CLASS LOCATION 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/College Green
   STAR: Box Office Locations

MVCC Rome: 1101 Floyd Ave.
   PC: Plumley Complex
MVCC Education Outreach Center:
   524 Elizabeth St., Utica
MVCC Carpentry and Masonry:
   335 Catherine St., Utica

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

Box Office Locations
All courses and events will comply with federal, state, and county guidelines, along with the MVCC Responsible Restart Plan, in order to keep our students, employees, and community safe. mvcc.edu/restart
Time to think Fall! This time of year, we tend to get a bit serious, focus on goals, both personal and professional, and get things done! Choose from a variety of course offerings, personal and professional, for all ages. We provide in-person and online opportunities to fit your schedule and needs in a safe environment. Join us this fall to learn, grow, and get back to business.

All courses and events will comply with federal, state, and county guidelines, along with the MVCC Responsible Restart Plan, in order to keep our students, employees, and community safe. mvcc.edu/restart
NYS 75-Hour Real Estate Salesperson Pre-Licensing Course
This in-person course will prepare you to sit for the NYS real estate salesperson’s examination. It satisfies the mandated 75-hour pre-licensing education requirements of the Department of State. Fee includes textbook, course materials, and test prep.

Instructor: Ron Cerminaro
Sept. 20-Nov. 15 • Mon., Tues., Thurs. • 6-9 p.m. • Utica
CRN 16944 • $549

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 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: Rick D’Alessandro, John Bielby
Various Locations • 6-10 p.m. • $69
Utica: Sept. 28-30 • Tues., Thurs. • CRN 14058
Rome: Oct. 12-14 • Tues., Thurs. • CRN 16723

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 relating to violence and safety for school-age children from both the identification and prevention perspectives.

Instructors: John Bielby, Rich Dodge
Various Formats • 4-6 p.m. • $29
Online Live: Sept. 29 • Wed. • CRN 19897
Utica: Nov. 3 • Wed. • CRN 19257
Rome: Dec. 1 • Wed. • CRN 19253

Eight-Hour Annual In-Service Training Course for Security Guards
This is an eight-hour course that must be completed within 12 months of completing the eight-hour pre-assignment course for security guards, and annually thereafter. The course is structured to provide updated and enhanced information on the duties and responsibilities of a security guard.

Instructors: Rich Dodge, John Bielby
Various Locations • 6-10 p.m. • $69
Utica: Oct. 12-14 • Tues., Thurs. • CRN 18096
Rome: Nov. 1-3 • Mon., Wed. • CRN 18679

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 Formats • 6-9 p.m. • $39
Online Live: Sept. 29 • Wed. • CRN 19896
Utica: Nov. 3 • Wed. • CRN 19258
Rome: Dec. 1 • Wed. • CRN 19254

16-Hour On-the-Job Training Course for Security Guards
This is a 16-hour course that must be completed within 90 days of employment as a security guard. The course provides the student 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: Rick D’Alessandro
Oct. 19-28 • Tues., Thurs. • 6-10 p.m. • Utica
CRN 17283 • $99
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 • Sat. • 9 a.m.-3 p.m. • $99
Online Live: Oct. 2 • CRN 19255
Utica: Nov. 6 • CRN 19259
Rome: Dec. 4 • CRN 19721

Certificate in Power BI NEW
This course 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 insight into your data using Power Business Intelligence (Power BI) software, a 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 • Sept. 7-Nov. 26
CRN 50087
Take the full certificate and save: $495

Introduction to Power BI
Online Asynchronous • Sept. 7-Oct. 1
CRN 50088 • $195

Intermediate Power BI
Online Asynchronous • Oct. 4-29
CRN 50089 • $195

Advanced Power BI
Online Asynchronous • Nov. 1-26
CRN 50090 • $195

Notary Public Test Prep
If you have wanted to become a notary public but are worried about the exam, this class will help. Don’t let the terminology scare you. You can become familiar with the terms and laws, 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 Formats • Sat. • 9:30 a.m.-1:30 p.m. • $59
Online Live: Sept. 25 • CRN 19745
Rome: Oct. 23 • CRN 19744
Utica: Nov. 13 • CRN 50129

Certificate in Mastering Excel NEW
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
Sept. 7-Nov. 26 • CRN 19493
Take the full certificate and save: $495

Introduction to Data Analysis
Online Asynchronous
Sept. 7-Oct. 1 • CRN 19461 • $195

Intermediate Data Analysis
Online Asynchronous
Oct. 4-29 • CRN 19460 • $195

Advanced Data Analysis
Online Asynchronous
Nov. 1-26 • CRN 19459 • $195

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. Find out how to perform inquiries that will be useful to your business and learn how 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 Dereshiwsky, Jeff Kritzer
Online Asynchronous
Sept. 7-Nov. 26 • CRN 19493
Take the full certificate and save: $495

Introduction to Data Analysis
Online Asynchronous
Sept. 7-Oct. 1 • CRN 19461 • $195

Intermediate Data Analysis
Online Asynchronous
Oct. 4-29 • CRN 19460 • $195

Advanced Data Analysis
Online Asynchronous
Nov. 1-26 • CRN 19459 • $195
SQL Certificate
Structured Query Language (SQL) is the industry standard database programming language. This certificate will enhance your competitiveness in the field of database administration and data analyst jobs. You’ll learn about relational database structures, the history and uses of SQL, and how to use SQL to create a database and add records to database tables, and how to use SQL queries to extract meaningful data from database tables. In addition, you’ll learn techniques that will enable you to write powerful queries to perform complicated searches and sorts on your data.

Instructor: Cecilia Allison
Online Asynchronous • Sept. 7-Nov. 26
CRN 19853 • Take the full certificate and save: $595

Intermediate SQL
Online Asynchronous • Oct. 4-29
CRN 19883 • $245

Advanced SQL
Online Asynchronous • Nov. 1-26
CRN 19888 • $245

Graphic Design Software Essentials Certificate
The Adobe software tools are the leading software for graphic design. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards and more. Use Adobe 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. Access to the Adobe software tools required.

Software Requirements: For all online Adobe classes, students are responsible for purchasing their own software for their course. Trial versions of Adobe software are sometimes available on the Adobe company website. If you’re taking the entire “Graphic Design certificate” you’ll need Adobe Illustrator, Adobe Photoshop, and Adobe InDesign. Otherwise you may sign up for a single software. More information can be found at adobe.com

Instructor: Andy Helmi
Online Asynchronous • Sept. 7-Nov. 26
CRN 50091 • Take the full certificate and save: $545

Adobe Illustrator Essentials
Online Asynchronous • Sept. 7-Oct. 1 • CRN 18367 • $225

Adobe Photoshop Essentials
Online Asynchronous • Oct. 4-29
CRN 50092 • $225

Adobe InDesign Essentials
Online Asynchronous • Nov. 1-26
CRN 50093 • $225

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 enhance your future career success.

Instructor: Betsy Flanagan
Online Asynchronous • Sept. 7-Oct. 1 • CRN 50125 • $195
Certificate in Project Management \textbf{NEW}

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.

\textbf{Instructors: Andy Stanhope, Christina Martinez}

Online Asynchronous
Sept. 7-Nov. 26 • CRN 50102
Take the full certificate and save: $495

Introduction to Project Management
Online Asynchronous • Sept. 7-Oct. 1
CRN 50115 • $195

Project Management Processes
Online Asynchronous • Oct. 4-29
CRN 50103 • $195

Project Management Knowledge Areas
Online Asynchronous • Nov. 1-26
CRN 50104 • $195

The Basics of Bookkeeping \textbf{NEW}

How do you keep track of the day-to-day financial transactions of a business? 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. You’ll learn bookkeeping terminology as well as what it means to keep track of the numbers.

\textbf{Instructor: Sharon DeFonteny}

Online Asynchronous • Oct. 4-29
CRN 17736 • $195

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.

\textbf{Instructor: Sharon DeFonteny}

Online Asynchronous
Sept. 7-Nov. 26 • CRN 19856
Take the full certificate and save: $495

Understanding Debits and Credits
Online Asynchronous
Sept. 7-Oct. 1 • CRN 19857 • $195

General Ledger and Month-End Procedures
Online Asynchronous
Oct. 4-29 • CRN 19884 • $195

Closing Procedures and Financial Statements
Online Asynchronous
Nov. 1-26 • CRN 19889 • $195
Certificate in Customer Service

Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization’s success. You also will take away some extraordinary customer service techniques you won’t find anywhere else.

Instructors: Greg Marsello, Nanette Sanders-Cobb
Online Asynchronous
Sept. 7-Oct. 29 • CRN 50084
Take the full certificate and save: $395

Improving Email Promotions
Online Asynchronous
Sept. 7-Oct. 1 • CRN 19866 • $195

Boosting Your Website Traffic
Online Asynchronous
Oct. 4-29 • CRN 19865 • $195

Online Advertising
Online Asynchronous
Nov. 1-26 • CRN 19867 • $195

Certificate in Learning Styles

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. Your instructors are some of the foremost authorities in the world on these subjects.

Instructors: William Draves, Julie Coates, Kassia Dellabough
Online Asynchronous • Oct. 4-Nov. 26 • CRN 19854
Take the full certificate and save: $395

Students with ASD (Autism Spectrum Disorder)
Online Asynchronous • Oct. 4-29 • CRN 19859 • $145

Gender in the Classroom
Online Asynchronous • Oct. 4-29 • CRN 19855 • $145

Generational Learning Styles
Online Asynchronous • Nov. 1-26 • CRN 19858 • $145

Paralegal Certificate

This program is designed for beginning or advanced legal workers. To receive a certificate, you must pass numerous quizzes and successfully complete several writing assignments. 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
Oct. 18, 2021-Feb. 25, 2022 • $1,595
Certificate in Online Teaching
From building to improving an online course, from fostering online discussion to encouraging student interaction, and from traditional assessment to online tests, this certificate will give you 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
Sept. 7-Nov. 26 • CRN 19860
Take the full certificate and save: $495

Advanced Teaching Online
Online Asynchronous
Sept. 7-Oct. 1 • CRN 19861 • $195

Designing Online Instruction
Online Asynchronous
Oct. 4-29 • CRN 19862 • $195

Fostering Online Discussion
Online Asynchronous
Nov. 1-26 • CRN 19863 • $195

Social Media for Business Certificate
From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks, how these specific social networks work, and the possible uses for your organization. Whether you are new to social networks or already involved, you will come away with an understanding of social networks and practical, how-to techniques to integrate them into your organization or business.

