

PORTLAND COMMUNITY COLLEGE

# Business, Career and Professional Development

WINTER 2024

# INNOVATE

Advanced Manufacturing is one of many career paths you can start at PCC.



**Portland  
Community  
College®**

# Professional Development and Training

Gain and improve your skills for the workplace – for individuals & larger organizations

## Cannabis Professional

### Gain Job Skills To Thrive In The Cannabis Industry

#### Manufacturing, Cultivation, Retail.

Cannabis skills are in demand. The cannabis industry is creating thousands of exciting career opportunities yet a significant shortage of qualified professionals exists. Now you can gain the job skills you need to succeed in this fast-evolving industry.

#### Cannabis Cultivation Specialist

8 weeks | 100% Online | \$800

Gain advanced job skills and knowledge to excel in a cultivation role in the cannabis industry. You will study a range of topics, including: the business of cannabis cultivation, botany and genetics of the cannabis plant, seeds, germination, cloning, light sources, pests, disease and threat management, irrigation, product safety, packaging and labeling, storage, and more.

#### Cannabis Extraction and Product Development Specialist

8 weeks | 100% Online | \$800

Gain advanced job skills and knowledge to excel in a manufacturing role in the cannabis industry. You will study a range of topics, including: the business of cannabis extraction, product development, formulation and plant ensemble, extraction processes and principles, product safety, packaging and labeling, pest control, product testing, storage and more.

#### Cannabis Retail Specialist

8 weeks | 100% Online | \$800

Gain advanced job skills and knowledge to excel as a dispensary agent. You will study a range of topics, including: the history and botany of the cannabis plant, cannabinoids, terpenes, and the Endocannabinoid System, as well as health and safety training, best security procedures, inventory tracking, the importance of documentation and recordkeeping, and product safety.

#### Register:

To register and pay visit: [cannabised.pcc.edu](https://cannabised.pcc.edu)



## Grant Writing

Build the skills to successfully write grants and raise funds for worthy projects and organizations. Courses are taught by professionals with real world experience, and will give you a comprehensive look at all aspects of the funding field. Geared for those working with nonprofits, those who aspire to do so, and volunteers who support nonprofits in raising support.

#### CEU 908V Grant Writing

[0.80 CEU credits] Secure grant funds for your nonprofit! This class uniquely provides real-life examples, hands-on tools, and extensive feedback from your peers and the instructor. Step by step, you will develop a two-page application.

CRN: 15195 Instructor: Davis

Modality: Remote (Zoom) Tuition: \$229

Date/Time: Tue, 1/9-1/16, 1pm-4:50pm

## Mental Health First Aid

#### CEU 3995 Mental Health First Aid: Higher Education

Provides key skills to help address mental health and substance use challenges commonly experienced in higher education settings. Covers mental health literacy, including identifying, understanding, and responding to signs of a potential mental health challenge.

CRN: 15486 Instructor: Garland

Modality: In-person (Sylvania, TCB 212/213)

Tuition: \$189

Date/Time: Fri, 2/16, 8:30am-5:30pm

#### CEU 3961 Mental Health First Aid: Youth

[1.00 CEU credits] Provides key skills to help an adolescent (12-18 years) who is developing a mental health problem or experiencing a mental health crisis. Covers common mental health disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide, or is struggling with substance use disorders. Required: Full attendance is mandatory to meet Youth Mental Health First Aid certification requirements from the National Council on Behavioral Health.

CRN: 12952 Instructor: Tuleya

Modality: Remote (Zoom) Tuition: \$158

Date/Time: Sat, 2/10, 9am-4:50pm





## Education Professional Development

### ONLINE Ed2Go courses for K-12 teachers and education professionals:

Complete your annual PDU requirement with one online course. The following Professional Development Unit (PDU) online courses are completed within a 6-8 week time frame. Work on them at your convenience: at home, at school, at any time of day. Classes will appear on your official transcript.

#### Schedule:

Classes begin monthly

#### Fee Per Class:

\$139 fee

#### Register:

To register, pay, and access your course on the start date visit: [ed2go.com/portlandcc](http://ed2go.com/portlandcc)

#### Classes Offered

- Teaching Smarter With SMART Boards
- Solving Classroom Discipline Problems
- Teaching Students with ADHD
- Teaching Students With Autism: Strategies for Success
- Solving Classroom Discipline Problems II
- Empowering Students With Disabilities
- Guided Reading and Writing: Strategies for Maximum Student Achievement

- Spanish in the Classroom
- The Creative Classroom
- MS PowerPoint 2013 in the Classroom
- Using the Internet in the Classroom
- Singapore Math Strategies: Model Drawing for Grades 1-6
- Singapore Math: Number Sense and Computational Strategies
- Creating the Inclusive Classroom: Strategies for Success
- Differentiated Instruction in the Classroom
- Teaching Students With Learning Disabilities
- Integrating Technology in the Classroom
- Differentiating K-12 Assessments
- The Differentiated Instruction and Response to Intervention Connection
- Response to Intervention: Reading Strategies That Work
- Common Core Standards English Language K-5
- Content Literacy: Grades 6-12
- Enhancing Language Development Childhood
- Singapore Math Strategies: Advanced Model Drawing for Grades 6-9
- Survival Kit for New Teachers
- Teaching High School Students
- Teaching Math: Grades 4-6
- Teaching Science: Grades 4-6
- Teaching Writing: Grades K-3
- Understanding Adolescents
- Teaching Writing: Grades 4-6
- Creating a Classroom Website
- Ready, Set, Read!
- Creating Classroom Centers

## Mediation

### Mediation Training

Taught by leading mediation professionals. A hallmark of the training is the individualized coaching provided by a team of professional mediator colleagues. The mediation experience comes to life through a comprehensive exploration of concepts, experiential learning and vivid examples from the instructors' wealth of practical experience. CLEs also provided.

### CEU 911K Basic Mediation Training

[3.20 CEU credits] Provides a highly interactive training to become a mediator and to develop better communication skills in conflict situations. Learn to use mediation skills to help resolve conflicts in workplace, court, business or community-related disputes.

CRN: 12072 Instructor: Dimant

Modality: Remote (Zoom) Tuition: \$559

Date/Time: Fri-Sat, 2/2-2/24, 8:30am-4:20pm

## Professional Development

### CEU 3578 Leadership Skills for Supervisors

[.40 CEU credits] Although not intended to take someone from a supervisory or administrative position to that of a project manager, this workshop will familiarize participants with the most commonly used project terms and practices.

