through classroom instruction, job shadow experiences and a four-week internship with a local contractor, builder or home remodeling company. Topics will include hand and power tools, construction math, blueprint reading, masonry, rigging, electrical wiring, basic plumbing, framing, roofing, and finishing. Hands-on training and projects will reinforce all classroom learning. A student tool kit will be provided and will include the fundamental tools of the trade.

Fee:\$7,883*
 Median student loan:\$4,766
 Graduation Rate:78%
 Job Placement Rate:94%
 Program Length:780 hours
 Start Dates:August 2019
 Days/Times: M-F 8:00 AM - 4:00 PM
 SOC Code:47-2000
 U.S. Dept. of Labor: www.bls.gov/SOC

*Tuition subject to change. Estimated fee for books, tool kit and OSHA exam is \$529.

HVAC/R TECHNICIAN

Heating, ventilation, air conditioning and refrigeration (HVAC/R) is a comprehensive, technical and hands-on training program covering all critical aspects of the HVAC/R field. The program offers a combination of classroom, lab and field work under the supervision of an experienced, qualified instructor. This is an opportunity to learn and understand refrigeration and cooling systems, electrical circuitry, electronic solid state control applications, and electric, gas and oil-fired heat and heat pumps. Learn to install, maintain, troubleshoot and repair both residential and commercial systems. Students work on fully operational cooling and heating systems in our well-equipped HVAC/R lab. Opportunities exist as entry-level service technicians, installation personnel, facilities maintenance technicians and commercial sales and service representatives. The EPA Universal Certification Exam for refrigerant handling is offered at an additional fee.

Fee:\$7,834*
 Median student loan:\$4,458
 Graduation Rate:88%
 Job Placement Rate:84%
 Program Length:715 hours
 Start Dates:August 2019
 Days/Times:M-F 8:00 AM - 3:00 PM
 SOC Code:49-9020
 U.S. Dept. of Labor:www.bls.gov/SOC
 Additional fees:OSHA exam, EPA

*Tuition subject to change. Estimated fee for books & kits is \$804.

ELECTRICAL MAINTENANCE TECHNICIAN

Electrical Maintenance Technician is an intensive program of study on electrical maintenance fundamentals. Students will receive training in basic shop math, hand and power tools, precision measuring instruments, electrical blueprints, the National Electrical Code standards and practices, OSHA, electrical theory, conduit bending, motors and NEMA designations. A four-week work experience is included in the training program. According to U.S. Department of Labor statistics, the employment of electrical maintenance technicians is expected to increase with the emergence of new technologies that will stimulate the demand for these skills, along with the large number of expected retirements in this field.

Fee:\$9,211*
 Median student loan:\$5,051
 Graduation Rate:93%
 Job Placement Rate:100%
 Program Length:810 hours
 Start Dates:August 2019
 Days/Times:M-F 8:00 AM - 3:30 PM
 SOC Code:47-3013
 U.S. Dept. of Labor:www.bls.gov/SOC

*Tuition subject to change. Estimated fee for books & kits is \$725.

TRADES AND TECHNOLOGY

LEWIS CARINCI is an AWS/ASME certified welder with 37+ years experience in welding and fabrication. He has a degree from Herkimer Community College in business administration and a degree from Cornell University in county government laws and procedures. He also graduated from the Schenectady Modern Welding School.

LARRY CASEY is a graduate of Onondaga Community College with a degree in business administration. He has 30 years of experience working in the electronics and mechanical fields. He is a certified proctor for BPI and a certified EPA/HVAC technician.

JUDY LEONHART holds a B.S. in business education from the Ohio State University and a NYS Adult Education Certification. She is a Microsoft specialist certified in Access, Excel, PowerPoint, Outlook and Word.

GORDON MCCAFFER is a nationally certified AWS D1.1 Code Welder (#1402161W) with 38+ years experience in welding, custom fabrication and manufacturing. He also holds a NYS DOT Welding Certification (all-position/unlimited thickness). Prior to OCM BOCES, he was an ASME code-qualified pressure-vessel welder for a large local manufacturer. This included 6G (all position) pipe welding using multiple welding processes. He is an OCM BOCES graduate and has an A.A.S. in Business from Onondaga Community College. He has been an AWS District Welding Educator of the Year. He has a NYS Adult Education Certification.

MEET OUR INSTRUCTORS

JOSEPH MIUCCIO has an M.S. in vocation technical education and B.S. in industrial arts from SUNY Oswego. He holds Building Performance Institute (BPI) certifications in Building Analyst, Envelope Professional, Heating Professional and RESNET.

JOHN SWEENEY is a graduate of Virginia Commonwealth University with a B.A. in English. He completed a master's degree in secondary education at SUNY Oswego. He holds a NYS Code Enforcement Certification and is a certified instructor through the National Center for Construction Education and Research (NCCER).

MIKE GREGORY has more than 25 years of experience as a Ford/Lincoln service technician, Certified Ford Senior Master Technician & ASE-Certified Master Technician. Mike served in the U.S. Navy Reserve SEABEES as a construction mechanic for six years.

COSMETOLOGY

DAWN IOZZO has 35 years of experience in the salon industry. She holds a NYS Cosmetology license as well as certification for teaching in Adult Education. Dawn has been successful as a salon stylist/ salon manger. She found her true passion for the industry as an educator and training manager at MATRIX/L'Oreal, where she facilitated advance cutting and coloring programs to stylists in salons as well as training other trainers to train in salons.

HEALTH OCCUPATIONS

LORI BELL holds a B.S. in secondary education from Pensacola College. She has 22 years of teaching experience and seven years of administrative experience as a school principal. She has practiced for several years as an administrative and clinical medical assistant.

KAREN STANNARD, CDA has more than 35 years of experience in the dental field. She is a graduate of the OCM BOCES Dental Assisting program and has an associate's degree in liberal arts from Maria Regina College. She is licensed by the NYS Office of the Professions as a dental assistant, and she is certified by the Dental Assisting National Board Inc. (DANB). She has her NYS Adult Education Certification.

CAROL CORSO holds a bachelor's degree in applied arts and sciences from the Rochester Institute of Technology in healthcare and business administration and an associate's degree in business from Onondaga Community College. She has 25 years of experience working in the healthcare environment, including 10 years as manager of the central service department in a local hospital. She holds certifications from the CBSPD in Sterile Processing Technician (CSPDT) and Surgical Instrument Specialist (CSIS). She is a NYS-certified Adult Education instructor and has been teaching at OCM BOCES since 2011.

LICENSED PRACTICAL NURSE

LEAD INSTRUCTORS:

CAROL VIGLIOTTI, MS, BSN, RN holds a NYS RN license, a B.S. in nursing from Keuka College and an M.S. in health services administration from The New School. She completed her vocational teacher education at SUNY Oswego. She also holds a NYS Permanent Teaching Certificate in Licensed Practical Nursing and Business.

LAURA YEOMANS, BS, RN holds a NYS RN license, an A.A.S. in nursing from Morrisville State and is currently obtaining her master's degree in nursing education from Western Governors University.

CHARLENE YOUNG, MS, RN holds a master's degree in nursing education from LeMoyne College.

CLINICAL INSTRUCTORS:

BRANDY BABCOCK, RN holds an A.A.S. from Cayuga Community College and is currently pursuing her B.N. at Keuka College.

CHRISTINA CAPPETTA, RN holds an A.A.S. in nursing from SUNY Morrisville.

AMANDA KELLY, RN holds an A.A.S. in nursing from Cayuga Community College.

JASON LABATOS, RN holds an A.A.S. in nursing from Onondaga Community College.

NICHOLAS NOWALK, RN received his A.A.S. in nursing from Thompsons County Community College in 2009 and went on to obtain his B.S.N. from Grand Canyon University.

STACY SEVERIN, MS, RN holds an A.A.S. in nursing from Cayuga Community College and an M.S. in nursing education from SUNY IT.

LISA TIMPANO, RN holds an A.A.S. from Morrisville State College and is currently pursuing her B.S.N. at Walden University.

MARK TRUEX, RN holds an A.A.S. in nursing from Tompkins County Community College.

PART-TIME CONTINUING EDUCATION CLASSES

CALL 315-453-4600 OR GO TO OCMBOCES.ORG/ADULTED

ART

CHAIR CANING

Here is your opportunity to restore a chair while developing an appreciation for the beautiful heritage craft of sewing cane. Work on a small piece of your choice. Your piece should be stained and varnished prior to caning. Please, no press-in or rush seats. Storage space is not available for your piece, so please be sure it can be carried back and forth to class. Caning materials can be purchased as a kit from the instructor. Prices depend on size of the project but begin around \$45.00. Supplies will be sold the first night of class.

CEART0606Spr2	4/2/19 - 4/30/19
CEART0606Sum2	6/18/19 - 7/16/19
Tuesday	\$60.00
John LaPointe	5 sessions
6:30 PM - 9:30 PM	Main Campus

DRAWING BASICS

Explore pencil, charcoal, and pastel while drawing simple subjects. Drawing exercises will warm you up and you'll be delighted at your improvement. As you perfect some basic skills, you can begin to work with other media. Supplies required. Please call 315-453-4600 to obtain a supply list prior to class.

CEART0655Spr2	3/14/19 - 4/4/19
CEART0655Sum2	6/13/19 - 7/11/19
Thursday	\$65.00
Eve Troncone	4 Sessions
6:30 PM - 9:00 PM	Main Campus

PAINTING BASICS

Whether you have been a student of art in the past or have never picked up a brush, this class will guide you through everything you need to know to start painting. Discover how to mix colors, how color can set the mood, how to prepare your surface, and techniques for applying paint. You'll be working with acrylic paints on canvas, but the concepts can apply to watercolor, oil, pastel, or decorative painting. Supplies needed. Please call 315-453-4600 to obtain supply list prior to class.

CEART0658Spr2	4/11/19 - 5/2/19
CEART0658Sum2	7/25/19 - 8/15/19
Thursday	\$65.00
Eve Troncone	4 Sessions
6:30 PM - 9:00 PM	Main Campus

BEGINNING WATERCOLORS & ACRYLICS

This class will include instruction in color mixing, application of watercolor washes, and design concepts. Acrylics will also be used as a water medium. These elements will be used to complete a painting. Basic drawing skills required. Please call 315-453-4600 to obtain a supply list prior to class.

CEART0300Spr2	\$65.00
4/1/19 - 4/22/19	Monday
Helga Gilbert	4 Sessions
6:30 PM - 9:00 PM	Main Campus

INTERMEDIATE WATERCOLORS

Continue with skills learned from the introduction to watercolor class. Use same supplies plus all colors you may have. Please call 315-453-4600 for supplies if you did not attend the Level I class.

CEART0301Spr2	\$65.00
5/2/19 - 5/23/19	Thursday
Helga Gilbert	4 Sessions
6:30 PM - 9:00 PM	Main Campus

PAINTING WITH ACRYLICS

Learn to blend, shade, and highlight with acrylic paints! You will learn the basic strokes and advance to more complex strokes, blending and mixing colors, and choosing subjects for your work. Come to learn, paint and relax. Basic painting and drawing supplies required. Call 315-453-4600 to obtain a supply list prior to class.

CEART0664Spr2	\$65.00
5/9/19 - 5/30/19	Thursday
Eve Troncone	4 Sessions
6:30 PM - 9:00 PM	Main Campus

PHOTOGRAPHY IN THE DIGITAL AGE

Get better acquainted with your camera! Improve your photography skills through the creative use of camera functions, exposure, composition, and lighting. Learn to send photos, transfer photos, catalogue and much more. Weekly projects will be critiqued as you work on improving your photos. Bring digital (or 35mm) camera and instructions to class.

CEPER0619Spr2	3/18/19 - 4/22/19
CEPER0620Spr2	4/29/19 - 6/10/19
CEPER0619Sum2	6/24/19 - 7/29/19
Monday	\$95.00
Al Miles	6 Sessions
6:00 PM - 8:00 PM	Main Campus

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***There is an additional fee for
required texts. All texts are available at
first class unless otherwise noted.**

CONTINUING EDUCATION

LAPIDARY - NEW

Learn how to cut and polish stone and set the results into your hand-made sterling silver setting. Learn to use saws and stone-polishing equipment and basic soldering techniques. Basic tools and materials needed to purchase will be discussed at the first class. Some tools available for use in class.

CEART0651Spr2	3/28/19 - 5/30/19
CEART0651Sum2	6/13/19 - 8/22/19
Thursday	\$129.00
John Sweeney	10 Sessions
6:30 PM - 9:30 PM	Main Campus

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BUSINESS

CUSTOMER SERVICE SKILLS

In today's world, providing quality customer service is essential in all organizations and businesses. As a front-line employee, you are usually the first person a potential customer meets, either in person or on the phone. Emphasis will be placed on responding to a customer's needs and incorporating customer service: greeting customers, answering the telephone, transferring a call, message taking, solving problems, and handling complaints. Participants will share customer service experiences and identify key words that lead to either a positive or negative experience.

CEBUS0438Sum2	6/4/19 - 6/11/19
Tuesday	\$49.00
Mary Elizabeth Alberts	2 Sessions
6:30 PM - 9:00 PM	Main Campus

ABC'S OF ACCOUNTING

This class will introduce you to basic accounting skills, the accounting equation—assets, liabilities and owner's equity—and the rules of debits and credits. We will discuss a variety of business entities such as sole proprietorship, partnership, corporation and limited liability company. You will also learn about T-accounts to analyze business transactions as well as the correct terminology for use with accountants. Text required.*

CESBM0423Spr2	4/4/19 - 6/6/19
Thursday	\$139.00
Fred Intondi	10 Sessions
6:00 PM - 8:00 PM	Main Campus

BETTER BUSINESS WRITING FOR TODAY

Create a positive impression with your customers, co-workers and management by learning to produce clear, concise business documents that are both effective and professional. Review spelling, word usage, punctuation and sentence structure needed to correctly write letters, memos, reports, proposals and minutes.

