

Woburn Adult Evening School

Woburn High School
88 Montvale Avenue
Woburn, MA 01801

TEL (781)937-8210
EXT 315

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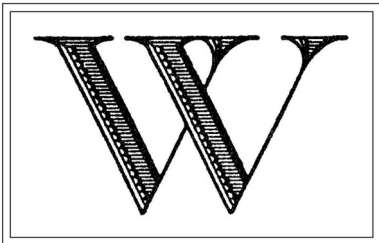
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SPRING CLASSES
STARTS MARCH 13, 2012

Spring

Current Resident or ...



WOBURN ADULT EVENING SCHOOL

From The DIRECTOR

The Woburn Adult Evening School is offering a new and improved SAT Course that will run for 40 hours and focus on test taking techniques. **This class begins on February 14.**

The Woburn Adult Evening School is a GED testing center and we also offer courses to prepare for the GED test. **The GED test will be given on May 30 and 31.** Contact me for more information.

We can provide classes for local businesses. This service can be provided at the High School or your place of business. If any business has a need to educate their employees we can find a solution for you and an excellent teacher.

The Woburn Adult Evening School is offering High School courses for high school credit for students needing post high school graduate credit or credits towards graduation. The first term for **Session II starts January 23.** Contact me for a brochure and more information.

If you have any suggestions for new courses or would like to teach for the Evening School please contact me at **781-937-8210 ext. 315.**

This will be my last session as Director of the Woburn Adult Evening School. I have tremendously enjoyed serving the residents of Woburn as Director of the Evening School. I want to thank all of you for your support.

— EDWARD KAUFMAN

**REGISTER
EARLY BY
MAIL!**

REGISTRATION BEGINS FEBRUARY 1ST • CLASSES START MARCH 13TH

RECREATION & FITNESS

R1 Eliminate Food Cravings with Hypnosis

Tuesdays (2 Weeks) • 7:00-9:00 PM • Room C212

• Starts March 13

Terry L. Currier, Author of Waist Management: Train Body, Heart and Mind for Permanent Weight Loss, Instructor. Whether you want to lose weight or just eat more healthfully, EFT (Emotional Freedom Techniques) can be enormously helpful in curbing cravings and breaking poor eating habits. An alternative intervention technique, EFT is a simple yet powerful energy tapping method that takes only minutes to master. It provides relief from food cravings, emotional distress and physical pain. In this lecture we'll learn how to utilize this technique to neutralize cravings and the stress that often prompts overeating. We'll discuss nutritional information pertinent to food cravings and you will leave with a handout containing full instructions for performing EFT. It will end with a group hypnosis session to instill healthy eating habits, so dress comfortably and bring a pillow, mat and blanket for comfort. Terry L. Currier is a certified personal trainer, hypnotherapist and EFT practitioner. For more information or to contact her, you can access her website: www.tlcwellness.org. ... **Cost \$30.00**

R2 TLC Weight Loss Group

Tuesdays (6 Weeks) • 7:00-9:00 PM • Room C212

• Starts March 27

Terry L. Currier, Author of Waist Management: Train Body, Heart and Mind for Permanent Weight Loss, Instructor. This six week program is an instructive and supportive series of meetings that builds upon the concepts of holistic health and weight loss presented in the Eliminate Food Cravings seminar. Information regarding nutrition and exercise is combined with hypnosis, EFT, mindfulness and stress management to provide you with the ability to lose weight and keep it off. The fee for this course includes one hypnosis CD and a copy of *Waist Management: Train Body, Heart and Mind for Permanent Weight Loss*. Please bring a pillow, blanket and mat for comfort during the hypnosis sessions. ... **Cost \$90.00**

NEW!

