## ADULT LEISURE AND LEARNING Course guide

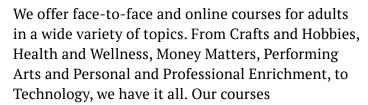






# ADULT LEISURE AND LEARNING





- are the perfect way to enjoy some "me" time and learn a new skill
- give you the opportunity to connect with others and make new friends

### Ask about our **Corporate Wellness Program**

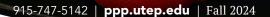
We offer a variety of classes and seminars, all of which can be held online or at your workplace.



Simplify the process: You can start by completing our online training needs assessment at ppp.utep.edu/cct

Scroll down and click on the "Tell Us What You Need' button, complete the form, and submit.







### **CRAFTS AND HOBBIES**

### **Mastering Photoshop for Photography**

Improve the quality of your photos with Photoshop, the ultimate tool for top-notch photo and image editing.

Start Date: October 12, 2024 Early Bird Registration Fee: \$166.50 Fee: \$185

→ Click here to register



### **FITNESS TO LIVE**

### **Kickboxing: One Hour Workout**

Learn training strategies and schemes related to proper boxing technique in this hour-long

Start Date: September 2, 2024 Early Bird Registration Fee: \$89.10

Fee: \$99

→ Click here to register

Start Date: October 7, 2024 Early Bird Registration Fee: \$89.10 Fee: \$99

→ Click here to register

Start Date: November 4, 2024 Early Bird Registration Fee: \$67.50 Fee: \$75

→ Click here to register

Start Date: December 2, 2024 Early Bird Registration Fee: \$67.50 Fee: \$75

→ Click here to register

## **CONTACT OUR TEAM**

BY PHONE

Call 915-747-5142, Monday-Friday, 8 a.m.-5 p.m.

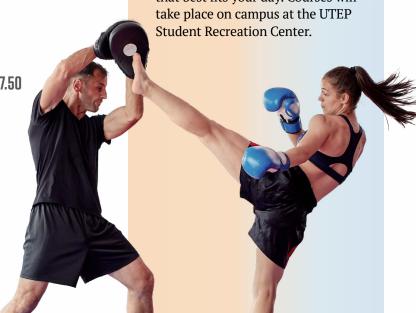
**BY EMAIL** Email us at p3all@utep.edu

**See pages 4-20** for available courses for Fall 2024.

For additional information or to register, go to ppp.utep.edu/coursesforadults

### **Our aquatic courses are** back with a splash!

Turn the page and pick the course that best fits your day. Courses will take place on campus at the UTEP Student Recreation Center.





### **POOL ID CARD**

8 a.m.-5 p.m.

### for Continuing Education Participants

All swimming pool participants must purchase a Professional and Public Programs Pool ID Card to enter the Student Recreation Center. The Pool ID Card is offered for a one-time fee of \$15 and can be used for future paid swimming courses as long as it is for the same person. Pool ID Cards are activated and usable ONLY during the time and schedule of the purchased course.

\*No discounts on fees for aquatic courses.

### **AQUATICS**

### **Swimming Classes: Beginner and Intermediate**

Join our adult swimming classes for both beginners and intermediate-level swimmers, where we tailor each session to your comfort and skill level.

Start Date: September 3, 2024 Fee: \$125\*

→ Click here to register

Start Date: October 8, 2024 Fee: \$125\*

→ Click here to register

### **Swimming and Conditioning**

Dive into our intermediate-advanced swim training class for an intensive aquatic experience tailored to swimmers seeking both a robust workout and enhanced technique.

Start Date: September 3, 2024 Fee: \$125\*

→ Click here to register

Start Date:October 15, 2024 Fee: \$125\*

→ Click here to register

# Have a young swimmer at home? We have a variety of fun swimming courses that will let your child learn and practice their swimming techniques. For more details, visit ppp.utep.edu/youthcourses



### **COVID-19 PRECAUTION STATEMENT**

Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you have tested positive for COVID-19, prior to, after, and/or during your time enrolled in your course(s), you are highly encouraged to report your results to **covidaction@utep.edu** as well as to let our office know at **ppp@utep.edu**.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people.

The best way that we can take care of ourselves and others is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area. For more information about the current rates, testing, and vaccinations, please visit

epstrong.org.



Wash your hands often



Wear a face mask if you are sick



Use tissue when cough/sneeze



Avoid close contact with people who are sick

For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults



# UTEP Employees and Retirees Discounts

Current and retired UTEP employees may receive a **15% discount** on eligible courses\*.

\*Discounts do not apply to certain programs, including but not limited to: Aquatics courses, the English Language Institute Core Program and online courses. Discounts outlined here may not be combined with any other discounts.

