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
Sitrin Healthcare Center: 2050 Tilden Ave., New Hartford
Jewish Community Center: 2310 Oneida St., Utica

UTICA CAMPUS

Academic Building
- Public Safety
- CCED
- Human Resources

Alumni College Center
- Bookstore
- Career Services
- Health Center
- Residence Life
- Resident Dining

Francis A. Wilcox Hall
- Accessibility Resources
- Learning Commons
- Theater

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

Jorgensen Athletic and Events Center
- Fieldhouse
- Fitness Center
- Pool

Residence Halls
- Bellamy
- Butterfield
- Daugherty
- Huntington
- Penfield

Science and Technology Building
- FABLab

Quad/College Green

Parking Lots

Box Office Locations

ROME CAMPUS

Plumley Complex
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All courses and events will comply with federal, state, and county guidelines, along with the MVCC Responsible Restart Plan, in order to keep our students, employees, and community safe. https://mvcc.edu/restart
Welcome Spring! After a long fall, we are hopeful this new year brings transformation and change. There is no better time to heal, grow, and set new goals, and we are here to support you with that journey. Choose from a variety of course offerings, personal and professional, to reach your goals. We provide in-person and remote opportunities to fit your schedule and needs. Join us this spring while establishing new beginnings and setting new goals!

Take a class this spring – We have an option for YOU!
- In-person with Social Distancing
- Online – Real Time (zoom)
- Online – Self-Paced
- Online – Instructor-Led On Your Schedule
- Guided Audio Files with Remote Instructor Access

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PROFESSIONAL DEVELOPMENT

NYS 75-Hour Real Estate Salesperson Pre-Licensing Course  **ONLINE**
This course will prepare you to sit for the NYS real estate salesperson’s examination. It satisfies the mandated 75-hour pre-licensing education requirements of the Department of State. Fee includes textbook, course materials, and test prep.

**Instructor:** Ron Cerminaro
**Various Formats** • 6-9 p.m. • $549

- **Hybrid:** Feb. 1–March 29 • Mon., Thurs. • Online • Tues. • Utica • CRN 16944
- **Utica Campus:** April 5–June 1 • Mon., Tues., Thurs. • Utica • CRN 16944

45-Hour Broker Qualifying Course: Local Concerns for New York  **ONLINE**
The course covers all the required content for a complete broker pre-licensing education. You’ll explore topics such as real estate finance, general business law, real property management, advanced fair housing, and fair lending. This personalized license program prepares you for a thriving career as a real estate broker, providing the efficiency you want without sacrificing the effectiveness you need. To enroll in this or other online options, visit [https://affiliate.kapre.com/aff/mvcc](https://affiliate.kapre.com/aff/mvcc).

**Online • Self-Paced • $349**

NY 75-Hour Salesperson Qualifying Course with Textbook and Master Exam Prep Package  **ONLINE**
Thanks to a partnership with Kaplan, this self-paced, online real estate training fulfills all the educational requirements for your salesperson’s license and prepares you to pass the New York State Salesperson Qualifying Examination. You’ll receive the New York 75-Hour Salesperson Qualifying Course, the New York Real Estate Exam Prep, and the textbook “Modern Real Estate Practice in New York.” To enroll in this or other online options, visit [https://affiliate.kapre.com/aff/mvcc](https://affiliate.kapre.com/aff/mvcc).

**Online • Self-Paced • $509**

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

**Instructor:** Gloria Karol
**Various Formats** • Sat. • 9:30 a.m.–1:30 p.m. • $59

- **Utica:** March 13 • CRN 19932
- **Online:** Feb. 20 • CRN 19745

Contact Tracing  **NEW • ONLINE**
This contact tracer training will provide you with a skill which is in demand on the job market. While taking this training does not guarantee that you will become employed as a contact tracer, the information and skills you learn in the course will provide you with skills necessary to be considered for employment.

**Instructor:** Jeff Kritzer • Online • $279

**Option 1:** Feb. 1–26 • CRN 60669  **Option 2:** March 1–26 • CRN 60674
Eight-Hour Pre-Assignment Training Course for Security Guards
This is an eight-hour course required by New York State as the first step in obtaining a security guard registration card from the New York State Department of State. The course provides the student with a general overview of the duties and responsibilities of a security guard. The passing of an examination is required for successful completion of this course.
Instructors: Rick D’Alessandro, John Bielby
Various Locations • 6-10 p.m. • $69
Utica: Feb. 2-4 • Tues., Thurs. • CRN 14058
Rome: March 23-25 • Tues., Thurs. • CRN 16723

16-Hour On-the-Job Training Course for Security Guards
This is a 16-hour course that must be completed within 90 days of employment as a security guard. The course provides the student with detailed information on the duties and responsibilities of a security guard. The passing of an examination is required for successful completion of this course.
Instructor: Rick D’Alessandro
April 20-29, Tues., Thurs. • 6-10 p.m. • Utica • CRN 17283 • $99

Eight-Hour Annual In-Service Training Course for Security Guards
This is an eight-hour course that 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 the student with updated and enhanced information on the duties and responsibilities of a security guard.
Instructors: Rich Dodge, John Bielby
Various Locations • 6-10 p.m. • $69
Utica: Feb. 23-25 • Tues., Thurs. • CRN 18096
Rome: April 6-8 • Tues., Thurs. • CRN 18679

Managing Remote Employees NEW ONLINE
As businesses are increasingly turning to technology to handle both internal and external communications, the notion of a centralized workforce that meets face-to-face on a daily basis is becoming less common. This three-hour course explores the benefits and drawbacks of remote work and provides managers with tips for helping their remote workers stay connected and motivated. To enroll, visit https://catalog.mindedge.com/mvcc
Online • Self-Paced • $79

Certificate in Customer Service NEW ONLINE
Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is now one of the central factors in organizational success. 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.
Online • Feb. 1-March 26 • CRN 60672
Take both and save: $245
Keys to Customer Service
Instructor: Nanette Sanders-Cobb
Online • Feb. 1-26 • CRN 60673 • $145
Extraordinary Customer Service
Instructor: Greg Marsello
Online • March 1-26 • CRN 60676 • $145

Certificate in Data Analysis ONLINE
Data analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, and need people with the ability to analyze that data to see trends and make predictions. Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. Finally, you’ll find out how to perform inquiries.
Online • Take all three and save: $495
Option 1: Feb. 1-April 30 • CRN 29980
Option 2: April 5-July 2 • CRN 60625
Introduction to Data Analysis
Instructor: John Rutledge
Online • $195
Option 1: Feb. 1-26 • CRN 60003
Option 2: April 5-30 • CRN 60627
Intermediate Data Analysis
Instructor: Mary Dereshiwsky
Online • $195
Option 1: March 1-26 • CRN 60002
Option 2: May 3-28 • CRN 60626
Advanced Data Analysis
Instructor: Jeff Kritzer
Online • $195
Option 1: April 5-30 • CRN 29979
Option 2: June 7-July 2 • CRN 60624
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 six-week course where we cover malt, water chemistry, hops, yeast, brew-house workflow, and quality testing. We will cover the basics of reading malt and water reports, adjusting water chemistry, evaluating hops, harvesting and storing yeast, and performing basic quality checks for a small-scale brewery. An overview of the brewing process and best practices will round out the class. Students will have mixed lecture with hands-on learning, with opportunities to work with ingredients and apparatus. 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.

April 15-May 27 • Thurs. • 6-9 p.m. • Utica • CRN 60173 • $349

Brewing Fundamentals: Brewing Overview
Instructor: Richard Michaels
Utica • April 15 • Thurs. • 6-9 p.m. • CRN 60177 • $59

Brewing Fundamentals: Barley 101
Instructor: Joe Kinney
Utica • April 22 • Thurs. • 6-9 p.m. • CRN 60172 • $59

Brewing Fundamentals: Water Chemistry
Instructor: Scott Greiner
Utica • April 29 • Thurs. • 6-9 p.m. • CRN 60174 • $59

Brewing Fundamentals: Hops 101
Instructor: Scott Greiner
Utica • May 6 • Thurs. • 6-9 p.m. • CRN 60175 • $59

Brewing Fundamentals: Intro to Yeast
Instructor: Joe Kinney
Utica • May 13 • Thurs. • 6-9 p.m. • CRN 60176 • $59

Brewing Fundamentals: Quality
Instructor: Richard Michaels
Utica • May 20 • Thurs. • 6-9 p.m. • CRN 60178 • $59

Brewing Fundamentals: Off-Flavors and Characteristics
Instructor: Richard Michaels
Utica • May 27 • Thurs. • 6-9 p.m. • CRN 60197 • $59

Digital Marketing Certificate ONLINE

Get the keys to digital marketing success, including improving email promotions, analyzing your website traffic, doing search engine optimization, and how to employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No digital marketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

Online • Feb. 1-April 30 • CRN 60334
Take all three and save: $495

Improving Email Promotions
Instructors: Dan Belhassen, Susan Hurrell
Online • Feb. 1-26
CRN 60336 • $195

Boosting Your Website Traffic
Instructors: Dan Belhassen, Susan Hurrell
Online • March 1-26
CRN 60335 • $195

Online Advertising
Instructors: Dan Belhassen, Susan Hurrell
Online • April 5-30
CRN 60337 • $195
SQL Certificate  NEW ONLINE
Structured Query Language (SQL) is the industry-standard database programming language. Through your knowledge of SQL, you will become more marketable in computer-related career fields that pertain to database administration. Learning SQL can also lead to a job that is specific to analyzing data such as a data analyst, a quality assurance analyst, or a business analyst. 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. You’ll quickly progress from creating simple SQL queries that query a single table to querying multiple tables simultaneously. You’ll also learn how to alter data in a database and how to gather significant statistics from data stored in a database. Finally, you’ll learn techniques that will enable you to write powerful queries that perform complicated searches and sorts on your data.

