

myccconnect

NON-CREDIT COURSES • ACADEMIC PROGRAMS • CULTURAL SERIES



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

UTICA CAMPUS

Academic Building

- Public Safety
- CCED
- Human Resources

Alumni College Center

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

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

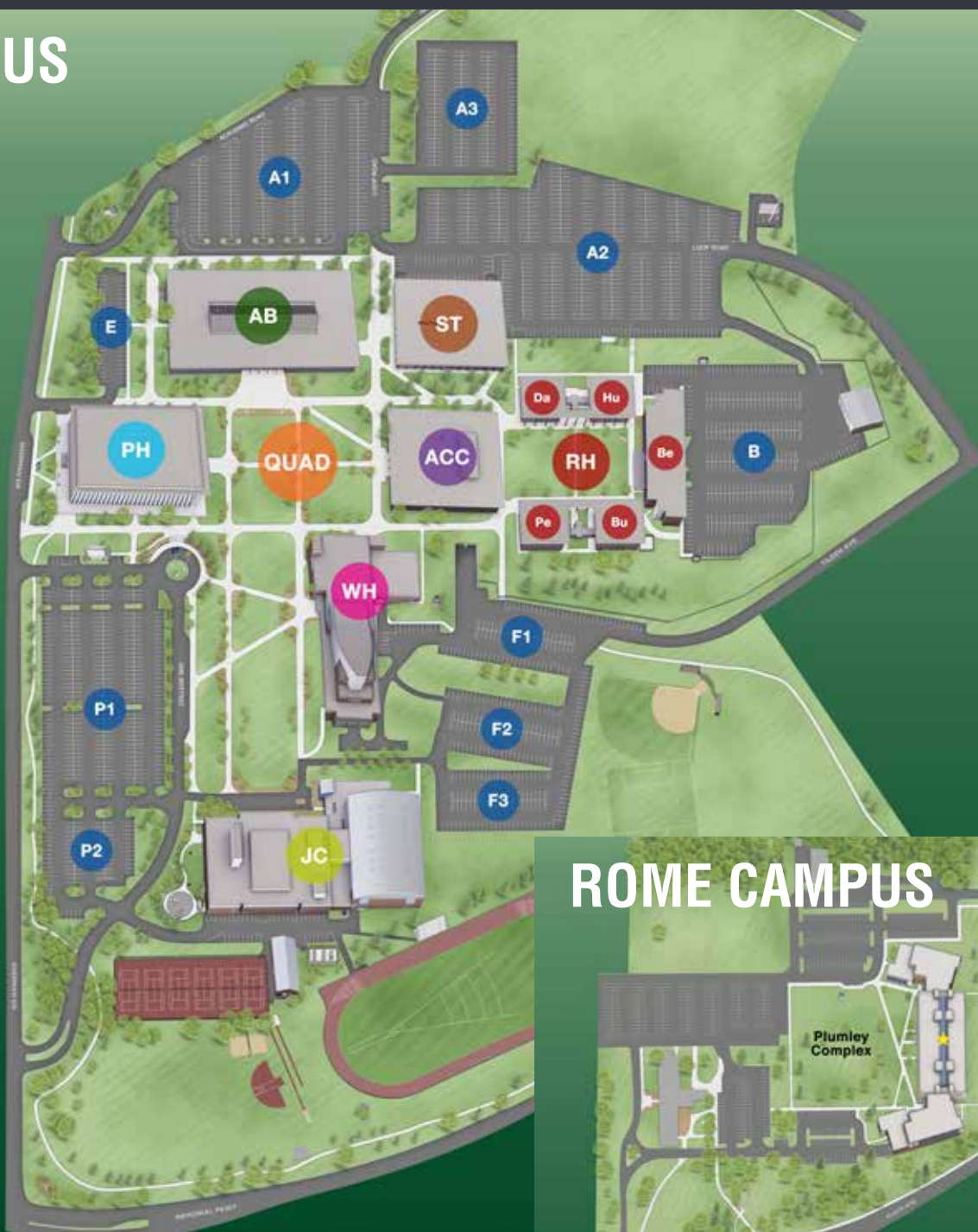
- Bellamy
- Butterfield
- Daugherty
- Huntington
- Penfield

Science and Technology Building

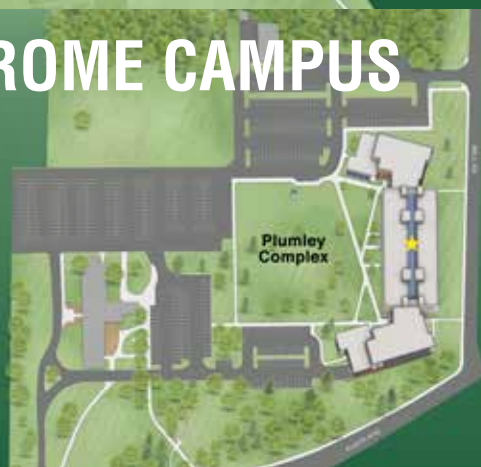
- FABLab

Quad/College Green

Parking Lots



ROME CAMPUS



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NON-CREDIT COURSES

Welcome to Summer! The following pages highlight non-credit community education opportunities at MVCC. We offer both in-person and online opportunities to fit your schedule with short term programs and workshops. These programs are open to all ages and interests. We can't wait to have you on campus this summer!

KIDS CAMPS PAGE 6



FastTrack CAREER EXPLORATION **Free!** PAGE 26



ONLINE PROFESSIONAL CERTIFICATES, PAGE 13

CLASS FORMAT KEY

Take a class this summer! 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.

COLLEGE FOR KIDS AND TEENS

SUMMER CAREER CAMPS

Please note that all students enrolled in both in-person morning and afternoon camps will be picked up from their morning camps by MVCC staff, supervised during lunch, and brought to their afternoon camps.

