

PERSONAL ENRICHMENT PROGRAM (PEP)

PREPARING YOUR COLLEGE BOUND

STUDENT FOR LIFE PROGRAM - As a parent you will pay tens of thousands of dollars (sometimes per year) for your student's college education. The U.S. Dept. of Education states that the average student changes their major 3 to 4 times. In many cases the student will have to take summer make-up courses, possibly take 5 years to graduate and still not know what career to pursue. So, what's the answer? Students should stop guessing and consider being career assessed and reviewed in order to discover and research their meaningful choices. A comprehensive career assessment and review will be executed using U.S. Dept. of Labor data and questions. Results of the assessment (based upon combined abilities and preferences) will be interpreted and individually discussed with each student. Your student will be able to research highlighted careers and be prepared to select colleges that offer majors and minors matched with those careers. This program has been successfully executed since 1994 to more than 2,700 students at several large Middlesex County high schools. If you and your student have serious concerns about identifying appropriate careers, this course will be of great value to your family. Identifying a student's career choices should be the first step before selecting any college.

Now, let's find your "best school". Your student will learn a unique technique showing how to select the most appropriate colleges based upon 53 various, personal requirements. Your student will identify their most important 15 requirements and complete an important spreadsheet. After evaluating each school, the student will be able to prioritize and select colleges based upon logic rather than emotional feelings.

"How To" written guides on executing many college tasks will be distributed as a set to each student. Parents are encouraged to attend any sessions in order to facilitate better and more parent/student communications

Grade	Dates	Time	Location	Fee	Code
9-12	Sat. 10/22-12/03	10:00 am - noon	Senior Center	\$89	21014-01

HOW TO INVEST FOR YOUR FUTURE - Now is the time to take financial control of the rest of your life. Don't just sit there and regret doing nothing about your financial future. Too many of us realize that we should do something but we're afraid, don't trust, or have lack of subject knowledge.

This is an information course (with nothing to sell) designed to inform anyone who has little or no knowledge about business, finance or investments. This course will be taught to you in easy to understand language. You will learn about kinds of investments, terminology, financial statements, fundamental and technical analysis measurement tools, broker and internet trading along with a discussion on risk tolerance. You will be able to design your own portfolio in a relaxed, casual, primarily lecture and some workshop format.

Now, you can understand just about everything you have to know in building and managing your own investments. At the course's conclusion you should be able to recognize and act upon "good" versus "bad" investments based upon your new knowledge and own risk criteria.

Age	Dates	Time	Location	Fee	Code
18 +	Mon. 10/17-11/21	11:30 am - 1:30 pm	Sr. Center	\$89	21000-01
18+	Thurs. 10/20-12/01	1:45 - 3:45 pm	Sr. Center	\$89	21000-02

HOW TO MANAGE YOUR PERSONAL BUDGETING

- Do you ever wonder why you don't have enough money at the end of the month to pay all your bills? Do you know where all your money went? This course will explain how you can get out of debt by budgeting your income and expenses. For those individuals who have little or no understanding of money, you will learn how to take control of your financial life. With lecture and class participation in an educational format you will learn about budget terms, how to plan and make your own personal budget and how to manage your budget.

Age	Dates	Time	Location	Fee	Code
18 +	Mon. 11/28-12/12	11:30 am - 1:30 pm	Sr. Center	\$47	21001-01
18+	Wed. 11/30-12/14	11:30 am - 1:30 pm	Sr. Center	\$47	21001-02

HOW TO DEVELOP THE BEST HOME GARDEN

- Did you ever wonder what it took to have a great garden? Now is the best time to learn all the tips and tricks that expert gardeners have always known.

You will learn all about garden location, soil preparation, irrigation, pest control, harvesting and crop rotation along with all the techniques and guidelines. After you attend this course, be prepared to harvest many bountiful crops.

In lecture format we will discuss do's and don'ts along with tips and tricks in easy-to-understand language showing you step-by-step how to be a great gardener. Now you can have the best garden in the neighborhood.