Online • Take all three and save: $595
Option 1: Feb. 1-April 30 • CRN 60636
Option 2: April 5-July 2 • CRN 60637

Introduction to SQL
Instructor: Cecilia Allison
Online • $245
Option 1: Feb. 1-26 • CRN 60638
Option 2: April 5-30 • CRN 60639

Intermediate SQL
Instructor: Cecilia Allison
Online • $245
Option 1: March 1-26 • CRN 60650
Option 2: May 3-28 • CRN 60651

Advanced SQL
Instructor: Cecilia Allison
Online • $245
Option 1: April 5-30 • CRN 60655
Option 2: June 7-July 2 • CRN 60656

Certificate in Teaching Adults  NEW ONLINE
Whether you want to teach others or currently teach others, in any setting, this course is for you. We will give you both the fundamental and advanced information to improve your teaching. Your lead instructor is the author of “How to Teach Adults,” a best-selling book on the subject. The ebook version is included in the course.

Instructor: William Draves
Online • Feb. 1-March 26 • CRN 60667 • $295

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

Instructors: Rich Dodge, John Bielby
Various Locations • 4-6 p.m. • $29
Online: Feb. 3 • Wed. • CRN 60733
Online: March 10 • Wed. • CRN 19253
Rome: April 15 • Thurs. • CRN 29750

Child Abuse Recognition  ONLINE
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: Rich Dodge, John Bielby
Various Formats • 6-9 p.m. • $39
Online: Feb. 3 • Wed. • CRN 19258
Online: March 10 • Wed. • CRN 19253
Rome: April 15 • Thurs. • CRN 29745

Dignity for All Students  ONLINE
This course will address the social patterns of harassment, bullying, and discrimination, and cover the identification and mitigation of harassment, bullying, and discrimination and strategies for effectively addressing problems of exclusion and bias and aggression in educational settings. Successful completion of this course will meet the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012.

Instructor: John Wells
Various Formats • Sat. • 9 a.m.-3 p.m. • $99
Online: Feb. 6 • CRN 29747
Online: March 13 • CRN 29748
Utica: April 17 • CRN 29749

Certificate in Teaching Adults  NEW ONLINE
Whether you want to teach others or currently teach others, in any setting, this course is for you. We will give you both the fundamental and advanced information to improve your teaching. Your lead instructor is the author of “How to Teach Adults,” a best-selling book on the subject. The ebook version is included in the course.

Instructor: William Draves
Online • Feb. 1-March 26 • CRN 60667 • $295
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**  
**ONLINE**
In this online certificate program, you’ll get the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum. Your instructors are some of the foremost authorities in the world on these subjects.

**Online** • March 1-April 30 • CRN 60316  
Take all three and save: $395

**Students with ASD (Autism Spectrum Disorder)**
**Instructor:** Julie Coates  
**Online** • March 1-26  
CRN 60318 • $145

**Gender in the Classroom**
**Instructors:** Julie Coates, William Draves  
**Online** • March 1-26  
CRN 60317 • $145

**Generational Learning Styles**
**Instructor:** Kassia Dellabough  
**Online** • April 5-30  
CRN 60319 • $145

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**Certified Online Instructor**  
**NEW**  
**ONLINE**
From building to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, this program will give you the fundamentals of teaching online, as well as the most advanced tips and techniques in the business. Your instructors are authors, speakers, and consultants in online learning and teaching.

**Online** • Feb. 1-April 30 • CRN 60330  
Take all three and save: $495

**Advanced Teaching Online**
**Instructor:** William Draves  
**Online** • Feb. 1-26  
CRN 60331 • $195

**Designing Online Instruction**
**Instructor:** Dione Felix  
**Online** • March 1-26  
CRN 60332 • $195

**Fostering Online Discussion**
**Instructor:** Mary Dereshiwsky  
**Online** • April 5-30  
CRN 60333 • $195

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**Coding Certificate**  
**ONLINE**
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.

**Online** • Feb. 1-April 30 • CRN 60164  
Take all three and save: $595

**Introduction to Coding**
**Instructor:** Jeff Kritzer  
**Online** • Feb. 1-26 • CRN 60165 • $195

**HTML Fundamentals**
**Instructor:** Andi Helmi  
**Online** • March 1-26 • CRN 60630 • $245

**CSS Fundamentals**
**Instructor:** Andi Helmi  
**Online** • April 5-30 • CRN 60631 • $245

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

**Online** • Take all three and save: $495  
**Option 1:** Feb. 1-April 30 • CRN 60640  
**Option 2:** April 5-July 2 • CRN 60641

**Understanding Debits and Credits**
**Instructor:** Sharon DeFonteny  
**Online** • $195  
**Option 1:** Feb. 1-26 • CRN 60642  
**Option 2:** April 5-30 • CRN 60643

**General Ledger and Month End Procedures**
**Instructor:** Sharon DeFonteny  
**Online** • $195  
**Option 1:** March 1-26 • CRN 60652  
**Option 2:** May 3-28 • CRN 60653

**Closing Procedures and Financial Statements**
**Instructor:** Sharon DeFonteny  
**Online** • $195  
**Option 1:** April 5-30 • CRN 60657  
**Option 2:** June 7-July 2 • CRN 60658

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**TEACHERS!**

**Coding Certificate**  
**ONLINE**
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.

**Online** • Feb. 1-April 30 • CRN 60164  
Take all three and save: $595

**Introduction to Coding**
**Instructor:** Jeff Kritzer  
**Online** • Feb. 1-26 • CRN 60165 • $195

**HTML Fundamentals**
**Instructor:** Andi Helmi  
**Online** • March 1-26 • CRN 60630 • $245

**CSS Fundamentals**
**Instructor:** Andi Helmi  
**Online** • April 5-30 • CRN 60631 • $245
Paralegal Certificate Course ONLINE
This 14-week program is designed for beginning or advanced legal workers. To receive a certificate, students must pass numerous quizzes and successfully complete several writing assignments. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately.
Online • March 8-June 18 • $1,595

Legal Secretary Certificate Course ONLINE
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 the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately.
Online • March 8-April 23 • $995

Certificate in Accounting and Finance for Non-Financial Managers NEW ONLINE
Every successful person in the workplace utilizes financial information to aid effective decision making. The financial concepts and accounting processes taught in this class are used in most businesses and will provide practical techniques that will increase your effectiveness and help you in your career. Understand the seven steps in the accounting cycle and use financial information in decision making. Find out what you need to know about cash. Then acquire advanced financial information that drives your organization and see how business reports are assessed and analyzed. Come away with the knowledge to make informed decisions when it comes to budgeting, setting goals, and assessing performance.
Online • Feb. 1-April 30 • CRN 60670
Take all three and save: $495
Accounting and Finance for Non-Financial Managers
Instructor: Sharon DeFonteny
Online • Feb. 1-26 • CRN 60671 • $195
Cash is King
Instructor: Jodie Trana
Online • March 1-26 • CRN 60676 • $195
Financial Analysis and Planning for Non-Financial Managers
Instructor: Jodie Trana
Online • April 5-30 • CRN 60678 • $195

Social Media for Business Certificate ONLINE
This course is for businesses, nonprofits, government, and other organizations. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. From Facebook to Twitter, YouTube, LinkedIn, and more, discover the new principles of communication, how these social networks work, and the uses for your organization. Whether you are new to social networks or already involved, you will come away with practical, how-to techniques for integrating social networks into your organization.
Online • Feb. 1-April 30 • CRN 60014
Take all three and save: $495
Introduction to Social Media
Instructor: Nicole Siscaretti Doyle
Online • Feb. 1-26 • CRN 60004 • $195
Marketing Using Social Media
Instructor: Nicole Siscaretti Doyle
Online • March 1-26 • CRN 60007 • $195
Integrating Social Media in Your Organization
Instructor: Jennifer Selke
Online • April 5-30 • CRN 60001 • $195
HEALTHCARE AND FITNESS TRAINING

Contact Tracing **NEW ONLINE**
This contact tracer training will provide you with a skill which is in demand on the job market. While taking this training does not guarantee that you will become employed as a contact tracer, the information and skills you learn in the course will provide you with skills necessary to be considered for employment.

