

SHAWSHEEN TECH

ADULT CONTINUING EDUCATION

**NEVER STOP
LEARNING**

It All Starts Here...

www.shawsheentech.org

Spring
2023

WELCOME

It is my pleasure to welcome you on behalf of the Shawsheen Valley Regional Vocational Technical School District, and share with you the Spring 2023 Adult Education course catalog. During the school day, Shawsheen Valley Technical High School is a student-centered public institution serving the five member towns of Billerica, Bedford, Burlington, Tewksbury, and Wilmington. Shawsheen Valley Technical High School serves more than 1,300 students in grades 9-12 integrating academics with 20 vocational-technical career pathways. After-hours, Shawsheen extends its programming to the community, opening its doors to the public for various enrichment and career training opportunities.

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

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

Respectfully,



Allison N. Cammarata
Director of Community Services & Workforce Development

TEACHERS WANTED! TEACH FOR SHAWSHEEN'S ADULT & COMMUNITY EDUCATION

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

SHAWSHEEN VALLEY REGIONAL SCHOOL DISTRICT School Committee

BEDFORD

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Brian O'Donnell

BILLERICA

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Taryn Gillis, *Vice Chair*

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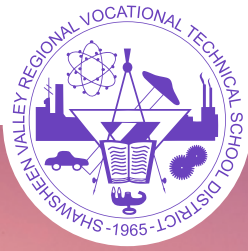


Table of Contents

Electrical Code	4
Plumbing Code	5
Licensure for Industry	6
Art & Creative Mediums	7
Around the House	7
Business & Marketing	8
Computers & Technology	8
Health & Wellness	9
In the Kitchen	9
Personal Finance	10
Trades and Technical Sciences	10
Information and Policies.....	11

How Do I Register?

REGISTER ONLINE, IN-PERSON, OR BY PHONE

Shawsheen’s Adult and Community Education Department strives to make accessibility to classes affordable and easy. The most efficient way to register is through our online registration platform, which can be found under the **‘Community’** tab at shawsheentech.org. The online registration system is organized using course categories, which correlates with the headings that organize this catalog. For a digital version of the catalog, you can visit shawsheentech.org and under the community tab, click **‘Adult Education Catalog’**.

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

NEW ONLINE REGISTRATION PROGRAM

Shawsheen’s Adult Education department has changed its online registration platform, which went into effect for Fall 2022. You will need to create a username and password the first time you register for a class (even if you have taken a class with us before), and then save that information for your subsequent class registrations. We have not encountered major challenges transitioning to the new platform, but we ask for your understanding and patience if an obstacle arises.

As always, please register for the class you plan to take as soon as possible as classes run based on enrollment; classes with low enrollment risk cancellation.

Apprentice, Code & License

ELECTRICAL CODE SERIES FOR JOURNEYMAN LICENSURE

Shawsheen offers a 600-hour Journeyman License Prep Program approved by the Massachusetts Board of Electricians. This program is divided into four 150-hour courses which are split into two 75-hour semesters. Students can register for both semesters at the same time or wait until the end of the fall semester to register for spring. The levels are split intentionally to allow students to space out tuition payments. It is expected that both 75-hour sections for each course is completed in the same year.

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

Electrical Journeyman Level I

Instructor: Eric Sullivan



Electrical Journeyman Level I is the first-year theory course for students looking to sit for the electrical journeyman exam. The full course is 150 certified hours and is broken into two 75-hour semesters. Anyone with less than 150 hours of classroom code and theory instruction starts with this level.

The textbook *Illustrated Guide to Basic Electrical Theory* is included in the tuition price, and will be used throughout the fall and spring semester.