For more information about our available discounts, check out the Safety Measures, Discounts and General Information Guide at ppp.utep.edu.

### **CRAFTS & HOBBIES**

### **Introduction to Professional Photography**

Study the basics of photography and learn to take better photographs. You must have a DSLR camera or mirrorless camera.

Start Date: September 9, 2024 Early Bird Registration Fee: \$121.50 Fee: \$135

→ Click here to register

### Mastering Photoshop for Photography

Improve the quality of your photos with Photoshop, the ultimate tool for top-notch photo and image editing.

Start Date: October 12, 2024

Early Bird Registration Fee: \$166.50

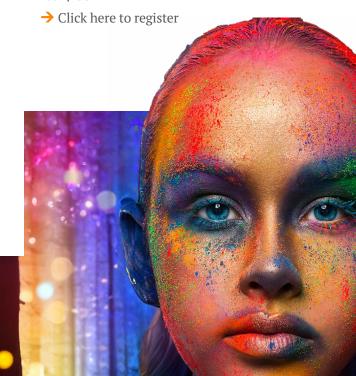
Fee: \$185

→ Click here to register

### Ultimate Portrait and Studio Photography

Acquire the skills and knowledge necessary to create outstanding portrait and studio photographs.

Start Date: October 14, 2024 Early Bird Registration Fee: \$135 Fee: \$150





Sign up for a variety of fitness courses designed for different individual fitness levels. Get healthier, feel better about yourself, have more energy and have fun while doing it all!

### **FITNESS TO LIVE**

#### **Kickboxing: One Hour Workout**

Learn training strategies and schemes related to proper boxing technique in this hour-long course.

Start Date: September 2, 2024 Early Bird Registration Fee: \$89.10 Fee: \$99

→ Click here to register

Start Date: October 7, 2024 Early Bird Registration Fee: \$89.10 Fee: \$99

→ Click here to register

Start Date: November 4, 2024 Early Bird Registration Fee: \$67.50 Fee: \$75

→ Click here to register

Start Date: December 2, 2024 Early Bird Registration Fee: \$67.50 Fee: \$75

→ Click here to register

#### **Ultra Strength and Conditioning** Fitness

Maintain your fitness level, reduce body fat, reduce the risk and rate of injury, and/or use exercise to combat stress in this personal weight training program.

Start Date: September 3, 2024 Early Bird Registration Fee: \$126 Fee: \$140

→ Click here to register

Start Date: October 15, 2024 Early Bird Registration Fee: \$126 Fee: \$140

→ Click here to register

### PERFORMING ARTS

### **Introduction to Guitar: Beginner**

Study at your own pace and learn terms, minor theory, and how to play basic chords in this introductory course. Required materials: Acoustic guitar. Please ensure you purchase guitars appropriate to your size and consult the salesperson at the music store when doing so.

Start Date: September 7. 2024 Early Bird Registration Fee: \$67.50 Fee: \$75

→ Click here to register

You **must be 18 or older** to register for our Adult Leisure and Learning face-to-face courses.

For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults





All the following courses are offered online for ages 18 and older.

Our online courses are affordable, fun, fast and convenient.

Note: Courses may be instructor-moderated or self-guided. Pricing for the following **courses is available on the course website;** simply follow the "→ Click here to register" link under each course description to get more information.

### We want to hear from you!

Post a comment on our Facebook page.



### **CRAFTS & HOBBIES**

### **Color Theory**

Study the fundamentals of color theory and learn how to apply this framework to your web design practice.

→ Click here to register

### **Discover Digital Photography**

Learn all about digital cameras, from DSLRs to smartphone cameras; for the novice photographer.

→ Click here to register

### **Drawing for the Absolute Beginner**

Gain a solid foundation and understanding of the basics of drawing, and become the artist you've always dreamed of being.

Click here to register

### **Genealogy Basics**

Understand the genealogy research process and learn how to interpret the information you find.

→ Click here to register

### **Get Funny!**

Learn how to come up with jokes or witticisms on the fly, punch up dull material for an audience, or make a living as a comedy writer.



### **CRAFTS & HOBBIES (CONT.)**

### **Growing Plants for Fun and Profit**

Turn your love of plants into an enjoyable and profitable home business.

→ Click here to register

### **Introduction to Interior Design**

Transform plain living spaces into beautiful and functional rooms.

→ Click here to register

#### Luscious, Low-Fat, Lightning-Ouick Meals

Learn how to reduce fat in recipes without sacrificing flavor or texture.

→ Click here to register

### Mastering Your Digital SLR Camera

Use your DSLR camera to take beautiful photos.

