What’s New...

Academic Skills Workshop
Bootstrap
The (He)Art of Listening
Living Intentionally
Long-Term Care Leadership Development
Moving into the Joy of Living
Steel Drums
Tilling the Soil

WHAT’S INSIDE...

ARTS AND HUMANITIES
Chicago Art & Theater Tour ......................... 15

BUSINESS DEVELOPMENT
Bootstrap: 7 Rivers Innovation Fair ................ 9
Entrepreneurial Training Course ..................... 11
First Steps to Starting Your Business .............. 11
Financial Basics for Business ......................... 11
GIS Certificate Program ................................ 9
Marketing Basics for Business ....................... 11
Supervisory Management Program ................. 10
Tilling the Soil ........................................... 11

COMMUNITY HEALTH
Adolescent Health Symposium ...................... 6
Environmental Health ................................... 7
Experiential Learning Strategies ..................... 6
Grant Seeking ............................................. 6
MOVE into the Joy of Living .......................... 7
Spirituality and Type Retreat ......................... 7

DISTANCE EDUCATION
Elementary Hmong Language ....................... 8
Intermediate Hmong Heritage Language ........... 8
Online Credit Gerontology Certificate Program .... 8

HUMAN SERVICES/PHYSICAL THERAPY
Gerontology Certificate Programs .................. 4
Autism Spectrum Disorders Certificate Program ... 5
7 Rivers Psychological Association .................. 3
Upper Extremity Symposium and Workshops ....... 3
Wisconsin Caregiver Project ......................... 3

LEARNING IN RETIREMENT
Fall classes ................................................. 14
A Peru Adventure ....................................... 14
Reiman Publishing Tour & Irish Fest ............... 14

TEACHER EDUCATION
Annual Fall Educator Workshop ...................... 13
Annual Fall Parenting Evening ....................... 13
ME-PD Learning Community ......................... 12
Steel Band in the School and Community ...... 12

YOUTH PROGRAMS
Academic Skills Workshop ......................... 16
ACT Prep Course ........................................ 16
Junior Science & Humanities Symposium ....... 16
Leadership Development for the Long-Term Care Workforce

Strengthening the relationship between managers and direct care workers is an important strategy for addressing critical workforce issues in long-term care. Through four interactive workshops, managers will identify their leadership styles and develop tools for working more effectively with staff. A second series for advanced leadership training is planned for spring 2007. For more information and program dates, contact Andrea Hansen, (608)785-6509 or hansen.andr@uwlax.edu.

UW-Extension Grant

“Wisconsin is beginning a lengthy period in which finding and retaining qualified health personnel will be a strategic imperative and challenge (UW Population Health Institute, August 2001).” The growth in the numbers of Wisconsin residents over 85 years of age; the shrinking numbers of women between 25-54 who often provide this care; and the continued low wages, inadequate training and high turnover rates of direct care workers are the key contributors in this serious workforce shortage.

“Leadership Development for the Long-Term Care Workforce” addresses a key retention issue for long-term care workers — the relationship between workers and their employers, specifically the supervisory relationship. The relationship with one’s supervisor is often cited as the main reason why direct care workers stay or leave the workplace (Noelker and Ejaz, 2001). Furthermore, the researchers found that not only is retention enhanced with quality supervision, but learning, motivation and client care as well.

This project addresses long-term care workforce issues with the following goals:

1) To provide initial supervisory, advanced, and on-going leadership development programs, and
2) To create and support workforce development initiatives through the local Long-Term Care workforce coalition and the UW-L Gerontology Certificate Program.

The project includes collaboration with the Coulee Region Long-Term Care Workforce Coalition to address local recruitment, training, retention and recognition issues. This program is funded (in part) by a Continuing EDvantage Grant from the Division of Outreach and E-Learning, University of Wisconsin-Extension.

Programming will begin this fall and continue through June 2007.

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

10% off select programs for UW-L Alumni Association members, call for more details.
Wisconsin Caregiver Project
Abuse and Neglect Prevention Training

Wisconsin is one of three states to receive funding to create innovative abuse and neglect prevention programs, with La Crosse County chosen as one of four state demonstration sites. The primary goal of this training is to reduce the incidence of abuse, neglect and misappropriation in long-term care settings. The program utilizes multiple modes of delivery, including experiential learning and topical workshops.

The Caregiver Project provides a unique learning opportunity for a variety of caregivers, managers and administrators in nursing homes, long term care hospitals, hospices, home health agencies, intermediate care facilities for persons with mental retardation, community based residential facilities (with nine beds and up), and personal care worker agencies.

This program is provided by the Wisconsin Department of Health and Family Services and UW-Oshkosh in partnership with UW-La Crosse Continuing Education and Extension.

For more information and program registration details, contact Jan Navis at (608)243-3876.

Oct. 5 & 6
Cleary Center, UW-La Crosse

7 Rivers Psychological Association

In partnership with UW-La Crosse Continuing Education, this professional association offers relevant continuing professional development and education opportunities to licensed psychologists and other mental health professionals in the 7 Rivers Region. Recent workshops include “Poetry, Writing, and Personal Development” and “Substance Abuse, Adolescents and Communication Strategies.” In addition, it offers networking opportunities with experts across disciplines to meet the mental health needs of individuals in the area. To become involved with the 7 Rivers Psychology Association, please contact Dr. Kevin Rooney at (608)791-9555 or Dr. Rob Dixon at (608)785-6893 or visit the Association’s Web page at www.uwlax.edu/psychology/7riverpsych.