Instructor: Jeff Kritzer • Online • $279
Option 1: Feb. 1-26 • CRN 60669
Option 2: March 1-26 • CRN 60674

Certified Nursing Aide (CNA)
Nurse aides are the vital link between patients, RNs, and doctors. Get New York State-certified with this accelerated 120-hour course that combines 90 hours of classroom and lab with 30 supervised clinical hours of training. Upon successful completion of the program, students are registered for and take the NYS certification exam on-site. Bring current comprehensive physical, vaccinations, and TB test results to orientation.

Instructors: Nelson Wood, Tammy Johnston
Sitrin Healthcare Center • $1,250
Dates TBA, please call for details.

Personal Care Aide (PCA)
This entry-level program will provide you with 40 hours of combined classroom and laboratory training needed to become a certified Personal Care Aide. Classroom and lab instruction will enable the student to learn the skills necessary to work in an assisted living facility. Bring recent physical, TB test, and immunization record. Upon successful completion of the PCA program, students will be eligible to continue their training, if desired, by enrolling in a certified Home Health Aide training program.

Instructors: Nelson Wood, Tammy Johnston
Sitrin Healthcare Center • $400
Dates TBA, please call for details.

Home Health Aide (HHA)
Get certified on the Home Care Registry with the Home Health Aide two-week program! For those who are active on the Home Care Registry as a PCA, become even more marketable in the growing healthcare field. This 35-hour Home Health Aide program provides the skills training necessary to care for patients ranging from infants to seniors in a home setting. Sixteen hours of clinical experience are included. Bring records of a recent physical, TB test results, and immunizations to orientation.

Instructors: Nelson Wood, Tammy Johnston
Sitrin Healthcare Center • $600
Dates TBA, please call for details.

Personal Trainer Certification
This course will give you the education, skills, and insight needed 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. There are no prerequisites to participate. Text and materials are purchased separately for $85 on the first day of class. Please bring a check or cash to receive materials. Note: 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
May 1-2 • Sat., Sun. • 9 a.m.-3 p.m. • Utica
CRN 29844 • $449
New York State High School Coaching Certification  
Those wishing to coach an interschool athletic team in NYS must meet certain minimum requirements as set forth in the Regulations of the Commissioner of Education. This includes all head coaches and assistants for varsity, junior varsity, freshman, and junior high (modified) teams of public schools. These three online classes will get you started on your certification. Learn about athletic first aid and training/conditioning principles; the basic philosophy of coaching as integral to physical and general education; and different methods of coaching and team management.

Philosophy, Principles, and Organization of Athletics in Education  
Instructor: Matt St. Croix  
Online • Self-Paced • CRN 60700 • $150  

Health Science Applied to Coaching  
Instructor: Jen Krohn  
Online • Self-Paced • CRN 60701 • $150  

Theory and Techniques of Coaching  
Instructor: Matt St. Croix  
Online • Self-Paced • CRN 60702 • $150  

Spanish for Health Professionals  
This class, designed specifically for healthcare professionals, will help you bridge the communication gap with your Spanish-speaking patients and their families. You’ll practice the basic, practical language skills needed to effectively communicate whether you speak some Spanish and need a refresher, or speak no Spanish.

Instructor: Cristina Sempé  
Online • Feb. 1-March 26 • CRN 60659 • $290  

CPR Hands-On Skill Test  
After successful completion of HeartCode BLS (Basic Life Support) online—https://shopcpr.heart.org/heartcode-bls—you must put your skills to test. BLS is the foundation for saving lives after cardiac arrest, and this class serves as your hands-on skill session. With successful skills demonstration, you will be eligible for a course completion card.

Instructor: Jen Krohn  
9:30 a.m.-1:30 p.m. • Utica • $20  
Feb. 25 • Thurs. • CRN 60688  
April 20 • Tues. • CRN 60689  
June 3 • Thurs. • CRN 60690  

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 include a physical within one year, TB test results read within one month of clinical start date, positive titers or proof of two Mumps Measles and Rubella (MMR) and two Varicella vaccines. A Tdap or Tetanus toxoid within 10 years and seasonal flu shot are required. Tuition includes an insurance fee. Purchasing the textbook is optional but highly recommended. Note: High school diploma or equivalency needed for employment. Class may be offered as a hybrid program with Zoom classes and in-person practice sessions.

Instructors: Rachel Canarelli, Maryanne Taverne  
6-9 p.m. • Utica • $499  
Option 1: Feb. 8-March 31 • Mon., Wed. • CRN 60734  
Option 2: Feb. 9-April 1 • Tues., Thurs. • CRN 60735  

CCA Medical Billing and Coding Online (Voucher Included)  
Medical Billing and Coding is one of the fastest growing careers. The Certified Coding Associate (CCA) Medical Billing and Coding course will help you successfully prepare for the CCA exam, offered by the American Health Information Management Association (AHIMA) and prepare you for an entry-level career within the healthcare industry. This course includes a voucher that covers the exam fee. Enrollment in this program gives you 12 months of access and includes all textbooks and materials. To enroll, visit https://careertraining.ed2go.com/mvcc/  
Online • Self-Paced • $2,695  

Barrier Precautions/Infection Control  
The New York State Education Department requires this class for licensed professionals, including physicians, physicians’ assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. Certification is valid for four years. (0.3 CEUs)  
Instructor: Tammy Johnston  
Online • Self-Paced • CRN 22038 • $40
INSURANCE COURSES

INSURANCE PRE-LICENSING

Insurance Pre-Licensing Personal Lines
Part 1
To become a licensed insurance agent in New York State, you must complete the 90-hour pre-licensing training requirement for Property & Casualty under New York State Insurance Law. This Part 1 segment covers Personal Lines Licensing and is 45 hours in length. This course will fulfill the requirement to sit for the Personal Lines licensing exam only. Textbook is included in tuition.

Instructors: Don Reese, Ed Whitehead
Various Locations • $400
Utica: Feb. 1-March 11 • Mon., Thurs. 5:30-9:30 p.m. • CRN 29557
Rome: March 15-24 • Mon.-Fri. 8:30 a.m.-4:30 p.m. • CRN 60153
Rome: May 3-12 • Mon.-Fri. 8:30 a.m.-4:30 p.m. • CRN 60441

Insurance Pre-Licensing Part 1 and 2, Property and Casualty
This 90-hour course will fulfill the requirement to sit for the New York State Property & Casualty Exam (Personal & Commercial). Textbook is included in tuition.

Instructors: Don Reese, Ed Whitehead
Various Locations • $700
Utica: Feb. 1-April 22 • Mon., Thurs. 5:30-9:30 p.m. • CRN 29418
Rome: March 15-April 2 • Mon.-Fri. 8:30 a.m.-4:30 p.m. • CRN 60155
Rome: May 3-21 • Mon.-Fri. 8:30 a.m.-4:30 p.m. • CRN 60446

INSURANCE CONTINUING EDUCATION COURSES

Insurance in the Financial Planning Process
This brand new course covers a wide spectrum of the role of insurance in the financial planning process. It examines a number of insurance and non-insurance financial products generated by agents and brokers. How much insurance is enough? Let’s talk about it.

Instructor: Peter Carchedi
Sat. • 8:30 a.m.-4:30 p.m. • Utica • $75
Option 1: March 6 • CRN 60696
Option 2: April 3 • CRN 60697

Creating and Executing a Culture of Customer Service
For many insurance customers, the only point of contact with their insurer is you! This eight-hour CE course 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.

Instructor: Sharon Jachim
Live via Zoom • Wed. • 8:30 a.m.-4:30 p.m. • Utica • $75
Option 1: March 3 • CRN 29856
Option 2: May 5 • CRN 60440
Homeowner’s Liability Insurance Policy [ONLINE]
The ISO Homeowner’s Insurance Policy has been the standard of coverage for many years in New York. However, as life conditions change our liability exposures change, as well. Should your insured host a graduation party at their home? Are you covered if you rent out to a tourist? Can you run a business from your home? These situations, as well as many others, will be covered in this fast-paced, timely course. (BR, C3, PA, PC; NYCR 266660)

Instructor: Don Reese
8:30 a.m.-4:30 p.m. • $75
Live via Zoom: March 27 • Sat. • CRN 60503
Live via Zoom: May 1 • Sat. • CRN 60513

Insurance Regulations and NYS Licensees
This course covers the range of statutory and common law provisions which affect agents and insurers in 2017. From Producer Transparency laws to Fiduciary Responsibilities, the course covers a wide range of laws which impact the daily operation of agents, brokers and insurers, among others. (BR, C3, LAH, LB, LSB, LC, PA, PC)

Instructor: Don Reese
April 10 • Sat. • 8:30 a.m.-4:30 p.m. • Utica
CRN 29731 • $75

New York State of Health Insurance Coverage 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
April 17 • Sat. • 8:30 a.m.-4:30 p.m. • Utica • CRN 29737 • $75

Patient Protection & Affordable Care Act
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? Will New York State keep all of the provisions of the law? Who is going to pay for all of this? (BR, LAH, LB, LSB, LC, PC; NYCR 254230)

Instructor: Peter Carchedi
Feb. 27 • Sat. • 8:30 a.m.-4:30 p.m. • Utica • CRN 60508 • $75

Preparing for the Worst: Disaster Insurance
We all know that disasters occur. Will you and your clients be ready? Over eight hours, this course will cover risk management and disaster preparation from the view of a business or a family, and will help to prepare you for times of emergency and to better serve your clients and customers. This course provides eight CE hours of instruction. (BR, C3, PA, PC; NYCR 237532)

Instructor: Don Reese
May 8 • Sat. • 8:30 a.m.-4:30 p.m. • Utica • CRN 60156 • $75

Property Coverage: NYS Insurance Forms
For many New York residents, their most expensive purchase will be their home. As a result, you need to have a solid, detailed knowledge of real and personal property coverage(s) and exclusions. This course presents an updated analysis and review of the ISO Homeowner’s Property Coverage Forms. (BR, C3, PA, PC; NYCR 266661).

