

# Office of Continuing Education & Training

Stason Skeen

ART 293

September

15 hrs

15 hrs

October

70 hrs

85 hrs

November

55 hrs

140 hrs

December

10 hrs

150 hrs

HiNet Poster

Redesign

ARE YOU ELIGIBLE FOR ASSISTANCE FROM...



HO'OLA 'IKE

FOOD ASSISTANCE

BOOK REIMBURSEMENT

BUS PASS/GAS MONEY

EDUCATIONAL ADVISING

TUTORING

RESUME WRITING

WORKFORCE TRAINING

SERVICE LEARNING

AND MUCH MORE...

GO TO HINETHAWAII.ORG TO LEARN MORE

VISIT US IN 'ILIAHI (ABOVE SUBWAY) OR EMAIL HINETKAP@HAWAII.EDU

STUDENT CAN SAVE OVER \$4,700 A YEAR!

STUDENT SAVINGS - FALL SEMESTER \$2,375

STUDENT SAVINGS - SPRING SEMESTER \$2,375

\$1,575

+

\$300

+

\$500

+

\$1,575

+

\$300

+

\$500

1



SNAP Food Assistance (Avg. \$115/mo.)

2



Reimbursement for books and supplies (uniforms, tools, etc.)

3



Reimbursement for bus pass or semester mileage (up to \$100/mo.)

1



SNAP Food Assistance (Avg. \$115/mo.)

2



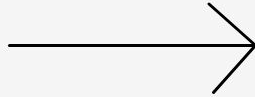
Reimbursement for books and supplies (uniforms, tools, etc.)

3



Reimbursement for bus pass or semester mileage (up to \$100/mo.)

KapCC is an Equal Opportunity | Affirmative Action Institution



HO'OLA 'IKE

BECOME ELIGIBLE FOR HINET ASSISTANCE

Located in Iliahi (above Subway), Email [hinetkap@hawaii.edu](mailto:hinetkap@hawaii.edu), or Call (808) 734-9341

Food Assistance

Reimburse Books

Uniform Reimbursement

Gas/Bus Money

Workforce Training

Service Learning

Educational Advising

And Much More!

Application process takes about 6-8 weeks

Over The Fall & Spring Semesters Students Can Save Over \$4,700



\$1,575

SNAP Food Assistance (avg. \$115/mo.)



\$300

Reimbursement for books and supplies (Uniforms, Tools, etc.)



\$500

Reimbursement for Bus Pass or Semester Mileage (up to \$100/mo.)

The University of Hawaii is an equal opportunity, affirmative action institution, USDA is an equal opportunity provider, employer, and lender



UNIVERSITY OF HAWAII KAPI'OLANI COMMUNITY COLLEGE



## HO'ŌLA 'IKE

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Located in *Iliahi* (Above Subway) or Email [hinetkap@hawaii.edu](mailto:hinetkap@hawaii.edu)

Food Assistance   Educational Advising   Workforce Training   Service Learning

Gas/Bus Pass Money   Book Reimbursement   Tutoring   And Much More

Application process takes approximately 6 weeks

During the *Fall & Spring Semesters* Students can save **over \$4,700**



**\$1,575**  
SNAP Food Assistance  
(avg. \$315/mo.)



**\$300**  
Reimbursement for Books and Supplies (Uniforms, Tools, etc.)



**\$500**  
Reimbursement for Bus Pass or Semester Mileage (up to \$100/mo.)

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Educational Advising

Workforce Training

Gas/Bus Pass Money

Book Reimbursement

Service Learning

Tutoring

And Much More!  
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or Call **(808) 734-9341**

**Food**  
Assistance

Reimburse  
**Books**

**Uniform**  
Reimbursement

Gas/Bus  
**Money**

Workforce  
**Training**

**Service**  
Learning

Educational  
**Advising**

And Much  
More!