CRN: 15175 Instructor: Waterfall

Modality: Remote (Zoom) Tuition: \$195

Date/Time: Thu, 3/7, 9am-12:50pm

### Project Management

New to project management? Do you need more advanced training? Learn project management fundamentals to improve productivity and performance. Build skills as you prepare the project management plan (PMP) and other documents key to successfully organizing, implementing, and closing out a project.

### CEU 3436 Project Management Fundamentals

[.70 CEU credits] Although not intended to take someone from a supervisory or administrative position to that of a project manager, this workshop will familiarize participants with the most commonly used project terms and practices.

CRN: 11675 Instructor: VanHeuvel

Modality: Remote (Zoom) Tuition: \$195

Date/Time: Thu, 2/22, 8:30am-4:20pm 1 hour lunch

# Professional Development and Training

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## Real Estate

### CEU 3672 Property Manager License Education

[6.00 CEU credits] Prepares students to qualify for the Oregon Real Estate Property Manager certification exam. *Text: Property Mgmt, 10th Ed., R.C. Kyle. Not available at PCC.*

CRN: 11678 Instructor: Amato

Modality: Online (D2L) Tuition: \$495 Fee: \$20  
Date/Time: 1/8-3/23

### CEU 3673 Broker Pre-License Education

[15.00 CEU credits] Prepares students to qualify for the Oregon Real Estate Brokers License Exam by studying statutes, rules and antidiscrimination laws pertaining to the licensing and professional real estate activity required by all licensees of the State of Oregon.

CRN: 11766 Instructor: Calvert

Modality: Online (D2L) Tuition: \$525 Fee: \$120  
Date/Time: 1/8-3/23

CRN: 11680 Instructor: Lasselle

Modality: Online (D2L) Tuition: \$525 Fee: \$120  
Date/Time: 1/8-3/23

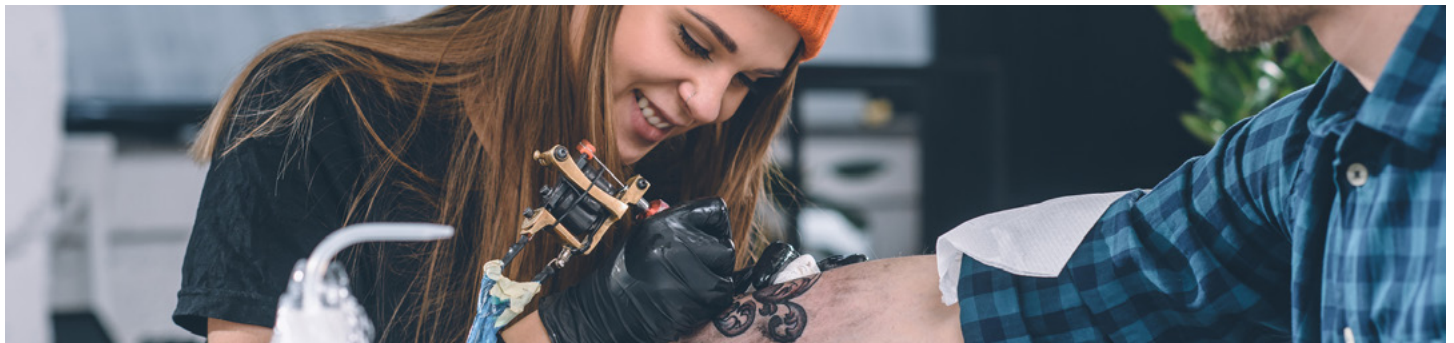
## Get a Real Estate License

1. **Register for an account** in eLicense, the Agency's online license management system.
2. **Apply for a license** and pay the \$300 nonrefundable application fee in eLicense. When the application is processed, you will receive an Applicant ID number by email.
3. **Complete 150 hours** of required broker pre-license education from an Agency-approved real estate school or **60 hours** of required Property Management pre-license education
  - Give your Applicant ID number and full name to the school.
  - The real estate school will make you eligible to take the license exam.
  - Only courses completed on or after January 1, 2013, meet licensing requirements.
4. **Schedule and pay for the license exam** online or at (833) 892-5441 with PSI, our testing services provider.
5. **Pass both sections** of the license exam.\*
6. **Pay and get fingerprinted** for the required background check while at a PSI test center.\*

\* Please note: License exam scores and background check clearances are each good for one year. The Agency can only issue a license while the relevant scores and background check clearance are valid.

Learn More:

[https://www.oregon.gov/rea/licensing/Get\\_License/Pages/Get\\_License.aspx](https://www.oregon.gov/rea/licensing/Get_License/Pages/Get_License.aspx)



## Tattoo

### CEU 3494 Intellectual Property: Who owns a tattoo?

This class will teach critical legal principles related to the concepts of copyright and ownership of works of art in the medium of tattoo. Students will learn what protections are available for their rights in ideas and works of art. This class will count towards continuing education hours for licensing by the Oregon Board of Body Art Practitioners under 331-915-0055(4).

CRN: 14480 Instructor: Haver

Modality: In-person (CLIMB Ctr, CLIMB 301)

Tuition: \$105

Date/Time: Sat, 3/2, 10am-12:50pm

### CEU 3493 Business Issues for Tattooists: Business Concepts

This class explores important legal principles related to the business of tattooing, with special focus on general business contracts, employment contracts, and liability issues. What is considered a contract? What responsibilities do you have while a client is in and after they leave your place of business? This class will count towards continuing education hours for licensing by the Oregon Board of Body Art Practitioners under 331-915-0055(4).

CRN: 14479 Instructor: Haver

Modality: In-person (CLIMB Ctr, CLIMB 301)

Tuition: \$39

Date/Time: Sat, 3/2, 1pm-1:50pm

### CEU 3495 Recent Issues in Tattoo Law

This course focuses on recent legal developments at the local, state and national level that have an impact upon the business of tattooing. This class will examine broad issues through recent legislation and court cases. This class will count towards continuing education hours for licensing by the Oregon Board of Body Art Practitioners under 331-915-0055(4).

CRN: 14481 Instructor: Haver

Modality: In-person (CLIMB Ctr, CLIMB 301)

Tuition: \$39

Date/Time: Sat, 3/2, 3pm-3:50pm

# Professional Development and Training

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## Register and Pay

### Professional Development and Training

#### Student Information

##### **Registration Information & Instructions:**

First, locate the five-digit CRN (Course Reference Number) of the class(es) for which you would like to register, and have that number(s) ready. You can find the CRNs in the online schedule. Register using one of the following methods:

##### **Online:**

Visit the non-credit registration page. If this is your first time registering for a PCC class, click “Create Your Account.” If you are a returning student, click “Register in MyPCC.” Follow the prompts to register.