Instructors: Nicole Siscaretti, Jennifer Selke
Online Asynchronous • Sept. 7-Nov. 26
CRN 19496 • Take the full certificate and save: $495

Introduction to Social Media
Online Asynchronous • Sept. 7-Oct. 1
CRN 19465 • $195

Marketing Using Social Media
Online Asynchronous • Oct. 4-29
CRN 19466 • $195

Integrating Social Media in Your Organization
Online Asynchronous • Nov. 1-26
CRN 19467 • $195

Brewing Fundamentals Certificate Program
Learn the process of brewing to enhance your small business or take your home-brewing to the next level. Go from bucket to barrel in this seven-week course where we cover malt, water chemistry, hops, yeast, brewhouse workflow, and quality testing. Learn how the science of water, hops, barley, and yeast meet the art of brewing to create quality beer and how some principles apply to wine, cider, and distilled spirits. Participants who successfully complete all seven sessions will receive a certificate.

Utica • Oct. 7-Nov. 18 • Thurs. • 6-9 p.m. • CRN 19677 • $349

Brewing Fundamentals: Brewing Overview
$59 • Utica • Instructor: Richard Michaels
Oct. 7 • Thurs. • 6-9 p.m. • CRN 19680

Brewing Fundamentals: Barley 101
$59 • Utica • Instructor: Joe Kinney
Oct. 14 • Thurs. • 6-9 p.m. • CRN 19676

Brewing Fundamentals: Water Chemistry
$59 • Utica • Instructor: Scott Greiner
Oct. 21 • Thurs. • 6-9 p.m. • CRN 19702

Brewing Fundamentals: Hops 101
$59 • Utica • Instructor: Scott Greiner
Oct. 28 • Thurs. • 6-9 p.m. • CRN 19678

Brewing Fundamentals: Intro to Yeast
$59 • Utica • Instructor: Joe Kinney
Nov. 4 • Thurs. • 6-9 p.m. • CRN 19679

Brewing Fundamentals: Quality
$59 • Utica • Instructor: Richard Michaels
Nov. 11 • Thurs. • 6-9 p.m. • CRN 19681

Brewing Fundamentals: Off-Flavors and Characteristics
$59 • Utica • Instructor: Richard Michaels
Nov. 18 • Thurs. • 6-9 p.m. • CRN 19682
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 voluntary 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 obtained 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. Bring a pen, pencil, paper, and a lunch. The course concludes with a 25-question exam.

Instructor: Gene Allen
MVCC Carpentry and Masonry • 8:15 a.m.-5:15 p.m. • $175

Option 1: Oct. 8 • Fri. • CRN 17214
Option 2: Nov. 18 • Thurs. • CRN 17222

Lead Renovator Refresher

This four-hour refresher course is required for any renovators who completed the Initial Lead Renovator Training five or fewer years ago. Bring a pen, pencil, paper, and proof of prior certification. The course concludes with a 25-question exam.

Instructor: Gene Allen
MVCC Carpentry and Masonry
Nov. 19 • Fri. • 8:15 a.m.-12:15 p.m.
CRN 18652 • $135

10-Hour OSHA Training

This course will provide a variety of awareness training on construction safety and health topics with an emphasis on identifying common hazards in the construction industry, as well as avoidance, control, and prevention. Participants who successfully complete this course will receive an OSHA Construction Safety and Health 10-Hour card.

Instructor: Dominick Timpano
Various Locations • Tues.-Thurs. • 5:30-9 p.m. • $80

MVCC Education Center: Sept. 21-23 • CRN 16991
Rome: Nov. 2-4 • CRN 17031

Participants must bring $10 to class for their OSHA card.

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.
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. (0.3 CEUs)
Online Self-Paced
CRN 18447 • $40

Spanish for Medical Professionals
Designed specifically for healthcare professionals, this class will help you practice the basic, practical language skills needed to 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
Sept. 7-Oct. 29 • CRN 19933 • $290

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

CPR and Basic Life Support for HealthCare Professionals. BLS CPR (1 & 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 $5 for the certification card.
Instructor: Jen Krohn
Utica • 9:30 a.m.-2 p.m. • $45
Option 1: Sept. 28
Tues. • CRN 18459
Option 2: Oct. 19
Tues. • CRN 18460
Option 3: Nov. 16
Tues. • CRN 19492

Certified Nurse Aide (CNA)
Get New York State-certified with this accelerated 120-hour course that combines 90 hours of classroom and lab with 30 supervised clinical hours of training. Upon completion of the course, you’ll be registered for and take the NYS certification exam on-site.
Classes TBA • $1,500
To be added to a waiting list for the next class, contact 315-792-5300 or visit mvcc.edu/cced.

New York State High School Coaching Certification
Those wishing to coach an interschool athletic team in NYS must meet certain minimum requirements in the Regulations of the Commissioner of Education, including all head coaches and assistants for varsity, junior varsity, freshman, and junior high (modified) teams of public schools. These three courses will get you started on your certification: Learn athletic first aid and training/principles, the philosophy of coaching as integral to physical and general education, and methods of coaching and team management.

Philosophy, Principles and Organization of Athletics in Education
Instructor: Matt St. Croix
Online Self-Paced
CRN 50124 • $150

Theory and Techniques of Coaching
Instructor: Matt St. Croix
Online Self-Paced
CRN 50137 • $150

Health Science Applied to Coaching
Instructor: Jen Krohn
Online Self-Paced
CRN 50117 • $150

First Aid and CPR for Childcare Providers
This course teaches students to recognize and care for a variety of first aid emergencies, such as burns, cuts, scrapes, sudden illnesses, head, neck, and back injuries, and heat and cold emergencies, as well as how to respond to breathing and cardiac emergencies to help infants and children up to 12. Students who successfully complete this course will receive a certificate for Pediatric First Aid/CPR/AED valid for two years.
Instructor: Caroline Pollard
Utica • 10 a.m.-3 p.m. • $70
Option 1: Sept. 18
Sat. • CRN 19224
Option 2: Oct. 2 • Sat. • CRN 19225
Phlebotomy
This course provides the 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 requirements: physical within one year, TB test results read within three months of class start date, positive titers or proof of two MMR and two Varicella vaccines. Other required vaccinations (with proof) include Tdap or Tetanus toxoid (within 10 years) and seasonal flu shot. Purchasing the textbook is optional but highly recommended. A high school diploma or its equivalent is needed for employment.

Utica • 6-9 p.m. • $549
Option 1: Sept. 7-Oct. 6
Mon.-Thurs. • CRN 50096
Option 2: Oct. 12-Dec. 14 • Tues., Thurs. • CRN 50097
No class Nov. 25
Option 3: Oct. 13-Dec. 8 • Mon., Wed. • CRN 11537
No class Nov. 24

MVCC is offering FREE Personal Protective Equipment (PPE) training to those working in general industry, healthcare, and manufacturing facilities.

This 90-minute training educates workers on the safety and health topics of PPE to support recognition, avoidance, abatement, and prevention of hazards — including PPE concerns in relation to COVID-19 — in workplaces. This training can be provided in-person or via Zoom. Complimentary PPE will be distributed to all trainees.

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

Training can be customized on-site (if appropriate space is available) or offered virtually. 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. All in-person trainings will be in strict compliance with COVID-19 protocols.

Contact Terésa Fava-Schram
Center for Corporate and Community Education
315-792-5681

MVILR is a non-profit organization that offers life-long educational opportunities to the area’s retired and semi-retired individuals. Academic and health & wellness programming is offered each Fall, Winter, and Spring.

To learn more visit our website or call 315-334-7761
mvcc.edu/mvilr
Insurance Regulations and New York State Licensees

This class covers the range of statutory and common law provisions which affect agents and insurers in 2021. From Producer Transparency laws to Fiduciary Responsibilities, the course covers a wide number of laws which impact the daily operation of agents, brokers, and insurers. This eight-hour CE course is approved for all New York State insurance licensees. (BR, C3, LAH, LB, LSB, LC, PA, PC; NYCR-254249)

Instructor: Don Reese
Rome • Oct. 30 • Sat. • 8:30 a.m.-4:30 p.m. • CRN 19195 • $75

Insurance Pre-Licensing (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. It is 60 hours in length and fulfills the requirement to sit for the Personal Lines licensing exam only. Textbook included in tuition.

Instructors: Don Reese, Ed Whitehead
Various Locations • $400

Option 1: Utica • Sept. 13-Oct. 21 • Mon., Thurs. 5:30-9:30 p.m. • CRN 19044
Option 2: Rome • Sept. 13-22 • Mon.-Fri. 8:30 a.m.-4:30 p.m. • CRN 19505
Option 3: Rome • Oct. 18-27 • Mon.-Fri. 8:30 a.m.-4:30 p.m. • CRN 19900

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

This 90-hour course will fulfill the requirement to sit for the NYS Property & Casualty Exam (Personal & Commercial). Textbook included in tuition.

Instructors: Don Reese, Ed Whitehead
Various Locations • $700

Option 1: Utica • Sept. 13-Dec. 9 Mon., Thurs. • 5:30-9:30 p.m. • CRN 19046
Option 2: Rome • Sept. 13-Oct. 1 Mon.-Fri. • 8:30 a.m.-4:30 p.m. • CRN 19506
Option 3: Rome • Oct. 18-Nov. 5 Mon.-Fri. • 8:30 a.m.-4:30 p.m. • CRN 19901

Insurance in the Financial Planning Process

This new course covers a wide spectrum of the role of insurance in the financial planning process. It 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 and PC; NYCR 260535)

Instructor: Peter Carchedi
Rome: Sept. 18 • Sat. • 8:30 a.m.-4:30 p.m. CRN 19963 • $75
Utica: Nov. 6 • Sat. • 8:30 a.m.-4:30 p.m. CRN 50153 • $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, and is approved for all New York State 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
Rome • Sept. 11 • Sat. 8:30 a.m.-4:30 p.m. • CRN 19199 • $75

Insurance in the Financial Planning Process

This new course covers a wide spectrum of the role of insurance in the financial planning process. It 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 and PC; NYCR 260535)

Instructor: Peter Carchedi
Rome: Sept. 18 • Sat. • 8:30 a.m.-4:30 p.m. CRN 19963 • $75
Utica: Nov. 6 • Sat. • 8:30 a.m.-4:30 p.m. CRN 50153 • $75

Insurance Regulations and New York State Licensees

This class covers the range of statutory and common law provisions which affect agents and insurers in 2021. From Producer Transparency laws to Fiduciary Responsibilities, the course covers a wide number of laws which impact the daily operation of agents, brokers, and insurers. This eight-hour CE course is approved for all New York State insurance licensees. (BR, C3, LAH, LB, LSB, LC, PA, PC; NYCR-254249)

