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
North Utica Community Center: 50 Riverside Drive, Utica
Oriskany Garage: 1206 Champlin Ave., Utica
Sitrin Health Care Center: 2050 Tilden Ave., New Hartford

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
- Daughery
- 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
Spring is a time of growth and renewal for yourself and the world around you! Treat yourself by taking a community education class to explore a new opportunity or learn a new skill. 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 spring to learn, grow, and transform yourself!

CCED is now in TWO locations to serve you better—Rome, PC130, and Utica, AB166. Visit us today!

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

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

In-Person On Campus
Online Live: Classes via Zoom on scheduled day/time
Online Asynchronous: Scheduled class dates; work at your convenience
Online Self-Paced: Start anytime; work at your own pace

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

NYS 75-Hour Real Estate Salesperson Pre-Licensing Course
This course will prepare you for the NYS real estate salesperson’s examination and satisfies the State-mandated 75-hour pre-licensing education requirements. The fee includes a textbook, course materials, and test prep.

Instructor: Ron Cerminaro
Various Locations • Mon., Tues., Thurs. • 6-9 p.m. • $550
Hybrid: Jan. 31-March 28 • CRN 26448
Utica: April 4-May 31 • CRN 27939
No class May 30.

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

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

Instructors: Rich Dodge, John Bielby
Various Locations • 6-10 p.m. • $70
Utica: Feb. 21-24 • Mon., Thurs. • CRN 29042
Rome: April 4-6 • Mon., Wed. • CRN 29023

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. • $40
Online Live: Feb. 3 • Thurs. • CRN 29746
Utica: March 10 • Thurs. • CRN 60813
Rome: April 20 • Wed. • CRN 29745

Eight-Hour Pre-Assignment Training Course for Security Guards
This course is required by New York State as the first step in obtaining a security guard registration card from the New York State Department of State and provides a general overview of the duties and responsibilities of a security guard. To successfully complete this course, you must pass an exam.

Instructors: Rick D’Alessandro, John Bielby, Joseph Ciccone
Various Locations • Tues., Thurs. • 6-10 p.m. • $70
Utica: Feb. 15-17 • CRN 60816
Rome: March 22-24 • CRN 22141
Utica: April 26-28 • CRN 28838

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

Instructors: John Bielby, Rich Dodge
Various Formats • 4-6 p.m. • $30
Online Live: Feb. 3 • Thurs. • CRN 29751
Utica: March 10 • Thurs. • CRN 60814
Rome: April 20 • Wed. • CRN 29750

16-Hour On-the-Job Training Course for Security Guards
This course must be completed within 90 days of employment as a security guard and provides the student with detailed information on the duties and responsibilities of a security guard. To successfully complete this course, you must pass an exam.

Instructor: Rick D’Alessandro
April 19-28 • Tues, Thurs. • 6-10 p.m. • Utica
CRN 17283 • $100
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. • $100
Online Live: Feb. 12 • CRN 29747
Utica: March 12 • CRN 29748
Rome: April 30 • CRN 29749

Notary Public Test Prep
If you’ve wanted to become a notary public but have been worried about the exam, this class will help. Become familiar with the terms and laws, and learn the skills necessary to sit for the notary exam and earn the license to become a more valuable asset in your workplace.
Instructor: Gloria Karol
Online Live • Sat. • 9:30 a.m.-1:30 p.m. • $60
Option 1: March 12 • CRN 24496
Option 2: May 7 • CRN 26031

Managing Remote Workers Certificate NEW
Discover the keys to communicating with and managing remote workers, one of the fastest growing sectors of the workforce. Working from home is here to stay. Tap into the experience of a CEO who has been managing remote workers for 22 years.
Instructor: William Draves
Online Asynchronous
Take the full certificate and save: $395
Option 1: Feb. 7-April 1 • CRN 60781
Option 2: April 4-May 27 • CRN 60791
Individual Classes: $245
Remote Working and Communicating
Option 1: Feb. 7-March 4 • CRN 60782
Option 2: April 4-29 • CRN 60792
Managing Remote Workers
Option 1: March 7-April 1 • CRN 60787
Option 2: May 2-27 • CRN 60796

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
Take the full certificate and save: $495
Option 1: Feb. 7-April 29 • CRN 29980
Option 2: April 4-July 1 • CRN 60677
Individual Classes: $195
Introduction to Data Analysis
Option 1: Feb. 7-March 4 • CRN 60003
Option 2: April 4-29 • CRN 60679
Intermediate Data Analysis
Option 1: March 7-April 1 • CRN 60002
Option 2: May 2-27 • CRN 60678
Advanced Data Analysis
Option 1: April 4-29 • CRN 29979
Option 2: June 6-July 1 • CRN 60676
Certificate in Mastering Excel
Increase your efficiency by learning how to organize, display, and calculate your data into useful information. You’ll learn a variety of Excel’s most powerful features to analyze data quickly and easily.

Instructors: Amy Klous, Betsy Flanagan, John Rutledge
Online Asynchronous

Take the full certificate and save: $495

Option 1: Feb. 7-April 29 • CRN 60722
Option 2: April 4-July 1 • CRN 60723

Individual Classes: $195

Introduction to Excel
Option 1: Feb. 7-March 4 • CRN 60724
Option 2: April 4-29 • CRN 60725

Intermediate Excel
Option 1: March 7-April 1 • CRN 60726
Option 2: May 2-27 • CRN 60727

Advanced Excel
Option 1: April 4-29 • CRN 60728
Option 2: June 6-July 1 • CRN 60729

Certificate in SQL
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 first learn about relational database structures, the history and uses of SQL, and how to use SQL to create a database, 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 that perform complicated searches and sorts on your data.

Instructor: Cecilia Allison
Online Asynchronous

Take the full certificate and save: $595

Option 1: Feb. 7-April 29 • CRN 60690
Option 2: April 4-July 1 • CRN 60691

Introduction to SQL
Option 1: Feb. 7-March 4 • CRN 60692
Option 2: April 4-29 • CRN 60693

Intermediate SQL
Option 1: March 7-April 1 • CRN 60705
Option 2: May 2-27 • CRN 60706

Advanced SQL
Option 1: April 4-29 • CRN 60709
Option 2: June 6-July 1 • CRN 60710

Certificate in Power BI
This certificate will enhance your skills in data analysis, giving you greater insight into your organization’s performance and allowing you to make more informed decisions. Gain insights into your data using Power Business Intelligence (Power BI) software, a widely used business analytics service offered by Microsoft that you can install for free.

Instructor: Marion Williams
Online Asynchronous • Take the full certificate and save: $495

Option 1: Feb. 7-April 29 • CRN 60755
Option 2: April 4-July 1 • CRN 60756

Introduction to Power BI
Option 1: Feb. 7-March 4 • CRN 60757
Option 2: April 4-29 • CRN 60758

Intermediate Power BI
Option 1: March 7-April 1 • CRN 60759
Option 2: May 2-27 • CRN 60760

Advanced Power BI
Option 1: April 4-29 • CRN 60761
Option 2: June 6-July 1 • CRN 60762
Graphic Design Software Essentials Certificate
Learn the Adobe software tools, the leading software for graphic design. Illustrator allows you to draw shapes and design logos, flyers, posters, and more. Use Photoshop to edit and enhance existing images, or create your own artwork. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, and more. Students are responsible for purchasing their own software.

Instructor: Andy Helmi

Online Asynchronous • Take the full certificate and save: $545
Option 1: Feb. 7-April 29 • CRN 60763
Option 2: April 4-July 1 • CRN 60764
Individual Classes: $225

Adobe Illustrator Essentials
Option 1: Feb. 7-March 4 • CRN 60772
Option 2: April 4-29 • CRN 60773

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

Instructors: Andy Stanhope, Christina Martinez
Online Asynchronous • Take the full certificate and save: $495
Option 1: Feb. 7-April 29 • CRN 60730
Option 2: April 4-July 1 • CRN 60731
Individual Classes: $195

Introduction to Project Management
Option 1: Feb. 7-March 4 • CRN 60732
Option 2: April 4-29 • CRN 60733

Project Management Processes
Option 1: March 7-April 1 • CRN 60734
Option 2: May 2-27 • CRN 60736

Project Management Knowledge Areas
Option 1: April 4-29 • CRN 60737
Option 2: June 6-July 1 • CRN 60738

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
Take the full certificate and save: $245
Option 1: Feb. 7-April 1 • CRN 60742
Option 2: April 4-May 27 • CRN 60743
Individual Classes: $145

Keys to Customer Service
Option 1: Feb. 7-March 4 • CRN 60744
Option 2: April 4-29 • CRN 60745

Extraordinary Customer Service
Option 1: March 7-April 1 • CRN 60746
Option 2: May 2-27 • CRN 60747
**Coding Certificate**
Begin with an introduction to the basics of computer programming and various programming languages, then go to the next level and acquire all the basics of HTML and CSS. You’ll learn the relationship between these two industry-standard webpage coding languages and the step-by-step process of hand coding and building webpages. Finally, discover the advanced features of CSS and learn how to use this very powerful language.

