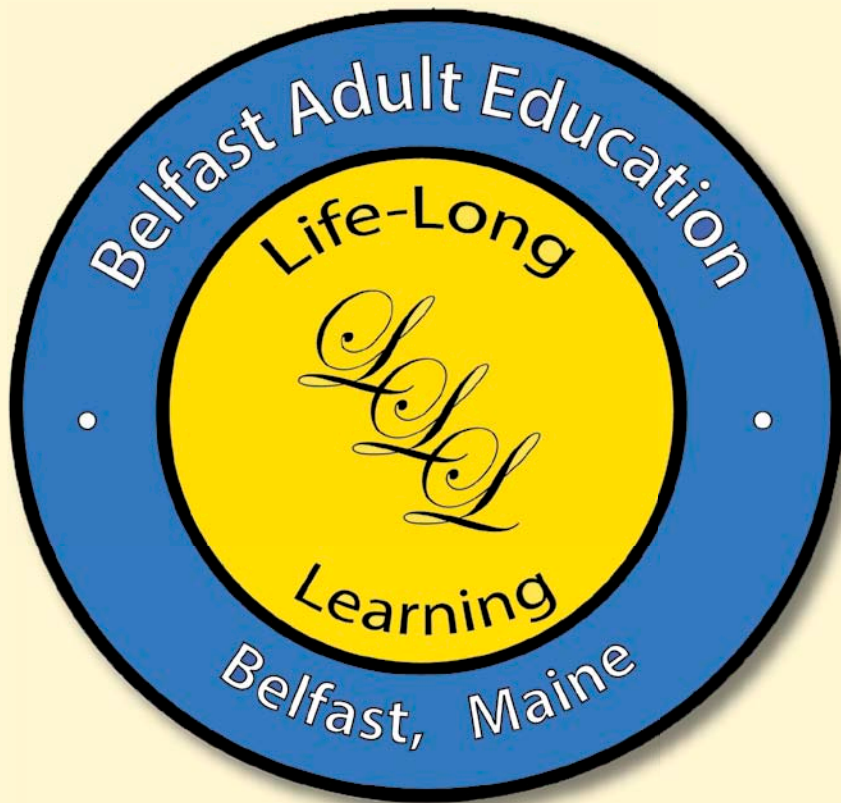


Belfast Adult Education

FALL 2023 BROCHURE



BELFAST ADULT EDUCATION

POB 39

39 Lions Way

Belfast, Maine 04915

<http://belfast.maineadulted.org>

207-338-3197

MaineHealth

Certified Nursing Assistant (CNA) Education Program

Become a Certified Nursing Assistant (CNA)

MaineHealth, in collaboration with Maine Adult Education programs and the Maine Community College System, is offering a FREE 6-week, state approved CNA training program. CNAs are caregivers who work directly with patients and residents to assist them with their activities of daily living, including their safety and comfort.

Program Highlights:

- **FREE** tuition through the Maine Community College System
- Taught by experienced Registered Nurses
- 5 local health system sites; small class size with individual support
- Includes the state required curriculum of 70 hours of class time, 20 hours of essential skills labs, and 40 hours of clinical training at local hospitals
- **Earn While You Learn:** Accepted applicants are offered the opportunity to be paid while you learn in exchange for a 1-year work commitment following completion of the course

Clinical Training at Local Sites:

- Franklin Memorial Hospital | **Farmington**
- Mid Coast Hospital | **Brunswick**
- Southern Maine Health Care | **Biddeford**
- Stephen's Memorial Hospital | **Norway**
- Waldo County General Hospital | **Belfast**

To Learn More, Scan the QR Code



Next Session Runs July 10, 2023 to August 18, 2023

Take the Next Step Today!

All candidates must first complete the CASAS reading assessment; the CASAS will be administered through your local Adult Education Center. To learn more and register for the CASAS assessment, scan the QR code or email Robyn Raymond: rreynold@rsu73.com

Updated immunization records are required upon applying.

This program is co-sponsored by:

MaineHealth

 **Maine Adult Education**
EDUCATE. EMPOWER. ENLIGHTEN.



Maine's
Community Colleges

BELFAST ADULT EDUCATION PROGRAMS

High School Diploma

Adult learners may obtain a Belfast Area High School diploma through adult education by successfully completing a list of required courses and earning the minimum of twenty-four graduation credits. Courses and credits required by BAHS are also required by Belfast Adult Education. An adult education course credit is the equivalent of 45-48 hours of instruction. There is no registration fee for HSD courses.

High School Equivalency Test or HiSET (formerly known as the GED)

Adult learners may earn a High School Equivalency Diploma by participating in a twenty-four hour preparatory program and passing all five (5) of the final tests. The preparatory program includes completing an Intake form, standardized testing that identifies entry level skills, receiving instruction necessary for accumulating knowledge and skills and passing the Official Practice Test (OPT) for each of the five (5) subject areas: Language Arts Reading, Language Arts Writing, Math, Science and Social Studies. Passage of an OPT allows the learner to take the final HiSET test in that subject area. Final tests are computer based. A high school equivalency test diploma will be issued by the State of Maine to a learner who has successfully completed all five (5) final tests. There is no registration fee for this program.

Adult Basic Education

This program offers individualized and small group instruction that focuses on the development of basic skills in Reading, Writing, Spelling, Math, Science, History, Life Skills and Technology. There is no registration fee for this program.

ESOL

The English Speakers of Other Languages Program offers tutoring to students whose native language is not English. There is no registration fee for this program.

Career and College Readiness Program

This program provides resources to learners who wish to pursue a career or prepare for college admission. Resources include advising, academic courses, tutorial programs and referrals to related agencies.

General Enrichment Program

This program offers a variety of activities and classes designed to address the interests of the community. Activities and courses are of short duration. A registration fee is required.

