



Idaho State University

CEWT

CONTINUING EDUCATION AND WORKFORCE TRAINING



Idaho LAUNCH Funding

ISU offers 45+ courses
approved through Idaho Launch.
SEE PAGES 03

To Enroll in Classes: Visit cetrain.isu.edu or call (208) 282-3372

F A L L 2 0 2 4

2 | WELCOME

Welcome to our Fall Catalog!

Dear Learners and Community Members,

As the fall season approaches, bringing with it the cozy warmth of cooler days and vibrant autumn colors, we are thrilled to welcome you to our Continuing Education and Workforce Training Fall Catalog. This is a time when we naturally start to gather indoors, making it the perfect season to embark on new learning journeys and personal growth.

In today's fast-paced world, staying ahead requires continuous learning and adaptability. Our fall programs are designed with you in mind, offering a wide range of courses to enhance your skills, explore new career paths, or simply dive into something you love. Whether you are looking to advance in your current profession or explore new interests, we have something special for you.

This fall, we are excited to present new courses in Video Editing and Stock Photography for Small Business Marketing, Smart Self-Defense, Introduction to Italian, Jui-Jitsu for Kids, and more! These new offerings, along with our trusted certifications in our ongoing courses provide a variety of choices to match your needs and interests. Our experienced instructors bring practical, real-world knowledge to each class, ensuring you gain valuable skills that can be immediately applied.

As you explore this catalog, I hope you feel the warmth and excitement that we do for the upcoming season and course offerings. Our dedicated team is here to support you every step of the way, from registration to completion, ensuring that your experience is both enriching and enjoyable. You will be glad you chose ISU Continuing Education and Workforce Training programs as you make the fall season one of growth and discovery.

-RaeLyn Price, Interim Director Continuing Education and Workforce Training

Cover: The horse on the cover is 33 years old. He belongs to one of our staff members. Her family acquired him as a yearling (in 1992!). Pictured with him is another member of our staff, Will, who volunteered to be the human model. Those familiar with horses may have noticed the horse's advanced age. Don't worry, he retired years ago, but he basks in attention & was eager to take up a new career as an equine/horsemanship model. He gets a diet consisting of hay/grass, senior feed, apple treats, & love from an 11 year-old boy.

Mark Your Calendar

Mark your calendar and **save these dates** for the following:

- **Emergency Medicine Conference** Feb. 6-8, 2025
- **Construction Combine** Coming Spring 2025
- **Safety Fest**, May 13-15, 2025

For more information about our events, conferences, and classes visit our website: cetrain.isu.edu

LIKE and FOLLOW US ONLINE:

Facebook: @isucetrain

YouTube: @ISUCEWT

Instagram: @isucewt

X (formerly Twitter): @ISU_WFT

Blog: blog.cetrain.isu.edu/blog

CEWT Talk Podcast: soundcloud.com/cewt-talk

CATALOG COVER CLASS: Horsemanship (see page 24)

Idaho Launch

Idaho State University Continuing Education and Workforce Training offers several courses approved through Idaho Launch. For a full list of approved courses please scan the QR code on the next page.

Approved courses include our apprenticeship programs, CNA Courses, online partner program courses through Career Step and much more.

We have both online and in-person classes approved for funding.

Funding for multiple courses must be approved. With the exception of apprenticeship programs, all funded courses must be taken within 3 fiscal years.

Idaho Launch funding is a one-time funding option per recipient. If you are interested in Idaho Launch funding we encourage you to call our office. We can help you maximize your Idaho Launch Funding if approved.

Call ISU CEWT at (208) 282-3372 or visit idaholaunch.com

Fall Classes 2024

REGISTRATION INFORMATION: PAGE 31—3 Ways to Register for Classes; How to Find Us (Map); Policies & Procedures

Classes (Alphabetically)

3D Modeling, Beginning	06	Energy Storage Systems	26	Paranormal Research.....	25
Administrative Assistant Fundamentals	04	EMT-Advanced	13	PLC Training, Allen Bradley RS Logix	20
Assistance with Medications	11	EMT-Basic	12	Phlebotomy for Health Care.....	16
AutoCAD, Introduction.....	26	Erosion Control.....	26	Phlebotomy Technician–	
Certified Family Basic Medication Awareness		Excel, Fundamentals	06	Web Supplemented	16
and Infection Control.....	11	Excel, Intermediate.....	06	Photography, Beginning	20
Certified Nurse Assistant (CNA)	14	Excel, Advanced	06	Photography for Stock Photos	04
CNA Manual Skills Prep.....	15	Flagging.....	27	Project Management.....	05
CNA Prep (ESL)	15	Fly Fishing, Intro	25	Physical Therapy, Wilderness	16
CNA–Traditional Face to Face	14	Fly Fishing, Intermediate.....	25	Pumpkin Pour Painting.....	22
CNA–Web Supplemented	15	Fly Tying, Beginning	25	Russian, Elementary.....	25
Coaching as a Management Technique.....	06	Fly Tying, Intermediate.....	25	Self Defense	23
Community Health Worker Advanced	12	Food Safety Manager, Certified.....	27	Social Security Basics	26
Community Health Worker Training Core		French, Introduction to	24	Spanish the Silent Way.....	25
Competencies	12	French, Situational	24	Stained Glass, Beginning Foiled.....	22
Cooking, Cinnamon Rolls	08	Frontline Leadership.....	05	Team Building Process Improvement.....	06
Cooking, Chinese.....	08	Furniture Painting.....	21	Watercolor for Beginners	21
Cooking, Desserts	08	Healthcare, Effective Delegation for	16	Welding.....	28
Cooking, Roll Making.....	08	Horseback Riding/Horsemanship (COVER) 24		Wreath Making, Fall	21
Cooking, Whole Wheat Bread	08	Idaho Police Officer Standards Certified		Video Editing	05
Cooking, Siberian Pelmeni	09	Training (POST)	27	Video Production for Clicks & Views.....	04
Cooking, Russian Borsch	09	Italian, Introduction	24	Zumba	24
Cooking, Fermented Food.....	09	IV Basics.....	16		
CPR, AHA BLS Provider CPR	10	Jewelry, Steampunk	22		
CPR, AHA Heartcode BLS Provider CPR –		Jiu Jitsu.....	23		
Online Blended Learning.....	10	Lathe Theory	27		
CPR, AHA Heartcode BLS		Laser Cut Idaho.....	27		
Provider CPR – Refresher.....	11	Leaded Glass, Beginning	22		
CPR, AHA Heartsaver Basic First Aid.....	10	Mandala Rock Painting	22		
CPR, AHA Heartsaver First Aid/CPR/AED.....	10	Mastering Money & Behaviors			
CPR, AHA Heartsaver Pediatric		With Ease & Flow	05		
First Aid CPR/AED	10	Medication Assistant-Certified (MA-C) Web			
Dancing, Ballroom	22	Supplemented	15		
Dancing, Country Swing & Two Step.....	23	Medication Math	15		
Dementia Behaviors, Demystifying	13	Mentally Fit U	13		
Dental Assisting, Fundamentals of	12	Mental Health First Aid.....	14		
Digital Illustration, Beginning	21	Nia	23		
Drawing, Figure	21	Oil Painting, Begning	21		
Drone Flight (UAS), Intro to	20	Oil Painting, Landscape.....	20		
Effective Delegation for Healthcare	16	OSHA Bloodborne Pathogens	15		
EKG Interpretation, Basic	15	OSHA Safety Classes	28		

Classes by Category

• BUSINESS.....	04
• COMPUTERS	06
• CULINARY ARTS.....	08
• HEALTH AND WELLNESS.....	10
• INDUSTRIAL	20
• PERSONAL/PRO DEVELOPMENT.....	20
• TRADES	26

Funding For Qualified Workforce Training Programs May Be Available Through Idaho Launch



NOTE: ALL CLASSES HELD IN POCATELLO UNLESS OTHERWISE STATED.

Business

Develop your business acumen and marketability by learning to enhance your leadership skills, become a better team member, and up your effectiveness and professionalism.

BUSINESS MANAGEMENT

WEB: **Administrative Assistant Fundamentals**

(Online Course) #6539

Learn what is needed to be an administrative assistant. Topics range from managing office functions to the proper use of office equipment. This fully online course will give you the essential skills you need to be successful in an administrative environment. Registered participants will receive 60 days to watch, review, and complete. A certificate will be available upon completion and successful submission of course work.

Start Date: Anytime **Ends:** 60 days after registration
Hours: 20 **Fee:** \$50
Register at: cetrain.isu.edu/hero

Free Lunch & Learn

Join us monthly for a free,
1 hour-long free training session
courtesy of ISU Continuing Education
and Workforce Training.

When: Monthly
 (2nd or 3rd Wednesday of each month)
When: noon-1 pm
Where: Zoom
Register: cetrain.isu.edu/lunchlearn

Learn About: Taxes • Mental Health
 • Employee Development • Safety
 • + Much, Much More

SOCIAL MEDIA & MARKETING FOR BUSINESS

No matter your business-social media matters! Learn the ins-and-outs of all the major platforms in this series and take your online presence to the next level.

NEW **Photography for Stock Photos** #1227

Imagine seeing your photos featured on websites across the Internet, accompanying web pages in various languages from around the world! This class is for people who want to take their photos into the stock photo realm. You will learn what kind of photos are in demand, how to give them a professional look, and how to read the tea leaves of upcoming trends so you can get your photos out there before everyone else! Using your camera or iPhone, you will be given tips and instruction on composition, photography skills, subject matter, and researching and recognizing what's hot before the crowd figures it out first. The instructor is an accomplished stock photographer on Unsplash.com. This is a class for all levels of photographers: beginners and more advanced as well. The course will include "field trips" wherein we meet in places around town or in the area to get photos. **You will need to have a DSLR camera, mirrorless camera, quality point-and-shoot, or a smartphone with good camera capabilities for this course.**

Start Date: 10/22/24 **Days Taught:** T
Hours: 8 **Fee:** \$75
Bldg/Rm: RFC 270 **Times:** 6pm-8pm (4 sessions)

NEW **Online Video Production for Clicks and Views** #1228

Want to attract and hold an audience for your Youtube videos, TikToks, or Facebook reels? Learn the secrets of visual storytelling in a series of short, fun, and easy video assignments! Amateur videographers and more advanced visual artists will benefit from practicing their story-telling skills in this nonverbal video production course intended for online video creators. We will play with shot composition (background, mid-ground, foreground along the Z-axis), moving camera, subjective camera, split screen, montage, and more. You will receive constructive feedback (and may even win a miniature "Oscar" statuette!) that will motivate you to take your videos to the next level. Students will use their own equipment (which can be any type of camera, even a cell phone camera). To see examples of work done in this course, go to <https://sutelevision.blogspot.com/>.

(Note: to improve video editing skills, this course can be taken at the same time as the Video Editing Crash Course. But it is not required to take both courses).

Required Material: A high-speed, high-capacity 250 GB (or more) external hard drive (such as UnionSine 250GB 2.5")

Ultra Slim Portable External Hard Drive HDD-USB 3.0 for PC, Mac)(Please label and name all hardware and media). Headset or earbuds (to edit video individually on computers during class, and to watch tutorials prepared for this course). A digital video camera, still camera that has video capabilities, or a smart phone with video capabilities.

Students must bring their own laptop with editing software already installed.

Start Date: 09/09/24 **Days Taught:** M
Hours: 12 **Fee:** \$85
Bldg/Rm: RFC 270 **Times:** 6pm-8pm (6 sessions)

NEW Video Editing Crash Course **#1229**

Need to learn video editing fast? This six-week, 12-hour intensive course will get you there, using Adobe Premiere Pro or Final Cut Pro (or free programs ShotCut or iMovie, depending on the students' needs). High-quality video and audio clips will be provided to you to practice your skills and build short example projects in the potential areas of public relations, narrative video, cinematic wedding video, and TV news packages. Skills to be covered include working with multiple audio and video tracks, transitions and opacity, titles and captions, voice-overs, visual story-telling through intentional editing, and color correction.

Required Material: A high- speed, high-capacity 250 GB (or more) external hard drive (such as UnionSine 250GB 2.5" Ultra Slim Portable External Hard Drive HDD-USB 3.0 for PC, Mac)(Please label & name all hardware and media) Headset or earbuds (to edit video individually on computers during class, and to watch tutorials prepared for this course).

Students must bring their own laptop with editing software already installed.

Start Date: 09/11/24 **Days Taught:** W
Hours: 12 **Fee:** \$85
Bldg/Rm: RFC 270 **Times:** 6pm-8pm (6 sessions)

SUCCESS SKILLS

Mastering Money & Behaviors **With Ease & Flow** (Online Course) **#1145**

In this course you will learn about your relationship with money, the underlying patterns and emotions learned in early childhood that create underlying habits, which affect your finances. You will learn basic personal finance & behavioral financial skills around money. **Taught by a Certified Money Coach.**

SECTION 1 – Understanding Money Patterns, Beliefs and Behaviors. Identify unconscious patterns and beliefs about money and money archetypes.