Age	Dates	Time	Location	Fee	Code
18 +	Thurs. 12/8-12/22	1:45 - 3:45 pm	Sr. Center	\$47	21003-01

"You have needs, We offer solutions"

MOTIVATED TO SUCCEED PROGRAM

- This **Motivated 2 Succeed Program** is designed to encourage middle and high school students who now are not performing up to their potential capabilities. Right now, these students may have less than desired attitudes about themselves, school and where they could go in life. They might be underachieving and/or non-goal oriented. Their school grades may be disappointing because they aren't interested in studying. If you think that your student could do much better in school, this program may get your student back on track.

The program is a combination of at least "How To Develop The Power Of Positive Thinking" (3 sessions) and "How To Motivate Your Student Now" (3 sessions). There will be class discussions explaining why students need to think positively, develop realistic, achievable goals for themselves and become more motivated towards achieving those goals. This program is designed for students who voluntarily will agree to study 2 hours each school night or 10 hours per week. The program's premise is that when your student becomes more excited about their potential, they will become more willing to expend a greater effort to reach that potential. They will want to learn more skills and use more tools to compete.

The **Motivated 2 Succeed Program** consists of 6 course sessions and periodic free "touch up" sessions to reinforce the student's progress throughout the school year. During the "touch up" sessions, students will be encouraged to discuss their progress and ask whatever questions or concerns they may have. Parents are encouraged to attend any sessions in order to facilitate better and more parent/student communications.

Grade	Dates	Time	Location	Fee	Code
6-12	Sat. 10/22-12/03	10-12 pm	Senior Center	\$89	21015-01

AVOID GETTING "RIPPED-OFF" ON YOUR AUTO REPAIRS

- Now is the time to learn about car survival. Too many of us are afraid or unknowledgeable of either sensing or fixing a minor problem. Why jeopardize yourself or your family's safety?

In simple and easy-to-understand language, you will be enlightened to discover how to solve annoying, distracting or safety car problems regardless of your prior experience. Today, driving a car is a necessity. Let's learn how to survive!

In lecture format we will discuss simply how a vehicle works, how you can perform minor car repairs and servicing and discover the world of safety tips and tricks. You'll save money too! Finally, regardless of age or whether you are a man or woman, you will know what to do and how to do it if your car is unsafe. Now is the time to drive in comfort and safety. You don't have to be a car "captive" anymore.

Age	Dates	Time	Location	Fee	Code
18 +	Wed. 11/23-12/14	1:45 - 3:45 pm	Sr. Center	\$61	21007-01
18+	Wed. 11/30-12/21	7-9 pm	Sr. Center	\$61	21007-02

HOW TO SUCCEED IN PUBLIC SPEAKING

- If you're afraid to speak in public, you might be in big trouble. Today, more than ever, we have to communicate our thoughts, ideas and proposals with others. In the workplace we have to speak clearly with our managers, peers and subordinates in order to get the job done. Speaking poorly or not speaking at all could very well cost you the opportunity to advance your career.

In lecture and presentation format we will discuss public speaking tips and tricks. On selected topics you will speak to the class and successfully get your point across to them. By the end of the sessions, you will lose your speaking fears and feel comfortable presenting to a group of people. Public speaking is easier than you think. See for yourself.

Age	Day	Date	Time	Location	Fee	Code
18 +	Wed.	10/19-11/16	1:45-3:45pm	Sr. Center	\$75	21005-01
18+	Tues.	10/18-11/22	4-6 pm	Sr. Center	\$75	21005-02

HOW TO UNDERSTAND YOUR INVESTMENT STATEMENTS - You receive monthly and/or quarterly investment statements and you don't have a clue what all that paper means. You're curious as to how your investments are performing but you don't know how to make a meaningful comparison. You want to make wise investment changes and measure your alternatives but need some help.

In lecture and class participation format we will discuss at least your 401K, 403B, IRA, Pension Plan, Mutual Fund, Stock, Bond, and/or Bank statements. You do not have to use real numbers if and when you discuss your situation. For the person who has little or no understanding of finances, we will discuss the contents of these statements in easy to understand language.

This course is intended only to educate attendees and with nothing to sell. At the course's conclusion you should be able to understand and act upon all your investment statements.