STATEMENT OF NONDISCRIMINATION AND EQUAL OPPORTUNITY

There shall be no unlawful discrimination in educational programs, activities, or employment practices on the basis of race, national origin, religion, sex, age, or disability under the provisions of Title VI and XI of the 1972 Educational Amendments, Section 504 of the Rehabilitation Act, the Individuals with Disabilities Education Act (IDEA), and the Americans with Disabilities Act (ADA). The RSU does not discriminate on the basis of race, sex, national origin, religion, age, color, sexual orientation, physical or mental disability as defined by Title IX, Section 504, the Civil Rights Act and the Maine Human Rights Act.

Individuals who need auxiliary aids for effective communication in programs and services within RSU #71 should make their needs known to the Principal or to the ADA Coordinator or Equal Opportunity Officer/Affirmative Action Officer c/o Superintendent of Schools, P.O. Box 325, Belfast, ME 04915, telephone 338-1960.

ACCOMMODATION STATEMENT

Individuals requiring accommodation in order to access programs and services involving High School General Equivalency certificate program should make their needs known to the adult education program direc-

tor, ADA Coordinator, Equal Opportunity Office or Affirmative Action Officer c/o the Office of Superintendent of Schools for the school system in which the adult education program resides.

BELFAST ADULT EDUCATION

Darrell R. Gilman, Ed.D., DIRECTOR • PO Box 39, Belfast, ME 04915

Phone: 338-3197 • Fax: 207-338-2960 • <http://belfast.maineadulted.org>

Patricia Edgecomb, ADMINISTRATIVE ASSISTANT

FMI: pedgecomb@rsu71.org

MAIN OFFICE BUSINESS HOURS:

M-Th8:30-12:00, 12:30-6:00

Holidaysclosed

School Vacations8:30-12:00, 12:30-5:00

Summer Vacation....8:30-12:00, 12:30-5:00

CLASS LOCATIONS

LC Learning Center
 BAHS Belfast Area High School
 UMH University of Maine - Hutchinson Center
 REC Re-Entry Center
 SDMHS Searsport District Middle/High School

Counseling for career education and academic programming is available by appointment.

REGISTRATION/ENROLLMENT

Participants in adult education offerings should review the program brochure distributed in August and December or on the program website. Registration for courses may be made by telephone, in person, or by submitting the back page of the brochure through the mail, by fax or by hand delivery. Course registration fees may be mailed or hand delivered to the main office. Payment by check is preferred over cash for security reasons. Instructors will not be permitted to accept registrations or collect registration fees at class sessions. ALL Registration fees must be submitted to the main office at least FIVE business days **PRIOR** to the first class session. Failure to submit a course registration and/or fees prior to the first class session will result in the student not being enrolled in the course. Some courses may have deadlines for registration or fees that are earlier than above. A Social Security number is necessary for all courses in programs marked ABE, HSC, MCCA and Training/Retraining programming. All registrations must include date of birth. General interest courses must have a minimum of five enrollees to be scheduled. BELFAST ADULT EDUCATION DOES NOT OFFER DISCOUNTS ON REGISTRATION FEES.

REGISTRATION FEE REFUNDS

Course/activity registration fees are fully refundable when a course/activity is canceled; a learner withdraws from a course/activity prior to its start; or required course materials have not been ordered. Course/activity registration fees are refunded on a pro-rated basis whenever the course/activity schedule has been modified resulting in a learner being unable to continue.

BOOK DEPOSITS

Belfast Adult Education provides books and materials to learners and students for use in academic courses. A fee may be charged depending on the age and condition of the book or material. Learners and students returning books or materials in the same condition in which they were issued will receive a refund at the end of the course. **No book deposits will be returned once the new semester has begun.**

SCHEDULE OF COURSE OFFERINGS

The Adult Education Program offers full semesters of courses during the fall and spring with a summer session during July and August. The fall semester begins on the Monday after Labor Day, the spring semester in late January and the summer semester in July. Please call the main office (207-338-3197) at least two weeks prior to the beginning of the semester for courses in which you wish to enroll. Students enrolling in the ABE, MCCA, HSC/Diploma or HiSET, or Training/Retraining programs may contact the office anytime of the year.

Course schedules have been adjusted to compensate for any holidays and vacations that may occur during the times that the courses are offered.

CALENDAR

Belfast Adult Education follows the RSU #71 school calendar. The office is closed during weekends, holidays and whenever the school system is cancelled due to emergencies or weather. Please check the list of holidays in the box to the right.

2023 - 2024 CALENDAR

Tue 7/4 Independence Day
 Mon 7/1 Summer Session Begins
 Fri 8/25 .. Summer Session Ends
 Mon 9/4 Labor Day
 Wed 9/6 FALL Information Session
 Mon 9/11 .. FALL Semester Begins
 Mon 10/09. Columbus Day
 Fri 11/10. Veterans Day
 Wed 11/22-24 ... Thanksgiving Break
 Thur 11/23. Thanksgiving Day
 Th 12/25-1/1 .. Holidays Break
 Sun 12/25. Christmas Day
 Mon 1/01 .. New Years Day
 Mon 1/15 .. Martin Luther King Day
 Wed 1/17 .. SPRING Information Session
 Fri 1/19 .. FALL Semester Ends
 Mon 1/22 .. SPRING Semester Begins
 Mon 2/19-2/22 .. Winter Vacation
 Mon 2/19 .. Presidents Day
 Mon 4/15-4/19 .. SPRING Break
 Mon 4/15 .. Patriots Day
 Fri 5/24 .. SPRING Semester Ends
 Mon 5/29 .. Memorial Day
 Th 5/30 .. Adult Education Graduation



BELFAST ADULT EDUCATION WANTS TO HEAR FROM YOU!

- **Are you interested in becoming an instructor for a course or activity through adult education?**
- **Do you have an idea for a course or activity in which you would like to participate?**

Belfast Adult Education is seeking individuals who would like to instruct a course or lead an activity for adults. The program would also like to hear about ideas or topics of interest around which courses or activities could be created.

