

2024-25

UW-SUPERIOR

CONTINUING EDUCATION



- Professional Development
- 55+ Programming
- Small Business Development
- High School College Credit
- Other Learning Opportunities

UNIVERSITY of WISCONSIN

Superior

Center for Continuing Education

OUR VISION, COMMITMENT & PROMISE TO OUR COMMUNITY

As we wrap up our 2023-24 program year, we're eager to reflect on what we learned and refine our programming to serve you and our community best. Our vision continues to center on offering the opportunity for diverse lifelong learners in the Twin Ports area to thrive through inspirational, inclusive, accessible, and relevant education built for the unique needs of our community.



We continue to grow our program offerings and are excited to highlight a few new opportunities for you to consider:

- **Superior Dialogues** is our response to a time of increasing social and political division in an effort to promote and engage in concepts related to the skill of Civil Dialogue. We continue to thoughtfully curate learning sessions focused on various aspects of depolarization, personal values, respectful conversations, and curiosity. Most notably, we are thrilled to host Mónica Guzmán, author of *I Never Thought of it That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times* which was named a *New York Times* recommended read and featured on the *Glenn Beck Program*.
- **A Superior Exploration: Lake Superior's History & Ecology** is a new program offered in partnership with Road Scholar, the world's largest and most innovative creator of 55+ experiential learning opportunities. "Superior" learning awaits on this adventure through northern Wisconsin's natural wonders! Explore the ecology and human history of our fascinating Great Lake and Twin Ports region.
- **Look for new program offerings in the Spring of 2025** in the areas of transferable skills, customer service, leadership and management, and communication. These topics come to UW-Superior's Center for Continuing Education directly from community and industry feedback and correspond to our value of developing high-quality and meaningful programming.

As always, we have intentionally chosen program topics identified as learning needs in our service area and they are designed to meet your time, budget, and educational aspirations. We stand by our promise and remain dedicated to working with our community to serve our community. Thank you for sharing your insights and for engaging in lifelong learning experiences with us!

Warmly,

Kathryn Guimond
and the entire University of Wisconsin-Superiors Center for Continuing Education team

Kathryn Guimond
Director, Center for Continuing Education
kguimond@uwsuper.edu

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CERTIFICATE OF COMPLETION: In order to be awarded a certificate of completion, participants must attend/complete all sessions in the program.

CANCELLATION POLICY: The Center for Continuing Education strives to maintain scheduled programming. However, if minimum enrollment is not met 10 business days prior to the start of a program, we may need to cancel or reschedule that program. There also may be times when a program needs to be canceled or rescheduled due to weather, instructor illness, or other unavoidable circumstances. Whether canceled or rescheduled, you will be notified ASAP and your full fee will be refunded or applied to the rescheduled event, as you prefer.

The Center for Continuing Education offers digital badges for completed certificates and various professional development learning experiences. Badges are the visual representation of a skill or an achievement gain. Digital badges can be shared on social media accounts like LinkedIn and displayed on a learner's digital resume, ePortfolio and email signature.



A quick and easy way to share verified knowledge and expertise to employers and colleagues.



24/7 digital access on resumes, websites, social media and email signatures.



A unique way to stand out and differentiate yourself from other potential candidates.

What is a microcredential?

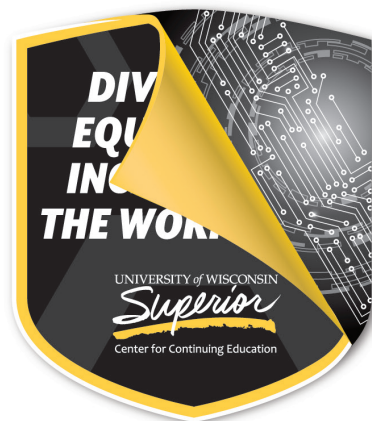
A microcredential is a short learning experience designed to teach or upgrade new skills. Often, they are intended to gain relevant skills needed in today's workforce. Microcredentials may be represented as 'badges' that provide transparency and depth into the learning and achievements of the learners, which others can view.

What is a badge?

Digital badges are achievements that you can show to the world. They are visual representations with embedded metadata that individuals can use to show verified competencies, skills or achievements. In short, badges are visual representations of a skill or achievement gained.

Professional Development Badge Offerings:

- Certificate in Ethical Leadership
- Diversity, Equity, and Inclusion in the Workplace
- Human Resource Management Certificate
- Human Resource Development Certificate
- Leadership/Superior Douglas County
- Mindfulness-Based Stress Reduction (MBSR)
- Organizational Leadership Certificate
- Personal Growth in Leadership Webinar Series
- Science of Brewing Certificate



This symbol indicates a program for which you can earn a digital badge. For additional information on badges visit uwsuper.edu/badges

Society of Human Resource Management (SHRM) Credits

In addition to offering Continuing Education Units (CEUs), the Center for Continuing Education is partnering with the Northland Human Resource Association to offer Society of Human Resource Management credits on eligible programming. When you see the SHRM Recertification Provider badge on our registration sites, you can trust those programs have been preapproved for SHRM PDCs.



