

SHAWSHEEN TECH

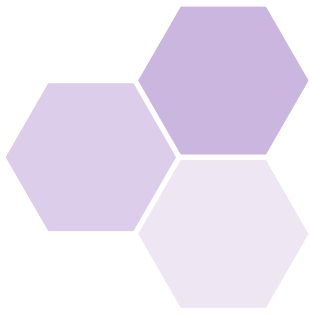
ADULT CONTINUING EDUCATION

SPRING 2024

COURSE CATALOG



Shawsheen's Adult Education program adds new classes all the time! For the most up-to-date course offerings, browse the course registry at shawsheentech.asapconnected.com



SHAWSHEEN TECH

ADULT CONTINUING EDUCATION

WELCOME

It is my pleasure to welcome you on behalf of the Shawsheen Valley Regional Vocational Technical School District, and share with you the Spring 2024 Adult Education course catalog. During the school day, Shawsheen Valley Technical School is a student-centered public institution serving the five member towns of Billerica, Bedford, Burlington, Tewksbury, and Wilmington. Shawsheen Valley Technical School serves more than 1,300 students in grades 9-12 integrating academics with 20 vocational-technical career pathways. After-hours, Shawsheen extends its programming to the community, opening its doors to the public for various enrichment and career training opportunities.

Shawsheen's Adult Education program is open to anyone and is structured to provide quality education at an affordable price; classes fill on a first-come first-serve basis. All programs take place on our sprawling 100-acre campus in Billerica, Monday-Thursday during the hours of 5:00-10:00 pm. All classes are designed to fit upskilling needs identified in our regional blueprint, and/or are created for personal enrichment based on public interest. Shawsheen is consistently working to increase its rich and varied programming for the community, which supports its mission that education is a lifelong, continuous process, with many paths to help people live a successful and fulfilling life.

Whether you take one class to satisfy a personal interest or pursue a course to attain industry certification, I look forward to welcoming you to Shawsheen Valley Technical School, and thank you for allowing us to help make your education goals a reality.

Respectfully,

Allison N. Cammarata

Director of Communications & Community Partnerships

TEACHERS WANTED!

Teach for Shawsheen's Adult and Community Education

Sharing knowledge, expertise, and experience with others can be a deeply rewarding and gratifying experience. Shawsheen's Adult and Community Education program is looking to expand its course catalog and welcomes proposals for new classes. If you have wanted to teach but didn't have a platform to do so, or have an idea for a class that you think is needed in our community, please contact Allison Cammarata, Director of Communications & Community Partnerships, at acammarata@shawstech.org.

SHAWSHEEN VALLEY REGIONAL SCHOOL DISTRICT School Committee

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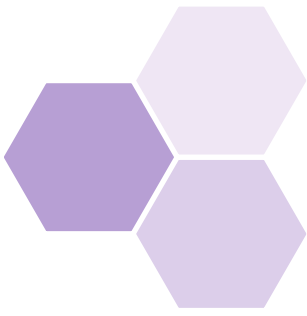
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SHAWSHEEN TECH

ADULT CONTINUING EDUCATION

HOW DO I REGISTER?

Register On-Line, In-Person, or by Phone

Shawsheen's Adult and Community Education Department strives to make accessibility to classes affordable and easy.

The most efficient way to register is through our online registration platform, which can be found under the **Community** tab at **shawsheentech.org**. The online registration system is organized using course categories, which correlate with the headings that organize this catalog.

If technology isn't your thing, we welcome phone calls to assist with the registration process. Feel free to call us directly at 978-671-3650 or email questions to **adulthood@shawtech.org**.

As always, please register for classes as soon as possible. Classes run based on enrollment; low enrollment risk cancellation.



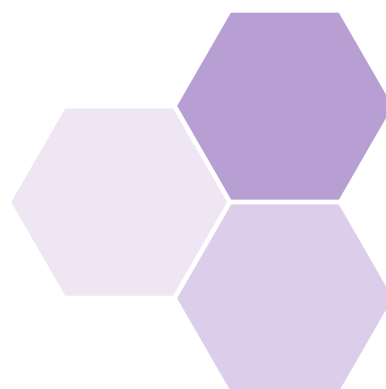
Scan here to
register!

PLEASE NOTE

Shawsheen's Adult Education program is revolving and adds new classes to its program even after the catalog is printed. Please visit shawsheentech.org for the most up-to-date course offerings.

