

PERSONAL DEVELOPMENT



LANGUAGES

Practical Conversational Spanish for Beginners

LSP 20/\$220

The speaking and listening skills necessary for everyday contact with the Spanish speaking community in New York City and abroad are taught. Students speak Spanish in class from the first day of the course. *For those with no knowledge of Spanish.* 2.6 CEU

LC Sat., 9:15 a.m.-11:30 a.m., Sept. 26-Dec. 5 (no class Nov. 28) (10 sessions) Enrique Lanz Oca, Spanish language instructor.

Practical Conversational Spanish II

LSP 21/\$165

Prerequisite: *Practical Conversational Spanish I* or a knowledge of Spanish. Advance your communication skills. Emphasis is on expanding speaking and listening skills necessary for everyday contact with a Spanish speaking community. **Not suitable for beginners.** 1.9 CEU

LC Sat., 11:45 a.m.-1:45 p.m., Oct. 10-Dec. 5 (no class Nov. 28) (8 sessions) Enrique Lanz Oca, Spanish language instructor.

NEW Conversational Spanish III: The Spanish Film

LSP 27/\$155

An ideal way to practice and improve your use of conversational Spanish. Designed for intermediate and advanced level students who want to enhance their vocabulary and improve their listening and communication skills. In addition to viewing and discussing popular Hispanic films, students study written material on the film and are required to perform written exercises. *(May require some film viewing at home.)*

LC Wed. 7:00 p.m.-9:30 p.m., Nov. 11-Dec. 16 (6 sessions) Daniela Bajar, film and screenwriting instructor.



Spanish for Health Care

LSP 22/\$260

Health care personnel and those interested in working in the medical field learn the skills to communicate with Spanish-speaking patients and their relatives. This basic course focuses on medical terminology, phrases and dialogue and introduces conversational essentials. **NOTE: Intended for intermediate level students.** (Assessment test recommended). 2.6 CEU

CC Tues., 6:30 p.m.-9:00 p.m., Oct. 6-Dec. 8 (10 sessions) Jose Cenac, language specialist.



Spanish for Legal/Court Professionals

LSP 24/\$260

For individuals working in a law office, court system or community organization, learn the skills to communicate with Spanish-speaking clients and their relatives. This course focuses on basic legal terminology, phrases and dialogue and introduces conversational essentials. **NOTE: Intended for advanced students.** (Assessment test recommended). 2.6 CEU

CC Thurs., 6:30 p.m.-9:00 p.m., Oct. 1-Dec. 10 (no class Nov. 26) (10 sessions) Jose Cenac, language specialist.

Ciao Italiano!

LIT 12/\$165

An intensive beginner class that focuses on communication skills. Common vocabulary and phrases are reviewed and practiced in a relaxed environment. 1.8 CEU

LC Sat., 9:30 a.m.-11:30 a.m., Oct. 3-Nov. 21 (8 sessions) Antonietta Gliubizzi, language specialist.

Conversational Italian for Advanced Beginners II

LIT 14/\$165

Do you have some basic knowledge of Italian but want to improve your ability to speak this beautiful language? Then this class is for you! Emphasis is on building vocabulary and conversational skills. 1.9 CEU

LC Sat., 11:40 a.m.-1:40 p.m., Oct. 10-Dec. 5 (no class Nov. 28) (8 sessions) Federica Emiliani, language specialist.

Bonjour! French I

FRE 01/\$165

A basic class for anyone who always wanted to learn the language of love and diplomats! Focus is on basic grammar and vocabulary. 1.9 CEU

LC Sat., 11:40 a.m.-1:40 p.m., Oct. 3-Nov. 21 (8 sessions) Antonietta Gliubizzi, language specialist.

Conversational French II

FRE 02/\$165

For those who have taken *French I* or who have a basic knowledge of French but would like to advance their communication skills. The emphasis of this course is on expanding conversational skills and vocabulary. 1.9 CEU

LC Sat., 9:30 a.m.-11:30 a.m., Oct. 10-Dec. 5 (no class Nov. 28) (8 sessions)

American Sign Language I

ASL 10/\$195

An introduction to American Sign Language I. Includes grammatical principles, vocabulary building, finger spelling and practice in receptive and expressive skills. *Textbook must be brought to first class.* 2.9 CEU

LC Sat., 10:15 a.m.-12:45 p.m., Sept. 26-Nov. 14 (8 sessions) Caroline Telfor, ASL specialist.

