



# June Onsite Classes



## Wellness Classes



Join the Summer Wellness Class Challenge and receive free prizes! [Click here for details.](#)



### FT101: The Role of Physical Fitness in Health

Links fitness to the modern-day deaths and diseases, explains the components of health-related fitness, the connection between exercise, fitness, weight control and health, exercise needs, and recommended exercise programs.

Tue, 6/14 at 11am in B30 / 3090

### FT102: Aerobic Power's Importance in Health Related Fitness

Explains aerobic power, the quantified link between fitness, disease and mortality, methods of measuring and estimating, determinates (age, gender, body composition, exercise habit), the body weight link, program effects, how to improve it.

Tue, 6/14 at Noon in B30 / 2090

### NT101: Fad Diets - Time to Bust Some Myths

Trying to diet and having trouble? Let's bust some diet myths. Learn the truth behind popular diets, how to lose weight the right way and keep it off.

Thu, 6/23 at 11am in B4S / 2419

### NT104: Dining Out – Can it Be Part of a Healthy Lifestyle?

Ever wonder if you are making the best choices when you are dining out? With busy and stressful schedules, dining out is a bigger part of our lives than ever. Come learn about how to keep your healthy habits intact when dining away from home.

Thu, 6/23 at Noon in B4S / 2419

### SM106: Optimism. Don't worry.... be happy....

The statement "seeing the brighter side of life is good for you" is not a myth after all. Join Takis Bogdanos, LPC with the JSC EAP as he explores the facts about optimism and the physical and mental health benefits of being optimistic.

Wed, 6/15 at 11am in B4S / 2419

*New Class!*

### SM107: The Do's and Don'ts of Relating with People

Ever have someone's reaction totally not match your intentions? Ever stumble over how to say no or how to interact with an individual or group? Learn how to increase your effectiveness and potential for success while interacting with others.

Wed, 6/15 at Noon in B4S / 2419

*New Class!*

## NEW – HR Industry Series

### ST118: The Energy Industry: How Does It Really Work? Part 1

Learn industry basics. Know how to "speak the language." Part 1 of 3.

Thu, 6/30 at 11am in B4S / 2419

*New Series!*

### ST119: The Energy Industry: How Does It Really Work? Part 2

Examine occupational crosswalks and local labor market trends. Requires completion of Part 1.

Thu, 6/30 at Noon in B4S / 2419

### ST120: The Energy Industry: How Does It Really Work? Part 3

Rebrand yourself to match occupations in this demanding industry. Requires completion of Parts 1, 2.

Thu, 7/7, 11am in B4S / 2419

## Career Development Classes

### ST102: Creating Resumes in the Age of Technology

Design your resume to land an interview in a technological world.

Wed, 6/1 at Noon in B4S / 2419

Tue, 6/21 at Noon in B30 Aud

### ST103: Networking and Telephone Techniques

Get past the "gatekeeper" and find your next job in the hidden job market.

Tue, 6/7 at Noon in B30 / 2090

### ST106: Interviewing Techniques and Tips

Anticipate, prepare and practice great answers for tough interview questions.

Wed, 6/1 at 11am in B4S / 2419

Tue, 6/21 at 11am in B30 Aud

### ST107: Internet Job Search

Utilize web based techniques that give you an advantage in your job search.

Thu, 6/2 at Noon in B4S / 2419

### ST114: LinkedIn Workshop - Introduction

LinkedIn is used by most US job recruiters. Learn what it is, how to create your profile, and how it can help your job search and networking.

Thu, 6/2 at 11am in B4S / 2419

### ST116: LinkedIn Workshop - Advanced Interactive

Prereq: LinkedIn Intro or be proficient in LinkedIn. Hands-on class in a computer training facility. Gain a deeper understanding of LinkedIn capabilities.

Wed, 6/22 at 11am in B20 / 204

Wed, 6/22 at Noon in B20 / 204

## Financial Classes

### ST110: Budgeting, Debt Elimination and Cash Flow

Overview of money and debt management, development of an emergency fund, and how to use insurance to protect your family.

Wed, 6/8 at 11am in B4S / 2419

### ST111: Building your Nest Egg (Ages 20's–50's, or just getting started at any age)

Introductory topics in how much you need in your nest egg, types of investments, money management and ways to minimize risk.

Wed, 6/8 at Noon in B4S / 2419

### ST112: Strategic Preparation to Use your Nest Egg (Ages 60's+)

Top level review of how to maximize your 401k, minimize tax impacts, and take distributions on the money you've saved.

Thu, 6/9 at 11am in B4S / 2419

### ST113: The Retirement Years

Overview of how to preserve your assets after you've retired, estate issues, and long-term care insurance.

Thu, 6/9 at Noon in B4S / 2419

### ST117: Preparation for Separation & Retirement (For all transitioning employees)

Transition checklist that includes issues such as your 401K, life and health insurance coverage, and staying on track.

Thu, 6/16 at 11am in B4S / 2419