	MORNING SESSION • 8:30 a.m.-noon	AFTERNOON SESSION • 1-4:30 p.m.
WEEK 1 July 10-13	<ul style="list-style-type: none"> • 3D Art Adventure (Ages 8-12) • Intro to FIRST® LEGO® League EXPLORE Robotics (Ages 6-8) • Golf Camp for Beginners (Ages 6-14) • Hip Hop Dance Class (Ages 6-10) • Junior Lifeguarding (Ages 11-14) • Python Programmers (Ages 8-11) 	<ul style="list-style-type: none"> • Exploring Fiber Arts (Ages 6-7) • Intro to FIRST® LEGO® League CHALLENGE Robotics (Ages 9-13) • Hip Hop Dance Class (Ages 11-14) • How's the Weather? Meteorology Camp (Ages 10-14) • Python Programmers (Ages 11-14) • Swim and Sport Camp (Ages 7-14)
WEEK 1: (July 15) Saturday Special: Fun with the Sun! (Ages 11+) (noon-2 p.m.)		
WEEK 2 July 17-20	<ul style="list-style-type: none"> • ROBLOX® Coders and Entrepreneurs (Ages 8-11) 	<ul style="list-style-type: none"> • Exploring Fiber Arts (Ages 8-10) • ROBLOX® Coders and Entrepreneurs (Ages 11-14) • Swim and Sport Camp (Ages 7-14)
	<ul style="list-style-type: none"> • Babysitter's Training (Ages 11-14) (M, T, W only, 9 a.m.-3 p.m.) • Camp Invention®: Leaders in Training! (Ages 12-15) (8:30 a.m.-4:30 p.m.) • Camp Invention® Wonder! (Ages 6-12) (8:30 a.m.-4:30 p.m.) • FIRST® Tech Challenge Robotics, Engineering, and Coding (Ages 13-18) (8:30 a.m.-4:30 p.m.) 	
WEEK 3 July 24-27	<ul style="list-style-type: none"> • Kids in the Kitchen 1: It Starts and Ends with Bread (Ages 8-12) ROME • Make Your First 3D Video Game (Ages 8-11) • Medical Mania! (Ages 12+) • The Science of Star Wars (Ages 10-14) 	<ul style="list-style-type: none"> • Exploring Fiber Arts (Ages 11-13) • Kids in the Kitchen 2: Huh? Bread Without Yeast? (Ages 8-12) ROME • Make Your First 3D Video Game (Ages 11-14) • Swim and Sport Camp (Ages 7-14)
WEEK 4 July 31-Aug. 3	<ul style="list-style-type: none"> • Be a Star! Theater Camp (Ages 8-11) • International Art Experience (Ages 8-12) • Intro to FIRST® LEGO® League EXPLORE Robotics (Ages 6-8) ROME • Minecraft® Redstone Engineers (Ages 8-11) • Science: It's a Girl Thing! (Ages 10-14) 	<ul style="list-style-type: none"> • Be a Star! Theater Camp (Ages 12-15) • It's All Fun and Games (Ages 6-10) ROME • Minecraft® Redstone Engineers (Ages 11-14) • Mixed Media Arts (Ages 6-7) • Swim and Sport Camp (Ages 7-14)
WEEK 5 Aug. 7-10.	<ul style="list-style-type: none"> • Babysitter's Training (Ages 11-14) (M, T, W only, 9 a.m.-3 p.m.) • Fossil Fun (Ages 7-12) • Game Art and Animation: Level 1 (Ages 12-14) • Intro to FIRST® LEGO® League EXPLORE Robotics (Ages 6-8) • Little Italy (Ages 6-10) ROME • Minecraft® Modders (Ages 11-14) (M-F, begins at 9:30 a.m.) ONLINE 	<ul style="list-style-type: none"> • Intro to FIRST® LEGO® League CHALLENGE Robotics (Ages 9-13) • It's All Fun and Games (Ages 6-10) ROME • Mixed Media Arts (Ages 8-10) • Pokemon Masters: Designers and 3D Makers Unite! (Ages 8-11) (M-F, ends at 3:30 p.m.) ONLINE • Swim and Sport Camp (Ages 7-14)
WEEK 6 Aug. 14-17	<ul style="list-style-type: none"> • Charms, Beasts, and Wizards: A Hogwarts Experience (Ages 7-12) • Code Breakers (Ages 11-14) (M-F, begins at 9:30 a.m.) ONLINE • Game Art and Animation: Level 2 (Ages 12-14) 	<ul style="list-style-type: none"> • Beginner Jewelry Making: Friendship Bracelets (Ages 7-12) • Code Breakers (Ages 8-11) (M-F, ends at 3:30 p.m.) ONLINE • Mixed Media Arts (Ages 11-13) • Swim and Sport Camp (Ages 7-14) • Writer's Camp: Tell Your Family's Story (Ages 11-15)

SUMMER CAREER CAMPS

3D Art Adventure **NEW**

This class is designed to offer students experiences in manipulating materials to create three-dimensional art forms. You'll explore cultural influences and designs while engaging in mask-making and viewing various artists' works prior to creating figural sculptures and decorative bowls. Ages 8-12.

Instructor: Nancie Cooney

Utica • July 10-13 • M-Th. • 8:30 a.m.-noon • \$140

Babysitter's Training

Learn all the basic information and skills you will need to care for children of all ages in a safe and reliable manner. Upon completion, you'll be prepared and confident in your skills. Students will complete Infant and Child CPR training for certification on day three of class. Ages 11-14.

Instructor: Cristen Gallup

Utica • M, T, W • 9 a.m.-3 p.m. • \$200

Option 1: July 17-19

Option 2: Aug. 7-9

Be a Star! Theater Camp

Explore different acting techniques through a variety of activities and games. Learn how to "get in character" as you prepare various scenes and monologues and then perform them in class. Genres include dramatic, comedic, improvisation, and musical theater.

Instructor: Susan Lincoln

Utica • July 31-Aug. 3 • M-Th. • \$130

Ages 8-11: 8:30 a.m.-noon

Ages 12-15: 1-4:30 p.m.



Beginner Jewelry Making: Friendship Bracelets

Learn the basics of braiding, beading, macrame, and more! Make bunches of bracelets and some new friends, too. You'll also take a look at some DIY jewelry holders for your creations. Ages 7-12.

Instructor: Sara Vivyan, Resonate Trading Company

Utica • Aug. 14-17 • M-Th. • 1-4:30 p.m. • \$140

Camp Invention®: Wonder! **NEW**

Collaborate with your friends to take on fun, hands-on STEM challenges. From building a mini skate park to launching a pop-up shop to transforming a robot into a stuffie, each experience adds up to an imagination-stretching, confidence-boosting summer. Ages 6-12 (students will be divided into age groups).

Instructor: Kathy Donovan

Utica • July 17-20 • M-Th. • 8:30 a.m.-4:30 p.m. • \$285

Camp Invention®: Leaders in Training (LIT) **NEW**

In this camp, you'll gain and practice leadership and teamwork skills in a dynamic, invention-based setting, act as role models for younger participants, and learn to set and meet personal and team goals. This is a companion program to Camp Invention: Wonder! where young adults learn hands-on skills in both STEM and leadership. Only five seats available. Ages 12-15.

Instructor: Kathy Donovan

Utica • July 17-20 • M-Th. • 8:30 a.m.-4:30 p.m. • \$185



Charms, Beasts, and Wizards: A Hogwarts Experience

Spend your week exploring the world of fantastic beasts and dark arts while learning what might really be possible through the science of potions, herbology, flight, and more. Ages 7-12.

Instructor: Melissa Barlett

Utica • Aug. 14-17 • M-Th. • 8:30 a.m.-noon • \$130

Code Breakers

Learn the basics of coding languages like HTML, JavaScript, and CSS through a series of web projects and design challenges each day. Returning students can create more advanced projects that build on work from previous years.

Live Online • Aug. 14-18 • M-F • \$170

Ages 11-14: 9:30 a.m.-noon

Ages 8-11: 1-3:30 p.m.



Exploring Fiber Arts **NEW**

In this hands-on art camp, you'll have a blast making a variety of felt creations! At the culmination of class, you'll take home amazing projects including dryer balls, felt images, and more. Projects vary based on age group.

Instructor: Cynthia Brownell
Utica • M-Th. • 1-4:30 p.m. • \$140

Ages 6-7: July 10-13

Ages 8-10: July 17-20

Ages 11-13: July 24-27

Fossil Fun

Biology and geology come alive as you learn about dinosaurs and other ancient organisms and how they lived. You will make your own fossils, crack open geodes, and learn about New York State fossils and gemstones as you explore the evolutionary history of planet Earth. Ages 7-12.

Utica • Aug. 7-10 • M-Th. • 8:30 a.m.-noon • \$130

Game Art and Animation: Level 1

Ever wonder how 3D animated films and video games such as Toy Story and Fortnite are created? In this introductory camp, you will get hands-on experience creating your own 3D projects as you learn how to model, texture, light, animate, and render 3D graphics. Bring a flashdrive to save your work. Ages 12-14.

Instructor: Scot Connor
Utica • Aug. 7-10 • M-Th. • 8:30 a.m.-noon • \$130

Game Art and Animation: Level 2

If you have some experience with 3D digital animation or you have completed the Level 1 class, take your skills to the next level in creating 3D graphics. Learn more techniques in 3D modeling and texturing, lighting, and character animation. Bring a flashdrive to save your work. Ages 12-14.

Instructor: Scot Connor
Utica • Aug. 14-17 • M-Th. • 8:30 a.m.-noon • \$130

Golf Camp for Beginners **NEW**

In this fun outdoor class, you'll learn the basics of the game so you can head to the course with confidence. We'll spend three days on campus learning about the rules, equipment, and basic use. Then we'll take what we learned to a local course on day four. Bringing your own clubs is optional. Ages 6-14.

Instructor: Phoenix Weydig
Utica • July 10-13 • M-Th. • 8:30 a.m.-noon • \$150

Hip Hop Dance Class

Feel the beat in this dance class! Learn various styles of hip hop, push your creativity, and boost your confidence and body positivity. You will work on musicality and basic hip hop moves all while improving muscle development and coordination.