→ Click here to register

### **Photographing Nature With Your Digital Camera**

Master your digital camera's controls and features and start taking exceptional nature photos in no time.

→ Click here to register

### **Photographing People With Your Digital Camera**

Study the fundamentals of portrait photography; discover the best way to shoot faces, fix common close-up problems, and use digital photo editing techniques to retouch your photos and make other improvements.



For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults



Pricing for the following courses is available on the course website; simply follow the "

Click here to register" link under each course description to get more information.

### **CRAFTS & HOBBIES (CONT.)**

### **Photography Suite**

Get an overview of the basics of digital photography, including equipment, software and practical uses.

→ Click here to register

### **Secrets of Better Photography**

Learn how to choose the right photographic equipment and compose images with style.

→ Click here to register

#### **Start Your Own Edible Garden**

Grow delicious, nutritious fruit and vegetables in your own backyard; give your garden a healthy start and keep it growing strong all season.

Click here to register

### HEALTH AND WELLNESS

### **Aging and Health Bundle**

Learn about the various factors that affect how we age, including the impact of nutrition and physical activity on the aging process, happiness and its effects on the brain, and the role of intimacy and sexuality.

→ Click here to register



### **Certificate in Complementary and Integrative Health**

Acquire a broad understanding of alternative and integrative therapies to meet the needs of diverse populations.

→ Click here to register

### **Certificate in Energy Medicine**

Incorporate methods of energy healing with modern healthcare methods and earn a Certificate in Energy Medicine.

→ Click here to register

### **Certificate in Food, Nutrition and Health**

Gain insight into how food interacts with your body and how to make healthy changes for better nutrition.

→ Click here to register

### Certificate in Gerontology

Get the knowledge and skills necessary to effectively meet the needs of the aging population in a wide range of careers.

→ Click here to register

### **Certificate in Global Healing Systems**

Explore and understand various global healing practices to more effectively support your clients who use various traditional healing practices and techniques.

→ Click here to register

### Certificate in Healing Environments for Body, Mind and Spirit

Learn the various elements of optimal healing environments and how they impact the health of individuals and communities on a physical, social, psychological and spiritual level.

→ Click here to register

### **Certificate in Healthy Aging**

Earn a Certificate in Healthy Aging. Learn about the specific aspects of aging, including the impact of nutrition and physical activity on the aging process, physiologic changes in the healthy aging brain, the role of intimacy and sexuality on healthy aging, keys to longevity in the centenarian population, and important behavioral and mental health issues in the aging adult.



For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults

### **HEALTH & WELLNESS (CONT.)**

### Certificate in Holistic and Integrative Health

Study the fundamentals of person-centered and person-empowered health care, including details on some of the more popular therapies today.

→ Click here to register

### Certificate in Holistic and **Integrative Health: Foundations 1**

Focus on foundational concepts in holistic and integrative health, including stress management, physical activity and movement, nutrition, and healing environments.

→ Click here to register

### Certificate in Holistic and **Integrative Health: Foundations 2**

Examine the healing systems of Ayurvedic and traditional Chinese medicine, explore the connection between health and the human spirit, and learn about ancient and diverse practices of meditation.

Click here to register

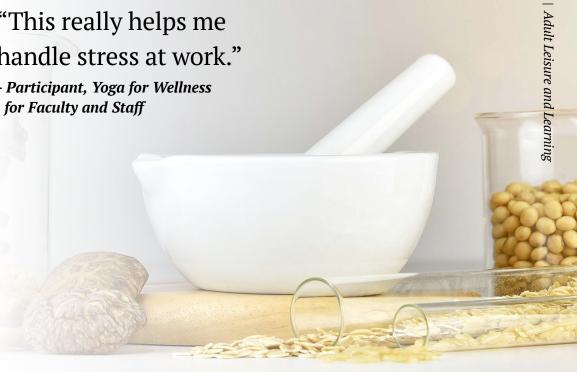
### **Certificate in Holistic and Integrative Health: Foundations 3**

Explore the concepts of four holistic therapeutic modalities as you focus on the use of humor, music and sound, energy healing, and massage and bodywork in healing.

Click here to register

### "This really helps me handle stress at work."

- Participant, Yoga for Wellness for Faculty and Staff



#### Certificate in Meditation

Discover the many meditation techniques that can be used to support the mind-body connection and promote healing and wellness. The course is designed for health professionals and nurses as well as general consumers.

→ Click here to register

### Certificate in Mindful **Relationships**

Explore mindful self-care, intimate relationships and communication processes, and examine how these impact our relationships with others and the planet.

→ Click here to register

### **Certificate in Mindfulness**

Examine the many benefits of mindfulness for both your personal and professional life and lay the foundation for a career in health and wellness coaching.