Spring Semester - Electrical Journeyman Level I (b)
25 Tue/Thu • Starts JAN 10 • 5:30-8:30pm • \$619

Electrical Journeyman Level II

Instructor: George Cole



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

Electrical Journeyman Level II is for students who have acquired the first 150 hours of code theory (or have less than 300 hours). This course is broken

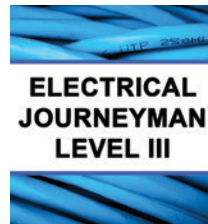
into two 75-hour semesters, for full credit of 150 certified hours. The textbook *Understanding the NEC, Volume 1* is included in the tuition price, and will be used throughout the fall and spring semester.

Spring Semester - Electrical Journeyman Level II (b)
25 Mon/Wed • Starts JAN 9 • 5:30-8:30pm • \$619



Electrical Journeyman Level III

Instructor: David Perry



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

Electrical Journeyman Level III is for students who have 300 hours of classroom code and theory instruction (or anything less than 450 hours).

Students who graduated from a *Chapter 74 vocational program qualify to start their code and theory hours at Level 3. The full course is 150 certified hours and is broken into two 75-hour semesters. The textbook *Mike Holt's Electrical Exam Preparation 2020* is included in the tuition price and will be used throughout the fall and spring semester.

Spring Semester - Electrical Journeyman Level III (b)
25 Mon/Wed • Starts JAN 9 • 6:00-9:00pm • \$619

Electrical Journeyman Level IV

Instructor: Adam Haywood



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

Electrical Journeyman Level IV is for students who have 450 hours of code and theory instruction (or anything less than 600 hours). The course is broken

into two 75-hour semesters, for full credit of 150 certified hours. The textbook *Journeyman Exam Buster* is included in the tuition price and will be used throughout the fall and spring semester.

Spring Semester - Electrical Journeyman Level IV (b)
25 Mon/Wed • Starts JAN 9 • 5:30-8:30pm • \$619

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

PLUMBING CODE SERIES FOR JOURNEYMAN LICENSURE

Shawsheen offers the complete Plumbing Tier program as required by the Massachusetts Board of State Examiners of Plumbers and Gas Fitters. The series takes four years to complete; Tier I and II are completed in year one, with each tier thereafter being completed subsequently. Tiers must be taken sequentially, and students must meet hour requirements before enrolling for the next course.

Plumbing Tier I (110 Hours)

Instructor: Matt Gillis



PLUMBING TIER I



This course is the starting point for anyone interested in the plumbing trade and those planning to sit for their plumbing journeyman license. This course includes the 10-hour OSHA safety course, hot work training, and discusses materials, tools and methods, valves and devices, residential

blueprints, math, and definitions related to the plumbing trade. This course is classroom based and covers code theory; there is no hands-on training. The current code book is included in the tuition and will be needed throughout the duration of the plumbing code series. Students do not need to hold a registered apprentice card for Tier I, but it is a requirement for Tier II.

34 Mon/Wed • Starts SEP 25, 2023 • 5:00-8:15pm • \$1049

Plumbing Tier II (110 Hours)

Instructor: Matt Gillis



PLUMBING TIER II



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

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

34 Tue/Thu • Starts MAR 22 • 5:00-8:15pm • \$980

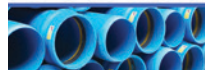


Plumbing Tier III – (110 Hours)

Instructor: TBD



PLUMBING TIER III



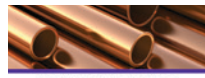
Prerequisite: Students must have completed Plumbing Tier II and be a registered plumbing apprentice.

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

34 Mon/Wed • Starts SEP 18, 2023 • 5:00-8:15pm • \$980

Plumbing Tier IV (110 Hours)

Instructor: David Scholl



PLUMBING TIER IV



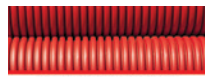
Prerequisite: Students must have completed Plumbing Tier III and be a registered plumbing apprentice.

