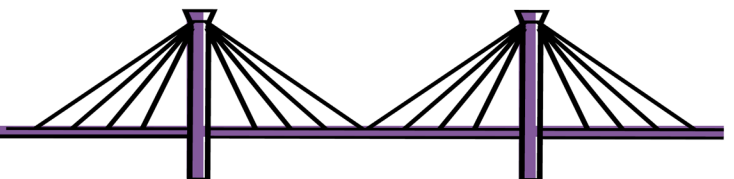




Fall 2022 Catalog

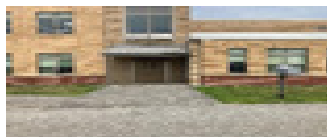
RSU 25



ADULT &
COMMUNITY EDUCATION

Welcome! This year academic classes will be available onsite, via Zoom, blended, and online. I am excited to announce that Enrichment and Driver's Education classes are back onsite. Preregistration is required unless otherwise indicated. Check out our website at www.rsu25.maineadulted.org for class details or download a copy of our catalog. Be sure to visit our website often as new classes will be posted throughout the year.

LOCATION



Adult Education Office - Our office is accessed from the front parking lot of Bucksport High School. This is the entrance to use if you are enrolling, registering, attending UMA distance classes, and for most enrichment classes.



Adult Education Learning Center – Our Learning Center is accessed from the back parking lot. This is the entrance to use if you are already enrolled for an academic class.

With a combined 58 years of experience in adult education, our friendly, knowledgeable staff will work with you to explore, set, and meet your academic goals in a relaxed, welcoming atmosphere. Need help registering for an Enrichment class? We can do that too!



Kathy L. Pelletier
Director, HiSET Chief Examiner, Academic Advisor



Tina L. Monreal
Coordinator, Math and Technology Instructor, Academic Advisor



Christina Earley
English, Science, Social Studies, ESOL/ELA Instructor, Academic Advisor



Kristi Grant
Enrichment Secretary

Our Mission

To provide a rigorous and inspiring education in partnership with our community.

Our Values

Regional School Unit 25 is committed to meeting the needs of all students. We value student ownership of learning, the importance of teaching and organizing learning experiences around individuals' strengths and needs, and engaging students in meaningful learning experiences which foster risk taking and build confident learners. We embrace learning as continuous across one's lifespan and recognize the importance of leadership and participation opportunities. We believe it is the responsibility of everyone to ensure a safe and nurturing community that promotes healthy minds and bodies. We value and respond in an appropriate manner to the voices, ideas, and understandings of all community members.

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Program and Policies Information

Registration: Registration forms are on page 23. Registration is based on a first come-first served, PAID basis or certificate of eligibility. Online registrations are accepted at www.rsu25.maineadulted.org using a credit or debit card. You can also fill out our registration form and drop it off at our office, fax to 469-2192, or mail the form. Check, cash, money order, credit or debit cards are accepted, but please do not mail cash. Pre-registration is required unless otherwise indicated to allow instructors to prepare materials and prevent course cancellations or overbooking.

When registering, please notify staff regarding any information we may need while you are enrolled with us (i.e. allergies, accommodations, etc.). Individuals with a disability who may need accommodations are requested to contact Kathy Pelletier, Director, at least two weeks in advance of the event, so that appropriate accommodations/arrangements may be made.

Registration Confirmations: No confirmation will be sent unless there are course changes or if you have not enrolled early enough to meet the course enrollment minimum. When pre-registering by phone, you will be put on our waiting list until payment has been received. ***In order to secure a seat in the class, payment, certificate of eligibility or training approval MUST be made at time of registration.***

Refunds: If we cancel a class, all fees will be refunded. Unless a class has been filled, has only the minimum number necessary, or indicates otherwise, if you withdraw before the second class, all course fees will be refunded. There are no refunds for missed one-night workshops.

Course Cancellations: We reserve the right to cancel a class due to insufficient enrollment or other circumstances. Please register early to avoid disappointment.

Weather Cancellations: Adult Education cancels all classes when RSU 25 School District cancels classes due to snow or adverse weather conditions. If inclement weather starts during the day, we will announce our evening cancellations after 2pm on our website and Facebook. We will also make every effort to contact students directly.

No Smoking Smoking is not permitted on school grounds.

School Holidays and Vacations: Adult Education classes are not held on holidays and vacations. You can view the school calendar at www.rsu25.org.

Veterans and Eligible Dependents

Funds may be available for you to go back to school! If your benefit period has not expired. To inquire about your eligibility, call the Veterans Administration at 1-888-442-4551. You may be able to take adult education classes for free.

Disclaimer

RSU 25 Adult Education strives to provide a diverse listing of course offerings to the community. The views and ideas expressed by course instructors are not necessarily those of RSU 25 Adult Education. Students are encouraged to use their best independent judgment in evaluating statements or suggestions made by instructors.

In accordance with applicable Federal and/or State laws and regulations, RSU 25 prohibits discrimination against and harassment of employees, candidates for employment, students and others with rights to admission or access to school programs, activities or premises on the basis of race, color, sex, sexual orientation, religion, ancestry or national origin, age, or disability. For the purpose of this policy, "sexual orientation" means a person's actual or perceived heterosexuality, bisexuality, homosexuality, or gender identity or expressions.

Literacy

Our Learning Center is open by appointment, scheduled class or via remote learning access. Enrollment in our literacy programs is open year round. We offer beginning to advanced ESL (English for Speakers of other Languages) sessions to meet individual needs for speaking, listening, reading, and writing English. Civics instruction can be used to help prepare for the Citizenship exam. English and Math classes are available to improve basic skills as a general brush-up or in preparation of diploma, certification, or college and career access courses.

Civics

Our Civics course is perfect for anyone who would like to study the rights and duties of citizens and the workings of the United States government. Students study the theoretical, political, and practical aspects of Citizenship, Government, and the History of the United States. This class will help prepare you for the **Citizenship exam**. Schedule set with student at enrollment.

Instructor: Christina Earley

Location: Learning Center



English

This course is for those who would like to improve their English reading, writing, and grammar skills. Discover the benefits of improving your reading and writing ability for personal growth. Schedule set with student at enrollment.