**Instructors:** Jeff Kritzer, Andi Helmi
Online Asynchronous • Take the full certificate and save: $595

- **Feb. 7-April 29** • CRN 60164
  Individual Classes: $245

**Introduction to Coding**
Feb. 7-March 4 • CRN 60165

**HTML Fundamentals**
March 7-April 1 • CRN 60684

**CSS Fundamentals**
April 4-29 • CRN 60685

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**Mastering Computer Skills for the Workplace**
The Microsoft Office suite of applications is the most-used software in the world. Master the most common uses so that you can work faster and more efficiently. You’ll leave class with a set of skills that are a requirement in today’s fast-paced, ever-changing workplace and will enable your future success.

**Instructor:** Betsy Flanagan
Online Asynchronous • $195

- **Option 1:** Feb. 7-March 4 • CRN 60740
- **Option 2:** April 4-29 • CRN 60741

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

**Instructor:** Sharon DeFonteny
Online Asynchronous • $195

- **Option 1:** Feb. 7-March 4 • CRN 60775
- **Option 2:** April 4-29 • CRN 60776

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

**Instructor:** Sharon DeFonteny
Online Asynchronous • $195

- **Option 1:** Feb. 7-March 4 • CRN 60775
- **Option 2:** April 4-29 • CRN 60776

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**Understanding Debits and Credits**

- **Option 1:** Feb. 7-March 4 • CRN 60699
- **Option 2:** April 4-29 • CRN 60700

**General Ledger and Month-End Procedures**

- **Option 1:** March 7-April 1 • CRN 60707
- **Option 2:** May 2-27 • CRN 60708

**Closing Procedures and Financial Statements**

- **Option 1:** April 4-29 • CRN 60711
- **Option 2:** June 6-July 1 • CRN 60712
Digital Marketing Certificate
Get the keys to eMarketing success, including improving email promotions, analyzing your website traffic, doing search engine optimization, and employing online advertising successfully. This certificate is relevant for any type of organization, including businesses, non-profits, and government agencies. No digital marketing experience necessary. If you are already at an advanced level, your instructors are experts who can provide the latest, most advanced information and answer your toughest questions.

Instructors: Dan Belhassen, Susan Hurrell • Online Asynchronous • Take the full certificate and save: $495

Option 1: Feb. 7-April 29 • CRN 60334
Option 2: April 4-July 1 • CRN 60686
Individual Classes: $195

Improving Email Communications
Option 1: Feb. 7-March 4 • CRN 60336
Option 2: April 4-29 • CRN 60688

Boosting Your Website Traffic
Option 1: March 7-April 1 • CRN 60335
Option 2: May 2-27 • CRN 60687

Online Advertising
Option 1: April 4-29 • CRN 60337
Option 2: June 6-July 1 • CRN 60689

Mastering Video Marketing Certificate
Video marketing is the new marketing trend. Shoppers who view product videos are 144% more likely to add the product to their cart, and videos with good SEO have a 53% higher chance of showing up on page one of Google searches. Good videos tell a story to connect people.

Instructor: Rob Lee
Online Asynchronous
Take the full certificate and save: $395

Option 1: Feb. 7-April 1 • CRN 60749
Option 2: April 4-May 27 • CRN 60750

Individual Classes: $245

Video Marketing
Option 1: Feb. 7-March 4 • CRN 60751
Option 2: April 4-29 • CRN 60752

YouTube for Business
Option 1: March 7-April 1 • CRN 60753
Option 2: May 2-27 • CRN 60754
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
Take the full certificate and save: $495
Option 1: Feb. 7-April 29 • CRN 60014
Option 2: April 4-July 1 • CRN 60680
Individual Classes: $195

Introduction to Social Media
Option 1: Feb. 7-March 4 • CRN 60004
Option 2: April 4-29 • CRN 60681

Marketing Using Social Media
Option 1: March 7-April 1 • CRN 60007
Option 2: May 2-27 • CRN 60682

Integrating Social Media In Your Organization
Option 1: April 4-29 • CRN 60001
Option 2: June 6-July 1 • CRN 60683

Culturally Responsive Pedagogy in the Diverse Classroom NEW
Learn about the factors that come together to create unique challenges for black students in the classroom, and explore ways teachers can minimize those challenges and support school success for all students.

Instructors: Dr. Dionne Felix, Julie Coates
Online Asynchronous • Feb. 7-March 4
CRN 60783 • $145

Advanced Live Online and Zoom Instructor Training NEW
Take your Live Online teaching to the next level for greater student satisfaction, learning, completion, and retention. Come away with practical how-to tips and techniques, plus the pedagogy of Live Online teaching.

Instructor: William Draves
Online Asynchronous • Feb. 7-March 4
CRN 60784 • $195

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
Take the full certificate and save: $495
Feb. 7-April 29 • CRN 60330
Individual Classes: $195

Advanced Teaching Online
Feb. 7-March 4 • CRN 60331

Designing Online Discussion
March 7-April 1 • CRN 60332

Fostering Online Discussion
April 4-29 • CRN 60333

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

Instructors: William Draves, Julie Coates, Kassia DellaBough
Online Asynchronous
Take the full certificate and save: $395
March 7-April 29 • CRN 60316
Individual Classes: $145

Developing Socialization Skills for Students with ASD
March 7-April 1 • CRN 60318

Gender Matters: Gender in the Classroom
March 7-April 1 • CRN 60317

Generational Learning Styles
April 4-29 • CRN 60319

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 CLS by Barbri at 1-800-522-7737 or visit legalstudies.com. Books and materials must be purchased separately.

Online Asynchronous • March 7-June 17 • $1,595

Legal Secretary Certificate Course
This intensive seven-week program is designed for both beginning and experienced secretaries who are interested in improving their skills and working more efficiently within the law office. To enroll, contact CLS by Barbri at 1-800-522-7737 or visit legalstudies.com. Books and materials must be purchased separately.

Online Asynchronous • March 7-April 22 • $995

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 • April 14-May 26 • Thurs. • 6-9 p.m. • CRN 60173
Take the full certificate and save: $350
Individual Classes: $60

Brewing Overview
Instructor: Richard Michaels
April 14 • CRN 60177

Barley 101
Instructor: Joe Kinney
April 21 • CRN 60172

Water Chemistry
Instructor: Scott Greiner
April 28 • CRN 60174

Hops 101
Instructor: Scott Greiner
May 5 • CRN 60175

Intro to Yeast
Instructor: Joe Kinney
May 12 • CRN 60176

Quality
Instructor: Richard Michaels
May 19 • CRN 60178

Off-Flavors and Characteristics
Instructor: Richard Michaels
May 26 • Thurs. • CRN 60179

Window Installation Training
This free 20-hour training is offered in partnership with New York Sash with intention of employment as a New York Sash Installer at completion. This training includes window installation training and workplace success skills. Interested candidates must contact Rachel Smith at New York Sash at 315-624-7344 for screening and more information. Class takes place at a time TBD at MVCC Utica Campus.

Instructor: Gino Scalise

NEW YORK SASH
Lead Renovator Certification

All workers 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 also provide the 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, and paper. The course concludes with a 25-question exam. Students should also bring lunch.

Instructor: Gene Allen
MVCC Carpentry and Masonry • Fri. • 8:15 a.m.-5:15 p.m. • $175
Option 1: Feb. 11 • CRN 27242
Option 2: April 8 • CRN 27243

FREE Worker Fatigue Safety training to those working in general industry, healthcare, and manufacturing facilities.

This two-hour training educates workers on the safety and health topic of Worker Fatigue to support recognition, avoidance, abatement, and prevention of hazards in the workplace. This training will be provided in-person, and there is no charge.