Instructor: Don Reese
Various Locations • 8:30 a.m.-4:30 p.m. • Utica • CRN 60156 • $75
Live via Zoom: Feb. 6 • Sat. • CRN 60500
Rome: April 22 • Thurs. • CRN 60501

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.
Lead Renovator Certification
These classes are required for all home improvement contractors, property management firms, handymen, landlords, or others compensated for renovations that disturb more than 6 sq. ft. (interior) and 20 sq. ft. (exterior) of paint or surface coating in pre-1978 housing, schools, or child-occupied facilities are required to obtain an EPA firm license and have their workers trained in lead-safe work practices. It also provides the knowledge and voluntary skills necessary for do-it-yourselfers who want to learn to do it safely – especially those with young children! Renovations firms must have at least one certified renovator who has completed training and obtain a firm certification from the EPA at a cost of $300. MVCC is offering these courses in partnership with the Oneida County Health Department and Environmental Education Associates (EEA), and 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; all other materials will be provided. The course concludes with a 25-question exam. Students should also bring lunch.
Fri. • 8:15 a.m.-5:15 p.m. • MVCC
Carpentry & Masonry • $175
Option 1: Feb. 5 • CRN 27242
Option 2: April 9 • CRN 27243

10-Hour OSHA Training
This course will provide a variety of awareness training on construction safety and health topics with an emphasis on identifying common hazards in the construction industry as well as avoidance, control, and prevention. Upon successful completion of this course, participants will receive an OSHA Construction Safety and Health 10-Hour card. Please bring $10 to class for your card.
Instructor: Dominick Timpano
Mon.-Wed. 6-9:30 p.m.
MVCC Education Outreach Center
Feb. 8-10 • CRN 26707 • $80
Gentle Flow Yoga [ONLINE]
Through this gentle yoga flow class, experience and explore focus, connection with your breath, mindful movement, balance, and restoration. Beginners are welcome. Modifications are suggested to meet the varied levels of each individual student. You’ll need a yoga mat and a small throw blanket for this class.

Instructor: Jeri George
Various Formats • Thurs. • 5:15-6:15 p.m. • $60
Online: Jan. 21-March 25 • CRN 60634
Utica: April 15-June 17 • CRN 60635

HIIT Yoga [ONLINE]
Get your heart rate up, trigger true cardiovascular optimization, burn calories and fat, and raise your metabolic rate. This class combines yoga and HIIT (High Intensity Interval Training) and provides you with signature moves designed for all levels. Work at your own pace and create an afterburn effect that lasts from 12 to 48 hours after the workout. So grab your mat and water bottle and join the fun.

Instructor: Kathy Bateman
Various Formats • Tues. • 5:30-6:30 p.m. • $60
Online: Jan. 19-March 23 • CRN 60376
Utica: April 13-June 15 • CRN 60731

LaBlast
LaBlast is a life-changing dance fitness program that inspires the mind and transforms the body, while teaching the true skill of dance. Inspired by TV’s “Dancing with the Stars” and founded by Louis Van Amstel, this energizing dance fitness class blends ballroom dancing with the calorie-blasting properties of interval training.

Instructor: Pam Mustee
Various Formats • Wed. • 5:30-6:30 p.m. • $60
Online: Jan. 20-March 24 • CRN 60680
Utica: April 14-June 16 • CRN 60682

LifeFit Yoga [ONLINE]
This yoga class focuses on connecting asanas (poses) with one’s breath, flowing from one asana to the next to build strength and flexibility, mental focus, balance, and peace in one’s mind, body, and spirit. Modifications are offered. Wear comfortable clothing and feel free to bring your own yoga mat.

Instructor: Kathy Bateman
Various Formats • Wed. • 5:30-6:30 p.m. • $60
Online: Jan. 20-March 24 • CRN 60019
Utica: April 14-June 16 • CRN 60623
Pilates ONLINE
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
Various Formats • Mon. • 5:30-6:30 p.m. • $60
Online: Jan. 18-March 22 • CRN 60070
Utica: April 12-June 21 • CRN 29470

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. • $60
April 12-June 21 • CRN 27695
No class May 31.

Chair Zumba® NEW ONLINE
Chair Zumba® incorporates movements taken from Latin dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills. Don’t let the chair fool you; it’s a great workout with focus on core and upper body strength.

Instructor: Krista Worlock
Online • Jan. 19-March 23 • Tues. • 9:30-10:30 a.m.  CRN 60691 • $60

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

Instructor: Krista Worlock
Utica • April 15-June 17 • Thurs. • 5:30-6:30 p.m.  CRN 28184 • $60

Yoga Balance NEW ONLINE
A flowing Hatha practice linking breath and movement. We will focus on centering our minds and body helping to balance the stress of daily life. Building strength and flexibility for a stronger, more balanced body. Please bring a yoga mat, water, and blocks if desired.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Various Formats • Mon. • 5:30-6:15 p.m. • $69
Online: Jan. 18-March 22 • CRN 60679
Jewish Comm. Ctr.: April 12-June 28 • CRN 60681
No class May 31, June 14.

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

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Various Formats • Mon. • 6:30-7:30 p.m. • $69
Online: Jan. 18-March 22 • CRN 60665
Jewish Comm. Ctr.: April 12-June 28 • CRN 60666
No class May 31, June 14.

Yoga Abs ONLINE
This class combines yoga and core strengthening moves. Our core is our center physically and emotionally. We will work on creating strong abs and a strong spine, which is essential for a healthy life. All levels are welcome. Bring water, a yoga mat, and a yoga block.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500
Various Formats • Tues. • 6:45-7:45 p.m. • $69
Online: Jan. 19-March 23 • CRN 60017
Jewish Comm. Ctr.: April 13-June 22 • CRN 60622
No class June 15.
HOLISTIC WELLNESS

**The Magic of Your Mind**

We will explore the fact that our minds are in a constant stream of creation, and that every area of your life is crafted and created by your mind and your thoughts. If you haven’t experienced a miracle, it is because you don’t believe you can. Come explore your amazing mind and the magic that awaits you there.

**Instructor:** Erick Price  
**March 24-April 28 • Wed. • 6-7 p.m. • Guided Audio**  
**CRN 60722 • $69**

**Lessons for Your Soul**

In this course, learn to break free of the feeling that you are stuck. We will explore the power of our choices, learn to make decisions that help us clear away self-defeating patterns in our lives, and learn to recognize that each moment, each choice can change your life, once you free yourself from those old unconscious patterns that have made you feel trapped.

**Instructor:** Erick Price  
**March 16-April 20 • Tues. • 6-7 p.m. • Guided Audio**  
**CRN 60723 • $69**

**Mindfulness Meditations Made Easy**

Whether you are a seasoned meditator or someone who wants to explore meditation, this course allows you to learn how to quiet and calm your mind to benefit your brain and your life. We will use hands-on exercises so you can learn the skills of mindful meditation and the opportunities that await there.

**Instructor:** Erick Price  
**Feb. 2-March 9 • Tues. • 6-7 p.m. • Guided Audio**  
**CRN 60724 • $69**

**FREE (VIRTUAL) FITNESS WEEK!**

Join us January 4-7 for a week of FREE VIRTUAL fitness classes. Get a taste of LaBlast, HIIT Yoga, Pilates, Yoga Balance, Gentle Flow Yoga, Chair Zumba, and more.

For a complete listing of dates and times, visit mvcc.edu/cced or call 315-792-5300.

No registration required. Check our webpage and social media sites for Zoom links to the classes you’d like to attend.

Find peace of mind, for free.

Despite the challenging times, we at MVCC are planning for the future — and we’re here to help you plan for yours. With our online resource, you can write your legal will in less than 20 minutes and protect the people and causes that matter to you most. Best of all, this online tool is easy and completely free to use, no matter what.

