

# College

*plus* **Community**

## Bringing Dreams Within Reach



**MT. HOOD**  
COMMUNITY COLLEGE

Take a look inside for a preview of how we are working to ensure Fall Term 2020 will have robust program and support offerings while staying safe for our students, faculty, staff and community.

**Get started at [mhcc.edu/Apply](https://mhcc.edu/Apply).**



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**Registration**

**Is Now**

**Open for**

**Fall Term**

### COLLEGE CREDIT CLASSES:

*(Pertains to credit classes students take to earn a degree, certificate or pre-requisites.)*

### NEW STUDENTS:

[my.mhcc.edu/admissions](https://my.mhcc.edu/admissions)

### RETURNING STUDENTS:

[mhcc.edu/ics](https://mhcc.edu/ics)

***Fall Term Begins September 21!***

### NON-CREDIT CLASSES:

*(Pertains to non-credit classes taken solely for personal and/or professional development.)*

[learn.mhcc.edu](https://learn.mhcc.edu) or  
[ed2go.com/mhcc](https://ed2go.com/mhcc)

MHCC mails this publication to all district residents to inform them of the college's programs, services and community events. Because the schedule is addressed to "Postal Customer," individual names cannot be removed from the mailing list. Accessible formats for individuals with disabilities are available by contacting the Accessible Education Services Office at 503-491-6923 or [aes@mhcc.edu](mailto:aes@mhcc.edu).

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**MHCC's Online Learning Team is available to assist with technologies associated with virtual classrooms, such as Blackboard, Zoom and more: [onlinelearning@mhcc.edu](mailto:onlinelearning@mhcc.edu)**





# Welcome

Dear Community Member,

We offer something for just about anyone at Mt. Hood Community College. This includes a wide range of courses and programs that give students a number of choices and opportunities to become their dreams.

We put those dreams at the forefront of our decision-making and strive to prioritize our commitments based on what our students need, and then work hard to offer the services required to ensure they are equipped and supported as they work toward their educational goals.

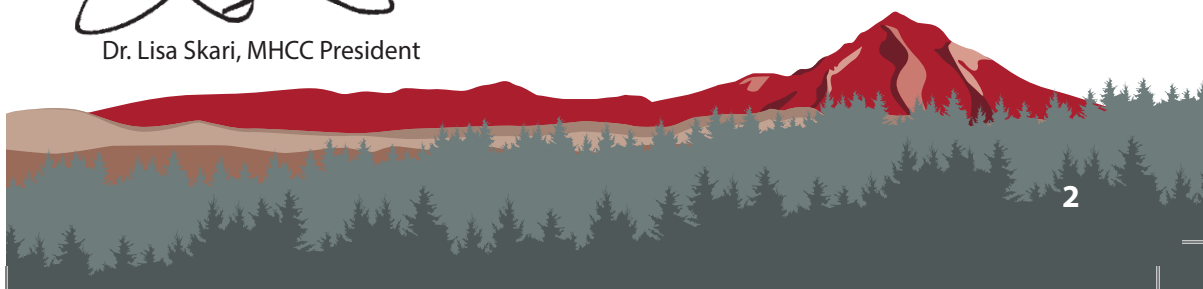
Finding a way to provide all of these options and services in a way that kept our students safe during this pandemic presented a unique challenge for us as we planned for Fall Term. We weren't sure at first how to adapt programs like welding and art to an online or socially distanced and masked format. But we knew it was really important to continue to offer all of the courses students needed to graduate so their dreams and futures weren't put on hold.

We put our heads together and determined that there is no one single, simple answer to any of these questions, so we have taken a program-by-program (and, at times, even a course-by-course) approach to Fall Term. That means we took our time, gathered a group of various stakeholders at the college and determined which of our programs should resume in-person instruction this fall, which will remain online and which will be offered as a mix of both.

These were not easy decisions to make, and the health and well-being of our students, faculty, staff and community were the top priority of every part of the process. As such, classes and programs that will have an in-person element to them will only operate under strict physical distancing and mask requirements. In the following pages, you'll learn more about what Fall Term 2020 looks like at MHCC, and we hope you will remember it is always a good time to take the first step on the path to being your dream.