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

For a customized on-site (if appropriate space is available) training for your specific company, please contact Terésa Fava-Schram at 315-334-7778. Flexible times can be offered to accommodate various shifts. The training will be translated into multiple languages, and interpreters also will 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
315-334-7778
Barrier Precautions/Infection Control Certificate
The New York State Education Department requires this training 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)
Instructor: Tammy Johnston
Online Self-Paced
CRN 22038 • $50

Spanish for Medical Professionals
This class, designed specifically for healthcare professionals, 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 • $290
Option 1: Feb. 7-April 1
CRN 60713
Option 2: April 4-May 27
CRN 60714

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

HEALTHCARE AND FITNESS TRAINING

Home Health Aide (HHA)
For those who are active on the home care registry as a PCA, become even more marketable in the growing healthcare field by getting certified on the Home Care Registry with the HHA two-week program. Learn the skills training necessary to care for patients ranging from infants to seniors in a home setting. Sixteen hours of clinical experience are included. Proof of a current comprehensive physical, vaccinations, and TB test results are required.
Sitrin Health Care Center • $600
Dates TBA. Please call for details.

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.
Philosophy, Principles and Organization of Athletics in Education
Instructor: Matt St. Croix
Online Self-Paced
CRN 60719 • $150

Theory and Techniques of Coaching
Instructor: Matt St. Croix
Online Self-Paced
CRN 60721 • $150

Health Science Applied to Coaching
Instructor: Jennifer Krohn
Online Self-Paced
CRN 60720 • $150

CPR, AED and Blocked Airways
This course covers CPR and Basic Life Support for HealthCare Professionals, BLS CPR (1 and 2 rescuer) BVM Ventilations, choking, and AED use for adults, children, and infants. Students who pass written and skills tests receive an AHA BLS e-card that is valid for two years. Please bring $5 for the certification card.
Instructor: Jennifer Krohn
Utica • 9:30 a.m.-2 p.m. • $45
Option 1: March 24 • Thurs.
CRN 28688

Option 2: May 17 • Tues.
CRN 28689

Option 3: May 26 • Thurs.
CRN 28690

Option 4: June 2 • Thurs.
CRN 28691
Personal Care Aide (PCA)
This entry-level program provides the 40 hours of combined classroom and laboratory training needed to become a certified Personal Care Assistant. Classroom and lab instruction will teach you the skills necessary to work in an assisted living facility. Upon successful completion, you'll be eligible to continue your training, if desired, by enrolling in a certified Home Health Aide training program. Proof of a current comprehensive physical, vaccinations, and TB test results are required.
Sitran Health Care Center • $400
Dates TBA. Please call for details.

Phlebotomy
This program will familiarize you with various aspects of the medical laboratory and provides a certificate and skills required to work as a phlebotomist in a hospital, laboratory, or medical office. Intense classroom instruction is combined with individualized clinical practice. Medical requirements before clinical clearance include proof of a complete physical within 12 months, TB test results read within three months, two MMR immunizations or titer results showing immunity, and a seasonal flu shot are required. Tuition includes an insurance fee. Purchasing the textbook is optional but highly recommended. A high school diploma or equivalency is needed for employment.
Utica • 6-9 p.m. • $549
Instructor: Maryanne Taverne
Option 1: Feb. 1-March 24 • Tues., Thurs. • CRN 21496
Option 2: April 12-June 2 • Tues., Thurs. • CRN 25917
Instructor: Rachel Canarelli
April 18-June 13 • Mon., Wed. • CRN 60777
No class May 30.
Instructor: TBD
Jan. 22-March 26 • Sat. • 9 a.m.-2:30 p.m. • CRN 60860

Personal Trainer Certification
This course will give you the education, skills, and insight to become a certified personal trainer. Our two-day intensive program includes lecture, demonstrations, and practical hands-on application. An online final exam will be taken after the class is complete. Text and materials are purchased separately for $85 on the first day of class. Please bring a check or cash to receive materials. CPR certification and a 10-hour internship/shadowing period are required before final certification. Please dress in gym clothes, and bring a lunch and a mat.
Instructor: Nadia Ellis
April 9-10 • Sat., Sun. • 9 a.m.-3 p.m.
Utica • CRN 29844 • $450

New this spring! Take a class at the North Utica Community Center!
Options include:
• Open Gym Hours
• Health and Wellness
• Kids Classes

And much more!
Check out our options at mvcc.edu/cced.
50 Riverside Drive, #2321, Utica, N.Y. 13502
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, 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 Formats • $400
Live Online: Feb. 7-March 17 • Mon., Thurs.
5:30-9:30 p.m. • CRN 29557
Rome: May 9-18 • Mon.-Fri.
8:30 a.m.-4 p.m. • CRN 60152

Insurance Pre-Licensing Parts 1 and 2 (Property and Casualty)
This 90-hour course will fulfill the requirement to sit for the NYS Property and Casualty Exam (Personal and Commercial). The textbook is included in tuition.

Instructors: Don Reese, Ed Whitehead
Various Formats • $700
Live Online: Feb. 7-April 28 • Mon., Thurs.
5:30-9:30 p.m. • CRN 29558
8:30 a.m.-4 p.m. • CRN 60446
Live Online: March 21-April 8 • Mon.-Fri.
8:30 a.m.-4 p.m. • CRN 60154
Rome: May 9-27 • Mon.-Fri.
8:30 a.m.-4 p.m. • CRN 60155

Insurance in the Financial Planning Process
This 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. This course provides eight CE hours of instruction. (BR, C3, LB, LC, LSB, LAH, PA, and PC; NYCR 260535)

Instructor: Peter Carchedi
Rome • Sat. • 8:30 a.m.-4:30 p.m. • $75
Option 1: Jan. 29 • CRN 60666
Option 2: March 5 • CRN 60667

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
Utica • Feb. 26 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 29731 • $75

Liability Coverage: ISO 2010 Businessowners Policy
Explore the liability coverage parts of the latest New York Businessowners Policy. From premises and operations through products and completed operations, learn the latest court decisions on a variety of business exposures. (BR, PC, C3, PA; NYCR 268716)

Rome • April 9 • Sat. • 8:30 a.m.-4:30 p.m. • CRN 60672 • $75
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
Utica • April 16 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 29737 • $75

Policy: Risk Management/Property Coverage NEW
This brand new course will provide an in-depth look at the latest Businessowners Policy (BOP) that is in use in New York. This course will focus on the Property Coverage of the BOP, including conditions, exclusions, and optional coverages. (BR, PC, C3, PA; NYCR 268717)
Rome • March 12 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 60671 • $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, PA, PC; NYCR 237532)
Instructor: Sharon Jachim
Online Live • Wed. • 8:30 a.m.-4:30 p.m. • $75
Option 1: April 20 • CRN 29856
Option 2: May 18 • CRN 60440

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 • Sat. • 8:30 a.m.-4:30 p.m. • $75
Option 1: Feb. 19 • CRN 60503
Option 2: March 26 • CRN 60513
Option 3: May 7 • CRN 60668

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, PC; NYCR 254230)
Instructor: Peter Carchedi
Utica • May 14 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 60508 • $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 • April 23 • Sat. • 8:30 a.m.-4:30 p.m.
CRN 60156 • $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 • Sat. • 8:30 a.m.-4:30 p.m. • $75
Online Live: March 19 • Sat. • CRN 60500
Rome: May 21 • CRN 60512

MVCC and ExamFX, Inc. now offer online insurance and securities courses and programs.
- Life and Health Insurance
- Property and Casualty Insurance
- Securities Industry Essential (SIE) Training
- A variety of continuing education courses

Study totally online and qualify to take a wide variety of insurance-related New York State exams, and benefit from our “Pass Guarantee.”
Enroll at www.examfx.com/mvcc to receive up to 12% off.
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 • Mon. • 5:30-6:30 p.m. • $65
Option 1: Jan. 17-March 7
CRN 60054
Option 2: March 28-May 23
CRN 27695
No class April 11.

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.

Instructor: Krista Worlock
Utica • Fri. • 5:30-6:30 p.m. • $65
Option 1: Jan. 21-March 11
CRN 60809
Option 2: April 1-May 27
CRN 60828 • No class April 15.

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

Instructor: Noah Price
Utica • Thurs. • 5:30-6:30 p.m. • $65
Option 1: Jan. 20-March 10
CRN 60827
Option 2: March 31-May 26
CRN 60808 • No class April 14.

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 • Mon. • 5:30-6:30 p.m. • $65
Option 1: Jan. 17-March 7 • CRN 60798
Option 2: March 28-May 23 • CRN 60811 • No class April 11.

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 • Mon. • 6:45-7:45 p.m. • $65
Option 1: Jan. 17-March 7 • CRN 60799
Option 2: March 28-May 23 • CRN 60812 • No class April 11.

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 • Tues. • 5:30-6:30 p.m. • $65
Option 1: Jan. 18-March 8 • CRN 60803
Option 2: March 29-May 24 • CRN 60822 • No class April 12.

