



- **The Office of Continuing Education and Service-Learning is pleased to announce its 2019 spring schedule of classes...**

### **Grambling State University**

Office of Continuing Education and Service-Learning  
GSU Box 4222  
Grambling, LA 71245  
Phone: 318-274-2547  
Fax: 318-274-6037  
E-mail: [continuingeducation@gram.edu](mailto:continuingeducation@gram.edu)



**"Where Everybody is Somebody"**





**Office of Continuing Education and Service-Learning**  
**Grambling State University**

403 Main Street, GSU Box 4222, Grambling, LA 71245  
 Fax: 318-274-6037

Phone: 318-274-2553 / 318-274-2118  
 E-mail: [continuingeducation@gram.edu](mailto:continuingeducation@gram.edu)

**APPLICATION TO ENROLL IN CONTINUING EDUCATION COURSE(S)**

ID NUMBER	PAYMENT TYPE ACCEPTED	RECEIPT NO.	DATE REGISTERED (mm/dd/yy)
	<input type="checkbox"/> Cash <input type="checkbox"/> Credit/Debit Card <input type="checkbox"/> Payroll Deduction <input type="checkbox"/> Certified Check <input type="checkbox"/> Cashier's Check <input type="checkbox"/> Money Order		

**- DO NOT WRITE ABOVE THIS LINE - FOR OFFICIAL USE ONLY -**

**To register, please go to the Cashier's Office located on the first floor of Long-Jones Hall or call the Cashier's Office at 318- 274-2671 / 318-274-2285.  
 Payroll deduction is available.**

**1.) Personal Information**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Date of Birth (mm/dd/yy): \_\_\_\_\_ Gender:  Male  Female

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Tel. #: \_\_\_\_\_ Cell #: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Permanent (Home) Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Tel. #: \_\_\_\_\_ Cell #: \_\_\_\_\_

**Educational Background:**

Highest Level of Education: \_\_\_\_\_

College / University: \_\_\_\_\_

Major (and/or Optional Minor): \_\_\_\_\_

2.) **Emergency Contact Information:**

Name: \_\_\_\_\_ Relationship to the Applicant: \_\_\_\_\_

Contact Number: \_\_\_\_\_

3.) **Continuing Education Courses:** Please select the course(s) you would like to enroll.

Course Details		Fee / CEU Credit
<b>CHILD DEVELOPMENT</b>		
<input type="checkbox"/>	<p><b>CEU – CFR14</b> <b>Relationship – Centered Approach: Focusing on ADHD</b> <i>This course is on helping teachers and parents engage in mindful approach to help children gain focus and self-control. It follows the relationship-centered approach that is designed to help children succeed behaviorally, socially, and cognitively. (Required Textbook: “The Conscious Parent’s Guide to ADHD”)</i></p> <p><b>Instructor: Dr. Frankie Rabon</b> <b>Dates: February 1, 2019 - April 1, 2019</b> <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$50</b> <b>3 CEUs</b></p>
<input type="checkbox"/>	<p><b>CEU – CFR16</b> <b>Parents are Their Children’s First and Lifelong Teachers</b> <i>Parents are their children’s first and life-long teachers. This course is for parents and teachers of children from birth to age six. The focus is on encouraging children’s natural development from birth to age six.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b> <b>Dates: February 1, 2019 - April 1, 2019</b> <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$50</b> <b>3 CEUs</b></p>

<input type="checkbox"/>	<p><b>CEU – CFR18</b>  <b>Brain Building: Nurturing Children’s Developing Minds</b>  <i>Twelve revolutionary strategies to nurturing children’s developing minds is the focus of this course.(Required Reference: “The Whole – Brain Child”)</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: February 1, 2019 - April 1, 2019</b>  <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$50</b>  <b>3 CEUs</b></p>
<input type="checkbox"/>	<p><b>CEU – CFR19</b>  <b>The Importance of Fathers in the Healthy Development of Children</b>  <i>This course is designed to help students: recognize the value of fathers to children; appreciate the importance of fathers to the case planning and service provision process; understand the issues unique to working with fathers; effectively involve fathers in all aspects of case management, from assessment through case closure; and work successfully with fathers in a wide range of family situations and structures. (Required Reference: “Importance of Fathers in the Healthy Development of Children”)</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: February 1, 2019 - April 1, 2019</b>  <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$50</b>  <b>3 CEUs</b></p>
<b>CREATIVE WRITING</b>		
<input type="checkbox"/>	<p><b>CEU – CWFR1</b>  <b>Using Qualitative Research Methods: Write First Five Pages – Romance Novel</b>  <i>This course includes in-depth investigation of several qualitative research methods writers can use to create a novel that is within the contemporary romance genre. Services include editing and proof reading of the first five pages of the novel. The first five pages will contain “how the couple meets, only.” Writers will be shown how to hook readers’ interests within the first five pages. Recommendation will be made for a forward move toward the completion of the novel.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: February 1, 2019 - April 1, 2019</b>  <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$90</b>  <b>3 CEUs</b></p>