American Sign Language II

ASL 12/\$165

A continuation of American Sign Language I for students with a basic knowledge of ASL who want to improve their skills. More advanced grammar principals, vocabulary and finger spelling as well as practice in receptive and expressive skills.

LC Sat., 10:00 a.m.-12:00 p.m., Oct. 3-Nov. 21 (8 sessions) Vivian Frazier-Eduards, ASL specialist.



WRITING

English Grammar

BCS 10/\$190

Correct grammar is essential for success on the job, in school and in personal life. This course covers the essentials of grammar, syntax, punctuation and spelling. **For students whose native language is English.**

2.4 CEU

CC Thurs., 6:30 p.m.-8:30 p.m., Oct. 1-Dec. 10 (no class Nov. 26) (10 sessions) Oana Teodorescu, college reading and writing specialist.

Creative Writing: The Short Story

WRT 16/\$165

Find the writer within you. Through the study of stories, poems and essays of accomplished writers, learn how to generate your own creative works. Focuses on the craft of the short story. 1.9 CEU

LC Tues., 7:10 p.m.-9:10 p.m., Oct. 6-Nov. 24 (8 sessions) John D'Antonio, creative writing instructor.

Writing for College

WRT 20/\$225

Skills needed for writing college-level essays, reports and research papers are taught. Through lectures and hands-on work on computers, students learn the structure of various forms of writing, the style requirements of different disciplines such as footnotes and bibliographies, how to conduct research and essential elements of grammar and syntax. 3 CEU

LC Sat., 12:00 p.m.-2:30 p.m., Sept. 26-Dec. 5 (no class Nov. 28) (10 sessions)



How to Become a Digital Journalist

WRT 25/\$260

Digital journalism practiced with no more than a video camera and computer is on the cusp of becoming the new language for broadcasters worldwide. Learn the basic tenets of news reporting and how to adapt them to the unique and distinctive possibilities the digital platform has to offer. Starting with how to pick the right story, research fundamentals, successfully pitch an editor, choosing the right strategies to reach your objective, interviewing techniques, new writing, and much more, students participate in all phases of the project and are required to develop story ideas they hope to produce on-line.

LC Mon., 6:45 p.m.-9:15 p.m. Sept. 21-Dec. 7 (no classes Sept. 28, Oct. 12) (10 sessions) Simon Surowicz, broadcast journalist.

BUSINESS SKILLS

Business Writing Essentials

CBS 26/\$265

Being able to write the most common forms of business communications is necessary for getting ahead on the job. In this course students learn how to write well-organized and effective letters, memos and short reports. Extensive practice assignments are reviewed by the instructor. 3 CEU

LC Thurs., 7:00 p.m.-9:30 p.m., Oct. 1-Dec. 10 (no class Nov. 26) (10 sessions) Beverley Stephenson, specialist in business education.

Speaking with Confidence

CBS 27/\$205

The ability to clearly communicate ideas is vital to academic and career success. In a supportive environment, students learn the essentials of effective public speaking. The course focuses on the skills necessary to improve confidence, comprehension and communication. Body language, personal space, voice dynamics and anxiety reduction are covered. *Textbook must be brought to first class.* 2.5 CEU

LC Sat., 9:30 a.m.-11:30 a.m., Sept. 26-Dec. 5 (no class Nov. 28) (10 sessions) Beverley Stephenson, specialist in business education.

How to Start a "Green" Business

PDW 11/\$40

(See page 23 for course description)

LC Tues., 7:15 p.m.-9:15 p.m. Nov. 10, 17 (2 sessions) Les Judd, president and founder, Green Boroughs

Introduction to Individual Taxation

CFM 46/\$310

(See page 4 for course description)

LC Tues., 7:10 p.m.-9:45 p.m., Sept. 22-Dec. 1 (10 sessions) Kenneth W. Drummond, C.P.A.

