

Northwest Community College Continuing Education



WINTER 79



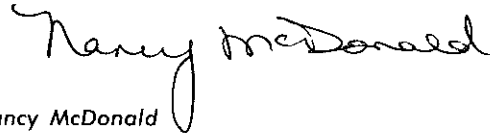
NORTHWEST COMMUNITY COLLEGE

KITIMAT CAMPUS

Northwest College is a Community College responsible for offering educational programs across the Northwest region. All of the courses listed in this calender are available in Kitimat.

We invite you to look through our offerings and to register for courses that interest you.

We are open to comments and suggestions for additional programs. Drop by 9 Drake Street or call 632-4766.



Nancy McDonald
Continuing Education Services Coordinator
Northwest College.

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GENERAL INFORMATION

REGISTRATION

FEES are payable in full at time of registration. Where there is limited enrolment, registrations will be taken on a first come - first serve basis.

1. Registration Days

- a) Friday Evening, January 5th
City Centre Mall - 6:30 - 9:00 PM
- b) Saturday, January 6th
Mount Elizabeth School - 10:00 AM - 4:00 PM

2. Mail Registration

Use form supplied on page 21. FEES must be enclosed. Registrations considered upon receipt at 9 Drake Street.

3. In person at 9 Drake Street

Monday - Friday 9:00 - 12:00 and 1:00 - 4:30
from January 2nd on.

4. In person at Mount Elizabeth Office, Evenings only

Monday - Thursday 6:30 - 7:30 PM
from January 2nd on.

5. In person the first evening of class.



EVERYBODY'S GOING TO REGISTER.
HOW ABOUT YOU?

REFUNDS

SCALE OF WITHDRAWAL REFUNDS

- (a) Withdrawal within two weeks after commencement of classes;
80 percent refund.
- (b) Withdrawal within four weeks after commencement of classes;
50 percent refund.
- (c) Withdrawal more than four weeks after commencement of classes;
NO REFUND.

INCOME TAX DEDUCTIBILITY

Retain fee receipts for income tax return. Receipts totalling over \$25.00 are deductible.

ADMISSION POLICY

Northwest Community College has an "open door" admission policy. You do not have to be a high school graduate to enter college courses. Courses are designed for adults who wish to further their intellectual interests and who may have long since been out of formal schooling, as well as for recent high school graduates. The College promotes the concept of "lifelong learning" and is sensitive to the particular educational needs of women, workers, and native people. Our instructors are aware that many students are on shift work at Alcan and Eurocan, and are prepared to be flexible in this regard.

AUDITOR (NON-CREDIT)

It is possible to audit most of the academic courses offered by Northwest College.

An auditor must register and pay fees. Auditors ordinarily do not write examinations or hand in class assignments but may voluntarily participate in all aspects of the course. Record of courses audited is made on a student's permanent record.

A student may change from Audit to Credit or Credit to Audit status only before February 23rd.

Auditors must attend classes on a regular basis.

WITHDRAWAL, TERMINATION, PERMANENT RECORD

Students enrolled in full or part-time credit programs are advised that a permanent record of their work at Northwest College will be maintained. Students who apply for admission to any other post-secondary institution will be asked to supply an official transcript of their record at this college. It is most important therefore that students electing to not complete any course(s) they have undertaken, notify the college in writing of their withdrawal. Students who fail to notify the college or who withdraw after February 23rd without giving adequate reason for their withdrawal may show a failure on their Permanent Record.

CANCELLATION OF CLASSES

Classes require a minimum number of participants — usually 10. Lack of enrolment or withdrawals can result in cancellation of a course.

HOLIDAYS

Classes will not normally be held on Statutory Holidays or when schools are closed.

ANNOUNCEMENT OF CHANGES AND NEW COURSES

Listen to CKTK for class cancellations and notice of new courses; or turn to Cablevision channel for new bulletin.

RECREATION COURSES

Registrations for District of Kitimat Recreation Courses accepted at Riverlodge. Phone 632-3613 for more information.

ACADEMIC — UNIVERSITY PROGRAM

Northwest College in Kitimat is now able to offer students in Kitimat a planned program of academic courses that will allow them to achieve full first or second year university level credits towards a B.A. degree over a period of 2 to 4 years. Counselling is available for people to plan their courses to meet basic requirements of B.C. Universities. Contact 9 Drake Street for additional information.