Find some peace of mind today. Get started at FreeWill.com/MVCC
LEISURE LEARNING

How to Travel Free and Safely NEW ONLINE
World traveler Gina Henry shows you how she is prepared for the new “travel normal,” including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free. Tuition includes Gina’s 100-page ebook “How to Travel Free & Safely.”

Instructor: Gina Henry
Online • March 22 • Mon. • 6-9 p.m. • CRN 60677 • $49

Flora and Fauna of the Mohawk Valley NEW
This course is an exploration of the plant and animal species found in Central New York. The class will conclude with a hiking trip to the Rome Sand Plains (7-9 a.m., Saturday, April 10) where we will work on tracking animal footprints, identifying plants, and observing all things nature!

Instructor: Brad Gibson
March 10-April 7 • Wed. • Wed. 6-7 p.m. • Utica • CRN 35376 • $69

All About Birds
This course will explore all aspects of bird life and will broaden your bird knowledge by giving you a strong foundation in all things feathered. The class will conclude with a Saturday (7-9 a.m., May 22) birding trip to the Utica Marsh!

Instructor: Brad Gibson
April 21-May 19 • Wed. • 6-7 p.m. • Utica • CRN 60338 • $69

Zoom for Grandparents NEW ONLINE
Calling all grandmas, papas, nanas, and babas! If you’ve been cooped up at home and not able to visit your children and grandchildren, then it’s time to change that. By becoming “Zoom fluent,” you will be confident to play games, change your background, and watch fun videos together as a family in your next video call. Let’s tackle this together and make memories to last lifetimes! Email required (don’t worry, we can help you with that, too!).

Instructor: Shawn Essafi
Online • Sat. • 9-11 a.m. • $29
Option 1: Jan. 23 • CRN 60736
Option 2: Feb. 13 • CRN 60737

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

Instructor: Travis Allison
Online • Feb. 1-26 • CRN 60649 • $195

Spongetta’s Garden: Plan a Summer Cutting Garden! NEW ONLINE
Grow your own seasonal cut flowers to enjoy in bouquets and arrangements all summer long. Learn the best varieties to plant that thrive in our conditions to yield long stems that last a week when cut. Each participant will create a small cutting garden plan to use at home.

Instructor: Betsy Busche
Online: March 23-30 • Tues. • 6-8 p.m. 
Utica • CRN 60438 • $65

Learning While Black NEW ONLINE
In this course, we will examine the factors that come together to create unique challenges to black students in the classroom and explore ways in which teachers can minimize those challenges and support school success for all students.

Instructors: Dr. Dionne Felix, Julie Coates
Online • Feb. 1-26 • CRN 60668 • $145

The Teen Brain ONLINE
One of the most turbulent periods in brain development occurs during adolescence. Understanding these complex changes can help calm the rough seas of the teen years and provide your teen with support that will promote better decision-making, better mental health, and better outcomes at school.

Instructor: Julie Coates
Online • Feb. 1-26 • CRN 60646 • $145
Managing Your First-Time Homebuyer Worries NEW
Put those first-time home buyer jitters at ease. This free class is full of information to help you decide whether you’re ready to take your first steps towards becoming a homeowner. We’ll discuss the importance of credit scores, lender information, eligibility requirements for grants and down payment programs, and more. This class is offered in partnership with the Homeownership Center.

Instructors: Tera Gordon, Justin Utegg
March 24 • Wed. • 5:30-7 p.m. • Utica • CRN 60447 • Free

Restore Your 2020 Financial Vision NEW
Learn to budget effectively, how to choose and manage savings accounts, and discover how to borrow sensibly and manage debts effectively. Ultimately, you’ll gain the ability to plan ahead and make your goals financially achievable. This class is offered in partnership with the Homeownership Center.

Instructors: Tera Gordon, Justin Utegg
April 14 • Wed. • 5:30-6:30 p.m. • Utica
CRN 60448 • Free

Lead Safety: The Monsters Aren’t Under Your Bed NEW
The real monsters hide in your home’s air, paint, carpets, and cleaning supplies. Learn the eight elements of a healthy home and how to treat the hazards lurking in your homes. Registered participants will receive free cleaning kits!

Instructors: Tera Gordon, Christine Lennon
April 21 • Wed. • 5:30-6:30 p.m. • Utica • CRN 60699 • Free

Confrontation Management Clinic ONLINE
This FailSafe Method clinic will cover methods the average person can utilize to avoid, manage, and survive potentially violent encounters. It will include a strong focus on behavioral and verbal skills that are often overlooked but highly effective in improving your confidence and competence when dealing with confrontations. No experience required; ages 12+.

Instructor: Tom Arcuri
Online • Feb. 19 • Fri. • 6-8 p.m. • CRN 60686 • $35

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

Instructor: Tom Arcuri
Utica • April 16 • Fri. • 6-8 p.m. • CRN 60685 • $35

Senior Self-Defense
This course will cover the most common scenarios senior citizens may face in their everyday lives. The class will focus on highly effective and efficient methods the average senior can use to avoid, manage, and survive potentially violent encounters. No experience required. Ages 55+.

Utica • June 16 • Wed. • 2-4 p.m. • CRN 60025 • $35
LANGUAGE & CULTURE

Introduction to Russian Language ONLINE
In this fun and interactive class, we will learn the Russian alphabet and how to communicate basic information about ourselves. Purchasing the textbook is required: "Beginner’s Russian with Interactive Online Workbook" by Kudyma, Miller and Kagan ($25 on Amazon).
Instructor: Valerie Warmuth
Online • March 30 • Tues. 6-8 p.m. CRN 60367 • $25

Math, But in Braille! ONLINE
You will learn basic Nemeth Code as it is used to transcribe math into braille. Come and see how braille is used to navigate the mathematical world around us one dot at a time! Students need to download free PerkyDuck Software.
Instructor: Valerie Warmuth
Online • April 6 • Tues. 6-8 p.m. CRN 60383 • $25

Arabic Language I ONLINE
This beginner course will introduce you to the Arabic language. You will learn basic vocabulary and reading and writing skills. Topics covered will be work, cooking, home life, pets, travel, family, weather, and friends. By the end of class, you will have mastered basic communication skills!
Instructor: Samah Salem
Online • 6-7:30 p.m. • $79
Feb. 25-March 25 • Thurs. CRN 60698

Introduction to Armenian Language ONLINE
Learn the Armenian alphabet and how to communicate basic information about yourself. Topics will include basic greetings, family, weather, time, and food. Purchasing the textbook is required: “Conversational Armenian Quick and Easy” by Yatir Nitzany ($13 new on Amazon).
Instructor: Wayne Seifried
Online • Feb. 3-March 31 • Wed. 6-8 p.m. • CRN 60444 • $99
No class Feb. 17.

Arabic Language II ONLINE
Learn more vocabulary, and perfect your reading and writing skills through hands-on activities. Practice your conversational skills and build your confidence in communicating in the Arabic language.
Instructor: Samah Salem
Online • April 15-May 13 • Thurs. 6-7:30 p.m. • CRN 60683 • $79
**Farm to Table: Agriculture and Our Local Food System**  
Explore the development of modern food production from agriculture to distribution to plate. Classes will take the form of three virtual discussions, two field trips of closely connected Mohawk Valley local food businesses, and the last class will be in-person at the MVCC Rome for a tour and activities within commercial kitchens.

*Instructor: Alicia Luhrssen-Zombek*  
*Hybrid: April 15-May 20 • Thurs. • 6-8 p.m. • Online & Rome • CRN 60719 • $99*

**Beginner Cookie Decorating**  
Briefly learn about the basics of baking cookies and tips and tricks of the trade, and then we’ll move right into the world of decorating. There will be hands-on lessons on the various decorating techniques using royal icing. There are five cookie designs planned, and we will get them all completed by the end of class. Ages 12+.

*Instructor: Cindy Burek, Buttercup Bakery*  
*Utica • $65*

**Option 1: Easter Theme**  
March 21 • Sun. • noon-3:30 p.m. • CRN 60179

**Option 2: Spring Has Sprung**  
April 17 • Sat. • noon-3:30 p.m. • CRN 60180

**Sports Nutrition**  
Enhance your nutrition and fitness goals! This course will give you the skills necessary to apply general nutrition knowledge to athletes of all ages, sports, and abilities. Students will learn how to manage and improve workouts through proper nutrition, hydration, and individual needs. Topics include energy metabolism, micro and macronutrients, and weight management.

*Instructor: Jeannine Macera*  
*Online • Feb. 23-March 30 • Tues. • 7-8 p.m. CRN 60730 • $59*

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

*Instructor: Jeannine Macera*  
*Online • Feb. 22-March 29 • Mon. • 7-8 p.m. CRN 60729 • $59*
Code Your Own Adventure! Interactive Storytelling NEW ONLINE
Watch as the characters in your imagination come to life in this unique course that blends classic storytelling with animation techniques and coding. Start with a concept, design the characters, and choose not just one ending, but many! Student projects will be available on a password-protected Black Rocket website to share with friends and family. *Compatible with Mac and Windows only. Ages 8-14.

