ADULT TRAINING PROGRAMS
FALL/WINTER 2020-21 COURSE CATALOG
OCM BOCES - LIVERPOOL & CORTLAND

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Click for HS Equivelency & Literacy
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FULL-TIME
CAREER CERTIFICATION PROGRAMS

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
A LIVE, VIRTUAL OPEN HOUSE IS AVAILABLE EVERY THURSDAY AT 1 P.M.
Visit ocmboces.org/openhouse to register today.

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
Interim District Superintendent: Christopher Todd
Deputy Superintendent: Colleen Viggiano
Director, Adult Education: Mari Ukleya
Coordinator, Adult Education: Matt Tarolli
Coordinator, Health Occupations: Emeline McShane
OUR LITERACY PROGRAMS

- We offer literacy classes geared toward individual student academic levels.
- Day and evening classes are available.
- A distance-education 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 Street
Tuesdays/Thursdays
12:30 PM - 3:30 PM

DID YOU KNOW?

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

2020 TASC TEST DATES
Due to the pandemic, OCM BOCES did not have specific dates available for this test at the time this course catalog went to print.

For more information please call 315-453-4672.

TASC tests are held at Main Campus and in Cortland. Test dates, once available, are subject to enrollment.

DID YOU KNOW?
If you passed a Regents exam, it can replace a sub-test on the TASC test.
Call for details.
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.

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.

Crossroads Café is an award-winning television and print series for learning English as a Second Language (ESL/ESOL) that combines 26 half-hour dramas with multi-level print materials to meet the needs of adult ESL learners at a distance. Students who do not have the ability to attend on-site classroom instruction can now enroll in school and work on their English skills through Crossroads Café.

Crossroads Café – Distance Education for Our ESL/ESOL Students

Crossroads Café is an award-winning television and print series for learning English as a Second Language (ESL/ESOL) that combines 26 half-hour dramas with multi-level print materials to meet the needs of adult ESL learners at a distance. Students who do not have the ability to attend on-site classroom instruction can now enroll in school and work on their English skills through Crossroads Café.

High School Equivalency Classes: .................................................................(315) 453-4672
Distance Education Program: .................................................................(315) 453-4682

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 Education Program: .......................................................................(315) 453-4682

ESOL CLASSROOM LOCATIONS & DISTANCE EDUCATION

DEWITT
DeWitt Community Library
5110 Jamesville Road
Mon/Wed 10:00 AM - 1:00 PM

MANLIUS
Manlius Library
1 Arkie Albanese Avenue
Tues/Thurs 9:00 AM - 12:00 PM

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 Tutoring
Mon/Wed 12:30 PM - 3:30 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.
ADMISSION REQUIREMENTS
Every student interested in training 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 Tuesdays at 10 a.m. or Thursdays at 2:00 p.m. by appointment. Please inquire about additional times. A TABE preparation guide with practice questions and resources is available at Open House or can be emailed by request. (315) 453-4400.

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

<table>
<thead>
<tr>
<th>TRAINING PROGRAM</th>
<th>TUITION*</th>
<th>GRADE EQUIVALENT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>READING</td>
</tr>
<tr>
<td>Auto Technician</td>
<td>$8,200</td>
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</tr>
<tr>
<td>Central Sterile Processing Technician</td>
<td>$7,750</td>
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<tr>
<td>Cosmetology</td>
<td>$10,300</td>
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<tr>
<td>Construction Trades</td>
<td>$8,375</td>
<td>8.9</td>
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<tr>
<td>Dental Assisting</td>
<td>$8,525</td>
<td>10.9</td>
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<tr>
<td>Electrical Maintenance Technician</td>
<td>$9,590</td>
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</tr>
<tr>
<td>HVAC/R Technician</td>
<td>$8,150</td>
<td>10.0</td>
</tr>
<tr>
<td>PN**</td>
<td>$13,585</td>
<td>11.0</td>
</tr>
<tr>
<td>Medical Assisting</td>
<td>$7,950</td>
<td>10.9</td>
</tr>
<tr>
<td>Office Technology</td>
<td>$7,950</td>
<td>10.0</td>
</tr>
<tr>
<td>Welder/Fitter</td>
<td>$8,950</td>
<td>10.0</td>
</tr>
</tbody>
</table>

* 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 PN program: TEAS test (Test of Essential Academic Skills). Cost is $75. Costs are subject to change.

A LIVE, VIRTUAL OPEN HOUSE
1:00 P.M. EVERY THURSDAY
Visit ocboces.org/openhouse to register today.

OCM BOCES is a member of the New York State Association for College Admission Counseling.

LOOKING FOR A GREAT HALF-DAY PRESCHOOL?
Try our 3 DAYS per WEEK PRESCHOOL PROGRAM at OCM BOCES on Thompson Road
ONLY $190 PER YEAR • CALL 315-431-8407

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

Register online today at: www.ocmboces.org/adulted
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

Veteran Services
Post 9/11 GI Bill
Phone: 1-888-GIBILL-1
or 1-888-442-4551
OCM BOCES Certifying Official:
315-453-4400

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

Working Solutions One-Stop Career Center
1006 Oneida Plaza Drive
Oneida, NY 13421
315-363-2400

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
FULL-TIME CAREER TRAINING

At the time this catalog goes to print, we are expecting to provide in-person instruction for our full-time training programs. If classes shift to any form of remote learning due to the pandemic, we will continue to provide students with the knowledge and hands-on skills they need to complete their certifications and be ready for the workplace.
CAREER TRAINING

Clinical Medical Assistant exam. Students can sit for the Certified Medical Assistant exam at a local health care facility. Upon completion, students can sit for the Certified Medical Medical Assistant exam.

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.

This is your opportunity to join one of most in-demand health occupations in the country. As a Practical Nursing (PN) student, you will be challenged with a rigorous program of study that will prepare you for the National Council Licensure Examination for Practical Nurses (NCLEX-PN). The Nursing faculty will cultivate an environment in which your success can be measured, validated and reproduced. With the foundations of knowledge and skills, you will become a well-qualified and safe practitioner. A review of the National Council Licensure Examination (NCLEX) is included at the end of the program. For more additional information email PNprogram@ocmboces.org

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.

**MEDICAL ASSISTING**

- **Tuition:** $7,950*
- **Median student loan:** $4,766
- **Graduation Rate:** 90%
- **Job Placement Rate:** 74%
- **Program Length:** 780 hours
- **Start Dates:** August 2020
  - Main Campus in Liverpool M-F, 8:00 AM-3:00 PM
  - 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 $490, with another $195 in optional costs.

**PRACTICAL NURSING**

- **Tuition:** $13,585*
- **Median student loan:** $9,500
- **Graduation Rate:** 77%
- **Job Placement Rate:** 77%
- **Program Length:** 1 year
- **Start Dates:** September 2021
  - Main Campus in Liverpool M-F, 8:00 AM-3:00 PM
  - Evening M-Th, 4:00 - 9:30 PM F: Lab 8:00 AM - 3:00 PM or Clinical 6:45 AM - 1:15 PM as assigned
  - Daytime M-F, 8:00 AM - 3:00 PM Clinical as assigned 6:45 AM - 1:15 PM
  - Additional Requirements: TEAS exam ($75), Physical, Immunizations and BLS CPR
  - SOC Code: 29-2061
  - HEGIS Code: 5209.20
  - U.S. Dept. of Labor: www.bls.gov/SOC
  - *Tuition subject to change. Estimated books and fees $2,123.

**CENTRAL STERILE PROCESSING TECHNICIAN**

- **Tuition:** $7,750*
- **Median student loan:** $3,404
- **Graduation Rate:** 79%
- **Job Placement Rate:** 72%
- **Program Length:** 678 hours
- **Start Date:** August 2020
  - Main Campus in Liverpool 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 $300, with another $125 in optional costs.
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.

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.

<table>
<thead>
<tr>
<th>Tuition:</th>
<th>$8,525*</th>
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</thead>
<tbody>
<tr>
<td>Median student loan:</td>
<td>$8,133</td>
</tr>
<tr>
<td>Graduation Rate:</td>
<td>91%</td>
</tr>
<tr>
<td>Job Placement Rate:</td>
<td>83%</td>
</tr>
<tr>
<td>Program Length:</td>
<td>900 hours</td>
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<tr>
<td>Start Dates:</td>
<td>August 2020 M-F, 8:00 AM - 3:00 PM</td>
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<tr>
<td>Additional Requirements:</td>
<td>Physical, health immunizations, Professional CPR and testing fee.</td>
</tr>
<tr>
<td>SOC Code:</td>
<td>31-9091</td>
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<tr>
<td>U.S. Dept. of Labor:</td>
<td><a href="http://www.bls.gov/SOC">www.bls.gov/SOC</a></td>
</tr>
</tbody>
</table>

*Tuition subject to change. Additional fees for book & kit is $910.

