

Home Economics (Noncredit)

HOEC 7003 Quick Meals With Whole Foods

12.0 hours

Acceptable for credit: N - Noncredit

Explore the use of whole foods to prepare quick, nutritious meals. Learn fast ways to achieve a nutritious diet using the microwave oven, wok, pressure cooker, food processor, bread machine, and other basic, kitchen appliances. (Fall, Spring) (Noncredit)

HOEC 7004 Meals for Home Entertainment

8.0 - 9.0 hours

Acceptable for credit: N - Noncredit

Learn basic food preparation techniques to successfully plan and execute an entertaining home dining event. Discussion topics include meal planning, food purchasing, preparation techniques, garnishes, serving, and food-safety procedures. (Fall, Spring, Summer) (Noncredit)

HOEC 7005 Healthy Meals in 30 Minutes

2.0 - 8.0 hours

Acceptable for credit: N - Noncredit

Prerequisite: TEEN Y

Prepare healthy foods using techniques and strategies that cut preparation time and calories while maintaining flavor and appearance, i.e., microwave, batch cooking, and portion freezing methods.

HOEC 7007 Cultural Aspects of Food

8.0 - 12.0 hours

Acceptable for credit: N - Noncredit

Learn to cook culinary specialties of many lands and enjoy new taste experiences while learning about the social, economic, and nutritional significance of food customs. Prepare and sample authentic international dishes. Different cuisines of the world are explored each semester including but not limited to Mediterranean, Mexican, Caribbean, Greek, and Thai. (Noncredit)

HOEC 7009 Holiday Cookies and Candy

3.0 - 12.0 hours

Acceptable for credit: N - Noncredit

Share in the holiday festivities by learning dozens of recipes for traditional favorites, new creations, and international cookies and candy. Basic procedures of baking and shaping to produce drop, shaped, spiral, bar, and layered cookies are practiced. Also learn to use various fillings and icings for more creative baking. This class is open to beginning-through-advanced bakers.

HOEC 7011 Holiday Foods: The Easy Way

64.0 - 72.0 hours

Acceptable for credit: N - Noncredit

Holiday dishes for seasonal celebrations can be prepared faster, tastier, and more nutritiously with the aid of a microwave oven and other time-saving techniques. Prepare and sample a range of holiday foods such as Fruited Pork Roast, Turkey Breast with Cranberry Glaze, Wild Rice Medley, Pecan Pie, Twice-Baked Sweet Potatoes, Chocolate Bourbon Balls, and Dickens' Plum Pudding. (Letter Grade or Pass/No Pass)

HOEC 7023 Vegetarian Cooking

6.0 - 18.0 hours

Acceptable for credit: N - Noncredit

This course introduces principles of meal planning, preparation techniques, and recipe conversion for vegetarian dishes that emphasize low-fat, low-sugar, and meat replacement. Topics include low-fat cooking; meatless meals for breakfast, lunch, and dinner; meatless meals using legumes, vegetables, and whole grains; and low-sugar cooking. Recipes are prepared and evaluated.

HOEC 7024 Microwave Cooking

4.0 - 16.0 hours

Acceptable for credit: N - Noncredit

Learn to prepare multi-course meals in a microwave oven. This course covers both basic and advanced microwave cooking techniques including appropriate utensils and their use, adapting recipes for the microwave, food preparation techniques, and defrosting and reheating foods.

HOEC 7030 Chocolate Desserts

3.0 - 12.0 hours

Acceptable for credit: N - Noncredit

Learn new ways to indulge your loved ones' chocolate desires. Make chocolate lava cake, a chocolate caramel tart, chocolate chip brownies, and chocolate cups. Basic candy-making methods and proper handling of chocolate are covered. Decorative chocolate work, including chocolate leaves, cups, and cutouts are demonstrated.

HOEC 7035 Light Cooking for 1-2 People

7.5 - 8.5 hours

Acceptable for credit: N - Noncredit

Preparing a healthy meal can be easy, economical, and creative. Learn techniques to make it easy to cook smaller portions, prepare a creative and healthful menu, cook and store meals, plan leftovers, and take advantage of value pricing.

HOEC 7036 Tarts: Sweet and Savory

3.0 - 12.0 hours

Acceptable for credit: N - Noncredit

Combinations for tart crusts and fillings are countless. Learn to prepare tarts and tartlets, including blind baking, baked fillings, custards, ganache, mousse, pastry cream, frangipane, and fruit fillings.