→ Click here to register

### **Certificate in Music Therapy** and Sound Healing

Study the benefits of music, music therapy and sound healing in the health profession.

→ Click here to register

### **Certificate in Spirituality, Health** and Healing

Study the characteristics of spirituality, the connection between spirituality and healing, and the essential elements of spirituality.

→ Click here to register

#### **Certificate in Starting Your Own Business in Health and Healing**

Get everything you need to embark on creating your own health and wellness business.

→ Click here to register

### We want to hear from you!

Post a comment on our Instagram account.



Pricing for the following courses is available on the course website; simply follow the "→ Click here to register" link under each course description to get more information.



### **HEALTH & WELLNESS (CONT.)**

### **Certificate in Stress Management**

Explore the physiological, social and psychological impacts of stress and study modalities to get stress under control.

→ Click here to register

### **Healthy Living Suite**

Establish a healthy approach to weight loss and weight maintenance.

→ Click here to register

### **Homeschool With Success**

Learn how to homeschool your kids and become familiar with the terminology the homeschool community uses.

→ Click here to register

Connect with us to receive special offers, updates on courses and more!

### #utepp3









### Introduction to Natural Health and Healing

Learn about the various stages of health and illness and discover that true health means wholeness of the mind, body and spirit.

→ Click here to register

### Listen to Your Heart and Success Will Follow

Enjoy the rewards that come from doing what really makes you happy and begin designing a life that really works for you.

→ Click here to register

### Lose Weight and Keep It Off

Establish a healthy approach to weight loss and weight management.

→ Click here to register

### **Mind-Body Therapies Bundle**

Explore the fundamentals of energy medicine in this certificate course.

→ Click here to register

#### **Nutrition and Health Bundle**

Earn a Certificate in Food, Nutrition and Health; get a holistic overview of current food and nutrition issues, and their impact on physical, social, emotional and spiritual health.

→ Click here to register

#### Pain Management and End-of-Life Bundle

Enhance your knowledge of how to work with patients who are in pain and use it to transform end-of-life experiences; earn your Certificate in Pain Assessment and Management.

→ Click here to register

### **MONEY MATTERS**

### **Introduction to Quickbooks Online**

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online.

→ Click here to register

### **Intermediate QuickBooks Online**

Build upon the skills learned in the Introduction to QuickBooks online course; learn how to manage inventory, projects, classes and locations to better track and report on your business operations.





### Certified instructors are needed in the following areas:

- Aquatics/Swimming
- Fitness
- Microsoft Office 365 Software Training
- Fine Arts
- Foreign Languages
- English as a Second Language
- Information Technology

**Professional and Public Programs** is always looking for subject matter experts to teach face-to-face courses and programs needed by individuals and professionals in our community.

To learn more about becoming a **Professional and Public Programs instructor\*** call us at 915-747-5142 or email ppp@utep.edu



<sup>\*</sup>Must create own curriculum and course syllabus.



For complete details about Fall 2024 courses, visit <a href="mailto:ppp.utep.edu/coursesforadults">ppp.utep.edu/coursesforadults</a>



Pricing for the following courses is available on the course website; simply follow the "

Click here to register" link under each course description to get more information.



### **MONEY MATTERS (CONT.)**

### **Introduction to Stock Options**

Learn to evaluate, buy, sell and profit from stocks.

→ Click here to register

#### **Math Refresher**

Use math to your advantage in daily life.

→ Click here to register

### **Keys to Successful Money Management**

Learn about the steps you need to take in order to achieve true financial success from a certified financial planner.

→ Click here to register



### **Learn to Buy and Sell on eBay**

Gain all of the knowledge necessary for success in the online marketplace.

→ Click here to register

#### **Personal Finance**

Gain control over the financial impact of your choices with tools that are useful, realistic and easy to work with.

→ Click here to register

### **Stock Trading Suite**

Learn the fundamentals of investing by learning the ins and outs of the stock market, 401K plans, retirement planning, and personal financial goals; move on to techniques for valuing stocks, including how to read financial statements and conduct economic research and how to buy, sell, and profit with tools used by professional investors; complete this series and learn to leverage your investment dollars in any type of market.

→ Click here to register

### Stocks, Bonds and Investing: Oh, My!

Prepare for retirement, manage your finances and learn everything you need to set up your own consulting practice.

→ Click here to register

### The Analysis and Valuation of Stocks

Study conventional and advanced techniques in researching and valuing stocks.

→ Click here to register

### Where Does All My Money Go?

Study the very basics of how to get control of your finances rather than letting them control you. Get the help you need and learn how to invest, eliminate debt and plan for college.