ENGLISH 202

A survey of English Literature (14th - 20th Century). Special emphasis will be placed on readings of major poets and authors of this period. Essays required. Pre-requisites: English 201, equivalent or permission of instructor.

Location: M.E.S.S. - Room 129 Instructor: Helmut Brauer, 632-6652
Starting date: January 11 Time: Thursday, 7:00 - 10:00 pm
Length: 45 hours Fee: \$25.50 plus text

PHILOSOPHY 102

An introduction to some influential philosophical writings. Course content includes study of Plato, Aristotle, Descartes, Hobbes, Spinoza, Berkeley and Kant. No pre-requisites required.

Location: M.E.S.S. - Room 133 Instructor: Kathy Hagerman, 632-5241
Starting date: January 10 Time: Wednesday, 7:00 - 10:00 pm
Length: 45 hours Fee: \$25.50 plus text

SOCIOLOGY 102

An examination of institutions within Canadian Society. This will include the family, politics, economics and education. There will be a strong emphasis on community studies. No pre-requisites required.

Location: M.E.S.S. - Room 127 Instructor: Jake Muller
Starting date: January 9 Time: Tuesday, 7:00 - 10:00 pm
Length: 45 Hours Fee: \$25.50 plus text

FINE ARTS 102 (Design)

Students will learn the basic fundamentals of design such as point, line, shape, plane, form and colour theory. Also the development of designs from these fundamentals using the study of nature as a base. Geometric and man-made forms. Designs will be suitable for hangings, rugs, batik and painting. University transferable. Pre-requisite Arts 101 or equivalent.

[con't]

Location: M.E.S.S. Room 124 Instructor: Vivian Antoniw, 632-2540
Date: January 8 Time: Monday, 7:30 - 10:30 pm
Length: 45 Hours Fee: \$25.50

FINE ARTS 202 (Painting)

Painting 1. Students will learn basic composition, colour mixing and brush handling. Using a choice of watercolours, acrylics, or oils. Landscape and still life painting will be taught. This is a studio painting course. University transferable. Pre-requisite Arts 201 or equivalent.

Location: M.E.S.S. Room 124 Instructor: Vivian Antoniw, 632-2540
Date: January 10 Time: Wednesday, 7:30 - 10:30 pm
Length: 45 Hours Fee: \$25.50

MATH 082

Preparation for College Math. Math 082 covers grade 12 material. Students who wish to begin at a grade 11 level are encouraged to join, using Math 081 texts. Instruction is individualized and self-paced for the student. Grade 11 and 12 equivalency available for students who complete course to required standards.

Location: M.E.S.S. Room 201 Instructor: Ameer Khan, 632-3954
Starting date: January 9 Time: Tuesday, 7:00 - 10:00 pm
Length: 45 hours Fee: \$25.50 plus text

EARLY CHILDHOOD EDUCATION

Program Development 1. An introduction to planning and development of programs for pre-school centers. Topics covered include principles of guidance, use of facilities, equipment, routines of play and roles of adults. A valuable course for teachers and parents.

Location: M.E.S.S. - Room 129 Instructor: Larisa Tarwick, 632-6511
Starting Date: January 9 Time: Tuesday, 7:00 - 10:00 pm
Length: 50 Hours Fee: \$25.50 plus text

PSYCHOLOGY 201

Children, Families & Social Change:
Ever wondered why modern families aren't working? Or even where and when families began, or what child care looks like in other countries? Or why husbands and wives beat each other psychologically and physically? This course may not provide all the answers, but at least it asks the questions. For university transfer credit. Everyone accepted. No pre-requisites needed. Open to all Kitimat and Kitimaat residents. Registrations accepted at Band Council Office, by mail or at 9 Drake Street.

[con't]

New Course

Location: Kitamaat Village
Date: January 9
Length: 45 hours

Instructor: Jeff Marvin
Time: Tuesday 7:30 - 10:30 pm
Fee: \$25.50 plus texts

New Course

POLITICAL SCIENCE 101 (TENTATIVE)

This is an introductory course dealing with the various organizations and characteristics of politics and government in Canada.

Location: M.E.S.S. - Room 111
Date: January 10
Length: 45 Hours

Instructor: George Adams
Time: Wednesday 7:00 - 10:00 pm
Fee: \$25.50 plus texts

SPECIAL PROGRAMS

Northwest College has three Special Program Departments — Labour Studies, Women's Studies and Aboriginal Studies. These departments are responsible for providing workshops and courses geared specifically for labour, women, and Native people.

