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
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

**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: @ISUCETW
Instagram: @isucewt
X (formally 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 though 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

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.
# Fall Classes 2024

## Classes (Alphabetically)

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

## Classes by Category

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

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

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"

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
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)

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)

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.

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

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: 6 pm – 9 pm (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 pm – 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://cetrain.isu.edu/nclab/](https://cetrain.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://cetrain.isu.edu/nclab/](https://cetrain.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)

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)

Coming Spring 2025

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)

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)

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)
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

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.
HEALTH AND WELLNESS

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

ALL CLASSES: Hours: 6 Fee: $80

<table>
<thead>
<tr>
<th>SECTION</th>
<th>START</th>
<th>DAYS</th>
<th>TIMES</th>
<th>BLDG/RM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer 3</td>
<td>09/16/24</td>
<td>M</td>
<td>5pm-7:30pm</td>
<td>RFC B166</td>
</tr>
<tr>
<td>Summer 4</td>
<td>09/16/24</td>
<td>M</td>
<td>7:30pm-10pm</td>
<td>RFC B166</td>
</tr>
<tr>
<td>1</td>
<td>12/09/24</td>
<td>M</td>
<td>5pm-7:30pm</td>
<td>RFC B166</td>
</tr>
<tr>
<td>2</td>
<td>12/09/24</td>
<td>M</td>
<td>7:30pm-10pm</td>
<td>RFC B166</td>
</tr>
</tbody>
</table>

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

Safety Fest
Great Northwest
HEALTH AND WELLNESS

exams, BLS Healthcare Provider CPR training certification (register at 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  Days Taught: T  Hours: 2  Fee: $15  Bldg/Rm: Zoom  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  Days Taught: W  Hours: 2  Fee: $15  Bldg/Rm: RFC 263  Times: 6 – 8:00pm

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.

<table>
<thead>
<tr>
<th>SECTION</th>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>BLDG/RM</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10/08/24</td>
<td>T/TH</td>
<td>6pm-10pm</td>
<td>RFC B166</td>
<td>$20</td>
</tr>
</tbody>
</table>

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)

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

* 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)

<table>
<thead>
<tr>
<th>SECTION</th>
<th>START</th>
<th>END</th>
<th>DAY</th>
<th>TIME</th>
<th>BLDG/RM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer 1</td>
<td>08/23/24</td>
<td>11/22/24</td>
<td>F</td>
<td>9am-3pm</td>
<td>RFC B163</td>
</tr>
<tr>
<td>Summer 2</td>
<td>09/04/24</td>
<td>12/11/24</td>
<td>W</td>
<td>4pm-10pm</td>
<td>RFC B163</td>
</tr>
<tr>
<td>Summer 4</td>
<td>08/10/24</td>
<td>11/23/24</td>
<td>S</td>
<td>9am-3pm</td>
<td>RFC B163</td>
</tr>
<tr>
<td>Summer 5</td>
<td>08/22/24</td>
<td>12/16/24</td>
<td>M-TH</td>
<td>9am-10am</td>
<td>Malad</td>
</tr>
<tr>
<td>Fall 1</td>
<td>10/04/24</td>
<td>12/20/24</td>
<td>F</td>
<td>9am-3pm</td>
<td>Bear Lake*</td>
</tr>
</tbody>
</table>

| Fall 2   | 11/19/24  | 01/16/25  | T/TH| 9am-3pm   | RFC B163|

* Bear Lake Class held at Bear Lake Memorial Annex

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**

**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

<table>
<thead>
<tr>
<th>SEC.</th>
<th>REG.OPEN</th>
<th>REG. ENDS</th>
<th>DAY</th>
<th>TIME</th>
<th>BLDG/RM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8/20/24</td>
<td>Registration ends</td>
<td>T/TH 1:30pm-3:00pm</td>
<td>RFC TBD</td>
<td></td>
</tr>
</tbody>
</table>

*Bear Lake Class held at Bear Lake Memorial Annex*

**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  **Ends:** 30 days after registration  **Hours:** 12  **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  **Ends:** 30 days after registration  **Hours:** 4  **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  **Ends:** 30 days after registration  **Hours:** 6  **Fee:** $10
HEALTH AND WELLNESS

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

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 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

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
Fee: $149
Bldg/Rm: Online
Prepare for employment in some of today’s hottest careers with a comprehensive, affordable, and self-guided online Advanced Career Training course. **Start any time, learn at your own pace.**

**ACE Personal Trainer**
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.

**Certified Credit Counselor and Certified Financial Health Counselor**
(Voucher Included)
Learn practical financial knowledge and effective counseling techniques to help your clients considerably improve their financial well-being.

