

FALL 2025

CONTINUING EDUCATION CATALOG

Lifelong Learning & Personal Enrichment



BISMARCK
STATE COLLEGE
North Dakota's
Polytechnic Institution

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BISMARCK
STATE COLLEGE

North Dakota's
Polytechnic Institution



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- Classes require a minimum enrollment before they can run. If a class is canceled, participants will be notified the week before class is scheduled to begin.
- We encourage you to register early so that your favorite class isn't canceled! If you cannot attend a class for which you registered, please call our office at 701-224-5600/1-877-846-9387 at least five (5) business days before class to receive a refund. Full refund policy details can be found under the FAQ section at registeratbsc.com

In case of inclement weather, we will notify participants of rescheduling or cancellation at the earliest possible time. If BSC is closed due to weather, please note that all classes scheduled for that day are canceled and will be rescheduled for the earliest possible date.

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WELCOME TO CONTINUING EDUCATION

As fall arrives, it brings with it the perfect opportunity for new beginnings and the joy of learning. Whether you're looking to dive into a new hobby, acquire a valuable skill, or simply explore an interesting topic, our catalog has opportunities for you.

This season, we're proud to offer a variety of personal enrichment classes, providing hands-on experiences in everything from creative arts to practical trades. And for those who believe that learning is a lifelong adventure, our Osher Lifelong Learning Institute (OLLI) offers a rich variety of humanities-based classes and events. These non-credit courses are designed to spark curiosity and foster a sense of community among fellow learners.

Mark your calendars for a special event this fall: the highly anticipated 80s Symposium! Join us October 22-24 for a nostalgic look back at the iconic music, culture, and events that defined the decade.

We invite you to explore the pages of this catalog and discover your next learning journey with us.

JOIN OUR TEAM OF INSTRUCTORS

Do you have a unique skill or hobby that you love to share? We'd love to meet you!

Prospective Instructor Open House

Wednesday, October 15

4:00 – 6:00 PM

BSC NECE, Room 101

Come learn about teaching for
Continuing Education!

Join us for refreshments, meet our program manager and experienced instructors, check out our facilities, and get answers to all your questions.

COMPUTER/ TECHNOLOGY

Computer Basics for Beginners

Ready to learn the basics of computers? This two-part class is for you! We'll cover everything you need to get started, from the definition of a computer to essential navigation skills using a mouse, keyboard, and desktop. You'll also learn about operating systems, how to browse the web and use email, and how to create online accounts. Finally, we'll introduce you to some popular online tools from Microsoft and Google. This class is hands-on, and no prior experience is needed!

9/15 - 9/22 (2 Sessions)
Mon 5:30 PM - 7:30 PM
BSC NECE, Room 104
Instructor: Deborah Mantz
Class Fee: \$79
Course ID: 9200080

Beginning Excel 2021

Try the latest, most powerful spreadsheet application built for today's workplace - Microsoft Excel 2021. Designed for beginners, you will discover how to build, edit, and modify spreadsheets, design charts, and create basic formulas and functions. *Basic knowledge of Windows is recommended. The class fee includes course materials.*

9/17 - 10/1 (3 Sessions)
Wed 5:30 PM - 7:30 PM
BSC NECE, Room 104
Instructor: Deborah Mantz
Class Fee: \$219
Course ID: 9200105

AI DIY Speed Run Workshop

Build your own AI tools for Penetration Testing (pentesting) in no time at all. In pentesting, speed is everything—time is money, and you want to get to the fun hacking fast. But there is always that one tedious task you complete for every engagement, and automating it has been a pain. You do not have time to mess with clunky AI tools or wait for someone else to build the perfect solution, so why not build it yourself?

In this hands-on workshop, you will learn from a pentester who has built AI tools for source code review and intel fusion, and how you can do the same. We'll start by crowdsourcing your most annoying

tasks, then dive into rapid prototyping with AWS PartyRock & Bedrock, local LLMs (like Ollama and GPT4All), LangChain, agents, uncensored models, and more. From no-code to full-code, you'll see real, practical workflows for every skill level. AI isn't magic—but with the right tools, it can get you to the good stuff faster.

9/30
Tue 8:30 AM - 11:30 AM
BSC NECE, Room 431/433
Instructor: Betta Lyon-Delsordo
Class Fee: \$39
Course ID: 8400003

Introduction to Artificial Intelligence (AI)

Artificial intelligence is all around us! This course will introduce the participant to Artificial Intelligence - what it is, how it is used, and ethical considerations. *This course is intended for beginner level knowledge of AI. Some computer experience is recommended.*

10/28
Tue 4:30 PM - 6:30 PM
BSC NECE, Room 104
Instructor: Lynette Borjeson Painter
Class Fee: \$39
Course ID: 9200102

CREATIVE ARTS

Beginner's Guide to Getting Published

Ready to see your words in print? This comprehensive workshop guides aspiring freelance writers to publication, whether their goal is a magazine article, short story, poem, or novel. Learn how to become published overnight, submit manuscripts correctly, find the right publisher, write irresistible query letters, and navigate the world of literary agents. Discover 100 ways to make money as a freelance writer. Led by LeeAnne Krusemark, a former journalist, author, editor, and Professor of Publishing (including Harvard Adult Education), this step-by-step workshop is a must for success. *This is an online class using Zoom. You need the ability to video chat via a computer, laptop, or smart device. By registering for the class, you agree to BSC sharing your email with the instructor. A link to join the class will be emailed before the*

class start date. Registration closes October 1 at noon.

10/3
Fri 6:00 PM - 8:00 PM
Online
Instructor: LeeAnne Krusemark
Class Fee: \$44
Course ID: 9100272

Explore the World as a Travel Writer

If you love to travel and write, this class is for you! We will discuss how to create more detailed and in-depth descriptions that truly capture your destination, maintain readers' interest, and discuss when you should include photos with your work. This class will also cover how to submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing clichés. Informative handouts for future use are included with this class. *This is an online class using Zoom. You need the ability to video chat via a computer, laptop, or smart device. By registering for the class, you agree to BSC sharing your email with the instructor. A link to join the class will be emailed before the class start date. Registration closes on October 6 at noon.*

10/8
Wed 4:00 PM - 6:00 PM
Online
Instructor: LeeAnne Krusemark
Class Fee: \$44
Course ID: 9100256

Creative Writing 101: A Beginner's Guide

You don't need a creative writing degree to be an exceptional, paid writer! If you have a passion for putting words on paper, this class will help you develop your fiction and non-fiction writing skills. Whether you're drawing from personal experience, building new worlds, or sharing vital information, you'll explore different forms of creative writing and master the top 10 creative writing tips for beginners. Learn how to brainstorm fresh ideas, bring your words to life with engaging descriptions, cultivate your unique writing style, and most importantly, get paid for your creative work. *This is an online class using Zoom. You need the ability to video chat via a computer, laptop, or smart device. By registering for the class, you agree to BSC sharing your email with the instructor. A link to join the class*

will be emailed before the class start date. Registration closes on October 8 at noon.