Instructor: Don Reese
Rome • Oct. 30 • Sat. • 8:30 a.m.-4:30 p.m. • CRN 19195 • $75

INSURANCE COURSES
New York State of Health Insurance Exchange Analysis
A major part of the Patient Protection and Affordability Act, this eight-hour course covers every aspect of the operation of the health insurance exchange in New York from “metal levels” to subsidies. (BR, LAH, LB, LSB, LC, PC; NYCR 254250)

Instructor: Peter Carchedi
Rome • Oct. 2 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 19201 • $75

Creating and Executing a Culture of Customer Service
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, Don Reese
Online Live • Wed. • 8:30 a.m.-4:30 p.m. • $75
Option 1: Oct. 27 • CRN 19221
Option 2: Dec. 1 • CRN 19222

Homeowner’s 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 • 8:30 a.m.-4:30 p.m. • $75
Option 1: Oct. 9 • Sat. • CRN 19910
Option 2: Nov. 13 • Sat. • CRN 19911

Patient Protection and Affordable Care Act 2017
Easily the most controversial law passed by Congress in the last 10 years, it is still one of the most confusing. With changes in Washington D.C. politics, where do we go from here? This course provides eight CE hours of instruction. (BR, LAH, LB, LSB, LC, PA; NYCR 254230)

Instructor: Peter Carchedi
Utica • Oct. 16 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 19197 • $75

Preparing for the Worst: Disaster Insurance
This course will cover a wide range of insurance issues and concerns regarding “preparing for the worst,” including plans for the unexpected, handling bad losses, appropriate insurance, and local and national emergencies. (BR, C3, PA, PC; NYCR 237536)

Instructor: Don Reese
Rome • Oct. 23 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 19586 • $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
Various Formats • 8:30 a.m.-4:30 p.m. • $75
Rome: Sept. 18 • Sat. • CRN 19908
Rome: Oct. 28 • Thurs. • CRN 19909
Online Live: Dec. 18 • Sat. • CRN 50119
LaBlast
LaBlast is a life-changing dance fitness program that inspires the mind and transforms the body while teaching the true skill of dance. This energizing dance fitness class blends ballroom dancing with the calorie-blasting properties of interval training.

Instructor: Pam Mustee
Utica • Sept. 29-Dec. 8 • Wed. 5:30-6:30 p.m. • CRN 19915 • $65
No class Nov. 24

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 • Sept. 27-Nov. 29 • Mon. 5:30-6:30 p.m. • CRN 13279 • $65

Zumba®
Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms are resistance training combined to tone and sculpt the body while burning fat. Beginners are welcome.

Instructor: Krista Worlock
Utica • Oct. 1-Dec. 10 • Fri. 5:30-6:30 p.m. • CRN 18033 • $65
No class Nov. 26

Pilates 1
Learn the basic Pilates movements in a fun, non-judgmental, hands-on environment! Uniformly develop your body and mind through a specific approach that requires mental concentration, enhancing the mind-body connection.

Instructor: Kathy Bateman
Utica • Sept. 27-Nov. 29 • Mon. 5:30-6:30 p.m. • CRN 19182 • $65

Pilates 2
Build upon the basic Pilates exercises taught in Pilates 1. Deepen your knowledge of core exercises and challenge your inner core muscles. Learn Pilate push-ups, advanced plank work and deep core exercises in a non-judgmental, hands-on environment. Dress to work out and bring a water bottle.

Instructor: Kathy Bateman
Utica • Sept. 27-Nov. 29 • Mon. 6:45-7:45 p.m. • CRN 19917 • $65

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. Please bring a mat to class.

Instructor: Krista Worlock
Utica • Sept. 28-Nov. 30 • Tues. • 5:30-6:30 p.m. • CRN 19181 • $65

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 hand weights and an exercise mat.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Online Live • Sept. 28-Dec. 7 • Tues., Thurs. • 5:30-6:30 p.m. • CRN 18024 • $110 • No class Nov. 25

QiGong
Qi Gong (pronounced “Chee Gong”) is an energy-building exercise designed to bring the body, mind and spirit together as one. It combines physical exercises, stretching, breathing, and self-massage to strengthen the immune system, accelerate the body’s healing process, and improve sleep patterns. This is a gentle practice, suitable for all levels of fitness.

Instructor: Carolyn LaSalle
Utica • Sept. 28-Nov. 30 • Tues. • 5:30-6:30 p.m. • CRN 18354 • $65
**Yoga Balance**
In this class, focus on centering your mind and body, helping to balance the stress of daily life. You will 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** • Sept. 28-Nov. 30  
**Tues.** • 9-9:45 a.m. • CRN 19015 • $110

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**Yoga Abs**
Begin with a warm-up yoga flow to prepare and strengthen your body. Then, get ready to work your core! All levels are welcome. Have a yoga mat and a yoga block ready.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500  
**Online Live** • Sept. 27-Nov. 29  
**Mon.** • 5:30-6:15 p.m. • CRN 19186 • $65

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**Yoga Balance**
In this class, focus on centering your mind and body, helping to balance the stress of daily life. You will 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** • Sept. 28-Nov. 30  
**Mon.** • 6:30-7:30 p.m. • CRN 19015 • $110

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**Yoga Nidra NEW**
Yoga Nidra or yoga sleep is a state of consciousness between waking and sleeping. Begin with minimal gentle movements, then find a comfortable position on a mat or a recliner. This is guided meditation, a very healing practice. Wear comfortable clothing and have blankets and pillows available.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500  
**Online Live** • Sept. 28-Nov. 30  
**Mon.** • 6:30-7:30 p.m. • CRN 19015 • $110

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**Flow Yoga**
Explore the mind, body, and soul connection yoga provides through breath work, meditation, and movement in a non-competitive atmosphere. Modifications offered to meet individual needs. Bring a yoga mat and small blanket.

**Instructor:** Jeri George  
**Utica** • Sept. 30-Dec. 9  
**Thurs.** • 5:30-6:30 p.m. • CRN 19913 • $65 • No class Nov. 25

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**Chair Yoga**
This class will improve your strength, flexibility, mobility, posture, circulation, and balance. You’ll use a sturdy chair for seated and standing poses; there’s no floor work. You will need a yoga mat, strap, and blocks.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500  
**Online Live** • Sept. 28-Dec. 7  
**Tues., Thurs.** • 9-9:45 a.m. • CRN 19015 • $110

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**Yoga Abs**
Begin with a warm-up yoga flow to prepare and strengthen your body. Then, get ready to work your core! All levels are welcome. Have a yoga mat and a yoga block ready.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500  
**Online Live** • Sept. 27-Nov. 29  
**Mon.** • 5:30-6:30 p.m. • CRN 19186 • $65

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**Yoga Nidra**
Yoga Nidra or yoga sleep is a state of consciousness between waking and sleeping. Begin with minimal gentle movements, then find a comfortable position on a mat or a recliner. This is guided meditation, a very healing practice. Wear comfortable clothing and have blankets and pillows available.

**Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500  
**Online Live** • Sept. 27-Nov. 29  
**Mon.** • 6:30-7:30 p.m. • CRN 19015 • $110

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**Yoga for Health & Wellness**
Classes consist of breathing, meditation, poses, and relaxation techniques that are geared toward all ages and levels of experience. Each class will focus on poses and postures that will improve flexibility, build strength in muscles and bones, increase blood flow, and boost immunity.

**Instructor:** Carolyn LaSalle  
**Utica** • Sept. 28-Nov. 30  
**Tues.** • 6:45-7:45 p.m. • CRN 18620 • $65

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**Yoga for Health & Wellness**
Classes consist of breathing, meditation, poses, and relaxation techniques that are geared toward all ages and levels of experience. Each class will focus on poses and postures that will improve flexibility, build strength in muscles and bones, increase blood flow, and boost immunity.

**Instructor:** Carolyn LaSalle  
**Utica** • Sept. 28-Nov. 30  
**Tues.** • 6:45-7:45 p.m. • CRN 18620 • $65

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**Flow Yoga**
Explore the mind, body, and soul connection yoga provides through breath work, meditation, and movement in a non-competitive atmosphere. Modifications offered to meet individual needs. Bring a yoga mat and small blanket.

**Instructor:** Jeri George  
**Utica** • Sept. 30-Dec. 9  
**Thurs.** • 5:30-6:30 p.m. • CRN 19913 • $65 • No class Nov. 25
HOLISTIC WELLNESS

Your New Super Mind
Using more of your mind is easier than you think. Learn simple, but powerful, exercises to tap into the brilliance within, improve your business, heal relationships, overcome stress, master your emotions, and be happier and healthier!
Instructor: Erick Price
Utica • Oct. 4-Nov. 8 • Mon. • 6-7 p.m.
CRN 50140 • $69

Open Your Third Eye
This course is designed to expand your awareness and consciousness. Utilizing meditations and hands-on exercises, you will learn to tap into innate abilities that await your discovery and use.
Instructor: Erick Price
Utica • Sept. 21-Oct. 26 • Tues. • 6-7 p.m.
CRN 50139 • $69

EFT Tapping for Yourself and Others
Discover the fascinating world of EFT Tapping Therapy. Help yourself and others rid themselves of negative emotions, alleviate stress and pain, and learn the mind-body connection that makes real change possible.
Instructor: Erick Price
Utica • Oct. 13-Nov. 17 • Wed. • 6-7 p.m.
CRN 18894 • $69

Smoking Cessation: Better Health Through Hypnosis
Quit smoking with a program that has had outstanding success. All you need is a sincere desire to end your smoking habit for good. Experience a light trance state of focused concentration and relaxation and stop watching your life go up in smoke.
Instructor: Erick Price
Utica • Nov. 18 • Thurs. • 6-8 p.m.
CRN 18667 • $19

Gastric Bypass: Better Health Through Hypnosis
Lose weight and alter your lifestyle using the method of virtual Gastric Lap Band procedure. Attain the feeling of feeling full faster, making healthier food choices, and achieving your weight loss goals with no actual surgery and no risks.
Instructor: Erick Price
Utica • Nov. 4 • Thurs. • 6-8 p.m.
CRN 50141 • $19

Mindfulness Meditation for Everyone
Whether you are a beginner or a seasoned meditator, this course will help you master the basics of mindfulness as you build essential meditation skills.
Instructor: Erick Price
Utica • Nov. 2-Dec. 7 • Tues. • 6-7 p.m.
CRN 50138 • $69

Job Corps Scholars, a program for 16-24-year-olds, has expanded its certificate offerings!
Start Aug. 30 or Jan. 19.
mvcc.edu/job-corps • 315-792-5365

In less than one year, get free training in:
• Administrative Assistant
• Airplane Mechanic (FAA certification)
• Carpenter & Masonry
• Chef Training
• CNC Machining
• Cybersecurity
• Finance
• HVAC
• Law Enforcement
• Mechatronics (advanced manufacturing technician)
• Tractor Trailer (CDL A license)
• Welding
Flora and Fauna of the Mohawk Valley
This course is an exploration of the plant and animal species found in Central New York. The class will conclude with a hiking trip to the Rome Sand Plains (7-9 a.m., Saturday, Nov. 20) where we will work on tracking animal footprints, identifying plants, and observing all things nature.