*Application process takes about 6-8 weeks*

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opportunity provider, employer, and lender



UNIVERSITY of HAWAII  
**KAPI'OLANI**  
COMMUNITY COLLEGE

Culinarium

Branding

Logo Type: Comparison

Culinarium

Palatino

*Culinarium*

Dancing Script

CULINARIUM

Neue Kabel

CULINARIUM

AW Conqueror

**CULINARIUM**

Acier BAT

**CULINARIUM**

Barrio

AW Conqueror + Neue Kabel + Cora + Tenez

CULINARIUM

Culinary Team Building

Why Team Building in the Kitchen?

**E**very successful kitchen has one thing in common: A highly efficient team. Each course is made with the highest standards for every dish, every day. We believe this translates to all industries, and the kitchen can help any team bring their strengths to the surface.

With Culinarium, you can achieve that next level of performance and have a great time doing it. The Culinary Institute of the Pacific's teams of chefs will guide your group through a cooking competition that will promote effective teamwork and build camaraderie, engaging your team with new tools to take back to the office. This is not your company picnic...this is Culinarium.

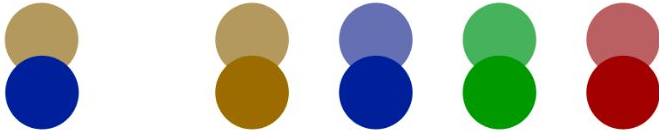
We invite you to join us!

The Culinary Institute of the Pacific would like to extend their warmest hellos to those seeking an exciting new way to build a stronger, more efficient team for their group or company. The Culinarium is a new twist on team building that encourages teams to work productively and to promote a healthy work environment!

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Color Palette: 3



KCC Colors



# CULINARIUM

## Objective

Prepare & present **three courses** in **60 minutes**

- Prepare: An appetizer, soup or salad, entrée, & dessert
- Create one plate of each course for the judges
- Make three platters of your courses to serve your team for dinner

\*\*\* **Mystery basket & a pantry of general cooking ingredients**

Judging Criteria: QQT+

- Q**uality: Cooking techniques and taste... 20%
- Q**uantity/**I**nnovation: Creativity & presentation... 20%
- T**eamwork: Working together & including others... 40%
- + **Organization & Cleanliness**: Clean as you go... 20%

## Key Ingredients

- Communication
- Organization
- Leadership
- Creativity
- Innovation
- Collaboration

How does your experience in the kitchen relate to your experience in the work environment?

What did you learn about you to innovate as a team in an environment or challenge?

# CULINARIUM

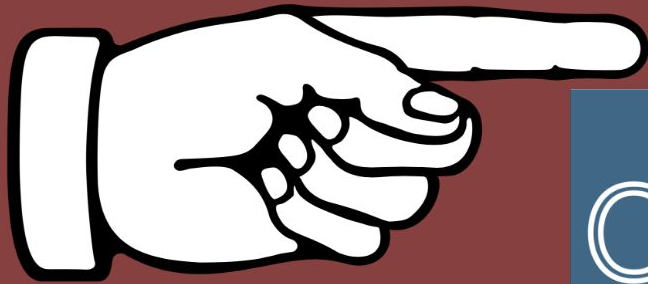
## Judge's Scoring Sheet

(Honolulu Community College PCATT & Continuing Education)

