Access
August-December 2004

Connecting the University and the Community

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LEARN SOMETHING NEW!

Kev Niam Txiv
Qhuab Qhia Tej
Tub Ntxhais Hluas
Kom Zoo: Qhov No Yog Rau Cov
Niam Txiv Hmoob thiab Tub Ntxhais Hmoob

Continuing Education and Extension

Learning in Retirement

UW-L

Supervisory Management Certificate Program

7Rivers
On the Upper Mississippi

Connecting the University and the Community
Parenting Teens for Success

Hmong parents, like parents everywhere, want their children to grow up to be happy and productive adults. They want their children to experience success in the world. Also, like most parents, Hmong parents find that the teen years can be the most challenging. In this workshop, Dr. Naw-Karl Mua, will help Hmong parents gain knowledge and skills to help them parent for success.

Dr. Muas was born and raised in Laos, became a refugee in Thailand in 1977, went to France in 1978, and came to America in 1985. He has a Master of Theology in Youth and Family from Luther Seminary, St. Paul, Minn. and a Doctor of Ministry in Marriage and Family from Bethel Theological Seminary, St. Paul, Minn.. He is currently the mission developer of Light of Life Lutheran Church in St. Paul. Mua was a recipient of the Bush Foundation's Leadership Award from 1994-96 and authored "Hmong Marriage in America - The Paradigm Shift for a Healthy Generation" in 2002. Mua is married and has four children, ranging in age from 11 to 18.

Sept. 18, 9 a.m. – 1 p.m.
Great Hall Cleary Alumni & Friends,
UW-La Crosse
No Fee to Attend
The U.S. Census Bureau estimates that 11 million teenagers go beyond normal adolescent rebellion to out-of-control or extreme behavior. Raising teenagers is hard work. But, there's help. Scott Sells, Ph.D., clinical director of the Savannah Family Institute and associate professor of social work at Savannah State University, provides parents and professionals with a step-by-step approach to teen behavioral problems. Sells’ six years of research has resulted in a book for parents, “Parenting your Out-of-Control Teenager,” and one for professionals, “Treating the Tough Adolescent.” His philosophy is that parenting power has been stripped. Empowering parents to take charge of their teen’s problems is being overlooked, while teens are overmedicated or placed in boot camps, hospitals or institutions. Sells professes that parents can heal themselves and their teenagers when given the right playbook and tools, a “love and limits approach.” His goal is to help professionals and parents reduce or eliminate severe behavior problems in teenagers and children through a step-by-step roadmap, while restoring love and limits.

Transforming the Difficult Adolescent: A Step-by-Step Approach to Restoring Love and Limits

Professionals will obtain step-by-step tools to stop parent abuse and acts of teen terrorism. The workshop first shows professionals concrete steps to build an ironclad contract to stop extreme behaviors of disrespect, ditching school, violence, alcohol or drug use, sexual promiscuity or suicide threats. The workshop also shows how to restore lost nurturance between parents and their teen, and how misbehavior is as much connected to a lack of structure as it is to a lack of love. This one-day workshop outlines the seven steps necessary to stop an out-of-control teenager. Videos and role-plays demonstrate how each step works and can be applied.

Sept. 27, 9 a.m. – 4 p.m.
Radisson Hotel West, Milwaukee
$99 - Registration on or before Aug. 25
$125 - Registration after Aug. 25
$75 – Student rate with copy of student I.D.
For more information: (608)785-6506

2004 Upper Extremity Symposium and Workshops

The 2004 Wisconsin Upper Extremity Symposium and Workshops is a professional development program for practicing clinicians. This examination, rehabilitation and techniques course can help improve your knowledge and skills in the treatment of orthopaedic and sports injuries. Five hours of hands-on workshop experience are included in this intensive course. The symposium features detailed lectures on anatomy, biomechanics, examination, and specific rehabilitation protocols and pathologies. A distinguished faculty of experienced orthopaedic surgeons, primary care providers, physical therapists, athletic trainers and clinical educators has gathered to share recent advances in the field.

Featured Speaker: George Davies, M.Ed, PT, SCS, ATC, CSCS.
For a detailed brochure or more information, call (608) 785-6509, visit www.uwlax.edu/conted or e-mail continuinged@uwlax.edu.

Nov. 12-13
La Crosse
Choose From Two Gerontology Certificate Programs

The Gerontology Certificate programs are designed to enhance the knowledge and skills of those who work with or would like to work with older adults. Workshops are collaboratively planned and taught by UW-L faculty and community professionals. Gerontology workshops are open to the public. You do not need to be enrolled in one of the certificate programs to take a workshop.

For a detailed brochure or more information, call (608) 785-6509, visit www.uwlax.edu/conted or e-mail continuinged@uwlax.edu.

NEW! Gerontology Certificate Program – 1 year program

The new Gerontology Certificate Program consists of 60 hours of core workshops covering a broad range of knowledge related to aging. Participants will be able to complete the program in approximately one year. Topics to be covered include:

- Foundations of Gerontology
- Social Issues of Aging
- The Psychology of Aging
- Drugs and Aging
- Physiology of Aging

Advanced Gerontology Certificate Program – 2 year program

The Advanced Gerontology Certificate Program is designed to give participants depth of knowledge through core workshops and allows for individual focus through elective workshops and work practicum. It will take approximately two years to complete all aspects of this certificate. The Advanced Gerontology Certificate has three components:

- 48 hours of required core workshops
- 52 hours of elective workshops
- 12-20 hours of work practicum

CORE WORKSHOPS

Foundations of Gerontology

In order to understand the aging experience, it is important to recognize the complexity of the aging process and the many issues affecting us as we age. The Foundations workshop will present an overview of the historical and social context of aging to give participants a common backdrop for dialogue. Participants will explore the myths and stereotypes of aging and examine the impact of ageism in our contemporary culture. Care giving, with an emphasis on family, will be discussed both from a personal and professional perspective. Experiential and interactive learning will be the focus of the class.