August

Leadership Superior Douglas County 8/13/2024

September

Personal Growth in Leadership Webinar Series 9/1/2024
 Brew 101: A Sampling of Beer Styles..... 9/4/2024
 Substance Abuse Counseling - Fall Courses Start 9/4/2024
 Well-Being for Older Adults 9/4/2024
 Certificate in Ethical Leadership..... 9/5/2024
 Civil Law Mediation 9/5/2024
 Science of Brewing Certificate..... 9/9/2024
NEW! Uncover Superior/Douglas County 9/19/2024
 Diversity, Equity and Inclusion in the Workplace..... 9/24/2024
 Mental Health First Aid for Older Adults..... 9/25/2024

October

Personal Growth in Leadership Webinar Series 10/1/2024
 Music in the Movies 10/1/2024
 Human Resource Management Certificate..... 10/3/2024
 Foundations of Human Resources 10/3/2024
 Foundations of Motivational Interviewing 10/9/2024
 Human Resource Development Certificate 10/24/2024
 Strategic Leadership in HR 10/24/2024
NEW! How to Handle Tough Conversations 10/29/2024
NEW! Creating, Maintaining, and Sustaining Meaningful Relationships 10/30/2024

November

Human Resources Bootcamp..... 11/1/2024
 Personal Growth in Leadership Webinar Series 11/1/2024
 Performance Management..... 11/7/2024
NEW! Mid-Life and Beyond:
 Strategies for Healthy Aging and Connecting to Community 11/15/2024
 Collaborative Communication for Team Building & Conflict Resolution 11/21/2024

December

Human Resources Bootcamp..... 12/1/2024
 Talent Acquisition 12/5/2024
 Workforce Planning & Analytics 12/19/2024



**Scan to learn
 more about our
 programming**

January

Human Resources Bootcamp..... 1/1/2025
 Employee Engagement 1/16/2025
 Brew 101: A Sampling of Beer Styles..... 1/22/2025
 Substance Abuse Counseling Program - Spring Courses Start 1/22/2025
 Workplace Investigations 1/23/2025
 Certificate in Ethical Leadership..... 1/23/2025

February

Human Resources Bootcamp..... 2/1/2025
 Organizational Leadership..... 2/5/2025
 The Inner & Outer Work of Leadership 2/5 & 2/12/2025
 Diversity & Inclusion in the Workplace 2/6/2025
 Labor Relations & Negotiation 2/13/2025
 Motivational Interviewing: Beyond the Basics..... 2/26/2025

March

Human Resources Bootcamp..... 3/1/2025
 Building Trust..... 3/5/2025
 Total Compensation 3/6/2025
 Music in the Movies: The Sequel 3/27/2025

April

Human Resources Bootcamp..... 4/1/2025
 HR Compliance 4/3/2025
 Effective Communication..... 4/9/2025
 Professional Leadership Development: Living Your Core Values..... 4/23/2025

May

Health Coaching Practice Certificate 5/2025
 Strategic & Adaptive Leadership 5/7/2025
 Exploring The Arts 5/22/2025

June

Organizational Culture & Change 6/4 & 6/11/2025

To register, visit uwsuper.edu/cce

Workshop information is accurate at the time of printing, but is subject to change. In the event we are required to switch any programming to a virtual format, dates and times may change. Check our listings online for the most current information.

Continuing Education Units (CEUs) are available upon request.

**Personal Growth in Leadership Webinar Series**

September, October or November 2024 | Month long-24/7, available on the first day through the last day of the registration month | Online

Enhance your leadership skills and foster a strong foundation of skills with our five-part, pre-recorded webinar series, which covers essential topics such as psychological safety, team conflict resolution, emotional intelligence and community-based leadership. Delving into these leadership-based concepts will give you the insights and strategies to propel your professional career forward. Beyond enhancing your understanding of effective leadership, this course will cultivate self-reflection and personal growth, empowering you to develop as a well-rounded leader.

Note: Access to the five webinars will be available at registration from the first day through the last day of your chosen month.

Cost: \$79

Substance Abuse Counseling Program

Fall courses begin September 4, 2024, Spring courses begin January 22, 2025, Summer 2025 courses will begin in May 2025 | Available online
Program may be taken for academic credit or non-credit.

This online, pre-credential education program sets you on the path for a Substance Abuse Counselor career and you can complete the program in just one year. Our Substance Abuse Counseling program is approved by the State of Wisconsin and fulfills education requirements (360 hours of comprehensive specialized education) necessary to sit for the licensing exam in Wisconsin.

Cost: \$599 for each 3-credit course taken as non-credit (required textbook not included).

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.

Civil Law Mediation

September 5, 2024 - December 19, 2024 | Thursdays, 5:30 – 7:20 pm | Available via Zoom
Program may be taken for academic credit or non-credit.

Whether you want to become a mediator or learn to deal with conflict more effectively, this program will provide you with 30 hours of the training you need to do both. This Civil Law Mediation training aligns with the Minnesota Rule 114 requirements and continued approval will be requested for the qualified neutral Facilitative Civil Law mediator roster in Minnesota.