10/10
Fri 4:00 PM - 6:00 PM

Online

Instructor: LeeAnne Krusemark
Class Fee: \$44
Course ID: 9100273

Drop Spindle Spinning 101

Would you like to learn how to spin your own yarn? In this class, you will learn how to spin wool fiber into yarn on a drop spindle, a traditional hand tool used to twist fibers into thread. With a little patience, you can create your own custom yarn to knit, crochet, or weave with. During the final class, you will have an opportunity to transfer those skills to a spinning wheel if you would like. *A supply fee of \$30 is payable at the time of registration. Additional supplies will be available for purchase during class if desired (cash only).*

10/13 - 10/27 (3 Sessions)
Mon 7:00 PM - 9:00 PM
BSC NECE, Room 103
Instructor: Shayne Bjorndahl
Class Fee: \$39
Course ID: 9100268

CULINARY ARTS

Krumkake

Krumkake is a Norwegian waffle cookie made with a special hot iron griddle. These special delicacies are a fun, sweet dessert for a holiday dinner or to enjoy anytime! Bring an apron and a container to take home leftovers. *A supply fee of \$15 is payable at the time of registration.*

10/6
Mon 6:00 PM - 8:00 PM
CHS, Room E100
Instructor: Karen Hook
Class Fee: \$59
Course ID: 9960017



Traditional Moldovan Placinte

Placinte is a Moldovan traditional delicacy - perfectly fried patties made with fresh farmer's cheese, green onions, and dill. Discover the secrets of a perfect, savory pastry that will impress your family and friends. *Bring an apron and a container to take home leftovers. A supply fee of \$15 is payable at the time of class registration. Registration closes October 6th at noon.*

10/8
Wed 5:30 PM - 7:30 PM
CHS, Room E100
Instructor: Elena Martinez
Class Fee: \$69
Course ID: 9960030

Pierogies

Pierogies are delectable dumplings of dough filled with a savory potato and cheese mixture. Originating from Poland, pierogies have become a popular dish worldwide, gracing tables with their comforting flavors and delightful textures. Join Chef Elena to learn the art of crafting the perfect cheese and potato pierogies. *Bring an apron and a container to take home leftovers. A supply fee of \$15 is payable at the time of class registration. Registration closes October 31 at noon.*

11/5
Wed 5:30 PM - 7:30 PM
CHS, Room E100
Instructor: Elena Martinez
Class Fee: \$69
Course ID: 9960034

Aaahh-Lefse!

Fresh homemade lefse has a warm, snuggling hug for your taste buds and is traditionally made from potato-based dough that is hand-rolled. The most popular way to enjoy it is called "lefse-klining" - the simple delight of adding butter and sugar, then rolling it up. Lefse is often served alongside lutefisk, another traditional Norwegian delicacy, though one with more of an 'acquired' taste. Join us to learn more because there's no end to all the ways you can enjoy traditional lefse! *Bring an apron and a container to take home leftovers. A supply fee of \$15 is payable at the time of registration.*

11/10
Mon 6:00 PM - 8:00 PM
CHS, Room E100
Instructor: Karen Hook
Class Fee: \$59
Course ID: 9960015

Rosettes

Learn how to make rosettes; sweet, crispy, fritter cookies traditionally dusted with confectioners' sugar. The name rosettbakkels comes from the Norwegian culture. Rosettes are typified by their lacey pattern. *Bring an apron and a container to take home leftovers. A supply fee of \$15 is payable at the time of registration.*

12/8
Mon 6:00 PM - 8:00 PM
CHS, Room E100
Instructor: Karen Hook
Class Fee: \$59
Course ID: 9960027

HEALTHY LIVING

T'ai Chi: An Introduction

T'ai Chi is an ancient Chinese martial art that helps to promote calmness, centeredness, and self-control. It combines meditation with physical exercise and can enhance energy, flexibility, balance, muscle, and strength while reducing stress. In this beginner's class, you will learn about the twenty-four forms of the Yang Style and experience meditation in motion. No prior experience is needed. Please wear comfortable clothing to class. *Please wear comfortable clothing to class and bring a water bottle.*

9/9 - 10/9 (10 Sessions)
Tue, Thu 7:00 PM - 8:00 PM
BSC Leach Music Center, Room 022
Instructor: Craig Triplett
Class Fee: \$99
Course ID: 9400109



Shake It Off, Let It Go!

Ready to shake up your workout routine? This class is the perfect way to do it. For one month, you'll ditch the routine and try a mix of new classes. We'll alternate between high-energy dance moves and focused strength training. Every week is a new challenge to keep your body guessing and your workouts fun! *Participants should bring a filled water bottle and wear clothes geared to work out.*

9/24 - 10/20 (8 Sessions)
10/22 - 11/17 (8 Sessions)
11/19 - 12/17 (8 Sessions) Skip 11/26
12/22 - 1/21 (8 Sessions) Skip 12/24 & 12/31

Mon, Wed 5:15 PM - 6:00 PM
BSC Leach Music Center, Room 022

Instructor: Loretta Benedict
Class Fee: \$79
Course ID: 9400166

Aging Gracefully

Aging Gracefully is a vibrant, adaptive dance program tailored for older adults who want to enhance movement, coordination, balance, and overall well-being. Unlike typical chair-based classes, we offer a dynamic mix of seated and supported standing exercises featuring gentle modern, ballet, and social-dance movements to uplift both body and spirit. **What You'll Experience:** A rhythmic warm-up and stretch, followed by movement sequences that can be performed seated or standing according to your comfort. Dance-influenced exercises that build balance, coordination, strength, flexibility, and posture,

significantly reducing fall risk. Gentle aerobic activity to promote cardiovascular health and joint mobility while flooding the brain with positive endorphins for mood and emotional well-being. Cognitive engagement through learning simple sequences, stimulating memory, focus, and spatial awareness. A warm, inclusive environment for social connection, self-expression, and community building. Everyone's welcome, no dance experience required. *Participants should wear comfortable clothing and bring a filled water bottle if desired.*

10/1 - 10/22 (4 Sessions)
10/29 - 11/19 (4 Sessions)
Wed 11:30 AM - 12:30 PM
Northern Plains Dance
Class Fee: \$49
Course ID: 9400165

HOME & GARDEN



Pawsitively Obedient

We will be building on the exercises learned in the puppy class; however, if your dog has not attended a puppy class and is not seriously aggressive towards other dogs, this class would be an option for you and your dog six months of age or older. If your dog has issues that prevent participation in this class, Betsy is willing to make other arrangements to work with you and your canine. Tasks taught using more structured techniques are sit, down, come when called, controlled walk, wait, stay, and much more including some Rally and Canine Good Citizen exercises. *Equipment and requirements to attend this class are: VACCINATION RECORD ADMINISTERED BY A LICENSED VETERINARIAN ONLY (to include Distemper/Parvo series, Rabies and Bordetella), a collar (prefer no harnesses), a stationary leash (no flexi, chain or expandable leashes), soft training treats, a notebook if you want to write down the lessons, and most of all come enjoy the training journey with your canine family member. Any attendant under the age of 18 must be accompanied by an adult.*

9/3 - 10/8 (6 Sessions)
Wed 6:00 PM - 7:00 PM
BPS Career Academy,
Room 200A
Instructor: Betsy Hamkens
Class Fee: \$99
Course ID: 9450001

Pawsitively Puppy

Puppies do a lot of learning in their early months. Join Betsy for this class focused on puppies six months and younger. Behavior training tasks to be covered are: engagement, biting, chewing, jumping, digging, barking, and more! Obedience training tasks to be introduced in a puppy style will be sit, down, come when called, controlled leash walk, wait, stay, and how to greet people. *Equipment and requirements to attend this class are: VACCINATION RECORD ADMINISTERED BY A LICENSED VETERINARIAN ONLY (to include Distemper/Parvo series, Rabies if the puppy is old enough and Bordetella), a collar (prefer no harnesses), a stationary leash (no flexi, chain or expandable leashes), soft training treats, a small squeaker toy, a notebook if you want to write down the lessons, and most of all enjoy the training journey with your new canine family member. Any attendant under the age of 18 must be accompanied by an adult.*

10/6 - 11/17 (6 Sessions)
Skip 10/27
Mon 6:00 PM - 7:00 PM
BPS Career Academy,
Room 200A
Instructor: Betsy Hamkens
Class Fee: \$99
Course ID: 9450006



MONEY MATTERS

Rules of the Road

If you're like most people, the road to your future and the realization of your life's dreams will require a solid saving and investing strategy. At this class, you'll learn Edward Jones' 10 principles of investing as well as common mistakes and what you can do to help avoid them.

