



# mvcconnect

NON-CREDIT COURSES • ACADEMIC PROGRAMS • CAMPUS EVENTS



# KEY + MAP

**MVCC Utica:** 1101 Sherman Drive

**AB:** Academic Building

**JC:** Jorgensen Center/Gym

**ACC:** Alumni College Center

**WH:** Wilcox Hall (Formerly IT)

**ST:** Science & Technology Building

**QUAD:** Quad

**STAR:** Box Office Locations

**MVCC Rome:** 1101 Floyd Ave.

**PC:** Plumley Complex

**MVCC Carpentry and Masonry:**

335 Catherine St., Utica

**Weekday Abbreviations:**

**M:** Monday

**T:** Tuesday

**W:** Wednesday

**Th.:** Thursday

**F:** Friday

**Sa.:** Saturday

**Su.:** Sunday

## Symbols:

**FastTrack** Free Program (Non-Credit)

**\$** Ticketed Event (Campus Events)

**PB** Program Board (Campus Events)

# UTICA CAMPUS

## Academic Building

- Public Safety
- CCED
- Human Resources

## Alumni College Center

- Bookstore
- Career Development Center
- Health Center
- Residence Life
- Resident Dining
- Student Engagement

## Francis A. Wilcox Hall

- Accessibility Resources
- Learning Commons
- Theater

## Payne Hall

- Administrative Offices
- Admissions
- Financial Aid
- Holistic Student Support
- Library

## Jorgensen Athletic and Events Center

- Fieldhouse
- Fitness Center
- Pool

## Residence Halls

- Bellamy
- Butterfield
- Daugherty
- Huntington
- Penfield

## Science and Technology Building

- FABLab

## Quad/College Green

## Parking Lots



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Check for the **FastTrack** icon to see our free career programs!



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# NON-CREDIT COURSES

Time to think spring! Spring is a great time to get back on track, try something new, or take your skills to the next level. The following pages highlight non-credit community education opportunities at MVCC. We offer both in-person and online classes to fit your schedule, with programming for all ages and interests. We can't wait to see you this spring!



**FREE  
FastTrack  
PG 29**

**CONSTRUCTION  
TRAINING  
PG 10**



**COOKING  
PG 18**



## CLASS FORMAT KEY

Take a class this spring! We have an option for you!

**In-Person:** On Campus

**Online Live:** Classes via Zoom on scheduled day/time

**Online Asynchronous:** Scheduled class dates; work at your convenience

**Online Self-Paced:** Start anytime; work at your own pace

All classes are instructor-led. In-person classes are subject to change per SUNY COVID-19 guidelines.

# PROFESSIONAL DEVELOPMENT



## Eight-Hour Pre-Assignment Training Course for Security Guards **FastTrack**

This is an eight-hour course required by New York State as the first step in obtaining a security guard registration card from the Department of State. The course provides you with a general overview of the duties and responsibilities of a security guard. The passing of an examination is required for successful completion.

**Instructors:** Joe Ciccone, John Bielby, Rick D'Alessandro

**Various Locations** • **FREE!**

**Utica:** Feb. 6, 8 • T, Th. • 6-10 p.m.

**Rome:** March 9 • Sa. • 8:30 a.m.-4:30 p.m.

**Utica:** April 16, 18 • T, Th. • 6-10 p.m.

## 16-Hour On-the-Job Training Course for Security Guards **FastTrack**

This is a 16-hour course that must be completed within 90 days of employment as a security guard. The course provides you with detailed information on the duties and responsibilities of a security guard. The passing of an examination is required for successful completion.

**Instructor:** Rick D'Alessandro

**Utica** • April 23-May 2 • T, Th. • 6-10 p.m. • **FREE!**

## Eight-Hour Annual In-Service Training Course for Security Guards

This eight-hour course must be completed within 12 months of completing the Eight-Hour Pre-Assignment Training Course for Security Guards and annually thereafter. The course provides you with updated and enhanced information on security guard responsibilities.

**Instructors:** Joe Ciccone, John Bielby

**Various Locations** • \$70

**Utica:** Feb. 20, 22 • T, Th. • 6-10 p.m.

**Rome:** April 6 • Sa. • 8:30 a.m.-4:30 p.m.

## SAVE School Violence Prevention

This workshop satisfies the New York State Education Department's requirement for two-hour school violence prevention training (SAVE) and focuses on issues relating to violence and safety for school-age children from the identification and prevention perspectives.

**Instructor:** John Bielby

**Various Locations** • 4-6 p.m. • \$30

**Rome:** March 11 • M

**Utica:** April 18 • Th.

## Child Abuse Recognition

The New York State Education Department requires healthcare, educational, and other licensed professionals to be trained to identify and report child abuse. This program includes the updated 2023 curriculum as mandated by NYSED. Matriculated MVCC students should consult with academic advisors before enrolling.

**Instructor:** John Bielby

**Various Locations** • 6-9 p.m. • \$40

**Rome:** March 11 • M

**Utica:** April 18 • Th.

## Dignity for All Students (DASA)

This course will address the social patterns, identification, mitigation, and strategies for addressing harassment, bullying, and discrimination in educational settings. Successful completion of this course will meet the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012.

**Instructor:** John Wells

**Various Formats** • Sa. • 9 a.m.-3 p.m. • \$100

**Online Live:** Feb. 3

**Rome:** March 9

**Utica:** April 20

## Notary Public Test Prep

If you have wanted to become a notary public but have been worried about the exam, this class will help. Don't let the terminology scare you; you can become familiar with the terms and laws and learn the skills necessary to sit for the notary exam and earn the license to become a more valuable asset in your workplace.

**Instructor: Gloria Karol**

**Various Locations • Sa. • 9:30 a.m.-1:30 p.m. • \$60**

**Rome: April 6**

**Utica: May 4**

## NYS 77-Hour Real Estate Salesperson Pre-Licensing Course

This course will prepare you for the New York State real estate salesperson's examination and satisfies the state-mandated 77-hour pre-licensing education requirements. The fee includes a textbook, course materials, and test prep.

**Instructor: Joanne Zennamo**

**Utica • April 8-June 6 • M, T, Th. • 6-9 p.m. • \$550**

**No class May 27.**

More online, self-paced options in real estate training are available with our partner The CE Shop:  
mvcc.thecheshop.com

## ONLINE CERTIFICATES

All certificates include all two or three courses unless otherwise indicated. Courses in a certificate can be taken individually or as a sequence. These classes are online and asynchronous. Spring certificates are offered in two sessions:

### Session 1 Dates:

**Course 1: Feb. 5-March 1**

**Course 2: March 4-29**

**Course 3: April 1-26**

### Session 2 Dates:

**Course 1: April 1-26**

**Course 2: May 6-31**

**Course 3: June 3-28**



## WordPress Certificate **NEW**

WordPress is the most popular content management system for website and blog design, and this course is a great way to learn or refresh your knowledge — build and maintain a WordPress website or blog; customize it by hand-coding HTML, CSS, and PHP; create a website backup; and apply SEO techniques.

**Instructor: Andy Helmi**

**Online Asynchronous • April 1-June 28 • \$495**

## Certificate in Web Design

Discover the basics of web design using HTML and CSS — no prior knowledge of HTML or web design required! After the first course, you will have the information you need to plan and design effective web pages. Learn about creating effective and dynamic websites/applications, as well as responsive design, advanced layout, and design features, and explore industry standard technologies and frameworks.

**Instructor: Marcus Lander**

**Online Asynchronous • Individual courses: \$245**

**Take the full certificate at a reduced rate: \$595**

**Course 1: Introduction to Web Design**

**Course 2: Intermediate Web Design**

**Course 3: Advanced Web Design**

## Diversity, Equity & Inclusion in the Workplace

This program focuses on improving cultural competence and encourages continuous learning to help students gain a better understanding of DEI. To improve diversity, achieve equity, and foster inclusion, one must be intentional, consistent, and courageous.

**Instructors: Jermaine Dykes, Travette Webster**

**Online Asynchronous • Individual courses: \$195**

**Take the full certificate at a reduced rate: \$495**

**Course 1: What is DEI?**

**Course 2: Inclusive Communication**

**Course 3: DEI & Organizational Success**

## Certificate in Data Analysis

Gain a basic understanding of how to analyze data in a business setting, then learn how many of your business decisions involve comparing groups for differences. Learn how to perform inquiries that will be useful to your organization and communicate results through graphs and text that your fellow employees will understand.

**Instructors:** John Rutledge, Mary Dereshiwsky, Jeff Kritzer

**Online Asynchronous • Individual courses: \$195**  
**Take the full certificate at a reduced rate: \$495**

**Course 1:** Introduction to Data Analysis

**Course 2:** Intermediate Data Analysis

**Course 3:** Advanced Data Analysis

## SQL Certificate

Learn about relational database structures, the history and uses of Structured Query Language, and how to use it to create a database, add records to database tables, and extract meaningful data from database tables. You'll also learn how to alter data in a database and gather significant statistics, as well as techniques that will enable you to write powerful queries that perform complicated searches and sorts on your data.

**Instructor:** Cecilia Allison

**Online Asynchronous • Individual courses: \$245**  
**Take the full certificate at a reduced rate: \$595**

**Course 1:** Introduction to SQL

**Course 2:** Intermediate SQL

**Course 3:** Advanced SQL

## Harwood Training

FREE Personal Protective Equipment Safety training for those working in construction, general industry, healthcare, and manufacturing facilities.

The training will address the identification of hazards requiring PPE, including the selection and proper use of PPE to protect workers from exposure and injury in the workplace. This two-hour training will be provided in-person, at no charge.

The instructor for the class is a former safety inspector for the New York State Department of Labor with more than three decades of experience in occupational/workforce safety and health.

For a customized on-site (if appropriate space is available) training for your specific company, please contact Terésa Fava-Schram at 315-334-7778.

Flexible times can be offered to accommodate various shifts. The training will be translated into multiple languages and interpreters will also be available at no charge.

## Certificate in Power BI

This certificate will enhance your skills in data analysis, providing greater insight into your organization's performance and allowing you to make more informed decisions using Microsoft's Power Business Intelligence (Power BI) software, a widely used business analytics service you can install for free. Add user-friendly features to enhance reports and analyze results.

**Instructor:** Marion Williams

**Online Asynchronous • Individual courses: \$195**  
**Take the full certificate at a reduced rate: \$495**

**Course 1:** Introduction to Power BI

**Course 2:** Intermediate Power BI

**Course 3:** Advanced Power BI

## Certificate in Mastering Excel

Discover how to visualize your data into meaningful information with confidence. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Increase your efficiency by learning how to organize, display, and calculate your data into useful information. Learn a variety of Excel's most powerful features to analyze data quickly and easily.

**Instructors:** Amy Klous, Betsy Flanagan, John Rutledge

**Online Asynchronous • Individual courses: \$195**  
**Take the full certificate at a reduced rate: \$495**

**Course 1:** Mastering Microsoft Excel

**Course 2:** Intermediate Excel

**Course 3:** Advanced Excel

## Airframe and Powerplant Test Prep Course

MVCC's Center for Corporate and Community Education, in conjunction with the College's Airframe and Powerplant Technician program, has developed a course to prepare qualified candidates to successfully complete the Federal Aviation Administration's A&P certification examinations.

This 80-hour course, along with recommended self-study hours, will help prepare you for the FAA's written, practical, and oral exams.

