

March 30, 2009

ASU Continuing Education announces April courses

The Office of Continuing Education at Albany State University has rolled out its schedule for April 2009 courses.

An autobiographical course will be held on Wednesdays from 6 to 8 p.m. for individuals who wish to write his or her life story. Participants will learn to write their stories in an enjoyable and informative way using memory recall, conducting interviews, collecting old photographs, searching old yearbooks and other printed materials. The location is Holley Hall room 201, and Durie Coleman will be the instructor. The course is \$49 (8 hours, .8 CEU).

A “S.T.A.R. Researcher” course will be offered for anyone wanting to develop their skills and learn the Strategies and Techniques for Accessing Resources. This course is designed to provide individuals with the necessary skills to acquire, evaluate, organize, and use information to further enhance their academic, professional, and/or personal growth. Thedis Bryant will facilitate classes on Thursdays from 5:45 to 7:15 p.m. in Simmons Hall room 210. The course is \$35 (6 hours, .6 CEUs).

For \$35 (3.75 hours, .375 CEUs) pre-teens can learn basic dining etiquette as well as telephone manners and appropriate greetings. Classes will be on April 16, 23, 30 (Thursdays) from 6 to 7:15 p.m. in Holley Hall room 219. Tina Phipps will be the instructor.

For children who demonstrated early signs of musical genius, piano lessons will be offered Wednesdays and Thursdays (April 8, 9, 15, 16, 22, 23, 29, 30) from 5 to 6 p.m. in the ASU Early Learning Center’s Gathering Room. Students will learn scales, chords, dynamics, notations, posture, song structure, rhythm, sight reading, ear training, styles and more. The class will equip and educate students on basic piano performance in a fun, hands-on environment. The cost is only \$10 per session. Chevalier Coleman is the instructor.

Budding athletic superstars can enhance their athletic development in a youth athletic performance course focusing on speed and agility, hand-eye coordination, sport-specific movements, core development, balance, strength and injury prevention. Self-motivation will be a key component to overall success. Classes meet on April 2, 9, 16, 23, 30; May 7, 14, 21, 28 (Thursdays) in the HPER complex. Youth ages 11-13 will meet from 5:30 to 7 p.m. and youth ages 14-18 will meet from 7:30 to 9 p.m. The cost is \$50 per month. Korey Hammond will be in charge of all classes.

For \$39 (5 hours, .5CEUs) youth can learn basic sign language. Individuals will be taught the alphabet as well as how to speak common sentences using sign language. The class dates are April 21, 23, 28, 30 (Tuesdays & Thursdays). Lisa Suttles will be the

instructor, and the classes will be from 5:45 p.m. to 6:45 p.m. in the ASU Center for Entrepreneurship, Business & Workforce Development located at 230 S. Jackson, Suite 355.

For more information on these and other courses contact the Office of Continuing Education at (229) 430-4661 or by e-mail at getsmart@asurams.edu.