Instructor: Sara Sullivan, Ph.D., UW-L Department of Psychology, Coordinator, Gerontology Emphasis Program

Oct. 2, 23, 9 a.m.-4 p.m. • La Crosse

$100, certificate participants; $120, other participants

Drugs and Aging

As individuals age, there is an increased likelihood that they will be on one or more medications. This workshop will cover the current use of medications, drug interactions, adverse drug reactions and ineffective outcomes. Drugs commonly used for cardiovascular disease, gastrointestinal problems, diabetes and neurological diseases will be examined using case studies. Common medications used in pain management and psychotropic drugs will also be covered. Proper use of medication in the elderly will be emphasized.

Instructors: Linda Butterworth, GNP, is a geriatric nurse practitioner with Franciscan Skemp Health Care. She provides medical services to nursing home patients, teaches in-service programs, and has expertise in symptom control and pain management.

Thomas Loepfe, MD, is chair of the department of Geriatrics; medical director of nursing homes, hospice and home care; and director of the Alzheimer’s program at Franciscan Skemp Health Care. Loepfe completed a fellowship in geriatric medicine with the Mayo Graduate School of Medicine.

Oct. 6, 13, 20, 5:30-9:30 p.m. • La Crosse

$100, certificate participants; $120, other participants

Scholarships Available

Those who wish to participate in the Gerontology Certificate Program but are facing financial restrictions can apply for a scholarship to assist with program costs. If interested, call (608) 785-6508 and request a scholarship application form. Thanks to the following for establishing the scholarship: La Crosse Community Foundation, Norman L. Gillette, Sr. Family Fund, Franciscan Skemp Foundation, Franciscan Sisters of Perpetual Adoration and Gundersen Lutheran Community Contributions Fund.
ELECTIVE WORKSHOPS

Ethical Issues in the Care of the Elderly
Professionals who work with the elderly are often faced with ethical dilemmas that require thoughtful resolutions. This workshop will review the principles of ethics, identify ethical dilemmas faced by the elderly in the community and in nursing homes, discuss decision-making guidelines, consider legal issues that may impact the decision-making process, and examine the role of ethics consultation and ethics committees in resolving ethical dilemmas.

Instructor: Sandra Matson, M.A., R.N., C., has worked in long term care for 25 years. Currently working as a Quality Monitor with the Best Practices Team at Community Care Organization, she has a M.A. in Bioethics from the Medical College of Wisconsin and is a member of the Milwaukee County Department on Aging Family Care Ethics Committee and the Community Care Organization Ethics Committee.

Oct. 30, 9 a.m. – 1 p.m. • La Crosse
$60, certificate participants; $70, other participants

Balance and Aging: Strategies for Positive Interventions
In this workshop participants will learn what systems work together to create balance and how aging might affect these systems. The model of balance will be covered including how the vestibular, visual and somatosensory systems work together to maintain balance. Basic screening techniques for elderly populations will be explored as well as exercises and strategies to improve balance. Ideas that are derived from Tai Chi and other national safety initiatives will be discussed.

Instructor: Shari Borreson, PT, has a special interest in working with elderly patients with vestibular or neurological disorders. She is certified in Vestibular Rehabilitation by Susan Herdman and is a recent graduate of UW-L’s Gerontology Certificate Program. In addition to her practice, she assists in teaching at UW-L’s physical therapy program.

Sept. 24, 9 a.m. – 4 p.m. • La Crosse
$70, certificate participants; $80, other participants

Autism Spectrum Disorders Certificate Program
A certificate for educators and human service professionals

Now available for University Credit!
UW-L, in cooperation with Chileda, offers a certificate program in Autism Spectrum Disorders. Although considered a relatively uncommon disorder, the incidence of individuals with autism spectrum disorders is 10 times more prevalent than 10 years ago. The dramatic rise in the diagnosis of autism calls for additional educational opportunities for school personnel, human service providers and health care providers.

Individuals with autism share a common symptom cluster, yet each student’s personality, interests and responses to problems are influenced by the severity of the autism, intellectual ability, the impact of additional disabilities, inherited traits, family culture, and past educational and community experiences. The Autism Spectrum Disorders Certificate covers best teaching practices for communication, education, nutrition, medication, sensory stimulation and social issues.

The history of autism will be reviewed, common characteristics outlined and alternative treatments discussed.

The entire CEU program consists of 30 hours of workshops. University credit participants complete additional assignments.

Who will benefit?
Parents, teachers, paraprofessionals, speech pathologists, occupational therapists, psychologists, social workers, other educators or persons providing direct support or service to an individual with an autism spectrum disorder.

To receive notification of the next Autism Spectrum Disorders offering, please call (608)785-6508 to be placed on the mailing list. For information about credit offering call (608)785-6513.