Instructor: Brad Gibson
Online Live • Oct. 19-Nov. 16
Tues. • 6-7 p.m. • CRN 50121 • $69

Basics of Flower Design - Dried Flower Centerpiece NEW
Using design principles and locally grown dried flowers, create a centerpiece to enjoy for all of your fall and holiday gatherings. Cornucopia baskets will be used as the base. Enjoy the beautiful textures of garden-grown dried flowers to build an everlasting arrangement.

Instructor: Betsy Busche
Utica • Oct. 23 • Sat. 10-11:30 a.m. • CRN 19441 • $60

Cryptocurrency 101 NEW
You’ve heard the buzz about cryptocurrency, but what is it? And how can you get started with investing and earning? Learn the basics so that you can make this cutting-edge technology work for you!

Instructor: Matt Briggs
Various Formats • Thurs. 6-8 p.m. • $29

Online: Oct. 14 • CRN 50142
Rome: Nov. 4 • CRN 50143

Work Remotely & Become A Digital Nomad NEW
Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you travel. Get the “how to” of living on the road including downsizing, the RV lifestyle, international living, and more. Tuition includes the instructor’s e-book.

Instructor: Gina Henry
Online Live • Nov. 6 • Sat. Noon-3 p.m. • CRN 50082 • $49

Get Paid to Teach English NEW
Teaching English is a high-paying career or simply a great way to go on vacation for free. If you speak English, you can teach conversational English! Make money from home by teaching English online. Earn a free vacation, two-month paid summer job, or full-time work. Tuition includes the instructor’s e-book.

Instructor: Gina Henry
Online Live • Oct. 30 • Sat. Noon-3 p.m. • CRN 50081 • $49

The Secrets of Travel-Hacking NEW
You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel. The instructor will show you her “Beginner Strategy” then graduate you to more advanced techniques. Also learn tips for flying business and first class.

Instructor: Gina Henry
Online Live • Nov. 13 • Sat. Noon-3 p.m. • CRN 50083 • $49
Podcasting Basics
Learn how to turn your business or hobby into a podcast. This step-by-step class will cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.
Instructor: Matt Honsberger
Online Asynchronous • Sept. 7-Oct. 1 • CRN 50105 • $245

Retire-Ready Second Act Planning
Transitioning from a work-centered life to a values-centered life involves more than simply planning for income needs. Participants will learn tools to empower themselves to thrive both financially and relationally within their retirement years or “The Second Act.”
Instructors: Michelle Kilbourne, James Richter
Online Live • Sept. 29-Oct. 20 • Wed. • 8-10 p.m. • CRN 50132 • $89

Introduction to Fiction Writing
Designed specifically for those with little to no fiction-writing experience, this class will help you find your pathway toward your fiction-writing goals. You will complete the course with the skills you need to get started. Create a new work of fiction or revive an old one that’s been sitting in your bottom drawer.
Instructor: Jacqui Lipton
Online Asynchronous • Sept. 7-Oct. 1 • CRN 19880 • $195

The Perks of Politics
Learn the positives of performing your civic duty! We will discuss the parties, the process, and the importance of politics as well as evaluating the whys and hows of voting. In this neutral class, we will discuss the two-party system and the foundation therein.
Instructor: Cristen Gallup
Utica • Oct. 30 • Sat. • 9 a.m.-Noon • CRN 50135 • $45

Putting the Social in Social Media
Let’s get digital, digital … by exploring the social side of social media. We will discuss, work on, and create groups and events. Learn how to sell on Facebook Marketplace, how to promote activism, and much more. Learn how social media can benefit you!
Instructor: Cristen Gallup
Utica • Sept. 18 • Sat. • 9-Noon • CRN 50131 • $45

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 questions about your technology problems.
Instructor: Shawn Essafi
Utica • Nov. 6 • Sat. • 9 a.m.-Noon • CRN 50120 • $39

Introduction to Microsoft Office
This hands-on course will teach the basics of creating Word documents, Excel spreadsheets, and PowerPoint presentations, as well as advanced techniques to make better-looking projects with ease. We will briefly discuss Google Drive and the simple conversion from Microsoft to Google.
Instructor: Shawn Essafi
Utica • Oct. 2-23 • Sat. • 10 a.m.-Noon • CRN 50127 • $79

Learning While Black
Examine the factors that come together to create unique challenges to Black students in the classroom and explore ways in which teachers can minimize those challenges and support school success for all students.
Instructors: Dr. Dionne Felix, Julie Coates
Online Asynchronous • Sept. 7-Oct. 1 • CRN 50122 • $145

Recipe 2 Market Workshop Series
Farmers and aspiring food business entrepreneurs, accelerate your concepts with this six-week workshop — led by experts from across the field at 5:30 p.m. every Wednesday from Sept. 1-Oct. 6. The first five sessions will be virtual, and the final workshop will be held in the kitchen at MVCC’s Rome Campus. Cost is $75 per person or $125 for a team of two. To learn more, call 315-557-6911 or email aml439@cornell.edu.
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. Take one class or all three!

Instructors: Melissa and Layla Zeina
Rome • Mon. • 5:30-8:30 p.m. • $69

Option 1: Stuffed Grape Leaves, Tatziki Sauce, Tabouleh Salad
Oct. 4 • CRN 29841

Option 2: Kibbeh, Falafel, Tahini Sauce
Oct. 18 • CRN 29842

Option 3: Baklava, Lebanese Pastry, and Turkish Coffee
Nov. 1 • CRN 29843

Managing Your First-time Homebuyer Worries
This class will help you decide whether you’re ready to take your first steps toward becoming a homeowner. We’ll discuss the importance of credit scores, lender information, eligibility requirements for grants and down payment programs, and more. Offered in partnership with the HomeOwnershipCenter.

Instructors: Tera Gordon, Justin Utegg
Utica • Nov. 17 • Wed. • 5-6:30 p.m. • CRN 50150 • Free

Restoring Your Financial Vision
Blinded by debt? Financially strained? Learn about your attitude toward money, how that affects your financial habits, and tips and tricks to restore your financial vision. Offered in partnership with the HomeOwnershipCenter.

Instructors: Tera Gordon, Justin Utegg
Utica • Nov. 3 • Wed. • 5-6 p.m. • CRN 50151 • Free

ESL Classes
The English for Speakers of Other Languages (ESOL) program focuses on helping participants improve their English skills and develop employment skills that will benefit them both professionally and socially. The ESOL classes focus on comprehension, speaking, reading, and writing, and developing skills for entry-level employment, including computer training and goal setting.

Classes are offered during the day and in the evening at the Education Outreach Center building at 524 Elizabeth St. in Utica.

Daytime Classes
• Monday-Thursday: 9 a.m.-2 p.m.
• Fridays: 9 a.m.-noon

Evening Classes
• Monday-Thursday: 4-6 p.m.
For more information, call 315-792-5681.

A Whole Food, Plant-Based Lifestyle
Research has consistently linked whole food, plant-based (WFPB) diets to lower rates of heart disease, type 2 diabetes, and some cancers. This course will give you an overview of the current research surrounding the benefits of a WFPB diet, as well as information and support to make the transition to eating plant-based. Favorite WFPB recipes will be provided!

Instructor: Jeannine Macera
Online Live • Oct. 5-26
Tues. • 6-7 p.m.
CRN 50106 • $50
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 important skills. Textbooks included.

Instructor: Deborah Pardi
Utica • Sept. 20-Oct. 27 • Mon., Wed. • 6-7:30 p.m.
CRN 17774 • $99

SIGN LANGUAGE, LEVEL 2
Now that you’ve mastered the basics, take your skills to the next level. Classes will be targeted to the interests and abilities of the participants. Use games, videos, and conversation to learn these important skills.

Utica • Nov. 1-Dec. 13 • Mon., Wed. • 6-7:30 p.m.
CRN 50095 • $99 • No class Nov. 24

BEGINNING CONVERSATIONAL SPANISH
This course will provide the basic building blocks of the language and common idiomatic expressions. You’ll learn enough vocabulary and grammar for simple conversations and to ask and answer questions.

Instructor: Cristina Sempé
Online Asynchronous • Sept. 7-Oct. 28 • CRN 19879 • $290

CONVERSATIONAL ITALIAN
Learn how to express yourself comfortably in Italian with practical, everyday words so you can ask for help or directions, navigate shops, book a hotel room, and order a meal! Cultural notes are included to help you better understand the Italian way of life. Students must purchase the textbook.

Instructor: Marta Formagnana
Rome • Sept. 29-Nov. 17 • Wed. • 6-7:30 p.m.
CRN 50094 • $99

INTRODUCTION TO RUSSIAN LANGUAGE
Learn the Russian alphabet and how to communicate basic information about yourself. Russian culture and history also will be covered. Purchasing the textbook is required.

Instructor: Wayne Seifried
Utica • Oct. 12-Nov. 30 • Tues. • 6-8 p.m. • CRN 19723 • $99

INTRODUCTION TO BRAILLE
Learn the braille alphabet and various short-form contractions. Upon completing this course, you will have an idea of what it’s like for a visually impaired braille user to read and write. You will use the free PerkyDuck Software.

Instructor: Valarie Warmuth
Utica • Sept. 8 • Wed. • 6-8 p.m.
CRN 19667 • $25

MATH, BUT IN BRAILLE!
Have you ever wondered what math operations look like in braille? Learn basic Nemeth Code as it is used to transcribe math into braille. You will use the free PerkyDuck Software.

Instructor: Valarie Warmuth
Utica • Sept. 7 • Tues. • 6-8 p.m.
CRN 19905 • $25

ARABIC LANGUAGE, LEVEL 1
Learn basic vocabulary and reading and writing skills. Topics will include work, cooking, home life, pets, travel, family, weather, and friends.

Instructor: Samah Salem
Utica • Sept. 21-Oct. 19 • Tues. • 6-7:30 p.m.
CRN 19927 • $80

ARABIC LANGUAGE, LEVEL 2
Learn more vocabulary, and perfect your reading and writing skills through hands-on activities. Practice your conversational skills and build your confidence communicating in the Arabic language.