Did You Know?

<table>
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<tr>
<th>Shampoo, Set, Blow Dry</th>
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<th>$5</th>
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</thead>
<tbody>
<tr>
<td>Shampoo, Haircut, Style</td>
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<tr>
<td>Chemical Relaxer (includes cut &amp; style)</td>
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<tr>
<td>Ionic Relaxer (includes cut &amp; style)</td>
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<td>$20</td>
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<tr>
<td>Perm (includes cut &amp; style)</td>
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<td>$25</td>
</tr>
<tr>
<td>Single-Process Color</td>
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<td>Double-Process Color</td>
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<tr>
<td>Corrective Color</td>
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<td>$25</td>
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<tr>
<td>Highlights-Full Head</td>
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<td>$25</td>
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<tr>
<td>Highlights-Partial</td>
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<td>$15</td>
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<td>Guylights</td>
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<td>Facials</td>
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<tr>
<td>Makeup Application</td>
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<td>$5</td>
</tr>
<tr>
<td>Waxing Eye, Lip, Chin</td>
<td>...</td>
<td>$5</td>
</tr>
<tr>
<td>Paraffin Wax</td>
<td>...</td>
<td>$3</td>
</tr>
<tr>
<td>Spa Pedicure</td>
<td>...</td>
<td>$5</td>
</tr>
</tbody>
</table>

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.

Register online today at: www.ocmboces.org/adulted
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.

**TUITION:** $7,950*

**MEDIAN STUDENT LOAN:** $3,899

**GRADUATION RATE:** 90%

**JOB PLACEMENT RATE:** 100%

**PROGRAM LENGTH:** 780 Hours

**START DATES:** August 2020

**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 $75.

**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.

**TUITION:** $7,950*

**MEDIAN STUDENT LOAN:** $3,899

**GRADUATION RATE:** 90%

**JOB PLACEMENT RATE:** 100%

**PROGRAM LENGTH:** 780 Hours

**START DATES:** August 2020

**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 $75.

**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.

**TUITION:** $7,950*

**MEDIAN STUDENT LOAN:** $3,899

**GRADUATION RATE:** 90%

**JOB PLACEMENT RATE:** 100%

**PROGRAM LENGTH:** 780 Hours

**START DATES:** August 2020

**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 $380.

**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®.

**TUITION:** $7,950*

**MEDIAN STUDENT LOAN:** $3,899

**GRADUATION RATE:** 90%

**JOB PLACEMENT RATE:** 100%

**PROGRAM LENGTH:** 780 Hours

**START DATES:** August 2020

**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 $200.
TRADES & TECHNOLOGY

**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.

**Tuition:** $8,200*
**Median student loan:** $6,667
**Graduation Rate:** 88%
**Job Placement Rate:** 73%
**Program Length:** 800 hours

Start Dates: September 2020

M-F, 4:00 PM to 9:00 PM

SOC Code: 49-3023

U.S. Dept. of Labor: www.bls.gov/SOC

Location: Thompson Road

*Estimated fee for books & supplies is $240.

**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.

**Tuition:** $8,950*
**Median student loan:** $4,963
**Graduation Rate:** 91%
**Job Placement Rate:** 100%
**Program Length:** 812 hours

Start Dates:

Days: August 2020

M-F, 8:00 AM - 3:30 PM

Evenings: August 2020

M-F, 3:30 PM - 8:30 PM

SOC Code: 51-421

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 $595.

**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.

**Tuition:** $8,375*
**Median student loan:** $3,087
**Graduation Rate:** 83%
**Job Placement Rate:** 95%
**Program Length:** 780 hours

Start Dates: August 2020

M-F, 8:00 AM - 4:00 PM

SOC Code: 47-2000

U.S. Dept. of Labor: www.bls.gov/SOC

*Estimated fee for books, tool kit and OSHA exam is $560.
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.

Tuition: .................. $8,150*
Median student loan: .................. $3,836
Graduation Rate: .................. 95%
Job Placement Rate: .................. 97%
Program Length: .................. 715 hours
Start Dates: ............... August 2020
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 $860.

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.

Tuition: .................. $9,590*
Median student loan: .................. $4,952
Graduation Rate: .................. 100%
Job Placement Rate: .................. 92%
Program Length: .................. 810 hours
Start Dates: ............... August 2020
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 $785.

LEWIS CARINCI is an AWS/ASME certified welder with 37+ years of 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.

GORDON MCCAFFER is a nationally certified AWS D1.1 Code Welder (#1402161W) with 38+ years of 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.

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.

MARY SNYDER earned her B.S. degree in vocational-technical education and a master’s degree in education from SUNY Oswego. She has taught in the private sector as well as academia, including at the U.S. Coast Guard Headquarters, Washington, DC; Baltimore City Community College, Baltimore, MD; New Hampshire Department of Corrections; and Plymouth State University, Plymouth, NH.
MEET OUR INSTRUCTORS

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).

AUTO TECHNOLOGY - TBD

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 manager. She found her true passion for the industry as an educator and training manager at MATRIX/ L’Oreal, where she facilitated advanced cutting and coloring programs to stylists in salons as well as training other trainers to train in salons.

HEALTH OCCUPATIONS

NANCY CHAPPELL re-joined the OCM BOCES Adult Education program last fall after working as the full-time Dental Assisting instructor for 14 years, from 2001 to 2015. After leaving her instructing position in 2015, Nancy worked as a dental sales representative and dental office manager. In total, she has 30 years of experience in the field. Nancy graduated from the PIMA Medical Institute in Denver in 1989 and was certified by the Dental Assisting National Board in 1993. She has been a NYS Certified Dental Assistant since 2000.

JAMIE TROUTMAN, NRCMA, is a 2011 graduate of the BOCES Medical Assisting Program. She has worked in a variety of medical settings, including general surgery, pain management and neurology. She excels in both the clinical and administrative sides of medical assisting.

CENTRAL STEREILE PROCESSING - TBD

PRACTICAL NURSING

COORDINATOR:

EMELINE MCSHANE, BS, RN, is the Health Occupations Coordinator at OCM BOCES. She holds an A.A.S. in nursing from the Crouse Hospital School of Nursing and a B.S. in Biomedical Sciences from SUNY Cortland. She has also completed the RN-to-MS Certificate program at LeMoyne College.

LEAD INSTRUCTORS:

CAROL VIGLIOTTI, MS, BSN, RN, obtained 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.

MICHELE CALIVA, MA, RN, completed her master’s degree training at the Naval Post Graduate School. She also works in the Central New York community, speaking on behalf of the Upstate New York Poison Center.

CLINICAL INSTRUCTORS:

SHIKELA GILES, NP-C, is certified as a Family Nurse Practitioner and holds a masters in nursing from SUNY Upstate with a minor in education.

STACY SEVERIN, MSN, RN, holds a master’s degree in nursing education from SUNY IT.

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

HEATHER COTTER, BSN, RN, holds a bachelor’s in nursing from the University of Buffalo.

BRENDA PARKER, BSN, RN, holds a bachelor’s in nursing from Excelsior College.

SUSAN SQUADRITO, BSN, RN, holds a bachelor’s in nursing from Franciscan Missionaries of Our Lady University.

LOUISE SULITKA, BSN, RN, holds a bachelor’s in nursing from Robert Wesleyan College.

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

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

AMANDA KELLY, RN, holds an A.A.S. in nursing from Cayuga Community College.
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. Supplies will be sold the first night of class.

CEART0606Fall4  9/23/20 - 11/21/20
CEART0606Win4   1/20/21 - 2/17/21
Wednesday $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 will 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.

CEART0655Fall4  9/17/20 - 10/8/20
CEART0655Win4   1/14/21 - 2/4/21
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 a supply list prior to class.

CEART0658Fall4  11/5/20
CEART0658Win4   2/11/21 - 3/4/21
Thursday $65.00
Eve Troncone  4 Sessions
6:30 PM - 9:00 PM Main Campus

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

CEART0651Fall4  9/3/20 - 11/5/20
10 Sessions $129.00
CEARTFALL4  11/12/20 - 1/21/21
8 Sessions $109.00
Thursday 6:30 PM - 9:00PM
John Sweeney 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.

CEART0664Fall4  11/12/20 - 12/10/20
Thursday $65.00
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.

CEPER0619Fall4  9/14/20 - 10/26/20
CEPER0620Fall4  11/2/20 - 12/7/20
CEPER0619Win4  1/25/21 - 3/8/21
Monday $95.00
Al Miles  6 Sessions
6:00 PM - 8:00 PM Main Campus

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.

