SPRING 2024

Registration Starts February 26th

Register by March 18th & SAVE $10

Take a Mini Course and Learn Something New

www.minicourses.northwestern.edu  Northwestern | STUDENT AFFAIRS
Norris University Center
# Course Calendar

## One Day Workshops

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<td>Best of Modern Cocktail</td>
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<tr>
<td>1:00 - 3:00 p.m.</td>
<td>Beginning Cross-Stitching</td>
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<tr>
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## Multi-Session Courses

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<td>6:00 - 8:00 p.m.</td>
<td>American Sign Language II (Intermediate)</td>
<td>April 1st - May 20th</td>
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<td>6:00 - 8:00 p.m.</td>
<td>Classical Music Appreciation</td>
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<td>6:00 - 8:00 p.m.</td>
<td>Exploring Watercolor</td>
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<td>6:00 - 8:00 p.m.</td>
<td>Financial Literacy</td>
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<tr>
<td>6:00 - 8:00 p.m.</td>
<td>Introduction to a Classical Japanese Weapons Art (first class on Wednesday)</td>
<td>April 17th &amp; April 22nd - May 20th</td>
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<tr>
<td>6:30 - 8:00 p.m.</td>
<td>Introduction to Contemporary Dance</td>
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<td>Tai Chi</td>
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<td>Wheel Throwing I (Beginner) - D</td>
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<td>Creative Writing</td>
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<td>Wine Appreciation - A</td>
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**CREATIVE ARTS**

**Beginning Cross-Stitching**  
Saturday, May 4th | 1:00 - 3:00 p.m.  
Instructor: Rebekah Sigman  
Fee: NU $39, Public $49  
Students will be introduced to the principles of cross-stitching (supplies, technique, and pattern reading) as well as the endless ways this craft can be customized. This workshop will focus on students reading a cross-stitch pattern and completing a cross-stitch project from beginning to end. We will begin the workshop with an overview of cross-stitching and viewing completed projects and end the workshop by introducing students to the process of creating their own patterns.  
*Supplies are included.*

**Wheel Throwing One Day Workshop**  
Saturday, April 20th | 3:30 – 5:30 p.m.  
Fee: NU $49, Public $59  
Instructor: Sylvia Tan  
Want to dip your hands in a little clay? Come join us for a two-hour workshop where you’ll learn the fundamental steps of throwing. Participants will get to throw as much as they can, but will only be choosing one piece to keep. Participants will get to choose from 4 different glaze colors to match their perfect creation. Projects will be available for pick up two weeks from the workshop’s completion. No experience is required!  
*Supplies are included.*

**DRINKS**

**Best of Modern Cocktail**  
Saturday, May 11th | 7:45 – 9:15 p.m.  
Instructor: Mark Gruber  
Fee: NU $49, Public $59  
Can’t decide what to order at the bar? Mixed up mixing cocktails? Practice with your own shaker or just sit back, relax and taste the sample cocktails created by your instructor. Students will observe barware and mixing technique demonstrations and will receive recipes for all the classic cocktails featured in the class. Cocktail lore will be sprinkled throughout for a humorous and informative class. Bring your own shaker to practice making a cocktail  
Base Liquors: Whiskey, Rum, Tequila  
*You must be 21 and over to enroll in this course.*

**Chicago Beers**  
Wednesday, May 8th | 6:00 - 8:00 p.m.  
Instructor: Lexi McKean  
Fee: NU $49, Public $59  
In this course you will learn about the original breweries and events, pre and post-prohibition, that helped shape modern day Chicago’s craft brewing industry. You will also be sampling some of the most popular, as well as unique brews the city currently has to offer.