Retirement Planning and Employee Benefits

PFP 64/\$395

(See page 6 for course description)

LC Sat., 9:00 a.m.-12:00 p.m., Sept. 26-Dec. 19 (no class Nov. 28) (12 sessions) José Guevara-Escudero, Ph.D., CFP®, president, Inter-american Economic Services.

Career Zone

CAR 100/\$80

(See page 2 for course description)

LC Sat., 11:35 a.m.-1:05 p.m., Oct. 10-Dec. 5 (no class Nov. 28) (8 sessions) Isaac Maysonnet.

Career Development and Your Professional Image

CAR 01/\$65

Learn how you can begin to transform the way you communicate, reinvent your career, and make a dynamic first impression. In this practical mini-series, participants are introduced to the tools of business etiquette, presentation techniques and tips on how to bring positive results to the workplace.

LC Wed., 6:30 p.m.-9:00 p.m., Sept. 30-Oct. 7 (2 sessions) Pamela Judd, image consultant and professional speaker.

Notary Public Exam Preparation

NTP 10/\$85

(See page 25 for course description)

LC Sec. 1: Fri., 6:30 p.m.-9:15 p.m., Oct. 16, 23 (2 sessions) Terri S. Blank, Esq., notary public.

CC Sec. 2: Sat., 9:30 a.m.-3:30 p.m. (includes 30 minute break), Nov. 14 (1 session) Terri S. Blank, Esq., notary public.

Wedding Planner Certificate Course

WPC 01/\$895*

(See page 23 for course description.)

Tues., 6:00 p.m.-10:00 p.m., Oct. 13-Dec. 15 (10 sessions) Offered in partnership with Bronx Community College at 181st Street University Avenue campus.

Music Industry Careers (On-Line)

Looking for a Career in the Music Industry?

Learn online from anywhere in the world, with a schedule that fits your life. Instructor-led courses are enrolling now for:

- **Musicianship**
- **Audio Technology**
- **Music Business**

For more information and to register, go to www.mu-ed.com/Lehman

(See page 37 for more information).

**Don't
wait in line!
Sign up on-line!
Go to www.lehman.edu/ce
to register and find
class updates!**

DANCE

An Introduction to Belly Dancing

PES 18/\$165

A great way to exercise those abs and hips, this class is for new students with no background in this dance form. Participants learn the nine basic body positions, hip isolations, travel steps, and graceful arm and hand movements. *Wear comfortable clothing; no socks or sneakers.*

LC Tues., 6:30 p.m.-8:00 p.m., Oct. 6-Nov. 24 (8 sessions) Indian Blanchard, performing artist and instructor.

Salsa Dancing

PES 17/\$165

Dance the exciting "New York" "nightclub" style of salsa! Hit the floor, have a great time and look awesome! Learn music timing, body isolation, cool dance steps and smooth partner combinations. Some classes include live conga drumming. A great way to get into excellent cardiovascular health! *Wear loose-fitting, light clothing and be prepared to sweat! Partners are not necessary.*

LC Sun., 12:00 p.m.-1:30 p.m., Oct. 4-Nov. 22 (8 sessions) Martin Munzel, performer, percussionist, and instructor.



Salsa Dancing II

PES 30/\$165

A continuation of Salsa Dancing (above) or for those who have salsa dance experience and want to practice and improve their skills. *Wear loose-fitting, light clothing and be prepared to sweat! Partners are not necessary.*

LC Sun., 1:45 p.m.-3:15 p.m., Oct. 4-Nov. 22 (8 sessions) Martin Munzel, performer, percussionist, and instructor.



PHYSICAL FITNESS

All physical fitness classes will be held at Lehman College in The APEX, a state-of-the-art facility. Students enrolled in physical fitness classes must have a valid CUNYCard (photo I.D.) to enter The APEX and sign the Physical Fitness Participant Release Form. Your physician's approval to exercise is highly recommended.