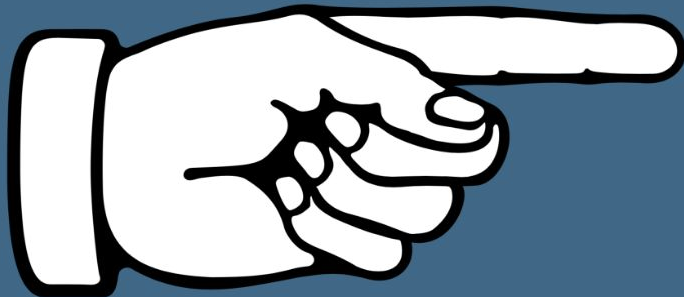
Team: \_\_\_\_\_

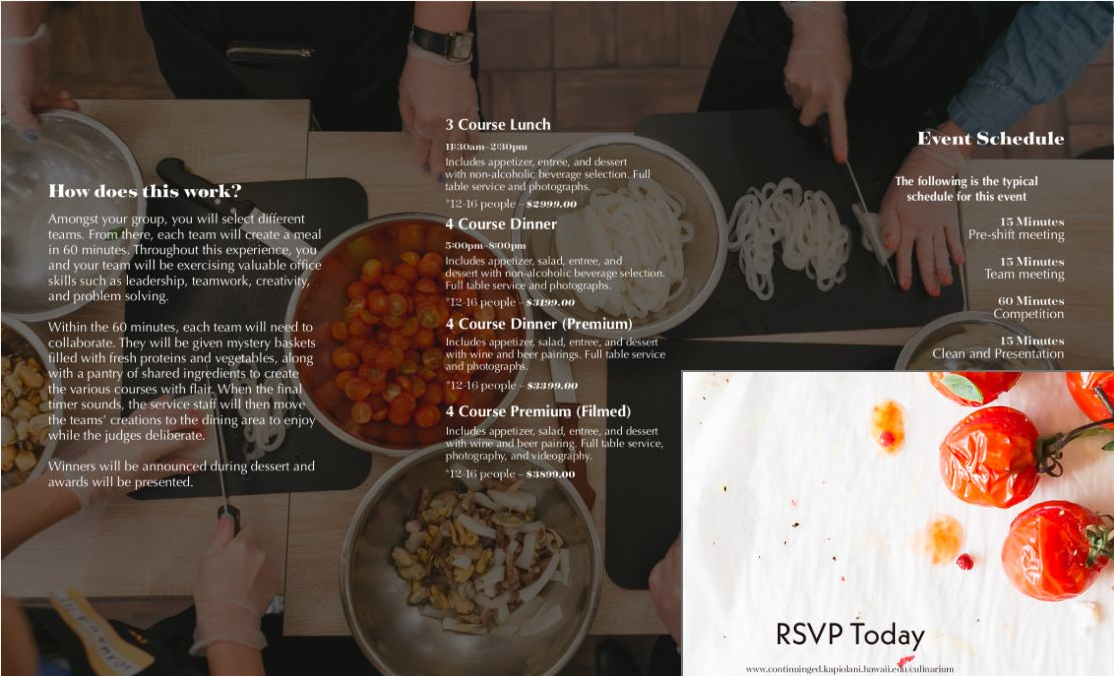
Judging Criteria (QQT+)	Maximum Possible Points	Points Earned
<b>Q</b> uality Cooking Techniques & Taste... 20%	20 Points Comments:	
<b>Q</b> uantity/ <b>I</b> nnovation Creativity & Presentation of Food... 20%	20 Points Comments:	
<b>T</b> eamwork Working Together/Including Others... 40%	40 Points Comments:	
+ Organization & Cleanliness... 20%	20 Points Comments:	
Total Points	100 Points Comments:	

CULINARIUM



CULINARIUM





### How does this work?

Amongst your group, you will select different teams. From there, each team will create a meal in 60 minutes. Throughout this experience, you and your team will be exercising valuable office skills such as leadership, teamwork, creativity, and problem solving.

Within the 60 minutes, each team will need to collaborate. They will be given mystery baskets filled with fresh proteins and vegetables, along with a pantry of shared ingredients to create the various courses with flair. When the final timer sounds, the service staff will then move the teams' creations to the dining area to enjoy while the judges deliberate.

Winners will be announced during dessert and awards will be presented.

