LLCC expands nursing program

Nursing Student Maggie Jacobs

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Lifesaver
The mission of Lincoln Land Community College is to provide distinct residents with quality educational programs and services that are accessible, affordable and responsive to individual and community needs.

Lifescavers. Communicators. Problem solvers. Drivers. Makers. Healers. Leaders. Gamers. LLCC starts students on their paths to all of these vocations and many more.

In this issue of FORWARD, meet a nursing student who jumped in to save a choking man. A communication student using new technologies to create sustainable architecture. A softball player who is making her way in a male-dominated field. A father who is changing his and his family’s life by learning to drive a big rig.

You’ll read about some new initiatives that will greatly benefit students and address vital community needs. We’re expanding our nursing program by admitting 90 additional students per year, with support from Memorial Health System. We also received a grant to provide 100 low income students with free career training in fields that have jobs available locally.

We recently acquired a SynDaver, the latest, very life-like learning tool for anatomy, physiology and biology students. And, we’re on the cutting edge in offering the newest, co-ed team sport: esports.

Illinois Governor J.B. Pritzker recognized two of our students during his statewide budget address (photo below). I accompanied Brandon Ihlenfeldt, an HVAC student who earned his GED through our Adult Education program, and Lauren Hernandez, a student in the associate degree nursing program. Both are MAP grant recipients, working and going to school, with families at home, and fine examples of the hard work and commitment it takes to better their lives through education.

These stories are everywhere at LLCC; I hope you enjoy them.

Charlotte J. Warren, Ph.D.
President, Lincoln Land Community College
**Lifesaver**

“Help! Somebody help!”

How does it feel to save a life? Four months after doing so, LLCC nursing student Maggie Jacobs says the experience solidified her decision to become a registered nurse.

“We were at HSHS St. John’s Hospital for our second day of nursing clinicals, and our class went down to the cafeteria for lunch,” says Maggie. “I was on the end in a booth. Everyone was talking. It was loud, with a lot of people and staff there. I heard a woman say, ‘Help! Somebody help!’ I looked over to where she was, and this man next to her, his face was beet red. He was coughing and I knew, I could see that he was choking. So I stood up, threw my food on the table and ran over to him. I had him stand up, and at first I couldn’t get my arms around him. Then I changed positions and was able to do the Heimlich maneuver once or twice, and then he was breathing again. I had him stand there. He put his arms up for a second to catch his breath. Then I went back to my table and continued to eat my lunch, and we finished the clinical day. Honestly, I really didn’t think it was that big of a deal at the time.”

Maggie says after lunch, other students started talking about the incident. “They were saying, you really looked like you were in control, like you knew what you were doing. And even in the moment when I didn’t feel like that, looking back, I guess I was … I knew what I needed to do in that situation.”

She says LLCC nursing professors teach students to be aware, always be listening and noticing things about their surroundings. “The critical listening skills that we are taught in the LLCC nursing program definitely helped me quickly think through what was going on in that situation and take action, to do what needed to be done.”

Later, this take-charge student nurse plans to earn a bachelor’s degree in nursing and possibly advanced degrees. “At some point in the future, I’d like to be the person making decisions, creating that healing environment for patients.”

LLCC’s associate degree nursing (ADN) program is well-known for providing an excellent education and clinical experiences leading to a career as a registered nurse (RN). Student completion and certification exam rates are consistently well above national averages. LLCC also offers nursing programs in practical nursing (LPN), LPN to ADN transition, and nurse assistant (CNA).

Nursing is not the only lifesaving program at LLCC. LLCC’s surgical technology, radiography, respiratory care, neurodiagnostic technology, emergency medical services (including paramedic, EMT, EMTA, EMR) and fire science programs all train students in lifesaving functions. Other options for students interested in healthcare are occupational therapy assistant, medical coding, exercise/sports science, medical assistant, dental assistant, ECG technician, massage therapy, personal trainer, pharmacy technician, phlebotomy technician and veterinary assistant, and coming this fall, sonography.

**What can you do with a nursing major?**

Todd Hoback, RN (below), cares for three to four patients and their families in 12-hour shifts at Memorial Medical Center’s general medical intensive care unit. He has been nominated for two Daisy awards for competent, compassionate care.

“I found my calling in taking care of people. The group that I’m with and the unit that I’m on are exactly where I was meant to be. I was very fortunate to get this position right off the bat after graduating from LLCC.”

Encouraged by his wife, also a nurse, Todd left his job refilling aircraft at a local airport to prepare for his new career. “LLCC’s two-year RN program was just what I needed. I highly recommend it because they really prepare you well for going into the field.”

With young children at home, cost was also a consideration. “LLCC being less expensive, that was definitely a factor in applying here as opposed to four-year options for me and my family. I don’t have any student loans to worry about; I was able to pay for it out of pocket.” On the job, he observes the quality of LLCC nursing students. “LLCC students doing clinicals are more prepared at handling direct patient care. They’re not as afraid to jump in and help; they are more at ease and familiar with bedside procedures that you do daily. It’s refreshing to see that the school I went to does such a good job at preparing students to be ready to go, day one.”

“There’s definitely a need for men and women in nursing. For men, it’s getting over the cliché of this being a female-led profession – it’s a great job, and there’s a lot of good that you can do.”

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**Maggie Jacobs, nursing student**

www.llcc.edu/associate-degree-nursing
www.llcc.edu/health-professions
Officials of LLCC and Memorial Health System (MHS) recently announced a nursing education partnership to address the regional nursing shortage. With support from MHS, LLCC will admit 90 additional students per year to the college’s associate degree registered nursing program, for a total of 215 new nursing students annually.

MHS will provide approximately $6.1 million in funding to allow LLCC to renovate the west wing of Montgomery Hall on the LLCC campus for a new nursing center, purchase state-of-the-art equipment and hire additional faculty and staff to recruit, advise and teach nursing students.

“This partnership between Lincoln Land Community College and Memorial Health System aligns with both of our missions: to improve the lives and health of the people in the communities we serve, and to be responsive to community needs,” said Charlotte Warren, Ph.D., president of LLCC. “This region, along with all of Illinois, faces a severe shortage of nurses,” she continued. “With this support, LLCC will increase the number of new students accepted into our nursing program and produce more registered nurses to serve the health care facilities of our communities.”