CEBUS0438  2/2/21 - 2/9/21
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.*

CESBM0423Fall4  9/24/20 - 12/3/20
Thursday $139.00
Fred Intondi  10 Sessions
6:00 PM - 8:00 PM Main Campus
CONTINUING EDUCATION
See full course descriptions and register online today at: www.ocmboces.org/adulted

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.
CEBUS0436Fall4 10/6/20 - 10/27/20
Tuesday $69.00
Mary Elizabeth Alberts 4 Sessions
6:30 PM - 9:00 PM Main Campus

MANAGEMENT & LEADERSHIP SKILLS WORKSHOP
This course will give you the skills for being successful in developing and leading people in the workplace. We will discuss a variety of management styles, covering when and how to use them. This will lead us into discussions on topics such as business ethics, effective communication, time management, the right person for the job, creating a winning team, conflict resolution, and problem-solving techniques.
CESBM0420Fall4 9/21/20 - 10/26/20
CESBM0420Win4 1/11/21 - 2/17/21
Monday and Wednesday $199.00
Thomas Reidy 10 Sessions
6:00 PM - 8:30 PM Main Campus

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 10. Textbook required. No experience necessary.
CECOM5000Fall4 9/14/20 - 10/5/20
CECOM5000Win4 1/11/21 - 2/8/21
Monday $135.00
Jean Duva 4 Sessions
12:00 PM - 2:30 PM Main Campus

INTRO TO WINDOWS 10
This class offers an easy way to become familiar with the Windows system. Explore the basic features of Windows 10, including the task bar, desktop, start menu, developing shortcuts, drag-and-drop, recycle bin, and control panel. Create folders to manage files and documents. Use Explorer to locate files. Learn about installing or uninstalling hardware and software, plug-and-play, and other features of Windows. Create, delete, or rearrange icons, 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.
CECOM5430Fall4 10/19/20 - 11/9/20
CECOM5430Win4 2/22/21 - 3/15/21
Monday $135.00
Jean Duva 4 Sessions
12:00 PM - 2:30 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.
CECOM5521Fall4 9/15/20 - 10/6/20
CECOM5521Win4 1/12/21 - 2/2/21
Tuesday $145.00
Frank McCarthy 4 Sessions
6:00 PM - 8:30 PM Main Campus

EXCEL® 2016 2
Prerequisite: Excel® Level I or equivalent experience. Text required.* Please bring a flash drive to class.
CECOM5526Fall4 10/13/20 - 11/3/20
CECOM5526Win4 2/9/21 - 3/2/21
Tuesday $145.00
Frank McCarthy 4 Sessions
6:00 PM - 8:30 PM Main Campus

W.O.W. WORK-OUT WEDNESDAY
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 and may be purchased at class.*

W.O.W WORD® 2016 LEVEL 1
CECOM8000Fall4 .................................. 9/16/20
CECOM8000Win4 .................................. 1/13/21
W.O.W ACCESS® 2016
CECOM8001Fall4 .................................. 10/14/20
CECOM8001Win4 .................................. 1/27/21
W.O.W WORD® 2016 LEVEL 2
CECOM8008Fall4 .................................. 9/23/20
W.O.W ACCESS® 2016 LEVEL 2
CECOM8006Fall4 .................................. 10/21/20
W.O.W EXCEL® 2016 LEVEL 1
CECOM8004Fall4 .................................. 9/30/20
CECOM8004Win4 .................................. 1/20/21
W.O.W POWERPOINT® 2016
CECOM8005Fall4 .................................. 10/28/20
CECOM8005Win4 .................................. 2/3/21
W.O.W EXCEL® 2016 LEVEL 2
CECOM8007Fall4 .................................. 10/7/20

Click here to register at www.ocmboces.org/adulted
**EXCEL® 2016 3**
Prerequisite: Excel® Level II or equivalent experience. Text required.* Please bring a flash drive to class.

- CECOM0529Fall4 11/10/20 - 12/1/20
- Tuesday
- Franck McCarthy
- 4 Sessions
- 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.* Please bring a flash drive to class.

- CECOM0562Fall4 9/14/20 - 10/5/20
- CECOM0562Win4 1/19/21 - 2/9/21
- Monday
- $145.00
- Mary Elizabeth Alberts
- 4 Sessions
- Main Campus

**WORD® 2016 2**
Prerequisite: Word® Level I. Text required.* Please bring a flash drive to class.

- CECOM0595Fall4 10/19/20 - 11/9/20
- Monday
- $145.00
- Mary Elizabeth Alberts
- 4 Sessions
- 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.* Please bring a flash drive to class.

- CECOM0900Fall4 9/14/20 - 10/26/20
- CECOM0900Win4 1/11/21 - 3/1/21
- Monday
- Frank McCarthy
- 6 Sessions
- Main Campus

**QUICKBOOKS® 2018 - ADVANCED**
Prerequisite: Basic computer skills and QuickBooks Level 1 required. Text required.* Please bring a flash drive to class.

- CECOM0903Fall4 11/2/20 - 11/23/20
- Monday
- $155.00
- Frank McCarthy
- 4 Sessions
- 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.

- CECOM100Fall4 9/30/20 - 10/21/21
- 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.*

- CECOM0560Fall4 9/12/20 - 10/17/20
- CECOM0560Win4 1/16/21 - 2/20/21
- 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.*

- CECOM0560Fall4 11/7/20 - 12/19/20
- Saturday
- $255.00
- David Trembley
- 6 Sessions
- 8:00 AM - 12:00 PM
- Main Campus

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**COSMETOLOGY**

**NEW**

**NYS COSMETOLOGY PRACTICAL REVIEW**
This class is designed for students who have graduated with 1,000 hours from cosmetology school and are looking for a state board refresher class. Class includes instruction and hands-on practice of all state board disciplines required to pass the New York State exam; a mannequin for the test; and mannequin stand for the actual state board exam. Must call 315-453-4650 or 315-453-4401 to register.

- CECOS0002Fall4 10/8/20
- CECOS0002Win4 12/3/20
- Thursday
- $320.00
- Dawn Ilozzo
- 1 Session
- 4:00 PM - 8:00 PM
- Main Campus

**SECRET MAGIC OF THE CORRECT COLORS**
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.

- CECOS0422Fall4 10/6/20
- Tuesday
- $49.00
- Dianne Stancampiano
- 1 Session
- 6:30 PM - 9:30 PM
- Main Campus

**I HAVE NOTHING TO WEAR! LEARN HOW TO LOOK 10 POUNDS THINNER & 10 YEARS YOUNGER**
Have a closet FULL of clothes and NOTHING to wear? Get the “skinny” on what wardrobe styles and silhouettes are most flattering no matter your shape and learn the art of dressing with ease. Learn your figure and how clothing can help your diet along through proportional dressing! How many of us can say we are a perfect size 8 or 10? How many times have you been able to buy a garment which needs no additional tailoring? 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 which will recommend wardrobe, makeup, hair and accessories based on your physical

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*There is an additional fee for required texts. All texts are available at first class unless otherwise noted.
characteristics, coloring and fashion personality.

CECOS0450Fall3 10/27/20
Tuesday $59.00
Dianne Stancampiano 1 Session
6:30 PM - 9:30 PM Main Campus

GET YOUR GLAM ON, LEARNING MAKEUP LIKE A PRO
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.

CECOS0420Fall4 9/15/20
Tuesday $49.00
Dianne Stancampiano 1 Session
6:30 PM - 9:30 PM Main Campus

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!

CEEA0101Fall4 9/10/20 - 9/24/20
Thursday $159.00
6:00 PM - 9:00 PM
Michael Fitzgerald
3 Sessions
Thompson Road Campus

COOKING 102 - BASIC MEAL PREPARATIONS
This course 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.

CEEA0102Fall4 10/8/20 - 10/22/20
Thursday $159.00
6:00 PM - 9:00 PM
Michael Fitzgerald
3 Sessions
Thompson Road Campus

COOKING 103 - ADVANCED COOKING SKILLS
The last of the basic cooking classes. In this class you will master your knife skills, learn more advanced cooking techniques and learn how to read and follow recipes to create advanced culinary creations.

CEEA0103Win4 1/28/21 - 2/18/21
Thursday $159.00
6:00 PM - 9:00 PM
Michael Fitzgerald
3 Sessions
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 designed for 7- to 15-year-old children with an accompanying adult. Class is limited to eight groups of two.

CEEA0424Fall4 10/14/20
Wednesday $89.00
Michael Fitzgerald
1 Session
6:00 PM - 9:00 PM
Thompson Road Campus

COOKING WITH KIDS - BRUNCH
This is a fun way to learn some great recipes and experience some great one-on-one time with your child. In this class, we will prepare quiche Lorraine apple croissant bread pudding, cheese strata with bacon tomato, chicken and biscuits, easy eggs Benedict, potato hash, and roasted vegetable salad. After this class, you will both be able to throw a great brunch for the whole family. This class is designed for 7- to 15-year-old children with an accompanying adult. Class is limited to eight groups of two.