Sincerely,

Dr. Lisa Skari, MHCC President



# Fall Term 2020

In an effort to help students understand how their classes will be held this Fall, we have created a grid illustrating which programs will be taught fully online, in-person or a mix of both. *If you do not see your program listed below, assume that it is going to be taught 100% online.* Program statuses are being reviewed by the MHCC Reopening Team and are subject to change. **For updates on Fall Term program statuses, go to [mhcc.edu/MHCC-Fall-Term-2020](http://mhcc.edu/MHCC-Fall-Term-2020).**

PROGRAM/DISCIPLINE	FULLY ONLINE	IN-PERSON	MIX	ACCEPTING NEW STUDENTS?
Adult Basic Education & General Equivalency Diploma	●			Yes
Adult High School Diploma/Gateway	●			Yes
Apprenticeship			●	No
Athletic Team Classes			●	Yes
Automotive: Chrysler/Import/Subaru		●		No
Automotive: Ford Asset			●	No
Broadcasting	●			No
Business Management: Accounting	●			Yes
Business Management: Accounting Assistant	●			Yes
Business Management: Entrepreneurship & Small Business Management	●			Yes
Business Management: Marketing & Sales	●			Yes
Business Management: Mobile App Development & Marketing	●			Yes
Business Technology	●			No
Child Care Center Teacher With Vocational ESL	●			Yes
Child Development & Early Education	●			Yes
Child Development Associate with Vocational ESL: Preschool	●			Yes
Community Education	●			Yes
Computer Game & Mobile App Programmer	●			Yes
Computer Game Development	●			Yes
Computer Information Systems (CIS)	●			Yes
Cosmetology			●	No
Cybersecurity	●			Yes
Dental Hygiene			●	No
Emergency Medical Technician (EMT)			●	Yes
Engineering Technology			●	Yes
English as a Second Language (ESL)	●			Yes
Environmental Health & Safety	●			No
Fisheries Technology	●			Yes
Fitness Professional	●			Yes
Funeral Services Education			●	No
General Education & Electives	●			Yes
Graphic Design	●			Yes
Health and Physical Education (HPE)			●	Yes
Human Development	●			Yes
Integrated Metals: Machine Tool Technology			●	Yes
Integrated Metals: Welding Technology		●		Yes
Intensive English for College & Careers	●			Yes
Mechatronics			●	Yes
Medical Assistant			●	No
Medical Office	●			Yes
Mental Health	●			No
Music	●			Yes
Natural Resources Technology	●			Yes
Nursing			●	No
Nursing Assistant 1 with Vocational ESL	●			Yes
Nursing Assistant 2			●	Yes
Photography	●			Yes
Physical Therapist Assistant			●	No
Practical Nursing			●	No
Respiratory Care	●			No
Science Labs	●			Yes
Surgical Technology			●	No
Theatre	●			Yes
Video	●			Yes
Visual Arts	●			Yes
Wilderness Leadership & Experiential Education (WLEE)			●	No



# Become an MHCC Student

- 1. APPLY FOR ADMISSIONS at [my.mhcc.edu/ICS/Admissions](http://my.mhcc.edu/ICS/Admissions).**  
You will receive an email including your student ID number, password and instructions on what to do next.
- 2. DETERMINE YOUR COURSE PLACEMENT:**
  - › New Students: [mhcc.edu/CPT](http://mhcc.edu/CPT)
  - › Transfer Students: [mhcc.edu/TransferToMHCC](http://mhcc.edu/TransferToMHCC)
- 3. MAKE A PLAN WITH AN ADVISER**  
Phone: 503-491-7315  
Email: [advising.questions@mhcc.edu](mailto:advising.questions@mhcc.edu)
- 4. REGISTER FOR CLASSES at [my.mhcc.edu](http://my.mhcc.edu)**



Mt. Hood Community College uses the Core Transfer Map, which is a statewide agreement that contains 30 credits. It ensures community college students are able to transfer each credit from any community college to any public Oregon university, and have each credit from the curriculum be counted toward the student's degree requirements. This is not a degree or certificate, but is documentation on a student's transcript that they have met a subset of common general education requirements.

## How to Pay for College

**APPLY FOR FINANCIAL AID** through either the FAFSA or ORSAA

- › Free Application for Federal Student Aid (FAFSA): [FAFSA.ed.gov](http://FAFSA.ed.gov)
- › Oregon Student Aid Applications (ORSAA): [OregonStudentAid.gov](http://OregonStudentAid.gov)

**Connect with our Office of Financial Aid**

**[FinAid.Mail@mhcc.edu](mailto:FinAid.Mail@mhcc.edu)**  
**503-491-7261**  
**[mhcc.edu/FinancialAid](http://mhcc.edu/FinancialAid)**

### Career Planning and Counseling

Our Career Planning and Counseling Center is available for students seeking support in choosing a career path or major.

**[mhccareer@mhcc.edu](mailto:mhccareer@mhcc.edu)**  
**503-491-7431**  
**[mhcc.edu/CareerCenter](http://mhcc.edu/CareerCenter)**



# The Visiting Year

A Productive, Affordable Alternative to the Gap Year

The Visiting Year is a time for university-bound students to attend a community college online and take required general education courses while campuses remain closed due to physical distancing.