Instructor: Christina Earley

Location: Learning Center

ESL (English For Speakers of Other Languages)

Beginning to advanced sessions will meet individual needs for speaking, listening, reading, and writing English. Schedule set with student at enrollment.

Instructor: Christina Earley

Location: Learning Center



Basic Math

A great course to understand the basics of math and build f. This course will cover basic operation, fractions, decimals, percents, rates, ratios, proportions, order of operations, problem solving, measurements, intro to geometry and intro to algebra. This course will prepare you for Pre-Algebra, Healthcare Math, and HiSET Math prep.

Instructor: Tina Monreal

Location: Computer Lab

Dates: 9/19 - 12/19 (Monday) 1-3pm and 9/23 - 12/16 (Friday) 10-12pm



Pre-Algebra

This course is a great transitional course from Basic Math to Algebra I. The course will also prepare you for the HiSET Math Prep course. This course will cover integers, expressions, equations, linear functions, graphing, real numbers, right triangles, percent, distance, surface area and volume.

Instructor: Tina Monreal

Location: Computer Lab

Dates: 9/19 - 12/19 (Monday) 1-3pm and 9/23 - 12/16 (Friday) 10-12pm

High School Completion

IT'S NEVER TOO LATE!! A High School Diploma opens doors toward employment and educational goals. All high school completion courses are FREE. The Learning Center is available by appointment, scheduled classes or via remote learning access. Enrollment is open year round and we have onsite, blended, and distance learning options available. Our friendly, knowledgeable staff will work with you to design an individual learning plan that best fits your learning style, goals, and schedule. All of our high school completion classes are contextualized with your individual goals in mind to better prepare you for college or the workplace. You will have two paths to choose from to earn your high school credentials: high school diploma or HiSET® (High School Equivalency Test). Contact us today to set up an appointment and take the first step to success!

High School Diploma Program

It's never too late to earn your High School Diploma. The program is available year round and you can enroll at anytime. You will meet with an advisor to review your high school transcripts and develop a learning plan to complete the diploma requirements. Credits earned at your previous high school are usually transferable. Courses available onsite, online, and blended. Schedule set with student at enrollment.

Instructors: Christina Earley and Tina Monreal

Location: Learning Center

Diploma classes include the following areas:

English
Math
Science
Social Studies
Fine Arts
Foreign Language
Computer Proficiency
Electives



HiSET®

Now is the time to earn your High School Equivalency Degree! The HiSET® is the high school equivalency exam in Maine. This course will help prepare you for the five subject areas of the HiSET® exam: Reading, Writing, Social Studies, Science, and Math. We'll review content in each of these areas and learn some test-taking strategies. You may enroll in HiSET® preparation classes at anytime.

Instructors: Christina Earley and Tina Monreal

Location: Learning Center



HiSET®

Accommodations on the HiSET® Tests are available for qualified individuals with a documented disability. For more information, contact Adult and Community Education 469-2129.

High School Completion

Algebra I

This course introduces students to expressions, equations, functions, linear equations, linear functions, exponents, quadratic functions, rational functions, statistics and probability. Pre-requisite: Pre-Algebra, 226 on the Math CASAS, or with Director approval.

Instructor: Tina Monreal

Monday/Wednesdays 10:00 am - 11:30am

Location: Computer Lab

Dates: 9/26/22 - 1/25/22

$$\begin{cases} 2x_1 + x_2 = 7 \\ x_1 + x_2 - 3x_3 = -10 \\ 6x_2 - 2x_3 + x_4 = 7 \\ 2x_3 - 3x_4 = 13 \end{cases}$$



Biology with Lab

Are you curious about your environment and other lifeforms on this planet? In this course we will aim to broaden your knowledge in the wide field of biology. This is a blended course that involves online and onsite instruction. Schedule set with student at enrollment.

Instructor: Christina Earley

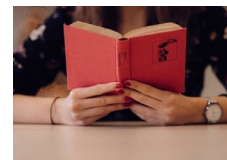
Location: Learning Center

English Short Stories

In this course we will travel to the future of two different countries. We will discover new worlds and fascinating characters all from the comfortable seats of our classroom. Schedule set with student at enrollment.

Instructor: Christina Earley

Location: Learning Center



HiSET Math Prep

This course will help prepare you with the skills needed to pass the HiSET Math exam. Topics include: Numbers and Operations; Exponents and Roots; Decimals, Fractions, and Percents; Rates, Ratios, and Proportions; Measurements; Geometry; Statistics; and Algebra.

Instructor: Tina Monreal

Tuesdays/Thursdays 1:00 pm - 2:30pm

Location: Computer Lab

Dates: 9/27/22 - 12/22/22

HiSET®

HiSET Prep

During this course you will prepare for the HiSET exam in the areas of Reading, Writing, Science, and Social Studies. Schedule set with student at enrollment.

