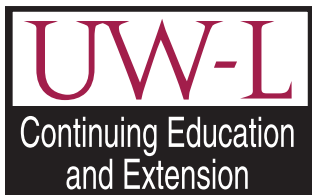


Access

August-December 2004



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

Connecting the University and
the Community

LEARN SOMETHING NEW!

BUSINESS DEVELOPMENT

Business over Breakfast Series13
 Economic Indicators12
 Entrepreneurial Training Course12
 Small Business Seminars12
 Supervisory Management Certificate Program13
 The First Steps to Starting Your Business12

CALENDAR OF EVENTS16

COMMUNITY HEALTH

Adolescent Health Symposium.....7
 Communication and Leadership Strategies6
 Experiential Learning Strategies for Health Education7
 Team Building and Conflict Management6
 Stress Management and Relaxation Skills.....7
 Violence Intervention and Prevention (VIP) Institute7

CUSTOM PROGRAMS11

DISTANCE EDUCATION.....11

HEALTH PROFESSIONALS

2004 Upper Extremity Symposium and Workshops.....3

HUMAN SERVICES

Autism Spectrum Disorders Certificate Program5
 Gerontology Certificate Programs.....4
 Parenting Teens for Success2
 Transforming the Difficult Adolescent 3

LEARNING IN RETIREMENT

Fall Classes15
 Vietnam Tour.....14

LEISURE

Adult Water Exercise15
 Fishing the Fall Frenzy15
 Instant Piano16

TEACHER EDUCATION

Assessment and Instruction of Students with Reading Difficulties ..9
 Becoming an Authentic Teacher9
 Classroom Management.....9
 Differentiation and Assessment that Work without Overworking9
 Ed Psychology Human Development..8
 Instructional Technology8
 ME-PD Learning Community10
 Substitute Teachers Workshop.....9
 Understanding Your Gifted Child at Home and at School.....9

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

Cov niam txiv Hmoob, ib yam li lwm cov niam txiv nyob txhua qhov chaw, xav kom peb cov menyuam loj hlob muaj kev zoo siab thiab ua tau tus neeg laus zoo. Peb xav kom peb cov menyuam muaj kev vam meej nyob hauv lub ntiaj teb no. Thiab, ib yam li txhua tus niam txiv, cov niam txiv Hmoob los pom tau tias lub sij hawm tej tub ntxhais loj hlob lawm yog ib qho uas muaj ntau yam tshwm sim. Nyob ntawm lub rooj txhawb no, Dr. Naw-Karl Mua (Nom Kos Muas), yuav nthuav pab rau cov niam txiv Hmoob txog kev qhuab qhia tej me tub menyuam kom zoo.

Dr. Muas yug thiab loj hlob nyob rau teb chaws Los Tsuas, ua tib neeg thoj nam tawm grog nyob rau Thaib Teb xyoo 1977; tuaj rau Fab Kis teb xyoo 1978; thiab los nyob rau teb chaws Asmesliska no xyoo 1985. Nws tau txais daim ntawv qib siab Master of Theology in Youth and Family nyob rau lub Luther Seminary, St. Paul, Minn. thiab tau nws daim Doctor of Ministry in Marriage and Family ntawm lub Bethel Theological Seminary, St. Paul, Minn. Tam sim no nws yog tus mission developer of Light of Life Lutheran Church nyob St. Paul. Dr. Muas tau txais daim ntawv qhuas los ntawm Bush Foundation's Leadership xyoo 1994-96 thiab tau tsim sau qhov ntau ntawv "Hmong Marriage in America – The Paradigm Shift for a Healthy Generation" xyoo 2002. Dr. Muas nrog nws poj niam muaj 4 tug menyuam, hnuv nyoog 11-18 xyoo.

Lub 9 hli ntuj tim 18, 2004, 9:00 teev sawv ntxov mus txog 1:00 tsaus ntuj
Great Hall Cleary Alumni and Friends Center, UW-La Crosse
Tuaj koom dawb xwb

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.