## How a Visiting Year Works:



### Enroll at MHCC

Our application process is seamless and we are standing by to help new students get started.



### Take General Education Courses

More affordable tuition rates, awesome instructors and a variety of online student support services await.



### Transfer Credits

Courses taken under the Core Transfer Map are guaranteed to transfer to any public college or university in Oregon.

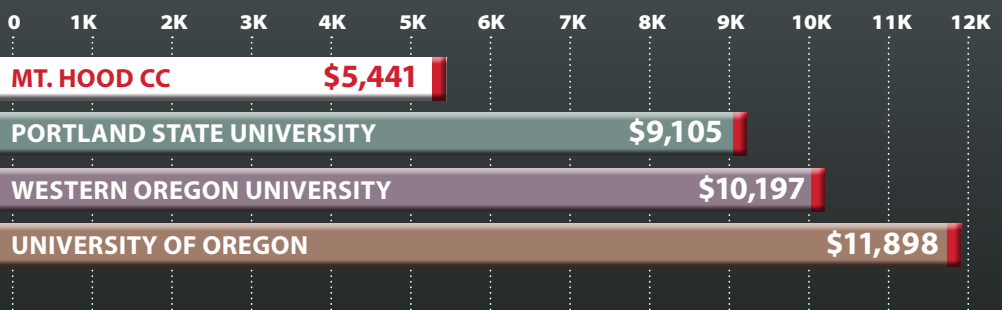


### Head to Campus

(When it reopens) You'll be ahead of schedule with significantly less debt, ready to enter your program major.

## The MHCC Difference:

## One Academic Year Tuition & Fees



MT. HOOD  
COMMUNITY COLLEGE

[mhcc.edu](http://mhcc.edu)





*“My advice to students is to know their resources. There are so many at MHCC. If you are struggling in class, share your struggles.”*

# Commitment. Discipline. Passion.

## How a Peruvian immigrant’s journey that began at MHCC led her to an MBA

Two years after immigrating to the United States from Peru, Lucy Cook was struggling.

It was 2012 and despite her best efforts she was just not picking up the English language. She was feeling an extreme sense of isolation like so many others new to this country and did not know where to turn for help.

That’s when she discovered Mt. Hood Community College’s (MHCC) English as a Second Language (ESL) program through someone she met at a birthday party.

“For a moment I thought to myself ‘this is going to be too expensive; college is something I can’t afford,’” she said.

Luckily, she was wrong. Upon visiting MHCC, she found out her ESL classes would only be \$35. Not long after that first visit, she was enrolled and on her way to learning and improving her English language.

Little did she know that this would be the first step on her path to eventually earning an associate degree, a bachelor’s degree and, finally, a master’s.

“If an immigrant like me with broken English can do it, so can you,” Lucy said.

After taking a few ESL classes, Lucy was catching on and enjoying the challenges associated with learning, but was still unsure if continuing her education was for her. College classes seemed so expensive and she would need a lot of help along the way.

At the encouragement of her instructors, Lucy took her placement test and began taking English as a New Language (ENL) classes alongside her degree program of choice – medical office assistant. She also applied for and, to her surprise, received an MHCC Foundation scholarship.

“I have to say thank you to the donors for their financial support, for believing in me and my story and for making my

dream of earning a college degree come true," she said.

Just like many students, Lucy faced moments of struggle, hardship and stress during her academic journey. Each time she felt overwhelmed, however, another MHCC resource would pop up and empower her to keep going.

When she struggled with her studies, she went to the AVID and Learning Success Center for help.

"I remember I hated math. I couldn't understand it. In my mind I thought I couldn't do it because it was too complex, but they explained it in a way that was easier for me to understand," she said. "The AVID tutors were so helpful, so passionate and only want to see students succeed during college."

When she faced personal hardship, she discovered the Transitions/Transiciones program for students who need extra support through their college education. Finally, she joined MHCC's TRIO program for first-generation students, which pushed her to complete and, eventually, continue her higher education.

In 2015, she officially completed her associate of applied science - Medical Office degree, becoming the first in her family to graduate from college.

"I felt a lot of support through the Transitions and TRIO programs" she said. "Once I was finished, I wanted to stay productive and my professors encouraged me to transfer to a four-year school."

She headed to Concordia University to pursue her next degree while still taking a few pre-requisites at MHCC. On top of that, she was working full time.

"It's very stressful, but you just have to stay strong and share those feelings of stress with others because you are not alone," she said.