HOEC 7100A Beg Clothing Construction

60.0 - 68.0 hours

Acceptable for credit: N - Noncredit

This course presents successful sewing techniques using current methods and technology in custom and speed-clothing construction. Students also learn about pattern and fabric selection, fitting garments, proper use of tools and equipment, and construction techniques appropriate to various fabrics and garments. (Fall, Spring) (Noncredit)

HOEC 7101A Clothing Construction 2

60.0 - 68.0 hours

Acceptable for credit: N - Noncredit

Building on the basics, a wider variety of techniques are demonstrated for greater creativity and problem solving while working with a broader range of styles and fabrics. With the goal of gaining confidence and skill, students practice with special sewing machine feet, the overlock/serger, creative stitches, and special tools. (Letter Grade or Pass/No Pass)

HOEC 7102A Sewing Studio Open Lab

64.0 - 72.0 hours

Acceptable for credit: N - Noncredit

Sewing projects are selected by the student and developed under the guidance of an instructor. The lab provides students with individualized practical application of garment construction and fitting. Emphasis will be placed on comparative methods and techniques.

HOEC 7103A Clothing Alterations

60.0 - 68.0 hours

Acceptable for credit: N - Noncredit

Students develop practical skills in fitting, altering, and restyling ready-to-wear clothing for women, men and children. Students learn the basics of altering clothing for clients, with an emphasis on building speed and increasing fit expertise. Client relations, pricing of services and further education needed to own an alterations business are discussed. (Noncredit)

HOEC 7105A Sewing With Special Fabrics

60.0 - 68.0 hours

Acceptable for credit: N - Noncredit

Students explore the history and characteristics of a wide range of fabrics including silk, faux fur, leather, lace, and many more, to understand how to use these special fabrics effectively in clothing design and construction. Students learn how to select styles, choose tools, and apply specialized sewing methods for each fabric. (Noncredit)

HOEC 7106 Modern Tailoring Techniques

60.0 - 68.0 hours

Acceptable for credit: N - Noncredit

Students practice tailoring techniques that are faster and easier than traditional tailoring methods, yet yield professional, well-fitting results. Through use of fusible interfacings, fashion industry short cuts, precise sewing, and couture details, students create a custom-made, tailored jacket that will provide many years of use. (Fall, Spring) (Noncredit)

HOEC 7108A Serger Sewing

45.0 - 51.0 hours

Acceptable for credit: N - Noncredit

Students of all sewing levels learn how to use a home serger/overlock and coverstitch machine to achieve professional looking seams, hems, and garment details while significantly saving time and effort. Students start with the basics of threading and adjusting tension and advance to creative techniques of embellishing with decorative threads. (Noncredit)

HOEC 7110A Embroidery Machine Basics

45.0 - 51.0 hours

Acceptable for credit: N - Noncredit

Course introduces the basics of using a computerized, home embroidery machine to produce professional results that rival those seen in stores. Using stabilizers, selecting threads, combining designs and making templates are demonstrated. Methods of using the machine to create appliques, lace, and fine cutwork are practiced. (Noncredit)

HOEC 7111A Creative Sewing

45.0 - 51.0 hours

Acceptable for credit: N - Noncredit

Students develop general sewing techniques and skills necessary for well-fitting garments and desirable gifts. Students increase confidence as they develop talent in combining fabric and sewing skills with art for creative expression. Students may select projects of their choice or those provided by the instructor. (Noncredit)

HOEC 7112A Clothing Construction 3

60.0 - 68.0 hours

Acceptable for credit: N - Noncredit

Students learn how to plan, fit, and sew challenging projects that may include tailored garments, formalwear, or students' own designs. Building support and shape into garments, customizing patterns and applying couture and designer techniques are practiced. Surface embellishment and structural design features are shown to inspire student creativity. (Noncredit)

HOEC 7115A Fitting and Pattern Alterations

60.0 - 68.0 hours

Acceptable for credit: N - Noncredit

Students learn to recognize perfect fit and apply a logical system of measuring, altering patterns and fitting garments for any body type. Students create a master bodice and skirt or pants pattern that to use as a reference point for quickly altering any other pattern, or as a master pattern for custom designs. (Noncredit)

HOEC 7151A Quilting

48.0 - 45.0 hours

Acceptable for credit: N - Noncredit

Repeatable: 99.00

Learn the art of quilting! Explore traditional methods, new techniques, appliqué, speed-piecing, and a variety of finishing techniques. Create pillows, wall hangings, samplers, bed quilts, or work on an individual project. Beginning-to-advanced students are welcome. (Noncredit)

HOEC 7164A Crochet and Knitting

48.0 - 54.0 hours

Acceptable for credit: N - Noncredit

Learn basic through advanced knitting and crochet stitches and their combinations, how to read patterns, how to make garments, plus other needle arts as requested. Materials and project ideas are discussed at the first class. All experience levels welcome.