Age	Dates	Time	Location	Fee	Code
18 +	Mon. 10/17-11/07	1:45 pm - 3:45 pm	Sr. Center	\$61	21011-01
18+	Thurs. 10/20 - 11/10	11:30 am - 1:30 pm	Sr. Center	\$61	21011-02

HOW TO UNDERSTAND YOUR PERSONAL FEDERAL & NJ STATE INCOME TAXES -

Stop letting the thought of taxes overwhelm you. Having someone else prepare your tax forms is not enough. Maybe, last year you didn't know what information to save and you lost some valuable deductions. Possibly, you paid too much taxes and still don't know why. Let's understand the basic information in easy to understand language. Now, you don't have to be a finance or tax wizard to get the job done and save lots of money. Here's your chance to get many of your questions answered, file early and get your refunds quicker.

This is a lecture course designed to inform anyone who has little or no knowledge about taxes. This course will be taught to you in non-technical and easy to understand language. You will learn about current federal and state tax laws and forms applicable to you. You will be able to evaluate your various tax alternatives and make the right choices now. Let's make tax planning easier.

Age	Dates	Time	Location	Fee	Code
18 +	Tues. 11/29-12/20	4 - 6 pm	Sr. Center	\$61	21010-01

SECRETS FOR A LONG, LOVING MARRIAGE -

Listen! Can we talk? If you're married or single and still not happy, this workshop may be for you. Learn all about the facts of married life and how to apply them to your mutual advantage. Understand how marriage can be a life-long experience of sharing, trusting, and loving with lots of joyous, personal satisfaction.

Learn how to select your best mate, jump-start a poor marriage and recognize when divorce may be inevitable. You don't have to wonder, guess or hope any more. This can be a great opportunity to improve yourself.

In both lecture and round table format we'll discuss many of the secrets, tips, and tricks in easy-to-understand language showing how you and your current or future spouse can be happily married. Remember, a great marriage is a partnership that just doesn't happen by itself. Learn the techniques and apply them accordingly. Singles and couples who attend this workshop will be able to practice the secrets for a long, loving marriage.

Age	Dates	Time	Location	Fee	Code
18 +	Mon. 11/14-12/05	1:45 - 3:45 pm	Sr. Center	\$61	21009-01
18+	Thurs. 11/17 - 12/15	11:30 am - 1:30 pm	Sr. Center	\$61	21009-02

HOW TO DEVELOP THE POWER OF POSITIVE THINKING -

Did you ever wonder why some people are quite happy and love life and others are not? For those of us who constantly procrastinate and find it hard making decisions, can't break some bad habits, can't seem to get out of debt, feel uncomfortable facing each day, and just plain want to change your life for the better, this course is for you. You weren't born the way you are, you learned to be this way! Understand why you are in your current situation, how you can change your feelings and actions as you would like and finally break out of your shell, forever.

In class you will be enlightened to discover, understand and see what it takes to be a positive thinking person. Then, you too will have the power to adjust your life as you wish and look forward to a more comfortable future. After attending this course, the new you can emerge.

In lecture, presentation and discussion format we will explore many tips and tricks in easy-to-understand language showing you the whys and how-to's for a positive life. No attendee will feel uncomfortable or embarrassed in class. Finally, this is the chance to develop your power of positive thinking, be a happier person and affect others positively.

Age	Dates	Time	Location	Fee	Code
18 +	Mon. 10/17-11/7	4-6 pm	Sr. Center	\$61	21008-01
18+	Mon. 11/28-12/19	7-9 pm	Sr. Center	\$61	21008-02
18+	Thurs. 12/8 - 12/29	4-6 pm	Sr. Center	\$61	21008-03

FINALLY, GET RID OF YOUR ACCENT -

Did you ever wonder or do you feel that others aren't paying full attention to what you say because you have an accent and are somewhat difficult to understand? When you plan to move forward in the workplace, you must be understood clearly by all your associates. Mispronouncing words may hold you back. Accents don't go away by themselves. You must identify accents and work at solving this temporary problem.

If you can understand and speak the English language, you are an ideal candidate for this course. This class is for those individuals who care to speak better English. In lecture and class participation format you will be shown where all your "word group" mispronunciations occur. Then, without any embarrassment, you will practice speaking those words until your accent is completely gone. If English is your second language and you feel that others are struggling to know what you are saying, what you mean or what you propose, then now is the time finally to speak perfect English. At the end of this course your accent should be gone.

