



## Division of Continuing Education

### *Spring 2024 Options*

THE PROGRAM OF CHOICE for LIFE-LONG LEARNING

MAIN CAMPUS COURSE OFFERINGS ~Session Begins January 27, 2024

**W**elcome to 2024 Options! We are excited to help you learn something new or do something better. Our courses and activities are stimulating and fun and taught by experienced professionals who enjoy introducing others to their subjects.

#### **SP2000. Computer Literacy for Seniors**

Have you realized you don't know much about computers? Do you want to learn how to create documents, mailing labels or budget sheets? Come join the tech savvy seniors on Saturdays! This program includes a free flash drive to save all of your files you created in class.

Mar. 16, Mar. 23, Mar. 30, Apr. 6, Apr. 13. Apr. 20 (Saturday) 9:30 p.m. -10:30 a.m.

Instr: Ms. Azeal Branch Fee: \$85.00 *includes flash drive!* Rm. JDC 212

#### **SP2001. Total Body Fitness**

This class, designed for men and women, introduces the principles and skills of weight training for health, fitness, athletic conditioning and body composition on state-of-the-art equipment. Your workout is closely supervised. Register early!

A: Jan. 27, Feb 3, Feb. 10, Feb, 17, Feb, 24, Mar. 2 (Saturday) 8:00 a.m. -9:30 a.m.

B: Mar. 16, Mar. 23, Mar, 30, Apr. 6, Apr. 13. Apr. 20

Instr: John Mammie Fee: \$99.00 Rm. JDC 210 (Fitness)

#### **SP2002. Strength Conditioning**

Watch those pounds melt away! This class is designed for all fitness levels. You will work your whole-body using weights and machines. It incorporates strength training for fitness, and health and body conditioning.

A: Jan. 27, Feb 3, Feb. 10, Feb, 17, Feb, 24, Mar. 2 (Saturdays) 9:30 a.m. – 11:00 a.m.

B: Mar. 16, Mar. 23, Mar, 30, Apr. 6, Apr. 13. Apr. 20

Instr: John Mammie Fee: \$99.00 Rm. JDC 210 (Fitness)

**SP2003. Piano for Beginners (Ages 6-12)**

If you really want to be heard, make music, not noise! Learn to play the piano in an electronic piano lab setting. Previous musical background helpful but not required. Book included!

A: Jan. 27, Feb 3, Feb. 10, Feb. 17, Feb. 24, Mar. 2 (Saturdays) 12:00 p.m. – 2:00 p.m.

Instr: R. Darryl Thomas Fee: \$85:00 *includes book fee!* Rm. HWH: 106

**SP2004. Piano for Teens and Adults**

B: Jan, 30, Feb 6, Feb 13, Feb 20, Feb 27, Mar. 5 (Tuesdays) 6:00 p.m. – 8:00 p.m.

Instr: Mr. R. Darryl Thomas Fee: \$85:00 *includes book fee!* Rm. HWH: 106

**SP2005. Steppin' with Nate**

Introduction to Steppin' (Adults). If you are a stepper wannabe, this is your opportunity to learn the fundamentals of this progressive art form that originated right here in Chicago! Join others like yourself for this fun-filled adventure in Steppin'. Dazzle your friends with your mastery of the basic 8-count or create your own free form style! No partner needed.

Jan. 30, Feb 6, Feb 13, Feb 20, Feb 27 & Mar. 5 (Tuesdays) 6:00 p.m. – 8:00 p.m.

Instr. Mr. Nathaniel Powell Fee \$85.00 Rm. JDC 102

**SP2006. Reading Skills for Primary Grades**

Students learn to pronounce letter combinations and the difference in identifying vowels, and consonant uses in language. They also strengthen spelling, reading, and writing skills.