(608)785-6500 • www.uwlax.edu/conted August-December 2004
Programs Address Health Issues

Health Education and Health Promotion programs address issues affecting the health of society. Many topics are drawn from major guidelines for the health of the state and nation, to include the Healthiest Wisconsin 2010 health initiative in Wisconsin and the national health framework, Healthy People 2010.

These important guidance systems document the need to address individually and collectively leading health indicators in lifestyle factors such as tobacco use, substance abuse, nutrition and physical activity and responsible sexual behavior. Additionally, they point to the need to address environmental quality, violence prevention, mental health issues, as well as access to quality health care.

For more information about available programs, or the opportunity to work in partnership for the development of educational activities that address special needs, contact Gary Gilmore, Ph.D., Community Health Program Director, at (608)785-8163 or gilmore.gary@uwlax.edu.

Communication and Leadership Strategies for Winning Community Support

In a time of ever-dwindling resources, the need to address sustainability for programs is a very high priority. Join educators, health and human service professionals, community-based professionals and others, as Anthony Cooper addresses the program components listed below.

Participants will:
• Discuss examples of ways that systems thinking can increase the likelihood of positive community organization results.
• Review the key elements of a community development project.
• Explore the value of active listening and team building.
• Review the metrics for justifying, monitoring and assessing the community support process.

The benefits of participation are that participants will:
• Obtain community development checklists for possible use in their own projects
• Review successful strategies used by others
• Receive a listing of metrics for possible use in their own projects
• Gain insight into how to justify community support needs to budget committees

Nov. 5, 8 a.m.-2 p.m.
257 Cartwright Center, UW-La Crosse
$79, .5 CEUs or 5 CECHs

It Takes All Types: Healthy Team Building and Conflict Management Strategies

Join Dr. Greg Filbeck as he facilitates this workshop that will enable educators, health and human service professionals, and other community-based professionals to learn practical skills in team building and conflict management. Dr. Filbeck has conducted workshops and seminars for regional, state and national audiences on topics ranging from team building to time management.

Using the highly regarded Myers-Briggs Type Indicator (MBTI), participants will gain insights into themselves and interpersonal issues which arise. Understanding personality differences is the first step in learning to work more effectively as a team. The workshop will address:
• Managing conflict
• Building effective teams
• Understanding group dynamics
• Recognizing synergies
• Dividing responsibility effectively
• Enhancing communication

Oct., 2, 8 a.m.-noon
Dale Conference Room, Franciscan Skemp Medical Center, La Crosse
$ 79, .4 CEUs or 4 CECHs

Community Health
Adolescent Health Symposium
Plan now for the 2005 Adolescent Health Symposium in Oshkosh. This jointly-planned program by UW-La Crosse and UW-Oshkosh has become an annual "must attend" event for teachers, counselors, community-based professionals and other practitioners who work with adolescent youth. Three tracks will be offered: health promotion; violence prevention and intervention; and nutrition and physical activity.

Feb 3, 8:30 a.m.-4:30 p.m.; Feb 4, 8:30 a.m.-noon
Pioneer Hotel, Oshkosh
.53-9 CECHs

Stress Management and Relaxation Skills
The workshop will provide an introduction to the detrimental effects of stress on an individual and the corresponding benefits of regular relaxation. This program will emphasize the basic skills of relaxation and will provide an experience that focuses on the practical application of stress management and relaxation skills in one's life. The program will be taught by Dr. Keely Rees, Community Health faculty member in the Department of Health Education and Health Promotion. The program is offered as a one-day noncredit experience on Oct. 8, 4-10 p.m., or as a two-day one-credit experience on Oct. 8, 4-10 p.m. and Oct. 9, 8 a.m.-5 p.m. The fee for the six-hour noncredit program is $79.

Oct. 8, 4-10 p.m.; Oct. 9, 8 a.m.-5 p.m.
Dale Conference Room, Franciscan Skemp Medical Center, La Crosse
Tuition, .6 CEUs or 6 CECHs or 1 credit (UG/GRAD)

Experiential Learning Strategies for Health Education
After participating in five or more program sessions at the WAHPERD Convention, participants will develop a focused application project that portrays how a concept, idea, theory or practical teaching technique can be applied to a current or future professional setting. Professionals or professionals-to-be in health education, physical education, recreation, dance, athletics or like disciplines can develop projects that can be included in a school curriculum, part of a community health program or a unique way to use computer programs in health enhancement, as examples. Dr. Marcie Wycoff-Horn, School Health faculty member in the Department of Health Education and Health Promotion, will facilitate this unique opportunity for practical applications of insights and ideas from the conference. One undergraduate or graduate credit will be available for those participating in the 2004 WAHPERD Convention in Janesville, Wis.

Oct. 28, 8:30 a.m.-4 p.m.; Oct. 29, 8 a.m.-4:30 p.m.
Janesville
Tuition, 1 credit (UG/GRAD)

Mark your calendar!
2005 Violence Intervention and Prevention (VIP) Institute
This is the Fifth Violence Intervention and Prevention (VIP) Institute with a focus on youth and families, to be held on the campus of the University of Wisconsin-La Crosse. Dr. Robert Brooks will be the evening keynote presenter addressing “The Power of Mindsets: Stemming the Tide of Violence in Our Society.” Next summer, community and school professionals from throughout the nation will gather in La Crosse at the 2005 VIP Institute. This highly regarded event provides an opportunity for educators, health and human service professionals, community action leaders, law enforcement professionals, counselors, shelter workers and others who are concerned about the impact of violence in our society to come together to receive major updates, build new skills and network. Participants will:

- Review the range of factors that serve as actual and potential contributors to violence among youth and within families;
- Explore, experience and evaluate violence intervention and prevention strategies that have positive impacts;
- Develop skills related to violence intervention and prevention; identify major barriers that could interfere with intervention and prevention efforts;
- Identify local, regional and national resources that support violence prevention;
- Identify elements of successful coalition building.

