Welcome 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 a.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 25th
5:00 p.m. – 5:45 p.m.
Instr: Dr. Chanel Phillips Fee: $75.00  Rm. JDC 102
Chicago State University  
Continuing Education  

Spring 2024  

<table>
<thead>
<tr>
<th>No/Sec.</th>
<th>Course Title</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

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 __________
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

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!

JOIN NOW

HOW TO JOIN
- Scan QR Code and Complete Interest Form
- Complete Recipient Form
- Provide Address

For more information
Contact Nathalia Cardenas
ncarden20@csu.edu

ABELINC is a grant funded by the National Telecommunications Information Agency NTIA)
# Recipient Form

## Personal Information

<table>
<thead>
<tr>
<th>Field</th>
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</thead>
<tbody>
<tr>
<td>Full Name</td>
<td></td>
</tr>
<tr>
<td>Nationality</td>
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<tr>
<td>Address</td>
<td></td>
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<td>Phone</td>
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<tr>
<td>Email</td>
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<td>DoB</td>
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<tr>
<td>Marital Status</td>
<td>Single</td>
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<tr>
<td></td>
<td>Married</td>
</tr>
<tr>
<td>Occupation</td>
<td></td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Household Dependents</td>
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</table>

## Educational Background

**Please select one**

<table>
<thead>
<tr>
<th>Highest Level of Education</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Some High School</td>
<td></td>
</tr>
<tr>
<td>High School Diploma</td>
<td></td>
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<tr>
<td>Some College</td>
<td></td>
</tr>
<tr>
<td>Associate/Trade Certification</td>
<td></td>
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<tr>
<td>Bachelor Degree</td>
<td></td>
</tr>
<tr>
<td>Professional Degree</td>
<td></td>
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</tbody>
</table>

## Employment History

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Part Time</th>
<th>Full Time</th>
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</thead>
<tbody>
<tr>
<td>Are you currently Employed?</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

## Recipient Interest

**Choose more than one**

<table>
<thead>
<tr>
<th>Digital Access</th>
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<tbody>
<tr>
<td>Internet Access</td>
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<tr>
<td>Digital Safety</td>
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<tr>
<td>Digital Devices</td>
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<tr>
<td>Low Internet Costs</td>
<td></td>
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<tr>
<td>Workforce Readiness</td>
<td></td>
</tr>
<tr>
<td>Professional Careers</td>
<td></td>
</tr>
</tbody>
</table>

## Device (Laptop) Release

<table>
<thead>
<tr>
<th>Type or Use</th>
<th>Education</th>
<th>Work</th>
<th>Personal</th>
<th>Not Applicable</th>
</tr>
</thead>
</table>

## Signature

*A signature is necessary to complete the recipient form.*

**Sign**

**Date**

---

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

- 773-995-3844
- dblock@csu.edu
- www.csu.edu

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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.

### 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 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 G5
- 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 2016 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

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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.

CANCELLING 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

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Ed2Go
CareerStep