Mua 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

Access is published each August and January to inform and educate La Crosse area residents about lifelong learning opportunities at UW-La Crosse.

For more information, contact:

UW-La Crosse
Continuing Education and Extension
205 Morris Hall
1725 State St.
La Crosse, WI 54601
Phone: (608)785-6500
Fax: (608)785-6547
E-mail: continuinged@uwlax.edu
Web site: www.uwlax.edu/conted

Editorial Staff:

Editor: Brad Quarberg, University Relations
Art Director: Florence Aliesch, University Relations
Writers: Tracy Noyes, Continuing Education and Extension

Continuing Education and Extension Staff:

M. Donald Campbell, Director
Christina Trombley, Business Development
Gary D. Gilmore, Community Health
Penny Tiedt, Conferences & Youth Programs
Donell Kerns, Human Services
Lynn Weiland, Learning Communities
Tracy Noyes, Marketing Services

Kay Robinson, Online Programs
Annette Valeo, Teacher Education

Program Support:

Karen Hansen	Karen Langaard
Carol Klimek	Susan Larkin
Susanne Koehler	Jan Olson

Many of the programs are made possible in partnership with UW-Extension.

Working with Troubled Teens

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.



Scott P. Sells, Ph.D., LCSW, LMFT
Scott P. Sells is an associate professor of social work at Savannah State University and clinical director of the Savannah Family Institute, Savannah, Georgia. He has personally treated over 300 difficult children and adolescents and is a consultant for the Department of Juvenile Justice. Sells has spoken on the topic of tough adolescents for the American Association of Marriage and Family Therapy, the National Association of Social Workers and the American Academy of Child and Adolescent Psychiatry. Since 1987 he has been presenting workshops on counseling difficult adolescents and their families in treatment centers, agencies and schools through the United States.



Scott P. Sells

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

Gerontology Graduates

Congratulations to the May 2004 graduates!

Lori Bagniewski	Mary Dzurko	Gail Lipshutz
Shari Borreson	Velma Hockenberry	Patrice Roskos
Nicole Breecher	Shirley Huhn	Linda Sendle
Barbara Burroughs	Cindy Jensen	Stacey Sjoquist
Michele Dew	Susanne Koehler	Susan Zillmer

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.



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.

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

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

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

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

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).

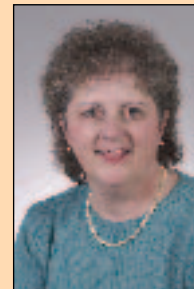
Sept. 7 – Dec. 15

Tuition, 3 credits (UG/Grad)

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.

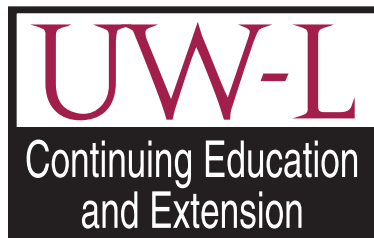
Educational Psychology: Human Development

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)



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)

Teacher Education

Learning Community offers professional growth for educators



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.



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

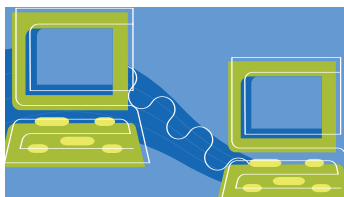
It's not too late to enroll! For more information, admission materials or questions, call toll-free 1-866-895-9233 or e-mail at lc@uwlax.edu. If you are interested in having a Learning Community in your area, call and let us know!



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

Business Development

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



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

The UW-L Small Business Development Center works with you to build on your knowledge and years of hard-earned experience.

- Access world-class information resources of the UW System
- Develop more control of your business through small business workshops, including marketing, finance, human resources and more
- Discuss your management decisions and challenges with a knowledgeable business advisor
- Provide synergy and shared learning with customized training for your organization

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**



Supervisory Management Certificate Program

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

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

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

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.