**CEU – CWFR2**  
**“Heritage Love: A Special Pan of Biscuits”**

**\$175**  
**3 CEUs**



Frankie Williams – Rabon

*“Heritage Love, A Special Pan of Biscuits,” is a 100,000 words manuscript soon to be a published contemporary romance novel. It depicts personal interactions between the lives of five generations of African American women in my family. Although the first two generations have passed on, the three generations alive are guided by past actions, passed-down wisdom, experiences and teachings from family member women who have passed-on. Keep your heritage alive by writing stories from it. My fraternal, Aunt Sarah, once told me that Grandma Bertha would cook Grandpa Ivory, a special pan of biscuits every morning. Yet Grandma Bertha advice to a preschool Frankie was if you love someone don’t let them know. Her advice never made sense to me until I was told by my Aunt Sarah that it connected with slavery and times of segregation. You couldn’t let your preferences be known. It guaranteed you would not get what you wanted. So, many, many, stories of OUR heritage will never be revealed unless we capture OUR memories and write those memories down, even the ones we will just assume forget. The aim of this course is one of guiding, using qualitative research findings, creative writing skills, and editing by the instructor. Up to twenty-five pages of the student’s manuscript will receive a one-time editing service.*

**Instructor: Dr. Frankie Rabon**

**Dates: February 1, 2019 - April 1, 2019**

**Location: 100% Online**

**Time: 100% Online**

<input type="checkbox"/>	<p><b>CEU – CWFR3</b>  <b>Trailing Life: Writing My Life Stories, My Way</b>  <i>Trust me! Your life odyssey is more entertaining and interesting than any bestselling novel or movie. Uncover your odyssey by sharing your story in print. How interesting is the following story about my meeting Henry? I was born and raised in Shreveport, Louisiana. I married Henry who was born and raised in Sylvester, Georgia. When I met him, he was contentedly seated on a Harley-Davidson, minus wearing a helmet in Ft. Collins, Colorado. The Harley was parked temporarily on ice, partially covered with snow. Here's a better story about the late Henry Rabon. He was a scientist to his heart as a young ten-year old. On top of a building, he decided to test the theory (his theory) that an umbrella could serve the same purpose as a parachute. Upon him falling down from the building's roof with an up-toward-the-sky opened umbrella, a disaster happened that became a problem for his parents to fix. No one would have guessed, that my knight in 'shining armor' was a daredevil who became a biologist, a researcher, and wrote countless refereed journal articles on 'chickens' for Auburn University in Auburn, Alabama. Risk-taking and adventurous may be better descriptions of Henry. We all have our stories that people will sit and listen to for hours. People with whom I share the story of how my name Frankie was given to me are often amazed. My pregnant mother, Ruth went into the hospital thinking she was carrying Frank Williams, Jr. or Linda Sue. However, my parents left the hospital with feisty Frankie Mae born July 8th. What's your story or stories. This course is about real life, living history, depicting one story, and one odyssey at a time, your odyssey. I will help you write one to three mini-stories using a qualitative research method. I will provide guidance on how to get your story from your research data/findings. I will edit your story once and make recommendations for improvement and how to advance your story further. I already know you have great stories to share. Trust me, when you look at your life backward/journey, your life moving forward will be best understood.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: February 1, 2019 - April 1, 2019</b>  <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$175</b>  <b>3 CEUs</b></p>
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## FOOD SAFETY