ARTS & CRAFTS

A1 Crocheting Made Easy

Thursdays (8 Weeks) • 7:00-9:00PM • Room E117

• Starts March 15

Marlys Vaughan, Instructor. This class is open to all skill levels from beginners to experienced crocheters; left- and right-handed instructions are given. Each week students will have the opportunity to learn new stitches and techniques applicable to many patterns. By learning the basic skills, including how to read pattern directions, students will be able to apply that knowledge to their projects. Each week students will work on a new "make-it and take-it" project that they can either finish in class or bring home to finish later. Students will also have time to work on individual projects. Students may select from a wide variety of patterns, and are also encouraged to bring in their own patterns, or projects from home that need to be completed. Crocheting can be a relaxing hobby, so come join us and have some fun! Limit 12. ... **Cost \$85.00**

A2 Picture Framing Workshop

Thursdays (8 Weeks) • 6:30-9:00 PM • Room D119

• Starts March 15

Larry Glickman, Instructor. The purpose of custom framing is to find the best frame and matting design to enhance the elements of artwork. You will design and frame your prints, graphics, photography, posters, fine art, and needlework in a do-it-yourself format. You will be guided through selection, measuring and cutting, single and double matting, mounting, jointing wood and metal frames and completing final assembly. Materials cost \$50.00-\$75.00 depending on selection and size of projects. Limit 12. ... **Cost \$95.00**



DATES AND TIMES

The Spring 2012 term begins Tuesday, March 13; dates and times that each course meets are listed with each course. The Woburn Adult Evening School will not be open when Woburn Public Schools are closed due to poor weather conditions or for any other reason. School closings are announced on local radio stations. Provision for make-up classes will be at the end of the course. The Woburn Adult Evening School will be closed on Tuesday, April 17 and Thursday, April 19.

LOCATION

All classes will be held at the **Woburn Memorial High School, 88 Montvale Avenue** unless otherwise noted. The Woburn Adult Evening School office is D222. Registration will be held in the Main Office complex.

PARKING

Ample parking is available in the front of the building at the side of the building next to the stadium.

COST

Tuition is noted with each course description. Seniors over 60 may deduct 25% from the tuition. **Materials and book costs will be handled in class by the instructor. DO NOT include them with your tuition payment.**

NON-RESIDENT REGISTRATION FEE

A non-resident registration fee of \$3.00 for any person not a resident of Woburn is required for each program and/or course.

ROOM ASSIGNMENTS

Room assignments not given in the brochure will be posted in the Main Office of the High School and the Adult Evening School office.

REFUND POLICY

Full refunds will be made for classes canceled by the Adult Evening School. Full credit will also be provided if you apply 5 days before the first class meeting. **NO CREDIT WILL BE GIVEN AFTER THIS DATE (except in emergency conditions).**

DISCLAIMER

The School does not assume any responsibility for the opinions, advice or services which may be offered by instructors.

COOKING

F1 Cake Decorating

Thursdays (8 Weeks) • 7:00-9:30 PM • Room E126 • Starts March 15
Dorothea Ravanis, Instructor. You can learn how to decorate beautiful cakes to entertain your friends! Birthdays, special events, holidays are some of the cakes you will create. Plus, learn how to decorate borders, sugar molding, Summer flowers, French pastries and more! Approximate cost of supplies is \$20.00. ... **Cost \$95.00**

F2 Gourmet Fast Food My Way "II"

Tuesdays (8 Weeks) • 6:30-9:00 PM • Room E126 • Start March 13
Vincent "The Shoe" Ferlisi, Instructor. Learn how to prepare gourmet dishes the easy way for the 2000's. Class will be hands-on and demonstration. You can take home what you prepare or eat at class. You will learn knife fundamentals, kitchen sanitation, restaurant trade secrets with heavy concentration of sauté techniques. You will be sampling and preparing foods the fast and easy way for the 2000's. Weeks 1 & 2 will be Hors D'oeuvres. Weeks 3 & 4 will be creative plated appetizers. Weeks 5, 6 & 7 will be entrées with a flair, but easy and tasty. Week 8 will be dessert. We may at times bounce back and forth from appetizers to entrées. For the first class you will need a sharp chef's knife, cutting board, sauté pan, kitchen towel and "V" tongs. There may be some added equipment before the first class and equipment will vary weekly. Some of the recipes in the class are influenced by Chefs Brian Boitano, Jacques Pepin, Wolfgang Puck, amongst others. Also influenced by recipes created by yours truly. Again, there is a charge of \$15.00-\$20.00 per week for food to be paid to the instructor. Limit 10. ... **Cost \$100.00**

