

# Massey High Community Education Popular Courses for 2015

## Art Classes



Looking for a hobby? Always wanted to be artistic? At Massey High we offer a range of Art classes where you can meet each week in a social and relaxed atmosphere and create beautiful works of Art. Choose from Acrylic Painting or Mosaics, , Pencil Drawing, Maori Flax Weaving Scrapbooking or Henna Body Art.

## General Interest Classes

### **Hairdressing - A snip in time saves money**



As part of Massey High School's Community Education Programme the Hairdressing 7 week course is both useful and fun. Students learn how to colour, cut and style all different hair types.

"I wanted to learn to cut my children's hair and through the support and encouragement of Karyn our tutor I feel very confident now giving them a haircut. The course has exceeded my expectations and I am very happy in having such a knowledgeable tutor. I will do more courses at night class to extend my interests and skills. I can't believe how affordable these classes are"

The classes are fun and the students comment on the good company of their classmates.

## **Home, Garden and DIY**

### **Landscaping**

An introduction to basic Landscaping Design, construction and planting. You're welcome to use a project of your choice.

Tutor - Chris Skinner, Project Manager for the 'Mucking In' TV show.

## **Employment, Training and NCEA**

### **Barista Course with NZQA Certificate**



Barista industry training with a qualification for coffee enthusiasts or trainee Barista's. We are offering a certificate of achievement in Barista Skills. This is a six week course totalling 12 hours of espresso coffee making and theory. You will cover the following unit standards:

**17284 - Demonstrate knowledge of coffee origin and production**

**17288 - Prepare and present espresso beverages for service**

This qualification is the minimum industry requirement for a trained Barista. The cost is \$250 and includes the workbook, certificate and materials.

## **Business and Finance Classes**

### **Basics in Accounting and Business Management**

The importance of keeping records in business, documents used in business, ledger accounts and why they are important, preparing profit & loss accounts and balance sheets, cash receipts & cash payments and bank reconciliation statements.

### **Civil Law Made Easy**

**These courses cover knowing your rights and the processes in certain situations.**

### **Limited Licenses & Drunk Driving**

If you are convicted of drunk driving you may be able to get a limited license to get you to and from work. This session will explain how to go about getting one.

### **Car Crashes: Protecting Your Rights**

Accidents can get messy. There may be problems with who pays for what and insurance companies. This session explains your rights and what you can do.

### **Buying & Selling a Car**

When buying a car, it is important to protect yourself. This session will cover your consumer rights, how you can avoid trouble and what to do in a dispute.

## **Computing**

Computer courses are still proving popular choices for students attending Massey High School's Community Education Programme. Excel and Microsoft Office courses assist students to find employment and enhance their skills in existing jobs. We also have Computer Essentials, for the frustrated beginner and Creating your own Android Mobile Apps

All the tutors are experienced tutors who use the various programmes in their workplaces. They provide excellent take home exercises and practice handouts. Check the Community Education West Auckland booklet and website for further details.

## **In The Kitchen**

Learn how to cook Café Style food and delicious international recipes at our Indian, Italian and Thai cooking classes.

All our Tutors ethnicities are directly relative to the type of cooking they are teaching bringing their culture into the classroom.

### **New 'In the Kitchen' 2015**

#### **Allergy Cooking**

Learning to cook gluten, dairy and egg free recipes without needing store bought packets.

#### **French Pastries**

An introductory course into the world of delectable French pastries.

## **Music & Dance Classes**

Have a special occasion coming up and want to blow everyone away on the Dance floor or just wanting to get fit and meet new people with the same interest as you? Come to one of our Dance Classes, we offer Ballroom and Latin Dancing for beginners.

### **New 'Music & Dance' 2015**

We are excited to offer Bollywood, Bhagra & Hip Hop dance classes by the very talented 50/50 Dance Crew.

## **Languages**

The classes are designed to give students confidence in initiating conversations, asking directions, ordering food, finding your way around and developing an insight into the customs and culture of another country.

We offer classes in Italian, Japanese and Spanish.

Our Tutors are all from their respective countries and are passionate about their language, culture and customs. "We live in a multicultural society, especially here in Auckland and it is accepted that learning another language is an advantage when looking for employment. We can offer extension or intermediate classes if students wish to continue with their learning"

## **Recreation & Health**



For those who like to be active and enjoy group exercise we offer a mixture of fitness classes – Yoyalates, Tai Chi and Nordic Walking  
We also offer:

- Massage & Aromatherapy
- Reflexology
- Spiritual Awareness - Introduction

### **New 'Recreation & Health' 2015**

#### **From Stress to Strength – Mindfulness & Energy care**

Stress in this day and age is a leading cause of unhappiness, energy depletion and ill health, this practical and holistic course will teach you how to understand the habits of stress and effective tools to use energy in a more positive way.

#### **Meditation & Mindfulness**

Meditation and Mindfulness are both ways to find inner peace and to make the most of every moment. They help you to stay centred and balanced, to improve your focus and feel more "in charge" of yourself. A \$25 workbook to be purchased from the tutor once the course commences.