Contact Continuing Education at (608)785-6500 for information on programs and to be placed on a mailing list for future notifications. UW-La Crosse Continuing Education and Extension is approved by the American Psychological Association to sponsor continuing education for psychologists.
Gerontology Certificate Program
60-hour program
The 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
120-hour 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

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.

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 presents an overview of the historical and social context of aging to give participants a common backdrop for dialogue. Participants explore the myths and stereotypes of aging and examine the impact of ageism in our contemporary culture. Care giving, with an emphasis on family, is 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-La Crosse Department of Psychology and Women’s Studies, coordinator of UW-L Gerontology Emphasis Program.

Sept. 16 & 23, 9 a.m.-4 p.m. • 165 Morris Hall, UW-La Crosse
$120; $100 certificate participants
1.2 CEUs

Drugs and Aging
As individuals age, the likelihood that they will be on one or more medications increases. This workshop examines 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 are described through case studies. Common medications used in pain management and psychotropic drugs are also covered. Proper use of medication by elders is emphasized.

Instructors: Linda Butterworth, GNP, is a geriatric nurse practitioner with Franciscan Skemp Health Care.
Thomas Loepfe, MD, chairs 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. Graduate School of Medicine.

Oct. 10, 17 & 24, 5:30-9:30 p.m.
2064 Health Science Center, UW-La Crosse
$120; $100 certificate participants
1.2 CEUs

Psychology of Aging
Based on Maslow’s hierarchy of needs, this workshop explores how the elderly meet their needs. Basic needs of food and shelter can be a problem for some elderly, while the need for touch and social connection may be major issues for others. Safety needs are addressed including coping strategies, elder abuse and fears. Belonging needs, family support, interpersonal intimacy and sexuality as well as self-esteem are discussed. Normal versus pathological cognitive changes are covered.

Instructors: Sara Sullivan, Ph.D., UW-La Crosse Department of Psychology
Mary Faherty, M.S., consultant on aging and public policy, and former Director of La Crosse County’s Long Term Care/Care Management Organization. Both women are founding members of the Gerontology Certificate Program.

Oct. 28 & Nov. 4, 9 a.m.-4 p.m. • 165 Morris Hall, UW-La Crosse
$120; $100 certificate participants
1.2 CEUs

To register or for more information:
**FUNdamental Interactions with Elders with Dementia**

Helping elders who wander, pace, hallucinate, withdraw or struggle with speech, vision, and memory losses can be difficult and disheartening for caregivers. This workshop explores respectful ways to communicate with elders who are confused or frail. It will feature the use of activities to calm and care for elders with dementia, anxiety or physical disability. The workshop includes opportunities to practice skills that attend to the emotional needs of distressed elders while meeting their medical and physical needs.

**Instructor:** Dr. Susan ‘BOON’ Murray, Ed.D, CCLS, CTRS, UW-La Crosse Department of Recreation Management and Therapeutic Recreation, has worked as a recreational therapist, volunteer director and consultant in long-term care.

Nov. 10, 9 a.m.-1 p.m. • 165 Morris Hall, UW-La Crosse • $45

$75; $65 Certificate participants

.35 CEU

---

**The (He)art of Listening: Communication in Religious and Voluntary Organizations**

Faithful hearts and helping hands are key ingredients in religious and volunteer organizations. However, good communication skills determine whether good groups become great groups. The art of empathic listening can strengthen relationships, promote shared vision, reduce conflict, and increase the efficiency (and fun) of groups.

If you…

- Staff a church or other busy office
- Work with youth and adult programming
- Coordinate special projects
- Recruit and coordinate volunteers or
- Serve on committees for religious or other voluntary organizations, this is the workshop for you!

**Instructor:** Ted Dewald, Jr. MDiv, M.S. in Counseling Psychology. As a pastor with over 30 years of listening experience, Rev. Dewald has also served as adjunct faculty at UW-La Crosse, Winona State University and Western Technical College, teaching courses on empathic listening, introductory psychology, and marriage and the family.

Oct. 5, 1-5 p.m. • 230 Morris Hall, UW-La Crosse • $45

.4 CEUs

---

**Living Intentionally: Constructing a Life of Purpose and Balance**

Adults from their 20’s to their 50’s are revaluating their life’s purpose and balance, asking questions: What defines success and happiness? What are my personal values - am I living them daily? How can I create the right mix of work, fun, relationships and service in my life? This series provides the necessary tools, insights and support for exploring these questions and constructing answers that are right for you. Using research-based inventories, stimulating exercises, personal reflection and small group discussions, the series presents a holistic perspective on finding happiness, passion, purpose and meaning. This workshop is designed for adults of all ages.

**Instructor:** Daniel Widuch, M.S.Ed., M.S., UW-La Crosse Academic Adviser and independent consultant, specializes in helping people to engage life authentically by honoring their own truth and living purposefully in both their personal and professional lives. He has developed and delivered workshops on voluntary simplicity, the pursuit of happiness, living in balance, and finding purpose and meaning in life and work.

Oct. 5-Nov 9, Thursdays, 6:30-8:30 p.m. • UW-La Crosse • $185

1.2 CEU

---

**Autism Spectrum Disorders Certificate Program**

**A certificate for educators and human service professionals**

UW-La Crosse, in partnership 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 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 program consists of 30 hours of instruction. An optional credit course is offered in conjunction with the certificate. (See page 13).