CEBUS0436Spr2	4/2/19 - 4/23/19
Tuesday	\$69.00
Mary Elizabeth Alberts	4 Sessions
6:30 PM - 9:00 PM	Main Campus

W.O.W. WORK-OUT WEDNESDAY

Jean Duva,
Instructor

Main Campus
\$145/session
1 session, Wednesday
9:00AM - 4:00PM

Work-Out Wednesdays cover the basics for those in or entering the business world. The swift pace in each eight-hour session allows a large amount of material to be covered. (Class will break for a 1-hour, on-your-own lunch.) Computers will be provided for every student. **Texts required.***

W.O.W WORD® 2016 LEVEL 1

CECOM8000Spr2	3/27/19
CECOM8000Sum2	6/12/19

W.O.W WORD® 2016 LEVEL 2

CECOM8008Spr2	4/3/19
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W.O.W EXCEL® 2016 LEVEL 1

CECOM8004Spr2	4/24/19
CECOM8004Sum2	6/5/19

W.O.W EXCEL® 2016 LEVEL 2

CECOM8007Spr2	5/1/19
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W.O.W ACCESS® 2016

CECOM8001Spr2	4/10/19
CECOM8001Sum2	6/19/19

W.O.W ACCESS® 2016 LEVEL 2

CECOM8006Spr2	4/17/19
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W.O.W POWERPOINT® 2016

CECOM8005Spr2	5/8/19
CECOM8005Sum2	6/26/19

COMPUTERS

INTRO TO COMPUTERS

Become familiar with computers in a non-threatening setting. In this hands-on class, you will learn about the basic hardware of a PC and become skilled at using a mouse. Learn to create, save and retrieve a file and learn about creating and changing directories and drives. Become familiar with the terms "word processing," "database," and "spreadsheet," among others, and how they relate to your new world of computer literacy. Now using Windows 7. Textbook required. No experience necessary.*

CECOM5000Spr2	3/25/19 - 4/15/19
CECOM5000Sum2	6/3/19 - 6/24/19
Monday	\$135.00
Jean Duva	4 Sessions
12:00 PM - 2:30 PM	Main Campus

CECOM5002Spr2	3/23/19 - 4/13/19
Saturday	\$135.00
Carl Allen	4 Sessions
9:00 AM - 11:30 AM	Main Campus

INTRO TO WINDOWS 7

An easy way to become familiar with the Windows system. Explore the basic features of Windows 7, including the task bar, desktop, start menu, recycle bin and control panel, along with drag-and-drop and shortcuts. Create folders to manage files and documents. Use Explorer to locate files. Learn about installing or uninstalling hardware, software, plug-and-play and other features of Windows. Create, delete, or rearrange icons, and customize your desktop and start menu. Learn about passwords and security within the Windows environment. Prerequisite: Introduction to Computers or equivalent experience. Textbook required.* Please bring a flash drive to class.

CECOM5430Spr2	4/22/19 - 5/13/19
CECOM5430Sum2	7/1/19 - 7/22/19
Monday	\$135.00
Jean Duva	4 Sessions
12:00 PM - 2:30 PM	Main Campus

CECOM5432Spr2	4/27/19 - 5/18/19
Saturday	\$135.00
Carl Allen	4 Sessions
9:00 AM - 11:30 AM	Main Campus

ACCESS® 2016 1

This easy-to-use relational database management system is an excellent way to collect, store and retrieve data for home and business. Access helps users import or create structured tables, forms and reports based on users' designed DB queries. Students will benefit from instructor-led demonstrations and hands-on exercises. Basic database concepts will be discussed. Students must bring a flash drive to move database files. Basic computer knowledge required. Text required.*

CECOM5531Spr2	3/19/19 - 4/9/19
CECOM5531Sum2	6/11/19 - 7/2/19
Tuesday	\$145.00
Carl Allen	4 sessions
6:30 PM - 9:00 PM	Main Campus

ACCESS® 2016 2

Basic computer knowledge and Access Level I required. Text required.*

CECOM5533Spr2	4/16/19 - 5/7/19
CECOM5533Sum2	7/9/19 - 7/30/19
Tuesday	\$145.00
Carl Allen	4 Sessions
6:30 PM - 9:00 PM	Main Campus

EXCEL® 2016 1

This class covers the basics of entering and editing entries, selecting cells and ranges, creating basic formulas and functions, absolute formulas, AutoSum and multiple-sheet workbooks. It also includes modifying columns and row heights, hiding columns and rows, changing text alignment, and printing entire worksheets and worksheet selections. Experience with Windows recommended. Text required.* Please bring a flash drive to class.

CECOM5521Spr2	3/28/19 - 4/18/19
CECOM5521Sum2	7/11/19 - 8/1/19
Thursday	\$145.00
	4 Sessions
6:30 PM - 9:00 PM	Main Campus

EXCEL® 2016 2

Prerequisite: Excel® Level I or equivalent experience. Text required.*

CECOM5526Spr2	4/25/19 - 5/16/19
Thursday	\$145.00
	4 Sessions
6:30 PM - 9:00 PM	Main Campus

EXCEL® 2016 3

Prerequisite: Excel® Level II or equivalent experience. Text required.*

CECOM5529Spr2	5/23/19 - 6/13/19
Thursday	\$145.00
	4 Sessions
6:30 PM - 9:00 PM	Main Campus

WORD® 2016 1

Learn this unique and common word processing software. With this new version, discover the ease with which you can create, edit, add and delete graphics, as well as print documents for both the office and home. Prerequisite: Windows experience. Text required.*

CECOM5562Spr2	3/25/19 - 4/15/19
CECOM5562Sum2	6/10/19 - 7/1/19
Monday	\$145.00
Mary Elizabeth Alberts	4 Sessions
6:30 PM - 9:00 PM	Main Campus

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***There is an additional fee for required texts. All texts are available at first class unless otherwise noted.**

CONTINUING EDUCATION

WORD® 2016 2

Prerequisite: Word® Level I. Text required.*

CECOM5595Spr2	4/22/19 - 5/13/19
CECOM5595Sum2	7/15/19 - 8/5/19
Monday	\$145.00
Mary Elizabeth Alberts	4 Sessions
6:30 PM - 9:00 PM	Main Campus

INTRO TO QUICKBOOKS® 2018

QuickBooks is a software program designed to help small and medium-sized businesses keep their books easily and accurately. Get an introduction to this software package, learn file management tasks and learn the skills to effectively deal with customers, vendors, and banking transactions. Inventory control and payroll functions will also be taught. Basic computer knowledge required. Basic bookkeeping knowledge is a prerequisite. Text required.*

CECOM0900Spr2	4/15/19 - 5/20/19
Monday	\$175.00
	6 Sessions
6:00 PM - 8:30 PM	Main Campus

QUICKBOOKS® 2018 - ADVANCED

Prerequisite: Basic computer skills and QuickBooks Level 1 required. Text required.*

CECOM0903Spr2	6/3/19 - 6/24/19
Monday	\$155.00
	4 Sessions
6:00 PM - 8:30 PM	Main Campus

BUILD A WEBSITE FOR FREE

This practical, hands-on class will give you the opportunity to create a website tailored to your interests. Give yourself the chance to promote your business, create a website for friends or family, or help your local community. You will receive the instruction and materials to build your website and maintain it over time. Basic computer knowledge required. A 3-inch binder is required for the first class.

CECOM0100Spr2	3/27/19 - 4/17/19
CECOM0100Sum2	6/5/19 - 6/26/19
Wednesday	\$79.00
Bonnie Strunk	4 Sessions
6:30 PM - 9:00 PM	Main Campus

INTRO TO AUTOCAD 2019 1

Increase your design and drafting skills using AutoCAD, the computer-aided drafting tool. Gain an understanding of AutoCAD by setting up files; navigating work space; and learning about drawing tools, hot keys, icon buttons, drawing and modifying concepts, orthographic drawings, layers, dimension styles, hatching, Xref and raster images. One computer per student. Prerequisite: Basic computer skills and understanding of basic drafting. Text required.*

CECOM5604Spr2	3/9/19 - 4/13/19
CECOM5604Sum2	6/15/19 - 7/27/19
Saturday	\$255.00
David Trembley	6 Sessions
8:00 AM - 12:00 PM	Main Campus

AUTOCAD 2019 2

Build on the skills gained in the basic AutoCAD class or elsewhere. Prerequisite: Basic AutoCAD or equivalent experience. Text required.*

CECOM5605Spr2	\$255.00
4/27/19 - 6/8/19	Saturday
David Trembley	6 Sessions
8:00 AM - 12:00 PM	Main Campus

INVENTOR 2019 (3D MODELING & DESIGN)

Welcome to the 3D Parametric world! Autodesk Inventor software provides a comprehensive set of 3D modeling and mechanical design tools that allows users to visualize, simulate, and analyze how a design will work under authentic conditions. You will be making geometric constraints and dimensions to the sketch, creating 2D and 2 1/2 D profiles in your drawings. You will also import and export AutoCad files. One computer per student. Please note that this Inventor program should ONLY be taken if you have basic AutoCad experience. Text required.*

CECOM5631Spr2	4/2/19 - 5/2/19
Tuesday/Thursday	\$305.00
David Trembley	10 Sessions
6:30 PM - 9:30 PM	Main Campus

INTRO TO PHOTOSHOP®

Learn the basics of photo retouching, manipulation and enhancement in Adobe Photoshop. We start slowly and build up to techniques that allow you to completely transform your photos. Topics covered include: red eye correction, filter applications, color/value manipulation, understanding resolution, resizing photos and deciding the best way to save files. Important details: Adobe Photoshop® CS5 (PC version). Must have basic computer skills.

CECOM5755Spr2	3/13/19 - 4/17/19
CECOM5756Spr2	4/24/19 - 6/5/19
Wednesday	\$149.00
Al Miles	6 Sessions
6:00 PM - 8:00 PM	Main Campus

PHOTOSHOP® - ANIMATION & GAME ART - **NEW**

Learn to use the tool that most game artists use from start to finish. Photoshop is used to work your initial ideas as much as to create the final products that can be used in a game. This course will cover professional approaches to creating assets in Photoshop that both beginners and intermediates will find refreshing. You will have many hands-on lessons for developing artwork that can be adapted for many purposes, including your own games. Must obtain the text: Photoshop for Games: Creating Art for Console, Mobile and Social Games (ISBN: 978-0-321-99020-4). Must have knowledge of computers and operating systems.

CECOM5800 Spr2	3/21/19 - 4/18/19
Thursday	\$159.00
Carl Allen	5 Sessions
5:30 PM - 8:30 PM	Main Campus

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2D CHARACTER DEVELOPMENT & ANIMATION - **NEW**

This course will show you how to create high-quality, stylized characters and animations for games that will stand up as professional work. The techniques taught in this course can be translated into just about any asset creation for games. The course will enhance or give you skills to build amazing attractive characters and character animations. Prerequisite: Photoshop for Animation & Game Art.

CECOM5801Spr2	4/25/19 - 5/23/19
Thursday	\$159.00
Carl Allen	5 Sessions
5:30 PM - 8:30 PM	Main Campus

2D CHARACTER DEVELOPMENT 1 - **NEW**

Learn to create a simple 2D platform game with challenging gameplay. In addition, you will learn to keep track of scoring system and lives and also create an intuitive user interface, character movement, character interaction, playful game-mechanics, time-limited level, and collapsing bridges, all while improving your C# programming skills. Prerequisite: 2D Character Development & Animation.

CECOM5802Sum2	6/19/19 - 7/11/19
Thursday	\$159.00
Carl Allen	5 Sessions
5:30 PM - 8:30 PM	Main Campus

2D CHARACTER DEVELOPMENT 2 - **NEW**

Learn to create a simple 2D platform game with challenging gameplay. In addition you will learn how to keep track of scoring system and lives and also create an intuitive user interface, character movement, character interaction, playful game-mechanics, time-limited level, and collapsing bridges, all while improving your C# programming skills. Prerequisite: 2D Game Development 1.

CECOM5803Sum2	7/18/19 - 8/15/19
Thursday	\$159.00
Carl Allen	5 Sessions
5:30 PM - 8:30 PM	Main Campus

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COSMETOLOGY

WEARING YOUR CORRECT COLORS - **NEW**

Learn how to look younger, healthier, and thinner by wearing your correct colors! Bright, beautiful colors surround us everywhere, and their effect on our appearance is amazing! Find out how the seasonal color theory works and discover the best colors for you. You will receive a professional and individualized color analysis. You will leave knowing your best colors and how wearing your right colors can help you look 10 pounds thinner and years younger.

CECOS0422Spr2	4/2/19
Tuesday	\$49.00
Dianne Stancampiano	1 Session
6:30 PM - 9:30 PM	Main Campus

CHOOSING CLOTHES THAT SLIM & FLATTER

Have a closet FULL of clothes and NOTHING to wear? Get the "skinny" on what wardrobe styles and silhouettes are most flattering — no matter what your shape — and learn the art of dressing with ease. Few of us have perfect figures, and that's why proportional dressing is so important in creating a successful image. By recognizing and accepting your figure's strengths and weaknesses, you can make adjustments to your wardrobe that will flatter and enhance your looks. Receive personal image information that will recommend wardrobe, makeup, hair and accessories based on your physical characteristics, coloring and fashion personality.

CECOS0450Spr2	5/7/19
Tuesday	\$59.00
Dianne Stancampiano	1 Session
6:30 PM - 9:30 PM	Main Campus

LEARNING MAKEUP LIKE A PRO - **NEW**

Unleash your inner beauty with a class on makeup application. Learn professional tips and tricks for a soft -finish makeup you can use! Does the vast selection of makeup make it difficult for you to decide what is best for you? Learn what's available, what to look for when purchasing makeup, and how to apply it correctly. Find ways to look your very best. Bring your makeup bag or use BeautiControl samples that will be provided.

CECOS0420Spr2	6/4/19
Tuesday	\$49.00
Dianne Stancampiano	1 Session
6:30 PM - 9:30 PM	Main Campus

***There is an additional fee for required texts. All texts are available at first class unless otherwise noted.**

CULINARY

COOKING 101 - KITCHEN BASICS

This class is designed specifically for the beginning cook who has little or no cooking experience. Over a three-week period, we will focus on beginner knife skills, basic cooking definitions and basic cooking techniques. This class will give you the skills you need to prepare simple recipes with success. If you've ever had the desire to cook, this class is for you!

CEEAT0101Spr2	3/28/19 - 4/11/19
Thursday	\$159.00
6:00 PM - 9:00 PM	3 Sessions
Michael Fitzgerald	Thompson Road Campus

COOKING 102 - BASIC MEAL PREPARATIONS

This class follows Cooking 101 to expand your basic cooking skills and ultimately prepare full-course meals, from soup to dessert. By the end of this class, you will be able to impress anyone with your cooking skills and tackle almost any recipe with success. This class is also great if you already have some basic cooking skills and want to expand your knowledge base.

CEEAT0102Spr2	\$159.00
4/18/19 - 5/2/19	Thursday
6:00 PM - 9:00 PM	3 Sessions
Michael Fitzgerald	Thompson Road Campus

BREAKFAST COOKING WITH YOUR CHILD

We'll do all the processing needed to conjure up a scrumptious breakfast. We will make pancakes and an egg-and-bacon/sausage meal. Once complete, we will sit down to a harvest-style meal. Coffee and juices will be provided, so come out with family and friends for some food and fun. Price includes one adult and one child. Class held at 6456 Collamer Road, East Syracuse. Child must be 10 years of age or older.

CEEAT0510 Spr2	4/24/19
Wednesday	\$89.00
Eve Tronccone	1 Session
9:00 AM - 11:30 AM	Eve's Carriage Barn

A TASTE OF THE SOUTH Y'ALL!

