



FREE UNIVERSITY

Registration October 1-5 & 8-10
at booth in Nebraska Union
10-2 p.m.
also East Union booth
Thursday, Oct. 4 at 10-2 & 4-6 p.m.

Registration Fee
Per Class
Students \$1.00
Non-Student \$2.00

1. **JUDO CLASS, KARATE CLASS**
(John Roseberry)
Place: Shore-Kan Karate & Judo, 2117 O
Time: Karate 6:00-7:30 p.m.
Oct. 17, 24, 31 & Nov. 7, 14
Judo 6:00-8:00 p.m.
Oct. 18, 25 & Nov. 1, 8, 15
Karate-learn basic punches, blocks, kicks-self-defense. Judo-learn basic falls, throws, pins-self-defense. *\$5 materials fee per student.
2. **MIND OVER MATTERS** (Woody Getz)
Place: 1322 Seaton Hall
Time: 3:30-5:00 p.m. Mondays, Oct. 15, 29 and Nov. 5, 12.
Learn about, discuss and experience the mind as a personal gateway to developing skills of relaxation, problem solving, creativity, inner guidance and healing and general skill development. Participants should wear comfortable clothes (to lay on the floor) and bring a pillow & an open mind.
3. **THE UNICAMERAL AND YOU**
(Sen. Don Wessely)
Place: The legislative chambers of the State Capitol.
Time: 3:00-5:00 p.m., Thurs., Oct. 18.
To get the perspective of a state senator on state legislature and how it affects students and the general public. Basically informational & question/answer. Embarrassing questions will be answered.
4. **THE WORLD OF J.R.R. TOLKIEN**
(Dr. Richard Boohar)
Place: Old TV lounge-Neihardt, report to main desk.
Time: 1:30 p.m., Tuesday, Oct. 16, 23, 30 Nov. 6, 13
A look at the characters and events in Middle Earth, especially those around the time of the War of the Ring.
5. **PERSONAL PATTERNS OF COMMUNICATIONS**
(OutGrowth Sources Staff Personnel, Irene Holtzer)
Place: Nebraska Union
Time: 7:00-9:00 p.m., Mon. Oct. 15, or Wed., Oct. 17.
The self-profile is a self-assessment tool which investigates recognizable personal patterns of communicating. It helps identify similar and different patterns in others and helps you use that awareness to increase effective communication. Learn to communicate in nonthreatening and more effective ways. Each class covers same material-participants welcome to sit in on both. *10 per student per instrument for materials.
6. **GROW AS A PRO** (OutGrowth Sources Staff Personnel, Irene Holtzer)
Place: Nebraska Union
Time: 7:00-9:00 p.m., Monday Oct. 22, or Wednesday Oct. 24.
This is a personal development program for professional salespeople. Become more effective and professional in your sales career. Group dynamic exercises and taped messages, plus individual exercises to stimulate growth, makes this a complete sales-education courses. Each class covers same material-participants welcome to sit in on both.
*10.00 per student.
come to sit in on both.
*10.00 per student.
7. **MANAGING YOUR TIME EFFECTIVELY** (Sara Boatman)
Place: Nebraska Union
Time: 6:00-8:00 p.m., Oct. 23, 25.
Learning how to effectively balance class, work, organizations, and free time. Learn how to practice principles which should save many hours each week.
8. **SEX ROLES & ANDROGENY**
(Mary Kramer)
Place: Nebraska Union
Time: 7:00-8:30 p.m., Wednesdays, Oct. 17, 24, 31.
Participants will examine the beliefs they have about being male and female and how these beliefs enhance and deter reaching their potential to meet personal goals and become happier people. The class is open to men and women and class interaction will aim at being one of mutual support.
9. **PUTTIN' ON THE RITZ** (Janet Lauber)
Place: Nebraska Union