Age	Dates	Time	Location	Fee	Code
18 +	Tues. 10/18-12/20	11:30 am - 1:30 pm	Sr. Center	\$131	21002-01
18 +	Tues. 10/18-12/20	7-9 pm	Sr. Center	\$131	21002-02

HOW TO PERFORM MINOR HOME REPAIRS -

Let's solve any of your home "fix-it" projects that are driving you or your companion CRAZY.

You will be enlightened to discover, understand and see how to fix most electrical, plumbing, small appliance, lighting, dry-wall and carpentry small projects regardless of your prior experience. Too often something stays broken only because we don't know how to attack and fix the problem.

In lecture format we will discuss these problems in easy-to-understand language, review alternative solutions and observe step-by-step how to complete the job. See how simple and how much fun it is to be independent and productive. Now, any man or woman can be a problem-solver, fix all those broken items and save big bucks too.

Age	Dates	Time	Location	Fee	Code
18 +	Tues. 10/18-11/29 (no 11/8)	1:45-3:45pm	Sr. Center	\$89	21004-01
18 +	Wed. 10/19-11/23	7-9pm	Sr. Center	\$89	21004-02

HOW TO GET THE RIGHT JOB -

Most of us are dissatisfied with our current job for various reasons. This course will highlight those reasons and show you how to avoid making the same mistakes again. For currently dissatisfied employees, those unsure about their jobs, the unemployed, those returning to the workforce or the recent college graduate, this course will help you get the right job based upon your several career potentials.

You will be enlightened, assessed and shown your matching abilities and job preferences (the keys to your success) against over 600 U. S. Department of Labor defined vocations requiring a college degree. An outside private assessment of this kind has a current value today of at least \$500. In addition you will discover how to write your resume correctly and learn the tips and tricks of interviewing with an employer.

Everyone should feel more comfortable in preparing for life's vocational challenges. Join us and see how it's done. This comprehensive program has been implemented and administered in several universities, high schools and in private over 2,500 times.

Age	Dates	Time	Location	Fee	Code
18 +	Mon. 10/17-11/21	7-9 pm	Sr. Center	\$89	21012-01
18 +	Wed. 10/19-11/23	11:30 am - 1:30 pm	Sr. Center	\$89	21012-02
18+	Thur. 10/20-12/01	4-6 pm	Sr. Center	\$89	21012-03

HOW TO MOTIVATE YOUR STUDENT NOW -

Do you find that your student isn't very interested in school and doesn't want to study or do much homework? Are your student's grades less than his or her potential? Does it seem that you and your student are finding it more difficult to communicate with each other? These are very common problems today especially when there are many distractions competing for your student's time.

First, we will examine and discuss the techniques of communication that would permit us to interact with each other. Then, now that we are on the "same page", we can begin the process of motivation. A unique ratio will be the focus point on proving how Earning or Success is directly related to Learning. Your student will begin to understand why education is one of the keys to success. Your student will become more motivated to learn in order to reach his or her goals. Let logic rather than emotion be the tool to let your student "get back on track".

Age	Dates	Time	Location	Fee	Code
18 +	Wed. 11/16-12/7	4-6 pm	Sr. Center	\$61	21013-01
18 +	Tues. 12/6-12/27	1:45-3:45 pm	Sr. Center	\$61	21013-02

HOW TO TAKE CONTROL OF YOUR LIFE -

Are you living day-to-day without real purpose or not knowing what you want to do in the future? Do you want your life back and do more of what YOU really want? You're not alone. This course will help you unravel your current situation and begin to develop positive steps toward your "best days" and future happiness.

If you want to change your work and/or your home life now, for the better, you are an ideal candidate for this intriguing course. In easy-to-understand lecture and class participation format you will learn more about yourself by understanding life's most powerful secrets. "You weren't born the way you are. You learned to be this way". By the end of this course, you will be able to proceed toward your future goals and obtain positive results. Let's start now.

Age	Dates	Time	Location	Fee	Code
18 +	Wed. 10/19-11/09	4-6 pm	Sr. Center	\$61	21006-01
18 +	Mon. 11/14-12/05	4-6 pm	Sr. Center	\$61	21006-02

REGISTRATION FORM - You must enclose a stamped, business size, self addressed envelope with your registration. Failure to do so may result in delay of processing and may put you at risk for losing your spot in an activity. Checks should be made payable to: The Township of North Brunswick. Mail registration forms to: DPRCS Registration, 710 Hermann Road, North Brunswick, NJ 08902. Registration on first come, first serve basis. If registering for swim lessons a Swim Test Card stating appropriate level must accompany registration form.