CEEA0601Fall4 10/29/20
Thursday $89.00
Michael Fitzgerald
6:00 PM - 9:00 PM
Thompson Road Campus

COOKING WITH KIDS - APPETIZERS
In this class, you will learn to make fun and easy party foods like fried mac & cheese balls, foot-long sub sandwiches, Swedish meatballs, pigs in a blanket, fried ravioli and homemade cheese bread. This class is designed for 7- to 15-year-old children with an accompanying adult. Class is limited to eight groups of two.

CEEA0602Fall4 12/16/20
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.

CEEA0600Fall4 12/10/20
Thursday $89.00
CEEA0600Win4 3/3/21
Wednesday $89.00
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. This class is designed for 7- to 15-year-old children with an accompanying adult. Class is limited to eight groups of two.

CEEA0604Win4 3/10/21
Wednesday $89.00
Michael Fitzgerald
1 Session
6:00 PM - 9:00 PM
Thompson Road Campus

COOKING WITH KIDS - INTERNATIONAL
This class is a fun way to expand your palette with easy and interesting food that will appeal to you as well as your child. In this class, we will create pho, a Vietnamese noodle dish, beef gyros from Greece, paella from Spain, stuffed cannelloni from Italy, Haricot Vert Almandine from France, and good ole apple pie from the USA! This class is designed for 7- to 17-year-old children with an accompanying adult. Class is limited to eight groups of two.

CEEA0606Win4 2/17/21
Wednesday $89.00
Michael Fitzgerald
1 Session
6:00 PM - 9:00 PM
Thompson Road Campus

COOKING WITH KIDS - BRUNCH
This is a fun way to learn some great recipes and experience some great one-on-one time with your child. In this class, we will prepare quiche Lorraine apple croissant bread pudding, cheese strata with bacon tomato, chicken and biscuits, easy eggs Benedict, potato hash, and roasted vegetable salad. After this class, you will both be able to throw a great brunch for the whole family. This class is designed for 7- to 15-year-old children with an accompanying adult. Class is limited to eight groups of two.

CEEA0601Fall4 10/29/20
Thursday $89.00
Michael Fitzgerald
6:00 PM - 9:00 PM
Thompson Road Campus
COOKING WITH KIDS - CHOPPED  NEW
You and your child will be split into teams. All teams get a mystery basket and will create a menu with the help of the instructor. We will sample all the teams' creations, and a winner will be crowned. Fun and exciting for all. This class is designed for 7- to 17-year-old children with an accompanying adult. Class limited to eight groups of two.

CEAT0607Win4 2/24/21
Wednesday $69.00
Michael Fitzgerald 1 Session
6:00 PM - 9:00 PM
Thompson Road
Campus

HEARTY SOUPS AND STEWS NEW
This class will take the chill off any cold winter night with these one pot wonders anyone can prepare at home. We will prepare and taste a classic New England clam chowder, chicken fricasee and dumplings, a super easy and quick chili topped with cheese and sour cream, beef barley soup and a delicious Italian stew served over pasta with some crusty garlic bread.

CEAT0908Win4 1/21/21
Thursday $69.00
Michael Fitzgerald 1 Session
6:00 PM - 9:00 PM
Thompson Road
Campus

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 yummery, which is sure to please.

CEAT0432Fall4 11/18/20
CEAT0432Win4 1/20/21
Wednesday $69.00
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.

CEAT0429Fall4 10/7/20
Wednesday $69.00
Michael Fitzgerald 1 Session
6:00 PM - 9:00 PM
Thompson Road
Campus

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. ‘Yall will also be given online resources and challenging recipes to try at home.

CEAT0431Fall4 9/23/20
CEAT0431Win4 1/27/21
Wednesday $69.00
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 casseroles, 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.

CEAT0436Fall4 9/30/20
CEAT0436Win4 2/10/21
Wednesday $69.00
Michael Fitzgerald 1 Session
6:00 PM - 9:00 PM
Thompson Road
Campus

MEXICAN COOKING - OLÉ!
Get ready to head south of the border for a spicy night offun 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.

CEAT0430Fall4 9/16/20
CEAT0430Win4 1/13/21
Wednesday $69.00
6:00 PM - 9:00 PM
Michael Fitzgerald
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, and 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! The best part is, no one but you will realize these recipes are low-cal.

CEAT0700Fall4 10/21/20 - 11/4/20
Wednesday $159.00
CEEAT0700Win4 2/25/21 - 3/11/21
Thursday $159.00
Michael Fitzgerald
3 Sessions
6:00 PM - 9:00 PM
Thompson Road
Campus

“MAMA’S” BEST MEATBALLS
Not everyone can create a great meatball! UNTIL NOW! Instructor will share her mama’s recipe for all students. In the class we will cut, chop, mix, roll and saute... then do the tasting! Added to the tasting will be a quick red sauce made from homemade goodness. Bring an appetite and be ready to roll!
Classes are held at 6456 Collamer Road, East Syracuse.

CEAT0440Fall4 10/7/20
Wednesday $69.00
Eve Troncone 1 Session
6:00 PM - 9:00 PM
Thompson Road
Campus

NOW THATS A NICE SAUCE!
In this class we will make three different sauces: a red sauce with fresh tomatoes, a butternut squash sauce, and an infused garlic olive oil sauce. All these sauces are great 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 are held at 6456 Collamer Road, East Syracuse.

CEAT0500Win4 10/21/20
Wednesday $69.00
Eve Troncone 1 Session
6:00 PM - 9:00 PM
Thompson Road
Campus

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.

CECAK0973Fall4 10/1/20 - 1/22/20
CECAK0973Win4 1/14/21 - 2/4/21
Thursday $59.00
Traci Regan 4 Sessions
6:30 PM - 9:00 PM Thompson Road Campus

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.

CECAK0974Fall4 10/29/20 - 12/19/20
CECAK0974Win4 1/14/21 - 2/4/21
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. Please call 315-453-4600 or email sweet.stuff.confections@gmail.com for list.

CEBAK0001Fall4 9/16/20 Fall
CEBAK0001Fall4a 10/14/20 Halloween
CEBAK0001Fall4b 11/18/20 Thanksgiving
CEBAK0001Fall4c 12/9/20 Hanukkah/
CEBAK0001Fall4d 1/13/21 Christmas
CEBAK0001Win4a 2/10/21 Winter
CEBAK0001Win4b 3/10/21 St. Patty/
CEBAK0001Win4c 4/7/21 Seasonal
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 add finishing touches to your cookies: borders, flourishes, scroll work, embellishments, dimension, stenciling, and more. Students are required to have taken Level 1. Contact 315-453-4600 or email sweet.stuff.confections@gmail.com for supply list.

CEBAK0003Fall4 12/16/20
CEBAK0003Win4 3/17/21
Wednesday $40
Traci Regan 1 Session
6:30 PM - 9:00 PM Thompson Road Campus

Click here to register at www.ocmboces.org/adulted

CONTINUING EDUCATION

CONTINUING EDUCATION
See full course descriptions and register online today at: www.ocmboces.org/adulted

DRIVER’S ED

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. This program is available only for high school students who are 16 years old before the first class and have a NYS learner permit. 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 Fall deadline: 9/30/2020
CENNS0902Fall4 10/8/20 - 12/10/20
CNS High School Tuesday/Thursday
5:30 PM - 7:00 PM 18 sessions
Shelly Hiltts $549.00
CENCS0902Fall4 10/7/20 - 12/6/20
Baker High School Monday/Wednesday
5:30 PM - 7:00 PM 18 Sessions
Frank Cutie $549.00

Registration Winter deadline: 12/29/2020
CENNS0902Win4 1/7/21 - 3/16/21
CNS High School Tuesday/Thursday
5:30 PM - 7:00 PM 18 sessions
Shelly Hiltts $549.00
CENCS0902Win4 1/6/21 - 3/17/21
Baker High School Monday/Wednesday
5:30 PM - 7:00 PM 18 Sessions
Frank Cutie $549.00

5-HOUR PRE-LICENSING COURSE
Participants must sign up before the day of class and MUST bring their permit. Available for high school students only:

CENNS0904Fall4 9/24/20
CENNS0904Fall4a 10/22/20
CENNS0904Fall4b 11/12/20
CENNS0904Fall4c 12/17/20
CENNS0904Win4 1/21/21
CENNS0904Win4a 2/18/21
CENNS0904Win4b 3/18/21
Thursday $40.00
Able 2 Driving 1 Session
3:00 PM - 6:00 PM CNS High School

Available to all ages, no walk-in registrations permitted. Must call (315) 453-4600 to register. Participants must sign up before the day of class and bring their permit:

CEMMCAR0100Fall4 9/14/20
CEMMCAR0100Fall4a 9/28/20
CEMMCAR0100Fall4b 10/19/20
CEMMCAR0100Fall4c 11/2/20
CEMMCAR0100Fall4d 11/16/20
CEMMCAR0100Fall4e 11/30/20
CEMMCAR0100Fall4f 12/14/20
CEMMCAR0100Fall4g 12/28/20
CEMMCAR0100Win4 1/11/21
CEMMCAR0100Win4a 1/25/21
CEMMCAR0100Win4b 2/18/21
CEMMCAR0100Win4c 2/22/21
CEMMCAR0100Win4d 3/8/21
Monday $40.00
Able 2 Driving 1 Session
Center for New Careers
1710 NYS Rt 13, Cortland, NY 13045

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**EDUCATION**

**TEACHING ASSISTANT CERTIFICATION WORKSHOP**  
NEW  
This is a great opportunity to review the steps necessary for becoming a teaching assistant in New York State. Students will be provided with a detailed overview of the registration process for this requirement and will be guided through the online TEACH registration with the New York State Education Department. The second half of the workshop will prepare students to successfully pass the Assessment of Teaching Assistant Skills (ATAS) (95).