**Tuition:** \$1,400. **Book kit:** \$190.

Classes located at 645 Bomber Drive on the Griffiss Business and Technology Park in Rome, N.Y.

For information on the class, contact Airframe and Powerplant Professor and Test Prep Coordinator Todd Rankins at 315-868-9575 or [trankins@mvcc.edu](mailto:trankins@mvcc.edu).

## Graphic Design Software Essentials Certificate

Learn the Adobe software tools, the leading software for graphic design. Illustrator allows you to draw shapes and design logos, posters, banners, and business cards. Use Photoshop to edit, retouch, and enhance existing images, or create your own composite digital artwork. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books, and magazines. Students are responsible for purchasing their own software.

**Instructor:** Andy Helmi

**Online Asynchronous • Individual courses:** \$225

**Take the full certificate at a reduced rate:** \$545

**Course 1:** Adobe Illustrator Essentials

**Course 2:** Adobe Photoshop Essentials

**Course 3:** Adobe InDesign Essentials

## Mastering Computer Skills for the Workplace

The Microsoft Office suite of applications is the most used software tool in the world. Stay current with this class and master the most common uses so that you can work faster and more efficiently.

**Instructor:** Betsy Flanagan

**Online Asynchronous • Sept. 5-29 • \$195**

**Option 1:** Feb. 5-March 1

**Option 2:** April 1-26

## Certificate in Project Management

Gain the skills, tools, and templates to confidently develop and maintain a project, acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide, and learn the 10 Project Management Knowledge Areas and their supporting roles and relationships to the five Project Management Processes.

**Instructors:** John Fitzgerald, Jr.,

Jermaine Dykes, Gail Singleton

**Online Asynchronous • Individual courses:** \$195

**Take the full certificate at a reduced rate:** \$495

**Course 1:** Introduction to Project Management

**Course 2:** Project Management Processes

**Course 3:** Project Management Knowledge Areas

## Certificate in QuickBooks

Save time, track money, and get important insights with QuickBooks Online, the leading online accounting platform. Get a comprehensive understanding of the program, then learn how to work with more advanced topics.

**Instructors:** Marcus Lander

**Online Asynchronous**

**Individual courses:** \$195

**Take the full certificate at a reduced rate:** \$395

**Course 1:** QuickBooks Online Level 1

**Course 2:** QuickBooks Online Level 2

## Bookkeeping Certificate

Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this certificate will provide you with the knowledge needed to measure and manage the financial health of your business. This program focuses on cash-basis accounting.

**Instructor:** Sharon DeFonteny

**Online Asynchronous • Individual Courses:** \$195

**Take the full certificate at a reduced rate:** \$495

**Course 1:** Understanding Debits and Credits

**Course 2:** General Ledger and Month-End Procedures

**Course 3:** Closing Procedures and Financial Statements

## The Basics of Bookkeeping

Learn bookkeeping terminology and what it means to keep track of the numbers. This course will help you understand the numbers, where they go, and why.

**Instructor:** Sharon DeFonteny

**Online Asynchronous • Oct. 2-27 • \$195**

**Option 1:** March 4-29 • **Option 2:** May 6-31



## Mastering Video Marketing Certificate

Video marketing is the new marketing trend. Shoppers who viewed product videos were 144% more likely to add the product to their cart, and videos with good SEO have a 53% higher chance of showing up on page one of Google searches.

**Instructor: Rob Lee**

**Online Asynchronous • Individual courses: \$245**

**Take the full certificate at a reduced rate: \$395**

**Course 1: Video Marketing**

**Course 2: YouTube for Business**

## Certificate in Marketing **NEW**

Discover advanced and new best practices in marketing. Learn advanced concepts and principles and acquire an understanding of how digital marketing and print complement and enhance each other, and how to integrate both kinds of marketing for greater overall effectiveness.

**Instructors: Danny Sill, Garrett Stern, William Draves**

**Online Asynchronous • Individual courses: \$195**

**Take the full certificate at a reduced rate: \$495**

**Course 1: Advanced Marketing Concepts**

**Course 2: Successful Print Marketing**

**Course 3: Integrated Marketing Best Practices**

## Digital Marketing Certificate

Get the keys to eMarketing success, including improving email promotions, analyzing your website traffic, search engine optimization, and successfully employing online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies.

**Instructors: Dan Belhassen, Susan Hurrell**

**Online Asynchronous • Individual courses: \$195**

**Take the full certificate at a reduced rate: \$495**

**Course 1: Improving Email Promotions**

**Course 2: Boosting Your Website Traffic**

**Course 3: Online Advertising**

## Certificate in Online Teaching

From building to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, this program provides the fundamentals of teaching online, as well as the most advanced tips and techniques in the business.

**Instructors: Mary Dereshiwsky, William Draves, Dionne Felix**

**Online Asynchronous • Individual courses: \$195**

**Take the full certificate at a reduced rate: \$495**

**Course 1: Advanced Teaching Online**

**Course 2: Designing Online Instruction**

**Course 3: Fostering Online Discussion**

## Certificate in Learning Styles for an Inclusive Classroom

Learn the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum.

**Instructors: William Draves, Julie Coates**

**Online Asynchronous • Individual courses: \$145**

**Take the full certificate at a reduced rate: \$395**

**Course 1: Developing Socialization Skills for Students with ASD • March 4-29**

**Course 2: Gender in the Classroom  
March 4-29**

**Course 3: Generational Learning Styles  
April 1-26**

## Paralegal Certificate

Designed for beginning or advanced legal workers, this class will help you pass numerous quizzes and successfully complete several writing assignments to receive your certificate. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately. For more information, visit [legalstudies.com](http://legalstudies.com).

**Various Formats • \$1,895**

**Online Live: Feb. 5-March 30 • M, W, 6-9 p.m.  
Sa., 8:30 a.m.-1 p.m. (No class Feb. 19, makeup is Feb. 22)**

**Online Asynchronous: March 4-June 14**

## Legal Secretary Certificate Course Online

This intensive program, designed for beginning and experienced secretaries, will improve your skills to work more efficiently within the law office. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately. For more information, visit [legalstudies.com](http://legalstudies.com).

**Online Asynchronous • March 4-April 19 • \$995**

## TEACHERS!

Did you know that MVCC is now an approved and accredited sponsor of Continuing Teacher and Leader Education (CTLE) hours? Offerings include Gender in the Classroom, Generational Learning Styles, Social Media and Online Tools for K12 Teachers, Students with ASD, and more. Contact Carolyn DeJohn at 315-792-5410 or [cdejohn@mvcc.edu](mailto:cdejohn@mvcc.edu) for more information.

## Lead Renovator Certification

Home improvement contractors, property management firms, handymen, landlords, or others compensated for renovations that disturb more than 6 sq. ft. (interior) and 20 sq. ft. (exterior) of paint or surface coating in pre-1978 housing, schools, or child-occupied facilities are required to obtain an EPA firm license and have their workers trained in lead-safe work practices. Renovation firms must have at least one certified renovator who has completed training and obtained a firm certification from the EPA at a cost of \$300. These courses are accredited by the EPA and fulfill the requirements for lead-safe training. EEA is a USEPA TSCA 402 accredited training provider.

## Lead Renovator Certification

This eight-hour initial certification course is required for any renovators without previous training to become a certified lead-safe contractor. The course concludes with a 25-question exam. Bring a pen, pencil, paper, and lunch; all other materials will be provided.

**Instructor: Gene Allen • Various Locations • 8:15 a.m.-5:15 p.m. • \$175**

**MVCC Carpentry & Masonry: Feb. 23 • F**

**Rome: April 6 • Sa.**

## Lead Renovator Refresher

This course is for certified renovators seeking to meet USEPA requirements for refresher training every five years. It includes the latest developments in lead hazard control and updates on regulations and industry standards. Course must be completed before the current training certificate expires.

**MVCC Carpentry & Masonry • Feb. 16 • F  
8:15 a.m.-12:15 p.m. • \$135**

## Lead Dust Sampling Technician

For individuals who will conduct lead dust clearance testing after renovation activities.

**MVCC Carpentry & Masonry • March 15 • F  
8:15 a.m.-5:15 p.m. • \$195**

## Lead Risk Assessor Refresher

Supervisor, worker, risk assessor and inspector certifications must be renewed every three years under USEPA requirements. Proof of eligibility is required.

**MVCC Carpentry & Masonry • April 26 • F  
8:15 a.m.-4:15 p.m. • \$155**

## Lead Supervisor Refresher

Supervisor, worker, risk assessor and inspector certifications must be renewed every three years under USEPA requirements. Proof of eligibility is required.

**MVCC Carpentry & Masonry • May 17 • F  
8:15 a.m.-4:15 p.m. • \$155**

## Lead Worker Initial

For on-site personnel engaged in lead abatement activities in residential properties, including health department ordered projects, United States Housing and Urban Development grant programs, Public & Indian Housing abatement programs and military abatement projects.

**MVCC Carpentry & Masonry • Jan. 23-24 • T, W  
8:15 a.m.-4:15 p.m. • \$330**

## Lead Supervisor Initial

For those who will supervise on-site abatement activities, prepare occupant protection plans and complete abatement reports. Includes health effects, medical monitoring, personal protective equipment, state-of-the-art hazard control strategies, engineering controls, legal liability, insurance considerations, supervisory practices, and waste disposal.

**MVCC Carpentry & Masonry • May 28-31 • T-F  
8:15 a.m.-4:15 p.m. • \$570**



## Asbestos Supervisor Refresher

All asbestos certificates must be renewed annually under NYSDOH and USEPA requirements. Attendees must provide proof of eligibility to attend.

**MVCC Carpentry & Masonry • Th.**  
8:15 a.m.-4:15 p.m. • \$175

**Option 1: Jan. 18**

**Option 2: Feb. 15**

**Option 3: March 21**

**Option 4: April 18**

**Option 5: May 16**

## Asbestos Handler Refresher

All asbestos certificates must be renewed annually under NYSDOH and USEPA requirements. Attendees must provide proof of eligibility to attend.

**MVCC Carpentry & Masonry • Feb. 16 • Th.**  
8:15 a.m.-4:15 p.m. • \$175

**Option 1: Jan. 25**

**Option 2: March 28**

**Option 3: May 23**

## Asbestos Inspector Refresher

All asbestos certificates must be renewed annually under NYSDOH and USEPA requirements. Attendees must provide proof of eligibility to attend.

**MVCC Carpentry & Masonry • Jan. 19 • F**  
8:15 a.m.-12:15 p.m. • \$175

## Asbestos Operations & Maintenance Refresher

All asbestos certificates must be renewed annually under NYSDOH and USEPA requirements. Attendees must provide proof of eligibility to attend.

**MVCC Carpentry & Masonry • F**  
8:15 a.m.-12:15 p.m. • \$17

**Option 1: Jan. 26**

**Option 2: March 29**

**Option 3: May 24**

## Asbestos Project Monitor Refresher

All asbestos certificates must be renewed annually under NYSDOH and USEPA requirements. Attendees must provide proof of eligibility to attend.

**MVCC Carpentry & Masonry • Feb. 22 • Th.**  
8:15 a.m.-4:15 p.m. • \$175

## Asbestos Allied Trades Refresher

All asbestos certificates must be renewed annually under NYSDOH and USEPA requirements. Attendees must provide proof of eligibility to attend.

**MVCC Carpentry & Masonry • March 22 • F**  
8:15 a.m.-12:15 p.m. • \$175

## Asbestos Project Designer Refresher

All asbestos certificates must be renewed annually under NYSDOH and USEPA requirements. Attendees must provide proof of eligibility to attend.