Utica • July 10-13 • M-Th. • \$130

Ages 6-10: 8:30 a.m.-noon

Ages 11-14: 1-4:30 p.m.

How's the Weather? Meteorology Camp

Join Utica's own Bill Kardas, StormTracker 2 Chief Meteorologist for NEWS Channel 2, to explore the world's most unusual and fascinating weather events. Learn how to predict and measure the weather from home with today's latest technology. Ages 10-14.

Instructor: Bill Kardas, WKTV Meteorologist
Utica • July 10-13 • M-Th. • 1-4:30 p.m. • \$140

International Art Experience **NEW**

Take a trip around the world with this hands-on art camp! Topics include Chinese, French, Russian, and Spanish art forms and practices. Ages 8-12.

Instructor: Nancie Cooney
Utica • July 31-Aug. 3 • M-Th. • 8:30 a.m.-noon • \$140

It's All Fun and Games in Rome! **NEW**

Come to the MVCC Rome Campus for indoor and outdoor fun. We'll play games, do crafts, and enjoy the summer weather! Bring a snack and sunscreen. Ages 6-10.

Instructor: Julie Snell
Rome • M-Th. • 1-4:30 p.m. • \$100

Option 1: July 31-Aug. 3

Option 2: Aug. 7-10

Junior Lifeguarding

This course is designed to give 11- to 14-year-olds a sneak peek into what it takes to become a great lifeguard. You'll learn the basic responsibilities of a lifeguard, techniques, build stamina, and practice communication and practice decision-making skills.

This is not a certification course. You must have Level 4 swim skills. Ages 11-14.

Utica • July 10-13 • M-Th. • 8:30 a.m.-noon • \$150

Kids in the Kitchen 1: It Starts and Ends with Bread! **NEW**

Learn the basics of baking bread, and then transform your dough into pretzels (with dipping sauces on the side), pizza (plus sauces and toppings), sandwich bread (you'll make the fillings, too), and a sweet bread pudding to finish our lessons. Ages 8-12.

Instructor: Carol Klausner

Rome • July 24-27 • M-Th. • 8:30 a.m.-noon • \$150

Kids in the Kitchen 2: Huh? Bread Without Yeast? **NEW**

Make delicious breads and pastries without yeast! Learn how to make soda bread (think lemon-lime soda), biscuits (as good as any Southern grandma can make), quick breads (fruity or nutty?), and pancakes from scratch (never mixes) with a variety of delicious toppings. Ages 8-12.

Instructor: Carol Klausner

Rome • July 24-27 • M-Th. • 1-4:30 p.m. • \$150

Little Italy **NEW**

Visit Rome, N.Y., but learn all about Italy! This fun and hands-on class will give you a taste of Italian language, culture, arts, and food. You'll even spend one day in the kitchen preparing Italian delights. Ages 6-10.

Instructors: Marta Formagnana, Carol Klausner

Rome • Aug. 7-10 • M-Th. • 8:30 a.m.-noon • \$140

Make Your First 3D Video Game

Go well beyond the limitations of the traditional 2D game design classes and create an immersive 3D world. You'll learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Student projects will be available on a password-protected Black Rocket website to share with friends and family. Projects are only compatible with Windows devices.

Utica • July 24-27 • M-Th. • \$150

Ages 8-11: 8:30 a.m.-noon

Ages 11-14: 1-4:30 p.m.



Medical Mania!

Learn about the healthcare field as you explore careers in nursing, radiology, medical laboratory technology, respiratory therapy, surgical technology, cardiology, and more. Ages 12+.

Instructor: Karen Murphy

Utica • July 24-27 • M-Th. • 8:30 a.m.-noon • \$150

Minecraft® Modders

Customize your own Minecraft world and mod the classic game. Learn scripting and logic statements and create a wide variety of new elements, gameplay mechanics, and world generating mods to change the way you play Minecraft. Projects will be available on a password-protected Black Rocket website to share with friends and family. Students must have the Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Returning students can create more advanced projects that build on previous years. Ages 11-14.

**Live Online • Aug. 7-11 • M-F
9:30 a.m.-noon • \$150**

Minecraft® Redstone Engineers

Construct your own carnival with a variety of mini-games, roller coasters, and attractions powered by Redstone. Learn how to use Command and Structure blocks to incorporate them into your builds. You must own a Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Compatible with Mac and Windows only.

Utica • July 31-Aug. 3 • M-Th. • \$160

Ages 8-11: 8:30 a.m.-noon

Ages 11-14: 1-4:30 p.m.

Mixed Media Arts **NEW**

In this hands-on camp, you'll use an abundance of cool tools and create art beyond your wildest imagination! Projects include layered painting, collages, artist trading cards, and mixed media journals. Projects vary based on age group.

Instructor: Cynthia Brownell

Utica • M-Th. • 1-4:30 p.m. • \$140

Ages 6-7: July 31-Aug. 3

Ages 8-10: Aug. 7-10

Ages 11-13: Aug. 14-17

Pokemon Masters: Designers and 3D Makers Unite! **NEW**

Begin by creating your own digital Pokemon-style custom playing card game. Progress onto designing action figures, jewelry, and toys in professional-level modeling software. Learn how to prepare a model for 3D printing and create a design portfolio to showcase your work. Compatible with Mac and Windows only. Ages 8-11.

Live Online • Aug. 7-11 • M-F • 1-3:30 p.m. • \$150

Python Programmers

Learn how to code with Python to create engaging apps and games. Each lesson takes you step-by-step on a programming path that will let you challenge friends with content you create from start to finish! Returning students can create more advanced projects that build on work from previous years.

Utica • July 10-13 • M-Th. • \$170

Ages 8-11: 8:30 a.m.-noon

Ages 11-14: 1-4:30 p.m.

ROBLOX® Coders and Entrepreneurs **NEW**

Discover the Lua language through a visual block coding system while designing worlds in ROBLOX®, work from an online universe where you can create anything you dream of. This class combines game design concepts, coding, and fun! You'll also learn how to navigate ROBLOX's fast-growing marketplace to publish your games. Student-created games will be available on a password-protected Black Rocket website to share with friends and family.

Utica • July 17-20 • M-Th. • \$170

Ages 8-11: 8:30 a.m.-noon

Ages 11-14: 1-4:30 p.m.

Science: It's a Girl Thing!

Get involved in science as you learn what makes magnets work and create your own working motor. Use chemistry to make ice cream and examine DNA that you extract right out of a strawberry! At the end of the week, you will participate in a Science Olympics. Race to build the strongest bridge or design a new creature. All are welcome. Ages 10-14.

Instructors: MVCC WISE

(Women in Science and Engineering Faculty)

Utica • July 31-Aug. 3 • M-Th. • 8:30 a.m.-noon • \$130

The Science of Star Wars

Take a trip through science and crafts to the desert of Jakku or the forest moon of Endor, and learn to keep warm while out in the snows of Hoth. Learn to pilot the Millennium Falcon, build your own R2 unit, and encounter a lost child along the way. Ages 10-14.

Instructor: Melissa Barlett

Utica • July 24-27 • M-Th. • 8:30 a.m.-noon • \$130



Swim and Sport Camp

Enjoy an afternoon of outdoor play and indoor pool games. Learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, and snack. Ages 7-14.

Instructor: James Caswell

Utica • M-Th. • 1-4:30 p.m. • \$110

Option 1: July 10-13

Option 2: July 17-20

Option 3: July 24-27

Option 4: July 31-Aug. 3

Option 5: Aug. 7-10

Option 6: Aug. 14-17

FIRST® Robotics Programs



Intro to FIRST® LEGO® League EXPLORE Robotics

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

Instructors: Jessica Dubois, Corrine Bush
Various Locations • M-Th. • 8:30 a.m.-noon • \$150

Utica: July 10-13

Rome: July 31-Aug. 3

Utica: Aug. 7-10

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 13-18.