##### **Phone:**

Call 971-722-8888 and choose option 2 from the menu. Then select option 2 and option 2 again.  
Mail: Send a completed registration form from the printed catalog and credit card info or check payment to: Portland Community College PO Box 19000 Portland OR 97280-0990

##### **Mail:**

Send a completed registration form from the printed catalog and credit card info or check payment to: Portland Community College PO Box 19000 Portland OR 97280-0990

##### **Fax:**

Send a completed registration form to 971-722-4988.

##### **In person:**

Walk into any PCC Registration Office. Offices are located at Cascade Campus, Sylvania Campus, Rock Creek Campus and Southeast Campus. All students must be registered in order to attend any class.

#### Payment Information & Instructions:

##### **Online:**

Log on to MyPCC. Select the “PCC-Pay” link “Paying for College” tab.

##### **Mail:**

Send a complete a registration form and payment (credit card info or check) to:  
Portland Community College PO Box 19000  
Portland OR 97280-0990

##### **Phone:**

Call 971-722-6266 and choose option 3 from the menu.

##### **In person:**

Walk into any Student Accounts Services. Offices are located at Cascade, Sylvania, Rock Creek and Southeast Campuses.

*For more information on payment, dropping a class, refunds, etc., please go to: <https://www.pcc.edu/climb/registration-and-payment-information/>*



# Remote Career Trainings

Arts and Design



Business



Computer Applications



Computer Science



Construction and Trades



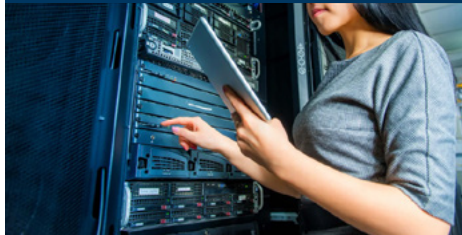
Health and Fitness



Hospitality



Information Technology



Language



Legal



Teacher Professional Development



Writing



# Customized Training

Let us help you LEVEL UP by providing customized training solutions to elevate your team's performance and productivity!



**PCC's custom programming provides the highest quality industry experts and facilitators, offering diverse courses and workshops tailored to your organization.**

*Work with PCC to create customizable training solutions on virtually any subject.*

**Contact us for a no-cost introductory consultation to assess your needs and to learn more about our versatile capabilities.**

**Customized Training Coordinator: Windy Wahlke**

**Phone: 971-722-5083**

**Email: [professional.training@pcc.edu](mailto:professional.training@pcc.edu)**

Training and development helps companies gain and retain top talent, increase job satisfaction and morale, improve productivity and earn more profit. Additionally, businesses that have actively interested and dedicated employees see 41 percent lower absenteeism rates, and 17 percent higher productivity.<sup>1</sup>

- Companies that invest in training have a 24% higher profit margin.<sup>2</sup>
- Employee retention rate grows by 30–50% at companies with a potent training program.

## CHECK OUT OUR MOST POPULAR TRAINING TOPICS!

### Technology

- Excel Essentials
- Excel Calculations and Charts
- Excel Databases
- Excel Power Calculations
- Adobe Acrobat
- MS Outlook

### Advanced Manufacturing/Trades

- Mechatronics
- Welding
- Automotive/Diesel
- Landscape Technology

### Business Essentials

- Project Management
- Change Management Leadership
- Leadership Skills
- Intercultural Communication
- Customer Service Skills
- Cultural Competency
- DiSC
- Lean Process Improvement
- Business Writing
- Grant Writing Fundamentals

### Certifications/ License Renewal

- Electrical Safety/NEC
- ForkLift Certification
- Mental Health First Aid
- ASIST (Suicide Intervention)

1. "5 Benefits of Training and Development | Ottawa University." 12 Jan. 2021, <https://www.ottawa.edu/online-and-evening/blog/january-2021/5-benefits-of-training-and-development>. Accessed 14 Feb. 2023.

2. "Employee Training Statistics: Cost of Progress in 2022 | TeamStage." <https://teamstage.io/training-statistics/>. Accessed 14 Feb. 2023.

# Customized Training

Let us help you LEVEL UP by providing customized training solutions to elevate your team's performance and productivity!

## Trainer Spotlight

Neal Otto, owner of Jump-Start, is our top technology trainer for Customized Training and has worked with PCC for over 10 years. PCC and Jump-start provide governments and businesses in the area software efficiency skills



training at all levels. Classes are delivered onsite or online and are always engaging and productive. Classes include all the Microsoft end-user products including Excel, Outlook, Word, Teams, Microsoft 365, OneDrive, PowerPoint, etc.

*"I enjoy any class that makes an impact on the person and the organization," Neal said. "I love finding efficiencies for how people work using the tools that they've already purchased. The diversity of my client base makes me better for every customer. I can bring ideas that I've learned from one customer to another."*  
~Neal Otto

### **A little about Neal:**

Neal began his career as a high school teacher, both in Oregon and in Switzerland.

"My Switzerland experience started in 1988 and I was the computer guy for a school of about 150," he said. "Things were crude. We had a couple of systems and purchased a couple more by the end of the year"

Neal traveled a bit and worked at Bonneville Power Administration for a few years as a support technician and software trainer before starting his own company, Jump-start, in January 1996.

Recently, PCC and Jump-start partnered to help supervisors of a manufacturing company upgrade their Excel skills so they could update schedules and conduct forecasting for the plant. Another project was helping government employees update their Excel and Outlook skills. Many members of the Outlook class commented that the class would save them over ten minutes per day. A ten-minute savings per day equates to a full week of productivity per year.

Neal teaches a variety of Microsoft classes including:

- Excel
- Word
- Outlook
- PowerPoint
- OneNote
- Teams
- Project
- M365 – OneDrive, Planner, SharePoint (end-user), and more

*"Recently, a local semiconductor manufacturing company reached out to one of our MT instructors about doing some advanced equipment training for their technicians. This instructor then reached out to the rest of the MT group to see if this was possible and if we could actually support their needs. After a couple meetings with their Engineering and Management teams to develop a rough curriculum, we brought in PCC's Customized Training (CT) group to work out the details in order to make everything happen. CT seemed to literally work magic in putting the pieces together to ensure everyone's needs were met!" ~Rich*

Rich Mikulak

PCC Microelectronics  
Technology Instructor/Trainer

1:1 confidential advising +  
Specialized training programs =  
A healthier business and  
a more confident you



*Helping Build Oregon's  
Best Businesses for 40 Years*

The PCC Small Business Development Center helps small business owners  
**start, grow and rebuild their businesses with CONFIDENCE.**

## Upcoming Business Training Programs Designed Just For You

### Business Builders

This 12-week training program seamlessly blends 8 weeks of foundational business education with 4 weeks of specialized industry learning, all underpinned by one-on-one advising with business strategists and subject-matter experts.