Watch local newspaper and bulletin boards for notification of special workshops.

HEALTH PROGRAM

E.C.G. Workshop for RN's — given by Noreen Campbell, University of Victoria. Details and registration from Stephanie Hayden, Kitimat Hospital, 632-2121. Dates: February 2 - 3, 1979.

Back Education Workshop — This workshop still in the planning stage. Call B. Blix, 632-4231 or 632-4766 for further information.

WOMEN'S STUDIES

Dates and times will be announced when programs are confirmed or call 632-4766 to leave your name so you can be notified.

How to establish a small business. This workshop deals with all aspects of setting up a small business, even if it's just you and your pottery wheel.

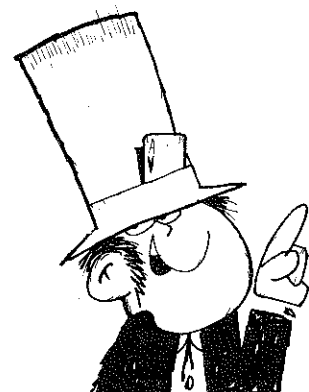
Women and the Law - This course may return by popular demand. Learn more about your rights under the law. Learn the facts about divorce, contracts, wills and child apprehension.

LABOUR STUDIES

Sociology course covering the history of the Canadian working class. Please call and leave your name if you are interested. Open to everyone.

Location: CASAW Hall
Dates: T.B.A.
Fees: \$12.75

Instructor: Peter Weber
Time: Tuesday evening
Length: 8 weeks



TAKE MY ADVICE —
REGISTER IN A NIGHT
SCHOOL COURSE TODAY!
JUST FILL IN THE
MAIL REGISTRATION
FORM ON PAGE 21

BUSINESS OFFICE TRAINING

V1 BASIC BOOKKEEPING - PART 1 (College Credit)

A course covering the complete cycle for small businesses — includes elements of accounting, journalizing postings, financial statements, and ledgers. Accounting 11 equivalency.

Location: M.E.S.S. - Room 127 Instructor: Ron Coulter, 632-3657
Starting date: January 15 Time: Mondays, 7:30 - 10:00 pm
Length: 40 hours Fee: \$40.00 plus text

V2 BASIC BOOKKEEPING - PART 2 (College Credit)

A continuation of beginner's bookkeeping with accounting principles explained in more detail. Pre-requisites - Basic Bookkeeping Level 1, experience or consent of instructor. Accounting 12 equivalency.

Location: M.E.S.S. - Room 133 Instructor: Shannon Underwood, 632-3770
Starting date: January 18 Time: Thursdays 7:30 - 10:00 pm
Length: 40 hours Fee: \$40.00 plus text

V3 TYPING - BEGINNERS (Non-Credit)

Course designed for students who have had little or no typing experience. Home practice is imperative for good progress.

Location: M.E.S.S. - Room 108 Instructor: Hilda Capak, 632-2338
Starting date: Jan. 24 - Apr. 18 Time: Wednesday, 7:00 - 9:00 pm
Length: 12 weeks (24 hours) Fee: \$25.00 plus text

V4 DATA ENTRY PROCEDURE

Intensive instruction in the operation of 3742 Data Processing Unit, Keying and writing documents in computer languages. Registrations limited to 6 only per class.

Location: Alcan Instructor: Dorothy Rylie, 632-5187
Course 1: Jan. 15 - Jan. 19 (Filled from September, 78 waiting list)
Course 2: Feb. 12 - Feb. 15 Course 3: Mar. 12 - Mar. 16
Length: 20 hours Time: Mon. - Fri., 7:00 - 11:00 pm
Fee: \$25.00

VOCATIONAL TRAINING

V5 HYDRAULICS

N.W. College has developed a mobile training program in hydraulics, consisting of both mobile and industrial application. The course will include the fundamentals of hydraulics, trouble-shooting and repairing.

Location: M.E.S.S. - Room 507 Instructor: Chuck Place
Dates: Jan. 30, Feb. 1, 5, 7, 9th Time: 6:30 - 10:30 pm
Fee: \$25.00 plus text

V6 AIRBRAKES

Aim of course is to prepare drivers for a written and practical test on "Operation and Maintenance of Air Brakes Systems". Successful completion of course will qualify student to apply for an air brake endorsement on his present licence. Limited registration. Evening Classes.