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

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Various Formats • Tues., Thurs. • 5:30-6:30 p.m. • $110
Option 1: Online Live • Jan. 18-March 10 • CRN 60805
Option 2: TBD • March 29-May 26 • CRN 60824
No class April 12, 14.
Free Fitness Week!
Join us Jan. 10-13, 2022, for a week of FREE fitness classes. Get a taste of Pilates, Pound, Zumba, Tai Chi, and more. For a complete listing of dates and times, visit mvcc.edu/cced or call 315-792-5300. No registration is required. Check our webpage and social media sites for Zoom links to the classes you’d like to attend.

Yin Yoga
This class is a soothing, self-healing, meditative yoga practice done mostly seated or lying down and is deeply relaxing. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones. Have a small pillow, blanket, yoga mat, and two yoga blocks ready.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Various Formats • Mon. • 5:30-6:30 p.m. • $65
Option 1: Online Live • Jan. 17-March 7 • CRN 60800
Option 2: TBD • March 28-May 23 • CRN 60819
No class April 11.

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
Various Formats • Wed. • 5:30-6:30 p.m. • $65
Option 1: Online Live • Jan. 19-March 9 • CRN 60806
Option 2: TBD • March 30-May 25 • CRN 60825
No class April 13.

Yoga for Health and 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 • Jan. 18-March 15 • Tues. • 6:45-7:45 p.m.
CRN 60669 • $65 • No class Feb. 22.

Flow Yoga
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, water, and blocks ready. Bring a yoga mat and a small throw blanket to class.

Instructor: Jeri George
Utica • Thurs. • 5:30-6:30 p.m. • $65
Option 1: Jan. 20-March 10 • CRN 60807
Option 2: March 31-May 26 • CRN 60826
No class April 14.

Broadway Fit
Learn Broadway moves, steps, and fun combos to awesome Broadway tracks that will take your workout to a whole new world! No dance experience is needed. This is a body-changing, mood-improving, calorie-burning workout that will make you look and feel great!

Instructor: Noah Price
Utica • Mon. • 6:45-7:45 p.m. • $65
Option 1: Jan. 17-March 7 • CRN 60802
Option 2: March 28-May 23 • CRN 60821
No class April 11.

Balance—Strength—Flexibility
Experience a full body conditioning workout that will enhance muscle definition, balance, strength, burn calories, increase flexibility, and improve bone density.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Various Formats • Tues., Thurs. • 9-10 a.m. • $110
Option 1: Online Live • Jan. 18-March 10 • CRN 60804
Option 2: TBD • March 29-May 26 • CRN 60823
No class April 12, 14.

Qi Gong
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 • Jan. 18-March 15 • Tues. • 5:30-6:30 p.m.
CRN 60063 • $65 • No class Feb. 22.

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

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Various Formats • Mon. • 5:30-6:30 p.m. • $65
Option 1: Online Live • Jan. 17-March 7 • CRN 60801
Option 2: TBD • March 28-May 23 • CRN 60820
No class April 11.
HOLISTIC WELLNESS

Laugh Yoga NEW
Laughter has been proven to reduce and eliminate stress and pain, and can detox the body, mind, and emotions. Laugh Yoga will change you from the inside out so you will feel better and others will notice. No mat is required.

Instructor: Erick Price
Utica • Feb. 9-March 16 • Wed. • 6-7 p.m.
CRN 60785 • $70

Walk to Wellness, Weight Loss, and Fitness NEW
This is an indoor walking class for every body! This class will get you moving with fun, upbeat music as we walk to wellness!

Instructor: Erick Price
Rome • Feb. 1-March 8 • Tues. • 6-7 p.m.
CRN 60445 • $70

The Magic of Breath Work NEW
Learn to boost your immunity, increase healing and recovery, increase your energy level, and overall well-being through breath work, improving sleep, memory, attention, and cognitive abilities. Better breathing helps your body, blood, and brain function better to fend off disease and illness.

Instructor: Erick Price
Utica • March 23-April 27 • Wed. • 6-7 p.m.
CRN 60790 • $70

Ask Your Spirit Guides NEW
Did you know that everyone has a spirit guide that is ready, willing, and able to help you in every way? This is a powerful course that can change the trajectory of your life and grant you greater peace, comfort, joy, health, and wellness than you’ve ever experienced before.

Instructor: Erick Price
Utica • Feb. 24-March 31 • Thurs. • 6-7 p.m.
CRN 60786 • $70

Trance-Formations NEW
Learn self-hypnosis techniques that allow you to take control of your life. Change habits, end addictions, improve health, reduce stress, eliminate pain, lose weight, stop smoking or vaping, and more. You'll also learn instant methods you can use to elevate your results.

Instructor: Erick Price
Utica • March 15-April 19 • Tues. • 6-7 p.m.
CRN 60789 • $70

Weight Loss: Better Health Through Hypnosis
Learn the principles of being able to respond to your appetite properly and put an end to overeating. Experience a light trance state and the power of focused concentration and relaxation to fast-track these changes in your lifestyle.

Instructor: Erick Price
Wed. • 6-8 p.m. • $20
Utica: Jan. 19 • CRN 60858
Rome: Jan. 26 • CRN 60467

Cheer on teams from all over NY State and VOLUNTEER with us!

Check out the youth robotics competition season!

MVCC.EDU/FIRSTROBOTICS

MVCC.EDU/FIRSTROBOTICS
Wild Edibles Walking Tour

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

Instructor: Kate Polivka
Various Locations • April 30-June 4 Sat. • 10-11:30 a.m.
CRN 60795 • $60

Creating a Backyard Habitat

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

Instructor: Brad Gibson
Online Live • April 6-20 • Wed. 6-7 p.m. • CRN 60793 • $30

All About Birds

Explore all aspects of bird life and broaden your bird knowledge in all things feathered. The class will conclude with a Saturday (7-9 a.m., June 4) birding trip to the Utica Marsh.

Instructor: Brad Gibson
Online Live • May 4-June 1 Wed. • 6-7 p.m. • CRN 60338 • $70

Retire-Ready Second Act Planning

Transitioning from a work-centered life to a values-centered life involves more than simply planning for income needs. Learn tools to empower yourself to thrive both financially and relationally within your retirement years, or “The Second Act.”

Instructors: Michelle Kilbourne, James Richter
Online Live • Jan. 19-Feb. 9 • Wed. 8-10 p.m. • CRN 60767 • $90

Strength in Representation

Expand your awareness to the struggles women of color face when trying to find representation within their community, using current/past events, films, and articles. All are welcome in this eye-opening class, and discussion is encouraged. This new class is offered in honor of Black History Month.

Instructor: Denicqua Holmes
Utica • Feb. 1-22 • Tues. • 6-8 p.m.
CRN 60780 • $50

Get Paid To Talk

This workshop is an upbeat and realistic introduction to voice acting. Learn the types of voiceovers and look for opportunities close to you. You will have an opportunity to record a voiceover for playback at the end of class.

Utica • March 28 • Mon.
6:30-9 p.m. • CRN 28990 • $40

Instant Guitar for Hopelessly Busy People

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

Instructor: Craig Coffman
Online Live • March 15 • Tues.
6:30-9 p.m. • CRN 60718 • $60

Concert Band

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

Instructor: Barb Seaton
Utica • Feb. 2-May 11 • Wed.
7-9 p.m. • CRN 26516 • $30
No class March 16.

Instant Piano for Hopelessly Busy People

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

Instructor: Craig Coffman
Online Live • March 14 • Mon.
6:30-9:30 p.m. • CRN 60715 • $60
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. Create a new work of fiction or revive an old one that’s been sitting in your bottom drawer.

Instructor: Jacqui Lipton
Online Asynchronous • $195
Option 1: Feb. 7-April 1 • CRN 60703
Option 2: April 4-May 27 • CRN 60704

Social Media 101
Wondering how to use social media to your full advantage? This class will help you learn the ins and outs of using to stay connected with these virtual tools!

Instructor: Cristen Gallup
Utica • Feb. 12 • Sat. • 9 a.m.-noon • CRN 60810 • $50

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
Various Locations • Sat. • 9 a.m.-noon • $40
Utica Campus: Feb. 5 • CRN 60716
Rome Campus: April 23 • CRN 60717

Cryptocurrency 101
Learn the basics of cryptocurrency, including the history and different varieties of it, and discuss the pros and cons of getting involved. Learn how to wade through the misinformation so you can make cryptocurrency work for you!

Instructor: Matt Briggs
Online Live • Thurs. • 6-8 p.m. • $30
March 24 • CRN 60837

Back to Basics Series
Basic Home Repair
In this hands-on class, learn how to confidently tackle those minor home repairs that have always seemed impossible. You’ll get great advice on what tools you need and how to fix common household items both inside and outside your living space.