Multiple forms of credit will be available.

June 15, 4 p.m.-9 p.m.;
June 16, 8 a.m.-5 p.m.
Cleary and Health Science Center,
UW-La Crosse
$199, 1.4 CEUs; $219, 14 CECHs

(608)785-6500 • www.uwlax.edu/conted

August-December 2004
Health Professionals/Teacher Education

Teacher quality is the key

UW-L Continuing Education offers workshops, conferences and credit courses that stimulate new ideas and educational practices to meet the needs of both individual educators and school districts. Whether you are looking to renew your teacher license and certification or receive additional training, we can provide you with the programs you need. Here are a few of the ways we can assist you:

- Curriculum development in writing, math, reading, science, social studies or community building
- Exceptional education
- Human growth and development
- Research
- Standards and assessment
- Technology
- School district management
- On-site professional development

For more information: (608)785-6512

Karen Hansen
Credit Program and Learning Community Resource Library Coordinator
Although Karen Hansen is relatively new as Credit Program and Learning Community Resource Library Coordinator she is not new to the UW-La Crosse campus. She worked in the Admissions office for seven years before her transfer to CEE as a Noncredit Program Coordinator in 1998. In that role Karen primarily worked with pre-college programs and the Gerontology and Autism certificate programs. Currently she coordinates the scheduling and registration of credit courses for educators and the ME-PD Learning Community Resource Library.

If you are interested in enrolling for credit courses, contact Karen at (608)785-6513 or hansen.kare@uwlax.edu.

Online Course:
Instructional Technology: Technology Applications in the Classroom

The course aims to provide students with skills in computer hardware and software and integration of the technologies into teaching and learning. Students will learn about word processing, spreadsheets, database, and multimedia and web design. This is an online program using Desire2Learn (D2L).

- Sept. 7 – Dec. 15
- Tuition, 3 credits (UG/Grad)

Educational Psychology: Human Development

This course explores human development with an emphasis on issues which are relevant to establishing effective conditions for successful learning in school contexts. Major topics include developmental theories and issues, and cognitive, language and social-emotional development. In addition, individual differences, multiple influences on developmental processes, multicultural and gender issues and the role of early experiences are examined.

- Sept. 9–Dec. 9, 5:30-8:15 p.m.
- Hillsboro High School, Hillsboro
- Tuition, 3 credits (GRAD)

To register or for more information:
Classroom Management: Teaching Responsible Behavior
The course will examine contrasting styles of classroom management based on democratic or authoritarian leadership, non-coercive or coercive strategies, discipline or punishment and restitution or teacher determined consequences. Emphasis is on promoting responsible behavior to create positive classroom climates by developing a non-coercive style based on principles developed by William Glasser.

- Oct. 8, 29, Nov. 19, Fridays 4:30-10 p.m.;
- Oct. 9, 30, Nov. 20, Saturdays, 8 a.m.-5:30 p.m.
- Eagle Bluffs Elementary School, Onalaska
- Tuition, 3 credits (UG/Grad)

Understanding Your Gifted Child at Home and at School
Gifted students have vast differences and needs that most people do not understand. In a humorous and practical session, parents are guided toward interpreting the pattern of abilities and strengths of their gifted child. Ideas are shared to effectively help children develop their talents while encouraging their high potentials.

Dr. Bertie Kongore is a national consultant who has worked with students, their teachers and their parents for over 30 years. Recognized for her humorous and practical presentations, her energetic sessions leave teachers revitalized and eager to implement her shared ideas and learning experiences in their own classrooms.

- Nov. 22, 6:30-8 p.m.
- Great Hall, Cleary Center, UW-La Crosse
- $10, includes handouts and refreshments

Differentiation and Assessment that Work without Overworking
Research documents which elements of classroom instruction and assessment effectively increase student achievement. This session translates that research into techniques and learning experiences that are both realistic and practical for teachers. The goal is to promote students’ achievement without overworking teachers.

- Nov. 23, 9 a.m.-3 p.m.
- Great Hall, Cleary Center, UW-La Crosse
- $85, includes instructional materials, lunch and refreshments

Substitute Teachers Workshop
This workshop is designed to provide critical information for potential substitute teachers. Participants must currently possess a bachelor’s degree to be eligible for a substitute teaching permit issued by the Wisconsin Department of Public Instruction. Topics will include:

- Applicable state laws for classroom teachers
- Classroom management techniques
- Lesson planning
- Techniques for delivery of instruction
- “Survival” techniques
- Tips for communication within the school district

The workshop will provide opportunities to practice techniques used by successful teachers. Educators who have had many successful years in PK-12 teaching and administration will provide the instruction.

