



**BELLEVUE
COLLEGE**

Continuing Education

**SUMMER
REGISTRATION
NOW OPEN!**

Course Schedule SUMMER 2024

Explore online and in-person
course offerings this summer at
Bellevue College main campus
and Mt. Si Senior Center



Have a hobby, passion, or expertise you want to share with others?
Consider becoming an instructor for Bellevue College Continuing Education.
See page 4 for details.



Since the TELOS program began in 1976, the oak tree has been its distinctive symbol. Telos is the Greek word (τέλος) meaning ‘fulfillment.’ And that’s what the TELOS program offers: an engaging community where adults can fulfill their continuing desire to learn and grow.

TELOS presents a broad range of classes to meet a wide variety of interests. The atmosphere is intellectually stimulating and supportive. Classes are small and informal. Students and faculty interact as peers, making learning a creative exchange of ideas. Many students form lasting friendships.

At TELOS, the emphasis is on education and growth, not measuring performance. There are no entrance requirements, grades, or tests.

2 Ways to Register

1. Online Registration

At bellevuecollege.edu/ce/retiree-programs, click the “Browse Catalog” button on the right side of the homepage. On the Course Catalog page, click Retiree Programs (TELOS) in the left-hand column. You can browse courses by subject matter or day of the week. Follow the instructions after placing a course in your cart to complete your purchase and registration.

2. Phone-In Registration

Call us at **425-564-2263**. Please have your student I.D. number, credit card information, and course item number ready.

Bellevue College does not discriminate on the basis of race, color, national origin, language, ethnicity, religion, veteran status, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at bellevuecollege.edu/policies. The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, 425-564-2641, Office C227, and EEOC/504 Compliance Officer, 425-564-2178, Office B126.

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Every effort is made to ensure that information and fees are accurate; however, changes, corrections, or cancellations of courses or fees may occur.

Continuing Education reserves the right to cancel any class. For the most current information, check bellevuecollege.edu/ce.

TELOS: Lifelong Learners

TUESDAYS

Decoding AI and Its Impact on Humanity

This course is crafted to provide non-IT professionals, educators, students and all curious minds with a comprehensive understanding of Artificial Intelligence (AI). Designed to demystify AI technology, the course explores its diverse applications, risks, and ethics concerns, while fostering students' confidence in leveraging AI tools responsibly. No prior technical knowledge or programming skills are required to participate. Basic computer and internet skills are helpful. Fee: \$55

Item R14005	George Liu	Building T, T105
4 Tuesdays	July 9–30	12:00–1:30pm

Improv for Seniors

This theater games course is designed to help students with individual wellness, creativity, and both mental and physical stimulation in a fun and relaxed atmosphere. Students will participate in improvisational games to enhance memory, engage with other students and explore movement. This course is accessible to students of all skills and abilities. Fee: \$99

Item R14007	Gary Schwartz	Mt. Si Senior Ctr
8 Tuesdays	July 9–Aug. 27	1:00–2:30pm

John Brown: His Life and Times

This course will explore the life, death and influences of the abolitionist John Brown. In addition, students will analyze the historical events that provide the impetus to John Brown's actions in Kansas and his subsequent raid on Harper's Ferry. This course will also consider the effects of John Brown's actions on the nation's move toward Civil War. Students will also examine how these historic events compare to actions that are being witnessed currently. Fee: \$55

Item R14010	David Summers	Online
4 Tuesdays	July 9–30	2:00–3:30pm

U.S.-China Relations

This course delves into the intricate tapestry of U.S.-China relations from Nixon to where we are today. By dissecting the cultural archetypes and values inherent to both American and Chinese societies, students will gain insights into the divergent thought and behavioral patterns that have charged the historical trajectories of both nations. This course critically assesses the impact of different political systems on business, social transformation, and global geopolitics, with a focus on the cross-Pacific dynamic.

From the key issue of Taiwan and the rise of China to the rapid transitioning of the world's two largest economies from top trading partners to archrivals in just a few years, this course scrutinizes the multifaceted factors that have contributed to the current situation. Fee: \$99

Item R14006	George Liu	Building T, T105
8 Tuesdays	July 9–Aug. 27	10:00–11:30am

WEDNESDAYS

Basic Photography Principles

This course introduces students to basic photographic principles and the use of cameras, lenses, and lighting equipment. There will also be a brief overview of the history of photography and the development of cameras and lenses over the last century. To better understand how cameras turn light into images there will be simple explanations and comparisons of how film cameras and digital cameras work. Discussions will include basic composition concepts to enhance images. The course will conclude with information on image file handle and simple image manipulation with basic photo editing tools. Students will also have an opportunity to participate in a fun weekly photo assignment involving shooting a common theme and critiquing the results. Fee: \$99