### 3 Course Lunch

11:30am - 2:30pm  
Includes appetizer, entree, and dessert with non-alcoholic beverage selection. Full table service and photographs.  
\*12-16 people - **\$2999.00**

### 4 Course Dinner

5:00pm - 8:00pm  
Includes appetizer, salad, entree, and dessert with non-alcoholic beverage selection. Full table service and photographs.  
\*12-16 people - **\$3199.00**

### 4 Course Dinner (Premium)

Includes appetizer, salad, entree, and dessert with wine and beer pairings. Full table service and photographs.  
\*12-16 people - **\$3299.00**

### 4 Course Premium (Filmed)

Includes appetizer, salad, entree, and dessert with wine and beer pairing. Full table service, photography, and videography.  
\*12-16 people - **\$3399.00**

### Event Schedule

The following is the typical schedule for this event

- 15 Minutes Pre-shift meeting
- 15 Minutes Team meeting
- 60 Minutes Competition
- 15 Minutes Clean and Presentation

## RSVP Today

[www.creativelivingat.kapiolani.hawaii.edu/culinarium](http://www.creativelivingat.kapiolani.hawaii.edu/culinarium)  
**Kapiolani Community College**

(808) 734-9518  
[lccocet@hawaii.edu](mailto:lccocet@hawaii.edu)

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## We invite you to join us!

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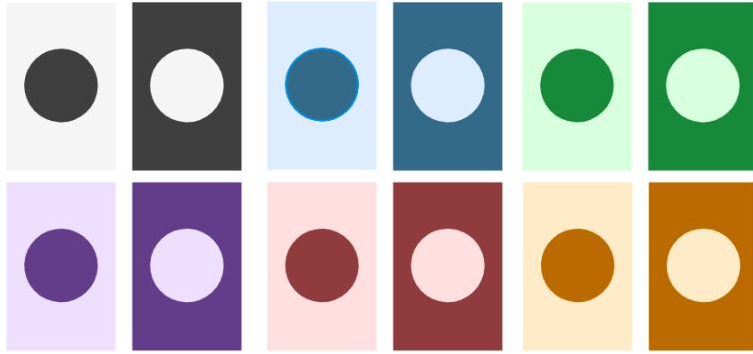
# CULINARIUM

Team Building Experience

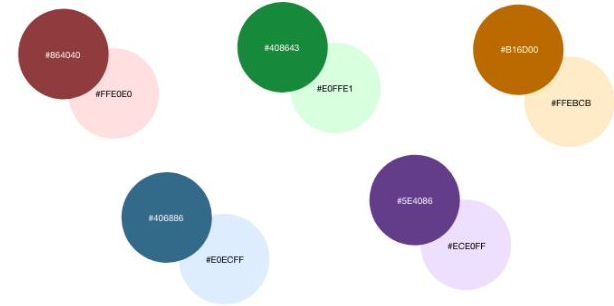
OCET

Catalog

## Color Contrast



## Color Palette



## Type

### Headings

Tenez (Bold)

or

Playfair Display (Bold)

Tenez available through Adobe TypeKit  
Playfair Display available through GoogleFonts

### Body Copy

Cora

or

Alegreya Sans

Cora available through Adobe TypeKit  
Alegreya Sans available through GoogleFonts