**WORKSHOPS**

**Food and Wine Pairing**  
Wednesday, April 17th | 6:00 - 8:00 p.m.  
Instructor: Lexi McKean  
Fee: NU $49, Public $59  
Come and enjoy a guided wine tasting by pairing whites and reds with cheese and chocolates.  
*You must be 21 and over to enroll in this course.*

**Rare American Whiskey Seminar**  
Tuesday, January 23rd | 7:45 - 9:15 p.m.  
Instructor: Mark Gruber  
Fee: NU $49, Public $59  
The Whiskey Seminar, a limited one-time workshop will cover several of the world’s great whiskies: Bourbon, Rye, and Single Malt Scotch. The history, personalities and lore, distillation, and aging will be discussed. Cocktail recipes will be shared. Tasting samples of each whiskey will be available for attendees.

**SPECIAL INTEREST**

**Building Your Career - Job Offers**  
Tuesday, April 16th | 6:00 - 7:00 p.m.  
Instructor: U.S. Bank Goals Coaching team  
Fee: Free (https://forms.dosa.northwestern.edu/view.php?id=2325042)  
This workshop will review what to consider when evaluating job offers and the benefits available, plus tips on accepting the offer. We also cover how to handle a counteroffer to the salary when appropriate.  

**Credit Wellness**  
Wednesday, May 1st | 6:00 - 7:00 p.m.  
Instructor: U.S. Bank Goals Coaching team  
Fee: Free (https://forms.dosa.northwestern.edu/view.php?id=2325042)  
How do you define credit wellness? Do you feel confident about your financial path? Join us to build your knowledge about how credit works, what can impact your credit score, the different ways your score can impact lending decisions, and some tips on improving or building your credit responsibly. We’ll answer any questions you have during and after the presentation.  

**Protecting yourself against fraud & identity theft**  
Tuesday, May 21st | 6:00 - 7:00 p.m.  
Instructors: Coaches Tamra C. Champion and Haitham Suleiman  
Fee: Free (https://forms.dosa.northwestern.edu/view.php?id=2325042)  
In our constantly advancing technology-enabled world, identity theft and frauds are more prevalent than ever. Join U.S. Bank’s Goals Coaching team to learn more about some of the popular frauds and tactics that cyber attackers use, ways you might be making yourself vulnerable, how you can protect yourself, and what to do if you’re a victim of identity theft.  

**Self-Defense Seminar**  
Wednesday, May 8th | 6:00 - 8:00 pm  
Instructor: Margaret Lo  
Fee: Free  
Students will learn basic self-defense techniques in an encouraging environment. The instructor will address basic escapes and strikes. All genders are welcome to participate.
Creative Arts

All supplies included

Crochet for Beginners
Wednesdays, April 10th - May 1st | 6:00 - 8:00 p.m.
Instructor: Ujvala Gujar
Fee: NU $79, Public $89
Crochet for Beginners will introduce you to the basic crochet stitches and their chart symbols. You will learn how to work both flat and in the round, providing you with a good foundation for future projects. Participants will leave the course with 1 - 2 completed projects. No experience is required.

Exploring Watercolor
Mondays, April 8th - May 13th (6 Sessions) | 6:00 - 8:00 p.m.
Instructor: Ingrid Albrecht
Fee: NU $139, Public $149
Exploring watercolor takes you from A - Z in understanding watercolor painting, from overcoming the "fear" of the white paper, to using some "tricks" to achieving exciting results. YES...you CAN correct in watercolor painting!

Introduction to Cartoon Storytelling
Tuesdays, April 9th - May 14th (6 Sessions) | 6:00 - 7:30 p.m.
Instructor: Steven Fischer
Fee: NU $79, Public $89
Participants generate ideas for their own cartoons. You’ll be drawing a lot, and no drawing experience is necessary! In fact, this course shows participants that they CAN draw even if they don’t believe they can. More than drawing, though, this course explores the nature of creativity, generating ideas with purpose and impact, character development, and narrative structure. We will also practice drawing techniques and learn the language of cartoons.

Introduction to Dark Room Film Photography
Tuesdays, April 9th - May 14th (6 Sessions) | 6:00 - 7:30 p.m.
Instructor: Kevin Hunter
Fee: NU $139, Public $149
This course is focused on introducing students to the fundamentals of black-and-white darkroom film photography. We will cover how a camera functions, the basics behind film development in a dark room, and learn how to develop your film into silver gelatin prints! This will also serve as an introduction to various photographers and styles of photography so students can see the range of ways to use a camera. Everyone will be able to use a disposable 35mm camera are bring their own to take their photos from idea to print.