Item R14002	William Jones	Building T, T126
8 Wednesdays	July 10–Aug. 28	10:00–11:30am

Views of the News

This participative discussion class looks at national and international current affairs each week. Discussions include politics and other topic matters suggested by the group. Events are considered based on their effects today and into the future, historical context and leadership. Fee: \$99

Item R14004	Gerald (Jerry) Bunce	Building T, T124
8 Wednesdays	July 10–Sep. 4	12:00–1:30PM

NO CLASS 8/7

THURSDAYS

Views of the News

See description above.
Fee: \$99

Item R14008	Charles (Ted) Watts	Online
8 Thursdays	July 11–Aug. 29	10:00–11:30am

Personal Enrichment

Basic Costume Design

Learn the basics of costume design using commercial patterns as the basis for your creations. This course covers how to take accurate measurements, safely cut fabric, and make basic alterations. Students may choose to create their own holiday costumes or just learn how to alter ready-made clothing so that it fits. Beginner and novice costume makers will benefit from learning how to read garment pattern instructions, as well as choosing the right materials for their creations. Fee: \$129

Item R14687	Carmen Williams	Building T, T124
6 Wednesdays	July 10–Aug. 14	6:00–7:30pm

Beginning Screenwriting

Do you have the idea for the next *Star Wars* or *Transformers*? Hollywood production companies are always looking for the next, big story. You will learn the fundamentals of screenwriting through finding the heart of your story. You will discover how to come up with that great idea, develop it into a selling story, and how to pitch story using the tension and drama. Screenwriting—Making Visual Magic—gives you the core knowledge of getting that ‘big idea’ sold.

Fee: \$249

Item R14682	John Lovett	Building T, T124
8 Thursdays	July 11–Aug. 29	6:00–8:00pm

Drawing: Intermediate

If you have taken a drawing class before or would like to bring your art to the next level, this class is for you. Study perception, drawing from observation, perspective, and advanced concepts of space in drawing with assignments and in-depth individual projects. Learn more about different drawing materials to achieve a higher level of sophistication in your work. Prerequisite: Previous drawing course or drawing experience. Fee: \$339

Item R14696	Nicole Stremlow Monahan	Building B, B204
8 Tuesdays	July 9–Aug. 27	6:00–9:00pm

Self-Defense for Women

Research indicates that women who successfully defend themselves are better able to quickly recognize threatening situations, express, and if necessary, physically enforce their boundaries. Learn those skills. Recognize assailant ploys and manipulations—and how to thwart them. Practice releases from common grabs and decisive strikes to vital targets. Assess your risks, and plan around them. Understand the connections between awareness, threats, and our media environment. Come prepared to challenge yourself—emPOWERment doesn’t get more fun. Fee: \$269

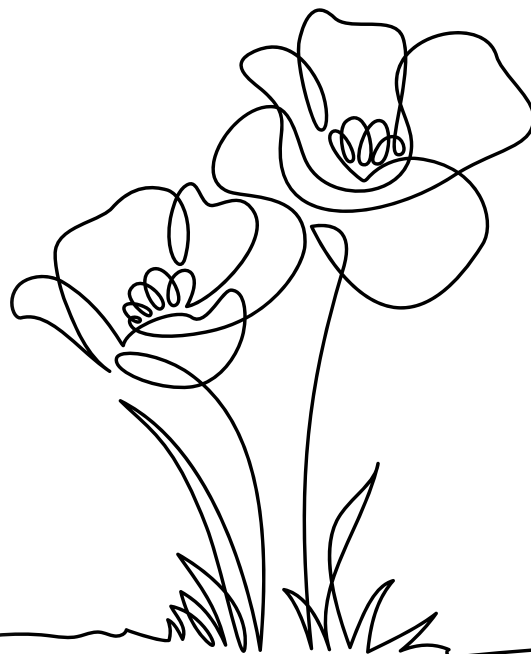
Item R14674	Joanne Factor	Building G, G110
6 Thursdays	July 11–Aug. 15	6:00–8:00pm

Speak Up and Influence

In **Speak Up and Influence**, students will strengthen their inner and outer voice so that they can speak up for themselves and the ideas and issues that matter most to them.

Through a mix of coaching, training, role play, and small and full group conversation, students will develop a mindset, skill set, and habits to boost communication confidence so they can speak with power and impact, and move people to take action whenever they speak (i.e., team meetings, projects, or presentations). Fee: \$139

Item R14677	Sherry Johnson Metz	Building T, T124
4 Tuesdays	July 9–30	6:30–8:30PM



The World Languages program offers the most comprehensive, non-credit selection of language classes in Washington state. Whether your goals include travel, hobby learning or enhancing your career, you will find our courses to be affordable and accommodating.