<input type="checkbox"/>	<p><b>CEU – FSFR1</b> <b>Food Safety – Clean, Safety, Separate, Chill</b> <i>Foods packaged in cans or jars that are swollen, damaged, rusted, or dented is a warning sign of botulism bacteria. Other warning signs include: swollen or leaking cans or lids, cracked jars, loose lids, and clear liquids turned milky. While taking home economics classes in high school at Booker T. Washington in Shreveport, Louisiana, I was taught to watch out for foods preserved in cans or jars such as the aforementioned has become an enduring lifelong lesson for me. My late fraternal grandmother who lived in Benton, Louisiana preserved foods in jars for years. The best eating was from spreading Grandma Bertha’s pear preserves and muscadine jelly on her homemade buttered biscuits. Foodborne illness is one of the course emphasis. Also emphasized is information regarding our “at risk” population who are at higher risk for developing foodborne illnesses (pregnant women, unborn babies, newborns, young children, older adults, and people with weakened immune systems). Food needs to be kept safe when at home, eating out, during emergency events (floods, power outages, fires, etc.), and when consuming mail-order food. Four steps to keep food safe from food poisoning (clean, separate, cook, and chill) will be strongly emphasized throughout the course.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b> <b>Dates: February 1, 2019 - April 1, 2019</b> <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$100</b> <b>3 CEUs</b></p>
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## NUTRITION AND HEALTH

<input type="checkbox"/>	<p><b>CEU – NHFR1</b> <b>Type II Diabetes: Living with Health in Mind</b> <i>Being diagnosed with type 2 diabetes can be terrifying. Having to learn how to manage diabetes through nutrition and lifestyle changes can be devastating. This course is designed to dispel misinformation and provide the basic of a healthy diet and how foods affect blood sugar and overall health. Another focus is on physical activity and stress management. Participants will select recipes to cook at home from the reading resource. A discussion through the distance learning online Discussion Board will provide a platform to discuss recipes that were tried by participants and their opinions of the tested recipes.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b> <b>Dates: February 1, 2019 - April 1, 2019</b> <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$120</b> <b>3 CEUs</b></p>
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<input type="checkbox"/>	<p><b>CEU – NHFR2</b>  <b>Practicing Mindful Nutrition: Carbohydrates, Fats, Sodium, Potassium, and Water</b>  <i>Mindfulness is marketed through many books and publications. Nutrition including mindfulness leads to purposeful eating. Eating to sustain a healthy life is the goal of most. This course gives in-depth insights on the body's relationship to carbohydrates, fats, sodium, potassium, and water. The body needs carbohydrates for energy. Cholesterol is needed for cell building. Sodium is a mineral needed to keep bodies running normally. This course emphasis is placed on purposeful eating through informed mindful practices.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: February 1, 2019 - April 1, 2019</b>  <b>Location: 100% Online</b> <span style="float: right;"><b>Time: 100% Online</b></span></p>	<p><b>\$100</b>  <b>3 CEUs</b></p>
<b>VINTAGE LUNCH AND LEARN SKILLS</b>		
<input type="checkbox"/>	<p><b>CEU – FCS12</b>  <b>Vintage Lunch and Learn Skills – Apron and Bonnet</b>  <i>Homemakers once wore bonnets as hats back in the day as a sun protector from its hot rays. Have you ever seen a bonnet that is also an apron? Bonnets that can also be turned into an apron will be constructed. All fabrics will be supplied. Fabric/patterns will be pre-cut. A pattern will be supplied for further construction. Participants will need their at-home sewing machine.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: March 4, 2019; March 11, 2019; March 18, 2019</b>  <b>Location: Jacob T. Stewart Building, Room 234</b>  <b>Time: 12:00 p.m. – 1:00 p.m.</b></p>	<p><b>\$75</b>  <b>3 CEUs</b></p>
<input type="checkbox"/>	<p><b>CEU – FCS13</b>  <b>Vintage Lunch and Learn Skills – Basic Crochet Skills</b>  <i>This course will include general skill-building/training on crocheting skills needed to complete a project. Different yarns and hooks for different projects will be explained. A basic crocheting hat/cap pattern will be provided. Beginners will probably not complete a project but will learn basic skills to complete a project. All supplies will be provided for this skill-building/training.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: March 4, 2019; March 11, 2019; March 18, 2019</b>  <b>Location: Jacob T. Stewart Building, Room 234</b>  <b>Time: 12:00 p.m. – 1:00 p.m.</b></p>	<p><b>\$75</b>  <b>3 CEUs</b></p>