### Advanced Small Business Management

Focus on advanced strategies for businesses 5+ years old in this 10-month training program designed to help you improve your bottom line and scale quickly.

### Getting Your Recipe to Market

Turn your recipe into a commercial-ready food product in just 12 weeks with support from food industry experts, OSU's Food Innovation Center, and New Seasons Market.

### Buying and Selling Outside the US

In this 6-week series, learn to thrive in the global marketplace by becoming familiar with import and export regulations, supply chain management, cultural awareness, and more.



## PCC SBDC Client Success Story Five Star Guitars

"In our decade+ time building Five Star Guitars, PCC SBDC has been with us every step of the way, starting with the City of Hillsboro's support to take a Small Business Management program. We began as a local "mom-and-pop" store, grew into an industry-leading and award-winning retail force, and are now positioned to guide the future of music product design, development, and retail."

— Jeremie Murfin, Co-owner of Five Star Guitars, Oregon SBDC Manufacturing Advising Team (MAT) and Global Trade Center (GTC) client, and Small Business Management alumni



Explore how business training  
can benefit your business

[bit.ly/pccsbdc](http://bit.ly/pccsbdc)

CLICK  
HERE



Contact Us: 971.722.5080 | [sbdc@pcc.edu](mailto:sbdc@pcc.edu)

Oregon Small Business Development Centers are funded in part through a cooperative agreement with the U.S. Small Business Administration, and by the Oregon Business Development Department.





**SBDC (Small Business Development Center)**

## Business Design Series

Turn your idea into a business with this four-week training program. You'll use the GrowthWheel toolbox to tackle the 4 basic challenge areas for every business: creating an attractive business concept, building a strong organizational structure, fostering lasting customer relationships, and ensuring profitable business operations.

**Program Length:** 4 weeks, 2hrs/week, 8 hrs total  
**Certificate / CEU Hours Earned:** 0  
**Cost:** \$125



**SBDC (Small Business Development Center)**

## Business Builders

The Business Builders training program blends foundational business education with industry-specific training and insights from subject matter experts. Combined with individual advising with our top business strategists, Business Builders guides you through:

- Mission, vision, and goals
- Business planning effectively with proven templates
- The art of pricing
- Fundamentals of marketing and branding
- Bookkeeping and financing
- Legal issues, including intellectual property and contracts
- Human Resources strategies

After working through eight weeks of building your business foundation, you'll delve into four weeks of industry-specific training tailored to the unique challenges faced by your business sector.

### Food Industry Training

Learn about financing, menu design, restocking, regulations, restaurant-specific marketing considerations, and more!

### Service Industry Training

Work through topics like consultative sales, business-to-business (B2B) marketing, long-term relationship management, contracting, client services agreements, pricing for long-term projects, and more!

### Retail Industry Training

Explore topics related to merchandising, inventory control and turnover, location selection, online sales, hiring the right people, brand development, and more!

### Manufacturing Industry Training

Learn how to streamline operations, optimize production processes, operate within legal and regulatory boundaries, scale through global trade, and more!

**Program Length:** 12 weeks, 3hrs/week, 36 hrs total  
**Certificate / CEU Hours Earned:** 0  
**Cost:** \$899

**SBDC (Small Business Development Center)**

## Advanced Small Business Management

This comprehensive 10-month training program helps you grow and scale your business with help from industry experts and subject-matter experts. You'll access a network of successful CEOs, plan strategically for the future of your business with some "big picture" brainstorming, focus on advanced strategies for mature businesses, and receive one-on-one expert advising on business strategy and leadership.

**Program Length:** 10 months, 3 hrs/month, 30 hrs total  
**Certificate / CEU Hours Earned:** 0  
**Cost:** \$1995

**SBDC (Small Business Development Center)**

## Getting Your Recipe to Market

Turn your recipe into a commercial-ready food product with support from food industry experts, OSU's Food Innovation Center, and New Seasons Market. Getting Your Recipe to Market is a unique 12-week training program that will allow you to:

- Understand industry essentials
- Connect with and gather insight from local food professionals
- Prepare for the commercial market
- Get one-on-one strategic help in building your food product business

**Program Length:** 12 weeks, 3 hrs/week, 36 hrs total  
**Certificate / CEU Hours Earned:** 0  
**Cost:** \$1995



**GTC (Global Trade Center)**

## Certified Global Business Professional Exam Prep

This 3-day intensive CGBP Exam Prep training program is designed for individuals who are interested in advancing their careers, changing careers, or gaining new knowledge in international trade. The CGBP designation is accredited by NASBITE, recognized by the US Department of Commerce, and is the only test prep course in the Pacific Northwest.

**Program Length:** 3 days, 8hrs/day, 24 hrs total  
**Certificate / CEU Hours Earned:** 0  
**Cost:** \$499

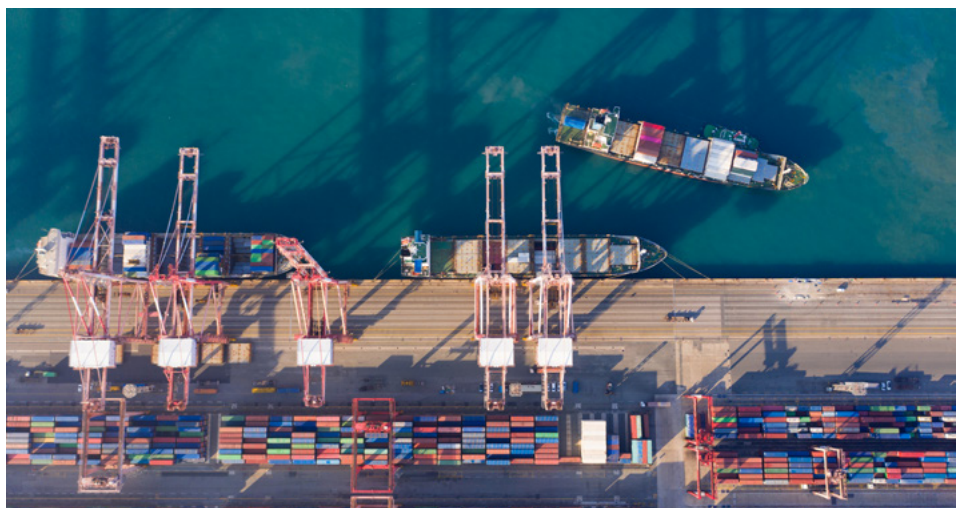
**GTC (Global Trade Center)**

## Buying & Selling Outside the U.S.

This 6-session training program is ideal for business owners or top-managers wanting to become more familiar with all aspects of international trade. You'll learn about:

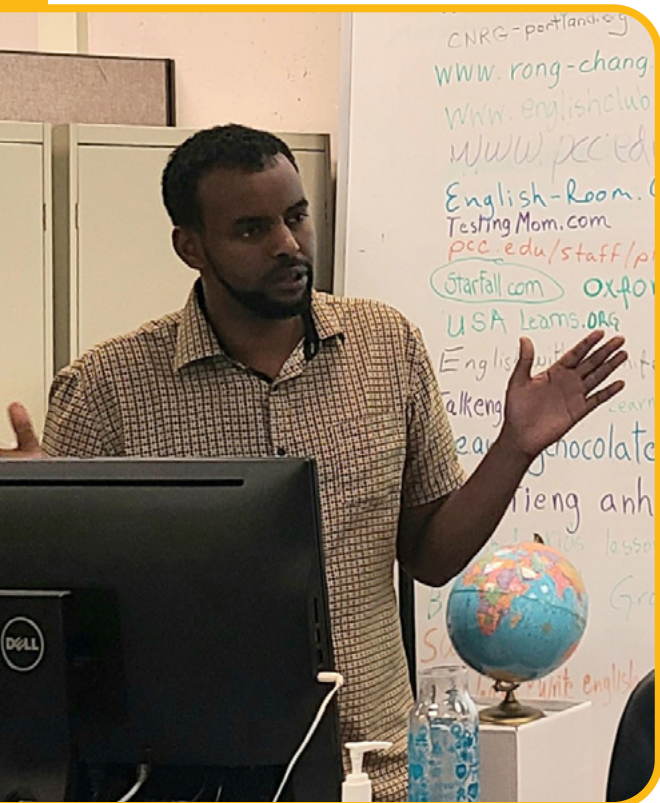
- Export Marketing: Selling to Customers Outside the United States
- Compliance with U.S. Import and Export Regulations
- Getting Paid for Export Sales, understanding taxes & tariffs (Trade Finance)
- Managing Your Supply Chain
- Legal Aspects of International Business
- Cultural Awareness and Understanding

**Program Length:** 6 weeks, 3 hrs/week, 18 hrs total  
**Certificate / CEU Hours Earned:** 0  
**Cost:** \$899



Please email us at [sbdc@pcc.edu](mailto:sbdc@pcc.edu) for additional program information including the next available start date and how to register for our programs.

# Opportunity Centers



## Meet Abdijelil

Abdijelil Ilmi moved to Portland, OR from the Somali region in Ethiopia less than a year ago. “At that time I had been working in construction for almost 8 years before immigrating to the United States,” says Ilmi, and he wanted to find a way to apply his professional and educational qualifications in the United States. That’s when he learned about the PCC Opportunity Centers and the programs they offer at a community event. He was particularly interested in Explore College and Careers because he heard the class helps immigrants and refugees navigate options, while also developing soft skills, building community, and practicing English. Abdijelil’s management and interpersonal skills were apparent from the first day. He was positive and enthusiastic with his classmates, often leading the discussion and was able to foster connections that made the classroom feel like a network. Abdijelil brought a growth mindset to the class, and completed Explore College and Careers in June of 2023 at PCC’s Opportunity Center at 42nd Avenue.

After completing the Explore class Abdijelil was interested in more industry-specific information so his instructor, Allisa Cherry, recommended the Discover Manufacturing class as a way of finding out more about manufacturing careers, related programs at PCC, and other resources. Participating in this class did not come without challenges, as Ilmi explains “I was able to participate in Discover Manufacturing at PCC’s Willow Creek Opportunity Center even though it was very far from home, and it required a lot of time management between the driving and the ESOL class I was taking at PCC at the same time.” Ilmi was motivated to overcome these challenges because, as he describes:

*During the Discover Manufacturing class I had many opportunities: networking, learning about academic programs and the manufacturing industry, touring facilities, and hands-on activities using specific tools. I networked with PCC staff and faculty, my*

**The Portland Community College Opportunity Centers** are hubs that provide opportunities for people to transform their lives through education and career track employment. They offer free or low-cost skills building training, workshops and non-credit classes, academic advising, and more.

Enroll today at  
[pcc.edu/opportunity-center](https://pcc.edu/opportunity-center).

Find free resources, workshops, classes, and more to help advance your career at [pcc.edu/opportunity-center](https://pcc.edu/opportunity-center)

Willow Creek Opportunity Center: 241 SW Edgeway Drive, Beaverton, OR 97006 | 971-722-2700  
Opportunity Center at 42nd Ave: 4299 NE Killingsworth St., Portland, OR 97218 | 971-722-2000.



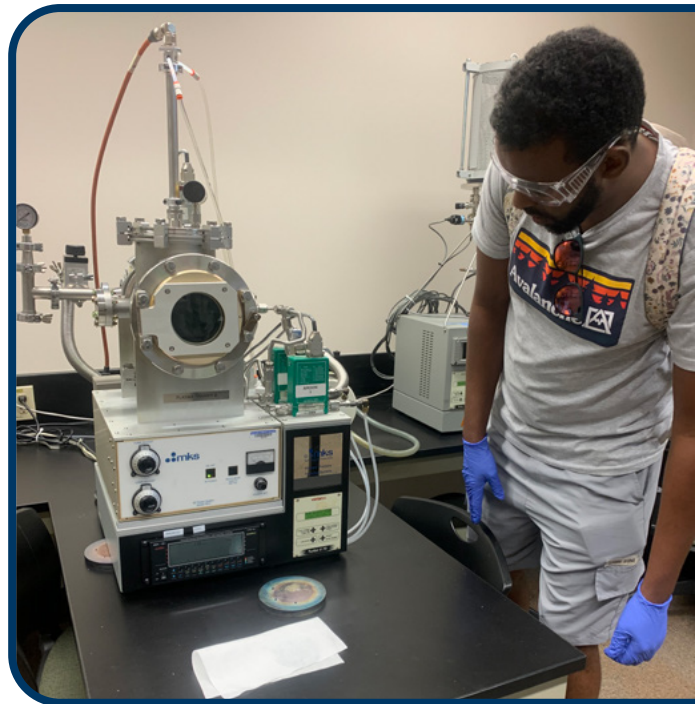
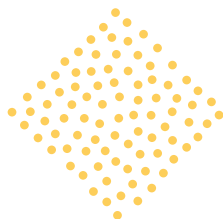
# Opportunity Centers

## Meet Abdijelil, continued

*classmates, and industry professionals. For example, I met a hiring manager when we toured a medical device manufacturing facility and an industry professional from Boeing who shared his career development trajectory with our class.*

“During each of our class sessions, I watched Abdijelil engage and ask questions, whether it was a visit from a PCC representative or industry professional, on a tour of the Machine Manufacturing or Welding shop facilities, during a Bioscience Technology activity, or a show-and-tell with Microelectronics. He showed genuine interest and was clearly gathering information so that he could make an informed decision about his future,” said his instructor Ariel Ladum. Through these experiences, Ilmi said, “I learned about the range of opportunities available at PCC regarding academic programs as well as resources that can help me be successful, and made personal connections with representatives from those units.”