Start Date: 08/28/24 **Days Taught:** W
Hours: 1.5 **Fee:** \$40
Bldg/Rm: ZOOM **Times:** 6 – 7:30 pm (1 session)

SECTION 2 – Releasing Debt and Creating an Abundant Spending Plan. Budgeting, paying off debt, and building an emergency fund.

Start Date: 09/11/24 **Days Taught:** W
Hours: 1.5 **Fee:** \$40
Bldg/Rm: ZOOM **Times:** 6 – 7:30 pm (1 session)

SECTION 3 – Accumulating Wealth and Lifetime Financial Well-Being. The basics of investing tools and how to use them to maximize income, investing, and retirement planning.

Start Date: 09/25/24 **Days Taught:** W
Hours: 1.5 **Fee:** \$40
Bldg/Rm: ZOOM **Times:** 6 – 7:30 pm (1 session)

SECTION 4 – Conquer Financial Risk, Protecting Your Nest Egg. Understand asset protection, including insurance and estate planning.

Start Date: 10/09/24 **Days Taught:** W
Hours: 1.5 **Fee:** \$40
Bldg/Rm: ZOOM **Times:** 6 – 7:30 pm (1 session)

Project Management **Foundations** **#1860**

Regardless of your career stage, project management skills are an asset that will distinguish you in the job market and enhance your credibility and effectiveness working on—or with—project teams. In this class, you will learn the fundamentals of project management, leadership, cost estimating, planning, and communication. This training can also be used for the CAPM exam qualifications.

Start Date: 09/14/24 **Days Taught:** S
Hours: 24 **Fee:** \$115
Bldg/Rm: RFC 108 S **Times:** 9 am – 5 pm (3 sessions)

Front Line Leadership; **Becoming a Super Supervisor** **#1186**

Learn how supervisors can improve the work environment with a different approach that centers on positive reinforcement.

Start Date: 09/12/24 **Days Taught:** TH
Hours: 2 **Fee:** \$40
Bldg/Rm: RFC 162 **Times:** 6 pm – 8 pm (1 sessions)

Coaching as a Management Technique #1187

Coaching is the newest trend in management training but very few know how to do it effectively. This class will teach you a successful model that will help bring out the best in your employees.

Start Date: 10/10/24 **Days Taught:** TH
Hours: 2 **Fee:** \$40
Bldg/Rm: RFC 162 **Times:** 6 pm – 8 pm (1 session)

Team Building Process Improvement #1188

While most team building consists of trust falls and flag football this class focuses on relevant, yet fun, learning. You will be introduced to process improvement techniques in a fun environment that uses Lego bricks to mock up the work experience. Not only is it fun but this class teaches clear communication strategies, process improvement techniques, and teamwork skills that can be applied immediately.

Start Date: 11/14/24 **Days Taught:** TH
Hours: 3 **Fee:** \$45
Bldg/Rm: RFC 162 **Times:** 6 pm – 9 pm (1 session)

Computers

SOFTWARE

Beginner 3D Modeling #1205

3D modeling is a popular, valuable skill used in video games, 3D printing, animation. This course will cover all the basics of 3D design, including modeling, sculpting, texturing, lighting, and rendering simple scenes using Blender—a free 3D software! Students will create a complete 3D model of their choosing (a simple character or an object), demonstrating both their artistic vision and technical skill in the ever-growing industry of 3D design. This course is designed for beginners of all backgrounds, so no previous artistic experience is required! **Students must be 18+ or 16+ with parent/guardian enrollment. Bring your laptop with Blender installed.**

Start Date: 09/09/24 **Days Taught:** M
Hours: 12 **Fee:** \$90
Bldg/Rm: RFC 264 **Times:** 6 pm – 8 pm (6 sessions)

SPREADSHEETS

Fundamentals of Microsoft Excel #1162

Learn one of the most important skills necessary in Business and Home management. Increase your skills, improve your effectiveness, and help management make important decisions. Discover ways to use Excel for personal and professional use. Learn to work with multiple sheets, customize page layout, adjust rows and columns, and control color, size, and appearance of data. Whether you manually enter data, import and export data, you will learn to create basic formulas, sort, and summarize information using Excel tools. *Students are encouraged to purchase a supplemental text book found here: amzn.to/3mtne66*

Start Date: 09/09/24 **Days Taught:** M
Hours: 12 **Fee:** \$85
Bldg/Rm: RFC 265 **Times:** 6pm – 9pm (4 sessions)

Microsoft Excel: Intermediate #1163

Ready to do more with Excel? Learn to sort, organize, and present data and information in your database to management, customers, and accounting. Use valuable formula techniques for statistical evaluation in your spreadsheets. You will learn to filter, group, subtotal and find information in data collected for managing information. Learn to prepare reports, personalize the information, and print professional reports and lists. Learn to use charts and graphs. Students should have completed the fundamentals of Microsoft Excel class.

Start Date: 10/07/24 **Days Taught:** M
Hours: 12 **Fee:** \$85
Bldg/Rm: RFC 265 **Times:** 6 – 9 pm (4 sessions)

Microsoft Excel: Advanced #1164

Increase your Excel skills in a productive way. Practice grouping, sorting, and filtering data using formulas and tools of Excel. Use macros to help with accuracy, speed, repetitive tasks, and privacy of data. Discover how to retrieve, edit, update, and view data with macros. Build summary pages for management and accounting. Design macros to find information meeting certain conditions without compromising data. Student should have completed fundamentals and intermediate Excel classes.

Start Date: 11/04/24 **Days Taught:** M
Hours: 9 **Fee:** \$80
Bldg/Rm: RFC 265 **Times:** 6:00 - 9:00 pm (3 sessions)

NCLab offers unique **learn-by-doing training** that provides **relevant work experience** aligned with what employers expect. Our **AI-based teaching platform** guides you through hundreds of mini-projects, preparing you for job interviews.



DATA ANALYSIS

Virtually all enterprises have now reached “data overload” and need Data Analysts to help them make sense of the **massive amounts of data** so that management can make better and faster decisions.

Courses Include:

Data Literacy
Data Visualization
SQL Fundamentals
Dashboard Projects
CompTIA Data+ Exam Prep
And more!

Start date: Anytime

Timeline: Self-paced up to one year, but most trainees complete in 4-6 months

Hours: 320

Fee: \$5,600, grant options available

Register at:

<https://cettrain.isu.edu/nclab/>



PYTHON DEVELOPER

Python Development is a rapidly growing field where the demand for **experienced Python Programmers** far outstrips the supply.

Courses Include:

Computational Literacy
Python Fundamentals
Computer Science Minimum
Plotting and Drawing
Capstone Project
And more!

Start date: Anytime

Timeline: Self-paced up to one year, but most trainees complete in 4-6 months

Hours: 320

Fee: \$5,600, grant options available

Register at:

<https://cettrain.isu.edu/nclab/>



CETRAIN.ISU.EDU/NCLAB



Culinary Arts

Expand your cooking horizons and abilities by working under a talented instructor on elegant and fun dishes.

Must be 18+ to attend. Children under the age of 18 not allowed in the kitchen.

COOKING AND BAKING

Roll Making for Beginners #1749

Make rolls for your holiday dinner, special occasions or just because! We'll spend some time discussing what can go wrong with making rolls and how to safeguard against those pitfalls. **Bring an apron and a cookie sheet** so you can take your rolls home to bake. All other ingredients supplied.

Start Date: 10/03/24 **Days Taught: TH**
Hours: 2 **Fee: \$38**
Bldg/Rm: RFC Kitchen **Times: 6 – 8 pm (1 session)**

Whole Wheat Bread Making for Beginners #1605

If you've always dreamed of baking bread, but have never known where to start, join us! This hands-on class walks through making a loaf of bread: no frills, no mystery, and no tricky moves. We'll discuss what can go wrong and how to safeguard against those pitfalls. **Bring an apron and a loaf pan** so you can take your bread dough home to bake after the class. All ingredients supplied.

Start Date: 11/07/24 **Days Taught: TH**
Hours: 2 **Fee: \$38**
Bldg/Rm: RFC Kitchen **Times: 6 – 8 pm (1 session)**

Cinnamon Roll Making #1707

Warm, gooey, and delicious...these cinnamon rolls will satisfy any sweet tooth! Learn how to make these crowd pleasers from scratch in this fun course!

Start Date: 12/05/24 **Days Taught: TH**
Hours: 3 **Fee: \$42**
Bldg/Rm: RFC Kitchen **Times: 6 – 9 pm (1 session)**

**Coming
Spring
2025**



Autumn Desserts #1183

The Autumn season is often filled with the taste and smell of pumpkin. The following section will introduce you to Autumn treats.

Section 1-Pumpkin Buns

This pumpkin bun is the ultimate autumn snack, a pumpkin-looking bun with smooth pumpkin filling inside, good for breakfast and afternoon tea time. If you are a fan of pumpkin, this pumpkin bun is a must-try!

Start Date: 10/28/24 **Days Taught: M**
Hours: 2 **Fee: \$38**
Bldg/Rm: RFC Kitchen **Times: 6 – 8 pm (1 session)**

Winter Dessert #1184

The winter holiday season is often filled with home baked goods and cookies. The following section will introduce you to Winter treats.

NEW Section 1-Christmas Wreath Bread

As a lovely wreath is a must for Christmas, an edible and enjoyable wreath bread is also a must for your Christmas dinner. Thinking to enrich your winter holiday season? This Christmas Wreath Bread is right for you!

Start Date: 12/02/24 **Days Taught: M**
Hours: 2 **Fee: \$38**
Bldg/Rm: RFC Kitchen **Times: 6 – 8 pm (1 session)**

Chinese Cuisine #1118

Chinese Cuisine is famous around the world. The following sections will introduce a variety of dishes that may enhance your understanding of Chinese food. If you are interested in tasting authentic Chinese food and/or learning how to cook these dishes, these classes are for you!!

NEW Section 1-Chinese Pork Buns

In the Chinese society, pork buns are so yummy that many people love them. And it's easier than you think to make pork buns. This class will show you step by step how to prepare dough and filling. Making your own pork buns is possible!

Start Date: 09/16/24 **Days Taught: M**
Hours: 2 **Fee: \$38**
Bldg/Rm: RFC Kitchen **Times: 6 – 8 pm (1 session)**



**Idaho State
University**

**Continuing Education
and Workforce Training**

Handmade Siberian Pelmeni #1728

Pelmeni are traditional Russian meat-filled dumplings and making Pelmeni is a favorite pastime in many families. These dumplings are a common convenience food - big batches can be frozen and quickly boiled or fried on demand. Olivier is the most popular salad on Russian tables on big holidays and special occasions. Its main ingredients are potatoes, carrots, eggs, pickles, peas and meat.

Start Date: 12/12/24 Days Taught: TH
Hours: 2 Fee: \$38
Bldg/Rm: RFC Kitchen Times: 6 – 8 pm (1 session)

Russian Cooking: Borsch #1698

Borsch is a hearty soup popular in several Eastern European countries. Typical Borsch is made from meat or bone stock and sautéed vegetables, with cabbage and beetroot as the main ingredients. Borsch is one of those soups that has dozens of variations. In this class, our instructor will share her family recipe for this delicious beet soup.

Section 1

Start Date: 11/14/24 Days Taught: TH
Hours: 2 Fee: \$38
Bldg/Rm: RFC Kitchen Times: 6 – 8 pm (1 session)

Section 2

Start Date: 11/21/24 Days Taught: TH
Hours: 2 Fee: \$38
Bldg/Rm: RFC Kitchen Times: 6 – 8 pm (1 session)

NEW Fermented Food Mastery #1240

Scientists in the field of fermentation have discovered that the presence of good bacteria in your gut can contribute to maintaining a healthy brain.

Section 1-Raw Cultured Vegetables

Raw cultured vegetables are one of the oldest forms of food preservation utilized by many ethnicities around the world throughout human history. The term is generally synonymous with any chopped, grated or shredded vegetable that has gone through a natural fermentation process.

Start Date: 09/04/24 Days Taught: W
Hours: 2 Fee: \$38
Bldg/Rm: RFC Kitchen Times: 6 – 8 pm (1 session)

Section 2-Sauerkraut

Sauerkraut is a highly nutritious food that provides fiber, vitamins, minerals, enzymes, and probiotics. Learn some of the many health benefits of sauerkraut.

Start Date: 09/09/24 Days Taught: M
Hours: 2 Fee: \$38
Bldg/Rm: RFC Kitchen Times: 6 – 8 pm (1 session)

Section 3-Kombucha

Kombucha is a fizzy, fermented drink typically made with either green or black tea. Although it is sometimes referred to as Kombucha mushroom tea, it is not made with fungi.