- Oct. 16, 8 a.m.-4 p.m.
- 165 Morris Hall, UW-La Crosse
- $55, includes breaks and materials; lunch on your own

Becoming an Authentic Teacher: Leading with Soul
Participants will reflect on why they chose to become a teacher, describe what is most important to them about teaching and identify the unique gifts they bring to their teaching. Examine writings of William Glasser and other educators to define what authentic teaching is and describe the outcomes expected. Examine specific changes in classroom strategies and interaction which are required to progress toward becoming an authentic teacher.

- Nov. 12-Dec. 3, Fridays, 4-9:30 p.m.;
- Nov. 13, Dec. 4, Saturdays, 8 a.m.-5:30 p.m.
- Trempealeau Elementary School, Trempealeau
- Tuition, 2 credits (UG/Grad)

Assessment and Instruction of Students with Reading Difficulties
Examination of factors associated with developmental delays and reading disabilities, fundamental principles of reading assessment and instructional interventions for K-12 at-risk readers. Field experience in tutoring an at-risk reader.

- Sept. 9 - Dec. 16, Thursdays 4:30-7 p.m.
- Distance Ed. Classroom,
  Black River Falls High School
- Distance Ed. Classroom, Viroqua High School
- Tuition, 3 credits (GRAD)
Learning Community offers professional growth for educators

The Master of Education-Professional Development (ME-PD) Learning Community program is designed for school professionals, educators or others who want to develop education competencies for professional growth.

During the first year of the program, participants develop learning standards focused on the contemporary needs of elementary and secondary classrooms. During the second year, growth and improvement plans are written for each of these standards.

The Learning Community program is offered during the academic year in various locations throughout the state. Courses begin each fall and spring semester. Students come together as a community one weekend each month for two years (summers excluded). This integrated approach to learning includes 30 credits that equal 480 hours of weekend courses and time within the classroom, school or work setting. Students complete a four semester spiraled curriculum and a graduate capstone project, which serves as their culminating activity.

Fall 2004 Learning Community sites include:
- Bangor
- Madison
- Clayton
- Merrill area
- Hartford
- New Berlin

It’s not too late to enroll! For more information, admission materials or questions, call toll-free 1-866-895-9233 or e-mail at lc@uwlax.edu. If you are interested in having a Learning Community in your area, call and let us know!

Reasons you should consider getting UW-L’s ME-PD:
- Weekend formats: one weekend a month, Saturday 8 a.m.-4:30 p.m. and Sunday 8 a.m.-3:30 p.m. in a school district near you.
- Development of a portfolio that can be tied to your district’s goals and your professional development plan.
- Complete your degree in two years – four semesters... no weekend meetings during the summer.
- Interactive and practical learning formats which will be immediately applicable to your work setting and tied to your district’s goals.
- Accredited state university.
- Financial aid available.

Susan Larkin
Learning Community Program Coordinator

For more than five years Susan Larkin has been working for CEE coordinating administrative support for the ME-PD Learning Community Program. She is a key contact for prospective students inquiring about the graduate program and a point person for facilitator support. Susan has strengthened communications and provided a resource link to students at off-campus locations throughout the state and UW-La Crosse.

If you are interested in enrolling in the ME-PD Learning Community program, contact Susan at (608)785-6507 or larkin.susa@uwlax.edu.
Fall 2004 Distance Education Credit Courses

Join students at other state locations using interactive TV networks that connect students and faculty at various sites. The following courses are offered by or received by UW-L. For more information about the courses or to register, contact Records and Registration at (608)785-8951. Look for other distance education courses in the UW System at www.uwex.edu/disted/catalog.

CHI 101 Elementary Chinese I
Mondays-Thursdays, 8:50-9:45 a.m.
Origination site: UW-La Crosse
Receive sites: UW-Platteville, UW-Stevens Point

CHI 201 Intermediate Chinese I
Mondays-Thursdays, 9:55-10:50 a.m.
Origination site: UW-La Crosse
Receive site: UW-Stevens Point

MLG 101 Elementary Japanese I
Mondays-Thursdays, 11:05 a.m.-Noon
Origination site: UW-River Falls
Receive site: UW-La Crosse

MLG 201 Intermediate Japanese II
Mondays-Wednesdays and Fridays,
11:05 a.m.-Noon
Origination site: UW-River Falls
Receive site: UW-La Crosse

MLG 101 Elementary Arabic I
Mondays-Fridays, 9-9:50 a.m.
Origination site: UW-Whitewater
Receive site: UW-La Crosse, UW-River Falls

RUS 101 Elementary Russian I
Mondays-Wednesdays and Friday,
12-12:55 p.m.
Origination site: UW-La Crosse
Receive site: UW-Oshkosh,
UW-Stevens Point

RUS 201 Intermediate Russian I
Mondays-Thursdays, 1-1:55 p.m.
Origination site: UW-La Crosse
Receive site: UW-Oshkosh,
UW-Stevens Point

PSY 710 Ed Psychology Human Development
See page 8 for description
Thursdays, 5:50-8:15 p.m.
Origination Site: UW-La Crosse
Receive site: TBA

RDG 730 Assessment and Instruction of Students with Reading Difficulties
See page 9 for description
Thursdays, 4:30-7 p.m.
Origination site: UW-La Crosse
Receive site: Black River Falls, Viroqua

MBA Foundation and Elective Courses
The Master of Business Administration degree (MBA) is an evening program. It enhances its flexibility by offering the foundation requirements, and some electives and core courses, via the Internet.

Completion of the program’s foundation (required of applicants whose undergraduate degrees are not in business areas) is accelerated through shortened courses conducted online. This approach allows students to complete the courses anywhere they have Internet access — home, office, wherever.