Class 1: Jan. 9 - Jan. 13 Instructor: Bud Hallock
Class 2: Mar. 20 - Mar. 24 Location: M.E.S.S. - Room 507
Class 3: To be arranged if Time: 6:30 - 10:30 pm
sufficient demand exists Fee: \$32.00 Includes text

V7 INDUSTRIAL ELECTRICAL T.Q.

This is a trade qualification upgrading course for individuals who have had previous journeyman experience in the trade, but do not hold a Provincial Ticket. Registrants must have documented proof for the Department of Labour of 4 years or 8,000 hours of journeyman work experience as an Industrial Electrical Tradesman.

Location: M.E.S.S. - Room 107 Instructor: Ray Fleet
Dates: Jan. 16 - Apr. 3 Time: Tues. & Thurs. 7:00 - 9:30 pm
Length: 60 hours Fee: \$60.00 plus texts

V8 INDUSTRIAL SCIENCE - PART 2

Course designed for those who feel in need of review of physics principles. Some topics for this session include electricity, mechanics and strength of materials. Preferred pre-requisite Grade 10 and some elementary physics. Grade 12 equivalency for those who have completed part 1 & 2 to standards.

Location: M.E.S.S. - Room 109 Instructor: Tim Underwood
Starting date: January 16 Time: Tuesday, 7:30 - 10:30 pm
Length: 40 hours Fee: \$40 plus text

V9 WAITER & WAITRESS TRAINING (TENTATIVE)

The College is investigating the possibility of offering Waiter and Waitress training in Kitimat, for persons entering this field of work for the first time. Evening, Part-time.

Location: M.E.S.S.
Starting Date: T.B.A.
Length: 40 hours

Instructor: T.B.A.
Time: Twice weekly
Fee: \$40.00

INSTRUCTIONAL TECHNIQUES

Content of this course covers planning of instructional sessions, developing lesson plans, selecting material, making an effective presentation and assessing whether learning has taken place. Intensive 5 day full-time seminar. Target group: individuals who give instruction as a part of their employment, but who are not trained teachers.

Location: Alcan Training Center
Dates: Mar. 5 - Mar. 9
Fee: \$160

Instructor: T.B.A.
Time: 8 hours per day

PROVINCIAL SUPERVISORY CERTIFICATE PROGRAM

Northwest College is piloting a provincially recognized Supervisory Training Certificate Program in Kitimat. Certification requires completion of 3 four-day modules. The complete program includes 90 hours of integrated material covering a broad range of management skills. The program is constructed to be highly experimental, to attract the trainee towards involvement. Units can be completed in any order.

Part 1 - Interpersonal skills, including communication, problem solving, and decision-making.
Course begins January 23-25, 1979. Fee: \$120

Part 2 - Group skills in leadership, motivation and team building.
Course date: February 28 - March 2. Fee: \$120

Part 3 - Administrative Skills, including performance appraisal, time management, written communication and training techniques.
Course date: T.B.A. Fee: \$120

Some reimbursement of fees may be possible through the Canada Manpower Center. Contact Manpower or your employer for possible sponsorship.

ADULT BASIC EDUCATION

Kitimat residents may work towards their Grade 12 completion through home study or by attending classes, full or part-time. Additional information about these programs is available by visiting 9 Drake Street or making an appointment to meet the career counsellor the second Tuesday of each month. Call 632-4766.

HOW TO COMPLETE VOCATIONAL GRADE 10

1. Attend adult full-time classes at Nechako Center — course called B.T.S.D. 2/3. Includes upgrading grade 4 to 10. See page 12
2. Register for Department of Education Vocational Correspondence courses (limited number of courses available).
3. Attend part-time classes morning and/or evenings called V.A.S.T. 3 (class presently filled. Add your name to our waiting list). See page 12

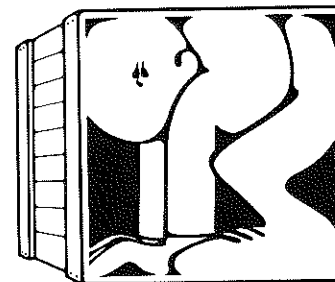
HOW TO COMPLETE VOCATIONAL GRADE 12

1. Attend part-time classes morning and/or evenings called B.T.S.D. 4 (Class presently filled. Add your name to our waiting list). See page 12

HOW TO COMPLETE ACADEMIC GRADE 12

1. Attend Mount Elizabeth as an adult-mature student.
2. Register for Department of Education Correspondence courses.
3. Study on your own and apply to write G.E.D. exams in Kitimat in February or June. See page 12

FEELING ALL BOXED IN?



