# Live Online Courses

**Session 220 Schedule:** March 23 – May 15, 2020  
Register online at [www.southcentral.edu/LiveOnline](http://www.southcentral.edu/LiveOnline) from January 1-March 6, 2020

## Mindfulness & Stress Management for the Workplace

**Section 1:** Mondays, 1-3pm | 4 weeks: 3/23-4/13 | Instructors: Ashley & Matt Kuemper | $129 | Min. # of Students: 7  
**Section 2:** Tuesdays, 1-3pm | 4 weeks: 4/21-5/12 | Instructors: Ashley & Matt Kuemper | $129 | Min. # of Students: 7  
The secret to success is self-care and, believe it or not, a healthy work-life balance IS possible! You may be surrounded by things that distract you and demand your attention, but you can learn mindfulness techniques and create a tool kit of stress reduction practices to help manage your stress so that you can focus through the chaos, live in the present moment, stay positive, and maintain a healthy work-life balance.

## Print Reading

**Section 1:** Tuesdays, 12-2pm | 8 weeks: 3/24-5/12 | 2 credits* | Instructor: Jerry Musielewicz | $244 | Min. # Students: 10  
**Section 2:** Thursdays, 12-2pm | 8 weeks: 3/26-5/14 | 2 credits* | Instructor: Jerry Musielewicz | $244 | Min. # Students: 10  
This course will orient students in the basic skills and abilities required for understanding prints utilized in a manufacturing/industrial environment and will cover techniques of basic shop sketching and interpretation of three-dimensional drawings.  
*Requires: E-textbook, not included in registration cost.*

## Safety Awareness

Tuesdays, 12-2pm | 8 weeks: 3/24-5/12 | 2 credits* | Instructor: Jerry Musielewicz | $244 | Min. # Students: 11  
Introduction of OSHA standards relating to personal protective equipment, HAZMAT, tool safety, confined spaces and others. The course curriculum is based upon federally-endorsed national standards for production workers, and students will earn an OSHA 10 card.  
*Requires: CareerSafe subscription, not included in registration cost.*

## Maintenance Awareness

Wednesday, 1-3pm | 8 weeks: 3/25-5/13 | 2 credits* | Instructor: Jerry Musielewicz | $244 | Min. # of Students: 11  
This course introduces the concepts of Total Productive Maintenance (TPM) and preventive maintenance. Students are introduced to lubrication, electricity, hydraulics, pneumatics, and power transmission systems.  
*Requires: Tooling U subscription, not included in registration cost.*

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*Credits are available through participating colleges only and may require additional fees. Ask your college representative for details.*  
**Refund Policy** – Refunds will only be given if registration is cancelled no less than 3 business days prior to the session start date.  
**Textbooks** – Additional purchase of a textbook may be required. Ask your college representative for more details.  
**ToolingU** – Additional $99 yearly subscription may be required. | **CareerSafe** – Additional $25 subscription may be required.  
**Registration questions** – Contact the Center for Business and Industry at South Central College - 507-389-7203 or [cbi@southcentral.edu](mailto:cbi@southcentral.edu).