Cost: \$399

Credit cost: Please call 715-394-8469 or email conted@uwsuper.edu for more information.

**Certificate in Ethical Leadership**

September 2024 - May 2025 | Available in person
Program may be taken for academic credit or non-credit.

Enhance your leadership skills by learning to make ethical decisions and leading with empathy through challenging dilemmas. In addition to exploring fundamental ethical principles, you'll also gain a better understanding of emotional intelligence, active listening, assertive communication, and how applying your core values and moral code can positively impact your environment.

Fall semester: Emotional Intelligence, T/TH, 2:30 - 3:45 p.m.

Cost: \$599

Spring semester: Ethical Leadership, T/TH, 2:30 - 3:45 p.m. Cost: \$599.

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.

**Science of Brewing Certificate**

September 2024 - December 2024 & January 2025 - May 2025
Mondays, 4 - 8 pm | Available in person
Program may be taken for academic credit or non-credit.

Whether you're an experienced homebrewer or just looking to start, this two-part series provides a unique hands-on educational opportunity to dive into the science behind your favorite brews and how to craft the perfect pint of beer through in-depth chemical analysis. To receive the Science of Brewing Certificate, you must be 21 years of age or older and complete Science of Brewing I (fall semester) and Science of Brewing II (spring semester).

Cost: Science of Brewing I \$599, Science of Brewing II \$599

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.

Brew 101: A Sampling of Beer Styles

September 4, 2024 - December 19, 2024 OR January 22, 2025 - May 15, 2025 (both sessions contain the same content, so register for the one that works best for you!)
Wednesdays, 6-7 pm | Available via Zoom
Program may be taken for academic credit or non-credit.

Join our UW-Superior faculty and students in this virtual course to learn about the history, process, and the modern styles of beer. Topics include: history of beer making; basic brew ingredients; discussion of the brewing process; parameters that define differences in beer styles, such as aroma, flavor, color and mouth feel. Participants will be expected to purchase and sample specific beer styles throughout the course. Prerequisites: 21 years of age or older by course start date.

Cost: \$199

Diversity, Equity, and Inclusion in the Workplace

September 24, 2024 - May 27, 2025 | Available in person

Whether you're a seasoned professional or just starting your career, cultivating diversity in the workplace has never been more important than it is today. We offer programming that is challenging, self-reflective, and action-oriented. Drawing from local, regional, and national experts, our program will help you focus on developing an environment of inclusion and respect that generates high morale, productivity, and a positive impact in the workplace and beyond.

The program will start in September with a two-day opening session followed by eight monthly full-day sessions, through May of 2025. We will be limiting the DEI 2024-2025 Cohort to 24 individuals.

Cost: \$1,175

"I have been to a lot of DEI trainings, and the UWS Cohort has been one of the most impactful I have experienced. They put everything into local, personal context, and provide such actionable information."

- 2023-24 DEI in the Workplace Program Participant

Mental Health First Aid for Older Adults

September 25 & 26, 2024 | 8 am - 12 pm | Available in person

By engaging in this program, you'll gain practical knowledge to assist older adults with mental health or substance use issues. The aim is to enhance the identification and treatment of mental health and physical challenges in older adults. This certification empowers you to initiate conversations that can enhance the quality of life for older adults. It equips you with the skills to identify mental health signs and develop an Action Plan for both non-crisis and crises. The certification is valid for three years, providing a long-term boost to your professional growth. Learners will receive a Participant Processing Guide, which will be used during the course and serve as a reference.

WHAT IT COVERS • The unique impacts of mental health and substance use challenges on older adults. • Risk factors and protective factors specific to older adults. • Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs and experiences of older adults. • National, regional and community mental health resources for older adults and their caregivers.

WHO SHOULD TAKE IT • Individuals who are a part of, connected to or support older adults and their families.

Facilitator: Carole Burton



Cost: \$149

Human Resource Management Certificate

October 3, 2024 - April 3, 2025 | Thursdays, 8:30 am - 3:30 pm | Available in person
Program may be taken for academic credit or non-credit.

If you're interested in learning how to build a foundation in the field of human resources (HR), the Human Resource Management Certificate is a great resource. In addition to learning from regional experts about the core aspects of human resource management that will be beneficial in various positions and professional settings, you'll also get the opportunity to network with and learn from other HR professionals.

Workshops (may be taken together or individually):

- Foundations of Human Resources | 10/3/2024 | 8:30 am – 3:30 pm
- Performance Management | 11/7/2024 | 8:30 am – 3:30 pm
- Talent Acquisition | 12/5/2024 | 8:30 am – 3:30 pm
- Employee Engagement | 1/16/2025 | 8:30 am – 3:30 pm
- Diversity & Inclusion in the Workplace | 2/6/2025 | 8:30 am – 3:30 pm
- Total Compensation | 3/6/2025 | 8:30 am – 3:30 pm
- HR Compliance | 4/3/2025 | 8:30 am – 3:30 pm

Cost: \$149 per workshop or \$129 per workshop if enrolled in the certificate.



