UNIVERSITY OF WISCONSIN-MADISON
CONTINUING STUDIES

WINTER/SPRING 2021 PROGRAMS

Behavioral Health
Leadership, Management & Workplace Skills
Humanities

KEEP ON LEARNING

GO.WISC.EDU/WINTER21
In a world that’s constantly changing, we’re here for you, bringing an opportunity for growth and engagement with a solid foundation of educational options—all offered online.

This winter/spring, we’re offering learning opportunities in behavioral health, languages, humanities, writing, and leadership and management. We hope you’ll continue with us on the journey of lifelong learning. We’re committed to helping you meet your continuing education goals, and we are evolving with your changing needs. Join us in a space where you can learn and grow personally and professionally with a community of people committed to bettering themselves, each other and the world.

Thank you for inspiring us with your dedication, persistence and desire to achieve your goals and dreams. Stay strong, and never stop learning.

All classes in this brochure are online! For a complete and up-to-date list of all Continuing Studies classes and schedules, visit go.wisc.edu/catalog.
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UW–Madison Continuing Studies Winter/Spring 2021 Programs
Lisa Bauer, editor | Buri Lor, designer

HOW 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.

The fastest way to register for classes is online and with your credit card!

By mail or fax
Please allow at least 2 weeks for processing prior to the start of class. For registration questions, call 844-267-7919 (Wisconsin Relay 711). 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!
We know you care deeply about the well-being of your clients. We’re here to help you support them. We offer high-quality learning opportunities focused on current, evidence-based research and clinical practice taught by UW–Madison faculty and professionals in the field. Classes meet continuing education requirements for maintaining licensure for social workers, psychologists, professional counselors and others.

For a complete and up-to-date list of all behavioral health classes and schedules, visit go.wisc.edu/bh.

**AGING AND LONG-TERM CARE**

- **Addressing Sexuality and Intimacy Needs**
  - Fri, Mar 12, 9 a.m.-3 p.m. | $160

- **Developing Conflict Resolution and Mediation Skills**
  - Wed, May 12 & 19, 9 a.m.-noon | $160

- **Enhancing Care with Speech and Language Pathology**
  - Thu, Apr 22, 9 a.m.-3 p.m. | $160

- **Managing Pain and Emotional Distress**
  - Fri, Feb 19, 9 a.m.-3 p.m. | $160

**ETHICS AND BOUNDARIES**

- **NEW Biological Foundations of Ethics and Boundaries**
  - Thu, Jan 7, 2-4 p.m. | $70

- **NEW Ethics and Boundaries: Ethics in Conflicts**
  - Thu, Jan 14, 9 a.m.-4 p.m. | $210

- **NEW Ethics, Boundaries, and the Internet**
  - Thu, Feb 11, 2-4 p.m. | $70

- **NEW Ethics, Boundaries, and the New Genetics**
  - Thu, Jan 28, 2-4 p.m. | $70
MENTAL HEALTH

NEW Cultural Humility to Cultural Reverence for Human Services Professionals
• Thu, Mar 4, 11 & 18, 12:30-4:30 p.m. | $450

Forgiveness: A Pathway to Emotional Healing
• Start anytime, complete within 1 year | $125

Generation Z: Anxiety, Depression, Substance Use, and Covid 19
• Thu, Jan 21, Noon-3 p.m. | $65

♀ Grief Support Specialist Certificate
• Jan 29-Mar 26 | $1,295 through Jan 1; $1,495 after

NEW Motivational Interviewing: Advanced Skills Practice
• Tue, Feb 9, Mar 16, Apr 13 & May 18, 8:30 a.m.-12:30 p.m. | $875

Untangling Grief
• Thu-Fri, Mar 4-5, 9 a.m.-4 p.m. | $325

NEW Update on Anxiety Disorders and Trauma Disorders
• Tue, Jan 12, 2-4 p.m. | $60

NEW Update on Psychopharmacology
• Tue, Feb 16, 2-4 p.m. | $60

NEW Update on the Bipolar Spectrum
• Tue, Jan 26, 2-4 p.m. | $60

♀ = Certificate course

PROFESSIONAL COACHING

The UW–Madison professional coaching program is suited to both those wishing to enhance their coaching skills and those wanting to become an internal or external coach practitioner. Our programs are International Coach Federation accredited and/or aligned. To join our mailing list or learn more, visit uwprofessionalcoach.com or email UW Certified Professional Coach Director and Lead Faculty Associate, Chariti Gent, at chariti.gent@wisc.edu.