→ Click here to register

### **PERFORMING ARTS**

#### Introduction to Guitar

Learn to play guitar and become the musician you've always wanted to be with these fun and informative lessons.

→ Click here to register

### **Music Made Easy**

Learn to read, write and play simple pieces of music.

→ Click here to register

For complete details about Fall 2024 courses for adults, visit

ppp.utep.edu/coursesforadults



For complete details about Fall 2024 courses, visit <a href="mailto:ppp.utep.edu/coursesforadults">ppp.utep.edu/coursesforadults</a>



Pricing for the following courses is available on the course website; simply follow the "→ Click here to register" link under each course description to get more information.

# PERSONAL & PROFESSIONAL ENHANCEMENT

### **Achieving Success With Difficult People**

Learn how to interact with anyone, regardless of how difficult you perceive them to be.

→ Click here to register

### **Effective Selling**

Discover how you can easily convert a potential customer into a long-term asset and lay the groundwork for repeat business.

→ Click here to register

#### **Get Assertive!**

Learn specific techniques to become more assertive in all types of situations, with all types of people and in all aspects of your life.

→ Click here to register

#### **Individual Excellence**

Learn twelve vital career-enhancing skills. Establish a clear career path and use skills like interpersonal communication and time management to achieve your goals. Also learn how to utilize your creativity and problemsolving skills to work through adversity.

Click here to register





### **Interpersonal Communication**

Explore strategies for success in everyday interpersonal communication including verbal and nonverbal habits, effective listening, self-concept, differences in conversational styles, and conflict management.

→ Click here to register

### Introduction to Lightroom Classic CC

Using hands-on exercises, master the use of Lightroom Classic CC, Adobe's easy-to-use software that prepares, edits and organizes photos quickly and effectively.

→ Click here to register

#### **New Career Suite**

Learn how to design a life that makes you happy you and create an effective resume to help you acquire a career that fulfills you.

→ Click here to register

### **Prepare for GED Test Series**

Analyze your strengths and weaknesses, so you can focus your studying on the areas you need the most in this GED prep course.

→ Click here to register

### **Real Estate Investing**

Discover how to make money in real estate, regardless of how much you have to start with.

→ Click here to register

#### **Real Estate Suite**

Gain the skills you need to make calculated and successful real estate investments.

→ Click here to register

#### **Secrets of the Caterer**

Learn how to put your cooking and partyplanning skills to work for you; get an understanding of the cooking skills you'll need as a caterer and also get an introduction to the business side of catering.



For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults

### PERSONAL & PROFESSIONAL ENHANCEMENT (CONT.)

### **Skills for Making Great Decisions**

Learn how to make excellent everyday decisions from an experienced counselor and life coach.

→ Click here to register

### Small Business Marketing on a Shoestring

Market your small business like the big guys without making a big dent in your wallet.

→ Click here to register

### **Soft Skills Suite**

Soft skills enable you to interact and engage with others to fully utilize your hard skills. Learn the secret to achieving success with this course.

→ Click here to register

### **Start and Operate Your Own Home-Based Business**

Learn how to be your own boss and eliminate the stress of having a job.

→ Click here to register

### **Start Your Own Arts and Crafts Business**

Learn how to start your own arts and crafts business from a professional artist.

→ Click here to register



### **Start a Pet-Sitting Business**

Master the essentials of starting and running a cat- and dog-sitting business; learn about how the care of pets, handling home visits, financing and marketing your business, and more.

→ Click here to register

### Start Your Own Gift Basket Business

Learn everything you need to know about starting a gift basket business and running it successfully.

→ Click here to register

### **Start Your Own Online Business**

Get the skills needed to create and build a business from the convenience of your own home.

→ Click here to register

### **Start Your Own Small Business**

Learn how to transform your passion and talent into a viable small business.

→ Click here to register

### **Starting a Consulting Practice**

Acquire the knowledge you need to set up your own consulting practice.

→ Click here to register

### **Starting a Nonprofit**

Learn how to form a new nonprofit, convert an informal group to tax-exempt status, or reorganize an existing organization; learn about incorporation, organization and other issues pertinent to nonprofit start-ups.

→ Click here to register

### Twelve Steps to a Successful Job Search

Identify and get the job you want regardless of your level of expertise or state of the economy.

→ Click here to register

### **Understanding Adolescents**

Acquire valuable information on how adolescents feel, how their identities develop and how you can best meet their needs.



For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults

Pricing for the courses on this page is available on the course website; simply follow the "→ Click here to register" link under each course description to get more information.

### READING

### **Merrill Ream Speed Reading**

Save time by reading faster and with better comprehension.

→ Click here to register

### Ready, Set, Read!

Learn how a child becomes literate from the moment of birth, and how children really learn to read and write.