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APPRENTICE, CODE & LICENSE

ELECTRICAL CODE SERIES FOR JOURNEYMAN LICENSURE

Shawsheen offers a Massachusetts Board of Electricians approved 600-hour Journeyman License Prep Program. This program spans four years, allowing students to take one level per year. The 150-hour level is split into two 75-hour semesters, to keep consistent with other vocational schools. Students can register for both semesters at the same time or wait until the end of the fall semester to register for spring. It is expected that both 75-hour semesters are completed in the same year, to obtain the hours for each corresponding level. This license prep program is hours based, and attendance is critical to ensure course completion.

**Students who graduated from a high school Chapter 74 Electrical program, should have received the curriculum covered in Level I and Level II, and therefore should have 300 hours of code theory. These students qualify to start code classes at Level III.*

NEW! 15-Hour MA Electrical Code (MCE)

This 15-Hour electrical mandatory continuing education (MCE) course includes lectures and discussions on the changes included in the 2023 Massachusetts Electrical Code, in addition to changes from the National Electrical Code. Electricians licensed in the state of New Hampshire can stay for an additional hour of instruction, to satisfy the New Hampshire regulations.

5 Mon • Starts APR 22 • 5:30pm-8:30pm • \$210

Start your
Electrical
Career HERE
with Level I!

Electrical Journeyman Level I (75 Hours)

Electrical Journeyman Level I is the first-year theory course for students looking to sit for the electrical journeyman exam. The full course is 150 certified hours and Shawsheen breaks this level into two 75-hour semesters. Anyone with less than 150 hours of classroom code and theory instruction starts with this level. The textbook *Illustrated Guide to Basic Electrical Theory* is included in the tuition price and is purchased for the start of the fall semester.

Spring Semester - Electrical Journeyman Level I (b)

Tue/Thu • Starts JAN 9 • 5:30-8:30pm • \$619

Electrical Journeyman Level II (75 Hours)

Prerequisite: students must have completed level I at Shawsheen or provide proof of 150 credit hours from an accredited institution.

Electrical Journeyman Level II is for students who have acquired the first 150 hours of code theory (or have less than 300 hours). This course is broken into two 75-hour semesters, for full credit of 150 certified hours for the level. The textbook *Understanding the NEC, Volume 1* is included in the tuition price, and will be used throughout the fall and spring semester.

Spring Semester - Electrical Journeyman Level II (b)

27 Mon/Wed • Starts JAN 9 • 5:30-8:30pm • \$619

Students who
graduated from
a Chapter 74
Electrical program
start at Level III

Electrical Journeyman Level III (75 Hours)

Prerequisite: students must have completed level II at Shawsheen or provide proof of 300 hours obtained from an accredited institution.

Electrical Journeyman Level III is for students who have 300 hours of classroom code and theory instruction (or anything less than 450 hours). *Students who graduated from a Chapter 74 electrical vocational program qualify to start their code and theory hours at Level 3, providing they have the state form confirming completion of 300 hours. The full course is 150 certified hours and is broken into two 75-hour semesters.

Spring Semester - Electrical Journeyman Level III (b)

Mon/Wed • Starts JAN 8 • 6:00-9:00pm • \$619

Electrical Journeyman Level IV (75 Hours)

Prerequisite: students must have completed level III at Shawsheen or provide proof of hours obtained from an accredited institution.

Electrical Journeyman Level IV is for students who have 450 hours of code and theory instruction (or anything less than 600 hours). The course is broken into two 75-hour semesters, for full credit of 150 certified hours. The textbook *Journeyman Exam Buster* is included in the tuition price and will be used throughout the fall and spring semester.

Spring Semester - Electrical Journeyman Level IV (b)

Mon/Wed • Starts JAN 8 • 5:30-9:00pm • \$619

APPRENTICE, CODE & LICENSE, *continued*

PLUMBING CODE SERIES FOR JOURNEYMAN LICENSURE

Shawsheen offers the complete Plumbing Tier program approved by the Massachusetts Board of State Examiners of Plumbers and Gas Fitters. The series takes four years to complete, with Tiers I and II taken consecutively in year one. Tiers must be taken sequentially, and students must meet hour requirements before enrolling for the next course. Attendance is critical for successful completion of these courses.

Start your
Plumbing
Career HERE
with Level I!

Plumbing Tier I (110 Hours) - Starts Next Year, Save the Date and Register Today!