A: Jan. 27, Feb. 3, 10, 17, Feb. 24 and Mar. 2 (Saturdays)

9:00 a.m. - 10:15 a.m. (Grades 1 & 2)

10:30 a.m. - 11:45 a.m. (Grades 3 & 4)

Instr. Ms. Jurema Gorham Fee \$85.00 *Includes School Supplies!* Rm. JDC 211

**SP2007. Reading Skills for Primary Grades**

Students learn to pronounce letter combinations and the difference in identifying vowels, and consonant uses in language. They also strengthen spelling, reading, and writing skills.

B: Mar. 23, Mar. 30, Apr. 6, 13, 20 and Apr. 27

9:00 a.m. - 10:15 a.m. (Grades 1 & 2)

10:30 a.m. - 11:45 a.m. (Grades 3 & 4)

Instr. Ms. Jurema Gorham Fee: \$85.00 *Includes School Supplies!* Rm. JDC 211

**SP2008. Yoga: Center Your Mind and Body**

It's time to get into shape and take better care of yourself. Yoga is a way of living that includes physical exercise, meditation and breathing techniques. During this course, each person works at their own level to increase strength, flexibility, and relaxation. One goal is to increase self-awareness and muscle control. Bring your mat and water bottle and let's have a blast!

Thurs. Mar. 7, Mar. 14, Mar. 21, Mar. 28, April 4, April 11, April 18, April 25<sup>th</sup>

5:00 p.m. – 5:45 p.m.

Instr: Dr. Chanel Phillips Fee: \$75.00 Rm. JDC 102

\*\*\*\*\* REGISTER TODAY\*\*\*\*\*

Chicago State University

Spring 2024

Continuing Education

Options

No/Sec.	Course Title	Day	Time	Fee

Student's Name \_\_\_\_\_

Is this your first Options class? \_\_\_\_\_ Are you attending CSU? \_\_\_\_\_

If a minor, parent's name \_\_\_\_\_

Is parent currently attending CSU? \_\_\_\_\_ Email address: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_

If I decide to withdraw from the above class(es), I must notify the Division of Continuing Education before the first-class meeting. I understand that I am voluntarily engaging in activities offered under the Options Program and in so doing assume all risk of injury, illness, damage, or loss that may be associated with such activity.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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## ABOUT ABELINC

ABELINC wants to support the community with digital access devices and skills to promote a culture of transformative connectivity in the City of Chicago. We are looking for participants that would like to participate. Learn about ABELINC now.

# DIGITAL ACCESS PROGRAM

**JOIN NOW**

## WHAT WE OFFER FOR FREE

- Access to free digital devices (laptops)
- Digital Safety
- Low Cost Internet Plans
- Workforce Readiness
- Navigating Medical and Health Systems
- Basic Computer Skills and More!

## HOW TO JOIN

- Scan QR Code and Complete Interest Form
- Complete Recipient Form
- Provide Address



For more Information  
Contact Nathalia Cardenas  
✉ [ncarden20@csu.edu](mailto:ncarden20@csu.edu)

ABELINC is a grant funded by the National  
Telecommunications Information Agency (NTIA)



# Recipient Form

## Personal Information

Full Name		Nationality
Address		
Phone	Email	DoB
Marital Status	<input type="checkbox"/> Single <input type="checkbox"/> Married	Occupation
Household Income		Household Dependents

## Educational Background

Please select one

Highest Level of Education	<input type="checkbox"/> Some High School	<input type="checkbox"/> High School Diploma	<input type="checkbox"/> Some College
	<input type="checkbox"/> Associate/ Trade Certification	<input type="checkbox"/> Bachelor Degree	<input type="checkbox"/> Professional Degree

## Employment History

Are you currently Employed?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Part Time <input type="checkbox"/> Full Time <input type="checkbox"/>
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## Recipient Interest

Choose more than one

Digital Access	<input type="checkbox"/> Internet Access	<input type="checkbox"/> Digital Safety	<input type="checkbox"/> Digital Devices
	<input type="checkbox"/> Low Internet Costs	<input type="checkbox"/> Workforce Readiness	<input type="checkbox"/> Professional Careers

## Device (Laptop) Release

Type or Use	<input type="checkbox"/> Education	<input type="checkbox"/> Work	<input type="checkbox"/> Personal	<input type="checkbox"/> Not Applicable
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## Signature

A signature is necessary to complete the recipient form.