Instructor: Samah Salem
Utica • Nov. 2-30 • Tues. • 6-7:30 p.m.
CRN 19474 • $80

INTRODUCTION TO ARMENIAN LANGUAGE
Learn the Armenian alphabet and how to communicate basic information about yourself. Topics will include basic greetings, family, weather, time, and food. Armenian culture and history also will be covered. Purchasing the textbook is required.

Instructor: Wayne Seifried
Utica • Sept. 29-Nov. 17 • Wed. • 6-8 p.m.
CRN 19892 • $99
**PERSONAL SAFETY**

**Defensive Driving**
This course 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. Bring your license or permit to class, as well as a lunch. Students are required to be on time and stay until the completion of class. Offered in partnership with the Oneida County Traffic Safety Department.

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

- **Rome: Oct. 16 • CRN 17645**
- **Utica: Dec. 18 • CRN 16430**

**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 utilize to avoid, manage, and survive potentially violent encounters. No experience required. Ages 13+.

**Instructor: Tom Arcuri**
**Utica • Oct. 15 • Fri. • 6-8 p.m. • CRN 19920 • $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 required. Ages 55+.

**Instructor: Tom Arcuri**
**Utica • Oct. 29 • Fri. • 6-8 p.m. • CRN 19484 • $35**

**Confrontation Management Clinic**
This FailSafe Method clinic will cover methods to avoid, manage, and survive potentially violent encounters. It will focus on behavioral and verbal skills that are often overlooked but highly effective in improving your confidence and competence when dealing with confrontations in everyday life. No experience required. Ages 12+.

**Instructor: Tom Arcuri**
**Utica • Nov. 12 • Fri. • 6-8 p.m. • CRN 19921 • $35**

**Weapons Protection Clinic**
This FailSafe Method clinic will cover avoiding, managing, and surviving armed assailant scenarios. Topics covered are edged weapons, bludgeons, and firearms. In addition to developing a greater understanding of these weapons, you’ll learn critical decision-making skills for active shooter, mugging, and intimidation scenarios. No experience required. Ages 12+.

**Instructor: Tom Arcuri**
**Utica • Dec. 10 • Fri. • 6-8 p.m. • CRN 19919 • $35**

**Women’s Self-Protection Clinic**
This clinic will cover the most common scenarios women may face in their lives. The class is presented in a fun and empowering way, focusing on highly effective methods to avoid, manage, and survive physical encounters. No experience required. All female teens and women are welcome.

**Instructor: Tom Arcuri**
**Utica • Sept. 24 • Fri. • 6-8 p.m. • CRN 19672 • $35**
Arts and Crafts!
Children will learn art techniques and create a masterpiece using simple resources that can be found at home. Drawing, coloring, sticking, creating, and crafting is good for the brain and for the soul! Ages 3-6.
Instructor: Samah Salem
Utica • Sat. • 9-10:30 a.m. • $20
Option 1: Sept. 25 • CRN 19944
Option 2: Oct. 23 • CRN 50109
Option 3: Nov. 20 • CRN 50110

Children’s Arabic: Level 1 NEW
Children will learn Arabic through fun and educational classes and activities. Topics will include Arabic letters, short and long vowels, fruits and vegetables, colors, and numbers. Ages 5-9.
Instructor: Samah Salem
Utica • Sept. 18-Oct. 30 • Sat. • 10-11 a.m.
CRN 50113 • $55 • No class Oct. 9

Children’s Arabic: Level 2 NEW
Children will expand their Arabic skills through fun and educational classes and activities. Topics will include simple reading, simple writing, common sentences in Arabic, greetings, and basic grammar. Ages 5-9.
Instructor: Samah Salem
Utica • Nov. 6-Dec. 18 • Sat. • 10-11 a.m.
CRN 50114 • $45 • No class Nov. 27

Painting Party!
Who likes to paint? This class will work on fine and gross motor skills, hand-eye coordination, exploring creativity, and more. Your child won’t even know they’re nourishing skills as they’re painting! Ages 2-7.
Instructor: Cristen Gallup
Utica • Sat. • 10-11:30 a.m. • $20
Option 1: Whooo’s ready for the holidays? Oct. 16 • CRN 19947
Let’s paint some owls (using our hands, of course!) and enjoy the fall colors.
Option 2: Making Spirits Bright Dec. 11 • CRN 50136
Who doesn’t love a big ol’ tree with lots of lights? Well here’s your chance to get your HANDS ON holiday decorating.

Babysitting: Let’s Refresh!
Need a refresher on important tips and tricks to remember while babysitting? If you’ve taken the Red Cross babysitting class, then this is a great refresher course for you. It will cover safety concerns both in and out of the home when you’re with the kids, your responsibilities as a babysitter, age-appropriate games, ways to take care of young kids, how to set your rates, and how to talk with potential clients. Students that have not taken the full Babysitter’s Training can take this class as an introductory overview. Ages 11+.
Instructor: Cristen Gallup
Utica • Oct. 2 • Sat. • 9 a.m.-Noon • CRN 19940 • $45
Pumpkin, the Spice of Life!  NEW
Nothing says fall like pumpkin spice. Junior chefs in this class will explore exactly what is in this classic spice combo and then put their newfound knowledge to work making Streusel Topped Pumpkin Spice Muffins and a delicious kid-friendly Pumpkin Spice Latte to enjoy with their muffins. Ages 8-12.

Instructor: Carol Klausner
Rome • Oct. 16 • Sat. • 9 a.m.-Noon
CRN 50133 • $60

Celebrate National Sandwich Day!  NEW
Sandwiches are America’s favorite go-to breakfast, lunch, dinner, or dessert! Junior chefs in this class will explore both classic and innovative sandwich combinations that will test their culinary knowledge and skills. Ages 8-12.

Instructor: Carol Klausner
Rome • Nov. 6 • Sat. • 9 a.m.-Noon
CRN 50111 • $60

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 we will use sample tests. Bring pencils and a scientific or graphing calculator.

Instructor: Dana Percia
Online Live • Tues., Thurs.
4-5:30 p.m. • $40

Option 1: Sept. 28-30 • CRN 18327
Option 2: Oct. 26-28 • CRN 19229
Option 3: Nov. 30-Dec. 2 • CRN 19230

MVCC.EDU/FIRSTROBOTICS
Cheer on teams from all over NY State & VOLUNTEER with us!

Check out the youth robotics competition season!
### Water Aerobics
Water aerobics is a great way to get in shape, as water is a natural aid in resistance training. This shallow water exercise, set to music, can help you lose inches while toning and strengthening all of the body’s major muscle groups. You do not have to be deep-water proficient. All classes are held at the Utica Pool.

*Instructor: Tina Jones (a.m.), Mary Farda (p.m.)*

<table>
<thead>
<tr>
<th>Term</th>
<th>Days</th>
<th>Time</th>
<th>CRN</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 20-Nov. 22</td>
<td>Mon.</td>
<td>9-9:50 a.m.</td>
<td>CRN 17754</td>
<td>$65</td>
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<tr>
<td>Sept. 22-Dec. 1</td>
<td>Wed.</td>
<td>9-9:50 a.m.</td>
<td>CRN 14261</td>
<td>$65</td>
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<tr>
<td>Sept. 24-Dec. 3</td>
<td>Fri.</td>
<td>9-9:50 a.m.</td>
<td>CRN 17753</td>
<td>$65</td>
</tr>
<tr>
<td>Sept. 20-Dec. 1</td>
<td>Mon., Wed., Fri.</td>
<td>9-9:50 a.m.</td>
<td>CRN 17755</td>
<td>$145</td>
</tr>
<tr>
<td>Sept. 22-Dec. 1</td>
<td>Wed.</td>
<td>6-6:55 p.m.</td>
<td>CRN 17248</td>
<td>$65</td>
</tr>
</tbody>
</table>

No class Nov. 24, 26, 29

### Lane and Lap Lovers
An ideal class for those who love swimming laps. Swimming offers a fantastic aerobic workout and is perfect for cross-training. It strengthens muscles and offers non-weight-bearing exercise. You can swim at your own pace and in your own space.

*Utica Pool • Sept. 20-Dec. 1 • Mon., Wed., Fri. 8:05-8:55 a.m. • CRN 17688 • $85*

No class Nov. 24, 26

*Utica Pool • Sept. 20-Dec. 1 • Mon., Wed., Fri. 11-11:50 a.m. • CRN 19656 • $85*

No class Nov. 24, 26

### Aqua Zumba
Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout by offering a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Water shoes are recommended.

*Instructor: Krista Worlock*

<table>
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<tr>
<th>Term</th>
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<th>Time</th>
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<th>Fee</th>
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<tbody>
<tr>
<td>Sept. 30-Dec. 9</td>
<td>Thurs.</td>
<td>9-10 a.m.</td>
<td>CRN 50108</td>
<td>$65</td>
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</table>

No class Nov. 25

### Water Running
Strengthen and tone your muscles without the harsh impact of running on land. Participants of all abilities wear a flotation belt to enhance the effect of running intermixed with a variety of exercises to achieve a great overall workout.

*Instructor: Anna Case (a.m.), Mary Farda (p.m.)*

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<th>Fee</th>
</tr>
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<tr>
<td>Sept. 20-Nov. 22</td>
<td>Mon.</td>
<td>10-10:50 a.m.</td>
<td>CRN 17707</td>
<td>$65</td>
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<td>Sept. 22-Dec. 1</td>
<td>Wed.</td>
<td>10-10:50 a.m.</td>
<td>CRN 17708</td>
<td>$65</td>
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</table>

No class Nov. 24

*Sept. 24-Dec. 3    | Fri. | 10-10:50 a.m. | CRN 18905 | $65   |

No class Nov. 26

*Sept. 20-Dec. 1    | Mon., Wed., Fri. | 10-10:50 a.m. | CRN 17711 | $145  |

No class Nov. 24, 26, 29

*Sept. 22-Dec. 1    | Wed. | 5-5:55 p.m.   | CRN 17709 | $65   |

No class Nov. 24
AQUATIC TRAINING

Lifeguard Training - Blended Learning
Learn to recognize and respond quickly and effectively to aquatic emergencies to prevent drowning and injuries. This blended learning course combines online learning with in-person sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least a day prior to the pre-test aquatic session. With successful completion, you will be American Red Cross-certified in Lifeguard Training, First Aid, and CPR for the Lifeguard. Prerequisite: Swim 550 yards continuously with specific strokes before the first class session and be 15 years old by the last class session.

