

UNIVERSITY OF ARKANSAS RICH MOUNTAIN

Lifelong **LEARNING**

FALL 2023 GUIDE



NEVER STOP LEARNING

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University of Arkansas
RICH MOUNTAIN

Lifelong **LEARNING**

COURSE NAME	DAY	TIME	START	LOCATION	SESSIONS	FEE
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Street Artistry	Mon	6:00pm	8/21/23	MDX 115	6	\$40
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This painting course will provide opportunities for students to develop new painting skills. Students will have the opportunity to explore a unique painting experience using various techniques and materials.

Drawing and Painting	Wed	10:00am	8/21/23	MDX 110	16	\$85
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This Drawing and Painting course will provide opportunities for students to develop new drawing and painting skills. A variety of materials and techniques will be used to produce compositions.

Beginning Tennis	Sat	9:00am	9/9/23	TAPLEY	3	\$30
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This class will go over the fundamentals of tennis focusing on basic stroke development including forehands, backhands, volleys, and serves. No prior experience is necessary. Tennis balls will be provided. Please bring your own racquet.

American Sign Language	Tue	5:30pm	9/5/23	SPNCR 249	6	\$40
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Course includes receptive and expressive readiness activities, sign vocabulary, ASL grammatical structure, receptive and expressive finger spelling, conversational behaviors and various aspects of deaf culture.

The Frontier in American History	Wed	4:00pm	9/6/23	SPNCR 249	6	\$35
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This course aims to consider the significance of the frontier as a concept and a reality in the historical development of the United States from 1763 until the closing of the frontier in 1890. Additionally the course will consider the impact of American expansion across North America on the Indigenous peoples of the continent and to consider the impact of that expansion on American culture and society.

Building and Writing a Resume & Cover Letter	Sat	9:00am	9/9 & 9/16	SPNCR 251	2	\$40
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Learn the best strategies of crafting a resume and cover letter that will grasp an employer's attention. Divided into two workshops.

Physical Fitness Principles and Exercises	Mon	4:30pm	9/11/23	OC Left	8	\$35
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A class that emphasizes everyday physical fitness. Offers principles to achieve fitness without purchasing expensive equipment. Students may attend in person or via Zoom.

Business, Resume, and Portfolio Workshop for Massage Therapists	Mon	9:00am	9/11/23	NSC-MSSG	1	\$70
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This is not your typical business continuing education course! We will be working together and individually to create the building blocks of your business- resumes, cover letters, mission statements, (auto)biographies, and the crown jewel of this course will be your own professional portfolio that tells the story of your career as a massage therapist! This course is great for new licensees, students, or even seasoned professionals- anyone looking for an easy system to keep and reference their massage experience. We will cover the best practices for resume building and writing cover letters. How to make your applications stand out in a job search! Whatever your practice of massage therapy includes (bodywork, instruction, or continuing education), there is something you can glean from this course come with business questions not specifically covered in this course and we'll brainstorm! Class size is limited so register ASAP.

Customer Service Training	Tue	6:00pm	9/26/23	MDX 115	1	\$35
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This short course emphasizes the importance of building soft skills and providing good customer service. Students will also learn basic phone skills and how to handle difficult customers. This course will benefit employers and employees in retail, manufacturing, service, and tourism related businesses.

COURSE NAME	DAY	TIME	START	LOCATION	SESSIONS	FEE
Intro to Full Body Hot Stone Massage	Mon	1:00pm	9/11/23	NSC-MSSG	1	\$140

The main challenge of this course is how to provide a 60-minute, full body massage with using just 8 stones! This course is designed to provide MTs with a fundamental review of the physiological effects of thermotherapy, a history of Hot Stone Massage, an overview of indications and contraindications- with an emphasis on safety and sanitation. Discussion and hands-on practice of hot stone set-up, technique protocol, and clean-up will provide a basic mastery of hot stones, perfectly adaptable for any massage therapy setting (Spa, Medical, Chrio., Resort, etc). Come fall back in love with this popular modality that has become a staple in the Massage Therapy industry. Class will include a PowerPoint lecture presentation, a protocol demonstration, a protocol PowerPoint to follow along with during practical trade-outs. You will provide and receive a full body hot stone massage. Please dress comfortably and bring linens, massage Oil or Gel (No Lotion/Cream), pens/pencils, and a notebook. Stones & equipment will be provided for this course.

Conversational Spanish	Tue/Thur	6:30pm	10/3/23	MDX 127	8	\$80
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The essential Spanish that you need for everyday conversations. Cost includes textbook fee.

Solar Eclipse 101	Fri	1:30pm	10/6/23	OC	1	FREE
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Learn the basics of of a solar eclipse. Also, get FREE solar eclipse viewing glasses for attending.

Experiencing Nepal	Mon	2:00pm	10/9/23	MDX 148	8	\$35
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Designed for students who want to take a break from their busy lives who have a sincere desire to experience and learn from a foreign culture.

Safety Awareness	Tue	4:00pm	10/17/23	MDX 115	1	FREE
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This presentation is to familiarize the audience with basic safety and awareness methods and encourage them to play a role in keeping our campus and community safe. Class taught by former Polk County Sheriff.