MAYBE YOU NEED TO
GET OUT AND TAKE A
COURSE THIS WINTER

C42 BASIC TRAINING FOR SKILLS DEVELOPMENT (B.T.S.D. LEVEL 2/3)

This program has been designed to upgrade individuals academically to Grade 10 in as short a period of time as possible to enable them to qualify for employment. Three main areas of study: Communications (English), Applied Math, Basic Science. Daytime program. Students must be capable of concentrated, independent study. Sponsorship by Canada Manpower available or pay \$15.00 per month fees.

Location: Nechako Center
Starting date: Jan. 2 - Mar. 31

Instructor: Caroline Derksen
Time: Day classes - 6 hours
Fee: \$15.00 per month

C43 V.A.S.T. 3 & B.T.S.D. 4 PROGRAM

This is a combined program for individuals who have not completed their grade 10 or 12 education. This is an individualized program where students work at their own pace. Commitment to attend regularly requested. Limited enrolment. Please call for an interview. Add your name to our waiting list. Please contact Betty Turner, 632-4766, Program Co-Ordinator.

Location: 4 Drake Street
Starting Date: January 8
Fees: \$12.00 per month

Instructor: Pat Dimsdale
Time: Mon., Tues., Wed.
6:30 - 9:30 pm
and/or
Wed., Thurs., Fri.
8:30 am - 12:00 pm

GRADE 12 EQUIVALENCY EXAMS

The G.E.D. tests, General Educational Development Tests, provide an opportunity for many adults who did not graduate from secondary school to acquire an official document stating that they have a Grade 12 secondary school equivalency standing. This may assist you in qualifying for a better job, for promotion within your own organization, for admission to post-secondary educational institutions or for your own personal satisfaction.

The tests consist of 5 - two hour exams. Study texts are available for sale from the Northwest Community College office. Next testing dates: February 23/24 and June 22/23, 1979, in Kitimat.

CAREER COUNSELLING

Northwest College's professional career counsellor, Bert Seinen, will be available in Kitimat, by appointment, to discuss career planning, vocational training, post-secondary education and other related topics. Bert will be visiting Kitimat the second Tuesday of every month. Call 632-4766 for an appointment. There is no charge for this service.

Dates: Jan. 9, Jan. 23, Feb. 13, March 13, Apr. 10 & May 8.

ENGLISH LANGUAGE CLASSES

The College offers classes to help you improve your spoken and written English. Canadian citizenship training included. Beginner, intermediate and advanced levels available. Classes are held 8:30 to 12:30 Monday to Friday mornings. Cost is only \$5 a month. For information call 632-4766 or come to 4 Drake Street.

People who may wish to take part in this program may not be able to read this ad. Please direct them to our office.

Classes de Ingles

Estas classes sao para vos ajudar a falar, ler e escrevez melhor em Ingles. Ha para principiantes, intermedios e adiantados. Tambem ha classes para quem quiser tirar os papeis Candadianos. Estas classes sao todas as manhas de segunda a sexta-feira das 8,30 as 12,30. Custo - \$5.00 por mes. Para informacoes contactar - 632-4766.

ਨੋਰਥ ਕਮਿਊਨਿਟੀ ਕਾਲਜ ਵਿਖੇ ਮਾਪ
ਦੇ ਸਾਥ ਸਹੀ ਸਿੱਖਿਅਕੀ ਸੇਵਾ
ਜੋ ਮਹਾਨ ਤੇ ਸੁਕਰਵਾਰ ਸਵੇਰੇ 8:30 ਤੋਂ 12:30
ਦੁਪਹਰ ਤੇ ਸ਼ਨਿਵਾਰੀਆਂ ।
ਇਹ ਸੇਵਾ ਤੁਹਾਡੇ ਸਿੱਖਿਅਕੀ
ਪੜ੍ਹਨ, ਸਿਖਣ, ਬੋਲਣ ਅਤੇ ਵਿਖੇ ਦੀ
ਨਾਗਰਿਕਤਾ ਪਾਪਸ ਰਹਿ ਸਹੀ ਸਰ
ਕਰਨੀਆਂ ਵਿਨੁ ਦੀ ਫੀਲ ਪੰਚ ਤਾਰਾ
ਸੇਵਾ ਤੇ ।
ਜੋ ਸਾਥ ਸਹੀ ਸੇਵਾ ਵਿਖੇ
632-4766.