**MVCC Carpentry & Masonry • April 25 • Th.** • 8:15 a.m.-4:15 p.m. • \$225

## Asbestos Operations & Maintenance Initial

For facility or building maintenance staff who conduct asbestos activities that will not exceed the disturbance of not more than 25 linear or 10 square feet of asbestos containing material.

**MVCC Carpentry & Masonry • Feb. 13, 14 • T, W** • 8:15 a.m.-4:15 p.m. • \$345

## Asbestos Handler Initial

For any person employed on an asbestos abatement project whose duties involve the removal, encapsulation, application, or enclosure of any asbestos containing material (ACM).

**MVCC Carpentry & Masonry • March 11-14 • M-Th.** • 8:15 a.m.-4:15 p.m. • \$600

## Asbestos Supervisor Initial

For those who manage, supervise and act as OSHA certified competent persons during asbestos abatement activities, providing supervision and direction to workers engaged in asbestos removal, encapsulation, enclosure, and repair.

**MVCC Carpentry & Masonry • April 29-May 3 • M-F** • 8:15 a.m.-4:15 p.m. • \$700

**MVCC and ExamFX, Inc. now offer online insurance and securities courses and programs.**

- Life and Health Insurance
- Property and Casualty Insurance
- Securities Industry Essential (SIE) Training
- A variety of continuing education courses

Study totally online and qualify to take a wide variety of insurance-related New York State exams, and benefit from our "Pass Guarantee."

**Enroll at [examfx.com](http://examfx.com) to receive up to 12% off.**

- Click on "Insurance," then "Register Now."
- Manager's Email Address: [mohawkvcc@examfx.com](mailto:mohawkvcc@examfx.com) (no org. affiliation needed)
- Click "Next Step" to choose a course.

**For more information on insurance training at MVCC, contact Don Reese at 315-334-7719.**

## Barrier Precautions/ Infection Control Certificate

The New York State Education Department requires this class for licensed professionals, including physicians, physicians' assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. Certification is valid for four years. This class is self-paced and can be started at any time. (0.3 CEUs)

**Instructor: Tammy Johnston**  
**Online Self-Paced • \$50**

## CPR, AED, and Blocked Airways

This course covers CPR and Basic Life Support for healthcare students/professionals, BLS CPR (1 and 2 rescuer), BVM Ventilations, choking, and AED use for adults, children, and infants. Students who pass written and skills tests receive an AHA BLS e-card that is valid for two years. Bring \$10 cash for the certification card.

**Instructor: Karen Murphy**  
**Utica • F • 9:30 a.m.-2 p.m. • \$55**

**Option 1: Jan. 12**

**Option 2: Feb. 2**

## CPR, AED Heartsaver

This course covers CPR and AED use for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or anyone who wants to be prepared during an emergency. Topics covered are choking and AED use for adults and infants. Students who pass written and skills tests receive an AHA BLS e-card that is valid for two years. The cost of the card (\$22) is included in the tuition.

**Instructor: Karen Murphy**  
**Utica • F • 9:30 a.m.-2 p.m. • \$77**

**Option 1: March 22**

**Option 2: April 19**

## Spanish for Medical Professionals

Designed specifically for healthcare professionals, this class will help you practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. Purchasing the textbook is required: McGraw-Hill Education Complete Medical Spanish, 3rd Edition.

**Instructor: Cristina Sempé**  
**Online Asynchronous**  
**Feb. 5-March 29 • \$290**



# HEALTHCARE AND FITNESS TRAINING



## New York State High School Coaching Certification

Those wishing to coach an inter-school athletic team in NYS must meet certain minimum requirements as set forth in the Regulations of the Commissioner of Education. This includes all head coaches and assistants for varsity, junior varsity, freshman, and junior high (modified) teams of public schools. These three online classes will get you started on your certification. Learn about athletic first aid and training/conditioning principles; the basic philosophy of coaching as integral to physical and general education; and different methods of coaching and team management.

**Online Self-Paced • \$150 per class**

**Philosophy, Principles, and  
Organization of  
Athletics in Education**  
**Instructor: Matt St. Croix**

**Theory and Techniques  
of Coaching**  
**Instructor: Matt St. Croix**

**Health Science Applied  
to Coaching**  
Purchasing or renting the textbook is required: "Concepts of Athletic Training," Ronald P. Pfeiffer and Brent C. Mangus, 7th Ed.  
**Instructor: Jen Krohn**

# HEALTH & WELLNESS



## FITNESS

### Cardio Flow **NEW**

Inspired by PiYo, Cardio Flow is a unique blend of movements based on mat Pilates and yoga, kicking up the pace a few notches to create a bodyweight-only workout that lengthens and tones from head to toe. Cardio Flow is age-friendly and modifiable for all bodies. Bring a mat and an open mind!

**Instructor: Julia Shove**

Utica • T • 5:30-6:30 p.m. • \$70

**Option 1: Jan. 23-March 12**

**Option 2: March 26-May 14**

### CardioHoop

CardioHoop is a cardiovascular exercise that uses an adult-sized hula hoop to build balance, strengthen core muscles, and tone the body. Unlike traditional hula hooping, CardioHoop uses the hoop on all parts of the body. Wear comfortable clothing and bring water. No experience is necessary.

**Instructor: Carolyn LaSalle**

Utica • Jan. 23-March 19 • T  
4:15-5:15 p.m. • \$65

No Class Feb. 20.

### Pound

Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics, and Isometric poses. Through continual upper body motion using our lightly weighted Ripstix™, you'll turn into a calorie-torching drummer. Bring a mat.

**Instructor: Amanda Cruikshank**

Utica • W • 5:30-6:30 p.m. • \$65

**Option 1: Jan. 24-March 13**

**Option 2: March 27-May 15**

### DanceFit!

Get toned and fit and have a blast! Easy-to-follow moves that are so fun you'll forget you're working out. Nothing confusing, just an upbeat, shoe-shuffling workout — no dancing skills required!

**Instructor: Noah Price**

Utica • Th.  
5:30-6:30 p.m. • \$65

**Option 1: Jan. 25-March 14**

**Option 2: March 28-May 16**

### Jump(rope) into Fitness **NEW**

This exciting fitness experience elevates your skipping skills while emphasizing balance, rhythm, endurance, and technique. Master the art of jump rope and experience improved metabolism, cardiovascular health, stamina, and agility. All skill levels welcome; ropes will be provided.

**Instructor: Jason Hill**

Utica • Th. • 5:30-6:30 p.m. • \$70

**Option 1: Feb. 1-March 21**

**Option 2: March 28-May 16**

### LaBlast Fitness **NEW**

The perfect balance of dance and fitness, LaBlast is a workout in disguise! This class is built upon the fundamentals of classic ballroom dance while integrating fitness elements to mimic cardio intervals and strength-based movement. No partner nor prior knowledge is needed.

**Instructor: Julia Shove**

Utica • W • 6-6:45 p.m. • \$65

**Option 1: Jan. 24-March 13**

**Option 2: March 27-May 15**

### Wall and Mat Pilates

Interested in learning about the new Wall Pilates craze going around on social media? In addition to wall work, you'll learn traditional mat exercises that adhere to the Six Traditional Principles of Pilates: Breath, Concentration, Control, Precision, Center, and Flow. All fitness levels are welcome. Dress to exercise and bring a water bottle.

**Instructor: Kathy Bateman**

Utica • M • 5:30-6:30 p.m. • \$65

**Option 1: Jan. 22-March 11**

**Option 2: March 25-May 13**

### Full Body Sculpt **NEW**

Bringing together multiple mediums and props, Full Body Sculpt emphasizes muscular strength, endurance, and growth while challenging balance, proprioception, and stability. From dumbbells and kettlebells to stability balls and resistance bands, we'll slowly ramp up intensity as we build lean muscle mass.

**Instructor: Julia Shove**

Utica • W • 7-7:45 p.m. • \$65

**Option 1: Jan. 24-March 13 • Option 2: March 27-May 15**

## Yoga for Health and Wellness

Classes focus on a practice that targets a specific system or function of the body, such as digestion, circulation, and respiration. All classes consist of breathing, meditation, asanas (yoga postures), and relaxation techniques for all ages and levels of experience. Bring a yoga mat.

**Instructor:** Carolyn LaSalle

Utica • Jan. 23-March 19 • T • 6:45-7:45 p.m. • \$65

No class Feb. 20

## Restoring Flexibility and Mobility

This yoga practice begins with a warm-up to prepare muscles and joints. We'll work on our hips, spine, shoulders, ankles, wrists, and more, improving joint mobility and flexibility necessary for a healthy body. All levels welcome. Have a yoga mat, blocks, and a strap.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live • M • 5:30-6:30 p.m. • \$65

Option 1: Jan. 22-March 11

Option 2: March 25-May 13

## Chair Yoga

This class will improve your strength, flexibility, mobility, and balance — and it's relaxing! Participants use a chair for seated and standing poses; there is no floor work. Practice poses that focus on toning muscles while improving posture and circulation. Use a sturdy chair, not a folding chair.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live • W • 4:30-5:15 p.m. • \$110

Option 1: Jan. 24-March 13

Option 2: March 27-May 15



## Strengthen, Sculpt, and Tone

Strengthen and tone muscles using resistance bands, hand weights, paper plates, body weight, and a playground ball. This course is designed to increase physical strength, improve core strength and balance, and decrease body fat. You will need the above listed equipment and a mat.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live • T, Th. • 5:30-6:30 p.m. • \$110

Option 1: Jan. 23-March 14

Option 2: March 26-May 16

## Tai Chi

Tai Chi is a study of body mechanics derived from an ancient Chinese martial arts practice. Renowned as a rejuvenator of health and vitality, the practice can be done by anyone who can walk. It is meditative in nature, teaching body/mind control, which improves balance and movement in all of life's activities.

**Instructor:** John Bulson

Utica • M • 5:30-6:30 p.m. • \$65

Option 1: Jan. 22-March 11

Option 2: March 25-May 13

## Total Body HIIT **NEW**

A fiery 45-minute workout based on interval training, Total Body HIIT uses full-body, resistance-focused movements to build strength, increase endurance, and torch calories. Open to all experience levels, with options to intensify/modify.

**Instructor:** Julia Shove

Utica • M • 4:30-5:15 p.m. • \$65

Option 1: Jan. 22-March 11

Option 2: March 25-May 13

## Yoga Balance

Focus on centering your mind and body, helping to balance the stress of daily life. Build strength and flexibility for a stronger, more balanced body. Have your yoga mat and blocks ready.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live • W • 5:30-6:30 p.m. • \$65

Option 1: Jan. 24-March 13

Option 2: March 27-May 15

### Free Fitness Week!

Join us Jan. 8-12 for an invigorating week of free introductory sessions! Immerse yourself in our Adult Health and Wellness Program with 30-minute sampler sessions, including Cardio Blast, Yoga, Pound, and Total Body HIIT. No registration needed — just show up and enjoy! Check out our website for a list of classes.

# HOLISTIC WELLNESS

## Cultivate Self-Love **NEW**

A lack of self-love can lead us to abuse ourselves through food, substances, or poor relationship choices. When we love ourselves, we can set boundaries and make healthy choices for ourselves. Learn to view yourself as deserving of happiness.