We will prepare chicken fried steak with milk gravy, collard greens, Hoppin' John, bbq pork sandwich with pickled onions, shrimp "Po' boy" sandwich, fried green tomatoes with pimento cheese sauce and a chocolate chip pie with ice cream. You will have a great time testing and tasting in this class. Y'all will also be given online resources and challenging recipes to try at home.

CEEAT0431Spr2	5/16/19
Thursday	6:00 PM - 9:00 PM
\$69.00	1 Session
Michael Fitzgerald	Thompson Road Campus

COOKING WITH KIDS - BASIC

This class will foster the desire of any child who has an interest in the culinary arts. In this class, we will make a hot dog salad, chicken noodle soup, chicken cordon bleu, twice-baked potatoes, creamy macaroni and cheese, homemade meatball sandwiches and a strawberry trifle for dessert. This class is for children 10 years and up with an accompanying adult. Tuition includes adult and child.

CEEAT0424Spr2	4/24/19
Wednesday	\$89.00
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

COOKING WITH KIDS - DESSERTS

This is a fun way to bond with a child and experience some great one-on-one time as you both prepare some very tasty desserts. We will make chocolate mousse cupcakes, mixed berry tarts, almond bread, strawberry whipped cream cake, chocolate chip pie and apple cheesecake strudel bars. Get ready to have a really sweet time! This class is designed for 7- to 15-year-old children with an accompanying adult. Class is limited to eight groups of two.

CEEAT0600Spr2	\$89.00
5/15/19	Wednesday
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

MORE COOKING WITH KIDS

This class is a continuation of the original "Cooking with Kids" course with new recipes that are a bit more difficult than the previous ones. In this class, we will prepare homemade chili with corn bread, shrimp scampi over pasta, Beef Wellington with a brown sauce, chocolate cream pie, sausage with potato and roasted red pepper salad and stuffed pork chops.

CEEAT0602Spr2	\$89.00
5/29/19	Wednesday
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

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A NIGHT ON THE BAYOU

In this class, we will take a tour of Louisiana with its Cajun and Creole dishes. We will prepare a traditional jambalaya, deviled crab cakes, shrimp and andouille pot pies, stewed corn and tomatoes with okra, chicken and sausage gumbo, Creole shrimp and a chocolate yummy, which is sure to please.

CEEAT0432Spr2	5/22/19
\$69.00	Wednesday
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

DID SOMEONE SAY OKTOBERFEST?

In this class, we will prepare all those German classics that will bring you straight to the Black Forest. We will make German potato salad with bacon dressing, sautéed pork chops with sweet and sour red cabbage, bratwurst with apples, onions and sauerkraut, chicken in Riesling, Wiener Schnitzel with herbed spaetzle in brown butter, and a classic apple strudel.

CEEAT0429Spr2	\$69.00
5/23/19	Thursday
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

VOILA! AN EVENING OF FRENCH FOOD

The flavours of France will be explored in this class of classic French dishes. In this class, we will prepare an onion tart, haricot verts and red onion salad, ratatouille, steak au poivre, chicken chasseur, Coquilles St Jacques, and to finish it off — coffee-caramelized crème brûlée. A votre sante!

CEEAT0911Spr2	\$69.00
3/21/19	Thursday
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

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FRENCH ENCORE

This is a new class of French favorites that will round out your knowledge of French food. In this class, we will prepare a pork cassoulette, salad Nicoise, baekeoffe (also called "laundry day stew"), coq au vin, green beans and zucchini with sauce vert Hollandaise, Cantal cheese tart, and a rich and thick chocolate mousse. "C'est Manifique"!

CEEAT0428Spr2	\$69.00
5/30/19	Thursday
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

IT'S ALL GREEK TO ME!

Explore the Mediterranean flavors of Greece as we prepare an orzo, feta and tomato salad, pork gyros with tzatziki sauce, Greek pasta and sausage casserole, spanakopita, chicken with olives and feta, spicy baked shrimp and a delicious baklava to finish off the meal. Food, fun and laughter will fill the room as we cook and eat together.

CEEAT0436Spr2	5/8/19
Wednesday	\$69.00
6:00 PM - 9:00 PM	1 Session
Michael Fitzgerald	Thompson Road Campus

MEXICAN COOKING - OLÉ!

Get ready to head south of the border for a spicy night of fun food! We will make chiles rellenos, baked Mexican rice, Mexican corn, Mexican seafood sauté with avocado and mango, chicken and cheese enchiladas with tomatillo and green chile sauce, fish tacos with salsa and churros with Mexican chocolate sauce!

CEEAT0430Spr2	4/17/19
Wednesday	\$69.00
6:00 PM - 9:00 PM	1 Session
Michael Fitzgerald	Thompson Road Campus

MEDITERRANEAN COOKING

We will make chicken gyros with cucumber salsa and tzatziki sauce, red potatoes with olives, feta and mint lamb meatballs, Turkish pork kabobs, bisteeya, a chicken-filled pastry, baba ghanoush with pita chips and vasilopita for dessert. By the end of the night, you will feel like you just left a cruise of the Mediterranean.

CEEAT0433Spr2	\$69.00
5/9/19	Thursday
6:00 PM - 9:00 PM	1 Session
Michael Fitzgerald	Thompson Road Campus

SPANISH COOKING

Light, fresh and fragrant flavors with a hint of spice are what you will discover in this class. We will prepare a smoky Spanish tomato soup, beef with cabrales, salad sevillana, Spanish crusted roast pork loin, wilted kale and potato sauté, seafood paella and Spanish rice pudding to end the night on a sweet note.

CEEAT0427Spr2	\$69.00
4/10/19	Wednesday
Michael Fitzgerald	1 Session
6:00 PM - 9:00 PM	Thompson Road Campus

HEALTHY COOKING WITH GREAT TASTE

Looking for some great recipes that are tasty and good for your waistline, too? This class is for you! We will prepare a delicious julienne Salad with a mustard dressing, tortellini soup, rice and beans, turkey meatloaf, stuffed peppers with eggs and quinoa, crispy oven-baked chicken, potato casserole, Mexican seafood skewers, oven-baked ham and cheese strata, roasted red pepper and spinach cheese mold, mixed berry and lime trifle, just to name a few! This is a three-week series of classes that will get you on your way to a healthier way of eating! But the best part is, no one but you will realize these recipes are low-cal!

CEEAT0700Spr2	\$159.00
3/13/19 - 3/27/19	Wednesday
Michael Fitzgerald	3 Sessions
6:00 PM - 9:00 PM	Thompson Road Campus

MAMA'S BEST MEATBALLS

Not everyone could make a great meatball – until now. The instructor will share her mama's delicious recipe. Bring an appetite and be ready to roll! Classes are held at 6456 Collamer Road, East Syracuse.

CEEAT0440Spr2	3/13/19
CEEAT0441Spr2	5/8/19
CEEAT0440Sum2	6/19/19
Wednesday	\$45.00
Eve Troncone	1 Session
6:00 PM - 9:00 PM	Eve's Carriage Barn

NOW "THATSA" NICE SAUCE

In this class, we will make three different sauces: a red sauce with fresh tomatoes, a butternut squash sauce, and an olive oil sauce infused with garlic. All of these sauces are great with pastas, dipping, or even for soups! Tasting will be done with pastas and bread provided. Come with an appetite and get ready to sauce it up! Classes held at 6456 Collamer Rd., East Syracuse.

CEEAT0500Spr2	3/20/19
CEEAT0501Spr2	5/15/19
CEEAT0500Sum2	6/19/19
Wednesday	\$45.00
Eve Troncone	1 Session
6:00 PM - 9:00 PM	Eve's Carriage Barn

INTRO TO CAKE MAKING & DECORATING

Learn the skills for making and baking the perfect cake! This four-week course will give you step-by-step instructions and everything necessary for baking your first cake and presenting an enviable product. Our experienced instructor, who is Wilton-certified, will walk you through the process of making perfect icing and proper piping techniques to create lines, shapes, lettering, borders, flowers and more. You will quickly learn just how easy it is to make a perfect cake for any occasion. Please call 315-453-4600 to obtain your supply list prior to class.

CECAK0973Spr2	3/14/19 - 4/4/19
Thursday	\$59.00
Traci Regan	4 Sessions
6:30 PM - 9:00 PM	Thompson Road Campus

CONTINUING EDUCATION

MORE CAKE DECORATING WITH ROYAL ICING

Explore even more decorating techniques as this Wilton-certified instructor teaches you the skills of royal icing. Get ready to impress your family and friends with a perfectly decorated dessert with breathtaking flowers and basketweave design. **Prerequisite:** Introduction to Cake Decorating. Please call 315-453-4600 to obtain supply list prior to class. **Prerequisite:** Introduction to Cake Decorating. Please call 315-453-4600 to obtain supply list prior to class.

CECAK0974Spr2 4/11/19 - 5/2/19
Thursday \$59.00
Traci Regan 4 Sessions
6:30 PM - 9:00 PM Thompson Road Campus

ADVANCED CAKE DECORATING: FONDANT/GUMASTE

Discover one of the most satisfying and exciting ways to decorate a cake in this fun-filled, four-week course. In this class, our Wilton-Certified instructor will teach you the basics of tinting, molding and the shaping of fondant. Learn how to perfectly cover a cake and create exquisite fondant and gumpaste flowers, bows, and more! **Prerequisite:** our Introduction and More Cake Decorating classes. **Prerequisite:** Introduction and More Cake Decorating class. Please call 315-453-4600 to obtain supply list prior to class.

CECAK0975Spr2 5/9/19 - 5/30/19
Thursday \$59.00
Traci Regan 4 Sessions
6:30 PM - 9:00 PM Thompson Road Campus

DESIGNER SUGAR COOKIES - FLOOD STYLE

In this one-day class, you will learn how to create designer frosted sugar cookies, otherwise known as "flooded" sugar cookies. Each class will concentrate on the holiday of the month. At least six cookies will be provided for students to decorate. Some cake decoration experience preferred but not necessary. Supplies needed for class. Some cake decoration experience preferred but not necessary. Supplies needed for class. Please call 315-453-4600 or email sweet.stuff.confections@gmail.com for list.

CEBAK0001Spr2 3/13/19 Spring/St. Pats
CEBAK0001Spr1a 4/17/19 Easter/Spring
CEBAK0001Spr2b 5/22/19 Summer Holidays
Wednesday \$40.00
Traci Regan 1 Session
6:30 PM - 9:00 PM Thompson Road Campus

LEVEL II DESIGNER COOKIES

Take cookie decorating to the next level by learning the techniques to adding finishing touches to your cookies. Borders, flourishes, scroll work, embellishments, dimension, stenciling and more. Students are required to have taken course 1. Contact 315- 453-4600 or email sweet.stuff.confections@gmail.com for supply list.

CEBAK0003Spr2 5/29/19
Wednesday \$40
Traci Regan 1 Session
6:30 PM - 9:00 PM Thompson Road Campus

DRIVER'S ED

DRIVER EDUCATION

This Driver Education program consists of 24 hours of classroom instruction and 24 hours of vehicle instruction. Driving times are assigned during non-classroom hours and weekends. Driving groups consist of four students per vehicle. Drive-time instruction is provided in cooperation with Able II Driving School. **Available only for high school students who are 16 years old before first class.** Proof of age must be presented. Attendance is required for all classroom and driving sessions. Please call or send your registration in early as class size is limited. Textbooks must be purchased when tuition is paid. Textbook will be handed out at first class.

Registration Spring deadline: 3/25/19

CEXNS0902Spr2 4/4/19 - 6/11/19
CNS High School Tuesday/Thursday
5:30 PM - 7:00 PM 18 sessions
Frank Cutie \$549.00

CECAR0201Spr2 4/3/19 - 6/12/19
Baker High School Monday/Wednesday
5:30 PM - 7:00 PM 18 Sessions
Frank Cutie \$549.00

CECAR0200Spr2 4/4/19 - 6/13/19
Main Campus Monday/Thursday
5:30 PM - 7:00 PM 18 Sessions
Shelly Hilts \$549.00

Registration Summer deadline: 6/28/19

CEXNS0902Sum2 7/8/19 - 7/32/19
CNS High School Mon - Fri
10:30 AM - 12:00 PM 18 sessions
Frank Cutie \$549.00

CECAR0201Sum2 7/8/19 - 7/31/19
Baker High School Mon - Fri
8:00 AM - 9:30 AM 18 Sessions
Frank Cutie \$549.00

CECAR0400Spr2 7/9/19 - 8/7/19 **NEW**
Solvay High School Mon - Thurs
5:30 PM - 7:00 PM 18 Sessions
Shelly Hilts \$549.00

5-HOUR PRE-LICENSING COURSE

Participants must sign up before the day of class and bring their permit.

Available only for high school students:

CEWHS0091Spr2 3/26/19
CEWHS0092Spr2 5/21/19
Tuesday \$40.00
Able 2 Driving 1 Session
3:00 PM - 8:00 PM Westhill High School

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Driver's Ed continued on next page

CEXNS0904Spr2	3/28/19
CEXNS0905Spr2	5/23/19
Thursday	\$40.00
Able 2 Driving	1 Session
3:00 PM - 8:00 PM	CNS High School

Available to all ages:

CEMCCAR0100Spr2	3/11/19
CEMCCAR0100Spr2a	3/25/19
CEMCCAR0100Spr2b	4/8/19
CEMCCAR0100Spr2c	4/22/19
CEMCCAR0100Spr2d	5/6/19
CEMCCAR0100Spr2e	5/20/19
CEMCCAR0100Sum	6/3/19
CEMCCAR0100Suma	6/17/19
CEMCCAR0100Sumb	7/1/19
CEMCCAR0100Sumc	7/15/19
CEMCCAR0100Sumd	7/29/19
CEMCCAR0100Sume	8/12/19
CEMCCAR0100Sumf	8/26/19

Monday	\$40.00
Able 2 Driving	1 Session
4:00 PM - 9:00 PM	
Center for New Careers, 1710 NYS Rt 13, Cortland NY 13045	

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FINANCIAL

PARENT'S GUIDE TO COLLEGE FINANCIAL AID

Michael Zoli, a certified college planner, will walk you through the steps to maximize your financial aid and get the most money from colleges. Topics covered include navigating the admission process, maximizing need- and merit-base aid, obtaining scholarships and grants, and how to succeed with college applications. Second parent may attend for free.

CEFIN0803Spr2	4/3/19
CEFIN0803Sum2	5/15/19
Wednesday	\$29.00
Michael Zoli	1 Session
6:30 PM - 8:30 PM	Main Campus

BACK TO BLACK: CREATING A DEBT-FREE LIFE

Do you want to live a debt-free and stress-free lifestyle? Learn how you, on your current income, can become completely debt-free, including being free from your home mortgage, in five to seven years! Using simple linear math, critical path technology demonstrates how to eliminate debt and become financially independent. Please bring your list of debts so you can begin to implement your plan immediately. A workbook fee of \$5 is payable in class.

