


Financial Classes: *Some financial classes repeat previous class content. See details at: [CLASS OUTLINES](#)*

<p>FW101: Fundamentals of Financial Management <i>If you only have one hour, this is the class to take. Reviews how money works, when to start investing, compounding, taxes, risks and more.</i> Tue, 7/12 at 11am in B30 Aud Tue, 7/19 at 11am in B30 Aud</p>	
<p>FW102: Budgeting, Debt & Cash Management <i>Overview of money and debt management, development of an emergency fund, and how to use insurance to protect your family.</i> Tue, 7/12 at Noon in B30 Aud</p>	
<p>FW103: Types of Investments New! <i>Review of investment options, asset categories, risks, strategies and retirement spending.</i> Wed, 7/20 at 11am in B30 Aud</p>	
<p>FW104: Retirement Planning <i>Overview of different 401k and IRA approaches, required minimum distribution impacts, retirement income sources and more.</i> Wed, 7/20 at Noon in B30 Aud</p>	
<p>FW105: Maximizing Your 401k <i>10 ways to maximize 401k's, important retirement questions, expenditures and planning.</i> Thu, 7/21 at 11am in B30 Aud</p>	
<p>FW106: Tax Strategies <i>Overview of tax impacts to retirement nest egg and strategies to minimize impacts.</i> Thu, 7/21 at Noon in B30 Aud</p>	
<p>FW107: Preparation for Transition <i>Preparations before you go, benefits portability, risk reduction, 401k rollovers and more.</i> Tue, 7/19 at Noon in B30 Aud</p>	

Wellness Classes



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



<p>FT103: The Role of Physical Exercise in Weight Control <i>Describes the common health effects of low fitness and obesity, the historic rise in obesity with decreased activity, the failure of dieting, combining diet with exercise, determining the amount of exercise needed for weight control</i> Thu, 7/28 at 11am in B4S / 2419</p>
<p>FT104: Resistance Training for an Aging Population <i>Describes and explains the role of aging in fitness, aerobic vs. muscle fitness, health benefits of resistance training, age-related myths (injuries, hypertrophy, fast twitch effect), contraindications/limitations, guidelines, combining resistance with</i> Thu, 7/28 at Noon in B4S / 2419</p>
<p>NT105: Nutrition and Disease Prevention <i>How often do we hear or see reports in the media about the benefits of certain foods for our health or disease prevention? Come join us for a discussion on the most current research in this area and a look at the best foods for disease prevention.</i> Thu, 7/14 at 11am in B4S / 2419</p>
<p>NT106: Supplements; Be an Informed Consumer <i>Have you ever considered taking a supplement? Before making that decision, come learn about the different types of supplements that are on the market today, the safety standards of the industry, and some common reasons why people</i> Thu, 7/14 at Noon in B4S / 2419</p>
<p>SM106: Optimism. Don't worry.... be happy.... <i>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.</i> Wed, 7/20 at 11am in B4S / 2419</p>
<p>SM107: The Do's and Don'ts of Relating with People <i>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.</i> Wed, 7/20 at Noon in B4S / 2419</p>

Career Development Classes

<p>ST102: Creating Resumes in the Age of Technology <i>Design your resume to land an interview in a technological world.</i> Wed, 7/6 at 11am in B30 Aud Wed, 7/6 at Noon in B30 Aud</p>
<p>ST103: Networking and Telephone Techniques <i>Get past the "gatekeeper" and find your next job in the hidden job market.</i> Wed, 7/13 at Noon, B4S / 2419</p>
<p>ST105: ABC's of Workintexas.com, Perfect your Profile <i>Create and maximize your online Workintx profile in TX largest job database.</i> Thu, 7/14 at Noon in B30 Aud</p>
<p>ST106: Interviewing Techniques and Tips <i>Anticipate, prepare and practice great answers for tough interview questions.</i> Wed, 7/27 at Noon in B30 Aud</p>

<p>ST107: Internet Job Search <i>Utilize web based techniques that give you an advantage in your job search.</i> Wed, 7/13 at 11am, B4S / 2419</p>
<p>ST114: Linked In - Introduction <i>Learn what it is, creating profiles, and how it helps in job searches and networking.</i> Thu, 7/14 at 11am in B30 Aud</p>
<p>ST115: Linked In - Advanced <i>Expand your connections and maximize your LinkedIn approach.</i> Wed, 7/27 at 11am in B30 Aud</p>
<p>ST116: Linked In Workshop - Advanced Interactive <i>Prereq: previous Linked In class. Hands-on examples of Linked In capabilities.</i> Tue, 7/26 at 11am in B20 / 116 Tue, 7/26 at Noon in B20 / 116</p>

 Workforce Solutions

Career Development classes are also available off site: [LINK](#)