BUSINESS

B1 Real Estate Salesperson Pre-License Course

Braese Real Estate School @ Woburn Adult Evening School
Tuesdays & Thursdays (8 Weeks) • 6:00-8:30 PM • Room C410
• Starts March 13
Marilyn O'Brien, REALTOR, LMC, CBR, MEd., Instructor. This course introduces you to the fundamentals of Real Estate and will prepare you to take the State of Massachusetts Real Estate License Exam for Real Estate Salesperson. The course consists of sixteen (16) 2.5 hour classes held over a period of 8 weeks, totaling 40 hours as required by the Commonwealth of Massachusetts in order to sit for the state exam. All 40 hours of the program must be attended. Students who have completed the initial full 40 hours of training are entitled to complete re-training, without charge for a period of up to one full year, space permitting. You will receive your certification, including all information regarding taking the exam. Your MA Certified Real Estate instructor is a member of the Real Estate Educators Association and has over 20 years of sales experience in Real Estate and is a member of the National Association of Realtors. ... **Cost \$400.00 includes books and all materials.**

B2 The When, The If, and The How of Foreclosures and Selling Your Home by Short Sale

Tuesday (1 Class) • 7:00-9:00 PM • Room TBA • Starts April 10
Alice Doherty, a Loss Mitigation certified sales agent with ERA Key Realty Services, Instructor. Are you behind in your Mortgage? What does "Selling by Short Sale" mean? Attend and learn some alternatives. Learn how to sell by short sale. You will also be offered a free appointment to set a value for your property. ... **Cost \$20.00**

B3 Buying a Short Sale or Foreclosed Property

Thursday (1 Class) • 7:00-9:00 PM • Room TBA • Starts April 3
Alice Doherty, a Loss Mitigation certified sales agent with ERA Key Realty Services, Instructor. A short sale home is one in the real estate market that has a listing price for less than the mortgage amount owed to the bank. A foreclosed home is a bank owned property in which the bank is the seller/owner, aka REO. This seminar will offer information for you to become a more informed buyer. ... **Cost \$20.00**

B4 Thinking of Selling Your Home?

Thursday (1 Class) • 7:00-9:00 PM • Room TBA • Starts March 15
Alice Doherty, a Loss Mitigation certified sales agent with ERA Key Realty Services, Instructor. Learn about some of the new techniques used today by real estate professionals to market your property. Websites, virtual tours, sign app, appointment service, lock boxes, social media, You Tube, financing, etc. How do you sell your home and arrange to move into another? ... **Cost \$20.00**

NEW!

Notes

MAIL-IN REGISTRATION FORM • SPRING 2012

Mail to: **Director • Woburn Adult Evening School • Woburn High School**
88 Montvale Avenue • Woburn, MA 01801

A separate registration form and check (Payable to Woburn School Dept.) must be used for each course. If additional forms are needed, please make copies. Registration forms and fees must be submitted by **March 9, 2012** if done by mail.

Date _____
Name _____
Address _____
City/Town _____
Phone (Home) _____ (Work) _____
Course # _____ Course Title _____
Start Date _____ Date of Birth if over 60 _____

FOR OFFICE USE ONLY

Date _____ Non Resident Fee (\$3.00) _____
Total _____
Payment Method _____
Registrar _____
Notes _____

Cost _____
TOTAL _____

Students should consider themselves enrolled unless notified otherwise. Confirmation of enrollment is NOT sent.

COMPUTER TRAINING COURSES

The Woburn Adult Evening School is offering training for effective utilization of computers. The courses offer interactive, hands-on learning on topics from basic knowledge of computers to applications of specific software programs.

The first course is to introduce students to the very basics of computers so that they will feel comfortable taking the regular computer training courses offered by the Evening Program. It is not required and is offered the week before regular computer classes begin.