9/17
Wed 6:00 PM - 7:30 PM
BSC NECE, Room 101
Instructor: Nelson Wealth
Management-Edward Jones
Class Fee: \$29
Course ID: 9600074

Retirement Planning Today

It takes more than money to live a rich life. This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. Discover what they did not teach you in school including: five strategies to manage investment risk, 11 ways to save money on this year's taxes, important questions to ask before buying insurance, how to invest in and take money out of your company's retirement plan, and determine the savings needed to retire. *Participants may bring a spouse or guest at no additional charge. A \$30 materials fee is payable at the time of registration. Couples may share a workbook. Registration closes 1 week prior to allow for supplies to be purchased.*

Tue 10/7 - 10/14 (2 Sessions)
Thu 10/16 - 10/23 (2 Sessions)
6:00 PM - 9:00 PM
BSC NECE, Room 101
Instructor: Russ Arman
Class Fee: \$54
Course ID: 9600010

OLLI Members receive a 10% discount on enrichment classes listed on pages 3-8!

See page 8 for more information.

Secure Your Legacy: Essential Estate Planning for Retirees

Join us for an engaging and comprehensive workshop designed specifically for retirees looking to secure their legacy, minimize taxes and ensure peace of mind for themselves and their loved ones. In this two-part series, you'll learn the crucial components of estate planning and gain practical tools to take control of your future.

10/28
Tue 6:00 PM - 8:00 PM
BSC NECE, Room 101
Instructor: Joshua Ross
Class Fee: \$29
Course ID: 9600071

Taxes in Retirement

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Learn what's involved in creating a retirement tax strategy to reduce your lifetime tax bill while maximizing investments, Social Security, Medicare, and estate planning.

11/12
Wed 6:00 PM - 8:00 PM
BSC NECE, Room 101
Instructor: Joshua Ross
Class Fee: \$29
Course ID: 9600069

RECREATION & LEISURE

Partner Dance: Wedding Dance Workshop

Get ready to shine on the dance floor! This 4-week workshop equips couples (or individuals) with the essentials to feel poised, connected, and graceful. Each 60-minute class covers a different popular wedding dance style. Perfect for complete beginners to seasoned dancers, no prior experience is needed. This format allows couples to build confidence and a meaningful first dance experience in a supportive group setting. You'll learn partner communication, grace under pressure, and the joy of sharing a crafted dance moment together. *Participants and*

their partner must register separately. Participants should wear comfortable clothing and bring a filled water bottle if desired.

9/5 - 9/26 (4 Sessions)
Fri 6:00 PM - 7:00 PM
Northern Plains Dance
Instructor: Taryn Johnson
Class Fee: \$49
Course ID: 9650140

Private Lessons: Guitar & Bass Guitar

Starting a new hobby or wanting to improve your skills? These guitar lessons are available for all levels of instruction, beginner through advanced. Whether you are new to playing or you want to advance your current level of playing, these one-on-one lessons will help you reach your potential. Students will need their own acoustic or electric guitar or electric bass. The instructor will work with you to schedule ten weekly lessons. Lessons are available Tuesdays, Wednesdays, and Thursdays between 10 AM to 5 PM. *Lessons must be complete by December 12. Registration closes September 29 at noon.*

To Be Scheduled (10 Sessions)
BSC Leach Music Center, Room 181
Instructor: Douglas Klein
Class Fee: \$209
Course ID: 9650134



DSLR Photography Bootcamp

If you want an intensive introduction to your DSLR camera or would just like a refresher on topics like controlling exposure, focus, white balance, and using JPEG vs. RAW, then this is the class for you. We will be doing a lot of practice with the various settings on your camera to capture fast-moving and slow-moving objects, creating a photo with a soft blurred background, and understanding how lenses affect your images. *Please come to class with your camera and a fully-charged battery.*

9/11 - 10/9 (3 Sessions) Skip 9/25 & 10/2

Thu 6:00 PM - 8:00 PM

BSC NECE, Room 101

Instructor: Brian Matthews

Class Fee: \$89

Course ID: 9650069

Intro to Photoshop for Photographers

If you have Adobe Photoshop Elements or Adobe Photoshop and want to learn tips and tricks to use the software to improve your photographs, this class is for you. Photoshop is a powerful tool that can be difficult to learn independently. In this class, participants will learn from a photographer who has used Photoshop since version 1. Useful topics to be covered are adjusting exposure, correction, artistic enhancement, layers, and setting up Photoshop for easier use and improved printed results. Don't be afraid of Photoshop anymore! You will receive a USB drive with class files to store photographs you wish to edit during class. *Basic computer knowledge is highly recommended.*

11/6 - 12/11 (5 Sessions) Skip 11/27

Thu 6:00 PM - 8:00 PM

BSC NECE, Room 104

Instructor: Brian Matthews

Class Fee: \$129

Course ID: 9650015

How to Play Piano by Ear (Virtual)

Learn one of music's deepest mysteries: how to play songs without relying on music. You will experience a practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing - all expressed in everyday language. As an ideal follow-up to the "Instant Piano" class, Learning to Play Piano by Ear is open to anyone with

a basic understanding of chords on any instrument. You will expand your musical horizons, free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords is recommended. This class includes an online book, online follow-up lessons, a recording of the class, and an optional monthly question and answer session. *This is an online class using Zoom. You need the ability to video chat via a computer, laptop, or smart device. By registering for the class, you agree to BSC sharing your email with the instructor. A link to join the class will be emailed before the class start date. Registration closes on November 20 at noon.*

11/22

Sat 10:00 AM - 12:30 PM

Online

Instructor: Craig Coffman

Class Fee: \$89

Course ID: 9650139

Instant (Holiday) Piano for Hopelessly Busy People (Virtual)

In just a few hours, you can learn enough secrets of the trade to provide years of musical enjoyment. Learn to play piano the way professionals do by using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. The fee includes the online book, online follow-up lessons, a recording of the class, and an optional periodic question-and-answer session. The class is held online using Zoom and is partly hands-on instruction and lecture demonstration. This class will emphasize the learning of Christmas songs. *This is an online class using Zoom. You need the ability to video chat via a computer, laptop, or smart device. By registering for the class, you agree to BSC sharing your email with the instructor. A link to join the class will be emailed before the class start date. Registration closes on November 26 at noon.*

12/1

Mon 6:30 PM - 9:30 PM

Online

Instructor: Craig Coffman

Class Fee: \$89

Course ID: 9650130

Instant (Holiday) Guitar for Hopelessly Busy People (Virtual)

This crash course is for anyone 13 years and older who has wanted to learn guitar but can't find the time for lessons. In just a few hours, you'll learn basic chords and start playing along with your favorite songs, giving you years of musical enjoyment. This class will emphasize learning Christmas songs. This class is held on Zoom, so you can learn from the comfort and privacy of your own home. The course includes an online book and follow-up video lessons, so you can continue to practice and study at your own pace. Plus, an optional online question and answer session is available to help you with any issues you may have. A recording of this class will also be provided. *This is an online class using Zoom. You need the ability to video chat via a computer, laptop, or smart device. By registering for the class, you agree to BSC sharing your email with the instructor. A link to join the class will be emailed before the class start date. Registration closes on November 26 at noon.*

12/2

Tue 6:30 PM - 9:00 PM

Online

Instructor: Craig Coffman

Class Fee: \$89

Course ID: 9650145



SPECIAL INTEREST

German Beer, sehr gut!