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@uwsupercontinuingeducation

Human Resource Development Certificate

October 24, 2024 - February 13, 2025 | Thursdays, 8:30 am - 3:30 pm | Available in person

Take your human resource (HR) career to new heights by expanding on your knowledge and skills in a range of topics. Whether you're a seasoned professional looking to enhance your skill set or an aspiring HR specialist aiming to jumpstart your career, this certificate will equip you with tools you need to succeed. Additionally, the program offers 30 hours of intensive training from experienced instructors and a unique networking opportunity to connect and collaborate with professionals in the HR field.

Workshops (may be taken together or individually):

Strategic Leadership | 10/24/2024 | 8:30 am - 3:30 pm

Collaborative Communication for Team Building & Conflict Resolution
11/21/2024 | 8:30 am - 3:30 pm

Workforce Planning & Analytics | 12/19/2024 | 8:30 am - 3:30 pm

Workplace Investigations | 1/23/2025 | 8:30 am - 3:30 pm

Labor Relations & Negotiation | 2/13/2025 | 8:30 am - 3:30 pm

Cost: \$149 per workshop or \$129 per workshop if enrolled in the certificate.

Motivational Interviewing Workshops

October 2024 - March 2025 | 9am - 12pm | Available via Zoom

Discover the profound impact of motivational interviewing through our advanced course, led by Dr. Amy LaRue—a seasoned professional with extensive experience in motivational interviewing, health and wellness, and public health. This transformative program is tailored for relationship-based counseling, healthcare, social work, and casework professionals. By participating in this course, you'll acquire the knowledge and skills to facilitate positive change that empowers your clients to move from resistance toward a healthier and more fulfilling life.

Workshops (may be taken together or individually):

Foundations of Motivational Interviewing | 10/9/2024, 11/13/2024, 12/11/2024 | 9 am - 12 pm

Motivational Interviewing: Beyond the Basics | 2/26/2025, 3/19/2025, 4/16/2025 | 9 am - 12 pm

Cost: \$178 per 3-day workshop, or \$152 per 3-day workshop if enrolled in both programs



Scan to
join our
email list

NEW! How to Handle Tough Conversations

October 29, 2024 | 8:30 am - 3:30 pm | Available in person

This workshop aims to equip learners with practical skills, effective communication approaches, and strategies for navigating challenging conversations in personal and professional contexts. Learners will develop a growth mindset, boost their confidence, and create environments that foster growth going beyond polarization.

Cost: \$149

NEW! Creating, Maintaining, and Sustaining Meaningful Relationships

October 30, 2024 | 8:30 am - 3:30 pm | Available in person

This workshop introduces participants to valuable tools and communication strategies for building meaningful relationships in the workplace. It covers personal and team communication techniques, cross-departmental relationship opportunities, client-centric approaches, and more. Learners will refine their skills, explore past personality assessments, and learn to balance autonomy, trust, and teamwork. By the end, you'll know how to handle rejection and navigate networking opportunities. These skills enhance workplace relationships, creating a more productive and harmonious work environment.

Cost: \$149

Human Resources Bootcamp

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Organizational Leadership Certificate February 5, 2025 – June 11, 2025 | Wednesdays, 8:30 am - 3:30 pm | Available in person

If you're looking to demonstrate effective leadership within your organization, this five-part workshop series is for you. From learning effective strategies to gaining a better understanding of organizational leadership, you'll develop capacities to help directly impact the success of your organization. Best of all, the leadership organizational skills you'll gain will strengthen your effectiveness beyond the workplace.

Workshops (may be taken together or individually):

The Inner & Outer Work of Leadership (2 days) | 2/5 & 2/12/2025 | 8:30 am - 3:30 pm
Building Trust | 3/5/2025 | 8:30 am - 3:30 pm
Effective Communication | 4/9/2025 | 8:30 am - 3:30 pm
Strategic & Adaptive Leadership | 5/7/2025 | 8:30 am - 3:30 pm
Organizational Culture & Change (2 days) | 6/4 & 6/11/2025 | 8:30 am - 3:30 pm

Cost: \$149 per workshop day, \$129 per workshop day if enrolled in a certificate.

Professional Leadership Development: Living Your Core Values

April 23, 2025 | 8:30 am - 3:30 pm | Available in person

This unique workshop will take you through the key steps of understanding your habitual behaviors and what has shaped your worldview thus far so you can understand how to change it in the future. The workshop will also look at different ways to use core values and your brain's plasticity to reshape your old views and create the life you ultimately want.

Cost: \$149

Health Coaching Practice

Summer 2025 | Available online

Program may be taken for academic credit or non-credit.

This online program will help you gain the knowledge required for an entry-level health coach and boost your ability to help others meet their goals, whether you work in healthcare, a fitness center, an employee wellness program or another related occupation. From behavioral science, nutrition, kinesiology, exercise science, screening and fitness assessments, client program design, and legal and ethical concerns related to allied health professions, you'll learn a broad spectrum of valuable health and behavioral concepts.

Cost: \$599 (required textbook not included).

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.