Instructor: Emma Uvanni
Utica Pool • Oct. 2-10 • Sat.-Sun. • 9 a.m.-Noon
CRN 19926 • $350 • Pre-test on Oct. 1 at 5 p.m.

Water Safety Instructor
Gain the skills and knowledge needed to teach swim lessons. Students will learn how to teach basic water safety, six levels of Learn-to-Swim, Preschool Aquatics, Parent and Child Aquatics, and the six basic swimming strokes. Students do not need to be a lifeguard but must be 16 years old prior to taking this Water Safety Instructor course. This course includes the prerequisite course.

Instructor: Kristi Peterson
Utica Pool • Sept. 16-26
Thurs., Sat., Sun.
Thurs. • 5-8 p.m.
Sat.-Sun. • 9 a.m.-4 p.m.
CRN 50128 • $350

MVCC’s 75th Anniversary
In honor of MVCC’s 75th Anniversary, the Foundation is working to raise funds to continue the College’s mission of providing a high-quality, affordable education to meet the diverse needs of its students.

MVCC has always been the community’s college, since its beginnings in 1946, when it was established on an experimental basis to serve the educational needs of soldiers returning from WWII. MVCC has stayed true to its roots, offering career, transfer, and transitional educational programs for personal and cultural enrichment, while serving the ever-changing educational needs of local industry.

Help us continue our vision of serving as the community’s college by donating to support the next 75 years of growth when you visit mvcc.edu/donate.
**Non-Credit Registration (Fax or Mail-In)**

**Fax Registration to: 315-792-5682**
- For Visa, MasterCard, and Discover use only.
- Please type or print.
- Only one student may register per form.
- Photocopy this form for additional students.
- Email to ccedadmin@mvcc.edu

**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
- **Last Name**
- **Date of Birth**
- **City**
- **(If a minor) Parent Last Name**
- **Address**
- **Cell Phone**
- **Email Address**

### Preferred First Name
- **State**
- **Zip Code**

### Previous Maiden Name
- **First Name**

### Course Information
<table>
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<th>CRN</th>
<th>Course Name</th>
<th>Start Date</th>
<th>Fee</th>
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**Credit Card**
- **Name on Card (print)**
- **Signature**
- **Date**
- **Credit Card Number**
  - Expiration Date
  - VRN (3 digit code on back)

**Check**
- **Money Order**
Middle and high school students can enroll in a unique program that helps them start and run their own company or social movement. Students learn how to turn passion into profit, meet new friends and gain immeasurable skills. Classes are on Wednesday nights from Oct.-May (no class over school breaks). Applications due in Sept.

Learn more: mvcc.edu/YEA

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

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 learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

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!

315-792-5300 | Center for Corporate and Community Education
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).

Students may provide their own trike-style (one wheel in front; two in back) motorcycle for training, but the non-subsidized full tuition of $275 will apply. You will need to call our office to enroll if using your own motorcycle.

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 interactive classroom learning and at least 10 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 three 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.

**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 gomotorcycling.net or call Go Motorcycling, Inc. at 315-858-3321.
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 school 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.

Did you know that we can train employees at YOUR location? Contact 315-792-5300 for more information on customized corporate training options!

Sign up early to avoid having classes canceled! To avoid any inconvenience to students and instructors, if we do not have a minimum number of students enrolled ONE WEEK before the class is scheduled to start, we must cancel the class.

Do you have an idea for a new course? We’re always looking for new classes and new instructors. If you have an idea for a course that’s not in our catalog, contact Carolyn DeJohn at cdejohn@mvcc.edu.

It’s easy to join our mailing list!
Just send your email address by text message.

Text: CCED to 22828 to get started. Message and data rates may apply.

Center for Leadership Excellence

Coming Soon!
Sessions in Board Leadership—fine-tune your skills to better serve non-profit organizations in the Mohawk Valley.

Visit clemv.org for more information
REAL EDUCATION. REAL RESULTS.

REAL VALUE.
Get a quality education without the debt. At $4,594, our tuition is among the lowest in New York State, helping you save tuition dollars whether you plan to transfer to a four-year college or enter the workforce. And we’ll help you pay for your education with scholarships offered through the MVCC Foundation.

REAL CONNECTIONS.
Our credits are highly transferable, and agreements with more than 170 four-year public and private colleges and universities make transferring a breeze. Get experience and build your professional network with applied learning opportunities through internships and apprenticeships in local industry and business.

REAL SUPPORT.
Develop your academic plan with your student support advisor, who will help keep you on a course to success through carefully thought-out pathways leading to transfer or a career. Get guidance from knowledgeable faculty with expertise in their fields. And take advantage of the free tutoring offered to all students in the Learning Commons.

REAL COLLEGE EXPERIENCE.
On-campus housing, a winning athletics program, and active student clubs provide the full college experience. Our small, inclusive campus community welcomes all students, whether you live across the street or across the globe. Small class sizes allow you to get to know your classmates, instructors, and coaches.

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All courses and events will comply with federal, state, and county guidelines, along with the MVCC Responsible Restart Plan, in order to keep our students, employees, and community safe. mvcc.edu/restart
REAL FLEXIBILITY

Design the learning experience you want with flexible options in scheduling and modes of course delivery. Choose courses in a traditional in-class format, online, or a combination of both! (Not every course is offered in each delivery method.)

4 instructional methods to fit your learning style and your lifestyle:

IN PERSON

In Person courses are held completely on campus at a designated time and place.

ONLINE ASYNCHRONOUS

Online Asynchronous courses are held entirely online with no live class meetings, allowing flexibility in choosing when you do your schoolwork.

ONLINE SYNCHRONOUS

Online Synchronous courses are held entirely online with at least one live class meeting online at the same time each week.

HYBRID

Hybrid courses are held both online and on campus with at least one class meeting on campus at the same time each week.

REAL COMMITMENT:

Every student. Every day. At MVCC, you’ll enjoy a strong support system of faculty, staff, advisors and mentors, and graduate with the skills and knowledge you need to succeed at transfer schools or in the workforce.
Some of our most popular transfer colleges:
- Binghamton University
- Cazenovia College
- Clarkson University
- Cornell University
- Le Moyne College
- Nazareth College
- Rochester Institute of Technology
- Rensselaer Polytechnic Institute
- St. John Fisher College
- SUNY Albany
- SUNY Brockport
- SUNY Buffalo
- SUNY Cortland
- SUNY Oswego
- SUNY Plattsburgh
- SUNY Polytechnic Institute
- SUNY Potsdam
- Syracuse University
- Utica College

Some of our most popular transfer programs:
- Art
- Business Administration
- Computer Science
- Criminal Justice
- Digital Animation
- Education
- Engineering
- Graphic Design
- Human Services
- Liberal Arts and Sciences
- Psychology
- Science
- Sports Management

Real pathways. Real impact.
MVCC has more than 170 transfer agreements with four-year colleges and universities, and most accept all credits from our programs. Many colleges have scholarships specifically for students transferring from MVCC.
REAL results

MVCC’s Honors Program is a member of the National Collegiate Honors Council.

MICRO-CREDENTIALS

Micro-credentials are 3-5 courses that can be taken alone or stacked toward a degree or certificate and can give you a competitive edge before graduation.
REAL SKILLS FOR THE REAL WORLD

Choose from certificate programs that lead to job readiness in specific fields, or degree programs that prepare you for direct entry into the workforce.

Some of our most popular career programs:
- Accounting
- Aircraft Maintenance
- Business
- Carpentry and Masonry
- Computer Aided Drafting
- Culinary Arts Management
- Cybersecurity
- Electrical Service Technician
- Entrepreneurship
- Graphic Design
- Healthcare
- Human Services
- Law Enforcement and Public Safety
- Mechatronics
- Remotely Piloted Aircraft Systems (drones)
- Welding

Plan your education around your career goals.

Our Career Development Center has educational planning tools to assess your interests and match them with jobs so you can make informed decisions about your education. mvcc.edu/career
MVCC is SUNY’s lead institution on advanced manufacturing apprenticeships.

A REAL PLAN

Get real experience.
Earn college credit and gain valuable experience in your field through applied learning opportunities, including internships and apprenticeships with local companies.

MVCC has been designated a National Center of Academic Excellence in Cyber Defense Two-Year Education by the National Security Agency and the Department of Homeland Security.

Build your brand.
Take advantage of the career resources and tools that will help you build your resume and cover letter, enhance your communication skills, and ace your job interviews.

FOR REAL GOALS

Connect with employers.
Career fairs and networking events each semester bring regional employers right to you — on campus and online!

Find your path.
Discover majors and in-demand careers based on your interests with Career Coach. Take the assessment at mvcc.edu/careercoach.
Apply for free!
Fill out our free application for admission online at mvcc.edu/apply.

You’ll receive an acceptance packet that includes your acceptance letter, information about the College, and your Admissions Reservation Form. Please return this form as soon as possible to ensure smooth enrollment. No deposit fee required! Follow the steps included in your packet to complete enrollment.

Have questions about your application? Our Admissions Office is here to help!
• Make an appointment or schedule a campus tour at mvcc.edu/visit.
• Call 315-792-5354.
• Chat live at mvcc.edu/admissions.
• Take a virtual tour at mvcc.edu/tour.

EOP at MVCC
MVCC’s Educational Opportunity Program provides access, academic support and financial assistance to first-time, full-time students who show promise for succeeding in college but may need additional financial and academic support throughout their time at MVCC. To see eligibility guidelines, visit mvcc.edu/eop.

MVCC tuition-free?
You might be eligible to earn your MVCC degree tuition-free through New York State’s Excelsior Scholarship, which ensures that NYS students have access to a quality education and the skills they need to succeed. To see if you’re eligible, visit mvcc.edu/excelsior.
We take pride in our traditional on-campus living program, which fosters a living/learning environment that helps you grow academically, personally, socially, and culturally. Together, with other students, you’ll learn the importance of cooperation, tolerance, sensitivity, civility, and respect.

Academic-themed programming provides the tools necessary to achieve your greatest potential.

Modified rooms for those with disabilities and a gender-neutral floor are available.

MVCC’s Lambda Beta Chapter of Phi Theta Kappa, the international honor society for two-year colleges, is an award-winning 5-star chapter.