Instructor: Michael Grider
MVCC Education Outreach Center • March 12, 26 • Sat. • 9 a.m.-noon • CRN 60470 • $60

Plumbing Basics for Homeowners
Learn the basics to prevent or fix common plumbing issues. In this practical, hands-on class, we’ll focus on issues with sinks and toilets. The course fee includes a reference textbook.

Instructor: Bob Matucci
MVCC Education Outreach Center • April 5-20 • Wed. • 6-8 p.m. • CRN 60838 • $250

Auto Basics for Beginners
This hands-on class is for car owners who want to know the basics of automotive maintenance and repair. Learn some simple tips to keep your car running efficiently, including how to change oil. You’ll also partake in a car inspection to learn about potential problem areas.

Instructor: Rade Cavic
Oriskany Garage • May 5 • Thurs. • 6-8 p.m. • CRN 60797 • $30
**CULINARY CLASSES**

**Sushi Making 101**  
Learn the basics of preparing, selecting, and handling sushi ingredients and the equipment used to make it. You will create the five basic styles of sushi using raw and cooked fish preparations: maki, uramaki, temaki, nigiri, and sashimi.  

**Instructors:** Vincent Petronio  
Rome • April 6 • Wed. • 6-7:30 p.m. • CRN 60794 • $60

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**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 or all three!  

**Instructors:** Melissa Zeina, Layla Zeina  
Rome • Mon. • 5:30-8:30 p.m. • $60

**The Classics:** Stuffed Grape Leaves, Tzatziki Sauce, Tabbouleh Salad  
March 7 • CRN 29841

**Vegetarian Dishes:** Hummus, Falafel, Tahini  
March 21 • CRN 29842

**Zeina’s Fun Dishes:** Baba Ghanoush, Malfoof, Marshoosheh  
April 4 • CRN 29843

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**A Whole Food, Plant-Based Lifestyle**  
Learn about the research surrounding the benefits of a Whole Food Plant-Based diet and information to make the transition to eating plant-based. Recipes will be provided.  

**Instructor:** Jeannine Macera  
Online Live • Jan. 11-Feb. 1 • Tues. • 5-6 p.m.  
CRN 60815 • $50

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**MVCC’s 75th Anniversary**

In honor of MVCC’s 75th Anniversary, the Foundation is continuing its work raising funds toward the College’s mission. In honor of Community Colleges month, we will celebrate MVCC’s Week of Giving April 18 through 25. This year, we will raise funds for MVCC’s Areas of Greatest Need.

MVCC has 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.

**Cocktail Maker’s Class**  
Learn the different bar tools and how they are used in crafting classic cocktails. Mix and taste five classic cocktails that are the foundation of great bartenders and cocktail programs: martini, Old Fashioned, daiquiri, margaritas, and the Tom Collins. Learn the family of cocktails each one belongs to and how these recipes can be used to create different cocktails. Participants must show proof of age; 21+ only.  

**Instructors:** Vincent Petronio  
Rome • March 9 • Wed. 6-7:30 p.m. • CRN 60788 • $60

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LANGUAGE & CULTURE

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 are included.

Instructor: Deborah Pardi
Utica • March 1-April 7 • Tues., Thurs. • 6-7:30 p.m.
CRN 27221 • $100

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 • April 19-May 26 • Tues, Thurs. • 6-7:30 p.m.
CRN 27742 • $100

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 • $290
Option 1: Feb. 7-April 1 • CRN 60701
Option 2: April 4-May 27 • CRN 60702

Conversational Italian
Learn how to express yourself comfortably in Italian with practical, everyday words. Cultural notes are included to help you better understand the Italian way of life. Textbook required: “Talk Italian Level 1,” Alwena Lamping, 3rd edition.

Instructor: Marta Formagnana
Rome • Jan. 26-March 16 • Wed. • 6-7:30 p.m.
CRN 60771 • $100

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 • May 3 • Tues. • 6-8 p.m.
CRN 60383 • $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
Online Live • Feb. 3-March 10 • Thurs. • 5-7 p.m.
CRN 60353 • $80 • No class Feb. 24.

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
Online Live • March 24-April 28 • Thurs. • 5-7 p.m.
CRN 60129 • $80 • No class April 14.

Italian Language II
This fun, interactive course is designed for beginner students who have a basic knowledge of the Italian language and wish to develop their proficiency. Improve your listening and comprehension skills and learn how to structure sentences. Students must purchase the textbook: “Access Italian: A First Language Course,” Susanna Binelli, Alessia Bianchi.

Instructor: Marta Formagnana
Rome • March 21-May 9 • Mon. • 6-7:30 p.m.
CRN 60072 • $100

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 • May 2 • Mon. • 6-8 p.m.
CRN 60367 • $25
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. You’re required to be on time and stay until the completion of class. This class is offered in partnership with the Oneida County Traffic Safety Department.

Various Locations • Sat. • 9 a.m.-4 p.m. • $40
   Rome: Feb. 26 • CRN 25875
   Utica: April 23 • CRN 25876

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

Instructor: Tom Arcuri
   Utica • June 10 • Fri. • 6-8 p.m.
   CRN 60695 • $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 is required. All female teens and women are welcome.

Instructor: Tom Arcuri • Utica • Feb. 11 • Fri. • 6-8 p.m. • CRN 60024 • $35

ESOL 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 at 524 Elizabeth St. in Utica.

Daytime Classes
• Mon.-Thurs.: 9 a.m.-2 p.m.
• Fri.: 9 a.m.-noon

Evening Classes
• Mon.-Thurs.: 4-6 p.m.

For more information, call 315-334-7778.

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 you can utilize to avoid, manage, and survive potentially violent encounters. No experience is required. Ages 55+.

Instructor: Tom Arcuri
   Utica • May 20 • Fri. • 6-8 p.m. • CRN 60025 • $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 is required. Ages 12+.

Instructor: Tom Arcuri
   Utica • March 18 • Fri. • 6-8 p.m. • CRN 60696 • $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 is required. Ages 12+.

Instructor: Tom Arcuri
   Utica • April 22 • Fri. • 6-8 p.m. • CRN 60696 • $35

New learning opportunities for retirees
MVILR is a non-profit organization that offers life-long educational opportunities to the area’s retired and semi-retired individuals. Academic and health and wellness programming are offered each fall, winter, and spring.

To learn more, visit our website or call 315-334-7761.

mvcc.edu/mvilr
**Babysitter’s Training**
Learn all the basic information and skills training you will need to care for children of all ages in a safe and reliable manner. Ages 11+.

Instructor: Cristin Gallup
Location TBD • April 11-14 • Mon.-Fri. 9 a.m.-noon • CRN 60471 • $130

**YouTube® Content Creators**
Explore the variety of YouTube content and personalities, how to find your own niche, and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, professional editing skills, and make a plan for launching your own channel. A webcam is required. Compatible with Mac and Windows only. Ages 8-14.

Online Live • Jan. 22-Feb. 26 • Sat. Noon-2 p.m. • CRN 60817 • $160

**Global Studies Regents Review**
This class is intended to help prepare you for the Global Studies regents exam. We will discuss the set up of the exam, break down each section, and go over past exams to help prepare you for the exam in June.

Instructor: Cristin Gallup
Online Live • June 4-11 • Sat. • 10 a.m.-noon
CRN 60831 • $50

**SAT Reading/Writing Review**
This class will dissect each section of the reading/writing portion of the SATs so you feel more comfortable with the wording of the questions as well as the answer options.

Instructor: Cristin Gallup
Online Live • March 19 • Sat. • 10 a.m.-noon
CRN 26068 • $40

**Cyber Spies** NEW
Through a series of challenges, you’ll learn to apply tools used by professional digital forensics teams to crack codes and use encryption. Working in teams, you’ll have to collect clues, recover lost data, and explore the tools of the trade. Ages 8-14.

Online Live • April 11-14 • Mon.-Thurs. • 9:30 a.m.-12:30 p.m.
CRN 60829 • $160

**UPDATED! Minecraft® Designers**
Learn how to create a custom map, design structures to share between worlds, build with Redstone and Command blocks, and create custom textures for you to import at home or share with friends. A Java version of Minecraft is required. Tablet, phone, and game console versions of Minecraft are not compatible. Compatible with Mac and Windows only. Ages 8-14.

Online Live • April 11-14 • Mon.-Thurs. • 1:30-4:30 p.m. • CRN 60830 • $160
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 can help you tone and strengthen all of the body’s major muscle groups. You do not have to be deep-water proficient.

