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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FOR IMMEDIATE RELEASE:

EIU CLASSES OFFERED AT OLNEY

CHARLESTON, IL--Eastern Illinois University's School of Adult and Continuing Education has announced its Fall courses in Olney.

EIU is offering a course entitled "The Superintendent of Schools" for individuals interested in educational administration, and three undergraduate courses for those pursuing a bachelor's degree. They include "Instructional Strategies for the Elementary Classroom," "Introductory Geometry, and The Restless Atmosphere."

In addition, a special workshop for one undergraduate credit, "Stress Management for Young Professionals," will meet Oct. 12-13. This workshop deals with a holistic concept of mind/body wellness and examines stress management techniques, including the use of biofeedback, nutrition, relaxation, Rational Emotive Thinking and time management strategies.

EIU's fall semester begins Aug. 22. Tuition per semester hour is \$65.50 for freshmen/sophomores, \$66.50 for juniors/seniors, and \$70 for graduate students.

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RICHLAND COUNTY

For more information or to receive a complete schedule and registration materials, call the School of Adult and Continuing Education at 1-800-446-8918.