**Instructors: Ashleigh Frank, Lynn Brooks**  
Utica • March 23 • Sa. • 10 a.m.-Noon • \$30

## Reiki Training: Level 1

Learn about the history of Reiki as a healing modality and tool for enlightenment. You will explore how Reiki works and practice using this amazing energy with yourself.

**Instructors: Ashleigh Frank, Lynn Brooks**  
Utica • Feb. 21-March 20 • W • 6-7 p.m. • \$70

## LEARN TO RIDE AT MVCC

For more information or to enroll, visit [gomotorcycling.net](http://gomotorcycling.net) or call Go Motorcycling, Inc. at 315-858-3321.



**MVCC continues its relationship with Go Motorcycling, Inc. as Central New York's headquarters for award-winning motorcycle rider training. The ride starts here! Whether you are brand new to motorcycling or have been riding for a while, there's a licensing course for you!**

### 3-Wheeled Basic RiderCourse

The 3WBRC is an entry-level course comprised of eight hours of interactive classroom learning and about eight hours of hands-on riding instruction on automatic transmission 3-wheeled motorcycles (two wheels in front and one in back).

Your successful completion qualifies you for a three-wheeled Motorcycle License Road Test Waiver of the NYS DMV Road Test. Your licensing document will restrict you to three-wheeled motorcycle operation.

### Basic RiderCourse (BRC)

The BRC consists of five hours of independent online learning and at least 11 hours of hands-on riding instruction. This course provides the beginning motorcyclist with the basic mental and physical riding skills necessary to minimize risk on the street. Motorcycles and helmets are provided. Successful participants will receive a motorcycle road test waiver.

### Basic RiderCourse 2 for License Waiver (BRC2-LW)

The BRC2-LW is designed for individuals 18 years or older that already have some street riding experience and have held a valid New York State Motorcycle Permit for at least one riding season. The course consists of a three-hour online eCourse, two hours of classroom

instruction, and approximately five hours of practice riding exercises on your own street-legal motorcycle or scooter. The riding exercises conclude with a skills evaluation. Successful participants will receive a motorcycle road test waiver.

### Introductory Motorcycle Experience (IME)

The Introductory Motorcycle Experience (IME) is just two hours long and the class size is small – just four participants! The IME is a program to get familiar with the primary controls of a motorcycle. The IME is a taste of riding without a big investment of time or money.

### Basic RiderCourse 2 for Skills Practice (BRC)

The BRC2 is a half-day class for experienced riders who already have their motorcycle endorsement. Using your own motorcycle, you'll practice techniques for managing traction.

### MSF RiderCoach Preparation Course (RCPC)

Are you a "people person?" Do you love motorcycling? Are you committed to riding safely? Maybe you'd like to join the Go Motorcycling family of MSF-certified RiderCoaches. Each RCP lasts eight days.

**Your truck-driving career starts at MVCC!**  
**We're excited to be partnering with Ancora Corporate Training.**



**DID YOU KNOW?** Truck driving is currently one of the most in-demand careers in the nation. The average starting salary for a CDL driver in Utica is \$62,000 — and many employers offer additional benefits, bonuses, and tuition reimbursement programs. In just four weeks, you can launch a flexible, lucrative career and enjoy a freedom that few other jobs can offer. Get started on your tomorrow today.

For more information or to enroll, visit  
[mvcc.edu/cced/tractor-trailer.php](http://mvcc.edu/cced/tractor-trailer.php).





# LEISURE LEARNING



## Become a Confident Caregiver: Hands-On Education **NEW**

The call to care for a loved one is often a life-changing event for all concerned. As a caregiver, how will the experience affect you physically, emotionally, psychosocially, spiritually, and financially? This workshop will teach caregivers to tend to the needs of loved ones with confidence. Learn about mealtime and medication assistance, personal care, mobility, positioning, and pain management. **This free program is offered in partnership with Hospice & Palliative Care, Inc.**

**Instructor:** Joanne A. Moskal  
Utica • April 30 • T • 6-8 p.m.

## Introduction to Fiction Writing

Designed specifically for those with little to no fiction-writing experience, this class will help you find a pathway to your fiction-writing goals. Create a new work of fiction or revive an old one that's been sitting in your bottom drawer.

**Instructor:** Jacqui Lipton  
Online Asynchronous •  
Feb. 5-March 1 • \$195

## Wild Edibles Walking Tour: Spring Edition **NEW**

Through a series of guided local nature walks, you can learn to locate and identify nutritious wild foods gathered free from Mother Nature's gardens. Learn about what nature has to offer during the spring. Classes will take place in a variety of nearby destinations. Bring a notebook and pencil.

**Instructor:** Natalie Levin  
Various Locations  
April 29-May 20 • M  
5:30-7:30 p.m. • \$80

## Basic Home Repair

In this hands-on, three-part series, learn how to confidently tackle those minor home repairs that have always seemed impossible. You'll get great advice on what tools you need and how to fix common household items, both inside and outside your living space. Take one session or all three!

**Instructor:** Todd Manolescu  
MVCC Carpentry and Masonry  
Sa. • 9 a.m.-Noon • \$60

**Plumbing:** Feb. 10

**Electricity:** March 9

**Odds and Ends/  
Home Maintenance:** April 6

## All About Birds: Fall Edition

Explore all aspects of bird life and broaden your knowledge with a strong foundation in all things feathered. The class will conclude with a Saturday (7-9 a.m. June 1) birding trip to the Utica Marsh.

**Instructor:** Brad Gibson  
Online Live • May 1-29 • W  
6-7 p.m. • \$70

## Introduction to Golf

This course is designed to help new golfers learn the fundamentals of the game in a fun, low-pressure atmosphere. Topics include basic rules and etiquette, putting, chipping, pitching, and full swing with irons and woods, with on-course play. Class will take place at MVCC's Utica Campus with a planned trip to a local course included. Bringing your own equipment is optional.

Utica • May 6-June 10 • M  
6-7:30 p.m. • \$150

No class May 27

## Creating a Backyard Habitat

Explore ways to attract wildlife to your yard by creating aesthetically pleasing native landscapes with ecological value. We will discuss design and use of space, plant species choice, and animals it will attract and benefit.

**Instructor:** Brad Gibson

Online Live • April 10-24 • W  
6-7 p.m. • \$40

## Get Paid to Teach English

Teaching English can be a high-paying career and a great way to travel for free. Learn about affordable online certification programs, as well as the best-paying jobs, how to promote your qualifications, and specific hiring organizations. Tuition includes a digital book (\$39.95 value).

**Instructor:** Gina Henry

Online Live • Feb. 10 • Sa.  
Noon-3 p.m. • \$50



## Bigfoot: In Myth and Reality

Whether you've heard it called Bigfoot or Sasquatch, the questions linger — what's real and what's not? Join this fun online class to find out more! We'll start with prehistory to modern day, looking at the fossil record, human and primate evolution, multicultural references, and even recorded encounters from Lewis & Clark and Teddy Roosevelt.

**Instructor: Brad Gibson**

**Online Live • Feb. 21-28 • W • 6-7 p.m. • \$30**



## How to Travel Free & Make Money Traveling

We're back to our travels, but everything is more expensive. How can we travel for free? Learn about the deep discounts being offered to motivate us to travel — earn free airline tickets, hotel nights, tours, and more in the U.S. and worldwide! Tuition includes a digital book (\$39.95 value).

**Instructor: Gina Henry**

**Online Live • Feb. 3 • Sa. • Noon-3 p.m. • \$50**

## Introduction to Microsoft Office **NEW**

In this three-part series, you'll learn the basics of creating Word documents, Excel spreadsheets, and PowerPoint presentations, as well as advanced techniques to make better-looking projects. Take one session or all three!

**Instructor: Shawn Essafi**

**Rome • M • 6-8 p.m. • \$40 each**

**Topic 1: Microsoft Word • March 11 • Topic 2: Microsoft Excel • April 8 • Topic 3: Microsoft PowerPoint • May 13**

## Get Paid To Talk

This workshop is an upbeat and realistic introduction to voice acting. Learn the types of voiceovers, what it's like to work in a studio, in-demand voice types, where to find opportunities close to you, and industry pros and cons.

**Various Formats • T • \$40**

**Rome: May 13 • M • 6:30-9 p.m.**

**Online Live: Feb. 15 • Th. • 6:30-8 p.m.**

# MUSIC & DANCE

## Social Ballroom Dance

Learn social dance starting with East Coast Swing and Rumba. As class progresses, so will skills, such as advanced turns, proper footwork, and arm styling using basic routines. No partner is necessary. This class is for beginner to intermediate levels.

**Instructor: Lili Piplica**

**Utica • March 4-May 13 • M • 6:45-8:15 p.m. • \$85**

## Concert Band

Gain experience in a variety of genres and perform throughout the community with a long-standing performance group devoted to fostering enjoyment and developing skills in concert-band ensemble work. Prior ensemble experience is preferred. New members are welcome.

**Instructor: Barb Seaton**

**Utica • Feb. 7-May 22 • W • 7-9 p.m. • \$30**

**No class March 13.**

## Instant Guitar for Hopelessly Busy People

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. You will need an acoustic guitar for this class. Course fee includes the online book and online follow-up videos. Ages 13+.

**Instructor: Craig Coffman**

**Online Live • Jan. 27 • Sa. • 1-3:30 p.m. • \$60**

## Instant Piano for Hopelessly Busy People

Learn all the chords you'll need to play any simple song in this one session. You'll want to have access to a piano or keyboard for hands-on portions of this class. The fee includes the online book and online follow-up videos.

**Instructor: Craig Coffman**

**Online Live • Jan. 27 • Sa. • 9 a.m.-Noon • \$60**

## Karma Asian Fusion Cuisine **NEW**

Now's your chance to make Laotian dishes at home! Jonann Velardi of Karma (formerly Taste of Laos) will guide you through several delicious dishes.

**Instructor:** Jonann and Victoria Velardi, Karma Rome • M • 5:30-7:30 p.m. • \$60

**Option 1:** April 8 • Pad Lao and Lo Mein Noodles

**Option 2:** May 13 • Sweet and Savory Egg Rolls

## Cookie Decorating

Learn the art of cookie decorating in this hands-on workshop. We will briefly talk about the basics of baking cookies and offer tips and tricks of the trade, then move into the world of decorating. You'll create a variety of designs to bring home at the end of class. Ages 12+.

**Instructor:** Maggie McGrath, The Sweet Life

Sa. • 10 a.m.-Noon • \$65

**Easter Theme:** Rome • March 9

**Spring Has Sprung:** Utica • April 6

## CULINARY CLASSES



## Lebanese Cooking with Zeina's

Taste the flavors of Lebanon and the Mediterranean and learn the tips and tricks about the recipes you've come to enjoy at Zeina's Lebanese restaurant. Learn to make many healthy and delicious Lebanese dishes.

**Instructors:** Melissa Zeina, Layla Zeina Rome • M • 5:30-8:30 p.m. • \$70

**Option 1:** Feb. 12 • Stuffed Grape Leaves, Tzatziki Sauce, Tabbouleh Salad

**Option 2:** March 11 • Vegetarian Dishes: Hummus, Falafel, Tahini

## Fun in the Kitchen Series **NEW**

Have fun while learning new recipes in this new series of hands-on cooking classes.