Online • March 2-25 • Tues., Thurs. • 4-5:30 p.m.
CRN 60706 • $149

Gravity-Defying Cake Class! NEW
Make a show-stopping cake that looks like candy is magically falling through thin air onto your cake! You’ll choose your cake flavor (let us know in advance if you have a preference: chocolate, vanilla or sprinkle/confetti cake) and then get decorating. Everything is provided. Class is intended for older students, adult/child, and/or sibling pairs.

Instructor: Carol Klausner
Utica • Sat. • $39

Option 1: Spring Theme
April 17 • Sat. • 10 a.m.-noon • CRN 60704

Option 2: Summer Theme
June 12 • Mon. • 1-3 p.m. • CRN 60707

Virtual Reality: The Future is NOW! NEW ONLINE
Learn the foundations of VR design by creating your own virtual worlds, exploring simulated environments, and crafting memorable 3D experiences. A cardboard VR headset is optional for this course. Students may order one for $19 from blackrocket.com/store, take the class without a headset, or use any headset that works with a mobile phone. VR projects will be available on a password-protected Black Rocket website to share with friends and family. *Compatible with Mac, Windows, and Chrome. Ages 8-14.

Online • Jan. 23-Feb. 27 • Sat. • noon-2 p.m.
CRN 60703 • $149

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 take place on Wednesdays from 4:30 to 7:30 p.m. from Oct.- May (no class over school breaks).

Learn more: mvcc.edu/YEA

315-792-5300 | Center for Corporate and Community Education
SCHOOL BREAK CAMPS  FEBRUARY AND APRIL BREAK

The Heart of STEAM  NEW  ONLINE
Problem solving is the heart of STEAM investigations, but not just any problem will do. This class focuses on authentic projects that fuel students’ curiosity and investigative interests. These real problems generate enthusiasm and a sense of empathy as kids engage in work that truly matters. Ages 7-12.

Instructor: Shelley Bartolotti
Various Formats • Fri.-Sun. • $99

Online • Feb. 15-18 • Mon.-Thurs. • 9 a.m.-noon • $149

Kind World Explorers  NEW  ONLINE
We will work on character strengths such as kindness, compassion, generosity, curiosity, perseverance, empathy, collaboration, awareness, and gratitude. Literature, Reader’s Theater, and activities will offer experiences that focus on building strong character. We will explore social connections that make an impact on the experiences of others.

Instructor: Shelley Bartolotti
Various Formats • Fri.-Sun. • $99

Ages 5-7:
Online: Feb 19-21 • 9-11:30 a.m. • CRN 60715
Utica: April 2-4 • 9-11:30 a.m. • CRN 60718

Ages 8-12:
Online: Feb 19-21 • 12:30-3 p.m. • CRN 60716
Utica: April 2-4 • 12:30-3 p.m. • CRN 60718

S is for Spring!  NEW
Learn skills to create silky smoothies, scrumptious sundaes, sweet and savory salads, and maybe some souped-up surprises! Sounds simple, right? It sure is! Everything is provided.

Instructor: Carol Klausner
Utica • April 5-8 • Mon.-Thurs. • $139

Ages 6-9: 8:30 a.m.-noon • CRN 60709
Ages 10+: 1-4:30 p.m. • CRN 60710

Minecraft Modders - Updated!  NEW
Whether you want to enhance your YouTube videos or create a cool scene to amaze your friends, this class teaches the skills you need. Experiment with visual effects as you learn the dynamics of camera angles, editing, graphic layering, and sound effects. Student projects are available on a password-protected Black Rocket website to share with friends and family. Ages 8-14.

*A webcam is required, compatible with Mac and Windows only, and requires a 64-bit operating system.

Instructor: Shelley Bartolotti
Online • April 5-8 • Mon.-Thurs. 9:30 a.m.-12:30 p.m. • CRN 60711 • $149

Beginner Jewelry Making with Resonate Trading Company: Friendship Bracelets  NEW
Learn the basics of braiding, beading, macramé, and more! In this camp, you’ll make bunches of bracelets and some new friendships too. We also will take a look at some neat DIY jewelry holders for your creations! Ages 7-12.

Instructor: Sara Vivyan
Utica • April 5-8 • Mon.-Thurs. • 1-4:30 p.m. • CRN 60705 • $139

* A webcam is required, compatible with Mac and Windows only, and requires a 64-bit operating system.
YouTube® FX Masters NEW ONLINE
Customize your own Minecraft world and mod the classic game. Learn scripting and logic statements as you create your first mods. Projects will be available on a password-protected Black Rocket website to share with friends and family. Students must own a Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Returning students can create more advanced projects that build on previous years. Ages 8-14. *Compatible with Mac and Windows only.

Online • April 5-8 • Mon.-Thurs. • 1-4:30 p.m.
CRN 60712 • $149

Babysitter’s Training
Are you ready to take on the responsibility of babysitting? In this course, you will learn all the basic information and skills training you will need to care for children of all ages in a safe and reliable manner. Upon completion you will be prepared and confident in your skills. Ages 11+.

Instructor: Cristen Gallup
Utica • April 5-8 • Mon.-Thurs. • 9 a.m.-noon
CRN 60471 • $109

Painting Party! NEW ONLINE
Learn step-by-step how to create your very own painting and connect online with other kids. Supplies needed: Large and small paintbrushes, 8x10 canvas or paper, cup of water, paper towels, paper plate, and paint. Ages 3-6.

Instructor: Cristen Gallup
Online • Sat. • 9-10:30 a.m. • $20

Option 1: Snowy Trees
Jan. 23 • CRN 60662

Option 2: Hoppy Easter
March 20 • CRN 60663

Option 3: Crabtastic Summer
June 5 • CRN 60664

Creative Arts and Crafts! NEW ONLINE
No class will be the same, so stop in for creative fun again and again! Supplies needed: any art supplies you have at home like crayons, markers, tape, glue, paint, paper, rubber bands, cotton ball, popsicle sticks, and more!

Instructor: Samah Salem
Online • Sat. • 10-11:30 a.m. • $20

Ages 3-6:
Feb. 6 • CRN 60692
March 13 • CRN 60693

Ages 7-9:
April 17 • CRN 60694
May 15 • CRN 60695

TEST PREP

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

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

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- Name on Card (print)
- Signature
- Date

- Visa
- Discover
- Mastercard

- Credit Card Number
- Expiration Date
- VRN (3 digit code on back)

- Check
- Money Order
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 (RCP)**
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.
Recipe 2 Market (R2M)

Farmers and local aspiring new food business entrepreneurs have the chance to take advantage of accelerating their concepts. Our first five classes are virtual workshops led by experts across the field. Electronic handouts, case studies, and video tutorials will assist in creating a better understanding of the many parts of a value-added food business. Our final class will complete the series with the practice of product storytelling and a lab tour of the commercial kitchen.

Single Registration: $75  
Team of Two: $125  
MVCC Student Discount: $50

Sessions & Topics:
Week 1: Feb. 24: Stovetop to Storefront/Introduction to R2M
Week 2: March 4: Business Planning & Cost of Production
Week 3: March 11: Recipe Development & Food Safety
Week 4: March 18: Preparing Your Recipe—Kitchen Safety
Week 5: March 25: Marketing & Distribution
Week 6: March 31: Tell Your Story/Commercial Kitchen Lab (In-Person)

To register, call 315-736-3394 x100 or visit https://reg.cce.cornell.edu/R2M-2_230.
For more information, contact Alicia Luhrszen-Zombek, New Ventures, Fresh Markets & Community Coordinator, at aml439@cornell.edu or 315-736-3394 x131.

Cornell Cooperative Extension is an equal opportunity, affirmative action educator, and employer.
CANCELLATION/REFUND POLICY

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

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

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

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

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

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

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

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

Do you have an idea for a new course? We’re always looking for new classes and new instructors. If you have an idea for a course that’s not in our catalog, contact Carolyn DeJohn at cdejohn@mvcc.edu.
MVCC offers transfer and career pathways with over 90 degree and certificate programs. In uncertain times, you need stability, support, and value you can rely on. College can be expensive, but doesn’t need to be! Our two years are the four-year’s first two years, but for a fraction of the cost. More at mvcc.edu/value.