CEFIN0828Spr2	4/4/19
CEFIN0828Sum2	6/27/19
Thursday	\$29.00
Lee Livermore	1 Session
6:30 PM - 9:30 PM	Main Campus

BUILDING YOUR FINANCIAL HOUSE

Is it time to put your financial house in order? Learn how to set goals to achieve your dreams. You'll understand key concepts to plan for retirement, pay off credit card or loan debts efficiently, build savings for education, protect your income and much more.

CEFIN0011Spr2	4/18/19
Thursday	\$19.00
Mike Rienhardt	1 Session
6:30 PM - 8:30 PM	Main Campus

HOW MONEY WORKS

Learn the three root causes of financial problems along with an overview of the "Rule of 72," the D's of successful investing, credit card traps, debt payoff, life insurance and much more. Understanding these concepts can have an incredible impact on your personal finances. Here is where you can learn and take control.

CEFIN0009Spr2	3/28/19
CEFIN0009Sum2	7/11/19
Thursday	\$19.00
Mike Rienhardt	1 Session
6:30 PM - 8:30 PM	Main Campus

INVESTING AT RETIREMENT

Over the next few years, more than 82 million people in the United States will be entering retirement. Are you one of them? Whether you're retiring now or a few years down the road, make sure you're on track to live the retirement of your dreams. No matter where you are, you can learn how to avoid the mistakes so many others make when you are armed with this simple, yet powerful retirement information.

CEFIN0013Spr2	6/6/19
Thursday	\$19.00
Mike Rienhardt	1 Session
6:30 PM - 8:30 PM	Main Campus

CONTINUING EDUCATION

INVESTING SUCCESS

Americans today are investing a record-low percentage of their income. At the same time, traditional methods of funding retirement have been in jeopardy. Do you want to turn the tide and be prepared for your financial future? If so, come and learn these critical concepts: understanding the market; the "Rule of 72"; top problems facing most investors; three factors to protect against; mutual funds, annuities and IRAs; and the three D's of successful investing.

CEFIN0012Spr2	5/9/19
CEFIN0012Sum2	8/8/19
Thursday	\$19.00
Mike Rienhardt	1 Session
6:30 PM - 8:30 PM	Main Campus

MEDICARE PRINCIPLES

This course involves a careful examination of Medicare principles, other Medicare insurance plans, awareness of the late-enrollment penalties and options for controlling costs. Emphasis will be placed on the development of basic principles and knowledge of what Medicare Advantage plans are, Medicare supplements, and prescription drug plans. This course also covers how to get additional health and prescription drug coverage for veterans and those on SSDI (disability). You will learn about the enrollment process, the initial seven-month enrollment period and how the Medicare enrollment periods work. This is an informational class to educate persons who are getting ready to retire, are approaching age 65, or who are 65 and older and looking for options.

CEFIN1180Spr2	3/26/19
CEFIN1180Spr2a	5/14/19
CEFIN1180Sum2	6/18/19
CEFIN1180Win2a	8/6/19
Tuesday	\$39.00
Theresa Cangemi	1 Session
6:30 PM - 8:30 PM	Main Campus

2 YOUNG 2 RETIRE: RE-DEFINING RETIREMENT

Retirement—the long-sought goal of previous generations—is mostly irrelevant for this generation. We now have the good fortune to choose from different and evolving models for work, play, relationships, and life with more meaning and purpose. This engaging and thought-provoking session will examine the changing nature of retirement. We are in a unique place to design the work, leisure and lifestyle that fits us best, and we will explore how those aged 50+ can develop a clear vision for purposeful and satisfying post-career options.

CEPER0900Spr2	4/18/19
CEPER0900Sum2	7/18/19
Thursday	\$35.00
Lee Livermore/Leslie Rose McDonald	1 Session
6:30 PM - 8:30 PM	Main Campus

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HISTORY

INTRO TO ARCHAEOLOGY - NEW

This course will provide students with an introduction to the major concepts, methods, and theories in archeology, including an analysis of major sites and societies through space and time. Students will be expected to complete minor excavation assignments to assist in their understanding of concepts and approaches to archeology.

CEHIST1001Spr2	5/14/19 - 5/28/19
CEHIST1001Sum2	6/4/19 - 6/18/19
Tuesday	\$45.00
Daniel Warne	3 Sessions
6:30 PM - 8:30 PM	Main Campus

THE HISTORY OF ANCIENT EGYPT - NEW

This course will provide students with a brief historical overview of ancient Egypt from the late Neolithic through the early Roman period. This narrative will address the major social, political, economic, and religious developments that shaped the Nile River Valley and surrounding regions for nearly 3,000 years. Topics covered will include: state formation, the age of pyramid building, the Middle Kingdom renaissance, the rise of Imperial Egypt, the tomb of Tutankhamen, and Alex the Great.

CEHIST1000Spr2	4/9/19 - 4/23/19
CEHIST1000Sum2	7/2/19 - 7/16/19
Tuesday	\$45.00
Daniel Warne	3 Sessions
6:30 PM - 8:30 PM	Main Campus

SEWING/HOME/GARDEN

JEANS TO THINGS: OPEN TOTE OR BACKPACK FROM YOUR OLD JEANS - NEW

Turn the jeans you love — but have seen better days — into new and exciting things! Recycle them into an open tote bag or a drawstring backpack. Let your favorite jeans live on! Please call 315-453-4600 for supply list prior to class.

CESEW0800Spr2	4/17/19 - 4/24/19
CESEW0800Sum2	6/19/19 - 6/26/19
Wednesday	\$39.00
Geri Goss	2 Sessions
6:00 PM - 9:00 PM	Main Campus

PAINTING YOUR HOME 101: PAINT LIKE A PRO - NEW

Learn to paint like a pro from a pro! This class will teach you the proper steps for prepping, patching, and finishing different substrates in and outside your home. This course will be hands-on. Learn how to brush trim, wall edges, and inside corners for a straight line. Continue to roll to achieve a smooth finish. A Benjamin Moore sales representative will come to answer any questions you might have about their products. A color fan deck will also be available to use.

CEHOM4000Spr2	4/3/19 - 4/17/19
CEHOM4000Sum2	6/26/19 - 7/10/19
Wednesday	\$99.00
Sean Severance	3 Sessions
6:00 PM - 8:00 PM	Main Campus

***There is an additional fee for required texts. All texts are available at first class unless otherwise noted.**

INTRODUCTION TO HOME INSPECTION

Inspecting a home for a future buyer can be energizing because it could be one of the first steps in getting a family into their new home. The home inspection industry is rapidly growing, and this new career could be waiting for you. This course will serve as an overview, addressing questions such as: What is a home inspector? How do I begin this new career? What are the New York State requirements? What are the kind of things I need to know to complete a home inspection? Come and learn how to be a professional educator for homeowners, helping them have peace of mind about protecting their investment.

CEHOM5000Spr2	5/2/19
CEHOM5000Sum2	6/20/19
Thursday	\$39.00
Randy Luckette	1 Session
6:00 PM - 8:30 PM	Main Campus

HOW TO PROTECT YOUR BIGGEST INVESTMENT: YOUR HOME - **NEW**

You might be aware that your home looks a little different then it did when you purchased it. That is, of course, because homes age, move, shift, and settle over time. This aging process usually is not a problem or a cause for concern unless you let it go unnoticed. A home is one of the biggest investments you will make, so it is important to protect it. Doing this simply means being aware of the key areas you should watch for through seasonal inspections and maintenance. This course will address those areas to look so your home retains its value and beauty.

CEHOM5001Spr2	4/11/19 - 4/18/19
CEHOM5001Sum2	7/11/19 - 7/18/19
Thursday	\$79.00
Randy Luckette	2 Sessions
6:00 PM - 8:30 PM	Main Campus

CLEANING WITHOUT TOXINS

The chemicals we breathe and come into contact with on a daily basis affect our health. Do you know what's in your household cleaners? What's safe? What's not? Discover how to clean with less cost and no toxins. Compare DIY cleaners with buying green. Make your home a safer place.

CEHOM3000Spr2	3/20/19
CEHOM3000Sum2	6/5/19
Wednesday	\$45.00
Chris Taylor	1 Session
6:00 PM - 8:00 PM	Main Campus

HOME REMEDIES FOR EVERYDAY

Do you want to learn how to make homemade natural products for yourself and your home? In this class, you will get back to basics, learning how to use items already in your pantry: ketchup for cleaning copper, toothpaste for treating pimples, and many more. Have fun while you think outside the box for this home remedies class.

CEHOM1050Spr2	3/5/19
CEHOM1050Sum2	5/21/19
Tuesday	\$45.00
Angela D'Amico	1 Session
6:00 PM - 8:00 PM	Main Campus

PRINCIPLES OF GARDENING & LANDSCAPING

Understanding plants and their relationship with the environment is key to growing healthy plants, eco-friendly gardening and sustainable landscaping. In this class, you will get an overview of plant anatomy and physiology, soil testing, soil amendments, beneficial insects, pest management and proper plant selection for site conditions. You will not only learn good gardening and landscaping practices, but why they work and how they can reduce your costs and maintenance efforts and benefit the environment.

CEFLO0802Spr2	4/6/19
Saturday	\$45.00
Pamela Wildridge	1 Session
9:00 AM - 12:00 PM	Main Campus

LAWN CARE - DO'S AND DON'TS

If your lawn needs help, this class is for you! You will learn about seed selection, proper soil management, how to repair and maintain a lawn, and ways to identify and manage common weeds, pests, and diseases. This class is taught by a biologist and certified New York State nursery and landscape professional.

CEFLO0805Spr2	5/11/19
Saturday	\$45.00
Pamela Wildridge	1 Session
9:00 AM - 12:00 PM	Main Campus

REDESIGNING A GARDEN BED OR BORDER

Do you have a garden bed or border that's looking a bit tired or needs updating? The process of rethinking a garden space can feel overwhelming to even the most experienced gardener. In this class, we will streamline the process by providing some basic design tips and techniques to help you assess your garden space and remake it in your very own style. You will learn how to use color and black-and-white photos to help you evaluate your current garden so you can identify the problem areas and develop solutions. We will also discuss how you can use plant height, color, texture, and shape to create wonderful plant combinations that will enliven your garden. You'll learn how to see beyond the flowers and make use of the amazing colors and textures of plant foliage so your revitalized bed or border has a four-season interest. We will talk about how the use of plant vignettes, repetition and drifts can simplify the process of garden redesign and also provide some basic approaches for planning your renewed garden space. Join us for this relaxing, fun and creative class and learn how to get started on your garden makeover. (Please bring to class: 8x11 photocopied color and black-and-white photos of the garden bed or border you want to redesign (as mature as possible), marking pens, paper and pen for notes.

CEFLO0700Spr2	3/14/19 - 3/21/19
Thursday	\$49.00
Margaret Hebblethwaite	2 Sessions
6:30 PM - 8:30 PM	Main Campus

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***There is an additional fee for required texts. All texts are available at first class unless otherwise noted.**

LANGUAGES

INTRODUCTION TO FRENCH

Join a lively study of conversational French for the beginner. Textbook required.*

CELNG1824Spr2	4/2/19 - 6/4/19
CELNG1824Sum2	6/18/19 - 8/20/19
Tuesday	\$135.00
Kathy Ackermann	10 Sessions
6:00 PM - 8:00 PM	Main Campus

FRENCH LEVEL 2

Text required.*

CELNG1825Spr2	4/4/19 - 6/6/19
CELNG1825Sum2	6/20/19 - 8/29/19
Thursday	\$135.00
Kathy Ackermann	10 Sessions
6:00 PM - 8:00 PM	Main Campus

AMERICAN SIGN LANGUAGE LEVEL I

This basic course is intended for those with no experience with American Sign Language. Students will learn everyday signs, grammar, fingerspelling, numbers and deaf culture. The course will be taught with minimum voicing but with visual and printed hand outs. There will be a final exam. A text is suggested if students do not have internet access.

CELNG1800Spr2	3/11/19 - 4/3/19
CELNG1800Sum2	7/8/19 - 7/31/19
Monday/Wednesday	\$129.00
Jim Skvorak	8 Sessions
6:15 PM - 8:15 PM	Main Campus

AMERICAN SIGN LANGUAGE LEVEL II

Prerequisite: Passing score on the ASL I exam or permission of instructor.

ACELNG1802Spr2	4/8/19 - 5/1/19
Monday/Wednesday	\$129.00
Jim Skvorak	8 Sessions
6:15 PM - 8:15 PM	Main Campus

AMERICAN SIGN LANGUAGE LEVEL III

This course will utilize the grammar and signs learned in ASL I & II. The course will consist of stories, games and exercises to enhance the student's skills. There will be no voicing. Signs generated from the students' stories will be incorporated in the curriculum. Students scoring well on their evaluation will have developed community social signing skills. Prerequisite: Passing score on the ASL II exam or permission of instructor.

CELNG1804Spr2	5/6/19 - 6/3/19
Monday/Wednesday	\$129.00
Jim Skvorak	8 Sessions
6:15 PM - 8:15 PM	Main Campus

CONVERSATIONAL SPANISH

An introduction to the Spanish language with conversation, reading, writing and some elements of the culture included. Text required.*

CELNG1808Spr2	4/1/19 - 6/10/19
Monday	\$135.00
Stevie Wilson	10 Sessions
6:00 PM - 8:30 PM	Main Campus

CONVERSATIONAL SPANISH LEVEL II - **NEW**

An introduction to Italian with basic grammar and practical expressions needed when traveling to Italy. Some writing and reading also included.

CELNG1810Spr2	4/3/19 - 5/15/19
Wednesday	\$99.00
Stevie Wilson	7 Sessions
6:30 PM - 8:30 PM	Main Campus

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MEDICAL

INFECTION CONTROL STANDARDS

OCM BOCES is certified to provide the required coursework for Infection Control Standards, per the NYS Education Department and the Department of Health. This program will help licensed, registered and/or certified health professionals understand principles of blood-borne pathogen transmission in the workplace. It covers infection control and principles and professional standards of practice. Includes an informational packet and certificate of completion.

CEMED1171Spr2	4/6/19
CEMED1172Spr2	6/8/19
CEMED1171Sum2	8/10/19
Saturday	\$59.00
Lynn Hollowell	1 Session
8:30 AM - 12:00 PM	Main Campus

MEDICAL TERMINOLOGY - **NEW**

Introduce yourself to the language spoken by healthcare providers and other professionals in health-related fields. Learn common medical terminology using a systematic approach and actively build a working vocabulary of the most frequently encountered prefixes, suffixes, and root words. Terms are introduced in relationship to human anatomy and physiology and body systems to more clearly reinforce meaning and use. Text required.*

CEMED1120Spr2	3/26/19 - 5/14/19
Tuesday	\$139.00
Lynn Hollowell	8 Sessions
6:30 PM - 8:30 PM	Main Campus

NCLEX-PN REVIEW

This is an intensive, 10-week review course to prepare participants for the licensing exam. A general review along with test-taking strategies will be discussed. Review topics will include: basic nursing skills, pharmacology, infection control, adult medical-surgical nursing, mental health nursing, care of children, and maternal newborn nursing. Text required.* Participants should purchase their text prior to the first class and should expect homework.