This course is the starting point for anyone interested in the plumbing trade and for those planning to sit for their plumbing journeyman license. This course includes the 10-hour OSHA safety course, hot work training, and discusses materials, tools and methods, valves and devices, residential blueprints, math, and definitions related to the plumbing trade. This course is classroom based and covers code theory; there is no hands-on training. The current code book is included in the tuition and will be needed throughout the duration of the plumbing code series. *Students do not need to hold a registered apprentice card for Tier I, but it is a requirement for Tier II.*

NEXT YEAR- Mon/Wed • Starts OCT 7, 2024 • 5:00-9:00pm • \$1049

Plumbing Tier II (110 Hours)

Prerequisite: Students must have completed Plumbing Tier I, have their OSHA-10 card, and be a registered plumbing apprentice (apprentice numbers will be verified with the state prior to the start of class).

Plumbing Tier II covers an introduction to drains, waste and vents, allowable material, traps, clean outs, code, water supply, math, gas, blueprints and definitions related to the plumbing trade. This is a code theory class and does not include hands-on training.

THIS YEAR- Mon/Wed • Starts JAN 22 • 5:00-9:00pm • \$980

NEXT YEAR- Starts FEB 2025 following conclusion of Tier I

Plumbing Tier III – (110 Hours)

Prerequisite: Students must have completed Plumbing Tier II and be a registered plumbing apprentice.

Plumbing Tier III covers topics such as advanced instruction in vents, drains, water, storm, gas fixture instruction, blueprints, and definitions. This course is classroom based and is designed to teach plumbing code and theory; it does not include hands-on training.

Mon/Wed • Starts SEP 16 • 5:00-8:15pm • \$980

Plumbing Tier IV (110 Hours)

Prerequisite: Students must have completed Plumbing Tier III and be a registered plumbing apprentice.

Plumbing Tier IV covers lessons in gas code, general provisions, scope and jurisdiction, drainage piping, water supply, fixture installations, hospital fixtures, manufactured homes and construction trailers, public and semi-public swimming pools, and vacuum drainage systems. This course is classroom based and is designed to teach plumbing code and theory; it does not include hands-on training.

Tue/Thu • Starts SEP 17 • 5:00-8:15pm • \$980

Plumbing Tier V (110 Hours)

Prerequisite: Students must have completed Plumbing Tier IV and be a registered plumbing apprentice.

Plumbing Tier V covers the appropriate math, code, and theory related to Master's license examination. This course is classroom based and is designed to teach plumbing code and theory; it does not include hands-on training.

Tue/Thu • Starts SEP 17 • 5:30-8:30pm • \$980

Students who
graduated from
a Chapter 74
Plumbing program
start at Level IV

LICENSURE FOR INDUSTRY

Basic Life Support (BLS) for the Healthcare Professional

This is the American Heart Association's BLS course for healthcare professionals. This course is for those that need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings. The course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED.

This class is in-person and instructor-led, with hands-on exercises and video tutorials. The class teaches the following objectives:

- High-quality CPR for adults, children, and infants
- The AHA Chain of Survival, specifically the BLS components
- Important early use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multi-rescuer resuscitation and performance as an effective team member during multi-rescuer CPR
- Relief of foreign-body airway obstruction (choking) for adults and infants

Please wear comfortable clothing to class. *An additional \$10 check for the electronic CPR (E-card) from the American Heart Association (payable to Pulserate) is due to the instructor at the start of the class; there is an optional book for \$16 available from instructor.*

1 WED • FEB 28 • 6:00-10:00pm • \$99

1 WED • APR 24 • 6:00-10:00pm • \$99

Heartsaver CPR/AED

The Heartsaver CPR/AED course is geared to anyone with limited or no medical training who needs or wants to be certified in CPR/AED. Students who enroll in this class may want this knowledge for personal use or to meet a job/regulatory requirement. Upon successful completion of the course, students receive a course completion card valid for two years.

This class is in-person and instructor-led, with hands-on exercises and video tutorials. The class covers adult, child, and infant CPR/AED use as well as how to revive choking adults, children, and infants.

Please wear comfortable clothing to class. *An additional \$20 check for the electronic CPR (E-card) from the American Heart Association (payable to Pulserate) is due to the instructor at the start of the class; there is an optional book for \$5 available from instructor.*

1 Thurs • MAR 14 • 6:00-10:00pm • \$79

1 Thurs • MAY 2 • 6:00-10:00pm • \$79

NEW!