Leadership Superior/Douglas County Program August 2024 - June 2025

Ignite your leadership potential and make a lasting impact on your community with the Leadership Superior & Douglas County program. Designed for emerging and existing leaders, this transformative 10-month program will provide you with the tools and skills to deepen community awareness and improve civic engagement. With a limited enrollment of approximately 25 participants per year, this program begins with a two-day orientation in August, followed by monthly full-day sessions, including an overnight retreat in May and graduation and presentations in June. Visit uwsuper.edu/lscd to learn more and secure your spot today.

College Credit for High School Students

Academic terms

With the College Credits for High School Students program, you can get ahead and earn college credits while you're still in high school. In addition to gaining an academic edge, this program will help you save money while fostering personal growth, confidence, and a seamless transition toward a brighter future. To explore the possibilities of receiving college credits during high school at UW-Superior, visit uwsuper.edu/hscredit. For high school staff interested in bringing college credit opportunities to your school, please email conted@uwsuper.edu.

GET 10% OFF
non-credit programs
with promo code
CCE10C by 9/2/24*
*Some exclusions apply.

Well-Being for Older Adults

September 4, 11, 18, 25, 2024, 2:30 - 4 pm | Available in person

Throughout this series, you'll learn about the importance of self-care strategies resulting in powerful benefits, brain health and different ways of coping with changes such as isolation, grief and love to facilitate healthy and fulfilling lives as you age.

Cost: \$10 per workshop

NEW! Uncover Superior/Douglas County

September 19, 2024 - May 15, 2025 | 8am - 12 pm | Available in person

Whether you are a longtime resident or new to the area, join us in a nine-month exploration into the inner workings of Superior/Douglas County. Delve into the rich history and culture of our community through the lens of business owners, organizational leaders, and fellow citizens. This program offers valuable tools and perspectives to help you better connect with and engage in our vibrant community.

Cost: \$275

Music in the Movies

October 1, 8, 15, 22, 2024 | 10 - 12 pm | Available in person

This four-part series, facilitated by Dr. Erin Aldridge, will look at the fascinating world of music in movies, showcasing important scores like the "talkies" to the present day. From various styles and approaches to genres and composers, you'll learn how music and silence can work with each scene, including its integration on the conscious and subconscious levels. This course is geared toward adults 55 years of age or older. No prior musical or film knowledge is necessary.

Cost: \$40

**NEW! Mid-Life and Beyond:
Strategies for Healthy Aging and Connecting to Community**

A Full-Day Event for 55+ | Friday, November 15, 2024

Join this 55+ event dedicated to fostering connections, learning, and empowerment. With regional experts, this enriching event is tailored to address the pressing issues of social isolation, loneliness, and overall well-being. Engage in insightful discussions, connect with fellow community members, explore valuable resources, and be inspired by speakers. Don't miss out on this opportunity to flourish together!

This program is funded in part by the John Allan Kunz Fund for Reminiscence and Life Review of the Duluth Superior Area Community Foundation.

Cost: \$69 for ages 55+ and UW-Superior students, \$149 for ages under 55



"Excellent course - loved the engaging & enthusiastic way Dr. Aldridge presented the course content! I appreciate her thorough understanding of the course content & the ability to convey to an audience."

- 2022 Music in the Movies Program Participant

Music in the Movies: The Sequel

March 27, 2025 and April 3, 10 & 17, 2025 | 10 - 12 pm | Available in person

Immerse yourself in the captivating realm of film music with this four-part series, facilitated by Dr. Erin Aldridge. Building upon the success of the first Music in the Movies program, this continuation delves deeper into the world of compilation scores, action film music, and extraordinary works of composers like Danny Elfman and Hans Zimmer. From a diverse range of styles and approaches, you'll learn more about the profound impact of film scores on both conscious and subconscious levels. This course is geared towards adults 55 or older, with no prerequisite, musical, or film knowledge required.

Cost: \$40

Exploring the Arts

May 22 & 29, 2025 and June 5, 2025 | 2 - 4 pm | Available in person

Unleash your inner artist and immerse yourself in the captivating world of visual expression. Perfect for beginners and seasoned artists alike, this in-person workshop invites you to harness the power of creativity. With expert guidance and all the necessary materials at hand, you'll embark on a transformative journey that inspires you to bring your unique vision to life. No prior art knowledge or experience is required to participate—just come with the willingness and enthusiasm to explore.

Cost: \$40 (cost of materials included)

COMING SPRING 2025!**UW-Superior Lifelong Learning Membership**

Unlock endless possibilities with our exclusive 55+ Program Membership Pass in Spring 2025! Enjoy access to new engaging programs tailored for 55+ from January through May, along with complimentary access to our library. Members receive daily parking passes and refreshments at each program, making every visit enjoyable and hassle-free. Join our email list at uwsuper.edu/ccesignup and contribute to a vibrant community dedicated to enrichment and exploration!



Scan to
join our
email list

**ROAD SCHOLAR[®]****Program 24850: A Superior Exploration: Lake Superior's History & Ecology**

Four date ranges to choose from:

Jun 22 - Jun 27, 2025 | Jul 20 - Jul 25, 2025 | Aug 3 - Aug 8, 2025 | Aug 17 - Aug 22, 2025

“Superior” learning awaits on this adventure through northern Wisconsin's natural wonders — explore the ecology and human history of this fascinating Great Lake!