CEMED1111Spr2	3/27/19 - 5/29/19
CEMED1111Sum2	6/19/19 - 8/21/19
Wednesday	\$165.00
Lynn Hollowell	10 Sessions
6:00 PM - 8:30 PM	Main Campus

PHLEBOTOMY TECHNICIAN CERTIFICATION

For persons in the medical field, this certification program is approved by the National Phlebotomy Association. Topics include the role of the phlebotomist, patient identification, suitability of specimens, collection equipment, interfering substances, venipuncture and capillary puncture techniques, test requisitioning, specimen transport, specimen processing and quality assurance in phlebotomy. Anatomically correct arms are used in class; there is no clinical with this class. Testing for NPA certification will be given at the final session. The testing fee of \$130.00 is required by the third class meeting. Student must be in scrubs for the NPA exam. Text required.* Prerequisite: LPN, EMT, CNA, RN, MA and have proof of certification and currently working in the medical field. THIS CLASS DOES NOT OFFER A CLINICAL.

CEMED1145Spr2	3/27/19 - 5/29/19
CEMED1145Sum2	6/26/19 - 8/28/19
Wednesday	\$369.00
Karen Hennen	10 Sessions
5:30 PM - 8:30 PM	Main Campus

PERSONAL DEVELOPMENT

2 YOUNG 2 RETIRE: RE-DEFINING RETIREMENT

CEPER0900Spr2	4/18/19
CEPER0900Sum2	7/18/19
Thursday	\$35.00
Lee Livermore/Leslie Rose McDonald	1 Session
6:30 PM - 8:30 PM	Main Campus

INTRODUCTION TO PUBLIC SPEAKING - **NEW**

This course will provide participants with a comprehensive introduction to the art of public speaking. Participants will learn the different genres of public speaking, study historical and contemporary speeches/presentations, and learn tactics for drafting/memorizing/giving speeches and combating stage fright. Students will ultimately give a speech to their classmates.

CEPER0700Spr2	4/16/19 - 5/21/19
CEPER0700Sum2	7/2/19 - 8/6/19
Tuesday	\$85.00
Jennifer Caruana	6 Sessions
6:30 PM - 8:30 PM	Main Campus

CREATE YOUR VISION BOARD - **NEW**

A vision board is a collage of words, pictures and objects that represent your future goals, feelings and dreams. Creating a vision board encourages you to visualize what you want. Visualization is a powerful mind exercise. Thoughts become things. You will create a vision board with materials from class along with pictures and objects that you bring to the class. You will learn the best strategies to make your vision board come to life. There is an additional \$5 fee for materials payable to the instructor at the time of class. There is an additional \$5.00 fee for materials payable to instructor at time of class.

CEPER0650Spr2	3/12/19
Tuesday	\$45.00
Angela D'Amico	1 Session
6:00 PM - 7:30 PM	Main Campus

HOW TO AVOID & REVERSE TYPE 2 DIABETES

Do you have Type 2 diabetes or Prediabetes? Does diabetes run in your family? Are you committed to avoiding this dangerous disease that can lead to heart disease, kidney disease and blindness? The good news is that the vast majority of Type 2 diabetes cases are lifestyle-induced and can be reversed with a healthier lifestyle. Come learn what you can do to avoid or reverse diabetes. This class is fun, interactive and memorable.

CEPER0950Spr2	3/21/19
CEPER0950Sum2	6/13/19
Thursday	\$49.00
Suzanne Taddeo	1 Session
Certified & Registered Dietician/Nutritionist	
7:00 PM - 8:30 PM	Main Campus

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***There is an additional fee for required texts. All texts are available at first class unless otherwise noted.**

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CLEAN EATING: 21 DAY FOOD CHALLENGE!

It takes 21 days to form a habit. What are your daily food habits saying about you? Challenge yourself by committing to this class and following a clean-eating approach for 21 days. You can lose weight, feel better and change your life. I know, I have lost 150 pounds. I will teach you tools, strategies and skills to change your mindset about food. Are you willing to accept this challenge, get out of your comfort zone and start living a better life?

CEEAT0420Spr2	4/9/19 - 4/23/19
Tuesday	\$65.00
Angela D'Amico	3 Sessions
6:00 PM - 7:30 PM	Main Campus

INTRO TO KETOGENIC EATING - NEW

Have you heard about eating the ketogenic way? This three-week course will teach you about the low-carb, high healthy fat, moderate protein lifestyle that breaks down fatty acids into ketones. Your body will primarily use fat to burn as fuel instead of carbs. You will learn the ratio of the macro-nutrients fat, protein and carbs that will make you feel better as you lose weight. It is advised to check with your doctor prior to class to see if this food plan would benefit you.

CEPER1050Spr2	3/19/19 - 4/2/19
Tuesday	\$65.00
Angela D'Amico	3 Sessions
6:00 PM - 7:30 PM	Main Campus

WHOLE 30/CLEAN EATING! - NEW

If you want to reset your bad eating habits, this class is for you. This course challenges you for 30 days to remove sugar, grains, alcohol, dairy and legumes, so you can enjoy fruits, veggies, meat, seafood and healthy fats. A strong commitment to follow this for 30 days is crucial. Weight loss along with increased energy and focus are some of the benefits people who follow this plan have experienced. There is an additional \$7.00 fee for materials payable to instructor at time of class.

CEEAT0422Sum2	5/28/19 - 6/18/19
Tuesday	\$99.00
Angela D'Amico	4 Sessions
6:00 PM - 7:30 PM	Main Campus

ENHANCE YOUR IMMUNE SYSTEM & REDUCE YOUR RISK OF CANCER

Are you doing all you can to avoid cancer and infectious or viral illness? Are you tired of catching every virus that comes around? It's time to fight back! Build your immunity through healthy diet and lifestyle choices and help your body fight the invaders that can make you sick. What you eat and how you live makes a huge difference in the frequency and severity of illness. Come learn how to build your defenses! This class is fun, interactive and memorable. Come join us!

CEPER0951Spr2	4/18/19
CEPER0951Sum2	7/18/19
CEPER0951Sum2a	
Thursday	\$49.00
Suzanne Taddeo	1 Session
Certified & Registered Dietician/Nutritionist	
6:30 PM - 8:30 PM	Main Campus

CONTINUING EDUCATION

BRAIN FOOD: EATING FOR A HEALTHY MIND

We all fear losing our mental capacities, but did you know that, according to research, we can reduce our risk of dementia by 90% through a healthy diet and lifestyle? These changes will save you time and money as you reap the benefits of better mental and physical health. Change is possible! Come learn how to keep your mind sharp!

CEPER0952Spr2	5/16/19
CEPER0952Sum2	8/15/19
Thursday	\$49.00
Suzanne Taddeo	1 Session
Certified & Registered Dietitian/Nutritionist	
6:30 PM - 8:30 PM	Main Campus

BECOME WHO YOU ARE MEANT TO BE!

In today's society, no one seems to be good enough. There is an external pressure to be perfect and happy at all times, which results in the breakdown of many major systems within an individual's internal world. There is a rush to conclude, "Something must be wrong with me!" Let's change the narrative you use to describe who you are. In three weeks, you will begin to remember who you are, where you came from and where you are going! A workbook can be purchased from the instructor on the first night for \$10.

CEPER0450Spr2	4/11/19 - 4/25/19
Thursday	\$65.00
Roseanne Olszewski	3 Sessions
6:00 PM - 8:00 PM	Main Campus

YOU DESERVE TO BE HAPPY

Join this two-hour presentation and learn about the habits that support the biochemistry of happiness. Discover a natural state of peace and joy, no matter what's going on in your life. You will be introduced to a powerful 7-step process to raise your physical, emotional and mental energy. The presentation is based on the work of Cindy McGinley, transformational life coach and licensed facilitator, and Marci Shimoff, the author of "Happy for No Reason".

CEPER0120Sum2	5/15/19
Wednesday	\$49.00
Cindy McGinley	1 Session
6:30 PM - 8:30 PM	Thompson Road Campus

GETTING PAID TO TALK: VOICEOVER WORK

Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voiceover work for television, film, radio, audiobooks, documentaries and the internet. We will cover how to prepare a demo, how to be successful, and how to earn a great income in this exciting field. Class participants will have a chance to record a commercial script under the direction of our voicecoaches. com producer.

CEPER1975Spr2	\$45.00
3/28/19	Thursday
CEPER1975Spr2a	\$45.00
6/3/19	Monday
CEPER1975Sum2a	\$45.00
8/27/19	Tuesday
Creative Voice Development	1 Session
6:30 PM - 9:00 PM	Main Campus

INTRO TO ESSENTIAL OILS & AROMATHERAPY

Are you fascinated by the use of aromatherapy using essential oils? Do you love walking into a spa and finding a wonderful aroma in the air? This class will introduce you to the use of essential oils, including safe use, blending and dilution guidelines, aromatherapy recipes and the therapeutic benefits of essential oils. Charlene Dahl is a licensed massage therapist and has worked as a certified aromatherapist for more than eight years. Learn how essential oils can be used therapeutically for the cold/flu season, hay fever, skin care, digestive health, and emotional and physical symptoms. Each student will have the opportunity to create 1-ounce of oil blend to take home.

CEPER0702Spr2	4/11/19
CEPER0702Sum2	6/17/19
Monday	\$65.00
Charlene Dahl	1 Session
6:00 PM - 8:30 PM	Main Campus

ADVANCED ESSENTIAL OILS & AROMATHERAPY

You will be building on what you learned in the Introduction class. We will be adding more oils to blend and learning how to blend therapeutically. You will also be able to take a blend home with you. Prerequisite: Intro to Oils and Aromatherapy.

CEPER0718Spr2	5/9/19
CEPER0718Sum2	7/9/19
Thursday	\$65.00
Charlene Dahl	1 Session
6:00 PM - 8:30 PM	Main Campus

MELT FOR LOW BACK PAIN WORKSHOP*

Chronic back pain is exhausting and frustrating, and it can keep you from doing the things you love—even from getting a good night's sleep. No matter what brought on your back pain, you can learn how to help your body heal and rediscover pain-free living at any age. Learn how to return the body to a more ideal state and release the compression on your spine from your neck to your lower back. Please bring a yoga mat to class.

CEPER0634Spr2	4/25/19
CEPER0634Sum2	7/25/19
Thursday	\$35.00
Susan Giegold	1 Session
6:00 PM - 8:00 PM	Main Campus

MELT FOR RUNNERS WORKSHOP*

Running can be a great workout, but the repetitive stress can be hard on your body. Learn how to reduce the wear-and-tear on your joints, as well as the risk of common injuries that can keep you sidelined. Find out how to increase mileage and run more efficiently without hurting your body. MELT is a simple self-treatment technique that directly affects the part of your body commonly stressed during running—your connective tissue. Whether you run for short or long distances, the MELT hand & foot treatment balls and soft foam roller can help you get more out of your runs, reduce damage to the body, lower the risk of injury and speed your recovery time. Bring a yoga mat to class.

CEPER0635Spr2	5/9/19
CEPER0635Sum2	8/15/19
Thursday	\$35.00
Susan Giegold	1 Session
6:00 PM - 8:00 PM	Main Campus

MELT METHOD FOR SLEEP WORKSHOP* - NEW

Getting a truly restful night's sleep is a key ingredient in your cellular health and overall well-being. The body rests and repairs while it sleeps. MELT is a technique that helps restore the natural balance of the body to eliminate stuck stress and improve sleep. Participants must be able to lie on a soft roller on the floor. Wear comfortable clothing and bring a yoga mat and water bottle to class.

CEPER0637Spr2	5/23/19
Thursday	\$35.00
Susan Giegold	1 Session
6:00 PM - 8:00 PM	Main Campus

ANTI-AGING MELT WORKSHOP* - NEW

Restore your skin's natural hydration from the inside out. Learn the 50-second facelift, 5-minute facelift and the cellulite techniques to stimulate the cells that produce collagen in your skin. Learn other easy self-treatment techniques for reducing common aging issues. Participants must be able to lie on a soft roller on the floor. Wear comfortable clothing and bring a yoga mat and water bottle to class.

CEPER0636Spr2	5/30/19
Thursday	\$35.00
Susan Giegold	1 Session
6:00 PM - 8:00 PM	Main Campus

***For all MELT classes, please bring a yoga mat and water bottle to class. Students must be able to lie on a soft roller on the floor.**

INTRO TO THE MELT METHOD WORKSHOP*

Experience changes in how your body feels after performing MELT. This all-levels workshop will use specialized soft rollers and small MELT hand and foot treatment balls to simulate the results of manual therapy. Learn to eliminate stuck stress before it accumulates, causing chronic aches, pains and unwanted signs of aging. Reduce inflammation, ease chronic neck and lower back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age. Bring a yoga mat to class.

CEPER0630Spr2	3/28/19
CEPER0630Sum2	7/11/19
Thursday	\$35.00
Susan Giegold	1 Session
6:00 PM - 8:00 PM	Main Campus

MELT METHOD HAND & FOOT WORKSHOP*

Experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free. Erase pain and tension in your hands, feet, neck, and lower back.

CEPER0632Spr2	4/11/19
Thursday	\$35.00
Susan Giegold	1 Session
6:00 PM - 8:00 PM	Main Campus

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CONTINUING EDUCATION

MELT BY THE BOOK SERIES*

In this three-week class, you will learn all of the moves from the book, "The MELT Method." Learn how to identify where you have stuck stress in your body. Improve your body sense and core stability. Learn techniques to rehydrate the tissues of your body for greater ease of motion, as well as safely and effectively decompress your neck and lower back. These techniques will help your body feel better. You will learn how to put it all together so you can maintain a MELT practice at home. Bring a yoga mat to class.

CEPER0631Spr2	6/6/19 - 6/20/19
Thursday	\$65.00
Susan Giegold	3 Sessions
6:00 PM - 8:00 PM	Main Campus

TAROT: A KEY TO BETTER UNDERSTANDING

Learn how to read the Tarot for yourself and others. The Tarot also can be used for meditation and self-discovery. The origin of the Tarot, the difference between the major and the minor arcana, and the individual meaning of each card will be discussed. You will learn how the Tarot relates to the four seasons, different types of people, the elements of the earth, and numerology. Different layouts or methods of casting the cards will be examined. Rider-Waite Tarot Cards will be used. Textbook fee of \$10.00 is collected by the instructor at the first class.