Start Date: 09/18/24 Days Taught: W
Hours: 2 Fee: \$38
Bldg/Rm: RFC Kitchen Times: 6 – 8 pm (1 session)

Section 4-Kefir

Kefir is a type of fermented dairy product. People make it by adding bacteria and yeast cultures to milk. The cultures feed on natural sugars in the milk. This allows them to multiply, creating a fermented drink. Kefir has a tart and tangy flavor and a consistency similar to drinkable yogurt.

Start Date: 09/23/24 Days Taught: M
Hours: 2 Fee: \$38
Bldg/Rm: RFC Kitchen Times: 6 – 8 pm (1 session)

SAVE THE DATE
Feb. 6-8, 2025

**Join us for our annual
 Emergency Medicine
 Conference**



**Contact Hours Are
 Available.**

cetrain.isu.edu/EMC

Health and Wellness

Whether enhancing skills or starting a new career, our courses offer comprehensive training for success in high demand careers in healthcare.

NOTE: For any health course that exceeds three days in length, please consider other commitments and use discretion when registering for these time sensitive, high-competency courses. **Handouts can be found at cetrain.isu.edu/handouts.**

CPR AND FIRST AID (AHA)

All courses are approved by American Heart Association (AHA) and taught by certified AHA instructors.

AHA Heartsaver Basic First Aid #1915

Discover how to reduce pain and injury by learning and practicing basic first aid. One day you might save a life using this information! This class meets OSHA and DOT guidelines for emergency care. This class is First Aid ONLY and does not include CPR. CNAs, NAs, EMTs, daycare workers and parents would benefit from taking the course.

Please call 208-282-3372 for information on available classes. Hours: 4

AHA Heartsaver First Aid/CPR/AED #1933

This course is designed to teach lay responders critical skills needed to respond to and manage an emergency until emergency medical services arrive. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants. This course is ideal for health and fitness coaches, teachers and school staff, lifeguards, flight attendants, and anyone who needs a credential in first aid and CPR, including Certified Family Home.

Note: This course does not meet requirements for AHA Healthcare Provider BLS CPR.

ALL CLASSES: Hours: 6

Fee: \$65 (Includes textbook and certification card)

SECTION	START DATE	DAYS	TIMES	BLDG/RM
1	09/06/24	F	4pm-10pm	RFC B1-66
2	10/12/24	S	9am-3pm	RFC B1-66
3	11/08/24	F	4pm-10pm	RFC B1-66
4	12/07/24	S	9am-3pm	RFC B1-66

AHA Heartsaver

Pediatric First Aid/CPR/AED #1916

This course meets American Heart Association (AHA) and Idaho Child Care Program (ICCP) requirements (meets daycare provider requirements for the Pocatello and Chubbuck area). Students will learn infant/child/ adult CPR, obstructed airways, use of a barrier device, AED, hands-on training and pediatric first aid basics.

ALL CLASSES: Hours: 6

Fee: \$65 (Includes textbook and certification card)

SECTION	START DATE	DAYS	TIMES	BLDG/RM
1	09/14/24	S	9am-4pm	RFC B1-66

AHA BLS Provider CPR #1930

This class teaches everything necessary to administer CPR in healthcare settings such as assessment of breathing and cardiac emergencies in adults, infants, and children with one-and-two rescuer CPR; adult and pediatric obstructed airway management; AED; and mouth-to-mouth ventilation.

ALL CLASSES: Hours: 5

Fee: \$65 (Includes manual)

SECTION	START DATE	DAYS	TIMES	BLDG/RM
Summer 9	08/15/24	TH	5pm-10pm	RFC B166
Summer 10	08/24/24	S	9am-2pm	RFC B166
Summer 11	08/15/24	TH	9am-2pm	RFC B166
1	09/05/24	TH	5pm-10pm	RFC B166
2	09/19/24	TH	9am-2pm	RFC B166
3	09/28/24	S	9am-2pm	RFC B166
4	09/30/24	M	HS CNA	RFC B166
5	10/04/24	F	5pm-10pm	RFC B166
6	10/07/24	M	5pm-10pm	RFC B166
7	10/22/24	T	5pm-10pm	RFC B166
8	10/26/24	S	9am-2pm	RFC B166
9	11/02/24	S	9am-2pm	RFC B166
10	11/14/24	TH	5pm-10pm	RFC B166
11	11/18/24	M	5pm-10pm	RFC B166
12	12/05/24	TH	9am-2pm	RFC B166
13	12/13/24	F	9am-2pm	RFC B166
Spring 1	01/03/25	F	9am-2pm	RFC B166
Spring 2	01/17/25	F	9am-2pm	RFC B166

AHA Heartcode Provider CPR – Online Blended Learning #1929

Heartcode BLS Provider CPR is an online blended learning course most appropriate for those familiar with AHA BLS. Students will receive a 'key-code' via email to access the online component. Upon completing this part, they attend a structured BLS Hands-On Session with an AHA Instructor. To participate in the two-hour session, students must finish the online portion and present their course certificate to the instructor. **HANDS-ON: Hours: 2.5 Fee:** \$65 (Includes online course, hands-on session w/ AHA instructor, & cert. card)

SECTION	START	DAYS	TIMES	BLDG/RM
Summer 9	08/05/24	M	5pm-7:30pm	RFC B166
Summer 10	08/08/24	TH	5pm-7:30pm	RFC B166
Summer 11	08/14/24	W	5pm-7:30pm	RFC B166
Summer 12	08/20/24	T	5pm-7:30pm	RFC B166
Summer 13	08/28/24	W	5pm-7:30pm	RFC B166
1	09/03/24	T	5pm-7:30pm	RFC B166
2	09/09/24	M	9am-11:30am	RFC B166
3	09/17/24	T	5pm-7:30pm	RFC B166
4	09/26/24	TH	5pm-7:30pm	RFC B166
5	10/03/24	TH	5pm-7:30pm	RFC B166
6	10/09/24	W	5pm-7:30pm	RFC B166
7	10/17/24	TH	5pm-7:30pm	RFC B166
8	10/24/24	TH	5pm-7:30pm	RFC B166
9	10/30/24	W	5pm-7:30pm	RFC B166
10	11/04/24	M	9am-11:30am	RFC B166
11	11/06/24	W	5pm-7:30pm	RFC B166
12	11/13/24	W	5pm-7:30pm	RFC B166
13	11/21/24	TH	5pm-7:30pm	RFC B166
14	12/02/24	M	5pm-7:30pm	RFC B166
15	12/10/24	T	5pm-7:30pm	RFC B166
16	12/16/24	M	5pm-7:30pm	RFC B166
Spring 1	01/07/25	T	5pm-7:30pm	RFC B166
Spring 2	01/13/25	M	9am-11:30am	RFC B166
Spring 3	01/24/25	F	5pm-7:30pm	RFC B166

AHA BLS Provider CPR – Refresher #1937

This course is intended for individuals who have a current AHA BLS card who need recertification. Must have a current AHA BLS CPR card. If you do not have current card, please sign up for one of our AHA BLS CPR classes. **ALL CLASSES: Hours: 3 Fee: \$50**

SECTION	START DATE	DAYS	TIMES	BLDG/RM
Summer 7	08/21/24	W	5pm-8pm	RFC B166
Summer 6	09/18/24	W	5pm-8pm	RFC B166
1	10/16/24	W	5pm-8pm	RFC B166
2	11/20/24	W	5pm-8pm	RFC B166
3	12/18/24	W	5pm-8pm	RFC B166
4	01/15/25	W	5pm-8pm	RFC B166

ASSISTANCE WITH MEDICATIONS

Assistance with Medications #1940

Qualify yourself to assist with medications in assisted living, group home and certified family home settings. Upon completion, you will know the legal requirements, be able to identify safety factors involved, and know your responsibilities and restrictions when assisting with medications. Closed-book written exam and skills exam are conducted at the end of class. Begin studying the course manual* at least

one week prior to the class. **This 8-hour course is taught in a one-day Saturday course or split between two 4 hour evenings.**

NOTE: These classes are fully face to face; online courses are available on request.

*Required course manual available at cetrain.isu.edu/med

ALL CLASSES: Hours: 8 Fee: \$80

SECTION	START	DAYS	TIMES	BLDG/RM
SM 7	08/12 & 08/15/24	M/T	5:30pm-9:30pm	RFC B166
SM 8	08/17/24	S	9:00am-5:30pm	RFC B166
SM 9	08/26 & 08/27/24		5:30pm-9:30pm	RFC B166
SM 10	09/09 & 09/10/24	M/T	5:30pm-9:30pm	RFC B166
SM 11	09/21/24	S	9:00am-5:30pm	RFC B166
SM 12	09/23 & 09/24/24	M/T	5:30pm-9:30pm	RFC B166
1	10/14 & 10/15/24	M/T	5:30pm-9:30pm	RFC B166
2	10/19/24	S	9:00am-5:30pm	RFC B166
3	10/28 & 10/29/24	M/T	5:30pm-9:30pm	RFC B166
4	11/11 & 11/12/24	M/T	5:30pm-9:30pm	RFC B166
5	11/16/24	S	9:00am-5:30pm	RFC B166
6	11/25 & 11/26/24	M/T	5:30pm-9:30pm	RFC B166
7	12/02 & 12/03/24	M/T	5:30pm-9:30pm	RFC B166
8	12/14/24	S	9:00am-5:30pm	RFC B166
9	12/16 & 12/17/24	M/T	5:30pm-9:30pm	RFC B166
SP 1	01/11/25	S	9:00am-5:30pm	RFC B166
SP 2	01/13 & 01/14/25	M/T	5:30pm-9:30pm	RFC B166
SP 3	01/27 & 01/28/25	M/T	5:30pm-9:30pm	RFC B166

Certified Family Basic Medication Awareness and Infection Control #1939

The purpose of this course is to educate Certified Family Home (CFH) providers and substitute caregivers regarding medication safety and infection control. Participants will gain a basic understanding of medications including storing and caring for medications, six rights of medication oversight, medication side effects and warning signs, infection control, maintaining medication records and more. This course satisfies the requirements of **IDAPA 16.03.19.400.05:** "Each staff assisting with resident medications will have successfully completed a medication training under Section 100 of these rules." That section states under IDAPA 16.03.19.100.03.e: "Unless a licensed practical nurse, registered nurse, physician's assistant, or medical doctor, completion of a Department-approved medications course through an Idaho technical college." **This course has 2 components:**

1. Online coursework which includes the written, open-book exam. 3.5 contact hours.
 2. In-person skills demonstration and testing with an ISU Registered Nurse instructor. 2.5 contact hours.
- Successful completion of this course will consist of an open-book written test with a passing rate of 80% or greater and participation in the skills demonstration and testing. Spanish course available. Call 208-282-3372 for details.

*Required course manual available at cetrain.isu.edu/med
ALL CLASSES: Hours: 6 Fee: \$80

SECTION	START	DAYS	TIMES	BLDG/RM
Summer 3	09/16/24	M	5pm-7:30pm	RFC B166
Summer 4	09/16/24	M	7:30pm-10pm	RFC B166
1	12/09/24	M	5pm-7:30pm	RFC B166
2	12/09/24	M	7:30pm-10pm	RFC B166

COMMUNITY HEALTH

Web Hybrid-Community Health Worker Training Core Competencies

#6501

This course is designed to provide core competencies for Community Health Worker's (CHWs). It includes key concepts of public health, outreach, advocacy, community and individual assessment, social determinants of health, health education, navigating insurance, stages of behavior change, service coordination and more. This 13-week core course consists of 48 hours of a blend of live online and asynchronous training. **A grant covers the cost of this course.**

Start Dates: Check cetrain.isu.edu/CHW for dates & times
Fee: \$0
Bldg/Rm: zoom **Hours:** 48

Web Hybrid-Community Health Worker Advanced#6551

The Community Health Worker Advanced course expands student's knowledge and skills and offers experiential learning through community or clinical tracks with a rotation at a preceptor site. This course must be taken after The Community Health Worker Core Course has been completed. This 13-week core course consists of 48 hours of blended, live-online and asynchronous training, and 48 Clinical hours. **A grant covers the cost of this course.**

Start Dates: Check cetrain.isu.edu/CHW for dates & times
Fee: \$0
Bldg/Rm: Zoom **Hours:** 96

DENTAL ASSISTING

Fundamentals of Dental Assisting w/Expanded Functions #1920

Learn the basic concepts and skills of dental assisting including: terminology, dental charting, cavity classification, rubber dams, four-handed dentistry and suctioning through classroom, on-line and lab learning in an intensive 13-week course.