Instructor: Christina Earley

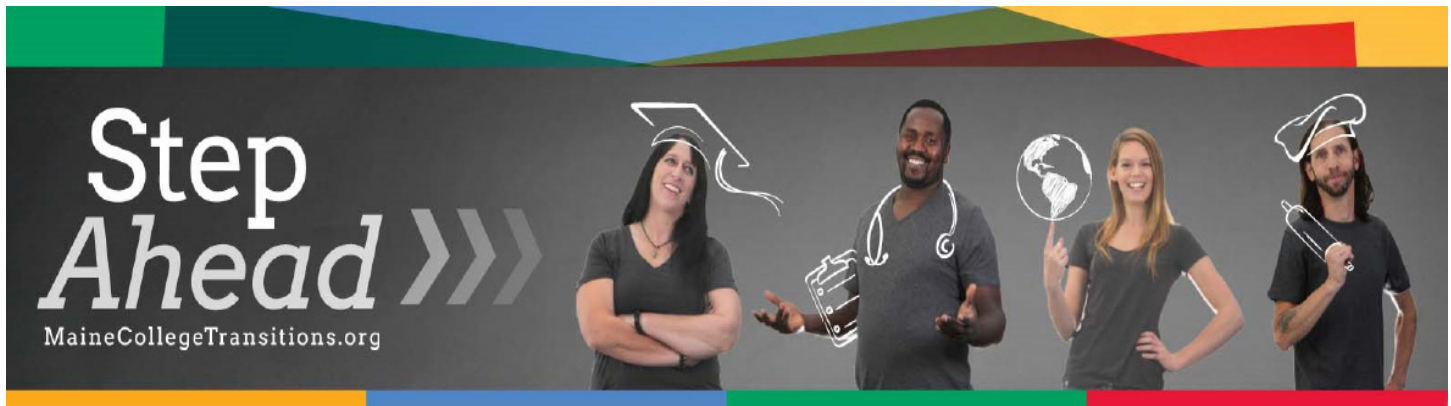
Location: Learning Center

Dates: 9/7-12/21

College Transitions and Career Preparation

College and Career Readiness Program

Are you preparing for college, training, or making a career step. Do you need to take a course or to receive a bit of tutoring to be ready for your next step? Any high school course can be taken as a credit or non-credit (your choice) to assist you in reaching your goals. We also provide course specific tutoring, Accuplacer and ASVAB preparation, College and Career Readiness courses, Healthcare pre-requisites and preparation, and Digital Literacy tutoring and certification. Study Skills, Financial Aid, Computer Skills, Time Management, Financial Literacy, Career Exploration, English, Math, and Biology are all just a sample of the assistance we can provide. We accept enrollments year round and have onsite, blended, and distance learning options to fit your schedule. Most of our College and Career Readiness courses are free or of very low cost. Many of the individual courses and workshops are listed with expanded descriptions on our website at www.rsu25.maineadulted.org, and we will also work with you to design your own individual learning plan. Take the next step - contact us and get started today!



Maine College Transitions is perfect for those who want to further their education and already have a high school diploma or equivalency.

Hundreds of students have taken Maine College Transitions and gained entrance into trade schools, community colleges, and four-year colleges or universities.

If you have a dream and the desire, we have the tools that will help you get to your goal.

TAKE THE STEP

- ON-GOING SUPPORT
- FINANCIAL PLANNING
- SKILLS DEVELOPMENT
- COLLEGE & CAREER GUIDANCE
- COLLEGE ADMISSION



MaineCollegeTransitions.org



College Transitions and Career Preparation

College and Career Readiness

Develop academic and soft skills for college and career success. Class includes, but is not limited to: Study Skills, Financial Aid, Time Management, Personal Finances, and Career Explorations. Schedule set with student at enrollment.

Instructor: AE Staff

Location: ACE



Digital Literacy for Work and College

Digital Literacy is a series of instructor led courses to improve an individual's ability to perform basic computer skills. Course includes, but is not limited to; Basic Computer Skills, Windows, Internet, Email, Social Media, Word, Excel, PowerPoint, and Google. Schedule set with student at enrollment.

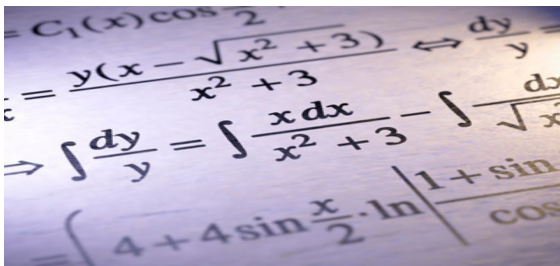
Instructor: Tina Monreal

Location: Computer Lab

ELA for College and Career

Develop reading, writing, and research skills for college and career success. Topics covered may include punctuation, grammar, use of language, elements of fiction and non-fiction, research skills and strategies.

Instructor: Christina Earley **Location:** Learning Center
Monday/Tuesdays 2:00 pm - 3:00pm



Math for College and Career

Develop skills in Mathematics to ensure college and career success. Topics may include Number and Number Operation, Statistics and Data Analysis, Measurement and Geometry, and Algebra. This course will prepare you for the Accuplacer Math Exam.

Instructor: Tina Monreal **Location:** Learning Center
Dates: 9/19 Monday 1-3pm and 9/23 Friday 10-12pm



UMA Distance Education

New Fall semester began on August 29, 2022. We are pleased to offer online classes through University of Maine at Augusta's distance education program as well as onsite support for your online distance education classes. This program offers access to courses and programs at more than 30 locations and online. The classes are available at **our site in Bucksport** via video conference. **To register for classes and/or your degree program, contact UMA Ellsworth Center online at <https://www.uma.edu/locations/ellsworth/contact-us/> or at 667-3897. Area students registering at the Bangor campus may also attend classes here at Bucksport. WHEN YOU REGISTER, ASK TO ATTEND CLASSES AND/OR RECEIVE SUPPORT FOR CLASSES AT RSU 25 ADULT EDUCATION IN BUCKSPORT.**

Computer and Technology

CAD I

This course is designed for any individual that would like to learn CAD. During this course, we will introduce you to SketchUp. SketchUp is used by Architects, Interior Designers, Industrial Designers, Landscape Designers, Video Game Designers, and many more. This course will provide you with a complete overview of SketchUp's essential skills.

Instructor: Tina Monreal
Tuesday 4:00 pm - 6:00 pm

Location: Computer lab
Dates: 1/31/23 - 3/28/23

CAD II

This is a continuation of our CAD I class. Any individual attending this class should know the basics of SketchUp. We will explore more advanced skill in SketchUp, including but not limited to layout features, plugins, and rendering for Photorealistic models.

Instructor: Tina Monreal
Tuesday 4:00 pm - 6:00 pm

Location: Computer lab
Dates: 4/4/23 - 5/30/23

Computer Support Specialist

Do you enjoy working with computers? Have you considered a career in IT? Computer Support Specialists provide technical support for users, companies, and/or organizations. You will learn to navigate the computer, workplace skills, basic IT infrastructure and networking, basic security skills, and troubleshooting and problem solving. Classes will be hybrid (onsite and online). You will receive industry recognized credentials in WorkReady, Northstar Digital Literacy, IC3 and CompTIA A+. This course starts with the Digital Literacy class then moves on to the IC3 class and finishes with the CompTIA A+ class.