Real Estate Salesperson's License Preparation Course

Learn the real estate essentials necessary to be licensed by the Commonwealth of Massachusetts as a real estate salesperson. Topics covered in this class include the legal aspects of brokering, real estate financing, mechanics of closing, residential market evaluation, landlord-tenant relations, condominium conversions, tax abatements, zoning and land use control, license law and Massachusetts real estate practice, and real estate math. By completing this 42-hour course, students will have met the pre-licensure education requirement for the Massachusetts Real Estate Salesperson exam. A course study-guide is included in the cost of the class.

14 Mon/Wed • Starts MAR 11 • 6:00-9:00pm • \$419

ART & CREATIVE MEDIUMS

NEW!

The Art of Book Binding

This one-night class will allow you to learn the art of book binding. These books are great for scrapbooking, journaling, and more! You will make a 5x7 book out of premium book-board and heavy weight paper to take home with you, but the best part is that you will learn how to create more books at home. Come for a night out to learn this art and take home a new skill.

1 Thu • FEB 1 • 6:00-9:00pm • \$49

1 Thu • Apr 25 • 6:00-9:00pm • \$49

NEW!

Card Making 101

If you have ever thought about making your own greeting cards, thank you notes, or invitations, Card Making 101 is the class for you! This 4-week class will dive into the delicate card-making process, where students will learn about cutting, adhesives, ink, and stamps. By the end of the class, students will have three beautiful homemade cards to share with friends and family. **All tools and materials are included in the tuition price.*

Students receive their own paper trimmer and scoring tool.

4 Wed • Starts FEB 28 • 6:00-8:00pm • \$168

4 Wed • Starts MAY 8 • 6:00-8:00pm • \$168

NEW!

Basic Digital Photography

This 18-hour course is designed for enthusiastic beginners who want to take control of their camera's settings instead of depending on auto mode. The course emphasizes image composition and essential photo editing techniques. It offers a hands-on, foundational approach to using your DSLR camera and understanding fundamental elements of photography. Topics covered include shutter speed, aperture, and ISO. Weekly assignments and reviews will be an integral part of the course.

**Students will need to bring their own digital camera to class (DSLR preferred or high-end point and shoot).*

6 Mon • Starts MAR 11 • 6:00-9:00pm • \$180

Photoshop for the Digital Photographer

Photographers at any skill level can substantially increase their technical and creative control of an image by learning Photoshop. This course provides students with a comprehensive understanding of how photo editing allows photographers to build on image capture, to bring their work to the next level. This course covers basic foundational skills for Adobe Photoshop as it pertains to the modern photographer. Students will watch Instructor Don Bernstein, a professional photographer, model how he uses the program to achieve technical and esthetic digital imaging effects. With Photoshop in your toolkit, you will have expansive options to artistically touch and edit your images.

4 Wed • Starts MAY 8 • 6:00pm-9:00pm • \$144

Drawing Basics

Start your art journey learning basic drawing skills (or improve on the skills you already have)! This workshop class will empower you to use basic drawing materials while exploring the fundamentals of pencil drawing. This class focuses on basic techniques used when drawing with graphite and charcoal pencils. **Students will need to bring their own drawing supplies. Please see the suggested materials list on the course registration page of our website.*

6 Tue • Starts FEB 6 • 6:30-8:30pm • \$144 • (No class 2/20)

ART & CREATIVE MEDIUMS, *continued*

Drawing Basics II

Pencil Drawing II is intended to be a continuation of Pencil Drawing Basics course, but welcomes new students who have a basic knowledge of drawing. This class continues to look at drawing tools and covers more intermediate techniques. Students will be given personalized direction on their own drawing abilities while working on projects of their choosing. **Students will need to bring their own drawing supplies.*

Please see the suggested materials list on the course registration page of our website.

6 Tue • Starts APR 2 • 6:30-8:30pm • \$144 • (No class 4/16)

Sewing Basics

Do you have a quilt you would like to make, or pants that need hemming? Maybe you even want to sew something brand new with your favorite fabric! The life skill of seeing has been lost for so many. This class is an open workshop for sewers at all levels. Bring your projects and ideas to class and reach all your sewing goals! **A sewing machine is highly recommended.*

5 Tue • Starts MAR 5 • 6:00-9:00pm • \$180

NEW!

Woodworking: Make a Flag Case

Have you been presented with an American Flag to honor a relative who served in the United States military and do not have a proper way to store and display it? Join this class and learn how to build a flag case out of walnut or cherry. You will learn how to build a case that is a very respectful way of displaying the flag and making a further bond with the deceased veteran. The case you build will hold the standard 9.5' by 5' American Flag used for burials.

