



Simple Nutrition for Everyday Life

Wednesday, September 21, 2016

8:00 a.m. - 8:30 a.m.

LeRoy V. Good Library

This workshop addresses the fundamentals of what a healthy diet should look like for a college student. The importance of meal preparation and proper hydration will be a topic of discussion. Also, the opportunity to learn detailed information about food groups, as well as the impact of sugar on the body is found here! Interesting ways to learn about a healthy diet through videos, activities and visual displays will help educate you about cooking techniques and easy, tasty recipes. Suggestions of cheap local grocery centers along with smart shopping tips will be provided. Come check it out!

Simple Fitness for Everyday Life

Thursday, September 22, 2016

2:30 p.m. - 3:30 p.m.

LeRoy V. Good Library

This workshop is a hands on program which includes basic information on how to achieve a fit, healthy lifestyle. Students will be able to interact with navigators on how to workout properly without injury as well as pinpoint an exercise plan geared toward achieving a specific goal. The importance of proper technique, as well as appropriate gym behavior/ etiquette will also be addressed.

A Day in College / Good Sleeping Habits

Monday, October 3, 2016

8:00 p.m. - 9:00 p.m.

Alice Holloway Young Commons

Canal Hall

As students some of us may not have the best sleeping habits, but we know how harmful staying up late can be for the rest of our week. This online video tutorial will focus on how to develop healthy sleeping habits and what a good rest can improve not only our academic life but our personal life as well.

Monroe Community College
Brighton Campus / Fall 2016

First Year Experience!



Admissions

STATE UNIVERSITY OF NEW YORK

MCC
ASSOCIATION



FYE Fall 2016 Workshop Series

The First Year Experience Program brings students together to collaborate with MCC faculty and staff, as well as with each other in support of transitioning to college life at MCC. The focus is on how to become academically successful, socially integrated into the college environment, and career or transfer ready. The First Year Experience program is designed for student participation in FYE workshops by including appealing information to students who are attending College Success Courses (COS).

If you would like to learn more about the First Year Experience Program at Monroe Community College please feel free to visit our office in building 3, room 129 or visit our website at:

<http://www.monroecc.edu/depts/fye>

To schedule a FYE workshop during your class time please contact Matthew Lawson at 292-2495, or e-mail mlawson014@monroecc.edu.



Get Organized! Tips & Tools for Success!

This program offers a series of three mini-programs which can be utilized together or individually. It is important for new students to start early and learn efficient organization skills. We will go over some simple ways to plan ahead during college, such as consistently using a planner or calendar and taking effective notes. By the end of the program, students will have a better understanding of simple organization skills to implement in their learning.

Using Your Syllabus / Managing Multiple Classes

Monday, September 12, 2016

8:00 p.m. - 8:30 p.m.

Alice Holloway Young Commons

Canal Hall

Setting Up Your Semester Calendar / Planner

Tuesday, September 13, 2016

10:00 a.m. - 10:30 a.m.

LeRoy V. Good Library

Effective Note Taking

Wednesday, September 14, 2016

8:00 a.m. - 8:30 a.m.

LeRoy V. Good Library

Online Option:

<http://www.monroecc.edu/depts/fye>

Monday, Tuesday, Wednesday, Thursday, Friday



Money-Minded MCC

Wednesday, September 21, 2016
7:30 p.m. - 8:30 p.m.
Alice Holloway Young Commons
Canal Hall