Sign	Date
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ABELINC is funded by a grant from the National Telecommunication Information Agency (NTIA).

773-995-3844

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UNIVERSITY

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## ENROLL IN AN ONLINE COURSE THAT LEADS TO AN INDUSTRY-RECOGNIZED CERTIFICATION

Many business sectors have developed industry-recognized certifications to ensure their workforce is equipped with adequate skills and specialized knowledge. Certifications are often seen as the benchmark needed to enter into and advance in specific industries. Prepare for these industries with courses that align to these valuable certifications.



Certification exam costs included



### BUSINESS

Accounts Payable Manager Certification ✓  
Accounts Payable Specialist Certification ✓  
Career Counselor and Life Coach  
Certified Administrative Professional ✓  
Certified Administrative Professional with Microsoft Office Specialist (MOS) Associate ✓  
Certified Administrative Professional with Microsoft Office Specialist (MOS) Expert Associate ✓  
Certified Bookkeeper ✓  
Certified Credit Counselor ✓  
Certified Credit Counselor and Certified Financial Health Counselor ✓  
Certified Financial Health Counselor ✓  
Certified Global Business Professional  
Certified Green Supply Chain Professional ✓  
Certified Internal Auditor  
Certified Internal Auditor with Microsoft Excel ✓  
Certified Quality Auditor ✓  
Certified Quality Engineer ✓  
Certified Quality Improvement Associate (CQIA)

Certified Supply Chain Professional + Freight Broker/Agent Training  
Certified Six Sigma Black Belt  
Certified Six Sigma Green Belt ✓  
Chartered Tax Professional  
Chartered Tax Professional for California Residents  
Chartered Tax Professional with Microsoft Excel ✓  
Court Interpreter (Spanish/English)  
Executive Assistant ✓  
Executive Assistant with Microsoft Office Specialist (MOS) Associate ✓  
Executive Assistant with Microsoft Office Specialist (MOS) Expert ✓  
Financial and Career Coach ✓  
IC3 Digital Literacy GS5 ✓  
Human Resources Professional  
Lean Six Sigma Black Belt ✓  
Lean Six Sigma Black Belt with 1-on-1 Project Coaching ✓  
Lean Six Sigma Champion ✓  
Lean Six Sigma Green Belt ✓

Lean Six Sigma Yellow Belt ✓  
Lean Six Sigma Yellow Belt and Green Belt ✓  
Lean Training ✓  
Nonprofit Manager  
Nonprofit Manager + Professional Grant Writing  
Office Manager ✓  
Payroll Manager  
Payroll Practice and Management  
Payroll Practice and Management with Microsoft Excel ✓  
PMI Agile Certified Practitioner (PMI-ACP)®  
PMI Risk Management Professional ✓  
Professional Grant Writing  
Project Management Essentials with CAPM Prep  
Senior Professional In Human Resources  
Social Entrepreneurship ✓  
Six Sigma Yellow Belt ✓  
Student Loan Counselor ✓  
The Complete Project Manager: CAPM and PMP Prep



### COMPUTER APPLICATIONS

AZ-900: Microsoft Azure Fundamentals ✓  
AZ-104: Microsoft Azure Administrator  
AZ-500: Microsoft Azure Security Technologies  
AZ-900 & 104: Microsoft Azure Fundamental & Administrator ✓  
AZ-900 & 500: Microsoft Azure Fundamental & Security Technologies ✓