Anyone interested in becoming an instructor or wanting to offer a suggestion for a course or activity is asked to contact Belfast Adult Education by telephone at 207-338-3197 or by email at pedgecomb@rsu71.org.

Community Connection for High-Speed, Broadband Internet Technical Assistance.

The Belfast Adult Education program is your Community Connection for information on how you can use Maine's expanding high-speed, broadband internet connectivity to help you meet educational goals, enrich your life, obtain health information, access governmental services and enhance economic and community development. Contact our office and arrange a special presentation on the importance of high speed internet for your civic or social organization.

Look for this symbol in our catalog. It identifies courses and workshops where you'll learn about high-speed internet connectivity. This community education program is presented in cooperation with the Maine Department of Education and the ConnectME Authority. Learn more at www.maine.gov/connectme and check the speed on your internet connection.



The MARTI project is funded by the American Recovery and Reinvestment Act

State Broadband Infrastructure Program
Award Number 23-50-M09062

Want help with reading?



Literacy Volunteers of WALDO COUNTY

Call 338-3197

Email: waldoreads@rsu71.org

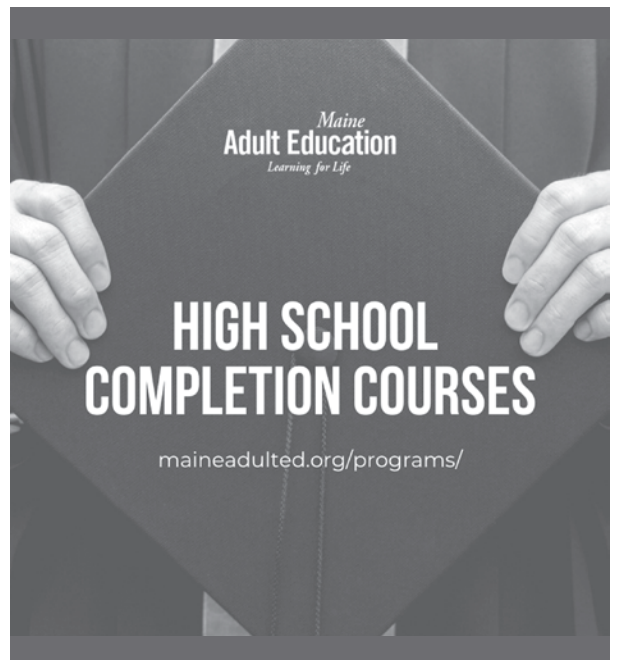
Check us out on the web:

www.waldoreads.org

~ Free, Local, One-to-One Support ~



Belfast Adult Education will be closed whenever RSU #71 is cancelled due to storm conditions or emergency situations. RSU #71 cancellations will be announced on WLBZ TV2 Storm Center and Village Soup. Belfast Adult Education will place a post on Facebook.



ACADEMICS

How would your life change if you obtained further education or training through the adult education program? Whether you left school years ago, just recently, were home schooled, or wanting to prepare for post high school career or college opportunities, we can assist you in determining the best pathway for you. The program offers courses and activities leading to high school diploma, high school equivalency testing, college admission and career exploration. It is never too late to begin looking toward a brighter future. All courses offered in this section are available to all with no registration fee.

PROGRAM INFORMATION SESSIONS

Adult learners enrolling in a Belfast Adult Education academic program (Adult Basic Education, English for Speakers of Other Languages, High School Completion-Diploma or High School Equivalency Testing, MCCA, Literacy for Adults, and Training/Retraining) for the first time should register for the program information session scheduled prior to the start of their first semester classes in order to receive information regarding entrance requirements and introduction to staff. Semester information sessions are held during the week prior to the start of the semester. Additional monthly orientation information sessions are held throughout the semester to accommodate new learners entering after the semester has begun. Contact the main office for information.

PROGRAM ADVISING

Adult learners enrolling in a Belfast Adult Education academic program (Adult Basic Education, English for Speakers of Other Languages, High School Completion-Diploma or High School Equivalency Testing, MCCA, Literacy for Adults, and Training/Retraining) must participate in the adult education advising program. This program is designed to provide ongoing assistance to learners through the creation and monitoring of an Individual Life Plan. The life plan focuses on academics, work force training and goal setting. Adult learners will have multiple advising sessions scheduled throughout the semester.

FY2324 INTAKE/ADVISING

Arr LC

Staff

ADULT BASIC EDUCATION (ABE)

Adult Basic Education courses provide instruction that is designed to assist learners with improving their academic skills in the areas of Reading, Writing, English Speakers of Other Languages, Mathematics and Technology.

Courses in this section will begin the week of September 11, 2023 unless otherwise specified.

ABE ENGLISH

Macdonald-Fowles

This course focuses on helping students improve their reading, writing and grammar skills. Learners will have an opportunity to work with others in small groups and to receive individualized instruction. They will learn or review the writing process and produce various forms of writing.

W 16 wks 8:30-11:30 LC

ABE ENGLISH LAB

Macdonald-Fowles

This instructional opportunity is open to anyone who wishes to learn or review English skills. Individualized sessions may be scheduled.

W 16 wks 11:35-2:35 LC

ABE MATH

Staff

This course provides an opportunity to learn or review basic math skills. Concepts and skills are developed through practical applications, often assisted through technology, in small study groups with individualized instruction as needed.

Th 16 wks 8:30-11:30 LC

ABE MATH LAB

Staff

This instructional opportunity is open to anyone who wishes to learn or review math skills. Individualized sessions may be scheduled. If sufficient instructional measurements are met, high school diploma credits may be awarded upon request.

Th 16 wks 11:35-2:35 LC

ABE READING

Macdonald-Fowles

Learn to read better and build word recognition, spelling and vocabulary skills. Reading will be delivered in a tutorial format. The main office will make arrangements with students for instructor contact.