Introduction to Knitting
Saturdays, April 20th and May 4th (2 Sessions) | 1:00 - 4:00 p.m.
Instructor: Anne Howard
Fee: NU $75, Public $85
Knitting is a calming, creative, and portable art that lets you design things in just the right color and size. If you’d like to make useful handmade items while you watch tv, ride the bus, or listen to a lecture; if you need a creative outlet; or if you’re looking for a meditative daily activity, then knitting is for you. In this two-session class, students will learn the four basic elements of knitting (plus a few extras) and will learn how to choose a pattern and yarn for their first project.

Introduction to Handbuilding
Tuesdays, April 2nd - May 7th (6 Sessions) | 6:00 - 8:00 p.m.
Instructor: Patty Marlise-Patt
Fee: NU $139, Public $149
In this class, we will spend six weeks creating functional ceramic pieces! You will build by hand using the three main types of hand built clay construction, pinching, coiling and slab. We will also explore Kurinuki. We will work with the glazes available in the studio and learn proper glaze procedures. We will look also at various surface decoration techniques, such as so that your pieces will be truly one of a kind!

Wheel Throwing I (Beginner)
Sec A: Mondays, April 1st - May 6th (6 Sessions) | 5:00 - 7:30 p.m.
Instructor: Patty Marlise-Patt
Sec B: Wednesdays, April 3rd - May 8th (6 Sessions) | 3:00 - 5:30 p.m.
Instructor: Elizabeth Fowler
Sec C: Wednesdays, April 3rd - May 8th (6 Sessions) | 6:00 - 8:30 p.m.
Instructor: Elizabeth Fowler
Sec D: Thursdays, April 4th - May 9th (6 Sessions) | 3:00 - 5:30 p.m.
Instructor: Chantal Chuba
Fee: NU $139, Public $149
Students will be introduced to the basic principles of making functional ceramic art. In this course, students will begin with the process of wheel throwing with detailed instruction on how to throw a cylinder, bowl, and much more. The kinesthetic process of pottery will be explored through developing technical skills on the wheel as well as understanding the function of various forms developed throughout the history of ceramics. Learn how to make functional work that you can use at home as foodware for yourself, friends, or family. This course is for students who have never worked with clay before and is the perfect introduction to wheel throwing.

Wheel Throwing II (Intermediate)
Sec A: Thursdays, April 4th - May 16th (7 Sessions) | 6:00 - 8:30 p.m.
Instructor: Tomoyasu Nakano
Sec B: Fridays, April 5th - May 17th (7 Sessions) | 3:00 - 5:30 p.m.
Instructor: Chantal Chuba
Fee: NU $159, Public $169
Wheel Throwing II is for students who have completed at least one wheel throwing course in the past. In this course, Students will learn how to throw a large range of functional work and explore complex ways of decorating and glazing. From mugs and bowls, to large vases, plates, and coffee pour-overs, this course is perfect for those who are looking to improve their throwing techniques and aesthetics. This course aims to improve the student’s confidence in their abilities and to connect the larger community within the studio.
*Prerequisites: have taken a beginner’s wheel throwing class
**American Sign Language II (Intermediate) - online course**

**Mondays, April 1st – May 20th (8 Sessions) | 6:00 - 8:00 p.m.**

Instructor: Peter Wujcik  
Fee: NU $96, Public $106

This course introduces the basics of American Sign Language Part II. This class will explore basic sign vocabulary and basic grammatical structures such as English to ASL and ASL to ENGLISH but expanding more intense skills. This class will cover basic in Sign Language basic introduction to the world of Deaf Culture.

