FALL 2020 PROGRAMS

FOR A CHANGING WORLD

Lifelong Learning

Behavioral Health

Leadership, Management & Workplace Skills

Arts & Humanities

GO.WISC.EDU/FALL2020
Welcome to the University of Wisconsin–Madison’s community for lifelong learners. Here you’ll find programs to build your professional skills and knowledge, cultivate your creativity and more deeply examine the world in which we live.

Continuing Studies provides access to high-quality noncredit education to our community, our state and our world. While the delivery of this education has changed — from the early correspondence courses of the late nineteenth century to today’s many online programs — our commitment to providing you with professional development and personal enrichment opportunities remains the same.

Classes are taught by UW–Madison faculty and professional experts, accomplished educators who create connections to their students and present relevant information to help you move forward in your career and throughout your life.

Connect with our community of learners by registering for one or more of our many noncredit classes, workshops or conferences. You’ll find our complete catalog and details online at go.wisc.edu/catalog. Be sure to check back frequently; we’re adding new classes all the time.

We look forward to seeing you in class soon!

All classes are offered online unless otherwise noted.

WAYS TO REGISTER FOR CLASSES

Online
View all classes at go.wisc.edu/catalog. Select the class of your choice and click the red “Register Online” button.

By phone
Call 844-267-7919 (Wisconsin Relay 711) to register by phone Monday–Friday, 7 a.m.–4:30 p.m. Have your course information and credit card handy.

By mail or fax
Fill out the print-at-home registration form at go.wisc.edu/registration and mail to:
Madison Registration Office
702 Langdon St.
Madison, WI 53706

If paying by credit card, you may safely fax your registration form to 608-265-3163.
Pay by American Express, Discover, Mastercard or Visa, or write a check payable to UW–Madison. Thank you!
**TESTIMONIALS**

**Behavioral Health**

“Thank you so much for the invaluable instruction you have given me and the others in the course. This has been a rich experience, which I feel confident will continue to enrich my work for years.”

Timothy K.
Grief Support Specialist Certificate

“This program hits the sweet spot: workforce needs, employee engagement and organizational willingness in investment. Thank you for creating just the right training at the right time.”

Linda Murray
Advanced Dementia Care Certificate

**Leadership, Management & Workplace Skills**

“Excellent instructor! Very knowledgeable, interactive, engaging, clear and positive. I learned a lot and was active in discussion and reflection.”

Jessica Williams
Communication Strategies for Women in the Workplace

“The course provided me an opportunity for personal growth in developing a leadership style that reflects my values and challenged me to live a life of service in both my professional and personal life. I would highly recommend it to open up new opportunities to develop high performance teams based on the identification of personal skills and strengths.”

Jennifer Schilling
Servant Leadership Certificate

**Arts & Humanities**

“The instructors are prepared, engaging and professional. Spanish classes inspired me take a trip and introduced me to stimulating people.”

Kathryn Morrison
Spanish Short Films

“Modern dance is a fantastic foundation for aerial dance, and I love every chance I can get to move my body in a new way. I got so much inspiration from taking this class!”

Liz Reynolds
Modern Dance Technique 1
As the world shifts around us in large and small ways, it’s important to refresh our skills and perspectives. Our classes have always been relevant to current circumstances, and that’s more important now than ever. Here are just a few fall classes that can help you cope — and thrive — in a changing world.

**Resilience and Stress Management Skills**  
*Wednesday, Oct 21*

Learn new skills and strategies to strengthen your resilience and deal effectively with personal and professional stressors. Practice stress management techniques and explore ways to improve your resilience in today’s world.

**Generation Z: Anxiety, Depression, Substance Use and COVID-19**  
*Thursday, Jan 21, 2021*

This three-hour seminar explores the complexities of Generation Z and the effect that COVID, school shootings and parents have had on its members. We’ll examine evidence-based strategies for families to move from fear to solutions and hope.

**Pandemic Ethics**  
*Thursdays, Oct 29-Nov 19*

The COVID-19 pandemic raises unprecedented challenges for communities worldwide, including how to handle moral questions like allocating scarce medical resources, responding to xenophobia and exploring the relationship between corporations and public good.