ČETTR0100Fall4  
Wed, 10/14/20  
Robert Just  
1 Session  
6:30 PM - 8:30 PM  
Main Campus

ČETTR0100Win4  
Tue, 2/2/21  
Elaine Liscweski  
1 Session  
6:00 PM - 8:30 PM  
Main Campus

**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-based aid, obtaining scholarships and grants, and how to succeed with college applications. Second parent may attend for free.

ČEFIN0803Fall4  
Wed, 9/30/20  
ČEFIN0803Fall4a  
Thu, 11/4/20  
ČEFIN0803Win4  
Wed, 1/13/21  
ČEFIN0803Win4a  
Thu, 2/3/21  
Wed, 9:00  
Michael Zoli  
1 Session  
6:30 PM - 8:30 PM  
Main Campus

**HOW TO TEACH YOUR KIDS ABOUT MONEY**  
NEW  
Parents: Don’t you wish your parents had taught you some financial concepts? Get a leg up and learn how to teach your children how money works? Do you remember your first paycheck and wondering who Mr. FICA was and why did he take your money? This class is designed to help you teach your children simple financial strategies now so they’ll be better equipped to deal with money matters on their own later. You have the power right now to help your children avoid common money mistakes by helping them grow up “money smart!” Learn how to help your children manage money wisely and avoid many of the money mistakes people make.

ČEFIN0014Fall4  
Thu, 12/3/20  
ČEFIN0014Win4  
Thu, 2/11/21  
Mike Rienhardt  
1 Session  
6:30 PM - 8:30 PM  
Main Campus

**SOCially RESPONSIBLE INVESTING**  
NEW  
This class will introduce you to Socially Responsible Investing (SRI), also termed ethical or green investing. SRI allows you to build your investment portfolio while doing good. This course will cover topics such as: the differences in various SRI themes, what SRI is, how you can implement an SRI strategy in your investment portfolio, investment choices in the SRI arena and what to look for in a SRI investment.

ČEFIN1000Fall4  
Wed, 10/7/20  
ČEFIN1000Win4  
Wed, 1/20/21  
Robert Just  
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.

ČEFIN0828Fall4  
Thu, 10/8/20  
ČEFIN0828Win4  
Thu, 2/4/21  
Lee Livermore  
1 Session  
6:30 PM - 8:30 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.

ČEFIN0011Fall4  
Thu, 9/16/20  
ČEFIN0011Win4  
Thu, 1/27/21  
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.

ČEFIN0009Fall4  
Thu, 9/30/20  
ČEFIN0009Win4  
Thu, 1/27/21  
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 if you are armed with this simple, yet powerful retirement information.

ČEFIN0013Fall4  
Thu, 10/7/20  
ČEFIN0013Win4  
Thu, 2/10/21  
Mike Rienhardt  
1 Session  
6:30 PM - 8:30 PM  
Main Campus

There is an additional fee for required texts. All texts are available at first class unless otherwise noted.
MARRIAGE & MONEY: SETTING UP YOUR FINANCIAL HOUSE
Everyone looks forward to their honeymoon... but what about the “moneymoon?” Whether your getting married or have been married for decades, come and learn. Creating a few simple programs in your relationship can lead to nuptial and financial bliss in the long run! Plan for the unexpected and eliminate debt. As a couple, create a total financial strategy. Start saving for your future together! (Spouse or partner are admitted free of charge.)

CEFIN0820 Fall4 11/5/20
CEFIN0820 Win4 1/13/21
Thursday $19.00
Mike Rienhardt 1 Session
6:30 PM - 8:30 PM Main Campus

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.

CEFIN0012 Fall4 10/22/20
CEFIN0012 Win4 2/25/21
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.

CEFIN1180 Fall4 9/22/20
CEFIN1180 Fall4a 11/3/20
CEFIN1180 Win4 2/23/21
Tuesday $49.00
Theresa Cangemi 1 Session
6:30 PM - 8:30 PM Main Campus

KEEP YOUR HOUSEPLANTS ALIVE AND THRIVING
Growing houseplants is a great activity for anyone interested in gardening indoors and using live plants for decorative purposes. Session 1 will help you select houseplants that will do well in your home and teach you how to properly care for them so they are healthy and look their best. Session 2 will address common houseplant pests and diseases and what to do to protect your plants and minimize the damage. You will also learn to identify several houseplant pests and how to safely and effectively debug infected plants.

CEFLO0816 Win4 2/3/21 - 2/10/21
Wednesday $35.00
Pamela Wildridge 2 Sessions
7:00 PM - 8:00 PM Virtual - Zoom platform

DECLUTTER YOUR HOME AND KEEP IT ORGANIZED
Is your cluttered home driving you crazy? Do you have trouble parting with sentimental items? Are you struggling to set up storage and filing systems that work? If any of this sounds familiar, this class is for you! You will learn how to manage emotional attachments to things, optimize storage in your home with low-cost supplies, and set up systems to keep your home clutter-free. Let go of the stuff that is weighing you down and make space for what really matters with this information-packed course.

CEHOM2000 Fall4 9/22/20 - 9/29/20
CEHOM2000 Win4 1/19/21 - 1/26/21
Tuesday $39.00
Carrie Luteran 2 Sessions
6:30 PM - 8:00 PM Main Campus

ORGANIZE END-OF-LIFE PAPERWORK
With a Bucket Binder
No one wants to think about their own passing, but it will happen to all of us. Everyone needs a Bucket Binder: a place to organize all the relevant paperwork your family will need when you “kick the bucket.” Learn about what is important to include and assemble your own binder in class. Have peace of mind knowing you have organized all your essential documents that your loved ones will need. Supplies included in course fee.

CEHOM2001 Fall4 10/13/20
CEHOM2001 Win4 2/16/21
Tuesday $39.00
Carrie Luteran 1 Session
6:30 PM - 8:00 PM Main Campus

HOME & GARDEN

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.

CEHOM1050 Fall4 11/3/20
Tuesday $45.00
Angela D’Amico 1 Session
6:00 PM - 8:00 PM Main Campus

CLEANING WITHOUT TOXINS!
Clean your house without toxic chemicals. 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.

CEHOM3000 Fall4 9/16/20
CEHOM3000 Win4 1/13/21
Wednesday $45.00
Christine Taylor 1 Session
6:00 PM - 8:00 PM Main Campus

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.

CEHOM5000 Fall4 9/24/20
CEHOM5000 Win4 1/28/21
Thursday $39.00
Randy Luckette 1 Session
6:00 PM - 8:00 PM Main Campus

Click here to register at www.ocmboces.org/adulted

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.*

- CELNG1824Fall4 9/15/20 - 11/17/20
- CELNG1824Win4 1/12/21 - 3/16/21
- Tuesday $135.00
- Kathy Ackermann 10 Sessions
- 6:00 PM - 8:00 PM Main Campus

**FRENCH LEVEL II**
Continue to build upon your vocabulary, pronunciation skills, and reading and writing skills in this continuation of French - Level I. More nouns, more verbs and more conversation. Text required.*

- CELNG1825Fall3 9/17/20 - 11/19/20
- 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 handouts. There will be a final exam. A text is suggested if students do not have internet access.

- CELNG1800Fall4 9/9/20 - 10/5/20
- 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.

- CELNG1802Fall4 10/7/20 - 11/4/20
- 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.

- CELNG1804Fall4 11/9/20 - 12/9/20
- Monday/Wednesday $129.00
- Jim Skvorak 8 Sessions
- 6:15 PM - 8:15 PM Main Campus

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

- CELNG1814Fall4 9/14/20 - 11/23/20
- CELNG1814Win4 1/11/21 - 3/29/21
- Monday $135.00
- George Alessio 10 Sessions
- 7:00 PM - 9:00 PM Main Campus

**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. The class includes an informational packet and certificate of completion.