Instructor: Tina Monreal
Mondays/Wednesdays 4:00 pm - 6:30 pm
Registration Fee: \$0 for qualifying individuals

Location: Computer Lab
Date: Spring 2022

Digital Literacy CSS

This course is designed to provide you with an overview of the computer to improve your digital literacy skills. It can be taken as part of our computer support program or a stand alone course. Digital Literacy CSS is a required pre-requisite. We will explore the hardware and software of a computer. Topics include: Basic Computer, Microsoft Windows, Internet, Email, Social Media, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, and Google.

Instructor: Tina Monreal
Monday/Wednesday 4:00 pm - 6:30 pm

Location: Computer Lab
Dates: 3/6/23 - 4/12/23

IC3 Training

IC3 is a certification for anyone who wants to demonstrate critical computer and internet skills. It can be taken as part of our computer support program or a stand alone course. Students who achieve IC3 certification possess the validated skills and knowledge required for basic use of computer hardware, software, networks, and the Internet. Not only do you receive tools for success in the 21st Century classroom but also for higher education, employment, and life. To become IC3 certified, you must pass 3 level exams. The course includes training and practice tests. Certification exams are held after you successfully complete the course and pass the practice exam.

Instructor: Tina Monreal
Monday/Wednesday 4:00 pm - 6:30 pm

Location: ACE Computer Lab
Dates: 4/24/23 - 6/12/23

Northstar Digital Literacy Certificate

The Northstar Digital Literacy Certificate is a self-guided online set of assessments that shows an individual's ability to perform basic computer skills. Assessments are available for basic computer skills, world wide web, Windows, Mac OSX, email, Word, social media, Excel, Powerpoint, and information literacy. Testing for a certificate is free and available to anyone who needs to assess their skills. Lab times vary each semester or may be set up by appointment. Please note that there is a fee for instructor-led courses. You can call our office at 469-2129 to set up an appointment or to learn more about the program.

Behavioral Health Professional Certification Training

Our community is looking for individuals who want to make a difference in a child's life.

Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The need in our area is great!

As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential.

We are excited to connect our community to this wonderful ONLINE training program. The online training will equip you to help children who are receiving Behavioral Health services. The training will prepare you for employment through local social services providers. The training can be started at any time and finished at your own pace.

You will complete 12 online modules and 12 hours of live instruction (offered virtually). An online Bloodborne Pathogens training, as well as Child & Adult First Aid & CPR training, will be made available to you, if you do not already possess those certifications. The entire training takes about 45 hours to complete.

Any individual who will be 18 years of age or older upon completion of the course, may register. (Individuals must be at least 18 and have a high school diploma or equivalent to get certified.)

See Blended Learning Curriculum at Woodfords FamilyService for more information.



Behavioral Health Professional

If you're great with kids and want to make a significant difference in the lives of children and families, consider this BHP training and certification. It is required for direct care providers working in Children's Behavioral Health Services, either in the school or home/community setting. Additional requirements for BHP certification include current Child & Adult CPR/First Aid certification and completion of an OSHA compliant Bloodborne Pathogens training.

To be eligible to take the BHP course, individuals must be at least 18 years old upon completion of course. Additional education requirements must be met to be eligible to provide MaineCare Section 65 services.

This is a blended learning program, **a combination of online and in-person sessions**. To learn more about this program, call us or see: <https://www.woodfords.org/bhp-program/>

Instructor: Woodfords Family Services

Cost: Free

Ends 6/30/23

Healthcare

CCMA (Certified Clinical Medical Assistant)

Do you want to prepare for an exciting, challenging and rewarding career in healthcare? We train students to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Students will review important topics including phlebotomy, pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, professional workplace behavior, ethics and the legal aspects of healthcare. This program is offered as part of our Adult Education Workforce grants. Enrollment is on an application process. Accepted students will work with Adult Education and partner programs to provide course free of charge. Classes will be hybrid (onsite and online) with onsite labs at multiple locations. Upon successful completion of our program, students will be eligible to sit for their national certification exam, and have an opportunity for job shadowing/externship. Interested students may request an application packet at adulted@rsu25.org, calling 207-469-2129, website application will be ready for download on Monday, September 26, 2022

Instructor:

Days and Times TBA on our website

Location: ACE

Dates: Fall 2022

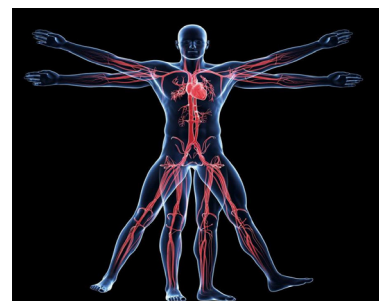
Anatomy and Physiology

How does the body work? What is homeostasis, and why is it so important for our well-being? We will discuss these questions and learn many interesting facts about the various functions our bodies perform. Online course with office hours available or onsite by appointment only.

Instructor: Christina Earley

Location: Learning Center

Registration Fee: \$165 or free to college & career transitions program students.



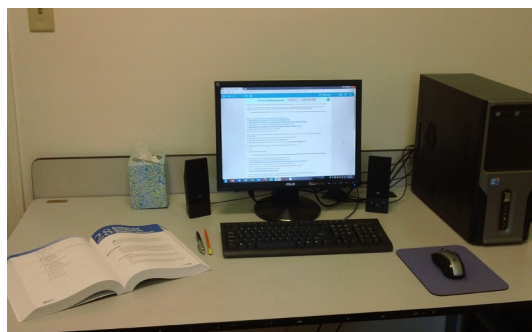
Digital Literacy for Healthcare

Digital Literacy is a series of instructor led courses to improve an individual's ability to perform basic computer skills needed for healthcare. Course includes, but is not limited to: Basic Computer Skills, Windows, Internet, Email, Social Media, Word, Excel, PowerPoint, and Google. Online course with lab hours available or onsite by appointment.

Instructor: Tina Monreal

Location: Computer Lab

Registration Fee: \$60 or free to college and career transitions students.