Residence Life
mvcc.edu/housing

75+ EVENTS EACH SEMESTER

The full college experience
MVCC THE REAL DEAL

* 2 Convenient Campus Locations
* 14+ Micro-Credentials Currently Offered
* 17:1 Student/Faculty Ratio
* 4 Instructional Methods to Fit Your Learning Style and Your Lifestyle

- 5,700+ Students
- 47,000+ Alumni Worldwide
- 170+ Transfer Agreements with 4-year colleges and universities
- 14+ Micro-Credentials Currently Offered
- 17:1 Student/Faculty Ratio
- 4 Instructional Methods to Fit Your Learning Style and Your Lifestyle

**Average Tuition Costs**

- **MVCC**
  - LESS THAN $5,000 EACH YEAR
- **SUNY**
  - $7,100
- **PRIVATE**
  - $38,000

**Residence Halls**

- 5 Residence Halls in Utica with built-in academic support

**Founded In**

- 1946

**Scholarships Offered**

- 425+

**Full-Time Faculty**

- 115

**Countries Represented**

- 30

**Major Options**

- 90+

**Intercollegiate Sports**

- 18

**Student/Faculty Ratio**

- 17:1

**Instructional Methods to Fit Your Learning Style and Your Lifestyle**

- 4

**Micro-Credentials Currently Offered**

- 14+

**Student/Faculty Ratio**

- 17:1

**Instructional Methods to Fit Your Learning Style and Your Lifestyle**

- 4

**5 Residence Halls** in Utica with built-in academic support

**Founded In**

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**Scholarships Offered**

- 425+

**Full-Time Faculty**

- 115

**Countries Represented**

- 30

**Major Options**

- 90+

**Intercollegiate Sports**

- 18
HEALTH SCIENCES
- Health Information Technology AAS
- Health Sciences AS
- Health Studies: Radiologic Technology AAS
- Liberal Arts & Sciences: Mathematics & Science AS (Sports Medicine Transfer Advising Guide)
- Nursing AAS
- Nutrition and Dietetics AS
- 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: Childhood Education AS (Transfer Advising Guides in: English, General Science, History)
- Liberal Arts & Sciences: Childhood Education AS (Utica College 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
- Air Conditioning Technology, Refrigeration AOS
- Airframe and Powerplant Technology Certificate
- Carpenter and Masonry Certificate
- Chemical Technology AAS
- 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
- Metal Fabrication AOS
- Mechanical Engineering Technology AAS
- Mechanical Technology: Aircraft Maintenance AAS
- Mechatronics Certificate
- Remotely Piloted Aircraft Systems AAS
- School Facilities Management AAS and Certificate
- Semiconductor Manufacturing Technology AAS
- Welding Technology AOS and Certificate

CAREER
- 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

TRANSFER
- Computer Applications Programming AAS
- Computer Information Systems AAS
- Computer Science AS
- Computer Science: Cybersecurity AS
- Cybersecurity Certificate
- Engineering Science AS
- Liberal Arts & Sciences: Mathematics & Science AS (Biology, Chemistry, Environmental Studies, Environmental Sciences, General Sciences, Math, Physics, Geology Transfer Advising Guides)
The MVCC Cultural Series brings world-class lectures, concerts, comedy, theater, and more to the entire community. This series is brought to you by the Cultural Events Council and Program Board with significant support from the student activity fee. All events are free for current MVCC students unless otherwise noted.

Because of COVID-19, the schedule of events is subject to change. If our community sees an increased infection rate, select Program Board (PB) events may become open to MVCC students only. Make sure to check mvcc.edu and the MVCC Cultural Series Facebook page for any such changes and the most up-to-date schedule.

NOTE: If in-person events are not permitted or if capacity restrictions make events impracticable, virtual options and/or postponements will be listed on the MVCC Cultural Series Facebook page.
PERFORMANCE: Hypnotist Eric Mina

Award-winning hypnotist Eric Mina has developed a passion for mental clarity and personal performance. He shares practical goal-setting and motivational tips with dozens of audiences across North America each year, demonstrating how they can use the power of their minds to achieve new heights. Visit ericmina.com.

MATURE AUDIENCES ONLY
Aug. 28 • Sat. • 8:30 p.m. • Utica • Snack Bar, ACC

INTERNATIONAL STUDENT RECEPTION
Meet and greet the international students who have come to MVCC from around the world.
Sept. 7 • Tues. • 11 a.m. - 1 p.m. • Utica
Outside/Lobby, PH

COMEDIAN: Chris Alan
Chris’ conversational yet laid-back style coupled with his quick wit keeps audiences on their toes.
MATURE AUDIENCES ONLY
Sept. 7 • Tues. • 8:30 p.m.
Utica • Snack Bar, ACC

GAMESHOW: The “Price is Right” Comedy Game Show
The game show that you know and love where contestants compete for a chance to win more than $300 in prizes.
Sept. 9 • Thurs. • 7 p.m.
Utica • Schafer Theater, WH
$5 general • $2 MVCC employees

MAKE AND TAKE WORKSHOP: “Make Your Own Needle Felted Pumpkin” w/ Erin Gardner of Grey Fox Felting
Come and learn how to transform bits of fluffy wool into sculptural works of art in this beginner needle felting workshop. Join Erin for 90 minutes in a relaxed, supportive environment and learn how to make your own needle felted pumpkin from start to finish. No experience is necessary. All materials are included. Ages 12 and up are welcome.
Sept. 14 • Tues. • 6 p.m. • Utica
Excellus Room 225, WH
$5 general • $2 MVCC employees

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SEPTEMBER
SPECIAL EVENT: “An Evening with Actor, Comedian, Writer, Producer, and Director Rob Riggle,” Moderated Q&A with Bill Keeler of WIBX’s “Keeler in the Morning” $

Rob Riggle has been a staple in comedic films and television for more than 15 years. Riggle is known for his memorable characters in comedy hits like “The Hangover” and “Step Brothers,” as well as his stints on “Saturday Night Live” and as a correspondent on “The Daily Show” with Jon Stewart. In two strong dramatic turns, Riggle also recently appeared in Warner Bros.’ war drama “12 Strong” and Open Road Films’ “Midnight Sun,” the latter of which he received critical acclaim for his performance. On the small screen, Riggle currently stars as the co-commentator on ABC’s “Holey Moley,” produced by NBA All-Star Stephen Curry. “Holey Moley” is currently airing season 3 and recently premiered an Australian version. Riggle also created and stars in Sony Crackle’s “Rob Riggle’s Ski Master Academy.” Riggle spent eight years on Fox NFL Sunday, doing his “Riggle’s Picks” segment during the pregame show. As he broke into comedy, Riggle was still on active duty with the U.S. Marine Corps, which he had joined at age 19. Rising through the ranks, he served in various countries including Albania, Kosovo, Liberia, and Afghanistan. Lt. Col. Riggle retired from the Marine Corps Reserve, having served 23 years total and earned more than 22 medals and ribbons, including the Combat Action Ribbon. Visit robriggle.com.

A limited supply of free tickets will be made available to MVCC students.

MURDER MYSTERY DINNER THEATRE $

A mystery dinner is a popular type of dinner theater in which the play is a murder mystery that the audience is invited to solve as they eat and watch the play. Murder is in the air. Everyone is a suspect. Will you be the person who solves it? Come find out! This fully interactive murder mystery is fun for all involved. Don’t just come to see the show, come and be the show. The dinner menu is listed on the ticketing site.

Sept. 18 • Sat. • 5 p.m. • Utica • Schafer Theater, WH
$50 individual • $40 MVCC employees • $30 MVCC students

MAKE AND TAKE WORKSHOP: “Watercolors and Pressed Flowers,” w/ Marissa Perkins of Creative Roots Design $

Create a small work of art with watercolors and pressed/dried flowers. This workshop is perfect for beginners and all artistic levels. You will learn the basics of watercolors and how to preserve flowers, then combine the two into a unique personalized work of art. Flowers and materials are included. Visit facebook.com/creativerootsdesign.

Sept. 21 • Thurs. • 6 p.m. • Utica • Room 116, ACC
$5 general • $2 MVCC employees

Sept. 30 • Tues. • 6 p.m. • Rome
Community Hall/Room 150, PC
$5 general • $2 MVCC employees

MOVIE: “A Quiet Place Part II” $

Following the events at home, the Abbott family now faces the terrors of the outside world. Forced to venture into the unknown, they realize the creatures that hunt by sound are not the only threats lurking beyond the sand path.

Oct. 1 • Fri. • 7 p.m. • Rome
Festine Auditorium, PC
PG-13 • 1h 37min • Drama, Horror, Sci-Fi
$5 general • $2 MVCC employees

Sept. 30 • Thurs. • 7 p.m. • Utica
Schafer Theater, WH
PG-13 • 1h 37min • Drama, Horror, Sci-Fi
$5 general • $2 MVCC employees
LIVE COOKING DEMO: Chef Dustin Swiss, Technical Assistant, Hospitality Department at MVCC $ Join Chef Dustin Swiss as he cooks up a delicious fall-themed dish. Audience members will be invited to participate.

Oct. 6 • Wed. • 6 p.m. • Rome Community Hall/Room 150, PC • Free tickets RSVP/ticket required

MOVIE: “Cruella” $ A live-action prequel feature film following a young Cruella de Vil.

Oct. 7 • Thurs. • 7 p.m. • Utica Schafer Theater, WH • PG-13 2h 14min • Comedy, Crime $5 general $2 MVCC employees

Oct. 12 • Tues. • 7 p.m. Rome • Festine Auditorium, PC PG-13 • 2h 14min Comedy, Crime • $5 general $2 MVCC employees

MOVIE: “In the Heights” $ A film version of the Broadway musical in which Usnavi, a sympathetic New York bodega owner, saves every penny every day as he imagines and sings about a better life.

Oct. 8 • Fri. • 7 p.m. • Utica Schafer Theater, WH • PG-13 2h 23min • Drama, Music, Musical • $5 general $2 MVCC employees

EXHIBIT: Coming Out Day
LGBTQ+ visibility is an important part of the fight for equality. Come see and hear the coming out stories of MVCC LGBTQ+ students and staff at this drop-in event and learn how to support those who are still in the process of coming out.

Oct. 11 • Mon. • 11 a.m. - 3 p.m. • Utica • Lobbies, WH

PERFORMANCE: Haydini, The Illusionist P8
Haydini is a 22-year-old magician from Charlotte who specializes in the art of illusion and, since the age of 10, has worked his way up from busking the streets of uptown Charlotte to headlining venues in the bustling venues in the Charlotte area. Visit haydinimagic.com.

MATURE AUDIENCES ONLY
Oct. 12 • Tues. • 8:30 p.m. • Utica • Snack Bar, ACC

GAMESHOW: “Jeopardy!” $
“Jeopardy!” is a classic game show – with a twist. The answers are given first and the contestants supply the questions and compete for a chance to win more than $300 in prizes.

Oct. 15 • Fri. • 7 p.m. • Rome • Festine Auditorium, PC $5 general • $2 MVCC employees

MOVIE: “Black Widow” $ A film about Natasha Romanoff in her quests between the films “Civil War” and “Infinity War.”