**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.

**Summer 2007 dates TBD.**

$340, CEU option; Tuition, 2 credits (UG/GRAD) plus special course fee

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.
Grant Seeking in Health, Human Services and Education Professions

Participants actively learn and apply grant-seeking skills and knowledge in this course. Generic grant-seeking content, practices and concepts are presented for application in many disciplines and areas of personal and professional interest. Topics include locating and communicating with funding sources; writing and reviewing grant proposals; analyzing requests for proposals or projects; developing budgets; using technology to assist with seeking grants; and implementing and evaluating grant funded projects. The benefits include developing the skills to:

- Locate funding sources
- Access resources for salaries, equipment, travel and consultation
- Develop written proposals in response to Requests for Proposals (RFPs)
- Obtain funds for all types of projects
- Enhance capacity development competencies

Instructor: Garth Tymeson, Ph.D.

Jan. 26-27, Feb. 23-24, April 6-7, 2007; Fridays 4-10 p.m., Saturdays, 8 a.m.-5 p.m.
Tomah Memorial Hospital
Tuition, 3 credits (UG/GRAD) plus $30 special course fee

Experiential Learning Strategies for Health Education

This workshop examines emerging educational processes, strategies and issues, and how they can be applied in the facilitation of health education and health promotion programs in the school and/or community settings. Topics will be drawn from the annual convention of the Wisconsin Association for Health, Physical Education, Recreation and Dance, with the major focus being placed on the development of a practical project or curriculum that can be applied to one’s professional work setting.

Instructor: Marcie Wycoff-Horn, Ph.D

Oct. 26, 8:30 a.m.-4 p.m.; Oct. 27, 8 a.m.-4:30 p.m.
WAHPERD Convention, Radisson Hotel, Green Bay
Tuition, 1 credit (UG/GRAD) (note: in addition to course tuition, participants will also need to register for the WAHPERD Convention)

Contact Dr. Gilmore for additional information: (608)785-8163 or gilmore.gary@uwlaex.edu. This workshop may be repeated for credit.

Adolescent Health Symposium

The Adolescent Health Symposium focuses on adolescent health risks and health protection behaviors. This highly regarded annual symposium addresses current challenges to the health of our youth, along with proven strategies for enhancing their health. The symposium provides a variety of opportunities to help communities, schools, teachers, counselors, health professionals and parents find action-oriented solutions to address youth-related health issues. The focus for 2007 will be on strategies for health promotion, and will include the following keynote presentations:

- Moving from Youth at Risk to Kids at Hope, Rick Miller, author, founder of Kids at Hope
- The Humor Imperative for You and Your Youth, Dr. Stuart Robertshaw (the nationally renowned Dr. Humor)

Break-out sessions will address the importance of building opportunities for youth success, yoga for youth and adult mentors, nutrition and fitness strategies that work, fully addressing the health education standards in your curriculum and others.

Additional information: This annual symposium is offered in partnership by UW-La Crosse and UW-Oshkosh. Program registration takes place through UW-Oshkosh. Registration for Category I CECHs for Certified Health Education Specialists (CHES) takes place through UW-La Crosse. There is a special rate for full-time students of UW-La Crosse and UW-Oshkosh. For additional information and a brochure, contact Gary Gilmore, Ph.D., Director of Community Health Programs: (608)785-8163 or gilmore.gary@uwlaex.edu.

Feb. 8, 2007, 8 a.m.-4 p.m.
Oshkosh Convention Center, Oshkosh
6 CECHs

For more information about these programs, or the opportunity to work in partnership for the development of educational activities that address special needs, contact Gary Gilmore, MPH, Ph.D., CHES, Community Health Program Director, at (608)785-8163 or gilmore.gary@uwlaex.edu.
MOVING Into the Joy of Living
In this personal planning workshop, Julie Delene will guide you to create a clear and focused vision, which is the foundation for success in the achievement of your goals. Using the M-O-V-E process, breath, dance movement, and more, you can connect with your creative genius within and align with your heart’s desires for more life fulfillment. In this workshop, you will:
• Release stress and quiet your mind
• Learn tools for deliberate creating
• Develop your new vision
• Connect with others
Instructor: Julie Delene has been guiding individuals, groups and organizations to manifest their visions since 1984. She is the creator of the M-O-V-E method and facilitates the development of inner wisdom and practical movement toward a positive future. Julie is a leadership coach, certified breath facilitator, feng shui consultant, strategic business consultant and dance instructor and offers her experience to learn how to “move as one”.
Sept. 23, 9 a.m.-4 p.m.
Franciscan Spirituality Center, La Crosse
$84, includes lunch
.6 CEUs/6 CECHs

Environmental Health
This course examines historical and current events to illustrate and better explain the complex environmental health problems of today and the future. Utilizing a variety of readings and discussion, the social, cultural, political and economic factors influencing environmental health and justice will be illuminated. In addition to traditional environmental health content, significant emphasis is placed on meeting the needs and interests of the participants.
Participants will:
• Discuss what the obstacles are and solutions to achieving a sustainable future for our children and grandchildren
• Consider numerous, practical and down-to-earth actions that you as an individual can take to reduce our impact on the environment
Instructor: Dan Duquette, Ed.D., CHES
Sept. 29-30, Oct. 27-28, Dec. 1-2; Fridays 4-10 p.m.; Saturdays 8 a.m.-5 p.m.
UW-Marshfield, Marshfield
Tuition, 3 credits (GRAD) plus $30 special course fee