Making these connections during activities, class tours of PCC campus facilities, and manufacturing environments helped Ilmi identify how he could apply his existing experience and education to jumpstart and build his career. He completed the Discover class August 25, 2023, decided to onboard to the Business Construction Technology program at PCC for fall term, and was awarded a generous grant from Lease Crutcher Lewis with the fast-track educational goal of earning a Certificate in Building Construction Technology. Ilmi is currently taking program courses in addition to ESOL courses at PCC, continues to work with Opportunity Center staff to identify and access additional resources, and is excited for the next steps in his journey!



### *In the 2021-22 academic year:*

- **3,500+** community members were served
- **108** people completed Discover classes
- **35** people participated in Career Launch classes for immigrants and refugees
- **356** people participated in Digital Literacy, Financial Literacy, and Career Explorations workshops

Enroll today at  
[pcc.edu/opportunity-center](https://pcc.edu/opportunity-center).

Find free resources, workshops, classes, and more to help advance your career at [pcc.edu/opportunity-center](https://pcc.edu/opportunity-center)

Willow Creek Opportunity Center: 241 SW Edgeway Drive, Beaverton, OR 97006 | 971-722-2700  
Opportunity Center at 42nd Ave: 4299 NE Killingsworth St., Portland, OR 97218 | 971-722-2000.



**Portland  
Community  
College®**

# Opportunity Centers

## January Snapshot

January 10: [Career workshop for immigrants, refugees & non-native English speakers \(Willow Creek\)](#)

January 10 & 12: [Computer basics workshop for all \(Willow Creek\)](#)

January 15 - 16: [Computer basics workshop for all \(42nd Avenue\)](#)

January 15 - 25: [Explore College & Careers: An On-Ramp for Immigrants, Refugees & Non-native English Speakers \(42nd Avenue\)](#)

January 17 - 19: [Career Exploration Workshop \(Online\)](#)

January 22 - February 1: [Explore College & Careers: An On-Ramp for Immigrants, Refugees & Non-native English Speakers \(Willow Creek\)](#)

January 24 - 26: [Financial Wellness Workshop \(Online\)](#)

January 29 - February 9: [Discover Manufacturing: An On-Ramp to PCC \(Rock Creek\)](#)

January 30 - February 9: [Discover Healthcare: An On-Ramp to PCC \(42nd Avenue\)](#)

## February Snapshot

February 5 - 15: [Explore College & Careers: An On-Ramp for Immigrants, Refugees & Non-native English Speakers \(42nd Avenue\)](#)

February 7 - 8: [Computer basics workshop for all \(Willow Creek\)](#)

February 8: [Career workshop for immigrants, refugees & non-native English speakers \(Willow Creek\)](#)

February 12 - 22: [Explore College & Careers: An On-Ramp for Immigrants, Refugees & Non-native English Speakers \(Willow Creek\)](#)

February 15 - 16: [Computer basics workshop for all \(42nd Avenue\)](#)

February 22: [Career Exploration Workshop \(42nd Avenue\)](#)

## March Snapshot

March 11 - 21: [Explore College & Careers: An On-Ramp for Immigrants, Refugees & Non-native English Speakers \(Online\)](#)

March 12: [Career workshop for immigrants, refugees & non-native English speakers \(Willow Creek\)](#)

March 13 - 15: [Career Exploration Workshop \(Willow Creek\)](#)

March 18 - 19: [Computer basics workshop for all \(42nd Avenue\)](#)

March 20 - 21: [Computer basics workshop for all \(Willow Creek\)](#)

March 25 - 29: [Discover Healthcare: An On-Ramp to PCC \(Willow Creek\)](#)

**Find free resources, workshops, classes, and more to help advance your career at [pcc.edu/opportunity-center](https://pcc.edu/opportunity-center)**

Willow Creek Opportunity Center: 241 SW Edgeway Drive, Beaverton, OR 97006 | 971-722-2700  
Opportunity Center at 42nd Ave: 4299 NE Killingsworth St., Portland, OR 97218 | 971-722-2000.



**Portland  
Community  
College®**

# Institute for Health Professionals

## Foundations of Interpersonal Neurobiology (IPNB) Certificate

IPNB combines neuroscience, psychology, complexity theory, environmental influences, and relationship studies. Developed by Dr. Dan Siegel, Dr. Allan Schore and Dr. Lou Cozolino in the late 1990s, Interpersonal Neurobiology seeks similar neurological patterns that exist in separate science fields.

Students in this program will discover what neuroscience and relating reveal about how we learn, resolve trauma and conflict, and improve relationships. IPNB illuminates how the mind and brain develop across the lifespan. It has profound applications for professionals working in healthcare, education, leadership, parenting, organizational development, and more.

Through successful completion of the Foundations of Interpersonal Neurobiology certificate program, learners will be able to:

1. Articulate and apply the core tenets and constructs of Interpersonal Neurobiology
2. Identify, analyze and discuss ethical issues using an IPNB framework
3. Describe the mechanisms and connections among cortical and subcortical structures as they relate to stress, perception, memory, attention, empathy, regulation, and integration
4. Develop personal, professional, and spiritual practices that enhance awareness, and promote health, and wellbeing
5. Apply concepts of IPNB in our nascent awareness of the effects of disrupted connection, including relational rupture, exclusion and marginalization, bias, dehumanization, toxic stress, and trauma
6. Apply and extend foundational principles of IPNB through reflective practices of inclusion, leadership, and community-building

7. Recognize and integrate consilient science of mind, embodied brain, and relationships in an emergent awareness of our human potential
8. Integrate and apply a holistic view of human systems as the embodied and relational flow of energy and information within and between elements, including neural and human networks.