**Instructors:** Pat Salzer, Mona Chandler, Maggie McGrath • Rome • Sa. • 9 a.m.-Noon • \$60

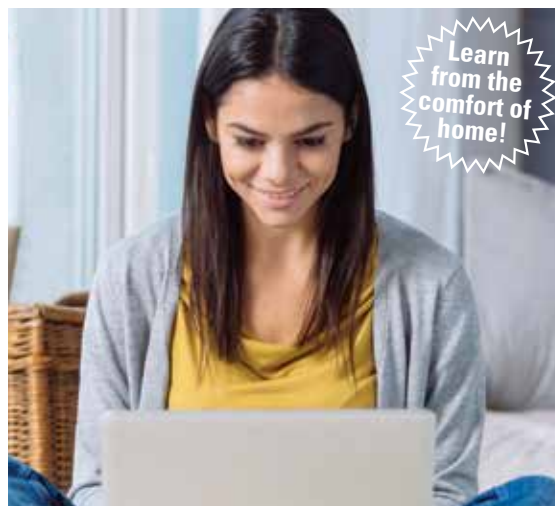
**Option 1:** Healthy Comfort Foods • Feb. 10 • **Option 2:** Handmade Pasta • March 9

**Option 3:** April Fools Food Tricks • April 6 • **Option 4:** Cake Decorating • May 11



## Online Learning

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## ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

- 6-18 Month Format
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- Prepare for certification
- Student advisors

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- Arts and Design
- Business
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

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[careertraining.ed2go.com/mvcc](http://careertraining.ed2go.com/mvcc)

## INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our leaders. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Student advisors

### Categories Include:

- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Personal Development
- Teaching and Education
- Technology

Visit our website for program details!

[ed2go.com/mvcc](http://ed2go.com/mvcc)



## Conversational Italian

Learn how to express yourself comfortably in Italian with practical, everyday words. Cultural notes are included to help you better understand the Italian way of life. Textbook required: Rick Steves "Italian Phrase Book and Dictionary" (\$12 retail).

**Instructor:** Lisa Ricci

Utica • W • 6-7:30 p.m. • \$100

**Level 1:** Jan. 31-March 20

**Level 2:** March 27-May 15

## Certificate in Effective English Grammar

This course, which reinforces the rules you learned in school and teaches some you didn't, will help you to write more effectively. Lessons range from grammar basics to more advanced concepts, such as parallelism and agreement, and the finer points of capitalization and punctuation.

**Instructor:** Ellen Feld

Online Asynchronous • Feb. 5-March 29 • \$295

## Conversational Spanish for Beginners

Practice the basic building blocks of the language and common idiomatic expressions. Learn enough vocabulary and grammar for simple conversations, including how to ask and answer questions.

**Instructors:** Cristina Sempé, Wayne Seifried

**Option 1:** Online Asynchronous  
Feb. 5-March 29 • \$290

**Option 2:** Utica • Feb. 6-April 9 • T • 6-8 p.m. • \$100  
No Class Feb. 20, March 26

## Conversational Spanish 2 **NEW**

Take your Spanish speaking skills to the next level with this course, which focuses on grammar, conversation, and culture.

**Instructor:** Wayne Seifried

Utica • April 2-May 21 • T • 6-8 p.m. • \$100

## Sign Language for Beginners

This course provides an overview of deaf culture and basic sign vocabulary and conversation protocol, including colors, numbers, letters, family members, and animals. Use games, videos, and conversation to learn these skills. Textbooks included.

**Instructor:** Deborah Pardi

Utica • Feb. 20-March 28 • T, Th.  
6-7:30 p.m. • \$100

## Sign Language Level 2

Now that you've mastered the basics, take your skills to the next level. Classes are targeted to the interests and abilities of participants. Use games, videos, and conversation to learn these skills.

**Instructor:** Deborah Pardi

Utica • April 16-May 23 • T, Th.  
6-7:30 p.m. • \$100

## Introduction to the Russian Language

Learn the Russian alphabet and how to communicate basic information. Topics include basic greetings, family, weather, time, and food. Russian culture and history also will be discussed.

**Instructor:** Wayne Seifried

Utica • March 20-May 15 • W • 6-8 p.m. • \$100  
No Class March 27

## Building Better Futures

The Campaign for Mohawk Valley Community College is a \$5 million fundraising initiative that will expand our impact and strengthen our ability to transform lives and communities through the power of education.

### Campaign Priorities

- **Student Support Funding:** Helping more students overcome financial barriers to a college education
- **New and Existing Program Development:** Attracting new talent to the local workforce, supporting entrepreneurship, and engaging youth in innovative programs
- **Campus Enhancements:** Addressing career training gaps in enduring and emerging fields and improving the quality of the student experience
- **Areas of Greatest Need:** Ensuring flexibility and continuity of support for student needs

Invest in tomorrow with a gift to the MVCC Foundation.

[mvcc.edu/donate](https://mvcc.edu/donate) 

# CLASSES FOR AGES 50+



On the road to retirement? Sample these options with CCED and Mohawk Valley Institute for Living in Retirement! Additional classes of interest include Defensive Driving, Chair Yoga, Water Aerobics, Lane & Lap Swim, Become a Confident Caregiver, and more!

## Tech-Savvy Seniors

Brush up on computer and smartphone basics, ask questions, and get guidance in solving technology problems.

**Instructor:** Shawn Essafi

**Various Locations • 9 a.m.-Noon • \$40**

**Utica:** April 6 • Sa.

**Rome:** May 3 • F

## Senior Self-Defense

Learn about the most common scenarios seniors may face and highly effective methods to avoid, manage, and survive potentially violent encounters. Ages 55+.

**Instructor:** Tom Arcuri

**Utica • F • \$35**

**Option 1:** April 26 • 6-8 p.m.

**Option 2:** June 7 • 9-11 a.m.

## Retiring to Rewiring: Easing Your Way Out of the Rat Race **NEW**

Retirement is one of the most highly sought-after phases of life but also one of the most challenging and least understood. Reframing the narrative requires a plan including wellness, community, finances, and purpose. Get ready to live your best years and stop working for the weekend! This one-day workshop will help you to prepare for this exciting and challenging life transition. The day includes a heart-healthy lunch including recipes and health-focused tips.

**Instructor:** Lorin Williams, NYS Licensed Psychologist

**Utica • April 13 • Sa. • 9:30 a.m.-3:30 p.m.**

**\$100 per person or \$175 per couple**

**\* Funding may be available. Call 315-792-5300.**

If you like these classes, you may be interested in becoming an MVILR Member! Just \$240 unlocks an annual membership and access to 150+ classes!

**CCED has partnered with MVILR to provide retirees with rich educational opportunities. MVILR is housed at MVCC's Rome Campus with dedicated classrooms, state-of-the-art event spaces, and free parking. Membership provides access to a wide variety of classes; local seniors are invited to learn, live, grow, move, think, socialize, and create with MVILR. Learn more: [mvcc.edu/mvilr](http://mvcc.edu/mvilr) or call 315-334-7761.**

# PERSONAL SAFETY

## Defensive Driving

This program offers the benefits of a 10% insurance discount and up to four points off your driving record. It emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a driver's permit. Students are required to be on time and stay until the completion of class. Bring a license or permit to class, as well as lunch. Course offered in partnership with the Oneida County Traffic Safety Department.

**Various Locations • Sa. • 9 a.m.-4 p.m. • \$40**

**Rome:** Feb. 10

**Utica:** April 20

## Cyber Self-Defense for Families **NEW**

When your child wants to go to a new friend's house, you probably ask questions — we should be having the same discussion with our kids about internet use. This interactive class will help parents/guardians figure out the do's and don'ts of social media for your kids and how to use the tools to keep them safe.

**Sa. • 9 a.m.-Noon • \$40**

**Utica:** Feb. 3

**Rome:** April 6

## General Self-Defense for Teens and Adults

This course will cover the most common scenarios law-abiding citizens may face in their everyday lives. It focuses on highly effective and efficient methods the average person can use to avoid, manage, and survive potentially violent encounters. No experience required. Ages 13+.

**Instructor: Tom Arcuri**

Utica • May 17 • F • 6-8 p.m. • \$35

## Women's Self-Defense

This clinic will cover the most common scenarios women face in their lives. The class is presented in a fun and empowering way focusing on highly effective and efficient methods the average person can utilize to avoid, manage, and survive physical encounters. No experience required. Female teens and women welcome.

**Instructor: Tom Arcuri**

Utica • Feb. 9 • F • 6-8 p.m. • \$35

## Confrontation Management Clinic

This Failsafe Method clinic will cover methods the average person can utilize to avoid, manage, and survive potentially violent encounters. It focuses on behavioral and verbal skills that are highly effective in improving your confidence and competence when dealing with confrontations. No experience required. Ages 12+.

**Instructor: Tom Arcuri**

Utica • March 22 • F • 6-8 p.m. • \$35

## Weapons Protection Clinic

This course will cover the most common scenarios law-abiding citizens may face in their everyday lives. The class will focus on highly effective and efficient methods the average person can use to avoid, manage, and survive potentially violent encounters. No experience required. Ages 13+.

**Instructor: Tom Arcuri**

Utica • April 19 • F • 6-8 p.m. • Utica • \$35



# SWIMMING

## ADULT AQUATICS

Go online for our full Adult Swim schedule: visit [mvcc.edu/cced](http://mvcc.edu/cced)

- Adult Learn to Swim
- Water Aerobics
- Water Running
- Lane and Lap Lovers
- Lifeguard and Water Safety Instructor Training

## SWIMMING LESSONS

Go online for our full swim lesson schedule: [mvcc.edu/cced](http://mvcc.edu/cced)

## Open Swim Passes

Dive into spring with our Open Swim passes — available for individuals and families! For the spring semester (Jan. 17-May 10, 2024), open swim hours are:

**Monday-Friday:** Noon-1 p.m., 4-5 p.m.

**Monday, Wednesday, Thursday:** 8-9 p.m.

**Saturdays:** 1-3 p.m.

Purchase your Open Swim pass online or on campus in AB166.

Scan the QR code for more details and to secure your spot.



# COLLEGE FOR KIDS AND TEENS

Spring Career Camps  
Feb. 19-22 and April 22-25



## Babysitters Training

Be the babysitter all the kids want! Learn basic safety skills and childcare techniques, and create a variety of activities to use while babysitting. You will fill a bag with fun projects/games to take while babysitting. Infant CPR and first aid included. Ages 12-15.

**Instructor: Cristen Gallup**  
**Various Locations • \$130**

**Utica: Feb. 19-21 • M, T, W • 9 a.m.-2 p.m**

**Utica: March 22-24 • M, T, W • 9 a.m.-2 p.m**

**Rome: March 9, April 8 • Sa. • 9 a.m.-4 p.m.**

**(Participants must take entire class to receive certificate)**

## Young Coders **NEW**

This course is designed to get elementary school-aged children excited about technology through a series of hands-on challenges. Students will learn block coding, JavaScript, and Python concepts while making their own playable mini-games. Students will work in pairs or teams for most of the program.

**Instructor: Ismar Omeragic**  
**Utica • Feb. 19-22 • M-Th. • \$160**

**Option 1: Ages 6-8: 8:30 a.m.-Noon**

**Option 2: Ages 8-10: 1-4:30 p.m.**

## Ready, Set, Zoo! **NEW**

This camp immerses students in the world of zoos, showcasing their vital work and the passionate individuals behind it. Participants will discover the significance of careers like zookeeping and education. They'll meet ambassador animals, learn safe handling practices, and gain insights into presenting live animals. The camp will conclude with a visit to the Utica Zoo. Ages 12-15

**Instructor: Zak Hughes**  
**Utica • M-Th. • 1-4:30 p.m. • \$160**

**Option 1: Feb. 19-22**

**Option 2: April 22-25**

## Printmaking Pioneers: Spring Art Camp Edition **NEW**

Budding artists can dive into the captivating world of printmaking in this hands-on camp. Young artists will develop their skills and unleash their imaginations, ultimately producing copies of their unique creations using a special printing press.