4 Tue • Starts Feb 27 • 5:30-8:30pm • \$199

NEW!

Woodworking: Make a Keepsake Box

Small boxes are an excellent way of storing jewelry, small tools, sentimental articles, and countless other uses. Building boxes is a great place to start your woodworking hobby but is also a very useful skill for more advanced woodworkers. In this class you will learn how to design and build small boxes using quality hardwoods. We will be making hinged lid boxes, slip lids, box joints, splined mitered boxes, and boxes with trays. Everyone will build at least one box, but more if time permits.

4 Tue • Starts Apr 23 • 5:30-8:30pm • \$199

AROUND THE HOUSE

Interior Design

During this four-week class, you will learn the elements and principles of design and explore how they apply to your own home, allowing you to enhance your space. We will collect concept images to help guide you in your design and learn how to draft a floor plan and space plan. There will also be a class on color theory, to help develop your eye and assist in paint and accessory choices for your space. This class is an entry-level fundamentals class focused on interior decoration, design, and color theory.

4 Thu • Starts APR 4 • 6:00-8:00pm • \$144 (No class 4/18)

NEW!

Indoor Organic Composting

Are you interested in organic composting? You can compost even if you don't have access to a backyard! Learn how to create and maintain a healthy, odorless compost bin that will be fully operational year-round. You can build a compost system by up-cycling everyday items from your home. Learn how to harvest compost, and how to make compost 'tea'. You will take home a 1/2 lb. container of a compost starter kit which contains all the micro and macro-organisms that are needed to start a perfectly healthy, organic, functioning compost bin (included in tuition).

1 Tue • FEB 27 • 6:30-8:30pm • \$59 (includes personal compost kit)

AROUND THE HOUSE, *continued*

Microgreens & Indoor Gardening

Would you enjoy growing some nutrient packed microgreens that can be harvested right from the kitchen countertop? It is easy, fun and a rewarding hobby that can become a part of your healthy lifestyle. In this workshop we will learn about indoor gardening techniques such as: Microgreens, Hydroponics and Sprouting. You will be able to set-up a growing unit by upcycling items in your home. A small amount of sample seeds will be provided. Join this amazing workshop and explore the positive financial and environmental impacts of indoor gardening.

1 Tue • JAN 30 • 6:30-8:30pm • \$45

NEW!

Weeds-to-Plate: Backyard Foraging

Embark on a captivating adventure with “Backyard Foraging in MA.” Discover the hidden treasures of wild edible plants and ancient herbal remedies while reconnecting with nature. Enroll now for a sustainable living experience that unlocks the rich tapestry of flavors in your own backyard.

1 Tue • MAR 12 • 6:30-8:30pm • \$45

BUSINESS & MARKETING

NEW!

Storytelling for Everyday Life: *The Personal Series*

You don't have to be a writer to be a storyteller. By learning several foundational techniques, you too can create compelling content that will inspire, motivate, and delight your audience. In this course, you will journey through your everyday life and identify where you need to communicate your story. From a toast at a friend's wedding, to putting your family history in a book for your grandkids, to confidently conveying your skills to land your dream job. Storytelling is an essential tool that helps you to connect and convey critical information. This course covers five distinct topics: 1) Foundations & Story Mapping 2) Storytelling Front of the Room, Public Speaking 3) Storytelling for Influence: At Home and Social Media 4) Storytelling for Career: Boosting Your Job Search 5) Storytelling for Writers: Fascinate an Audience with Your Book, Essay, or Article. Notebooks and handouts are provided; please your own laptop or iPad, you are if you prefer.

5 Thu • Starts FEB 1 • 7:00-9:00pm • \$144 (No class 2/22)

NEW!