Journey through Germany's beers without leaving the States! Debbie, a veteran Enrichment instructor, has lived in Germany and has a passion for the country and its flavors. You will sample a variety of beers from the different regions of Germany, accompanied by appetizers. It will be a unique experience you will not want to miss! *Participants must be 21 to register. Registration closes October 3 at Noon.*

10/9
Thu 6:30 PM - 8:30 PM
Signature Events
Instructor: Deborah Mantz
Class Fee: \$89
Course ID: 9750013

The ART of Welding

This fast-track, two-week course offers a project-based introduction to safe welding practices. You will learn about Oxy-Acetylene Cutting (OFC), Shielded Metal Arc Welding (SMAW), and Gas

Metal Arc Welding (GMAW) through a combination of lectures and hands-on lab work. The class will cover safety procedures, equipment use, joint types, techniques, consumables, and basic welding theory. This is a great opportunity for beginners to gain practical welding skills. Safety gear including gloves, glasses, jackets, and helmets are provided. *Participants are welcome to bring their own safety equipment if desired. All participants must wear long pants and steel-toed boots.*

10/14 - 11/6 (8 Sessions)
Tue, Thu 5:30 PM - 8:30 PM
BSC Mandan Campus, Room 113 A/B
Instructor: Benjamin Rohrich
Class Fee: \$499
Course ID: 9750033

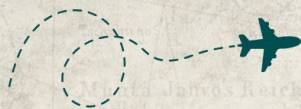
Introduction to Voiceovers

Explore the craft of voiceovers! This class will provide an overview of the voiceover industry, explain the different types of voiceovers, and discuss the tools needed to find success in the growing remote work industry as a voice actor. Also discussed will be

current trends and opportunities. You will read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. This class is a one-time, 90-minute, one-on-one, video chat class! Upon registration, you will be contacted by VFA to schedule your class for a day and time of your convenience. *BSC has partnered with Voices for All, an organization offering professional voiceover lessons, to provide this online class. You will need the ability to video chat via computer, laptop, or smart device. By registering for the class you are agreeing to allow BSC to send contact information to the instructor. You will work with the instructor to select a class date. On that date, the instructor will coach you in a one-on-one, video chat setting as real scripts are read. The instructor will take notes on the performance and will provide a professional voice evaluation.*

Online
Instructor: Alicia Midgley
Class Fee: \$49
Course ID: 9750026

Travel with OLLI



2026 Tours

Travel presentation on Tuesday, September 23 at 5:30 PM
via Zoom or streamed in BSC NECE, Room 101

For more information, visit bismackstate.edu/OLLI

Alaska Discovery Land & Cruise

August 12 - 23

This Alaskan land and cruise tour combines scenic land travel with a seven-night Holland America cruise, featuring highlights such as a Sternwheeler Discovery riverboat journey, a wildlife-focused Tundra Wilderness Tour in Denali National Park, a luxury domed railcar ride, and cruising through Glacier Bay and the Inside Passage.

Celebrating America's 250th Anniversary September 7 - 15

This tour explores the country's founding history, with highlights including visits to the historic sites of Boston, New York, Philadelphia, and Washington, D.C., as well as cultural and culinary experiences



CAREER PATHWAYS & PROFESSIONAL DEVELOPMENT

Intro to Medical Pathways (ESL)

This 18-hour virtual course will help build vocabulary and a basic understanding of medical careers in healthcare today. Students will better understand the terminology used primarily in nursing assistant training and their role in long-term care. The course will include conversation practice, worksheets, practice quizzes, and more. This program will focus on English as a Second Language (ESL) students and aims to help improve their English language abilities and equip them to be successful in a potential healthcare career. This is a non-degree, non-credit program. All instruction will be in English.

10/6 – 10/23
Tue & Thur 6:00 PM - 9:00 PM
Online via Zoom
Class Fee: \$250
Course ID: 3430004

Certified Nursing Assistant (CNA) Training

With Bismarck State College's Nursing Assistant Training Program students gain the knowledge and technical skills needed to secure a job as a certified nursing assistant (CNA) in a skilled nursing facility, acute care, home health care, hospital, or clinic. The 76-hour program includes classroom instruction, supervised practical training and clinical practice, and can be taken for college credit or as non-credit training.

10/6 – 10/30
11/3 – 11/26
Mon-Fri 6:00 PM - 10:00 PM
BSC Health Sciences
Class Fee: \$689
Course ID: 3100001

Certified Medication Assistant (CMA II)

A Certified Medication Assistant II is able to deliver routine, regularly scheduled medication (as delegated by a licensed nurse) for individuals or groups of individuals with stable conditions which are administered on a routine basis and do not

require determination of need, drug calculation, or dosage conversion.

A CMA II can be employed in a setting where the licensed nurse is either scheduled regularly or not regularly including Skilled Nursing Facilities, Assisted Living Facilities and Basic Care Facilities.

10/14 – 11/6
Tue & Thur 6:00 AM – 3:30 PM
BSC Technical Center
Class Fee: \$849
Course ID: 3200001

Commercial Driving (CDL)

With Bismarck State College's Commercial Driving Course, you will gain the knowledge and technical skills needed to obtain your Class A CDL and to assist you in securing a job in the booming trucking industry. Students will have the opportunity to learn from an experienced instructor both in the classroom and behind the wheel. Students will learn key

commercial driving skills with hours of driving practice over the road, on the backing range, and in various driving conditions.

3 Week Course
Mon-Fri 8:00 AM – 4:30 PM
BSC NECE
Class Fee: \$6,595
Course ID: 5210001
10/15 – 11/4
12/8 – 12/31

2 Week Course
Mon-Fri 8:00 AM – 4:30 PM
BSC NECE
Class Fee: \$6,595
Course ID: 5210001
9/15 – 9/26
9/29 – 10/10
10/14 – 10/27
11/3 – 11/7
11/7 – 11/21
11/19 – 12/4
11/24 – 12/9



OLLIFest
A Wine & Beer Tasting Event

**WINE
and
BEER
TASTING**
with MUSIC & SILENT AUCTION

Join us for the second annual OLLIFest, benefiting OLLI and lifelong learning. Sample from local breweries, enjoy appetizers, and mingle with friends.
Cheers to education!

Thursday, September 25 | 6:00 - 8:00 PM
Bismarck State College NECE, Bavendick Stateroom

Tickets
OLLI Member Price: \$35
Non-Member Price: \$45


registeratbsc.com



**No tests.
No grades.
No papers.**

Just learning
for the joy of it.

**OLLI classes and activities
require an OLLI membership
unless otherwise stated.**

Osher Lifelong Learning Institute at Bismarck State College

OLLI at BSC is a vibrant community for adults who share a passion for learning, connecting and exploring new interests. OLLI offers a wide variety of non-credit humanities classes, both online and in-person. Beyond the classroom, members enjoy unique learning opportunities, social events, and group travel, all designed to foster camaraderie and intellectual curiosity. OLLI is where learning is a joy, and new friendships are made. Your annual membership fee of \$40 is valid through June 30, 2026.