By 2018, she completed her bachelor's degree in health care administration and knew that at that point, the only way to keep going was up, so she applied to the Master of Business Administration (MBA) program at Portland State University (PSU).

"I thought 'why not? It's only two years. I can do it,'" she said.

On June 14, 2020, she proved that she was right by officially completing her MBA. Now she is on the lookout for her dream opportunity in project or supply chain management.

Through it all, she consistently thinks back to all of the support she received along the way and encourages students like herself to keep three words in mind always: commitment, discipline and passion.

"My advice to students is to know their resources. There are so many at MHCC. If you are struggling in class, share your struggles. Seek help," she said. "Professors at MHCC are passionate, nice and humble. They will help you – you just have to ask."

## English as a Second Language classes available Fall Term [mhcc.edu/AboutESL](http://mhcc.edu/AboutESL)

¡Únete a las clases de Inglés como Segundo Idioma de MHCC este Otoño! Para mayor información, llame al 503-491-7675 ó 503-491-7333 de Lunes a Jueves, de 8 a.m. a 5 p.m.

Tham gia lớp học tiếng Anh của trường MHCC như một ngôn ngữ thứ hai vào Mùa Thu này! Để biết thêm thông tin, xin gọi 503-491-7675 hoặc 503-491-7333 từ Thứ Hai đến Thứ Năm, 8 giờ sáng đến 5 giờ chiều.

Записывайтесь в Mt. Hood Community College для изучения английского, как второго языка, на осенний семестр! Для информации звоните: 503-491-7675 или 503-491-7333 с понедельника по четверг с 8 утра до 5 вечера.



# Adult Basic Education and GED®

The ABE/GED® program offers classes in Spanish and English and is designed to develop the skills needed in reading, math, science, social studies and writing in preparation for the GED® tests, skill advancement and employability.

**Now enrolling for Fall Term.**

**Go to [mhcc.edu/AboutABE\\_GED](https://mhcc.edu/AboutABE_GED) to get started.**

*Si usted habla español, por favor llame al 503-491-7675 para preguntas acerca clases de GED en español.*

## Career Pathways

Despite the current pandemic restrictions, we are still accepting students in six- or 12-month training programs that help individuals begin new, well-paying careers in high-demand fields. Our Career Pathways program also offers additional support that enables students to work on reading, writing, math and/or language skills as they are earning certificates and degrees.

### FALL TERM CAREER PATHWAYS PROGRAMS:

- > Nursing Assistant
- > Accounting Assistant
- > Child Care Center Teacher
- > Assistant Teacher

*Programs range from 6 to 12 months.*

For more information contact Angelique Kauffman-Rodriguez, Career Pathways Specialist at [angelique.kauffman@mhcc.edu](mailto:angelique.kauffman@mhcc.edu) or (510) 972-3313.

**[mhcc.edu/CareerPathways](https://mhcc.edu/CareerPathways)**



# Joining Us on Campus This Fall?

We're all in this together. Our safe return to holding some in-person classes relies on everyone taking responsibility.

## Do your part.



### MAINTAIN GOOD PERSONAL HYGIENE

The safety of our community depends on our commitment to simple day-to-day hygiene measures, such as:

- › **Physical Distancing** – Keeping at least 6 feet away from other people at all times.
- › **Keeping Hands Clean** – Wash your hands frequently, especially after being in a public place or blowing your nose, coughing, sneezing or touching your face. If you don't have soap and water handy, use an alcohol-based hand sanitizer with at least 60% alcohol. Hand sanitizer will be available throughout our campuses.
- › **Cover Your Sneeze or Cough** – Cover your mouth and nose with a tissue or use the inside of your elbow, even when wearing a mask. Throw the used tissue in the trash and immediately wash your hands or use hand sanitizer.
- › **Staying Home if You are Sick** - If you have any symptoms of COVID-19, do not come to campus for work or class. You should immediately notify your supervisor and/or professor and follow guidelines for seeking medical care and self-quarantining.



### SANITIZE SURFACES

Clean and disinfect frequently touched surfaces, such as tables, doorknobs, desks and light switches. MHCC is committed to using cleaning supplies approved by the Centers for Disease Control and Prevention. We are also maintaining a sufficient stock of cleaning supplies, sanitizers and disinfectants for cleaning campus and to provide to faculty, staff and students who will be teaching/taking face-to-face classes.



### MASKS ARE MANDATORY

When you're on campus, you are required to wear a mask in public spaces. Masks are critical to a safe and successful fall term at MHCC. You can have the virus without having symptoms, so protect yourself and others by wearing a mask in public.