Click here to register



### **TECHNOLOGY**

#### **Accounting With QuickBooks Online Suite**

Acquire a solid understanding of corporate accounting practices.

→ Click here to register

### **Adobe Animate CC Training**

Learn the basics of Animate (formerly Adobe Flash) and start designing rich, interactive animations.

→ Click here to register

### **Creating Web Pages**

Learn the basics of HTML as you design, create and post your very own website.

→ Click here to register

### **Creating WordPress Websites**

Learn how to create attractive, sophisticated blogs and websites without any coding, using WordPress, the world's most popular content management system.

Click here to register

#### **Intermediate WordPress Websites**

Take your WordPress site to the next level and learn how to optimize it for a more dynamic user experience.

→ Click here to register

#### **Creating WordPress Websites Series**

Work hands-on with WordPress and learn about its many features as you create your own WordPress.org site and blog.

→ Click here to register

### **Designing Effective Websites**

Master the basics of web design and learn how to build sites that are better and more effective.

→ Click here to register

### **Introduction to Digital Scrapbooking**

Make the most of your scrapbooking talents and artistic ideas when you combine traditional and digital scrapbooking using Photoshop Elements 11, 12 or 13.

→ Click here to register

Connect with us to receive special offers, updates on courses and more!

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For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults



Pricing for the following courses is available on the course website; simply follow the "

Click here to register" link under each course description to get more information.





### Introduction to PC Troubleshooting

Examine the typical hardware and operating system problems encountered by technicians, learn troubleshooting techniques to decipher any problem and gain the skills you need to solve them.

→ Click here to register

### **Introduction to Photoshop CC**

Learn easy-to-follow, detailed, step-bystep instructions that teach you how to edit and manipulate images, and create basic compositions using Photoshop in the Creative Cloud.

Click here to register

### **Introduction to Windows 10**

Gain the foundation you need to get started right away using Windows 10.

→ Click here to register

### Keyboarding

Become faster and more confident at the keyboard.

→ Click here to register



### Photoshop CC for the Digital Photographer

Master techniques to edit and enhance your digital images and add a professional polish to your work.

→ Click here to register

### **Photoshop Elements for the Digital Photographer**

Master the use of Adobe Photoshop Elements to do everything from quick fixes to detailed enhancements that will greatly improve the look of your digital images.

→ Click here to register

### Photoshop Elements for the Digital Photographer II

Build on skills you have acquired in the first Photoshop Elements for the Digital Photographer course.

→ Click here to register

### We want to hear from you!

Post a comment on our Instagram account.



### **Typography**

Understand typography and how to apply this technique to your UI/UX projects.

→ Click here to register

### **Web Design Value Suite**

Learn to create and publish your very own website using HTML.

→ Click here to register

### WRITING & PUBLISHING

### A to Z Grant Writing

Equip yourself with the skills and tools you need to enter the fulfilling field of grant writing.

→ Click here to register

### **A to Z Grant Writing Series**

Get hands-on experience and knowledge about writing grants, fundraising and organizing a grant writing campaign.

### When it comes to you, we've got you covered!

Professional and Public Programs is always looking to improve itself. We would like to hear from you and see how our Adult Leisure and Learning fall online courses are working for you.

Post a comment on our Facebook and X accounts.



UTEP\_P3



You **must be 18 or older** to register for our Adult Leisure and Learning online courses.

For complete details about Fall 2024 courses, visit

### Talk to us!

Professional and Public Programs is always looking to improve itself. We would like to hear from you and see how our Adult Leisure and Learning fall online courses are working for you.

Post a comment on our Instagram page.





### **Advanced Fiction Writing**

Explore the topics a writer needs to create a successful manuscript, including story structure, plot, character, dialogue, setting, suspense, conflict, action, viewpoint, tense and even how to get published.

→ Click here to register

### Beginner's Guide to Getting Published

Acquire the credibility you need to succeed as a writer and guide your manuscript directly into the hands of an editor and onto the shelves of your favorite stores.

→ Click here to register

### **Beginning Writers Workshop**

Improve your writing skills and discover new ways to stretch your creative muscles.

→ Click here to register

### **Fundamentals of Technical Writing**

Learn all the fundamental techniques of successful technical writers.

Click here to register

#### **Get Grants!**

Get the grant-writing skills you need to outshine the competition.

→ Click here to register

#### **Grammar Refresher II**

Gain the advanced grammar skills you need and understand how to use them in practical ways.

→ Click here to register

### **How to Make Money From Your Writing**

Get all the practical information you need to make money with your writing.

→ Click here to register

### **Introduction to Screenwriting**

Learn everything you need to write a great script, and market and sell your screenplay.