<input type="checkbox"/>	<p><b>CEU – FCS3</b>  <b>Vintage Lunch and Learn Skills – Chicken Scratch/Snowflaking</b>  <i>Chicken scratch/snowflaking is an old embroidery stitch on gingham fabric. The embroidered designed can be used to decorate clothing and household projects such as pillows and quilts. Many projects decorated with chicken scratch/snowflaking embroidery were used by homemakers to created their cottage industry. This is a very easy skill to earn. It is a very relaxing way to spend one’s creative time. Also, mathematic concepts can be taught through chicken scratching/snowflaking skills.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: March 4, 2019; March 11, 2019; March 18, 2019</b>  <b>Location: Jacob T. Stewart Building, Room 234</b>  <b>Time: 12:00 p.m. – 1:00 p.m.</b></p>	<p><b>\$75</b>  <b>3 CEUs</b></p>
<input type="checkbox"/>	<p><b>CEU – FCS14</b>  <b>Vintage Lunch and Learn Skills – Grandma Fan Collar</b>  <i>Grandma Fan names an old vintage quilting pattern. This pattern will be used to construct beautiful collars that can be worn. A kaleidoscope of fabric, lace, and patterns will be provided. Also, pre-cut fabric pieces for the collar will be provided.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: March 4, 2019; March 11, 2019; March 18, 2019</b>  <b>Location: Jacob T. Stewart Building, Room 234</b>  <b>Time: 12:00 p.m. – 1:00 p.m.</b></p>	<p><b>\$75</b>  <b>3 CEUs</b></p>
<input type="checkbox"/>	<p><b>CEU – FCS15</b>  <b>Vintage Lunch and Learn Skills – Heritage Bear</b>  <i>Back in the day, many homemakers recycled scraps from old clothing and feedsacks to construct something new. Toys such as different animals were constructed. This course will take students back in time to experience the art of constructing vintage/heritage bears using the blanket stitch. Experienced seamstress should be able to complete their project without the use of the sewing machine. However, an at-home sewing machine can be used without a problem. All supplies and a pre-cut bear will be provided.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: March 4, 2019; March 11, 2019; March 18, 2019</b>  <b>Location: Jacob T. Stewart Building, Room 234</b>  <b>Time: 12:00 p.m. – 1:00 p.m.</b></p>	<p><b>\$75</b>  <b>3 CEUs</b></p>

<input type="checkbox"/>	<p><b>CEU – FCS16</b>  <b>Vintage Lunch and Learn Skills – Nine Patch Quilting Block</b>  <i>Techniques of quilting will be taught using a simple and beautiful quilting pattern, nine patch. A quilting block will be completed. All supplies will be provided which include: fabric, batting, quilting needle and pre-cut blocks. A sewing machine will not be used. All work will be hand sewn, the vintage way.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: March 4, 2019; March 11, 2019; March 18, 2019</b>  <b>Location: Jacob T. Stewart Building, Room 234</b>  <b>Time: 12:00 p.m. – 1:00 p.m.</b></p>	<p><b>\$75</b>  <b>3 CEUs</b></p>
<input type="checkbox"/>	<p><b>CEU – FCS17</b>  <b>Vintage Lunch and Learn Skills – Sock Doll and Clothing</b>  <i>Beautiful dolls can be constructed for socks. Dolls made from socks and their clothing will be completed in this course. All supplies such as socks, cotton stuffing, thread, needles, and fabric will be provided. Dolls and clothing will be pre-cut. There will be one doll per class completed. Participant will need their at-home sewing machine.</i></p> <p><b>Instructor: Dr. Frankie Rabon</b>  <b>Dates: March 4, 2019; March 11, 2019; March 18, 2019</b>  <b>Location: Jacob T. Stewart Building, Room 234</b>  <b>Time: 12:00 p.m. – 1:00 p.m.</b></p>	<p><b>\$165</b>  <b>3 CEUs</b></p>

\_\_\_\_\_  
Signature of Participant (if 18 years of age or older)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant’s Parent/Representative  
(if under 18 years of age)

\_\_\_\_\_  
Date



## **Grambling State University**

Office of Continuing Education and Service-Learning

Dr. Rory L. Bedford, Director

### **Office Hours**

Monday-Thursday: 7.30 a.m. – 5.00 p.m.

Friday: 7.30 a.m. – 11.30 a.m.

### **Physical Address**

Grambling State University  
Jacob T. Stewart, Room 222  
Grambling, LA 71245

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