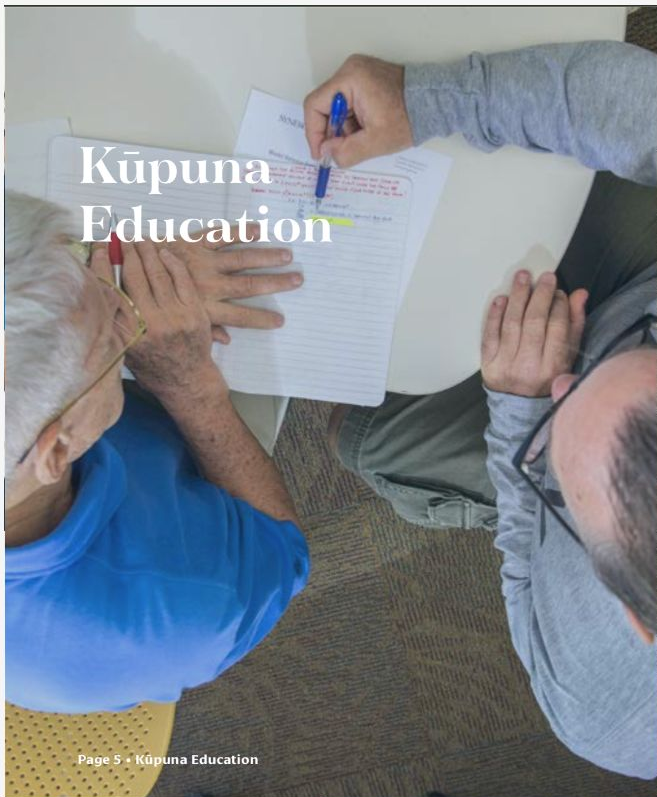
**Aloha,**

The Office of Continuing Education and Training offers different apprenticeship opportunities and provides a diverse range of programs in culinary, health education, professional development, and kupuna education.

We are also offering a new course, Culinarium which is a team building experience. This course pits executive teams in the Culinary Institute of the Pacific to compete in a cooking competition to build unity with their colleagues in a fun-filled day at our Diamond Head facility. We are very excited about the new spring courses.

These offerings are geared towards the self-development and professional success of our students and clients. OCET is dedicated to guiding our community to the best workforce training in any of our programs.

If you are interested in any of our programs, please visit our website to get more information [continuing.kapiolani.hawaii.edu](http://continuing.kapiolani.hawaii.edu) or contact our office at (808)734-9211. We look forward to seeing you this spring!



# Kūpuna Education

## Computer Literacy

This class is unique and not offered anywhere else. But don't be intimidated, it's intended for BEGINNERS. What makes this class unique is that YOU design it. Other classes' present pre-defined material. This class does the opposite – YOU tell us what you're interested in, and we design a class to meet YOUR interests. Due to the class's customized nature, seating is limited to the first SIX students. So what are you interested in learning? Windows? Google searches? Internet? Email? Word? Excel? How can I organize my files? Should I store my files on the Cloud? Is my PC safe from hackers? Why is my PC slow? Do I need a new PC? Tell us and we'll design the class for you.

## MELT Introduction Workshop

This workshop teaches you how to use specialized soft rollers and small MELT Hand and Foot Treatment Balls to simulate the results of manual therapy. Participants will learn the MELT method, a simple self-care solution to help reduce or avoid chronic pain symptoms, improve balance and alignment, and feel better overall. The class includes one MELT practice session. This workshop is appropriate for people of varying ages, however, the ability to get up and down from the floor is necessary. **Note:** This class is a prerequisite for other MELT classes. Once completed, you may enroll in any other MELT class.

## MELT Practice Sessions

Participants will practice techniques learned in the MELT Introduction Workshop. Classes will vary per session and are dictated by the needs of the class.

## MELT Multi-Session Series

A continuation of your MELT journey, you will learn new, advanced MELT moves. This series is a total of four sessions covering MELT for neck health, MELT for shoulder health, MELT for back health, and MELT for overall well-being.

## Senior Fitness

In this class participants will engage in exercise for overall fitness. Each class includes cardiovascular exercise, strengthening, flexibility and may include balance exercises. Techniques such as the MELT method and active isolated stretching are often used in class.

## Tai Chi for Arthritis for Fall Prevention (TCAFP) Basic and Part 2 (Sun 41)

Basic Tai chi for Arthritis for Fall Prevention prepares students with no background in tai chi to practice and become familiar with the warm-up, first six movements and the Cool Down segments of TCAFP. KCC also offers advanced classes with a longer form, fun challenges and more spiraling energy. Postures and movements are modified for students' abilities.

## Sun Style Tai Chi 73 Form

Sun style of tai chi is characterized by its powerful opening elements, able steps and flowing movements. This form of tai chi is ideal for developing inner strength, enhancing healing, and relaxation.

