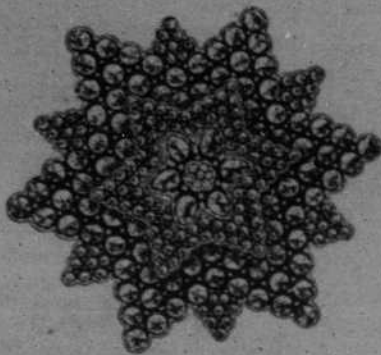


The University of Oregon Continuation Center sponsors

in association with

- The College of Education, Division of Counseling and Educational Psychology
- The College of Human Development and Performance, Leisure Studies and Services
- School of Music
- School of Architecture and Allied Arts

- Womens Studies
- College of Business Administration
- Department of Art Education
- College of Arts and Sciences, Department of Humanities
- Department of Planning, Public Policy and Management



Self Hypnosis

April 8 - May 27, 1986
(Tuesday)
7:30-9:30 p.m. - 152
Education
Student Fee: \$35
Instructor: Ronna Friend,
Psychologist Associate,
(Martin Acker, Ph.D., Supv.)

Hypnosis is a natural state of focused concentration which all us experience daily. The purpose of this class is to learn specific techniques to induce this state in order to achieve personal goals. Possible goals might include relaxation, stress management, habit control, dream awareness, increased creativity, and improved concentration and study habits.



Heritage: Civilization and the Jews

Telecourse - Humanities
410M (2 hours credit)
March 30 - May 30
Course Fee: \$65 Full-Time
Students, \$136 others
Instructor: Prof. Arnulf Zweig

An upper-level humanities course based on the PBS series airing Sundays at 10 p.m. and Fridays at 2 p.m. Students will watch the series, complete reading assignments in the accompanying texts, and submit a final, graded paper. There will be one class session on April 7 at 7:30 p.m. in 138 Gilbert, videotaped for those unable to attend. Call 686-3537 for brochure and registration information.



Women Writers' Workshop
WST 410G
April 8-May 27, 1986
(Tuesday)
TLN 8145
6:30-8:50 p.m. - 301 Condon
Student Fee: \$35 - 2
Academic Credits Available
Instructor: Cecelia Hagen,
MFA

This workshop is for women writers who want to expand their scope, productivity, and acuity as writers. The elements of voice, setting, language, and point of view will be examined and illustrated. The class will focus on the writing of class members, which will be critiqued and discussed by the group under the guidance of the instructor.



Faculty/Staff Microcomputer Classes

Each class meets once a week for 1-1/2 hours. If the class is job-related, the Employee Benefit Fund may be available to help pay for the course. Contact Linda King, Personnel, Ext. 3086.

Word Processing on the IBM Personal Computer
April 10-May 8 (Thursday)
8:00-9:30 a.m. - 309 Gilbert

Beginning Lotus 1-2-3 on the IBM Personal Computer
April 15-May 13 (Tuesday)
8:00-9:30 a.m. - 309 Gilbert

Advanced Lotus 1-2-3 on the IBM Personal Computer
April 16-May 14 (Wednesday)
8:00-9:30 a.m. - 309 Gilbert

Introduction to the Macintosh Computer
April 14-May 12 (Monday)
1:30-3:00 p.m. - 309 Gilbert



Communication Skills for Public Managers and Planners

PPPM 408G 01 credit
May 10, 1986 (Saturday)
TLN 7417
9 a.m. - 4:30 p.m.
261 Lawrence
Student Fee: \$25

A practical workshop on small group communication and problem solving; facilitating; productive and efficient staff and public meeting; and conflict resolution and negotiation skills.



Music for Parents and Young Children
April 22-June 3, 1986
10:00-10:45 a.m. - 105 Music
Fee: \$25 per family
Instructor: Mary Lou Van Rysselberghe

This class is for parents to attend with their preschool children (6 months to 5 years). No musical experience needed. Emphasis will be on teaching parents and children songs, games, and other music suitable for developing musicality in preschool children. For information or to register, please call the instructor directly at 686-3797 or 686-3761.



Art Therapy, Body Image, and Eating Disorders

LSS 408G 1 Credit
May 17, 1986 (Saturday)
TLN 8107
9:00 a.m. - 5:30 p.m. -
Geology 44
Student Fee: \$20 (with credit)
Instructor: Leigh Files, M.Ed.
A theoretical and experiential workshop using art therapy in assessing and treating body image distortion and eating disorders. Focuses on clinical issues, graphic qualities in artwork, and effective intervention strategies. Includes lecture/discussion, case study, and experiential processes.



Imagine That!

April 3-May 8, 1986
7:30-9:20 p.m. - 176
Education
Student Fee: \$35
Instructor: Nancy Hopps

Imagine That attracting students of all ages, focuses on the use and practical application of relaxation techniques, creative visualization, affirmations and goal setting.



Business Graphics '86 Conference
May 5-6, 1986
Portland, Oregon
Academic Credit Available

Business Graphics '86 will present the latest in computer developments for the business world. The conference features hands-on workshops, general session presentations, panel discussions, lectures and demonstrations on Desktop Publishing, Business Presentation Graphics, and Professional Graphic Design.



The Shakespeare Hour

Telecourse - Humanities 410
M (1 hour credit)
March 25 - May 6
Course Fee \$34 full-time
students, \$68 others
Instructor: Thomas Ellis,
Ph.D.

An upper-level humanities course based on the PBS series airing Tuesday evenings at 11 p.m. The University of Oregon course will focus on *Measure for Measure* and *King Lear*. Students will watch the series, complete assigned readings, and write a final graded paper. There will be one class session on April 9 at 7:30 p.m. in 138 Gilbert, videotaped for those unable to attend. Call 686-3537 for brochure and registration information.



Art Therapy Media and Techniques

LSS 410G 3 Credits
April 7 - June 9, 1986
(Monday)
TLN 8108
6:30-9:30 p.m. - Geology 44
Student Fee: \$35 (with credit)
Instructor: Leigh Files, M.Ed.
An experiential course using art therapy media and techniques appropriate to individual and group work. Focuses on media exploration, spontaneous art expression, and structured art therapy interventions. Includes experiential processes, and lecture/discussion of the theoretical principles and practical applications directly related to the studio experience.

For more information on these courses call the
Continuation Center at 686-3537 or stop by 1553 Moss Street.