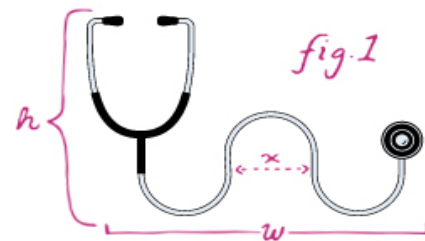
Healthcare Math

This course is designed to prepare you for the math skills needed to be successful in the healthcare field. This course will cover fractions, percents/decimals, rates/ratios, proportions, metric system, dimensional analysis, problem solving, and more. Online course with lab hours available or onsite by appointment.

Instructor: Tina Monreal

Location: Learning Center

Registration Fee: \$165 or free to college and career transitions students.



Information Session for Certified Clinical Medical Assistant

Join us onsite to learn more about our certified clinical medical assistant program. This is the first of our information sessions. Additional dates will be posted on our website. This session will provide a general overview of the program, how it works, get your questions answered, and gives you the option to sign up for our contact list. Staff will be available to assist you with the application.

10/20/22 4:00 pm - 7:00 pm

Location: ACE

General Enrichment

Look for the courses offered in coordination with G.E.A.R. Parent Network. Courses are available onsite and via zoom. To enroll in the onsite class register with RSU 25 Adult and Community Education at anytime. To enroll in the class via zoom register with G.E.A.R. Parent Network and courses will open quarterly. Classes can count toward required parenting classes.

ADHD 101 - What We Want to Know But Forget to Ask!

This workshop will offer the framework to help us understand what Attention Deficit/Hyperactivity Disorder is, what causes it, how to diagnose and who can diagnose it; the symptoms, what helps, the supports needed; and treatment and management.

Instructor: G.E.A.R. Parent Network staff

Location: BHS Library

Tuesday 6:00 pm - 8:00pm

Date: 9/27/22

Alcohol Ink

Alcohol Ink is an alcohol based pigment that is used to color non-porous surfaces such as glass, tile, metal and more. We will also play with yupo paper as well (A synthetic water-color paper-100% polypropelynel). By the end of the workshop you'll have at least 2 tiles for wall-hanging, and some beautiful glassware.

Instructor: Amanda Coburn

Location: TBD

Thursday 5:30pm - 8:30pm

Date: 10/20/22

Registration Fee: TBD

Basic Advocacy - How to Advocate for What Your Kids Need

Many parents and caregivers have faced challenges in getting their child's behavioral health and education needs met. Having your head in the right place is very important, but is only the beginning. Learning to communicate and advocate effectively with service providers, doctors, and teachers is one of the best way to ensure that your child's needs are being met. Learn how to effectively advocate for your child. How to have an ongoing collaborative and constructive relationship with others. Developing your advocacy skills is the next step to forming your own strategies about how to problem solve, resolve conflicts and become a more effective advocate.

Instructor: G.E.A.R. Parent Network staff

Location: Learning Center

Thursday 10:00am - 12:00 pm

Date: 9/29/22

Conversations in English

Practice your English in a friendly relaxed atmosphere. We'll cover a variety of topics to assist with your English speaking and listening skills in a small group setting. Have a specific topic in mind? Bring it along - this group is for you! Drop-ins are welcome. Ongoing.

Instructor: Christina Earley

Location: Learning Center

Monday 4:00pm - 6:00pm

Dates: Beginning 10/3/22

General Enrichment

“Do You Speak Teen? ‘mnE Ps dnt bleev der is a gNR8N d/c b/t em n thr teen”

Communicating with teens today is more challenging than ever but not impossible! This workshop will explore modern technology and give you some new ideas to peek into your teen’s world. The framework of the 40 Developmental Assets will also be shared. Minneapolis - based Search Institute has identified 40 building blocks of healthy development. Known as “development assets” that helps influence choices young people make and help them become caring and responsible adults.

Instructor: G.E.A.R. Parent Network staff

Location: BHS Library

Monday 3:00 pm - 5:00 pm

Date: 12/19/22

Driver’s Education

Sessions are onsite with an orientation via zoom. This course is suited for students 15-21 years of age. This will include 30 hours of classroom time and 10 hours of behind the wheel training to prepare the student for the road test. Sign up at www.costalareadiving.com or call (207) 716-6294.

Instructor: Coastal Area Driving Academy

Location: BHS Room 116

Registration Fee: \$525 (payable to Coastal Area Driving Academy)

Driver’s Education Live Class Dates

October 2022 -

Orientation - via Zoom - Mandatory for parents and students: Sunday, 10/2/22 - 6:00 pm - 7:30 pm

Class dates: 10/4/22 - 10/24/22 2:45 - 5:45 pm Tuesday, Wednesday, Thursday

November 2022 -

Orientation - via Zoom - Mandatory for parents and students: Sunday 10/30/22 - 6:00 pm - 7:30 pm

Class dates: 11/1/22 - 11/22/22 - 2:45 - 5:45 pm Tuesday, Wednesday, Thursday

December 2022 -

Orientation - via Zoom - Mandatory for parents and students: Sunday 11/27/22 - 6:00 pm - 7:30 pm

Class dates: 11/29/22 - 12/20/22 2:45 - 5:45 pm Tuesday, Wednesday, Thursday

Gory Halloween Makeup Workshop

Learn the basics of using liquid latex and household items to create bloody scary halloween looks. Please bring a mirror and a hair blow dryer. Make sure to wear messy clothes.

Instructor: Amanda Coburn

Location: TBD

Thursday 5:30 pm - 8:30 pm

Date: TBD

Registration Fee: TBD

Grandparents Raising Grandchildren

Are you raising a second set of children or youth at a time you thought you would be planning your retirement? This discussion will focus on specific issues that may be challenging for grandparents today and uncover ideas and solutions for greater success and less stress.

Instructor: G.E.A.R. Parent Network Staff

Location: Learning Center

Monday 10:00 am - 12:00 pm

Date: 12/5/22

General Enrichment

Helping Your Child Manage Their Meltdowns

Are you feeling like you are always walking on egg shells when dealing with your young child's meltdowns? Are you at a loss about how to help your child to be successful? You're not alone! Join in the discussion about what meltdowns are and strategies that can be used to help your child better manage these meltdowns.