Arr LC

ABE ENGLISH SPEAKERS OF OTHER LANGUAGES

Bradford

Instruction in ESOL is provided in one on one sessions to any non-English speaker who wants to obtain or improve English communication skills. Instruction can begin at any time and uses a flexible schedule. This program requires no registration fee. Please contact the learning center (207-338-3197) for more information. Instruction is flexible and may begin at any time.

Arr Th LC

COMPUTER TECHNOLOGY

Students participating in computer instruction at Belfast Adult Education may obtain a 2GB thumb drive for \$7.00. The courses offered in this section are incorporated into training and retraining programs.

F23 ABE COMPUTER BASICS

Norman

Feeling nervous or confused about using a computer? Take the first step toward feeling more at ease with this very basic course in computer operations. Learn how to use the mouse to point and click and the keyboard to communicate with the computer. Learn to do internet searches, use Google email and Google Docs for basic word processing. We will also answer common questions like "How can I send pictures via e-mail? How can I find driving directions on the internet? What is youtube and social media?" and more based on the needs of the students.

09/18 M 6 wks 12:30-2:30 \$45 LC

F23 ABE FACEBOOK – INTRODUCTION

Norman

This course will get you up to speed on how to use Facebook. You will learn how to create a Facebook profile, choose privacy settings, share information, upload pictures and videos, chat and see information other 'friends' have posted! Basic computer skills are required including booting and shutting down computer equipment, finding all function keys on the keyboard, and manipulating a mouse.

TBD M 5 wks 12:30-2:30 \$38 LC

F23 ABE iPad – INTRODUCTION

Norman

This course will cover the basics of how to use an iPad. We will explore how to use the keyboard, browse the internet, manage apps, connect to wifi and use mail. There will be a limited number of ipads available to use at the learning center so bring your own if you have one.

TBD M 3 wks 12:30-2:30 \$26 LC

F23 ABE MS EXCEL

Norman

An introductory course in Microsoft Excel that includes creating and opening spreadsheets, working with cells, numbers and multiple sheets and formulas.

TBD M 6 wks 6:00-7:00 \$40 LC

F23 ABE MS OFFICE – SPECIAL PROJECTS Norman

This course provides a brief intro to MS Word, Powerpoint and Excel with time to pursue special projects. We will explore creating and opening documents, managing files, working with text, layout, managing slides, themes, transitions, inserting images, spelling and grammar and more depending on the needs and experience of the class.

TBD M 3wk 6:00-7:00 \$26 LC

F23 ABE WORKING WITH IMAGES Norman

We will explore how to find, adapt, manage, edit and use images in different platforms and applications. Participants are encouraged to bring along special projects.

12/19 M 3wk 6:00-7:00 \$26 LC

F23 ABE DO MORE WITH ANDROID Norman

Make your Android phone or tablet do more for you! We will explore various apps and functions on Android phones and tablets such as Amazon Fire including discussions about safety, privacy and affordability

TBD M 3wk 6:00-7:00 \$26 LC

HIGH SCHOOL COMPLETION (HSC)

The High School Completion course of study offers two options.

Option 1 is the High School Equivalency Test Certificate program. Learners enrolled in this option must complete a twenty-four hour preparatory course, complete a series of pre-tests and successfully complete the HiSET® test in each area of Language Arts – Reading, Language Arts – Writing, Mathematics, Science and Social Studies.

Option 2 is the High School Diploma program. Learners enrolled in this option must participate in diploma required courses for credit. Completion of all diploma requirements results in the issuance of a high school diploma.

HIGH SCHOOL EQUIVALENCY DIPLOMA (HiSET®)

FY2324 HiSET® PREPARATION COURSE Staff

Learners will receive instruction and test taking strategies to prepare them for completing the HiSET® official practice tests in each of the five subject areas of Reading, Writing, Math, Science and Social Studies. Learners who have received passing scores on the pre-tests are then eligible to complete the final HiSET® tests in each area. The preparation course is scheduled for Thursday of each week throughout the school year. **A learner wishing to complete the HiSET® program must present governmental picture identification, a social security number/card and attend all preparatory course sessions.**

Arr Th 4 wks 8:30-2:30 LC

FY2324 HiSET® FINAL TESTING Gilman

Learners who have successfully completed the HiSET® Preparation Course by demonstrating passing scores on the official practice tests in Reading, Writing, Math, Science and Social Studies are eligible to take the HiSET® final tests. All testing sessions are arranged by appointment with the main office. **Appointments must be made twenty-four hours in advance of the test date.**

Arr LC

HIGH SCHOOL DIPLOMA – (HSD)

Courses in this section will begin the week of September 11, 2023 unless otherwise specified.

HSD ALGEBRA 1 Parker

This course will cover the concepts presented in the typical high school college preparatory Algebra curriculum.

T 16 wks 2:40-5:40 LC

HSD ALGEBRA 2 Parker

This course will cover the following topics: solving problems using equations, inequalities, linear equations and functions; products and factors of polynomials and rational expressions; quadratic equations and functions; radicals and exponents. **This course meets in the spring semester only.**

Th 16 wks 2:40-5:40 LC

HSD EARTH SCIENCE Staff

This course uses many hands on activities to explore the earth's geological history, amazing landforms around the globe, the nature of sea and air and the newest discoveries about our universe. This course is available for students wishing to satisfy the graduation credit in either earth or lab science. **This course is offered in the spring semester only.**

M 16 wks 11:35-2:35 LC

HSD ENGLISH Kelly, Tupper

This High School diploma English course explores the following components: reading comprehension, vocabulary, grammar and several forms of writing to include paragraph development, evidentiary essay and research studies and literature.

Th 16 wks 2:40-5:40 LC

HSD ENGLISH LAB Macdonald-Fowles

This instructional opportunity is open to anyone who wishes to learn or review English skills. Individualized sessions may be scheduled.

W 16 wks 11:35-2:35 LC

HSD GENERAL BIOLOGY Staff

This course provides an overview of biology topics for both plants and animals using many hands on activities and a variety of media. It fulfills the non laboratory requirement for the high school diploma.