Oct. 26 • Tues. • 7 p.m. • Rome Festine Auditorium, PC PG-13 • 2h 13min • Action, Adventure, Sci-Fi $5 general • $2 MVCC employees

Oct. 26 • Tues. • 7 p.m. • Utica Schafer Theater, WH PG-13 • 2h 13min • Action, Adventure, Sci-Fi $5 general • $2 MVCC employees

INTERNATIONAL CAFÉ & CONVERSATION: “Expected and Unexpected Consequences,” w/ Professor Tomonari Nishikawa
Professor Tomonari Nishikawa’s films explore the idea of documenting situations/phenomena through a chosen medium and technique. His films have been screened internationally, and he is currently teaching in the Cinema Department at Binghamton University. He will talk about his experience at MVCC and other institutions, as well as how he makes decisions when working on film projects.

Oct. 20 • Wed. • 2:30 p.m. • Utica • Excellus Room 225, WH

PSYCHIC READINGS $ Readings are limited, so it is advised that tickets are purchased in advance. You must have a ticket to get a reading, and appointments will be first come, first served.

Oct. 19 • Tues. • 9 a.m. - Noon • Rome Room 119, PC • $5 general $2 MVCC employees

Oct. 19 • Tues. • 3 - 6 p.m. • Utica Excellus Room 225, WH • $5 general $2 MVCC employees

MOVIE: “In the Heights” $ A film version of the Broadway musical in which Usnavi, a sympathetic New York bodega owner, saves every penny every day as he imagines and sings about a better life.

Oct. 8 • Fri. • 7 p.m. • Utica Schafer Theater, WH • PG-13 2h 23min • Drama, Music, Musical • $5 general $2 MVCC employees

MOVIE: “Black Widow” $ A film about Natasha Romanoff in her quests between the films “Civil War” and “Infinity War.”

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Oct. 26 • Tues. • 7 p.m. • Utica Schafer Theater, WH PG-13 • 2h 13min • Action, Adventure, Sci-Fi $5 general • $2 MVCC employees
MVCC THEATRE PROGRAM & DRAMA CLUB PRODUCTION: “Quintessentially Odd Ball: Three One-Act Comedies,” Written by David Lindsay-Abaire and Directed by Paul Cruskie

As Black Book says, “It’s a raucous, foot-stomping evening which redefines fresh.” In “Crazy Eights,” Connie comes home late one night and finds her parole officer waiting in her apartment with a torte and a long list of questions. The interrogation/courting dance that follows is complicated by the after-hours arrival of Connie’s charming card-playing buddy. In “Baby Food,” an off-kilter couple is desperately searching for godparents for their newborn infant. Little do they know that the friends they’ve chosen are less than adventurous diners and on the verge of a divorce. And in “That Other Person,” tonight is the night Ginge and Kevin are going to tell their respective spouses the marriage-shattering secret they’ve been keeping from everyone. But their bombshell gets put on the back burner when a gorgeous peeping-tom with secrets of her own falls in the pool and nearly drowns. Produced by special arrangement with Dramatists Play Service, Inc.

MATURE AUDIENCES ONLY
Oct. 21-23 • Thurs.-Sat. • 7 p.m. • Utica • Schafer Theater, WH • $5 general • $2 MVCC employees

PERFORMANCE: Open Mic Night
This event is open to performers and spectators of all ages. Instrumentalists, singers, dancers, storytellers, poets, jugglers, magicians, and others are welcome.

MATURE AUDIENCES ONLY
Oct. 26 • Tues. • 8:30 p.m. • Utica • Snack Bar, ACC

DRAG SHOW: Glam Drag Performers Summers and Myles
Drag involves so much more than slipping into a dress and pasting on thick eyelashes. It is a persona, it is a performance, and it is art and culture. Drag shows have become more popular with the documentary “Paris is Burning” and shows like RuPaul’s “Drag Race.” Films such as “The Birdcage” and “To Wong Foo, Thanks for Everything. Julie Newmar” have popularized drag culture too. If you have never been to a drag show, you’ve been missing out. This performance will include song and dance.

MATURE AUDIENCES ONLY
Oct. 28 • Thurs. • 7 p.m. • Utica Schafer Theater, WH $10 general • $5 MVCC employees

ART PRESENTATION/Demonstration: “The Pottery Wheel,” w/ Vartan Poghosian, Artisan and Executive Director of 4 Elements Studio
4 Elements Studio was founded by ceramic artist Vartan Poghosian. His passion for the arts and arts education in the community was the main goal for establishing 4 Elements Studio, an arts center dedicated to engaging and educating the community through a range of artistic experiences and programming. They strive to provide opportunities and resources to artists, the community, and individuals of all abilities by offering workshops, gallery space, exhibitions, workspace, and equipment to the public.

Nov. 4 • Thurs. • 6 p.m. • Rome • Community Hall/Room 150, PC
Nov. 10 • Wed. • 6 p.m. • Utica • Room 116, ACC

FAMILY FUN SERIES:
Peter Rabbit 2: The Runaway
Peter just can’t shake his mischievous reputation but soon finds he must decide what kind of bunny he wants to be. Film will be followed by activities and snacks.

Nov. 6 • Sat. • Noon • Rome • Festine Auditorium, PC PG • 93min • Animation, Adventure, Comedy $5 general • $2 MVCC employees/children under 12
Nov. 6 • Sat. • Noon • Utica • Schafer Theater, WH PG • 93min • Animation, Adventure, Comedy $5 general • $2 MVCC employees/children under 12

MUSICAL PRODUCTION: “Cinderella,” Presented by The Panto Company USA
Bullied by her two mean stepsisters, Cinderella's future looks bleak until her Fairy Godmother casts a spell and sends her to the ball. How will the Prince ever find her when she flees at midnight, leaving behind a single glass slipper? True to the story, bringing to life this tale for all time, this show is a slice of amazing Panto Company USA fun — full of original modern songs, bursting with more hilarity than you can imagine and of course a happy ending. An additional meet-and-greet ticket, for up to 4 people, will be available for $20.

This event is sponsored by Broadway Theatre League of Utica.

Nov. 7 • Sun. • 2 p.m. • Utica • Schafer Theater, WH $20 general • $12 MVCC employees/children under 12
MOVIE/DISCUSSION: “Coded Bias”
“Coded Bias” explores the fallout of MIT Media Lab researcher Joy Buolamwini’s startling discovery that facial recognition does not see dark-skinned faces and women accurately, and her journey to push for the first legislation in the U.S. to govern against bias in the algorithms that impact us all. There will be a discussion immediately following the movie screening. Visit codedbias.com.
Nov. 15 • Mon. • 3 p.m. • Utica • Room 116, ACC

INTERNATIONAL CAFÉ & CONVERSATION: MVCC’s International Students
Students from around the world will share stories of their countries and presentations on their unique cultures.
Hybrid: Utica/Online • Nov. 17 • Wed. • 2:30 p.m. Excellus Room 225, WH / Virtual information at mvcc.edu

CONCERT: Ryan Montbleau Solo
The desire for connection, for a true human bond, is a recurring theme in Montbleau’s writing and his songs have a way of weaving themselves into the fabric of his listeners’ lives that way, offering up hope and light in moments of darkness and doubt. Montbleau’s live shows are nothing if not communal affairs, reaching out a helping hand out for anyone struggling through hard times. Visit ryanmontbleau.com.
Nov. 20 • Sat. • 7 p.m. • Utica Schafer Theater, WH • $20 general $10 MVCC employees

CONCERT: SoCal ’90s Power Punk Band Lit
Lit is considered one of the preeminent bands to have come out of the post-grunge era of the late ’90s and helped define an entire generation of SoCal power punk with hard-charging hits like “My Own Worst Enemy,” “Miserable,” “Zip-Lock,” and “Lipstick & Bruises.” The band has released six studio albums worldwide, including their platinum “A Place in the Sun.” They are currently writing and recording new material. Visit litband.com.
This is a rescheduled event; tickets purchased for original date will be honored.
Nov. 11 • Thurs. • 7 p.m. • Utica • Schafer Theater, WH • $15 general • $10 MVCC employees

VIRTUAL EVENT: “World AIDS Day,” w/ Artist Hunter Reynolds
Hunter Reynolds is a visual artist and AIDS activist who uses photography, performances, and installations to express his experience as an HIV-positive gay man living in the age of AIDS. His 30-plus years of work addresses numerous issues, including gender identity, political, social, sexual and personal histories, mourning and loss, survival, hope, and healing. He will share his experiences and his story through his art.
Dec. 1 • Wed. • 3 p.m. • Virtual (more information at mvcc.edu)

FAMILY FUN SERIES: “Holiday Cookie Decorating” w/ Santa Claus
Come celebrate the holidays by decorating cookies with Santa Claus! Santa will also read a children’s book to all attendees with individual photos to follow.
Dec. 5 • Sun. • Noon • Rome • Community Hall/Room 150, PC $5 general • $2 MVCC employees/children under 12
Dec. 5 • Sun. • 3 p.m. • Utica • Room 116, ACC • $5 general • $2 MVCC employees/children under 12

DECEMBER
Job Corps Scholars

Job Corps Scholars is a grant-funded opportunity for young people to earn an MVCC career certificate at no cost in less than eight months from the start. In addition to skills training, students receive individualized personal and employment counseling to prepare them for placement in their chosen field.

Students can choose to earn a certificate in:
- Administrative Assistant
- Airplane Mechanic-FAA certification
- Carpentry & Masonry
- Chef Training
- CNC Machinist Technology
- Cybersecurity
- Finance
- HVAC
- Law Enforcement
- Mechatronics/Advanced manufacturing (Cree)
- Tractor Trailer (CDL A license)
- Welding (Briggs & Stratton)

Eligibility Requirements:
- Be 16-24 years old
- Be a U.S. citizen, permanent resident, or citizen of a U.S. territory
- Be a first-time college enrollee or dropout
- Qualify as low-income

Students who complete their program will receive SUNY-recognized certificates* and be guaranteed job interviews with local companies, such as Briggs & Stratton in Sherrill (Welding), Cree Wolfspeed in Marcy (Mechatronics), and CTM (CNC Machinist).

Starting dates:
- Fall: Aug. 30, 2021
- Spring: Jan. 19, 2022

For more information, contact:
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315-792-5365

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315-792-5366

Job Corps Scholars is an equal opportunity program.

This workforce product was funded by a grant awarded by the U.S. Department of Labor’s Employment and Training Administration. The product was created by the recipient and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership. This product is copyrighted by the institution that created it.

mvcc.edu/job-corps

Seats are limited!