Instructors: Jessica Dubois, Justin Worboys, Corrine Bush
Utica • M-Th. • 1-4:30 p.m. • \$150

Option 1: July 10-13

Option 2: Aug. 7-10

FIRST® Tech Challenge (FTC) Robotics, Engineering, and Coding **NEW**

Explore the exciting world of robotics, mechanical and electrical engineering, and computer programming in a fun and interactive way. Students build robots from metal parts, hardware, electronics, motors, and custom-created components to accomplish specific tasks in fun competitions. Robots will be programmed to run autonomously and also will be driven using game controllers! Ages 13-19.

Instructors: Jessica Dubois and local FIRST® Tech Challenge Team Members

**Utica • July 17-20 • M-Th.
8:30 a.m.-4:30 p.m. • \$225**



Writer's Camp: Tell Your Family's Story **NEW**

In this fun, interactive camp, you'll begin the journey of writing your own family history. You'll brainstorm ideas and utilize resources to write engaging family stories and create a legacy for future generations. Students will create a booklet sharing their own family history. Ages 11-15.

Instructor: Nancy Lee
Utica • Aug. 14-17 • M-Th. • 1-4:30 p.m. • \$130

SATURDAY SPECIAL!



Fun with the Sun! **NEW**

In this fun, interactive astronomy class, we'll spend time in the great outdoors, learning about the sun and using it as a tool just like our ancestors did! Ages 11+.

Instructor: Gene Doremus
**Utica • July 15 (Rain date: July 22)
Sa. • noon-2 p.m. • \$30**

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 as well as the use of sample tests. Bring pencils and a scientific or graphing calculator.

Instructor: Dana Percia

Utica • T, Th. • 4-6 p.m. • \$60

Option 1: May 23, 25

Option 2: Aug. 1, 3

SAT Reading and Writing Review

Using sample tests, you will get intensive practice in reading comprehension, vocabulary, essay writing, and written expression. There will be an in-depth emphasis on successful test-taking strategies. Bring pens and pencils.

Instructor: Cristen Gallup

Utica • 4-6 p.m. • \$40

Option 1: May 30 • T

Option 2: Aug. 10 • Th.

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.



Connect. Lead. Inspire.

Now accepting applications for the Leadership Mohawk Valley Class of 2024.

clemv.org



LEARN TO RIDE AT MVCC

For more information or to enroll, visit 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.



PROFESSIONAL DEVELOPMENT

Eight-Hour Pre-Assignment Training Course for Security Guards

This is an eight-hour course required by New York State as the first step in obtaining a security guard registration card from the New York State 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 of this course.

Instructors: Joe Ciccone, John Bielby
Various Locations • \$70

Rome: June 7, 8 • W, Th. • 12:30-4:30 p.m.

Utica: July 11, 13 • T, Th. • 6-10 p.m.

16-Hour On-the-Job Training Course for Security Guards

This is a 16-hour course that must be completed within 90 days of initial 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 of this course.

Instructor: Rich Dodge
Utica • July 31-Aug. 10 • M, Th.
6-10 p.m. • \$100

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

This eight-hour course must be completed within 12 months from completion of the Eight-Hour Pre-Assignment Course for Security Guards, and annually thereafter. The course is structured to provide you with updated and enhanced information on the duties and responsibilities of a security guard.

Instructors: Joe Ciccone, John Bielby
Various Locations • \$70

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

Rome: July 19, 20 • W, Th. • 12:30-4:30 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). The course focuses on issues related to violence and safety for school-age children from both the identification and prevention perspectives.

Instructors: John Bielby, Rich Dodge
Various Locations • \$30

Utica: June 15 • Th. • 4-6 p.m.

Rome: July 26 • W • 10 a.m.-noon

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. Matriculated students at MVCC should consult with academic advisors before enrolling in this course.

Instructors: John Bielby, Rich Dodge
Various Locations • \$40

Utica: June 15 • Th. • 6-9 p.m.

Rome: July 26 • W • 1-4 p.m.

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

Utica: June 17

Utica: July 29

Online Live: Aug. 19

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

Online Live • July 22 • Sa. • 9:30 a.m.-1:30 p.m. • \$60

Certificate in Effective Grammar **NEW**

This course will reinforce the rules you learned in school and teach you some you didn't. You will be equipped to write more effectively from day one with lessons from grammar basics to more advanced concepts like parallelism and agreement to the finer points of capitalization and punctuation.

Instructor: Ellen Feld

Online Asynchronous • June 5-July 28 • \$295

Certificates

All certificates include all three courses unless otherwise marked. Courses in a certificate can be taken individually or as a sequence.

Dates: Course 1: June 5-30 • Course 2: July 5-28 • Course 3: Aug. 7-Sept. 1

Certificate in Data Analysis

Begin with getting 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. Finally, you'll find out how to perform inquiries that will be useful to your business or organization and learn the skills necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home-based or a large company, this certificate will take you to the next level where important decision-making is concerned.

Instructors: John Rutledge, Mary Dereshiwsy, Jeff Kritzer

Online Asynchronous • Individual courses: \$195

Take the full certificate and save: \$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 Structured Query Language to create a database, add records to database tables, and how to use SQL queries to extract meaningful data from database tables. You'll also learn how to alter data in a database and how to gather significant statistics from data stored in a database. Finally, you'll learn techniques that will enable you to write powerful queries that perform complicated searches and sorts on your data. This certificate will enhance your competitiveness in the field of database administration and data analyst jobs.

Instructor: Cecilia Allison

Online Asynchronous • Individual courses: \$245

Take the full certificate and save: \$595

Course 1: Introduction to SQL

Course 2: Intermediate SQL

Course 3: Advanced SQL

Certificate in Power BI

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

Instructor: Marion Williams

Online Asynchronous • Individual courses: \$195

Take the full certificate and save: \$495

Course 1: Introduction to Power BI • Course 2: Intermediate Power BI • Course 3: Advanced Power BI

Certificate in Mastering Excel

Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Then, increase your efficiency by learning how to organize, display, and calculate your data into useful information. Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily. This certificate will help you discover how to visualize your data into meaningful information with confidence.

Instructors: Amy Klous, Betsy Flanagan, John Rutledge
Online Asynchronous • Individual courses: \$195

Take the full certificate and save: \$495

Course 1: Mastering Microsoft Excel

Course 2: Intermediate Excel

Course 3: Advanced Excel

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. You'll leave class with a set of skills that are a requirement in today's fast-paced, ever-changing workplace and will enable your future career success.

Instructor: Betsy Flanagan
Online Asynchronous • Course 1 Only • \$195

Certificate in Web Design **NEW**

First, discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. After the first course, you will have the info you need to plan and design effective web pages. Then, find out how to create effective and dynamic websites/applications. Finally, learn about responsive design, advanced layout, and design features, plus 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



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, flyers, 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

Certificate in Project Management

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

Instructors: John Fitzgerald, Jr., Christina Martinez, Gail Singleton
Online Asynchronous • Individual courses: \$195

Take the full certificate and save: \$495

Course 1: Introduction to Project Management

Course 2: Project Management Processes

Course 3: Project Management Knowledge Areas

Certificate in QuickBooks **NEW**

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 and save: \$495

Course 1: Understanding Debits and Credits

Course 2: General Ledger and Month-End Procedures

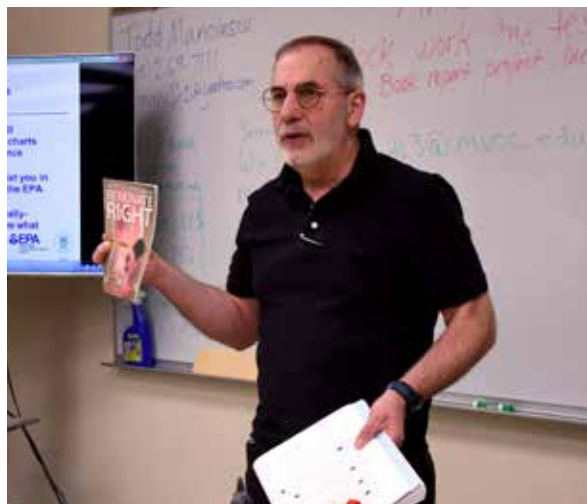
Course 3: Closing Procedures and Financial Statements

The Basics of Bookkeeping

Whether you are looking to advance in your career, are an entrepreneur, or part of a family business, this course will help you understand the numbers, where the numbers go, and why. Learn bookkeeping terminology and what it means to keep track of the numbers.