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

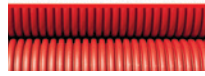
34 Tue/Thu • Starts SEP 26, 2023 • 5:00-8:15pm • \$980

Plumbing Tier V (110 Hours)

Instructor: Jim O'Reilly



PLUMBING TIER V



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

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

34 Tue/Thu • Starts SEP 19, 2023 • 6:00-9:00pm • \$980

Licensure for Industry

Real Estate Salesperson's License Preparation Course

Instructor: TBD

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

**14 Mon/Wed • Starts FEB 27
6:00-9:00pm • \$419**



Basic Life Support (BLS) for the Healthcare Professional

Instructor: Steve Sentementes

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

This class is in-person and instructor-led, with hands-on exercises and

video tutorials. The class teaches the following objectives:

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

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

*Session A: 1 Wed • FEB 15
6:00-10:00pm • \$99*

*Session B: 1 Mon • MAR 27 16
6:00-10:00pm • \$99*

Heartsaver CPR/AED

Instructor: Steve Sentementes

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

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

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

*Session A: • 1 Thu • MAR 2
6:00-10:00pm • \$79*

*Session B: • 1 Tue • APR 25
6:00-10:00pm • \$79*

Art & Creative Mediums

NEW! The Art of Book Binding

Instructor: Ellien Laramee-Byers

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

1 Tue • FEB 7 • 6:00-9:00pm • \$49

1 Tue • May 2 • 6:00-9:00pm • \$49



Digital Photography I

Instructor: TBD

Do you have a Digital SLR Camera but still use the automatic settings? This beginner class will teach you to shoot in Manual mode. Through a series of lectures on the many functions of your camera, creative processes, fun photo assignments, and one-on-one instruction, you will learn to capture images more artistically and technically with your camera.

**4 Wed • Starts FEB 6
6:00-9:00pm • \$144**

Digital Photography II

Instructor: TBD

This course is designed for the photographer who wants to build upon their basic camera knowledge, and sequentially follows the Digital Photography I course. Amateur photographers who have a basic understanding of using their camera in manual mode should take this class to increase their knowledge in using a complex camera to its maximum capability. The class will introduce composition, lighting, and photoshop editing techniques. The course follows a hands-on approach with practical training to help students develop their own style.

**4 Wed • Starts MAR 22
6:00-9:00pm • \$144**



Photoshop for the Digital Photographer

Instructor: Don Bernstein

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

**4 Thu • Starts APR 27
6:00pm-9:00pm • \$144**

NEW! Make a Mini Teddy Bear

Instructor: Danielle McCoy

Learn how to make a quality teddy bear from a local teddy bear artist! In this beginner's class, you will learn to cut, pin, and sew a 4" miniature teddy bear that is fully jointed. The bear will have moveable arms and legs and will be weighted so it can sit upright. After this class, you will have the skills and knowledge to make your own bear collection or make teddy bears for gifts. Basic knowledge of sewing is useful but not required. **Students will need to bring a pair of scissors to class; all other supplies will be provided.*

**4 Wed • Starts MAR 1
6:30-8:30pm • \$125**

Pencil Drawing Basics

Instructor: Danielle McCoy

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

**6 Tue • Starts FEB 7
6:30-8:30pm • \$144**

Pencil Drawing II

Instructor: Danielle McCoy

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

**6 Tue • Starts APR 25
6:30-8:30pm • \$144**

NEW! Sewing Basics

Instructor: Ellien Laramee-Byers

Do you have a quilt you would like to make, or pants that need hemming? The life skill of seeing has been lost for so many. Come join this introductory class to get starting using a sewing machine. Intermediate sewers are welcome to join as well!