CEPER1724Sum2	7/9/19 - 7/23/19
Tuesday	\$55.00
Ron Cain	3 Sessions
7:00 PM - 9:00 PM	Main Campus

FINDING YOUR PSYCHIC SELF

This overview course will introduce you to the mysterious world of the psychic sciences. Develop your intuitive abilities using meditation, hypnosis and dream interpretation. Learn New Age methods and age-old divination techniques, such as numerology, color analysis, card reading, palmistry and dowsing (pendulum reading). You will also discover the psychic connection between sun-sign astrology, Chinese astrology and Native American totems. You will learn about auras and chakras and how to balance mind, body and spirit. A textbook fee of \$10.00 is collected by the instructor at the first class.

CEPER1720Spr2	5/7/19 - 5/21/19
CEPER1720Sum2	6/11/19 - 6/25/19
Tuesday	\$55.00
Ron Cain	3 Sessions
7:00 PM - 9:00 PM	Main Campus

MYSTERIOUS WORLD - UNEXPLAINED THINGS & PLACES - **NEW**

Do alternate realities exist? Are there doorways to other dimensions where the Mothman, Lochness Monster, Bigfoot, and other creatures exist? Are the Bermuda Triangle, the Pyramids of Giza, and Stonehenge places of rare power and magic? Are tulpas only projections of mind and thought forms, or do they present a serious threat? Do alien civilizations exist, and are they trying to tell us something through crop circles? Learn about the world of the paranormal and decide for yourself! A textbook fee of \$10.00 is collected by the instructor at the first class.

CEPER1718Spr2	\$55.00
5/7/19 - 5/21/19	Tuesday
Ron Cain	3 Sessions
7:00 PM - 9:00 PM	Main Campus

GATHERING OF GHOSTS

Do you know what to do if you see a ghost, or how to get rid of one? Here is your chance to study the different types of hauntings, practice ghost-hunting techniques, and discuss your own paranormal experiences. Students learn about ghosts "living" in the White House, Hollywood, Syracuse's Landmark Theatre, Oakwood Cemetery, and Thirteen Curves in Marcellus. Be sure to bring your own ghost stories to share. A \$10 material fee is payable to the instructor at first class.

CEPER1716Spr2	\$55.00
3/26/19 - 4/9/19	Tuesday
Ron Cain	3 Sessions
7:00 PM - 9:00 PM	Main Campus

ANGELS & DEMONS THROUGH THE AGES

What are angels? What are guides? Where do they come from? How do they help me? Even when we feel like we are alone, we are not. We all have guides and angels who walk beside us, help us if we allow and are always sending us love and acceptance, even when we do not love or accept ourselves. How do we communicate with them and ask for guidance and/or healing? To explore these questions and more, join us for this multi-media class filled with wonderful images of angels, guides, demons, archangels, animal guides, and much more!

CEPER0712Spr2	\$35.00
4/24/19	Wednesday
Virginia Waldron	1 Session
6:30 PM - 8:30 PM	Thompson Road Campus

YOUR SOUL'S JOURNEY

Where are we when we are not incarnated in a human body? What kind of experience do we have when we are in the spiritual realms? This class is based on the work of Dr. Michael Newton, author of "Journey of Souls" and "Destiny of Souls." Dr. Newton focused his work on exploring what we, as souled beings, experience when we are not in a human incarnation. The instructor is certified in Dr. Newton's techniques, known as "Life between Lives Regression."

CEPER0707Spr2	\$35.00
4/3/19	Wednesday
Virginia Waldron	1 Session
6:30 PM - 8:30 PM	Thompson Road Campus

KARMA AND REINCARNATION - EXPLORE AND DISCUSS

In this class, we will explore the concepts of karma and reincarnation and the history of these concepts around the globe. This will include the history and philosophy of the preexistence of the soul, eastern and western views, and how these beliefs and ideas have changed through history. We will also discuss past lives, what part of our consciousness survives death and continues into other lifetimes, and how our past lives affect our current lifetime. The instructor is certified in hypnosis as well as past-life regression.

CEPER0713Spr2	\$35.00
5/8/19	Wednesday
Virginia Waldron	1 Session
6:30 PM - 8:30 PM	Thompson Road Campus

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INTRO TO SHAMANISM & SHAMANIC HEALING

Modernization, with its trend toward the belief in the absolute "truth" of science, seems to have stripped Western culture of the deeper meaning that can be found in indigenous spirituality. Deeply rooted in the indigenous worldview of several cultures, shamanism is not a religion, but a spiritual practice that is compatible with most belief systems. Shamanic practices can help you reconnect with the natural world, teach you how to be mindful, become centered and balanced, and have experiences of direct revelation that can help you feel less alone in the universe. In this survey course, we will explore the concepts of "Power Animals and Teachers," the "Three Worlds," the "Shamanic Journey," and divination and healing from a shamanic perspective. Come with an open mind and heart.

CEPER0209Spr2	\$45.00
4/10/19	Wednesday
Cindy McGinley	1 Session
6:00 PM - 7:30 PM	Thompson Road Campus

ENERGY WORK WITH ANIMALS

Learn the many benefits of doing energy work with your animals, including general wellness, compulsive behaviors (barking/meowing, whining, chewing) and fear-related behaviors. Animals have eight energy centers (chakras) that are associated with both emotions and physical attributes. Learn where they are and how to use them to improve your pet's well-being.

CEPET0001Spr2	4/3/19
CEPET0001Sum2	6/19/19
Wednesday	\$45.00
Chris Taylor	1 Session
6:00 PM - 8:00 PM	Main Campus

SAFELY USING ESSENTIAL OILS WITH DOGS

Essential oils can be helpful in supporting many situations, such as calming fear and anxiety, preventing injury and infection, promoting skin care and more. Learn how to use essential oils on your dog safely. We will be using Young Living Essential Oils that may be purchased at essentialoilsbychris.com.

CEPET0002Spr2	4/17/19
CEPET0002Win2	7/10/19
Wednesday	\$45.00
Chris Taylor	1 Session
6:00 PM - 8:00 PM	Main Campus

LIVING WITH A TIMID OR FEARFUL DOG

Living with a timid or fearful dog can be heartbreaking and frustrating. But it can also be filled with love, patience and rewards. In this class, you will learn to understand your dog's body language, find the triggers that cause stress and discover several methods of alleviating that stress. Learn steps toward a calmer, more confident dog.

CEPET0003Spr2	5/8/19
CEPET0003Sum2	8/7/19
Wednesday	\$45.00
Chris Taylor	1 Session
6:00 PM - 8:00 PM	Main Campus

BE AN ANIMAL THERAPY TEAM! - **NEW**

Volunteering with your pet is rapidly gaining popularity in health care and beyond. Learn what it takes to be a part of this growing trend. This is an informational meeting where you will learn what you need to do so you can give back to your community by volunteering with your dog, cat, horse, and more! Pet Partners is the only national program that registers nine different species. We are not a program for establishing your pet as a service animal or an emotional support animal. Pet Partners of Central New York is a registered Community Partner of the national Pet Partners® organization. We are a 501(c)(3) non-profit organization that helps people live healthier and happier lives by incorporating therapy animals into their lives. Interested? Find out more at petpartnerscny.org. **Please note: No pets allowed at this meeting.**

CEPET0050Spr2	4/16/19
CEPET0050Sum2	6/25/19
Tuesday	\$25.00
Sue Gilberti/Susan Pedrosa	1 Session
6:00 PM - 8:00 PM	Main Campus

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***There is an additional fee for required texts. All texts are available at first class unless otherwise noted.**

RECREATION

“JAZZ” CAN BE FUN!

This course is designed to introduce students to the various style of jazz, from its beginnings to present day — styles that include early jazz (New Orleans style), blues, ragtime, swing, bebop, cool jazz, free jazz, rock, avant-garde, and fusion. Critical listening skills and discussion skills will also be deployed during this course. Suggested text: “Jazz 101: A Complete Guide” (ISBN: 978-0786684847). Please purchase on your own.

CEREC1100Spr2	4/16/19 - 4/23/19
Tuesday	\$45.00
Victor Vallo	2 Sessions
6:00 PM - 8:00 PM	Main Campus

AMERICA'S BOATING COURSE

Plan to learn before you get on the water. This course includes an introduction to types of boats, boating law, boat safety equipment, safe boating practices, navigation, trailering and storage. We will also discuss boating problems such as accidents, rescues, emergency radio calls and engine problems. You will be well-prepared before you take that first step into the water. This course is taught by the U.S. Power Squadron. Participants will purchase a coursework book from the instructor at the first class for \$35. Final exam will be given at the last class.

CEREC2010Spr2	3/27/19 - 4/24/19
Wednesday	\$39.00
James Sharpe, U.S. Power Squadron	5 Sessions
6:00 PM - 8:00 PM	Main Campus

BEGINNER GOLF

This program is designed to teach the beginning golfer the proper stance, grip angle and weight distribution for learning and developing the standard golf swing. Stations are added weekly to introduce each student to fundamental shots required for playing the game. You will need to wear sneakers and bring a yardstick, a putter and a 7-iron to first class. Enrollment is limited, so register early.

CEREC1410Spr2	\$85.00
3/26/19 - 4/30/19	Tuesday
Harold Sifer	6 Sessions
7:00 PM - 8:30 PM	Thompson Rd - Alt Building

SPORTS OFFICIATING

Do you like athletics and being around young people? Would you like to enhance their athletic experience? In this course, we will discuss what is required to become a high school sports official. Officiating is a fun way to challenge yourself to learn a new skill, build confidence and earn some extra cash. This three-part class will introduce you to the sports of field hockey, soccer and others. We will cover the whole process of how to join an officiating board, what the general state and section requirements are as well as the start-up costs of dues, fees and uniforms. We also will go into the basic rules of each sport and the overlapping concern for keeping the competitions safe for all participants and spectators.

CEREC0450Spr2	4/1/19 - 4/15/19
CEREC0450Sum2	7/8/19 - 7/22/19
Mondays	\$39.00
Mary McCracken	3 sessions
7:00 PM - 8:00 PM	Main Campus

BEGINNER SCUBA DIVING

This entry-level course provides three phases of training. You are introduced to the underwater world through academic studies, pool experiences, and open water training. Use of scuba equipment is included. Upon completion, students will receive certification by the Professional Association of Diving Instructors (PADI). Text and personal diving equipment extra. Please contact instructor Scott Edick or Aquatic World for details and cost. Classes held at Aquatic World, 114 Kreischer Road, North Syracuse.

CEREC1400Spr2	3/27/19 - 5/1/19
CEREC1400Sum2	6/19/19 - 7/24/19
Wednesday	\$295.00
Scott Edick	6 Sessions
6:00 PM - 9:00 PM	Aquatic World

HOW TO READ A NAUTICAL CHART: THE BASICS - **NEW**

If you love boating and have the desire to confidently navigate the waters around the world, you will first need to familiarize yourself with chart symbols and the information contained within a nautical chart. This is a hands-on course. We will provide: NOAA Chart 14802, Clayton to False Ducks (Eastern Lake Ontario to the Thousand Islands), a parallel ruler, mechanical pencil, dividers and a workbook. Each student will actively work on their chart as we navigate through the sections of this course: solving problems associated with identifying aids to navigation; measuring distances; using the Compass Rose; and using latitude and longitude to locate a position.

CEPER9000Spr2	4/6/19 - 4/13/19
Saturday	\$79.00
Gregory Bennett	2 Sessions
8:00 AM - 12:00 PM	Main Campus

DRONES & R/C MODEL AVIATION

This introductory level class will give you the “right stuff” to enter the high-flying world of model aviation! Drones seem to be everywhere, and we will explore their roles for the hobbyist and beyond. Learn the basics of radio control systems, propulsion, model selection, craftsmanship and maintenance/repair of your models. Experience all model types from helicopters to quadcopters, indoor flyers to giant scale models. No model purchase is necessary prior to class.

CEREC0604Spr2	4/3/19 - 4/24/19
CEREC0604Sum2	7/10/19 - 7/31/19
Wednesday	\$55.00
Joe Chovan	4 Sessions
6:00 PM - 8:00 PM	Main Campus

BALLROOM DANCING - BASIC

Be the hit on the dance floor at your next social event! Discover new opportunities for fun and exercise as you develop your skills in social ballroom dancing. This class features the most popular dances, including the foxtrot, cha-cha, waltz, swing and rumba. No partner necessary. \$135.00 per couple or \$75.00 for a single.

CEREC1283Spr2	\$135.00
5/2/19 - 6/6/19	Thursday
Walt Medicis Associates	6 Sessions
7:00 PM - 8:30 PM	Thompson Rd. - Alt Building

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BALLROOM DANCING - INTERMEDIATE

Continue your social ballroom dance skills to learn new steps and variations. This class includes some additional focus on partnering and styling. In addition to the foxtrot, cha-cha, waltz, swing, and rumba, some tango and polka may be introduced. No partner necessary. \$135.00 per couple, \$75.00 per single.

CEREC1283Spr2 \$135.00
5/2/19 - 6/6/19 Thursday
Walt Medicis Associates 6 Sessions
7:00 PM - 8:30 PM Thompson Rd. - Alt Building

Country two-step

The "Country Two-Step" is the most fun dance for country music-loving folks. With its constant rhythm of quick and slow dance moves, it's easy to learn and remember. There are several more moves and dance positions to share with a partner as you move around the dance floor. Sign up with someone; a partner is needed.

CEREC1285Spr2 \$75.00
4/17/19 - 5/8/19 Wednesday
Walt Medicis Associates 4 Sessions
7:00 PM - 8:30 PM Thompson Rd. - Alt Building

EAST COAST SWING DANCE

Big band, rock, oldies or country—no matter what type of music you like, you can dance the swing to it! Swing is faster, more energetic, and done as a one-count or two-count rock step. In this class, you will learn basic steps, spins and turns to get you up and dancing to your favorite tunes. Partners recommended but not required. Fee is per person.

CEREC1260Spr2 3/20/19 - 4/10/19
Wednesday \$75.00
Walt Medicis Associates 4 Sessions
7:00 PM - 8:30 PM Thompson Rd. - Alt Building

POLKA/TRIPLE SWING - NEW

Polka is a fun, upbeat dance with happy music. It offers high energy, great exercise and a good choice for all occasions. Its triple rhythm footwork is the basis for a lot of dances. This dance can "travel" or be danced in place. No partner necessary. Fee is per person.

CEREC1265Spr2 \$75.00
5/15/19 - 6/5/19 Wednesday
Walt Medicis Associates 4 Sessions
7:00 PM - 8:30 PM Thompson Rd. - Alt Building

BELLY DANCING

Enjoy this creative, feminine alternative to aerobics — a delightful, low-impact cardiovascular workout that offers a variety of movement while creating figure 8s, circles, spirals, undulations and vibrations throughout the body. Belly dancing is great exercise for all women of any size or age. Please wear loose-fitting clothes. Bare feet required.