Instructor: Sharon DeFonteny

Online Asynchronous • July 5-28 • \$195



CONSTRUCTION

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. These courses provide the knowledge and skills necessary for do-it-yourselfers who want to learn to do it safely – especially those with young children! Renovation firms must have at least one certified renovator who has completed training and obtain a firm certification from the EPA at a cost of \$300. MVCC is offering these courses in partnership with the Oneida County Health Department and Environmental Education Associates (EEA). 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

**MVCC Carpentry and Masonry • July 21 • F
8:15 a.m.-5:15 p.m. • \$175**

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.**

Various Formats • \$1,895

Option 1: Online Live • July 10-Sept. 2 • M, W • 6-9 p.m.;
Sa. • 8:30 a.m.-1 p.m.

Option 2: Online Asynchronous • June 26-Oct. 6

Legal Secretary Certificate

This intensive program, designed for beginning and experienced secretaries, will help you improve your skills and 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.**

Online Asynchronous • June 26-Aug. 11 • \$995

NYS Real Estate Training: Licensing and Continuing Education

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

Barrier Precautions/ Infection Control

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 Burdick
Online Self-Paced • \$50

CPR, AED, and Blocked Airways

This course covers CPR and Basic Life Support for HealthCare 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. Please bring \$10 cash on training day for the certification card.

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

Option 1: July 31 • M

Option 2: Aug. 2 • W

Option 3: Aug. 3 • Th.

Option 4: Aug. 21 • M

HEALTHCARE AND FITNESS TRAINING

Phlebotomy

This program will familiarize you with various aspects of the medical laboratory and provides a certificate and skills required to work as a phlebotomist in a hospital, laboratory, or medical office. Intense classroom instruction is combined with individualized clinical practice. Medical proof required for clinical training: complete COVID-19 series vaccination; physical within one year; TB test results read within 30 days of class start; proof of two Varicella vaccines; Measles, Mumps, and Rubella (MMR) or positive titers; Tdap or Tetanus toxoid within 10 years; seasonal flu shot; and the complete Hepatitis B vaccine. The textbook is optional but recommended. A high school diploma or equivalency needed for employment.

Instructor: Rachel Canarelli
Utica • June 26-Aug. 16
M, W • 6-9 p.m. • \$600

Medical Billing and Coding Certificate

Learn about legal, ethical, and regulatory concepts central to this field, including HIPAA compliance, official coding guidelines, and third-party payer requirements. At the end of the course, you'll receive a certificate of completion and be able to choose a voucher for the professional certification that best aligns with your interests and career goals (testing voucher included). All materials are included in tuition. To enroll, visit <https://careertraining.ed2go.com/mvcc/>. Choose course ID GES1014.

Online Self-Paced • \$2,995

Spanish for Medical Professionals

This class, designed specifically for healthcare professionals, 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
June 5-July 28 • \$290

Certified Nurse Aide (CNA)

Nurse aides are the vital link between patients, registered nurses, and doctors. Our New York State-certified, 120-hour course combines 90 hours of classroom and lab instruction with 30 hours of supervised clinical training. Upon successful program completion, trainees are registered for and take the NYS certification exam. Student requirements prior to the first day of class include the passing of a background check; proof of a complete COVID-19 series vaccination; physical and TB test results within one year; proof of two Measles, Mumps, and Rubella (MMR) or positive titers; seasonal flu shot; and the complete Hepatitis B vaccine.

Instructor: Karen Murphy
Rome • May 15-June 27 • M-Th. • \$1,500
Classroom: 9 a.m.-2 p.m. • Clinical: 4-9 p.m.



New York State High School Coaching Certification

Those wishing to coach an interschool 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. These classes are self-paced and can be started at any time.

Online Self-Paced • \$150

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* by Ronald P. Pfeiffer and Brent C. Mangus, 7th Edition.

Instructor: Jen Krohn

Personal Care Aide (PCA)

This entry-level program will provide you with 40 hours of combined classroom and laboratory training needed to become a certified Personal Care Aide and learn the skills necessary to work in an assisted living facility. Upon successful completion of the PCA program, you will be eligible to continue your training, if desired, by enrolling in a certified Home Health Aide training program.

Dates TBA • \$400

To be added to a waiting list, call 315-792-5300 or email ccedadmin@mvcc.edu.

Home Health Aide (HHA)

Get certified on the Home Care Registry with the Home Health Aide two-week program! Those who are active on the Home Care Registry as a PCA become even more marketable in the growing healthcare field. This 35-hour Home Health Aide program provides the skills training necessary to care for patients ranging from infants to seniors in a home setting. Sixteen hours of clinical experience are included.

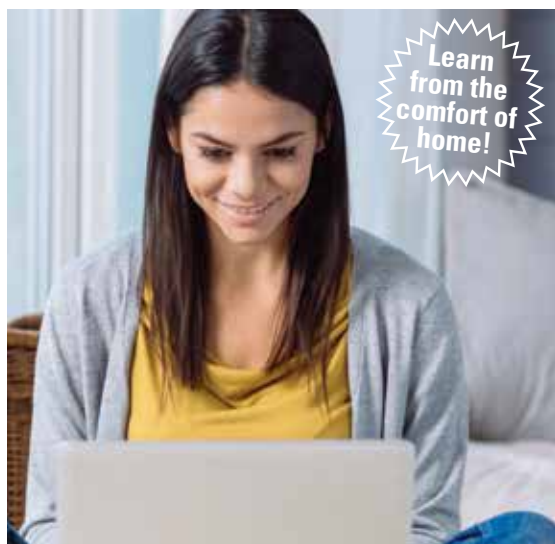
Dates TBA • \$600

To be added to a waiting list, call 315-792-5300 or email ccedadmin@mvcc.edu.



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- Student advisors

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- Computer Applications
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- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

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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



INSURANCE COURSES

PRE-LICENSING COURSES

Insurance Pre-Licensing Parts 1 (Personal Lines)

To become a licensed insurance agent in New York State, you must complete the 97-hour pre-licensing training requirement for Property and Casualty under New York State Insurance Law. This Part 1 segment covers Personal Lines Licensing and is 40 hours in length. This course will fulfill the requirement to sit for the Personal Lines licensing exam only. The textbook is included in tuition.

Instructor: Don Reese

Online Live • June 5-14 • M-F • 8:30 a.m.-4:30 p.m. • \$400

Insurance Pre-Licensing Parts 1 and 2 (Property and Casualty)

This 97-hour course will fulfill the requirement to sit for the NYS Property & Casualty Exam (Personal & Commercial). The textbook is included in tuition.