Microsoft Access Certification Training ✓  
Microsoft Excel Certification Training ✓  
Microsoft Office Specialist (MOS) Expert Certification Training ✓  
Microsoft Outlook 2019 Certification Training ✓  
Microsoft Outlook Certification Training ✓  
Microsoft PowerPoint Certification Training ✓

Microsoft Word Certification Training ✓  
Office Specialist (MOS) Associate Certification Training ✓  
Professional Bookkeeping with QuickBooks Online ✓  
Professional Bookkeeping with QuickBooks Online with Payroll Practice and Management ✓



### FITNESS

ACE Personal Trainer  
ACE Personal Trainer with Fitness and Health Internship  
ACSM Certified Exercise Physiologist  
ACSM Certified Exercise Physiologist with Fitness and Health Internship  
ACSM Personal Training  
ACSM Personal Training with Fitness and Health Internship AFAA Group Fitness Instructor ✓  
NASM Certified Nutrition Coach ✓

NASM Certified Nutrition Coach + Weight Loss Specialization (CNC, WLS) ✓  
NASM Certified Personal Trainer + AFAA Group Fitness Instructor ✓  
NASM Certified Personal Trainer (Spanish) ✓  
NASM Certified Personal Trainer + Corrective Exercise ✓  
NASM Certified Personal Trainer + Performance Enhancement ✓

NASM Certified Personal Trainer and Exam Preparation ✓  
NASM Certified Weight Loss Specialization (WLS) ✓  
NASM Certified Weight Loss Coach (CPT, CNC, WLS) ✓  
NASM Corrective Exercise Specialist (CES) ✓  
NASM Performance Enhancement Specialist (PES) ✓  
NCSF Sports Nutrition Specialist ✓  
NCSF Certified Strength Coach ✓

<https://www.csu.edu/continuingeducation/Ed2Go.htm>



## INFORMATION TECHNOLOGY

Certified AWS Cloud Practitioner ✓  
 Certified AWS SysOps Administrator ✓  
 Certified AWS Developer ✓  
 Certified AWS Solutions Architect ✓  
 Certified AWS Cloud Practitioner  
 SysOps Administrator ✓  
 Certified AWS Cloud Practitioner  
 Developer Associate ✓  
 Certified AWS Cloud Practitioner  
 Solutions Architect ✓  
 Certified Ethical Hacker ✓  
 Certified Information Security Manager (CISM) ✓  
 Certified Information Systems Auditor (CISA) ✓  
 Certified Information Systems Security  
 Professional (CISSP)

Certified Penetration Testing Professional  
 (CPent) ✓  
 Cisco CCNA Certification Training ✓  
 Cisco CCNP Enterprise: ENCOR & ENARSI ✓  
 Cisco CCNP Enterprise: ENCOR & ENSLD ✓  
 Cisco CCNP Enterprise: ENCOR & ENWLSI ✓  
 Cisco CCNP Security: SCOR & SISE ✓  
 Cisco CCNP Security: SCOR & SVPN ✓  
 Cisco CCNP Collaboration: CLCOR & CLICA ✓  
 CompTIA Advanced Security Practitioner (CASP) ✓  
 CompTIA Certification Training: A+,  
 Network+, Security+ ✓  
 CompTIA Certification Training:  
 Network+, Security+ ✓  
 CompTIA Cloud Essentials+ ✓  
 CompTIA™ Linux+ ✓

CompTIA Mobility+ ✓  
 CompTIA Project+ ✓  
 CompTIA™ A+ Certification Training ✓  
 CompTIA™ Cloud+ Certification Training ✓  
 CompTIA™ Network+ Certification Training ✓  
 CompTIA™ Security+ Certification Training ✓  
 Help Desk Analyst: Tier 1 Support Specialist  
 Information Security Training ✓  
 IT Foundations Bundle ✓  
 ITIL 4 Foundation ✓  
 Systems Security Certified Practitioner  
 (SSCP) Training  
 CompTIA Certification Training: ITF+ and A+ ✓  
 CompTIA Certification Training: ITF+, A+,  
 Network+, Security+ ✓