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. https://mvcc.edu/restart
MVCC BY THE NUMBERS

- **6,500** students
- **170+** transfer agreements with 4-year colleges and universities
- **47,000+** alumni worldwide

- **50%** full-time students
- **93%** commuter students
- **73%** students receive financial aid

**AVERAGE TUITION COSTS**

- MVCC: **LESS THAN $5,000 EACH YEAR**
- SUNY: $6,870 (4-year college)
- PRIVATE: $50,200 (4-year college)

**FOUNDED IN**

- **1946**

**SCHOLARSHIPS OFFERED**

- **425+**

**CLUBS AND STUDENT ORGANIZATIONS**

- **50**

**INTERCOLLEGIATE SPORTS**

- **18**

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

- **5**

**COUNTRIES REPRESENTED**

- **30**

**DEGREE OPTIONS**

- **90+**

**CERTIFICATE OPTIONS**

- **30+**

**STUDENT/ FACULTY RATIO**

- **18:1**

**FULL-TIME FACULTY**

- **122**

**50% FULL-TIME STUDENTS**

**93% COMMUTER STUDENTS**

**73% STUDENTS RECEIVE FINANCIAL AID**
DEGREE AND CERTIFICATE PROGRAMS

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

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

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

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 and Leisure Services AAS

EDUCATION
- Liberal Arts & Sciences: Childhood Education AS (Transfer Advising Guides in: English, General Science, History)
- Liberal Arts & Sciences: Childhood Education AS (Utica College Transfer)
- Liberal Arts & Sciences: General Studies Childhood Education AS (Jointly registered with SUNY Oneonta)
- Liberal Arts & Sciences: Mathematics & Science AS (Physical Education Transfer Advising Guide)

(STEM) SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS
- Air Conditioning Technology: Refrigeration AOS
- Airframe and Powerplant Technician Certificate
- Carpentry 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
- Remotely Piloted Aircraft Systems AAS
- School Facilities Management AAS and Certificate
- Semiconductor Manufacturing Technology AAS
- Welding Technology AOS and Certificate

TRANSFER PROGRAMS
- 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 Science-Biophysical or Social Science, General Science, Geology, Math, Physics Transfer Advising Guides)

For information about MVCC student outcomes, financial aid, debt, employment, and more, visit www.mvcc.edu/consumer.
What are micro-credentials?
Micro-credentials are groups of three to four courses that can be taken as a standalone program or can eventually be stacked to earn a degree or certificate. They are designed to help students quickly develop relevant skills to prepare them for entry-level employment or per-diem work, and can help those currently employed gain additional training to advance their career.

MVCC’s micro-credentials can help to bridge the gap between college and a career, giving students a competitive edge before completing a degree program.

MVCC also has partnered with digital credentialing platform Credly, which empowers the College to officially recognize individuals for demonstrable competencies and skills.

AVAILABLE PROGRAMS

School of STEM-Career
• Remotely Piloted Aircraft Systems-Data Analysis
• Remotely Piloted Aircraft Systems-Maintenance
• Remotely Piloted Aircraft Systems-Operations

Joseph Woodrow, Dean
315-731-5753
jwoodrow@mvcc.edu

School of Business and Hospitality
• Kitchen Competencies
• Introduction to Baking
• Advanced Baking

Christine VanNamee, Dean
315-792-5497
cvannamee@mvcc.edu

School of STEM-Transfer
• IT Support Professional
• Code Academy

Jake Mihevc, Dean
315-792-5653
jmihevc@mvcc.edu

For more information, visit mvcc.edu/micro-credentials.
MECHATRONICS

This hands-on program is one of only a few in the region offering this training, which prepares graduates for entry-level positions that involve the operation and maintenance of electro-mechanical systems commonly found in advanced manufacturing environments.

All credits earned also will transfer to the Electrical Service Technician AOS degree if students decide to pursue that path. The program will help to prepare students who wish to pursue industry-recognized certifications, such as the Manufacturing Skills Standards Council, Certified Production Technician (MSSC – CPT).

First Semester
ET105 Computer Control Fundamentals
ET127 Modern Industrial Practice
MA105 Technical Mathematics 1
MT149 Pneumatic and Hydraulic Systems
ET101 Technical Electricity 1

Second Semester
ET102 Technical Electricity 2
ET104 Systems Diagrams
ET131 Electrical Machinery and Controls 1
ET251 Mechatronics Systems
MT139 Mechanical Systems

For more information, contact:
Joseph Woodrow, Dean, School of STEM-Careers
315-731-5753
jwoodrow@mvcc.edu
MVCC has recently become a prestigious partner for FIRST® Robotics (For Inspiration of Science and Technology), an international not-for-profit organization, to lead 7th-12th grade FIRST Tech Challenge youth robotics competitions representing teams throughout all of New York State (excluding Long Island and NYC)!

Once on-site events are possible again, we look forward to having you help cheer on the teams at all of our exciting, free, and open-to-the-public competitions!

FIRST designs accessible, hands-on, innovative robotics programs to build self-confidence, knowledge, and important life skills and teamwork while motivating young people to pursue opportunities in STEM.

CCED will offer exciting FIRST Robotics Camps this summer:
- FIRST LEGO League Explore (K-3rd grades)
- FIRST LEGO League Challenge (4th-8th grades)
- FIRST Tech Challenge: Engineering and Programming! (7th-12th)

For more information, visit www.mvcc.edu/firstrobotics or www.firstinspires.org.
MVCC offers two-year degree and one-year certificate programs in various trades, with opportunities for experiential and applied learning through community projects, and internships and apprenticeships.

Between the rising costs of college tuition and shifts in the job market, many students are realizing the benefits of skilled trades, which provide training and education in practical fields. Most students emerge from these programs with little to no debt and a marketable skill, and many have jobs within one year of graduation.

“MVCC has a long and proud tradition of offering high-quality technical training, as the state’s first community college,” said Joe Woodrow, Dean of the School of STEM Careers. “Our students get hands-on experience in outstanding facilities and learn from dedicated, knowledgeable faculty who have experience in the field.”
Airframe and Powerplant Technician Certificate

- Length of program: Three semesters
This FAA-authorized program (Certificate #VXYT570K) prepares students for a career in one year, giving them hands-on experience with real equipment and aircraft at MVCC’s aviation center, located near the College’s Rome Campus and Griffiss International Airport.

Carpentry and Masonry Certificate

- Length of program: Two semesters
Located at MVCC’s Construction and Trades Center in Downtown Utica, this program combines lectures with labs and on-site sessions, providing hands-on experience that prepares students to work as carpenters or masons, or even start their own businesses.

Computer Aided Drafting programs

- Computer Aided Drafting AAS degree: Four semesters
- Computer Aided Drafting Certificate: Two semesters
These programs prepare students for careers as industrial designers and drafters in the technical drawing and solid modeling design fields. Emphasis is placed on architectural and mechanical drafting.

CNC Machinist Technology Certificate

- Length of program: Two semesters
This program prepares students for employment in general machine shops and Computer Numeric Controlled manufacturing. Students develop their own advanced machining projects, which include the design, manufacturing, and evaluation of their own product ideas.

Electrical Service Technician AOS degree

- Length of program: Four semesters
This degree encompasses the field of industrial and commercial services, providing students with the skills needed to work effectively as part of a diverse technical team or on their own.

Heating and Air Conditioning (HVAC) programs

- Heating and Air Conditioning Certificate: Two semesters
- Air Conditioning Technology: Refrigeration AOS degree: Four semesters
Both programs prepare students to enter the workforce as service technicians, installers, lab technicians, and facilities maintenance mechanics in the residential, commercial, and industrial heating and cooling industries.

Mechatronics Certificate

- Length of program: Two semesters
This program prepares students for a career in advanced manufacturing in just one year. It focuses on mechanics, electronics, motor control systems, and automation, which drive the design and operation of modern machinery. Graduates are qualified for employment as machinists, tool operators, and nanotechnology support.

Welding programs

- Welding AOS degree: Four semesters
- Welding Certificate: Two semesters
MVCC’s students learn all the major processes, including Oxy-Fuel, MIG, TIG, and Arc Welding, as well as plasma-cutting, fabrication, blueprinting, and blacksmithing, preparing them for welding work and for the NYS Certification Exam.

To learn more about these programs, visit www.mvcc.edu/academics/stem.
Tea Leaf Manufacturing (TLM) was launched in September 2019 and uses the FABLab in the Science and Technology building on MVCC’s Utica Campus. The lab is filled with high-tech, industrial-grade fabrication equipment and electronic tools, including the only local state-of-the-art 3D metal printer.

TLM has successfully worked on various projects and patents with students, members of the community, and local businesses.

The lab serves many different purposes, including:

- providing a place where students can design and build projects while being able to participate in all phases of standard production processes
- providing local businesses with the latest design and rapid prototyping technologies to be able to develop new products and improve existing products for the market
- giving community members an opportunity to learn the latest technologies and a place to develop their ideas or inventions
- providing Central New York with a workforce that has been trained using the latest high-tech fabrication equipment and electronic tools

During the onset of the pandemic, TLM worked with local hospitals on 3D printing a prototype of a respirator and 3D-printed face shields.

Companies, entrepreneurs, and others looking for assistance with 3D printing or any project design may contact TLM at tealeaf@mvcc.edu.
Mohawk Valley YouthBuild is a program that engages at-risk, low-income youth ages 18 to 24 who need to complete their high school education and develop career skills. The program fosters an environment of mutual respect, positive attitudes, hands-on learning, and a love for self and community.

