

# SCHOOL OF EXTENDED LEARNING: HOME ECONOMICS

---

Home Economics is offered tuition-free to community members and provides a welcoming and engaging environment for students of all levels. Students develop mental acuity and physical dexterity while learning and honing new skills by constructing projects.

To view the current schedule of noncredit classes, click here (<https://www.sbcc.edu/classes/>).

You will be taken to the web schedule page. Highlight the semester you want to search and click the "select" button. Then highlight the subject you wish to search and click the "search" button to view classes within that subject.

For assistance with application and registration, please click here (<http://sbcc.edu/extendedlearning/apply-reg.php>) or connect in person at the Main Office of Wake or Schott campuses.

For more information about programs or content, please contact Rachel Walsh, Interim Director at [rewalsh1@pipeline.sbcc.edu](mailto:rewalsh1@pipeline.sbcc.edu) or Lisa Draper, Administrative Assistant at [ladraper1@pipeline.sbcc.edu](mailto:ladraper1@pipeline.sbcc.edu).

## Courses

### HMEC NC902 Beginning Knitting (0 Units)

Hours: 30 (10 lecture, 20 lab)

The older adult student will learn basic knitting techniques and make simple projects to practice techniques. Class will help students improve manual dexterity, concentrate on detail, and enhance socialization skills. Course restricted to 98 repetitions

### HMEC NC906 Individualized Sewing (0 Units)

Hours: 30 (10 lecture, 20 lab)

This class is designed for the student who has a desire to learn to sew and/or improve their sewing skills. Students will be guided through the techniques necessary to construct a project of their choice. Projects will provide the opportunity for creativity, achievement and success through a combination of theory and practical experience. Course restricted to 98 repetitions

### HMEC NC922 Beginning Quiltmaking (0 Units)

Hours: 30 (10 lecture, 20 lab)

Course for older adults who have never quilted and those who want to develop basic quiltmaking skills. Older adults will learn the fundamentals of quiltmaking while constructing a small sampler quilt. Traditional and contemporary techniques of piecing, appliqué and quilting are covered. Course restricted to 98 repetitions

### HMEC NC943 Patchwork and Quilting (0 Units)

Hours: 30 (10 lecture, 20 lab)

Course develops skills introduced in Beginning Quiltmaking. Intermediate techniques are introduced and beginning-level techniques are reviewed. Older adults will learn various quiltmaking techniques and each term focuses on a specialized quilting style, subject or theme. Course restricted to 98 repetitions

### HMEC NC950 Knitting Workshop (0 Units)

Hours: 30 (10 lecture, 20 lab)

For older adult students that knit or would like to learn how to knit. This workshop offers an opportunity for beginners to learn to knit and for experienced knitters to conquer problems, learn new techniques and increase confidence and ability in knitting. Begin or complete projects and to receive expert personal attention in the craft of knitting in a supportive and relaxing atmosphere. Course restricted to 98 repetitions

### HMEC NC968 Sewing Tips and Techniques (0 Units)

Hours: 30 (10 lecture, 20 lab)

Students will learn to sew or refine their sewing skills. Class provides an opportunity to dedicate time for your sewing projects and receive help with a specific project. This class for all levels offers individualized and group instruction in sewing based on the interest of the students. Tips and techniques in sewing garments, accessories, quilts, home decorating projects and creative sewing will be covered. Course restricted to 98 repetitions

### HMEC NC992 Quilters Workshop (0 Units)

Hours: 30 (10 lecture, 20 lab)

Students create quilts and quilted items while reviewing and perfecting basic quilting techniques of cutting, piecing, setting, basting, quilting and binding. Individualized instruction from an experienced teacher allows students of diverse abilities to apply techniques to projects of their own choosing. Course restricted to 98 repetitions

### HMEC NC995 Sewing Studio (0 Units)

Hours: 30 (10 lecture, 20 lab)

Students will learn to sew or refine their sewing skills. Course provides an opportunity to dedicate time for sewing projects and receive help with a specific project. This class for all levels offers individualized and group instruction in sewing based on the interest of the students. Tips and techniques in sewing garments, accessories, quilts, home decorating projects and creative sewing will be covered. Course restricted to 98 repetitions

### HMEC NC997 Knitting Beyond the Basics (0 Units)

Hours: 30 (10 lecture, 20 lab)

Designed to help older adult students with basic knitting skills learn new techniques and finishing methods. Techniques include laces, cables, color knitting, smocking and circular knitting. Course includes new finishing methods and fixing mistakes without ripping. Provides the older adult student a relaxed enjoyable environment to develop new skills and enhance socialization while working with fellow students. Course restricted to 98 repetitions