For complete details about Fall 2024 courses, visit ppp.utep.edu/coursesforadults



Pricing for the following courses is available on the course website; simply follow the "→ Click here to register" link under each course description to get more information.

### **WRITING AND PUBLISHING** (CONT.)

### **Mystery Writing**

Learn everything you need to know to become a best-selling mystery author.

Click here to register

#### **Research Methods for Writers**

Learn how to efficiently and effectively conduct research for any writing project.

Click here to register

### **Resume-Writing Workshop**

Create an effective resume or improve the one you already have.

→ Click here to register

### Romance Writing

Broaden your skills and understand exactly what makes a romance reader finish a book with satisfaction.

Click here to register

### The Craft of Magazine Writing

Turn your dreams into bylines and help yourself to a bright future as a magazine writer.

→ Click here to register



### The Keys to Effective Editing

Learn the essential skills and resources you need to become a successful and confident copyeditor.

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### **Write and Publish Your Nonfiction**

This fun and information-packed course will teach you how to plan, research, write, edit and publish your masterpiece.

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### Write Fiction Like a Pro

Learn to write like a professional with the help of a published author.

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### **Writeriffic: Creativity Training**

In this high-energy course, you will learn a number of invaluable tricks from the published writer's toolbox.

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### **Writing Essentials**

Acquire all the writing skills you need for success.

→ Click here to register

### **Writing for Children**

Access all the tools and resources you need to navigate the world of children's publishing and to continue growing as a writer for children.

→ Click here to register

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### **FACE-TO-FACE COURSES**

### **AQUATICS**

**Swimming Classes: Beginner and Intermediate** 

Start Date: September 3, 2024 Start Date: October 8, 2024

### **Swimming and Conditioning**

Start Date: September 3, 2024 Start Date: October 15, 2024

### **CRAFTS & HOBBIES**

### Introduction to Professional Photography

Start Date: September 9, 2024

### **Mastering Photoshop for Photography**

Start Date: October 12, 2024

### Ultimate Portrait and Studio Photography

Start Date: October 14, 2024

For complete details about Fall 2024 courses for adults, visit

ppp.utep.edu/coursesforadults

### **FITNESS TO LIVE**

#### **Kickboxing: One Hour Workout**

Start Date: September 2, 2024 Start Date: October 7, 2024 Start Date: November 4, 2024 Start Date: December 2, 2024

### **Ultra Strength and Conditioning Fitness**

Start Date: September 3, 2024 Start Date: October 15, 2024

### **PERFORMING ARTS**

Introduction to Guitar: Beginner Start Date: September 7, 2024

### **ONLINE COURSES**

### **CRAFTS & HOBBIES**

**Color Theory** 

**Discover Digital Photography** 

**Drawing for the Absolute Beginner** 

**Genealogy Basics** 

#### **Get Funny!**

**Growing Plants for Fun and Profit** 

**Introduction to Interior Design** 

Luscious, Low-Fat, Lightning-Quick Meals

**Mastering Your Digital SLR Camera** 

**Photographing Nature With Your Digital Camera** 

Photographing People With Your Digital Camera

**Photography Suite** 

**Secrets of Better Photography** 

**Start Your Own Edible Garden** 

### **HEALTH & WELLNESS**

**Aging and Health Bundle** 

**Certificate in Complementary and Integrative Health** 

**Certificate in Energy Medicine** 

Professional and Public Programs

- Adult Leisure and Learning

### **COURSE INDEX**

### HEALTH & WELLNESS (CONT.)

**Certificate in Food, Nutrition and Health** 

**Certificate in Gerontology** 

**Certificate in Global Healing Systems** 

**Certificate in Healing Environments for Body, Mind and Spirit** 

**Certificate in Healthy Aging** 

Certificate in Holistic and Integrative Health

Certificate in Holistic and Integrative Health: Foundations 1

Certificate in Holistic and Integrative Health: Foundations 2

Certificate in Holistic and Integrative Health: Foundations 3

**Certificate in Meditation** 

**Certificate in Mindful Relationships** 

**Certificate in Mindfulness** 

Certificate in Music Therapy and Sound Healing

**Certificate in Spirituality, Health and Healing** 

**Certificate in Starting Your Own Business in Health and Healing** 

**Certificate in Stress Management** 

**Healthy Living Suite** 

**Homeschool With Success** 

Introduction to Natural Health and Healing

**Listen to Your Heart and Success Will Follow** 

**Lose Weight and Keep It Off** 

**Mind-Body Therapies Bundle** 

**Nutrition and Health Bundle** 

Pain Management and End-of-Life Bundle

### **MONEY MATTERS**

**Introduction to Quickbooks Online** 

**Intermediate QuickBooks Online** 

**Introduction to Stock Options** 

**Keys to Successful Money Management** 

**Learn to Buy and Sell on eBay** 

**Math Refresher** 

**Personal Finance** 

**Real Estate Investing** 

**Stock Trading Suite** 

Stocks, Bonds and Investing: Oh, My!