- CEMED1171Fall4 9/19/20
- CEMED1172Fall4 11/14/20
- CEMED1171Win4 1/23/21
- CEMED1172Win4 3/6/21
- Saturday $59.00
- Lynn Hallowell 1 Session
- 8:30 AM - 12:00 PM Main Campus

**TEST OF ESSENTIAL ACADEMIC SKILLS (TEAS) PREP CLASS**
The Test of Essential Academic Skills (TEAS) is an admission requirement for the OCM BOCES PN program. Students need at least a 50% on the test to enter the PN program. This class is a prep class to help obtain that goal. Students are required to buy their own book prior to class, titled “ATI TEAS Study Manual - Sixth Edition.”

- CEMED1200Win4 1/30/21
- CEMED1200Win4a 2/13/21
- CEMED1200Win4b 3/13/21
- Saturday $25.00
- Lynn Hallowell 1 Session
- 9:00 AM - 12:00 PM Main Campus

**MEDICAL TERMINOLOGY**
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.*

- CEMED1120Fall4 9/15/20 - 11/18/20
- CEMED1120Win4a 2/13/21
- CEMED1120Win4b 3/13/21
- Tuesday $135.00
- Lynn Hallowell 10 Sessions
- 6:30 PM - 8:30 PM Main Campus

**NEW**

**HOW TO PROTECT YOUR BIGGEST INVESTMENT: YOUR HOME**
You might be aware that your home looks a little different than 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.

- CEHOM5001Fall4 10/8/20 - 10/15/20
- CEHOM5001Win4 2/11/21 - 2/18/21
- Thursday $79.00
- Randy Luckette 2 Sessions
- 6:00 PM - 8:30 PM Main Campus

**NEW**

**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. The class includes an informational packet and certificate of completion.

- CEMED1171Fall4 9/19/20
- CEMED1172Fall4 11/14/20
- CEMED1171Win4 1/23/21
- CEMED1172Win4 3/6/21
- Saturday $59.00
- Lynn Hallowell 1 Session
- 8:30 AM - 12:00 PM Main Campus

**TEST OF ESSENTIAL ACADEMIC SKILLS (TEAS) PREP CLASS**
The Test of Essential Academic Skills (TEAS) is an admission requirement for the OCM BOCES PN program. Students need at least a 50% on the test to enter the PN program. This class is a prep class to help obtain that goal. Students are required to buy their own book prior to class, titled “ATI TEAS Study Manual - Sixth Edition.”

- CEMED1200Win4 1/30/21
- CEMED1200Win4a 2/13/21
- CEMED1200Win4b 3/13/21
- Saturday $25.00
- Lynn Hallowell 1 Session
- 9:00 AM - 12:00 PM Main Campus

**MEDICAL TERMINOLOGY**
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.*

- CEMED1120Fall4 9/15/20 - 11/18/20
- CEMED1120Win4a 2/13/21
- CEMED1120Win4b 3/13/21
- Tuesday $135.00
- Lynn Hallowell 10 Sessions
- 6:30 PM - 8:30 PM Main Campus

**NEW**
**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.

**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.*

**PERSONAL DEVELOPMENT**

**MAKE YOUR OWN SPA DAY** NEW
Make-n-take with essential oils. You deserve to be pampered and enjoy a fun evening. Join us to make these great creations and enjoy a fun evening. Student must be in scrubs for the NPA exam. Text required.* Participants should purchase their text prior to the first class and should expect homework.

**BALLOON TWISTING FOR ADULTS** NEW
Bring joy and laughter to any occasion with balloon sculptures. Balloons are a popular form of entertainment at parties, reunions, company picnics, weddings, and other events. Balloon artist Ron Cain teaches the basics of balloon twisting. Students will learn how to make balloon animals, hats, bracelets, flowers, character figures, airplanes, and other shapes. Special twists and techniques will be taught that are only known to balloon experts. Instructor Ron Cain in-person class students must have a balloon pump, bag of assorted 260 balloons and a 5 inch white balloon bag or 5 inch character face balloon bag at first class.

**MAGIC FOR ADULTS** NEW
Entertain friends and family at the drop of a hat! Educators, health professionals and people working in sales or service jobs also benefit from knowing a few tricks. A little magic can go a long way toward smoothing relationships or soothing folks in distress. Professional magician Ron Cain can show you how to perform tricks with ordinary objects like cards, coins, rope and paper. Plus, you’ll learn about misdirection and basic slight-of-hand. Students will also learn how to create a magic routine and build a show. Card and close-up magic is great for entertaining friends and family on Zoom and other video platforms. Instructor Ron Cain In-class students: Please bring cards, four quarters, string, rope and a handkerchief to virtual class.

**INTRO TO KETOGENIC EATING**
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. A little magic can go a long way toward smoothing relationships or soothing folks in distress. Students will also learn how to create a magic routine and build a show. Card and close-up magic is great for entertaining friends and family on Zoom and other video platforms. Instructor Ron Cain In-class students: Please bring cards, four quarters, string, rope and a handkerchief to virtual class.

**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 your reap the benefits of better mental and physical health. Change is possible! Come learn how to keep your mind sharp!

**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 class is a hands-on course that 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 they navigate through the five 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.

**INTRO TO KETOGENIC EATING**
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. A little magic can go a long way toward smoothing relationships or soothing folks in distress. Students will also learn how to create a magic routine and build a show. Card and close-up magic is great for entertaining friends and family on Zoom and other video platforms. Instructor Ron Cain In-class students: Please bring cards, four quarters, string, rope and a handkerchief to virtual class.
SUGAR BLUES: HOW TO AVOID AND 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 which can lead to heart disease, kidney disease and blindness? The good news is that the vast majority of Type 2 Diabetes is lifestyle induced and can be reversed with a healthy lifestyle. Come learn what you can do to avoid or reverse diabetes through a healthy diet and lifestyle. You have more power than you think to avoid and reverse chronic disease... time to get in the driver's seat! This class is FUN, interactive and memorable. Come join us!

CEPER0950Fall4 10/8/20
CEPER0950Win4 2/4/21
Thursday
$49.00
Suzanne Taddeo 1 Session
Certified & Registered Dietitian/Nutritionist
7:00 PM - 8:30 PM Main Campus

DON'T EAT YOUR HEART OUT: EATING FOR A HEALTHY HEART
This workshop focuses on cardiovascular disease: coronary heart disease and ischemic stroke. As the biggest killer of Americans, cardiovascular disease is typically lifestyle induced. Approximately 1 in 4 adults die from one of these conditions. We talk about the causes and how to prevent and reverse this deadly condition. Topics include: Prevalence of Cardiovascular Disease, How the Standard American Diet (SAD) leads to Cardiovascular Disease, How to prevent and potentially reverse atherosclerosis, which leads to Cardiovascular Disease. Eating for a Healthy Heart and Brain.

CEPER0953Fall4 9/24/20
CEPER0953Win4 1/14/21
Thursday
$49.00
Suzanne Taddeo 1 Session
Certified & Registered Dietitian/Nutritionist
7:00 PM - 8:30 PM Main Campus

ENHANCE YOUR IMMUNE SYSTEM AND 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!

CEPER0951Fall4 10/22/20
Thursday
$49.00
Suzanne Taddeo 1 Session
Certified & Registered Dietitian/Nutritionist
7:00 PM - 8:30 PM Main 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.

CEPER1975Fall4a 11/9/20
Monday
$45.00
CEPER1975Win4 1/26/21
Tuesday
$45.00
CEPER1975Win4a 2/24/21
Wednesday
$45.00
Creative Voice Development 1 Session
6:30 PM - 9:00 PM
Main Campus
CEPER1975aFall4 10/27/20
Tuesday
$45.00
7:00 PM - 9:00 PM
Creative Voice Development 1 Session
Virtual - Zoom

*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 yoga mat to class.

CEPER0630Fall4 9/28/20
CEPER0630Win4 2/1/21
Monday
$35.00
Susan Giegold 1 Session
6:00 PM - 8:00 PM Main Campus

MELT: BEYOND THE BASICS
In this three-week class, you will learn all of the moves from the book, “The MELT Method,” to create a MELT practice at home. Master the fundamentals of MELT techniques to get the most out of your self-care efforts to create a pain-free, active lifestyle. Participants must be able to lie on a soft roller on the floor. Wear comfortable clothing and bring a yoga mat and a water bottle to class.