西北書院英文班
西北書院的英文進修班,分為
初級,中級,高級。是特為有恆心
想學習會話,閱讀,書寫的人仕
而設。移民入籍知識亦包
括在內。
時間:九月十八日起,星期一至
星期五早上 8:30-12:30
地址: DRAKE 街 4 號
有興趣人仕,請儘早註冊。

COMMUNITY EDUCATION COURSES

C20 CREATIVE WRITING

Do you have an interest in writing creatively that you would like to explore? Join this new class to investigate essay and short story writing, poetry and drama. Some formal instruction given, with visual stimulus included in the form of films.

Location: M.E.S.S. - Room 231 Instructor: Dave MacIntyre
Date: Jan. 29 - Mar. 19 Time: Monday 7:00 - 9:00 pm
Length: 8 Weeks (16 hours) Fee: \$16.00

C21 IMAGE MAKING: WEEKEND WORKSHOP IN PAINTING

Gordon Smith, an internationally known B.C. artist, will be in Kitimat to present a weekend painting workshop through the co-operation of Northwest College and the Emily Carr Institute of Art Outreach Program. Exploration of personal image making will be the theme. Students will use simple cameras to discover images and the composition of forms. Students will use all possible means of producing black and white images with drawing, scratching, erasing, etc., on large sheets of cartridge paper. This is an Advanced course for artists.

Location: M.E.S.S. - Room 128 Instructor: Gordon Smith
Date: Feb. 9 - 11th Times: Fri. evening, plus Sat. & Sun.
Fee: \$20 Enrolment: Limited to 15

C22 BASIC GERMAN

This is an introductory course to Basic German with emphasis on spoken idiomatic conversation, consisting of a vocabulary of about 400 words. Vocabulary will be geared to travelling, shopping and visiting in Germany, as well as the writing of letters to family and friends.

Location: M.E.S.S. - Room 209 Instructor: Helmut Brauer, 632-6652
Date: Feb. 5 - late May Time: Monday 7:00 - 9:00 pm
Length: 15 weeks (30 hours) Fee: \$30.00

C23 FRENCH CONVERSATION

This is a basic conversation French course designed to enable the individual to communicate in French in a variety of daily situations, including the work-place. Vocabulary related to vocations will be included.

Location: M.E.S.S. - Room 112 Instructor: Fay Peraya
Dates: Jan. 11 - May Time: Thursday 7:30 - 9:00 pm
Length: 40 hours Fee: \$35.00

C24 PEOPLE TALKING BACK

Canada faces uncertainty on many fronts — inflation, unemployment, Confederation, national misunderstandings.

The Pacific Association for Continuing Education and the C.B.C. have combined forces to organize a series of television programs called "PEOPLE TALKING BACK" to examine these issues affecting our social economic, cultural and political future. The television programs are scheduled as follows:-

Sunday Feb. 4, 5:00 - 8:00 pm Sunday Mar. 25, 4:30 - 5:00 pm
Sunday Feb. 18, 1:00 - 1:30 pm Sunday Apr. 8, 4:30 - 5:00 pm
Sunday Mar. 4, 4:30 - 5:00 pm Sunday Apr. 22, 4:30 - 5:00 pm

If you would like to get involved, to form a discussion group, or to lead a group, or to join a group, please call 632-4766, Northwest College, Kitimat, and leave your name and phone number. This would be appreciated.

The issues facing us are too important to be left to the politicians and the media so please come out and take part. Discussion groups will be formed that will enable us to examine our problems, exchange differing views and consider options. Background reading materials, discussion aids and leader kits are available.

During and following the television programs opinions will be phoned in from discussion groups to a provincial feed back centre that will collate and transmit summary opinions to the centre transmitting the television programs.