Annual membership includes the following benefits:

- Special pricing on campus and community events
- Free activities and events
- Exclusive access to OLLI offerings in this catalog
- Traveling opportunities
- Waived processing fees on OLLI offerings
- Campus and community discounts include:
 - 20% off a monthly membership at the Touchmark Health & Fitness club
 - Dakota Zoo - 1 free train ticket
 - Bismarck/Mandan Symphony - OLLI Discount
 - BSC Theater Productions - OLLI Discount
 - 10% off all Enrichment classes
 - 20% off at the BSC bookstore
 - \$1.00 off specialty drinks at any Mystic Java location

For more information on becoming an OLLI member, visit bismarckstate.edu/OLLI or call 701-224-5600.

OLLI SERIES

Preparing for the Revolution

As we commemorate the 250th anniversary of the American Revolution, this first session of a two-part series will focus on the critical years of 1773-1775. This period not only sets the stage for the historic year of 1776, which will be offered in the Spring of 2026, but also introduces many key figures of the Revolution and significant events. We will examine the rising tensions through pivotal moments such as the Boston Tea Party, the Intolerable Acts, and the opening shots at Lexington and Concord in April 1775. We will also delve into the Second Continental Congress of 1775, where George Washington's command began and the hopeful, yet destined to fail, Olive Branch Petition was sent to King George. Prepare to understand the forces that made revolution inevitable.

9/25 - 10/2 (2 Sessions)
Thu 3:00 PM - 5:00 PM
Instructor: Perry Hornbacher
BSC NECE, Room 101
Class Fee: \$35
Course ID: 7040045

Framing a Nation: Understanding the U.S. Constitution through Originalism

This three-session course explores the U.S. Constitution through the lens of originalism: the idea of interpreting the document based on its meaning at the time of ratification. Participants will learn key philosophical influences that shaped the Founding Fathers' beliefs and the historical events that impacted their vision for a new government. Through analysis of the Constitution's structure, federal powers, and the principle of federalism, each session builds a strong foundation for critically engaging with the nation's founding document and its lasting impact on American governance.

10/13 - 10/27 (3 Sessions)
Mon 4:00 PM - 6:00 PM
Instructor: Joseph Camisa
BSC NECE, Room 101
Class Fee: \$40
Course ID: 7040046



**Stay
Curious!**

OLLI LECTURES

From Reluctance to Responsible Use - Using AI Tools

Use of artificial intelligence tools is quickly becoming common in the workplace and at home. Using AI tools brings a concern for responsible use, including transparency, environmental impact, personal privacy, and network security. Join this two-hour session to explore the many considerations the use of AI tools brings to individuals, businesses, and communities.

9/16

Tue 4:30 PM - 6:30 PM

Instructor: Lynette Borjeson Painter

BSC NECE, Room 253

Class Fee: \$25

Course ID: 7070158

President Kennedy's Assassination

How did President Kennedy and Lee Harvey Oswald both end up in Dealey Plaza on November 22, 1963? Coincidence or conspiracy? This class will include video interviews with David Lifton, still photos of the Zapruder, recent work by Doug Horne and David Mantik on JFK's autopsy photos and X-rays, as well as the bombshell admission in 2023 by former Secret Service agent Paul Landis regarding his handling of the 'magic bullet.' Additional insights will be shared in this interactive discussion with attendees. *Note: This free lecture is a repeat from February 2025 and requires registration and an OLLI membership.*

9/24

Wed 6:00 PM - 8:00 PM

BSC NECE Auditorium, Room 304

Instructor: Jon Martinson

No Fee

Course ID: 7090041

The Papal Conclave: History, Tradition, and the First American Pope

Explore the fascinating history of the papal conclave and its impact on global Christianity. We'll trace the evolution of papal elections, examining historical trends that favored European pontiffs, and then consider the groundbreaking implications of the first American Pope, possible reasons behind the decision and what it means for the Church. A screening of the film *Conclave*, will be shown the following day.

9/23

Tue 1:00 PM - 3:00 PM

Instructor: Pat Pins

BSC NECE, Room 101

Class Fee: \$25

Course ID: 7070161

President Kennedy's Assassination (Part 2)

This class is a follow up to President Kennedy's Assassination, and will take a deeper look into the theories surrounding his death. Jon will present evidence that has been fabricated or withheld in an effort to frame Lee Harvey Oswald as the lone assassin. Attendees will examine photos of JFK's limousine as it raced to Parkland Hospital, and study particular frames of the Zapruder film that could reveal what was really happening on the sixth floor of the Texas School Book Depository. A radio talk show recording of legendary researcher David Lifton, discussing his interview with witnesses who saw Jackie Kennedy attempt to exit the limousine a second time just west of Dealey Plaza, will be played. Additional information will be shared in this interactive discussion with attendees. *This free lecture requires registration and an OLLI membership.*

10/8

Wed 1:00 PM - 3:00 PM

BSC NECE Auditorium, Room 304

Instructor: Jon Martinson

No Fee

Course ID: 7090041

Four Horses and Their Honors

This class delves into the remarkable history of the US Army Cavalry and the thousands of horses that served alongside them in battle and during the settlement of American frontiers. We will focus on the unique achievements of four exceptional horses who received special recognition for their valor and contributions.

This class will be held virtually using Zoom. Participants can join from a computer or device with internet capability. This Zoom session will be streamed in Room 101 of the National Energy Center on the BSC campus for those who do not have internet capability and want to attend the class.

10/14

Tue 3:00 PM - 4:30 PM

Instructor: Stephanie Slahor

Online or BSC NECE, Room 101

Class Fee: \$25

Course ID: 7070157

Frederick Benteen: Custer's Cantankerous Captain

Explore the life of Frederick Benteen, a reliable and professional U.S. Army officer who, despite his disdain for Custer, survived the Battle of Little Bighorn. This talk delves into the experiences of a Civil War and Indian Wars veteran, offering insights into a pivotal figure in American military history.

10/16

Thu 6:00 PM - 8:00 PM

Instructor: Jeff Hoffer

BSC NECE Auditorium, Room 304

Class Fee: \$25

Course ID: 7070163

What's Your Digital Footprint?

Sharing our personal information online is common, sometimes we don't realize we are doing so. Every time we log onto a new website, shop online and create a new store account, even creating a new account on social media, we leave something about us behind. In this session you will learn more about the personal data we leave online even when we log off.

10/21

Tue 4:30 PM - 6:30 PM

Instructor: Lynette Borjeson Painter

BSC NECE, Room 253

Class Fee: \$25

Course ID: 7070159

Atlantis: Myth, Mystery, and the Search for the Lost World

Embark on a captivating journey into one of history's most enduring mysteries: the lost city of Atlantis. From its origins in Plato's ancient texts to the ongoing debate: Did it truly exist? This class will discuss the "evidence" supporting a real Atlantis, explore theories on its possible location and demise, and discuss the current state of modern archaeological efforts to uncover the truth behind this legendary lost city.

10/30

Thu 1:00 PM - 3:00 PM

Instructor: Pat Pins

BSC NECE, Room 101

Class Fee: \$25

Course ID: 7070160

Only Hope: My Mother and the Holocaust Brought to Light

Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland, powerful stories published by her son, Irv Lubliner. He will share excerpts from "Only Hope: A Survivor's Stories of the Holocaust," shedding light on her experiences and indomitable spirit. You will learn about the Holocaust through the eyes of a survivor, as well as how the instructor - the child of two survivors - was impacted by his parents' experiences. *This free lecture requires registration and an OLLI membership.*

This class will be held virtually using Zoom. Participants can join from a computer or device with internet capability. This Zoom session will be streamed in Room 101 of the National Energy Center on the BSC campus for those who do not have internet capability and want to attend the class.