CEPER0631Fall4 10/19/20 - 11/2/20
CEPER0631Win4 2/22/21 - 3/8/21
Monday
$65.00
Susan Giegold 3 Sessions
6:00 PM - 8:00 PM Main Campus

FINDING YOUR PSYCHIC SELF
Venture into the mysterious world of psychics and New Age practices. Discover how meditation, hypnosis and dream interpretation can help you develop your intuitive abilities. Instructor Ron Cain also discusses palmistry, numerology, card reading, color analysis, astrology and pendulum dowsing. You will also discover the psychic connection between sun-sign astrology, Chinese astrology, and Native American totems. Learn about auras (energy fields around your body), chakras (energy points in your body), and how to balance, mind, body, and spirit. Instructor Ron Cain In-person classes: $10 textbook fee required at first class/Virtual class students: Students should have a regular deck of cards.

CEPER1720Win4 2/9/21 - 2/23/21
Tuesday
$55.00
Ron Cain 3 Sessions
7:00 PM - 9:00 PM Main Campus

DISCOVER THE TAROT
Unlock the mysteries of the Tarot, a centuries-old fortune-telling system. Learn how cards meant for game playing are used for divination and meditation. The Tarot’s Major Arcana consists of 22 cards signifying virtues, vices and elemental forces. The remaining 56 cards the Minor Arcana represent life events and are divided into four suits. Instructor Ron Cain will discuss the meaning of the suits, numbers, and symbols. Students will learn how to read the cards for friends, clients, and themselves. Several different layouts will be taught to provide the reader with different options for the client. Instructor Ron Cain In-class students: $10 textbook fee required at first class (Students should bring a Tarot deck or plan to chase one.) Virtual class students need a Rider-Waite Tarot deck.

CEPER1724Fall4 9/22/20 - 10/6/20
Tuesday
$55.00
Ron Cain 3 Sessions
7:00 PM - 9:00 PM Main Campus

*There is an additional fee for required texts. All texts are available at first class unless otherwise noted.
INTRODUCTION TO MEDITATION
What should you do if you see a ghost? How do you get rid of one? Here's your chance to study various types of ghosts and hauntings, including local spirits and haunts. Hear theories explaining ghostly phenomena and learn ghost-hunting techniques. Instructor Ron Cain sheds light on famous haunted houses and spooky places like the Amityville house, the Island of the Dolls, and the Bell Witch house. Ghostly tales from Hollywood and the White House will also be shared. Learn about ghosts from around the world, including Japanese ghosts (Yurei: faint or dim spirits, angry ghosts), Chinese ghosts (Jiangshi: hopping ghosts, hungry ghosts), ghosts of Mexico (La Llorona: Weeping Woman), Native American/Navajo ghosts (Chindi/Dust Devils), Jewish folklore spirits (Dybbuk), Romanian ghosts (Strigoi), and many others. Harbingers of doom are also discussed, such as Banshees and Fetches from Ireland and ghost ships like The Flying Dutchman as well as scary spirits like shadow people, succubi, and poltergeists. The origins of Bedsheet Ghosts and the Boogeyman in folktales like El Cuco are investigated. Be prepared to share your own ghost stories! Instructor Ron Cain

CERP0715Fall4 10/21/20
Wednesday 6:30 PM - 8:30 PM Thompson Road Campus
CERP0715v 11/12/20
Thursday 6:30 PM - 8:30 PM Virtual - Zoom
Virginia Waldron 1 Session

STRESS BUSTERS
This 4-session course is for anyone who is finding the stress and anxiety of our current challenging times overwhelming. It is for anyone who feels a need to live a calmer and more serene inner life. In each of the four classes we use a variety of techniques to enable participants to better understand the stresses they are dealing with, both internal and external, and more helpful and positive ways of coping so that they might engage with the world around them at a more comfortable and manageable pace. These techniques guide participants to create a deeper sense of inner calm, as well as tools that can be used on a daily basis making their way through our current times with ease and self-control. When our thoughts are slower, our mind more easily accesses useful information, and we can face life’s challenges more effectively order to live our lives as fully as we chose.

CERP0721Fall4 11/17/20
Tuesday $59.00
Angela D’Amico 1 Session
6:00 PM - 9:00 PM Main Campus

SAFELY USING ESSENTIAL OILS WITH DOGS
Essential oils for dogs can be used for calming fear, reducing anxiety, improving skin care, repelling pests in a non-toxic way, and for promoting general wellness. Still, not all oils are safe for dogs. Learn which oils to use and how to apply them safely. We will be using Young Living essential oils in class. Optional: You can order essential oils at www.essentialoilsbychris.com

CERP0002Fall4 10/21/20
Wednesday 6:30 PM - 8:30 PM Main Campus
CERP0002Fall4 10/21/20
Wednesday 6:30 PM - 8:30 PM Main Campus
CERP0002Win4 12/10/20
Wednesday 6:30 PM - 8:30 PM Virtual - Zoom
Chris Taylor 1 Session
**LIVING WITH A TIMID OR FEARFUL DOG**  
Help your dog be confident when he or she faces his fears. Living with a timid or fearful dog can be heartbreaking and frustrating. You can help. Learn many different ways to make your dog more calm and confident by discussing the triggers, behaviors and methods of calming to put together a plan to make both your lives easier.

- **CEPET003Fall4**  
  - 11/4/20
- **CEPET003Win4**  
  - 2/24/21
- **Wednesday**  
  - $45.00
- **Chris Taylor**  
  - 1 Session
- **6:00 PM - 8:00 PM**  
  - Main Campus

**NEW**

**RECREATION**

**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.

- **CEREC0210Fall4**  
  - 9/23/20 - 10/21/20
- **CEREC0210Win4**  
  - 1/20/21 - 2/17/20
- **Wednesday**  
  - $39.00
- **James Sharpe**  
  - 5 Sessions
- **U.S. Power Squadron**  
  - 6:00 PM - 8:00 PM
- **Main Campus**

**BEGINNER GOLF**
This program is designed to teach the beginner 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.

- **CEREC1410Fall4**  
  - 9/22/20 - 10/27/20
- **Tuesday**  
  - $65.00
- **Harold Sifer**  
  - 6 Sessions
- **7:00 PM - 8:30 PM**  
  - Thompson Rd. - Alt Building

**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.

- **CEREC0604Fall4**  
  - 9/30/20 - 10/21/20
- **CEREC0604Win4**  
  - 1/20/21 - 2/10/21
- **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.

- **CERC01280Fall4**  
  - 9/17/20 - 10/22/20
- **CERC01280Win4**  
  - 1/14/21 - 2/18/21
- **Thursday**  
  - $135.00
- **Walt Medicis Associates**  
  - 6 Sessions
- **7:00 PM - 8:30 PM**  
  - Thompson Rd. - Alt Building

**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.

- **CERC1283Fall4**  
  - 10/29/20 - 12/10/20
- **CERC1283Win4**  
  - 1/20/21 - 2/10/21
- **Wednesday**  
  - $75.00
- **Walt Medicis Associates**  
  - 4 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.

- **CERC1285Fall4**  
  - 10/14/20 - 11/4/20
- **CERC1285Win4**  
  - 1/20/21 - 2/10/21
- **Wednesday**  
  - $75.00
- **Walt Medicis Associates**  
  - 4 Sessions
- **7:00 PM - 8:30 PM**  
  - Thompson Rd. - Alt Building

**NEW**

**SWING DANCE**
Pop, rock, big band, oldies, country — no matter what type of music you like, you can dance the swing to it! Swing dance is fast and energetic and a great way to dance at many social events, parties and clubs. In this class, you will learn basic steps, turns and partnering to get you up and dancing to your favorite tunes. The most popular and widely used forms of swing dance are taught in this class. Partners recommended but not required. Fee is per person.

- **CERC1260Fall4**  
  - 9/16/20 - 10/7/20
- **Wednesday**  
  - $75.00
- **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.

- **CERC1261Fall4**  
  - 10/1/20 - 11/5/20
- **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 are 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.

- **CERC1000Fall4**  
  - 9/21/20 - 11/2/20
- **CERC1000Win4**  
  - 1/11/21 - 3/1/21
- **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

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

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<tr>
<th>Course Code</th>
<th>Description</th>
<th>Dates</th>
<th>Instructor</th>
<th>Frequency</th>
<th>Fee</th>
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<tbody>
<tr>
<td>CEREC1005Fall4</td>
<td>9/24/20 - 10/29/20</td>
<td>Linda Rudnick-Smith</td>
<td>8 Sessions</td>
<td>95.00</td>
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<tr>
<td>CEREC1005Win4</td>
<td>1/22/21 - 2/25/21</td>
<td>Clary Commons, IMPACT Martial Arts &amp; Fitness</td>
<td>6 Sessions</td>
<td>95.00</td>
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**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 Road, Mattydale.

