



Continuing education

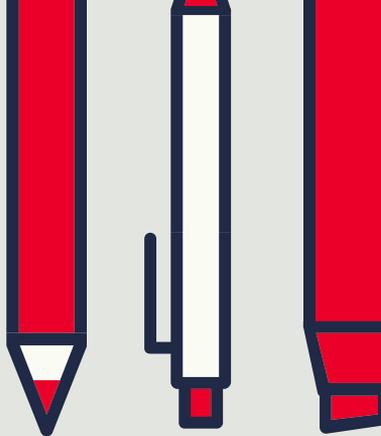
ST. LAWRENCE
CEGEP CHAMPLAIN

Senior Learner Spring Institute

May 24-June 20, 2022

Learn. Move. Connect.





SENIOR LEARNER SPRING INSTITUTE

Introduction to Portuguese (20h)

With Rafael Finn

MONDAYS (MAY 30, JUNE 6-13-20)
9:00AM-11:30AM

WEDNESDAYS (MAY 25, JUNE 1-8-15)
9:00AM-11:30AM

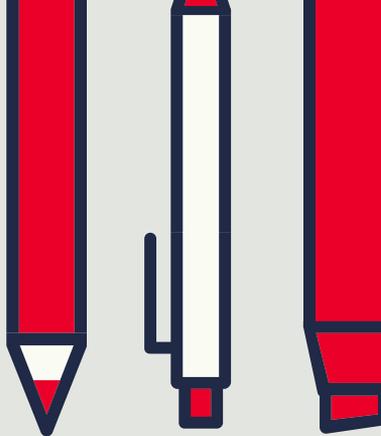
\$200

Falas Português? Welcome to a beginner's introduction to Portuguese! This class aims to give students with little to no experience a straightforward overview of the Portuguese language. Common words, phrases, and expressions will be covered, as well as the basic grammatical tenses. Nuances of pronunciation, most notably between Brazilian and European dialects, will be heard and explained. We look forward to introducing you to Portuguese, the sixth-most spoken language in the world!



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SENIOR LEARNER SPRING INSTITUTE

Launching your own Business (20h)

With Martin Plante

TUESDAYS (MAY 24-31, JUNE 7-14)
1:00PM-3:30PM

FRIDAYS (MAY 27, JUNE 3-10-17)
1:00PM-3:30PM

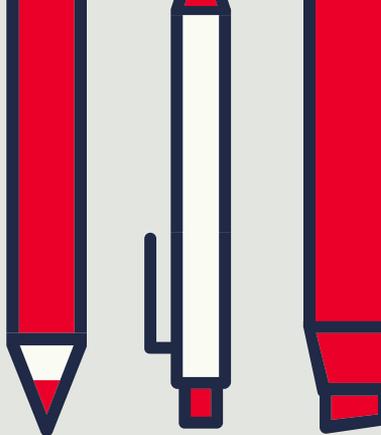


Thinking about a 2nd or 3rd career, or retiring, and considering starting your own business? To build your business plan, you could get punctual advice from friends and relatives, or find professional answers to your questions. If you decide on the 2nd option, this class is for you. Come learn about setting up your project, marketing, operating a business and even basic notions on financial management and accounting.



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SENIOR LEARNER SPRING INSTITUTE

Introduction to the American Short Story(20h)

With Rafael Finn

**WEDNESDAYS (MAY 25, JUNE 1-8-15)
1:00PM-3:30PM**

**FRIDAYS (MAY 27, JUNE 3-10-17)
1:00PM-3:30PM**

\$200

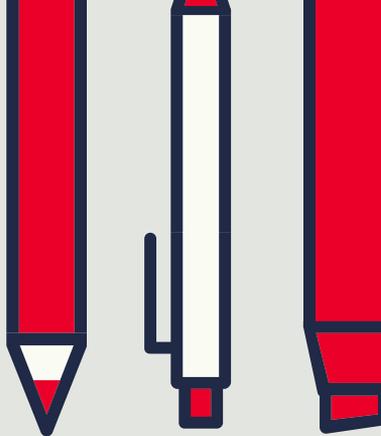
"I was never really insane except upon occasions when my heart was touched." – Edgar Allan Poe

Why write less if not to say more? Join us for a four-week literary adventure as we survey the American short story in its various incarnations. Beginning in the nineteenth century, each week will focus on exploring the content and context of short stories by Edgar Allan Poe, Kate Chopin, John Steinbeck, and others. No literary experience required.