Storytelling for Everyday Life: *The Professional Series*

This business-focused course will deliver best practices for corporate storytelling strategies. You will work on presentation skills, try new tips and best practices for storytelling, and practice with the cohort to build confidence. This course covers: 1) Foundations & Story Mapping 2) Storytelling from the Podium: Presentations, Keynotes, and Public Speaking 3) Brand Storytelling: Telling your Company Story through Newsletters, Webpages, and Pitches 4) Storytelling in Sales: The Art of Persuasion, Engagement, and Connection 5) Social Media Storytelling: Using Podcasts and Social Channels to Influence. *Notebooks and handouts are provided; please your own laptop or iPad, you are if you prefer.*

5 Thu • Starts MAR 28 • 7:00-9:00pm • \$144 (No class 4/18)

COMPUTERS & TECHNOLOGY

Sketchup for Beginners

SketchUp is a free three-dimensional modeling software used for 3D modeling and in a wide range of professions such as in architecture, engineering, interior design. This class will cover the basic functions of the software in order to create 3-D structures. Modeling from sketches to create objects, and floor plans to create interior views, place furniture, and to create the environmental surroundings by adding people and trees among other details. SketchUp's toolbox is straightforward and user-friendly, so it is an excellent program for amateurs, but also comprehensive enough for professionals. Whether you want to design a model for 3D printing, the set for your child's theater performance or need 3-D modeling skills for work, learning SketchUp is a great way to get started. No prior drafting experience is necessary.

**Students should bring their own laptop and utilize the free, online software.*

6 Thu • Starts FEB 8 • 6:00-8:00pm • \$144 (No class 2/22)

COMPUTERS & TECHNOLOGY, *continued*

AutoCAD Basics

AutoCAD is one of the most popular design tools used in the architectural, construction, and manufacturing fields. This introductory course is taught in a dedicated drafting and CAD facility. Students will learn CAD fundamentals and various components of a computer graphic system, including how to draw and edit lines, circles, complex shapes and set-up and plan two dimensional drawings.

10 Tue/Thu • Starts FEB 27 • 6:00-8:30pm • \$299

Computers, Microsoft, and Apps for the Very Beginner

This introductory class to the world of computers, Microsoft, and apps, are for those with little-to-no computer literacy skills. Whether you are looking to enhance your computer skills for work or personal use, this is the course that gently guides you through the MS Office Suite (Word, PowerPoint and Excel), browsing the internet, and touches on basic usage of applications for your devices.

Laptops are provided for this course.

8 Tue • Starts MAR 5 • 6:30-8:30pm • \$192 (No class 4/16)

NEW!

Excel for Intermediate Learners

This class will dive into Excel on a deeper level than the Very Beginner class. Excel is a very in-depth computer program, and this course is geared towards those with basic knowledge of Excel, who are looking to further understand conditional formatting, formulas, functions, charts, and other basic functionalities. There are no prerequisites for this course, however, Computers, Microsoft, and Apps for the Very Beginner is recommended, or a preliminary understanding of Excel. *Laptops are provided for this course.*

6 Tue • Starts MAY 7 • 6:30-8:30pm • \$169

NEW!

Excel Pivot Tables Workshop

Instructor: Ray Pourali: Spreadsheet skills are essential in today's workplace, but merely compiling all your data into a spreadsheet is one thing; making sense of it is another. Pivot tables allow you to arrange information quickly and efficiently so you can examine it from various perspectives. You will develop the skills to create pivot tables from scratch and will become very comfortable with using built-in features such as: slicers, dynamic charts, conditional formatting and more! **Students will need to bring a laptop with Microsoft Excel installed.*

1 Tue • APR 2 • 6:30-8:30pm • \$59

Java Programming I

Learn the fundamentals of programming using the Java language. This course is intended for brand new users, or the curious minds, looking to join the legion of "coders." Coding can seem complex, but this hands-on and unintimidating course, is a gateway into the world of programming. Topics include: IntelliJ idea, Netbeans and Eclipse IDEs, Java language basics, object-oriented design loops, input and output, collections, and packaging.

5 Mon • Starts JAN 29 • 6:30-9:00 pm • \$150 (No class 2/19)

Java Programming II

This course is designed to build on the Java Programming I class and is also open to anyone with basic Java experience. This course dives deeper into the power of Java including networking and Graphical User Interface (GUI) design and Java 8 features. Course topics include: IntelliJ idea, Netbeans and Eclipse IDEs, networking and multithreaded programming, graphical user interface design, UI design components, functional interfaces and lambda expressions, Java 8 date/time and stream API's.

5 Mon • Starts MAR 11 • 6:30-9:00pm • \$150

Java Web Development

Java Web Development is for those looking to learn how web applications work in Java. We will start by focusing on servlets, servlet security, and session management. Thereafter, students will acquire knowledge of building dynamic web page views with JSP, and implementing the MVC design pattern. The course will provides an overview of J2EE web services and will briefly cover popular Java web frameworks (JSF, Hibernate, and Spring MVC). The course is open to anyone with basic experience using Java.