“LLCC has been supplying quality nurses to Memorial Health System since the early 1970s,” said Ed Curtis, MHS president and CEO. “MHS has provided these nurses with fulfilling careers in an excellent work environment, with numerous opportunities for professional advancement. Multiple Magnet and Pathway designations at MHS hospitals provide local nurse graduates a practice environment that has committed to raising the bar of nursing excellence, again and again. We are excited to now expand our partnership with LLCC to address the regional nursing shortage and meet the needs of the patients and communities we serve.”

Dr. Warren noted that the quality of the LLCC nursing program is outstanding, with completion and national certification pass rates far above national averages. “The demand from students wishing to enter our excellent, affordable nursing program has grown steadily since its inception,” said Dr. Warren.

The renovation of approximately 12,000 square feet of Montgomery Hall will provide the physical space needed to enhance LLCC’s nursing skills and simulation labs, expand classrooms and accommodate increased incoming class sizes. Initial phases of design and planning are underway with construction to follow and anticipated occupancy in May 2021.

Dr. Warren and Mr. Curtis, who both started their careers as nurses, encouraged all students to consider a career in health care and to continue to make central Illinois their home. “A vast majority of LLCC nursing graduates remain in the district to work and live,” said Mr. Curtis. “We want to continue to keep these nursing graduates in the area by providing the tools, support and opportunities to learn and grow, and enjoy long, rewarding professions.”

He also noted the timeliness of the announcement, in that 2020 has been designated as the Year of the Nurse by the World Health Organization. LLCC nursing student Haley Caise, who will begin a job in Memorial’s emergency department after graduation, commented, “I am so excited about this announcement. This is an amazing collaboration of two organizations that are near to my heart. I look forward to visiting as an LLCC alumn to see the nursing program transformation. Thank you LLCC and Memorial for helping me achieve my goals!”

LLCC expands nursing program with support from Memorial Health System

Will accept 90 additional nursing students per year
What can you do with a math major?

LLCC graduate Caryn C. Carmean (below) says the key to her success is never sitting still. “I’m always searching to stretch myself professionally and academically and never stop learning.” She enrolled in LLCC as a nontraditional student, later graduating from UIS while working at Horace Mann Companies. Her math major led to numerous positions through the years including statistician, product manager and actuary. Last year she was promoted to vice president of property and casualty reinsurance at Horace Mann. “Just as it was when I graduated, there are vast opportunities in math and technical fields. A math degree can be the foundation of anything – IT, data mining, actuarial, financial, economics, engineering, transportation logistics, drafting, etc.

“You can do anything with a math degree; a math degree opens so many doors.”

A math major could even lead to jobs with your favorite team. “My dream job would be statistician for the Chicago Cubs. They actually had an opening last year, and I almost applied.”

Problem Solver

“You will always be employable.”


Professor Henry says the Defense Department is the largest employer of math majors. “Our national security depends on them hiring the best mathematicians in the world.”

While employed there, he worked on solutions to several high-level national problems, although he isn’t allowed to elaborate. “One problem they had been working on for 15 years, and two of us solved it in a week. I won an award for it – they even had a ceremony – but we couldn’t talk about it.”

His work involved historic world events such as the Persian Gulf War, the fall of the Berlin Wall, Tiananmen Square and another major incident “that didn’t make the news.”

After problem solving for six years on a national defense level, he decided to go back to teaching, which he began in graduate school. He’s been at LLCC ever since. “I realized I wanted to teach, but I needed to do other things first to realize how powerful mathematics is.

“I was a reluctant math major in college. I actually first majored in ‘camping’ but kept taking math classes because they were fun, and I was good at it. After I finished graduate school, I couldn’t go to all of the job interviews the career office set up for me – there were too many.”

Henry tells his “math story” to high school students enrolled in LLCC dual credit classes. “When I ask, ‘How many of you want to be math majors?’ no hands go up. Here we have this discipline that is so powerful and so useful and nobody wants to go into it. They ask, ‘What would I do with a math major?’ That’s when I tell my story and about all of the math majors I know who are programmers, analysts, actuaries, work in financial services and logistics … anywhere where they need problem solvers.”

His story inspired 2019 Riverton High School graduate Sarah Jebailat to enroll at LLCC after taking dual credit calculus. She too, finds math “fun.”

“When I do a math problem, I finish it and I feel accomplished. I see it as fun, a challenge … you try to get the numbers to do what you want. It’s actually calming to know I can control the numbers.”

Sarah originally planned to attend the University of Chicago on a $40,000 academic scholarship, but still found LLCC more affordable. “I feel like at LLCC you can lead two lives, a college life and an independent life. You’re not boxed in like at a university; there’s more freedom.”

For now, you can find her in the front row of Henry’s trigonometry class. “I know I want to eventually work with architecture and mathematics. Architecture can solve a lot of environmental problems, a lot of space problems, as the world population continues to go up.

“So many problems can be solved with math and with better design. And there aren’t a lot of math people to solve them. That’s why we’re in high demand.”

Henry agrees. “The problem-solving skills you acquire in math qualify you for many types of jobs. Every major company has a math department. They don’t call it that, but it’s there – it may be called ‘Analysis’ or ‘Operations Research.’

“We know that automation is coming and will take over many jobs. People who are problem solvers will always be employed. I encourage students who major in math; you will always be employable.”
“Making it understandable”

“Taking a difficult concept and making it understandable to people, that’s what I like to do,” says LLCC communication major Cheyenne Kesselring. “It’s fun to me to mess with words and find the right way to say something.”

After graduating this spring, she plans to attend LLCC for another semester to add on additional biology courses. The idea to combine communication with biology stems from her two LLCC study-abroad trips to Belize.

“I am interested in science communication. On our last Belize trip I learned about the field where you do research and then write about it, not for textbooks or academic journals, but to reach students and the general public through websites and social media.

“Communication is my focus; the biology aspect is something I enjoy, so if I can incorporate it into a career, I would like to do that. It was at LLCC that I discovered these opportunities.”

Communication skills have also led Cheyenne to leadership positions in Phi Theta Kappa honor society and the Honors Program. Her Honors Program scholarship has paid her tuition for two years. “I’m at a place where I’m debt free — my friends who went to four-year schools are not. The more I’m at LLCC, the more I’m grateful for that.”

Communication has a particular interest in social media and how it can help organizations and businesses. She is preparing a proposal for a local nonprofit organization on how they can increase their reach through social media.