**YouthBuild prepares youth to:**
- Earn a high school equivalency diploma by successfully passing the TASC exam
- Gain job skills, earn certificates, and build a resume
- Plan for job placement
- Enter a college program
- Be trained in construction or hospitality careers
- Earn money through stipends and wages
- Become part of a supportive family system

**Eligibility requirements:**
- 18 to 24 years old
- In need of a high school equivalency diploma

**Individuals must also meet at least one of the following criteria:**
- Have a disability
- Be low-income
- Be in the foster care system
- Be an adult and/or youthful offender
- Be the child of an incarcerated parent

For more information, call: 315-731-5883
Or visit us: 524 Elizabeth St., Utica, N.Y.

In 2017, Mohawk Valley Community College and Mohawk Valley YouthBuild joined the Skills for Success program—a joint effort with the Rescue Mission, City of Utica, and On Point for College—to help build several 400-600-square-foot rent-to-own houses in West Utica. The first home is on schedule to be completed by Thanksgiving.
GEAR UP

What is GEAR UP?
GEAR UP is a grant-funded program through the U.S. Department of Education that stands for “Gaining Early Awareness and Readiness for Undergraduate Programs.”

The Utica and Rome programs provide services to all current eighth- and ninth-grade students in the Rome City School District and ninth-grade students in the Utica City School District, and follows them through high school graduation and their first year of college.

GEAR UP also focuses on preparing students for college and the workplace by teaching skills such as critical thinking; communication; information, technology, and media literacy; initiative; and productivity.

GEAR UP’S THREE OBJECTIVES:

- Increase academic performance and preparation for postsecondary education.
- Increase high school graduation and postsecondary participation rates.
- Increase students’ and their families’ knowledge of postsecondary options, preparation, and finances.

GEAR UP Services Include:

- Mentoring
- Tutoring
- Cultural enrichment
- Financial aid information
- College and career planning
- Parental support groups
- STEM enrichment
- College and educational field trips
- Community service opportunities

GEAR UP is free and open to any current eighth- or ninth-grade student in the Rome City School District or ninth-grade student in the Utica City School District!

For more information, contact:

Todd Kubica, Director
tkubica@mvcc.edu
315-731-5827

Saingghech Ung, Coordinator
sung@mvcc.edu
Utica: 315-792-5689
Rome: 315-334-7783

Steffani DiPierro, Program Specialist
sdipierro@mvcc.edu
315-334-7754

Delvin Moody, Program Specialist
dmoody@mvcc.edu
315-334-7749
Students can choose to take courses in:

- **Mechatronics**: prepares student for work in automated manufacturing settings (e.g. Cree)
- **Welding**: prepares students for structural and metal fabrication welding work (e.g. Briggs & Stratton).
- **Carpentry/Masonry**: prepares students for work as skilled laborers in the residential and commercial construction trades industries.

**Job Corps Scholars** is a grant-funded cohort opportunity for students to earn an MVCC certificate for free in STEM-related programs.

**Eligibility Requirements**:
- Be 17 to 24 years old
- Be a current resident of the City of Utica
- Be a U.S. citizen, permanent resident, or citizen of a U.S. territory
- Be a first-time college enrollee

This program is free to students who qualify!

Students who complete their program will receive certificates* and be guaranteed job interviews with Briggs & Stratton in Sherrill, N.Y., and Cree Wolfspeed in Marcy, N.Y.

*Students must have a high school diploma or its equivalent to receive an MVCC certificate.

**For more information, contact:**
Monalisa Htun
mhtun@mvcc.edu
315-334-7761
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.

Because of COVID-19, the schedule of events is subject to change. Make sure to check mvcc.edu and the MVCC Cultural Series Facebook page for 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

MATURE AUDIENCES ONLY.
Feb. 16 • Tues. • 8:30 p.m. • Utica • Snack Bar, ACC

INTERNATIONAL CAFÉ & CONVERSATION: “Celebrating MVCC’s International Community”
Join us for a panel discussion on international diversity on campus and in the city of Utica. MVCC faculty and staff with international backgrounds will be on the panel with Kirsten Edwards, Admissions Office Technical Assistant, as moderator. A Zoom link will be made available after registering for a ticket.
Feb. 23 • Tues. • 2:30 p.m. • Zoom
Tickets are free and limited to 40 people

BLACK HISTORY MONTH LUNCHEON
Guest speakers will discuss Black history.
Feb. 24 • Wed. • Noon • Utica • Snack Bar, ACC
$5 general • $2 MVCC employee

INTERNATIONAL CAFÉ & CONVERSATION: “The Last Refuge: Sharing the Story of Resettlement in Utica” w/ Loch Phillipps
Film Director Loch Phillipps will present excerpts from “The Last Refuge” documentary and share stories from interviews explaining the role of refugees in the revitalization of Utica. Zoom link will be made available after registering for a ticket.
March 10 • Wed. • 3 p.m. • Zoom
Tickets are free and limited to 40 people
**WOMEN’S HISTORY MONTH LUNCHEON**

Guest speakers from diverse backgrounds will discuss the obstacles they have overcome.

March 24 • Wed. • Noon • Utica Snack Bar, ACC
$5 general • $2 MVCC employee

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**CONCERT: Ryan Montbleau Solo**

The desire for connection, or a true human bond, is a recurring theme in Montbleau’s writing, and his songs have a way of weaving themselves into the fabric of listeners’ lives, offering up hope and light in moments of darkness and doubt. Montbleau’s live shows are nothing if not communal affairs, reaching out a helping hand out for anyone struggling through hard times. Visit ryanmontbleau.com.

This concert will also be livestreamed on Facebook at “MVCC Cultural Series.”

March 27 • Sat. • 7 p.m. • Utica • Schafer Theater, WH
$20 general • $10 MVCC employee/livestream

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**INTERNATIONAL CAFÉ & CONVERSATION: “MVCC International Students”**

Students who came to MVCC from around the world share stories of their countries, showing how their culture interacts and works to preserve the natural environment. Emily Gifford, Coordinator of International Student Services, will serve as moderator. A Zoom link will be made available after registering for a ticket.

April 13 • Tues. • 2:30 p.m. • Zoom
Tickets are free and limited to 40 people

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**OPEN MIC NIGHT**

MATURE AUDIENCES ONLY

April 20 • Tues. • 8:30 p.m.
Utica • Snack Bar, ACC
**CONCERT: Michael Glabicki of Rusted Root with Dirk Miller**

In addition to the full band (Rusted Root, the multi-platinum band out of Pittsburgh), Glabicki strips down to the bare essentials on a duo tour where he and long-time bandmate Dirk Miller take the old Rusted Root favorites along with new material and perform re-envisioned versions of them in an up close and intimate setting. A multifaceted musician, producer and songwriter, Glabicki's talents are unique and extremely uplifting. Visit michaelglabicki.com.

This concert will also be livestreamed on Facebook at “MVCC Cultural Series.”

May 7 • Fri. • 7 p.m. • Rome Festine Auditorium, PC
$20 general • $10 MVCC employee/livestream

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**CONCERT: SoCal ’90s Power Punk Band Lit**

Lit is considered one of the preeminent bands to have come out of the post-grunge era of the late ’90s and helped define an entire generation of SoCal power punk with hard-charging hits like “My Own Worst Enemy,” “Miserable,” “Zip-Lock,” and “Lipstick & Bruises.” The band has released six studio albums worldwide, including the platinum “A Place in the Sun.” They are currently writing and recording new material. Visit litband.com.

This concert also will be livestreamed on Facebook at “MVCC Cultural Series.”

June 26 • Sat. • 7 p.m. • Utica • Schafer Theater, WH
$15 general • $10 MVCC employee/livestream
As soon as it’s safe, the Cultural Series will be back with a full line-up of events for the whole community. In the meantime, take a look at some of our past events to see what we have done and what you can expect in the years to come.
Job Corps Scholars

Job Corps Scholars is a grant-funded cohort opportunity that makes use of intense, individualized personal and employment counseling to allow students to earn an MVCC tech and trades certificate at no cost in eight months from the start.

Students can choose to take courses in:

- **Mechatronics**: prepares students for work in automated manufacturing settings (e.g. Cree)
- **Welding**: prepares students for structural and metal fabrication welding work (e.g. Briggs & Stratton).
- **Carpentry/Masonry**: prepares students for work as skilled laborers in the residential and commercial construction trades industries.

Eligibility Requirements:

- Be 17-24 years old
- Be a current resident of the City of Utica
- Be a U.S. citizen, permanent resident, or citizen of a U.S. territory
- Be a first-time college enrollee

Students who complete their program will receive SUNY-recognized certificates* and be guaranteed job interviews with Briggs and Stratton in Sherrill, N.Y., and Cree Wolfspeed in Marcy, N.Y.

*Students must have a high school diploma or its equivalent to receive an MVCC certificate.

Classes begin Feb. 2, 2021!

Seats are limited!

For more information, contact:
Monalisa Htun
mhtun@mvcc.edu
315-334-7761

Job Corps Scholars Program is funded through a grant by the United States Department of Labor. Job Corps Scholars Program is an equal opportunity program. We are committed to treating all applicants and team members fairly regardless of their race, national origin, sex, age, disability, veteran status, sexual orientation, gender identity, or any other classification protected by law.