Instructor: Don Reese

Online Live • June 5-23 • M-F • 8:30 a.m.-4:30 p.m. • \$700

CONTINUING EDUCATION COURSES

Insurance in the Financial Planning Process

This course covers a wide spectrum of the role of insurance in the financial planning process. This course examines a number of insurance and non-insurance financial products generated by agents and brokers. How much insurance is enough? Let's talk about it. This course provides eight CE hours of instruction. (BR, C3, LB, LC, LSB, LAH, PA, PC; NYCR 260535)

Instructor: Peter Carchedi

Utica • June 3 • Sa. • 8:30 a.m.-4:30 p.m. • \$75

Property Coverage NYS Homeowner Forms

For many New York State residents, their most expensive purchase will be their home. Agents, brokers, adjusters, and consultants need to have solid, detailed knowledge of real and personal coverage(s) and exclusions. Insureds depend on licensees for their knowledge and advice. (BR, C3, PA, PC; NYCR 266661)

Instructor: Don Reese

Online Live • June 10 • Sa. • 8:30 a.m.-4:30 p.m. • \$75

Liability Coverage: ISO 2010 Businessowners Policy

Explore the liability coverage parts of the latest New York Businessowners Policy. From premises and operations through products and completed operations, learn the latest court decisions on a variety of business exposures. (BR, PC, C3, PA; NYCR 268716)

Instructor: Don Reese

Utica • June 17 • Sa. • 8:30 a.m.-4:30 p.m. • \$75

Homeowners Liability Insurance Policy: Exposures for 2020 and Beyond

The ISO Homeowner's Policy has been the standard of coverage for many years in New York. However, as life conditions change, liability exposures change, as well. As a result, professional licensees need to update and expand their knowledge to better serve the public. (BR, C3, PA, PC; NYCR 266660)

Instructor: Don Reese

Online Live • June 24 • Sa. • 8:30 a.m.-4:30 p.m. • \$75

Continuing Education in a World of Change for Insurance Professionals

This course is designed to meet the 2022 New York State changes in Continuing Education requirements. This course meets the new state continuing education requirements for all licensed insurance professionals whose role is to serve the people of New York. This seven-credit hour course meets and exceeds the requirements in ethics, insurance regulations, and diversity and inclusion. (BR, C3, LC, LSB, LAH, PA, PC, TLA; NYCR-273382)

Instructor: Don Reese

Online Live • 8:30 a.m.-2:50 p.m. • \$75

Option 1: July 8 • Sa.

Online 2: July 24 • M

Climate Change and Its Effect on the Risk of Floods: The World is Changing

After completing this one-hour CE course, insurance producers, consultants, and adjusters will have a stronger knowledge of the effects of climate change which can result in flood conditions. This course is designed for insurance professionals who are NOT active in the sale of flood insurance through the NFIP. (BR, C3, PC, PA, NYCR-273381)

Instructor: Don Reese

Online Live • 3-3:50 p.m. • \$25

Option 1: July 8 • Sa.

Option 2: July 24 • M

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."

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- Click on "Insurance," then "Register Now."
- Manager's Email Address: 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.



BOP Policy: Risk Management/Property Coverage

This brand new course will provide an in-depth look at the latest Businessowners Policy (BOP) that is used in New York. This course will focus on the Property coverage of the BOP, including conditions, exclusions, and optional coverages. (BR, PC, C3, PA; NYCR 268717)

Instructor: Don Reese

Online Live • July 15 • Sa. • 8:30 a.m.-4:30 p.m. • \$75

Creating and Executing a Culture of Customer Service

For many insurance customers, the only point of contact with their insurer is you! This eight-hour course, approved for all NYS licensees, will provide a variety of tips and hints for developing superior customer service skills. These skills can then be taught throughout an organization to develop a culture based on customer service. (BR, C3, LAH, LB, LSB, LC, PA, PC; NYCR 237532)

Instructor: Sharon Jachim

Online Live • July 12 • W • 8:30 a.m.-4:30 p.m. • \$75

Insurance Fraud: A 21st Century Analysis

This fast-paced, eight-hour CE course covers a wide range of laws and examples of fraudulent activities, claims, and incidents. The course is approved for all NYS insurance licensees. From avoidance through investigations, this course presents a number of examples of modern day fraud, often committed right here in the Mohawk Valley! (BR, C3, LAH, LB, LSB, LC, PA, PC; NYCR 254248)

Instructor: Don Reese

Utica • July 22 • Sa. • 8:30 a.m.-4:30 p.m. • \$75

HEALTH & WELLNESS



FITNESS

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 drumsticks, called Ripstix™, you'll turn into a calorie-torching drummer.

Instructor: Amanda Cruikshank
Utica • July 12-Aug. 16 • W
5:30-6:30 p.m. • \$50

DanceFit!

Learn easy-to-follow moves that are so fun you'll forget you're working out. Come get a stronger body and mind, and dance your way fit!

Instructor: Noah Price
Utica • July 13-Aug. 17 • Th.
5:30-6:30 p.m. • \$50

Core Conditioning

The core is the powerhouse of the body. This class will strengthen and tone your abdominal muscles, back, pelvic floor, glutes, and hips. We will use body weight, paper plates, stability balls, hand weights, and resistance bands.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live • July 3-Aug. 7 • M • 9-9:30 a.m. • \$25

Strengthen, Sculpt, and Tone

Strengthen and tone muscles using resistance bands, hand weights, paper plates, body weight exercises, and increase physical strength, improve core strength and balance, and decrease body fat. You'll need hand weights, an exercise mat, resistance bands, paper plates, and water.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live • July 6-Aug. 15 • T, Th. • 9-10 a.m. • \$100

Balance, Strength, and Flexibility

Experience a full-body conditioning workout that will enhance muscle definition, balance, and strength, burn calories, increase flexibility, and improve bone density. We will use weights, resistance bands, and our own body weight. All work is standing and/or using a chair; there is no floor work.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live • July 6-Aug. 15 • T, Th. • 10:15-11 a.m. • \$100

HARWOOD TRAINING

FREE Chemical Hazards/Hazard Communication Safety training for those working in general industry, healthcare, and manufacturing facilities.

This two-hour training educates workers on chemical hazards to support recognition, avoidance, abatement, and prevention of workplace hazards. This free training will be provided in-person.

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 company, please contact **Terésa Fava-Schram** at 315-334-7778 or tfavaschram@mvcc.edu.

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

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, it can be done by anyone who can walk. It is meditative in nature and teaches body/mind control that is useful for all of life's activities.

Instructor: Al Christensen

Utica • July 10-Aug. 14 • M • 5:30-6:30 p.m. • \$50



Yin Yoga

This class combines restorative poses with the yin practice. It's a soothing, self-healing practice done mostly seated or lying down and is deeply relaxing. Have a small pillow, blanket, yoga mat, and two yoga blocks ready.

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

Online Live • July 3-Aug. 7 • M • 9:45-10:45 a.m. • \$50

Chair Yoga

This class will improve your strength, flexibility, mobility, balance, and is relaxing. You'll use a chair for seated and standing poses; there is no floor work. You'll practice poses that focus on toning muscles while improving posture and circulation. Please use a sturdy chair, not a folding chair.

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

Online Live • July 5-Aug. 9 • W • 10:15-11 a.m. • \$50



Yoga Balance

In this class, focus on centering your mind and body, helping to balance the stress of daily life. You'll build strength and flexibility for a stronger, more balanced body. Have your yoga mat, water, and blocks ready.

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

Online Live • July 5-Aug. 9 • W • 9-10 a.m. • \$50

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.



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Corporate &
Community Education

LEISURE LEARNING



Introduction to Golf **NEW**

This course is designed to prepare beginner golfers to feel comfortable learning the fundamentals of the game in a low-pressure fun atmosphere. Topics include basic rules and etiquette, putting, chipping, pitching, full swing with irons and woods, with on-course playing class. Class will take place at MVCC and will meet on day four at a local course. Bringing your own equipment is optional.

Instructor: Phoenix Weydig
Utica • June 26-July 24 • M
6-7:30 p.m. • \$150
No class July 3.

Write Your Family History **NEW**

Do you want to write your family history but don't know where to start? This course will guide you through the process of brainstorming ideas and utilizing resources to write engaging family stories and create a legacy for future generations.

Instructor: Nancy Lee
Utica • July 20-Aug. 10 • Th.
6-7:30 p.m. • \$80

Tech-Savvy Seniors

This course is the perfect opportunity to brush up on computer and smartphone basics with extra time built in toward the end of class so you can ask the instructor any questions you have about your technology problems.