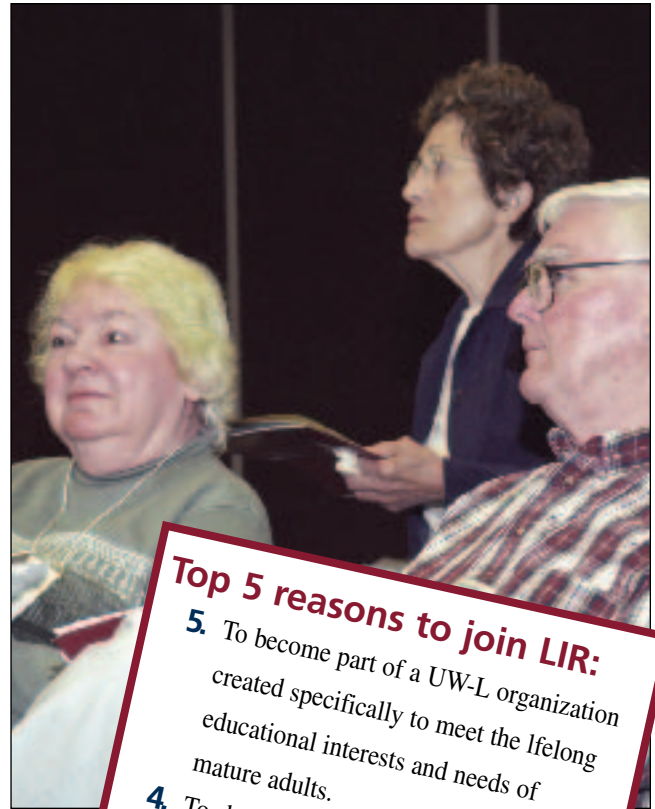
What is Learning in Retirement (LIR)?

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.



Top 5 reasons to join LIR:

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

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

Learning in Retirement/Leisure

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@uwlax.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

Leisure/Calendar of Events

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

Oct. 2, (9 a.m.-Noon)
337 Cartwright Center, UW-La Crosse
\$68, includes materials fee

Calendar of Events

SEPTEMBER

Judson Laipply

Sept. 6, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

SHINDIG-Bottle of Justus (Rock band)

Sept. 10, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

Scott Novotny (Comedian)

Sept. 16, 8 p.m.

Cellar, Cartwright Center

Kettles, Japanese Artistry and American Artists

Sept. 17-30

University Art Gallery, Center for the Arts

The Second City (Improv Theater)

Sept. 22, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

Brad Lowery (Comedian)

Sept. 30, 8 p.m.

Cellar, Cartwright Center

OCTOBER

Kettles, Japanese Artistry and American Artists

Oct. 1-16

University Art Gallery, Center for the Arts

Afi-Tiombe Kambon (Theater)

Oct. 6, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

Wind Symphony Concert

Oct. 8, 7:30 p.m.

Annett Recital Hall, Center for the Arts

Fall Choral Concert

Oct. 9, 7 & 8:30 p.m.

Annett Recital Hall, Center for the Arts

Jim Wand (Hypnotist)

Oct. 9, 7:30 p.m.

Graff Main Hall Auditorium

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.

Toland Theatre, Center for the Arts

UW-L 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.

Cellar, Cartwright Center

Landscape: Paintings from Groveland Gallery, Minneapolis

Oct. 28-30

University Art Gallery, Center for the Arts

NOVEMBER

Landscape: Paintings from Groveland Gallery, Minneapolis

Nov. 1-20

University Art Gallery, Center for the Arts

Zane Williams (Singer/Songwriter)

Nov. 4, 8 p.m.

Cellar, Cartwright Center

New Music Festival

Nov. 9-11, 7:30 p.m.

Annett Recital Hall, 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

DECEMBER

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

Swinging 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.