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**Wine Appreciation*  
Thursdays, April 18th – May 16th (5 Sessions)  
Sec A: 6:00 - 7:30 p.m.  
Sec B: 7:45 - 9:15 p.m.**

Instructor: Mark Gruber  
Fee: NU $135, Public $145

Welcome to the world of wine! Whether you’re new to wine or an old hand, there is always something new in the wine world. During each class, students will learn to taste and describe wines just like the professionals. Vinicultural areas in California, France, and the Southern Hemisphere are always featured along with new discoveries. Wine and food matches are heavily emphasized. Finally, a night of sparkling and dessert wines ends the five-week course.  
*You must be 21 and over to enroll in this course.*

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**Classical Music Appreciation: Learning to listen deeper  
Mondays, April 8th – May 13th (6 Sessions) | 6:00 – 8:00 p.m.**

Instructor: Jennifer Huang  
Fee: NU $79, Public $89

Have you heard a Beethoven symphony and felt like you didn’t understand what you were listening to? This course teaches students how to appreciate classical music from a different lens. The symphonic form, being a major artistic vessel for composers, will be our main point of focus, but we will also cover other types of instrumental music, such as overtures, concertos, and tone poems. We will cover foundational aspects of music listening including: basic harmony, orchestration, form and structure, and genre; and analyze not only different performances of pieces, but also scores from a listener’s perspective. This course is open to anyone who is interested in music, regardless of prior musical background or training.
## DANCE

### Introduction to Bachata Dancing
Tuesdays, April 9th – May 21st (6 Sessions, no class on April 16th) | 6:00 - 6:50 p.m.
Instructor: Cate Curtis
Fee: NU $59, Public $69

Learn the fundamentals of Bachata, a captivating and sensual dance style that originated in the Dominican Republic. In this class, you will be introduced to the history and basic movements of Bachata. We will focus on both solo and partner dancing, with an emphasis on the social aspects of the dance. By the end of the course you will be able to recognize the rhythms and patterns of Bachata music, perform the essential steps and add flair, and dance with a partner. All levels are welcome and no dance experience is required.

### Introduction to Salsa
Tuesdays, April 9th – May 21st (6 Sessions, no class on April 16th) | 7:00 - 7:50 p.m.
Instructor: Cate Curtis
Fee: NU $59, Public $69

Known for its energetic and sensual movements, salsa is one of the most popular dances in the world. This class will introduce you to the history and basic movements of salsa dance. We will focus on both solo and partner dancing, with an emphasis on the social aspects of the dance. By the end of the course, you will be able to recognize the rhythms of salsa music, execute salsa’s basic steps, and dance with a partner. All levels are welcome and no dance experience is required.

### Introduction to Swing Dancing
Tuesdays, April 9th – May 21st (6 Sessions, no class on April 16th) | 8:00 - 8:50 p.m.
Instructor: Cate Curtis
Fee: NU $59, Public $69

Since its earliest beginnings in 1920s Harlem, swing has been a popular social dance known for its energetic movement and upbeat tempos. This class will introduce you to the history and basic movements of swing dance. We will focus on both solo and partner dancing, with an emphasis on the social aspects of the dance. By the end of the course you will be able to identify swing music, execute swing’s rhythmic steps, and dance with a partner. All levels are welcome and no dance experience is required.

### Introduction to Contemporary Dance
Tuesdays, Jan 16th – Feb 20th (6 Sessions) | 6:30 - 8:00 p.m.
Instructor: Grace Philion
Fee: NU $79, Public $89

Come explore creative movement styles and find your own expression through dance! This class is geared towards beginners who want to find new ways of moving and expressing themselves. Students should be prepared to move on the floor and can wear whatever they feel comfortable dancing in.

### Introduction to Pole Dance I (Beginner)
Wednesdays and Thursdays, April 10th, 24th, 25th, May 2nd, 8th, and 9th (6 Sessions) | 6:00 - 7:30 pm
Instructor: Brittany Jenkins
Fee: NU $139, Public $149

This course is designed to introduce students to the art of Pole Dance! They will learn fundamental conditioning moves, basic dance techniques, as well as many foundational spins and movements designed to increase body awareness, overall strength, and flexibility. The course is designed for true beginners and is open to all levels of fitness and backgrounds.