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SENIOR LEARNER SPRING INSTITUTE

Introduction to American Politics (20h)

With Guillaume Bogiaris

MONDAYS (MAY 30, JUNE 6-13-20)
9:00AM-11:30AM

WEDNESDAYS (MAY 25, JUNE 1-8-15)
9:00AM-11:30AM

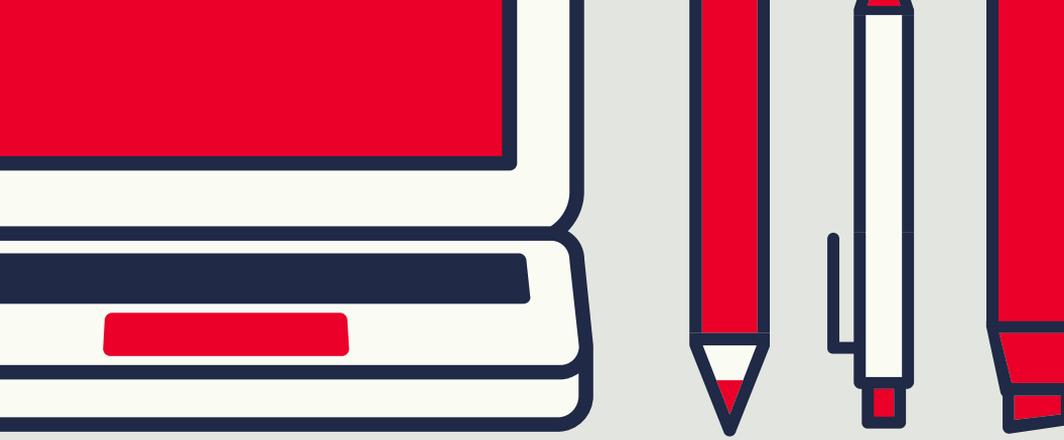


This course is a survey introduction to the American Federal Government. We will study its fundamental institutions, their mechanisms, and the policies they generate. We will also examine the ideas and intentions behind the existence and roles of said institutions and explore the ideas behind the creation (and the actions) of the US federal government as we know it today. At the end of this course you should be familiar with the workings of the US democracy, the institution of the presidency, the workings of Congress and the US bureaucracy as well as the normative foundations of representative democracies and democratic republicanism.



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SENIOR LEARNER SPRING INSTITUTE

The Philosophy of Machiavelli (20h)

With Guillaume Bogiaris

**MONDAYS (MAY 30, JUNE 6-13-20)
1:00PM-3:30PM**

**WEDNESDAYS (MAY 25, JUNE 1-8-15)
1:00PM-3:30PM**

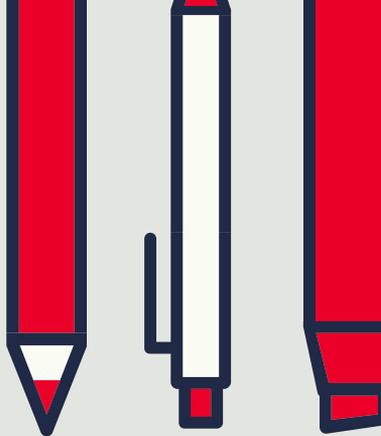


Machiavelli is a philosopher who has shocked and captivated audiences for centuries. In this course, we will read his major philosophical and literary works and discuss their legacy, (mis)interpretations, and engage critically with his ideas. By the end of the course, students will have begun to demystify this intriguing thinker, increased the depth of their familiarity with his thought, and have acquired some familiarity with the main trends in Machiavelli studies.



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The Happiness Class (20h)

With Louis-Alexandre Berthelot

**TUESDAYS (MAY 24-31, JUNE 7-14)
1:00PM-3:30PM**

**FRIDAYS (MAY 27, JUNE 3-10-17)
9:00AM-11:30AM**

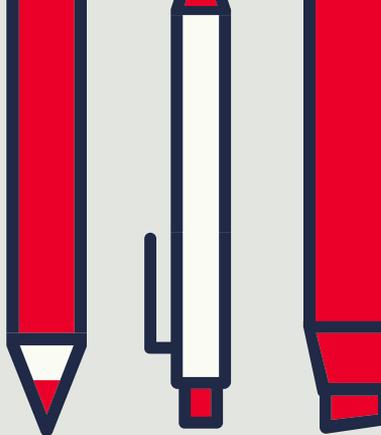
\$200

What is happiness? What makes you happy? Can you get happier through study and effort? This is a class that answers these questions and shows you how you can use the answers to build a happier life. Happiness is a core competency for those who want to be in charge of their lives. The concepts learned in this course will lead to enduring improvements and lifelong learning. At the end of the course, you will take away key concepts and actionable insights to apply to your daily routines.