Spirituality and Type Retreat: Eight Differing Spiritual Paths
The theory of psychological type, made accessible through the Myers-Briggs Type Indicator (MBTI), helps people understand natural differences in how we perceive the world around us, process information, make decisions and find renewal. Psychological type and spirituality share a great deal of common ground. The root word of psychology, psyche, means soul; spirituality deals with that same intangible part of us. Through psychological type you can:
• Help discover methods for prayer, meditation, and dealing with spiritual issues that are best for you.
• Explain why people of different types can react so differently to the same spiritual practices, traditions, and issues.
• Offer insights for dealing with challenges to our faith such as severe illness, loss, or other suffering.
• Clarify why we stumble or feel blocked in our spiritual growth.
Participants will:
• Experience different spiritual practices to identify how different types perceive spirituality.
• Develop a framework for understanding patterns, based on type, of what attracts people to the spiritual journey and what pushes them away.
• Gain fresh insights into their own spiritual journeys.
• Understand how different spiritual practices can offer rest and renewal for the spiritual journey.
Facilitators: Sandra Krebs Hirsh is the principal of Sandra Hirsh Consulting, a Minneapolis-based firm that provides career, management, and organizational development consultation and workshop design and delivery.
Jane A.G. Kise is the principal of Writing Matters, and a long-standing management consultant. Sandra and Jane are the co-authors or co-author of over 15 books including LifeKeys; Life Directions; and Looking at Type and Spirituality. They are recognized international authorities on the Strong Interest Inventory and the Myers-Briggs Type Indicator (MBTI).
Sept. 29, 4-9 pm; Sept. 30, 8 a.m.-4 p.m.
Special Preparation Session, Sept. 29, 2-4 p.m.
Franciscan Spirituality Center, La Crosse
Individual fee: $225, includes meals and Friday night’s lodging
Couple fee: $195 each person per couple ($390 total)
Special Session: MBTI Preference Assessment, $25 per participant
1.0 CEUs or 10 CECHs
Interactive Television 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 http://distancelearning.wisconsin.edu.

MLG 101 Elementary Hmong I
See above for description
Tuesdays and Wednesdays, 5-6:20 p.m., Thursdays, 5-6 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

MLG 204 Heritage Intermediate Hmong
See above for description
Tuesdays and Wednesdays, 3-4:20 p.m., Thursdays 3-4 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

For more information or to register contact Karen Hansen (608)785-6513; hansen.kare@uwlax.edu

DISTANCE EDUCATION

Elementary Hmong Language
MLG 101: In this course, students will gain elementary knowledge of speaking, reading and writing the Hmong language. Specifically, participants will have fun learning simple phrases and sentences while acquiring 200-500 vocabulary words. Students will develop basic oral, reading and written language skills. In addition, students will gain an understanding of and regard for the richness of Hmong culture and tradition and appreciate the experiences involved in learning another language. Dr. Bee Lo, an experienced instructor from the local La Crosse Hmong community, will present this course. There are no pre-requisites; one year of high school study in this language is equivalent to this level.

Sept. 5-Dec. 13, Tuesdays and Wednesdays, 5-6:20 p.m., Thursdays, 5-6 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

Intermediate Hmong Heritage Language
MLG 204: Hmong Heritage Language provides opportunities for students to develop intermediate-level heritage language reading, writing and vocabulary skills. Students will learn their heritage language writing system in order to read and write short texts, with additional emphasis placed on geographical variation with the heritage language. Dr. Bee Lo, an experienced instructor from the local La Crosse Hmong community, will present this course. The natural cultural component of this course is nurtured by Dr. Bee, whose talents include instilling in his students a sense of pride and knowledge of a common past.

Sept. 5-Dec. 13, Tuesdays and Wednesdays, 3-4:20 p.m., Thursdays, 3-4 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

Intermediate Hmong Language
MLG 101: In this course, students will gain elementary knowledge of speaking, reading and writing the Hmong language. Specifically, participants will have fun learning simple phrases and sentences while acquiring 200-500 vocabulary words. Students will develop basic oral, reading and written language skills. In addition, students will gain an understanding of and regard for the richness of Hmong culture and tradition and appreciate the experiences involved in learning another language. Dr. Bee Lo, an experienced instructor from the local La Crosse Hmong community, will present this course. There are no pre-requisites; one year of high school study in this language is equivalent to this level.

Sept. 5-Dec. 13, Tuesdays and Wednesdays, 5-6:20 p.m., Thursdays, 5-6 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

Intermediate Hmong Heritage Language
MLG 204: Hmong Heritage Language provides opportunities for students to develop intermediate-level heritage language reading, writing and vocabulary skills. Students will learn their heritage language writing system in order to read and write short texts, with additional emphasis placed on geographical variation with the heritage language. Dr. Bee Lo, an experienced instructor from the local La Crosse Hmong community, will present this course. The natural cultural component of this course is nurtured by Dr. Bee, whose talents include instilling in his students a sense of pride and knowledge of a common past.

Sept. 5-Dec. 13, Tuesdays and Wednesdays, 3-4:20 p.m., Thursdays, 3-4 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

For more information or to register contact Karen Hansen (608)785-6513; hansen.kare@uwlax.edu

Interactive Television 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 http://distancelearning.wisconsin.edu.