**Certified Virtual Assistant**
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
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
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 tending 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)

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)

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 through ISU Continuing Education and Workforce Training, please contact us at 208-282-4103.
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 – 9 pm (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 – 8 pm (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: $50
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-0Y
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 court 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: 9              Fee: $40
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

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
Times: 5:30 – 7 pm (6 sessions)
Bldg/Rm: RFC 262

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
Times: 5:30 – 7:00 pm (6 sessions)
Bldg/Rm: RFC 262

NEW Introduction to Italian I #1238
Learn Italian in an easy, intuitive and natural way using “The Thinking Method” as taught by Mihalis 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
Times: 6 – 7:30 pm (6 sessions)
Bldg/Rm: RFC 379

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

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

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.

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
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
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.

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.

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.

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

OSHA Safety Classes: See ad on page #29

Certified Food Safety Manager #6521
This Certified Food Safety Manager Course (CFSM) covers food safety issues, regulations, and the techniques necessary to maintain a food safe environment. Handling food correctly is not only the law, but it improves public safety and lowers costs. Learn to implement essential food safety practices and create a culture of food safety. Food safety is critical to sales and the continued patronage of your establishment. Establishments found to violate food safety protocols are fined or closed—food safety is that important. The role of a food manager is crucial. Now is the time to certify your department managers and food handlers as a Certified Food Safety Manager. Registration deadline is September 27, 2024. Course conducted in English.

Start Date: 10/18/24 Days Taught: F Hours: 8 Bldg/Rm: RFC 108 S Times: 8 am – 5 pm (1 session)

Idaho Police Officer Standards Certified Training (POST) #1477
This 15-week program follows the curriculum of Idaho POST, in Meridian. All of our instructors are police officers or retired police officers. The curriculum will cover everything from Drill and Ceremony, Domestic Violence, DUI/SFST, Crime prevention, Health and Fitness to EVOC, Defensive Tactics, Firearms, etc. The program is a mixture of bookwork and hands-on training. At the end of the 15-weeks, the officer will take a certification exam in Patrol and Reserve. This is a restricted course. Please contact the Law Enforcement program at ISU for details to register. Call Kendra at 208-282-3083.

Start Date: 08/19/24 Days Taught: M W F, 8 am – 5 pm T TH, 6 am – 5 pm Hours: 480 Bldg/Rm: LAW 103 Fee: $850

TRAFFIC CONTROL

Flagging #1195
In this class you will learn the responsibilities of the flagger: basic signals, flagging systems, signing, channeling devices and traffic control practices. This class meets requirements for training programs recognized by the Idaho Transportation Department. Must have valid ID to present to instructor before obtaining your flagging card. Flagging cards will be mailed.

Section 1
Start Date: 10/19/24 Days Taught: S Hours: 8 Bldg/Rm: RFC 108 S Times: 8 am – 4 pm (1 session)

MACHINING

Lathe Theory and Practice #1200
This course will provide you with hands-on training and classroom instruction, primarily on engine lathes and their uses, including threading, knurling, and cutting tapers, balls, and grooves. You will practice measuring techniques using both calipers and micrometers. You can complete the machinists hammer, a project which covers the full range of lathe capabilities, in the 30 hour course or you can choose to do other projects. Suggested Tools: 10-inch Adjustable Wrench, Allen Wrench Set to 5/16, safety glasses (required), safety shoes (recommended), clothing should not be too loose. Students must be 18 years of age to attend the class, unless accompanied by an adult who is also taking the class.

Start Date: 09/04/24 Days Taught: W Hours: 30 Fee: $215 Bldg/Rm: EAMES Complex Machine Shop Times: 6 pm – 9 pm (10 sessions)

Funding Options
We encourage those interested in applying for funding to contact our office prior to application. Funding resources can be found at:

Idaho LAUNCH  equus
idaholaunch.com equusidaho.com
(208) 282-3372  | cetrain.isu.edu
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)
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-osha/ or call 208-282-3372

*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 coursework, 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!

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

TO ENROLL
cetrain.isu.edu/apprentice or call 208-282-3372

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.
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.

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.
CUSTOM TRAINING FOR YOUR BUSINESS