Instructor: Shawn Essafi
Utica • Sa. • 9 a.m.-noon • \$40

Option 1: June 17

Option 2: July 15

Cultivating Self-Love

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

Instructor: Ashleigh Frank
Utica • July 5-Aug. 9 • W
5:30-6:30 p.m. • \$70

Introduction to Fiction Writing

Designed specifically for those with little to no fiction-writing experience, this class will help you find your pathway towards 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
June 5-30 • \$195

Become a Digital Nomad: Work Remotely and Travel the World

You can make your travels sustainable by earning a living as you travel. Get the "how to" of living on the road including downsizing, putting your stuff in storage, the RV lifestyle, timeshares, international living, house sitting, and more. Learn the best ways to set up your remote office and get quality Wi-Fi in your travel space. Tuition includes the instructor's ebook (retail value \$39.95).

Instructor: Gina Henry
Online Live • June 13 • T
6:30-9 p.m. • \$50

FIRST® ROBOTICS VOLUNTEERS

Check out or volunteer for our *FIRST@MVCC* robotics tournaments! Dec.-March

mvcc.edu/firstrobotics/volunteer-sponsor.php



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 for more information.

A close-up photograph of a cookie sheet with several cookies. One cookie is being decorated with a metal cookie cutter. The text "CULINARY CLASSES" is overlaid in a white box with blue lettering.

CULINARY CLASSES

Cookie Decorating: Summer Sunshine **NEW**

Learn the art of professional 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, but then we'll move right into the world of decorating. There will be hands-on lessons on various decorating techniques. You'll create a variety of designs to bring home at the end of class. Ages 12+.

Instructor: Maggie McGrath, The Sweet Life
Utica • July 29 • Sa. • 10 a.m.-noon • \$65

A photograph of two hands painted with a world map. The fingers and palm are covered in various colors representing different continents. The text "LANGUAGE & CULTURE" is overlaid in a blue box with white lettering.

LANGUAGE & CULTURE

Beginning French Language **NEW**

Learn the basics of the language and how to communicate basic information about yourself. French culture and history also will be included in each session.

Instructor: Wayne Seifried
Utica • July 12-Aug. 30 • W • 6-8 p.m. • \$100

Beginning Conversational Spanish Online

Practice the basic building blocks of the language and common idiomatic expressions. You'll also learn enough vocabulary and grammar for simple conversations and how to ask and answer questions.

Instructor: Cristina Sempé
Online Asynchronous • June 5-July 28 • \$290

Sign Language for Beginners

This course provides an overview of deaf culture and basic sign vocabulary and conversation protocol. Use games, videos, and conversation to learn these important skills. Textbooks are included.

Instructor: Deborah Pardi
**Utica • June 13-July 25 • T, Th.
6-7:30 p.m. • \$100
No class July 4.**

AIRFRAME AND POWERPLANT TEST PREP COURSE

MVCC's Center for Corporate and Community Education, in conjunction with the College's Airframe and Powerplant Technology program, has an 80-hour program to prepare qualified candidates, in addition to the recommended self-study hours, to successfully complete the Federal Aviation Administration's A&P certification exams.

Tuition: \$1,400 • Book Kit: \$190

Classes are located at 645 Bomber Drive in 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.

PERSONAL SAFETY

Defensive Driving

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

Utica • June 17 • Sa. • 9 a.m.-4 p.m. • \$40

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 use to avoid, manage, and survive physical encounters. No experience is required. All female teens and women are welcome.

Instructor: Tom Arcuri

Utica • Aug. 1 • T • 6-8 p.m. • \$35

General Self-Defense for Teens and Adults

This course will cover the most common scenarios a law-abiding citizen may face in everyday life. Learn highly effective and efficient methods you can use to avoid, manage, and survive potentially violent encounters. No experience is required. Ages 13+.

Instructor: Tom Arcuri

Utica • May 16 • T • 6-8 p.m. • \$35



Senior Self-Defense

This course will cover the most common scenarios senior citizens may face in their everyday lives. Learn highly effective and efficient methods the average senior can utilize to avoid, manage, and survive potentially violent encounters. No experience is required. Ages 55+.

Instructor: Tom Arcuri

Utica • June 9 • F • 9-11 a.m. • \$35

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.

mvccfoundation.org



SWIMMING



ADULT SWIM

Scan the QR code or go online for our full Adult Swim schedule: visit mvcc.edu/cced.

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

SWIMMING LESSONS

Scan the QR code, or go online for our full swim lesson schedule: visit mvcc.edu/cced.

AQUATIC TRAINING HIGHLIGHTS

CPR/AED Review/Recertification for Lifeguards and Professional Rescuers

This course will help you recognize and respond appropriately to cardiac and breathing emergencies. After successful completion, you'll receive certification in CPR/AED needed for lifeguards and professionals. Bring your CPR mask to class.

Instructor: Corinne Richer

June 16 • F • 5-9 p.m. • Utica • \$60

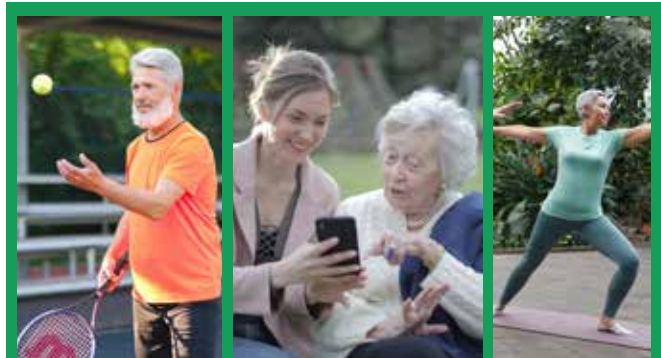
Lifeguard Review/Re-Certification

Renew your Lifeguard Certification, CPR/AED for the Lifeguard, and First Aid certifications by successful completion of this course. Waterfront lifeguard skills will be reviewed for those who require it. Participants must be able to complete the pre-course swim test. Attendance at all sessions is required. Prerequisite: you must hold current certification in American Red Cross Lifeguard Training. Bring a CPR mask.

Instructor: Corinne Richer

June 16-17 • F • 5-9 p.m.

Sa. • 10 a.m.-5 p.m. • Utica • \$150



Semi-retired or retired and looking to keep your mind and/or body active?
Reach out to MVILR.

CONTACT:

Website: mvcc.edu/mvilr

Phone: 315-334-7761

**Learn • Live • Move • Think •
Socialize • Create with us!**



MVILR
Mohawk Valley Institute for Learning in Retirement

FREE FastTrack

Career Programs – Summer 2023

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

Welding Prep (24 hours; hybrid)

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

Utica • **Option 1:** June 5-8, 4-9 p.m.

Option 2: July 10-13, 9 a.m.-2 p.m. • **Option 3:** Aug. 14-17, 4-9 p.m.

Machining Prep (24 hours; hybrid)

Learn about metal machining careers and various metal machining processes. Engage with regional employers and be prepared for subsequent, advanced training and entry-level fabrication careers. Includes a four-hour online Power Skills training.

Utica • **Option 1:** June 19-22; 4-9 p.m.

Option 2: July 10-13; 4-9 p.m. • **Option 3:** July 31-Aug. 3, 9 a.m.-2 p.m.

Manufacturing Technician Prep (24 hours; hybrid)

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

Utica • **Option 1:** June 5-8, 4-9 p.m.

Option 2: July 10-13, 9 a.m.-2 p.m. • **Option 3:** Aug. 14-17, 4-9 p.m.

Teacher Assistant Prep (29 hours; hybrid)

Learn how to seek Level 1 Teacher Assistant Certification and complete the following mandatory workshops: Child Abuse Identification, School Violence Intervention and Prevention, and DASA. Includes a four-hour online Power Skills training.

Utica: July 10-14, 8 a.m.-1 p.m. • Rome: July 17-21, 8:30 a.m.-1:30 p.m.

Medical Terminology with Power Skills

Learn skills to get started in a healthcare career. Includes a four-hour online Power Skills training.