MLG 101 Elementary Hmong I
See above for description
Tuesdays and Wednesdays, 5-6:20 p.m., Thursdays 5-6 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

MLG 204 Heritage Intermediate Hmong
See above for description
Tuesdays and Wednesdays, 3-4:20 p.m., Thursdays 3-4 p.m.
Origination site: UW-La Crosse
Tuition, 4 credits (UG)

For more information or to register contact Karen Hansen (608)785-6513; hansen.kare@uwlax.edu

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

Online Credit Gerontology Certificate Program

The Online Credit Gerontology Certificate Program, an 18-credit undergraduate or CEU program, uses the Internet to bring UW education to working professionals around the country. It combines the expertise of nine UW institutions: La Crosse, Madison, Milwaukee, Eau Claire, Green Bay, Parkside, Stevens Point, Stout and Superior. Because courses are taught using the Internet, they are accessible any time, whenever and wherever convenient. All courses are entirely online; students never have to come to a campus. Even the practicum will be arranged in a student’s geographic area!

The Online Gerontology Certificate program is appropriate for those with a personal or professional interest in the field of aging, including health care professionals, human service providers, primary caregivers and educators. For more information, registration and course fees, visit www.learn.Wisconsin.edu/gerontology. Contact an education specialist, toll-free, at 1(866)374-1326 or e-mail: gerontology@learn.uwsa.edu.

Sept. II-Nov. 3, online • La Crosse
3 credits (UG)
BUSINESS DEVELOPMENT

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-La Crosse’s Small Business Development Center for business people in the 7 Rivers Region. The series is held from 7:30-8:45 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](http://www.uwlax.edu/sbdc) or call the Greater La Crosse Area Chamber of Commerce at (608)784-4807.

2006/2007 Schedule

| Sept.  | Identity Theft |
| Oct.   | Boosting Retail Sales with E-commerce |
| Jan.   | Cutting Operation Costs |
| Feb.   | Project Management |
| March  | Succession Planning |
| April  | Protecting Customer Relations |
| May    | Strengthening Sales with Co Marketing |

Geographic Information Systems (GIS) Certificate Program
Geographic Information Systems (GIS) are making a difference in governments, business, health, education, science, research, homeland security and many more applications. GIS users are extracting more value from their information technology investments. They are revealing trends, patterns and answers to questions not easily apparent with other data presentations.

The GIS certificate program is designed for individuals in the workforce who are interested in using GIS in their current positions or for career enhancement. GIS provides a means of linking databases to maps, creating visual representations of statistical data, and analyzing how location influences features and events.

This program provides:
- Hands-on-education with state-of-the-art technology and software
- A broad background necessary for career advancement
- Practical approaches to GIS implementation and project management

This informative roundtable will introduce business leaders to GIS and describe how the reach of GIS expands into all disciplines and has been used for such varied problems as determining optimal real estate locations for new businesses to prioritizing sensitive species habitat. Users of GIS range from highly qualified technical specialists to planners, environmental scientists, high school teachers and marketing analysts who use GIS to help them with their everyday work.

GIS Certificate Program
UW-La Crosse’s GIS Certificate Program provides students with broad exposure to principles and applications of GIS. The program’s overall structure is designed to teach individuals who have little or no knowledge of the field.

The GIS Certificate Program requires completion of two courses and a project or internship. Optional undergraduate credit is offered in conjunction with the certificate. Credit course participants complete additional assignments.

Applications of GIS I
January 2007
245 Cowley Hall, UW-La Crosse

Contact Continuing Education at (608)785-6500 for information on the certificate and to be placed on a mailing list for future notifications.

Economic Indicators:
An Update for the 7 Rivers Region
Continual regional research builds on a base of information and provides decision makers like you with valuable tools for strategic planning. State Bank of La Crosse, in collaboration with the UW-La Crosse College of Business Administration and the La Crosse Tribune, is continuing sponsorship of this program.

Breakfast at 7 a.m., program begins at 7:20 a.m., concludes at 9 a.m.
Sept. 12
Great Hall, Cleary Alumni and Friends Center, UW-La Crosse
$20

BOOTSTRAP:
7 Rivers Innovation Fair
The 7 Rivers Region is celebrating innovation and new product development. Bootstrap will provide an arena for product scouts, lenders, investors, marketing professionals, production manufacturers and service providers to meet inventors who are in various stages of taking products to market. The event adds links in the entrepreneurial network by matching needed resources to companies going to the next stage.

Sept. 28, 11 a.m.-2 p.m.
Onalaska Omni Center,
Onalaska
Booth Fee: $50
Open to the public
Managers from throughout Wisconsin have participated in this series. Concerned about doing their jobs well, managers look to our seminars for practical discussions about issues that face work groups in every business setting.

The seminars in this series are your opportunity to improve how you manage people and to learn new skills. Our small-group formats 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
- Up to five years to complete certificate requirements

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

**CORE SEMINARS**

**Supervisory Management 1**
First-line managers need good leadership skills. Topics include (1) the transition to management, (2) analyzing leadership styles, (3) motivating employee performance, and (4) discipline and work rules. Supervisory Management 1 is an excellent introductory course for new managers facing the challenges of leading a work group.