11/17
Mon 1:00 PM - 3:00 PM
Online or BSC NECE, Room 101
Instructor: Irving Lubliner
No Fee
Course ID: 7090052

Famous Fathers of Invention

Join us for an inspiring exploration of some of history's most groundbreaking inventors—men whose ideas transformed the world. From Johannes Gutenberg's revolutionary printing press to Tim Berners-Lee's creation of the World Wide Web, this class highlights the ingenuity and impact of figures like Thomas Edison, the Lumière brothers, and the Wright brothers. Discover the stories behind their inventions, the challenges they overcame, and the legacy they left behind. Whether you are a history buff or a tech enthusiast, you will enjoy learning about these extraordinary minds who helped shape the modern age.

11/6
Thu 1:00 PM - 3:00 PM
Instructor: Ann Vadnie
BSC NECE Auditorium,
Room 304
Class Fee: \$25
Course ID: 7070155

Prohibition: America's Dry Years

Step into one of the most controversial chapters in U.S. history—Prohibition, the nationwide ban on alcohol that lasted from 1920 to 1933. Enacted through the 18th Amendment and the Volstead Act, this bold social experiment aimed to eliminate the problems linked to alcohol consumption. In this class, Ann will trace the origins of Prohibition, explore how it was enforced, and reveal the unintended consequences that ultimately led to its repeal by the 21st Amendment.

11/13
Thu 1:00 PM - 3:00 PM
Instructor: Ann Vadnie
BSC NECE Auditorium,
Room 304
Class Fee: \$25
Course ID: 7070156

Wet Plate Photography

Step back in time and into the world of photography with acclaimed artist Shane Balkowitsch. Join Shane in his natural light studio to discuss the history of photography and the beloved process of wet plate collodion. He will provide an overview of photography and show a demonstration of the process from 1851. Participants will learn about composition and the use of a large format camera as well as enter the darkroom to see the images come to life in pure silver on glass. Shane's original plates are held in over 100 museums worldwide, including the Smithsonian, Library of Congress, and the University of Oxford. With fewer than 1,000 people globally practicing this historic photographic art, this class offers a unique, front-row seat to a truly special experience.

11/19
Wed 1:00 PM - 4:00 PM
Instructor: Shane Balkowitsch
Nostalgic Glass Wet Plate Studio
Class Fee: \$30
Course ID: 7070162



OSHER ONLINE

This fall and winter, expand your learning horizons with Osher Online, a program designed for OLLI members like you. You can connect and learn alongside fellow members from campuses nationwide, all from the convenience of your laptop, tablet, or smartphone. Whether you're a "snowbird" escaping to warmer climates, a traveler exploring new horizons, or simply enjoying the cozy comforts of home, Osher Online makes it easy to pursue your intellectual curiosity with engaging courses taught by subject-matter experts, no matter the weather or your location. These classes are offered online only, providing a unique chance to learn alongside OLLI members from across the country from the comfort of your home.

After you register for Osher Online classes, you will receive a welcome email from the Osher National Resource Center. This email will include an Osher Online username and password as well as a link to the Osher Online Website, through which you will access your classes. You will also have access to a pre-class orientation on September 30 at 1 PM, where you'll get helpful information for accessing your class.

Each Osher Online class is 6 weeks in length and costs \$60. Registration for these classes closes on September 21 at noon.

The Life and Times of Nikola Tesla

This course traces the life and innovations of Nikola Tesla, from his early years and university studies in Graz and Prague to his groundbreaking work in electricity and wireless technology. We will explore his collaborations and rivalries, including his work with Thomas Edison, the "War of the Currents" between AC and DC power, and his partnership with George Westinghouse, which led to the lighting of the 1893 Chicago World's Fair. Key topics include Tesla's telautomaton invention, his wireless experiments, and his race against Marconi in the development of radio. We will examine the Wardenclyffe—Tesla's ambitious wireless transmission tower, his work during World War I with Telefunken, and his interactions with Franklin Roosevelt. We will conclude with Tesla's later-life invention of the particle beam weapon, his negotiations to sell it to the Allies during World War II, and the mystery surrounding his secret papers after his death. Registration closes September 21 at noon.

10/6 - 11/10 (6 Sessions)

Mon 2:00 PM - 3:30 PM

Online Only

Instructor: Marc Seifer

Class Fee: \$60

Course ID: 7200051

The African American Military Experience: From Revolution to Civil Rights

African Americans have served in every US military conflict, fighting for both their country and their own rights. From Black patriots in the Revolutionary War to the 180,000 African Americans who fought for the Union in the Civil War, their contributions have shaped American history. After the war, Black soldiers

gained congressional approval to enlist in the peacetime Army, leading to the formation of the "Buffalo Soldiers."

This course traces their service from the War of 1812 to World War II, highlighting their valor in conflicts abroad and their struggle against segregation and discrimination at home. It is the story of their resilience, sacrifice, and fight for equality in a nation that often failed to recognize their service. Registration closes September 21 at noon.

10/7 - 11/11 (6 Sessions)

Tue 6:00 PM - 7:30 PM

Online Only

Instructor: John Langellier

Class Fee: \$60

Course ID: 7200049

Creative Conservation

Become educated, entertained, and empowered to become more effective stewards of the natural world. Through real-life conservation stories—drawn from the instructor's personal experiences and her time as host of Mutual of Omaha's Wild Kingdom—we will highlight the impact of passionate individuals working together to address complex environmental challenges. This course explores how diverse perspectives and unique skills contribute to conservation efforts, offering participants practical ways to take meaningful action in protecting wildlife and ecosystems. Registration closes September 21 at noon.

10/8 - 11/12 (6 Sessions)

Wed 4:00 PM - 5:30 PM

Online Only

Instructor: Stephanie Arne

Class Fee: \$60

Course ID: 7200041

Impressionism: Color Light and Leisure

Impressionist painters revolutionized art with a new style that emphasized changing atmospheric effects and luminous color harmonies. Their unblended brushstrokes of pure color and simple compositions broke dramatically with traditional pictorial techniques. Rejecting historical, mythological, and religious themes, they instead focused on the rapidly shifting aspects of modern life—capturing scenes from the countryside, the home, and the city. This course examines the work of Monet, Renoir, Degas, Cassatt, and Morisot from the 1860s to the 1910s, exploring their stylistic and technical innovations, personal lives, and the cultural forces shaping their artistry. Participants will gain an enhanced ability to experience nature and artistic depictions of it with a newly developed sensory, coloristic, and immersive awareness. Registration closes September 21 at noon.

10/9 - 11/13 (6 Sessions)

Thu 2:00 PM - 3:00 PM

Online Only

Instructor: Lauren Weingarden

Class Fee: \$60

Course ID: 7200042

Legendary Shipwrecks of the Great Lakes: Tales from the Inland Seas

Beneath the surface of the Great Lakes lie thousands of shipwrecks, each with a story to tell. This course brings these lost vessels back to life through vivid storytelling and historical exploration. We'll examine the tragic sinking of the Lady Elgin, the haunting legacy of the Eastland, the mystery of the Western Reserve, and the enduring legend of the Edmund Fitzgerald, along with other

FREE MOVIES

Free Movies require an OLLI Membership.

Conclave

When Cardinal Lawrence leads the secretive selection of a new Pope, he is drawn into a web of conspiracies that threatens the Church's very foundation. Rated PG.