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She says Dr. Claire Gordon, professor of communication, is one of her mentors. “Claire is very encouraging of me and my ideas. It’s subtle, but I know she’s there for me, and I can reach her if I have a question.”

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Dr. Gordon says communication studies have changed drastically with the addition of social media and technology. “Now, some people have almost entire relationships online. We now have a library of emojis that people use representing emotions; that’s an attempt to add the nonverbal into messaging. All of this has definitely changed how people communicate and how we teach communication.”

Where can students go with a communication degree? “One of the things I like about communication as a major is it’s so flexible, you can go in so many directions with jobs like public relations specialist, communications officer, media planner, social media manager, digital marketing and sales representative.”

Communication skills are in the top three most desirable employability skills regardless of major, according to a 2018 National Association of Colleges and Employers survey.

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What can you do with a welding major?

Adam Smith (below), facilities maintenance technician at BUNN, says he has the best of both worlds. After graduating from LLCC with three welding certificates, he advanced to a better job inside the BUNN plant and was invited back to LLCC to teach an evening welding class. “When I was in high school, I wanted to be a teacher, and I also love welding. So now I get to do both.”

He says in his current job at BUNN, “I do a lot of electrical work, metal fabrication and welding in different parts of the plant and for different business ventures we have, such as BUNN Gourmet.”

He says every student he’s met through the LLCC welding program now has a good job in the field. He hears from employers that they prefer LLCC graduates over those from a nearby technical institute.

“Other programs aren’t as developed in welding and print reading as they are here at LLCC. And this program is the best bang for your buck; you can learn the trade without taking out student loans. It’s the best deal around.”

Maker

“Building something is a step above.”

Maker: a term used to describe a person who works with their hands – a creator, designer, builder and fabricator.

“Being a maker is a big deal, if you can build something, make something, that’s a step above,” says Allan “Red” Tomnitz, LLCC professor of welding.

In fabrication class, Professor Tomnitz shows students how to combine their welding skills with blueprint reading. “They look at a print, learn how to manipulate the print and put things together. Now they’ve read it, they’ve seen it and they’re actually doing it,” he commented as his students each worked to frame, weld and construct a storage container.

Mackenzie Wagner, attending LLCC on a softball scholarship, is proud to be in this traditionally male-dominated program and hopes to make welding her career. “I really like hands-on work; I’d never done welding before, and it seemed interesting so I thought I would try it. I like putting things together, making things. It’s a lot of fun. Also it’s fun showing up the boys because they don’t always think I can do it.”

Korbin Cody says he’s always enjoyed working with metal. “Welding is hands-on. If you’re good with your hands, this is a great field to get into. My uncle was a mechanic; I worked with him for a while, and he showed me how to use a welder. It was a lot of fun. I’m hoping to go into the Boilermakers; they want welders who know how to work with blueprints. I’m going for the advanced welding certificate, then get right into the workforce.”

Tomnitz says these students will easily find jobs. “Right now a lot of welders are retiring. There is a vast need for welders throughout the nation. All of the trades are picking up right now.”

Tomnitz brings the experiences of more than 20 years as a welder to his teaching. “I teach what I saw in the workforce, what’s being done in the real world.”

According to the American Welding Society and Weld-Ed Center, the welding industry expects a shortage of qualified workers, with the U.S. needing 372,664 welding professionals by 2026. LLCC offers students the opportunity to focus solely on welding courses while earning certificates, at a much lower cost than at a nearby technical institute. Students can train on the LLCC Springfield campus or at LLCC-Taylorville and are taught by instructors who have worked professionally in a variety of welding environments. Graduates from LLCC’s program are currently working in such industries as construction, manufacturing, pipelines and auto racing.
Driver

“Better job, better life”

James Alexander, 52, of Springfield wanted a better job and better life. He tried for two years to enroll in LLCC’s truck driver training program, but finances and life circumstances got in the way.

Then the LLCC Open Door – Workforce Equity Initiative (WEI) was announced, providing free workforce training to low income, minority individuals, and James saw his chance. “Sign me up!” he told Bob Howard, director of LLCC’s truck driver training program.

“Then I got the call that I was in, and I just started yelling, ‘Ah yes! Thank you!,'” says James. “I thought, what a beautiful opportunity … I’m blessed and I’m ready.”

James had never driven a stick shift car before, much less a big rig. “I was nervous, shaking, the first time I drove the truck. The instructors just said, ‘Calm down’ … they stayed on me and were patient. The program gave me the tools and support I needed. I just had to show up, study hard and do the work.”

James says his wife and children were his biggest supporters through the training. “They’d call me and say, “How’s school going? Go Dad! Study hard!”

James is one of the first graduates of the WEI program, earning his Commercial Driver’s License (CDL) in February.

He’s excited for the future and had multiple job offers before he even graduated. “What I love about truck driving is that you get to see the road. You’re moving out and about; you see so many places – not confined to an office. The opportunities! You can drive long haul or be regional and home every weekend. And, make good money!”

“This will change my life for the better,” says James. “It’s never too late to learn and get more training to get a better life.”

James Alexander, truck driver training graduate

The goal of the Open Door – Workforce Equity Initiative is to provide approximately 100 minority and low-income individuals with free, short-term career training and support services leading to local employment in less than one year.

dental assistant, electrocardiogram technician, emergency medical technician, pharmacy technician, phlebotomy technician, truck driving, auto technology and welding.

WEI is an expansion of LLCC’s Open Door Program, established in 2016 by LLCC President Charlotte Warren, Ph.D. in partnership with the local Chamber of Commerce and businesses.

“LLCC’s mission, values and goals are inclusive and reflect our desire to provide all of our constituency with opportunities and supports for success,” said Dr. Warren.
LLCC OFFERS:

TRANSFER DEGREES
Associate in Arts and Associate in Science degrees are designed for transfer as the first two years of a baccalaureate/bachelor’s degree.

CAREER AND TECHNICAL DEGREES
Associate in Applied Science degrees are designed to lead directly to technical and career employment after program completion. Courses may also transfer.

CAREER AND TECHNICAL CERTIFICATES
Certificates of Achievement (30 or more credit hours) and Certificates of Completion (less than 30 credit hours) are designed to lead to employment or additional career training after program completion.

SHORT-TERM CAREER TRAINING
Short-term career training programs are offered at LLCC’s Capital City Training Center, 130 W. Mason in Springfield. See page 24 for more information on upcoming programs. Costs are not tuition-based and are specific to each program. Also, one and two-day training classes (OSHA, Forklift, CPR, Solar) are offered in the LLCC Worldwide Careers Center. See page 25 for more information.