ACTIVITY FEES ARE NON-REFUNDABLE

Family's Last Name _____ Address: _____ Town: _____ Zip: _____
 Home Phone: (____) _____ E-Mail: _____
Fill in following if registering a minor
 Father's Name: _____ Work Phone: (____) _____ ext. _____ Cell Phone: (____) _____
 Mother's Name: _____ Work Phone: (____) _____ ext. _____ Cell Phone: (____) _____
Emergency Contact: First Name: _____ Last Name: _____
 Home Phone: (____) _____ Work Phone: (____) _____ ext. _____ Cell Phone: (____) _____

FOR YOUTH BASKETBALL REGISTRATION ONLY	
I am interested in volunteering as a coach for Youth Basketball.	Yes ___ No ___
My child is playing or has played Travel Basketball.	Yes ___ No ___

*****If you are registering for a swim lesson, a swim test card must accompany registration form.**

Participant's Name Last First	Date of Birth	Sex	School (if child)	Grade	Program Code 1st Choice	2nd Choice (if applies)	Amount
TOTAL							

Payment Method: ___ Cash (don't mail) ___ Check # ___ Credit Card Mastercard ___ Visa ___
 Card # _____ Exp. Date _____ Signature: _____

MEDICAL RELEASE: I recognize that participation in contact sports and other activities may occasionally lead to injury. The most common injuries are abrasions, bruises, sprains, and strains. Less common injuries, but perhaps more serious, may occur. I hereby authorize emergency medical care for my child(ren) or myself. If, in the judgment of the staff, treatment is required for injury or illness, I hereby authorize the administering of anesthetics & recourse to other procedures deemed necessary by attending physician. I recognize that I am financially responsible for any expenses for medical care or transportation incurred.
 Doctor's Name: _____ Doctor's Phone: _____

HOLD HARMLESS AGREEMENT: I agree to abide by the conditions herein and agree to hold harmless, waive, and release any and all claims for damages against the Department of Parks, Recreation & Community Services, Township of North Brunswick, North Brunswick Board of Education, its agents and employees, and other such Individuals who may be involved in the planning and implementation of this / these programs.
 Signature: _____ Date: _____

I have read and understand the Code of Conduct agreement found on the following page _____ (signature)

Receipt #: _____
 Photos are taken during programs, special events and Township functions. Please note, the Township may print your photo in the Township brochure, on TV 15, or any other Township mailing. If you have any objections please contact Lou Ann Benson 732-247-0922 ext. 475.

CODE OF CONDUCT- The Department of Parks, Recreation & Community Services advocates and supports youth and adult programs in North Brunswick. The DPRCS staff prides itself in offering educational opportunities through leisure experiences. Participation in DPRCS programs is subject to the observance of DPRCS rules and procedures. The activities outline below are strictly prohibited. Any participant or staff member who violates this Code is subject to discipline, up to and including removal from the program.

- Abusive language towards a staff member, volunteer or another participant
- Possession or use of alcoholic beverages or illegal drugs on North Brunswick Township property or reporting to the program while under the influence of drugs or alcohol
- Bringing onto North Brunswick Township property dangerous or unauthorized materials such as firearms , weapons or other similar items
- Discourtesy or rudeness to a fellow participant, staff member or volunteer
- Verbal, physical or visual harassment of another participant, staff member or volunteer
- Conduct endangering the life, safety, health, or well-being of others
- Failure to follow any Department of Parks, Recreation & Community Services policy or procedure
- Bullying or taking unfair advantage of any participant
- Failing to cooperate with adult supervisor / leader / mentor
- Failure to leave area in the condition in which you found it, including restrooms, gym, hallways and any other area used.

I have read and understand the Department of Parks, Recreation & Community Services Code of Conduct. I agree to abide by the rules described above and understand that I may be removed as a participant, volunteer or coach if I violate any of these rules.

Please print participant's name _____

Participant's signature _____ Date _____
(please sign for child if they are not old enough)

Please print parent's name _____
(if registering for a minor)

Parent's Signature _____ Date _____
(if registering for a minor)