“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
Leadership, Management & Workplace Skills

Regardless of your current position, develop the skills and knowledge you need to grow as a leader and contribute 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.

For a complete and up-to-date list of all leadership, management and workplace skills classes and schedules, visit go.wisc.edu/lmows.

DIVERSITY AND INCLUSION

The Art of Conflict Transformation
• Tue-Wed, Jun 8-9, 9 a.m.-4 p.m. | $565; gov’t/nonprofit $455

Facilitating By Heart Series
• 5 sessions: Tue–Wed, Apr 20-21, May 18-19, Jul 13-14, Sep 14-15, Oct 19-20, 8:30 a.m.-4:30 p.m. | $2,575; gov’t/nonprofit $1,975

Leading for Racial Equity Session 1: Becoming an Anti-Racist Organization
• Thu, Mar 25, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Leading for Racial Equity Session 2: Using Racial Equity Decision and Policy Tools
• Thu, Apr 22, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Leading for Racial Equity Session 3: Anti-Racist Workforce Development
• Thu, May 20, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Listening for a Change: Skills for Inclusivity
• Tue, Apr 13, 9 a.m.-4 p.m. | $325; gov’t/nonprofit $225
LEADERSHIP AND MANAGEMENT

NEW Advanced Team Building: Fostering an Emotionally Intelligent Team
• Thu, Apr 8, 9 a.m.-3:30 p.m. | $365; gov’t/nonprofit $255

A Coach Approach to Work-Performance Feedback
• Wed & Thu, Jan 13, 14, 21 & 28, 9:30 a.m.-noon | $485; gov’t/nonprofit $325

Communication Skills for Challenging Conversations
• Wed, Jun 2 & 9, 9 a.m.-3:45 p.m. | $545; gov’t/nonprofit $425

Communication Strategies for Women in the Workplace
• Thu, Apr 15, 9 a.m.-3:30 p.m. | $365; gov’t/nonprofit $255

Conducting Fearless Performance Reviews
• Thu, Apr 29, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Elements of Digital Style: Updated Guidelines for Today’s Content Editors
• Wed, Feb 24, 12:30-3:30 p.m. | $225; gov’t/nonprofit $125

Embracing Conflict: A Systems Approach for Leaders and Teams
• Thu-Fri, Feb 18-19, 9:30 a.m.-noon | $375; gov’t/nonprofit $265

Leadership
• Wed, Apr 21, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Leading at a Distance: Managing Virtual Staff and Teams
• Wed, May 26, 9:30 a.m.-3:30 p.m., Thu, May 27, 9:30 a.m.-noon | $395; gov’t/nonprofit $285

NEW Leading Through Challenge and Conflict
• Thu, Mar 11, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Management Assessment for Personal Planning and Development
• Wed, Mar 31, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidate $225; TIC $255

The Manager’s Role in Work Satisfaction and Engagement
• Wed, May 5 & 12, 9 a.m.-3:45 p.m. | $545; gov’t/nonprofit $425

Managing Change Using Project Management Skills
• Wed, Jun 16, 9:30 a.m.-3:30 p.m., Thu, Jun 17, 9:30 a.m.-noon | $465; gov’t/nonprofit $345

Managing Time, Multiple Priorities, and Interruptions
• Thu, Feb 25, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Managing Your Brain for Managers: The Neuroscience of Leading Self and Others
• Thu, Mar 4 & 18, 9 a.m.-3:45 p.m. | $545; gov’t/nonprofit $425

Mid-Level Management Certificate (MLMC)
• Start anytime, complete within 3 years | Individual class fees vary

Organizational Performance Measurement
• Wed, Apr 28, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

NEW Practical Workplace Negotiation Skills for Everyday Issues
• Wed, Mar 10 & 17, 9 a.m.-noon | $365; gov’t/nonprofit $255