At a Glance

From Lake Superior's glacial and tectonic geology to its significance to indigenous peoples and importance to environmental research, the largest freshwater lake in the world makes a fascinating study. Embark on a journey exploring western and southern Lake Superior, including a history of the Twin Ports, field trips to historical sites and presentations by local indigenous elders and historians. Enjoy hands-on learning experiences, wading in the rivers of the Brule River State Forest to catch and identify aquatic creatures and exploring natural wonders through canoeing and hiking!

What You'll Learn

Investigate freshwater ocean ecology through the University of Wisconsin-Superior's Lake Superior Research Institute Floating Classroom, a new hybrid research and educational vessel. Learn from park experts about the rich geology and ecology of Amnicon Falls State Park, Pattison State Park and Jay Cooke State Park. Explore the indigenous history of the area through presentations from a local tribal historian and tribal environmental scientist.

Activity Level

On Your Feet (I'm comfortable with some walking throughout the day. I expect to get on and off of a coach, and I'm ready to stroll through cities and to stand for a few hours when we're learning in museums.)



Scan QR code
for more info
and to register



The Wisconsin Small Business Development Center is a statewide network supporting entrepreneurs and business owners through no-cost, confidential consulting and business education for business planning, marketing and sales growth, finance and capital access, financial management, and strategic planning. The SBDC Network is part of the Universities of Wisconsin Institute for Business & Entrepreneurship.

We are pleased to introduce you to Mike Hill who serves as the Business Consultant for Northwest Wisconsin working out of the Superior Entrepreneur Center on Tower Avenue in Superior, Wisconsin. Mike brings 35 years of experience in various fields including risk management, business planning and product development. As a consultant, he has worked in emerging markets, start-ups, government contractors and non-profit organizations, and has a passion for helping identify and maximize value for enterprises. Originally from Milwaukee, Mike founded a cybersecurity company in Ireland 10 years ago that provides innovative solutions for user authentication based on methods he patented for combining user interactions with their own biometrics and hardware.

The Wisconsin SBDC Network is a proud part of the Institute for Business & Entrepreneurship in the Universities of Wisconsin. It is funded in part through a Cooperative Agreement with the U.S. Small Business Administration.



Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Contact us at: 715-919-7998 or mike.hill@business.wisconsin.edu.



Venture Home Superior - Level Up! Pre-seed Accelerator

An action-oriented, five-month program to help founders take the next step with their scalable business idea.

What You'll Get:

- Access to local & statewide entrepreneurial resources
- Six months of free coworking space & access to VentureHome events
- Eligibility to apply for the WiSys VentureHome fund
- Office hours with professionals in finance, legal, intellectual property, marketing, sales, & more
- Access to the VentureHome Mentor Network through VentureHome Connect

For more information please contact: Kathryn Guimond, Director, Center for Continuing Education Liaison, Small Business Development Center, University of Wisconsin - Superior kguimond@uwsuper.edu.



Experience the power of custom training opportunities tailored to your organization's unique goals. From the initial stages of curriculum development to the final delivery of engaging and impactful learning experiences, we're committed to providing you with high-quality training that drives growth and success for your business.

We have delivered customized professional development on the following topics:
 Leadership · Supervisory Management · Emotional Intelligence · Psychological Safety
 Data Science Secondary Trauma · Social Work Ethics · Trust and Communication
 Chemistry of Fuels

Serving the following organizations:
 ALLETE, Douglas County Health and Human Service, Essentia Health St. Mary's Hospital-Superior, Northwestern Wisconsin Electric Company, and Superior Choice Credit Union.

With a diverse network of content experts, we are poised to offer much more on subjects relevant to your goals.

This presenter did an excellent job of making this training pertinent to our Dept and the specific examples were incredibly relevant to the work we do. This was an excellent training - hands down the best Ethics and Boundaries training I've attended. Thank you.

- 2023 Customized Training Participant

Introducing: Superior Dialogues

In a time of increasing social and political division, UW-Superior is hosting a new dialogue series consisting of workshops, speakers, and webinars throughout Fall 2024 and Spring 2025 to promote and engage in concepts related to Civil Dialogue. Each speaker and session will bring expertise and information to our Twin Ports community on various aspects of depolarization, personal values, respectful conversations, and curiosity.

All sessions are free and open to the public, UW-Superior students, staff, and faculty.

Sessions will be continually added throughout Fall 2024 and Spring 2025. Please like us on Facebook @uwsupercontinuingeducation and/or go to our website uwsuper.edu/ccesignup and subscribe to our email list to keep up to date.



Americans on opposite sides of the political spectrum don't only disagree on issues — they increasingly dislike one another.

This growing partisan animosity is the crisis of our time and threatens our nation.

Braver Angels exists to address this challenge.

Whether you're interested in learning about the skills needed to have difficult conversations across the divide, or you want to actually speak to and connect with those with whom you disagree, join us for a workshop. For more information and to register, please visit uwsuper.edu/calendar.