Instructor: G.E.A.R. Parent Network Staff

Location: Learning Center

Wednesday 10:00 am - 12:00 pm

Date: 10/12/22

How Difficult Can This Be? The F.A.T. (Frustration, Anxiety, and Tension) City Workshop

This unique and interactive program allows participants to experience the same frustration, anxiety, and tension that children with learning disabilities face in their daily lives. See how teachers, social workers, psychologists, parents, and friends who have participated in Richard Lavoie's workshop reflect upon their experience and the way it changed their approach to children who have a learning disability.

Instructor: G.E.A.R. Parent Network

Location: BHS Library

Monday 6:00 pm - 8:00 pm

Date: 2/6/23

Hunter Safety

RSU 25 Adult and Community Education in coordination with The Bucks Mills Rod & Gun Club will be hosting a Hunter Safety course. This two-day, instructor led course will be in person and hands on. Students 13 and under must be accompanied by an adult. Class will break for lunch each day. After successful completion of this course, each person will receive certification. It is required that each individual attend both days to gain certification. The course is by donation payable to the instructor at the time of class. Please use the Adult Education entrance and check in with the receptionist upon arrival. **Registration is required as the class fills quickly. Registration is required online at <https://www.eventbrite.com/e/firearms-hunter-safety-class-traditional-course-bucksport-tickets-416865545067>.** This link will take you directly to Maine Inland Fisheries & Wildlife Hunter Safety registration for Bucksport.

Instructor: Bruce Ashmore

Location: BHS -AE Entrance

Saturday/Sunday 8:00 am - 5:00 pm

Date: 10/1/22 & 10/2/22

It's So Much Work to Be Your Friend: Helping the Child With Learning Disabilities Find Social Success

Are you concerned that your child has no friends? Do you watch your child struggle with social isolation and rejection? This workshop will identify specific reasons why children with learning disabilities have difficulty with social interaction. Parents and caregivers will learn practical strategies to assist children in gaining peer acceptance and developing age appropriate social skills.

Instructor: G.E.A.R. Parent Network

Location: BHS Library

Monday 6:00 pm - 8:00 pm

Date: 3/13/23

General Enrichment

Intro to Ceramics

Ever wanted to learn how to work with clay and make beautiful and functional pottery and ceramics? Come join us in our new pottery studio and learn the basics of handbuilding with clay, including pinch pots, coil, and slab construction. Time permitting, each student will also have the opportunity to try out one of our pottery wheels. Each week will feature a guided lesson. Replicate the lesson example, put your own creative twist on it, or work on your own independent projects.

Week One - Textured Tumblers

Week Two - Pierced and Carved Candle Lanterns

Week Three - Mugs

Week Four - Sgraffito espresso cups, and glaze party

Note: students who are not able to attend week 4 to glaze previous work can have their work glazed for a small fee. Students will pick up finished work at a later date after the final kiln firing.

Instructor: Molly Brosnan

Location: Ceramics Studio, AE entrance

Tuesday/Thursday 6:00 pm - 8:00 pm

Dates: 10/4/22 - 10/27/22

Registration Fee: \$55 per week or \$190 for all 4 weeks (includes Materials fee)

Last One Picked...First One Picked On: The Social Implications of Learning Disabilities

Do you watch your child struggle with social isolation and rejection? This workshop will provide parents, caregivers and teachers with strategies for teaching our kids the social skills they will need for success in social interactions. Participants will learn about positive traits for peer acceptance, students traits that teachers like, and the “hidden curriculum.”

Instructor: G.E.A.R. Parent Network

Location: BHS Library

Monday 6:00 pm - 8:00 pm

Date: 3/27/23

Managing Stress During the Holidays

The holiday season is here! While it is meant to bring feelings of love and cheer, it's also the harbinger of stress for many of us. Join us and learn a few simple tips you could try to help reduce holiday stress before it begins so that it remains at a positive level rather than an overwhelming one.

Instructor: G.E.A.R. Parent Network Staff

Location: BHS Library

Monday 6:00 pm - 8:00 pm

Date: 11/7/22

Plant Imprinting on Fabric

Join us as we celebrate the beauty of the world around us. We will begin by experimenting on various fabric surfaces to see how color reproduces. Then we will move on to creating a finished tote bag that expresses a one-of-a-kind design. All materials are provided by the instructor. Participants are encouraged to bring favorite flowers or leaves. Make sure they are kept in water until workshop. This workshop will teach you to imprint a design on a canvas tote bag using a variety of natural plant materials. Minimum 6 required.

Instructor: Sandi Cirillo

Location: Learning Center

Thursday 4:30 pm - 7:00 pm

Date: 10/20/22

Registration Fee: \$35 (includes Materials fee)

General Enrichment

Positive Behavioral Supports - Tantrum Management: Self Preservation - Success in Parenting Children With Behavioral Health Needs

Do you sometimes feel like you don't know how to help your child? Children with behavioral health needs do not come with a manual! Positive behavioral supports emphasize practical ideas about how to meet your child where they are and utilize their motivation to increase success. This workshop will offer a framework to understand the nature of your child's behavior and methods to flexibly respond to the needs your child presents. Understanding and using stage of change concepts, maximizing provider induement, and enhancing natural supports will be emphasized to provide usable tools that can be applied in a variety of real-life situations. Come and learn how to manage your child's tantrums by using positive behavioral supports.

Instructor: G.E.A.R. Parent Network

Location: Learning Center

Monday 10:00 am - 12:00 pm

Date: 1/23/23

Seasonal Affective Disorder

Seasonal Affective Disorder can impact adults, teens, and children. It is estimated about 6 in every 100 people (6%) experience SAD. One U.S. study found rates of SAD were 7 times higher in New Hampshire than in California suggesting the farther we are from the equator, the more likely we are to develop SAD. Join us for an educational and stress-less time learning about SAD and how to deal with it.