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<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>CEREC1001Fall4</td>
<td>9/24/20 - 10/29/20</td>
<td>Jeffrey Bertolo of Salt City Karate</td>
<td>6 Sessions</td>
<td>95.00</td>
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<tr>
<td>CEREC1001Win4</td>
<td>1/21/21 - 2/25/21</td>
<td>Salt City Karate</td>
<td>6:45 PM - 7:45 PM</td>
<td>95.00</td>
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**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.

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<tr>
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<tr>
<td>CEWHS0048Fall4</td>
<td>9/15/20 - 11/17/20</td>
<td>Michael Smith</td>
<td>10 Sessions</td>
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<tr>
<td>CEWHS0048Win4</td>
<td>1/5/21 - 3/2/21</td>
<td>Cherry Rd Elem School</td>
<td>8 Sessions</td>
<td>95.00</td>
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<tr>
<td>CEREC1297Fall4</td>
<td>9/17/20 - 11/19/20</td>
<td>Michael Smith</td>
<td>10 Sessions</td>
<td>125.00</td>
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<tr>
<td>CEREC1297Win4</td>
<td>1/7/21 - 3/11/21</td>
<td>Main Campus</td>
<td>5:30 PM - 6:30 PM</td>
<td>95.00</td>
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**ACTIVE MAT YOGA**

Get moving and energy flowing with Yoga. This Yoga class combines Hatha Yoga and Yoga Flow. The class provides traditional yoga with an emphasis on back strengthening, posture alignment, and stress release. The challenging yoga routines will be instructed based on each individual needs to encourage personal health and well being. 

<table>
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<tr>
<td>CEWHS0056Fall4</td>
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<td>Linda Rudnick-Smith</td>
<td>8 Sessions</td>
<td>95.00</td>
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<tr>
<td>CEWHS0058Win4</td>
<td>1/7/21 - 3/4/21</td>
<td>Walberta Park School</td>
<td>5:15 PM - 6:15 PM</td>
<td>95.00</td>
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**BEGINNER/BASIC YOGA**

This class is for students who desire gentle movements and may or may not exercise. Students have the option of exercising in a chair or on the floor so they are comfortable with their own limitations and personal challenges. The class format includes yoga movements for flexibility and strengthening the body with breathing techniques for relaxation. Come participate and get healthier!

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<tr>
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<td>Linda Rudnick-Smith</td>
<td>8 Sessions</td>
<td>95.00</td>
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**AIR CONDITIONING & REFRIGERATION 1**

Gain information about this fast growing industry. Definitions, pressure-temperature relationships, theory of refrigeration cycle, various types of compressors, evaporators, condensers, water/air cooled, accessories, principles of thermodynamics and cycle controls will be covered. Text required, please read first three chapters prior to first class.

<table>
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<tr>
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<th>Instructor</th>
<th>Frequency</th>
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<tr>
<td>CEIND1400Fall4</td>
<td>9/10/20 - 10/13/20</td>
<td>Scott Tanner</td>
<td>10 Sessions</td>
<td>$209.00</td>
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<td>CEIND1400Win4</td>
<td>1/26/21 - 2/25/21</td>
<td>Main Campus</td>
<td>6:30 PM - 9:30 PM</td>
<td>$209.00</td>
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</table>

**AIR CONDITIONING & REFRIGERATION 2**

This next step includes the use and interpretation of basic symbols, voltages, and schematic diagrams. Review the refrigeration cycle and relevant technical electrical knowledge and terms. Trouble-shooting fundamentals of various 1-and 3-phase motors and compressors will also be covered. Includes some hands-on. Title required. Prerequisite: AC&R I or equivalent.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Dates</th>
<th>Instructor</th>
<th>Frequency</th>
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</tr>
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<tbody>
<tr>
<td>CEIND1402Fall4</td>
<td>10/20/20 - 11/19/20</td>
<td>Scott Tanner</td>
<td>10 Sessions</td>
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<td>CEIND1402Win4</td>
<td>3/4/21 - 4/6/21</td>
<td>Main Campus</td>
<td>6:30 PM - 9:30 PM</td>
<td>$209.00</td>
<td></td>
</tr>
</tbody>
</table>

[See full course descriptions and register online today at: www.ocmboces.org/adulted]
**AIR CONDITIONING & REFRIGERATION 3**
Here's your opportunity to gain hands-on experience by trouble-shooting line equipment and trainers, including heat pumps, air conditioners, electrical systems and various motor relay and control systems. Text required. Prerequisite: AC&R I/II or equivalent.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Instructor</th>
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<th>Days</th>
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<td>Scott Tanner</td>
<td>$209.00</td>
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<td>Main Campus</td>
</tr>
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</table>

**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.*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Instructor</th>
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<td>CEIND1420Win4</td>
<td>5/19/21 - 5/26/21</td>
<td>Scott Tanner</td>
<td>$209.00</td>
<td>Wednesday</td>
<td>Main Campus</td>
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</table>

**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, as well as 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. Text and calculator required.* Laptop computers are welcome for simulator labs.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
<th>Days</th>
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<tr>
<td>CEELE0702Fall4</td>
<td>9/14/20 - 10/19/20</td>
<td>Aaron Bellows</td>
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<td>1/11/21 - 2/17/21</td>
<td>Gordon McCaffer</td>
<td>$319.00</td>
<td>Tuesday/Thursday</td>
<td>Main Campus</td>
</tr>
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</table>

**BASIC ELECTRICITY 2**
Continue the work begun with Basic Electricity I, with discussion of RLC circuits, oscillators and power supplies, and using semiconductors, including diodes, PNP and NPN transistors. We will explore the use of oscilloscopes and function generators, in the Lab working with IC's to create and test various timing circuits and motor control. The class will also explore digital logic, micro controllers and PLCs as well as the programming languages and networks that connect them for process control in industry. Text required. Laptops welcome. Prerequisite: Basic Electricity I.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
<th>Days</th>
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<td>Michael Birdsall</td>
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<td></td>
<td>6:30 PM - 9:30 PM</td>
<td>Michael Birdsall</td>
<td>$199.00</td>
<td>Wednesday</td>
<td>Main Campus</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
<th>Days</th>
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<td>Gordon McCaffer</td>
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**RESIDENTIAL WIRING II**
This course covers the 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.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Instructor</th>
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<td>Gordon McCaffer</td>
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</table>

**WELDING I**
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.*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
<th>Days</th>
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**WELDING II**
Prerequisite: Welding I or equivalent experience.

<table>
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<th>Course Code</th>
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<td>Gordon McCaffer</td>
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<td>Main Campus</td>
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**WELDING III**
For the experienced welder. Prerequisite: Welding I/II or equivalent experience.

<table>
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<th>Course Code</th>
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<td>Gordon McCaffer</td>
<td>$195.00</td>
<td>Tuesday/Thursday</td>
<td>Main Campus</td>
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**WELDING TEST**
For more information, call 315-453-4600.

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<thead>
<tr>
<th>Course Code</th>
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<th>Instructor</th>
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<th>Days</th>
<th>Location</th>
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<td>3/10/21</td>
<td>Gordon McCaffer</td>
<td>$195.00</td>
<td>Wednesday</td>
<td>Main Campus</td>
</tr>
</tbody>
</table>

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

Students not accepted by the school and students who never begin the program are entitled to a full refund of all tuition and fees paid.

In the case of student withdrawal after the commencement of classes, the school shall retain $10.00 of the registration fee plus a percentage of tuition and fees, which are prorated on a day to day basis. The refund is based on the last date of recorded attendance. All refunds will be made within 30 days from the date of termination.

**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**

To withdraw from school after beginning attendance, student must notify program coordinator of 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.
- The student will be responsible for cost of supplies already issued or fees previously applied.
- 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.

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**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:** $8,791
- **Average Pell Grant:** $4,171
- **Student Loan:** $5,752

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 REFRUDS**

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

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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.
If you or any Ondondaga-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 Ondondaga-Cortland-Madison BOCES and the New York State Department of Labor in the case of a WIOA program.

For PN Students Only: PN may also sue directly to the Office of The Professions.

The appropriate addresses are (PN 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 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 has 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 Ewood Davis Road, Liverpool, NY (phone number 315-433-2681; e-mail jbutano@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).

Register online today at: www.ocmboces.org/adulted
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. 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.
EASY WAYS TO REGISTER:

ONLINE AT OCMBOCES.ORG
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
Please call 315-453-4455 to confirm registration hours.

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)
At the time this catalog goes to print, we are expecting to provide in-person instruction for our full-time training programs. If classes shift to any form of remote learning due to the pandemic, we will continue to provide students with the knowledge and hands-on skills they need to complete their certifications and be ready for the workplace.

LEARN MORE AT ONE OF OUR LIVE, VIRTUAL OPEN HOUSES:
EVERY THURSDAY AT 1:00 P.M.
VISIT OCMBOCES.ORG/OPENHOUSE TO REGISTER.

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.