CEREC1261Spr2 3/28/19 - 5/2/19
CEREC1261Sum2 6/20/19 - 8/1/19
Thursday \$85.00
Pam McGrath, Maya Studio 6 Sessions
7:15 PM - 8:15 PM Main Campus

BEGINNER ADULT KARATE/SELF-DEFENSE

We will cover the basic elements of karate and self-defense: blocks, kicks, punches and stances. We will also focus on flexibility, balance and overall mental wellness, as well as proper eating. Karate uniforms available for purchase on site from the instructor. This class will be taught at the Salt City Karate & Kick Boxing facility at 1900 Brewerton Road, Mattydale.

CEREC1000Spr2 4/1/19 - 5/6/19
CEREC1000Sum2 6/10/19 - 7/15/19
Monday \$85.00
Jeffrey Bertolo, Salt City Karate 6 Sessions
6:00 PM - 7:00 PM Salt City Karate

KRAV MAGA (SELF DEFENSE)

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces. It is also the preferred system for U.S. military and law enforcement personnel. Krav Maga is based on simple principles and instinctive movements. This reality-based system is designed to teach self-defense in the shortest possible time. Learn to defend against common chokes, grabs and bear hugs, and weapons. Just as important, we teach people to function during the stress and shock of a sudden, violent encounter. Krav Maga's practical approach to self-defense will make you safer and more secure.

This class is for students 14 years and up. Location is Clay Commons, 8075 Oswego Rd, Liverpool.

CEREC1005Spr2 3/22/19 - 5/3/19
CEREC1005Sum2 6/28/19 - 8/9/19
Friday \$85.00
Jim Munger 6 Sessions
7:00 PM - 8:00 PM
Clay Commons, IMPACT Martial Arts & Fitness

TRADITIONAL KICKBOXING

Learn the art of kickboxing through this station-based format. Training involves heavy-bag drills, focus-pad drills, speed-bag development and kick-shield strikes. Get a high-calorie burn. Sparring drills are incorporated in a safe and controlled manner. Kickboxing gloves required and may be purchased on site from instructor. Class held at Salt City Karate and Kick Boxing facility at 1900 Brewerton Rd., Mattydale.

CEREC1001Spr2 4/4/19 - 5/9/19
CEREC1001Sum2 6/6/19 - 7/18/19
Thursday \$85.00
Jeffrey Bertolo of Salt City Karate 6 Sessions
6:45 PM - 7:45 PM Salt City Karate

HATHA YOGA FOR OVERALL HEALTH

The practice of Hatha Yoga develops strength, balance and flexibility. Physical movements are combined with breathing and concentration to enhance vitality and improve mental clarity. Taught by Morningside Yoga.

CEWHS0048Spr2 3/26/19 - 5/28/19
10 sessions \$125.00
Michael Smith Tuesday
5:30 PM - 6:30 PM Cherry Rd. Elem. School

CEREC1297Spr2 3/21/19 - 5/23/19
CEREC1297Sum2 6/6/19 - 8/18/19
Thursday
5:30 PM - 6:30 PM Main Campus

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YOGA FOR FITNESS & RELAXATION

This Hatha Yoga class offers a traditional approach to yoga to strengthen the body, create flexibility, and relax the mind. Emphasis is on a personalized approach to learn yoga postures through movement and breath. Suitable for beginner through advanced students who want to improve

quality of life and deepen self-awareness.

CEWHS0055Spr2	4/4/19 - 5/23/19
Thursday	\$95.00
Linda Rudnick-Smith	8 Sessions
7:00 PM - 8:15 PM	Walberta Park School

BEGINNER/BASIC YOGA - **NEW**

You are invited to a beginner/gentle yoga class that provides an introduction to the whole process of yoga. Each class includes breathing techniques with yoga movements to produce flexibility, strength, and relaxation. The class includes a breakdown of the fundamental yoga poses and floor stretches so students can learn the basics. The emphasis is on self-care with respect to individual limitations/personal challenges. With the practice of yoga, students can experience many benefits that are transformative and healing. Come and enjoy.

CEWHS0056Spr2	4/1/19 - 5/6/19
Monday	\$95.00
Linda Rudnick-Smith	6 Sessions
7:00 PM - 8:15 PM	Walberta Park School

T'AI CHI CH'UAN LEVEL 1

A wonderful yet easy workout for both the body and mind. This beginner-level class will include warm-ups and breathing and relaxation techniques in the form of 20 movements. The practice of T'ai Chi is suitable for all ages. Be sure to wear comfortable clothing.

CEREC0507Spr2	\$95.00
3/27/19 - 5/15/19	Wednesday
CEREC0508Spr2	\$95.00
3/28/19 - 5/16/19	Thursday
6:00 PM - 7:00 PM	Main Campus
CEREC0507Sum2	\$95.00
6/12/19 - 7/31/19	Wednesday
CEREC0508Sum2	\$95.00
6/13/19 - 8/8/19	Thursday
Patrick Favalo	8 Sessions

T'AI CHI CH'UAN LEVEL 2

This next-level class will include warm-ups, breathing and relaxation techniques in the form of 20 movements. We will add the next 20 movements.

CEREC0509Spr2	\$95.00
3/26/19 - 5/14/19	Tuesday
Patrick Favalo	8 Sessions
6:00 PM - 7:00 PM	Main Campus

***There is an additional fee for required texts. All texts are available at first class unless otherwise noted.**

TRADES & TECHNOLOGY

INTRODUCTION TO HOME INSPECTION

Inspecting a home for a future buyer can be energizing because you could be one of the first steps in getting a family into their new home. The home inspection industry is rapidly growing and this new career could be waiting for you. This course will serve as an overview addressing questions such as what is a home inspector? How do I begin this new career? What are the NYS requirements? What does an inspection look for and what are the kind of things I need to know to complete a home inspection? Come and learn how to be a professional educator for home owners, helping them have piece of mind about protecting their investment.

CEHOM5000Spr2	5/2/19
CEHOM5000Sum2	6/20/19
Thursday	\$39.00
Randy Lockette	1 Session
6:00 PM - 8:30 PM	Main Campus

INTRO TO POWER SPORTS TECHNOLOGY - **NEW**

This course is an introduction to power sports technology and the various systems utilized in motorcycles, four wheelers, snowmobiles, dirt bikes, etc. Basic understanding and diagnostics will be covered on a wide range of manufacturers. Basic systems involving engine, ignition, starting, suspension, chassis, and basic electrical will be discussed.

CEMOTOR1000Spr2	3/26/19 - 4/30/19
Tuesday	\$149.00
Brandon Chase	6 Sessions
6:30 PM - 8:00 PM	Thompson Road Campus

REFRIGERATION TRANSITION & RECOVERY REVIEW & CERTIFICATION TEST

This review course and exam are EPA-approved and sponsored by ACA/FSU. The review portion covers information required for certification in Type I (Small Appliance), Type II (High-Pressure Appliance) and Type III (Low-Pressure Appliance). The principles covered in the text will be reviewed prior to the test given at the end of the second session. Pick up your text (included in the fee) at Main Campus prior to class.*

CEIND1420Win2	5/1/19 - 5/8/19
Wednesday	\$209.00
Scott Tanner	2 Sessions
5:00 PM - 9:30 PM	Main Campus

BASIC ELECTRICITY 1

Students will become familiar with the theory and concepts of voltage, current power, and resistance and their relationship through Ohm's law. The class will discuss AC and DC current, and measurement tools for voltage, current and resistance. Students will participate in discussion of circuit simulators and laboratory work with resistors, capacitors, inductors, magnetism, transformers, and the calculation of power efficiency and phase angles between voltage and current. We will discuss electrical power generators and distribution, AC and DC motors and how they are used in industry. Laptop computers are welcome for the simulator labs. Text and calculator required.*

CEELE0702Spr2	4/3/19 - 5/6/19
CEELE0702Sum2	6/17/19 - 7/17/19
Monday/Wednesday	\$179.00
Michael Birdsall	10 Sessions
6:30 PM - 9:30 PM	Main Campus

BASIC ELECTRICITY 2

Continue the work begun with Basic Electricity I with discussion of tuned RLC circuits, oscillators and power supplies, using semiconductors, including diodes, PNP, and NPN transistors. The class will work with a circuit simulator to create and study the characteristics of a transistor circuit. We will explore the use of oscilloscopes and function generators to understand and trouble-shoot circuit problems. The class will also explore digital logic, micro controllers and PLC's as well as the programming languages and networks that connect them for process control in industry. Text and calculator required.* Laptops welcomed. Prerequisite: Basic Electricity I.

CEELE0704Spr2	5/8/19 - 6/12/19
CEELE0704Sum2	7/22/19 - 8/21/19
Monday/Wednesday	\$179.00
Michael Birdsall	10 sessions
6:30 PM - 9:30 PM	Main Campus

RESIDENTIAL WIRING I

Covered in this course are the basic and practical aspects of residential wiring components, special purpose equipment, electrical safety, and the National Electrical Code (NEC). Included are electrical symbols, schematics, conductors, switches, fuses, circuit breakers, lighting, and GFCIs. Special purpose equipment includes: water pumps, water heaters, ranges, garbage disposals, ceiling fans, furnaces, air conditioners, TVs, telephones, smoke and carbon monoxide detectors, alarm systems, hot tubs, and swimming pools. Text required. Prerequisite: Basic Electricity I or equivalent experience.

CEELE0706Spr2	4/9/19 - 5/14/19
Wednesday	\$169.00
Aaron Bellows	10 Sessions
6:00 PM - 9:00 PM	Main Campus

RESIDENTIAL WIRING II

This course covers the electrical wiring for an entire residential home, done room by room. In addition, this course covers the service entrance calculations and required equipment for the wired home, along with discussion of the homes of the future and residential standby power. Text required. Prerequisite: Residential Wiring Level I.

CEELE0712Spr2	5/21/19 - 6/25/19
Wednesday	\$169.00
Aaron Bellows	10 Sessions
6:00 PM - 9:00 PM	Main Campus

WELDING 1

Welding I provides instruction and hands-on experience in the use of arc welding and gas (oxy/acetylene) equipment, in addition to a study of welds and metals most commonly used in the trade. Required supplies include: safety glasses, work boots, long pants, a heavy long-sleeved shirt or welding jacket and welding gloves. Text required*

CEWEL2115Sum2	5/7/19 - 6/6/19
Tuesday/Thursday	\$319.00
Larry Brown	10 Sessions
6:30 PM - 9:30 PM	Main Campus

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WELDING 2

Prerequisite: Welding I or equivalent experience.

CEWEL2117Sum2	6/11/19 - 7/16/19
Tuesday/Thursday	\$319.00
Larry Brown	10 Sessions
6:30 PM - 9:30 PM	Main Campus

WELDING 3

For the experienced welder.

Prerequisite: Welding I/II or equivalent experience.

CEWEL2119Sum2	7/18/19 - 8/20/19
Tuesday/Thursday	\$319.00
Larry Brown	10 Sessions
6:30 PM - 9:30 PM	Main Campus

WELDING TEST

For more information call 315-453-4600.

CEWEL2000Win2 NYS DOT	\$195.00
CEWEL2000Win2 AWS D1.1	\$295.00
3/13/19	Wednesday
CEWEL2000Spr2 NYS DOT	\$195.00
CEWEL2000Spr2 AWS D1.1	\$295.00
6/5/19	Wednesday
Gordon McCaffer	1 Session
8:30 AM - 4:30 PM	Main Campus

CONTINUING EDUCATION

BASIC CONSTRUCTION I

This course will give the homeowner with no construction experience the confidence and knowledge to make repairs and small renovations to their home. The class will touch on basic construction and basic carpentry principles, including an introduction to basic hand and power tools and their safe and proper use. Through instruction and supervision, students will build an Adirondack chair utilizing the skills learned in Basic Construction 1. **Note: All students are required to bring a 1-inch, 3-ring binder.**

CECST0220Spr2	4/1/19 - 4/23/19
Monday/Tuesday	\$299.00
John Osinski	8 Sessions
6:00 PM - 9:00 PM	Main Campus

BASIC CONSTRUCTION 2

The class will give the homeowner with little construction experience and very basic knowledge the confidence and knowledge they need to make repairs and small renovations to their home. The class will touch on basic construction principles, including framing, trim and drywall, and basic electrical installation. **Prerequisite: BASIC CONSTRUCTION 1**

CECST0231Spr2	4/29/19 - 5/21/19
Monday/Tuesday	\$299.00
John Osinski	8 Sessions
6:00 PM - 9:00 PM	Main Campus

BASIC CONSTRUCTION 3

This class will give the homeowner with limited and very basic construction experience the knowledge they need for DIY home repairs and minor renovations. The class will touch on basic construction principles, including framing, trim and drywall, basic electrical installation, and floor and wall coverings. The class will likely be 50% lecture and 50% hands-on. **Prerequisite: BASIC CONSTRUCTION II**

CECST0231Spr2	5/28/19 - 6/24/19
Monday/Tuesday	\$299.00
John Osinski	8 Sessions
6:00 PM - 9:00 PM	Main Campus

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PART-TIME PROGRAMS - OUR POLICIES

1. Every effort is made to conduct classes as listed in this catalog. However, circumstances sometimes make it necessary for classes to be canceled, postponed or combined, or for instructors and classrooms to be changed. We are sorry for any inconvenience this may cause you.
2. Classes must reach a minimum enrollment at least four business days prior to the start date. If it is necessary for OCM BOCES to cancel a class, you will be notified by phone or by mail. You may transfer to another class or receive a full refund or tuition voucher.
3. You are enrolled as soon as your registration and payment are received, unless you are otherwise notified. A receipt will not be mailed unless requested.
4. Fees for all classes must be paid in full at the time of registration. A \$20 fee will be charged on all returned checks.
5. If it is necessary for you to withdraw from a class, please notify us.
 - A. You will receive a refund (minus a \$10 processing fee) if notification is received at least four business days prior to the start of that class.
 - B. You will receive a tuition voucher (minus a \$10 processing fee) if notification is received less than four days prior to the start of that class and before the second class session. Your tuition voucher may be used toward any part-time OCM BOCES Continuing Education course within one year.
6. Our programs are open to all persons regardless of residency. OCM BOCES affirms the right of all citizens to participate equally in our programs regardless of race, religion, sex, age, national origin, or disability.
7. Students are expected to purchase textbooks and materials as mentioned in course descriptions. Textbooks can be purchased in the Registration Office at the OCM BOCES Main Campus. If your class is scheduled for the Thompson Road Campus, textbooks for those classes will also be made available at the Thompson Road Campus the first night of class. Occasionally, classes are canceled due to low enrollment. Please make sure your class is running prior to purchasing supplies or textbooks, as texts are not returnable.
8. All parking areas and lots are designated for student use.
9. Certificates will be awarded for successful completion of classes (based on 80% attendance).
10. Although some of our classes are taught by people who are practicing financial planners, salespersons, or actively involved in a business or profession that is related to the subject they teach, we only endorse their ability as instructors, not the value of any product or service they sell.
11. We assume students recognize the risk of physical injury or damage and that they agree to take responsibility for any personal accident that might occur in the course of any activity associated with an Adult Education program.