Fit Physique Through Yoga, Exercise and Movement

PES 37/\$160

Look better, feel better and think better. Develop balance, grace, strength and confidence. This class introduces students to basic Hatha Yoga and other exercises, incorporating stretches to increase flexibility and strength, breathing practices to expand lung capacity, aerobic activity to increase toning and exercises to increase concentration. *Loose-fitting clothing and towel required. Bring your own yoga mat for best results. Valid CUNYCard I.D. required.*

LC Thurs., 6:45 p.m.-8:00 p.m., Oct. 8-Dec. 3 (no class Nov. 26) (8 sessions) Sifu Hugo Morales, certified fitness expert.

Tennis for Beginners

PES 10/\$160

An introduction to this popular sport includes basic strokes, rules and strategies. *Students supply their own racquets and tennis balls. Wear athletic shoes and appropriate, comfortable attire. For students 16 years of age and above. Enrollment limited. Valid CUNYCard I.D. required. Rain date: generally meets following Sunday.*

LC Sat., 9:00 a.m.-11:00 a.m., Oct. 24-Nov. 14 (4 sessions) Perry T. Lopez, AM/PRO certified.

Tai Chi Chuan

PES 44/\$150

(See page 31 for course description)

LC Sat., 9:15 a.m.-10:30 a.m., Oct. 3-Nov. 21 (8 sessions) Sifu Hugo I. Morales, Jr., certified instructor and fitness expert.

Arthritis Aquatics

MAT 35/\$75

(See page 31 for course description)

LC Sun., 11:40 a.m.-12:25 p.m., Oct. 4-Nov. 8 (6 sessions) Garrett Keohane, arthritis aquatics specialist.

Swimming for Beginners

PES 50/\$160

For those with no experience in the water, this course covers proper breathing, floating, the front crawl and elementary backstroke. Fundamentals of water safety are included.

Enrollment limited. Swim cap required. Valid CUNYCard I.D. required.

LC Sec. 1: Sat., 8:10 a.m.-9:10 a.m., Sept. 26-Dec. 5 (no class Sept. 28) (10 sessions)

LC Sec. 2: Sun., 9:10 a.m.-10:10 a.m., Oct. 4-Dec. 13 (no class Sept. 29) (10 sessions)

LC Sec. 3: Mon., 6:30 p.m.-7:30 p.m., Sept. 21-Dec. 7 (no class Oct. 12) (10 sessions) Bob Rice, certified water safety/lifeguard instructor.

LC Sec. 4: Thurs., 6:15 p.m.-7:15 p.m., Sept. 24-Dec. 3 (no class Nov. 26) (10 sessions)

LC Sec. 5: Fri., 6:10 p.m.-7:10 p.m., Sept. 25-Dec. 4 (no class Nov. 27) (10 sessions)

Intermediate Swimming

PES 53/\$160

Strokes taught in this course include back-crawl, breaststroke and crawlstroke. Diving is also included. (Prerequisites: *Students must be comfortable in deep water and must be able to swim 20 yards.*) *Swim cap required. Valid CUNYCard I.D. required.*

LC Sec. 1: Mon., 7:30 p.m.-8:30 p.m., Sept. 21-Dec. 7 (no class Oct. 12) (10 sessions) Bob Rice, certified water safety/lifeguard instructor.

LC Sec. 2: Fri., 7:15 p.m.-8:15 p.m., Sept. 25-Dec. 4 (no class Nov. 27) (8 sessions)

Synchronized Swimming

PES 58/\$200

Synchronized Swimming is a performance sport which takes place in deep water. Learn sculling techniques, how to tread water, intermediate and advanced swimming strokes and kicks. Advanced swimmers work on developing core control and increased grab on the water. All swimmers learn figures (stunts) appropriate to their ability and experience. Designed to develop increased fitness while having fun in the water. (Prerequisites: *ability to swim 20 yards, and be comfortable in deep water and underwater.* PES 50: *Swimming for Beginners*) **Valid CUNYCard I.D. required.**

LC Thurs., 7:15 p.m.-8:45 p.m., Oct. 8-Dec. 3 (no classes Oct. 22, Nov. 26) (7 sessions) Rowena Dale S. Mohammed, judge, choreographer, coach and Masters swimmer, silver and bronze medalist at the 2005 U.S. Masters Synchronized Swimming Championships.