F 16 wks 8:30-11:30 LC

HSD TOPICS IN SOCIAL STUDIES Parker, Tupper

This course will present a variety of concepts in the area of social studies including World History, Geography, Maine History and US History. Learners may choose the topic area and work on an independent basis.

T 16 wks 2:40-5:40 LC

HSD GEOMETRY Parker

This course presents major geometrical concepts while emphasizing the integration of Algebra. Topics include angle relationships and measurement, application of parallel and perpendicular lines, use of similar polygons, right triangles and the Pythagorean Theorem, circles, areas and perimeters of plane figures and surface area and volume of solids. **This course meets in the fall semester only.**

Th 16 wks 2:40-5:40 LC

HSD HEALTH Staff

This class begins with the study of basic nutrition. We will try simple recipes in class and taste some unusual foods. Students will also learn about exercise, stress management, basic human body biology and other areas of health the class would like to explore. Small changes in how we take care of ourselves can make a big difference in health! This course fulfills the half

credit requirement for the adult education diploma. It may also be taken for the entire semester to earn a full credit.

Arr 8/16 wks 8:30-11:30 LC

HSD MATH LAB

Staff

This instructional opportunity is open to anyone who wishes to learn or review math skills. Individualized sessions may be scheduled. If sufficient instructional measurements are met, high school diploma credits may be awarded upon request.

Th 16 wks 11:35-2:35 LC

HSD PHYSICAL SCIENCE

Staff

This course covers basic concepts of chemistry and physics using a hands-on approach. You will be conducting simple experiments during every session to explain topics such as density and why things float, chemical reactions, air pressure, water pressure, speed, acceleration and Newton's Laws of Motion. You will get a chance to grow crystals, build simple machine contraptions, construct a battery and build simple electrical circuits. Depending on your needs, this course can be taken for a whole credit (16 weeks) or half credit (8 weeks). Half credit courses must be the first eight weeks of the semester. **This course is offered in the fall semester only.**

M 16 wks 8:30-11:30 LC

HSD WORLD AFFAIRS

Parker

This class will focus on current events in the world today. We will also examine how today's happenings are shaped by past events. Students will become more aware of geography, economics and social issues. A study of the role the United States plays in the world today will be explored.

F 8/16 wks 11:35-2:35 LC

MAINE COLLEGE AND CAREER ACCESS (MCCA)

COLLEGE TRANSITIONS

Belfast Adult Education provides assistance to adults who are preparing for either post-secondary assessments or post-secondary program admission. The MCCA program includes two options. Option 1 is enrollment in course offerings specific to college admission. Option 2 is enrollment in the Maine College and Career Access grant program. This is a comprehensive pre-college skills training program designed to refresh the learner's skills in English, Mathematics, Technology and College Exploration. This option is presented at the UM Hutchinson Center.

Courses in this section will begin the week of September 11, 2023 unless otherwise specified.

MCCA ALGEBRA 1

Staff

This course will cover the concepts presented in the typical high school college preparatory algebra curriculum.

T 16 wks 2:40-5:40 \$53 LC

MCCA ALGEBRA 2

Parker

This course will cover the following topics: solving problems using equations, inequalities, linear equations and functions; products and factors of polynomials and rational expressions; quadratic equations and functions; radicals and exponents; direct and inverse variations, sequences, as well as an introduction to trigonometry. **This course meets in the spring only.**

Th 16 wks 2:40-5:40 \$53 LC

MCCA BIOLOGY WITH LAB

Staff

This course provides an overview of biology topics for both plants and animals. Laboratory activities reinforce information learned in class and give practice with important skills including microscope use, dissection, and lab report writing. Graphing and science research techniques will also be covered. This course meets the prerequisite for college entrance. **This course meets both in the fall and spring semesters.**

Fall T 16 wks 5:30-8:30 \$92 BAHS
Spr W 16 wks 8:30-11:30 \$92 LC

MCCA CHEMISTRY WITH LAB

Staff

This course provides an overview of concepts and computations in chemistry. Laboratory activities reinforce information learned in class and give practice with important skills including instrument use, management of chemicals, and lab report writing. Graphing and science research techniques will also be covered. This course meets the prerequisite for college entrance. There will be a book deposit of \$20.00. **This course meets both in the fall and spring semesters.**

Fall W 16 wks 8:30-11:30 \$92 LC
Spr T 16 wks 5:30-8:30 \$92 BAHS

F23 MCCA GEOMETRY

Staff

This course presents major geometrical concepts while emphasizing the integration of Algebra. Topics include angle relationships and measurement, application of parallel and perpendicular lines, use of similar polygons, right triangles and the Pythagorean Theorem, circles, areas and perimeters of plane figures and surface area and volume of solids. **This course meets in the fall only.**

Th 16 wks 2:40-5:40 \$53 LC

MAINE COLLEGE AND CAREER ACCESS

MCCA THE COLLEGE CONNECTION

Staff

Whether you are thinking about attending college for the first time or going back to finish your degree, we can help you prepare. We provide an opportunity to update a variety of skills you will need to succeed in college, plus access to a unique scholarship. We offer comprehensive academic advising and career planning designed just for your needs. You will have guidance with every aspect of getting ready for college including applying for financial aid, finding scholarships, and completing college applications. We're here for you every step of the way – we'll help you succeed! We now accept students on an ongoing basis throughout the semester to move students towards their goals in the most efficient manner possible. A book fee is required.