**Instructor: Nancie Coonie**  
**Utica • April 22-25 • M-Th. • 1-4:30 p.m. • \$150**

## Spring into Creativity **NEW**

Discover the magic of art and literature through captivating stories about renowned artists, delve into their lives and unique styles, and inspire your child's creativity as they create their own masterpieces. Ages 9-12.

**Instructor: Nancie Coonie**  
**Utica • April 22-25 • M-Th. • 8:30 a.m.-Noon • \$150**

## Dungeon Mastery 101 **NEW**

Sharpen your steel and dust off your spell books because your adventure begins now! This course introduces three popular systems in tabletop roleplaying games, including Dungeons and Dragons 5th edition. By the end of the course, you'll have a portfolio with more than 300 pages of content to help you run games at home. Bring your own set of tabletop roleplaying game dice (d4, d6, d8, d10/ d100, d12, and d20). Ages 13+.

**Instructor: William Stewart**  
**Utica • March 2, 9, 16 • Sa. • 9 a.m.-Noon • \$110**

## Kids in the Kitchen

Our experienced instructor will guide children through hands-on cooking sessions, emphasizing safety, teamwork, and kitchen etiquette. Each participant receives a take-home recipe book. Ages 8-12.

**Rome • Sa. • 1-4 p.m. • \$60**

**Option 1: Feb. 10 - Breads and Rolls**

**Option 2: April 6 - Cakes and Cookies**

## Junior Drone Adventure

Learn the basics and rules of drone flight. Students will first use a flight simulator and then take to the skies with a real drone! They will also learn about the various components of a drone and will be exposed to the Federal Aviation Administration (FAA) regulations and guidelines. The day will culminate with a series of activities, including an obstacle course. Ages 9-12.

**Instructor: Joe Gendron**  
**Rome • Sa. • 9 a.m.-Noon • \$75**

**Option 1: Feb. 10**

**Option 2: April 6**

## Drone Adventure

Wondering what drone careers exist? Start using a flight simulator, then take to the skies with a real drone! Learn about the various components of a drone and will be exposed to the Federal Aviation Administration (FAA) regulations and guidelines. Ages 13-16.

**Instructor: Joe Gendron**  
**Rome • Sa. • 1-4 p.m. • \$75**

**Option 1: Feb. 10**

**Option 2: April 6**

## TEST PREP

### SAT Math Review

Get extensive math explanations and problem-solving skills to help prepare for the math portion of the SAT. There will be an in-depth emphasis on successful test-taking strategies and sample tests will be used. Bring pencils and a scientific or graphing calculator.

**Online Live • May 28, 30 • T, Th. • 4-6 p.m. • \$60**

### SAT Reading and Writing Review

This class will dissect each section of the reading/writing portion of the SAT so that you feel more comfortable with the wording of the questions and the answer options.

**Instructor: Cristen Gallup**  
**Online Live • May 29 • W • 4-6 p.m. • \$50**

**Online Options!** MVCC has partnered with Ed2Go to provide a wide variety of instructor-led, online test prep classes. Topics include SAT, ACT, GRE, ATI TEAS, LSAT, and many more. Visit <https://www.ed2go.com/mvcc> and select the drop-down menu for "Test Prep" to browse and enroll in a class today. Offerings begin monthly.

## FIRST® ROBOTICS PROGRAMS

### Intro to FIRST® LEGO® League EXPLORE Robotics

Learn basic robotics, engineering, building, and programming skills using LEGO® Education WeDo sets, then apply these concepts to make your robot design come to life. Ages 6-8.

**Utica • April 22-25 • M-Th. • 8:30 a.m.-Noon • \$150**

### Intro to FIRST® LEGO® League CHALLENGE Robotics

Learn basic robotics, design, engineering, building, and programming skills using LEGO® Education SPIKE Prime robotics sets to perform fun, autonomous "missions" on a playing field. Ages 9-13.

**Utica • April 22-25 • M-Th. • 1-4:30 p.m. • \$150**



**Inspire the next generation!**

**Volunteers needed for FIRST® Robotics tournaments at MVCC on Jan. 21 and March 3!**

[mvcc.edu/firstrobotics/volunteer-sponsor.php](https://mvcc.edu/firstrobotics/volunteer-sponsor.php)



# 5 ways to register for non-credit courses

- **Register online** using Visa, Mastercard, or Discover! Go to [mvcc.edu/cced](http://mvcc.edu/cced) and click the registration link.
- **Call us at 315-792-5300.**
- **Fax to 315-792-5682.** Use registration form. Payment by credit card only.
- **Fill in the form** and mail to the address below along with a check or email it to [ccedadmin@mvcc.edu](mailto:ccedadmin@mvcc.edu). Make checks payable to MVCC. Credit card information can be taken over the phone at 315-792-5300.
- **Register in person** at the Center for Corporate and Community Education, Academic Building room 166, Utica Campus.
- **Email us at [ccedadmin@mvcc.edu](mailto:ccedadmin@mvcc.edu)** with questions or for more information.

## CANCELLATION/REFUND POLICY

As decisions to run non-credit classes are based on enrollment. Reimbursements for canceled registrations will be made as follows:

- **100% refund:** withdraw three or more business days before class begins
- **50% refund:** withdraw two days or less before class begins (for classes costing less than \$20, your refund is tuition minus a \$10 fee)
- Consideration for withdrawal requests after the first class session must be made in writing to the Center for Corporate and Community Education. CCED is dedicated to customer satisfaction. **Please call 315-792-5300 with questions and concerns.**

**Security Guard Course Cancellation Policy:** Students will be entitled to a 100% refund at any time prior to the start of instruction. 16-hour OJT course: Student will be entitled to a 50% refund if the student cancels after the start of instruction but before the start of the second eight-hour block of instruction. A DCJS-approved security guard training cannot assess any non-refundable registration fees, deposits, or cancellation fees.

**Inclement Weather/Class Cancellations:** If MVCC campuses close, all non-credit CCED classes are canceled as well. Please monitor local media outlets and when in doubt, call our office at 315-792-5300 or visit [mvcc.edu](http://mvcc.edu).

**Cancellation Policy for Online Asynchronous Classes:** If you wish to cancel an online, asynchronous class registration, you may receive a full refund up to the end of the second week of your class. After that, refunds only will be made for extenuating or special circumstances.

### NON-CREDIT REGISTRATION FORM



Scan this QR code to directly access our registration website!

**Mail or drop off registration to:**

Mohawk Valley Community College  
Center for Corporate and Community Education  
1101 Sherman Drive, Academic Building room 166  
Utica, N.Y. 13501, 315-792-5300

All fields containing an ( \* ) asterisk must be completed in order to be processed.

**\* Registrant Information**

- \*  Male  Female  Non-binary  
 Prefer Not to Answer

**\* Ethnicity Identity**

- White Non-Hispanic  Black Non-Hispanic  
 Hispanic  Asian/Pacific Islander  
 American Indian or Alaskan Native  Non-Resident Alien

\* Last Name  \* First Name  MI

\* Date of Birth  Preferred First Name  Previous Maiden Name

\* Address

\* City  \* State  \* Zip Code

\* (If a minor) Parent Last Name  \* First Name

\* Phone  MI

\* Email Address

**\* Course Information**

CRN	Course Name	Start Date	Fee

**Credit Card**  **Check**  
 Visa  Discover  Mastercard Name on Card (print)

Credit Card Number  Exp. Date  VRN (3 digit code on back)   **Money Order**

Signature  Date



# CAMPUS EVENTS

MVCC Campus Events are open to the public, and most are free to attend. All events are free for currently matriculated MVCC students.

**TICKETS**  
[mvcc.edu/tickets](https://mvcc.edu/tickets)

Tickets for all events go on sale at 10 a.m. Monday, January 22, 2024.

## JANUARY

### International Student Reception

Help welcome the international students who came to MVCC from around the world.

Utica • Jan. 30 • T • 2 p.m. • Lobby, Payne Hall

## FEBRUARY

### Psychic Fair: Is Love in Your Cards? **PB**

Have you ever had your palm read, your fortune told, or seen your life laid out before you in the deal of the cards? See if love is in your cards at this event.

Utica • Feb. 6 • T • 8:30 p.m.  
Snack Bar, ACC

### Sound Bath Experience: Healing Through Vibration **\$**

Join certified sound healers Brynn and Dan as they facilitate an hour-long sound bath session producing healing frequencies on a set of singing bowls and other healing instruments. Please bring a yoga mat, blanket, and pillow.

Utica • Feb. 7 • W • 6 p.m.  
Schafer Theater, WH • \$40 general, \$35 MVCC employees

### Art Exhibit: 2024 Faculty Select Student Show

Annual showcase featuring highlights of student artwork selected by faculty from MVCC's School of Art. Exhibit will be on display from Feb. 8-March 8.

Utica • Feb. 8 • Th. • 1 p.m.  
Juergensen Gallery, WH

### Lecture: Asexuality 101

When you think of asexuality, what comes to mind? From harmful myths to differentiating attraction and sex-drive, it is a complex identity that can completely restructure that way one understands sexuality. This lecture by R Hunsicker will explore the world of asexuality and reorient how you see love, attraction, and intimacy.

Utica • Feb. 14 • W • 5 p.m. • WH225

### Movie: The Marvels **\$**

The extremely powerful Carol Danvers finds her fate inexplicably intertwined with two younger women, Kamala Khan and Monica Rambeau. The three must then learn to work together and overcome their personal shortcomings to protect the universe.

Rated PG-13 • 2023 • 105 minutes  
Adventure/Action

Utica • Feb. 15 • Th. • 7 p.m. • Schafer Theater, WH • \$5 general, \$2 MVCC employees

### Sushi-Making Workshop **\$**

Join Chef Alex Handzel as he instructs you step-by-step how to make the perfect sushi roll. Limited tickets available.

Utica • Feb. 20 • T • 6 p.m. • ACC116 • \$10 general, \$5 MVCC employees

### Hawks Got Talent **PB**

A new version of open mic night where everyone can showcase their talent. The top 5 performers will be chosen to move onto the next open mic night.

Utica • Feb. 20 • T • 8:30 p.m. • Snack Bar, ACC



## MVCC Community Conversations: Gender Diversity

Kerr Mesner, Ph.D., Principal Consultant of Heart Story Consulting, will host two separate workshops: “Celebrating Gender and Sexual Diversity at MVCC,” which will take place online, and “Gender and Sexual Diversity: Community Conversations through Theatre,” which will be held on campus. The workshops will focus on gender diversity for MVCC and the wider community. The online workshop link can be found on the MVCC calendar.

**Online • Feb. 26 • M • 11:30 a.m.-1 p.m.**  
**Utica • Feb. 27 • T • 3-5 p.m. • ACC116**

## An Evening with Megan Piphus

Come see Megan Piphus, - Gabrielle from “Sesame Street”, to hear about her journey, see a short performance and get the chance to ask her questions!