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

Utica Pool • Mon., Wed., Fri. • 9-9:50 a.m. • $145
Option 1: Jan. 10-March 18 • CRN 27712
Option 2: April 4-June 13 • CRN 28275
No class May 30.

Utica Pool • Mon. • 9-9:50 a.m. • $65
Option 1: Jan. 10-March 14 • CRN 24830
Option 2: April 2-June 6 • CRN 28268

Utica Pool • Wed. • 9-9:50 a.m. • $65
Option 1: Jan. 12-March 16 • CRN 27710
Option 2: April 6-June 8 • CRN 28269

Utica Pool • Wed. • 6-6:50 p.m. • $65
Option 1: Jan. 12-March 16 • CRN 27711
Option 2: April 6-June 8 • CRN 28270

Utica Pool • Fri. • 9-9:50 a.m. • $65
Option 1: Jan. 14-March 18 • CRN 27770
Option 2: April 8-June 10 • CRN 28272

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.

Utica Pool • Mon., Wed., Fri. • 10-10:50 a.m. • $145
Option 1: Jan. 10-March 18 • CRN 27716
Option 2: April 4-June 13 • CRN 28281 • No class May 30.

Utica Pool • Mon. • 10-10:50 a.m. • $65
Option 1: Jan. 10-March 14 • CRN 27714
Option 2: April 4-June 13 • CRN 28277 • No class May 30.

Utica Pool • Wed. • 5-5:50 p.m. • $65
Option 1: Jan. 12-March 16 • CRN 27715
Option 2: April 6-June 8 • CRN 28278

Utica Pool • Fri. • 10-10:50 a.m. • $65
Option 1: Jan. 14-March 18 • CRN 27717
Option 2: April 8-June 10 • CRN 27280

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 • Mon., Wed., Fri. • 8:05-8:55 a.m. • $85
Option 1: Jan. 10-March 18 • CRN 28166
Option 2: April 4-June 13 • CRN 60768 • No class May 30.

Utica Pool • Mon., Wed., Fri. • 11-11:50 a.m. • $85
Option 1: Jan. 10-March 18 • CRN 29454
Option 2: April 4-June 13 • CRN 60769 • No class May 30.

Lifeguard Training: Blended Learning
Learn to recognize and respond quickly and effectively to aquatic emergencies. This 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.

Utica Pool • Late Spring—check back for details. • $350

Water Safety Instructor
Gain the skills needed to teach swim lessons. You 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. You do not need to be a lifeguard but must be 16 years old prior to taking this course.

Utica Pool • Late Spring—check back for details. • $350
5 ways to register for non-credit courses

Scan this QR code to directly access our registration website!

Register online using Visa, MasterCard, or Discover! Go to mvcc.edu/cced and click the registration link.
Call us at: 315-792-5300.
Fax to: 315-792-5682. Use registration form. Payment by credit card or check card only.
Fill in the form below and mail or email with check or credit card information. Make checks payable to MVCC.
Register in person at the Center for Corporate and Community Education, Academic Building room 166, Utica Campus, or Rome Campus, Plumley Complex room 130.

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

* First Name  MI

* Last Name

* Date of Birth  Preferred First Name  Previous Maiden Name

* Address

* City  * State  * Zip Code

* Parent Last Name

* First Name  MI

* Cell Phone  Home Phone  Business Phone

* Email Address

* Course Information

CRN  Course Name  Start Date  Fee

☐ Credit Card

Name on Card (print)  Signature  Date

☐ Visa  ☐ Discover  ☐ Mastercard

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

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

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

ONLINE LEARNING anytime, anywhere... just a click away!

MVCC Center for Corporate & Community Education

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

JUMP START YOUR CAREER OR FIND A NEW ONE!
Visit our website for program details!

careertraining.ed2go.com/mvcc

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

Visit our website for program details!
ed2go.com/mvcc
LEARN TO RIDE AT MVCC

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.

For more information or to enroll, visit mvcc.edu/cced/tractor-trailer.php.
CANCELLATION/REFUND POLICY

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

• **100% refund**: withdraw three or more business days before class begins

• **50% refund**: withdraw two days or less before class begins (for classes costing less than $20, your refund is tuition minus a $10 fee)

• Consideration for withdrawal requests after the first class session must be made in writing to the Center for Corporate and Community Education. CCED is dedicated to customer satisfaction. Please call 315-792-5300 with questions and concerns.

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

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

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.
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.

PREPARATION FOR THE REAL WORLD.
Explore career options with career development specialists so you can plan your education around your interests. Choose from diverse majors in high-demand fields like engineering, culinary arts, cybersecurity, art, education, and healthcare. Two-year degrees, one-year certificates, and shorter-term micro-credentials are available!

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 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 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.

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.)

Four 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.
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.

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 results

Micro-credentials are three to five courses that can be taken alone or stacked toward a degree or certificate and can give you a competitive edge before graduation.

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

**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**

**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.**

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

Did you know?
You can chat live with an Admissions counselor at mvcc.edu/admissions.
REAL LIFE

The full college experience

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

Residence Life
mvcc.edu/housing

- 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
THE REAL DEAL

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
25+ programs can be at least half-completed online

44% full-time students
93% commuter students
68% matriculated students receive financial aid

Average tuition costs
MVCC
less than $5,000 each year
SUNY............ $7,100
4-year college
PRIVATE................. $38,000
4-year college

115 full-time faculty
30 countries represented
90+ major options
18 intercollegiate sports

Founded in 1946
425+ scholarships offered
5 residence halls in Utica with built-in academic support
5,700+ students

Mohawk Valley Community College | mvcc.edu
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: Adolescence Education AS (Transfer Advising Guide)
- Liberal Arts & Sciences: Childhood Education AS (Transfer Advising Guide)
- 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 Technician 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
- Mechanical Engineering Technology AAS
- Mechanical Technology: Aircraft Maintenance AAS
- Mechatronics Certificate
- Metal Fabrication AOS
- Remotely Piloted Aircraft Systems AAS
- School Facilities Management AAS and Certificate
- Semiconductor Manufacturing Technology AAS
- Welding Certificate

TRANSFER
- Computer Applications Programming AAS
- Computer Information Systems AAS
- Computer Science AS
- 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)

AREAS OF STUDY

TYPES OF ASSOCIATE DEGREES
- AS: Associate in Science, for students who plan to continue at a four-year college.
- AA: Associate in Arts, generally for programs intended to transfer to a four-year college.
- AAS: Associate in Applied Science, for those seeking to enter the workforce or a four-year college.
- AOS: Associate in Occupational Studies, for students who intend to enter the workforce.

DEGREE AND CERTIFICATE PROGRAMS

ARTS
- Digital Animation AAS
- Digital Media and Marketing AS
- Fine Arts AS
- Graphic Design AAS
- Illustration AAS
- Photography AAS
- Video Production AS

BUSINESS AND HOSPITALITY

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

HOSPITALITY
- Chef Training Certificate
- Culinary Arts Management AOS
- Food Service Administration: Restaurant Management AAS

For information about MVCC student outcomes, financial aid, debt, employment, and more, visit www.mvcc.edu/consumer.
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.
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.
Feb. 1 • Tues. • 8:30 p.m. • Utica • Snack Bar, ACC

INTERNATIONAL CAFÉ & CONVERSATION: “Enjoy the Winding Roads,” w/ Todd Marshall, Ph.D., Chief Equity & Inclusion Officer at MVCC
Dr. Todd Marshall will share how being adventurous, courageous, and willing to take risks helped shape his life journey. He will weave his personal experience in world travel and 30 years of work with international students into his presentation, which will highlight the need for cultural competency.
Feb. 3 • Thurs. • 2:30 p.m. • Utica • Room 116, ACC

LECTURE: “Run Against Racism,” w/ the Utica Roadrunners Diversity, Equity, and Inclusion Committee
The “Run Against Racism” highlights events in the Black history of Utica. Created in 2020 and inspired by the murder of Ahmaud Arbery, folks were invited to walk or run all or parts of an 8.5-mile route, stopping at various historical sites along the way to read about events that occurred there. They also will talk about the importance of diversity in the running community and how events like the “Run Against Racism” can help. After the talk, the signs will be available to view.
Feb. 7 • Mon. • 4:30 p.m. • Utica • Room 116, ACC

ART EXHIBIT OPENING AND RECEPTION: “Faculty Select Student Show”
The on-campus return of our Annual Student Showcase, featuring highlights of student artwork selected by faculty in MVCC’s School of Art. Exhibit will run until Friday, March 11.
Feb. 8 • Tues. • 1 p.m. • Utica • Juergensen Gallery, WH