**5 Thu • Starts MAR 2
6:00-9:00pm • \$180**

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Around the House

NEW! Interior Design

Instructor: Taylor Lucas

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

4 Thu • Starts MAR 23 • 5-8pm • \$144

NEW! Microgreens & Indoor Gardening

Instructor: Ray Pourali

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

1 Wed • JAN 31 • 6:30-8:30pm • \$35

NEW! Sustainability and Indoor Organic Composting

Instructor: Ray Pourali

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

**1 Wed • FEB 15 • 6:30-9:00pm • \$59
(includes personal compost kit)**

Storytelling

NEW! Storytelling for Everyday Life: The Personal and Professional Series

Instructor: Liana Henry

You don't have to be a writer to be a storyteller. By learning a number of foundational techniques, you too can create compelling content and make connections where it matters most. This course offers a series of five single workshops (can be taken individually or as a collective) designed to focus on content areas most important to you. The five workshops include 1.) Storytelling from the Podium 2.) Storytelling in Business 3.) Storytelling that Helps Others Learn 4.) Getting Social with Storytelling 5.) Selling Yourself with Storytelling. Storytelling is foundational to good communication skills. It expands and promotes in business, government, or community. We all have a story to tell, and if we tell it well, we can inspire and motivate for results.

5 Thu • Starts MAR 2 • 7:00-9:00pm • \$144

INDIVIDUAL SESSIONS

NEW! Storytelling from the Podium

Speeches, Keynotes, and Public Speaking Mastery: In this two-hour workshop, we'll dig into public speaking—why it's important and why it scares us.

Then we'll outline what you need for a successful speech and share various types you'll use in different scenarios (i.e. wedding toast, accepting awards, presenting a technical brief, delivering eulogies, etc.). Finally, you will get your chance to practice by delivering your own impromptu speech. Notebooks and pens are provided; if you prefer to type, bring a laptop or iPad.

1 Thu • MAR 2 • 7:00-9:00pm • \$35

NEW! Storytelling for Business

Telling the Company Story in Newsletters, Webpages, Slide Decks, and Pitches: In this workshop, we'll focus on corporate storytelling, highlighting the necessary building blocks to tell your business story with impact. We'll go over best practices for such storytelling tools as newsletters (to get more clicks), webpages (on your 'About Us' page), slide presentations (where all the text should actually go), and pitches (to promote or in a proposal). Then you'll practice by promoting your company through an elevator pitch. Notebooks and pens are provided; if you prefer to type, bring a laptop or iPad.

1 Thu • MAR 9 • 7:00-9:00pm • \$35

NEW! Storytelling that Helps Others Learn

Trainings, Webinars, and Teaching with Stories: Our brains are wired for stories and become more active when we tell them. In this workshop, we will identify

different types of learners and how to use storytelling in order to teach others. We'll go over where and how to use storytelling during a training or webinar to best reach your audience. You'll put it all into practice by teaching the class something new through your storytelling. Notebooks and pens are provided; if you prefer to type, bring a laptop or iPad.

1 Thu • MAR 16 • 7:00-9:00pm • \$35

NEW! Getting Social with Stories

Podcasts, Social Channels, and Influencing through Storytelling: In this workshop, we'll dive into persuasive writing, providing you with lists of key phrases and words you can use to supercharge your stories. We'll talk about how to become an influencer and focus on two channels where you can tell such stories: social media and podcasts. You'll put it into practice by sharing a persuasive story with the class. Will you be able to influence us? Let's find out! Notebooks and pens are provided; if you prefer to type, bring a laptop or iPad.

1 Thu • MAR 23 • 7:00-9:00pm • \$35

NEW! Storytelling for Career

Boosting your Job Search with Stories and Landing Your Next Role: Storytelling is a means of connecting and, when used in job interviews, can make a candidate stand out. In this workshop, we'll go over how to bring the narrative to an interview with confidence so the hiring manager remembers you. You'll put it into practice by giving the class your professional elevator pitch. Notebooks and pens are provided; if you prefer to type, bring a laptop or iPad.