ONLINE DEGREES AND CERTIFICATES
Online degrees and certificates are offered through a combination of online courses with some hybrid requirements (such as public speaking and lab sciences). A few distance education degrees have required on-campus courses, specific to the major. Visit www.llcc.edu/online for more information.

COMMUNITY EDUCATION, CULINARY INSTITUTE, COLLEGE FOR KIDS
LLCC offers many non-credit, personal enrichment classes and travel opportunities for all ages. See pages 26-30 for a list of upcoming classes. Costs are specific to each class.

Applied and Emerging Technologies

INSTITUTE
requirements (such as public speaking are offered through a combination ONLINE DEGREES AND CERTIFICATES See page 25 for more information.

SHORT-TERM CAREER TRAINING
Certificates of Achievement (30 or more credit hours) and Certificates of Completion (less than 30 credit hours) are designed to lead to employment or additional career training after program completion.

Industrial Center of Excellence

Culinary and Hospitality Center of Excellence
Associate in Applied Science Culinary Arts Hospitality Management and Services Certificates of Achievement Baking and Pastry Culinary Manager Hospitality Supervisor Value-Added Local Food

Health Professions

Health Care Center of Excellence
Certificates of Completion for Certified Nursing Assistant, Phlebotomy, Refilling Prescriptions, Medical Coding, Medical Records

Arts and Communication

Associate in Arts
Art Digital Media Design Music Speech Communication World Languages

Associate in Fine Arts
Music Performance Studio Art

Associate in Applied Science
Graphic Design/Technology

Certificates of Achievement
Digital App Design and Development Digital Multimedia Design Digital Web Design and Development

Certificates of Completion
Audio Production Screen Graphics

English and Humanities

Associate in Arts
English Journalism Liberal Arts Philosophy

Associate in General Education
Liberal Arts

Online Degrees
English - Associate in Arts Liberal Arts - Associate in Arts Philosophy - Associate in Arts

Mathematics and Computer Science

Associate in Arts
Computer Science

Associate in Science
Chemistry and Chemical Engineering Engineering Mathematics Physics

Associate in Engineering Sciences
Engineering Science

Associate in Applied Science
Computer Science - Associate in Arts Business Administration - Associate in Arts Computer Systems - Associate in Applied Science

Online Degrees
Computer Science - Associate in Arts Cybersecurity Computer Administration Cybersecurity

Certificates of Completion
CISCO Network Administration Training

Certificates of Achievement

Natural and Agricultural Sciences

Associate in Arts Agriculture Geography

Associate in Science Biology Geology

Associate in Applied Science Agronomy Business Management Horticulture Precision Agriculture/Fertilizer

Certificates of Completion
Fertilizer Landscape Design/Turf Management

Social Sciences and Business

Associate in Arts Accounting Business Administration Criminal Justice Early Childhood Education Elementary Education History Human Services Physical Education Political Science Psychology Secondary Education Sociology

Associate in Applied Science Accounting Specialist Business Criminal Justice Early Childhood Care and Education

Certificates of Achievement

Entrepreneurship

Programs of Completion
ECE Credential Level II ECE Credential Level III Management Microcomputer Apps and Systems

Online Degrees
Accounting - Associate in Arts Business Administration - Associate in Arts Criminal Justice - Associate in Arts Criminal Justice - Associate in Applied Science History - Associate in Arts Psychology - Associate in Arts Sociology - Associate in Arts

FINANCIAL AID
is available to those who qualify and are enrolled in an eligible degree or certificate program. Visit www.llcc.edu/financial-aid or call 217-786-2237. SCHOLARSHIPS
are available through the LLCC Foundation. Scholarships for the 2020-2021 academic year have been awarded. Applications for the 2021-2022 academic year will be accepted Dec. 1, 2020-March 1, 2021. Students fill out one application to be considered for all applicable scholarships. Visit www.llccfoundation.org/scholarships.
Healer

The science of anatomy and physiology

"Many people don’t pay too much attention to the body’s systems and functions — that is, until something isn’s operating as it should,” says Jennifer O’Malley, Ph.D., professor of biology and 2019 Pearson Master Teacher.

The human body is complex, and the study of it helps enhance health care and wellness practices. LLCC offers courses in anatomy and physiology (A&P) in which students learn about the structure, composition and function of the human body.

“Any person who is interested in the health field is a perfect candidate for this course,” says Adrienne Range, assistant professor of biology. “It provides a foundation for any health care career.”

“Those interested in this field have a sense of curiosity, are very inquisitive and also have enthusiasm to take materials and apply it to what they want to do in life,” explains Dr. O’Malley. “In addition, a number of students already have careers in the health care field and are taking coursework at LLCC to advance.”

In preparing students for their future careers, A&P courses at LLCC provide educational tools and labs that will be like what they’ll encounter in the health professions field.

The college has recently added a SynDaver to the educational equipment available to students in A&P. The SynDaver is made out of the same basic material as human tissues — water, salts and fibers (but in this case, plant fibers).

“The SynDaver is used as a hands-on, anatomical, flesh-like model. LLCC is currently the only college or university in central Illinois to offer this tool.”

"The SynDaver can also be used as an anatomic model for students to use in other courses, such as biology and anatomy," Dr. O’Malley explains.

"The SynDaver is especially helpful for students who are visually-oriented," Dr. O’Malley adds. "It allows them to see the structures in a three-dimensional way, which can be very helpful in understanding how the body works.”

"With the SynDaver, students get to see what the structures look like in the human body and feel realistic body tissues,” adds O’Malley.

Other educational tools used in the A&P classroom include spirometry equipment to test lung function and a Vernier computer interface with various sensors that connect to the human body to provide data. EKG sensors, for instance, allow you to measure the heart’s electrical activity.

“We also do lab dissections and activities that test the function of cranial nerves, spinal reflexes — things that they would do in the workplace and be relevant to their careers,” explains O’Malley.

“Health care is a field where there’s always going to be demand, which means less worry if you’re a student leery about spending money on education and getting a return on your investment. This is even more true at a community college, which is an affordable choice.”

LLCC offers programs in associate degree nursing (RN), practical nursing (LPN), LPN to ADN transition, and basic nurse assistant (CNA). Other LLCC health professions programs include occupational therapy assistant, radiography, sonography, medical coding, surgical technology, respiratory care, neurodiagnostic technology, emergency medical services, forensics and exercise/sports science.