**The Analysis and Valuation of Stocks** 

**Where Does All My Money Go?** 







### PERFORMING ARTS

Introduction to Guitar

**Music Made Easy** 

### **PERSONAL & PROFESSIONAL ENHANCEMENT**

**Achieving Success With Difficult** People

**Effective Selling** 

**Get Assertive!** 

**Individual Excellence** 

**Interpersonal Communication** 

**Introduction to Lightroom Classic CC** 

**New Career Suite** 

**Prepare for GED Test Series** 

**Real Estate Investing** 

**Real Estate Suite** 

**Secrets of the Caterer** 

**Skills for Making Great Decisions** 

**Small Business Marketing on a Shoestring** 

**Soft Skills Suite** 

**Start a Pet-Sitting Business** 

**Start and Operate Your Own Home-Based Business** 

**Start Your Own Arts and Crafts Business** 

**Start Your Own Gift Basket Business** 

**Start Your Own Online Business** 

**Start Your Own Small Business** 

**Starting a Consulting Practice Starting a Nonprofit** 

**Twelve Steps to a Successful Job** Search

**Understanding Adolescents** 

**Professional and Public Programs** Adult Leisure and Learning

**COURSE INDEX** 

### **READING**

**Merrill Ream Speed Reading** 

Ready, Set, Read!

### **TECHNOLOGY**

**Accounting With QuickBooks Online** Suite

**Adobe Animate CC Training** 

**Creating Web Pages** 

**Creating WordPress Websites** 

**Intermediate WordPress Websites** 

**Creating WordPress Websites Series** 

**Designing Effective Websites** 

**Introduction to Digital Scrapbooking** 

**Introduction to PC Troubleshooting** 

**Introduction to Photoshop CC** 

**Introduction to Windows 10** 

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Professional and Public Programs

- Adult Leisure and Learning

### **COURSE INDEX**

### **TECHNOLOGY** (CONT.)

**Keyboarding** 

Photoshop CC for the Digital Photographer

Photoshop Elements for the Digital Photographer

Photoshop Elements for the Digital Photographer II

**Typography** 

**Web Design Value Suite** 

### **WRITING & PUBLISHING**

A to Z Grant Writing

A to Z Grant Writing Series

**Advanced Fiction Writing** 

**Beginner's Guide to Getting Published** 

**Beginning Writers Workshop** 

**Fundamentals of Technical Writing** 

**Get Grants!** 

**Grammar Refresher II** 

**How to Make Money From Your Writing** 



**Introduction to Screenwriting** 

**Mystery Writing** 

**Research Methods for Writers** 

**Resume-Writing Workshop** 

**Romance Writing** 

**The Craft of Magazine Writing** 

The Keys to Effective Editing

**Write and Publish Your Nonfiction Book** 

**Write Fiction Like a Pro** 

Writeriffic: Creativity Training for Writers

**Writing Essentials** 

**Writing for Children** 

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CONTINUING EDUCATION AT UTFP

### ADULT LEISURE AND LEARNING Course guide



Jorge Thompson

Program Coordinator

Jorge Thompson was born and raised in El Paso, Texas and graduated in the summer of 2017 with a bachelor's degree in Psychology from The University of Texas at El Paso. Prior to joining Professional and Public Programs as a Youth Coordinator, Jorge worked as a program coordinator for GEAR UP and Communities in Schools serving students at Montana Vista Elementary and Riverside High School. He also served with AmeriCorps for a nonprofit called College Forward in Austin, Texas and earned the Segal Americorps Award. In May 2021, after his experience with Americorps, he graduated with a master's degree in Education from Angelo State University with a focus in Student Development and Leadership.

Jorge has had wonderful opportunities to work with first-generation students from K-12 and college and believes he would never have developed his passion for education without these experiences. He enjoys encouraging and motivating students to chase their dreams while challenging and supporting them during their journey. His goal is to pursue a doctoral degree and either become a director in the student affairs division of a higher education institution or start his own nonprofit where he can continue to inspire students.

**Favorite inspirational quote:** "One of the most important things in life is to try and inspire other people so that they can be great in whatever they want to do." **– Kobe Bean Bryant** 

# Discover Gour Potential Graphic design by Claudia Cornejo and Kimberly Guerrero

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**FALL 2024** 