HOEC 7201A Home Construction and Decor

32.0 hours

Acceptable for credit: N - Noncredit

Repeatable: 99.00

This course is designed to introduce students to the various environmentally-friendly materials and green options available

today in modern home construction. Whether building or remodeling, this course helps students make informed decisions about home materials including aesthetic characteristics of paint, flooring, textiles, window treatments, and cabinets. (Noncredit)

HOEC 7202A Decorative Painting: Interiors

45.0 hours

Acceptable for credit: N - Noncredit

Repeatable: 99.00

This course introduces various decorative painting techniques that can be achieved with water-based paints. Students discuss and practice the following techniques: surface textures, antiquing, crackling, distressing, stenciling, wood graining, marbleizing, and simulated granite applications. Design elements and various media and surfaces are presented to enable students to develop skills for personal use or practice the profession at a beginning level. (Noncredit)

HOEC 7301 Dealing With Anger

0.0 - 18.0 hours

Acceptable for credit: N - Noncredit

Whether in the workplace or at home, students learn to deal with various aspects of anger. Topics include anger management, types of anger, reasons for anger, anger and stress, appropriate anger, risks of anger, and dealing with angry people. This course emphasizes personal development and reduction of domestic and workplace violence. (Noncredit)

HOEC 7303 Heart Disease Prevention

0.0 hours

Acceptable for credit: N - Noncredit

Current cardiovascular research is reviewed and healthy lifestyle choices are introduced to improve heart health. Discussion topics include identifying and understanding reliable sources, dietary changes, stress management, and exercise. (Letter Grade or Pass/No Pass)

HOEC 7304 Balancing Work and Life

64.0 - 72.0 hours

Acceptable for credit: N - Noncredit

Prerequisite: TEEN Y

Students learn to create a healthy lifestyle that supports positive and loving relationships; a creative work environment that ensures wealth and security; and a sense of confidence and well-being that warrants respect and dignity. Students evaluate goals and lifestyle and align daily activities for success, prosperity, wellness, and happiness.

HOEC 7400 Estate Planning

3.0 - 9.0 hours

Acceptable for credit: N - Noncredit

It is never too soon to have your estate in order. Learn more about advanced health care directives, durable powers of attorney, wills, trusts, and probate. Understand why these items are necessary and how to make informed decisions about health and financial issues.

HOEC 7401 Planning for Retirement

3.0 - 9.0 hours

Acceptable for credit: N - Noncredit

Get the most out of your retirement saving plans! This class is designed for working people and their partners who are saving for retirement. Learn how 401(k)s, 403(b)s, SEP-IRAs, and other retirement plans work. Learn how to maximize your retirement benefits.

HOEC 7402 Overcome Fear in the Market

48.0 - 54.0 hours

Acceptable for credit: N - Noncredit

Prerequisite: TEEN Y

Many times the natural reaction to a market downturn can be counterproductive. Become a better informed, more sophisticated investor. Learn how to avoid common mistakes made by many investors when they follow their natural reactions during challenging markets. Learn how to become less focused on short-term movements of the market and more consistent in your investment strategy.

HOEC 7403 Investment/Stock Market Basics

3.0 - 9.0 hours

Acceptable for credit: N - Noncredit

Regardless of your financial situation or goals, you need to know about the power of investing. Learn how to increase investment income while reducing taxes on those investments. Learn about stock market basics, and how to focus on financial goals, whether saving for children's education or planning for retirement.

HOEC 7404 A Woman's Guide to Finances

9.0 hours

Acceptable for credit: N - Noncredit

Women have many of the same financial goals as men, but often face a different set of challenges when working toward those goals. Students learn how these challenges can affect women's financial futures and how to overcome them. Basics of money management, investing, estate planning, and tools to increase financial wealth are covered.

HOEC 7405 Choosing Stocks

48.0 - 54.0 hours

Acceptable for credit: N - Noncredit

Prerequisite: TEEN Y

With hundreds of companies listed on Wall Street, choosing the right stocks for your portfolio may seem like a daunting task. Learn how to build a balanced portfolio, evaluate companies, follow time-tested strategies, and reduce the risks of investing in stock.