09/11 T 16 wks 9:00-5:30 LC

LITERACY VOLUNTEERS OF WALDO COUNTY

Literacy Volunteers of Waldo County (LVWC) is a separate program located at the Belfast Adult Education Learning Center. The program provides free, confidential services to adults (ages 18 and older) who would like to improve their reading, writing, conversation, math and/or computer skills. Trained volunteers work with adults on a one-to-one basis via a private setting, preferably within the learner's own community. Learning sessions are scheduled around work and other



obligations. The specific needs of each learner are addressed in a convenient and comfortable manner. Assistance is available for English speakers as well as new English learners. Training is also provided to those who would like to become tutors. Contact Denise Pendleton, facilitator, at 207-930-2436 x 205, email Literacy Volunteers at waldoreads@rsu71.org, or check the web at www.waldoreads.org.

Waldo Reads Together! One Book, One Community, 2023

Do you enjoy reading a good book and having a conversation with others about how the book inspired new feelings and new ideas in you? If so, you don't want to miss the 2023 Waldo Reads Together! One Book, One Community program, designed to bring Waldo County residents together to discuss a good book that illuminates the concerns and hopes we share as individuals within community.



The WRT book title will be selected in early January, 2023. FMI, contact Literacy Volunteers program manager (dpendleton@rsu71.org) to receive book selection and program information by mid-January. Group discussions of the book, led by trained facilitators, will be held in March and April with a choice of morning, afternoon, and evening sessions. Zoom and in-person discussions will be offered.

"One Book, One Community" was created by the American Library Association for replication in towns and cities throughout the United States. Waldo Reads Together is our local version of this program, offered for the last two years to foster the joy of learning through reading and talking together as community members.

All Waldo Reads Together! One Book, One Community events are free and open to the public. This project is made possible thanks to a committee of dedicated volunteers led by Literacy Volunteers of Waldo County.

DISTANCE LEARNING

Belfast Adult Education offers the following on line, distance learning programs as options for learners. Learners should contact the main office for information on how to access these options.

Ed2Go

Ed2Go is a distance learning system that offers training in many different fields of study including education and business management and health care and technology. *Go to the Ed2Go/Belfast Adult Education partner web site at www.ed2go.com/belfastae for information on course offerings, registration, payment and student assistance.*

HiSET® ACADEMY

Belfast Adult Education has recently added this instructional program in order to provide a comprehensive learning opportunity for those learners wishing to complete the HiSET® Testing Program. This program may be presented in a classroom environment or be accessed on line. The program content is a complete curriculum for each of the five HiSET® curriculum areas that includes assessments and lessons by topic. The curriculum is based on the adult education curriculum standards.

KHAN ACADEMY

Khan Academy is a program that can be used for tutoring or classroom instruction. Learners may choose topics from a variety of curriculum areas including Language Arts, Mathematics, Science and Social Studies.


TRAINING/RETRAINING

T/R WORK READY

Staff

WorkReady is a sixty hour training program that focuses on transferable skills necessary for obtaining and keeping a job. Upon successful completion of the program a WorkReady credential will be issued by the Maine Department of Labor. This credential, when presented to a prospective employer, certifies that the presenter has completed the program and possesses the requisite skills. There is no registration fee for this program.

Arr **W** **15 wks** **2:40-4:40** **LC**



- **Learn what it takes to get and keep a better job.**
- **Find out what employers expect.**
- **Network with businesses!**
- **No cost to participants.**

Work Ready™ is an initiative of Maine's four Local Workforce Investment Boards and the Maine Department of Education and is supported by a state-wide steering committee comprised of MDOE – Adult Education, MDOL, MDOC, Maine's 4 Local Workforce Investment Boards, and representatives from the private sector. The 60 hour soft skills based training is designed to provide successful participants with not only skills essential in today's workplace, but also a portable credential. The Work Ready™ Credential is endorsed by businesses throughout the state.

The Work Ready™ curriculum addresses seven basic standards including personal motivations and challenges to employment, effective communication and interpersonal skills, understanding taxes and benefits, job searching, and resume and portfolio preparation. While the name "Work Ready" may imply that the program is designed for individuals with little to no work experience, it is actually highly applicable to a wide variety of individuals with varying degrees of training, education, and occupational skills. Successful programs have been conducted through local Adult & Community Education for the general public (including ASPIRE participants, retirees, individuals with post-secondary degrees, etc.), to displaced workers through NEG's, to incumbent employees (where the employer has paid them for their participation and also paid for the instructional costs), to high school students and youth.

People who complete the Work Ready Credential Program will be able to:

1. Understand how to be successful employees based on individual strengths and personal awareness
2. Develop a plan for employment based on career interests.
3. Know how to seek and apply for a job.
4. Understand how to communicate effectively in the workplace.
5. Work effectively with co-workers and as part of a team.
6. Demonstrate basic work knowledge.
7. Demonstrate an awareness of work-related safety and importance.

GENERAL ENRICHMENT PROGRAM

COMMUNITY FOR COMMUNITY

GE ABOUT BOATING SAFELY

Gilman

This US Coast Guard Auxiliary course provides recreational boaters with the basic knowledge and skills to boat safely on either inland or coastal waters. Topics included in the ABS course are the same as those listed in the BSS course but are presented in a shorter time format and with not as much detail. Students will take a multiple choice exam at the conclusion of the course. Participants successfully passing the course will be issued a USCGA certificate that may be used to satisfy any future state boat operator certification as well as possibly earning a discount on boat insurance. This course is approved by the National Association of Boating Law Administrators (NASBLA). Pre-registration is required and may be completed by contacting Darrell Gilman at 338-5516 or by email at drgilman1aux@gmail.com.