A&P can also transfer to other four-year universities for the pre-professional careers such as medicine, dentistry, veterinary medicine and forensic science.

www.llcc.edu/biology
www.llcc.edu/health-professions

Dr. Jennifer O’Malley uses a SynDaver in the classroom to help LLCC students better visualize structures and connections.

Michelle Ryan, HSHS St. John’s Hospital

Where can anatomy and physiology take you?

Michelle Ryan is a May 2019 LLCC alum and respiratory therapist at HSHS St. John’s Hospital. “I was in social work and looking for a short-term certificate when I came across respiratory care at LLCC. As a part of the coursework, I took anatomy and physiology (A&P).

“I was working, raising kids and taking classes at the same time. I found LLCC professors to be so encouraging and really wanted students to learn. A&P has helped me in a lot of ways, including medical terminology and especially in seeing the big picture with the patient — what’s going on beyond the respiratory perspective.

“My son has cardiopulmonary issues, so the field I’m in is one I have a passion for. I have found respiratory care to be a wonderful, rewarding career, and I’m now continuing my education to earn a bachelor’s degree in the field.”

Where can anatomy and physiology take you?
“I visited battlefields in France when I was about 10,” says Chris McDonald, Ph.D., professor of political science. “I wandered off into a cemetery and asked, ‘Why did this happen?’ Understanding why things happen and what motivates people, how it shapes so many people’s lives on a macro level — it’s so important, and that type of analysis drew me to political science.”

Political science is more than just politics. “We discuss current issues in class — security politics, health care, economic policy — but it’s about approaches and theories that are applicable now and in the future,” explains Dr. McDonald. “It’s about analysis and thinking, not memorizing.

“What I hope I do, and political science does, is to get people thinking about things they haven’t thought about before and to give students a toolkit to predict critical issues that affect people’s lives and to systematically solve problems.”

“Political science gives students a toolkit to predict critical issues that affect people’s lives and to systematically solve problems.”

“Political science gives students a toolkit to predict critical issues that affect people’s lives and to systematically solve problems.”

The conference allows students to gain a practical understanding of pressing international issues from a perspective outside of the classroom, get hands-on problem solving experience and broaden their awareness of international politics.

“In preparation for the conference, the students conducted in-depth research into the countries they were representing in addition to detailed analysis of the topics they were assigned,” says McDonald. “These topics are drawn from the actual UN agenda and are issues with which the global community is currently dealing.

“The experience is intense, and students are fully immersed in their role for the duration of the conference. Many former students report Model UN was an important and formative part of their college education and served them in good stead for future ‘real world’ situations during their subsequent careers.”

Through evidence gathering, data analysis, political science simulations and events such as the college’s annual Constitution Day presentation, LLCC students are learning about and building communication, argumentation, analysis, writing and interpersonal skills.

“The ability to effectively analyze and communicate is so important,” explains McDonald. “Political science provides a skill set for a variety of careers in such fields as nonprofits, journalism, state government and law.”
People from all over the world are tuning in to watch competitive, organized video gaming, also known as esports. It is a billion-dollar industry, and the sport is seeing tremendous growth in viewership.

Dot Esports reports that the 2019 World Championship League of Legends finals peaked at 44 million concurrent viewers. Activate, a technology consulting firm, estimates that U.S. esports will have more viewers than all other professional sports leagues except the NFL by 2021.

LLCC Athletics is a member of the National Junior College Athletic Association (NJCAA), which recently sanctioned esports and created an esports league. The NJCAA league currently features the games Overwatch, Rocket League and Super Smash Brothers Ultimate. The LLCC team will begin play in the fall of 2020.

Dalton McGhiey has been named the first esports head coach at LLCC. He is a biology teacher at Lanphier High School and also coaches the successful District 186 Springfield Capitols esports team, which finished first in the state in Fortnite, second in Overwatch and third in Rocket League.

“*If you’re from central Illinois and want esports as a part of your future, LLCC is your No. 1 choice.*”

“I love the vision LLCC has for the program, and I’m honored to spearhead the effort bringing the experience I have in the field,” he says. “I’m incredibly passionate about esports and have a desire to win.”

LLCC anticipates an initial roster size of approximately 25 for the co-ed esports team, and scholarships for players will be available. LLCC is currently setting up an esports arena and procuring equipment, including high-tech computers designed specifically for competitive gaming.

“The arena is where the team will practice and compete,” explains Coach McGhiey. “It’s going to be a great facility.”

LLCC esports games will be streamed free to Twitch, which is a streaming platform that allows people to watch while chatting with other spectators.

“The competitive nature, teamwork and practice schedule feels the same as other sports. You’re just competing online,” explains McGhiey. “If you love video gaming, it’s a great sport to get into.”

“It not only appeals to the element of competition, but playing esports puts players in situations where they get opportunities to improve leadership and interpersonal communication skills.”

Beyond playing there are many other jobs in the esports industry. “There are careers as broadcasters, producers, camera personnel, graphic designers and more,” says McGhiey. LLCC offers majors that relate directly to these jobs, including digital media design, digital app design and development, graphic design technology, speech communication and journalism.

“If you’re from central Illinois and want esports as a part of your future, LLCC is your No. 1 choice,” states McGhiey.

Students interested in attending LLCC and playing on the esports team may email Coach McGhiey at dalton.mcghiey@llcc.edu or call 217-786-2288.
Comforter
Make a difference helping others

“Once I spent time in the spa industry, I fell in love with massage therapy, and it became my primary focus,” says Brooke Lang, massage therapy instructor at LLCC’s Capital City Training Center and licensed massage therapist.

Massage therapy helps people relieve pain and discomfort. “It can help with chronic pain, digestive issues, relaxation and overcoming traumas. It’s a very diverse field that is a part of both the spa and medical realms,” explains Lang.

“Some of the modalities, or types, include hot stone massage, neuromuscular therapy, myofascial relief, balance and posture, reflexology, aromatherapy, hydrotherapy, spa treatments and more.”

LLCC students get hands-on training in all of these areas. Students also participate in outreach events as a community service. In January, the students provided 91 chair massages in about four hours at a bridal expo in Springfield. In April, May and June, students perform their clinical work and offer Swedish massages at a spring massage clinic.