Program electives and a core requirement are also offered online. The program offers a wide variety of elective courses through Internet partnerships with other University of Wisconsin business programs.

Information about the MBA program and the Internet courses below can be accessed at www.uwlax.edu/ba/graduate. For more information and registration, contact the College of Business Administration at (608)785-8090

ACC 703 Accounting for Business Decisions
ACC 704 Accounting for Management Decisions
BUS 700 001 Marketing Agreements & Emerging Markets
BUS 700 002 Project Management
BUS 700 003 Securing Company Information
BUS 700 004 Enterprise Resource Planning System
BUS 700 005 Portfolio Construction & Management
BUS 760 Global Management
ECO 703 Foundations of Microeconomics
ECO 704 Foundations of Macroeconomics
FIN 701 Foundations of Managerial Finance
MKT 700 Marketing Principles
MGT 702 Operations Foundation
MGT 703 Organizational Behavior

Custom Programs
Continuing Education and Extension’s (CEE) custom programs are dedicated to providing the finest professional development opportunities for nonprofit, business, government and other organizations throughout the Seven Rivers Region. Our custom programs are designed to support strategic organizational objectives as well as to meet specific skill development needs of the work force.

Our staff will work directly with you to assess needs, identify educational resources, coordinate the delivery of programs and services and ensure your satisfaction.

Our programs can be offered on campus, at your workplace, at other locations or through distance education technology. Delivery can be scheduled for days, evenings or weekends.

Use CEE’s custom programs as an alternative or supplement to your own in-house training.

**BENEFITS**
- You determine when, where and what
- You select the participants
- Your employees learn together as a staff/team
- Everyone receives the same information at the same time
- Skills learned one day are put to use the next
- You achieve across-the-board results
- Customized programming is cost-effective

Contact us at (608)785-6502 to determine how we can work with you.
Small Business Seminars

Financial Basics for Business
Financial statements can help you make crucial decisions for your business. This three-hour workshop provides an introduction to three basic financial statements used by business owners: income statement, cash flow statement, and the balance sheet. Not only will you learn how to read these financial statements, you will also learn how to use them for better management control.

Oct. 21, Dec. 9, 9 a.m.-noon
Cleary Center, UW-La Crosse
$25

Marketing Basics for Business
Understanding marketing is a crucial step in getting your business off the ground and running. Determining target markets, analyzing the competition, building your promotion calendars and evaluating your marketing will help keep your business on the right path. Begin to plan your marketing efforts.

Nov. 2, 9 a.m.-noon
Cleary Center, UW-La Crosse
$25

Entrepreneurial Training Course
Whether just starting or expanding business services, an entrepreneur who wants to be successful in today’s economy has a plan. A well-conceived business plan is critical to your success and often necessary for obtaining financing. The Entrepreneurial Training course will guide you through the development of your business plan which, when complete, will position you for applying for funding from banks and public institutions, including the Wisconsin Department of Commerce.

In La Crosse
Sept. 14-Nov. 16,
Tuesdays, 6-9 p.m.
Room TBA, Wimberly Hall,
UW-La Crosse

Juneau and Monroe County area:
Location to be determined by participants
Sept. 20-Nov. 22,
Mondays, 6-9 p.m.

The First Steps to Starting Your Business
The Small Business Development Center offers a class for new entrepreneurs. In a small group setting, you will review the basics of going into business and identifying your next steps. Instruction time is three hours, including time for questions and answers. Fee is $25.

Sept. 28, Oct. 26, Nov. 23, Dec. 15, Jan. 25, 9 a.m. – noon
120 Wimberly Hall,
UW-La Crosse

Economic Indicators: An Update for the 7 Rivers Region
State Bank of La Crosse, in collaboration with the University of Wisconsin-La Crosse and the La Crosse Tribune, is continuing sponsorship of this focus on our nine-county region. These programs continuously build on a base of information and provide decision makers with valuable tools for strategic planning. Our focus this fall will be on healthcare as an economic driver and its impact on the region as an industry.

Sept. 15, breakfast at 7 a.m., program 7-9 a.m.
Strzelczyk Great Hall, Cleary Alumni & Friends Center,
UW-La Crosse
$15
Managers from throughout Wisconsin have participated in this series over the past 20 years. Concerned about doing their jobs well, managers look to our seminars for practical discussions about issues which face work groups in every business setting.

The seminars in this series are your opportunity to determine how well you manage people, learn new skills, and meet other managers from your area. Our small group settings provide opportunities for you to work with other participants on case studies and practical exercises.

Certificate requirements:
- Completion of Supervisory Management 1, 2 and 3
- Completion of three specialized management courses
- Five years are allowed to complete certificate requirements

You may register for any seminar without participating in the certificate program. For complete details on registration and program content, call 1 (800) 582-5182 or (608) 785-8783. Fees are $425 per seminar which includes instruction, materials, lunch and refreshments. Some discounts may apply.

CORE SEMINARS

Supervisory Management 1
First-line managers need good leadership skills. Topics include the transition to management, analyzing leadership styles, motivating employee performance and discipline and work rules. Supervisory Management 1 is an excellent introduction for new managers facing the challenges of leading a work group.