1 Thu • MAR 30 • 7:00-9:00pm • \$35

Computers & Technology

NEW! Sketchup for Beginners

Instructor: Taylor Lucas

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

6 Thu • Starts Feb 2 • 6-8pm • \$144

NEW! AutoCAD – The Basics

Instructor: Matthew Spence

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

**10 Tue/Thu • Starts FEB 28
6:00-8:30pm • \$299**

Computers, Microsoft, and Apps for the Very Beginner

Instructor: Jon Goulet

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

**8 Tue • Starts MAR 14
6:30-8:30pm • \$192**

Java Programming I

Instructor: Dan Peters

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

**5 Thu • Starts MAR 2
6:30-9:00 pm • \$150**

Java Programming II

Instructor: Dan Peters

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

5 Thu • Starts APR 6 • 6:30-9pm • \$150

Java Web Development

Instructor: Alon Bodnya

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

**6 Wed • Starts MAR 1
6:30-9:00pm • \$180**

Keeping Your Personal Data Safe

Instructor: Jon Goulet

Do you want to ensure your home network is secure and your personal data is safe? This class discusses ways to secure your home network and how to protect your computers and wireless connections. Lessons include safeguarding social media accounts and how to enable security measures for social media and websites. Additionally, topics will cover 'hackers' and other threats, what to look when something seems suspicious, email security, online payment systems (including Apply Pay, Google Pay, and Venmo), cell phone security, social networking security, two-factor authentic, and public WiFi security. This general class covers the most essential "need-to-knows" to navigate the digital world safely.

**5 Tue • Starts MAY 16
6:30-8:30pm • \$150**



Health & Wellness

NEW! Women's Self-Defense & Awareness

Instructor: Charles Crayton

This self-defense class is designed to empower women with skills and knowledge to defend oneself against various surroundings. Students will learn basic self-defense techniques and will be taught strategies to help with awareness in various environments. This course is taught by Charles Crayton Jr., who is the chief instructor of Combined Marital Arts Inc. Charles is a self-defense expert and is a national certified R.A.D. instructor for men, women, and children. This 6-week class will increase confidence around your individual abilities, and help you to stay safe in an increasingly aggressive world.

**6 Wed • Starts MAR 1
6:15-8:00pm • \$249**

In the Kitchen

Cake Decorating Basics

Instructor: Mikayla Cassidy

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

**4 Mon • Starts MAR 6
6:00-8:30pm • \$199**

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Cupcake and Cookie Design

Instructor: Mikayla Cassidy

Wow your family and friends with creative themed cupcake and cookie designs! In this class, students learn how to decorate cupcakes and cookies with frosting (no fondant) utilizing traditional and advanced decorating techniques.

**4 Mon • Starts APR 3
6:00-8:30pm • \$199**



Personal Finance

NEW! Money and Divorce

Instructors: Renee Senes

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

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

1 Tue • APR 11 • 6:30-8:30pm • \$45

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



Trades & Technical Sciences

NEW! Automotive Workshop

Instructor: Mike Hurley

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

**4 Sat • Starts FEB 25
8:00am- 12:00pm • \$215**



Welding I: OXY Cutting and Stick Welding

Instructor: Co-Taught by STA Welding Instructors

This course focuses on the basics of oxy-acetylene cutting and stick welding, most commonly utilized in industrial and commercial settings. The class starts with safety and covers definitions and basic terminology, and graduates into practical techniques like cutting steel with a torch and making weld beads with the most common types of stick (6010 & 7018). Students will gain the ability to critique and troubleshoot their own cuts and welds, and will learn how to make necessary adjustments. This course covers all joints and positions. Safety glasses, SMAW gloves, welding shield, work boots, jeans and a cotton shirt are required for every class. *AWS D1.1 certificates can be provided for an additional fee, depending on student interest.

**10 Mon/Wed • Starts FEB 27
5:30-8:30pm • \$999**

Welding II: MIG and TIG Welding

Instructor: Co-Taught by STA Welding Instructors

This course covers the basics of MIG and TIG welding, which is generally used for thinner materials in specialized welding shops. The class covers safety, identification of alloys, advantages and drawbacks of welding types, and a general understanding of the welding arc. Students will be able to interpret and critique their own welds, making necessary adjustments to their machine and technique. Students will work with mild steel, stainless steel, and aluminum, and the course will cover all joints and positions. Safety glasses, work boots, MIG or TIG gloves, welding shield, jeans and a cotton shirt are required for every class. *AWS D1.1 certificates can be provided for an additional fee, depending on student interest.

