Our non-credit personal enrichment courses and workshops are offered at times and in places that are convenient to adults. These courses are designed for individuals who want intellectual activities, but who do not need university credit. Every spring and fall, you can choose from dozens of courses in the humanities, science and the natural world, personal finance and computing, languages, and more. Most classes meet for two hours, one night a week, for between six and ten weeks.

(Available at our Hampton Roads Center)
- **Your Passport to Retirement**

(Available at our Richmond Center)
- **Introduction to Spanish Language**

(Available Statewide)
- **Engaging the Mind Lecture Series**

(Available at our University Center)
**The Humanities**
- **Alternative Religion in America**
- **Buddhist Meditation: Philosophy and Practice**
- **Fiction Writing Workshop**
- **Historic Virginia Buildings: 1830-1939**
- **Introduction to Screenwriting**
- **Islamic History and Religion**
- **Jamestown: The Virginia Adventure**
- **Mozart Takes the Stage**
- Poetry Workshop
  - Roman Art and Architecture
  - The Arts and Crafts Movement
  - Understanding the Design of Interior Spaces
  - Writing for Children
  - Writing Your Life: A Nonfiction Workshop

The Natural World

- Introduction to the Sky and Solar System
- Landscape Design Workshop
- Medicinal Herbs
- Nutrition for Eating Well Everyday
- The Home Landscape

Business and Finance

- Fundamentals of Personal Finance
- Introduction to Computing
- Starting and Managing a Small Business
- The Art of Successful Investing

Languages

- All Aboard Italy
- Intermediate Spanish Conversation
- Introduction to Chinese Language and Culture
- Introduction to French Language
- Introduction to French Language II
- Introduction to German Language
- Introduction to Italian Language
- Introduction to Japanese Language and Culture
- Introduction to Spanish Language
- Introduction to Spanish Language II
- Le Salon de Conversation
- Spanish for Health Care Professionals