ADDITIONAL COSTS INCLUDE: Scrubs, Textbook, BLS Healthcare Provider CPR Training Certification (**register at cetrain.isu.edu/cpr**). Clinical hours may be outside normal class hours, but student will be provided clinical dates at least one month in advance. **In alignment with state requirements, students are required to attend 100% of the course to complete the program successfully.** For more information please see the handout on cetrain.isu.edu/handout/

Fall

Start Dates: 08/12/24 to 12/02/24
Days Taught: M W + 2 Saturdays (TBA)
Hours: 105 **Fee:** \$650
Bldg/Rm: RFC B167 **Times:** 6 – 9:30 pm (30 sessions)

Spring

Start Dates: 01/13/25 to 05/14/25
Days Taught: M W + 2 Saturdays (TBA)
Hours: 105 **Fee:** \$650
Bldg/Rm: RFC B167 **Times:** 6 – 9:30 pm (30 sessions)

EMERGENCY MEDICAL TECHNICIAN

EMT – Basic #1925

Whether you're starting your career in emergency medicine or expanding your expertise, this course will equip you to deliver high-quality care as an EMT-Basic. Throughout this program, you'll gain essential skills in emergency medical care, from basic life support to advanced interventions. Our focus is on rapid assessment, decisive action, and compassionate treatment, preparing you to handle diverse medical emergencies with confidence and empathy. Upon completion, students must pass both a psychomotor skills exam and a national written exam for certification. This is an intensive course conducted over 16 weeks. Students attend 8-hours of class per week and participate in 7 Saturday Skills days. **In alignment with state requirements, students are required to attend 100% of the course to complete the program successfully.** Must be 18 years or older.
ADDITIONAL COSTS: Textbook, blood pressure cuff and stethoscope, immunizations, drug screening test, MyClinical Exchange Account skills and written certification

Save the Date
May 13-15
2025



exams, BLS Healthcare Provider CPR training certification ([register at cetrain.isu.edu/cpr](http://cetrain.isu.edu/cpr)).

NOTE: This course requires an application and interview. Background checks are a course requirement. A failed background check will prevent participation in this course. For more information, including additional costs, please see the handout on cetrain.isu.edu/emt.

Spring Priority Given to Applications Submitted Before Nov. 15. Application Deadline Dec. 05.

FALL

Start Dates: 08/13/24 to 12/07/24

Days Taught: T TH: 6 – 10 pm (29 sessions)

SAT: 8:30 am – 5:30 pm (7 sessions)

Fee: \$1000 (fee includes background check)

Bldg/Rm: EAMES 131 Hours: 172

SPRING

Start Dates: 01/07/25 to 05/03/25

Days Taught: T TH: 6 – 10 pm (29 sessions)

SAT: 8:30 am – 5:30 pm (7 sessions)

Fee: \$1000 (fee includes background check)

Bldg/Rm: EAMES 131 Hours: 172

AEMT-Advanced #1147

This class will be held in Spring 2025

The Advanced Emergency Medical Technician (AEMT) course is an intensive and comprehensive hybrid program which includes online progressive learning and in-person skills labs, clinicals and field (ambulance observation) components. The primary focus of the Advanced Emergency Medical Technician is to provide basic and limited advanced emergency medical care and transportation for critical and emergent patients who access the emergency medical system. This course meets the Idaho and national requirements to apply for certification as an Advanced EMT. This course is a 14 - week course consisting of approximately 220 hours spread between online coursework, 54 hours of in-person lab/skills time, up to five 12-hour shifts in a clinical setting and ride-alongs with an ambulance crew. **Pre-requisite:** Must have achieved NREMT certification. Preference for EMT's with minimum 1 year of experience. **Additional Costs:** Textbook, blood pressure cuff and stethoscope, clinical facility required immunizations, drug screening test, MyClinical Exchange account, skills and written certification exams, American Heart Association ACLS training will be during class time but will have an addition fee. AEMT national testing fees are not included in the class. **NOTE:** This course requires an application and interview. Due to clinical requirements, a current background check is a course requirement. A failed background check will prevent participation in this course. For more information, including additional costs please see the handout on cetrain.isu.edu/emt for additional costs and course information.

Start Dates: 05/08/25 to 08/09/25

Days Taught: T TH: 6 – 10 pm (14 sessions)

Fee: \$1000 (fee includes background check)

Bldg/Rm: EAMES 131 Hours: 220

HEALTH AND WELL-BEING

Demystifying Dementia Behaviors

#1971

As the population ages, dementia (including Alzheimer's) increases. Caring for a person experiencing dementia can be challenging. What is normal and what isn't? What is the best way to respond to gain cooperation and maintain the dignity of the person while reducing caregiver stress and frustration? Intended for those interacting with people with Alzheimer's and related dementias on a regular basis.

SECTION 1 – Dementia Basics

A broad overview of dementia and the warning signs.

Start Date: 09/10/24 Days Taught: T

Hours: 1.5

Fee: \$15

Bldg/Rm: RFC 162

Times: 6 – 7:30 pm (1 session)

SECTION 2 – Dementia Behavior

This two-hour session will dive more deeply into the stages of dementia and the difficult behaviors that may accompany them. Attendees will come away with strategies for how to deal with these behaviors and provide meaningful activities for their loved ones.

Start Date: 09/17/24 Days Taught: T

Hours: 2

Fee: \$15

Bldg/Rm: RFC 162

Times: 6 – 8 pm (1 session)

SECTION 3 – Dementia Essentials

Information for support—including caregiver support, legal support, community support and available resources.

Start Date: 09/24/24 Days Taught: T

Hours: 1.5

Fee: \$15

Bldg/Rm: RFC 162

Times: 6 – 7:30 pm (1 session)

Mentally Fit U! #1152

Embark on a transformative journey with our empowering workshops, addressing winter blues, cultivating lasting habits, and mastering mindset control in two-hour sessions designed to enhance your mental fitness.

SECTION 1- Nourishing the Mind: Exploring the Link Between Diet and Mental Health

In this seminar, participants will embark on a journey to uncover the powerful influence of diet on mental health. Attendees will gain a deeper understanding of the foods that support cognitive function and emotional well-being, as well as those that may hinder optimal brain health.

Participants will learn:

- The key nutrients essential for brain health and mood regulation
- The role of gut health in influencing mental well-being
- Strategies to optimize brain health through dietary choices and supplements
- Practical tips for incorporating brain-boosting foods into daily meals

Whether you're looking to enhance your own mental resilience or support others in their journey toward better mental health, this seminar provides valuable knowledge and actionable strategies to nourish the mind and cultivate holistic well-being. Don't miss this opportunity to discover the transformative power of food on mental health and empower yourself to make informed choices for a happier, healthier brain. Join us for an enriching exploration of the link between diet and mental well-being.

Start Date: 10/15/24**Hours: 2****Bldg/Rm: Zoom****Days Taught: T****Fee: \$15****Times: 6 – 8:00pm****SECTION 2- Brain Hacking 101 - Manage Your Mindset! -**

Dive into the power of managing your mind in this 2-hour transformative seminar! Learn how to identify and control your thoughts to gain more control over your life. Discover tangible ways to reframe unhelpful thoughts and take charge of your emotions and actions. Don't miss this opportunity to unlock your full potential by "hacking your brain" or.... managing your mind! Space is limited so register early!

Start Date: 11/13/24**Hours: 2****Bldg/Rm: RFC 263****Coming in Spring:**

- Establishing a Powerful Self-Care Routine
- Meditation 101: Introduction to the Power of Meditation

Mental Health First Aid #1788

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use challenge. In this 8-hour course, taught by a nationally certified Mental Health First Aid instructor, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Learn about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well. Participants will receive an official Mental Health First Aid certificate.

Please call 208-282-3372 for information on scheduling additional classes. Hours: 8 classroom hours (+ 30-minute lunch break for full day classes)

Mental Health Awareness Week Special-Mental Health First Aid Course.

SECTION	DATE	DAY	TIME	BLDG/RM	FEE
1	10/08/24	T/TH	6pm-10pm	RFC B166	\$20

NURSING ASSISTANT – CNA**Certified Nurse Assistant (CNA)**

Prepare yourself for employment opportunities as a nursing assistant in extended care facilities, hospitals, home-care and hospice situations. This course meets the following requirements for Idaho registration of nursing assistants:

1) 88 hours of classroom instruction

(including discussion, videos, hands-on lab experiences)

2) 32 hours clinical experience in health care facilities

3) Guidance preparing for manual skills testing and written exam as required by the State of Idaho for placement on state registry.

CNA courses are available with several options:

11-14 week–Daytime class: meets 5-6 hrs/session; twice/week.

14 week–Web Supplemented Daytime class: meets 6 hrs/ skills session; every other week

20 week–Daytime class meets 3 hrs/session; twice/week; allows student more time for learning and skill mastery.

ADDITIONAL COSTS INCLUDE: Textbooks, BLS Healthcare Provider CPR training certification (**register at cetrain.isu.edu/cpr**), clinical attire, clinical tools and immunizations.

Clinical hours may be outside normal class hours, but student will be provided clinical dates at least one month in advance. In alignment with state requirements, students are required to attend 100% of the course to complete the program successfully. For more information please see the handout at: **cetrain.isu.edu/cna**

CNA– Traditional Face To Face #1955

All Classes: Hours: 120 Fee: \$800 (includes testing fees)

SECTION	START	END	DAY	TIME	BLDG/RM
Summer 1	08/06/24	12/12/24	T/TH	9am-12pm	RFC B163
Summer 4	08/15/24	12/14/24	T/TH	8:30am-9:30pm	Firth HS Only
Summer 5 *	08/27/24	12/12/24	T/TH	5:30pm-9:30pm	American Falls
Summer 3	09/09/24	11/25/24	M/W	9am-3pm	RFC B163
Fall 1	12/02/24	03/24/25	M/W	9am-3pm	RFC B163
Spring 1	01/28/25	06/05/25	T/TH	9am-12pm	RFC B163

* ESL Supplemented: Course taught in English with Spanish support. Note: all tests will be conducted in English

** Denotes summer courses still open for registration

CNA – Web Supplemented #1956

Do you want to take a CNA class but would rather take a portion of it online? This web-supplemented course reduces face-to-face time by almost half.

All Classes: Hours: 120 **Fee:** \$800 (includes testing fees)

SECTION	START	END	DAY	TIME	BLDG/RM
Summer 1	08/23/24	11/22/24	F	9am-3pm	RFC B163
Summer 2	09/04/24	12/11/24	W	4pm-10pm	RFC B163
Summer 4	08/10/24	11/23/24	S	9am-3pm	RFC B163
Summer 5	08/22/24	12/16/24	M-TH	9am-10am	Malad
Fall 1	10/04/24	12/20/24	F	9am-3pm	Bear Lake*
Fall 2	11/19/24	01/16/25	T/TH	9am-3pm	RFC B163
Accelerated					
Spring 1	01/10/25	04/10/25	F	9am-3pm	RFC B163

* Bear Lake Class held at Bear Lake Memorial Annex

English as a Second Language (ESL)**CNA Prep #1963**

ESL students entering the CNA program are invited to join a supplemental prep class. Students will study various topics to strengthen English language skills and can provide help with basic pre-CNA vocabulary before starting the CNA course and is **recommended prior to registering for the CNA course**. Students can attend any course sections, but the 18 week course is recommended as it will allow more time for learning and skill mastery. For more information please see the handout at: cetrain.isu.edu/cna

All Classes: Hours: 1.5 **Fee:** NONE

SEC.	REG.OPEN	REG.ENDS	DAY	TIME	BLDG/RM
1	8/20/24 (flexible admission until 3/6/25)	Registration ends 3/6/25	T/TH	1:30pm-3:00pm	RFC TBD

OPEN ENROLLMENT 08/23/23 T/TH 1:00 – 3:00pm TBD
(flexible admission until 03/08/24, when registration ends)

Medication Assistant-Certified (MA-C) Web Supplemented #1975

The Medication Assistant-Certified (MA-C) is a CNA with specialized training in Medication Administration. This 120-hour course will cover the National Council of State Boards of Nursing (NCSBN) curriculum and will prepare students to take the MACE upon successful course completion. Topics will include ethical and legal responsibilities and consideration, basic pharmacology, medication safety, medication routes, drug classification and more.

Course can be run on an as needed basis. Please call our office for customized classes.

The next open enrollment course will be in May 2025.

CNA Manual Skills Prep #1953

Need additional guidance with the manual skills portion of the nursing assistant's role? The course includes web videos of each testable skill, a copy of all documents needed to prepare for the CNA manual skills exam, and four hours of face-to-face training with an Idaho-approved nursing assistant instructor.

Call to set up: 208-282-3372

Fee: \$250 (\$150 for ISU CNA students)

ONLINE HEALTH PROGRAMS

Participants registered for the online health programs have 30 days to complete the course.

Basic EKG Interpretation

(Online Course) #1901

This class covers concepts including basic heart anatomy and physiology, cardiac, conduction, rhythm interpretation, distinguishing EKG from cardiac monitoring, and practice interpreting rhythm strips. Students will complete twelve hours of online training. At the completion, an online exam is required with 80% competency to pass.