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History of Modern China: 1798 to Today (10h)

With Daniel Perreault

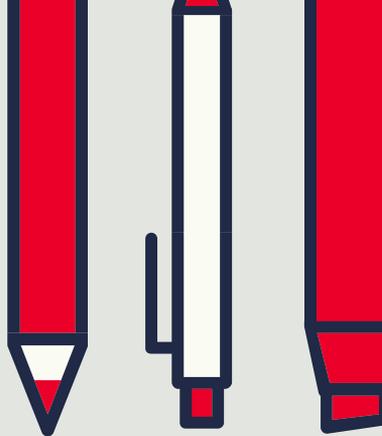
**THURSDAYS (MAY 26, JUNE 2-9-16)
1:00PM-3:30PM**

This course will cover some basic elements of Chinese history: the terrible 19th century, the civil war, Mao's China, Deng's China, and the China of the early 21st century. We will look at selected social, economic and political issues. There will be lectures, in-class exercises, and group discussions.



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Advanced English Conversation Club (10h)

With Susanne Viktora

**THURSDAYS (MAY 26, JUNE 2-9-16)
9:00AM-11:30AM**

Are you interested in improving your English speaking and communication skills? The Advanced English Conversation Club is open to learners of English who are looking for a stimulating and encouraging environment in order practice and improve on their conversation skills. During this session, some topics may include doing a presentation on a topic of choice, talking about current events, participating in a debate and improving on pronunciation and vocabulary.



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SENIOR LEARNER SPRING INSTITUTE

Ready for Retirement? (10h)

With Raymond Déry

TUESDAY (MAY 24-31, JUNE 7 -14)
9:00AM-11:30AM

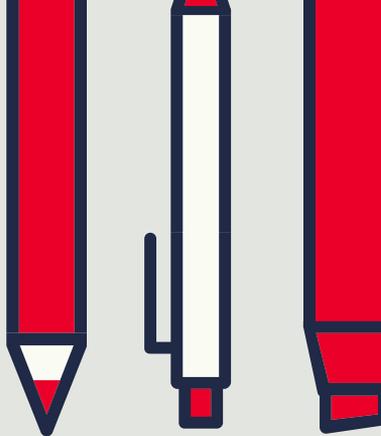
\$100

Retirement readiness rests upon four pillars: your health, your attitude and expectations, your financial wellbeing and your legal affairs. For many of you, financial planning can be a major concern. We can look at that: RRSPs, TFSAs, insurance, RRQ, OAS as well as investments. But proper retirement planning goes much further than this. You'll want to maintain your intellectual prowess and your physical stamina. How will you spend your time? How will you keep yourselves fit? How might you maintain an active social life? Are your legal affairs in order? We can tailor the class content to your particular needs and interests. The course is designed for both the recently retired and those who may retire within ten years or so.



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SENIOR LEARNER SPRING INSTITUTE

Discovering Quebec City (20h)

With Louis-Alexandre Berthelot

MONDAYS (MAY 30, JUNE 7-14-21)
1:00PM-3:30PM

THURSDAYS (MAY 26, JUNE 2-9-16)
1:00PM-3:30PM

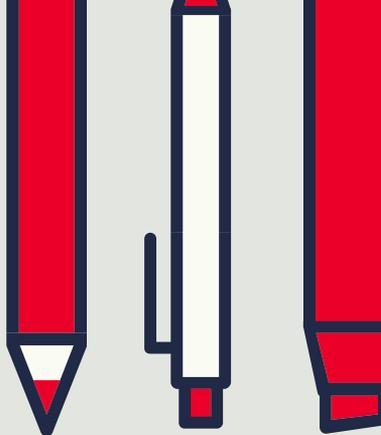


This course allows students to correctly characterize the Quebec City Region geographically, historically and culturally using a structured model. Students will demonstrate the ability to identify accurately and describe precisely its main tourist attractions. The students will discover lesser known aspects of the City and develop an appreciation for its physical, historical and cultural features.



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SENIOR LEARNER SPRING INSTITUTE

Zumba Gold™ with Julie!

With Julie Labbé,

**TUESDAYS (MAY 24-31, JUNE 7-14)
11:45AM-12:45PM**

**THURSDAYS (MAY 26, JUNE 2-9-16)
11:45AM-12:45PM**



Come move your body with Julie! Take advantage of our beautiful facilities to follow a gentle fitness class with our dynamic and friendly instructor. Julie's fitness activities are adapted to the needs of adults aged 50 and older, and the schedule leaves enough time to have lunch and shower before afternoon classes. You may sign up for one of the classes every week (\$40), or for both days every week (\$80).



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