Presenting to Influence
• Thu, May 13, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Project Management Certificate
• 5 sessions: Tue-Thu, Mar 16-18, Tue-Wed, Mar 23-24, 8:30 a.m.-3:15 p.m. | $1,750; gov’t/nonprofit $1,250
  OR
• 5 sessions: Tue-Thu, May 11-13, Tue-Wed, May 18-19, 8:30 a.m.-3:15 p.m. | $1,750; gov’t/nonprofit $1,250

Strategic Thinking, Planning, and Organizational Transformation
• Fri, Mar 12, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

Systems Thinking in a Chaotic World
• Fri, May 14, 8:30 a.m.-3:15 p.m. | $365; gov’t/nonprofit $255; CPM candidates $225

NEW = Certificate course

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

For complete course information and to register: go.wisc.edu/catalog
Classes in languages, humanities and writing can satisfy your learning needs and help you realize personal or professional goals. Expand your world through learning a new language or advancing your speaking or writing skills. Expand your understanding through absorbing history to inform the present and the future. Expand your expressive skills through courses in fiction and nonfiction.

For a complete and up-to-date list of all humanities classes and schedules, visit go.wisc.edu/humanities.

### HISTORY

**NEW** Big Bands 4  
- Tue, Feb 16–Mar 9, 6-7:30 p.m. | $65

**NEW** Why Are We Still Talking About Race? Historical Contexts of Today’s Racial Conflicts in the US

**NEW** Wisconsin Before Statehood: Indigenous Cultures, European Invaders and Early American Settlers
Check out our website for more history and humanities courses coming in spring 2021. go.wisc.edu/humanities

### LANGUAGES

All sequenced language courses include video lessons that teach vocabulary, grammar, and reading and listening skills, plus weekly virtual small groups to practice conversation. This applies to the following courses: Spanish Beginner to Advanced, French 1-4 and Portuguese 1-2.

**Language Reading Knowledge Exam**  
- Wed, Apr 28, 1:30-2:30 p.m. | $65

**French 1**  
- 11 weeks, Tue, Feb 9-Apr 20, 5:30-7:30 p.m. | $215
French 2
• 11 weeks, Tue, Feb 9-Apr 20, 5:30-7:30 p.m. | $215
French 3
• 11 weeks, Wed, Feb 17-Apr 28, 5:30-7:30 p.m. | $215
French 4
• 11 weeks, Thu, Feb 11-Apr 22, 5:30-7:30 p.m. | $215
French for Reading and Translation
• Jan 19-May 7 | $435; graduate students $335
German 1
• 11 weeks, Tue, Feb 9-Apr 20, 5:30-7:30 p.m. | $215
German 2
• 11 weeks, Thu, Feb 11-Apr 22, 5:30-7:30 p.m. | $215
Italian 1
• 11 weeks, Wed, Feb 17-Apr 28, 5:30-7:30 p.m. | $215
Italian for Reading and Translation
• Jan 19-May 7 | $435; graduate students $335
Portuguese 1
• 11 weeks, Thu, Feb 11-Apr 22, 5:30-7:30 p.m. | $215
Portuguese 2
• 11 weeks, Wed, Feb 10-Apr 21, 5:30-7:30 p.m. | $215

NEW Spanish Book Club: Patria
• 11 weeks, Thu, Feb 11-Apr 29, 5:30-7:30 p.m. (No class on Apr 1) | $235

Spanish Writing : Brush Up the Past Tenses
• Start anytime, complete within 6 months | $295

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
WRITING

LIVE ONLINE
Genres of Writing and Workshop
• Jan 11-Feb 19 | $995

NEW The Vulnerability of Writing Nonfiction: The Threads of Autobiographical Writing
• 6 sessions: Feb 1, 8-9, 15 & 22-23 | Option 1: $175; Option 2: $225

START ANYTIME
Brushup Class for All Writers: Business, Academic and Creative
• $225