Oct. 12-13, 8:30 a.m.-4 p.m.
Cleary Alumni and Friends Center, UW-La Crosse

Supervisory Management 2
Supervisory Management 2 concentrates on four critical management concerns: (1) orienting people to your work unit; (2) understanding your communication behaviors; (3) managing time; and (4) using delegation as a development tool. We build on the leadership skills learned in the first seminar and focus on maintaining a productive work group.

Dec. 7-8, 8:30 a.m.-4 p.m.
Cleary Alumni and Friends Center, UW-La Crosse

Supervisory Management 3
Communicating clear, specific expectations to your people is critical to operational effectiveness. Giving feedback during day-to-day coaching sessions as well as during formal performance reviews is an essential skill. We discuss why there is resistance to performance assessment, how to establish job expectations and how to conduct coaching sessions.

Jan. 10-11, 8:30 a.m.-4 p.m.
Cleary Alumni and Friends Center, UW-La Crosse

Maximizing Performance
This seminar focuses on creating an environment for excellence, identifying what you are really rewarding, fine-tuning your coaching and goal-setting techniques, diagnosing performance problems, turning around undesirable behaviors, and rewarding desirable behaviors.

Nov. 9-10, 8:30 a.m.-4 p.m.
Cleary Alumni and Friends Center, UW-La Crosse

ELECTIVE SEMINARS

Managing Differences
Whether their differences are as apparent as age or gender, or as transparent as expertise, our workforce is a complex mix of people. You assess your adaptation to difference and learn approaches to managing different people. We discuss barriers to productivity, communication, and work satisfaction which can be created by gender and cultural differences. You learn techniques to overcome barriers and to help all employees thrive.

Sept. 29-30, 8:30 a.m.-4 p.m.
Cleary Alumni and Friends Center, UW-La Crosse

Business over Breakfast Series
Business owners and managers meet to discuss topics ranging from team building to increasing sales to performance appraisals. This series is cosponsored by the La Crosse Area Chamber of Commerce, Downtown Mainstreet Inc., SCORE, the Extended Education and Training Division of WWTC, and UW-L's Small Business Development Center for business people in the 7 Rivers Region. The series is held from 7:30-8:30 a.m. monthly, every fourth Wednesday at the Chamber, 712 Main St., La Crosse. Cost is $5 per session. For more information and the complete schedule, visit the SBDC Web site at www.uwlax.edu/sbdc.

FALL 2004 SCHEDULE
Sept. Health Care Savings
Oct. Cost of Intolerance
Nov. Leadership
Jan. Increasing Business Value
Feb. Motivating Your Employees
March Customer Service
April Interviewing
May Hiring the Older Worker
Learning in Retirement

Retired?
Then it’s time to explore new fields or revisit earlier learning. Learning in Retirement gives you that opportunity.

What is Learning in Retirement (LIR)?
In 1994 Continuing Education and Extension established Learning in Retirement, a non-profit local affiliate of Elderhostel. LIR is a learning community established to help meet the wide range of interests of the area’s growing retired population.

Membership
All can become members of Learning in Retirement and participate in diverse learning activities. Current members come from a wide range of experiences and backgrounds. There are no educational prerequisites, age limitations, exams or grades. Members share one essential attribute: the belief that learning is lifelong. Here’s how membership works:

• Annual membership is nominal. Members can attend any of the courses offered for a small registration fee, although restrictions on class size may apply.
• Membership begins July 1, but prospective members may enroll at any time. Membership entitles each member to free campus parking when attending a LIR event, a UW-L library card and UW-L Bookstore discounts.
• There are no prerequisites.
• There are no fees for Travel Talks, Cabin Fever Series and Summer Series.
• You may attend one complimentary class session before joining LIR by calling and notifying us of the class you wish to attend. We’ll prepare a nametag and a parking permit for you.

For a detailed itinerary:
Jan Olson, UW-L Continuing Education/Extension, (608) 785-6506, olson.jani@uwlax.edu
Or, Burt and Norma Altman, (608) 788-0424, altman3131@aol.com

Top 5 reasons to join LIR:
5. To become part of a UW-L organization created specifically to meet the lifelong educational interests and needs of mature adults.
4. To share with other LIR members what you have learned and experienced during your life.
3. To enjoy the special learning opportunities available in a friendly, stimulating atmosphere.
2. To have social interaction with other LIR members.
1. To have fun!

Tour Vietnam – 30 Years since the End of the War
All inclusive 17-day tour departing from La Crosse
Revisit Vietnam’s Historical and Colonial Past
Visit the “War Years” – DMZ, China Beach, Mekong Delta and other War Sites. Included in the Tour:
• Round trip airfare departing from La Crosse
• Two days in Bangkok, Thailand
• Air, land and sea travel in Vietnam
• Transfers and baggage handling
• Meals
• Lodging at 5-star hotels
• Many more interesting and unique features!

For a detailed itinerary:
Jan Olson, UW-L Continuing Education/Extension, (608) 785-6506, olson.jani@uwlax.edu
Or, Burt and Norma Altman, (608) 788-0424, altman3131@aol.com

Sponsored by Learning in Retirement, an affiliate of Elderhostel
LIR courses
Classes, offered in fall and spring, typically meet for two hours, one day a week for three to five weeks. Most classes are offered in the mornings or afternoons during the week. LIR instructors are a mix of university professors, graduate students, LIR and community members – all willing to volunteer by sharing their expertise.