Instructor: G.E.A.R. Parent Network Staff

Location: BHS Library

Wednesday 3:00 pm - 5:00 pm

Date: 11/16/22

Summer Safety: Keeping it Cool! Preventing Heat Related Illness and Sun Safety for Children

Sunburn, heat cramps, heat stroke, and skin cancer often are not thought of when you are enjoying the outdoors. Come learn about the importance of keeping your children and yourself safe while having fun in the sun! Parents will share their challenges and also some ideas how they deal with the sun protection and summertime issues.

Instructor: G.E.A.R. Parent Network Staff

Location: BHS Library

Monday 6:00 pm - 8:00 pm

Date: 6/5/23

Surviving Parenting: Self-care is NEVER Selfish

Self-care often becomes an afterthought for parent and caregivers. The ability to treat and understand oneself with respect and kindness can be especially elusive when raising a family. In this workshop, you will learn how stress and anxiety affect all of us and what you can do about it. You will do a self-care checkup and tools will be shared to create positive thinking. Join us to discover how to cope when your life is full but your energy tank is running on empty.

Instructor: G.E.A.R. Parent Network Staff

Location: Learning Center

Monday 10:00 am - 12:00 pm

Date: 2/27/23

General Enrichment

Take Action Against Bullying

Bullying has become such a widespread problem it is not being recognized as a major mental health concern for children and youth, having been found to leave long-term emotional scars and psychological effects similar to anxiety disorders and post-traumatic stress. This workshop will help you identify the warning signs of both the victim and the bully. Prevention and effective coping skills will be explored.

Instructor: G.E.A.R. Staff

Monday 6:00 pm - 8:00 pm

Location: BHS Library

Date: 10/24/22

The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child

This video workshop by author Rick Lavoie, MA, M.Ed, explores proven techniques, strategies, and scripts - based on six possible motivational styles - that will revolutionize the way teachers and parents inspire children to succeed and achieve. Rick Lavoie explores common myths and gives specific advice for motivating children.

Instructor: G.E.A.R. Parent Network Staff

Monday 6:00 pm - 8:00 pm

Location: BHS Library

Date: 4/10/23

Be sure to check out our website at
www.rsu25.maineadulted.org for
additional classes throughout the

Understanding Child Birth Order

Birth order is a fun and interesting topic you may not considered. Research shows that a person's birth order has a direct link with his/her personality. These stereotypes on birth order may sound silly, but there is an interesting degree of scientific accuracy in their foundation. Being able to understand birth order positions allows parents, guardians and teachers to guide and support children and strengthen positive qualities.

Instructor: G.E.A.R. Parent Network Staff

Monday 3:00 pm - 5:00 pm

Location: BHS Library

Date: 5/8/23

Watercolor Journaling

Students will be introduced to watercolor journaling, capturing memories on paper using pen and ink and watercolors. We'll first spend time honing our drawing skills and then learn about properties of watercolor painting. Then we'll work in our watercolor journals sketching and painting the world around us.

Instructor: Sandi Cirillo

Monday 5:00 pm - 7:00 pm

Location: Learning Center

Date: 11/14/22

Registration fee: \$30 (includes Materials fee)

General Enrichment

What are Family Peer Specialists & How do They Support Maine Families

The Family Peer Specialist (rps) role has been available in Maine to support families who have children/youth with special medical, emotional and behavioral health needs for over 25 years. During the past 10 years this role has quickly evolved to being one of not only providing emotional support and resource sharing to also reducing feelings of isolation by providing opportunities to learn from and support each other; build family protective factors, resiliency and strength; practice vital parenting skills in an environment free from shame, blame and judgement. Join us to learn about the family organizations in Maine who offer free parent peer support, the three levels of support, fps credentialing, role functions and the benefits to the family and service delivery system when family peer specialists are utilized!

Instructor: G.E.A.R. Parent Network Staff

Location: BHS Library

Monday 3:00 pm - 5:00 pm

Date: 1/9/23

What is Considered Child Abuse and Neglect in Maine

Our children are our future and child abuse and neglect is everybody's business! In this workshop, learn what is considered child abuse; state and national statistics; what Maine law is and how to report child abuse or neglect, the difference between "Punishment" vs. "Discipline"; child behavioral management examples and what are family and child protective factors; in addition to sharing strategies of parenting lessons learned.

Instructor: G.E.A.R. Parent Network Staff

Location: BHS Library

Monday 6:00 pm - 8:00 pm

Date: 5/22/23

What's Your Parenting Style?

Learn and identify your current parenting style and recognize the large impact that it has on your child's development. We will review each of the four parenting styles. Parents and caregivers can improve their skills by having an understanding of parenting styles, discipline, cultural influences and environmental issues. Through sharing of information and discussion you will be given the tools to use to evaluate both positive and negative influences in your lives and how it relates to your parenting style.

Instructor: G.E.A.R. Parent Network Staff

Location: BHS Library

Monday 3:00 pm - 5:00 pm

Date: 4/24/23

Enrichment Classes!!!

Is there a class that you would like to teach? Is there a class that you would like to take? Let us know. Email us at adulted@rsu25.org. We would love to hear your ideas!

Online Courses

ed2go Career Training Programs offer online open enrollment programs designed to provide the skills necessary to acquire professional level positions for many in-demand occupations. Each program includes a set of lessons and evaluations; grades are a combination of the instructor/mentor's evaluation of students' work and computer graded tests. We know you'll appreciate the quality as well as the convenience of anytime, anywhere learning! Online financial aid is available at ed2go. Online certificate programs are offered in partnership with major colleges, universities, and other accredited education providers. Students taking career training programs - please note classes are offered nationally. Students should plan to research career to ensure it fits Maine's licensure, certifications and/or training requirements/preferences. Textbooks and software are provided for most courses, but you will want to check prerequisites and required materials. In most cases, certified exam fees are included in your registration fees. Call us for more information or visit our website at **careertraining.ed2go.com/rsu25aded**



A partial list of the courses available:

Adobe Certified Associate (Vouchers Included).....	\$2,795
Advanced Hospital Coding and CCS Prep (Voucher Included).....	\$1,795
AFAA Group Fitness Instructor (Voucher Included).....	\$ 695
Certified Bookkeeper.....	\$2,095
Certified Credit Counselor (Exam included).....	\$1,995
Certified Legal Secretary.....	\$2,295
Certified Master Wedding and Event Planner.....	\$5,495
Certified Residential Interior Design.....	\$2,045
Certified Technical Writer.....	\$2,195
Chartered Tax Professional.....	\$1,795
Digital Arts Certificate.....	\$3,495
Digital Marketing Strategist.....	\$3,865
Engineering Technician.....	\$1,995
Executive Assistant (Voucher Included).....	\$3,595
Financial and Career Coach (Exam Included).....	\$2,395
Fitness Business Management.....	\$2,495
Foundations of Plumbing.....	\$2,245
Front-End Web Developer.....	\$1,995
Graphic Design with Photoshop.....	\$2,095
Horse Care Management.....	\$2,995
Human Resources Professional.....	\$1,845
HVAC/R Technician (Voucher Included).....	\$2,895
Java Programmer + Python Developer.....	\$1,795
Management Training.....	\$2,095
NASM Certified Personal Trainer + Performance Enhancement (Vouchers Included).....	\$1,895
Nutrition for Optimal Health, Wellness, and Sports.....	\$2,495
Office Manager.....	\$4,995
Payroll Practice and Management.....	\$1,695
Python Developer.....	\$ 995
Restaurant Management.....	\$ 995
Robotics Technician.....	\$1,695
Veterinary Assistant.....	\$1,895
Video Game Design and Development.....	\$2,045
Web Design Professional.....	\$3,245

Online Courses

DISCOVER THE BENEFITS OF ONLINE TRAINING

ed2go Professional Development and Personal Enrichment has affordable, convenient classes accessible 24/7 anywhere with an internet connection. On the go? Take us with you! With over 800 classes available, in just six weeks you can explore a new field and employees gain valuable skills they can apply immediately. There's no technology to purchase, integrate, administer, or support. We host the entire operation. Call us or visit our website at

www.ed2go.com/rsu25aded.



A partial list of the courses available:

A to Z Grant Writing Series.....	\$199
Accounting Fundamentals Series.....	\$199
Achieving Success with Difficult People.....	\$115
Become a Veterinary Assistant.....	\$115
Beginning Conversational French.....	\$100
Blogging and Podcasting for Beginners.....	\$100
Certificate in Food, Nutrition, and Health.....	\$ 96
Certificate in Meditation.....	\$ 68
Certificate in Stress Management.....	\$ 84
Conversational Japanese.....	\$100
Creating Web Pages.....	\$115
Creating WordPress Websites Series.....	\$199
Discover Sign Language Series.....	\$199
Drawing for the Absolute Beginner.....	\$100
Get Assertive!.....	\$100
Grant Writing Suite.....	\$299
Instant Italian.....	\$100
Introduction to Guitar.....	\$100
Introduction to Interior Design.....	\$115
Introduction to Python 3 Programming.....	\$115
Java Programming Series.....	\$199
Keys to Effective Communication.....	\$100
Keys to Successful Money Management.....	\$100
Mastering Public Speaking.....	\$115
Mastering Your Digital SLR Camera.....	\$100
Music Made Easy.....	\$100
Nutrition and Health Bundle.....	\$169
Photographing Nature with Your Digital Camera.....	\$100
Photography Suite.....	\$299
Publish and Sell Your ebooks.....	\$115
Real Estate Investing.....	\$100
Sales Training Suites.....	\$299
Speed Spanish Series.....	\$299
SQL Series.....	\$199
Start Your Own Small Business.....	\$115
Stocks, Bonds, and Investing; Oh, My!.....	\$100
Stock Trading Suite.....	\$299
Writing Fiction Series.....	\$199

Online Courses

LERN's UGotClass

Enhance the skills you need to succeed in the 21st century. Our courses are designed to fit your life, your budget and your goals for the future. Online learning is easy. It's fun! Our online certificates are provided by expert instructors. Participate anytime during the day or evening, using any computer with internet access. Call us for more information or visit our website at

www.yougotclass.org/catalog.cfm/rsu25adulted.



List of Courses Available:

Boosting Your Website Traffic.....	\$195
Digital Marketing Certificate.....	\$495
Entrepreneur Boot Camp.....	\$195
Extraordinary Customer Service.....	\$145
Generational Learning Styles.....	\$145
Google Analytics.....	\$195
Improving Email Promotions.....	\$195
Integrating Social Media in Your Organization.....	\$195
Introduction to Social Media.....	\$195
Managing Generations in the Workplace.....	\$175
Marketing Using Social Media.....	\$195
Online Advertising.....	\$195
Photoshop for Presentations.....	\$195
Social Media for Business Certificate.....	\$495
Supervisory & Leadership Certificate.....	\$395
Using Personality Profiles for Better Work Performanc.....	\$295
Youtube for Business.....	\$245

Check the website for the start dates. They are offered throughout the year.

RSU 25 Adult Education Registration Form

Name _____ DOB _____
Address _____ Town/Zip _____
Home #: _____ Cell #: _____ Work #: _____
Email: _____

<u>Course Name</u>	<u>Date</u>	<u>Fee</u>

Please make checks payable to: RSU 25 Adult Education and mail to:
102 Broadway, Suite One
Bucksport, Maine 04416

When registering, please notify staff regarding any information we may need while you are enrolled with us (i.e. allergies, accommodations, etc.)

For Office Use Only:

Date Rec'd _____ ☐ Cash # _____ ☐ Check # _____

RSU 25 Adult Education Registration Form

Name _____ DOB _____
Address _____ Town/Zip _____
Home #: _____ Cell #: _____ Work #: _____
Email: _____

<u>Course Name</u>	<u>Date</u>	<u>Fee</u>

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Date Rec'd _____ ☐ Cash # _____ ☐ Check# _____



Don't see the course
you are looking for
here? Browse
www.maineadulted.org
for statewide listing.

It is the policy of RSU 25 Adult and Community Education not to discriminate on the basis of sex in its educational programs, activities, or employment policies as required by Title IX of the 1972 Educational Amendments. RSU 25 Adult and Community Education promotes lifelong learning. We offer educational opportunities for adults to meet their family, work, education, and community goals.