Register at: cetrain.isu.edu/ekg

Start Date: Anytime

Hours: 12

Ends: 30 days after registration

Fee: \$40

OSHA Bloodborne Pathogens

(Online Course) #6100

This user-friendly, online-based course allows students to complete the course at their own convenience. The OSHA Bloodborne Pathogen Standard is the focus, with current information about the three most devastating and common bloodborne pathogens. Online handouts and competency quizzes assure the student's competency.

Register at: cetrain.isu.edu/bbp

Start Date: Anytime

Hours: 4

Ends: 30 days after registration

Fee: \$10

Medication Math (Online Course) #1902

Newly Revised! Do you struggle with math, but need to understand it to safely prescribe or administer medication? This course is for you! Concepts include conversion between systems of measurement, dimensional analysis, decimals and percentages, and applying the math to real-world scenarios. Self-paced course. **Participants have 30 days to complete the course.**

Register at: cetrain.isu.edu/medmath

Start Date: Anytime

Hours: 6

Ends: 30 days after registration

Fee: \$10

Effective Delegation for Healthcare

(Online Course) #1934

For delegation to be appropriate, it is necessary to understand the Board of Nursing's standards, use effective communication skills, and provide instruction that leads to knowledge and competence. In 2014, limits on the role of unlicensed assistive personnel (UAP), such as the CNA, were removed from the rules of the Idaho Board of Nursing, allowing nurses more freedom in delegating tasks to UAPs. This online series clarifies how this change will promote high quality, patient-focused, and cost-effective care in the community environment. **Register at: cetrain.isu.edu/delegation**

Start Date: Anytime	Ends: 30 days after registration
Hours: 5.5	Fee: FREE

PHLEBOTOMY TECHNICIAN

Phlebotomy Technician – Web Supplemented #1919

The ISU phlebotomy program prepares you to take a national certification exam upon course completion. Topics range from blood draws and laboratory procedures to employability skills and safety. **Due to clinical requirements, students must be 18 years or over to take this course.** Sixty hours of this 160-hour course are completed online with user-friendly videos, assignments, handouts and quizzes. Students will meet twice per week for the skills portion of the course, followed by 40 hours of clinical experience, and blood draws with a clinical agency. Clinical hours are likely to be out of normal course hours due to agency operating hours, but a clinical schedule will be provided in advance. Total clinical hours are dependent on students completing at least 100 blood draws. In alignment with state requirements, students are required to attend 100% of the course to complete the program successfully.

ADDITIONAL COSTS: Textbook, uniform, immunizations, MyClinicalExchange account, and BLS provider CPR certification course (register at cetrain.isu.edu/cpr). Some clinical sites may require a drug screen.

ADDITIONAL REQUIREMENTS: Health Insurance: All students are required to have health insurance before entering the clinical setting. Background Check: Background checks are a course requirement. A failed background check will prevent course participation. For more information, including additional costs, please see the handout on cetrain.isu.edu/phlebotomy

ALL CLASSES: Hours: 160 Fee: \$1000

SECTION	START	END	DAY	TIMES	BLDG/RM
Summer 1	09/18/24	02/26/25	W	2pm-5pm	RFC B167
Fall 1	11/12/24	04/03/25	T/TH	5:15pm-7:15pm	RFC B167
Spring 1	02/05/25	07/02/25	W	2pm-5pm	RFC B167

IV Basics #1907

This comprehensive IV Therapy Training course is designed to provide healthcare professionals, including nurses, paramedics, and medical assistants, with the knowledge and practical skills necessary to safely and effectively perform intravenous therapy. **Note:** This course is designed for healthcare professionals with prior medical training and knowledge. Successful completion of this course does not constitute a license to practice IV therapy, and participants should ensure they meet their local regulatory requirements for IV therapy practice. Customized training for individual facilities available. Please call our office to request a course.

Start Date: 09/23 & 09/30/24 **Days Taught:** M
Hours: 12 **Fee:** \$250
Bldg/Rm: TBD **Times:** 3:30pm – 9:30pm
 (2 sessions)

Phlebotomy for Health Care #1909

Are you a RN, LPN or Medical Assistant interested in mastering the essential skill of drawing blood for diagnostic purposes? Our Phlebotomy for Healthcare course is designed to provide comprehensive training in the art and science of phlebotomy. This course is ideal for individuals pursuing a career in healthcare or current healthcare professionals looking to enhance their skills. Customized training for individual facilities available. Please call our office to request a course.

Start Date: 10/08-10/22/24 Days Taught: T
Hours: 6 Fee: \$250
Bldg/Rm: TBD Times: 7pm-9pm
Check back at Cetrain.isu.edu

PHYSICAL THERAPY CEUs

Wilderness Physical Therapy

This 6-contact hour module, approved for 0.6 PT CEU, is designed and led by Physical Therapist Wilderness EMTs. It is intended for physical therapists, physical therapy assistants, and other healthcare professionals. **This class is fully online, registered participants will receive 90 days to watch, review, and complete.** A certificate will be available upon completion and successful submission of all course work.

Start Date: Online-Ongoing
Hours: 6
Bldg/Rm: Online

Fee: \$149



**Idaho State
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ONLINE Career Training

CERTIFICATION COURSES



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This provides you with the knowledge and understanding necessary to prepare for the American Council on Exercise (ACE) Certified Personal Trainer (CPT) certification exam and become an effective personal trainer.

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(Voucher Included)

Learn practical financial knowledge and effective counseling techniques to help your clients considerably improve their financial well-being.

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Master the skills of a virtual assistant, and start your own virtual assistant business.

Certified Master Wedding and Event Planner

Get the training to jumpstart your career in event planning, and earn the Certified Master Wedding and Event Planner certification.

Certified Professional Life Coach

Master the skills and strategies endorsed by the International Coaching Federation (ICF) and the International Association of Professional Recovery Coaches (IAPRC). Earn your Certified Professional Coach (CPC) certification upon successfully completing the final exam.

Certified Supply Chain Professional (CSCP)

Train to become a Certified Supply Chain Professional (CSCP). This course covers all facets of supply chain management.

Certified Technical Writer

Learn how to write within any technical writing context, and develop your own portfolio. You will also prepare for the Certified Professional Technical Communicator exam.

Home Inspection Certificate

Learn about standards of practice, defects recognition, inspection guidelines, reporting methodologies, and liability management as you prepare to become a home inspector.

Human Resources Senior Manager

Prepare to take the Senior Professional Human Resources certification (SPHR) and the Senior Certified Professional (SHRM-SCP) to showcase your new skills.

Marketing Design Certificate

This course focuses on design for marketing and business: creating logos, advertisements, communications, and more. You'll learn Photoshop, Illustrator, and PowerPoint.

COURSE FEATURES:

- Facilitators and mentors to answer questions and for guidance
- Career Counselors assist through the transition from classroom to workplace
- Courses are all open-enrollment and self paced
- No additional charges - all materials are included
- Payment plans available

COURSES AVAILABLE IN:

- Business and Professional
- Healthcare and Fitness
- IT and Software Development
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial

Ed2Go in Partnership with ISU

To enroll or for more information, visit:

career.cetrain.isu.edu

Featured Instructor



Julie Poole • Photography

My name is Julie Poole. I have lived in Pocatello, Idaho for most of my life. I am a mother of two children and 7 grandchildren. I have been married for over 38 years.

Since I was a child, I have always loved having a camera in my hand. I remember my first film camera was 110 flash film camera with a cube flash on top. I feel that through the years, shooting with film has made me a better photographer, teaching me not to waste an image. It wasn't until my late 30's or early 40's that I decided that Photography was the path I wanted to take.

I studied and received a Certification from the New York Institute of Photography. It was a 3 year online program. I have taken various seminars and classes, and still look for learning opportunities today. For the past 4 years I have had the opportunity to learn outdoor and wildlife photography from a mentor who has traveled the world extensively. He has helped open my eyes to the understanding of the photography world, and how to becoming a better photographer. When I asked my mentor how could I ever get even for sharing all the knowledge he had taught me, he said, "pay it forward, and help someone as he had helped me". So that is when I applied for the ISU Workforce Training program to teach Beginning Photography. I have enjoyed sharing what I have learned, and now I am teaching what has been taught to me by so many other photographers. I never stop learning.

To register for one of Julie's classes please visit:

cetrain.isu.edu/photo

Featured Staff



Dr. Martin Jam • Outreach Representative

Dr. Martin Jam is the Business Contributor and Leader at ISU's Continuing Education Workforce Training (CEWT) department, where he spearheads the Lunch and Learn program. This program features monthly presentations by area leaders, designed to provide valuable skills to the business community and showcase ISU's outreach efforts. The Lunch and Learn program is free and open to the public.

Dr. Jam actively builds community connections with local businesses to assess and meet their training needs. He is a regular attendee at events like the Chamber of Commerce monthly All-Member Meeting and other community gatherings, where he educates the community about available classes and promotes Idaho State University. His efforts have been crucial in creating several customized training offerings at CEWT, advancing the university's mission to support the local community.

Martin holds a Doctorate in Political Science and a Master's in Public Administration from Idaho State University. He also holds an M.A. from Western New Mexico University. A passionate advocate for Pocatello, which he considers the Best City in America, he has witnessed significant growth in the city and admires the commitment of its mayors to maintaining safety and cleanliness, particularly through efficient trash collection services. Martin's pride and joy is his family. He is married and has four very accomplished daughters who are engaged in various activities both within and outside of Pocatello.

To register for our free Lunch and Learns please visit:

cetrain.isu.edu/lunchlearn

Industrial Maintenance

Required knowledge for industrial tradespeople, including controls, PLC basics and fluid dynamics.

CONTROLS

PLC Training—Allen Bradley RS Logix 5000 #1203

Using the Allen Bradley ControlLogix/CompactLogix Programmable Logic Controllers (PLC), learn ladder logic format, I-O instructions, external devices, operating cycle, relays, timers, counters, sequencers, shift registers, analog application, math blocks use of trending and data logging tools, as well as troubleshooting tools and techniques.

This course is taught by an industry expert with over 25 years of control experience.

Start Date: 10/07/24 **Days Taught:** M/W
Hours: 51 **Fee:** \$650
Bldg/Rm: ESTEC 202 **Times:** 6 – 9 pm (17 sessions)
Note: No Classes Thanksgiving Nov. 25-29

ELECTRONICS

Introduction to Drone Flight (UAS) #1642

Understand the basic flight characteristics of drones and get hands-on training operating drones safely and effectively. The course also provides students with a brief overview of safety-related topics and procedures to mitigate or minimize accidents. Course fee includes a drone and spare parts that each student will take home at the end of class. **Ages 16+ welcome with an enrolled adult 18 or older.**

Start Date: TBD **Days Taught:** M W
Hours: 7.5 **Fee:** \$99
Bldg/Rm: T&T 206 **Times:** 5:30 pm – 8 pm (3 sessions)

TEACH FOR CEWT

We are always looking for talented community members to join our growing list of instructors.

If you are interested in teaching a course though ISU Continuing Education and Workforce Training, please contact us at 208-282-4103.

Personal/Professional Development

ART, LITERATURE & WRITING

Beginning Photography (D/SLR) #1155

Basic understanding of photography. This class will discuss Aperture, Shutter Speed, ISO, and go over some Composition. **You will learn how to operate your own camera.** This class is geared for DSLR Cameras. On last day of class, weather permitting, we will venture out on campus to get some hands on experience. The class will have props for you to practice during class time. Bring your DSLR camera that you want to learn with. Students are encouraged to bring their camera's owner's manual, or be able to look it up online, or on your phone. The goal of this class is to make you feel more comfortable taking your camera out and gain an understanding of the basics. This is a beginner class.

Start Date: 10/02/24 **Days Taught:** W
Hours: 8 **Fee:** \$50
Bldg/Rm: RFC 263 **Times:** 6 pm – 8 pm (4 sessions)

Landscape Painting Outdoors #1261

In this "plein air" style painting class, students will immerse themselves in the vibrant world of outdoor painting, capturing the landscapes of Pocatello! Participants will explore various techniques for translating the play of light, color, and atmosphere onto canvas. Through live demos, constructive critiques, and individualized guidance, students will develop their observational skills and artistic sensibilities while embracing the spontaneity and challenges of painting outdoors. This course will primarily focus on using oil paint. All materials will be provided!

Note: Class days may be subject to change depending on the weather.

Students must be 18+ or 16+ with parent/guardian enrollment.

Start Date: 10/08/24 **Days Taught:** T
Hours: 9 **Fee:** \$90
Bldg/Rm: RFC 162 **Times:** 6 pm – 9pm (3 sessions)

Beginning Oil Painting #1217

Take up a new hobby or expand your skills in one of our oil painting classes.

SECTION 1 – Traditional Still Life

In our beginner oil painting class, students will learn the timeless art of still life painting, mastering foundational techniques and understanding the properties of oil paints. Learn to capture the nuances of light, shadow, and form as they bring everyday objects to life on canvas. By the end of the course, students will have created their own still life masterpiece, showcasing their newfound skills and artistic vision. All materials will be provided!