“The opportunities provide students with experience in communication, marketing, connecting with clients and building professional relationships within the community,” explains Lang.

“After researching programs, I decided to get my training at LLCC,” says J.D. Lipe, LLCC massage therapy student. “It has the most professional environment, the emphasis is on education and the teachers’ experience is a great draw.”

“I was getting burnt out in my current job, but I knew I wanted to stay in the medical field and make a difference by helping others. I’d heard nothing but good things about LLCC’s massage therapy program,” says Anna Pavelko, massage therapy student. “My goal is to start my own massage therapy business, then eventually go on to chiropractic school.”

Massage therapy is a growing industry. According to the U.S. Bureau of Labor Statistics, the employment of massage therapists is projected to grow 22 percent from 2018 to 2028, much faster than the average for all occupations.

“If you are a person with great empathy, consider becoming a massage therapist. We care and want to help others,” adds Lang. “LLCC’s program is focused on education and putting good therapists out in the world.”

www.llcc.edu/healthcare
www.llcc.edu/massage-therapy-program

Massage therapy is just one of the short-term medical career programs offered at LLCC’s Capital City Training Center, 130 W. Mason, Springfield.

What can you do with a massage therapy major?

Brian Tonry (below) is a 2019 LLCC alum and massage therapist at Touch of Class in Jacksonville. “I was up in the air about what I wanted to do in life, but I knew I wanted to help people. Massage therapy felt like the right fit. LLCC’s program provides the most complete preparation. You get personal attention and a lot of hands-on training. It goes by fast, but you learn so much about how the body works. The teachers are very helpful. They really taught us how to succeed. Because of this program, I have great confidence in providing my clients a feeling of relief and relaxation from pain and discomfort. Helping them makes it all worthwhile. I’m loving it.”
OSHA 10 Certification

FORWARD MAGAZINE - SPRING 2020

Certification:
Wed and Thu, Aug. 26 and 27
8:30 a.m.–3 p.m.
$150

FORWARD MAGAZINE - SPRING 2020

Forklift Training Certification
Certification:
Mon, Aug. 24
8:30 a.m.–3 p.m.
$175

Aerial Scissor Lift Training Certification
Certification:
Tue, Aug. 25
8:30 a.m.–3 p.m.
$100

CPR/First Aid Certification
Intro to Solar Photovoltaic
Certification:
Oct, 28
9 a.m.–3 p.m.
$125

Solar Site Assessor Training
Certification:
Oct, 10
8 a.m.–5 p.m.
$275

OSHA 10 Certification

Wed and Thu, Aug. 26 and 27
8:30 a.m.–3 p.m.
$150

FORWARD MAGAZINE - SPRING 2020

WORKFORCE DEVELOPMENT PROGRAMS

Workforce Careers Center | 217-786-2407 | www.llcc.edu/workforce | Courses located in Workforce Careers Center, Room 1169

Adult Basic Education (ABE)
Are you an adult who needs to improve your reading, writing, math and technology skills? ABE classes prepare you to transition to a High School Equivalency preparation class, a bridge or pathways program or and/or entry-level employment. Students also receive guidance in choosing a career and employability.

High School Equivalency (HSEE) Preparation Classes
These classes help you to pass the GED or TASC tests and earn a high school equivalency diploma. Learn how to successfully transition to college-level coursework or/and the workforce. An online option is available for eligible students. Students may enroll in an adult education bridge or pathways program at the same time.

ILLINOIS SMALL BUSINESS DEVELOPMENT CENTER AT LLCC

Capital City Training Center, 130 W. Mason, Springfield | 217-786-4530 | sbdc@llcc.edu | www.llcc.edu/sbdc

Visit the offices of the Illinois Small Business Development Center at LLCC’s Capital City Training Center for assistance in starting or growing your own business. You can take advantage of a variety of services, from our growing catalog of information-packed seminars to our extensive library of business and personal resources, or visit with a knowledgeable advisor. Nearly all of our programs or workshops are free. “Starting Your Business in Illinois” workshops are regularly scheduled.

Forklift Training, Aerial Scissor Lift Training, CPR/First Aid Certification, Intro to Solar Photovoltaic, Solar Site Assessor Training.

COMMUNITY EDUCATION CLASSES – NEW CLASSES ADDED OFTEN!

LLCC Community Education offers non-credit, personal enrichment classes and travel opportunities in a wide variety of subjects. For class descriptions, visit www.llcc.edu/community-education or click on search under “Courses”, or call 217-786-2432. To register, visit www.llcc.edu/community-education or call 217-786-2292. All classes are held at LLCC’s main campus in Springfield unless otherwise noted.

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PROFESSIONAL DEVELOPMENT

10 Gifts of Servant Leadership
Mon, Sat, 9/19-9/26, 10 a.m.-11 a.m.

Basic Property Maintenance
LLCC-Jacksonville: Tue, 9/1-9/8, 6:30-8 p.m.

Building Teams
Sat, 10/17-10/24, 10-11 a.m.

Digital and Social Media for Professionals
Tue, 6/9-6/10, 7-8 p.m.

Myers-Briggs Type Indicator (MBTI) Personality Test: Introvert or Extrovert?
Sat, 10/3-10/10, 11 a.m.

Property Management
LLCC-Jacksonville: Tue, 6/8-6/25, 6-8 p.m.

Techniques for Improving Communication, Organization and Knowledge Sharing in an Organization
Thu, 9/17, 6-9 p.m.

PHOTOGRAPHY

Becoming a Photographer
Sat, 9/26, 9 a.m.-noon

General Portraiture
Tue, 10/10-10/17, 6-7 p.m.

Lighting Basics
Sat, 10/24, 9 a.m.-1 p.m.

Photography 101: The Camera and the Image
Sat, 10/24-10/31, 6-9 p.m.

Lighting Basics
Sat, 10/24, 9 a.m.-1 p.m.

Photography 101: Lighting Basics
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Photography 101: Lighting Basics
Sat, 10/24-10/31, 6-9 p.m. **TECHNOLOGY**

Adobe CS Illustrator Basics
Mon, 9/28-10/5, 6:30-8 p.m.

Adobe CS Indesign Basics
Mon, 11/2-11/23, 6-8 p.m.

Adobe CS Photoshop Basics
Mon, 8/10-8/31, 6-8 p.m.

Atomic Typography
Mon, 10/5-10/12, 6-9 p.m.

Building Teams
Sat, 10/17-10/24, 10-11 a.m.