### Introduction to Pole Dance II (Intermediate)
Wednesdays and Thursdays, April 10th, 24th, 25th, May 2nd, 8th, and 9th (6 Sessions) | 7:45 - 9:15 pm
Instructor: Brittany Jenkins
Fee: NU $139, Public $149

Intermediate pole dance focuses on weaving together tricks and perfecting your pole flow. In this 90 minute format we focus on increasing strength and further developing sound technique on the pole. Class will include dance based movements, static spins and combos. We HIGHLY recommend you have a solid climb and invert to attend class.

## MARTIAL ARTS

### Introduction to a Classical Japanese Weapons Art: Shinto Muso Ryu
Wednesday April 17th, and Mondays, April 22nd – May 20th (Only the first session will be on a Wednesday) | 6:00 - 8:00 pm
Instructor: Daniel Meyer
Fee: NU $79, Public $89

Shinto Muso Ryu is a classical Japanese weapons art, focused on using a medium-length staff to defeat an opponent armed with a sword. It is what is often referred to as a koryu (lit. “old school”) art, distinguishing schools that trace their lineage prior to the Meiji restoration in 1868. For much of its 400-year history, Shinto Muso Ryu was used as a police art by the Kuroda clan in present-day Fukuoka. Training is primarily through paired kata, which are pre-arranged sequences of stimuli-response pairs designed to build habitual responses to different scenarios. In this introductory course, students will learn the first four kihon (fundamental) exercises and several kata from the seigetsu set. No prior martial arts experience is necessary. Training weapons will be provided.

### Introduction to Shotokan Karate I (Beginners)
Tuesdays, April 2nd - May 14th | 7:30 - 8:45 pm & Sunday, April 21st, Saturdays, May 4th & 11th (10 Sessions) | 11:00 a.m. - 12:30 p.m.
Instructor: Margaret Lo
Fee: NU $120, Public $130

Learn Shotokan Karate, from an instructor at the Chicago Karate Club, an affiliate of the Japan Karate Association of Tokyo, Japan. Participants will benefit from the practice of martial arts which develops intellect, strength, and courage. Students will learn effective strikes, and defensive actions and significantly improve conditioning. Students with prior experience will be challenged to attain their next skill level. In addition to physical techniques, the student will learn the psychology of confrontation.

*Prior experience and uniform are not required. Participants have the opportunity to pursue advanced levels after a certain amount of time enrolled in the Mini Courses.

### Introduction to Shotokan Karate II (Intermediate)
Tuesdays, April 2nd - May 14th | 6:00 - 7:15 pm & Sunday, April 21st, Saturdays, May 4th & 11th (10 Sessions) | 12:45 - 2:00 pm
Instructor: Margaret Lo
Fee: NU $120, Public $130

*Prerequisite: havFollow Intro to Shotokan Karate, students will continue building the foundation skills needed for effective long-term self-defense. They will learn the first “kata”, grow in physical strength and learn more complex techniques. With these advanced skills, students will head toward the requirements of the first examination under the Japan Karate Association curriculum. e completed introduction to Shotokan Karate or have previous experience with Shotokan Karate. Please email Mini Courses if you are unsure if you are qualified for Intermediate.

### Tai Chi
Wednesdays, April 10th - May 22nd (6 Sessions, no class on May 15th) | 7:00 - 8:30 p.m.
Instructor: Inna Melnikov
Regular registration: NU $79, Public $89

Tai Chi is a non-combat martial art, which helps cultivate mental focus, and builds the protective energy Qi in your lungs, creating a powerful immune defense against external pathogens. Take this course with Inna Melnikov, Doctor of Acupuncture and Chinese Medicine with over 25 years of experience.
Creative Writing
Thursdays, April 18th – May 23rd (6 Sessions) | 6:00 - 7:30 p.m.
Instructor: Steven Fischer
Fee: NU $79, Public $89
In Creative Writing, participants create their own original and personal stories. This course is ideal for anyone interested in the basics of narrative writing, improving communication skills, storytelling, and taking their writing to the next level. Along the way, we’ll explore the philosophy, metaphysics, and psychology of inspiration and creativity. We will look at how creative writing benefits mental health by using exercises that access hidden feelings and memories in ways that help us process trauma.
*This course will primarily meet in-person with the possibility of some synchronous Zoom sessions.