Let us not just worry or complain about our problems but try to find a way to overcome and make Canada a better place to be.

C25 BASIC FIRST AID

Beginners St. John Ambulance course. 8 hours of intensive instruction including participation in practical lessons as well as an opportunity to viewing special St. John films prepared especially for this safety oriented first aid class. Certificate issued upon completion.

Location: M.E.S.S. - Room 105 Instructor: Dave Paterson
Dates: Feb. 20, 22, 27 Time: Tues. & Thurs. 7:00 - 9:00 pm
Mar. 1 Fee: \$20.00 payable to
Length: 4 Lessons (8 hours) St. John Ambulance
Feb. 20 - includes all texts
Please Call: 632-4766 to pre-register

C26 ASSERTIVENESS SKILL TRAINING FOR WOMEN

Has anyone ever cut in front of you line? Do you have difficulty saying "no" to persuasive salesmen? Can you comfortably begin a conversation with a stranger at a party? Have you ever regretted "stepping on" someone else? Many people find these and similar situations uncomfortable or irritating, and are at a loss for just the "right" response. Behaviour which enables a person to act in her own best interests, to stand up for herself without undue anxiety, to

express honest feelings comfortably or to exercise her own rights without denying the rights of others in Assertive Behaviour. This course will assist women to develop a more adequate repertoire of assertive behaviour, so that she may choose appropriate and self fulfilling responses in a variety of situations. Limited to 12.

Location: 4 Drake Street Instructor: Brenda Paur
Date: Jan. 23 - Mar. 1 Time: Tues. & Thurs. 7:00 - 10:00 pm
Length: 6 weeks (36 hours) Fee: \$25.00 plus text

C27 DEFENSIVE DRIVING

A course to teach you how to drive more safely and prevent accidents! Course includes specially developed films by Canadian Safety Council. Highly recommended by the B.C. Motor Vehicle Branch.

Location: M.E.S.S. - Room 111 Instructor: Joe Farina
Date: Feb. 13, 15, 20, 22 Time: Tues. & Thurs. 7:00 - 10:00 pm
Length: 4 lessons (4 hours) Fee: \$16.00 includes kit

C28 COPING WITH STRESS

What are the causes of stress, and what effect does stress have on the body? Attend this course and learn skills to enable you to cope with stressful situations. Relaxation techniques, deep breathing, etc., are some topics explored.

Location: M.E.S.S. - Room 118 Instructor: Barry Blix
Date: Feb. 1 - Mar. 1 Time: Thursday 7:30 - 9:30
Length: 5 weeks (10 hours) Fee: \$12.00

C28 CANADIAN CITIZENSHIP CLASSES

Are you wondering how to go about becoming a Canadian citizen? Register for classes which help prepare you for your citizenship interview. Basic instruction given in historic, political and geographic study of Canada. Understanding of English necessary. Limited registration.

Location: M.E.S.S. - Room Instructor: Hans Dising
Course 1: Jan. 15 - Feb. 12 Time: 7:30 - 9:30 pm
Course 2: T.B.A. Fee: \$1.00

C30 LEGAL EDUCATION

Northwest College, in co-operation with the Vancouver People's Law School is sponsoring two classes in Legal Education for Kitimat residents. Why not take this opportunity to become informed as to your rights and obligations. There is no charge for these classes, but we ask you to please pre-register by calling 632-4766 and leaving your name. Class limited to 20.

[con't]

Location: M.E.S.S. - Room Time: 7:00 - 9:00 pm
Dates: Feb. 12, Monday - Rod Donaldson presents Landlord & Tenant Act
Feb. 19, Monday - Rick Wozney presents Buying & Financing a Home.

C31 FILM PRESENTATION

Kitimat Centennial Museum will have a public showing of their recently acquired film "The Wooden Box" on Friday, January 12, 7:00 pm. This film highlights the triumph of woodworking abilities of Kwakiutl Indians in the production of bent boxes. Original boxes will be on display and Gisela Mendel will be available for questions. Call 632-7022 for more information.

C32 OPERATION KICK-IT

Participate in a quit-smoking course, sponsored by the B.C. Lung Association. An ex-smoker instructor uses a positive approach throughout. This is an educational program designed to aid in mastering the skills required to quit smoking. Learn how to cope. Enrolment limited to 15.