10/16 M 6 wks 6:00-8:30 \$60 LC

F23 GE HUNTER SAFETY

Drinkwater

The Department of Inland Fishers & Wildlife's Hunter Education Course is more than a "gun safety" class. The course covers proper handling, survival/first aid, responsibility, map and compass, landowner relations and rifles and shotguns. Students are given a course handbook, outdoor survival information and handouts. Classes are taught by a trained, certified instructor and involve lectures and demonstrations, homework, field experiences and a final written exam. You must attend every class in order to receive your certificate as well as study at home. Students must be 10 years old and be accompanied by a parent or guardian during the entire course. All parents are urged to take the course with their children. Class size is limited and pre-registration is required. Class meets in Belfast and Searsport on Monday, each class session is scheduled for 6:00-9:00pm. **Maximum class size is 40. Registration and payment must be submitted to the main office of Belfast Adult Education no later than one week prior to start of class. No walk-ins will be admitted. This course is offered in the fall ONLY.**

09/19,21,26,28 T 2 wks 6:00-9:00 \$10 BAHS Library
10/17,19,24,26 T 2 wks 6:00-9:00 \$10 SDMHS Cafe

F23 BREATH-TAKING ONLINE SCHOOL

This school offers online seminars on how breathing can influence general health. The school is offering two courses. Each course is \$85 with topics offered on Tuesdays and Thursdays from 6:00-7:30.

THE WOMEN'S HEALTH SERIES

Freeman

You will learn how breathing is different for women and why it matters, how to manage pain and stress through breathing techniques, how female sex hormones influence your breathing and health, how to prevent and treat pelvic floor dysfunction and how to cope with menopause symptoms. This class will empower you to take charge of your health and well-being by understanding and improving your breathing habits.

10/16 M 6:00-7:30 Yes, breathing is different for women
10/18 W 6:00-7:30 Pain conditions and breathing in women
10/23 M 6:00-7:30 Female sex hormones
10/25 W 6:00-7:30 Pelvic floor dysfunctions.
10/30 M 6:00-7:30 Managing Menopause

WOMEN'S HEALTH AND FINTESS 101

Freeman

This course is designed to help you improve your physical and mental well-being. You will learn how to regain lost energy and stamina, how to optimize your breathing for different activities and situations, how respiratory muscle strength affects your endurance and what are the new rules for cardio and stamina. By the end of this course you will have a better understanding of your body and its needs and how to achieve your fitness goals in a healthy and sustainable way

10/17 T 6:00-7:30 The ins and outs of optimal breathing
10/19 Th 6:00-7:30 Respiratory muscle strength determines endurance
10/24 T 6:00-7:30 New rules for cardio and stamina
10/26 Th 6:00-7:30 Core strength training

GE MEDICARE 101 WORKSHOP

Moorman

This free seminar is open to the public and is facilitated by Anna Moorman and Jo-Ann Neal of Allen Insurance and Financial. Medicare is designed for adults age 65 and older. The seminar will address the following questions: What does Medicare cover and not cover? When can I enroll? What is a Medicare Advantage Plan? What plan is best for me? There is no fee for the seminar but registration at the adult education office is required. **The course will be taught using the ZOOM video conferencing program.**

TBA 1 wk 5:00-6:30 No Fee BAHS

F23 GE REAL ESTATE SALES AGENT COURSE

STAFF

The Center for Real Estate Studies is offering the opportunity to participate in the online SALES AGENT'S COURSE. Successful completion of this course is required in order to obtain a Maine Real Estate Sales Agent license. The course is also useful for students who are considering buying or selling real estate and who want to understand the process. And, because the course covers real property valuation and real estate finance, it helps investor-students understand the value and why ownership of real estate is key to wealth accumulation.

This entire course is offered online using the Zoom videoconferencing platform. Format of the online course is asynchronous which means students may start and finish at any time. The Maine Real Estate Commission requires that the course be completed within one calendar year from start. Access to this course requires the student have a computer and internet connection

Students must register with Belfast Adult Education which will forward your registration to the Center's website. The registration fee for this course is \$370.00 which includes all materials and fees.

SUBSTITUTE TEACHING SEMINAR

Staff

Would you like to support the students and staff in RSU #71. Join us for an evening workshop where we will explore the ins and outs of substitute teaching. Learn about opportunities for part time employment and get your questions answered. Participants will have support in completing the necessary paperwork necessary to apply. Refreshments provided! The program is scheduled for Wednesday, March 15, 2023 from 5:00-7:00pm at the Belfast Adult Education Learning Center. Advance registration is required by contacting the adult education main office by telephone at 207-338-3197. There is no fee for this program.

TBD W 1wk 5:00-6:30 No Fee LC

GE NEW VENTURES MAINE

Staff

New Ventures Maine, a statewide organization with Micoast Offices in Rockland and Brunswick, helps Maine people succeed in their jobs, businesses and communities. Whether your goal is building your career, starting or growing your small business, managing your money, returning to school, or being active in the community, New Ventures Maine is here to help through classes and workshops at no charge including in-person and online options as well as one-on-one coaching for individuals.

Please contact: Melinda Wildes at 593-7942 or Melinda.wildes@maine.edu for more information or to register. You may also register on line at bit.ly/RegisterNVME

GE SNAP-ED NUTRITION PROGRAM – 10 TIPS FOR ADULTS

Staff

Join Snap-Ed for this free four-week class that will give you the skills to shop, prep and cook healthy foods while stretching your dollars on a budget. There will be recipe demonstrations at each fun and interactive session. All participants will receive a colorful cookbook with 24 healthy, low cost recipes and nutrition tips. The course is scheduled for four, 1 hour classes.

09/26 T 4wk 5:00-7:00 No Fee BAHS

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Office for Family Independence (OFI) at the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates families experiencing low income on low-cost healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.



PERSONAL INTEREST

INSTANT GUITAR FOR HELPLESSLY BUSY PEOPLE

COFFMAN

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

Topics include: How chords work in a song, How to form the three main types of chords, How to tune your guitar, Basic strumming patterns, How to buy a good guitar (things to avoid) and How to play along with simple tunes

10/17 T 1 wk 6:30-9:30 \$59 Online

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

COFFMAN

In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do - using chords. Since this class is being held online with ZOOM, you will be able to sit at your piano or keyboard and take this class without any pressure at all. And since this class includes an online book and follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic outline question and answer session is also included. A recording of the class is included as well. This course is partly lecture/demonstration and partly hands on instruction.