Classical Hollywood Cinema	Thur	6:00pm	10/19/23	SPNCR 247	1	\$20
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Offers students the opportunity to engage, analyze, and discuss films from the “golden age” of Hollywood.

Charcuterie-Butters & Spreads	Thur	6:00pm	11/9/23	MDX 115	1	\$25
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Learn how to build the perfect charcuterie board of butters and spreads, just in time for the holidays!

Medicare 101	Tue/Thur	10:00am	Mid-October	SPNCR 247	2	FREE
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Learn about what Medicare is and how it works, the different parts of Medicare, when to enroll in Medicare, and things to think about when choosing your Medicare plan.

Beginning Golf	Wed	4:00pm	10/4/23	SPNCR 255	4	35/ Green Fees
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The student will have the opportunity to develop basic golf skills through lectures, demonstration, drills and game play. The student will also gain knowledge of golf etiquette and other areas as related to the game of golf.

ABOUT THE CLASSES: The Department of Lifelong Learning and Workforce Development offers non-credit courses during the academic year and summer sessions. All academic policies apply to the Department of Lifelong Learning and Workforce Development. Customized trainings can be tailored to suit the needs of groups, organizations, and business & industry partners on campus or at your business location. For information about customized services, contact Kyle Carpenter, Director of Lifelong Learning and Program Development.

COST AND ATTENDANCE: Tuition and fees are based upon the type of training. Tuition is generally due at registration. Refunds for noncredit classes will apply only if the class is cancelled. Students who fail to attend regularly are dropped from the class. The tuition waiver policy for age 60+ does not apply to Lifelong Learning Workforce Development classes.

COURSE CHANGES: Periodically, due to unforeseen reasons, class times or locations may change after the catalog is printed. Please check the digital catalog for any cancellations or changes in time or location.

	Fall	Spring	Summer I	Summer II
1. General Information				
2. Academic Performance				
3. Behavioral Observations				
4. Parental Involvement				
5. Teacher Comments				
6. Parent Comments				
7. Signature of Teacher				
8. Signature of Parent				

Do you have access to reliable internet? Yes No

[illegible]

Student Signature _____ Date _____

3 WAYS TO APPLY:

1100 College Drive
in Mena

UARM
Kyle Carpenter
1100 College Drive
Mena, AR 71953

kcarpenter
@uarichmountain.edu



By initialing the items listed below, I am acknowledging that I am aware of the following UARM policies and procedures and understand my responsibilities as a UARM student:

_____ I am officially enrolled in classes at UA Rich Mountain and am financially responsible for all classes in which I am enrolled.

Failure to attend does not constitute official withdrawal! It is my responsibility to initiate the withdrawal process through the Associate Vice Chancellor for Student Affairs' Office. (Please see the UA Rich Mountain Catalog/Student Handbook available at www.uarichmountain.edu for the refund schedule.)

_____ I understand that enrolling in a class or classes not on my degree plan or approved as an elective may not be covered by financial aid and those credits may not count toward graduation.

_____ I understand it is my responsibility to confer with my transfer institution and consult the ACTS directory <https://www.adhe.edu/students-parents/colleges-universities/transfer-info.-for-students/> to confirm the transferability of my classes.

The unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance is prohibited on the college premises. The college will apply sanctions that could lead to a student being suspended, expelled, or referred for prosecution for the violation of laws concerning unlawful possession of, use of, or distribution of drugs and alcohol. Refer to www.uarichmountain.edu for information on health risks and available drug or alcohol counseling, treatment, and/or rehabilitation programs.

I must abide by the UA Rich Mountain acceptable use policies concerning the utilization of college information resources. Failure to abide by these policies will constitute cause for termination of resource access and further disciplinary and/or legal action. Refer to the UA Rich Mountain Catalog/Student Handbook available at www.uarichmountain.edu for more details.

Do you plan to receive Federal Financial Aid assistance (Pell grant)?	Yes	No
Are you looking for a job and cannot find one?	Yes	No
Are you a single parent or a single pregnant woman?	Yes	No
Is English your second language?	Yes	No
Are you or have you ever been homeless (without a consistent place to stay)?	Yes	No

Are you now or ever been in foster care? Yes No

Is your parent currently on Active Duty in the military? Yes No

Please indicate the level of **your** parents' education.

Mother:

- ☐ College graduate less than a 4-year degree
☐ College graduate 4-year graduate or higher
☐ Grammar school
☐ High school
☐ High school diploma or equivalent
☐ Less than high school
☐ Some college
☐ Some high school

Father:

- ☐ College graduate less than a 4-year degree
☐ College graduate 4-year graduate or higher
☐ Grammar school
☐ High school
☐ High school diploma or equivalent
☐ Less than high school
☐ Some college
☐ Some high school

Degree: _____

Advisor Signature:

Para Español porfavor contacte a Yanel Rios Tel: 479-394-7622 Ext: 1210 o Correo Electronico: yrios@uarichmountain.edu
 UA Rich Mountain is an equal educational and employment opportunity institution.