## HOSPITALITY

Certified COVID Hospitality Compliance Officer  
 (CHCO)  
 Certified Destination Wedding Planner  
 Certified Model Know How  
 Travel Agent Training ✓  
 Certified Master Wedding and Event Planner ✓

## CONSTRUCTION AND TRADES

HVAC/R Technician ✓  
 HVAC/R Certified Technician ✓  
 Certified Indoor Environmentalist Prep  
 Certified Indoor Air Quality Manager

## MARKETING AND SALES

Certified Digital Marketing Fundamental ✓  
 Certified Digital Marketing Professional ✓

## MEDICAL

Advanced Hospital Coding and CCS Prep ✓  
 Advanced Medical Interpreter  
 Certified Clinical Medical Assistant (CCMA) ✓  
 Certified Clinical Medical Assistant for Experienced  
 CMAA ✓  
 Certified Clinical Medical Assistant (CCMA) +  
 Certified Electronic Health Records Specialist  
 (CEHRS)  
 Certified EKG Technician ✓  
 Certified Electronic Health Records Specialist  
 (CEHRS) ✓  
 Certified Health Unit Coordinator ✓

Certified Healthcare and Eldercare Mediator  
 Certified Inpatient Coder ✓  
 Certified Medical Transcriptionist ✓  
 Certified Medical Administrative Assistant (CMAA) ✓  
 Certified Medical Administrative Assistant with  
 Certified Electronic Health Records Specialist +  
 Medical Terminology ✓  
 Certified Medical Administrative Assistant with  
 Medical Billing and Coding ✓  
 Certified Outpatient Coder ✓  
 Certified Pharmaceutical Sales Representative ✓  
 Certified Physical Therapy Aide ✓

Certified Phlebotomy Technician ✓  
 Certified Professional Medical Auditor ✓  
 Certified Risk Adjustment Coder ✓  
 Clinical Dental Assistant ✓  
 Medical Billing and Coding ✓  
 Medical Billing Specialist ✓  
 Medical Billing Specialist with Electronic  
 Health Records ✓  
 Medical Interpreter (Spanish/English)  
 Medical Office Manager ✓  
 Patient Care Technician ✓  
 Pharmacy Technician ✓

## MISCELLANEOUS

Adobe Certified Professional ✓  
 Adobe Certified Professional in Video Design ✓  
 Adobe Certified Professional in Visual Design ✓  
 Adobe Certified Professional in Web Design ✓

Certified Legal Secretary  
 Certified Paralegal ✓  
 Certified Residential Interior Designer ✓  
 Certified Technical Writer

Digital Court Reporter  
 Digital Court Reporter and Legal Transcription  
 Legal Transcriptionist  
 Technical Writer Manager



Certification exam costs included

**In addition to our certification courses, we offer hundreds of other titles for career training and personal and professional development.**

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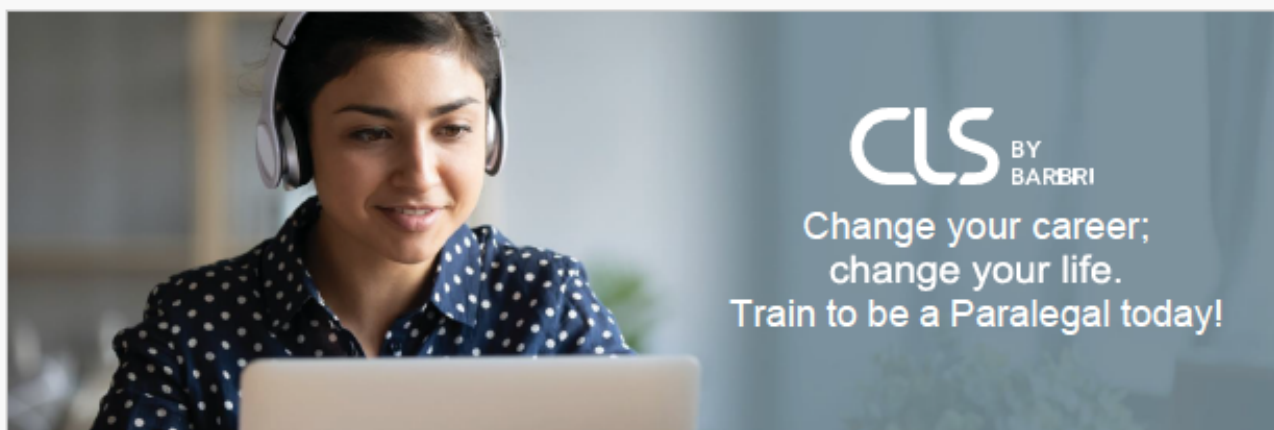