**10 Mon/Wed • Starts APR 3
5:30-8:30pm • \$999**

Woodworking: Make your own Shaker End Table

Instructor: Michael McGrath

With its simple but elegant lines, the Shaker End Table is an excellent example of American history that compliments furniture from all periods. This course is designed with the beginner (as well as the more advanced) woodworker in mind. We will explore several elements including design, tool maintenance, milling, joinery, assembly, and finish. Students will learn to cut mortise, tenon joints, and tapered legs. Participants will learn tool setup and maintenance with a heavy emphasis on safety. Additionally, lessons will cover wood movement, where and how to purchase quality materials, and what to expect as you continue as a woodworker. At the end of the course, students will take home a completed Shaker End Table. This introductory course will prepare students for more advanced classes. *Students will need to bring a few tools to class; please see list on the course registration page of our website.

**6 Mon/Tue • Starts MAR 6
5:30-8:30pm • \$525**

Information and Policies

Registration

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

How to Register

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

Course Admission

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

Withdrawal and Refunds

Refunds are handled as follows:

- Full refunds are given when a class is cancelled due to low enrollment.
- Withdrawal from any course up to 8 days prior to the start date will receive a full refund.
- Withdrawal from a course 7 days or less prior to the published start date of the course we provide a 50% refund.
- No refund will be issued AFTER the first class of any course.
- Refund payments require a 30-day processing period.

Our Location

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

Parking and School Entrance

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

First Night of Class

On the first night of a class, students should wait in the lobby for school personnel to direct them. The school building is big and difficult to navigate for first time attendees; we appreciate your patience on the first night of class.

School Closing/Class Cancellations

Classes are cancelled occasionally due snow, power outages, instructor illness, or other seen/unseen circumstances. In the case of a snow emergency, check your local news channel for cancellations regarding evening classes. If weather worsens during the day, a decision will be made and relayed to television stations. Class cancellations will also be announced on the school website at shawsheentech.org, on Twitter at STI_adult_ed and shawtech_hs. If a class is canceled for reasons other than weather, students will receive a phone call or e-mail from informing them of the cancellation.

Make-Up Classes

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

COVID/Face Masks

At the time of the release of this catalog there is no mask mandate. This is subject to change based on the CDCs COVID guidelines, as well as district and regional guidelines.

Permissions

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

Holidays & School Events

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

- January 16 *Martin Luther King Jr. Day*
- January 18 *School Event – Open House*
- February 20–24 *February Vacation*
- April 17–21 *April Vacation*
- May 4 *School Event – Advisory Dinner*
- June 19 *Juneteenth*

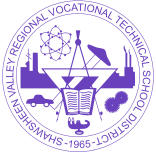
SHAWSHEEN TECH ADULT EDUCATION STAFF

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Disclaimer

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

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



Shawsheen Tech Adult Education
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Summer at Shawsheen

For Students
Ages 7-17



Experience all Shawsheen has to offer!

- **Sports Clinics** [Boys Basketball, Girls Basketball, Baseball, and others]
- **STEM Courses** [Computer Gaming Code Academy, Robotics/Engineering, Girls Who Code, and others]
- **Test preparation** [College Application/Essay, SAT, MCAS, Prepping for Success]
- **Vocational-Technical Courses:** Kitchen Fundamentals, Digital Photography/Photoshop, Summer Explore (full-day experience)
- **Academic courses** [Enrichment and Academic makeup]
- **Full and half-day offerings**



Look for more in-depth information about the different offerings by visiting the Shawsheen website (Updates will be posted in February):

www.shawsheentech.org

If you have any questions, please contact:
Kevin Bloom, Summer Program Coordinator
at 978-671-3631 or summer@shawtech.org