Time: 7:30-9:00 p.m., Thursdays, Oct. 18 & 25.
Learn creative ideas for designing your space, whether a residence hall room, apartment or home, with a high fashion look to fit any budget. Possibly a minimal lab fee for materials.
10. **BASIC AUTO REPAIR**
(Jerry Magoorian, NE Dept. of Voc. Ed.)
Place: To be determined.
Time: 7:00-9:00 p.m., Mondays, Oct. 22, 29, Nov. 5, 12.
Basic automotive maintenance for today's consumer, helpful hints, and emergency methods such as changing a flat tire, etc. Tentatively participants will use own car, supply own parts. Registration limited. *10.00 lab fee.
11. **EAST ASIAN CUISINE** (Randy Murphy, Gail DiSabatino, John Kawamoto)
Place: Smith Hall Kitchen
Time: 6:00-7:30 p.m., Wednesdays, Oct. 17, 24, 31.
Basic Oriental cooking techniques and basic recipe selection, wok techniques, and possibly a few guest appearances on delicacies. \$3.00 lab fee per student for food costs.
12. **HOW TO LEARN TO FLY**
(Lincoln Aviation Institute)
Place: Nebraska Union
Time: 7:00-9:00 p.m., Oct. 16, 17 or 18.
This course is designed to explain how to become a pilot. Included will be an explanation of cost, time involved, study materials, medical requirements, age requirements, etc. Also films and any questions asked will be covered. Each class will be the same.
13. **SKYDIVING** (Lincoln Sport Parachute Club)
Place: Nebraska Union
Time: 7:00-9:00 p.m., Oct. 16, 24, Nov. 1.
A chance for students to get a taste of one of the newest, most exhilarating and challenging hobbies. Instructors will show films and answer questions on how to get started in the sport. Each class will be the same.
14. **WOMEN AND CHILDREN IN THE MEDIA AND PORNOGRAPHY**
(Margie Rine)
Place: Nebraska Union
Time: 7:00-8:30 p.m., Thursdays, Oct. 18, 25, and Nov. 1.
To examine how women and children are used in advertising and pornography and how this affects societal attitudes. Class will utilize slide show and class discussion. *Because of slide content participants must be 18.
15. **FOLKDANCE** (Christine Lac)
Place: Mable Lee Hall
Time: 7:30-8:30 p.m., Fridays, Oct. 19, 26, Nov. 2, 9, 16.
International dances, groups & couples alike. Should wear comfortable (tennis) shoes. Don't need to bring partner.
16. **CARDIOPULMONARY RESUSCITATION**
(American Heart Association)
Place: Nebraska Union
Time: 7:00-10:00 p.m. Mondays: Oct. 15 & 22, Oct. 29 & Nov. 12
Tuesdays: Oct. 16 & 23, Nov. 6 & 13
Thursdays: Oct. 18 & 25, Nov. 8 & 15
Also Sat., Nov. 3 from 9-12 & 1-4, all day.
Seven classes in all. *3.00 lab fee to be collected at first class.
17. **MOTORCYCLE RIDER COURSE**
(Kile Nightingale)
Place: range-14th & Avery parking lot classroom-Nebraska Union
Time: 5:30-9:30 p.m., Mon. & Wed.'s Oct. 15, 17, 22, 24, 29, 31.
Second class, Tues. & Thur.'s Oct. 16, 18, 23, 25, 30, & Nov. 1.
Students will learn (improve) basic riding skills and motorcycle safety. 20 Hr. course: 8 hrs. classroom and 12 range. Successful completion of this course will be accepted by the Dept. of Motor Vehicles in lieu of a motorcycle riding test. Vehicle and helmet supplied.
*10.00 lab fee per student for gas and insurance.

REGISTRATION FORM

Name _____ UNL Student \$1.00
 Address _____ NON-Student \$2.00
 Phone _____ Student ID# _____
 Course Name _____

Free University registration (Oct. 1-5 8-10, 10 am-2 pm Nebraska Union - Oct. 4, 10 am-2 pm, 4 pm-6 pm at East Union.



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Questions?
Call
472-2454