Creative Nonfiction: Part 1
• $195

Creative Nonfiction: Part 2
• $225

Deepening Fiction: Advanced Story Technique
• Option 1: $195; Option 2: $225

The Dialogue Shop
• Option 1: $175; Option 2: $200

Enticing Openings: 10 Hooks in 10 Days
• Apr 28-May 7 | $145

Feature Writing in the Digital Age
• $195

Fiction in a Flash: Art of the Very Short Story
• Option 1: $175; Option 2: $200

From Notebook to New Work
• Option 1: $175; Option 2: $195

Grammar and Punctuation: Paths Toward Clarity
• Option 1: $195; Option 2: $225

How to Write a Young Adult Novel
• $175

How to Write Compelling Fiction 1
• Option 1: $175; Option 2: $195

How to Write Compelling Fiction 2
• Option 1: $225; Option 2: $300

Let Your Characters Write the Novel for You
• Mar 14-Apr 3 | Option 1: $155; Option 2: $195

Outline Your Novel Now: A Sampler Course
• Option 1: $175; Option 2: $195

Poetry Writing: Getting to Good
• $195

Poetry Writing: A Guide to Poetic Forms
• $195

Poetry Writing: Taking the Poetic Leap
• $195

Screenwriting: Write Your First Draft Fast
• Option 1: $295; Option 2: $525

So You Want to Start That Novel
• Jan 10-30 | Option 1: $155; Option 2: $195

Take Your Characters to Dinner
• Option 1: $175; Option 2: $195

What’s Your Story? Writing the Memoir
• Option 1: $225; Option 2: $495 | Register before Jan 31

What’s Your Story? Writing the New Autobiography
• Option 1: $225; Option 2: $495

Write Your Novel Fast and Sure
• Option 1: $295; Option 2: $595

The Writer’s Journey
• $195

Writing Powerful Scenes in Fiction and Nonfiction
• Option 1: $175; Option 2: $195

Writing Your Picture Book
• Option 1: $150; Option 2: $195
Adult Career and Special Student Services

Continuing Studies’ Adult Career and Special Student Services is your connection to support for adults who want to continue their education. Call 608-263-6960 for general information.

Advising and education planning
advising@dcs.wisc.edu
acssss.wisc.edu

Advising for nontraditional students interested in returning to school, whether finishing a degree or taking a class or two to retool.

Badger Ready
badger.ready@wisc.edu
acssss.wisc.edu/badger-ready

A program for adults with academic barriers who wish to finish a bachelor’s degree at UW–Madison.

UW–Madison Online
uwmadison@online.wisc.edu
online.wisc.edu

A flexible online format to complete your undergraduate degree.

Professional Degrees and Certificates
professional.degrees.certs@wisc.edu
pdc.wisc.edu

Dozens of post-baccalaureate professional degrees and certificates including online, accelerated and other flexible learning options.

University Special students
advising@dcs.wisc.edu
acssss.wisc.edu/special-student-types

University Special (nondegree) students take UW–Madison credit courses for professional development, as prerequisites for graduate school, to earn transfer credits and to explore personal interests.

Financial assistance for credit classes
advising@dcs.wisc.edu
acssss.wisc.edu/financing-your-education

Grants, scholarships and information about financial assistance for nontraditional students.

Senior learning

PLATO
608-262-5823, PLATO-SLP@dcs.wisc.edu
platomadison.org

Participatory Learning And Teaching Organization (PLATO) offers discussion-based classes, lectures and social events organized and facilitated by its members.

Senior guest auditing
acssss.wisc.edu

Wisconsin residents 60 or older may audit select UW–Madison credit courses for free. (Note: All classes in this catalog are noncredit.)

Wisconsin alumni learning
608-262-2551
uwalumni.com/benefits-services/alumni-learning

The Wisconsin Alumni Association offers education and enrichment opportunities for alumni and friends.

Course information

Registration

Online at go.wisc.edu/catalog is the fastest way to register. If you register by mail using the downloadable form linked to each class web page, please allow at least two weeks for processing prior to the start of class. Once your form is processed, you will receive a confirmation email. For registration questions call 844–267-7919 (Wisconsin Relay 711).

Cancellation of classes

In the event a class needs to be cancelled, you will be notified by email and will receive information about rescheduling or refunds, as appropriate.
Visit go.wisc.edu/catalog and search by type of class and subject area. Find your learning path and register online or print out and mail in your registration form. New knowledge awaits!