**Program Length:** 125 hours over 2 terms (7 months), including live online class-time, discussion boards, and in-person intensives

**Certificate / CEU Hours Earned:** 125 CEU

**Estimated Cost:** \$2,499 + \$45 fee

*Registration Information & Instructions:* [www.pcc.edu/climb/health/mental/IPNB](http://www.pcc.edu/climb/health/mental/IPNB)

## 200-Hour Yoga Teacher Training Certification – Ayurvedic Yoga Health Program

In Sanskrit, Ayur means life and Veda means knowledge. Ayurveda is the science of health

and healing – the science of life from ancient India. Yoga is the ancient sister science of Ayurveda. Beyond the physical and mental exercises, Yoga offers a way of living with health and peace of mind as its goals. Some say that Ayurveda is the diagnosis and Yoga is the cure. Learn the foundations of the ancient health system of Ayurveda (Indian medicine). Discover how to balance the mind, body and spirit through both Yoga and Ayurveda. Encourage the body to heal itself.

The program covers both theory and practical applications so that you can learn transformative practices for yourself and those you care for, personally and professionally. Experience incredible changes and shifts toward wellness.

The Portland Community College Ayurvedic Yoga Health Program consists of four modules (courses).

### **Program Length: One Year (4 module) Program**

Each module teaches you how to tap into the healing potential of its respective season. Continue throughout the year and see how the seasons bring health naturally.

### **Winter: Ayurveda, Yoga and Tridosha**

Discover how to balance the mind, body, and spirit through both Yoga and Ayurveda. Learn assessment skills and recommendations for perfect health. Includes cooking, restorative



yoga, aromatherapy, Marma, breathing practices and basic herbs, and Mudras.

#### **Spring: Ayurveda, Yoga, and Panchakarma**

Emphasis on health management systems and proper balance with food, spices, nutrition, lifestyle and daily routines. Covers Nasya (nasal oil drops), Neti (nasal cleansing), massage oils, powders, and preparatory process for Panchakarma therapy. Learn the basics of detoxifying in the Spring and discover the year-long health benefits. Learn how to prepare kitchari and basic teas.

#### **Summer: Ayurveda, Yoga, and Self Care**

Find health, beauty, wellness, and bliss from the inside out. Learn yoga and breathing recommendation for perfect health. The class covers both theory and practical applications from Mudra, Marma and Bhandha to Asana, Yantra, and Mantra. Discover Ayurvedic foods, spices, recipes and cooking tips for each constitution (Dosha) for perfect balance.

#### **Fall: Ayurveda, Yoga and Philosophy**

Learn about Ayurvedic anatomy and systems: the five elements (Panchamahabhutas), three bio-energies (Doshas), anatomy and body tissues (Dhatus), and universal qualities (Gunas). Discover how the sister sciences of Yoga and Ayurveda overlap.

#### **Certificate / CEU Hours Earned:**

Complete all four-50 hour modules to become certified by the Center for Ayurveda and Yoga Study. This Certification enables you to register with Yoga Alliance as a 200-hour Registered Yoga Teacher (RYT-200).

Program graduates are also awarded a Non-Credit Ayurvedic Yoga Health Advisor Training Certificate from the Oregon Department of Education CCWD.

Each module provides 38 PACE credits from the National Ayurvedic Medical Association.

**Estimated Cost:** \$799 per term

Registration Information & Instructions: [www.pcc.edu/climb/health/integrative/ayurvedic](http://www.pcc.edu/climb/health/integrative/ayurvedic)

## Herbal Medicine

Apply natural medicine for the benefit of yourself and others. The demand for trained herbalists is growing. Two thirds of Americans say that in the next year they expect to be taking herbs daily, and that this will be a significant part of their health care program. Do you want to learn how to apply effective natural medicine in the lives of clients or those close to you? Are you interested in learning about herbalism from seasoned herbalism experts? The Institute for Health Professionals' Herbalism Professional Series provides an

affordable way to learn about herbalism from experienced leaders in the field.

This online, 3-module series teaches you fundamentals for using herbal techniques as restorative health care. All modules are taught via Zoom, and are interactive. Sessions are also recorded. The modules can be taken in any order.

#### **Program Length: 3 terms**

##### **Fall Module: Herbal Healing**

- Materia Medica, the study of specific herb properties
- Herbal energetics
- Herbal preparations and plant chemistry
- Chinese and Ayurvedic herbalism
- Modern Phytotherapy
- Digestive and Cardiovascular systems
- Integrative Healing: Aromatherapy and Homeopathy

##### **Winter Module: Herbs and Health**

- Study of specific herb properties
- Ayurvedic and Chinese herbalism
- Respiratory, Urinary and Nervous systems
- Preparations and plant chemistry
- Integrated Healing: Vitamins and Minerals.

##### **Spring Module: Holistic Herbalism**

- Study of specific herbal properties
- Western herbal energetics
- Preparations and plant chemistry
- Skin and topical therapies
- Chinese and Ayurvedic herbalism
- Reproductive, Musculoskeletal, Immune and Endocrine systems
- Herbalism for Young and Elderly
- Integrative Healing: Diet, Cleansing, Herbal Hydrotherapy

#### **Certificate / CEU Hours Earned:**

Each module awards 45 CEU hours. By completing all three modules, you will receive a Certificate in Professional Herbalism from PCC (135 CEU hours).

**Estimated Cost:** \$999 per module/term

Registration Information & Instructions: [www.pcc.edu/climb/health/integrative/herbalism](http://www.pcc.edu/climb/health/integrative/herbalism)

## Motivational Interviewing

Motivational Interviewing is an evidence-based method of facilitating and engaging intrinsic motivation within a client to elicit behavior change and resolve internal conflicts. Multiple clinical trials prove its effectiveness in treating mental health disorders and substance abuse, promoting healthy lifestyles, and helping patients follow medical recommendations.



The Institute for Health Professionals offers both the basics that will lay the foundation for your work to facilitate change using Motivational Interviewing, and the Intermediate skills you will need to make behavioral adaptations possible for your patients.

#### **Foundations of Motivational Interviewing**

Learn how to use the core Motivational Interviewing strategies to facilitate alterations in the behaviors your clients. During this practice-based class, we'll focus on giving you a foundational understanding and skills of the MI process so you can help people create meaningful changes in their lives. You will learn:

- Methods and principles of Motivational Interviewing
- Motivation theories underlying MI
- The 4 processes of Motivational Interviewing, and how to apply them
- The stages of change, using Wheel of Change as a tool
- Integrating the Spirit of Motivational Interviewing into your practice
- Applying the core strategies of MI: Open ended Questions, Affirmations, Reflections, Summaries

#### **Motivational Interviewing – Intermediate**

You already have a basic understanding of Motivational Interviewing, but there are additional skills you'll need to implement MI effectively with your clients and patients.