WORKSHOP: “Commercial Jazz Class,” w/ Maria Barresi, of Maria Christina’s School of Dance
Commercial Jazz is a style of dance that uses a mixture of sharp and fluid movements full of popping and animated expressions like what you see on music video clips. Dance experience is NOT required to take this 90-minute class. Please bring sneakers or jazz shoes if you have them.
Feb. 8 • Tues. • 6:30 p.m. • Utica Schafer Theater, WH
$10 general • $5 MVCC employee

GAME SHOW: Black History Month Kahoot Trivia (PB)
Test your knowledge of Black history with Black History Month Kahoot Trivia!
Feb. 8 • Tues. • 8:30 p.m. • Utica • Snack Bar, ACC

E-SPORTS GAMING TOURNAMENT: SMASH BROS.
This tournament will involve eight players, 1 vs. 1, until down to 32 players, then full tournament until down to the top six, followed by a best of three. A total of $250 in prizes! Contestants must register in advance at playex.gg/college.
Feb. 10 • Thurs. • 4-7 p.m. • Utica • Snack Bar, ACC

COMEDY: Comedian Josh Blue
Following his third-place finish on NBC’s “America’s Got Talent,” Josh Blue is hitting the road with his “As NOT Seen on TV Tour.” After his groundbreaking win on “Last Comic Standing” in 2006, Blue has risen through the ranks to become a well-established headliner at venues throughout the world. His stand-up routine is in a constant state of evolution and his off-the-cuff improvisational skills guarantee that no two shows are alike. Critics have said Blue is not a cerebral palsy comic; he’s a comic who happens to have cerebral palsy. Visit joshblue.com.
MATURE AUDIENCES ONLY
Feb. 12 • Sat. • 7 p.m. • Utica Schafer Theater, WH • $20 general • $15 MVCC employees

BLACK HISTORY MONTH LUNCHEON
Guest speakers will discuss Black history.
Feb. 16 • Wed. • noon • Utica • Snack Bar, ACC
$5 general • $2 MVCC employee
MOVIE: “King Richard” $  
A look at how tennis superstars Venus and Serena Williams became who they are after the coaching of their father, Richard Williams.  
2021 • PG-13 • 138 minutes • Biography, Drama, Sport  
Feb. 16 • Wed. • 7 p.m. • Rome • Festine Auditorium, PC  
$5 general • $2 MVCC employee  
Feb. 16 • Wed. • 7 p.m. • Utica • Schafer Theater, WH  
$5 general • $2 MVCC employee

GAME SHOW: “Jeopardy” $  
“Jeopardy!” is a classic game show, with a twist. The answers are given first, and contestants supply the questions for the chance to win up to $300 in prizes.  
Feb. 17 • Thurs. • 7 p.m. • Rome • Festine Auditorium, PC  
$5 general • $2 MVCC employee

GAME SHOW: “Minute to Win It” $  
Fully interactive live game show, with trivia and physical challenges, where contestants have the opportunity to win up to $300 in prizes.  
Feb. 24 • Thurs. • 7 p.m. • Rome • Festine Auditorium, PC  
$5 general • $2 MVCC employee

WORKSHOP: “Cheese and Charcuterie Board Design & Theory,” w/ Vincent Petronio, Director of Hospitality Programs at MVCC and Executive Chef at motus Utica $  
In this hands-on workshop, Vincent Petronio will be teaching the art of charcuterie. In the French tradition, charcuterie is the art of preparing and assembling cured meat, cheeses, and garnishes. Limited tickets available.  
March 3 • Thurs. • 6 p.m. • Rome  
Community Hall/Room 150, PC  
$10 general • $5 MVCC employee

LECTURE: “Horrors of the Genocide in Bosnia: Universal Lessons in Rhetoric, Rage, and Resilience,” w/ Author Jordan Steven Sher  
Jordan Steven Sher, author of “And Still We Rise: A Novel about the Genocide in Bosnia,” will share both the history behind the genocide in Bosnia and the universal lessons it teaches going forward. He also will look at what it may take to move beyond the tension that is entrenched in Bosnia. Signed copies of the book will be available for sale.  
March 4 • Fri. • 1 p.m. • Utica • Schafer Theater, WH

MOVIE: “Eternals” $  
The saga of the Eternals, a race of immortal beings who lived on Earth and shaped its history and civilizations.  
2021 • PG-13 • 157 minutes • Action, Adventure, Drama  
Feb. 23 • Wed. • 7 p.m. • Rome  
Festine Auditorium, PC  
$5 general • $2 MVCC employee  
Feb. 23 • Wed. • 7 p.m. • Utica  
Schafer Theater, WH  
$5 general • $2 MVCC employee

INTERNATIONAL CAFÉ & CONVERSATION: “Many Cultures, One Community — Building A Welcoming Community in Utica”  
Since 1980, The Center, formerly the Mohawk Valley Resource Center for Refugees, has welcomed more than 17,000 refugees to the City of Utica. For this event, a representative from The Center will talk about how you can be a part of creating welcoming spaces, a champion of inclusivity, and a partner in building a community of many cultures.  
March 8 • Tues. • 2:30 p.m. • Utica • Room 116, ACC

PERFORMANCE: World’s Foremost Mind Reader Robert Channing from NBC’s “America’s Got Talent” $  
As seen on NBC, ABC, CBS, Fox, and even QVC, this exciting, entertaining mind-reading and ESP show will have you on the edge of your seat! Visit robertchanning.com.  
March 8 • Tues. • 7 p.m. • Rome  
Community Hall/Room 150, PC  
$5 general • $2 MVCC employee
GAME SHOW: Women’s History Month
Kahoot Trivia
Test your knowledge of women’s history by playing Kahoot Trivia with a strong emphasis on Women’s History Month.
March 8 • Tues. • 8:30 p.m. • Utica • Snack Bar, ACC

LECTURE: “Women in STEM,” w/ Vida Tamoshunas, Director of Data & Analytics with Preferred Mutual Insurance Company
Tamoshunas will talk about her journey as a woman in STEM, earning an undergraduate degree in electrical engineering and a master’s in business. Her interests in math and logic have led her to a career in which she engages with others to solve problems and educate people on how data and analysis can be leveraged to make better decisions. She’ll also share advice for women looking to find careers in historically male-dominated fields.
March 9 • Wed. • 4 p.m. • Utica • Excellus Room 225, WH

DEAF HISTORY MONTH FACT & FILM: “Children of a Lesser God,” w/ Introduction by Todd Marshall, Ph.D., Chief Equity & Inclusion Officer at MVCC
Starting his new job as an instructor at a New England school for the deaf, James Leeds (William Hurt) meets Sarah Norman (Marlee Matlin), a young deaf woman who works at the school as a member of the custodial staff. A romance slowly develops between the pair despite Sarah’s withdrawn emotional state due in part to her difficult relationship with her mother (Piper Laurie). Matlin, who is deaf in real life, won the Academy Award for Best Actress for this, her first film role.
March 9 • Wed. • 6 p.m. • Utica • Schafer Theater, WH
$5 general, $2 MVCC employee

AMERICAN SIGN LANGUAGE PERFORMANCE: “Cromania!” w/ Deaf Comedian Crom Saunders
This event will be verbally translated for the hearing abled. “Cromania!” features skits that incorporate pop culture, impersonations, improvisation, puns, and physical feats. Visit thecromsaunders.com.
MATURE AUDIENCES ONLY
March 11 • Fri. • 7 p.m. • Rome • Festine Auditorium, PC
$10 general • $5 MVCC employee

DOCUMENTARY: “Picture a Scientist”
This film chronicles the groundswell of researchers who are writing a new chapter for female scientists. Biologist Nancy Hopkins, chemist Raychelle Burks, and geologist Jane Willenbring lead viewers on a journey deep into their own experiences in the sciences, ranging from brutal harassment to years of subtle slights. Along the way, they encounter scientific luminaries who provide new perspectives on how to make science itself more diverse, equitable, and open to all.
March 21 • Mon. • 5 p.m. • Utica • Room 116, ACC

MANDALA OF COMPASSION: Venerable Tenzin Yignyen
The Venerable Tenzin Yignyen will create a sand mandala based on the theme of compassion over a series of four days. He is a Professor of Tibetan Buddhist Studies at Hobart William Smith Colleges. He was ordained by the Dalai Lama and received the highest degree with honors from Namgyal Monastery in Dharamsala, India.
March 21-24 • Mon.-Thurs. • 9-11:30 a.m. and 1:30-4 p.m. • Utica • Library, PH

WOMEN’S HISTORY MONTH LUNCHEON
Guest speakers from diverse backgrounds will discuss the obstacles they have overcome.
March 23 • Wed. • noon • Utica • Snack Bar, ACC
$5 general • $2 MVCC employee