*Oct. 24-25, 8:30 a.m.-4 p.m.*
*Cleary Alumni & Friends Center, UW-La Crosse*

**Supervisory Management 2**
Leadership development continues in four key areas (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. 5-6, 8:30 a.m.-4 p.m.*
*Cleary Alumni & Friends Center, UW-La Crosse*

**Supervisory Management 3**
Communicating clear, specific expectations to your people is critical for 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 productive coaching sessions.

*Jan. 23-24, 2007, 8:30 a.m.-4 p.m.*
*Cleary Alumni & Friends Center, UW-La Crosse*

**ELECTIVE SEMINARS**

**Building High Performance Teams**
High performance teams are more than a group of people trying to reach the same goal. Successful teams utilize the tools and resources that promote a strong purpose and team development. This seminar provides an opportunity to practice the processes and applications useful in building your own teams. You will learn how to create a team environment which fully engages all members, is focused on key results and achieves production goals.

*Sept. 20-21, 8:30 a.m.-4 p.m.*
*Cleary Alumni & Friends Center, UW-La Crosse*

**Maximizing Performance**
This seminar focuses on: (1) creating an environment for excellence; (2) identifying what you are really rewarding; (3) fine-tuning your coaching and goal-setting techniques; (4) diagnosing performance problems; (5) turning around undesirable behaviors and rewarding desirable behaviors.

*Oct. 3-4, 8:30 a.m.-4 p.m.*
*Cleary Alumni & Friends Center, UW-La Crosse*

**Managing a Diverse Workforce**
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.

*Nov. 7-8, 8:30 a.m.-4 p.m.*
*Cleary Alumni & Friends Center, UW-La Crosse*

**Facing Conflict Head On!**
Conflict in organizations is inevitable because all important relationships go through times of impasse. When managed productively, however, conflict serves as an important catalyst for initiating change. Participants in this seminar will discuss the conflict “process,” examine frequent causes of organizational conflict, learn a process for diagnosing root causes of impasse and much more.

*Jan. 25-26, 2007, 8:30 a.m.-4 p.m.*
*Cleary Alumni & Friends Center, UW-La Crosse*
Entrepreneurial Training Course
Whether just starting or expanding your business services, entrepreneurs who want to be successful in today’s economy have 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. The Wisconsin Department of Commerce has developed the Entrepreneurial Training Grant to underwrite 75 percent the cost of the certified program for eligible applicants. Call for more information.
Oct. 3-Dec. 5, Tuesdays, 6-9 p.m.
Room 126, W. Carl Wimberly Hall,
UW-La Crosse
$250 with successful grant application

Tilling the Soil
(Agricultural Entrepreneur Training)
Co-sponsored by UW-Extension
“Tilling the Soil of Opportunity” is a nationally-recognized entrepreneur training program developed for local farmers and agribusiness owners. In this eight-session program participants will learn to reinvent their agricultural enterprises or start up businesses they’ve always dreamed about. Business planning, marketing research and financial management skills are a few of the concrete tools taught by certified business trainers and local experts. The Wisconsin Department of Commerce has developed the Entrepreneurial Training Grant to underwrite 75 percent the cost of the certified program for eligible applicants. Call for more information.
Oct. 17, 24, Nov. 7, 14, 21, and Dec. 5, 12, 19, Tuesdays, 6-9 p.m.
Camp Douglas, Wis.
$250 with successful grant application

The First Steps to Starting Your Business
The Small Business Development Center offers a class for new business owners. In a small group setting, you will review the basics of going into business and identify your next steps. Instruction time is three hours, including time for questions and answers.
Sept. 20, Oct. 24, Nov. 28, 9 a.m.-12 p.m.
120 W. Carl Wimberly Hall, UW-La Crosse
$25

Financial Basics for Business
Financial statements can help you make key 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, but you will also learn how to use them for better management control.
Oct. 12, 9 a.m.-12 p.m.
Cleary Alumni and Friends Center, UW-La Crosse
Nov. 2, 5:30-8:30 p.m.
120 W. Carl Wimberly Hall, UW-La Crosse

Marketing Basics for Business
Marketing is the strategic foundation for business success. Selecting target markets, analyzing the competition, building your promotion calendars and evaluating your marketing results will help keep your business on the right path. Begin to plan your marketing efforts today!
Oct. 19, 5:30-8:30 p.m.
120 W. Carl Wimberly Hall, UW-La Crosse
Nov. 16, 5:30-8:30 p.m.
120 W. Carl Wimberly Hall, UW-La Crosse

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 adviser.
• Provide synergy and shared learning with customized training for your organization.
Special Topics in Music and Music Education: Steel Band in the School and Community

Join Onalaska High School band director, Jim Knutson, and explore the development, appreciation and performance of steel drums, a relatively recent art form.

Musicians, music educators and anyone who is musically inclined will learn the history, instrument styles and performance techniques associated with a steel band. Jim will share tips for finding funding to purchase the instruments, how to build support for a steel band in the school and community and best practices in teaching students how to get the most out of playing in a steel band. Ability to read music is helpful but not necessary.

Sept. 7-Dec. 7, Thursdays, 7-8 p.m.
Onalaska High School
Tuition, 1 credit (UG)

Master of Education-Professional Development (ME-PD) Learning Community

The University of Wisconsin-La Crosse offers the ME-PD graduate degree program throughout the state based on requests from educators. The degree is designed for school professionals, educators or others who want to develop education competencies for professional growth.