Digital and Social Media for Professionals
Tue, 6/9-6/10, 7-8 p.m.

Myers-Briggs Type Indicator (MBTI) Personality Test: Introvert or Extrovert?
Sat, 10/3-10/10, 11 a.m.

Property Management
LLCC-Jacksonville: Tue, 6/8-6/25, 6-8 p.m.

Techniques for Improving Communication, Organization and Knowledge Sharing in an Organization
Thu, 9/17, 6-9 p.m.

TEST PREPARATION

SAT and ACT online test prep options are available at ed2go.com/llcc.

ACT Prep
Tue, 11/19-11/30, 6-8 p.m.

GRE Prep
Online

INSTRUCTORS WANTED

LLCC Community Education is proud of our excellent teaching staff, and we’d love to have you on our team! If you have an area of expertise and a love for teaching, submit a class proposal.

217-786-2430

www.llcc.edu/community-education

ED2GO/ONLINE

Instructor-facilitated, six-week online classes

A to Z Grant Writing
Accounting Fundamentals
Achieving Success With Difficult People
Achieving Top Search Engine Positions
Advanced Grant Proposal Writing
Assisting Aging Parents
Becoming a Grant Writing Consultant
Beginner’s Guide to Getting Published
Beginning Conversational French
Beginning Writer’s Workshop
Blogging and Podcasting for Beginners
Business and Marketing Writing
Business Finance for Non-Financial Personnel
Computer Skills for the Workplace
Creating a Successful Business Plan
Creating Mobile Apps With HTML5
Creating Webygez
Creating WordPress Websites
Designing Effective Websites
Discover Digital Photography
Discover Sign Language
Effective Business Writing
Effective Selling
Empowering Students With Disabilities
Enhancing Language Development in Childhood Fundamentals of Technical Writing
Enhancement Basics
Enhancement Communication
Keys to Effective Communication
Leadership
Learn to Buy and Sell on eBay
Listen to Your Heart, and Success Will Follow
Lose Weight, and Keep It Off
Mac, iPhone and iPad Programming
Marketing Your Business on the Internet
Marketing Your Nonprofit
Marriage and Relationships:
Keys to Success
Mastering Public Speaking
Mastering Your Digital SLR Camera
Merrill Ream Speed Reading
Music Made Easy
Mystery Writing
Personal Finance
Photographing Nature With Your Digital Camera
Publish and Sell Your E-books
Real Estate Investing
Romance Writing
SAT/ACT Prep
Solving Classroom Discipline Problems
Spanish for Medical Professionals
Speech Speed
Starting a Nonprofit
Start Your Own Arts-and-Crafts Business
Start Your Own Edible Garden
Start Your Own Gift Basket Business
Starts, Bonds and Investing: Oh My!
Teaching Students With ADHD
Teaching Students With Autism: Strategies for Success
The Analysis and Valuation of Stocks
Understanding the Cloud
Write Fiction Like a Pro
Write Your Life Story
Writing Essentials
Wow, What a Great Event!
Visit www.ed2go.com/llcc for a complete listing and to register.

PEERS® FOR ADOLESCENTS WITH AUTISM SPECTRUM DISORDER

Grades 6-8: Tue, Aug. 25-Oct. 13 | 6-8 p.m.

Grades 9-12: Tue, Oct. 22-Dec. 15 (no class Nov. 3) | 6-8 p.m.

PEERS® for Adolescents is an eight-week, evidence-based, social skills program for motivated adolescents in grades 6-8 and grades 9-12. This internationally acclaimed program was originally developed at UCLA by PEERS® Clinic Founding Director, Dr. Elizabeth Laugeson. During each group session, students are taught important social skills and are given the opportunity to practice these skills.

INFORMATION SESSION

Tuesday, June 16 | 6-7 p.m. | LLCC-Springfield, Trutter Center

Please preregister for the information session online at www.llcc.edu/peers-social-skills-program.

CIVIL WAR MEMORIES IN CHICAGO AND THE UPPER MIDWEST

June 11-13

ROBERT LINCOLN’S CHICAGO

Sept. 23-25

VISIT US ONLINE AT

www.llcc.edu/education-opportunities

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CULINARY INSTITUTE

The LLCC Culinary Institute offers non-credit, hands-on cooking and baking classes for all skill levels of the home cook. The Culinary Institute is a part of LLCC Community Education and located in the LLCC Workforce Careers Center. Classes finish with tasting all of the items prepared and/or taking home the finished product. For class descriptions and Bistro Verde dinner reservations visit www.llcc.edu/culinary-institute or call 217-786-2432. To register for classes, call 217-786-2292.

LLCC also offers associate degree programs in culinary arts and hospitality management and academic credit certificates in hospitality professional, hospitality supervisor, culinary manager, first cook, baking and pastry, and value-added local food. See page 15.

BISTRO VERDE DINNERS

Macarons
Sat, 10/31, 9:30 a.m.-12:30 p.m.
Tiramisu
Sat, 11/7, 9:30 a.m.-12:30 p.m.
Pies
Sat, 11/21, 9:30 a.m.-12:30 p.m.
Prezeltz
Sat, 9/19, 9:30 a.m.-12:30 p.m.

HANDS-ON COOKING

Canning 101
Sat, 9/9, 9 a.m.-2 p.m.
Cast Iron Cooking
Thu, 10/22, 5:30-8:30 p.m.
Cheese Making
Thu, 10/8, 5:30-8:30 p.m.
Comfort Foods
Thu, 11/5, 5:30-8:30 p.m.
Dumplings
Thu, 10/1, 5:30-8:30 p.m.
Fall Harvest
Thu, 10/15, 5:30-8:30 p.m.

SPECIAL NIGHT OUT

BBQ and Beer
Fri, 9/11, 5:30-8:30 p.m.

Holiday Side Dishes
Thu, 11/19, 5:30-8:30 p.m.
Knife Skills
Thu, 9/3, 5:30-8:30 p.m.

Korean Cuisine
Sat, 10/17, 9:30 a.m.-12:30 p.m.

Pasta Dishes
Thu, 9/24, 5:30-8:30 p.m.
Pizza at Home
Thu, 9/17, 5:30-8:30 p.m.

Thai Flavor
Thu, 12/3, 5:30-8:30 p.m.
The Great Pumpkin
Sat, 10/31, 5:30-12:30 p.m.