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Our courses are among the most affordable in the industry, and payment options are available.

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CLS by BARBRI graduates thousands of job-ready legal support professionals every year.

### 6 Leadership

We are proud to be part of BARBRI Global. The premier provider of practical legal education in the world.

## Paralegal Certificate Course®

**14 weeks | Starting at \$1,895**

This course will provide you with comprehensive knowledge of the American judicial system. But, more importantly, it also teaches you practical skills including how to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, and assist in preparing cases for courtroom litigation.

For those looking for a challenging career in a growing market, now is the time to invest in your future, and start your career as a paralegal professional. This course will provide you with the training you need to be ready to work as a paralegal in a variety of industries. In addition to a Certification of Completion, you will earn a digital badge upon successful course completion.

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These advanced topics build upon the nationally acclaimed Paralegal Certificate Course®. When you successfully complete at least six of the sixteen advanced topics you'll be awarded a Certificate of Completion. You will also earn a digital badge not only for completing the Advanced Course, but for every topic completed.

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- Bankruptcy Law
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- Constitutional Law
- Criminal Law
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- Real Property Law
- Victim Advocacy
- Water Law

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**BRING IN YOUR REGISTRATION** Register in-person at the CSU Cashier's Office:

Cook Administration Building – Room 212 or visit the Options Program office in the Jacoby Dickens Athletic Center, Room 201, our office hours are from 9:00 am - 4:00 pm, Mon through Fri.

### **GENERAL INFORMATION**

**COURSE FEES** Refer to course description for fees. Fees are payable by check, money order, American Express, Discover, Visa, or MasterCard.

CTC/CSU Alumni Association members receive **15%** off registration!

### **CLASS MEETINGS**

***Registration is now open! Spring session begins Saturday, January 27, 2024.***

**PARKING DECALS** For students enrolled in Options classes, parking decals are available for \$10.00 (please note, decals can be purchased at the parking booths with proof of registration). Otherwise, there is a general fee of \$5.00 to enter the campus upon each visit. Students enrolled in the university's academic courses are not eligible for Options parking decals. Seniors, 60 and over, enrolled in Options courses, receive FREE parking decals.

**CLASS SIZE** The university reserves the right to limit the size of classes and to cancel classes due to insufficient enrollment.

**CANCELING YOUR REGISTRATION** In the event that you must cancel your course registration, we encourage you to send someone in your place by simply informing the Options department of the name change. Registration cancellations by phone or in writing must be received at least seven (7) days prior to the published course start date. Cancellation requests received before the seven-day deadline will result in fees being refunded, less a \$10 administration fee – and processing may take six to eight weeks. We regret that no refund is available when a course registration is cancelled after the seven-day deadline. Failure to read the information contained in this schedule does not constitute exemption from stated regulations.

### **FOR MORE INFORMATION**

CALL US 773-995-4466 VISIT OUR WEBSITE [csu.edu/ContinuingEducation/Options.htm](https://csu.edu/ContinuingEducation/Options.htm)

**Programs in Partnership with the Workforce Innovation Opportunity Act (WIOA)**

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