As a Learning Community student, you will come together for two years and complete an integrated and spiraled curriculum over four semesters. The innovative format, one weekend a month, Saturday 8 a.m.-4:30 p.m. and Sunday 8 a.m.-3:30 p.m. provides an opportunity to earn a master’s degree while maintaining a career and personal life.

In addition to the face-to-face time spent with your Learning Community, you can expect to spend 8-10 hours per week outside of class completing online activities, required readings, written work, and applying what you have learned to your work setting.

You will develop an individualized Professional Development Plan (PDP) which will guide you through your two year program. From your PDP you will develop a portfolio that will serve as a part of your growth and application to practice. As you move through the two year program, you will choose an area of emphasis for your action research project, which will culminate in a scholarly journal article.

This 30-credit graduate program will influence how you think about learning, teaching and assessment while allowing for constant improvement for you and your students. You will learn practical skills that will be immediately applicable to your work setting and may be tied to your district’s goals.

Planned spring 2007 Learning Community sites include:
- Onalaska
- Milwaukee
- Sparta
- Whitefish Bay
- Sun Prairie
- Waukesha

Check our Web site for weekend dates and locations: www.uwlax.edu/conted/mepd

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!
ANNUAL FALL EDUCATOR WORKSHOP
Layered Curriculum™ and Brain Based Learning
This full day workshop begins with an overview of how the brain functions when learning. Brain biology is then incorporated into Layered Curriculum™, the easiest way to teach in mixed-ability classrooms while maintaining high standards. Learn results of current brain imaging research.

You will walk away knowing how to:
• Translate this research into teaching practice
• Individualize instruction and increase student retention
• Encourage critical thinking
• Increase learner accountability

Instructor: Kathie F. Nunley, Ed.D, combines classroom experience with current brain-imaging research to delight teachers world-wide with her practical and inspirational solutions to the challenges of today’s diverse classrooms. She is the author of several books and articles on teaching in the mixed-ability classroom and developer of the Layered Curriculum™ method of instruction.

Nov. 29, 9 a.m.-3 p.m.
Great Hall Cleary Center, La Crosse
.5 CEUs
$85; $75 for 3 or more individuals from the same school district
See below for coordinating parent program.

ANNUAL FALL PARENT EVENING
Your Child’s Brain: How it Works
This informative parent presentation looks at the wealth of new research in brain imaging from a parenting perspective:

You will walk away knowing:
• How to increase your child’s IQ
• What effect media has on children
• Why the adolescent brain is so unique
• What can be done about reading problems
• What effect sleep, nutrition, substance use and abuse have on brain development

Instructor: Kathie F. Nunley.
Nov. 28, 6:30-8 p.m.
Great Hall Cleary Center, La Crosse
$9

License Renewal Support Center
UW-La Crosse School of Education and Office of Continuing Education and Extension in collaboration with CESA #4 have been awarded a Wisconsin Department of Public Instruction grant that allows them to establish a License Renewal Support Center (LRSC). UW-L is one of fourteen sites in Wisconsin to be named a LRSC. The primary purpose of the Center is to provide PI 34 license renewal-related services to various licensed educators not employed by Wisconsin public schools. The secondary purpose is to provide assistance to licensed Wisconsin educators who wish to renew their license using a professional development plan in 2006, 2007 and 2008.
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)?
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.

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.

LIR courses
LIR instructors are a mix of university professors, graduate students, LIR and community members - all willing to volunteer and share their expertise. Courses are offered in a format allowing lively interaction between instructor and members. Course 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.

Planned 2006 fall classes include:
- The British Mystery and Beyond
- Exploring Trempealeau County
- Sculpture in La Crosse
- Chanhassen Dinner Theatre (“Singing in the Rain”) Trip
- Renaissance Festival, Shakopee, Minn. Trip
- U.S./Presidential History
- Reading and Enjoying Literature

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.

Reiman Publishing Tour & Irish Fest
Join us for a fun day in Milwaukee. Our first stop is the historic Village of Greenfield, home of Reiman Publications, publisher of 14 magazines. Tour the historic village, watch food stylists set up magazine photo shoots, view the Norman Rockwell exhibit, and see the winning entries of bird feeders and bird houses from the Birds and Blooms magazine. Lunch on your own at your choice of quaint cafes and then on to Irish Fest at Henry Maier Park. Stroll by the 13 stages of ongoing entertainment and browse in the Ballyfest Cultural Tent with their displays and demonstrations of Irish culture and crafts.

Aug. 19, 7 a.m.-10 p.m.
Reiman Publishing, Milwaukee, WI
$77 (member fee), $112 (non-member fee), includes coach transportation, entry fee to Irish Fest

A Peru Adventure with LIR
Experience... Peru: Its People and Ecology-Today and Yesterday”
- The richness of her peoples and their cultures in Arequipa, Cuzco, & the Sacred Valley
- The ruins of the ancient Incas at Machu Picchu
- The rainforests of the Tambopata Nature Reserve along the headwaters of the Amazon
- The beauty and grandeur of the Andes

Dr. Joyce Arthur will escort the trip, sponsored by “Learning in Retirement.” She has led groups to the Galapagos Islands & Ecuador, Costa Rica, Kenya and Alaska and has taught biology at UW-La Crosse and St. Mary’s University, Winona.