Find our complete catalog of classes online at [go.wisc.edu/catalog](http://go.wisc.edu/catalog)
We know you care deeply about the well-being of your clients. We’re here to help you support them. That’s why we offer high-quality learning opportunities focused on current, evidence-based research and clinical practice taught by UW–Madison faculty and professionals working in the field. Classes meet continuing education requirements for maintaining licensure for social workers, psychologists, professional counselors and others.*

**FALL CLASSES INCLUDE:**

*Advanced Dementia Care Specialist Certificate*
*Five live online classes, Sep 18-Dec 3*
Examine treatment and management options designed to improve patient and client safety and reinforce personhood for persons with mid to late stages of dementia.

*Grief Support Specialist Certificate*
*Live online: Oct 15, 16, 17, 18 and Nov 21*
A uniquely designed, practical educational experience that equips you with the concepts and tools to better assist people with finding healing in the midst of loss or other traumatic personal devastation.

*The Uninvited Guests*
*Live online, Thursday, Oct 22*
This three-hour seminar explores resiliency, emotional elasticity and recovery as keystones to recovery. Through lecture and case studies, learn about treatment options to mend the wounded heart.

*See continuingstudies.wisc.edu/ceu-approved-hours for approved continuing education provider information.*

For an up-to-date list of all behavioral health classes and schedules, visit [go.wisc.edu/bh](http://go.wisc.edu/bh)
Regardless of your current position, develop the skills and knowledge you need to grow as a leader and contribute successfully to your organization's goals. Offerings range from focused half-day classes to multi-day certificate programs covering timely, relevant topics, including career and management basics, organizational systems and complex workplace challenges.

**FALL CLASSES INCLUDE:**

**Servant Leadership Certificate**  
*Five days, Oct 14–Nov 11*  
The efforts of a servant leader are rewarded by the improved growth and well-being of those they serve. In this class, you'll learn to create an empowered culture, encourage accountability and unlock the potential of your teams using proven servant leadership strategies.

**Communication Strategies for Women in the Workplace**  
*Friday, Nov 13*  
Being understood as intended when communicating is inherently complex because of the fundamental nature of human perception and the influence of the difference between individuals, including gender. Draw from academic research and practical experience to explore communication strategies to help women effectively navigate today's dynamic workplace.

**Encouraging a Culture of Civility and Respect**  
*Tuesday, Dec 15*  
Disrespectful and uncivil behavior is on the rise in the workplace, costing organizations millions in lost productivity and employee turnover. Learn strategies to address disrespectful behavior, and discover how to build and maintain a culture of civility.

For an up-to-date list of all leadership, management and workplace skills classes and schedules, visit [go.wisc.edu/lmows](http://go.wisc.edu/lmows)
FALL CLASSES INCLUDE:

**What History Tells: European Gender, Sexuality and the Borders of Tolerance, 1914-2020**
*Wednesdays, Sep 2-Oct 28*

Using nine newly digitized lectures from renowned UW–Madison history professor George L. Mosse, this course examines the origins of our stereotypes of contemporary “masculinity,” and the twentieth century’s idealized “New Woman.”

**Business Spanish Certificate Program**
*Starts Tuesday, Sep 15*

In as little as six months, improve your professional proficiency in Spanish and gain the cultural knowledge you need to conduct business in Spain and Latin America. Includes personalized instruction. **Prerequisite:** intermediate level of Spanish.

**Professional Practices for Artists**
*Wednesdays, Sep 16-Oct 21*

Deepen your skills in all aspects of being a professional artist. Class covers self-promotion, the art market and strategic planning to create a pathway to success.

**Fourth Lake Writing Retreat (formerly Weekend with Your Novel)**
*Friday-Sunday, Oct 23-25*

This working retreat is for aspiring writers of fiction, memoir, poetry and other genres of all levels. Work closely with a published author in small, supportive groups to begin, complete or revise your writing project.

For an up-to-date list of all arts and humanities classes and schedules, visit [go.wisc.edu/arts-humanities](http://go.wisc.edu/arts-humanities)

Register for courses online at [go.wisc.edu/catalog](http://go.wisc.edu/catalog)
JOIN OUR MAILING LIST

For the inside scoop on new classes, current schedules and inspiring stories, go to go.wisc.edu/fall2020