Depolarizing Within

September 25, 2024 | 5:00 pm – 8:00 pm | Available in person

The Depolarizing Within Workshop is designed to foster skills to help you lessen the effects of polarization when you encounter them in your political conversations. Note that by "polarization," we are not referring to healthy disagreements over issues or philosophy. We are talking about how we regard and talk about large groups of ordinary people on the other side of the political aisle. The standard version is a group session that is approximately 3 hours long.

Cost: Free



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Family and Politics

October 24, 2024 | 6:00 pm – 7:30 pm | Available in person

Family relationships are becoming casualties of our toxic polarized environment. Family members are having nasty political arguments, avoiding each other, or even cutting off lifetime relationships. If you want to preserve important family bonds while still being true to your values and political beliefs, this workshop is for you! Although the focus is on family relationships, you can use strategies in this workshop with any loved one. You'll laugh and have some fun in this workshop—it won't be all serious. After all, we all come from quirky families. The Families and Politics workshop requires participants to complete a 40-minute interactive course online before taking part in a group session that runs approximately 2 hours long.

Cost: Free

Skills for Disagreeing Better

November 21, 2024 | 6 - 7:30 pm | Available in person

In this polarized time, we lack basic understanding of why people on the other political side hold their beliefs. We don't see them as they see themselves—their core values and central concerns—but instead as we choose to see them. We are tempted to regard our own side as principled and the other side as self-interested. When we try to communicate across this gap, we often lack the skills for listening carefully, looking for common ground, and sharing our perspectives in ways that connect rather than create more misunderstanding. We can learn to disagree better in polarized times, which means accurately seeing where we differ and where we share common ground.

Cost: Free

FEATURED SPEAKER:



Mónica Guzmán

October 8, 2024 | Available in person and online

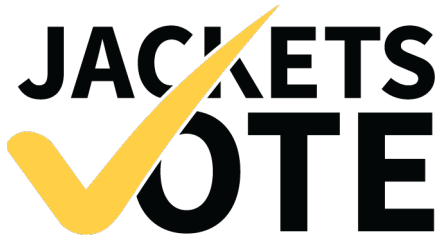
Mónica Guzmán is a bridge builder, journalist, and entrepreneur who lives for great conversations sparked by curious questions.

She's author of *I Never Thought of it That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times*; founder and CEO of Reclaim Curiosity; Senior Fellow for Public Practice at Braver Angels; and host of *A Braver Way* podcast.

A Mexican immigrant, Latina, and dual US/Mexico citizen, she lives in Seattle with her husband and two kids and is the proud liberal daughter of conservative parents. Learn more at moniguzman.com.

Refreshments will be provided.

A sign language interpreter will be present at this event. Event registration will be made available on August 12, 2024 to the public and for UW-Superior students, faculty and staff on a first-come, first-served basis.



Jackets Vote is a program of the Link Center and is committed to creating a nonpartisan, institutional effort to support voter and civic engagement efforts for UW-Superior students, faculty, staff, and the surrounding community. The goal is to ensure voices are heard by providing the necessary nonpartisan tools and resources to support all to get registered, get educated, and get out to vote. We aim to offer leadership and partnerships to provide the resources and support students need for civic learning, political engagement, and voter participation.

We will be hosting events throughout the Fall semester to encourage more eligible students, faculty, staff, and community vote in the 2024 Presidential Election. We will have a variety of tabling events during the National Civic Holidays. For more information, please visit UW-Superior's campus calendar and search for 'vote.'

- September 17, 2024 – National Voter Registration Day and Constitution Day
- October 7-11, 2024 – National Voter Education Week
- October 29, 2024 – Vote Early Day
- November 4, 2024 – Election Heroes Day
- November 5, 2024 – Election Day Celebration

The Center for Continuing Education, Jackets Vote, the Link Center and UW-Superior are nonpartisan and neither endorse nor oppose any political party, candidate or viewpoint. Jackets Vote organizes nonpartisan voter education events for UW-Superior and the surrounding community to support students, faculty, staff, and the community to get registered, get educated and get out to vote.

GET 10% OFF
non-credit programs
with promo code
CCE10C by 9/2/24*

*Some exclusions apply.

The University of Wisconsin-Superior's Pruitt Center for Mindfulness and Well-Being supports students and employees by providing classes, workshops, events, and a small space for discussions, homework, and mindfulness practices. Located in Swenson Hall, Room 3117, the Pruitt Center features a quiet seating area and resource library. Anyone is welcome to use the space and check out resources.

Outside of campus, we offer micro-credential classes and workshops for groups, businesses, and organizations. We work with various groups to create specialized workshops and programming that is needed. This can be for K-12 students, teachers, sports teams, and non-profits. The goal is to help meet any need in decreasing stress, increasing self-awareness and improving well-being.



Mindfulness-Based Stress Reduction (MBSR)

Fall 2024 Session | September 25 – November 20, 2024 | Wednesday Evenings | In-Person
Winter 2025 Session | January 22 – March 26, 2025 | Wednesday Evenings | Virtual

This multi-session evidence-based course teaches participants about mindfulness—what it is, how it can help reduce stress, and how to incorporate more of it into your life. In addition, the course includes the experiential practice of various forms of mindfulness, including meditation, mindful eating, gentle stretching, awareness of the breath, and more. MBSR provides over 30 hours of teacher-lead instruction and guided practices, including one all-day Saturday session, large and small group discussions, and micro-credentialing.

