

The background of the entire page is a vibrant, abstract graphic composed of numerous overlapping, semi-transparent handprints. The hands are in various colors including shades of green, blue, yellow, orange, red, and purple. They are all oriented with fingers pointing upwards, creating a sense of collective growth and reaching for the future.

# First Year Experience!

Monroe Community College  
Brighton Campus / Spring 2016



Admissions

STATE UNIVERSITY OF NEW YORK

MCC  
ASSOCIATION



A black and white line drawing of a dandelion with its seed head blowing away, set against a light blue background.

## FYE Spring 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 becoming academically successful, socially integrated into the college environment, and career or transfer ready. The First Year Experience Program includes participation in FYE events and workshops, and also provides information to students during College Success Courses (COS) that contribute to students' intellectual and practical competencies.

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](mailto:mlawson014@monroecc.edu).

2016 FYE Workshop Planning Team:  
Adity Gupta / Class of 2016  
Alicia Wyble / Class of 2017  
Alyssa Morales / Class of 2017  
Derek DiRisio / Class of 2016

A colorful illustration of five hands holding puzzle pieces that form a globe, symbolizing human connection and global unity.

## The Authentic Self and Human Connection

This workshop is designed to assist students in developing a true-self personality through practices of authenticity and networking. Students are encouraged to make connections throughout their academic, professional, and social activities. This workshop will enlighten students on how they can make connections (at MCC and beyond) and why they should always embrace potential opportunities when they arise. Both the in-person workshop and online workshop will contain an introspective self-assessment tool to be evaluated and learned from, as well as potential scenarios in which one can establish their authentic behavior or embrace networking opportunities.

Date	Time	Location
Thursday, February 04, 2016	5:00 PM - 6:00 PM	Forum, 3-130
Friday, February 26, 2016	8:00 AM - 9:00 AM	Empire Room
Monday, March 07, 2016	11:00 AM - 12:00 PM	Empire Room

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



## Basic Home Skills for College Students

This video tutorial goes through some of the basic, yet essential skills, college students need but may not have learned. We will demonstrate how to do laundry the correct way and students will have a chance to see it in action. We will also go over some basic cooking 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>**

## An Echo To Be Heard: Body Image & Healthy Well-Being

This workshop series delves into the following:

- The idea of what it means to have a “body image”
- Society’s play on how we view our bodies in today’s world
- What it means to have a body and how to “shift the focus-become the echo”
- How to incorporate self-care into a healthy state of being
- College resources that address healthy life styles

Date	Time	Location
Friday, February 12, 2016	8:00 AM - 9:00 AM	Empire Room
Monday, February 29, 2016	11:00 AM - 12:00 PM	Forum, 3-130
Thursday, March 17, 2016	5:00 PM - 6:00 PM	Forum, 3-130

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

## Passport to MCC!

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 receive a prize!

Date	Time	Location
Monday, February 01, 2016	11:00 AM - 12:00 PM	Empire Room
Tuesday, February 02, 2016	2:00 PM - 3:00 PM	Empire Room
Monday, February 08, 2016	12:00 PM - 1:00 PM	Forum, 3-130

## Money-Minded MCC

This program will utilize 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 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.

Date	Time	Location
Wednesday, March 09, 2016	11:00 AM - 12:00 PM	Forum, 3-130
Monday, March 21, 2016	12:00 PM - 1:00 PM	Empire Room
Thursday, March 24, 2016	5:00 PM - 6:00 PM	Forum, 3-130





# Get Organized! Tips & Tools for Success!

This program offers a series of 4 mini-programs that can be utilized together or individually. It is important for new students to start early and get good 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.

## Setting Up Your Semester Calendar/Planner :

Wednesday, February 03, 2016	8:00 AM - 9:00 AM	Forum, 3-130
Tuesday, February 09, 2016	3:00 PM - 4:00 PM	Empire Room

## Using Your Syllabus / Managing Multiple Classes:

Wednesday, February 10, 2016	12:00 PM - 1:00 PM	Empire Room
Wednesday, February 24, 2016	11:00 AM - 12:00 PM	Forum, 3-130

## Effective Note Taking:

Friday, February 05, 2016	8:00 AM - 9:00 AM	Empire Room
Thursday, February 25, 2016	5:00 PM - 6:00 PM	Forum, 3-130
Wednesday, March 16, 2016	11:00 AM - 12:00 PM	Forum, 3-130

## Setting up an Exam Study Schedule:

Tuesday, March 22, 2016	12:00 PM - 1:00 PM	Building 9, Room 171
Wednesday, March 23, 2016	12:00 PM - 1:00 PM	Building 9, Room 242

## Online Option:

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



# Healthy Ways to Deal With Stress in College

This program will include a short presentation as well as an opportunity for students to work with each other and put some methods of stress management into action. Students will identify stressors in their life (sharing is optional!) and discuss what they are currently use as coping mechanisms and why. There will be a discussion on common unhealthy ways people deal with stress followed by ideas of positive, healthy coping mechanisms. We will wrap up the class by having each student create a gratitude list.

Date	Time	Location
Thursday, February 11, 2016	5:00 PM - 6:00 PM	Empire Room
Tuesday, March 08, 2016	3:00 PM - 4:00 PM	Empire Room
Monday, March 14, 2016	11:00 AM - 12:00 PM	Building 9, Room 170

Monday Tuesday Wednesday Thursday Friday