C1 The Beginners Basic Computer Course

Tuesday and Thursday (2 Classes) • 7:00-9:00 PM • Room D220
• Starts March 6

Maureen Vallis, Instructor. If you have a fear of computers or if you never even turned on a computer by yourself, this is the class for you. The objective of this class is to learn the basic terminology, how to turn on and off a computer safely, what to do if your computer freezes up, how to get into the Internet and use the "SEARCH" feature. We will discuss various Internet and email providers; open and close applications; resize and change your screen and save your work in a place where you will find it again. This is the time to ask all your questions, practice using the mouse with dexterity, talk about keeping your computer safe from viruses and how to download anti-virus products. Limit 16. ... **Cost \$35.00**

C2 Introduction to Microsoft Word, Excel and PowerPoint

Thursdays (8 Weeks) • 6:30-9:00 PM • Room D220 • Starts March 15
Maureen Vallis, Instructor. This course is divided into 3 segments. The first part is focused on Microsoft Word Program. We will begin with easy work processing functions and proceed step-by-step to the more advanced word processing functions. The second part of the course involves the use of Microsoft Excel. Using spreadsheet workbooks in the design of business forms, accounting records, data analysis, financial reports and charts will be explored. Students will develop their own personal spreadsheet. The last evening of the course will cover Microsoft PowerPoint, where students will learn to create their own presentations. Limit 16. ... **Cost \$130.00**

C3 Introduction to the Personal Computer Using Windows

Tuesdays (8 Weeks) • 6:30-9:00 PM • Room D220 • Starts March 13
Maureen Vallis, Instructor. This course is designed for people with no previous computer knowledge and is intended for the first time computer user. The course will consist of an understanding and hands-on use of Microsoft Windows, the Internet, Microsoft applications and an explanation of several email providers and their costs. The first part of the course will be an Introduction to Microsoft Word, followed by Microsoft Excel. The last evening students will learn how to create a PowerPoint presentation. Limit 16. ... **Cost \$130.00**

C4 Introduction to the Personal Computer Using Windows

Thursdays (8 Weeks) • 6:30-9:00 PM • Room TBA • Starts March 15
Instructor TBA. This course is designed for people with no previous computer knowledge and is intended for the first time computer user. The course will consist of an understanding and hands-on use of Microsoft Windows, the Internet, Microsoft applications and an explanation of several email providers and their costs. The first part of the course will be an Introduction to Microsoft Word, followed by Microsoft Excel. The last evening students will learn how to create a PowerPoint presentation. Limit 16. ... **Cost \$130.00**

C5 Introduction to Microsoft Word, Excel and Power Point

Tuesdays (8 Weeks) • 6:30-9:00 PM • Room TBA • Starts March 13
Instructor TBA. This course is divided into 3 segments. The first part is focused on Microsoft Word Program. We will begin with easy work processing functions and proceed step-by-step to the more advanced word processing functions. The second part of the course involves the use of Microsoft Excel. Using spreadsheet workbooks in the design of business forms, accounting records, data analysis, financial reports and charts will be explored. Students will develop their own personal spreadsheet. The last evening of the course will cover Microsoft PowerPoint, where students will learn to create their own presentations. Limit 16. ... **Cost \$130.00**

LEARNING

GED PROGRAM

The Woburn Adult Evening School is a GED Testing transportation site in conjunction with SCALE in Somerville. We will be giving the GED Test twice a year in December and May or more if needed. The dates that the GED will be given are May 30 and May 31, 2012.

GED TEST

The GED test will be given on May 30 and May 31, 2012. In order to take the test you must register by May 3, 2012. You must register in person. The cost is \$65.00. You may register in the Woburn Adult Evening School office between 5:30 and 6:30 PM from April 3 through May 3, 2012.