Cost: \$295

For more information or to register visit: uwsuper.edu/mindfulness



THE SADIE ANN

The University of Wisconsin-Superior's Sadie Ann Floating Classroom and Research Vessel will lead educational and research-based voyages into the beautiful waters of Lake Superior. This research vessel will be managed by UW-Superior's Lake Superior Research Institute (LSRI) and docked at LSRI's ballast water research facility at Montreal Pier in Superior.

The catamaran-style research vessel, which is currently being built by Midship Marine in Harvey, Louisiana. This stable, quiet hybrid catamaran will enable UW-Superior's LSRI to continue and expand freshwater research initiatives, as well as provide opportunities for students of all ages and community members to connect with Lake Superior.

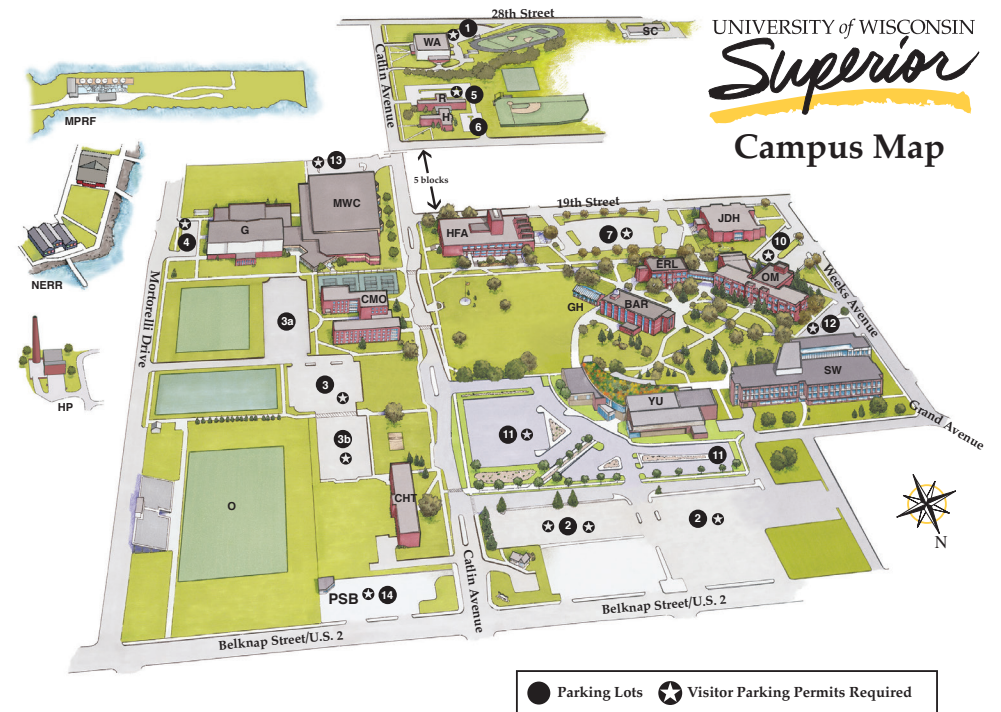
Supporting Education and Research

The Sadie Ann will be available to use by guest educators at all levels and disciplines, as well as scientists and researchers from outside the university. Organizations interested in workforce training and outreach programming will also be able to utilize the vessel.

The vessel will have heat and AC and the on-board equipment includes upper and main deck winches, a davit, and an A-frame for sampling.

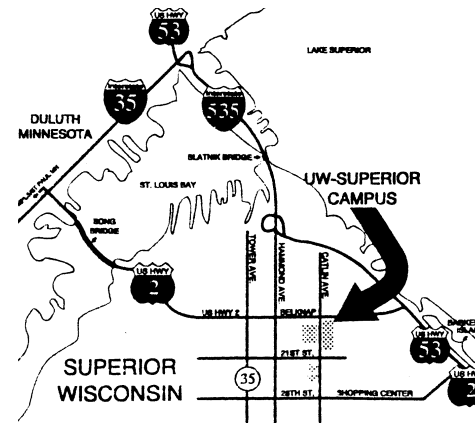
The main deck will have fully furnished wet and dry research labs, a moon pool opening and fold-down diving platforms for sampling and analysis. A reinforced hull will allow operation in light winter conditions and the 4.6-foot draft will be operable in nearshore areas. A large classroom on the second deck with internet and communication technology will provide a flexible educational space.

Most in-person programs are held on the UW-Superior campus with convenient parking.



Visitor Information
 Superior/Douglas County
 Visitors Bureau
 205 Belknap St.
 Superior, WI 54880
 715-394-7716 or 1-800-942-5313
 visitsuperior.com

Visit Duluth
 225 W. Superior St., Suite 110
 Duluth, MN 55802
 1-800-438-5884
 visitduluth.com



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