9/26

Fri 1:00 PM - 3:00 PM

BSC NECE Auditorium, Room 304

Course ID: 7090049

Ghostbusters

Three parapsychologists forced out of their university funding set up shop as a unique ghost removal service in New York City, attracting frightened yet skeptical customers. Rated PG

10/31

Fri 1:00 PM - 2:45 PM

BSC NECE Auditorium, Room 304

Course ID: 7090048

On the Basis of Sex

The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice. Rated PG-13

11/21

Fri 1:00 PM - 3:00 PM

BSC NECE Auditorium, Room 304

Course ID: 7090051

Little Women

In 19th century Massachusetts, the March sisters — Meg, Jo, Beth, and Amy — on the threshold of womanhood, go through many ups and downs in life and endeavor to make important decisions about their futures. Rated PG

12/19

Fri 1:00 PM - 3:15 PM

BSC NECE Auditorium, Room 304

Course ID: 7090050

OSHER ONLINE CONT'D

unforgettable wrecks that shaped Great Lakes history. More than just maritime history, this course uncovers the human stories behind these disasters, the forces that doomed them, and the myths that linger today. Registration closes September 21 at noon.

10/9 - 11/13 (6 Sessions)

Thu 6:00 PM - 7:30 PM

Online Only

Instructor: Anna Lardinois

Class Fee: \$60

Course ID: 7200046

The Films of John Cassavetes and Gena Rowlands: Innovation in Filmmaking and Performance

This course explores the groundbreaking collaborations between John Cassavetes and Gena Rowlands, two of the most influential figures in independent cinema. Cassavetes revolutionized American filmmaking with his raw, character-driven storytelling, while Rowlands' deeply expressive performances are among the most mesmerizing in film history. We will examine Cassavetes' unconventional filmmaking methods, including handheld cinematography, long takes, overlapping dialogue, and spontaneous performances. Rowlands' emotionally intense acting style will be analyzed through her landmark roles in *A Woman Under the Influence* (1974), *Opening Night* (1977), and *Gloria* (1980). We will also explore the collaborative nature of Cassavetes' productions, his rejection of Hollywood conventions, and his lasting impact on contemporary filmmaking. Participants will gain a deeper understanding of how Cassavetes and Rowlands redefined cinematic storytelling with emotional depth and authenticity. Registration closes September 21 at noon.

10/10 - 11/14 (6 Sessions)

Fri 10:00 AM - 11:30 AM

Online Only

Instructor: Heather Brown

Class Fee: \$60

Course ID: 7200050

Inequality and Economic Policy

Economics plays a central role in every aspect of society. This course examines the causes and potential solutions to

inequality in the US from an economic perspective. We will explore the history of different types of inequality, the underlying data and evidence, and the policy levers available to address these issues. Each lecture, led by a subject matter expert with a PhD in economics, will stand alone. Topics may include climate change, healthcare economics, economic inequality, economic mobility, discrimination in public policy, and the wealth gap. Registration closes September 21 at noon.

10/14 - 11/18 (6 Sessions)

Tue 12:00 PM - 1:30 PM

Online Only

Instructor: Geof Woglom

Class Fee: \$60

Course ID: 7200044

Peeking Inside the Black Box

Have you ever felt like scientists are constantly changing their minds? Do you wonder when research can be trusted to guide decisions about health, behavior, or the environment? This course offers a behind-the-scenes look at the scientific process, exploring how modern science developed, what scientists actually do, and what makes research reliable. We will examine the strengths and weaknesses of scientific methodology, uncover common pitfalls, and identify red flags for pseudoscience and untrustworthy findings. Rather than relying on blind faith in science, we will learn how to evaluate research critically and find trust in the process. Registration closes September 21 at noon.

10/14 - 11/18 (6 Sessions)

Tue 2:00 PM - 3:30 PM

Online Only

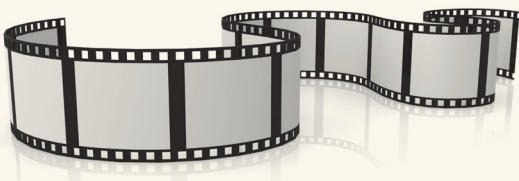
Instructor: Johnie Hendrickson

Class Fee: \$60

Course ID: 7200047

Alexander Graham Bell and the Telephone, 150 Years Later

More than any other invention of the past 150 years, the telephone has transformed how we communicate and conduct business. But how was it invented, and why did it have such a profound impact? This course explores Alexander Graham Bell's groundbreaking 1875 concept for transmitting sound over an electric wire, his struggles to commercialize the telephone with his father-in-law, Gardiner Hubbard, and his rivalry with inventors Elisha Gray and Thomas



Edison. We will also examine the rise and fall of AT&T as a corporate giant and the evolution from wired networks to today's cellular and smartphone technologies. Registration closes September 21 at noon.

10/15 - 11/19 (6 Sessions)
Wed 10:00 AM - 11:30 AM

Online Only

Instructor: Walter Bernard Carlson
Class Fee: \$60
Course ID: 7200040

Public Health in Action: Addressing Stress, Equity, and Solutions

In this course, participants will explore the social determinants of health, the physiological mechanisms of stress, and the effects of stress on health and well-being. They will also examine stress- and health-related theoretical frameworks. Through this course, participants will gain an understanding of the factors that influence health and engage in discussions on the importance of equitably promoting health and well-being across populations. Registration closes September 21 at noon.

10/15 - 11/19 (6 Sessions)
Wed 6:00 PM - 7:30 PM

Online Only

Instructor: Faith Ogungbe
Class Fee: \$60
Course ID: 7200048

In Darwin's Footsteps: A Journey to the Galapagos

From 1831-1836, Charles Darwin circumnavigated the globe aboard the HMS Beagle. In the Galapagos Islands and elsewhere, Darwin collected data that, after decades of study and reflection, formed part of the basis for his publication *On the Origin of Species*. The ideas presented in that volume remain the foundation of all modern biological thought. Drawing upon original source materials and the instructor's photos, this course will present the historical and cultural context of Darwin's era, follow the five-year journey, discuss how Darwin came to his ideas, and explain his theories in detail. Registration closes September 21 at noon.

10/16 - 11/20 (6 Sessions)
Thu 10:00 AM - 11:30 AM

Online Only

Instructor: Eric Simon
Class Fee: \$60
Course ID: 7200043

Languages of the World

Explore the world's linguistic diversity. With more than 7,000 languages spoken today, their variety offers insight into the evolution of human language, thought, and civilization. This course examines how languages develop, change, and interact over time. Through a journey across six mystery locations—one per week—we will uncover the historical relationships among languages and the migrations, splits, and connections that have shaped them. By studying the languages spoken in these regions, we will gain a deeper understanding of human history and what it means to be human. Registration closes September 21 at noon.

10/16 - 11/20 (6 Sessions)
Thu 12:00 PM - 1:30 PM

Online Only

Instructor: Asya Pereltsvaig
Class Fee: \$60
Course ID: 7200045

The Power of One in Steven Spielberg Films

In Steven Spielberg's Academy Award-winning *Schindler's List* (1993), a character quotes from scripture: "He who saves a life saves the world entire." Through scene-by-scene analysis, this course explores variations on this theme across a selection of Spielberg films. With a focus on dialogue and action that reveal characters' inner beliefs and moral choices, we will examine how the world is saved—or not. We will analyze the following films: *Close Encounters of the Third Kind*, *Lincoln*, *Bridge of Spies*, *Saving Private Ryan*, *Munich*, and *Schindler's List*. Registration closes September 21 at noon.