G1 GED Orientation Program

Tuesday (1 Class) • 6:00-10:00 PM • Room C410
• Starts March 6

Joe Tuzzolo, Instructor. During this session students will be given an orientation about the GED and then will be given a GED Practice test that lasts 3 1/2 hours. This test is a good indicator of a student's strengths and weaknesses on the GED. ... **Cost \$45.00**

G2 GED Orientation Program

Thursday (1 Class) • 6:00-10:00 PM • Room C410
• Starts March 8

Joe Tuzzolo, Instructor. During this session students will be given an orientation about the GED and then will be given a GED Practice test that lasts 3 1/2 hours. This test is a good indicator of a student's strengths and weaknesses on the GED. ... **Cost \$45.00**

Preparing for the G.E.D. (High School Equivalence Exam)

Tuesdays & Thursdays • 6:30-9:00 PM • Room TBA
• Starts March 13

There will be five separate classes, one class for each part of the GED Test. The GED Preparation course will cover the specific skills as well as the study and test taking strategies you will need to pass all five test areas of the GED. There will be a class for Writing Skills, Social Studies, Science, Interpreting Literature and the Arts and Math. **You may take one, two, three, four or all five.**

G3 Mathematics

Tuesdays & Thursdays (6 Meetings) • 6:30-9:00 PM
• Room C310 • Starts March 13

Mike Walsh, Instructor. Students will learn Arithmetic, Algebra and Geometry in order to take the Math GED test. ... **Cost \$65.00**

G4 Language Arts, Writing

Tuesdays & Thursdays (5 Meetings) • 6:30-9:00 PM
• Room C310 • Starts April 3

Mike Walsh, Instructor. Students will learn Sentence Structure, Usage, Spelling, Punctuation and Capitalization and how to write and answer the essay part of the GED. ... **Cost \$55.00**

G5 Language Arts, Reading

Tuesday & Thursday (1 Class) • 6:30-9:00 PM • Room C310
• Starts April 26

Mike Walsh, Instructor. Students will learn Popular Literature, Classical Literature and Commentary on Literature and the Arts in order to take the Language Arts, Reading GED test. ... **Cost \$20.00**

G6 Science

Tuesday & Thursday (2 Meetings) • 6:30-9:00 PM • Room C310
• Starts May 1

Mike Walsh, Instructor. Students will learn Life Science and Physical Science in order to take the Science GED test. ... **Cost \$35.00**

G7 Social Studies

Tuesday & Thursday (2 Meetings) • 6:30-9:00 PM • Room C310
• Starts May 8

Mike Walsh, Instructor. Students will learn History, Economics, Political Science, Geography, and Behavioral Science in order to take the Social Studies GED test. ... **Cost \$35.00**

G8 All Five Classes. ... Cost \$150.00

L1 ESL I – Beginning Level

Tuesdays & Thursdays (8 Weeks) • 7:00-9:00 PM • Room F301
• Starts March 13

Michaela Kerns, Instructor. This English as a Second Language course is designed for adults who speak little or no English. Emphasis will be on basic conversation, pronunciation and proper grammar while learning about customs and holidays. All materials provided. Students should take a placement test on March 6 and/or March 8 to determine their placement. Report to the High School main entrance from 6:00 PM - 8:00 PM on either of those days. Limit 15. ... **Cost \$135.00**

L2 ESL II – Intermediate Level

Tuesdays & Thursdays (8 Weeks) • 7:00-9:00 PM • Room C309
• Starts March 13

Susan Hartmere, Instructor. This course focuses on learning practical English skills for non-native speakers. Emphases is on grammar (nouns, verbs, adjectives, adverbs and pronouns). Speaking and reading comprehension will also be covered in order to enhance students' conversational skills. Students should take a placement test on March 6 and/or March 8 to determine their placement. Report to the High School main entrance from 6:00 PM - 8:00 PM on either of those days. Limit 15. ... **Cost \$135.00**

L3 ESL III – Intermediate Level to Advanced Level

Tuesdays & Thursdays (8 Weeks) • 7:00-9:00 PM • Room TBA
• Starts March 13

Instructor TBA. This English as a Second language course is designed for adults who have reached the advanced level of English. Students must be able to participate in sustained conversation, be able to use the present, past, future and perfect verb tenses in speaking and writing and be able to write at least a page. This course will review tenses as needed, but will emphasize conversation for improved fluency, American idioms, advancement in writing skills and having fun learning. Students should take a placement test on March 6 and/or March 8 to determine their placement. Report to the High School main entrance from 6:00 PM - 8:00 PM on either of those days. You will need an 8" x 11" loose leaf binder (small/1" rings). Limit 15. ... **Cost \$135.00**

L4 Scholastic Aptitude Test (S.A.T.) Preparation

Tuesdays & Thursdays (10 Weeks) • 6:00-8:15 PM

• Room E104 English & F407 Math • Starts February 14

Matthew Gangi-English and Amy Miller-Math, Instructors.