WOMEN’S HISTORY MONTH FACT & FILM: “Harriet,” w/ Introduction by Todd Marshall, Ph.D., Chief Equity & Inclusion Officer at MVCC
From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, this film tells the story of heroic abolitionist Harriet Tubman, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.
March 24 • Thurs. • 6 p.m. • Utica • Schafer Theater, WH
$5 general, $2 MVCC employee

DISMANTLING OF MANDALA OF COMPASSION CEREMONY:
Venerable Tenzin Yignyen
This ceremony begins in the Library, Payne Hall second floor, Utica Campus, at 10 a.m. and proceeds to the nearest body of water. This ceremony involves a walk; boots, hats, and gloves are recommended.
March 25 • Fri. • 10 a.m. • Utica • Library, PH
CONCERT: Danielle Bradbery $  
Stepping into her own lane with sophomore album “I Don’t Believe We’ve Met” in 2017, pop country singer Danielle Bradbery introduced her story into her songs for the first time – penning seven of the album’s 10 tracks, including the GOLD-certified “Sway.” Kicking off a new chapter last year, Bradbery infused her own personal stories into releases “Never Have I Ever” and “Girls In My Hometown.” With her latest single, “Stop Draggin’ Your Boots,” she shows a side of herself we haven’t yet seen in a fiery coming-of-age declaration. Since winning Season 4 of NBC’s “The Voice,” Bradbery has earned multiple award nominations and toured the globe with Kane Brown, Blake Shelton, Brad Paisley, Miranda Lambert, and more.

March 25 • Fri. • 7 p.m. • Utica  
Schafer Theater, WH  
$15 general • $10 MVCC employee

FAMILY FUN SERIES: “Sing 2” $  
Buster Moon and his friends must persuade reclusive rock star Clay Calloway to join them for the opening of a new show. The film will be followed by activities and snacks.

2021 • PG • 115 minutes  
Animation, Adventure, Comedy

March 26 • Sat. • noon • Utica • Schafer Theater, WH  
$5 general • $2 MVCC employee/children under 12

March 26 • Sat. • noon • Rome • Festine Auditorium, PC  
$5 general • $2 MVCC employee/children under 12

MAKE & TAKE WORKSHOP: “Polymer Clay Earrings,” w/ Marissa Perkins of Creative Roots Design $  
Join us for a fun, easy, and trendy workshop designing your own polymer clay earrings. Each student will learn and complete a pair of clay earrings.

March 29 • Tues. • 6 p.m. • Rome  
Community Hall/Room 150, PC  
$5 general • $2 MVCC employee

March 31 • Thurs. • 6 p.m. • Utica  
Room 116, ACC  
$5 general • $2 MVCC employee

MVCC’S GSA CLUB DRAG SHOW  
You don’t have to be RuPaul to be a drag queen — just interested in style and performance — and there’s plenty of drag talent right here in the Mohawk Valley. Join students from the Gender and Sexuality Alliance (GSA) Club and local drag performers for a night of glam, music, dance, and fun.

March 30 • Wed. • 7:30 p.m. • Utica  
Snack Bar, ACC

MUSICAL PRODUCTION: “The Little Mermaid,” Presented by The Panto Company USA $  
The classic tale of the Little Mermaid — looking for a better life away from the water — is brought to life in this show, which is filled with opportunities for audience participation, eye-catching scenery and costumes, and original songs from the Disney production based on the Hans Christian Anderson story. This event is sponsored by the Broadway Theatre League of Utica.

March 27 • Sun. • 2 p.m. • Utica • Schafer Theater, WH  
$20 general • $12 MVCC employee/children under 12

ART EXHIBIT: “The Lyre and Line: Reflections”  
This exhibition continues to examine art inspired by poetry and poetry inspired by art created by faculty in MVCC’s Schools of Humanities and Art. Poets/artists include David Nackley, Brandon Shaw, Todd Behrendt, Ron Jones, Lew Kahler, Jed Kimball, Tom Townsley, Sean Usyk, and more. The exhibit will run from March 29 to May 6.

March 29 • Tues. • Open Hours • Utica • Juergensen Gallery, WH

MAKE & TAKE WORKSHOP: “Ukrainian Egg Painting,” w/ Sarah Dustin, of The Adirondack Ink $  
Learn the beautiful art of Pysanky (Ukrainian egg painting) through the method of batik (wax-resist dying). Participants will create colorful eggs during this fun and relaxing workshop. No experience necessary.

April 5 • Tues. • 6 p.m. • Utica • Excellus Room 225, WH  
$5 general • $2 MVCC employee

April 7 • Thurs. • 6 p.m. • Rome • Room 119, PC  
$5 general • $2 MVCC employee

MOVIE: “Spider-Man: No Way Home” $  
For the first time in the cinematic history of Spider-Man, our friendly neighborhood hero is unmasked and no longer able to separate his normal life from the high stakes of being a superhero. When he asks for help from Doctor Strange, the stakes become even more dangerous, forcing him to discover what it truly means to be Spider-Man.

2021 • NR • 150 minutes • Action, Adventure, Sci-Fi

April 6 • Wed. • 7 p.m. • Rome • Festine Auditorium, PC  
$5 general • $2 MVCC employee
LECTURE: An Evening w/ Author and Ufologist Bill Birnes as seen on “UFO Hunters” $

Bill Birnes, the publisher of UFO Magazine, can be seen in the weekly series “UFO Hunters” on History Channel. Each week, he and his team of researchers travel to the sites of world-famous UFO events where they explore the encounter and arrive at answers about what really happened. Birnes is well-qualified to lead such a team, having written and edited more than 25 books and encyclopedias in the fields of human behavior, true crime, current affairs, history, psychology, business, computing, and the paranormal.

April 20 • Wed. • 7 p.m. • Rome • Festine Auditorium, PC
$5 general • $2 MVCC employee

FACULTY/STAFF POETRY READING

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

April 21 • Thurs. • 5 p.m. • Utica • Room 116, ACC

April 27 • Wed. • 5 p.m. • Rome • Festine Auditorium, PC

PERFORMANCE: Pianist David Kim $

Pianist, composer, and instructor of piano and music theory David Kim will perform a selection of treasured works by Chopin, such as the deeply romantic Barcarolle, the vividly narrative third ballade, a nocturne, and some brilliant yet beautiful etudes. Works by Debussy, Liszt, or Scriabin will round out the recital. Visit davidkimpianist.com.

April 26 • Tues. • 6 p.m. • Utica • Schafer Theater, WH
$5 general • $2 MVCC employee

DRONE FEST 2022

MVCC’s Unmanned Aerial Systems (UAS) Club invites you to an afternoon of amazing interactive drone demos and networking opportunities, including racing drone and flight demos, hands-on racing simulators, and more. Come try flying a mini drone or visit the food truck on site! Rain date will be Sunday, May 1.

April 30 • Sat. • 11 a.m.-2 p.m. • Utica • Campus Quad

INTERNATIONAL FESTIVAL

Join us for a celebration of international cultures! This festival is an opportunity to explore our heritages and the international cultures in the Mohawk Valley and beyond. International performances will be included.

April 19 • Tues. • 12:30-3 p.m. • Utica • Campus Quad

MAKE & TAKE WORKSHOP: “Origami,” w/ Anime Haven Club at MVCC $

Learn the Japanese art of paper folding and make your own origami creations to take home with you. Hosted by the Anime Haven Club, there will be a variety of options from simple to more complicated, and you’ll learn some origami history as well.

May 2 • Mon. • 4:30 p.m. • Utica • Excellus Room 225, WH
$5 general • $2 MVCC employee
REAL VALUE.

“MVCC was the best decision I made for my education and still continues to make a positive impact on my life. The college does an excellent job preparing students to be well-rounded and successful with the amount of support and encouragement that every department gives each student. I wouldn’t be where I am today in my career if it weren’t for MVCC, and I take so much pride in my community college education.”

— Alexis Race ’18, Radiologic Technology; Radiologic Technologist at UHS Chenango Memorial Hospital in Norwich and MVCC Adjunct Instructor

“After the death of my mother and son, I made up my mind to go back to school and get my high school diploma. I received my diploma from Proctor High School in June 2015 and decided to come straight to college. At first, I was very scared, being in special education with a learning disability and being hearing impaired. But I knew if I just took one step at a time, I could do this journey. There have been so many offices and staff here at MVCC that helped me along the way. My experience here at MVCC has helped build my self-esteem back up in so many ways. I thought I could never be a college student and succeed.”

— Muriel Curtis ’18, Human Services