Wednesday, October 19, 2016
12:00 p.m. - 1:00 p.m.
LeRoy V. Good Library

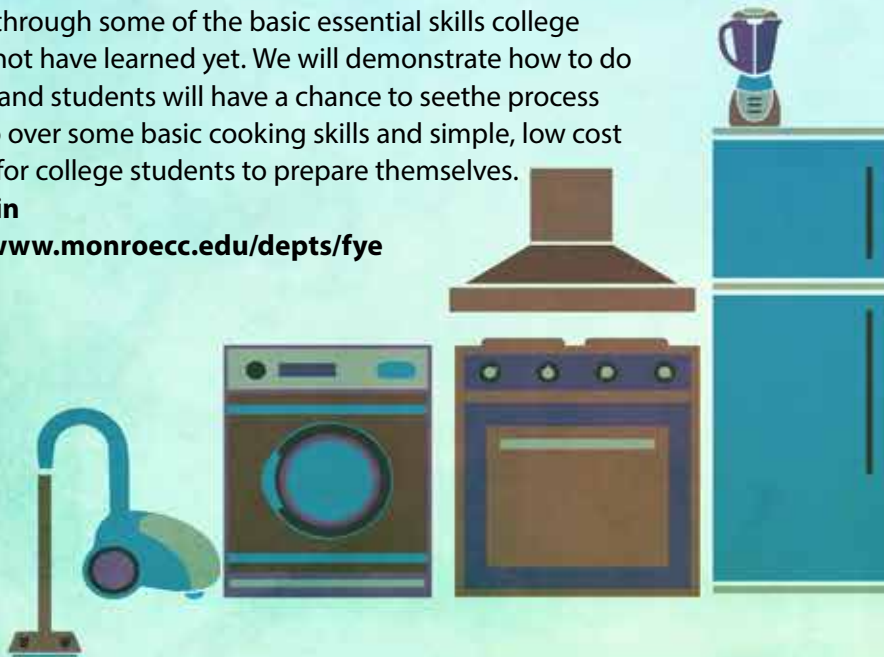
This program utilizes the board game *Charge Large* by Hasbro. The game teaches players about spending cash wisely, the use of credit cards, and managing debts. Before the game begins, we will do a short presentation to give the students tips about debt and allow the students to use this information in gameplay. Following the game we will do another small wrap up presentation, discuss the choices students made, and explain the value of a credit score, including information about ways to build and maintain good credit.

Basic Home Skills for College Students

This video tutorial goes through some of the basic essential skills college students need but may not have learned yet. We will demonstrate how to do laundry the correct way and students will have a chance to see the process in action. We will also go over some basic cooking skills and simple, low cost recipes that are realistic for college students to prepare themselves.

Program Length: 30 min

Online Option: <http://www.monroecc.edu/depts/fye>



Passport Series

Passport to MCC

Thursday, September 15, 2016
2:30 p.m. - 3:15 p.m.

LeRoy V. Good Library

This program is a fun and interactive way to introduce students to the different resources available to them on campus. Students will receive a "passport" and a "travel itinerary" and have an allotted amount of time to visit as many college departments on their itinerary as possible. All the offices housed under Academic Services can be included in this activity. At each office the student must introduce themselves and get answers to specific questions listed on their passport in order to receive a stamp for their visit. The first three students to collect the most stamps in their passport will receive a prize!

Passport to ATHLETICS

Monday, September 19, 2016

12:00 p.m. - 12:30 p.m.

LeRoy V. Good Library

This program takes students through building ten and ventures into the Brighton Henrietta surrounding areas. The purpose of this workshop is to highlight convenient places to participate in activities geared towards fitness. Some of the passport hot spots are located at the facilities we have on campus available to students and faculty. Other locations include gymnasiums and swimming pools in the towns surrounding both MCC Brighton and Damon campuses. How far away each location is from MCC is also listed for convenience. There is something here for everyone!

Passport to ROCHESTER

Tuesday, October 4, 2016

11:00 a.m. - 12:00 p.m.

LeRoy V. Good Library

This program highlights areas within Brighton and Henrietta where students can go to relax, shop and take care of any other college needs. With or without a car, getting to these places is possible. We have included different bus routes which takes students to each of the destinations including how far and how long it may be to get there.

CAREER Workshops:



Career Proposal

Monday, October 3, 2016

12:00 p.m. - 12:30 p.m.

LeRoy V. Good Library

Resumes reflect the type of person you are by highlighting your skills and achievements. Many resumes are formatted depending on the career of choice. Despite their slight differences, all resumes share a few common similarities which ultimately gets you the job if done right. Ideal resumes include several topics defining your background and what achievements have gotten you here today. With a little support and guidance, the likeliness of you getting your dream job will be within reach!

Foot in the Door

Wednesday, October 5, 2016

11:00 a.m. - 11:30 a.m.

LeRoy V. Good Library

Interviews take place in many different environments and shared by various viewers. Our goal in this workshop is to enable you to leave those viewers with a positive impression. To establish this type of reaction, a firm handshake, steady eye contact and proper language will be useful. How you present yourself for the interview could set you one step closer to having your foot in the door.

Dress for Success

Monday, October 17, 2016

9:00 a.m. - 9:30 a.m.

LeRoy V. Good Library

Many people undergo several different looks that identify who they are. First impressions do matter and our appearance makes all the difference so when it comes to pursuing a specific job opportunity, we are here to help. As you get prepared to walk into your new future, the way you present yourself will guide you to your goals. Your goals will be achieved through our instructions on how to properly tie a tie, tuck in your dress shirt, iron your clothing, shine your shoes and use the hygiene essentials. This may be a great start to your successes, but dos and don'ts for your attire is key. With this coaching, you will be able to dress for your success.