SAT review for both English and Math in preparation for the College Board scholastic aptitude tests. The course entails a review in high-school work as well as S.A.T. test taking techniques.

At each session, students will be exposed not only to material from the test, but also to strategies for maximizing point scores.

This course will end before the May 5th SAT test date. Seniors of Woburn Memorial High School have preference. Limit 30.

... **Cost \$250.00. This includes the cost of the SAT book which students keep.**

MINI COURSES

M1 Ebay

Thursday (1 Class) • 6:30-9:00 PM • Room C415 • Starts April 5

Lisa Mediano, Instructor. Of course you know all about Ebay, but do you know how to navigate your way to effectively buy and sell on the world's largest online store? This class will teach you how the site works and how to list and search for items to buy and sell or to research the value of an item. We will use the computer to go into the site and the instructor will bring along some items to demonstrate the process. ... **Cost \$25.00**

M2 Home Inspection Workshop

Thursday (1 Class) • 7:00-9:00 PM • Room C406

• Starts April 12

Steven Sala, Instructor. This seminar is for buyers, sellers or their representatives. It is designed to aid you in what to look for and how to look for it. We will cover all the trouble areas you should know about: electrical, plumbing, heating/cooling, structural, roofing, exteriors, finishes, infestations and hazardous materials. Bring a notebook. ... **Cost \$25.00**

M3 A New You

Thursdays (2 Classes) • 6:30-8:30 PM • Room TBA

• Starts March 22

Lee Firicano, Instructor. A new and beautiful you. Get rid of the winter blues. Learn the colors of your life. Organize your wardrobe. The best way to apply make-up and go day into evening. ... **Cost \$35.00**

M4 A New You

Thursdays (2 Classes) • 6:30-8:30 PM • Room TBA

• Starts April 5

Lee Firicano, Instructor. A new and beautiful you. Get rid of the winter blues. Learn the colors of your life. Organize your wardrobe. The best way to apply make-up and go day into evening. ... **Cost \$35.00**

M5 Interior Design

Tuesdays (3 Classes) • 7:00-9:00 PM • Room TBA

• Starts March 27

Jacqui Green, Instructor. During this three week class, you'll learn the elements and principles of design and explore how they apply to enhancing your rooms. You'll also learn how to do a floor plan and view slides of "before and after" rooms to see how the ordinary can be transformed. You'll also receive additional tips you can use to decorate your home. ... **Cost \$45.00**

Registration Procedure

REGISTRATION STARTS FEBRUARY 1, 2012

There are **three** ways you may register and **full payment must be made** at the time of registration in order to be registered.

1. BY MAIL

Registration by mail will be accepted for all courses. Just fill out the registration form and mail it with your check or money order payable to: **The Woburn School Department.**

Send to: **Director, Woburn Adult Evening School, Woburn High School, 88 Montvale Ave., Woburn, MA 01801.**

A separate registration form and check must be used for each course. Registration forms and fees must be submitted by March 9, 2012 if done by mail.

Courses are often filled before "In-Person" registration or "First Class Night," so avoid disappointment! You may also "mail" your registration by bringing it to the High School main office during the day. Mail in registrations are accepted on a first-come-first-served basis.

2. IN PERSON

You may register in person on **Tuesday, March 6 and Thursday, March 8, from 6:00-8:00 PM** in any courses where space is still available. Register in the High School main office. Use the main entrance.

3. FIRST CLASS NIGHT

You may register the first night of any course, space permitting.

CONFIRMATION

Students should consider themselves enrolled unless notified otherwise.

Confirmation of enrollment is NOT sent.

MINI COURSES & CHILDREN'S COURSES ON THE BACK PAGE!