Online Asynchronous • May 22-July 18

To enroll and for more information, visit mvcc.edu/fast or contact Terésa Fava-Schram at tfavaschram@mvcc.edu.



mvcc.edu/fast



Develop Networks

Meet industry professionals and engage in new fields



Focus Your Learning

Programs are hands-on and short-term



Try Something New

Gain new skills and explore a new career with no risk



Save Time and Money

Pick one pre-fast track course at no cost to you

 **MVCC**
MOHAWK VALLEY COMMUNITY COLLEGE

5 ways to register for non-credit courses

- **Register online** using Visa, Mastercard, or Discover! Go to 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. 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, or Rome Campus, Plumley Complex room 130.
- **Email us at 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.

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
<input type="checkbox"/> Credit Card		Name on Card (print)		<input type="checkbox"/> Check
<input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> Mastercard				
Credit Card Number		Exp. Date	VRN (3 digit code on back)	<input type="checkbox"/> Money Order
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Signature			Date	

MVCC offers transfer and career pathways with over 90 degree and certificate programs. You need stability, support, and value you can rely on. College can be expensive, but doesn't need to be! Our two years are the four-year's first two years, but for a fraction of the cost. More at mvcc.edu/value.

TYPES OF ASSOCIATE DEGREES

- **AS:** Associate in Science, for students who plan to continue at a four-year college.
- **AA:** Associate in Arts, generally for programs intended 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.

DEGREE AND CERTIFICATE PROGRAMS

ARTS

- Digital Animation AAS
- Digital Media and Marketing AS
- Fine Arts AS
- Graphic Design AAS
- Illustration AAS
- 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
- Food Service Administration: Restaurant Management AAS

AREAS OF STUDY

HEALTH SCIENCES

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

HUMANITIES

- English as a Second Language Certificate
- Interpreter Education AAS
- Liberal Arts & Sciences: General Studies AS
- Liberal Arts & Sciences: Humanities & Social Sciences AA
- Liberal Arts & Sciences: International Studies AA
- Liberal Arts & Sciences: Theater AA

PUBLIC AND HUMAN SERVICES

- Chemical Dependency Practitioner AAS
- Coaching Certificate
- Criminal Justice AAS and AS
- Criminal Justice: Law Enforcement AAS and Certificate
- 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 and 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 and Air Conditioning 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 (Biology, Chemistry, Environmental Sciences, General Sciences, Math, Physics, Geology Transfer Advising Guides)



For information about MVCC student outcomes, financial aid, debt, employment, and more, visit www.mvcc.edu/consumer.

MVCC

THE REAL DEAL



CONVENIENT
CAMPUS
LOCATIONS

UTICA
AND ROME

5,300+
STUDENTS

47,000+
ALUMNI WORLDWIDE

170+
TRANSFER
AGREEMENTS
with 4-year colleges
and universities

25+
PROGRAMS
can be at least half-
completed **ONLINE**

14+
MICROCREDENTIALS
CURRENTLY OFFERED

17:1 STUDENT/
FACULTY
RATIO

4 INSTRUCTIONAL
METHODS TO FIT YOUR
LEARNING STYLE AND
YOUR LIFESTYLE



43%

FULL-TIME
STUDENTS



96%

COMMUTER
STUDENTS



65%

MATRICULATED STUDENTS
RECEIVE FINANCIAL AID

AVERAGE TUITION COSTS

MVCC

LESS THAN
\$5,000
EACH YEAR

SUNY.....\$7,100
4-year college

PRIVATE ..\$38,000
4-year college

5

RESIDENCE
HALLS in Utica with
built-in academic support.



FOUNDED IN



1946

425+
SCHOLARSHIPS
OFFERED

110
FULL-TIME
FACULTY



30
COUNTRIES
REPRESENTED

90+
MAJOR
OPTIONS

17
INTERCOLLEGIATE
SPORTS



TRANSFORMING LIVES

TESTIMONIALS

"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



"If I hadn't attended MVCC before going to a four-year college hours away from home, I don't think I would have transitioned as well as I did. MVCC was a great atmosphere with a lot of help from advisors, professors, and friends. I will be graduating in May with my bachelor's degree and going off to law school."

Francesca Spinelli '14, Psychology

"MVCC is more than an educational institution, it's the place that took me as the discouraged man I was and helped guide me to set strong goals. I'm now an occupational therapy student at Utica University, striving to be an advocate for my fellow veterans. I'm grateful for MVCC and the journey it started me on."

Saulo LaGrant '17, General Studies



"I returned to MVCC at 40 years old and within a year and a half earned my AS in web development and information design. The teachers were amazing, and the classes were very relevant to my degree path. Within months of graduation, I started a career at Northern Safety and Industrial. I couldn't have done this without the quality education and support of MVCC and its staff!"

Melanie Corelli '17, Web Dev. & Information Design



"I was a Nursing major, and every single nursing instructor, clinical instructor, and computer lab teacher I had was truly amazing. They genuinely cared for us. I am the nurse I am today because of the instructors and the program at MVCC."

Jamie McCumber '06, Nursing

"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



"I wasn't really sure where I wanted to go and no idea what I wanted to study. I knew that if I was going to college I would need to get all of the history, math, and science classes out of the way, so I figured I would take General Studies along with some other classes to see what I liked. MVCC let me do that at a more affordable price before taking the next step."

Harrison Zogby '14, General Studies

"MVCC was a pivotal point in my life. The professors are kind and encouraging. They told me that I could do it, and I began to believe in their words. Though the coursework was rigorous, I managed to walk out with an A and a new outlook on life. I'm back at MVCC as an instructor, and I feel my story has just begun."

Colley Gray '16, Welding



"MVCC was not just a community college to me; it was a life-changing experience. I learned that I could succeed in anything I strived for. I have a bachelor's degree in community and behavioral health from SUNY Poly, and am now working on my master's degree in healthcare administration at Utica University."

Rebecca Willis '15, Human Services



"Some of the best moments I experienced at MVCC stemmed from being an international student mentor, making friends, going on trips, helping others. It allowed me to venture out and explore the world and push myself to do things the high school version of myself would not have."

Samuel Frarey '15, Surgical Technician



See more
testimonials at

MVCC.EDU/VALUE



MOHAWK VALLEY COMMUNITY COLLEGE
1101 SHERMAN DRIVE
UTICA, NY 13501

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

REAL VALUE.

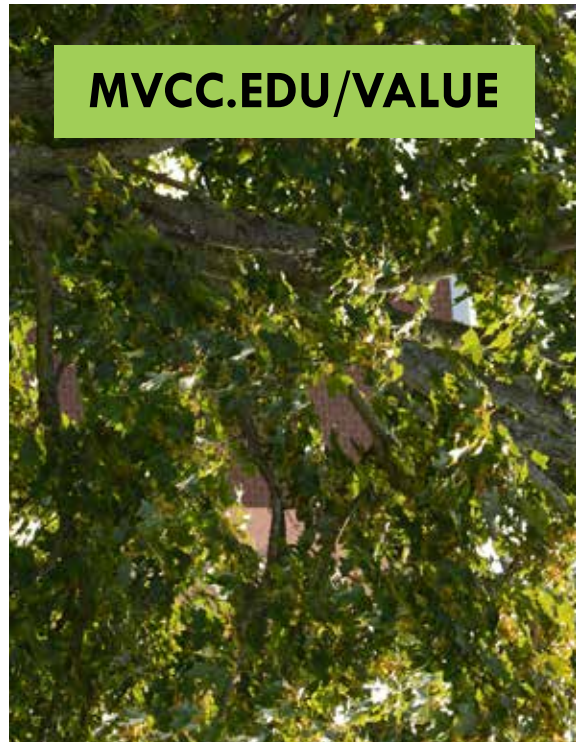
"I decided to attend MVCC as an adult for Nursing, and it truly felt like the staff wanted you to succeed. My instructors inspired me to pursue a career in nursing education once I gained some bedside experience. They were so accessible, honest, thorough, and engaging that I couldn't wait to be able to work with students on my own someday."

Mary Donohoe '12, Nursing

"I am balancing schoolwork with housework and taking care 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



"At MVCC, the professors really help students who, like me, struggle to get their academic mind right so they can successfully pass and prepare for the future."

James Timian Jr. '15,
Criminal Justice