CULINARY YOUTH SUMMER OFFERING

Healthy Bodies: Food is Fuel!
One-day adventure featuring morning activities at Springfield’s Kidzium, shopping for fresh ingredients at the Old Capitol Farmers Market and an afternoon of cooking in LLCC’s state-of-the-art culinary labs. Wed, 6/17, 8 a.m.-3 p.m., ages 8-12, $65

PARENT AND ME

Ages 8-18, $49, 9:30 a.m.-12:30 p.m.
Christmas Cookies Cookies
Sat, 12/12
Gingerbread Decorating
Sat, 12/5
Halloween Treats
Sat, 10/24
Let’s Make Breakfast
Sat, 9/26
Pasta
Sat, 10/3
Sushi
Sat, 9/19

YOUTH CULINARY SUMMER CAMPS

For youth who have completed grades 4-7.
Mon-Thurs, 8:45 a.m.-12:15 p.m.

Asian Cuisine
7/13-7/16
Cake Design
7/6-7/9
Chocolate, Chocolate, Chocolate
7/27-7/30
Cookie Week
7/13-7/16
Harry Potter
7/20-7/23
Italian Dishes
7/20-7/23
Junior Chef
7/6-7/9
Mexican Flavor
7/27-7/30

TRADITIONAL COLLEGE FOR KIDS

For youth who have completed grades K-8:
Mon-Thurs, 8:30 a.m.-12:30 p.m., $145 per session (choose three classes).
Session 1: July 6-9; Session 2: July 13-16; Session 3: July 20-23

Abstract Art, Lit., & Science
Ag Adventures
Around the World
Art Action
Bake Off
Building in Balsa
Camping
Science and Engineering
Sports

Buckt Drumming
Dragon Genetics
Fancy Nancy Camp
Feathered Friends
Featuring the Face If You Give A ... Lots’ o’ Lids
Make It Real
Make Your Own Graphic Novel
Mosaic Magic
Paper Sculpture
Photography for All
Rhythm and Rhymes
Roll the Dice
Safari Time
Smart Grid
Space: Final Frontier?
STEM Adventures
Summer Seuss
Super Hero Sketch

Sweet Science
Talk With Your Hands
Who Dun It?
Writers Unite!

YOUTH OPPORTUNITIES

Visit www.llcc.edu/youth-programs for class descriptions and registration. Follow us on Facebook for current updates at www.facebook.com/LLCCCollegeForKids. For more information, call 217-786-2432.

BLACK ROCKET TECHNOLOGY CLASSES

Ages 8-11 or 12-14, Mon-Thurs, 9 a.m.-noon or 1:30-4:30 p.m., $145 per class (*$155 for eSports and JavaScript)

Battle Royale: Make Your First Fortnite Style Video
Game
6/29-7/2 or 7/13-7/16
*eSports Apprentice: Streamers & Gamers
6/7-9 or 7/20-7/23

Inventor’s League: Prototyping for the Future!
6/29-7/2

JavaScript Developer Jam
7/13-7/16 or 7/27-7/30
Rocket Kart Racers: Design a Mario Kart Style Game
7/20-7/23 or 7/27-7/30

CAMP GIRLS ON THE RUN: GIRLS HAVE HEART

Camp GOTR combines the best of Girls on the Run with all the fun of camp – including interactive games, physical activities, and creative arts, crafts and storytelling. Camp GOTR helps girls develop self-confidence, learn life skills and have fun with friends!

Mon-Thurs, $135, Incoming grades 3-5
6/22-6/25, 8:15 a.m.-12:15 p.m.

DRAWING CLASSES

Drawing for Beginners
Mon, 7/6-7/27, ages 8-18, 6-7 p.m.

Drawing for Real
Wed, 9/3-10/28, grades 5-8, 6-7 p.m.

EQUESTRIAN CAMPS

Classes meet at Sanctuary Hill Equine Assisted Therapies and Activities.
Beginner Camp Mon-Thu, $195
6/8-6/11
Ages 7-12, 10 a.m.-noon
Intermediate Camp
One year riding experience required.
Mon-Thur, $195
6/8-6/11
Ages 13-18, 2-4 p.m.

Camp For Youth With Disabilities
Mon-Wed, $160
6/22-6/24
Ages 7-12, 10-11:30 a.m.
Ages 13-18, 1-2:30 p.m.

READY, SET, DRONE!

This camp introduces students to the world of unmanned aerial vehicles as they learn to pilot mini-drones, construct LEGO flight obstacles and work together to brainstorm how drones could be used in new and innovative ways.
Mon-Thurs, $195
6/15-6/18, Grades 6-8, 1:30-4:30 p.m.

SCUBA DIVING CAMPS

The PADI Seal Team divers complete Aqua Missions that cover scuba diving skills, while learning responsibility and respect for the aquatic realm. Classes meet at Adventure Dive and Travel.
Mon-Thurs, $195, Ages 8-12
6/15-6/18, 9-11 a.m. and noon-2 p.m.
## LLCC Visit Events

**Health Care Expo** will be rescheduled.

**Transfer Expo** Learn about two-year academic transfer degree options. June 9, 2020, 6-8 p.m.

**Transportation and Industrial Expo** Look into hands-on careers and training programs. June 23, 2020, 6-8 p.m.

**Culinary and Hospitality Expo** Advance your career in this in-demand industry. July 14, 2020, 6-8 p.m.

Register at www.llcc.edu/visit.

## Important Dates

**Summer class registration**  
open now!

**Summer term**  
begins June 8, 2020.

**Fall class registration**  

**Fall semester**  

## Steps to Enroll at LLCC

For students seeking a degree or certificate

### STEP 1

**APPLY**

Submit an admission form at www.llcc.edu. (Click on the blue “Apply Now” button.)

Submit high school transcripts and, if available, SAT/ACT scores.

File the FAFSA (Free Application for Federal Student Aid) at www.fafsa.ed.gov and use LLCC code 007170 (if interested in receiving financial aid).

### STEP 2

**ATTEND**

Attend a required New Student Orientation  
Learn how to be successful at LLCC and meet other new students. Schedule your orientation at 217-786-2292 or visit LLCC or an LLCC Outreach Center.

### STEP 3

**ACHIEVE**

Meet with a student success coach  
Assess strengths, set goals, identify options and map out a plan for success to achieve your educational objectives.

You are now ready to register and pay for classes! You will register online, and can pay in full, sign up for a payment plan or use eligible financial aid.