6 Wed • Starts APR 24 • 6:30-9:00pm • \$180

HEALTH & WELLNESS

Women's Self-Defense & Awareness

This self-defense class is designed to empower women with skills and knowledge to defend oneself against various surroundings. Students will learn basic self-defense techniques and will be taught strategies to help with awareness in various environments. This course is taught by Charles Crayton Jr., who is the chief instructor of Combined Marital Arts Inc. Charles is a self-defense expert and is a national certified R.A.D. instructor for men, women, and children. This 5-week class will increase confidence around your individual abilities and help you to stay safe in an increasingly aggressive world.

5 Thu • Starts MAR 14 • 6:15-8:00pm • \$150

IN THE KITCHEN

Cake Decorating Basics

Learn basic cake decorating techniques to use for a variety of special occasions. Techniques covered in this class include basing a cake, creating different trims, cake writing, and basic designs like making balloons and streamers. Students will also learn how to properly make different color frosting and the tricks to filling a piping bag. The first three classes are strictly focused on skill building and honing the techniques of decorating with frosting (no fondant used in this class). During the final class, each participant will decorate a personal tiered cake to take home.

4 Mon • Starts FEB 26 • 6:00-8:30pm • \$199

Cupcake Design

Wow your family and friends with creative themed cupcake designs! In this class, students learn how to decorate cupcakes with frosting (no fondant) utilizing traditional and advanced decorating techniques. Each week students will decorate and take home half a dozen cupcakes!

4 Mon • Starts APR 1 • 6:00-8:30pm • \$199 • (No class 4/15)

PERSONAL FINANCE

Money and Divorce: Costly Mistakes You Don't Want to Make

You want to keep the house that has \$150,000 in equity. Your spouse takes the stock portfolio worth \$150,000. Five years from now, is one of you struggling to pay bills while the other has a growing net worth?

If you are contemplating divorce, starting the process, in mediation or looking at settlement options, this 2-hour seminar could be for you. We'll look at common financial mistakes that are often made in divorce settlements and discuss how to avoid them. You'll gain an understanding of how issues around cash flow, liquidity, income taxes, capital gains, retirement account rules, insurance, debt and credit could impact your future well-being. We'll look at current alimony provisions and the new Child Support Guidelines.

Be knowledgeable about your finances before you sign your settlement agreement.

1 Tue • MAR 21 • 6:30-8:30pm • \$45

TRADES & TECHNICAL SCIENCES

Automotive Workshop

The Basic Automotive Workshop is intended to teach students the very basics of their vehicle and learn to identify potential problems the vehicles will develop and solutions to those problems. Students will learn about fluid maintenance, tire wear issues, suspension component identification and more - with the premise that a car owner will understand things that potentially could go wrong with their cars, and how to rectify those problems. Students will also learn automotive shop safety upon entering the program.

6 Sat • Starts MAR 2 • 8:00am-12:00pm • \$289

Welding I: OXY Cutting and Stick Welding

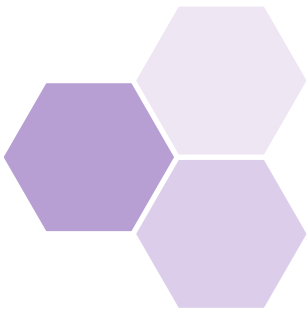
This course focuses on the basics of oxy-acetylene cutting and stick welding, most commonly utilized in industrial and commercial settings. The class starts with safety and covers definitions and basic terminology, and graduates into practical techniques like cutting steel with a torch and making weld beads with the most common types of stick (6010 & 7018). Students will gain the ability to critique and troubleshoot their own cuts and welds, and will learn how to make necessary adjustments. This course covers all joints and positions. Safety glasses, SMAW gloves, welding shield, work boots, jeans and a cotton shirt are required for every class

10 Mon/Wed • Starts JAN 22 • 5:30-8:30pm • \$999 (No class 2/19 & 2/21)

Welding II: MIG and TIG Welding

This course covers the basics of MIG and TIG welding, which is generally used for thinner materials in specialized welding shops. The class covers safety, identification of alloys, advantages and drawbacks of welding types, and a general understanding of the welding arc. Students will be able to interpret and critique their own welds, making necessary adjustments to their machine and technique. Students will work with mild steel, stainless steel, and aluminum, and the course will cover all joints and positions. Safety glasses, work boots, MIG or TIG gloves, welding shield, jeans and a cotton shirt are required for every class.