Start Date: 09/10/24 **Days Taught:** T
Hours: 9 **Fee:** \$90
Bldg/Rm: T&T 333 **Times:** 6 – 9 pm (3 session)

Figure Drawing #1262

In this beginner figure drawing class, students will focus on capturing the human form by drawing from a clothed live model. From understanding anatomy and proportions to mastering shading and gesture, students will hone their skills through a series of dynamic exercises and guided practice sessions. This course provides a supportive environment for artists of all levels to deepen their understanding of the human figure and elevate their drawing abilities to new heights. This course will primarily focus on using charcoal. All materials will be provided!

Students must be 18+ or 16+ with parent/guardian enrollment.

Start Date: 09/19/24 **Days Taught:** TH
Hours: 9 **Fee:** \$90
Bldg/Rm: RFC 263 **Times:** 6 pm – 9pm (3 sessions)

Beginner Digital Illustration #1206

Venture into the captivating world of digital art with Procreate, the leading illustration app on iPad! Learn essential digital illustration techniques, including how to use brushes, layers, blending modes, and effects. This beginner's course is designed for aspiring illustrators, seasoned artists transitioning to digital platforms, or anyone with a love for visual storytelling. Through in-class demos and hands-on exercises, students will emerge from this course with all the technical skills needed to create their own digital art.

Students must be 18+ or 16+ with parent/guardian enrollment. Students are required to purchase the app prior to the class (\$10) and bring their own iPad.

Start Date: 11/05/24 **Days Taught:** T
Hours: 9 **Fee:** \$90
Bldg/Rm: RFC 263 **Times:** 6 – 9 pm (3 session)

Watercolor Pencil for Beginners #1225

For beginning learners interested in watercolor pencils. This class will demonstrate how to draw with watercolor pencils and cover several drawing techniques. The first week will introduce materials and techniques needed for this class and the remaining seven weeks will draw a variety of vegetables and fruits.

Start Date: 09/03/24 **Days Taught:** T
Hours: 16 **Fee:** \$80
Bldg/Rm: RFC 263 **Times:** 6 pm – 8pm (8 sessions)

CRAFTS AND SEWING**Furniture Painting #1529**

Bring a small piece of furniture from home like a chair, stool, side table, etc. and learn the art of using Dixie Belle Chalk Paint to transform your fixer upper projects. It's a fun DIY that anyone can do! Paint, brushes, and other materials provided.

Start Date: 09/03/24 **Days Taught:** T
Hours: 2.5 **Fee:** \$40
Times: 6 – 8:30pm (1 session)
Bldg/Rm: The Elwen Cottage, 334 N Main St.

Fall Wreath Making #1778

Come enjoy making a one of a kind, classy fall style wreath. All materials will be provided to create a wreath that will be a perfect focal point for your front door or anywhere.

Start Date: 10/01/24 **Days Taught:** T
Hours: 2.5 **Fee:** \$40
Times: 6 – 8:30 pm (1 session)
Bldg/Rm: The Elwen Cottage, 334 N Main St.

Pumpkin Pour Painting #1898

Pumpkin Pour Painting is so easy, anyone (yes, anyone!) can do it. All it takes to make these colorful Halloween decorations is crafts paint and a few faux pumpkins. You will learn the easiest tips and tricks for creating gorgeous designs with paint poured directly out of the bottle—they're called pour paint pumpkins for a reason, after all! All supplies for the class are supplied.

Start Date: 10/08/24 **Days Taught:** T
Hours: 2.5 **Fee:** \$40
Times: 6 – 8:30 pm (1 session)
Bldg/Rm: The Elwen Cottage, 334 N Main St.

Mandala Rock Painting #1016

Keep calm and relax through the art of mandala rocks. Learn the history and meaning behind mandala art, and apply that knowledge to your own mandala rock art. Whatever you decide, you'll certainly enjoy this serene workshop, and share your newly-discovered art form with friends and family.

Start Date: 11/12/24 **Days Taught:** T
Hours: 2.5 **Fee:** \$40
Times: 6 – 8:30pm (1 session)
Bldg/Rm: The Elwen Cottage, 334 N Main St.

Steampunk Jewelry #1794

Victorian inspired Steampunk Jewelry doesn't have to break the bank! Combining vintage, hardware, imagination, gadgetry, and science fiction, this style is sure to make people stop and stare. We not only dive into history, art, and science, but create custom one-of-a-kind pieces. All materials will be provided.

Start Date: 12/17/24 **Days Taught:** T
Hours: 2.5 **Fee:** \$40
Times: 6 – 8:30pm (1 session)
Bldg/Rm: The Elwen Cottage, 334 N Main St.

NEW Laser Cut Idaho #1234

Students will be painting/staining the three layers of wood and adhering them together. The finished product will be a wooden Idaho students can display.

Start Date: 10/22/24 **Days Taught:** T
Hours: 2.5 **Fee:** \$40
Times: 6 – 8:30pm (1 session)
Bldg/Rm: The Elwen Cottage, 334 N Main St.

Beginning Foiled Stained Glass #1881

Learn this technique used in the Tiffany studios to create many of their masterpieces. **REQUIRED SUPPLIES:** Students are required to bring eye protection, mask, gloves, Band-Aids and wear closed-toe shoes. Long hair must be tied back when using the grinder. If you are pregnant or nursing please do not register for this class. **Please contact the instructor (Lon Hamlin at 208-226-6044) to choose and pick up a pattern in advance. The instructor will give you a supply list when you call. You must be 18 years of age to take the class. Class size limited to 8.**

Section 1

Start Date: 09/09/24 **Days Taught:** M
Hours: 8 **Fee:** \$75
Bldg/Rm: Poky Glass Art Studio, 515 N Main St.
Times: 6 – 8 pm (4 sessions)

Section 2

Start Date: 09/10/24 **Days Taught:** T
Hours: 8 **Fee:** \$75
Bldg/Rm: Poky Glass Art Studio, 515 N Main St.
Times: 6 – 8 pm (4 sessions)

Beginning Leaded Glass #1139

This class introduces students to the older techniques for creating an art glass panel. Students will create a small panel by cutting glass and fastening it together with strips of lead came and solder. **Please contact the instructor (Lon Hamlin at 208-226-6044) to choose and pick up a pattern in advance. The instructor will give you a supply list when you call. You must be 18 years of age to take the class. Class size limited to 8.**

Section 1

Start Date: 10/07/24 **Days Taught:** M
Hours: 8 **Fee:** \$75
Bldg/Rm: Poky Glass Art Studio, 515 N Main St.
Times: 6 – 8 pm (4 sessions)

Section 2

Start Date: 10/08/24 **Days Taught:** T
Hours: 8 **Fee:** \$75
Bldg/Rm: Poky Glass Art Studio, 515 N Main St.
Times: 6 – 8 pm (4 sessions)

FITNESS & DANCE

Ballroom Dancing #1280

These ballroom classes will move at a pace good for learning, including group exercises to become familiar and comfortable with dancing. **Partner required;** class fee (\$50) per person. You will need to bring your own water. Leather-soled shoes and loose, breathable clothing is suggested.

Section 1 – Beginning American Rumba

Rumba began with Cuban and Latin American dance crazes. It is a slow, romantic dance done to 4/4 music with strong rhythms, and melodies influenced by Spanish and African flavors. Ballroom Rumba uses a box for its basic step. Unlike the Waltz and Foxtrot, Rumba tends to stay in one small spot, using small steps. This makes it very suitable for crowded dance floors. "Cuban Motion" is a major part of its styling. Samples of Rumba are available many places on-line: e.g., <https://www.youtube.com/watch?v=mCHKa2Pz-OY>
Start Date: 09/10/24 **Days Taught:** T
Hours: 10 **Fee:** \$50
Bldg/Rm: Liberty Hall Times: 7 – 9 pm (5 sessions)

Section 2 – Beginning American Foxtrot

Foxtrot is a smooth, progressive dance of long, continuous flowing movements around the entire dance floor. The music is typically vocal/big band music, and/or some

pop. This classic dance is probably the 2nd best-known ballroom dance, after waltz. It can look similar to waltz, but has its own style, uses two different rhythms, and is done to 4/4 music. Fred Astaire and Ginger Rogers famously performed this dance in films. A sample of a beginner's routine is available at: <https://www.youtube.com/watch?v=EJiYAPr2lp0>

Start Date: 10/22/24 **Days Taught:** T
Hours: 10 **Fee:** \$50
Bldg/Rm: Liberty Hall **Times:** 7 – 9 pm (5 sessions)

Country Swing and Two-Step #1336

Grab your cowboy boots and get moving! Class focuses on the basics of Swing, Two-Step and various couple dances such as: 10-step Cotton-Eyed Joe, Waltz, and Amarillo. Practice and learn in a relaxed atmosphere that encourages you to master skills and look good doing them. **Partner required;** class fee (\$40) per person. You will need to bring your own water as there are no drinking fountains available.

Section 1

Start Date: 09/09/24 **Days Taught:** M
Hours: 12 **Fee:** \$40
Bldg/Rm: Liberty Hall **Times:** 7 – 9 pm (6 sessions)

Section 2

Start Date: 10/28/24 **Days Taught:** M
Hours: 12 **Fee:** \$40
Bldg/Rm: Liberty Hall **Times:** 7 – 9 pm (6 sessions)
No Class Nov. 25, 2024

NEW Jiu Jitsu #1235

Section 1-Youth BJJ Fundamentals

This course is suitable for those with no grappling experience, and will teach a variety of fundamental movements and techniques, including take downs, escapes, and submissions. Emphasis will also be given to using these skills for self-defense and anti-bullying situations. **Students should be showered, have their nails trimmed, and wear comfortable clothes without zippers to participate in class. It's also recommended to bring slip on shoes and a water bottle.** All classes will have a male and female coach present. **Ages 6 to 9.**

Start Date: 08/05/24 **Days Taught:** M/W
Hours: 8 **Fee:** \$90
Bldg/Rm: Colossal Fight Company: 300 N 5th Ave.
Times: 5 – 6 pm (8 sessions)

Section 2-Young Adult BJJ Fundamentals

This course will help beginner and intermediate grapplers learn and practice the fundamental movements of Jiu Jitsu. Topics will include take downs, submissions, and sweeps, as well as rules and points in tournaments, conditioning, and self-defense. **Students should be showered, have their nails**

trimmed, and wear comfortable clothes without zippers to participate in class. It's also recommended to bring slip on shoes and a water bottle. A mouth guard is allowed but not required for the sparring portion of the class. All classes will have a male and female coach present. **Ages 10-15.**

Start Date: 09/06/24 **Days Taught:** F
Hours: 4 **Fee:** \$45
Bldg/Rm: Colossal Fight Company: 300 N 5th Ave.
Times: 5 – 6 pm (4 sessions)

Section 3-Little Giants Jiu Jitsu

This course teaches 4 and 5 year olds body awareness, coordination, take downs, and basic Jiu Jitsu movements such as passes and shrimps through games and drilling. **All students must be potty trained to participate. Slip-on shoes and a water bottle are recommended.** All classes will have a male and female coach present.

Start Date: 10/01/24 **Days Taught:** T
Hours: 3.75 **Fee:** \$45
Bldg/Rm: Colossal Fight Company: 300 N 5th Ave.
Times: 5 – 5:45 pm (5 sessions)

Nia #1218

Nia is a sensory-based movement practice that draws from martial arts (Tai Chi, Taekwondo, Aikido), dance arts (jazz dance, modern dance, Duncan dance) and healing arts (Duncan dance, yoga, Alexander Technique and Teachings of Moshe Feldenkrais). Nia is a great way to get in shape and offers a unique experience from traditional aerobic exercises. Instructor is a certified Nia and Yoga instructor.

Start Date: 09/18/24 **Days Taught:** W
Hours: 8 **Fee:** \$50
Bldg/Rm: Reed 208 **Times:** 6pm-7pm (8 sessions)

NEW Smart Self Defense #1236

Self-Defense. This course combines Brazilian Jiu Jitsu, Krav Maga, Muay Thai, and other martial arts to promote easy-to-learn techniques that exploit leverage and position to enable smaller, weaker persons to escape and defend themselves. This course is adaptable to your fitness level, and is suitable both for those with no martial arts experience, or those with experience but looking to focus on the techniques and skills applicable to self-defense. **The course is taught by Elizabeth Smart Foundation instructors certified in the Smart Defense program. Ages 13 and up.**

Start Date: 09/07/24 **Days Taught:** S
Hours: 3 **Fee:** \$40
Bldg/Rm: Colossal Fight Company: 300 N 5th Ave.
Times: 9 am – 12 pm (1 sessions)

Zumba #1113

In this class you will burn off calories by dancing to different kinds of lively tunes, often Latin-American inspired such as salsa, merengue and samba. You won't feel like you are exercising as you are dancing. Put on your comfy shoes, grab a friend and come party.