### SELF-MONITOR FOR SYMPTOMS

Know the symptoms of COVID-19 – and stay home if you are experiencing any of them. All faculty, staff and students who will be on campus should conduct symptom self-monitoring each day before coming to any of our facilities. You must be free of any symptoms potentially related to COVID-19. At this time, symptoms of COVID-19 include one or more of the following:

- |   |                                      |                                 |
|---|--------------------------------------|---------------------------------|
| › Cough                                       | › Repeated shaking with chills       | › Headache                      |
| › Shortness of breath or difficulty breathing | › Runny nose or new sinus congestion | › Sore throat                   |
| › Fever                                       | › Muscle pain                        | › Fatigue                       |
| › Chills                                      |                                      | › New gastrointestinal symptoms |
|   |                                      | › New loss of taste or smell    |

*This list does not include all possible symptoms. The CDC will continue to update this list as more is learned about COVID-19. If you have any symptoms of COVID-19, do not come to campus for work or class. You should immediately notify your supervisor and/or professor and follow guidelines for seeking medical care and self-quarantining.*



**MT. HOOD**  
COMMUNITY COLLEGE



# Business & Industry Workforce Training



## Short-term Certificate Programs

Just because most programs are closed for in-person instruction doesn't mean today's students need to put their plans for a new career on hold. MHCC has options for short-term certificates in health professions and other valuable programs that only take two-to-six months to complete. These will be taught in a blended environment using online learning and strict social distancing practices at our Gresham and Maywood Park campuses.

### HEALTH PROFESSIONS

#### Adult Care Home Basic Training

Sept. 28–Oct 16. or  
Nov. 16–Dec. 11

**Online Only**

\$380

#### Nursing Assistant (CNA 1) – Day session

Sept. 21–Nov. 10

**Zoom & Gresham Campus**

\$1,595\*

#### Nursing Assistant (CNA 1) – Evening session

Oct. 20–Dec. 16

**Zoom & Gresham Campus**

\$1,595\*

#### CNA 2 – Evening session

Sept. 22–Oct. 23

**Zoom & Gresham Campus**

\$1,075\*

#### CNA 2 – Day session

Oct. 20–Nov. 13

**Zoom & Gresham Campus**

\$1,075\*

#### Emergency Medical Technician (EMT)

Sept. 21, 2020 - March 16, 2021

**Zoom & Gresham Campus**

\$1,595\*

**For registration and course descriptions, visit [learn.mhcc.edu](http://learn.mhcc.edu)**

## Online Learning for Professional and Personal Development

In partnership with Education2Go, MHCC offers online learning and professional development opportunities for in-demand workforce skills as well as personal enrichment classes. Sessions are available **Sept. 16, Oct. 14, Nov. 11 and Dec. 9.**

**Fall Education2Go courses include the following and much more:**

- > Accounting and Finance
- > Business
- > College Readiness
- > Computer Science
- > Digital Photography
- > Foreign Languages
- > Health and Fitness
- > Information Technology
- > Legal Studies
- > Teaching and Education
- > Website Design
- > Writing and Publishing

**See more courses and register at [ed2go.com/mhcc](http://ed2go.com/mhcc).**

## Aquatic Center

Due to ever-changing circumstances regarding COVID-19 and social distancing guidelines, we will update our schedule online. Please check our website at [mhcc.edu/aquatics](http://mhcc.edu/aquatics) for the most recent information, check our Facebook page or email [aquatic.center@mhcc.edu](mailto:aquatic.center@mhcc.edu) for specific questions.

## Community Education Classes

# Find Your Passion in the Online Classroom

Did you know that you can learn just about anything online? How to play the guitar? Face painting? Water bath canning? Classes on these topics and much more are being taught in the virtual classroom at MHCC this fall. Affordable, non-credit classes are taught by MHCC's knowledgeable instructors and are excellent opportunities to stay engaged and creative. The only difference is that instead of traveling to a campus, you learn from the comfort of your own home. MHCC Community Education can be reached at 503-491-7572.

### ARTS, CRAFTS, SPECIAL INTERESTS

#### Beginning Acrylic Painting

Sept 30-Nov. 4, Noon-2 p.m./W  
\$59 (\$49 Senior)\* Zoom  
ART4AP/Sec. 95/L. Barnum

#### **New!** Halloween Makeup 101

Oct 14-28, 11 a.m.-12:30 p.m./W  
\$69 (\$59 Senior)\* Zoom  
ART4FH/Sec. 95/C. Williams

#### **New!** Foundations of Knitting

Sept 24-Oct. 29, 7-9 p.m./Th  
\$59 (\$49 Senior)\* Zoom  
ART4FK/Sec. 95/L. Nitti