## Dementia Care Series: Dementia Stages

Recommended for caregivers of a friend or family member with Dementia. The instructor will cover GEMS, a positive look at dementia stages and appropriate activities for the different GEMS.

## Dementia Care Series: Communication with Compassion

Recommended for caregivers of a friend or family member with Dementia. The instructor will cover normal versus not normal aging, how dementia affects the brain over time, and effective techniques for successful communication specifically Positive Physical Approach and Hand-Under-Hand.

# Health Education



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This program includes apprenticeship or internship options. Both programs start with a 110-hour classroom course taught on campus in evenings from 5pm-9pm

## Optometry Assistant

The Optometry Assistant program is one of KapCC's newest health education programs. It is a one-year apprenticeship employment program including a 145-hour campus course that prepares students for the national *Certified Paraoptometric (CPO) Examination* offered through the *American Optometric Association*.

Optometry Assistants assist optometrists in running his/her optometry practice through well-developed on-the-job learning and related classroom instruction. The student apprentices may be employed in private practices or clinics. The campus course is open to those already working in an optometry office and those considering employment in an optometry office.

## Massage Therapy

In its 16<sup>th</sup> year, the Kapi'olani Community College's Massage Therapy program is a 600-hour evening program comprised of coursework with theory, hands-on practice, and competency testing with clinical experience. The length of this program is approximately 11 months. Students who successfully complete the program earn a certificate of competence and are eligible to take the Hawaii State Board of Massage License Examination, as well as qualify for the **Massage and Bodywork License Examination (MBLEX)**, required for most U.S. mainland states.

Attend an information session to learn whether this program will fit your needs and learn about what to expect while in the program. These sessions are free and no appointment is necessary. FREE parking on-campus.

For more information about our classes, please visit the OCET website at:

[continuinged.kapiolani.hawaii.edu/health](http://continuinged.kapiolani.hawaii.edu/health)

## Pharmacy Technician

The Pharmacy Technician program is a 256-hour program that prepares students for the national Pharmacy Technician Certification Examination offered through the *Pharmacy Technician Certification Board (PTCB)*. Pharmacy technicians assist pharmacists by receiving, processing, and filling prescriptions and medication orders; determining charges and obtaining reimbursements, including insurance and Medicare payments, maintaining medication and inventory control systems, and participating in the administration and management of the pharmacy practice. Graduates may work in retail or hospital pharmacies

## Surgical Technology

Surgical Technology is a five phase accredited program incorporating prerequisite content from anatomy and physiology, microbiology and medical terminology with program content to prepare the student for the industry Classroom instruction and onsite operating room exposure introduce the student to the working environment and role of this important member of the surgical team. Surgical technologists master knowledge in aseptic techniques and skills required when setting up the operating room and working during surgical procedures. Applications for this best qualified, first accepted program are accepted between May 1st and June 1st. Students who successfully complete the program are eligible to take the *National Certification Exam for Surgical Technology* via the *National Board of Surgical Technology and Surgical Assisting (NBSTSA)*

*"It is important you attend an information session to assist you in registering for the program of your choice. Information session dates are listed at each program web page. Course dates and hours can also be found at each program web page."*

# Global Learning & Development

## Ho'okipa me ke Aloha Customer Service with Aloha

This course was part of Hawaiian custom to convey "ho'okipa" or "hospitality" when welcoming community and family members, as well as visitors to the lands. Ho'okipa Me Ke Aloha, a culture-rich learning experience based on Hawaiian language and culture, is designed to cultivate your fundamental knowledge of our host culture and traditions while servicing local customers or those visiting from around the globe. From learning about the kupua'a land management concept, to the roles and responsibilities within an 'ohana, you will learn to exemplify "hospitality with aloha." **Notes:** Employment training funds are available.

