

YOU ASKED FOR IT! YOU GOT IT!
2010 SPRING FACE-TO-FACE CLASSES

Dr. Anne Goiran
www.collegecoursesonline.com

EDUC 589 Stress Management for Personal and Professional Growth (3 Sem. Hrs)
February 12,13, 14 & 26,27,28, 2010 Gain energy and empowerment through practicing stress management skills!

EDUC 589 Students at Risk, Dealing With Anger, Frustration, and Low Self-Esteem (3 Sem. Hrs)
March 5,6,7 & 19,20,21, 2010 Help students at risk reverse self-defeating patterns of behavior through easy to use cognitive behavior modification skills.

EDUC 589 Dealing with Conflict and Confrontation (3 Sem. Hrs)
April 9,10,11 & 23,24,25, 2010. Learn effective strategies to deal with conflict and confrontation through cognitive-behavior modification, assertiveness, communication and solution-focused skills.

EDUC 589 Time to Read: Professional Materials (3 Sem. Hrs.)
April 30, May 1,2, 2010 & + 45 hours of outside reading. Reading classes are scheduled for one weekend with a second 1-day session TBA by group consensus at the first meeting. Read professional materials of your choice. Create a reading log. Share with colleagues.

All classes will be held at Best Western Denver SW, 3440 S. Vance St,
Lakewood, CO 80227 (NE corner Highway 285 & Wadsworth)

All classes meet Fri. 5:30 pm-10:30 pm, Sat & Sun 8:30 am-5:30 pm +
10 hrs. reading.

TUITION FOR ONSITE CLASSES

ADAMS STATE COLLEGE CREDIT

\$165 per credit hour+ \$15 materials fee

C.D.E INSERVICE CREDIT \$130 per credit hour + \$15 materials fee

E-MAIL TO PRE-REGISTER OR JUST SHOW UP!

annegoiran@collegecoursesonline.com

Online and Independent study classes available anytime.

www.collegecoursesonline.com

Summer Classes start June 2010

PLEASE SHARE THIS INFORMATION WITH OTHERS! THANK YOU