10/16 M 1 wk 6:30-9:30 \$59 Online

S24 GE A TASTE OF UKE

Anderson

Wondering why the ukulele has made such a big comeback? It's about the most accessible musical instrument going. Take this class and you will see what folks of all ages have discovered. You will be playing a couple of songs before you leave the first class! We will be looking at chords and strumming patterns while we play lots of songs. Contact the instructor for more information on obtaining classroom materials by email at andoanderson51@yahoo.com. **This is in addition to the registration paid to adult education that is listed below. This course meets in the spring semester ONLY.**

T 6 wks 6:30-8:30 \$26 BAHS

CRAFTS

F23 GE STAINED GLASS BEGINNER/ADVANCED

Wheelock

This course is for those who always wanted to learn to work with stained glass. You will be taught how to cut glass, how to work with copper foil, and the proper way to solder. You will be introduced to all the tools of the trade, as well as most of the materials, including the various types of glass. When you have completed this course you will have finished projects to show for it, as well as a mastery of the basic skills used in the craft of stained glass. instructor first at 1-781-878-1399 for session placement. Once placed then contact the main office at 338-3197 to register. Materials fee of \$20 is payable to instructor.

Session 1 09/11 M 8 wks 6:00-9:00 \$64 SDMS04
Session 2 09/12 T 8 wks 6:00-9:00 \$64 SDMS04
Session 3 09/13 W 8 wks 6:00-9:00 \$64 SDMS04

Want help with reading?

Check us out on the web: www.waldoreads.org

Call 338-3197 • Email: waldoreads@rsu71.org

~ Free, Local, One-to-One Support ~

FITNESS & WELLNESS

F23 LEARN HOW TO CURL

Belfast Curling Club

This course is for anyone who wants to learn how to curl. Instruction will be offered in a series of one, two hour sessions at the facility located at 211 Belmont Avenue (Rte 3) two miles west from Belfast. Space is limited! Register with the Curling Club ONLY. CLICK on learntocurl@belfastcurlingclub.org to register. Provide your name, email address, telephone number and the desired session date and time. The registration fee of \$40.00 must be submitted in order to retain a spot. Checks are to be made out to the Belfast Curling Club and sent to Steve McLaughline at 32 Lovejoy Pond Road, Wayne, Maine 04284. Please include your name, email address, phone number and desired date and time which can be selected from the list below. **This class meets only in the fall semester.**

10/21/23	Sat	1wk	10:30-12:30	\$15	BCC
10/21/23	Sat	1wk	1:00-3:00	\$15	BCC
10/22/23	Sun	1wk	10:30-12:30	\$15	BCC
10/22/23	Sun	1wk	1:00-3:00	\$15	BCC
01/06/24	Sat	1wk	10:30-12:30	\$15	BCC
01/06/24	Sat	1wk	1:00-3:00	\$15	BCC
01/07/24	Sun	1wk	10:30-12:30	\$15	BCC
01/07/24	Sun	1wk	1:00-3:00	\$15	BCC

GE LET'S PLAY PICKLE BALL FOR BEGINNER

Kiernan

Learn the rules and how to play one of the most fascinating, up and coming recreational sports around! The game is a mix of ping pong and tennis. Join the class for exercise, meeting new people and having fun. Extend your participation by playing at Belfast City Park during the summer months. The sessions are held at the CASS gymnasium. A registration fee of \$15 is payable to Belfast Adult Education and an equipment fee of \$10 is payable to the staff.

01/09 T 5wk 5:30-7:30 CASS Gym

LET'S PLAY PICKLE BALL – NEXT STEPS

Kiernan

This class is for players who are familiar with the basic rules and regulations but wish to continue honing their skills and confidence. There will be drills and open play. Let's have fun! Let's play Pickle Ball! The sessions are held at the CASS gymnasium. A registration fee of \$15 is payable to Belfast Adult Education and an equipment fee of \$10 is payable to the staff.

01/10 W 5wk 5:30-7:30 CASS Gym

FOREIGN LANGUAGES

F23 GE SPANISH – BEGINNER

Garcia

Beginner's Spanish focuses on basic elements, giving emphasis to the development of spoken language skills. One goal will be "thinking on one's feet" – self expression. Classroom practice spans the gamut from traditional through situational exercises and total physical response techniques. After having taught at secondary and university levels for twenty years, Paul Garcia earns his living as a translator and interpreter. He has lived and worked in Puerto Rico, Mexico, Spain and Argentina. **A \$15 book fee to be paid to instructor at first class.**

09/14 Th 8 wks 6:30-8:30 \$54 BAHS

F23 GE SPANISH – INTERMEDIATE

Garcia

Intermediate Spanish expands on elements introduced in the Beginner's Spanish course, further developing spoken language skills and gradually delving into literature and culture. After having taught at secondary and university levels for twenty years, Paul Garcia earns his living as a translator and interpreter. He has lived and worked in Puerto Rico, Mexico, Spain and Argentina. **A \$15 book fee to be paid to instructor at first class.**

09/12 T 8 wks 6:30-8:30 \$54 BAHS

TRAVEL

F23 COME TRAVEL WITH US

STAFF

How would you like to go on a trip? Belfast Adult Education is partnering with Collette Tours to bring you two opportunities during the spring of 2024. One tour is a trip to Ireland. The second trip is to a tour of the upper Midwest focusing on the early settlement of the upper midwestern states. An information session is scheduled for early fall. Contact the main office to register for this question and answer session about both tours.

09/29 F 1 wk 5:00-8:00 LC



REGISTRATION FORM



PRE-REGISTRATION is very important to ensure your place in the class.
Many courses have limited space and are filled on a first-come, first-served basis.

Mail or walk in your registration with payment today!

Make checks payable to: Belfast Adult Education, PO Box 39, Belfast, ME 04915

Please complete the following information (Please Print):

Name: _____

E-mail: _____ DOB: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Please contact each program for fee information.

	Course Name	Class Meets	Fees
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

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