#### Homemade Herbal Gifts for the Holidays

Oct. 17, 10 a.m.-Noon/Sa  
\$20 (\$10 Senior) Zoom  
ART4HH/Sec. 95/R. Michaels

#### Melt and Pour (Glycerin) Soap Making

Oct. 3, 10 a.m.-Noon/Sa  
\$20 (\$10 Senior) Zoom  
ART4TSM/Sec. 95/R. Michaels

#### Beginning Watercoloring

Sept 30-Nov. 4, 9-11:30 a.m./W  
\$59 (\$49 Senior)\* Zoom  
ART4WC/Sec. 95/L. Barnum

#### **New!** Face Painting 101

Sept 23-Oct 7, 11 a.m.-12:30 p.m./W  
\$69 (\$59 Senior)\* Zoom  
ART5PF/Sec. 95/C. Williams

#### **New!** Ink Drawing with Watercolor Washes

Oct. 1-Nov. 5, 2-4 p.m./Th  
\$59 (\$49 Senior)\* Zoom  
ART4IW/Sec. 95/L. Barnum

#### Beginning Guitar

Sept 21-Nov. 2, 5-6 p.m./M  
\$79 (\$69 Senior)\* Zoom  
MUS4H/Sec. 95/D. Gonzales

Sept 21-Nov. 2, 10-11 a.m./M  
\$79 (\$69 Senior)\* Zoom  
MUS4H/Sec. 96/D. Gonzales

Oct. 1-Nov. 12, 5-6 p.m./Th  
\$79 (\$69 Senior)\* Zoom  
MUS4H/Sec. 97/D. Gonzales

#### **New!** Beginning Guitar: Level 2

Sept. 23-Nov. 4, 5-6 p.m./W  
\$79 (\$69 Senior)\* Zoom  
MUS4IG/Sec.95/D. Gonzales

#### Beginning Piano

Sept. 22- Nov. 10, 5-6 p.m./Tu  
\$99 (\$89 Senior)\* Zoom  
MUS4PP/Sec.95/D. Gonzales

#### **New!** Beginning Piano: Level 2

Sept. 22-Nov. 10, 4-4:50 p.m./Tu  
\$99 (\$89 Senior)\* Zoom  
MUS4AP/Sec. 95/D. Gonzales

### COMPUTER AND TECHNOLOGY

#### Learn to Fly: FAA Private Pilot Ground School

Sept. 21-Dec. 9, 6:30-8:30 p.m/M, W  
\$299 (\$289 Senior)\* Zoom  
AV5/Sec. 95/L. Hoke  
*No Class Nov. 11 & 25*

#### **New!** FAA Instrument Pilot Ground Course

Sept 21-Dec. 12 /M-Su  
\$299 (\$289 Senior)\* Online  
AV5IS/Sec. 95/D. Palk

#### eBay 1 - The Basics of Selling!

Oct. 12, 6-9 p.m./M  
\$49 (\$39 Senior) Zoom  
GEN4SB/Sec. 95/K. Boyd

#### Photography Using the DSLR Camera

Oct. 8-Dec. 3, 7-9 p.m./Th  
\$69 (\$59 Senior) Zoom  
PHT4DC/Sec. 95/R. Davis  
*No Class Nov. 26*

### HOME AND GARDEN

#### Whiz Bang Science for Kids: Marshmallow Science

Sept 26-Oct. 31, 1-2:30 p.m./Sa  
\$10\* Zoom  
GEN4SP/Sec. 95/J. Sherpa



MHCC's Online Learning Team is available to assist with technologies associated with virtual classrooms, such as Blackboard, Zoom and more: [onlinelearning@mhcc.edu](mailto:onlinelearning@mhcc.edu)



### Connect to Nature: For Early Childhood Educators

Oct. 3-31, 9-Noon/Sa  
\$45 (\$35 Senior) Zoom  
GEN6CN/Sec. 95/C. Meacham

### Concealed Handgun Permit Class

Oct. 19, 6-9 p.m./M  
\$59 (\$49 Senior) Zoom  
GUN4CH/Sec. 95/S. Curtain

### **New!** COVID-19: Strengthen Your Immune System Naturally

Sept 30, 6:30 -8:30 p.m./W  
\$29 (\$19 Senior) Zoom  
HOM4SI/Sec. 95/C. Bloome  
Oct. 17, 9-11 a.m./Sa  
\$29 (\$19 Senior) Zoom  
HOM4SI/Sec. 96/C. Bloome

### Introduction to Water Bath Canning

Oct. 3, 10 a.m.-1:30 p.m./Sa  
\$38 (\$28 Senior)\* Zoom  
HOM4WC/Sec. 95/Lucky Larder