**Utica • Feb. 21 • W • 6 p.m. • Schafer Theater**  
**\$20 general, \$15 MVCC employees**

## Magician Kid Ace **PB**

You may have seen Kid Ace on the “Kelly Clarkson Show,” “The Steve Harvey Show” or “Bill Nye Saves the World” on Netflix. His reach isn’t just limited to TV — music artists like MGMT and Lil Yatchy have featured Ace and his magic in some of their most popular music videos.

**Utica • Feb. 27 • T • 8:30 p.m. • Snack Bar, ACC**

# MARCH

## Family Fun Series: Junior Hawk Fest **\$**

Join us for a fun day filled with lots of activities for kids! Meet the Mermaid Princess from Cait’s Character Corner, see reptiles from Petzotics PetZexpress, face painting with S. Parker Creations, and more!

**Utica • March 2 • Sa. • 11 a.m.-1 p.m. • Lobbies, WH**  
**\$15 per child, \$10 MVCC employees**

## MVCC Faculty/Staff Open Mic Night

Come see MVCC’s faculty and staff show off their talents that go beyond the classroom.

**Utica • March 5 • T • 7 p.m. • Schafer Theater, WH**

## Murder Mystery Dinner Theatre **\$**

Presented by the ACME Mystery Company.  
The Tortellini Corner Market is small but proud with a distinctive fragrance, just like its owner, Papa Tortellini. Lately, life is “notta so good” for Papa. Supermarket giant Price Slasher has him in its cross-hairs as does Harry Graft, the health inspector, Mama Celeste, his wife, as well as some other shady characters. He’s counting on you and the other loyal employees of the market to come through. Ticket includes a pasta dinner. Limited tickets available.

**Utica • March 7 • Th. • 6:30 p.m. • Snack Bar, ACC**  
**\$35 general, \$25 MVCC employees**

## Inflatable Game Night **PB**

Join us for a not-so-traditional game night. This is where we will bring your typical game night to life.

**Utica • March 13 • T • 8:30 p.m.**  
**Snack Bar, ACC**

## Art Exhibit: ‘Beyond the 30-Second Mark’

A new collection of photographs by the School of Arts’ very own Babs Jones, displaying a variety of techniques that explore painting with light. Exhibit will be on display from March 21-May 3.

**Utica • March 21 • Th. • 1 p.m. • Juergensen Gallery, WH**

## Drag Show

Join our Drag Queens and Kings for a night of glam, music, dance, and fun. Stick around for a Q&A with the performers about drag and the LGBTQ+ community.

**Utica • March 21 • Th. • 7 p.m.**  
**Schafer Theater, WH**

## Fact & Film: ‘On the Basis of Sex’

The film “On the Basis of Sex” follows the real-life events of Ruth Bader Ginsberg and her work for women’s rights. A discussion of the state of women’s rights during Women’s History Month will follow the film.

**Utica • March 23 • Sa. • 1 p.m. • ACC116**

## International Board Game Day

Join MVCC's Strategic Gaming Club and play tabletop games from around the world. These games go far beyond your standard Monopoly — learn games from China, New Zealand, Africa, Japan, and Europe.

Rome • March 25 • M • 11 a.m.-1 p.m. • Atrium, PC  
Utica • March 25 • M • 4-6 p.m. • WH225

# APRIL

## International Café & Conversation: MVCC's International Students

Students who came to MVCC from around the world will share stories of their countries and presentations on their unique cultures.

Utica • April 2 • T • 2 p.m. • ACC116

## STEM Fest

A celebration of Science, Technology, Engineering, and Math for all ages! Featuring hands-on exhibits and demonstrations, this event is designed to spark interest in these fields for elementary, middle, and high school students.

Utica • April 6 • Sa. • 9:30 a.m.-1:30 p.m. • Lobby, WH

## Lacrosse Clinic \$

In this 90-minute workshop led by MVCC Head Lacrosse Coach Nick Evanoff, boys and girls ages 7 to 16 years old will learn proper cradling, passing, catching, and shooting techniques. Boys are required to have a lacrosse stick, helmet, and gloves. Girls are required to have a lacrosse stick and goggles.

Utica • April 7 • Su. • Noon • Field House, JC  
\$20 general, \$15 MVCC employees, limited free student tickets

## Utica Zoo Mobile PB

The ZooMobile program offers a variety of experiences and allows the Zoo to come to you. Learn more: [uticazoo.org/zoomobile](http://uticazoo.org/zoomobile)

Utica • April 11 • Th. • Noon • College Quad

## Drone Fest

Hosted by the Remotely Piloted Aircraft Club and sponsored by Student Engagement, Drone Fest will include demonstrations of a variety of aircrafts. Attendees can participate in a variety of hands-on events, including an obstacle flying course, drone soccer, flight simulation, hoverboard racing, and weather permitting, outdoor flight demonstrations. A food truck will be on site.

Utica • April 13 • Sa. • Noon-2 p.m. • Field House, JC

## Make & Take Workshop: Candle Making \$

Join Right Mind Syracuse and learn how to make your own set of two scented soy wax candles that you get to take home! Limited tickets available.

Utica • March 26 • T • 6 p.m. • ACC116  
\$20 general, \$15 MVCC employees,  
limited free student tickets

## Mandala of Compassion

Over a series of four days, the Venerable Tenzin Yignyen will create a sand mandala based on the theme of compassion. He is a Professor of Tibetan Buddhist Studies at Hobart William Smith Colleges and was ordained by the Dalai Lama. The dismantling ceremony will take place at 10 a.m. April 19.

Utica • April 14-18 • M-Th. • 9-11:30 a.m.  
and 1-4 p.m. • Library, PH

## Comedian Mike Paramore PB

Mike Paramore is the guy you fight to sit next to in a movie theatre or on a long car ride. His natural ability to infuse everyday situations with uplifting humor, along with his smooth delivery and powerful punch lines make him a force in stand-up comedy, apparent in his debut album "The Things We Tell Ourselves."

Utica • April 16 • T • 8:30 p.m. Snack Bar, ACC

## Golf Clinic: Short Game Fundamentals \$

Dustin Jones, PGA Professional and Owner of Hole in One Golf Center, will lead this event which includes putting, chipping, and pitching instruction. Open to all skill levels. Tickets are limited.

Utica • April 17 • W • 6 p.m. • Field House, JC •  
\$30 general, \$20 MVCC employees, limited free  
student tickets

## Workshop: Exploring Creativity

Noted author and artist Bernie Freytag (1989 MVCC grad) will discuss his artistic journey and creative process before collaborating with attendees in creative exploration. Learn more about the creative process and how to embrace your own creativity.

Utica • April 18 • Th. • 1-3 p.m. • WH225

## Faculty/Staff Poetry Reading

This annual poetry reading showcases the poetic talents of faculty and staff at MVCC.

Utica • April 18 • Th. • 6 p.m. • ACC116

## Mandala of Compassion Dismantling Ceremony

The ceremony begins in the Library, Payne Hall second floor, Utica Campus, at 10 a.m. and proceeds to the nearest body of water. This ceremony involves a walk; boots, hats, and gloves are recommended.

Utica • April 19 • F • 10 a.m. • Library, PH

## Fact & Film: Screen Reflections of American Social Mores

Motion pictures have always reflected the good, bad, and ugly of American culture. The silent film genre lent itself particularly well to social commentary on issues of immigration, race relations, gender roles, and working-class labor. Join Jessica Wilkie, Dean of the School of Humanities at MVCC, for a discussion on three short silent films — “Children Who Labor” (1912), “Making an American Citizen” (1912), and “Making of an American” (1920) — and snippets of two feature-length films — “Birth of a Nation” (1915) and “Modern Times” (1936).

Utica • April 23 • T • 4 p.m. • Schafer Theater, WH

## Burmese Festival

Join the Burmese students and staff members at MVCC at Thingyan, the celebration of Burmese New Year. Enjoy Burmese music, learn to make lanterns, and experience the Water Festival in the Quad. Water-throwing represents wiping away your sins from the previous year as well as a blessing for the new year.

Utica • April 25 • Th. • 11:30 a.m.-1:30 p.m. • Snack Bar, ACC

## Samurai Sword Demonstration with American Marshal Arts

Headmaster Clifford Crandall Jr. will be demonstrating some Bushido philosophies, as well as the art, traditions, and discipline of old Bushido. The students will perform traditional katas, structures fighting segments, and the ceremonial cutting called Tamashigiri Ichi.

Utica • April 26 • F • 6 p.m. • Schafer Theater, WH

## 3D Modeling Workshop w/ Scot Connor & Josh Piejko

Join MVCC School of Art faculty Scot Connor and Josh Piejko for this hands-on experience in 3D modeling using industry creation software. See how 3D content is created for games and animation. No prior experience needed.

Utica • April 26 • F • 11 a.m.-1 p.m. • AB280

## Taka-Con

Presented by the Anime Haven Club, this annual convention will include vendors, artists, lectures, games, and contests on various aspects of pop culture, including anime, gaming, comics, and cosplay. To vend or host a panel, please contact [mbarlett@mvcc.edu](mailto:mbarlett@mvcc.edu).

Utica • April 27 • Sa. • 10 a.m.-6 p.m.  
Lobbies, WH

## Student Drag Show

As the culminating event for Taka-Con, members of MVCC's GSA will put on a Drag Show featuring Kings and Queens from our local community. If you are interested in participating, please email [mbarlett@mvcc.edu](mailto:mbarlett@mvcc.edu) by April 12.

Utica • April 27 • Sa. • 6:30 p.m.  
Snack Bar, ACC

## Touch A Truck

The Rome Grassroots Group is bringing the trucks back to campus! Come get a close-up look at different vehicles and learn about the work they do. Food trucks will also be on site.

Rome • May 1 • W • 4-7 p.m. • Parking lot

## MVILR Speaker Series

The Mohawk Valley Institute for Learning Retirement (MVILR) has provided local seniors with opportunities to “learn, live, grow, move, think, socialize, and create” since 1996. They've partnered with MVCC Campus Events to offer an eight-week course that brings a different topic each week. Find more details on the series lineup at [mvcc.edu/mvilr](http://mvcc.edu/mvilr).

Rome • W • 10:45 a.m. • Festine Auditorium, PC  
March 27; April 3, 10, 17, 24; May 1, 8 and 15



Looking to test drive a new field or career?  
We can help you get there **faster**, and at **no cost!**

## FastTrack Career Exploration: Choose one path

### Robotic, Automation and Manufacturing

Learn about manufacturing technician careers and various common maintenance processes. Engage with regional employers and prepare for advanced training and entry-level assembly/operator careers. Includes four-hour online Power Skills training.

Utica • March 11-14 • M-Th. • 4-9 p.m.

### Welding Prep

Learn about welding/fabrication careers and various welding techniques. Engage with regional employers and prepare for advanced training and entry-level fabrication careers. Includes four-hour online Power Skills training.

Utica • March 11-14 • M-Th. • 4-9 p.m.

### Teaching Assistant Certificate

This program will prepare you to seek NYS Level 1 Teacher Assistant Certification. Complete mandatory workshops in Child Abuse Identification, School Violence Intervention and Prevention, and DASA. Includes information on registering for NYS ATAS, and job search resources.

Utica • M-F • 8:30 a.m.-1:30 p.m.

Option 1: Feb. 19-23

Option 2: March 11-15

### NYS Security Guard Certificate

This all-inclusive program provides the tools you need to become a NYS security guard. Complete the Eight-Hour Pre-Assignment Training, 16-Hour On-the-Job Training, NYS application and fingerprinting, and learn about job opportunities.

