<table>
<thead>
<tr>
<th>COURSE NAME</th>
<th>DAY</th>
<th>TIME</th>
<th>START</th>
<th>LOCATION</th>
<th>SESSIONS</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street Artistry</td>
<td>Mon</td>
<td>6:00pm</td>
<td>8/21/23</td>
<td>MDX 115</td>
<td>6</td>
<td>$40</td>
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<tr>
<td>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.</td>
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<tr>
<td>Drawing and Painting</td>
<td>Wed</td>
<td>10:00am</td>
<td>8/21/23</td>
<td>MDX 110</td>
<td>16</td>
<td>$85</td>
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<tr>
<td>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.</td>
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<tr>
<td>Beginning Tennis</td>
<td>Sat</td>
<td>9:00am</td>
<td>9/9/23</td>
<td>TAPLEY</td>
<td>3</td>
<td>$30</td>
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<td>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.</td>
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<tr>
<td>American Sign Language</td>
<td>Tue</td>
<td>5:30pm</td>
<td>9/5/23</td>
<td>SPNCR 249</td>
<td>6</td>
<td>$40</td>
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<td>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.</td>
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<tr>
<td>The Frontier in American History</td>
<td>Wed</td>
<td>4:00pm</td>
<td>9/6/23</td>
<td>SPNCR 249</td>
<td>6</td>
<td>$35</td>
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<td>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.</td>
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<tr>
<td>Building and Writing</td>
<td>Sat</td>
<td>9:00am</td>
<td>9/9 &amp; 9/16</td>
<td>SPNCR 251</td>
<td>2</td>
<td>$40</td>
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<td>a Resume &amp; Cover Letter</td>
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<td>Learn the best strategies of crafting a resume and cover letter that will grasp an employer’s attention. Divided into two workshops.</td>
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<td>Physical Fitness</td>
<td>Mon</td>
<td>4:30pm</td>
<td>9/11/23</td>
<td>OC Left</td>
<td>8</td>
<td>$35</td>
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<td>Principles and Exercises</td>
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<td>A class that emphasizes everyday physical fitness. Offers principles to achieve fitness without purchasing expensive equipment. Students may attend in person or via Zoom.</td>
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<tr>
<td>Business, Resume, and Portfolio Workshop</td>
<td>Mon</td>
<td>9:00am</td>
<td>9/11/23</td>
<td>NSC-MSSG</td>
<td>1</td>
<td>$70</td>
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<tr>
<td>for Massage Therapists</td>
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<td>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 if 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.</td>
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<td>Customer Service Training</td>
<td>Tue</td>
<td>6:00pm</td>
<td>9/26/23</td>
<td>MDX 115</td>
<td>1</td>
<td>$35</td>
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<td>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.</td>
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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

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

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

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

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

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

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

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

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.
Student Registration Form

Fall  Spring  Summer I  Summer II

Name: ____________________________________________________________ Date of Birth: ______________________________

Student ID#: __________________________________________ Date of Birth: ______________________________

Address: __________________________________________ City: __________ State/Country: ___________________________ Zip: ______

Telephone: (H)____________________ (W)____________________ (Cell)____________________ Email_______________________________

Do you have access to reliable internet? Yes  No

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Course ID  Sec  Course Name  M  T  W  R  F  S  Time  Cr Hrs  Instructor

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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. Additionally, the credits in said class or classes may not count toward graduation. I further understand that it is my responsibility to verify the courses I wish to take are approved for my degree.

Student Signature __________________________________________ Date ______________

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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.

_____ 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 or have you 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: ______________________________

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3 WAYS TO APPLY:

Drop Off
1100 College Drive
in Mena

Mail
UARM
Kyle Carpenter
1100 College Drive
Mena, AR 71953

Scan and Email
kcarpenter
@uarichmountain.edu

Para Español por favor 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.