Location: M.E.S.S. - Room 121 Instructor: Pauline Hoyer
Date: Jan. 17 - Mar. 7 Time: Wednesday 6:30 - 7:30 pm
Length: 8 weeks Fee: \$5.00 - manual included

C33 VETERINARY FIRST AID

Learn to recognize and deal with emergencies for household animals. Topics will include general pet care, common animal problems, recognition of symptoms, parasites, inter-relationship between humans and animals.

Location: T.B.A. Instructor: Dr. L. Elorza
Date: Jan. 22, 24, 29, 31 Time: Mon. & Wed. 7:30 - 9:30 pm
Length: 4 Sessions Fee: \$10.00

C34 WOODWORKING FOR BEGINNERS

Course for beginners to teach safe handling, care and use of hand tools and selected power tools. Bring plans for simple project to first class. Women encouraged to participate.

Location: M.E.S.S. - Room 508 Instructor: Cecil Dodds
Date: Jan. 16 Time: Tuesday 7:00 - 10:00 pm
Length: 8 weeks (24 hrs.) Fee: \$25.00 plus material costs

C35 INTERMEDIATE WOODWORKING

Course for individuals who already have practical woodworking experience, and have basic knowledge of hand and power tools. Students should bring project plans to first class to discuss with instructor.

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Location: M.E.S.S. - Room 508 Instructor: Glen Mohr
 Date: Jan. 15, 22, 29 Time: Mondays only initially
 Feb. 5, 12, 14, 19, 21, 26, 28 Then - Mon. & Wed. starting Feb. 12
 Mar. 5, 7, 12 Fee: \$40.00 plus material costs
 Length: 13 weeks (40 hours)

C36 CAR CARE FOR WOMEN

Do you feel helpless when it comes to your car? Are you tired of always asking someone else to do the routine maintenance jobs you could handle if someone would only show you how? Why not enroll in this non-technical course for drivers to help you understand how a car runs, the importance of routine maintenance and how to recognize impending trouble. Look under the hood with a qualified mechanic.

Location: M.E.S.S. - Room 503 Instructor: Randy Gutknecht
 Date: Jan. 17 - Feb. 28 Time: Wednesday 7:00 - 9:30 pm
 Length: 7 Lessons (17 1/2 hrs.) Fee: \$18.00 including manual

C37 BASIC AUTO MECHANICS

The aim of this course is to introduce car owners to the procedures of a home tune-up on their own car. Students should have some previous mechanical training or background knowledge. Emphasis on ignition and fuel systems.

Location: M.E.S.S. Shop Instructor: Randy Gutknecht
 Date: March - May Time: Wednesday 7:00 - 9:30 pm
 Length: 8 weeks (20 hours) Fee: \$20.00

C38 SMALL ENGINE REPAIR

This 7 week long course will be a general introduction to small engine repair. It will include operating principles of 2 and 4 cycle engines and trouble shooting. Emphasis will be on safety, maintenance and care of snowblowers and snowmobiles.

Location: M.E.S.S. - Room 127 Instructor: John Badr
 Date: Jan. 31 - Mar. 8 Time: Tuesday 7:30 - 10:30
 Length: 7 weeks (21 hours) Fee: \$21.00

C39 BASIC PLUMBING REPAIRS

Have you ever needed a plumber in a hurry? Learn how to make simple repairs to your own faucets and toilets, plus learn how to cope with plumbing emergencies. Bring your questions and problems to class. Manual for beginners part of course.

Location: M.E.S.S. - Room 109 Instructor: Arthur Hansen
 Date: February 5, 12, 19 Time: Monday 7:30 - 9:30 pm
 Length: 3 Classes Fee: \$8.00

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MAIL REGISTRATION FORM

Registration fees are payable in full when registering. Registrations are accepted on a first come, first serve basis. Make cheque or money order payable to NORTHWEST COLLEGE. DO NOT SEND CASH IN THE MAIL.

Students Name:
(Miss, Mrs., Ms., Mr.)
Address

Telephone Number At Home
At Work

I wish to register for the following courses. Formal registration forms must be completed for certain courses.

- 1. Code Fee \$
 - 2. Code Fee \$
 - 3. Code Fee \$
- TOTAL FEES: \$

SIGNATURE

MAIL TO:
Nancy McDonald
Director of Continuing Education
9 Drake Street
Kitimat, B.C.
V8C 1S3
Phone: 632 - 4766.