10/20 - 11/24 (6 Sessions)
Mon 12:00 PM - 1:30 PM

Online Only

Instructor: Bernard Epps
Class Fee: \$60
Course ID: 7200052

Aging Gracefully

Join Northern Plains Dance to enhance movement, coordination, balance, and overall well-being.

See page 5 for more details.

FREE ACTIVITIES

No OLLI membership or registration is required for these free activities.

Banned Books Library Panel

Censorship Is So 1984. Read for Your Rights. With the escalation in attempts to ban books across the country, this year's Banned Books Week theme reminds us that the right to read belongs to us all, that we must defend our rights, and that censorship has no place here. Join us in a discussion about censorship, recent legislation, and how book bans affect both higher education and readers of all ages. There will be extra time for questions, so let us hear your thoughts! *This event is hosted by the BSC Library.*

10/9
Thur 10:30 AM – 11:30 AM
BSC Student Union, Alumni Room

V for Vendetta

Experience the powerful film, *V for Vendetta*. After a devastating world war, a fascist & totalitarian government controls the whole of London through propaganda and fear. A masked vigilante known only as "V" fights the oppressors of his new world while evading authorities. Rated R. *This event is hosted by the BSC Library.*

10/7
Tue 5:00 PM – 7:15 PM
BSC NECE Auditorium, Room 304



Bismarck Historical Society Programs

For updated Historical Society event information, visit: bismarckhistory.org/events

History of the Belle Mehus Auditorium

9/10
Wed 6:30 PM
Belle Mehus Auditorium
Instructors: Susan Lundberg and Stephanie Delmore

The History of the Bismarck Fire Department

10/8
Wed 6:30 PM
Bismarck Veterans Memorial Public Library, Meeting Room A

Fall 2025 Virtual Classes



For more information, visit
humanitiesnd.org/classes-events

All classes are held via Zoom.

"We the People" Adult Civic Education: Chapters 1–3

Tuesdays, 9/2-10/7 (6 sessions) | 7–8:15 pm

Unraveling Jorge Luis Borges

Wednesdays, 9/3-9/24 (4 sessions) | 7–8:30 pm

Writing Your Life, Writing Your Place

Mondays, 9/8-10/13 (6 sessions) | 7–8:30 pm

Aristotle on Living the Good Life

Thursdays, 9/11-10/30 (8 sessions) | 6–7:30 pm

Storying: Creating Short Fiction

Wednesday, 10/1 | 6–7:30 pm

Is There Justice, or Just Me?

Wednesdays, 10/8-11/12 (6 sessions) | 6–7:30 pm

Fugitive Thoughts on Justice:

Plato & Levinas

Sundays, 11/2-11/23 (4 sessions) | 2–3:30 pm

Jane Austen and Her World

Mondays, 10/20-11/24 (6 sessions) | 7–8:30 pm

CYBERCON ■■■■ 2 0 2 5 ■■■■

**Sept 30 and Oct 1, 2025
at Bismarck State College**

Join us at CyberCon, North Dakota's premier cybersecurity and critical infrastructure conference. This annual event brings together industry leaders, experts, and innovators committed to securing critical systems and advancing cybersecurity solutions. Participants will gain valuable insights, network with key decision-makers, and engage in discussions that shape the future of resilient infrastructure.

Sessions will cover Critical Infrastructure, Education, AI, and also Threats, Trends and Response. Topics include emerging technology, CIS security controls in education, navigating AI, blockchain and quantum computing and more. An AI workshop will also be offered September 30 (see page 3 for details).

Do not miss this opportunity to be part of a movement dedicated to protecting vital assets and driving innovation.

Register today for \$249! (fees increase September 8) **Platinum Sponsors:**



cyberconbsc.com

DCN
dakotacarrier.com

DOOSAN
Doosan Digital Innovation America





ONLINE CLASSES

Keyboarding

Improve your speed and confidence at the keyboard. This course will help you learn how to touch-type the alphabetic, numeric, and symbol keys; create, save, and edit word processing documents; and successfully take a timed writing test during a job interview. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$141

Computer Skills for the Workplace

Confidently apply for jobs knowing that you possess the computer skills needed to perform on the job. This course includes a great introduction to Windows 10 and Office 365 to provide the fundamental computer competencies you need to prosper in a modern workplace. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$147



Introduction to QuickBooks Online

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and receivables; and much more. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$156

Project Management Fundamentals

Master the essentials of project management with an experienced Project Management Professional as your guide. This course provides the concepts you need to plan, implement, control and close any type of project. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$154

Growing Your Business with Digital Marketing

Reach your business goals with the strategies needed for success. In this course, you will develop a digital marketing plan for your business that incorporates SEO, SEM, advertising, email, social media, and more. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$151

Discover Sign Language

This course offers an immersive experience in silence, allowing you to gain a deeper understanding of the perspective of the Deaf community and build your confidence in signing. Through video demonstrations, you will learn not only how to make signs but also how to communicate with facial expressions effectively. By taking this course, you can develop your skills and enhance your ability to communicate with the hard-of-hearing community. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$131

Speed Spanish

Whether you are just starting to learn Spanish or need to improve your conversational skills for an upcoming trip, this online Spanish course is the best way to learn Spanish fast! You will learn simple formulas for joining Spanish words and phrases together to build sentences and have conversations. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course ID.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$143

Introduction to Natural Health and Healing

Take charge of your own health and healing by discovering how to achieve total health of the mind, body, and spirit. This course allows you to explore a variety of methods including diet, hydrotherapy, positive attitude, relaxation, yoga, chiropractic, natural remedies and more to achieve total health. This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course ID.

Online

Instructor-Led Classes Begin:
9/17, 10/15 & 11/12

Self-paced: Begin Anytime, 3-month access

Fee: \$138

OLLI members receive 20% off a monthly membership to the Touchmark Health and Fitness Club. Touchmark members receive \$10 off a yearly OLLI Membership.



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FREQUENTLY ASKED QUESTIONS

- When does registration begin?
- What is the refund/drop policy?
- What if I cannot attend a course as planned?
- Can a class be canceled because of low enrollment?

**Find the answers to these, and many more questions, at
registeratbsc.com**

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4 EASY WAYS TO REGISTER!

Online Registration

The easiest and most convenient way to register for class is online at: registeratbnc.com, click **REGISTER NOW**.

- ▶ New Students: You will need to create a user profile before you can register for a class. We are part of the North Dakota University System, so many of the terms used on the registration site refer to "student." This term refers to anyone participating in an Enrichment class.
- ▶ Returning Students: If you have already created a user profile, simply sign-in with your username and password.
- ▶ Scan QR Code to register.



In-Person

National Energy Center of Excellence
1200 Schafer Street
1st Floor, Suite 107 (Door D)
Bismarck, ND

Phone Registration

701-224-5600
1-877-846-9387

Mail

Continuing Education
PO Box 5587
Bismarck, ND 58506

**Denotes required information*

*First name _____ Middle name _____

*Last name _____

*Address _____

*City _____ *State _____ *Zip _____

*Phone (daytime) _____ Additional phone _____

*Email address _____

Birth date (mm/dd/yyyy) _____

Stay connected and informed!

Signing up for text message alerts will keep you up to date on any class changes.

*Would you like to receive class updates/notifications via text message? ☐ Yes ☐ No

If yes, please indicate your preferred mobile phone number _____

If purchasing a 2025-2026 OLLI Membership, which applies to you: ☐ Renewing Member ☐ New Member

Course ID	Course Title	Start Date	Time	Course Fee	Supply Fee
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Membership Fee (if applicable): _____

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