Courses are offered in a format allowing lively interaction between instructor and members. Some topics are covered in a single session, while others are explored through a series of related sessions. Topics are selected from membership suggestions. Examples of topics have included: conversational foreign languages, drawing, art and music appreciation, religion, philosophy, computer use, financial planning, history, geography, the natural environment, genealogy and the political climate. The topics represent the diversity and interests of the members. The LIR Curriculum Committee invites members to submit suggestions for courses and names of instructors.

Planned 2004 fall classes include:
- Campaign 2004
- Reading Mysteries
- Talk to the Press
- Death and Dying
- Interior Design
- Behind the Scenes with Public Services

Upcoming courses are announced in a quarterly newsletter sent to all members. LIR also has a variety of social activities and ongoing informal courses and discussion groups:
- Travel Talks
- Cabin Fever Series (Presentations on topics of current interest)
- Summer Series
- Welcome Back Social

Tours and field trips may be scheduled as well. Activities are in handicapped accessible locations whenever possible.

How to become a LIR member
To request a membership form or inquire about membership, or if you have questions or want to attend a complimentary class session, contact UW-L Continuing Education and Extension at (608)785-6506 or continuinged@uwlex.edu.

Adult Water Exercise
Exercise at your own fitness level with this popular conditioning program. Classes begin with a stretching warm-up and continue with aerobic exercises and strength and flexibility activities. Cool down relaxers conclude the hour. Adults of all ages welcome.

Session I
Sept. 13-Dec. 15, 8:45-9:45 a.m.,
Mondays, Wednesdays and Fridays
Wittich Hall pool, UW-L
$85; plus $10 parking fee

Session II
Sept. 13-Dec. 15, 6-7 p.m.,
Mondays-Thursdays
Wittich Hall pool, UW-L
$65, two nights per week; $85, three nights per week

For more information or to register: (608)785-6529

Fishing the Fall Frenzy
Join Bob Bott of TGIF Outfitters as he reveals hot tactics and locations for taking advantage of fall run walleyes, big bass and nasty northern pike. Classes include one classroom teaching session and three on-the-water fishing nights. Isn’t it time you catch fish when you go fishing?

Sept. 6 & 8, 8 p.m.
230 Morris Hall, UW-La Crosse
Sept. 7, 14, 21, 5 p.m.-dusk
On-the-water, La Crosse
$45
Instant Piano for Hopelessly Busy People

Learning to play the piano need not be a tortuous regimen of scales, exercises, note reading, counting and theory. It can be a simple matter of taking a few hours to learn how to play the piano the way the pros do—with chords—in this lecture/demonstration style class.

You will learn to play several songs right in class and then perfect your techniques at home by following the 60 minute tape provided. This beginning course in chord piano techniques that will have you playing all of your favorite songs with both hands after this session. Ability to read the treble clef recommended.

Topics include: how chords work in a song; musician’s “shortcuts”; how to “speed read” sheet music; how to handle different keys and time signatures; simple techniques of “counting”; how to substitute for 12,000 complex chords.

Craig Coffman, is in his 10th year of teaching this class and has personally taught over 8,000 students. For more information visit www.pianofun.com

Randall Kennedy (Lecture)
Oct. 13, 7 p.m.
Valhalla, Cartwright Center-Gunning Addition

The Music Man
Oct. 15, 16, 20-23, 7:30 p.m.;
Oct. 17, 24, 2 p.m.
Valhalla, Cartwright Center-Gunning Addition

Chamber Orchestra
Oct. 17, 2 p.m.
Valhalla, Cartwright Center-Gunning Addition

Pat McCurdy (Homecoming)
Oct. 23, 8 p.m.
Valhalla, Cartwright Center-Gunning Addition

Reunion Concert
2000 Chamber Symphony European Tour
Oct. 24, 3:30 p.m.
Valhalla, Cartwright Center-Gunning Addition

Fall Jazz Concert
Oct. 26, 7:30 p.m.
Valhalla, Cartwright Center-Gunning Addition

Shattered Red (Rock band)
Oct. 28, 8 p.m.
Valhalla, Cartwright Center

Landscape: Paintings from Groveland
Gallery, Minneapolis
Oct. 28-30
University Art Gallery, Center for the Arts

Tongue of a Bird
Nov. 12-13, 18-20, 7:30 p.m.;
Nov. 14, 21, 2 p.m.
Toland Theatre, Center for the Arts

Symphony Orchestra Concert
Nov. 14, 3 p.m.
Site to be announced

Wind Symphony Concert
Nov. 21, 1 & 3 p.m.
Annett Recital Hall, Center for the Arts

Vicky Emerson (Piano Soloist)
Dec. 1, 7 p.m.
Valhalla, Cartwright Center-Gunning Addition

Senior Student Exhibition
Dec. 2-15
University Art Gallery, Center for the Arts

Swaying Yuletide
Dec. 3, 7 p.m.
Valhalla, Cartwright Center-Gunning Addition

Choral Union
Dec. 5, 7:30 p.m.
Cathedral of St. Joseph the Workman
530 Main, La Crosse

The Rise and Rise of Daniel Rocket
Dec. 8-11, 7:30 p.m.; Dec. 12, 2 p.m.
Frederick Theatre, Thomas Morris Hall

Festival of Carols
Dec. 10, 11, 7:30 p.m.
Toland Theatre, Center for the Arts

For more information, contact the University Art Gallery at (608) 785-8237, the Department of Music at (608) 785-8409, or the Theatre Box Office at (608) 785-8522.