Learn how to apply strategies that will prepare patients to shift their behaviors, assess client readiness, support and maintain change. Our practice-based class will also train you to adapt Motivational Interviewing methods for cross cultural considerations. You will learn:

- Further applications of Motivational Interviewing as an approach to facilitate change
- Using the 4 processes of Motivational Interviewing in your practice
- Preparatory change talk
- Gauging readiness to change
- Transitioning to planning
- Supporting change as a daily, long-term practice
- Cultural considerations, and how to adapt MI strategies accordingly

**Course Length:**

Foundations of Motivational Interviewing: 2 mornings, 6 hours of remote instruction + 2 prep hours.

Motivational Interviewing – Intermediate: 2 mornings, 6 hours of remote instruction + 2 prep hours.

**Certificate / CEU Hours Earned:**

8 CEU hours. Approved by ACCBO and other boards for CEUs.

**Estimated Cost:**

Foundations of Motivational Interviewing: \$159  
Motivational Interviewing – Intermediate: \$159

Registration Information & Instructions: [www.pcc.edu/climb/health/mental/motivational-interviewing](http://www.pcc.edu/climb/health/mental/motivational-interviewing)

## Cultural Competency for Health Professionals

Gain essential cultural agility tools for healthcare professionals at the Institute for Health Professionals. With our Oregon Health Authority approved cultural competency training, you'll learn how to customize treatments to meet the diverse values, beliefs, and behaviors of your patients.

Research demonstrates that cultural competency results in more successful patient education, increases health care-seeking behavior, yields fewer diagnostic errors, and ensures greater adherence to medical advice. Culturally responsive health care workers provide high quality, patient-centered care

that reduces health disparity and increases health literacy.

- Do you want to give your patients better, customized care?
- Would you like to engage culturally diverse patients in the health care decision making process?
- Interested in learning how to create a non-judgmental, inclusive healthcare environment?

Create an environment where people feel they can ask questions without judgment and seek the advice and tools they need to improve their health. Foster an understanding of your patients to help them become more involved in their own care.

**Course Length:**

This is a half day course and includes a brief assessment. The course is live-streamed online.

**Certificate / CEU Hours Earned:**

4 CEU hours. This course is approved by the Oregon Health Authority and fulfills Ethics CEU requirements for many professionals. Approved by Addiction Counselor Certification Board of Oregon (ACCBO), Oregon Board of Chiropractic Examiners, Oregon Board of Massage Therapists and more for 4 CEU hours.

**Estimated Cost: \$79**

Registration Information & Instructions: [www.pcc.edu/climb/health/mental/cultural-competency](http://www.pcc.edu/climb/health/mental/cultural-competency)

## Optician Assistant Training

Train online, with four Saturdays in a classroom, toward becoming an Optician Assistant working directly under the supervision of a Dispensing Optician. On the last day of class – we'll make arrangements enabling you to physically hand your resume to local business owners! You'll enjoy this career path if you think guiding customers to make both function and style choices would be fun, and are motivated to excel in customer satisfaction.

The Institute for Health Professionals' Optician Assistant training program consists of online "live" lecture, onsite classroom instruction, and onsite lab hours for practical training. It will provide a solid foundation of the skills required for an entry level position as an optician assistant. On the last day, we'll arrange a visit from local business owners for an optical job fair. This will provide you with the opportunity to personally hand off a physical copy of your resume to a prospective employer.

**You will gain a basic understanding of:**

- Optical principles; terminology
- Frame measurements used in making eyeglasses
- Informational markings on frames
- The anatomical measurements needed to fabricate eyeglasses





- Ocular anatomy
- Ophthalmic lens dispensing
- Math for opticians
- Important cosmetic considerations in frame selection.
- Procedures to order and verify prescriptions from an optical laboratory
- Professional practices and privacy policies (HIPAA)

**After completion of the program, you will be able to:**

- Create work orders for ophthalmic laboratory technicians, providing information about the lenses needed
- Describe ophthalmic lens design and apply basic math formulas related to ophthalmic lenses
- Measure the interpupillary distance (PD) and optical center heights (OC)
- Measure multifocal heights for lenses and understand the variations depending on multi-focal style
- Insert lenses into different types of frames
- Adjust frames to "standard alignment"
- Custom fit plastic and metal frames to provide both functional and comfortably fitting eyewear
- Adjust temples and nose pads for maximum comfort
- Explain how the principles of reflection and refraction are applied in ophthalmic lenses
- Explain how lens curvature is used to correct vision
- Understand practical applications of eyewear adjustments and repairs including

- use of specialty eyewear tools
- Perform basic frame repairs

If you are seeking an entry-level, front-line position within a health and retail setting, this program may be for you.

**Program Length:**

- 1 Term /10 weeks
- Classroom Hours Total: 27
- Webinar Hours Total: 18
- Total Instruction Hours: 45

**Estimated Cost: \$1199**

*Registration Information & Instructions:*  
[www.pcc.edu/climb/health/entry/optician-training](http://www.pcc.edu/climb/health/entry/optician-training)

## American Heart Association

Whether you need to learn new skills, refresh your cardiac knowledge, or fulfill continuing education units (CEUs), PCC's Institute for Health Professionals offers a wide variety of courses to meet your needs.

Mitigate healthcare emergencies, provide high-quality, effective CPR, learn to use ECG and 12-Lead techniques, and much more. Find a class that suits your needs in the schedule at the bottom of this page. Our continuing education courses for healthcare professionals use the high standards of the American Heart Association to offer you excellent cardiology-focused training.

**PCC's AHA Program Offers**

- Instructor courses
- Provider or the initial course
- Renewal or the update course
- Physicians ONLY course
- HeartCode course (hybrid course)

**Why Choose Our Program**

- PCC has been a leading AHA Community Training Center since 2002
- Certified and experienced instructors with more than 200 instructors affiliated with our Training Center
- Flexible scheduling including evening and weekend availability
- Customize AHA trainings to fit your organization's needs including flexible course schedules, weekend options, and dedicated class(es) for your employees or students

**AHA Courses Include**

- ACLS—Advanced Life Support
- BLS—Basic Life Support
- PALS—Pediatric Advanced Life Support
- PEARS—Pediatric Advanced Emergency Assessment, Recognition and Stabilization
- HeartSaver CPR & First Aid Classes

**Program Length:** Varies by course and program

**Certificate / CEU Hours Earned:** Varies by course and program

**Estimated Cost:** Varies by course and program

*Registration Information & Instructions:*  
[www.pcc.edu/climb/health/heart-association/](http://www.pcc.edu/climb/health/heart-association/)