### **New!** Your Health Future: Make Your Own Choices

Oct. 3, 9-11 a.m./Sa  
\$29 (\$19 Senior) Zoom  
HOM4YH/Sec. 95/C. Bloome  
Oct. 6, 6:30-8:30 p.m./Tu  
\$29 (\$19 Senior) Zoom  
HOM4YH/Sec. 96/C. Bloome

## HEALTH AND RECREATION

### Tap Dance

Sept 26-Dec. 5, 3-3:50 p.m./Sa  
\$69 (\$59 Senior) Zoom  
REC3TP/Sec. 95/K. Miller

### Tap Dance for Beginners

Sept 26-Dec. 5, 4-4:50 p.m./Sa  
\$69 (\$59 Senior) Zoom  
REC4BT/Sec. 95/K. Miller

### Belly Dance Fitness

Sept 26-Dec. 5, 2-2:50 p.m./Sa  
\$69 (\$59 Senior) Zoom  
RE4WB/Sec. 95/K. Miller

### Barre Technique - Full Body Workout

Sept 22-Nov. 19, 9-10 a.m./Tu,Th  
\$110 (\$100 Senior)\* Zoom  
REC5BT/Sec. 95/B. Steinhauer

### Jinjing Gong Qigong Basics

Sept 23-Dec. 9, 6-7:30 p.m./W  
\$69 (\$59 Senior) Zoom  
REC5JQ /Sec. 95/K. Bargsten  
*No Class Nov. 11 & 25*  
Sept 26-Dec. 12, 9-10:30 a.m./Sa  
\$69 (\$59 Senior) Zoom  
REC5JQ/Sec. 96/K. Bargsten

### Sunrise Serenity Qigong

Sept 26-Oct. 31, 9-10 a.m./Sa  
\$20 (\$10 Senior) Zoom  
REC6QC/Sec. 95/J. Sherpa  
Sept 21-Oct. 26, 8-9 a.m./M  
\$20 (\$10 Senior) Zoom  
REC6QC/Sec. 96/J. Sherpa

### Zumba & Toning Mix

Sept. 24-Dec. 10, 5:30-6:30 p.m./Th  
\$89 (\$79 Senior)\* Zoom  
ZUM5ZT/Sec. 95/S. Nishikido  
*No Class Nov. 26*

## LANGUAGE

### Writing and Sharing Your Memoirs

Sept. 24-Dec. 3, 1-3 p.m./Th  
\$49 (\$39 Senior) Zoom  
LAN4MM/Sec. 95/R. Mahoney  
*No Class Nov. 26*

\* Additional fees, supplies or books are required.

### CLASS CANCELLATION POLICY:

We do not like to cancel classes; however, sometimes it is necessary to cancel before the first meeting when enrollments do not reach a minimum. If we do not have enough students registered for a class prior to its start date, it will be cancelled two days beforehand. Every effort is made to notify registered students of the cancellation, by email and/or by phone. Your registration might be the one that enables the class to be held so REGISTER EARLY!

**For class descriptions and registration  
visit [learn.mhcc.edu](http://learn.mhcc.edu).**

***We want to hear from you!***

*Scan this QR code to take our survey on which Community Education classes MHCC should offer in the future.*



# Performing Arts

*MHCC Theatre presents*

## The Miracle Worker

**Nov. 13, 14, 15, 20, 21 and 22**

All performances will be livestreamed online.

Check [mhcc.edu/TheatreBoxOffice](http://mhcc.edu/TheatreBoxOffice) for times and more information.

## Here for Our Students Even While We Are Apart

Below is a list of the online services MHCC provides to students and the community along with brief descriptions and how to access each one.



### ACADEMIC ADVISING AND TRANSFER CENTER

**advising.questions@  
mhcc.edu**  
**503-491-7315**

Our advising and transfer center assists current and prospective students with determining which classes they should pursue and in what order. If you have a question about which classes you should take next, or need help making a plan for fall or winter, you can book an email or phone appointment.



### STUDENT SERVICES HUB LIVE CHAT

**mhcc.edu/Hub**

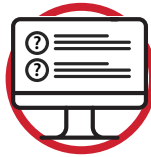
MHCC Student Services Hub specialists are now available via a live chat function on select pages of our website. To access this resource, visit [mhcc.edu/Hub](https://mhcc.edu/Hub) and click on the blue chat box in the right corner of the screen. (Hub specialists are available 9 a.m. - 4 p.m. Monday - Thursday during the Summer and Monday - Friday after Sept. 4.)



### ONLINE LEARNING TEAM

**onlinelearning@  
mhcc.edu**

This team supports learners who are new to the virtual classroom or experiencing technical difficulties with an online course. Students and faculty may email MHCC Online Learning for assistance with Blackboard, Zoom, Kaltura, MyMHCC and more.