PROGRAM AREAS: American Sign Language, Chinese (Mandarin), French, German, Italian, Korean, and Spanish
Go to bellevuecollege.edu/ce/program/language to register.

Basic Conversational Spanish

Immerse yourself in Spanish and boost your pronunciation, listening comprehension and speaking skills! Communicate in practical real-life contexts, and increase your vocabulary, fluency and confidence. Prerequisite: Three (3) quarters of Spanish or equivalent experience. Fee: \$239

Item R14695	Rosalyn Vera Rios	Online
8 Mon and Thurs	Aug. 5–29	1:00–3:30pm

Chinese 1

This course is for those who have not previously studied Mandarin Chinese. Students will be introduced to pronunciation, learn greetings and the use of practical, spoken Chinese. Fee: \$239

Item R14033	Lixia Gan	Online
10 Mon and Thurs	July 8–Aug. 8	6:30–8:30pm

German 1

More than 90 million people speak German, and you can be one of them. In this introductory course, the focus is on speaking and listening comprehension at a beginner level. Topics include greetings and goodbyes, introducing yourself and others, the alphabet, numbers, family and relatives, shopping, housing, furniture, and colors. There is also an introduction to syntax, present tense of the verb, pronouns, articles, and negation. Fee: \$239

Item R14037	Marco Wilhelm	Online
8 Tuesdays	July 9–Aug. 27	10:00am–12:30pm

German 3

For students who have taken two quarters of German or the equivalent. The focus is on speaking and listening comprehension. Topics include telling time, weather, meals, hobbies, leisure activities, and reporting past activities. Introduction to separable verbs, Akkusativ, the modal auxiliaries können and wollen, and Perfekt. Fee: \$239

Item R14039	Marco Wilhelm	Online
8 Mondays	July 8–Aug. 26	10:00am–12:30pm

Italian 3

For students who have taken two quarters of Italian or the equivalent. Emphasis is on strengthening communicative skills through conversations and exercises. Fee: \$239

Item R15855	Josefina Moschella	Online
10 Wednesdays	June 26–Aug. 28	6:30–8:30pm

Japanese 4

For students who have taken three quarters of Japanese or the equivalent. This course is for students who are familiar with the basics covered in Japanese 1–3 and wish to expand vocabulary and fluency. Fee: \$239

Item R14026	Tokie Benjamin	Online
9 Thursdays	June 27–Aug. 29	6:30–8:45pm

NO CLASS 7/4

Japanese Language Proficiency Test Preparation – N3

This course helps students with the requisite Japanese Language skills to prepare for the internationally accredited new Japanese Language Proficiency Test (JLPT)–N3.

Prerequisite: Japanese 10 or higher; or having passed the JLPT–Level 4. Fee: \$239

Item R14029	Tokie Benjamin	Online
10 Saturdays	June 22–Aug. 24	10:30am–12:30pm

Korean 1

This course is designed for those with little or no knowledge of Korean. Topics covered will include basic Korean structure, conversation, and aspects of the Korean culture. This course is an excellent choice for travelers, business people, or anyone who loves a challenging and beautiful language! Fee: \$239

Item R14034	Soo-jin Kim	Online
10 Wednesdays	June 26–Aug. 28	6:00–8:00pm

Spanish 1

Students will learn to speak, read, and write Spanish using basic vocabulary and expressions in the present tense.

Fee: \$239

Item R14035	Rosalyn Vera Rios	Online
8 Mon and Thurs	July 8–Aug. 1	1:00–3:30pm



Continuing Education



Bellevue College Continuing Education is looking for TELOS Lifelong Learner and Personal Enrichment class instructors. You don't need to be an educator, just someone with a hobby, passion or expertise combined with the desire to share your knowledge. Our adult learners love topics ranging from art, history and current events to health and well-being. If you have an idea or always wanted to share your passion with others, submit your proposal. We'd love to hear about it! Proposals are accepted on an ongoing basis and you can download a course proposal at bellevuecollege.edu/ce/about. Once completed, you may email them to ce-programs@bellevuecollege.edu.

We are actively seeking instructors for the following in-person disciplines: Art (painting, drawing etc.), Book Club, History, or any topic that learners may enjoy!



Class Locations

Bellevue College Main Campus 3000 Landerholm Circle SE, Bellevue, WA 98007

Mt. Si Senior Center 411 Main Ave. S., North Bend, WA 98045

Online: Conducted via Zoom or Microsoft Teams. Online courses require an internet connection and the ability to interact both through audio and video using either a web cam/microphone, speakers/headset using a computer or via a mobile phone connection. Depending upon the class, students will need to download either Zoom or Microsoft Teams apps to attend and participate in class sessions. There is no additional cost for these applications.