Tues/Thurs, March 28 to April 9 (4 Sessions)  
10:00 pm — 8:00 pm  
\$205/person

## Konohiki me ke Aloha Leadership with Aloha

Today's leaders fulfill many roles and their teams have more complex relationships than ever before. This course complements the Ho'okipa Me Ke Aloha training program, this course draws on 16 waiwai Hawaii (Hawaiian values) to explain and demonstrate important leadership functions such as planning, organizing, building, coaching, and motivating teams, solving problems, and resolving conflicts. Drawing wisdom from these waiwai Hawaii, learn to lead your teams with aloha. **Notes:** Employment training funds are available.

Tues/Thurs, February 20 to March 13 (4 Session)  
10:00 pm to 8:00 pm  
\$339/person

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8:30 am to 12:30 pm  
\$219/person

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## (New!) Ho'olaule'a: Celebration Hawaiian Style

You hungry? Come eat and celebrate with us! Hawai'i is a gathering place and we are known to celebrate "Hawaiian style", or Ho'olaule'a as we share food, entertainment and ho'okipa, or hospitality. Learn to mālama Hawai'i, or care for Hawai'i, as you delve into our rich history, gain respect for the land and cultural practices and appreciate more community engagement through the practice of "celebration". Participants will also learn and engage in the art of planning a ho'olaule'a as they organize a pa'ina for the last day of class.

## A Fun Introduction to Computers

In this hands on class you will learn about the differences between Desktops, Laptops, Tablets, and Smartphones and have opportunities to practice on your own device(s) besides utilizing and thriving on the ones in the classroom. You will connect to the Internet to learn and engage on various educational, business, and other websites. You will set up an email account if you do not have one in order to send and receive emails to family and friends. Various fun applications will be introduced including Skype, Photos, and Paint. Business type applications which we will learn about will include MS Word, PowerPoint, and Excel as you prepare for the workplace. File Explorer, managing downloads, and file management will be introduced to help easily find your documents, files, and photos on your computer. **Prerequisites:** No Previous Experience Required

Tues/Thurs, January 15 to February 7 (8 Sessions)  
10:00 am to 1:00 pm  
\$395/person

Page 15 • Global Learning & Development

## Learn Cool Google Tools

In this hands on course you will engage in discovering what various Google Tools (Apps) can do for you. You will learn to easily navigate the Google Drive interface, create and share documents/folders, collaborate on a project, and organize and store your files for anywhere access. You will learn to create new Google Docs, Sheets, Forms, and Slides with and without sharing capabilities. Multiple learners will connect and work at the same time on a Google document so you can witness other people's changes as they make them and see every change saved automatically. Convert existing text/word/pdf documents to Google Docs and the reverse. You will prepare and email Google Docs/Sheets/Slides as attachments.

Tues/Thurs, February 12 to March 7 (8 Sessions)  
10:00 am to 1:00 pm  
\$445/person

## Introduction to Survey Analysis Using "R" for the Non-Programmer

This introduction high-level course utilizing multiple applications is designed for you to engage as a first step for the non-programmer to install and work with the RStudio environment for survey analysis preparation. Learn the most important question for the design of your survey and potential biases. Create and send surveys using Google Forms/Sheets, understand Mean Perceived Learning Scores (MPLS) with Likert Type survey questions as you analyze the responses for a basic understanding of the survey results. Within RStudio, you will learn to set the correct directory, read various file types into R, install the required packages, load libraries, and begin to use basic functionality within R for analysis of the data. Learn to thrive as you utilize searches and the help function for ongoing R assistance. Demonstrations in R will be provided for cleaning/tidying dirty data from SurveyMonkey to prepare for statistical analysis. **Prerequisites:** Learning Cool Google Tools or Equivalent Experience

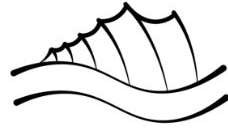
Tues/Thurs, March 12 - April 4 (8 Sessions)  
10:00 am to 1:00 pm  
\$495/person



OCET

Logo





KAPI'OLANI COMMUNITY COLLEGE

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**OCET**

Office of Continuing Education & Training



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Mahalo!