### STUDENT SUPPORT SERVICES REQUEST FORM

> Go to [mhcc.edu](https://mhcc.edu).

- > Click “**Contact Student Support Services**” in the gray bar at the top of the page.
- > Fill out the form and someone from the appropriate department or area at the college will assist you.



### LIBRARY SERVICES

**mhcc.edu/Library**  
**reference@mhcc.edu**

Students can access over 339,000 e-books, 84,000 e-journals of scholarly content and over 192,000 streaming videos on the MHCC library website. Library staff are also available via email, video conference or text at 503-877-ASK1.





# Small Business Development Center

## Small Business, Big Ideas

MHCC's nationally recognized Small Business Development Center (SBDC) is offering numerous online courses this fall focused on owning your own business or growing your existing business.

**REGISTER:** Go to [learn.mhcc.edu](https://learn.mhcc.edu) and select the Small Business catalog. You must register for classes a minimum of 72 hours before the start date.

### STARTING YOUR BUSINESS

***New!* Start Your Business in Oregon Tips**  
Oct. 6 or Dec. 10, 1–2 p.m.  
Free

**Zoom Video Conference**

#### Going into Business: Start Smart

Oct. 15, 1–4 p.m. or  
Nov. 12, 6–9 p.m.  
\$45

**Zoom Video Conference**

#### Business Plan Bootcamp™ in 3 Sessions

Once you are registered you will receive login information.  
Fee: \$70

**Available On Demand**

#### Real Estate Broker Pre-License

Oct. 1–Dec. 10,  
meets every Thursday,  
6–9 p.m., plus  
9 a.m.–5 p.m., Dec. 12  
\$600

**Zoom Video Conference**

### GROWING YOUR BUSINESS

#### Top Ten Tips for Cybersecurity for your Business

Oct. 27 or Dec. 8, 2–4 p.m.  
\$60

**Zoom Video Conference**

### BOOKKEEPING AND QUICKBOOKS

#### ***New!* Using QuickBooks Quick Tips**

Sept. 22 or Dec. 3, 9–10 a.m.  
Free

**Zoom Video Conference**

#### QuickBooks Bootcamp 1: Introduction to QB as Accounting Software

Oct. 13 and 15, or  
Nov. 10 and 12, 9 a.m.–11 a.m.,  
\$180

**Zoom Video Conference**

#### QuickBooks Bootcamp 2: Managing Business Transactions and Understanding Financial Reporting

Oct. 20 and 22, or Nov. 17 and  
19, 9 a.m.–11 a.m.  
\$180

**Zoom Video Conference**

#### COVID-19 Small Business Forgivable Loan

Sept. 10 or Sept. 29, 9–10 a.m.  
Free

**Zoom Video Conference**

#### Need Help Tracking Your Paycheck Loan Forgiveness?

#### QuickBooks and Excel tips and strategies.

Sept. 24 or Oct. 8 or Dec. 1,  
9–11 a.m.  
\$60

**Zoom Video Conference**

### MARKETING

#### Build your Business During COVID-19

Sept. 9 or Oct. 28, 1–2 p.m.  
Free

**Zoom Video Conference**

#### Bouncing Back and Making Your Business Pandemic Proof

Oct. 7 or Nov. 4, 2–4 p.m.  
\$60

**Zoom Video Conference**

#### ***New!* Build Your Own Website for Business Tips**

Sept. 15, 1–2 p.m.  
Free

**Zoom Video Conference**

#### WebMentor: Complete Business Website in 6 Short Sessions

Once you are registered you will receive login information.  
Fee: \$225

**Available On Demand**

#### ***New!* Facebook Tips for Business**

Oct. 20, 1–2 p.m.  
Free

**Zoom Video Conference**

AMERICA'S  
**SBDC**  
OREGON

**A full class schedule and more information on how to register can be found at [learn.mhcc.edu](https://learn.mhcc.edu)**

# Register Now for Fall Term!

**NEW STUDENTS:** [my.mhcc.edu/admissions](https://my.mhcc.edu/admissions)

**RETURNING STUDENTS:** [mhcc.edu/ics](https://mhcc.edu/ics)

*(Pertains to credit classes students take to earn a degree, certificate or pre-requisites.)*

***Fall Term Begins September 21!***



MHCC's Online Learning Team is available to assist with technologies associated with remote learning, such as Blackboard, Zoom and more: [onlinelearning@mhcc.edu](mailto:onlinelearning@mhcc.edu)



26000 SE STARK STREET  
GRESHAM, OR 97030

POSTAL CUSTOMER  
ECRWSS

PERIODICALS