Utica • March 11-14 • M-Th.  
8:30 a.m.-4:30 p.m.

### Certified Nurse Aide (CNA)

Get NYS-certified with this accelerated 120-hour course that combines 90 hours of classroom and lab with 30 supervised clinical training hours. Upon successful completion of the course, you'll take the NYS certification exam on site.

Option 1: • Utica • Jan. 16-March 7  
T, W, Th. • 5-9 p.m.

Option 2: Utica • March 12-May 2  
T, W, Th. • 4-9 p.m.

Option 3: Rome • Jan. 9-Feb. 19  
M-Th. • 9 a.m.-2 p.m.

Option 4: Rome • March 11-April 18  
M-Th. • 9 a.m.-2 p.m.

### Pharmacy Technician

This course will prepare you to enter the pharmacy field and take the Pharmacy Technician Certification Board exam. Upon course completion and passing of the application process/background check, you'll be registered for the national certification exam.

Utica • Jan. 8-Feb. 28 • 6-9 p.m. • M, W

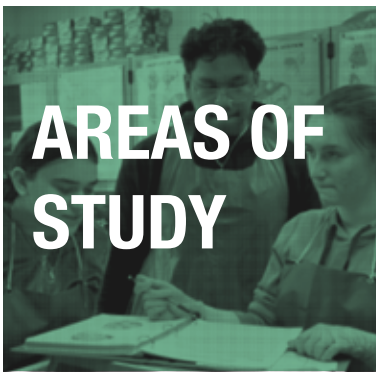
### Cybersecurity Online Certifications

Project Excite offers funding for certifications in the IT/Cybersecurity field, including CompTIA and Cisco. Fill out our intake form at [www.joinprojectexcite.com](http://www.joinprojectexcite.com) to connect with a Placement Coordinator. Funded through a partnership with the Workforce Development Board of Herkimer, Madison, and Oneida Counties.

To enroll and for more information, visit [mvcc.edu/fast](http://mvcc.edu/fast) or contact Terésa Fava-Schram at [tfavaschram@mvcc.edu](mailto:tfavaschram@mvcc.edu).

[mvcc.edu/fast](http://mvcc.edu/fast)





# AREAS OF STUDY

## DEGREES AND CERTIFICATES

### ARTS

- Digital Animation AAS
- Digital Media & Marketing AS
- Fine Arts AS
- Graphic Design AAS
- Illustration AAS
- Liberal Arts & Sciences: Theater AA
- Photography AAS
- Video Production AS

### BUSINESS AND HOSPITALITY

#### BUSINESS

- Accounting AAS
- Administrative Assistant AAS and Certificate
- Business Administration AAS and AS
- Business Analytics AS
- Entrepreneurship Certificate
- Finance Certificate
- Small Business Management Certificate
- Sports Management AS

#### HOSPITALITY

- Chef Training Certificate
- Culinary Arts Management AOS
- Culinary Arts Management: Baking & Pastry Arts AOS
- Food Service Administration: Restaurant Management AAS

### HEALTH SCIENCES

- Health Information Technology AAS
- Health Sciences AS
- Liberal Arts & Sciences: Mathematics & Science AS (Sports Medicine Transfer Advising Guide)
- Nursing AAS
- Nutrition & Dietetics AS
- Radiologic Technology AAS
- Respiratory Care AAS
- Surgical Technology AAS

## TYPES OF ASSOCIATE DEGREES

- **AS:** Associate in Science, for students who plan to transfer to a four-year college.
- **AA:** Associate in Arts, for students who plan to transfer to a four-year college.
- **AAS:** Associate in Applied Science, for those seeking to enter the workforce or a four-year college.
- **AOS:** Associate in Occupational Studies, for students who intend to enter the workforce.
- **Certificate:** For students seeking training for technical or skills-based jobs or career advancement.
- **Microcredentials:** Courses that can be taken alone or stacked toward a degree or certificate, for students seeking skills for entry-level employment or per-diem work.

## HUMANITIES

- English as a Second Language Certificate
- Liberal Arts & Sciences: General Studies AS
- Liberal Arts & Sciences: Humanities & Social Sciences AA

## PUBLIC AND HUMAN SERVICES

- Chemical Dependency Practitioner AAS
- Coaching Certificate
- Criminal Justice AAS and AS
- Criminal Justice: Law Enforcement AAS and Certificate
- EMS/Paramedic AAS
- Fire Protection Technology AAS
- Human Services AAS
- Liberal Arts & Sciences: Psychology AS
- Liberal Arts & Sciences: Public Policy AS
- Recreation & Leisure Services AAS

## EDUCATION

- Liberal Arts & Sciences: Adolescence Education AS (Transfer Advising Guides in: Biology, Chemistry, Earth Science, English, History/Social Studies, Mathematics, Physics)
- Liberal Arts & Sciences: Childhood Education AS (Transfer Advising Guides in: English, General Science, History)
- Liberal Arts & Sciences: Childhood Education AS (Utica University Transfer)
- Liberal Arts & Sciences: General Studies Childhood Education AS (Jointly registered with SUNY Oneonta)
- Liberal Arts & Sciences: Mathematics & Science AS (Physical Education Transfer Advising Guide)

## (STEM) SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS

### CAREER

- Air Conditioning Technology, Refrigeration AOS
- Airframe & Powerplant Technician Certificate
- Carpentry and Masonry Certificate
- Civil Engineering Technology AAS
- Computer Aided Drafting AAS and Certificate
- Computer Numerical Control (CNC) Machinist Technology Certificate
- Electrical Engineering Technology AAS
- Electrical Service Technician AOS
- Geospatial Technology AAS
- Heating & Air Conditioning (HVAC) Certificate
- Mechanical Engineering Technology AAS
- Mechanical Technology: Aircraft Maintenance AAS
- Mechatronics Certificate
- Metal Fabrication AOS
- Remotely Piloted Aircraft Systems AAS
- School Facilities Management AAS and Certificate
- Semiconductor Manufacturing Technology AAS
- Welding Certificate

### TRANSFER

- Computer Applications Programming AAS
- Computer Information Systems AAS
- Computer Science AS
- Cybersecurity AS
- Cybersecurity Certificate
- Engineering Science AS
- Liberal Arts & Sciences: Mathematics & Science AS (Transfer Advising Guides in: Biology, Chemistry, Environmental Sciences, General Sciences, Math, Physics, Geology)

For information about MVCC student outcomes, financial aid, debt, employment, and more, visit [mvcc.edu/consumer](http://mvcc.edu/consumer).

# WHY MVCC?



**5,500+**  
**STUDENTS**

**2** convenient  
campus  
locations



in Utica  
and Rome



**25+**

PROGRAMS  
can be at  
least half-  
completed  
ONLINE

**15+**



MICROCREDENTIALS  
CURRENTLY OFFERED



**18:1** STUDENT-  
FACULTY RATIO

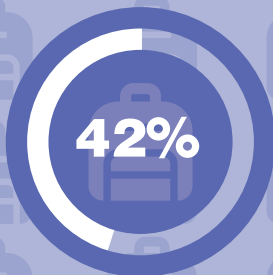
**4**

FLEXIBLE instructional  
methods to fit your learning  
style and your lifestyle

**170+**

TRANSFER  
AGREEMENTS  
with 4-year colleges  
and universities

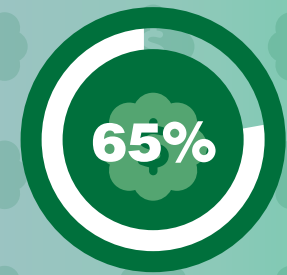
**90+**  
PROGRAM  
OPTIONS



FULL-TIME  
STUDENTS

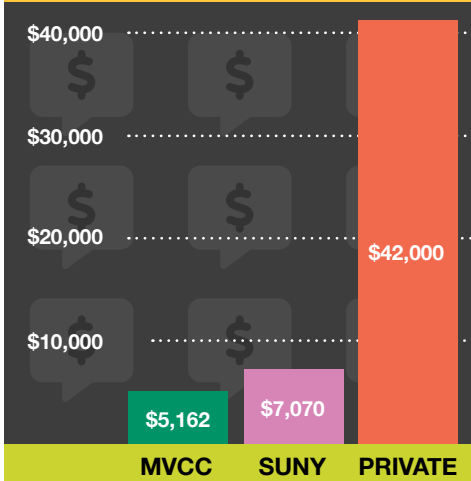


COMMUTER  
STUDENTS



MATRICULATED STUDENTS  
RECEIVE FINANCIAL AID

## AVERAGE TUITION COSTS:



**5** RESIDENCE HALLS  
in Utica with built-in  
academic support



**110** FULL-TIME  
FACULTY

**40+**

STUDENT  
CLUBS AND  
ORGANIZATIONS

**31**

COUNTRIES  
REPRESENTED

FOUNDED IN



**1946**

**425+**

SCHOLARSHIPS  
OFFERED



**17** INTERCOLLEGIATE  
SPORTS



MOHAWK VALLEY COMMUNITY COLLEGE  
1101 SHERMAN DRIVE  
UTICA, NY 13501

Non-Profit  
Organization  
U.S. Postage  
PAID  
Permit No. 599  
Utica, NY

# YOU BELONG.

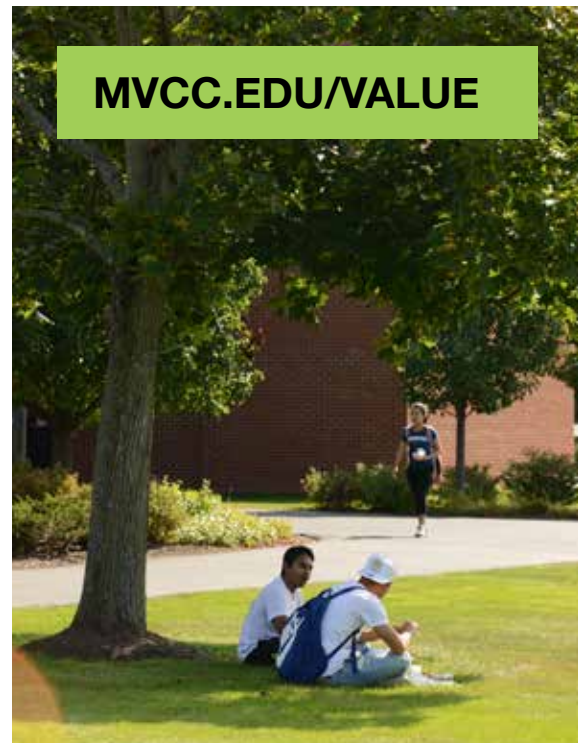
“MVCC takes the time to make students feel welcome and at home. It has shaped me into a better person by giving me a new perspective, and is the best college to get a successful education. You feel like family here because everyone is so welcoming and kind.”

Brittany Leo '20, Computer Information Systems

“I am balancing schoolwork with housework and taking care of my son. I spend lots of time at the Learning Commons getting help with subjects, and it's helped me grow in a way that I never saw myself, and for that I'm happy. It also made me learn it's OK to ask for help when I'm struggling.”

Shirell Gamble '19, Human Services

[MVCC.EDU/VALUE](https://www.mvcc.edu/value)



“Coming to MVCC was the best decision I ever made. The Learning Commons and International Student Office helped greatly in my success. With the degree I earned, I'm now an IT Support Technician, and it is a great blessing for me and my family.”

Augustine Garbo '18, Cybersecurity