Join our mailing list!

Subscribe for timely program and event info. As a member of our community, you can be one of the first to hear about exciting and popular learning events and programs. Sign up at bellevuecollege.edu/ce



Office hours

Monday–Friday 8 a.m. to 5 p.m.

Saturday and Sunday Closed

Summer (July 10–September 1) Closed on Fridays

425-564-2263 | conted@bellevuecollege.edu

FEATURED CLASSES

MT. SI SENIOR CENTER

Improv for Seniors

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TELOS: LIFELONG LEARNERS

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WORLD LANGUAGES

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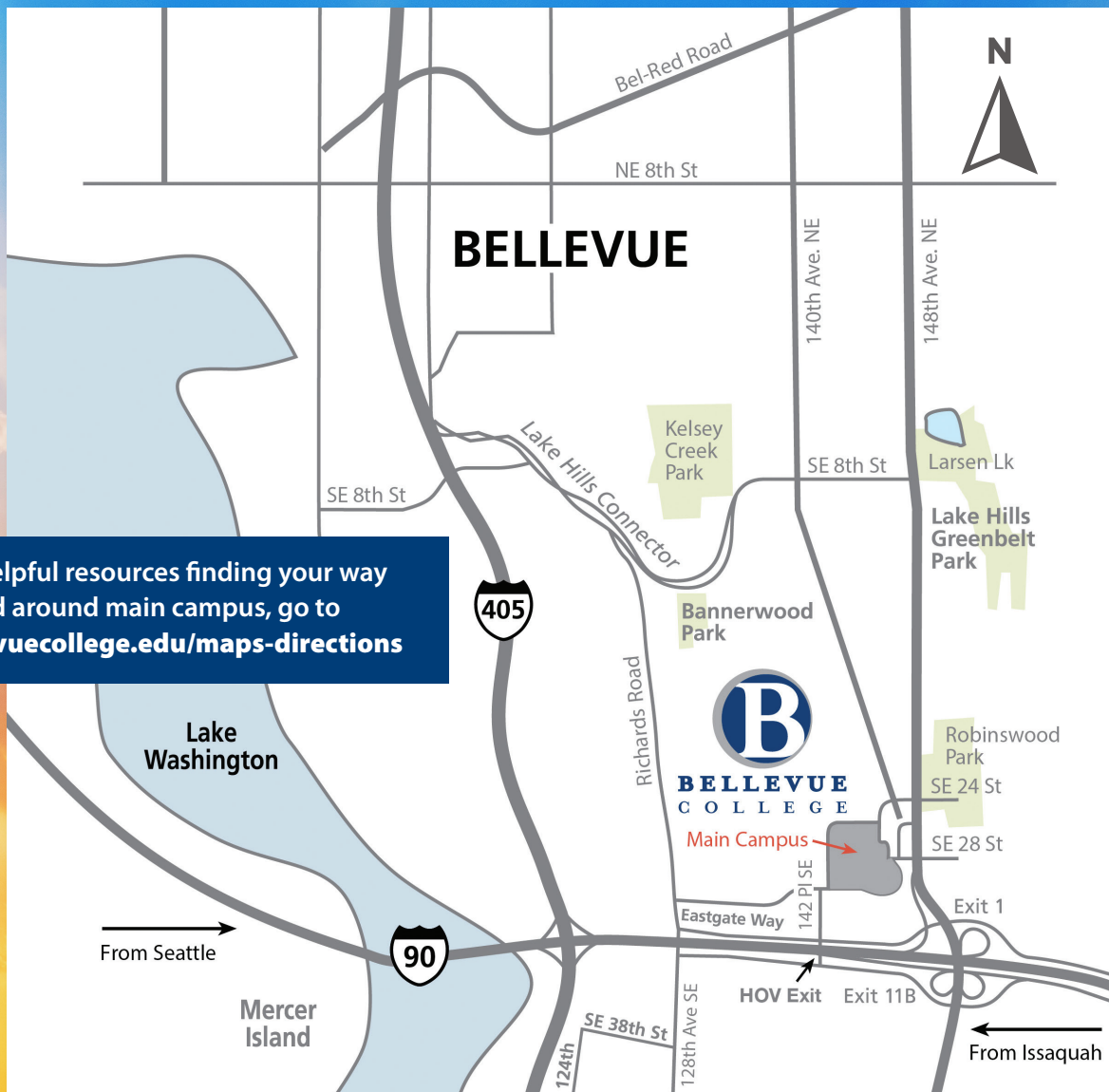


3000 Landerholm Circle SE
Bellevue, WA 98007

Connect with Us



Continuing Education has moved to main campus



For helpful resources finding your way
to and around main campus, go to
bellevuecollege.edu/maps-directions