FULL-TIME PROGRAMS - OUR POLICIES

STUDENT CONDUCT - FULL-TIME

Our expectations for student conduct in full-time certification programs is outlined in detail in our Student Handbook. As a student at OCM BOCES, you are expected to conduct yourself in a professional manner at all times. You will not engage in any behavior that endangers the safety and welfare of others, violates their rights or violates state statutes. To get a complete copy of the Student Handbook, please call 315-453-4400.

FINANCIAL AID & REFUNDS - FULL-TIME

Adult students at OCM BOCES may be eligible to receive many different forms of financial aid. A typical financial aid package may look something like this:

Average Tuition:	\$8,614
Average Pell Grant:	\$3,982
Student Loan	\$4,708

The actual cost for your education may vary. Not all students will qualify for a Pell Grant, local grant and/or student loan. Our Financial Aid Office staff will assist you in securing the best available financial aid package to suit your needs and help you attain your education goals.

Please call (315) 453-4422 in Liverpool or (607) 758-5181 in Cortland.

FEDERAL TITLE IV REFUNDS

The financial aid (Pell Grant and student loans) earned by the student is equal to the percentage of the period of enrollment completed. When a student withdraws before completing more than 60 percent of the period of enrollment, the percentage of financial aid is prorated using the Federal Refund/Repayment Policy.

The returned funds must be refunded to the following sources in this specific order:

1. Unsubsidized Federal Direct Loans
2. Subsidized Federal Direct Loans
3. Federal PLUS Loans
4. Federal Pell Grant

OUTSTANDING BALANCES

Upon termination of enrollment, any balance due to OCM BOCES (based on the school's refund policy) is payable immediately. All charges on the student's account must be paid in full prior to the completion of the training program. OCM BOCES reserves the right to withhold student transcripts and deny approval for state board examinations to any student who has an outstanding tuition balance.

Onondaga-Cortland-Madison BOCES offers specialized, short-term clock hour training programs and is a non-credit bearing institution. Therefore, the institution does not allow students to transfer between programs within the facility.

WITHDRAWAL OR DISMISSAL FROM SCHOOL AND REFUND POLICY

I understand if I decide to withdrawal from school after beginning attendance I must notify my program coordinator of my intent in writing, in person, or by phone. If withdrawal or dismissal occurs after the start of the program, tuition liability will accrue as follows:

- Withdrawal prior to the first day of class will require a \$50 processing fee
- Up to 5% of authorized program hours offered, 20% of tuition will be charged

- Up to 20% of authorized program hours offered, 50% of tuition will be charged
- Up to 30% of authorized program hours offered, 75% of tuition will be charged
- Over 30% of authorized program hours offered, 100% of tuition will be charged

Tuition payments of more than \$5.00 in excess of the amount owed will be made within 45 days of the last date of attendance.

CREDIT EVALUATION POLICY FOR VA RECIPIENTS

OCM BOCES will inquire about the previous education and training of each veteran or veterans who are eligible for benefits and request transcripts from all prior institutions, including military training, traditional college coursework and vocational training. Previous transcripts will be evaluated and credit will be granted, as appropriate.

ACADEMIC CALENDAR & GRADING

Full-time certification courses generally begin in the fall and winter. Please see specific programs for detailed start/end dates. Part-time courses run throughout the academic year. Specific class times/dates are noted in this course catalog. Grading is based on hands-on evaluations, tests, quizzes and in-class assignments.

TRANSFER POLICY - FULL-TIME PROGRAMS

TRANSFER POLICY (COSMETOLOGY ONLY):

Students transferring from another institution must provide official transcripts of any previous education received, including documented clinical hours. A prospective student's clinical competency skills will be assessed by the cosmetology instructor to determine his or her level of proficiency. The instructor and/or program coordinator will then determine the number of OCM BOCES clock hours required to complete the New York State licensing requirements. Tuition will be prorated based on the number of hours to be completed. Transfer students will be responsible for providing all kit supplies, including a mannequin.

Please Note: Transfer students must be enrolled for a period of 100, 300 or 700 clock hours.

TRANSFER FROM OTHER INSTITUTIONS:

Onondaga-Cortland-Madison BOCES offers specialized, short-term, clock-hour training programs and is a non-credit bearing institution. Therefore, with the exception of the Cosmetology Program, we do not allow students to transfer credits or clock hours from other institutions. (See above for Cosmetology transfer students.)

TRANSFER WITHIN THE INSTITUTION:

Due to the specialized content in each of our vocational training programs, clock hours attended are only applicable to each individual program. No transfer between training programs is accepted. Students are free to withdraw from a program and re-apply to another at the next scheduled start date. Acceptance to the new program will be based upon fulfilling all prerequisites and available space.

FULL-TIME PROGRAMS - OUR POLICIES

GRIEVANCE PROCEDURE - FULL-TIME

If you or any Onondaga-Cortland-Madison BOCES division of Adult/ Continuing Education Program applicant/participant or other interested party have a grievance involving the program or treatment by any staff member, subcontractor's staff or any other person, regulation or WIOA or other program operation, you should notify the case manager or designated staff person of the program or department of the nature of the complaint. If, however, you feel your complaint may involve fraud, abuse or any other criminal activity, you have the right to notify the United States Secretary of Labor directly. When a complaint is reported to the Secretary of Labor (those regarding fraud, abuse or other criminal activity), the grievant must additionally submit a written notification to the Director of Career, Technical and Adult Education at Onondaga-Cortland-Madison BOCES and the New York State Department of Labor in the case of a WIOA program.

For LPN Students Only: LPN may also grieve directly to the Office of The Professions.

The appropriate addresses are (for LPNs only):

Director of Adult Education
Main Campus
PO Box 4754
Syracuse NY 13221

New York State Department Office of the Professions
89 Washington Ave
Albany, NY 12234

For complaints not involving fraud, abuse or other criminal activity, please adhere to the following procedure.

A complaint of this nature must be filed within one year of the occurrence of the grievance.

- a. A complaint is a signed statement, which contains information that, if true, indicates in sufficient detail that there has been a violation. If State or local laws, regulations or guidelines are relevant, then citations should also be included.
- b. Complaints must be sent in writing to the Director of Adult Education. Upon receipt of the written complaint, the Director of Adult Education or a designated staff representative will perform an investigation. This investigation will be made following adequate advance notice to the parties involved, will include the gathering of information through interview and examination of records concerning each allegation of the complaint, and will provide appropriate opportunity for the complainant and for OCM BOCES to present evidence concerning the allegations.
- c. Within five (5) days after the receipt of the complaint, the Director of Adult Education, or a designated staff representative, will provide to the complainant a written summary of the complaint and notice of procedures to be followed in resolving the complaint.
- d. Within thirty (30) days after receipt of a complaint, the Director of Adult Education or a designee responsible for investigation of the complaint shall conclude the investigation, transmit a written decision and contact the parties.
- e. If you feel that the decision made is not satisfactory, you may request a review of your complaint by the District Superintendent of the Onondaga-Cortland-Madison BOCES. This request must be made within ten (10) days of receiving a decision or within ten (10) days of the date you should have received a decision. The District Superintendent

or his/her designee will make a decision within thirty (30) days of receiving the request to review the complaint.

- f. If you do not receive a decision from the District Superintendent within thirty (30) days of the date your original request was filed with him/her or you feel the decision made is not satisfactory, you may request a review of your complaint by the school's accrediting entity:

Council on Occupational Education
7840 Roswell Road
Building 300, Suite 325
Atlanta, GA 30350
(770) 396-3898 or (800) 917-2081

You must exhaust all steps at the institutional level before seeking resolution from the Council.

If you need help with your grievance, the program or department will assign someone to help you. You will always be allowed to have your own counsel or other representative assist you. Where there are allegations regarding the WIA program and there are other allegations whose resolutions are provided for under other legislation or collective bargaining agreements, you may proceed simultaneously in both places. If there are any questions regarding procedures, contact:

Supervisor, Adult Education
Main Campus
OCM BOCES
PO Box 4754
Syracuse, NY 13211

NON-DISCRIMINATION NOTICE

The BOCES shall not discriminate on the basis of age, sex, sexual orientation, race, color, creed, religion, national origin, political affiliation, marital status, military status, veteran status, disability, or under the Boy Scout Act in the educational programs or activities which it operates, or against any employee or applicant seeking a position of employment or admission to a BOCES program. The BOCES will be in full compliance with all applicable rules and regulations pertaining to civil rights for students and employees (e.g., Title IX of the Educational Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990).

Appropriate procedures shall be developed to ensure the implementation of these rules and regulations concerning civil rights. The Board shall appoint a Civil Rights Compliance Officer to coordinate civil rights activities applicable to the BOCES (see subheading below).

Civil Rights Compliance Officer

The Civil Rights Compliance Officer is the Director of Human Resources/ School Attorney, with offices at 110 Elwood Davis Road, Liverpool, NY (phone number 315-433-2631; e-mail jbufano@ocmboces.org). The Civil Rights Compliance Officer shall be appointed by the Board and shall be responsible for providing information, including complaint procedures, and for handling complaints relative to civil rights (e.g., Title IX of the Educational Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, and the Americans With Disabilities Act of 1990) for any student, parent, employee or applicant. For civil rights discrimination claims based on race, color, national origin, sex, age and/or disability, a complainant can, at any time, also contact the Office of Civil Rights. Phone: 646-428-3900/800-421-3481.

HOW TO FIND US

MAIN CAMPUS

**110 Elwood Davis Road
Liverpool, NY 13088**

FROM NY STATE THRUWAY, EXIT 37:

Merge onto I-81 South (Exit 36) toward Binghamton/Syracuse. Take Exit 25 (7th North St.) toward Liverpool. Turn right onto 7th North St. Continue through first light (Buckley Road). Continue past Denny's and Burger King. Watch for OCM BOCES sign on right and turn onto OCM BOCES Drive.

FROM THE SOUTH:

Take I-81 North to Exit 25 (7th North St.) toward Liverpool. Turn right onto 7th North Street. Continue through first light (Buckley Road). Continue past Denny's and Burger King. Watch for OCM BOCES sign on right and turn onto OCM BOCES Drive.

FROM THE NORTH:

Take I-81 South to Exit 25 (7th North St.) toward Liverpool. Turn right onto 7th North Street. Continue through first light (Buckley Road). Continue past Denny's and Burger King. Watch for OCM BOCES sign on right and turn onto OCM BOCES Drive.

THOMPSON ROAD CAMPUS

**6820 Thompson Road
Syracuse, NY 13211**

NORTH FROM NYS THRUWAY, EXIT 35:

Bear right onto Thompson Road North. Continue through two traffic lights and take the third driveway on the left.

FROM THE SOUTH:

Take Route 81 North to Route 690 East. Follow Route 690 East to Exit 16N at Thompson Road North. Follow Thompson Road, Carrier Circle Exit, onto Thompson Road North. Continue through two traffic lights and take the third driveway on the right.

FROM THE NORTH:

Take Route 81 South to Route 481 South. Follow Route 481 South to Exit 8 at Northern Boulevard. Turn right onto Northern Boulevard. Continue on Northern Boulevard. After bearing right, it becomes East Molloy Road. At the second light, turn right onto Thompson Road and take the third driveway on the right.

CORTLANDVILLE CAMPUS - CENTER FOR NEW CAREERS

**Center for New Careers
1710 NYS Route 13, Cortland NY 13045**

FROM THE CITY OF CORTLAND:

Take Clinton Ave./Rt.13 towards East Homer. We are located ¼ mile past Yaman Park. Building on right.

FROM THE SOUTH:

Take Rt. 81 North to Exit 11. Turn right on Rt. 13 East for ½ mile. Building is on the right.

FROM THE NORTH:

Take Rt. 81 South to Exit 11. Turn left on Rt. 13 East for ½ mile. Building is on the right.

FROM THE EAST:

Take Rt. 13 West towards Cortland. We are located directly on the city line. Building is on the left.

MAIN CAMPUS

110 Elwood Davis Road, Liverpool
p: (315) 453-4455
Off Seventh North Street

THOMPSON ROAD CAMPUS

6820 Thompson Road North, Syracuse
p: (315) 433-2635
Left of main entrance

CORTLANDVILLE CAMPUS

1710 NYS Route 13, Cortland
p: (315) 453-4455
Near Interstate 81

THOMPSON ROAD - ALTERNATIVE BUILDING

6820 Thompson Road North, Syracuse
p: (315) 433-2635
Right of main entrance

EASY WAYS TO REGISTER:



ONLINE AT OCMBOCES.ORG

Click one of the orange registration buttons on the right side of the home page.

YOU WILL NEED:

Name, address, phone number
& email address

Course code & title

Visa/MC/Discover/American Express
number and exp. date



IN PERSON

At the Main Campus:
110 Elwood Davis Road,
Liverpool, NY 13088

Mon-Thu 8:30 AM - 6:00 PM
Fri 8:00 AM - 3:30 PM

OVER THE PHONE

315-453-4600



BY MAIL

Complete the registration form
below, enclose a check or money
order payable to OCM BOCES
Continuing Education and mail to:

OCM BOCES
Continuing Education Registration
PO Box 4754
Syracuse, NY 13221

MAIL-IN REGISTRATION FORM

Name: _____

Address: _____

City: _____ Zip: _____

Email: _____

Home # _____ Cell # _____

Course # _____ Title: _____

Course # _____ Title: _____

Course # _____ Title: _____

Mail to:
OCM BOCES Continuing Ed Registration
PO Box 4754, Syracuse NY 13221
Make checks payable to OCM BOCES (No Cash)

FULL-TIME
CAREER
CERTIFICATION
PROGRAMS

PART-TIME
CLASSES

HIGH SCHOOL
EQUIVALENCY
& LITERACY
CLASSES

Non-profit
Organization
US Postage
PAID
Permit No. 1745
Syracuse, NY

Please send all mail to:
OCM BOCES
Adult Education
P.O. Box 4754
Syracuse, NY 13221

STOP IN TO LEARN MORE
OPEN HOUSE IS EVERY
THURSDAY AT 1:00 P.M.



Main Campus – 110 Elwood Davis Road, Liverpool NY 13088
Cortlandville Campus – 1710 NYS Route 13, Cortland NY 13045
(315) 453-4455 | ocmboces.org/adulted
Courses also held at our Thompson Road Campus and other locations.



Facebook.com/ocmboces.ae
[@ocmboces](https://twitter.com/ocmboces)



OCM BOCES is accredited by the
Council on Occupational Education