Section 1

Start Date: 09/17/24 **Days Taught:** T
Hours: 8 **Fee:** \$40
Bldg/Rm: Reed Gym 208
Times: 6:30 – 7:30 pm (10 sessions)

Riding Instruction III #1054

Are you a confident rider? Have you taken the Riding Instruction I and II classes? Here's your chance to explore advanced western riding techniques. Discussion will include improving your horse's body control, stops, pivots, and leads as well as learn several roll maneuvers. **Minimum Age is 18.**

Start Date: 10/30/24 **Days Taught:** W
Hours: 12 **Fee:** \$85
Times: 5 pm – 8 pm (4 sessions)
Bldg/Rm: Sweet Talk Ranch Arena,
 7727 W. Katsilometes Rd., Pocatello, ID

HORSEMANSHIP

All riding lessons are western. Bring your own horse or use a program horse for an additional \$10 per class session. Call CEWT to make arrangements for a horse (limited availability).

Riding Instruction I #1052

Learn basic horsemanship skills. Each session begins with an informative equine-related lecture and continues with horse handling skills, riding techniques and instruction.

Minimum Age is 18.

Start Date: 09/04/24 **Days Taught:** W
Hours: 12 **Fee:** \$85
Times: 5 pm – 8 pm (4 sessions)
Bldg/Rm: Sweet Talk Ranch Arena,
 7727 W. Katsilometes Rd., Pocatello, ID

Riding Instruction II #1053

For the intermediate rider or those who have completed the Riding Instruction 1 class. Participants will learn topics ranging from balanced stops to pivots and so much more.

Minimum Age is 18.

Start Date: 10/02/24 **Days Taught:** W
Hours: 12 **Fee:** \$85
Times: 5 pm – 8 pm (4 sessions)
Bldg/Rm: Sweet Talk Ranch Arena,
 7727 W. Katsilometes Rd., Pocatello, ID

Check out our new language classes! Please see our course description on-line for a full description of the courses.
cetrain.isu.edu

LANGUAGES**Introduction to French #1809**

An easy introduction. Learn the sounds, vocabulary and basic grammar that will enable you to converse and be understood.

Start Date: 09/09/24 **Days Taught:** M
Hours: 9 **Fee:** \$40
Bldg/Rm: RFC 262 **Times:** 5:30 – 7 pm (6 sessions)

NEW Situational French #1237

Each class focuses on a situation or a topic with reading, vocabulary and discussion pertaining to the subject at hand. Course will help develop the fundamentals of listening, speaking, reading and writing. Students should have some knowledge of basic French.

Start Date: 09/11/24 **Days Taught:** W
Hours: 9 **Fee:** \$40
Bldg/Rm: RFC 262 **Times:** 5:30 – 7:00 pm (6 sessions)

NEW Introduction to Italian I #1238

Learn Italian in an easy, intuitive and natural way using "The Thinking Method" as taught by Mihalís Eleftheriou, modified and packaged into an accelerated course for beginners. Learners will be given the tools necessary to form thousands of useful and novel sentences without needing to use external material, which will create an excellent foundation to further learning of Italian and other romance languages.

Start Date: 09/03/24 **Days Taught:** T
Hours: 9 **Fee:** \$40
Bldg/Rm: RFC 379 **Times:** 6 – 7:30 pm (6 sessions)

NEW Introduction to Italian II #1239

This course solidifies what was taught previously while exploring the deeper connections between English and Italian. Learners will be able to formulate more complicated sentences with a greater emphasis on questions, which allows them to continue learning easily even after the course ends.

Prerequisites: Introduction to Italian I

Start Date: 10/15/24 **Days Taught:** T
Hours: 9 **Fee:** \$40
Bldg/Rm: RFC 379 **Times:** 6 – 7:30 pm (6 sessions)

Elementary Russian #1500

This introductory level course focuses on mastery of the alphabet, basic vocabulary and the forms and syntax essential for reading and oral comprehension on everyday topics. Students will learn how to introduce themselves, ask for information, make polite requests, and have simple discussions.

Start Date: 09/12/24 **Days Taught:** TH
Hours: 10.5 **Fee:** \$71
Bldg/Rm: RFC 379 **Times:** 6 – 7:30 pm (7 sessions)

Spanish the Silent Way #1129

The Silent Way by Oteg Categno is used to teach languages using the color system by which students will do most of the speaking and the instructor will play the role of the tutor. **New students are encouraged to sign up for the Thursday class.**

Sessions 1-This class is geared to returning students

Start Date: 09/18/24 **Days Taught:** W
Hours: 10 **Fee:** \$50
Bldg/Rm: RFC TBD **Times:** 6 – 8 pm (5 sessions)

Session 2-This class is geared to new/beginning students

Start Date: 09/19/24 **Days Taught:** TH
Hours: 10 **Fee:** \$50
Bldg/Rm: RFC TBD **Times:** 6 – 8 pm (5 sessions)

OUTDOOR ADVENTURE

Beginning Fly Fishing #1624

Perfect for those looking to break into the sport of fly fishing, but don't know where to start. Learn about the different types of flies, basic knots and rigging as well as casting and presentation techniques. The class will conclude with a morning of fishing. Students are responsible for their own transportation. **REQUIRED SUPPLIES:** fly rod, fly reel, fly line, baseball cap or other brimmed hat, sunglasses, shoes with closed toes. **Saturday location TBA.**

Start Date: 08/27/24 **Days:** T TH, 6:30 – 8:30 pm (4 sessions)
Hours: 12 **SAT (9/07), 7:30am – 11:30am (1 sess)**
Bldg/Rm: RFC 262 **Fee:** \$63

Intermediate Fly Fishing #1056

This course is for beginning fly anglers looking to expand their skills and catch fish in more diverse situations. We will be developing more familiarity with fly casting, including different methods for more diverse situations. We will learn

how to fish rivers and streams, as well as insect identification and how to "match the hatch." Students are also encouraged to bring whatever flies or tackle they already have. Some classes held at diverse fishing locations near Pocatello, so students need to provide own transportation to the meeting sites. **REQUIRED SUPPLIES:** fly rod, fly reel, fly line, baseball cap or other brimmed hat, sunglasses, shoes with closed toes. **Saturday location TBA.**

Start Date: 09/17/24 **Days:** T TH, 6:30 – 8:30 pm (2 sessions)
Hours: 8 **SAT(9/21), 7:30am – 11:30am (1 sess)**
Bldg/Rm: RFC 262 **Fee:** \$59

Beginning Fly Tying #1618

For those who want to tie their own flies, this class will cover the tools, skills, and base techniques of fly tying. Learn the different kinds of flies and their applications. Students will tie a variety of flies to suit most fishing situations. **Classes are for ages 16 and up, however, those 12 years of age to 15 may attend with a registered adult. Students must bring a fly-tying vice.**

Start Date: 11/12/24 **Days Taught:** T TH
Hours: 8 **Fee:** \$59
Bldg/Rm: RFC 262 **Times:** 6:30 – 8:30 pm (4 sessions)

Intermediate Fly Tying #1619

This course is for beginning fly tiers who want to expand their skills and learn some new fly-tying techniques. We'll be skipping the basics and working on more complex fly patterns, using complicated materials, incorporating multiple materials, tying more realistic flies, and using standard materials in different ways to achieve different effects and appearances. Students should bring their own fly-tying tools (vice, bodkin, bobbin, thread, scissors) and are encouraged to bring other tools and materials as well. **Classes are for ages 16 and up, however, those 12 years of age to 15 may attend with a registered adult. Students must bring a fly-tying vice.**

Start Date: 12/03/24 **Days Taught:** T TH
Hours: 8 **Fee:** \$59
Bldg/Rm: RFC 262 **Times:** 6:30 – 8:30 pm (4 sessions)

PERSONAL INTEREST

Paranormal Research #1223

The class will focus on the equipment used in the field (cameras, pendulums, dowsing rods, various electronic equipment, etc.), how to conduct an investigation, paranormal phenomenon, developing your own skill set for investigations and debunking. Members of her team will be guest speakers and will speak of their own abilities and will teach how to develop your natural abilities and will provide resources for the student. The class will consist of 5 weeks

(2 hours per class) of classroom sessions followed by one paranormal investigation where the student can put their new skills to work.

Start Date: 09/20/24 **Days Taught:** F
Hours: 12 **Fee:** \$50
Bldg/Rm: RFC 108 S **Times:** 6 – 8 pm (6 sessions)

Social Security Basics: Know How and When to Claim #1117

Come and learn the basics of Social Security including the history of the program, how different benefits are paid, and the future viability of the program. Social Security benefits are a staple in the retirement plan of nearly every American, however, understanding the complexities of the program can be difficult. This course aims to solve the mystery of Social Security benefits and help prepare individuals to decide when to file for benefits so they can maximize their payout and meet their retirement needs.

Section 1:
Start Date: 9/18/24 **Days Taught:** W
Hours: 1.5 **Fee:** \$20
Bldg/Rm: RFC 162 **Times:** 7 pm – 8:30 pm (1 session)

Section 2:
Start Date: 10/24/24 **Days Taught:** TH
Hours: 1.5 **Fee:** \$20
Bldg/Rm: RFC 162 **Times:** 7 pm – 8:30 pm (1 session)

Trades

Industries across the U.S. are looking for individuals skilled in welding, machining, and flagging certification. Take advantage of our courses which provide you with the skills you need for the job you want.

BUILDING CONSTRUCTION

Erosion Control / Storm Water #1190

Contractors, learn the new guidelines! Topics covered are federal and local erosion and sediment control requirements; responsible person requirements; local training and certification; best management practices; erosion control; sediment control; and the top 10 compliance problems.

After passing this class, you may apply for ESC certification from the City of Pocatello—additional fees apply.

Section 1

Start Date: 10/15/24 **Days Taught:** T
Hours: 4 **Fee:** \$45
Bldg/Rm: RFC 262 **Times:** 6 – 10 pm (1 session)
 (Trade and Technology Bldg#51 1152 Martin Luther King Dr)

Section 2

Start Date: 11/12/24 **Days Taught:** T
Hours: 4 **Fee:** \$45
Bldg/Rm: RFC 262 **Times:** 6 – 10 pm (1 session)
 (Trade and Technology Bldg#51 1152 Martin Luther King Dr)

CODE UPDATE

NEW Understanding NEC Requirements for Solar Photovoltaic and Energy Storage Systems#1581

An insight an understanding of solar systems and energy storage (battery) systems according to the National Electric Board. **Books:** Solar Photovoltaic Systems by Mike Holt

Start Date: 10/04/24 **Days Taught:** F
Hours: 8 **Fee:** \$115
Bldg/Rm: RFC 108 S **Times:** 8 am – 5 pm (1 session)

DRAFTING

Introduction to AutoCAD Windows 2020 #1170

Want to learn the fundamentals of creating high precision technical graphics? Computer aided design (CAD) is used in many fields to increase the production and clarity of the design concept. Learn the concepts utilized by those in-demand, high paying jobs that utilize this valuable tool. Learn the alphabet of lines, basic AutoCAD commands used graphically in documenting your ideas, and then how to plot them to paper. While there are no prerequisites for this fundamental CAD course, you should be proficient in basic computer skills.

Start Date: 09/23/24 **Days Taught:** M/T
Hours: 25 **Fee:** \$185
Bldg/Rm: EAMES 198 **Times:** 5:30 – 8 pm (10 sessions)



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WELDING

Beginning/Intermediate/Advanced Welding #1230

Re-tool your skills to take advantage of in-demand, high paying jobs in the manufacturing sectors. If you're an individual who likes building things, working with your mind and hands or simply enjoys seeing the results of your efforts, then we have just what you're looking for. These self-paced courses are designed for the beginner, intermediate, or experienced welder. SMAW and GMAW are taught at all levels. GTAW (TIG) will be covered only in the intermediate/advanced welding class. These topics will be covered: Machine Settings, Preparation of Materials, Safety and Welding in all positions. No welding equipment is required for the first night of class; it is two hours only. Three types of welding offered: Arc and Mig have similar equipment, however, they are taught separately. GTAW (TIG) will be covered only in the intermediate/ advanced welding class.

No hobby welding or project building. **Students must be 18 years of age to attend the class**, unless accompanied by an adult who is also taking the class. **All MUST attend the FIRST night to continue with the class.**

SECTION 1

Start Date: 08/22/24 Days Taught: TH

Hours: 30

Fee: \$350

Bldg/Rm: EAMES Welding Shop/Rm 500

Times: 6 – 10 pm (8 sessions)

SECTION 2

Start Date: 10/10/24 Days Taught: TH

No Classes during Thanksgiving, Nov. 25 - 29.