Sept. 12-27, 2006
$3,995 (based on double occupancy) from Lima;
(estimated airfare from Miami-$600; Minneapolis -$865)
For a detailed itinerary contact: Jan Olson
(608)785-6506 or olson.jani@uwlax.edu
Chicago Art & Theater Tour
Sept. 30-Oct. 1, 2006

The tour includes:
- Roundtrip motor coach transportation departing from Onalaska at 7 a.m. on Sept. 30 and returning at 10 p.m. on Oct. 1. Muffins and juice provided en route.
- Lodging in downtown Chicago
- Admission to The Field Museum and audio tour
- Ticket to the Broadway musical---Annie!

Space is limited to the first 50 reservations!
For more information: (608)785-6504
$330, double occupancy; $430, single occupancy

The Field Museum-Tutankhamun and the Golden Age of the Pharaohs Exhibit
The exhibition consists of more than 130 priceless artifacts, including treasures from the tomb of the celebrated “boy king” Tutankhamun (King Tut) and riches from other tombs discovered in Egypt’s Valley of the Kings and additional ancient sites. All the artifacts in the exhibition are 3,300 to 3,500 years old. More than 70 artifacts from other royal graves will be showcased as well. The exhibition will draw visitors back in time with innovative technology - allowing visitors to see and hear about the fascinating times in which the young king lived.

Broadway Musical
Leapin’ lizards!
Annie is coming to Chicago! The timeless tale of Little Orphan Annie is back, giving a whole new generation the chance to experience this classic musical about never giving up hope. Boasting one of Broadway’s most memorable scores, including “It’s the Hard-Knock Life,” “Easy Street,” “N.Y.C.” and the ever-optimistic “Tomorrow,” Annie is a delightful theatrical experience. Don’t miss this all-new production that Variety calls “a winner!”

For more information or to register: (608)785-6529 or white.susa@uwlaus.edu.

Calendar of Events

SEPTEMBER
Vince Morris- Welcome Week comedian
Sep. 4, 6:30 p.m.
Valhalla, Cartwright Center
Shindig- Alternative-op band
Sep. 8, 7 p.m.
Valhalla, Cartwright Center
Madisalsa- Latin dance music
Sep. 20, 7 p.m.
Valhalla, Cartwright Center

OCTOBER
Inside Iraq:
The Untold Stories- film/lecture
Oct. 11, 7 p.m.
Auditorium, Graff Main Hall
Frederick Winters- Family weekend hypnotist
Oct. 21, 7 p.m.
Auditorium, Graff Main Hall

NOVEMBER
Recycled Percussion- Fall concert
Nov. 2, 7 p.m.
Valhalla, Cartwright Center
Natalie Jeremijenko- Lecture
Nov. 8, 7 p.m.
Auditorium, Graff Main Hall
Ahn Trio- Modern classical ensemble
Nov. 19, 7 p.m.
Valhalla, Cartwright Center

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. For Cartwright Center events, please call (608) 785-8892 or www.uwlax.edu/cab.
Academic Skills Workshop

A must for all high school students!

This new workshop will prepare you for the academic adjustments needed when transitioning from middle school to high school or high school to college.

Nine years of research, development and testing led to the creation of the Learning and Study Skills Inventory (LASSI), a statistically valid and reliable tool for the diagnosis of study skills. The LASSI is a 10-scale, 80-item assessment of students’ awareness about and use of learning and study strategies. The 10-scale components of strategic learning are: information processing, selecting main ideas, test strategies, attitude, motivation, anxiety, concentration, time management, self-testing and study aids. In this workshop you will discuss these measures to better know your strengths and areas needing improvement.

The workshop covers four main topics:

- Time management
- Textbook reading
- Note taking
- Test preparation

Using your own materials, you will learn how to be most effective and efficient with your study time.

Oct. 7, 9 a.m.-3 p.m.
137 Wimberly Hall, UW-La Crosse
$35 or $20 if taken with the full ACT Prep Course Registration

ACT Prep Course Designed to raise student test scores

The Enhanced ACT contains four curriculum-based tests that measure academic achievement in the areas of English, reading, math and science reasoning. Preparing for the ACT can increase test scores that are important for gaining entry into the college of your choice and in receiving scholarships. If you are interested in strengthening your test-taking skills and strengthening your academic preparation for the Enhanced ACT, then enroll in the ACT Preparation Workshops.

The full program provides 12 hours of instruction and includes writing strategies to assist you in the new essay part of the ACT test; orientation to the Enhanced ACT and its four parts; opportunity to take diagnostic assessments; instruction in all four areas; test-taking strategies for each of the components and for the entire test; practice with printed materials where test-taking tips can be applied and reinforced; and interactive skill drills in deficit areas as measured by the diagnostic test. The full program also includes a pre- and post-test.

Students can also register for individual academic areas (English, math, reading and science reasoning.) Individual academic areas include three hours of instruction but do not include pre- and post-tests.

137 Wimberly Hall, UW-La Crosse
Oct. 14, pre-test — 8:15-11:45 a.m.
Oct. 21-Nov. 11, academic areas — 8:15-11:45 a.m.
Nov. 18, post-test — 8:15-11:45 a.m.
$149, Full Program, includes textbook and pre- and post-tests

Individual Academic Areas:
Oct. 21 – Science Reasoning
Oct. 28 – English
Nov. 4 – Reading
Nov. 11 – Math
$40, per academic area, includes topic specific textbook

Scholarships for most Youth Programs are available for financially disadvantaged students. Funds will be awarded on a first-come, first-serve basis. If interested, call (608)785-6508 for an application.