

Educational Opportunities

Spring 2010 Classes Seneca Highlands Area Vocational-Technical School

CPR, First Aid and AED Certification (8 hours)

Arguably every person in America should have a basic understanding of CPR and First Aid as we all occasionally need to deal with minor first aid issues. We should all want to be prepared if we are ever faced with a serious emergency. How would you respond? Would your actions or lack of action do more harm than good? This course will provide you with American Red Cross CPR and First Aid Certification along with certification for proper use of an AED. Everyone should attend this program, and it is a great option for employers who have employees that need to be certified.

Course Fee: \$40

Dates: March 12, 2010

Time: 8:00 AM – 5:00 p.m.

Location: Classroom B114

Installing and Troubleshooting a Wireless Home Network (6 hours)

Many homes now have 2 or 3 computers, and oftentimes at least one of these computers is a laptop or Netbook.



Laptops and Netbooks are designed to be light and portable so that the people using them aren't tied to one location. Most high speed internet services for your home have the capacity to allow you to install a wireless access point to give you and your family the freedom to work and/or surf the web where you are most comfortable. In this class, you'll learn how to set up a basic wireless home network as well as how to do basic troubleshooting. The cost of this class includes a wireless access point for your home, and you are asked to bring your own laptop (if you do not have a laptop, one will be provided for use in class). Registration deadline for this course is February 24th to ensure delivery of course materials.

Course Fee: \$90

Dates: March 11 & 18, 2010

Time: 5:30 – 8:30 p.m.

Location: Network Systems Classroom

814-274-4877 ~ 814-435-9490 ~ 814-545-1333
814-697-7161 ~ 814-850-1206

Home Massage Therapy (12 hours)

Who doesn't like a nice relaxing massage every now and then? This course is aimed at people who enjoy an occasional massage as well as those who are interested in pursuing a career in massage therapy.



Over the course of 12 hours, you will learn basic techniques focusing on relaxation, relieving tension, and improving health that can be used at home. This course is also a great way for those interested in a career in massage therapy to learn a little more about massage and try some hands-on techniques to see if it is right for them.

Participants must register for this course in pairs and will only practice hands-on work with their course partner.

Course Fee: \$120 per person

Dates: February 4, 11, 18, 25, 2010

Time: 5:30 – 8:30 p.m.

Location: Cosmetology Lab

Home Spa Essentials (12 hours)

Let's face it, everyone is trying to save a few bucks during this economic downturn, but that doesn't mean that you have to give up your personal pampering. Everyone deserves the occasional day of rest and relaxation to recharge from life's many stresses. During this program, you will learn basic spa treatments that you can give yourself at home to reduce stress, improve your appearance, and reinvigorate yourself. During each session, you will learn about and give yourself treatments. Potential topics and treatments include: basic manicures and pedicures, facials, scalp treatments, and many more.



Course Fee: \$125

Dates: April 1, 8, 15, 22, 2010

Time: 5:30 – 8:30 p.m.

Location: Cosmetology Lab

Basic Training: Survival French (18 hours)

Are you considering taking a trip to Paris or visiting Quebec? Have you ever wanted to learn a foreign language? Do you want to learn more about other cultures? If so, this course may be a perfect starting point. This course will provide you with an overview of the French culture and will introduce you to the language, focusing on the essentials you'll need to get by if you visit a French-speaking country.



Course Fee: \$215 per person

Dates: April 22, 29, May 6, 13, 20, 27, 2010

Time: 5:30 – 8:30 p.m.

Location: Classroom B114

Conquering Your Home Computer (4 hours)

Become home computer savvy and learn all of the features your computer has to offer. From e-mailing and downloading to changing the settings on your computer, this class will help you maximize the use of your computer.

Course Fee: \$35 per person

Dates: February 11, 18, 2010

Time: 5:30 – 7:30 p.m.

Location: Computer Lab

Credit Offering

PHYS 001 - The Science of Physics (3 credits)

Section: 801 Schedule Number: 481957
Provided by Penn State University, DuBois Campus. This course, designed for students in non-mathematical fields, focuses on the historical development and significance of major concepts in Physics. Participants will learn about the nature of physics and its role in modern life. Key topics include: Introduction to motion; Newton's Laws; Gravity; Work and Energy; Vibrations and Waves; and Optics. For more information contact Diane Ricotta at PSU Dubois at 814-375-4718.

Dates: January 11 through April 26, 2010

Mondays Only

Time: 4:30 – 7:00 p.m.

Location: Classroom B114