Hours: 30

Fee: \$350

Bldg/Rm: EAMES Welding Shop/Rm 500

Times: 6 – 10 pm (8 sessions)



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ISU Is Excited To Be The Location Host For The Pacific Northwest OSHA Education Center's Summer and Fall 2024 OSHA Classes.

Summer 2024

OSHA #7500 *Introduction to Safety and Health Management* (5.5 hrs)

When: August 13 | Tues. 9am-3pm

Cost: Free

Fall 2024

OSHA #511 *Occupational Safety and Health Standards for General Industry* (26 hrs)

September 23-26 | Mon., Tues., & Wed. 8am-4pm, Thurs. 8am-2pm

Cost: \$675

OSHA #2225 *Respiratory Protection* (26 hrs)

October 7-10 | Mon., Tues., & Wed. 8am-4pm, Thurs. 8am-2pm

Cost: \$675

OSHA #2264 *Permit-Required Confined Space Entry* (20 hrs)

November 5-7 | Tues.- Thurs. 8am-4pm,

Cost: \$575

OSHA #3115 *Fall Protection* (20 hrs)

December 3-5 | Tues.- Thurs. 8am-4pm,

Cost: \$575



Registration is Open!

For More information:
cetrain.isu.edu/nw-osh/ or call 208-282-3372



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*Idaho State University continues to monitor the COVID-19 outbreak, and the safety and well-being of our entire campus community, including visitors, is our top priority. As a result, scheduled events may have to be canceled or moved to an Online format. Attendees will be notified of any changes or alterations to schedule.

The Inside Track to Journeyman

An apprenticeship education is a combination of on-the-job training and related classroom instruction providing the practical and theoretical aspects of a highly skilled occupation. These four-year programs build concept upon concept, year after year, preparing the student for the journeyman exam required by the State of Idaho. It's an efficient and practical way to build the foundation for an in-demand and satisfying career.

Flexible Blended Learning Programs

The electrical, plumbing, and HVAC apprenticeship programs participate in the new blended curriculum at ISU Continuing Education Workforce Training (CEWT).

Blended classes are a combination of traditional instructor-led classes and online self-directed coursework. Blended classes give continuous access to assignments, allowing for more mobility and flexibility during the on-the-job training portion of the apprenticeship. For example, in addition to the blended classwork, the lectures are also streamed live so that students who cannot make it to classroom sessions can still participate in the live lecture. All coursework for the blended classes will be offered online on the Moodle platform, making it easy for students to track their progress.

College credits are available when all program criteria are met. Contact us to learn more!

Idaho State University's Apprenticeship Program is supported by the United States Department of Labor. A total of \$51,308, or 28.5 percent, of the program is financed with federal funds, and \$104,915, or 71.5 percent, is funded by other sources.

Earn as You Learn.

Apprenticeship Programs in Electrical, Plumbing and HVAC

Apprentices in our four-year programs learn to build real-world, career-defining skills through **on the job training**— while earning wages, college credits, and the know-how to become licensed a journeyman.

Don't just dream about your future... Make it!

FOR MORE INFORMATION

Program Coordinator: **Paul M. Dickey**
208-282-1077 • cetrain@isu.edu

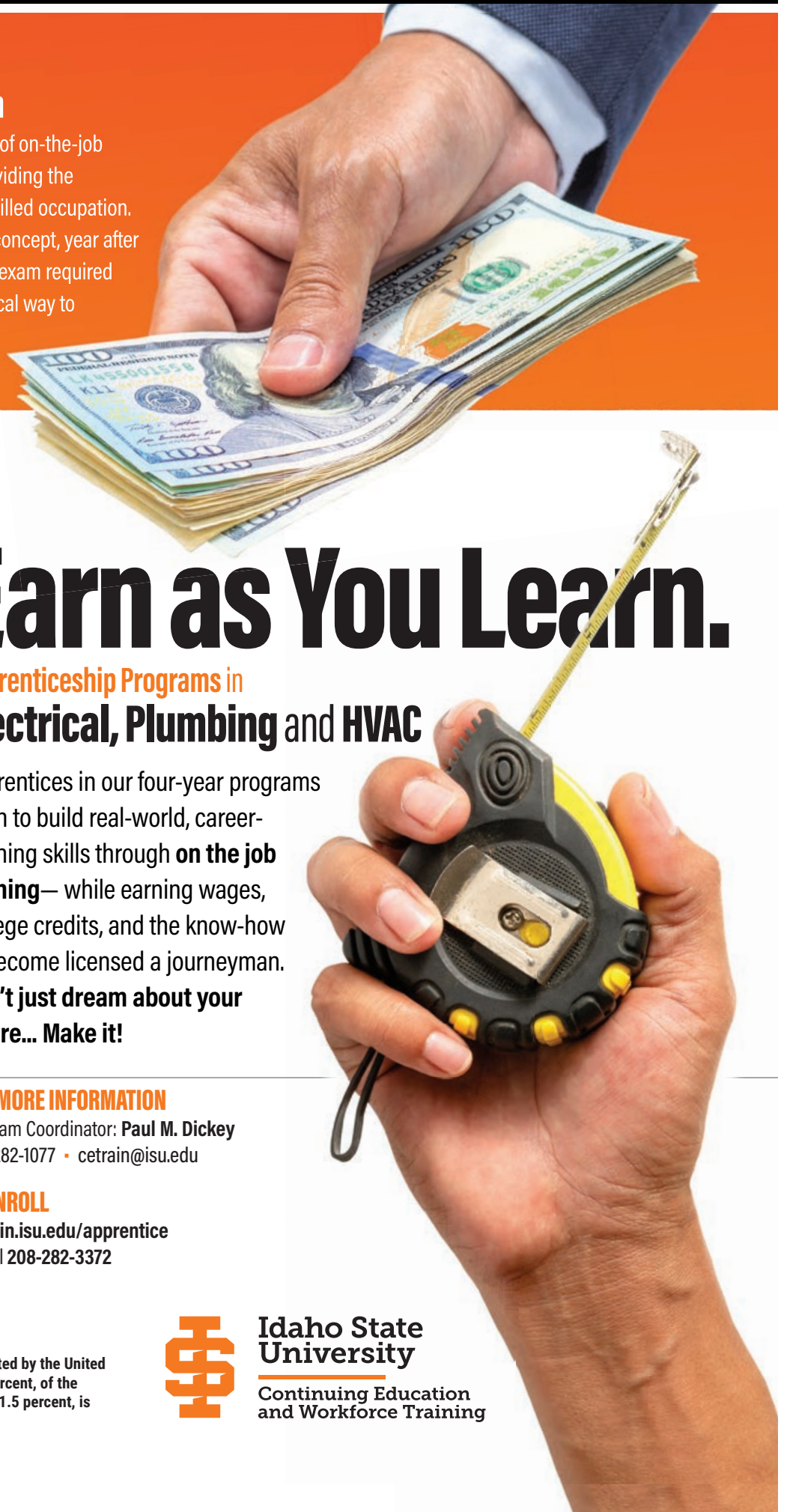
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or call 208-282-3372

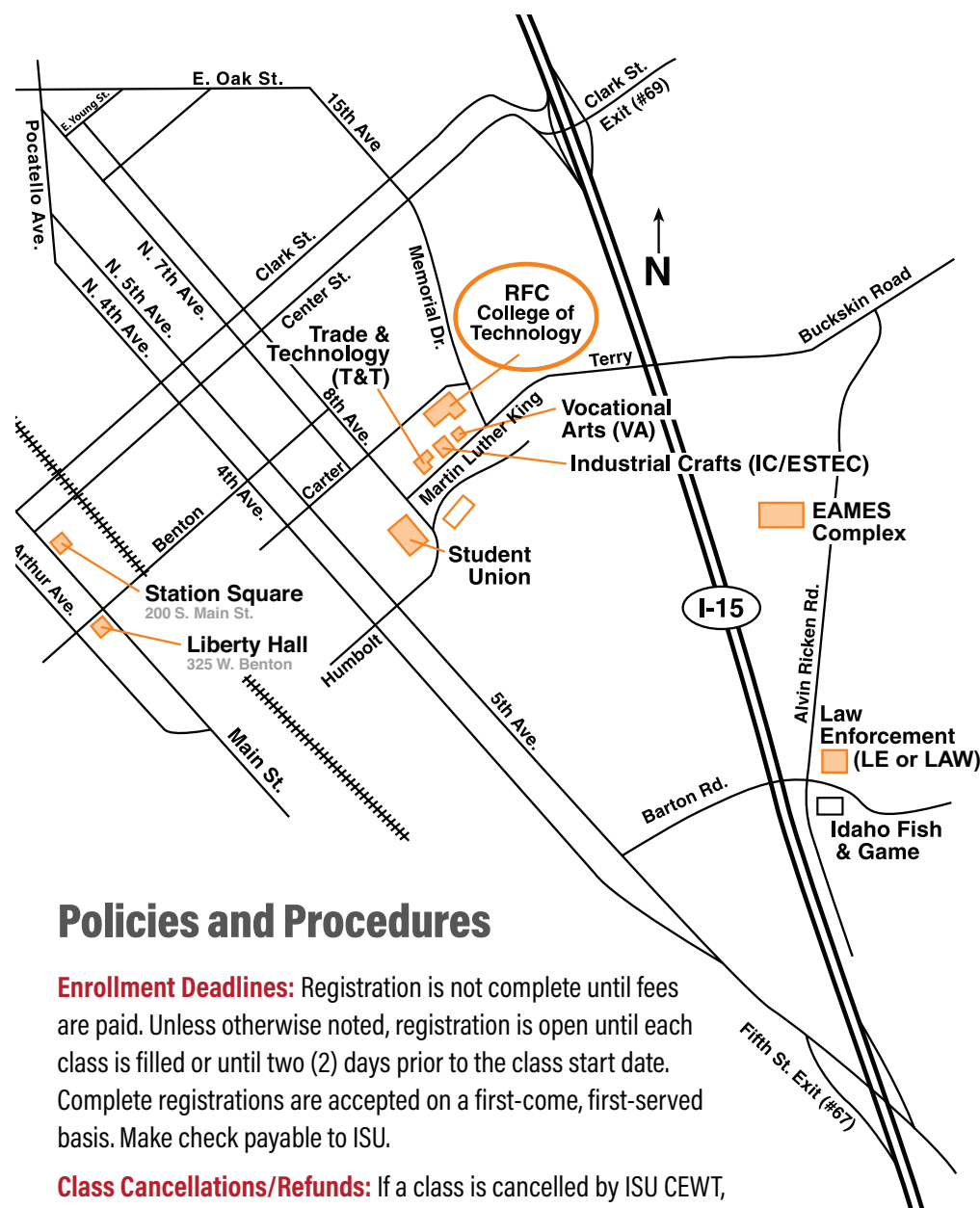


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Registration Information



3 Easy Ways to Sign Up for Classes

ONLINE: cetrain.isu.edu Go online, create a profile, register and pay online with your Visa or MC.

BY PHONE: (208) 282-3372 Phone-in registration will be accepted using Visa or MasterCard. Call (208) 282-3372 any weekday from 8 a.m. to 5 p.m. We will take your information over the phone, mail you an invoice or take your credit card information, and upon receipt of payment, you will be officially registered for class(es).

IN PERSON: Come to the CEWT office located in the **Roy F. Christensen Building (#48), Suite 184** (777 Memorial Drive), in Pocatello and have one of our customer service associates help you with the process. Payment can be made with cash, check, credit card (Visa or MC), or a signed Purchase Order.



Idaho State University

Continuing Education and Workforce Training

Policies and Procedures

Enrollment Deadlines: Registration is not complete until fees are paid. Unless otherwise noted, registration is open until each class is filled or until two (2) days prior to the class start date. Complete registrations are accepted on a first-come, first-served basis. Make check payable to ISU.

Class Cancellations/Refunds: If a class is cancelled by ISU CEWT, a full refund will be issued. If a class is dropped by a student, it must be done at least two days prior to the class start date to receive a full refund less a \$15 processing fee. If a two-day notice is not given, no refund will be issued.

Snow Policies and School Closures: If the university is closed during the day because of bad weather or some other emergency, our night classes are also cancelled. We will make every attempt to reschedule classes for students. In the event that ISU is not closed and the weather is inclement, use your best judgement. If in doubt, call 208-282-3372.

AA/EEOC: Idaho State University subscribes to the principles and laws of the State of Idaho and the federal government, including applicable executive orders pertaining to civil rights. All rights,

privileges, and activities of the University are made available without regard to race, creed, color, sex, age, disability, national origin or veteran status. The University is an Equal Opportunity and Affirmative Action employer. Evidence of practices that are not consistent with such a policy should be reported to the Director of the Affirmative Action Office, located in the Museum Building, Room 422 or call 208-282-3964.

ADA: Students having questions about accessibility or requesting reasonable accommodations as indicated in the Americans with Disabilities Act (ADA) or Section 504, should contact the Director of Disability Services, located in Rendezvous Bldg., Room 125 or call 208-282-3599.



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