10 Mon/Wed Starts MAR 4 • 5:30-8:30pm • \$999



INFORMATION AND POLICIES

Registration

Registration for Spring opens December 1st at www.shawsheentech.org. Classes are filled on a first come first serve basis, and payment in full is required at the time of registration. Once you enroll, you will get an automatic email confirmation indicating your enrollment. We recommend customers register at least two weeks before classes begin, as classes with low enrollment risk cancellation. If a class is cancelled due to low enrollment, you will be notified (at minimum) 2 business days prior to the start of class.

How to Register

To register for adult education classes, please visit shawsheentech.org and click adult education registration (under the community tab). You can also call us at 978-671-3650 or email adulthood@shawtech.org

Course Admission

Courses are open to students eighteen years of age and older, unless listed under "Kids & Teens." Students under 18 may enroll in a class if a parent or guardian enrolls with them.

Withdrawal and Refunds

Refunds are handled as follows:

- Full refunds are given when a class is cancelled due to low enrollment.
- Withdrawal from any course up to 5 days prior to the start date will receive a full refund.
- Withdrawal from a course 4 days or less prior to the published start date of the course we provide a 50% refund.
- No refund will be issued AFTER the first class of any course.
- Refund payments require a 30-day processing period.

Our Location

Shawsheen Valley Technical High School is located at 100 Cook Street, Billerica, MA 01821.

Parking and School Entrance

Students should enter the school campus from Cook Street and proceed to the student parking lot at the back of the school (*please do not park in the front lot, the front doors are locked*). The student parking lot provides ample parking and is closest to the entrance that is open to evening students. Students will enter through door #20 (*the doors to the right of the patio when looking at the school*) and proceed to prospective classes.

First Night of Class

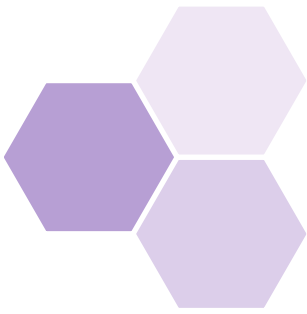
On the first night of a class, students should wait in the lobby of Door #20 (main student entrance) for school personnel to direct them. The school building is big and difficult to navigate for first time attendees.

School Closing/Class Cancellations

Classes are cancelled occasionally due to snow, power outages, instructor illness, or other unseen circumstances. Students will receive an e-mail from adulthood@shawtech.org informing them of the cancellation. Students who opt-in for SMS notifications will also receive a text message.

Make-Up Classes

In the event a class is cancelled, classes are made up by extending the course end date, unless other arrangements are made between the instructor and the class.



INFORMATION AND POLICIES, *continued*

COVID/Face Masks

At the time of the release of this catalog there is no mask mandate. Program participants must follow the CDC guidelines, as well as district and regional guidelines.

Permissions

Students and/or student work may be featured electronically or in print as part of promotion for our classes. Your enrollment indicates your consent.

Holidays & School Events

There will be NO evening classes scheduled on the following dates:

- Jan. 15 MLK Day
- Jan. 17 School Event
- Feb. 19 Presidents Day
- Feb. 20-23 Winter Break
- Apr. 15 Patriots Day
- Apr. 16-19 Spring Break
- May 27 Memorial Day
- Jun. 19 Juneteenth

SHAWSHEEN TECH ADULT EDUCATION STAFF

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Disclaimer

Every effort has been made to ensure accuracy within the catalog and website as of this publishing date. All policies, procedures, tuition fees and curriculum are subject to change at any time by the appropriate action of the instructor or the administration of Shawsheen Valley Regional Vocational Technical School District. Shawsheen reserves the right to make changes regarding the information contained herein.

Shawsheen Valley Technical High School does not discriminate in admission to, access to, treatment in, or employment in its services, programs and activities on the basis of race, color, or national origin, in accordance with Title VI of the Civil Rights Act of 1964 (Title VI); on the basis of sex, in accordance with Title IX of the Education Amendments of 1972; on the basis of disability, in accordance with Section 504 of the Rehabilitation Act of 1973 (Section 504) and Title II of the Americans with Disabilities Act (ADA); or on the basis of age, in accordance with the Age Discrimination Act of 1974 (Age Discrimination Act). Nor does it discriminate on the basis of race, color, sex, national origin, sexual orientation or gender identity, religion, disability, or homelessness status in accordance with Chapter 622 of the Acts of 1971 (M.G.L. c.76 §5) and Chapter 151B of the General Laws.