Financial Literacy
Mondays, April 8th – May 13th (6 Sessions) | 6:00 - 8:00 p.m.
Instructor: Andy Pasternak
Fee: NU $79, Public $89
Back by popular demand! Understanding how to manage your personal finances is critical for achieving your life goals, attaining financial security, and providing the flexibility over time to pursue your dreams. There is no better time than early in adulthood to learn about personal finance and to begin deploying these lessons in your financial life. This 6 week course covers topics such as compensation, taxes, budgeting, credit, insurance and investing and will involve a mix of presentation, group exercises and guest speakers. Come start your personal financial literacy journey now! Given weekday evening class schedule, pizza dinner will be provided.

Public Speaking: How to Speak with Confidence and Impact
Wednesdays, April 10th – May 15th (6 Sessions) | 6:00 - 8:00 p.m.
Instructor: Tom Rosenak
Fee: NU $79, Public $89
In this class, we will learn how to develop the skills and the confidence needed to make clear, professional, and persuasive presentations to audiences of any size. In addition to the emphasis on physical delivery skills, other important topics include analyzing the audience, organizing the content, using visuals to support the message, and handling questions and objections. Some topics covered include organizing your thoughts for persuasion, audience analysis, physical delivery skills congruent to your style and message, detractors and enhancers, delivering effective presentations, physical delivery skills, and overcoming resistance and Q&A.
**Applications for subsidies are open on Monday, February 19th.** If you are seeking a spot and/or subsidy for one of the ceramics courses, please submit your application no later than 9am on Friday, February 23rd. Your application will be reviewed and notified before registration opens on Monday, February 26th.

The Norris Mini Course subsidy program is designed to provide financial aid to those who are interested in enrolling but are facing financial barriers. Anyone interested in enrolling in a Norris Mini Course may apply to the subsidy program.

Subsidies are given from $10 - $30 and Mini Courses does not require any proof of income in order to qualify for one. We have a finite funding course, so we rely on an honor system to ensure that funding is granted to those who need it.

If you are approved for one, the subsidy is applied to the registration fee on an unregistered course. Subsidies are not given on courses that students have registered for and are requesting a subsidy portion refund.

**Limitations**
- Subsidies may not be used towards 1 Session Courses and any Drink courses.
- Subsidies are not granted to students who have already registered for a course.
- Subsidies may not be used in combination with any other discount.
- Subsidy, if approved, is good for 1 course per person per quarter.

**Withdrawal and Refund**
Withdrawal fees and policies are applicable on all subsidy assistance registrations.

**How to Apply**
Undergraduate, Graduate, and Professional Students - **SES One Form**
1. The SES One Form is a two-step process.
2. Complete the Basic Profile.
3. Complete the Mini Courses Subsidy Fund application.

Faculty, staff, and community members - [Click here for the online application](#)

If you are granted a subsidy, you are responsible for registering for the course. Please email minicourses@u.northwestern.edu if you have any questions.

**Withdrawal and Refunds Policy**
1 session courses are nonrefundable.

**Withdrawal deadline: 2 business days before the start of your registered course**
Students who withdraw before the deadline must pay a $15.00 withdrawal fee to obtain a full refund. For withdrawals after the deadline, there is no withdrawal fee, and no refunds will be given. To withdraw, please go to the [Norris Box Office website](#) and purchase a cancellation fee.

The Mini Courses Program does not issue full or partial refunds for lack of attendance or indifference to the course curriculum.

**Vaccination and Masking Policy**
All Northwestern members must follow [Northwestern’s vaccination’s requirements](#).
Community members will need to provide proof of vaccination if attending an in-person class.
All in-person students must follow [Northwestern’s face coverings and masking policy](#).